



SINCE · DEPUIS 1985

2026-27

CATALOGUE

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

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

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

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



**Proudly Made
by Canadians
for Canadians.**

Delivering Trusted Quality



Product Development

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

Manufacturing

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



Testing

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

Attracting and Educating Consumers

Promotional Support

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



Driving Traffic

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

Training for Your Staff

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



We Supply More Than Products: Partnerships and Community



Maintaining Real Exclusivity

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

Supporting Trusted Partnerships

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



Continued Canadian Growth

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



Excellence in Canadian Manufacturing

Step inside Canada's premier
certified cGMP supplement manufacturer



← Ingredient Blending

Ensures every batch is blended thoroughly and consistently.



Powder Dispensing →

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



← Encapsulation

Precision filling for reliable dosage in every capsule.



Enteric Coating →

Protects encapsulated ingredients for optimal health benefits.



← Bottling Process

Fills and seals to preserve product integrity.



Liquid Filling →

Dispenses and caps with speed and accuracy.



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

Taking Quality to the Next Level

All our products are subjected to quality tests

Identity

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

Purity

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

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

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

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

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

Potency

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

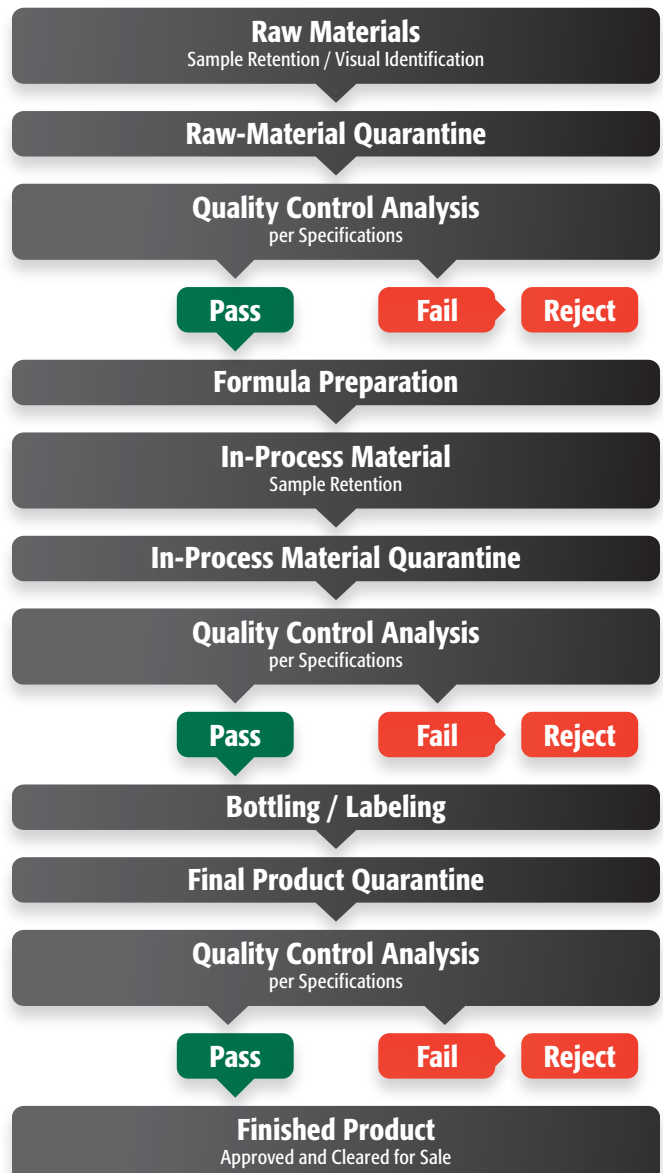
Oxidation

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

Disintegration

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

cGMP Manufacturing and Testing Flowchart



At the Crossroads of Science and Nature

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

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



1 PerkinElmer QSiht® LC/MS/MS System

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



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

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



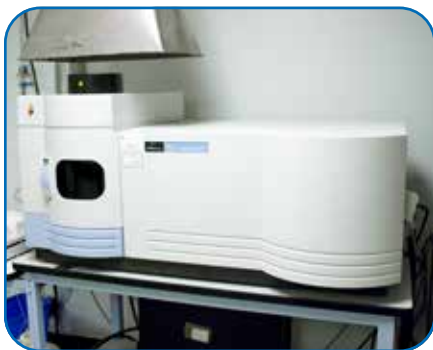
Litesizer™ 500, Light-Scattering Instrument for Particle Analysis

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



1 ICP-MS: Inductively Coupled Plasma—Mass Spectrometer

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



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

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



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

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



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

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



1 GC-Headspace

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



1 NIRS: Near-Infrared Spectroscope

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



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

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



3 Spectrophotometers

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



2 Disintegration Testers + 1 Dissolution Test Unit

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

DNA GMO Identification

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



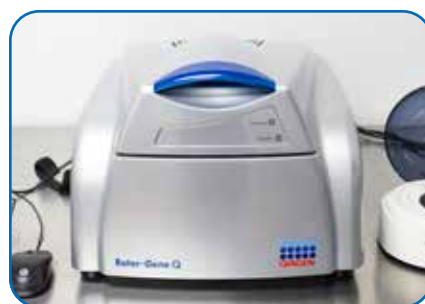
2 QIAcubes

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



1 NanoDrop UV/VIS Spectrophotometer

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



1 Rotor-Gene Q Thermocycler

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

GMO Testing

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

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



State-of-the-Art Microbiology Department

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

Equipped with 2 autoclaves for the eradication of microorganisms, 1 cryogenic freezer designed for long-term storage of reference microbial strains,

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

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



◀ Colony Counter

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

4 Incubators ▶

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



◀ Biosafety Cabinet Class 2

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

Vitek 2 Compact ▶

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





Emphasis on Quality



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

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



Our products are manufactured in Canada



Our production facility is cGMP certified by an independent third party



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



Finished products go through a process of detection for unwanted metals

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

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

**Take a tour
of the lab**



Added SKUs since the Last Catalogue

Astaxanthin 48 Since January 2026 UPC 6-28747-13564-1 · #3564 · 30 softgels	NEW SIZE! L-Glutamine (Powder) 123 Since April 2026 UPC 6-28747-03613-9 · #3613 · 500 g
NEW SIZE! Black Walnut Hull. 55 Since January 2026 UPC 6-28747-23597-6 · #3597 · 100 ml	Magnesium⁸ 131 Since February 2026 UPC 6-28747-13537-5 · #3537 · 90 vegetable capsules
Bronchio Buster. 57 Since January 2026 UPC 6-28747-13576-4 · #3576 · 90 vegetable capsules	MaxAbsorb Curcumin 135 Since May 2025 UPC 6-28747-13402-6 · #3402 · 60 vegetable capsules
NEW SIZE! DMSO Liquid 78 Since November 2025 UPC 6-28747-23599-0 · #3599 · 100 ml	NEW SIZE! Milk Thistle 144 Since March 2026 UPC 6-28747-23596-9 · #3596 · 100 ml
NEW SIZE! Echinacea 78 Since January 2026 UPC 6-28747-23598-3 · #3598 · 100 ml	Milk Thistle Seed Extract 250 mg. 144 Since February 2026 UPC 6-28747-13628-0 · #3628 · 90 vegetable capsules UPC 6-28747-13618-1 · #3618 · 270 vegetable capsules
Joint-Tissu&MSM 120 Since December 2025 UPC 6-28747-13617-4 · #3617 · 90 vegetable capsules	NEW SIZE! Reuteri Restore 196 Since January 2026 UPC 6-28747-13571-9 · #3571 · 60 vegetable capsules
Kidney Glandular 121 Since September 2025 UPC 6-28747-13532-0 · #3532 · 30 tablets	NEW SIZE! S.O.D. 197 Since April 2025 UPC 6-28747-13508-5 · #3508 · 30 vegetable capsules
NEW SIZE! L-Glutamine (powder) 123 Since March 2026 UPC 6-28747-03613-9 · #3613 · 500 g	Taurine 750 mg. 219 Since November 2025 UPC 6-28747-13566-5 · #3566 · 120 vegetable capsules
NEW SIZE! LECTRO-Lytes Coco-Pineapple. 125 Since May 2025 UPC 6-28747-03405-0 · #3405 · 30 sachets × 4.2 g	TUDCA Care. 222 Since May 2025 UPC 6-28747-13521-4 · #3521 · 60 vegetable capsules
NEW SIZE! LECTRO-Lytes Lemon-Lime 125 Since May 2025 UPC 6-28747-03404-3 · #3404 · 30 sachets × 4.8 g	

Renamed Products since the Last Catalogue

Listed in alphabetical order of their former name.

Acetyl-L-Carnitine is now called Acetyl-L-Carnitine HCl 43 UPC 6-28747-11730-2 · #1730 · 90 capsules	Rosa Mosqueta Seed Oil is now called Rosehip Seed Oil 197 UPC 6-28747-21738-5 · #1738 · 15 ml UPC 6-28747-21602-9 · #1602 · 30 ml
ATA Mg[®] is now called Magnesium Acetyl Taurate 132 UPC 6-28747-13429-3 · #3429 · 30 vegetable capsules	

Removed SKUs since the Last Catalogue

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

Apple Cider Vinegar				L-Glutamine 500 mg (capsules)			
Discontinued	#2575	150 g	6-28747-02575-1	Discontinued	#0090	50 vegetable capsules	6-28747-10090-8
				Available	#0865	120 vegetable capsules	6-28747-10865-2
				Available	#0866	240 vegetable capsules	6-28747-10866-9
Black Walnut Hull				Milk Thistle (organic tincture)			
Available	#1627	50 ml	6-28747-21627-2	Available	#1597	50 ml	6-28747-21597-8
Discontinued	#1628	95 ml	6-28747-21628-9	Discontinued	#1598	95 ml	6-28747-21598-5
Available · New Size	#3597	100 ml	6-28747-23597-6	Available · New Size	#3596	100 ml	6-28747-23596-9
Cacay Seed Oil				Multi 5 Collagen with Delicious Organic Cocoa			
Available	#2304	15 ml	6-28747-22304-1	Available	#2546	200 g / 16 portions	6-28747-02546-1
Discontinued	#2305	30 ml	6-28747-22305-8	Discontinued	#2547	400 g / 33 portions	6-28747-02547-8
DMSO Liquid				Red Clover Isoflavones			
Available	#1968	50 ml	6-28747-21968-6	Discontinued	#1350	60 vegetable capsules	6-28747-11350-2
Discontinued	#1970	95 ml	6-28747-21970-9				
Available · New Size	#3599	100 ml	6-28747-23599-0				
Echinacea (organic tincture)				Reishi Slices			
Available	#1708	50 ml	6-28747-21708-8	Discontinued	#2377	100 g	6-28747-92377-4
Discontinued	#1709	95 ml	6-28747-21709-5				
Available · New Size	#3598	100 ml	6-28747-23598-3				
Echinacea Root · 400 mg				S-Acetyl-Glutathione			
Discontinued	#0269	90 vegetable capsules	6-28747-10269-8	Discontinued	#3087	30 vegetable capsules	6-28747-13087-5
				Available	#2416	60 vegetable capsules	6-28747-12416-4
Elderberry Juice Powder				Simply Spirulina (powder)			
Discontinued	#2645	100 g / 50 portions	6-28747-02645-1	Discontinued	#1662	150 g / ~ 37 doses	6-28747-01662-9
				Available	#1660	227 g / ~ 56 doses	6-28747-01660-5
Fermented Black Cumin Seed				Tea Tree Organic Essential Oil			
Discontinued	#2317	36 g / 24 portions	6-28747-02317-7	Available	#2117	15 ml	6-28747-22117-7
				Available	#2116	50 ml	6-28747-22116-0
				Discontinued	#2118	95 ml	6-28747-22118-4
Fermented Maca				Valerian Root (organic tincture)			
Discontinued	#2318	150 g / 50 portions	6-28747-02318-4	Available	#1498	50 ml	6-28747-21498-8
				Discontinued	#1499	95 ml	6-28747-21499-5
Fermented Superfood Blend				Vitamin B3 Inositol Hexanicotinate · 375 mg			
Discontinued	#2464	80 g / 7 portions	6-28747-02464-8	Discontinued	#0906	60 vegetable capsules	6-28747-10906-2
Available	#2341	230 g / 21 portions	6-28747-02341-2				
Grapeseed Extract 85 mg				Vitamin C Crystals			
Discontinued	#1203	60 vegetable capsules	6-28747-11203-1	Discontinued	#0028	454 g / ~ 756 doses	6-28747-00028-4
				Available	#0027	150 g / ~ 250 doses	6-28747-00027-7
				Available	#0162	227 g / ~ 378 doses	6-28747-00162-5
Green Tea 250 mg				Yellow Dock Root			
Discontinued	#0781	90 vegetable capsules	6-28747-10781-5	Discontinued	#0817	100 vegetable capsules	6-28747-10817-1
Heart Smart Organic Safflower Oil							
Discontinued	#1625	500 ml	6-28747-21625-8				
Joint-Tissu&MSM							
Discontinued	#0248	60 vegetable capsules	6-28747-10248-3				
Discontinued	#0278	120 vegetable capsules	6-28747-10278-0				
Available	#3617	90 vegetable capsules	6-28747-13617-4				

Please Note...

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

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

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

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

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Having Trouble Finding Something?

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

Please Note...

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

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

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

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

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Evening Primrose Oil 1,000 mg	91
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or email us at support@newrootsherbal.com. One of our product specialists will be happy to assist you!



Exotic Skin Oils

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Cacay Seed Oil	58
Cranberry Seed Oil	75
Exotic Oils Gift Set.	91
Goji Seed Oil.	108
Marula Seed Oil.	135
Moringa Seed Oil	145
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Having Trouble Finding Something?

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



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Vitamin E ⁸ 400 IU	240
Vitamin K2+D3	240
Zinc	245

Having Trouble Finding Something?

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



Weight Management

Fibre Ultra Rich - Plantago + Inulin (powder)	100
Fibre Ultra Rich Psyllium - 550 mg	100
Fibre Ultra Rich Psyllium + Inulin (powder).	100
Garcinia Cambogia	103
Green Tea 500 mg	110
L-Carnitine Tartrate	122
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Having Trouble Finding Something?

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

Acetyl-L-Carnitine HCl

750 mg

capsules

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

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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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



Duration of use

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

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

NPN 80039010 · V0464-R2

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



Acidophilus Ultra

Daily Care

capsules

Acidophilus Ultra
DAILY CARE

11 Billion+

Live Active Probiotics
Delivered Safely to the Intestines
11 Strains

Helps Support Intestinal
and Gastrointestinal Health

GPS™ Enteric Coating
Gastric Protective System
Survives Stomach Acid

New Roots
HEALTH

Made in Canada 250 Capsules
Certified cGMP Production Facility
ISO 17025-accredited Laboratory-Tested

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

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

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

Human Strains

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

Plant Strain

Lactobacillus plantarum R1012 440 million CFU

Dairy Strains

Lactobacillus rhamnosus R0011 4.4 billion CFU
Lactobacillus rhamnosus R1039 3.3 billion CFU
Lactobacillus helveticus R0052 550 million CFU
Lactobacillus casei R0215 440 million CFU
Streptococcus salivarius ssp. *thermophilus* R0083 . . 220 million CFU
Lactobacillus delbrueckii ssp. *bulgaricus* R9001 . . . 55 million CFU

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

Other ingredients

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

Directions of use

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

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

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

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

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

NPN 80062961 · V0435-R2

Digestive Health · Immune Health · Probiotics

Full line of probiotics, p. 175–188



Acetyl-Glutathione: S-Acetyl-Glutathione

100 mg

capsules

**Intracellular Antioxidant
Superior Assimilation**

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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

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

NPN 80091902 · V0670-R1

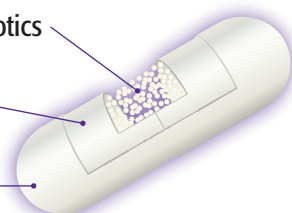
**Antioxidants · Detoxification · Immune Health
Neurological Health**



Live Active Probiotics

Vegetable Capsule

GPS™ Enteric Coating

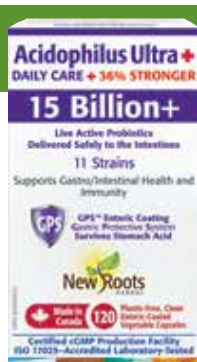


Acidophilus Ultra + Daily Care + 36% Stronger

capsules

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

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



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

Human Strains

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

Plant Strain

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

Dairy Strains

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

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

Other ingredients

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

Directions of use

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



#2456 · 60 vegetable capsules · UPC 6-28747-12456-0

#2457 · 120 vegetable capsules · UPC 6-28747-12457-7

NPN 80086910 · V0676-R3

Digestive Health · Immune Health · Probiotics

Full line of probiotics, p. 175–188



Bulgaricus



Lactobacillus



Lactobacillus acidophilus



Bifidobacterium

Active Folate

capsules

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

Helps Reduce the Risk of Neural Tube Defects

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



Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

#1900 · 60 vegetable capsules · UPC 6-28747-11900-9

NPN 80095778 · V0518-R2

Maternity · Vitamins and Minerals

Full line of B vitamins, p. 227–234



Active Folate

tablets

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

Helps Reduce the Risk of Neural Tube Defects

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



Each tablet contains

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

Other ingredients

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

Directions of use

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

#2038 · 60 tablets · UPC 6-28747-12038-8

NPN 80070154 · V0563-R1

Maternity · Vitamins and Minerals

Full line of B vitamins, p. 227–234



Active Mag

With Taurine and Potassium

capsules

Supports Muscle Function and Energy Metabolism

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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

#3185 · 120 vegetable capsules · UPC 6-28747-13185-8
NPN 80082220 · V0776-R1

Energy · Heart and Blood · Sport Nutrition

Full line of magnesium supplements, p. 130–133



AgeLess Telomeres

With 450 mg Astragalus Root Extract

3% Astragaloside IV

capsules

Immunity

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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

Duration of use

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

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

Immune Health



Adrenal

Pure Glandular Concentrate

capsules

Supports Good Health

Supports good health. Helps support immune function.

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

Duration of use

Consult a health-care practitioner for prolonged use.

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

Glandular Extracts · Stress Management



Alpha Lipoic

125 mg

capsules

Antioxidant

Provides antioxidants for the maintenance of good health.

Each vegetable capsule contains

DL- α -lipoic acid	125 mg
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Other ingredients

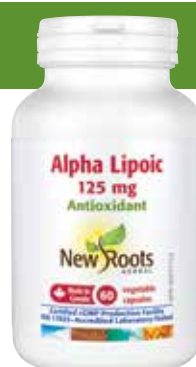
Microcrystalline cellulose and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

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

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

Antioxidants · Detoxification



Alpha Lipoic

250 mg

capsules

Antioxidant

Provides antioxidants for the maintenance of good health.

Each vegetable capsule contains

DL- α -Lipoic acid 250 mg

Other ingredients

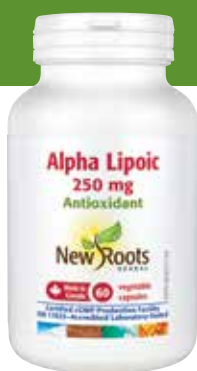
Microcrystalline cellulose and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

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

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

Antioxidants · Detoxification



R+ Alpha Lipoic

150 mg

capsules

Antioxidant · Promotes Healthy Glucose Metabolism

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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

Duration of use

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

#1378 · 60 vegetable capsules · UPC 6-28747-11378-6
NPN 80113344 · V0381-R4

Antioxidants · Blood Glucose Management · Detoxification



Alpha Lipoic Acid

600 mg

capsules

Reduces Diabetic Nerve Pain Promotes Healthy Glucose Metabolism

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

Each vegetable capsule contains:

DL- α -Lipoic acid 600 mg

Other ingredients

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

Directions of use

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

#2897 · 60 vegetable capsules · UPC 6-28747-12897-1
NPN 80111291 · V0736-R1

**Antioxidants · Blood Glucose Management
Detoxification**



Amino-Mix With Free-Form BCAAs Branched-Chain Amino Acids

tablets

Builds Muscle

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

Each tablet contains

Hydrolyzed α -lactalbumin
(whey protein) 850 mg

Providing (typical amino acid profile)

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

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

Other ingredients

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

Directions of use

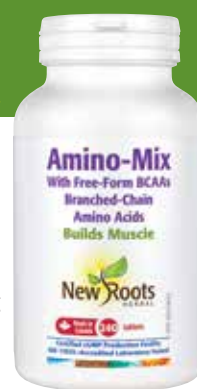
Adults: Take 3–4 tablets twice daily or as directed by your health-care practitioner.

Duration of use

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

#1167 · 240 tablets · UPC 6-28747-11167-6
NPN 80023663 · V0332-R2

Amino Acids and Proteins · Sport Nutrition



Anti-Inflamma

With Proteolytic Enzymes

capsules

Relieves Pain and Joint Inflammation

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



Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

Duration of use

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

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

Pain and Inflammation



Argan Oil

Certified Organic

Moisturizer · Skin · Hair · Nails

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

Each bottle contains

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

Ingredients

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

Directions of use

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



#1607 · 50 ml · UPC 6-28747-21607-4
OM0126-R5

Beauty · Exotic Skin Oils · Hair · Nails · Skin

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

Arginine:

L-Arginine

500 mg

capsules

Amino Acid · Exercise Support

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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

Duration of use

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

#1018 · 100 vegetable capsules · UPC 6-28747-11018-1
NPN 80021242 · V0153-R5

Amino Acids and Proteins · Sport Nutrition



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

Walt Whitman

Ashwagandha

Extract · 500 mg · 5% Withanolides

capsules

Increases Resistance to Anxiety Supports Sexual Health

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



Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

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

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

Full line of antistress products, p. 208–212



NEW PRODUCT! Since January 2026

Astaxanthin

12 mg

capsules

Premium Antioxidant for Advanced Cellular Protection

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

Each softgel contains:

Astaxanthin (from
Haematococcus pluvialis extract) 12 mg

Other ingredients

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



Directions of use

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

Duration of use

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

#3564 · 30 softgels · UPC 6-28747-13564-1
NPN 80125583 · V0687-R2

Antioxidants · Eye Health · Skin



Astragalus Defense

capsules

Immune Strength

Used in herbal medicine to maintain a healthy immune system.

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

Duration of use

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

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

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



Astragalus Root

organic tincture

Antioxidant

Provides antioxidants.

Each teaspoon contains a crude quantity of

Organic astragalus
(*Astragalus membranaceus*) root 170 mg

Other ingredients

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

Directions of use

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

#1544 · 50 ml · UPC 6-28747-21544-2

#1545 · 95 ml · UPC 6-28747-21545-9

NPN 80101993 · LM0004-R2

Allergy Relief · Herbs and Herbal Extracts
Immune Health



Astragalus Root Slices Organic

Stress · Energy · Immunity

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

Each rounded teaspoon contains

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



Directions of use

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



#2583 · 100 g · UPC 6-28747-92583-9
NPN 80104440 · P0864-R1

Functional Foods · Immune Health · Teas and Herbal Teas

ATA Mg[®] Magnesium Acetyl Taurate 821 mg

capsules



Fully Reacted for Higher Bioavailability Gentle on the Stomach

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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

#3429 · 30 vegetable capsules · UPC 6-28747-13429-3
NPN 80126307 · V0812-R1

Neurological Health · Stress Management
Vitamins and Minerals



Full line of magnesium supplements, p. 130–133

B-Complex Vitamins 227–234

B12 Liquid Methylcobalamin Active Form of B12

1,000 mcg per Dose

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

Six (6) drops contain

Vitamin B12 (methylcobalamin). 1,000 mcg

Ingredients

Glycerin, organic alcohol from sugarcane, and purified water.



Directions of use

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

#2275 · 15 ml / 85 doses · UPC 6-28747-22275-4
NPN 80083590 · LM0140-R1

Energy · Vitamins and Minerals



Full line of B vitamins, p. 227–234

Bee Pollen

500 mg

capsules



Sustainably Sourced

Provides antioxidants.

Each vegetable capsule contains

Bee pollen. 500 mg

Other ingredients

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

Directions of use

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

#1412 · 100 vegetable capsules · UPC 6-28747-11412-7
NPN 80033471 · V0389-R2

Energy · Functional Foods
Herbs and Herbal Extracts · Immune Health



New Zealand

Beef Bone Broth Protein

powder



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

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

Ingredient

Grass-fed beef bone broth protein powder.

Directions of use

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

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

For recipe ideas, visit newrootsherbal.com/recipes.



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

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

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

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

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

* Essential Amino Acid · ** Average Analysis

#2293 · 300 g / 10 portions · UPC 6-28747-02293-4
P0782-R1

NONTAXABLE ITEM

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

New Zealand

Beef Bone Broth Protein

+ Organic Fermented Ginger powder



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

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

Ingredient

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

Directions of use

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

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

For recipe ideas, visit newrootsherbal.com/recipes.



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

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

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

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

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

* Essential Amino Acid · ** Average Analysis

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

NONTAXABLE ITEM

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

Full line of fermented products, p. 98–99

Beef Liver:

Grass-Fed Beef Liver

Pure Glandular · 600 mg capsules



Hormone- and Pesticide-Free
Supports Immunity

Supports good health.
Helps support immune function.

Each vegetable capsule contains

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

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

Other ingredients

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

Directions of use

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

#1963 · 30 vegetable capsules · UPC 6-28747-11963-4

#3434 · 90 vegetable capsules · UPC 6-28747-13434-7

#3187 · 180 vegetable capsules · UPC 6-28747-13187-2

NPN 80119351 · V0541-R1

Detoxification · Glandular Extracts



Beef Spleen:

Grass-Fed Beef Spleen

Pure Glandular · 650 mg capsules

Hormone- and Pesticide-Free Supports Immunity

Supports good health. Helps support immune function.

Each vegetable capsule contains

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

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

Other ingredients

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

Directions of use

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

#1964 · 30 vegetable capsules · UPC 6-28747-11964-1
#3435 · 90 vegetable capsules · UPC 6-28747-13435-4

NPN 80058174 · V0527-R2

Glandular Extracts · Immune Health



Beet (Fermented): Organic

Fermented Red Beet Whole-Food Powder

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

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

Ingredient

Organic fermented red beet root.

Recommended use

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

Nutrition Facts · Per 1 tsp. (3 g)

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

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

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

NONTAXABLE ITEM

Fermented Products

Functional Foods

Heart and Blood

Full line of fermented products, p. 98–99



Beet Root:

Red Beet Root

500 mg capsules

Antioxidant

Source of antioxidants.

Each vegetable capsule contains

Red beet (*Beta vulgaris*) root 500 mg

Other ingredients

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

Directions of use

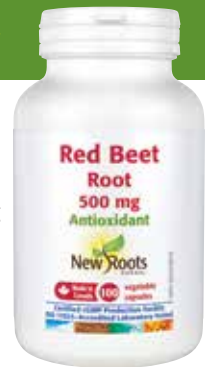
Adults: Take 2 capsules three times daily with meals or as directed by your health-care practitioner.

#0824 · 100 vegetable capsules ·

UPC 6-28747-10824-9

NPN 80048818 · V0126-R2

Antioxidants · Detoxification · Heart and Blood



Benfotiamine

150 mg capsules

Active Vitamin B1 · Nerve Health

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

Each vegetable capsule contains

Benfotiamine. 150 mg

Providing:

Thiamine (vitamin B1). 85.5 mg

Other ingredients

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

Directions of use

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

Duration of use

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

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

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

NPN 80086082 · V0626-R1

Energy · Neurological Health · Vitamins and Minerals

Full line of B vitamins, p. 227–234



Berberine

500 mg

capsules

Cholesterol and Glucose Support

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

Each vegetable capsule contains

Berberine hydrochloride 500 mg

Providing:

Berberine 452.5 mg

Other ingredients

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

Directions of use

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

Duration of use

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

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

NPN 80093363 · V0671-R1

**Blood Glucose Management · Cholesterol Management
Herbs and Herbal Extracts**



Beta-Carotene

25,000 IU · Provitamin A

softgels

Supports eyesight, skin, membranes, and immune function

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

Each softgel contains

100% natural mixed carotenoids from red palm fruit.

beta-Carotene (provitamin A)

(15 mg) 25,000 IU

Also contains *alpha*-carotene, *gamma*-carotene, and lycopene.

Other ingredients

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

Directions of use

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

#0774 · 90 softgels · UPC 6-28747-10774-7

NPN 80087568 · V0148-R4

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



Bergamot Pure Essential Oil

Citrus bergamia

100% Pure · Clean · Unadulterated

Aroma: Citrus, floral, spicy, sweet.

Attributes: Vibrant, inspiring, uplifting.

Scent note: Top Note

Each drop contains

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

Active compounds

Limonene, linalyl acetate, and linalool.

Directions of use

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

Duration of use

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

#3199 · 30 ml · UPC 6-28747-13199-2

O0089-R1

Essential Oils · Herbs and Herbal Extracts

Full line of essential oils, p. 82–90



Bifido Builder

Specialized Intestinal Support

capsules

42 Billion+ Live Active Probiotics
Delivered Safely to the Intestines

5 Bifido Strains · Supports Gastro/
Intestinal Health and Immunity

GPS™ Enteric Coating

Gastric Protective System

Survives Stomach Acid

DAIRY-FREE · SOY-FREE

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

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

Human Strains

Bifidobacterium longum

ssp. infantis UB5660 21 billion CFU

Bifidobacterium breve UB3917 6.3 billion CFU

Bifidobacterium bifidum UB4925 6.3 billion CFU

Bifidobacterium longum ssp. longum UB6897 6.3 billion CFU

Dairy Strain

Bifidobacterium animalis ssp. lactis HN019 2.1 billion CFU

Vitamin C (ascorbic acid) 6 mg

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

Other ingredients

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



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

Mark Twain

Directions of use

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

#3037 · 30 vegetable capsules · UPC 6-28747-13037-0
NPN 80135089 · V0756-R2

Cold and Flu · Digestive Health · Immune Health · Probiotics

Full line of probiotics, p. 175–188



Bifido Infantis

Early Colonizing Probiotic

capsules

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



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

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

Human Strains

Bifidobacterium longum ssp. *infantis* UB5660. 5 billion CFU
Vitamin C (ascorbic acid). 6 mg
CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

Other ingredients

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

Directions of use

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

#3040 · 30 vegetable capsules · UPC 6-28747-13040-0
NPN 80135031 · V0742-R3

Digestive Health · Immune Health · Probiotics

Full line of probiotics, p. 175–188



Bile:

Ox Bile

500 mg

capsules

Increase Bile Flow

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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

Duration of use

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

#2641 · 60 vegetable capsules · UPC 6-28747-12641-0
NPN 80102342 · V0645-R1

Digestive Health · Glandular Extracts



Biotin

10 mg (10,000 mcg)

capsules

Strong Hair and Nails Healthy Skin

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

Each vegetable capsule contains

Biotin 10 mg

Other ingredients

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

Directions of use

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

Duration of use

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

#2321 · 60 vegetable capsules · UPC 6-28747-12321-1
NPN 80083274 · V0651-R1

Hair · Nails · Skin · Vitamins and Minerals

Full line of B vitamins, p. 227–234



Black Cohosh

Root Extract · 2.5% · 40 mg capsules

Reduces Symptoms of PMS and Menopause

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



Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

#0777 · 60 vegetable capsules · UPC 6-28747-10777-8
NPN 80023952 · V0173-R2

[Herbs and Herbal Extracts](#) · [Menopause](#) · [Women's Health](#)



Black Cumin Seed Oil (Black Seed Oil)

Organic
2.0 – 2.4% Thymoquinone

liquid



Reduces Allergy Symptoms Including Inflammation

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

Each teaspoon contains

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

Other ingredients

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

Directions of use

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

Duration of use

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

#2226 · 100 ml / ≈ 20 doses · UPC 6-28747-22226-6
#2225 · 200 ml / ≈ 40 doses · UPC 6-28747-22225-9
NPN 80080852 · LM0151-R2

[Allergy Relief](#) · [Essential Fatty Acids](#) · [Herbs and Herbal Extracts](#)



Black Cumin

softgels

Seed Oil (Black Seed Oil) 500 mg

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



Allergy Support

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

Each softgel contains

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

Other ingredients

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

Directions of use

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

Duration of use

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

#0130 · 60 softgels · UPC 6-28747-20130-8
#0945 · 120 softgels · UPC 6-28747-10945-1
NPN 80035939 · V0163-R5

[Allergy Relief](#) · [Essential Fatty Acids](#) · [Herbs and Herbal Extracts](#)



Black Cumin

softgels

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

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



Allergy Support

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

Each softgel contains

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

Other ingredients

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

Directions of use

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

Duration of use

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

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



Black Walnut

Green Hull · 150 mg

capsules



Vermifuge

Eliminates *Tinea corporis*

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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

Duration of use

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

#0997 · 60 vegetable capsules · UPC 6-28747-10997-0
NPN 80107718 · V0289-R2

Herbs and Herbal Extracts · Parasitic and Fungal Management



Black Walnut Hull

Organic Tincture



Vermifuge · Eliminates *Tinea corporis*

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

Each teaspoon contains

a crude quantity equivalent of

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

Other ingredients

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

Directions of use

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

Duration of use

For temporary use only.

#1627 · 50 ml · UPC 6-28747-21627-2

NEW SIZE!

#3597 · 100 ml · UPC 6-28747-23597-6

NPN 80031291 · LM0007-R7

Herbs and Herbal Extracts

Parasitic and Fungal Management



Black Walnut

Leaf and Hull · 440 mg

capsules



Vermifuge

Eliminates *Tinea corporis*

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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

Duration of use

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

#0841 · 100 vegetable capsules · UPC 6-28747-10841-6
NPN 80112105 · V0007-R2

Herbs and Herbal Extracts · Parasitic and Fungal Management



Blood Sugar Balance

capsules



Maintains Healthy Blood Sugar Levels

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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

Duration of use

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

#1088 · 60 vegetable capsules · UPC 6-28747-11088-4

#1086 · 120 vegetable capsules · UPC 6-28747-11086-0

NPN 80068848 · V0313-R5

Blood Glucose Management



Blood sugar support :

→ **Glucose Align**

106

Body Muscle Massage

Pain Relief

lotion

Arnica, Calendula, Chamomile, and Aloe Vera

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

Medicinal ingredients

Methyl salicylate 5%
Menthol 3%

Other ingredients

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

Directions of use

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

#1198 · 125 ml · UPC 6-28747-21198-7

#0341 · 250 ml · UPC 6-28747-20341-8

#0732 · 500 ml · UPC 6-28747-20732-4

NPN 80054950 · LM0071-R3

Pain and Inflammation



Borage Oil

Made with Organic Borage

softgels

Eczema · Acne

Dermal Inflammation

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



Each softgel contains

100% Organic borage (*Borago officinalis*) seed oil, hexane-free 1,200 mg

Providing:

Linoleic acid (37%) 444 mg
gamma-Linolenic acid (GLA) (22%) 264 mg

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

Cold-pressed.

Other ingredients

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

Directions of use

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

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

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

NPN 80097675 · V0704-R2

Essential Fatty Acids · Skin



Boron

3 mg

capsules

Calcium Metabolism

Helps maintain healthy calcium metabolism.

Each vegetable capsule contains

Boron (from boron citrate) 3 mg

Other ingredients

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

Directions of use

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

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

NPN 800444094 · V0216-R4

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



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

Albert Schweitzer

Boswellia

Extract · 380 mg

capsules

Helps to Relieve Joint Pain

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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

Duration of use

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

#2096 · 90 vegetable capsules · UPC 6-28747-12096-8
NPN 80072262 · V0585-R2

Herbs and Herbal Extracts · Pain and Inflammation



Bromelain:

Ultimate Bromelain

500 mg · 2,400 GDU/g

capsules

Extra Strength Digestive Enzyme

Digestive enzyme.

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

Duration of use

Consult a health-care practitioner for prolonged use.

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

Digestive Health · Enzymes



Breathe Easy:

New Roots Herbal's

Breathe Easy

Made with Organic Plantain and Lobelia

capsules

Respiratory Relaxant and Expectorant

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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

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

Cold and Flu



NEW PRODUCT! Since January 2026

Bronchio Buster

capsules

Relieves Symptoms of Chronic Bronchitis · Reduces Respiratory System Inflammation

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

Each vegetable capsule contains:

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

Other ingredients

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

Directions of use

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



“The two most important days in your life are the day you are born and the day you find out why.”

Mark Twain

Duration of use

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

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



Cacay Seed Oil

Wildcrafted

Reduces the Signs of Aging

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

Each bottle contains

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

Ingredients

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

Directions of use

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

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

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



Calcium Ascorbate: Vitamin C

Calcium Ascorbate · 1,000 mg

capsules

Builds Bones, Teeth, Collagen + Immunity Gentle on the Stomach

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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

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

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



Calcium Ascorbate: Vitamin C

Calcium Ascorbate · 1,090 mg

crystals

Builds Bones, Teeth, Collagen + Immunity Gentle on the Stomach

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

Each ¼ teaspoon (1,090 mg) contains

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

Directions of use

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

#0030 · 150 g / ≈ 135 doses · UPC 6-28747-00030-7
#0159 · 227 g / ≈ 205 doses · UPC 6-28747-00159-5
NPN 80066047 · P0023

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

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



Calcium Citrate and Vitamin D3

capsules

Stronger Teeth and Bones

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

Each vegetable capsule contains

Calcium
(from 704 mg calcium citrate). 169 mg
Vitamin D3 (cholecalciferol). 1.375 mcg (55 IU)

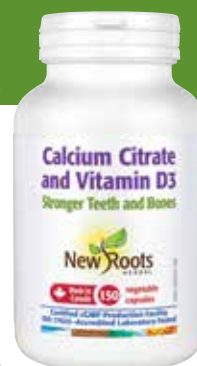
Other ingredients

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

Directions of use

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

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



Calcium D-Glucarate

650 mg

capsules

Liver Detoxification

Helps to support glucuronidation, a liver detoxification pathway.

Each vegetable capsule contains

Calcium D-glucarate 650 mg

Other ingredients

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

Directions of use

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

Duration of use

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

#2277 · 60 vegetable capsules · UPC 6-28747-12277-1
NPN 80083170 · V0402-R3

Detoxification · Vitamins and Minerals



Cal-Mag Citrates

capsules

Vitamin D, Zinc, Silica, and Boron

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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

Duration of use

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

#1468 · 100 vegetable capsules · UPC 6-28747-11468-4
#1470 · 200 vegetable capsules · UPC 6-28747-11470-7
NPN 80033666 · V0406-R3

Bone Health · Vitamins and Minerals

Full line of magnesium supplements, p. 130–133



Cal-Mag Citrate

capsules

With Zinc, Potassium, Selenium

Immunity

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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

#0784 · 90 vegetable capsules · UPC 6-28747-10784-6
#0229 · 180 vegetable capsules · UPC 6-28747-10229-2
NPN 80028481 · V0155-R2

Bone Health · Vitamins and Minerals

Full line of magnesium supplements, p. 130–133



Candida Stop

15- or 30-Day Supply

capsules

Helps Fight off Infections

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

Each vegetable capsule contains

Calcium caprylate* 90 mg
Magnesium caprylate* 90 mg
Odourless garlic (*Allium sativum*) bulb extract, 1% allicin 62.5 mg
Oregano (*Origanum vulgare*) 15:1 leaf extract 55 mg
Grapefruit seed extract 50 mg
Suma (*Hebanthe eriantha*) root 50 mg
Echinacea (*Echinacea purpurea*) root extract,
4% polyphenols 25 mg
Pau d'arco (*Tabebuia heptaphylla*) inner bark 25 mg
Zinc caprylate* 20 mg
Black walnut (*Juglans nigra*) hull 4:1 extract 8 mg
Selenium (from yeast-free L-selenomethionine) 25 mcg
*Providing a total of 163 mg caprylic acid



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

Andy Rooney

Other ingredients

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

Directions of use

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



Duration of use

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

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

Parasitic and Fungal Management

Caprylic Acid Plus capsules

Yeast-Stop Formula

Alleviates Fungal Infections

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

Each vegetable capsule contains

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



Other ingredients

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

Directions of use

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



Duration of use

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

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

Parasitic and Fungal Management



Organic

Cardiac Health

Tincture

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

Cardiovascular Health

Helps Reduce Elevated Blood Lipid Levels

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



Each ml contains

a crude quantity equivalent of

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

Other ingredients

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

Directions of use

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



Duration of use

Consult a health-care practitioner for prolonged use.

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

#2043 · 100 ml · UPC 6-28747-22043-9

NPN 80079033 · LM0139-R2

Cholesterol Management · Heart and Blood

Cardio Flow

capsules

Supports Cardiovascular Health

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



Each vegetable capsule contains

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

Vitamin B12 (methylcobalamin) 100 mcg
 Biotin 40 mcg

Other ingredients

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

Directions of use

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

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



Carnitine:

L-Carnitine Tartrate

750 mg

capsules

Athletic Workout Support Muscle Recovery

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



Each vegetable capsule contains

L-Carnitine tartrate 750 mg
 Providing 500 mg of L-carnitine.

Other ingredients

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

Directions of use

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



Duration of use

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

#1795 · 90 vegetable capsules · UPC 6-28747-11795-1
 NPN 80044764 · V0098-R2

Amino Acids and Proteins · Sport Nutrition · Weight Management

Cascara Sagrada

325 mg

capsules

Stimulant Laxative for Constipation

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

Each vegetable capsule contains

Cascara sagrada (*Frangula purshiana*) aged bark 175 mg
 Cascara sagrada (*Frangula purshiana*) aged bark 4:1 extract 150 mg



Other ingredients

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

Directions of use

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

Duration of use

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

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

Digestive Health · Herbs and Herbal Extracts

Cedarwood

Pure Essential Oil

Cedrus deodara

100% Pure · Clean · Unadulterated

Aroma: Woody, fresh, resinous.

Attributes: Relaxing, reassuring, strengthening, empowering.

Scent note: Base Note ▲

Each drop contains

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



Active compound

Himachalene.

Directions of use

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

#3200 · 30 ml · UPC 6-28747-13200-5
 O0086-R1

Essential Oils · Herbs and Herbal Extracts

Full line of essential oils, p. 82–90



Chaga

Extract · 350 mg
 Hot-Water Extract

capsules

Medicinal Mushrooms

Immune Support · Harmony

25% *beta*-Glucans (87.5 mg) from
 40% Polysaccharides (140 mg)

Source of fungal polysaccharides with immunomodulating properties.

Each vegetable capsule contains

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



Other ingredients

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



Directions of use

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

#1936 · 60 vegetable capsules · UPC 6-28747-11936-8
NPN 80055779 · V0522-R2

Immune Health · Medicinal Mushrooms

Full line of medicinal mushrooms, p. 137–141

Chaga Tea

chunks

Immunity · European Wild-Crafted

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

Ingredient

Wild chaga (*Inonotus obliquus*)
mushroom chunks.

Directions of use

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

#2093 · 100 g · UPC 6-28747-92093-3

NPN 80069451 · P0624-R1

Immune Health · Medicinal Mushrooms · Teas and Herbal Teas

Full line of medicinal mushrooms, p. 137–141



Children's Products

64–65

Chill Pills: New Roots Herbal Chill Pills

capsules

Relaxation

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

Each vegetable capsule contains

L-Theanine 100 mg
Phellodendron (*Phellodendron amurense*)
bark extract, 0.1% berberine 15 mg
Passionflower (*Passiflora incarnata*) extract,
4% flavonoids 50 mg
Astragalus (*Astragalus membranaceus*) root extract,
3% astragalosides 25 mg
Ashwagandha (*Withania somnifera*) root extract,
2.5% withanolides 75 mg
Holy basil (*Ocimum tenuiflorum*) leaf extract,
10% ursolic acid 50 mg
Oat (*Avena sativa*) 10:1 extract 50 mg
Rhodiola (*Rhodiola rosea*) root extract, 5% rosavins 50 mg
Vitamin B2 (riboflavin, riboflavin-5'-phosphate sodium). 27.5 mg
Vitamin B6
(pyridoxine hydrochloride / pyridoxal-5'-phosphate). . . 27.5 mg
para-Aminobenzoic acid (PABA) 25 mg



Choline bitartrate	25 mg
Inositol (myo-inositol)	25 mg
D-Ribose	25 mg
Vitamin B1 (thiamine hydrochloride)	25 mg
Vitamin B5 (calcium D-pantothenate)	25 mg
Inositol hexanicotinate, flush-free (vitamin B3)	17.5 mg
Chinese jujube (<i>Ziziphus jujuba</i>) fruit	12.5 mg
Magnolia (<i>Magnolia officinalis</i>) bark 50:1 extract, 80% magnolol + honokiol	7.5 mg
Vitamin B3 (niacinamide)	7.5 mg
Folate (from calcium L-5-methyltetrahydrofolate)	500 mcg
Vitamin B12 (methylcobalamin)	75 mcg
Biotin	37.5 mcg

Other ingredients

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

Directions of use

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



Duration of use

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

#1166 · 16 vegetable capsules · UPC 6-28747-11166-9

#1163 · 30 vegetable capsules · UPC 6-28747-11163-8

#1277 · 60 vegetable capsules · UPC 6-28747-11277-2

NPN 80084696 · V0324-R9

Mood Enhancement · Stress Management

Full line of antistress products, p. 208–212

Chlorella

Broken-Cell · 455 mg

capsules

Superior Absorption With Organic Chlorella

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



Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

#1654 · 60 vegetable capsules · UPC 6-28747-11654-1

#1655 · 300 vegetable capsules · UPC 6-28747-11655-8

NPN 80073330 · V0452-R2

Detoxification · Functional Foods · Green Foods



Chlorella

Broken-Cell Algae
Organic Powder

Superior Absorption

Source of antioxidants.

Each teaspoon contains approximately

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

Directions of use

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

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

Detoxification · Functional Foods · Green Foods



Cho-less-terin

With *beta*-Sitosterols · Synergistic softgels

Lowers LDL Cholesterol and Total Cholesterol

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

Each softgel contains

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

Providing:

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

Other ingredients

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

Directions of use

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

Duration of use

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

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

Cholesterol Management



Chondroitin and Glucosamine

capsules

Relieves Joint Pain · Protects Against Cartilage Deterioration

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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

Duration of use

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

#0305 · 60 vegetable capsules · UPC 6-28747-10305-3

#0304 · 120 vegetable capsules ·

UPC 6-28747-10304-6

NPN 80024259 · V0184-R3

50+ Health · Joint Health · Pain and Inflammation



Chromium Picolinate

200 mcg capsules

Healthy Glucose Metabolism

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

Each vegetable capsule contains

Chromium (from chromium picolinate). 200 mcg

Other ingredients

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

Directions of use

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

Duration of use

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

#0287 · 100 vegetable capsules · UPC 6-28747-10287-2

NPN 80020089 · V0095-R2

Blood Glucose Management · Vitamins and Minerals



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

Ann Wigmore

CHILDREN'S PRODUCTS

Children's ADHD Balance

chewable softgels

Improves Focus and Attention Mild Lemony Taste

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



Each chewable softgel contains

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

Other ingredients

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

Directions of use

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

#2730 · 120 chewable softgels · UPC 6-28747-12730-1
NPN 80085697 · V0617-R1

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



Children's Elderberry Juice Powder

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



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

Ingredients

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



Recommended use

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

Nutrition Facts · Per 1 teaspoon (2.9 g)

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

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

#3242 · 100 g / 34 portions · UPC 6-28747-03242-1
PM0998-R1

NONTAXABLE ITEM

Children's Health · Cold and Flu



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

CHILDREN'S PRODUCTS

Children's Omega-3

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

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

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



Four chewable softgels contain

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

Other ingredients

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

Directions of use

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

#1856 · 120 chewable softgels · UPC 6-28747-11856-9
NPN 80080677 · V0513-R6

Children's Health · Fish Oils · Neurological Health



Limosilactobacillus reuteri UB4772 350 million CFU
Lactobacillus helveticus UB5772 42 million CFU
Lactocaseibacillus paracasei UB8017 36 million CFU
Vitamin C (ascorbic acid). 6 mg

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

Other ingredients

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

Directions of use

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

#1821 · 20 g / 67 daily doses · UPC 6-28747-01821-0
NPN 80136123 · PM0009-R6

Children's Health · Probiotics



Children's Vitamin D3

400 IU per Drop · 1,050 Doses

liquid

Builds Stronger Bones and Teeth + Immunity

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

Each drop contains

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

Other ingredient

Medium-chain triglycerides (MCT).

Directions of use

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

#1930 · 30 ml = 1050 doses · UPC 6-28747-21930-3
NPN 80054011 · LM0128-R1

Children's Health · Vitamins and Minerals



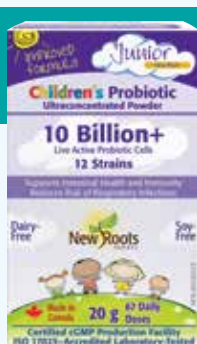
Children's Probiotic

12 Strains · 10 Billion +
Live Active Probiotic Cells

powder

Supports Intestinal Health and Immunity · Reduces Risk of Respiratory Infections
DAIRY-FREE · SOY-FREE

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



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

Human Strains

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

Plant Strains

Lactiplantibacillus plantarum UB6473 50 million CFU
Lactobacillus acidophilus UB6535 18 million CFU

Dairy Strains

Lactocaseibacillus rhamnosus UB6056 6.628 billion CFU
Lactocaseibacillus casei UB9297 1.284 billion CFU



Chromium Picolinate

500 mcg

capsules

Healthy Glucose Metabolism

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

Each vegetable capsule contains

Chromium
(from chromium picolinate) 500 mcg

Other ingredients

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

Directions of use

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

Duration of use

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

#0444 · 100 vegetable capsules · UPC 6-28747-10444-9
NPN 80020092 · V0219-R2

Blood Glucose Management · Vitamins and Minerals



Citrus Bioflavonoids

Plus Hesperidin and Quercetin

capsules

Provides antioxidants for the maintenance of good health.

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

Duration of use

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

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

Allergy Relief · Antioxidants



Citronella Pure Essential Oil

Cymbopogon winterianus

100% Pure · Clean · Unadulterated

Aroma: Fresh, citrus, herbal, fruity.

Attributes: Purifying, reviving, cleansing.

Scent note: Top Note 💧

Each drop contains

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

Active compounds

Citronellal, citronellol, and geraniol.

Directions of use

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

Duration of use

For external and occasional use only.

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

Essential Oils

Full line of essential oils, p. 82–90



Citrus Pectin: Modified Citrus Pectin

powder

Helps to Support Detoxification

Each scoop contains

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

Directions of use

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

Caution

Provides a significant amount of sodium.

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

Detoxification · Herbs and Herbal Extracts · Immune Health



Clarity Mag capsules

Magnesium L-Threonate · 625 mg

Gentle on the Stomach

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

Each vegetable capsule contains

Magnesium L-threonate 625 mg

Providing:

Elemental magnesium 50 mg

Other ingredients

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

Directions of use

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

Duration of use

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

#2337 · 90 vegetable capsules · UPC 6-28747-12337-2

NPN 80084052 · V0647-R1

50+ Health · Vitamins and Minerals

Full line of magnesium supplements, p. 130–133



Clary Sage

Pure Essential Oil

Salvia sclarea

100% Pure · Clean · Unadulterated

Aroma: Herbal, earthy, sweet, floral.

Attributes: Inspiring, focusing, centering.

Scent note: Middle Note 🌿

Each drop contains

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

Active compounds

Linalool and linalyl acetate.

Directions of use

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

Duration of use

For external and occasional use only.

#3201 · 30 ml · UPC 6-28747-13201-2

O0090-R1

Essential Oils

Full line of essential oils, p. 82–90



Clean Flow: Kidney Clean Flow

capsules

Renal Support

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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

Duration of use

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

#1079 · 90 vegetable capsules · UPC 6-28747-11079-2

NPN 80068833 · V0306-R2

Urogenital (Men) · Urogenital (Women)



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

Andy Rooney

Clove Bud Organic Essential Oil

Syzygium aromaticum
100% Pure · Certified Organic

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

Each drop contains

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

Active compounds

Eugenol and *beta*-caryophyllene.

Directions of use

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

Duration of use

For occasional use only.

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

Essential Oils

Full line of essential oils, p. 82–90



Cloves 500 mg

capsules

Relieves Bloating and Flatulence

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

Each vegetable capsule contains

Clove (*Syzygium aromaticum*)
flower bud 500 mg

Other ingredients

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

Directions of use

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

Duration of use

Consult a health-care practitioner for prolonged use.

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

Digestive Health · Herbs and Herbal Extracts



Coconut MCT Oil

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

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

Ingredient

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

Where to Use

Coffee · Dressing · Shake · Cooking

Nutrition Facts · Per 1 tbsp. (15 ml)

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

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

MCTs per serving

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

#2414 · 500 ml · UPC 6-28747-22414-7

#2415 · 1 litre · UPC 6-28747-22415-4

O0076-R1

NONTAXABLE ITEM

Energy · Essential Fatty Acids · Keto Diet



Co-Enzyme Q10 30 mg

capsules

Supports Cardiovascular Health

An antioxidant. Helps to maintain and support cardiovascular health.

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

#0679 · 120 vegetable capsules · UPC 6-28747-10679-5

NPN 80009241 · V0030-R2

Energy · Heart and Blood



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

Edith Wharton

Co-Enzyme Q10

60 mg

capsules

Supports Cardiovascular Health

An antioxidant. Helps to maintain and support cardiovascular health.

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

#0682 · 60 vegetable capsules · UPC 6-28747-10682-5
NPN 80009243 · V0093-R2

Energy · Heart and Blood



Co-Enzyme Q10

100 mg

capsules

Supports Cardiovascular Health

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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

Duration of use

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

#0288 · 60 vegetable capsules · UPC 6-28747-10288-9
NPN 80024928 · V0205-R3

Energy · Headache and Migraine · Heart and Blood



Co-Enzyme Q10

200 mg

capsules

Supports Cardiovascular Health

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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

Duration of use

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

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

#2126 · 60 vegetable capsules · UPC 6-28747-12126-2
NPN 80071034 · V0570-R1

Energy · Headache and Migraine · Heart and Blood



Co-Enzyme Q10

300 mg

capsules

Supports Cardiovascular Health

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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

Duration of use

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

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

NPN 80106303 · V0357-R2

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



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



“You must be the change you wish to see in the world.”

Mahatma Gandhi

CoQ10 (Slow Release):

Slow Release

CoQ10

capsules

Supports Cardiovascular Health Helps Prevent Migraines

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



Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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



Duration of use

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

#1782 · 60 vegetable capsules · UPC 6-28747-11782-1
NPN 80039835 · V0461-R7

Energy · Headache and Migraine · Heart and Blood

Cold & Flu

capsules

Reduces Symptoms and Severity Immune Support

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



Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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



Duration of use

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

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

#2204 · 30 vegetable capsules · UPC 6-28747-12204-7
NPN 80105919 · V0576-R7

Cold and Flu · Immune Health

Collagen

72-73

Colon Care Probiotics

Superior Replenishment

capsules

90 Billion + Live Active Probiotics Delivered Safely to the Intestines

17 Strains · Supports Gastro/ Intestinal Health and Immunity

GPS™ Enteric Coating

Gastric Protective System

Survives Stomach Acid

DAIRY-FREE · SOY-FREE

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



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

Human Strains

<i>Bifidobacterium bifidum</i> UB4925.	11 billion CFU
<i>Bifidobacterium breve</i> UB3917	11 billion CFU
<i>Bifidobacterium longum</i> ssp. <i>infantis</i> UB5660.	11 billion CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> UB6897.	11 billion CFU
<i>Bifidobacterium animalis</i> ssp. <i>lactis</i> UB9439.	5 billion CFU
<i>Limosilactobacillus fermentum</i> UB3678	150 million CFU
<i>Lactobacillus gasseri</i> UB9507	150 million CFU
<i>Lactobacillus johnsonii</i> UB2214	20 million CFU

Plant Strain

<i>Lactiplantibacillus plantarum</i> UB6473	7 billion CFU
<i>Lactobacillus acidophilus</i> UB6535	500 million CFU

Dairy Strains

<i>Lactocaseibacillus rhamnosus</i> UB6056	21.26 billion CFU
<i>Lactocaseibacillus casei</i> UB9297.	10 billion CFU
<i>Lactocaseibacillus paracasei</i> UB8017.	1 billion CFU
<i>Limosilactobacillus reuteri</i> UB4772	600 million CFU
<i>Levilactobacillus brevis</i> UB5892	500 million CFU
<i>Lactobacillus crispatus</i> UB1947	150 million CFU
<i>Lactobacillus helveticus</i> UB5772	20 million CFU
Vitamin C (ascorbic acid).	6 mg

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

Other ingredients

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

Directions of use

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

#2153 · 30 vegetable capsules · UPC 6-28747-12153-8
NPN 80136131 · V0614-R3

50+ Health · Digestive Health · Immune Health · Probiotics

Full line of probiotics, p. 175–188



Colostrum

capsules

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

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



Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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



Duration of use

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

#0283 · 60 vegetable capsules · UPC 6-28747-10283-4

#0273 · 120 vegetable capsules · UPC 6-28747-10273-5

NPN 80142556 · V0201-R5

Amino Acids and Proteins · Cold and Flu · Digestive Health
Immune Health



Colostrum

powder

Immune Support
Upper Respiratory Tract

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



Each ¼ teaspoon contains

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

Directions of use

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

Duration of use

Consult your health-care practitioner for prolonged use.

#0872 · 64 g / ≈ 98 doses · UPC 6-28747-00872-3

NPN 80032126 · P0253

Amino Acids and Proteins · Cold and Flu
Digestive Health · Immune Health



Copper

Citrate · 2 mg

capsules

Helps Reduce Risk of Copper
Deficiency Associated with
Zinc Supplementation

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



Each vegetable capsule contains

Copper (from copper citrate) 2 mg

Other ingredients

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

Directions of use

Children 6–8 years old: Take 1 capsule daily or as directed by your health-care practitioner. Children 9–13 years old:

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

14–18 years old: Take 1–3 capsules daily or as directed by your health-care practitioner.

Adults: Take 1–4 capsules daily or as directed by your health-care practitioner.

#3167 · 100 capsules · UPC 6-28747-13167-4

NPN 80119472 · V0769-R1

Vitamins and Minerals



“It is a terrible thing to see and have no vision.”

Helen Keller

COLLAGEN PRODUCTS

Multi 5 Collagen

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

powder



Dairy-Free

40 Calories per Portion

10 g Collagen per Portion

(92% Protein)

No Fat, no Gluten, no GMO

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

Ingredients

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



Contains

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

Directions of use

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

Nutrition Facts · Per 2 tbsp. (10.9 g)

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

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

#2518 · 200 g / 18 portions · UPC 6-28747-02518-8

#2519 · 400 g / 36 portions · UPC 6-28747-02519-5

PM0838-R2

NONTAXABLE ITEM

50+ Health · Bone Health · Functional Foods · Hair · Joint Health
Muscle Support · Nails · Skin

Multi 5 Collagen

with Delicious
Organic Cocoa

powder



Protein-Building Peptides

5 Types of Food-Sourced Collagen: I, II, III, V, and X

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

Ingredients

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



Contains

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

Directions of use

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

Nutrition Facts · Per 5 tsp. (12 g)

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

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

#2546 · 200 g / 16 portions · UPC 6-28747-02546-1

PM0855-R2

NONTAXABLE ITEM

50+ Health · Bone Health · Functional Foods · Hair · Joint Health
Muscle Support · Nails · Skin



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

COLLAGEN PRODUCTS

Pür Collagen Body Renew

500 mg capsules
Grass-Fed, Antibiotic-Free Bovine



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

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

Each vegetable capsule contains

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

* Guaranteed free of pesticides, growth hormones, antibiotics, and bovine spongiform encephalopathy (BSE).

Other ingredients

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

Directions of use

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

Duration of use

For joint pain: Use for a minimum of 5 months to see beneficial effects.

#2266 · 75 vegetable capsules · UPC 6-28747-12266-5

#2267 · 150 vegetable capsules · UPC 6-28747-12267-2

NPN 80080791 · V0636-R2

Beauty · Hair · Nails · Skin



Pür Collagen+ Joint Recovery

Healthy Cartilage and Bones powder



20 g Collagen (Hydrolyzed)
+ 120 mg Hyaluronic Acid (HA)
per Daily Dose · Bovine Sourced
Grass-Fed · Pasture-Raised ·
Unflavoured

Helps support joint health. Helps in collagen formation to maintain healthy cartilage, bones, teeth, and/or gums. Helps in wound healing and connective tissue formation. Helps improve and increase skin hydration. Helps support skin health. Helps with immune function.

Each scoop contains

Hydrolyzed collagen—types I, II, and III (from bovine) 10 g
Hyaluronic acid (from sodium hyaluronate) 60 mg
Vitamin C (ascorbic acid) 50 mg

Note: Each scoop provides 10 g of protein.

Directions of use

Adults: Take 2 scoops daily or as directed by your health-care practitioner. Add to water, juice, or a smoothie, and stir well. May be taken in 1 single dose or divided and spread throughout the day, for a total of 2 scoops per day. Dissolves well in cold and warm beverages.



Duration of use

Consult a health-care practitioner for use beyond 5 weeks.

#2776 · 454 g / ≈ 22 doses · UPC 6-28747-02766-2

NPN 80116345 · PM0941-R1

50+ Health · Bone Health · Joint Health · Muscle Support
Sport Nutrition

Pür Collagen Radiant Skin

Marine-Sourced · 500 mg capsules
With 6% Elastin



Clinically Proven to Reduce
Deep Wrinkles in 28 Days

Reduces the number of wrinkles after only 28 days. Reduces the number of deep wrinkles.

Each vegetable capsule contains

Collactive™ hydrolyzed collagen—type I,
from fish skin and bones,
with 30 mg elastin (6%) 500 mg
Sustainably sourced

Other ingredients

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

Directions of use

Adults: Take 4 capsules daily or as directed by your health-care practitioner.

#2269 · 60 vegetable capsules · UPC 6-28747-12269-6

#2271 · 120 vegetable capsules · UPC 6-28747-12271-9

NPN 80139946 · V0621-R1

Beauty · Hair · Nails · Skin



Look Great,
Feel Better with
Our Collagen
Products



Cordyceps

500 mg · Hot-Water Extract capsules

Medicinal Mushrooms

Immune Support · Vitality

20% *beta*-Glucans (100 mg)

from 40% Polysaccharides (200 mg)

Source of fungal polysaccharides with immunomodulating properties.

Each vegetable capsule contains

Cordyceps (*Paezilomyces hepiali*) mushroom **extract** standardized to 40% polysaccharides (200 mg) providing 20% *beta*-glucans (100 mg). 500 mg

Hot-water extraction.

Other ingredients

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

Directions of use

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

#1866 · 60 vegetable capsules · UPC 6-28747-11866-8

NPN 80110671 · V0507-R3

50+ Health · Energy · Immune Health
Medicinal Mushrooms

Full line of medicinal mushrooms, p. 137–141



Coriolus

Turkey Tail · 500 mg
Hot-Water Extract capsules

Medicinal Mushrooms

Immune Support · Antioxidant

50% *beta*-Glucans (250 mg)

from 55% Polysaccharides (275 mg)

Used in herbal medicine to support the immune system. Source of antioxidants.

Each vegetable capsule contains

Coriolus (*Trametes versicolor*) mushroom **extract** standardized to 55% polysaccharides (275 mg) providing 50% *beta*-glucans (250 mg). 500 mg

Hot-water extraction.

Other ingredients

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

Directions of use

Adults: Take 1 capsule three times daily with food or as directed by your health-care practitioner. Dosage can be increased up to 2 capsules two or three times daily.

#1864 · 60 vegetable capsules · UPC 6-28747-11864-4

NPN 80070797 · V0506-R4

Immune Health · Medicinal Mushrooms

Full line of medicinal mushrooms, p. 137–141



Cordyceps Militaris

400 mg · Hot-Water Extract capsules

Medicinal Mushrooms

Immune Support · Vigour

20% *beta*-Glucans (80 mg)

from 40% Polysaccharides (160 mg)

Source of fungal polysaccharides with immunomodulating properties.

Each vegetable capsule contains:

Cordyceps mushroom (*Cordyceps militaris*) fruiting body **extract**, standardized to 40% polysaccharides (160 mg) providing 20% *beta*-glucans (80 mg). 400 mg

Hot-water extraction.

Other ingredients

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

Directions of use

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

#2672 · 60 vegetable capsules · UPC 6-28747-12672-4

NPN 80105570 · V0698-R1

Energy · Immune Health · Medicinal Mushrooms

Full line of medicinal mushrooms, p. 137–141



Mushroom Lovers

Coriolus Powder

Turkey Tail · Organic

Medicinal Mushrooms

Immunity-Boosting · Antioxidant

Source of fungal polysaccharides with immunomodulating properties.

Each ½ teaspoon contains

Organic coriolus (*Trametes versicolor*). 3.125 g

Directions of use

Adults: Take ½ teaspoon daily or as directed by your health-care practitioner. Use boiling water. Steep covered for 5 to 20 minutes before ingesting. Simmering will increase potency and benefits.

#2578 · 100 g / 32 doses · UPC 6-28747-02578-2

NPN 80105459 · P0830-R1

Functional Foods · Immune Health · Medicinal Mushrooms

Full line of medicinal mushrooms, p. 137–141



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

Winston Churchill



Cornmint:

Wild Field Mint Pure Essential Oil

Mentha arvensis

100% Pure · Clean · Unadulterated

Aroma: Fresh, herbal, minty.

Attributes: Refreshing, stimulating, revitalizing.

Scent note: Top Note

Each drop contains

Wild field mint (*Mentha arvensis*) leaf essential oil, steam-distilled 100%

Active compounds

Menthol and menthone.

Directions of use

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

Duration of use

For external and occasional use only.

#3211 · 30 ml · UPC 6-28747-13211-1

OM093-R1

Essential Oils

Full line of essential oils, p. 82–90



Cranberry Seed Oil

Certified Organic

Reduces the Look of Aging

An oil that reduces the look of aging that will deeply hydrate, resulting in smoother- and firmer-looking skin. Rich in antioxidants; vitamins A and E; as well as omega-3, -6, and -9; this beauty oil will provide all the nutrients needed for healthy-looking, glowing, and youthful skin.

Each bottle contains

Organic cranberry (*Vaccinium macrocarpon*) seed oil, cold-pressed, nondeodorized 15 ml with added organic rosemary (*Rosmarinus officinalis*) extract.

Ingredients

Vaccinium macrocarpon seed oil and *Rosmarinus officinalis* (rosemary) leaf extract.

Directions of use

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

#2101 · 15 ml · UPC 6-28747-22101-6

OM0051-R2

Beauty · Exotic Skin Oils · Skin

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



Cranberry

capsules

Urinary Tract and Bladder Infections

Traditionally used in herbal medicine to help prevent recurrent urinary tract infections (UTIs). Source of antioxidants for the maintenance of good health.

Each vegetable capsule contains

Cranberry (*Vaccinium macrocarpon*) fruit concentrate 600 mg

Other ingredients

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

Directions of use

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

Duration of use

For the prevention of recurrent UTIs: Use for a minimum of 4 weeks to see beneficial effects.

#1051 · 60 vegetable capsules · UPC 6-28747-11051-8

NPN 80021849 · V0298-R2

Urogenital (Women) · Women's Health



Curcumin

Plus Piperine

95% Curcuminoids · 500 mg

capsules

Anti-Inflammatory Carbon-14-Tested to Guarantee Freedom from Impurities and Synthetic Substitutes



Provides antioxidants. Used in herbal medicine to help relieve joint inflammation.

Each vegetable capsule contains

Turmeric (*Curcuma longa*) root extract, 95% curcuminoids, providing curcumin I, demethoxycurcumin, and bisdemethoxycurcumin 500 mg
Black pepper (*Piper nigrum*) fruit extract, 95% piperine 5 mg

Other ingredients

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

Directions of use

Adults: Take 1–3 capsules daily or as directed by your health-care practitioner. *Joint inflammation:* Take 1 capsule three times daily or as directed by your health-care practitioner.

Duration of use

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

#1154 · 90 vegetable capsules · UPC 6-28747-11154-6

NPN 80093664 · V0328-R3

Herbs and Herbal Extracts · Pain and Inflammation



curcuRouge® :

→ MaxAbsorb Curcumin

135

D-Mannose

Powder · 100% Pure

Urinary Tract Support UTI Prevention

Helps prevent the risk of recurrent urinary tract infections (UTIs) in women.

One rounded half teaspoon contains

D-Mannose 2 g

Directions of use

Adults: Add ½ a rounded teaspoon (2 grams) to 1–2 cups of water or diluted juice daily, immediately before consumption, and mix well, or take as directed by your health-care practitioner. We recommend weighing **D-Mannose** for precise dosage.

#2666 · 50 g / 25 doses · UPC 6-28747-02666-6

#2644 · 180 g / 90 doses · UPC 6-28747-02644-4

NPN 80102333 · P0788-R1

Urogenital (Women) · Women's Health



D-Mannose & Cranberry

With *L. rhamnosus* Probiotic powder

UTI Prevention and Control DAIRY-FREE AND SOY-FREE

Helps prevent recurrent urinary tract infections (UTIs) in women. Source of antioxidants for the maintenance of good health. Provides live microorganisms that temporarily modify gut flora.

Two scoops contain

D-Mannose 4,800 mg
Cranberry (*Vaccinium macrocarpon*) fruit concentrate . . . 600 mg
Lactobacillus rhamnosus UB5115 500 million CFU

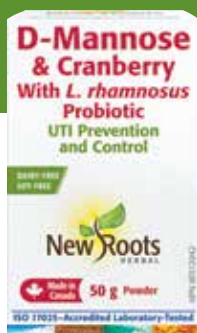
Directions of use

Adults: Use the scoop that accompanies this product. Mix 2 scoops in water or diluted juice twice daily for two days, then 2 scoops in water or diluted juice once daily, or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

#1549 · 50 g · UPC 6-28747-01549-3

NPN 80112942 · PM0574-R2

Probiotics · Urogenital (Women) · Women's Health



Clinically Studied

An open-label clinical study was conducted by Nafarco Pharmacies to evaluate the effectiveness of **New Roots Herbal's D-Mannose & Cranberry** formula in eradicating *Escherichia coli* bacteria in women with recurrent cystitis. Twenty women took 2 scoops twice daily for two days; then, 2 scoops once daily for five days; finally, after 7 days of rest, ½ scoops daily for 10 days. Symptoms improved after the first week of treatment, and were reduced by 90% over the entire treatment period. For 84% of the cohort studied, no recurrence occurred. Also, a trend of effectiveness was observed in relation to body mass index (BMI). The results spoke for themselves, as all participants would either take the product again or recommend it to family or friends.

D-Pantothenate:

Vitamin B5

capsules

Calcium D-Pantothenate · 500 mg

Helps the body to metabolize carbohydrates, fats, and protein. Helps in tissue formation.

Each vegetable capsule contains

Vitamin B5
(calcium D-pantothenate) 500 mg

Other ingredients

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

Directions of use

Adults and children > 6 years old: Take 1 capsule daily with a meal or as directed by your health-care practitioner.

#1407 · 100 vegetable capsules · UPC 6-28747-11407-3

NPN 80019683 · V0387-R3

Neurological Health · Stress Management

Vitamins and Minerals

Full line of B vitamins, p. 227–234



D-Ribose

powder

100% Pure · Energy and Endurance Athletic Support

Provides athletic support. Ribose is a factor in energy metabolism and production.

Each rounded teaspoon contains approximately

D-Ribose (100% pure) 5 g

Directions of use

Adults: Take 1 teaspoon once or twice daily or as directed by your health-care practitioner. We recommend weighing **D-Ribose** for precise dosage.

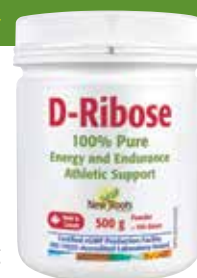
#0294 · 100 g / ≈ 20 doses · UPC 6-28747-00294-3

#1286 · 250 g / ≈ 50 doses · UPC 6-28747-01286-7

#1729 · 500 g / ≈ 100 doses · UPC 6-28747-01729-9

NPN 80041899 · P0257

Energy · Sport Nutrition



D-Stress

Organic Lavender Oil

softgels

Reduces Restlessness, Mental Stress, and Exhaustion

Traditionally used in herbal medicine to help relieve restlessness, for the relief of mild symptoms of mental stress and exhaustion, and to aid sleep.

Each softgel contains

Organic lavender (*Lavandula angustifolia*) essential oil, hexane-free 80 mg

Other ingredients

Organic olive oil and natural vitamin E (D- α -tocopherol) (from non-GMO sunflower) in a softgel composed of annatto extract (in sunflower oil), bovine gelatin, glycerin, and purified water.



Directions of use

Adults: Take 1 softgel daily with food and a full glass of water or as directed by your health-care practitioner.

#2056 · 15 softgels · UPC 6-28747-12056-2
#2053 · 30 softgels · UPC 6-28747-12053-1
#1974 · 60 softgels · UPC 6-28747-11974-0
NPN 80056812 · V0533-R4

Herbs and Herbal Extracts · Mood Enhancement · Stress Management

Full line of antistress products, p. 208–212



Dandelion Root and Celery Seed · 430 mg

capsules

Eases Digestive Disturbances Relieves Eczema

Dandelion is traditionally used in herbal medicine as a diuretic, to help treat digestive disturbances (dyspepsia), to increase bile flow (cholagogue), and to help stimulate appetite; and as an alternative to help relieve dermatological conditions such as eczema.

Each vegetable capsule contains

Dandelion
(*Taraxacum officinale*) root 323 mg
Celery (*Apium graveolens* var. *dulce*) seed 107 mg

Other ingredients

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

Directions of use

Adults: Take 3 capsules three times daily.

Duration of use

For occasional use only.

#0835 · 100 vegetable capsules · UPC 6-28747-10835-5
NPN 80035276 · V0113-R3

Detoxification · Digestive Health
Herbs and Herbal Extracts · Skin



Digestive Enzymes

capsules

With Betaine Hydrochloride and Ox Bile

Digestive aid to help decrease bloating after high-calorie, high-fat meals.

Each vegetable capsule contains

Pancreatic enzymes (from domestic pig [*Sus scrofa*]) 4× concentrate 200 mg
Protease (20,000 PC USP)
Amylase (20,000 AGU USP)
Lipase (1,600 LU USP)
Betaine hydrochloride[†] 105.3 mg
Ox bile (from *Bos taurus* liver),
45% cholic acids 64.8 mg
Pepsin A (324,000 FCC PU) 32.4 mg
Papain (from papaya [*Carica papaya*] fruit)
(384,000 FCC PU) 3.84 mg

[†]Betaine hydrochloride equivalent to 10 drops of dilute hydrochloric acid USP (United States Pharmacopeia).

Other ingredients

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

Directions of use

Adults: Take 1–4 capsules daily with food or as directed by your health-care practitioner. Take with or immediately before a meal/food. Swallow whole; do not crush or chew. Use the smallest effective dose which controls symptoms.

Duration of use

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

#3439 · 60 vegetable capsules · UPC 6-28747-13439-2
#0224 · 100 vegetable capsules · UPC 6-28747-10224-7
NPN 80090702 · V0284-R4

50+ Health · Digestive Health · Enzymes



Devil's Claw

525 mg

capsules

Relieves Joint Pain Due to Osteoarthritis

Used in herbal medicine to relieve joint pain associated with osteoarthritis.

Each vegetable capsule contains

Devil's claw (*Harpagophytum procumbens*) secondary tuber 525 mg

Other ingredients

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

Directions of use

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

Duration of use

Use for a minimum of 2–3 months to see beneficial effects.

#0834 · 100 vegetable capsules · UPC 6-28747-10834-8
NPN 80009416 · V0114-R2

Herbs and Herbal Extracts · Pain and Inflammation



DMG

125 mg

capsules

Helps Support Immune System Function

DMG is an intermediate in the metabolism of the nonessential amino acid glycine, which is involved in protein synthesis. Helps support immune system function.

Each vegetable capsule contains

N,N-Dimethylglycine (DMG)
(from DMG hydrochloride) 125 mg

Other ingredients

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

Directions of use

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

Duration of use

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

#0962 · 100 vegetable capsules · UPC 6-28747-10962-8
NPN 80114865 · V0265-R2

Amino Acids and Proteins · Immune Health · Sport Nutrition



DMSO Liquid

Pain Reduction

Muscles, Tendons, Ligaments, Knees, Hips, Shoulders, Elbows, and Wrists

Helps to temporarily reduce the pain associated with musculoskeletal conditions of the large joints, such as posttraumatic soft-tissue injuries, acute bursitis, strains, and sprains.

Medicinal ingredients

DMSO (methyl sulfoxide 99.9%) 90%

Other ingredient

Purified water (10%).

Directions of use

Adults: Apply 8–12 ml on affected area three times daily or as directed by your health-care practitioner. Make sure the affected area is thoroughly cleansed before application. Wash your hands before and after application. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with water. For external use only.

#1968 · 50 ml · UPC 6-28747-21968-6

NEW SIZE!

#3599 · 100 ml · UPC 6-28747-23599-0

NPN 80058315 · LM0135-R1

Pain and Inflammation



Echinacea

organic tincture

Helps Relieve Sore Throats and Respiratory Tract Infections

Traditionally used in herbal medicine to help relieve the symptoms of upper respiratory tract infections, and to help relieve sore throats.

Each teaspoon contains a crude quantity equivalent of

Organic echinacea

(*Echinacea angustifolia*) root 691 mg

Other ingredients

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

Directions of use

Adults and adolescents ≥ 15 years old:

Take at the first sign of infection. Take 2 teaspoons daily or as directed by your health-care practitioner.

Duration of use

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

#1708 · 50 ml · UPC 6-28747-21708-8

NEW SIZE!

#3598 · 100 ml · UPC 6-28747-23598-3

NPN 80051823 · LM0015-R5

Cold and Flu · Herbs and Herbal Extracts · Immune Health



Dong Quai

Women's Ginseng · 500 mg

capsules

Relieves Menstrual Cramps and Irregularity

Used in traditional Chinese medicine to invigorate and harmonize/tonify the blood and to help relieve menstrual cramps and irregularity.

Each vegetable capsule contains

Dong quai (*Angelica sinensis*) root. . . 500 mg

Other ingredients

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

Directions of use

Adults: Take 9 capsules daily or as directed by your health-care practitioner. Avoid prolonged exposure to sunlight, ultraviolet light (UV), or UV therapy.

Duration of use

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

#0388 · 100 vegetable capsules · UPC 6-28747-10388-6

NPN 80039734 · V0023-R3

Herbs and Herbal Extracts · Menopause · Women's Health



Elderberry ResQ

Concentrated Extract

With Blackcurrant and Bilberry

capsules

Cold and Flu Formula

Used in herbal medicine to help relieve symptoms of colds and flus (such as coughs, sore throat, and mucus buildup [catarrh] of the upper respiratory tract), and to promote sweating (diaphoretic) to help relieve fever.

Each vegetable capsule contains

Elderberry (*Sambucus nigra*

ssp. *nigra*) fruit 50:1 extract 428 mg

European bilberry (*Vaccinium myrtillus*)

fruit 100:1 extract, 25% anthocyanosides 37.5 mg

Blackcurrant (*Ribes nigrum*) fruit 50 mg

Other ingredients

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

Directions of use

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

Duration of use

For occasional use only.

#2670 · 30 vegetable capsules · UPC 6-28747-12670-0

NPN 80106414 · V0710-R1

Cold and Flu · Immune Health



“Life is ten percent what happens to you and ninety percent how you respond to it.”

Lou Holtz

Elderberry ResQ

European Berries

fruit tincture

Cold and Flu

Used in herbal medicine to help relieve symptoms of colds and flus (such as coughs, sore throat, and mucus buildup [catarrh] of the upper respiratory tract) and to promote sweating (diaphoretic) to help relieve fever.

Each 1 ml (40 drops) contains a crude quantity equivalent of

Elderberry

(*Sambucus nigra* ssp. *nigra*) fruit 250 mg

Other ingredients

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

Directions of use

Adults and adolescents 14 years and over: Take 2 ml three times daily; **adolescents 10–13 years old:** Take 1 ml three times daily; **children 5–9 years old:** Take ½ ml three times daily; **children 2–4 years old:** Take ⅓ ml three times daily; or as directed by your health-care practitioner.

Duration of use

For occasional use only.

#2566 · 50 ml / 25 doses · UPC 6-28747-22566-3

#2567 · 95 ml / 47 doses · UPC 6-28747-22567-0

NPN 80112083 · LM0155-R1

Immune Health



ElderFlower ResQ

organic tincture

Cold · Flu · Fever · Allergies

Used in herbal medicine (children and adults) to promote sweating (diaphoretic) to help relieve fever (in cases of common colds, flus), and to help relieve symptoms of colds and flus (such as coughs, sore throat and mucus buildup of the upper respiratory tract). Used in herbal medicine (adults) to help relieve nasal congestion and discharge associated with sinusitis, hay fever, and allergic rhinitis.

Each 1 ml (40 drops) contains a crude quantity equivalent of

Organic European elderflower

(*Sambucus nigra* ssp. *nigra*) 250 mg

Other ingredients

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

Directions of use

Mix with juice for children. Wait at least 4 hours between doses. **Adults and adolescents 14 and over:** Take 2 ml three times daily. **Adolescents 10–13 years old:** Take 1 ml three times daily. **Children 5–9 years old:** Take ½ ml (0.5 ml) three times daily. **Children 2–4 years old:** Take ⅓ ml (0.33 ml or 13 drops) three times daily. Take as directed above or as directed by your health-care practitioner.

Duration of use

Consult a health-care practitioner for use beyond 1 week for children 6 years or younger.

#2568 · 50 ml · UPC 6-28747-22568-7

#2569 · 95 ml · UPC 6-28747-22569-4

NPN 80108530 · LM0154-R1

Cold and Flu · Herbs and Herbal Extracts ·

Immune Health



Electrolytes

80

Energy

capsules

Improves Mental and Physical Performance

Siberian ginseng is used in herbal medicine to help improve mental or physical performance after periods of exertion, and as a tonic to help relieve general weakness or fatigue and to aid during recovery.

Each vegetable capsule contains

D-Ribose	300 mg
Bee pollen	250 mg
Siberian ginseng (<i>Eleutherococcus senticosus</i>) root extract, 0.8% eleutherosides	100 mg
<i>N,N</i> -Dimethylglycine	35 mg
Licorice (<i>Glycyrrhiza uralensis</i>) root extract, 10% glycyrrhizinic acid	25 mg
Astragalus (<i>Astragalus membranaceus</i>) root extract, 16% polysaccharides	20 mg
Red ginseng (<i>Panax ginseng</i>) leaf extract, 20% ginsenosides	7.5 mg
Red ginseng (<i>Panax ginseng</i>) root extract, 20% ginsenosides	2.5 mg

Other ingredients

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

Directions of use

Adults ≥ 18 years old: Take 1 capsule once or twice daily or as directed by your health-care practitioner.

Duration of use

Consult a health-care practitioner for use beyond 1 month.

#0209 · 45 vegetable capsules · UPC 6-28747-10209-4

#0937 · 90 vegetable capsules · UPC 6-28747-10937-6

NPN 80143201 · V0061-R8

Energy



ELECTROLYTES

Lectro-Lytes

Coco-Pineapple
Electrolyte Rehydration Drink Mix

powder



Rich in Vitamin C
No Added Sugar · Gluten-Free
Stay Properly Hydrated!

Keep properly hydrated in hot weather, when traveling, working out, or recuperating. Ideal for anyone needing to create a normal electrolyte balance within the body or for those that follow an exercise program.

Ingredients

Magnesium bisglycinate, potassium citrate, citric acid, calcium citrate, malic acid, sodium ascorbate, sodium chloride, stevia (*Stevia rebaudiana*), vitamin B6 (pyridoxal-5'-phosphate), and natural pineapple and coconut flavours (pineapple, coconut, maltodextrin, silicon dioxide).

Directions of use

Add one scoop to 200 ml of water. Use once a day.

Supplemented Food Facts · Per 1 scoop (4.2 g)

Calories 5	% Daily Value*		% Daily Value*
Fat 0 g	0 %	Potassium 200 mg	4 %
Saturated 0 g + Trans 0 g	0 %	Calcium 100 mg	8 %
Carbohydrate 1 g		Iron 0.1 mg	1 %
Fibres 0 g	0 %	Supplemented with†:	
Sugars 0 g	0 %	Vitamin C 251 mg	279 %
Protein 0 g		Vitamin B6 10 mg	588 %
Cholesterol 0 mg		Magnesium 120 mg	29 %
Sodium 55 mg	2 %		

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

†Includes naturally occurring and supplemental amounts

#2490 · 168 g / 40 portions · UPC 6-28747-02490-7

NEW SIZE!

#3405 · 30 sachets × 4.2 g · UPC 6-28747-03405-0

PM0818-R1

NONTAXABLE ITEM

Energy · Sport Nutrition · Vitamins and Minerals



Lectro-Lytes

Lemon-Lime
Electrolyte Rehydration Drink Mix

powder



Rich in Vitamin C
No Added Sugar · Gluten-Free
Stay Properly Hydrated!

Keep properly hydrated in hot weather, when traveling, working out, or recuperating. Ideal for anyone needing to create a normal electrolyte balance within the body or for those that follow an exercise program.

Ingredients

Magnesium bisglycinate, potassium citrate, malic acid, citric acid, calcium citrate, sodium ascorbate, sodium chloride, stevia (*Stevia rebaudiana*), vitamin B6 (pyridoxal-5'-phosphate), and natural lemon-lime flavour (lemon, lime, maltodextrin, silicon dioxide).

Directions of use

Add one scoop to 200 ml of water. Use once a day.

Supplemented Food Facts · Per 1 scoop (4.8 g)

Calories 5	% Daily Value*		% Daily Value*
Fat 0 g	0 %	Potassium 200 mg	4 %
Saturated 0 g + Trans 0 g	0 %	Calcium 100 mg	8 %
Carbohydrate 1 g		Iron 0 mg	0 %
Fibres 0 g	0 %	Supplemented with†:	
Sugars 0 g	0 %	Vitamin C 251 mg	279 %
Protein 0 g		Vitamin B6 10 mg	588 %
Cholesterol 0 mg		Magnesium 120 mg	29 %
Sodium 50 mg	2 %		

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

†Includes naturally occurring and supplemental amounts

#2488 · 192 g / 40 portions · UPC 6-28747-02488-4

NEW SIZE!

#3404 · 30 sachets × 4.8 g · UPC 6-28747-03404-3

PM0814-R1

NONTAXABLE ITEM

Energy · Sport Nutrition · Vitamins and Minerals



Selecting the right electrolyte formula is elementary. Consumers expect precise elemental values of key minerals. ICP-MS and ICP-OES technologies guarantee our label claims deliver.



Essence:

New Roots Essence

tincture



Removes Accumulated Waste Products via Kidneys, Skin, and Mucous Membranes

Traditionally used in herbal medicine as a diuretic, diaphoretic, and alternative to help remove accumulated waste products via the kidneys, skin, and mucous membranes.

Each tablespoon contains a crude quantity equivalent of

Organic burdock (<i>Arctium lappa</i>) root	172 mg
Organic sheep sorrel (<i>Rumex acetosella</i>) herb top	86 mg
Pau d'arco (<i>Tabebuia heptaphylla</i>) inner bark	30.7 mg
Organic slippery elm (<i>Ulmus rubra</i>) bark	21 mg
Organic blessed thistle (<i>Cnicus benedictus</i>) herb top	8 mg
Organic red clover (<i>Trifolium pratense</i>) herb	8 mg
Watercress (<i>Nasturtium officinale</i>) herb	8 mg
Organic rhubarb (<i>Rheum palmatum</i>) root	5 mg

Other ingredients

Organic whole Norwegian kelp (*Ascophyllum nodosum*), organic alcohol 25% (from sugarcane), glycerin, and purified water. Steeped in organic alcohol (from organic sugarcane) for 21 days.

Directions of use

Adults: Take 3 tablespoons in the morning and 4 tablespoons in the evening or as directed by your health-care practitioner. *Optional:* To reduce the alcohol content, add 4 ounces of boiling water and let sit for 5 minutes. Can also be mixed with orange juice or your favourite juice.



Duration of use

For occasional use only.

#1977 · 500 ml / ≈ 9½ doses · UPC 6-28747-21977-8
NPN 80109774 · LM0136-R1

Detoxification

Essential oils

82-90

Essential Oil Gift Set

4 Pure Essential Oils + Spray Bottle

- Gift set includes 4 bestselling, full-sized 100% pure, undiluted, unadulterated essential oils
- Comes in elegant packaging with a reusable keepsake storage box and travel-ready 15 ml spray bottle
- Premium-quality, globally sourced, and laboratory-validated



Bergamot Essential Oil

Bergamot (*Citrus bergamia*) fruit peel essential oil, cold-pressed 30 ml
Aroma: Citrus, floral, spicy, sweet. **Top note.**
Attributes: Vibrant, inspiring, uplifting.



Cedarwood Essential Oil

Himalayan cedar (*Cedrus deodara*) wood essential oil, steam-distilled 30 ml
Aroma: Woody, fresh, resinous. **Base note.**
Attributes: Relaxing, reassuring, strengthening, empowering.

Eucalyptus Essential Oil

Eucalyptus (*Eucalyptus globulus*) leaf and twig essential oil, steam-distilled 30 ml
Aroma: Green, fresh, woody. **Middle note.**
Attributes: Regenerating, clarifying, deep.

Wild Field Mint Essential Oil

Wild field mint (*Mentha arvensis*) leaf essential oil, steam-distilled 30 ml
Aroma: Fresh, herbal, minty. **Top note.**
Attributes: Refreshing, stimulating, revitalizing.

#K3425 · 4 bottles × 30 ml · UPC 6-28747-53425-3

Essential Oils

Full line of essential oils, p. 82-90

Eucalyptus Organic Essential Oil

Eucalyptus globulus

100% Pure · Certified Organic

Used in aromatherapy to help relieve colds/cough.

Each drop contains

Organic bluegum (*Eucalyptus globulus*) leaf essential oil 100%

Active compounds

1,8-cineole, *alpha*-pinene, and limonene.

Directions of use

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

Duration of use

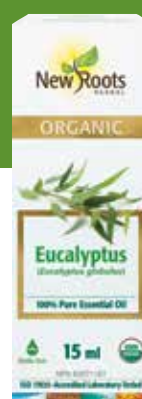
For occasional use only.

#2138 · 15 ml · UPC 6-28747-22138-2

NPN 80071187 · O0032B-R1

Essential Oils

Full line of essential oils, p. 82-90



Eucalyptus Pure Essential Oil

Eucalyptus globulus

100% Pure · Clean · Unadulterated

Aroma: Green, fresh, woody.
Attributes: Regenerating, clarifying, deep.
Scent note: Middle Note 🍃

Each drop contains

Eucalyptus (*Eucalyptus globulus*) leaf and twig essential oil, steam-distilled 100%

Active compounds

α -Terpineol, 1,8-cineole, pinene, and camphene.

Directions of use

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

Duration of use

For external and occasional use only.

#3202 · 30 ml · UPC 6-28747-13202-9

O0032-R1

Essential Oils · Herbs and Herbal Extracts

Full line of essential oils, p. 82-90



ESSENTIAL OILS

NOW AVAILABLE!

**BEAUTIFUL ESSENTIAL OIL
WOODEN DISPLAY**



**EMBELLISH YOUR SHELVES WITH THIS NEW
STACKABLE WOODEN DISPLAY!**

CAN ALSO BE USED WITH OUR 15 ML AND 30 ML EXOTIC OILS

ESSENTIAL OILS

About Our Essential Oils...

When you select New Roots Herbal, you benefit from a product that has been tested for identity, purity, and potency in the on-site industry-leading, ISO 17025–accredited laboratory. Aromatherapy is at the crossroads of art and science, where naturally extracted essences of botanical origin invigorate body, mind, and spirit. It can also serve to bridge the gap between body and mind to stimulate our body's innate ability to heal itself.

Buyer Beware!

According to the Aromatic Plant Research Center, it has been found that an alarming 80% of all essential oils available in the market are adulterated, indicating a significant prevalence of impurities or contaminants in these products.

Contaminated essential oils can be harmful to your health, as they may contain dangerous levels of lead, mercury, cadmium, glyphosate, DDT, PCB, ammonia, hexane, carcinogenic and toxic solvents, or other chemicals, potentially leading to respiratory irritation and other serious health concerns.

Bergamot Pure Essential Oil

Citrus bergamia

100% Pure · Clean · Unadulterated

Aroma: Citrus, floral, spicy, sweet.

Attributes: Vibrant, inspiring, uplifting.

Scent note: Top Note 🍊

Each drop contains

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

Active compounds

Limonene, linalyl acetate, and linalool.

Directions of use

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

Duration of use

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

#3199 · 30 ml · UPC 6-28747-13199-2

O0089-R1

Essential Oils · Herbs and Herbal Extracts



Cedarwood Pure Essential Oil

Cedrus deodara

100% Pure · Clean · Unadulterated

Aroma: Woody, fresh, resinous.

Attributes: Relaxing, reassuring, strengthening, empowering.

Scent note: Base Note 🌲

Each drop contains

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

Active compound

Himachalene.

Directions of use

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

#3200 · 30 ml · UPC 6-28747-13200-5

O0086-R1

Essential Oils · Herbs and Herbal Extracts



Citronella Pure Essential Oil

Cymbopogon winterianus

100% Pure · Clean · Unadulterated

Aroma: Fresh, citrus, herbal, fruity.

Attributes: Purifying, reviving, cleansing.

Scent note: Top Note 🍋

Each drop contains

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

Active compounds

Citronellal, citronellol, and geraniol.

Directions of use

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

Duration of use

For external and occasional use only.

#3208 · 30 ml · UPC 6-28747-13208-1

O0084-R1

Essential Oils



ESSENTIAL OILS

Clary Sage Pure Essential Oil

Salvia sclarea

100% Pure · Clean · Unadulterated

Aroma: Herbal, earthy, sweet, floral.

Attributes: Inspiring, focusing, centering.

Scent note: Middle Note 🌱

Each drop contains

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

Active compounds

Linalool and linalyl acetate.

Directions of use

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

Duration of use

For external and occasional use only.

#3201 · 30 ml · UPC 6-28747-13201-2

O0090-R1

Essential Oils



Essential Oil Gift Set

4 Pure Essential Oils + Spray Bottle

- Gift set includes 4 bestselling, full-sized 100% pure, undiluted, unadulterated essential oils
- Comes in elegant packaging with a reusable keepsake storage box and travel-ready 15 ml spray bottle
- Premium-quality, globally sourced, and laboratory-validated



Bergamot Essential Oil

Bergamot (*Citrus bergamia*) fruit peel essential
oil, cold-pressed 30 ml

Aroma: Citrus, floral, spicy, sweet. **Top note.**

Attributes: Vibrant, inspiring, uplifting.



Cedarwood Essential Oil

Himalayan cedar (*Cedrus deodara*) wood
essential oil, steam-distilled 30 ml

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

Attributes: Relaxing, reassuring, strengthening, empowering.

Eucalyptus Essential Oil

Eucalyptus (*Eucalyptus globulus*) leaf and twig essential
oil, steam-distilled 30 ml

Aroma: Green, fresh, woody. **Middle note.**

Attributes: Regenerating, clarifying, deep.

Wild Field Mint Essential Oil

Wild field mint (*Mentha arvensis*) leaf essential oil,
steam-distilled 30 ml

Aroma: Fresh, herbal, minty. **Top note.**

Attributes: Refreshing, stimulating, revitalizing.

#K3425 · 4 bottles × 30 ml · UPC 6-28747-53425-3

Essential Oils

Clove Bud Organic Essential Oil

Syzygium aromaticum

100% Pure · Certified Organic

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

Each drop contains

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

Active compounds

Eugenol and *beta*-caryophyllene.

Directions of use

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

Duration of use

For occasional use only.

#2186 · 15 ml · UPC 6-28747-22186-3

NPN 80076494 · O0060-R1

Essential Oils



Eucalyptus Organic Essential Oil

Eucalyptus globulus

100% Pure · Certified Organic

Used in aromatherapy to help relieve colds/cough.

Each drop contains

Organic bluegum (*Eucalyptus globulus*)
leaf essential oil. 100%

Active compounds

1,8-cineole, *alpha*-pinene, and limonene.

Directions of use

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

Duration of use

For occasional use only.

#2138 · 15 ml · UPC 6-28747-22138-2

NPN 80071187 · O0032B-R1

Essential Oils



ESSENTIAL OILS

Eucalyptus Pure Essential Oil

Eucalyptus globulus

100% Pure · Clean · Unadulterated

Aroma: Green, fresh, woody.

Attributes: Regenerating, clarifying, deep.

Scent note: Middle Note 🌿

Each drop contains

Eucalyptus (*Eucalyptus globulus*) leaf
and twig essential oil, steam-distilled 100%

Active compounds

α-Terpineol, 1,8-cineole, pinene, and camphene.

Directions of use

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

Duration of use

For external and occasional use only.

#3202 · 30 ml · UPC 6-28747-13202-9

O0032-R1

Essential Oils · Herbs and Herbal Extracts



Ginger Pure Essential Oil

Zingiber officinale

100% Pure · Clean · Unadulterated

Aroma: Warm, spicy, earthy, woody.

Attributes: Soothing, clarifying, energizing.

Scent note: Middle Note 🌿

Each drop contains

Ginger (*Zingiber officinale*) rhizome
essential oil, steam-distilled 100%

Active compound

Zingiberene.

Directions of use

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

Duration of use

For external and occasional use only.

#3205 · 30 ml · UPC 6-28747-13205-0

O0088-R1

Essential Oils · Herbs and Herbal Extracts



Geranium Pure Essential Oil

Pelargonium graveolens

100% Pure · Clean · Unadulterated

Aroma: Floral, green, soft, sweet.

Attributes: Nostalgic, purifying, balancing.

Scent note: Middle Note 🌿

Each drop contains

Geranium (*Pelargonium graveolens*) flower
essential oil, steam-distilled 100%

Active compounds

Citronellol and geraniol.

Directions of use

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

Duration of use

For external and occasional use only.

#3204 · 30 ml · UPC 6-28747-13204-3

O0030-R1

Essential Oils · Herbs and Herbal Extracts



Lavender Organic Essential Oil

Lavandula angustifolia

100% Pure · Certified Organic

Used in aromatherapy as a nervine/calming.

Used in aromatherapy as carminative/
antispasmodic for symptomatic relief of
digestive discomfort.

Each drop contains

Organic lavender (*Lavandula angustifolia*)
flowering herb top essential oil 100%

Active compounds

Linalyl acetate and linalool.

Directions of use

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

Duration of use

For occasional use only.

#2139 · 15 ml · UPC 6-28747-22139-9

NPN 80069450 · O0031-R1

Essential Oils



ESSENTIAL OILS

Lemon Organic Essential Oil

Citrus × limon

100% Pure · Certified Organic

Used in aromatherapy to help relieve colds/cough.

Each drop contains

Organic lemon (*Citrus × limon*)

fruit peel essential oil 100%

Active compounds

Limonene and beta-pinene.

Directions of use

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

Duration of use

For occasional use only.

#2148 · 15 ml · UPC 6-28747-22148-1

NPN 80076490 · O0059-R1

Essential Oils



Lemon Eucalyptus Pure Essential Oil

Corymbia citriodora

100% Pure · Clean · Unadulterated

Aroma: Aromatic, fresh, citrus.

Attributes: Refreshing, cleansing, inspiring.

Scent note: Middle Note 🍋

Each drop contains

Lemon-scent gum (*Corymbia citriodora*)

leaf essential oil, steam-distilled. 100%

Active compounds

Citronellal, citronellol, and geraniol.

Directions of use

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

Duration of use

For external and occasional use only.

#3207 · 30 ml · UPC 6-28747-13207-4

O0085-R1

Essential Oils



Lemon Pure Essential Oil

Citrus × limon

100% Pure · Clean · Unadulterated

Aroma: Fresh, citrus, sweet.

Attributes: Refreshing, cleansing, energizing.

Scent note: Top Note 🍋

Each drop contains

Lemon (*Citrus × limon*) fruit peel

essential oil, cold-pressed 100%

Active compound

Limonene.

Directions of use

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

Duration of use

For external and occasional use only.

#3206 · 30 ml · UPC 6-28747-131206-7

O0094-R1

Essential Oils



Peppermint Organic Essential Oil

Mentha × piperita

100% Pure · Certified Organic

Used in aromatherapy to help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis. Used as a carminative/antispasmodic for symptomatic relief of digestive discomfort.

Each drop contains

Organic peppermint (*Mentha × piperita*)

flowering twig essential oil 100%

Active compounds

Menthol and menthone.

Directions of use

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

Duration of use

For occasional use only.

#2137 · 15 ml · UPC 6-28747-22137-5

NPN 80069445 · O0048-R1

Essential Oils



ESSENTIAL OILS

Rose Geranium Organic Essential Oil

Pelargonium graveolens
100% Pure · Certified Organic

Used in aromatherapy to help relieve colds/cough.

Each drop contains

Organic geranium (*Pelargonium graveolens*)
flowering herb top essential oil 100%

Active compounds

Citronellol and geraniol.

Directions of use

Adults: Mix with vegetable oil for topical application. Use undiluted for direct or steam inhalation. Not for oral use.

#2149 · 15 ml · UPC 6-28747-22149-8
NPN 80073903 · O0030B-R1

Essential Oils



Sweet Orange Organic Essential Oil

(*Citrus × sinensis*)
100% Pure · Certified Organic

Used in aromatherapy as a nervine/calimative.
Used in aromatherapy as a carminative/
antispasmodic for symptomatic relief of
digestive discomfort.

Each drop contains

Organic sweet orange (*Citrus × sinensis*)
fruit peel essential oil 100%

Active compounds

Limonene and *beta*-pinene.

Directions of use

Adults: Mix with vegetable oil for topical application. Use undiluted for direct or steam inhalation. Not for oral use. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil.

Duration of use

For occasional use only.

#2146 · 15 ml · UPC 6-28747-22146-7
NPN 80071182 · O0058-R1

Essential Oils



Rosemary Organic Essential Oil

Rosmarinus officinalis ct. *camphoriferum*
100% Pure · Certified Organic

Used in aromatherapy to help relieve joint/
muscle pain associated with sprain/strain/
rheumatoid arthritis. Used in aromatherapy as a
carminative/antispasmodic for symptomatic relief
of digestive discomfort.

Each drop contains

Organic rosemary
(*Rosmarinus officinalis* ct. *camphoriferum*)
flowering herb top essential oil 100%

Active compounds

Camphor and eucalyptol.

Directions of use

Adults: Mix with vegetable oil for topical application. Use undiluted for direct or steam inhalation. Not for oral use.

Duration of use

For occasional use only.

#2144 · 15 ml · UPC 6-28747-22144-3
NPN 80071192 · O0056-R1

Essential Oils



Tea Tree Organic Essential Oil

Melaleuca alternifolia
100% Pure · Certified Organic

Used in aromatherapy to help relieve colds/cough.
Helps to improve symptoms of fungal nail-bed
infections. Helps treat acne pimples.

Each drop contains

Organic tea tree (*Melaleuca alternifolia*)
leaf or twig essential oil 100%

Active compounds

Terpinen-4-ol, *alpha*- and *gamma*-terpinene.

Directions of use

Adults: • **For aromatherapy use:** Mix 1 drop of essential oil in 1 tsp. (5 ml) of carrier (vegetable) oil (1% essential oil). Rub and/or massage into skin until solution vanishes. **For local application (10% or less of body surface area):** Apply to affected area up to three times per day. • **For acne use:** Mix 5 drops of essential oil in 1 tsp. (5 ml) of carrier (vegetable) oil (5% essential oil). Cleanse skin thoroughly before applying the product. Apply product to affected areas one to three times daily. • **For nail fungus use:** Do not dilute in carrier oil. Apply sparingly to affected nail(s) twice daily. Avoid contact with skin. • **For all uses:** Do not apply undiluted essential oils to skin. Not for oral use.

Duration of use

For occasional use only.

#2117 · 15 ml · UPC 6-28747-22117-7
#2116 · 50 ml · UPC 6-28747-22116-0

NPN 80069443 · O0029-R1

Essential Oils



“Smell is a potent wizard that transports you across thousands of miles and all the years you have lived.”

Helen Keller

ESSENTIAL OILS

Thyme Pure Essential Oil

Thymus vulgaris

100% Pure · Clean · Unadulterated

Aroma: Herbal, fresh, spicy.

Attributes: Elevating, revitalizing, clarifying.

Scent note: Middle Note 🍋

Each drop contains

Thyme (*Thymus vulgaris*) flowering herb top essential oil, steam-distilled 100%

Active compounds

Thymol and *p*-cymene.

Directions of use

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

Duration of use

For external and occasional use only.

#3212 · 30 ml · UPC 6-28747-13212-8

O0091-R1

Essential Oils



Wild Field Mint Pure Essential Oil

Mentha arvensis

100% Pure · Clean · Unadulterated

Aroma: Fresh, herbal, minty.

Attributes: Refreshing, stimulating, revitalizing.

Scent note: Top Note 💧

Each drop contains

Wild field mint (*Mentha arvensis*) leaf essential oil, steam-distilled 100%

Active compounds

Menthol and menthone.

Directions of use

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

Duration of use

For external and occasional use only.

#3211 · 30 ml · UPC 6-28747-13211-1

O0093-R1

Essential Oils



Tingsation Essential Oil for Tingling Toes and Fingers

For sensitive or tingling toes and fingers.

Each bottle contains

Lavender (*Lavandula angustifolia*) essential oil, geranium (*Pelargonium graveolens*) essential oil, bluegum (*Eucalyptus globulus*) essential oil, bergamot (*Citrus bergamia*) essential oil, tea tree (*Melaleuca alternifolia*) essential oil, organic alcohol from sugarcane, and tetrahydropiperine (from black pepper [*Piper nigrum*]).

Directions of use

Adults: For topical use only; not for oral use. Apply to the affected area (toes and fingers) up to 4 times per day. Massage into skin until solution is completely absorbed. Do not use on broken skin. Do not tightly bandage. Do not apply with external heat, such as an electric heating pad, as this may result in excessive skin irritation or burning sensation.

Duration of use

For occasional use only; consult a health-care practitioner for prolonged use.

#1929 · 15 ml · UPC 6-28747-21929-7

LM0002-R1

Essential Oils · Pain and Inflammation



Wintergreen Pure Essential Oil

Gaultheria procumbens

100% Pure · Clean · Unadulterated

Aroma: Sweet, fresh, minty, woody.

Attributes: Stimulating, refreshing, awakening.

Scent note: Top Note 💧

Each drop contains

Wintergreen (*Gaultheria procumbens*) leaf essential oil, steam-distilled 100%

Active compound

Methyl salicylate.

Directions of use

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

Duration of use

For external and occasional use only.

#3213 · 30 ml · UPC 6-28747-13213-5

O0099-R1

Essential Oils



“A great scent is a world you can return to over and over – a keyhole into another realm.”

David Seth Moltz

ESSENTIAL OILS

Scent Profiles and Harmony

Understanding scent notes is key to creating customized essential oil blends that evoke a desired mood, whether it's relaxing, romantic, or invigorating. They play a crucial role in defining an essential oil's fragrance profile and determining how long it will last.

Three main fragrance notes—top, middle, and base—can be used to formulate a balanced and lasting fragrance for every need or occasion.

Essential Oil	Scent Profile	Scent Note	Scent Attributes
Bergamot	Citrus, floral, spicy, sweet		Vibrant, inspiring, uplifting
Cedarwood	Woody, fresh, resinous		Relaxing, reassuring, strengthening, empowering
Citronella	Fresh, citrus, herbal, fruity		Purifying, reviving, cleansing
Clary Sage	Herbal, earthy, sweet, floral		Inspiring, focusing, centring
Clove Bud	Warm, aromatic, spicy		Warm, soothing, reassuring
Clove Leaf	Warm, aromatic, spicy		Warm, comforting, calm
Cornmint	Fresh, herbal, minty		Refreshing, stimulating, revitalizing
Eucalyptus	Green, fresh, woody		Rejuvenating, clarifying, deep
Geranium	Floral, green, soft, sweet		Nostalgic, purifying, balancing
Ginger	Warm, spicy, earthy, woody		Soothing, clarifying, energizing
Lavender	Floral, herbal, earthy, sweet		Quieting, serene, zen
Lemon	Fresh, citrus, sweet		Refreshing, cleansing, energizing
Lemon Eucalyptus	Aromatic, fresh, citrus		Refreshing, cleansing, inspiring
Peppermint	Fresh, herbal, minty		Refreshing, stimulating, revitalizing
Rosemary	Herbal, fresh, aromatic		Purifying, uplifting
Rose Geranium	Floral, green, sweet, rosy		Sensual, soothing, nostalgic
Sweet Orange	Fruity, citrus, sweet, fresh		Mood-lifting, stress-reducing
Tea Tree	Fresh, woody, earthy, herbal		Cleansing, purifying, grounding
Thyme	Herbal, fresh, spicy		Elevating, revitalizing, clarifying
Wintergreen	Sweet, fresh, minty, woody		Stimulating, refreshing, awakening

 Top Note  Middle Note  Base Note

Top Note

- First scent to be noticed, first to evaporate
- Light, uplifting aroma
- Perceptible for approximately 20 min, composing 15–20% of the blend

Middle Note

- Defines the mood of the blend
- Floral, herbal scents
- Perceptible for approximately 4 h, composing 50–80% of the blend

Base Note

- Anchoring the aroma of the blend, slowest to evaporate
- Deeper, earthier, resinous, sweet, and warm tones
- Perceptible for approximately 8 h, composing 10–30% of the blend

ESSENTIAL OILS

Therapeutic Comparison

Product	NPN	Indications	Ingredients
Clove Bud Organic Essential Oil	80076494	Used in aromatherapy topically to help relieve toothache.* Used in aromatherapy to help relieve colds/cough.*	Organic clove (<i>Syzygium aromaticum</i>) bud essential oil
Eucalyptus Organic Essential Oil	80071187	Used in aromatherapy to help relieve colds/cough.**	Organic eucalyptus (<i>Eucalyptus globulus</i>) leaf essential oil
Lavender Organic Essential Oil	80069450	Used in aromatherapy as a nervine/calmative.** Used in aromatherapy as carminative/antispasmodic for symptomatic relief of digestive discomfort.**	Organic lavender (<i>Lavandula angustifolia</i>) flowering herb top essential oil
Lemon Organic Essential Oil	80076490	Used in aromatherapy to help relieve colds/cough.**	Organic lemon (<i>Citrus × limon</i>) fruit peel essential oil
Peppermint Organic Essential Oil	80069445	Used in aromatherapy to help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis.* Used as a carminative/antispasmodic for symptomatic relief of digestive discomfort.**	Organic peppermint (<i>Mentha × piperita</i>) flowering twig essential oil
Rose Geranium Organic Essential Oil	80073903	Used in aromatherapy to help relieve colds/cough.**	Organic geranium (<i>Pelargonium graveolens</i>) flowering herb top essential oil
Rosemary Organic Essential Oil	80071192	Used in aromatherapy to help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis*. Used in aromatherapy as a carminative/antispasmodic for symptomatic relief of digestive discomfort.**	Organic rosemary (<i>Rosmarinus officinalis</i> ct. <i>camphoriferum</i>) flowering herb top essential oil
Tea Tree Organic Essential Oil	80069443	Used in aromatherapy to help relieve colds/cough. Helps to improve symptoms of fungal nail-bed infections. Helps treat acne pimples.	Organic tea tree (<i>Melaleuca alternifolia</i>) leaf or twig essential oil
Tingsation	N/A	For sensitive or tingling toes and fingers.	Lavender (<i>Lavandula angustifolia</i>) essential oil, geranium (<i>Pelargonium graveolens</i>) essential oil, bluegum (<i>Eucalyptus globulus</i>) essential oil, bergamot (<i>Citrus bergamia</i>) essential oil, tea tree (<i>Melaleuca alternifolia</i>) essential oil, organic alcohol from sugarcane, and tetrahydropiperine (from black pepper [<i>Piper nigrum</i>]).

Do not use essential oils undiluted. Do not use essential oils internally. *Topical use. **Topical and/or inhalation use. ***Photosensitizing.



Identity and purity are critical for essential oils. GC-MS testing validates that our essential oils are authentic and 100% pure. It also screens for over 80 common pesticides.

Evening Primrose Oil • 500 mg

softgels

Made with Organic Evening Primrose Eczema/Acne

Source of essential fatty acids for the maintenance of good health. Helps to reduce symptoms associated with acne; to relieve symptoms of mild cases of atopic dermatitis (eczema), roughness of the skin associated with atopic dermatitis (eczema), and inflammation associated with acne. Helps to maintain skin firmness and elasticity as well as to maintain or improve skin hydration.



Each softgel contains

Organic evening primrose (*Oenothera biennis*)
seed oil, hexane-free 500 mg

Providing:

Linoleic acid (LA) (68%) 340 mg
gamma-Linolenic acid (GLA) (10%) 50 mg

Other ingredients

Natural vitamin E (D-*alpha*-tocopherol) (from non-GMO sunflower) and rosemary leaf extract in a softgel composed of bovine gelatin, glycerin, and purified water.

Directions of use

Adults: As source of omega-6s / linoleic acid:
Take 3 softgels daily or as directed by your health-care practitioner. *For all other uses:*
Take 3 softgels one to four times daily or as directed by your health-care practitioner.



#0414 • 90 softgels • UPC 6-28747-10414-2
#0413 • 180 softgels • UPC 6-28747-10413-5
NPN 80092918 • V0276-R6

Essential Fatty Acids • Menopause • Skin • Women's Health

Evening Primrose Oil • 1,000 mg

softgels

Made with Organic Evening Primrose Eczema/Acne

Source of essential fatty acids for the maintenance of good health. Helps to reduce symptoms associated with acne; to relieve symptoms of mild cases of atopic dermatitis (eczema), roughness of the skin associated with atopic dermatitis (eczema), and inflammation associated with acne. Helps to maintain skin firmness and elasticity as well as to maintain or improve skin hydration.



Each softgel contains

Organic evening primrose (*Oenothera biennis*)
seed oil, hexane-free 1,000 mg

Providing:

Linoleic acid (LA) (68%) 680 mg
gamma-Linolenic acid (GLA) (10%) 100 mg

Other ingredients

Natural vitamin E (D-*alpha*-tocopherol) (from non-GMO sunflower) and rosemary leaf extract in a softgel composed of bovine gelatin, glycerin, and purified water.

Directions of use

Adults: For acne/eczema/skin moisture, hydration, elasticity and firmness: Take 2 softgels twice daily. As source of omega-6s / linoleic acid:



Take 2 softgels daily. *For all other uses:* Take 2 softgels one to three times daily.

#1438 • 90 softgels • UPC 6-28747-11438-7

#1439 • 180 softgels • UPC 6-28747-11439-4

NPN 80092916 • V0401-R4

Essential Fatty Acids • Menopause • Skin • Women's Health

Exotic Oils Gift Set

In Wood Box with Roller Bottle

Elevate your gift-giving with our luxurious Exotic Oil Gift Set, featuring four top-selling oils and a refillable roll-on applicator, packaged in a charming keepsake box with lid. Pamper your skin, hair, and nails with Argan Oil, Cranberry Seed Oil, Rosehip Seed Oil, and Skin Lovers' Oil. All our oils are sustainably sourced and tested for purity in an industry-leading, ISO 17025-accredited laboratory.



Argan Oil

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

- Luxurious lightweight hydration for skin
- Excellent care for hair, nail, and cuticles

Cranberry Seed Oil

Organic *Vaccinium macrocarpon* (cranberry) seed oil and organic *Rosmarinus officinalis* (rosemary) leaf extract.

- Minimizes the look of fine lines and wrinkles for firmer-looking soft skin

Rosehip Seed Oil

Organic *Rosa rubiginosa* / *Rosa moschata* (rosehip) seed oil and organic *Rosmarinus officinalis* (rosemary) leaf extract.

- Minimizes the look of wrinkles for visibly younger and revitalized-looking skin

Skin Lovers' Oil

Organic *Lycium barbarum* (goji) seed oil, organic *Rosa rubiginosa* or *Rosa moschata* (rosehip) seed oil, organic *Hippophae rhamnoides* (sea buckthorn) seed oil, organic *Argania spinosa* (argan) oil, organic *Vaccinium macrocarpon* (cranberry) seed oil, organic *Calophyllum inophyllum* (tamanu) oil, and natural vitamin E.

- Synergistic blend of 6 luxurious oils
- Collective skin benefits for deep skin hydration and rejuvenation

#K3407 • 4 bottles × 15 ml • UPC 6-28747-53407-9

NOTE: Due to packaging constraints, the code for this product is different in French: K3423.

Beauty • Exotic Skin Oils • Hair • Nails • Skin



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



EXOTIC SKIN OILS

Luxurious and Revitalizing Exotic Oils That Will Bring out Your Natural Glow!

We're excited to present our collection of exotic oils, ethically sourced from around the world. Our entire collection is certified organic* and cold-pressed or extracted by solvent-free supercritical CO₂ extraction. This ensures you're receiving the purest, most nutrient-rich product available to maximize their benefits.

New Roots Herbal has forged a reputation for producing premium-quality, non-GMO natural health products. All oils selected for our Exotic Oils Collection are grown without the use of chemical fertilizers or toxic sprays. We have also validated our producers for sustainable agricultural ethics.

Our oils are tested in an on-site industry-leading ISO 17025-accredited analytical laboratory for identity, purity, heavy metals, pesticides, and environmental toxins. Our exhaustive battery of tests also guarantees our exotic oils are not diluted with inferior carrier oils.**

*With the exception of Cacay Seed Oil which is wildcrafted.

**Although not diluted with vegetable or other carrier oils, our exotic oils do contain a minute amount of vitamin E for stability.



Argan Oil Certified Organic

Moisturizer · Skin · Hair · Nails

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

Each bottle contains

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

Ingredients

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

Directions of use

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

#1607 · 50 ml · UPC 6-28747-21607-4

OM0126-R5

Beauty · Exotic Skin Oils · Hair · Nails · Skin



Cacay Seed Oil Wildcrafted

Reduces the Signs of Aging

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

Each bottle contains

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

Ingredients

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

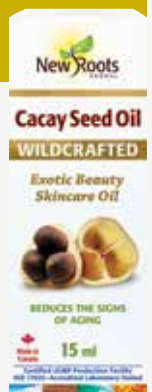
Directions of use

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

#2304 · 15 ml · UPC 6-28747-22304-1

OM0071B-R2

Beauty · Exotic Skin Oils · Skin



EXOTIC SKIN OILS

Cranberry Seed Oil Certified Organic

Reduces the Look of Aging

An oil that reduces the look of aging that will deeply hydrate, resulting in smoother- and firmer-looking skin. Rich in antioxidants; vitamins A and E; as well as omega-3, -6, and -9; this beauty oil will provide all the nutrients needed for healthy-looking, glowing, and youthful skin.

Each bottle contains

Organic cranberry (*Vaccinium macrocarpon*) seed oil, cold-pressed, nondeodorized 15 ml with added organic rosemary (*Rosmarinus officinalis*) extract.

Ingredients

Vaccinium macrocarpon seed oil and *Rosmarinus officinalis* (rosemary) leaf extract.

Directions of use

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

#2101 • 15 ml • UPC 6-28747-22101-2

OM0051-R2

Beauty • Exotic Skin Oils • Skin



- Synergistic blend of 6 luxurious oils
- Collective skin benefits for deep skin hydration and rejuvenation

#K3407 • 4 bottles × 15 ml • UPC 6-28747-53407-9

NOTE: Due to packaging constraints, the code for this product is different in French: K3423.

Beauty • Exotic Skin Oils • Hair • Nails • Skin



Goji Seed Oil Certified Organic

Moisturizer for Sensitive Skin

Our goji seed oil is hydrating and reduces the look of aging and of sun spots. It is ideal for sensitive skin.

Each bottle contains

Organic goji (*Lycium barbarum*) seed oil, CO₂ supercritical extract, nondeodorized 15 ml With added organic rosemary (*Rosmarinus officinalis*) leaf extract.

Ingredients

Organic *Lycium barbarum* seed oil and organic *Rosmarinus officinalis* (rosemary) leaf extract.

Directions of use

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

#1599 • 15 ml • UPC 6-28747-21599-2

OM0120-R2

Beauty • Exotic Skin Oils • Skin



Exotic Oils Gift Set

In Wood Box with Roller Bottle

Elevate your gift-giving with our luxurious Exotic Oil Gift Set, featuring four top-selling oils and a refillable roll-on applicator, packaged in a charming keepsake box with lid. Pamper your skin, hair, and nails with Argan Oil, Cranberry Seed Oil, Rosehip Seed Oil, and Skin Lovers' Oil. All our oils are sustainably sourced and tested for purity in an industry-leading, ISO 17025-accredited laboratory.



Argan Oil

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

- Luxurious lightweight hydration for skin
- Excellent care for hair, nail, and cuticles

Cranberry Seed Oil

Organic *Vaccinium macrocarpon* (cranberry) seed oil and organic *Rosmarinus officinalis* (rosemary) leaf extract.

- Minimizes the look of fine lines and wrinkles for firmer-looking soft skin

Rosehip Seed Oil

Organic *Rosa rubiginosa* / *Rosa moschata* (rosehip) seed oil and organic *Rosmarinus officinalis* (rosemary) leaf extract.

- Minimizes the look of wrinkles for visibly younger and revitalized-looking skin

Skin Lovers' Oil

Organic *Lycium barbarum* (goji) seed oil, organic *Rosa rubiginosa* or *Rosa moschata* (rosehip) seed oil, organic *Hippophae rhamnoides* (sea buckthorn) seed oil, organic *Argania spinosa* (argan) oil, organic *Vaccinium macrocarpon* (cranberry) seed oil, organic *Calophyllum inophyllum* (tamanu) oil, and natural vitamin E.

Marula Seed Oil Certified Organic

Deeply Hydrating Facial Oil

Our organic marula seed oil is cold-pressed from kernels of fruits that are hand-harvested from the majestic marula trees of South Africa. It has a light texture to deeply penetrate skin for a smooth-looking, radiant complexion.

Each bottle contains

Organic marula (*Sclerocarya birrea*) seed oil, cold-pressed 30 ml with added organic rosemary (*Rosmarinus officinalis*) extract.

Ingredients

Organic *Sclerocarya birrea* (marula) seed oil and organic *Rosmarinus officinalis* (rosemary) leaf extract.

Directions of use

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

#2306 • 30 ml • UPC 6-28747-22306-5

OM0072-R2

Beauty • Exotic Skin Oils • Skin



EXOTIC SKIN OILS

Moringa Seed Oil

Certified Organic

Body, Face, and Hair

Organic and cold-pressed, our South African-sourced moringa seed oil is among the most versatile topical oils. It works wonders for hair, skin, and for a smooth-looking complexion.

Each bottle contains

Organic moringa (*Moringa oleifera*) seed oil, cold-pressed 30 ml
with added **organic** rosemary (*Rosmarinus officinalis*) extract.

Ingredients

Moringa oleifera seed oil and *Rosmarinus officinalis* (rosemary) leaf extract.

Directions of use

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

#2088 · 30 ml · UPC 6-28747-22088-0
OM0129-R2

Beauty · Exotic Skin Oils · Hair · Skin



Rosehip Seed Oil

Organic

Minimizes the Look of Wrinkles

Revitalizes dry and dull skin, reduces the signs of aging, and the look of age spots. Fast-absorbing, leaving skin firm- and smooth-looking, with an even colour and tone.

Each bottle contains

Organic rosehip (*Rosa canina*) seed oil, cold-pressed, nondeodorized 30 ml
With added **organic** rosemary (*Rosmarinus officinalis*) extract.

Ingredients

Organic *Rosa canina* (dog rose) seed oil and **organic** *Rosmarinus officinalis* (rosemary) leaf extract.

Directions of use

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

#1738 · 15 ml · UPC 6-28747-21738-5

#1602 · 30 ml · UPC 6-28747-21602-9

OM0123-R5

Exotic Skin Oils · Skin



Pomegranate Seed Oil

100% Pure · Certified Organic

Soothes and Repairs Very Dry Skin

A rare natural source of omega-5 and antioxidants for glowing skin, this unique oil helps reduce the look of wrinkles and of aging. It soothes and relieves very dry and damaged skin. Its strong character is ideal for night care.

Each bottle contains

Organic pomegranate (*Punica granatum*) seed oil, cold-pressed 50 ml
with added **organic** rosemary (*Rosmarinus officinalis*) extract

Ingredients

Punica granatum (pomegranate) seed oil and *Rosmarinus officinalis* (rosemary) leaf extract.

Directions of use

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

#2196 · 50 ml · UPC 6-28747-22196-2

OM0062-R2

Beauty · Exotic Skin Oils · Skin



Sea Buckthorn Seed Oil

Certified Organic

Nourishes and Repairs Dry Skin

Like a virtual shield for your skin, sea buckthorn seed oil provides antioxidants to protect the look and feel of your skin. Fast-absorbing for silky, radiant skin.

Each bottle contains

Organic sea buckthorn (*Hippophae rhamnoides*) seed oil, CO₂ supercritical extract, nondeodorized 30 ml
with added **organic** rosemary (*Rosmarinus officinalis*) extract.

Ingredients

Organic *Hippophae rhamnoides* seed oil and **organic** *Rosmarinus officinalis* (rosemary) leaf extract.

Directions of use

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

#1604 · 30 ml · UPC 6-28747-21604-3

OM0124-R2

Beauty · Exotic Skin Oils · Skin



EXOTIC SKIN OILS

Skin Lovers Oil Certified Organic

Deep Moisturizer

We have created the ultimate experience in skin care, where dramatic positive change is an absolute possibility.

Each bottle contains

Organic goji (*Lycium barbarum*) seed oil, **organic** rosehip (*Rosa rubiginosa* or *Rosa moschata*) seed oil, **organic** sea buckthorn (*Hippophae rhamnoides*) seed oil, **organic** argan (*Argania spinosa*) oil, **organic** cranberry (*Vaccinium macrocarpon*) seed oil, and **organic** tamanu (*Calophyllum inophyllum*) oil—all oils are cold-pressed or CO₂ supercritical **extracts**, and nondeodorized. 15 ml
Organic rosemary (*Rosmarinus officinalis*) **extract**.

Ingredients

Organic *Lycium barbarum* seed oil, **organic** *Rosa rubiginosa* / *Rosa moschata* seed oil, **organic** *Hippophae rhamnoides* seed oil, **organic** *Argania spinosa* seed oil, **organic** *Vaccinium macrocarpon* seed oil, **organic** *Calophyllum inophyllum* seed oil, and **organic** *Rosmarinus officinalis* leaf **extract**.

Directions of use

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

#1601 · 15 ml · UPC 6-28747-21601-2

OM0122-R3

Beauty · Exotic Skin Oils · Skin



GC-FIDs detect the unique fatty acid profiles specific to each of our exotic oils, allowing us to ensure they do not contain any carrier oils or other fillers that dilute quality.

Tamanu Oil Certified Organic

Moisture Barrier Maintenance

Cold-pressed tamanu nut oil quenches the skin to help retain moisture and to reduce the signs of aging skin. It will help restore the look of your skin and so much more.

Each bottle contains

Organic tamanu (*Calophyllum inophyllum*) seed oil, cold-pressed, nondeodorized . . . 30 ml with **organic** rosemary (*Rosmarinus officinalis*) **extract**.

Ingredients

Organic *Calophyllum inophyllum* seed oil and **organic** *Rosmarinus officinalis* (rosemary) leaf **extract**.

Directions of use

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

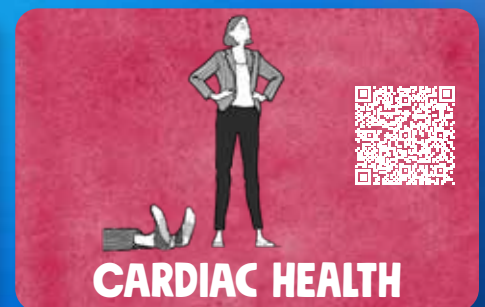
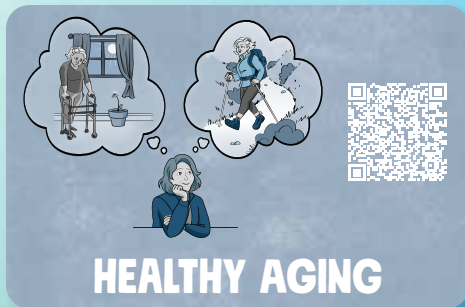
#1600 · 30 ml · UPC 6-28747-21600-5

OM0121-R2

Beauty · Exotic Skin Oils · Skin



HAVING TROUBLE CHOOSING A PRODUCT?



TRY OUR PRODUCT SELECTOR QUIZZES



newrootsherbal.com



To ensure these products are right for you, always read and follow label directions.

EyeSurance

Natural Lutein 25 mg
and Zeaxanthin 5 mg

softgels



Maintains Healthy Eyesight Helps Prevent Cataracts and AMD

Source of antioxidants for the maintenance of good health and of eye health. Helps to maintain eyesight in conditions associated with sunlight damage, such as cataracts and age-related macular degeneration. Helps to reduce the risk of developing cataracts. Helps to improve macular pigment optical density.

Each softgel contains:

Lutein (from marigold [*Tagetes erecta*] flower) 25 mg
Zeaxanthin (from marigold [*Tagetes erecta*] flower). 5 mg

Other ingredients

Organic sunflower oil, rosemary **extract**, beeswax, and natural vitamin E (D-*alpha*-tocopherol, from sunflower) in a softgel composed of annatto **extract**, bovine gelatin, glycerin, and purified water.

Directions of use

Adults: Take 1 softgel daily with a meal containing oil/fat, or as directed by your health-care practitioner.

#2724 · 30 softgels · UPC 6-28747-12724-0

#2725 · 60 softgels · UPC 6-28747-12725-7

NPN 80109354 · V0675-R2

Eye Health



Femina Flora

Vaginal Flora

vaginal ovules



10 Billion Probiotics · 4 strains

Specific Strength

+ Selected Special Strains

Provides microorganisms that temporarily modify vaginal flora.

Each vaginal ovule contains

Lactobacillus rhamnosus R0011 . . . 8.09 billion CFU
Lactobacillus acidophilus R0418 . . . 982 million CFU
Streptococcus salivarius
ssp. *thermophilus* HA-110 616 million CFU
Lactobacillus delbrueckii
ssp. *bulgaricus* HA-137 312 million CFU

Other ingredients

Lactose, vitamin C (ascorbic acid), and vegetable magnesium stearate in a capsule composed of bovine gelatin, purified water, and glycerin.

Directions of use

Adult women: Insert 1 ovule intravaginally daily before bed for 10 days or as directed by your health-care practitioner. Gently twist narrow part of the ovule into applicator until firmly inserted. If you are taking antibiotics, use this product at least 2–3 hours before or after them.



#1065 · 10 vaginal ovules · UPC 6-28747-11065-5

NPN 80041956 · V0031-R5

Probiotics · Women's Health

Full line of probiotics, p. 175–188

Femina Flora Oral

Women's Probiotic

capsules



55 Billion + Live Active Probiotics
Delivered Safely to the Intestines

16 Strains · Supports Gastro/
Intestinal Health and Immunity

Natural Water-Based

GPS™ Enteric Coating

Gastric Protective System

Survives Stomach Acid

DAIRY-FREE · SOY-FREE

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

Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 16 strains of live, active, healthy, and whole cells (55 billion) to the intestines

Human Strains

Bifidobacterium bifidum UB4925 2 billion CFU
Bifidobacterium breve UB3917 2 billion CFU
Bifidobacterium longum ssp. *longum* UB6897 2 billion CFU
Lactobacillus gasseri UB9507 750 million CFU
Lactobacillus johnsonii UB2214 750 million CFU
Lactobacillus acidophilus LA-14 300 million CFU
Lactobacillus rhamnosus GG 300 million CFU

Plant Strains

Lactiplantibacillus plantarum UB6473 8 billion CFU
Lactobacillus acidophilus UB6535 5.25 billion CFU

Dairy Strains

Lactocaseibacillus rhamnosus UB6056 19.3 billion CFU
Lactocaseibacillus casei UB9297 12 billion CFU
Lactobacillus crispatus UB1947 750 million CFU
Lactocaseibacillus paracasei UB8017 600 million CFU
Lactobacillus helveticus UB5772 500 million CFU
Limosilactobacillus reuteri UB4772 500 million CFU
Lactobacillus casei LC-11 300 million CFU
Vitamin C 6 mg

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

Other ingredients

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

Directions of use

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



#2168 · 30 vegetable capsules · UPC 6-28747-12168-2

NPN 80116921 · V0578-R3

Digestive Health · Probiotics · Women's Health

Full line of probiotics, p. 175–188

FERMENTED PRODUCTS

New Zealand

Beef Bone Broth Protein

+ Organic Fermented Ginger powder



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

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

Ingredient

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

Directions of use

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



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

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

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

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

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

* Essential Amino Acid · ** Average Analysis

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

NONTAXABLE ITEM

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

Organic

Fermented Ginger Whole-Food Powder



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

Experience spicy, soothing flavour with a subtle sweet finish. Fermented Ginger elevates the flavour profile and health quotient of your favorite recipes.

Ingredient

Organic fermented ginger root.

Recommended use

Add to teas, smoothies, soups, sauces, marinades, vinaigrettes, baked goods, and more. Need a reset? Try ½ tsp. fermented ginger with 1 tbsp. lime or lemon juice in 8 oz (230 ml) of ice water.



Nutrition Facts · Per 1 tsp. (3 g)

Calories 10	% Daily Value*		% Daily Value*
Fat 0 g	0 %	Cholesterol 0 mg	
Saturated 0 g + Trans 0 g	0 %	Sodium 0 mg	0 %
Carbohydrate 2 g		Potassium 0 mg	0 %
Fibre 0 g	0 %	Calcium 0 mg	0 %
Sugars 0 g	0 %	Iron 0 mg	0 %
Protein 0.2 g			

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

#2279 · 150 g / 50 portions · UPC 6-28747-02279-8

P0761-R1

NONTAXABLE ITEM

Digestive Health · Fermented Products · Functional Foods

Organic

Fermented Red Beet Whole-Food Powder



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

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

Ingredient

Organic fermented red beet root.

Recommended use

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



FERMENTED PRODUCTS

Nutrition Facts · Per 1 tsp. (3 g)

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

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

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

NONTAXABLE ITEM

Fermented Products · Functional Foods · Heart and Blood

Organic

Fermented Superfood Blend

+ Inulin from Jerusalem Artichoke



29 Fully Fermented Plants
Unsweetened and No Flavour Added
35 Calories per Portion
100% Natural · Gluten-Free
Non-GMO

Fermented to maximize nutritional value · Very high source of fibre · Gut-friendly · Vegan · Nondairy · No soy · Add to taste in soups, stews, and shakes

Ingredients

Organic fermented greens blend (organic wheatgrass, organic alfalfa grass, organic spirulina, organic broken-cell chlorella, organic barley grass, organic oat grass, organic rockweed, Vitakelp™) • Organic fermented fruit blend (organic noni fruit, organic amla fruit, organic apple, organic strawberry, organic blackcurrant, organic blueberry, organic cranberry, organic pomegranate juice, organic raspberry) • Organic fermented vegetable blend (organic carrot, organic beet, organic parsley, organic spinach, organic broccoli, organic kale, organic green cabbage, organic onion, organic pea protein) • Organic fermented flaxseed fibre • Organic fermented ginger • Organic fermented turmeric • Organic inulin (from Jerusalem artichoke).



Nutrition Facts · Per 1½ tbsp. (11 g)

Calories 35	% Daily Value*		% Daily Value*
Fat 0.4 g	1 %	Protein 2 g	
Saturated 0 g + Trans 0 g	0 %	Cholesterol 0 mg	
Polyunsaturated 0.2 g		Sodium 95 mg	4 %
Omega-6 0.1 g		Potassium 0 mg	0 %
Omega-3 0.1 g		Calcium 0 mg	0 %
Monounsaturated 0.1 g		Iron 0 mg	0 %
Total Carbohydrate 7 g			
Dietary Fibre 6 g	21 %		
Sugars 1 g	1 %		

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

#2341 · 230 g / 21 portions · UPC 6-28747-02341-2
PM0792-R1

NONTAXABLE ITEM

Digestive Health · Fermented Products · Functional Foods

Organic

Fermented Turmeric

Whole-Food Powder



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

Antioxidant-rich turmeric ranks among the world's superfoods for both health benefits and culinary versatility. Our organic turmeric is naturally fermented for an enhanced flavour profile and ease of intestinal assimilation. It's a great way to invigorate the nutritional quotient of smoothies and soups, while being a great fit for countless culinary applications.

Ingredient

Organic fermented turmeric root.

Recommended use

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



Nutrition Facts · Per 1 tsp. (3 g)

Calories 10	% Daily Value*		% Daily Value*
Fat 0 g	0 %	Cholesterol 0 mg	
Saturated 0 g + Trans 0 g	0 %	Sodium 0 mg	0 %
Carbohydrate 2 g		Potassium 100 mg	2 %
Fibre 1 g	4 %	Calcium 10 mg	1 %
Sugars 0 g	0 %	Iron 1.75 mg	10 %
Protein 0.2 g			

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

#2281 · 150 g / 50 portions · UPC 6-28747-02281-1
P0760-R1

NONTAXABLE ITEM

Fermented Products · Functional Foods

Fermented products become more concentrated during processing. The near-infrared spectroscope (below) ensures a botanical origin, aided by HPTLC to fingerprint the exact material identity. ICP-MS and GC-MS test for heavy metals and pesticides, respectively.



Fibre Ultra Rich

Plantago + Inulin

powder



Promotes Regularity and Cleansing

Psyllium is used in herbal medicine as a bulk-forming laxative and to promote bowel movements by increasing bulk volume and water content. Psyllium provides gentle relief of constipation and irregularity.

Each teaspoon contains

Psyllium (<i>Plantago ovata</i>) husk	2,128 mg
Roselle (<i>Hibiscus sabdariffa</i>)	126 mg
Inulin (from chicory root [<i>Cichorium intybus</i>])	100 mg
Clove (<i>Syzygium aromaticum</i>) flower bud	53 mg
Licorice (<i>Glycyrrhiza glabra</i>) root	53 mg

Other ingredient

Stevia (*Stevia rebaudiana*) leaf.

Directions of use

Adults ≥ 19 years old: Take 1 teaspoon twice daily. For each gram of psyllium, take with at least 30 ml of liquid (water, milk, fruit juice, or similar aqueous beverage). Mix well and drink immediately. Maintain adequate fluid intake. Effects observed 12–24 hours after the first dose; results may take 2–3 days. If you are taking other medications, take this product 2 hours before or after them.



Duration of use

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

Note: Also take 1–2 capsules of enteric-coated **Acidophilus Ultra** each day. Start progressively or as directed by your health-care practitioner. **Acidophilus Ultra** capsules are protected from the harsh stomach acid with our GPS™ enteric coating; this guarantees intestinal delivery for maximum benefits.

#0166 · 340 g / ≈ 136 doses · UPC 6-28747-00166-3

NPN 80044396 · PM0077-R1

Digestive Health · Weight Management

Fibre Ultra Rich

Psyllium · 550 mg

capsules



Regularity · Cleansing

Lowers Cholesterol

Promotes Heart Health

Psyllium is used in herbal medicine as a bulk-forming laxative and to promote bowel movements by increasing bulk volume and water content; provides gentle relief of constipation and irregularity. Helps to maintain a healthy cardiovascular system by promoting healthy cholesterol levels.

Each vegetable capsule contains

Psyllium (<i>Plantago ovata</i>) husk	405.36 mg
Roselle (<i>Hibiscus sabdariffa</i>) flower	80.98 mg
Inulin (from chicory root [<i>Cichorium intybus</i>])	42.92 mg
Clove (<i>Syzygium aromaticum</i>) flower bud	10.12 mg
Licorice (<i>Glycyrrhiza glabra</i>) root	10.12 mg

Other ingredients

Stevia (*Stevia rebaudiana*) leaf extract and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.



Directions of use

Adults ≥ 19 years old: Take 3–9 capsules three times daily or as directed by your health-care practitioner. For each gram of psyllium, take with 30 ml of liquid (water, milk, fruit juice, or similar aqueous beverage). Drink immediately and maintain adequate fluid intake. If you are taking other medications, take this product 2 hours before or after them. For cholesterol and heart health, take 9 capsules three times daily.

Duration of use

Effects observed 12–24 hours after the first dose; results may take 2–3 days. Avoid long-term use, and consult a health-care practitioner for use beyond 6 weeks.

Note: Also take 1 or 2 capsules of enteric-coated **Acidophilus Ultra** each day.

#0396 · 100 vegetable capsules · UPC 6-28747-10396-1

NPN 80032690 · V0109-R2

Digestive Health · Weight Management

Fibre Ultra Rich

Psyllium + Inulin

powder



Regularity · Cleansing

Lowers Cholesterol

Promotes Heart Health

Psyllium is used in herbal medicine as a bulk-forming laxative and to promote bowel movements by increasing bulk volume and water content; provides gentle relief of constipation and irregularity. Helps to maintain a healthy cardiovascular system by promoting healthy cholesterol levels.

Each teaspoon contains

Psyllium (<i>Plantago ovata</i>) husk	1,945 mg
Roselle (<i>Hibiscus sabdariffa</i>) flower	414 mg
Licorice (<i>Glycyrrhiza glabra</i>) root	52 mg
Inulin (from chicory root [<i>Cichorium intybus</i>])	36 mg
Clove (<i>Syzygium aromaticum</i>) flower bud	6 mg

Other ingredient

Stevia (*Stevia rebaudiana*) leaf.

Directions of use

Adults ≥ 19 years old: Take 1–3 teaspoons twice daily. For cholesterol and heart health, take 3 teaspoons twice daily. For each gram of psyllium, take with 30 ml of liquid (water, milk, fruit juice, or similar aqueous beverage). Drink immediately and maintain adequate fluid intake. If you are taking other medications, take this product 2 hours before or after them.



Duration of use

Effects observed 12–24 hours after the first dose; results may take 2–3 days. Minimum daily dose may be increased up to maximum daily dose, until desired effect is obtained.

Note: Also take 1–2 capsules of enteric-coated **Acidophilus Ultra** each day. Our **Acidophilus Ultra** capsule is protected by an enteric coating, which allows the probiotic content to resist stomach acid as well as to reach the intestines alive and intact to deliver their beneficial activity.

#0156 · 200 g / ≈ 80 doses · UPC 6-28747-00156-4

#0085 · 340 g / ≈ 136 doses · UPC 6-28747-00085-7

NPN 80034692 · PM0079-R1

Digestive Health · Weight Management

Fish Oils:

See Omegas 157–164

Flaxseed Oil

Made with Cold-Pressed,
Organic Flax · 1,000 mg

softgels



Source of Omega-3, -6, -9

Source of essential fatty acids and of omega-3 for the maintenance of good health.

Each softgel contains

100% Pure, cold-pressed, organic flax (*Linum usitatissimum*) seed oil, hexane-free. 1,000 mg

Providing:

alpha-Linolenic acid (ALA) 40–60%
omega-3 fatty acids 10–20%
Oleic acid (OA) 10–20%
Linoleic acid (LA) 10–20%

Other ingredients

Natural vitamin E (D-*alpha*-tocopherol) (from non-GMO sunflower) and rosemary (*Rosmarinus officinalis*) leaf extract in a softgel composed of annatto extract, bovine gelatin, glycerin, and purified water.

Directions of use

Adults: As a dietary supplement, take 2 softgels two to four times daily or as directed by your health-care practitioner.

#0590 · 180 softgels · UPC 6-28747-10590-3
NPN 80015256 · V0033-R5

Essential Fatty Acids · Heart and Blood



Vitamin B3 (niacinamide) 75 mg
Grape (*Vitis vinifera*) seed extract,
80% oligomeric proanthocyanidins. 50 mg
DL-*alpha*-Lipoic acid 50 mg
Fruit blend, 20% multianthocyanidins* 25 mg
* Provided by bilberry fruit and extract, grape seed extract,
and grape skin extract
L-Glutathione (L-glutathione reduced) 25 mg
Vitamin B3 (inositol hexanicotinate, flush-free) 25 mg
Vitamin B2 (riboflavin) 25 mg
Vitamin E
(D-*alpha*-tocopheryl acid succinate) 20.1 mg AT (30 IU)
Lycopene (500 mcg), from tomato
(*Solanum lycopersicum*) flesh extract 10 mg
Vitamin B1 (thiamine hydrochloride) 5 mg
Vitamin B2 (riboflavin-5'-phosphate sodium) 5 mg
Vitamin B6 (pyridoxine hydrochloride) 5 mg
Zinc (from zinc citrate) 5 mg
Vitamin B6 (pyridoxal-5'-phosphate) 2 mg
Copper (from copper gluconate) 500 mcg
Selenium (from yeast-free L-selenomethionine) 50 mcg

Other ingredients

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

Directions of use

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



Duration of use

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

#0993 · 30 vegetable capsules · UPC 6-28747-10993-2

#0332 · 60 vegetable capsules · UPC 6-28747-10332-9

NPN 80079876 · V0478-R9

50+ Health · Eye Health

Folate

102

FORSIGHT: NATURAL V. SYNTHETIC

Our lutein and zeaxanthin are from marigold. Our lycopene is from tomatoes. Phytonutrients should be sourced from their original plant source. When sources are not listed, they are likely synthetic... and up to 5× cheaper!



Forsight

Complete Vision Formula

capsules

Supports Optimal Eye Health Reduces Risk of Cataracts and AMD

Provides antioxidants for the maintenance of eye health. Helps to maintain and support eyesight and eye health in conditions (associated with sunlight damage) such as cataracts and age-related macular degeneration. Helps to reduce the risk of developing cataracts. Helps to improve macular pigment optical density.



Each vegetable capsule contains

Lutein from marigold flower extract (*Tagetes erecta*) . . . 5.5 mg
Zeaxanthin (2 mg), from marigold (*Tagetes erecta*) extract 10 mg
Astaxanthin (200 mcg),
from *Haematococcus pluvialis* extract 13.33 mg
Bilberry (*Vaccinium myrtillus*) European fruit extract,
25% anthocyanosides 80 mg
Vitamin C (ascorbic acid) 170 mg

GABA

600 mg · With Active-Form B6

capsules

Relaxation

Helps to temporarily promote relaxation. Helps the body to metabolize carbohydrates, fats, and proteins. Helps in tissue formation.

Each vegetable capsule contains

gamma-Aminobutyric acid (GABA) . . 600 mg
Vitamin B6 (pyridoxal-5'-phosphate) . . 2 mg

Other ingredients

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

Directions of use

Adults: Take 1–5 capsules daily or as directed by your health-care practitioner.

Duration of use

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

#2136 · 60 vegetable capsules · UPC 6-28747-12136-1

#2542 · 150 vegetable capsules · UPC 6-28747-12542-0

NPN 80074264 · V0590-R2

Mood Enhancement · Neurological Health · Stress Management

Full line of antistress products, p. 208–212



FOLIC ACID? ACTIVE FOLATE Is MUCH BETTER...

Active Folate

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

Helps Reduce the Risk of Neural Tube Defects

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



Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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



#1900 · 60 vegetable capsules · UPC 6-28747-11900-9
NPN 80095778 · V0518-R2

Maternity · Vitamins and Minerals

Active Folate

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

Helps Reduce the Risk of Neural Tube Defects

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



Each tablet contains

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

Other ingredients

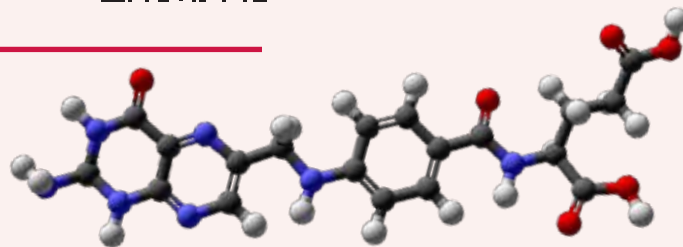
Microcrystalline cellulose, croscarmellose sodium, vegetable magnesium stearate, silicon dioxide, and vegetable stearic acid.

Directions of use

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

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

Maternity · Vitamins and Minerals



SCIENCE SAYS...

Folate is the naturally occurring, biologically active form of this critical B-complex constituent. Look for calcium-5-methyltetrahydrofolate on the label to be certain you have chosen active folate.

Folic acid is the synthetic version often found in multivitamins and fortified foods. The body does not use synthetic folic acid as efficiently.



Garcinia Cambogia

600 mg

60% Hydroxycitric Acid

capsules

Weight Management

Helps to temporarily increase satiety / feeling of fullness.

Each vegetable capsule contains

Malabar tamarind (*Garcinia cambogia*) fruit extract, 60% hydroxycitric acid . . . 600 mg

Other ingredients

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

Directions of use

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

#1943 · 90 vegetable capsules · UPC 6-28747-11943-3
NPN 80054640 · V0521-R1

[Herbs and Herbal Extracts](#) · [Weight Management](#)



Garlic:

Odourless Garlic

200 mg

capsules

Cardiovascular Health

Relieves Symptoms of Upper Respiratory Tract Infections

Garlic is traditionally used in herbal medicine to help relieve the symptoms associated with upper respiratory tract infections and catarrhal conditions; to help reduce elevated blood lipid levels/hyperlipidaemia in adults; and to help maintain cardiovascular health in adults.

Each vegetable capsule contains

Odourless garlic (*Allium sativum*) bulb, 1% allicin 200 mg
Sweet fennel (*Foeniculum vulgare* ssp. *vulgare* var. *dulce*) seed 25 mg

Other ingredients

Parsley (*Petroselinum crispum*) leaf (200 mg) and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

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

Duration of use

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

#0778 · 90 vegetable capsules · UPC 6-28747-10778-5
NPN 80030358 · V0174-R3

[Cholesterol Management](#) · [Cold and Flu](#) · [Heart and Blood](#)
[Herbs and Herbal Extracts](#)



Generations:

Male Fertility

capsules

Generations

Helps to support sperm cell health; helps to support prostate health; and helps maintain immune function. An antioxidant for the maintenance of good health.

Each vegetable capsule contains

Acetyl-L-carnitine hydrochloride . . . 225 mg
Vitamin C (ascorbic acid) 125 mg
N-Acetyl-L-cysteine 91.67 mg
Coenzyme Q10 (ubiquinone-10) (from fermentation) 50 mg
Astaxanthin 1.5%,
from 44.33 mg *Haematococcus pluvialis* 44.33 mg
Ashwagandha (*Withania somnifera*) root extract,
5% withanolides 33.33 mg
Natural vitamin E (mixed tocopherol concentrate,
from non-GMO sunflower) 12.5 mg
Lycopene 3.334 mg
Zinc (from zinc citrate) 1.67 mg
Selenium (from yeast-free L-selenomethionine) 4.17 mcg

Other ingredients

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

Directions of use

Adult men: Take 3 capsules twice daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

Duration of use

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

#2109 · 60 vegetable capsules · UPC 6-28747-12109-5
NPN 80071357 · V0587-R2

[Men's Fertility](#)



Geranium

Pure Essential Oil

Pelargonium graveolens

100% Pure · Clean · Unadulterated

Aroma: Floral, green, soft, sweet.

Attributes: Nostalgic, purifying, balancing.

Scent note: Middle Note 🌸

Each drop contains

Geranium (*Pelargonium graveolens*) flower essential oil, steam-distilled 100%

Active compounds

Citronellol and geraniol.

Directions of use

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

Duration of use

For external and occasional use only.

#3204 · 30 ml · UPC 6-28747-13204-3
O0030-R1

[Essential Oils](#) · [Herbs and Herbal Extracts](#)

Full line of essential oils, p. 82-90



Ginger

195 mg · 10% gingerols

capsules

Clinically Proven to Prevent Nausea Relieves Upset Stomach

Clinically shown to help prevent nausea and vomiting associated with motion sickness or seasickness. Traditionally used in herbal medicine to help relieve digestive upset and disturbances including lack of appetite, nausea, digestive spasms, indigestion, dyspepsia, and flatulent colic (carminative); and as an expectorant and antitussive to help relieve bronchitis as well as coughs and colds. Relief of symptoms associated to primary dysmenorrhea. Combines the benefits of the rhizome powder and its standardized extract to maximize assimilation and effects.



Each vegetable capsule contains

Ginger (*Zingiber officinale*) rhizome 100 mg
Ginger (*Zingiber officinale*) rhizome
20:1 extract, 10% gingerols 95 mg

Other ingredients

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

Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner. *For motion sickness:* Take 1 dose 30 minutes before travel.

#2319 · 30 vegetable capsules · UPC 6-28747-12319-8
NPN 80087672 · V0639-R1

Digestive Health · Herbs and Herbal Extracts



Ginger

475 mg

capsules

Prevents / Relieves Nausea and Upset Stomach

Helps prevent nausea and vomiting associated with motion sickness or seasickness. Traditionally used in herbal medicine to help relieve digestive upset including lack of appetite, nausea, digestive spasms, indigestion, dyspepsia, and flatulent colic (carminative); and as an expectorant and antitussive to help relieve bronchitis, coughs, and colds. Provides all the benefits of the rhizome through the synergy of its active ingredients. Suitable for long-term use.



Each vegetable capsule contains

Ginger (*Zingiber officinale*) rhizome 475 mg

Other ingredients

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

Directions of use

Adults, adolescents, and children ≥ 6 years old: Take 1–2 capsules twice daily with meals or as directed by your health-care practitioner. Take a single dose 30 minutes before travel and every 4 hours as necessary.

#0830 · 100 vegetable capsules ·
UPC 6-28747-10830-0

NPN 80013871 · V0118-R2

Digestive Health · Herbs and Herbal Extracts



Ginger (Fermented): Organic

Fermented Ginger

Whole-Food Powder

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

Experience spicy, soothing flavour with a subtle sweet finish. Fermented Ginger elevates the flavour profile and health quotient of your favorite recipes.

Ingredient

Organic fermented ginger root.

Recommended use

Add to teas, smoothies, soups, sauces, marinades, vinaigrettes, baked goods, and more. Need a reset? Try ½ tsp. fermented ginger with 1 tbsp. lime or lemon juice in 8 oz (230 ml) of ice water.



Nutrition Facts · Per 1 tsp. (3 g)

Calories 10	% Daily Value*		% Daily Value*
Fat 0 g	0 %	Cholesterol 0 mg	
Saturated 0 g + Trans 0 g	0 %	Sodium 0 mg	0 %
Carbohydrate 2 g		Potassium 0 mg	0 %
Fibre 0 g	0 %	Calcium 0 mg	0 %
Sugars 0 g	0 %	Iron 0 mg	0 %
Protein 0.2 g			

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

#2279 · 150 g / 50 portions · UPC 6-28747-02279-8
P0761-R1

NONTAXABLE ITEM

Digestive Health · Fermented Products · Functional Foods

Full line of fermented products, p. 98–99

Ginger Pure Essential Oil

Zingiber officinale

100% Pure · Clean · Unadulterated

Aroma: Warm, spicy, earthy, woody.

Attributes: Soothing, clarifying, energizing.

Scent note: Middle Note 🌿

Each drop contains

Ginger (*Zingiber officinale*) rhizome
essential oil, steam-distilled 100%

Active compound

Zingiberene.

Directions of use

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

Duration of use

For external and occasional use only.

#3205 · 30 ml · UPC 6-28747-13205-0
O0088-R1

Essential Oils · Herbs and Herbal Extracts

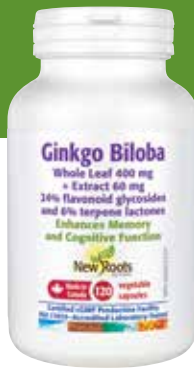
Full line of essential oils, p. 82–90



Ginkgo Biloba

Whole Leaf 400 mg + Extract 60 mg
24% flavonoid glycosides
and 6% terpene lactones

capsules



Enhances Memory and Cognitive Function

Helps to enhance cognitive function and memory in aging population and memory in adults. Helps to support peripheral circulation.

Each vegetable capsule contains

Ginkgo (*Ginkgo biloba*) leaf 400 mg
Ginkgo (*Ginkgo biloba*) leaf extract,
24% flavonoid glycosides and 6% terpene lactones 60 mg

Other ingredients

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

Directions of use

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

Duration of use

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

#0790 · 60 vegetable capsules · UPC 6-28747-10790-7

#0791 · 120 vegetable capsules · UPC 6-28747-10791-4
NPN 80022257 · V0119-R2

[Heart and Blood](#) · [Herbs and Herbal Extracts](#)
[Memory Help](#)



Ginkgo Smart: Smart Ginkgo

capsules



Enhances Memory and Cognitive Function · Peripheral Circulation

Helps to enhance cognitive function and memory in adults, and to support peripheral circulation. Provides antioxidants. Source of fungal polysaccharides with immunomodulating properties. Siberian ginseng is used in herbal medicine to help improve mental and/or physical performance after periods of mental and/or physical exertion, and as a tonic to help relieve general weakness/fatigue and/or to aid during recovery.

Each vegetable capsule contains

Lion's mane mushroom (*Hericium erinaceus*) extract,
standardized to 40% polysaccharides
providing 35% beta-glucans 170 mg
L-Glutamine. 150 mg
Siberian ginseng (*Eleutherococcus senticosus*)
root extract, 0.8% eleutherosides 100 mg
Ginkgo (*Ginkgo biloba*) leaf extract,
24% flavonoid glycosides and 6% terpene lactones 80 mg
L-Theanine. 50 mg
Ginkgo (*Ginkgo biloba*) leaf. 40 mg
Whole gotu kola (*Centella asiatica*) 40 mg
Bacopa (*Bacopa monnieri*)
25:1 extract, 45% bacosides. 30 mg
Huperzine A, from toothed club-moss
(*Huperzia serrata*). 200 mcg

Other ingredients

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

Directions of use

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

Duration of use

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

#1939 · 30 vegetable capsules · UPC 6-28747-11939-9

#0208 · 60 vegetable capsules · UPC 6-28747-10208-7
NPN 80108131 · V0156-R5

[Heart and Blood](#) · [Memory Help](#)



Ginseng:

Panax Ginseng

20% Ginsenosides · 300 mg

capsules



Increases Energy and Reduces Mental Fatigue

Used in herbal medicine as supportive therapy for the promotion of healthy glucose levels, to help support cognitive function or reduce mental fatigue, and to help enhance physical performance.

Each vegetable capsule contains

Panax ginseng root and leaf extract,
standardized to a minimum of
20% ginsenosides
(including both Rb and Rg ginsenosides) 300 mg

Other ingredients

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

Directions of use

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

Duration of use

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

#0780 · 90 vegetable capsules · UPC 6-28747-10780-8

NPN 80075193 · V0028-R3

[50+ Health](#) · [Energy](#) · [Herbs and Herbal Extracts](#) · [Sexual Health \(Men\)](#)
[Sport Nutrition](#)



Ginseng:

Siberian Ginseng

0.8% Eleutherosides

capsules



Improves Mental and Physical Performance

Used in herbal medicine as a tonic to help relieve general weakness/fatigue, or to help improve mental or physical performance after periods of mental or physical exertion.

Each vegetable capsule contains

Siberian ginseng (*Eleutherococcus senticosus*) root extract 250 mg
Providing:
0.8% eleutherosides B and E
Siberian ginseng (*Eleutherococcus senticosus*) root 235 mg

Other ingredients

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

Directions of use

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



Duration of use

Consult a health-care practitioner for use beyond 1 month.

#0779 · 90 vegetable capsules · UPC 6-28747-10779-2
NPN 80025577 · V0080-R4

Energy · Herbs and Herbal Extracts · Immune Health · Sport Nutrition
Stress Management

Glucosamine Sulfate

500 mg

capsules

Relieves Osteoarthritis
Joint Pain · Protects Against
Cartilage Deterioration
SODIUM-FREE

A factor in maintaining cartilage and joint health. Helps to relieve joint pain associated with osteoarthritis. Helps to protect against the deterioration of cartilage.

Each vegetable capsule contains

Glucosamine sulfate (from crab or shrimp exoskeleton, stabilized with potassium chloride), sodium-free. 500 mg

Other ingredients

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

Directions of use

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



Duration of use

Use for a minimum of 4 weeks to see beneficial effects.

#0614 · 120 vegetable capsules · UPC 6-28747-10614-6

#0615 · 300 vegetable capsules · UPC 6-28747-10615-3

NPN 80010450 · V0034-R1

50+ Health · Joint Health · Pain and Inflammation

Glucosamine Sulfate

750 mg

capsules

Relieves Osteoarthritis Joint Pain
Protects Against Cartilage
Deterioration · **SODIUM-FREE**

A factor in maintaining good cartilage and joint health. Helps to relieve joint pain associated with osteoarthritis and with osteoarthritis of the knee. Helps to protect against the deterioration of cartilage.

Each vegetable capsule contains

Glucosamine sulfate (from crab or shrimp exoskeleton, stabilized with potassium chloride), sodium-free. 750 mg

Other ingredients

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



Directions of use

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



Duration of use

Use for a minimum of 4 weeks to see beneficial effects.

#0617 · 120 vegetable capsules · UPC 6-28747-10617-7
NPN 80043822 · V0036-R2

50+ Health · Joint Health · Pain and Inflammation

Vegan

Glucosamine

750 mg

capsules

Joint Health and Cartilage Support

Helps to maintain cartilage/joint health.

Each vegetable capsule contains

Glucosamine hydrochloride (from *Aspergillus niger*). 750 mg

Other ingredients

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

Directions of use

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

Duration of use

Use for at least 1 month to see beneficial effects.

#2533 · 60 vegetable capsules · UPC 6-28747-12533-8

NPN 80101263 · V0697-R2

50+ Health · Joint Health · Pain and Inflammation

Glucose Align

Advanced Formula

capsules

Promotes Healthier Blood Sugar Levels

Provides support for healthy glucose metabolism. Helps to maintain normal blood glucose levels; to maintain/support the body's ability to metabolize nutrients; and to prevent chromium deficiency. Supports good health.

Each vegetable capsule contains

Berberine
(from 200 mg of berberine hydrochloride) 181 mg
trans-Resveratrol 100 mg
(From 200 mg of Japanese knotweed [*Reynoutria japonica*]
root extract)
Cassia cinnamon (*Cinnamomum aromaticum*)
bark extract, 10% polyphenols. 50 mg
DL- α -Lipoic acid. 50 mg
Bitter melon (*Momordica charantia*) fruit extract. 25 mg
Gymnema sylvestre leaf extract,
25% gymnemic acids 25 mg
Chromium (from chromium picolinate) 250 mcg

Other ingredients

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



Directions of use

Adults ≥ 19 years old: Take 2 capsules daily with a meal or as directed by your health-care practitioner.



Duration of use

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

#3030 · 60 vegetable capsules · UPC 6-28747-13030-1
NPN 80121138 · V0753-R1

Blood Glucose Management

Glucose support :

→ **Blood Sugar Balance**

55

Glutamic Acid

500 mg

capsules

Amino Acid

L-Glutamic acid is a nonessential amino acid involved in protein synthesis.

Each vegetable capsule contains

L-Glutamic acid 500 mg

Other ingredients

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



Directions of use

Adults: Take 3 capsules daily with meals and water or as directed by your health-care practitioner.

#0671 · 100 vegetable capsules · UPC 6-28747-10671-9
NPN 80030136 · V0108-R1

**Amino Acids and Proteins · Memory Help
Neurological Health · Sport Nutrition**



Glutamine: L-Glutamine

500 mg

capsules

Gut Health · Muscle Repair

Helps in muscle cell repair and to restore plasma glutamine levels depleted after periods of physical stress (e.g., prolonged exhaustive exercise). Helps support immune and digestive system health after periods of physical stress.

Each vegetable capsule contains

L-Glutamine 500 mg

Other ingredients

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



Directions of use

Adults: Take 4 capsule three times daily with a meal or as directed by your health-care practitioner. *For weight training:* Adults: Take 3 capsules up to six times (9 g) daily.

#0865 · 120 vegetable capsules · UPC 6-28747-10865-2
#0866 · 240 vegetable capsules · UPC 6-28747-10866-9
NPN 80010311 · V0100-R2

**Amino Acids and Proteins · Digestive Health · Muscle Support
Sport Nutrition**



Glutamine: L-Glutamine

powder

Muscle Recovery · Amino Acid

Helps support immune and digestive system health after periods of physical stress. Helps restore plasma glutamine levels depleted after periods of physical stress (e.g., prolonged exhaustive exercise). Helps to assist in muscle cell repair after exercise.



Each rounded teaspoon (5 g) contains

L-Glutamine 5 g

Directions of use

Adults: Mix 1 rounded teaspoon (approx. 5 g) with cold liquid once daily or as directed by your health-care practitioner. We recommend weighing L-Glutamine for precise dosage.

#0868 · 250 g · UPC 6-28747-00868-6

NEW SIZE!

#3613 · 500 g · UPC 6-28747-03613-9

NPN 80021094 · P0163-R1

**Amino Acids and Proteins · Digestive Health · Muscle Support
Sport Nutrition**



Glutathione

Reduced · 200 mg
+ Vitamin C 50 mg

capsules

Free-Radical Protection Immune Support

An antioxidant for the maintenance of good health. Helps protect cells against the oxidative damage caused by free radicals. Helps support immune function.

Each vegetable capsule contains

L-Glutathione
(L-glutathione reduced) 200 mg
Vitamin C (ascorbic acid) 50 mg

Other ingredients

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

Directions of use

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

#0598 · 30 vegetable capsules · UPC 6-28747-10598-9

#0599 · 60 vegetable capsules · UPC 6-28747-10599-6

NPN 80025650 · V0446-R2

Antioxidants · Detoxification · Immune Health



Glutathione: S-Acetyl-Glutathione

100 mg

capsules

Intracellular Antioxidant Superior Assimilation

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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

#2416 · 60 vegetable capsules · UPC 6-28747-12416-4
NPN 80091902 · V0670-R1

Antioxidants · Detoxification · Immune Health ·
Neurological Health



Gotu Kola

500 mg

capsules

Improves Memory Stimulates Appetite

Traditionally used in Ayurvedic medicine as *Smrtiprada* (memory-enhancing activity) to improve memory; to relieve lack or loss of the appetite for food and to relieve cough; to help relieve *Jvara* and *Kasa* (fever and cough); as *Rasayana* (rejuvenative tonic); as *Medhya* (brain tonic); and as *Dipana* (digestive tonic) to help promote digestion.

Each vegetable capsule contains

Whole gotu kola (*Centella asiatica*) 500 mg

Other ingredients

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

Directions of use

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

#0829 · 100 vegetable capsules · UPC 6-28747-10829-4
NPN 80022868 · V0038-R2

Digestive Health · Herbs and Herbal Extracts
Memory Help



Goji Seed Oil

Certified Organic

Moisturizer for Sensitive Skin

Our goji seed oil is hydrating and reduces the look of aging and of sun spots. It is ideal for sensitive skin.

Each bottle contains

Organic goji (*Lycium barbarum*) seed oil,
CO₂ supercritical extract,
nondeodorized 15 ml
With added organic rosemary (*Rosmarinus
officinalis*) leaf extract.

Ingredients

Organic *Lycium barbarum* seed oil and organic *Rosmarinus
officinalis* (rosemary) leaf extract.

Directions of use

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

#1599 · 15 ml · UPC 6-28747-21599-2
OM0120-R2

Beauty · Exotic Skin Oils · Skin

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



Grapefruit Seed Extract

With Wormwood and Echinacea

capsules

Antiparasitic

This formula is a combination of grapefruit, echinacea, and wormwood extracts, which are traditionally used in herbal medicine as a vermifuge (to expel intestinal worms). Echinacea helps relieve sore throats and symptoms of upper respiratory tract infections.

Each vegetable capsule contains

Echinacea (*Echinacea angustifolia*) root 161 mg
Wormwood (*Artemisia absinthium*) aerial part. 161 mg
Grapefruit seed extract. 84 mg

Other ingredients

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

Directions of use

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

Duration of use

Consult a health-care practitioner for use beyond 1 month.

#0885 · 90 vegetable capsules · UPC 6-28747-10885-0
NPN 80048368 · V0039-R2

Herbs and Herbal Extracts · Parasitic and Fungal Management



“We have two lives, and the second one begins when we realize we only have one.”

Confucius

Grapefruit Seed Extract

liquid concentrate

Safe Travels

This formula is a combination of natural extracts of grapefruit, lemon, and tangerine seeds, used by health-care practitioners to provide nutritional support for individuals with certain health concerns. Helps the body to metabolize fats and proteins. Helps in the development and maintenance of bones, cartilage, and teeth. An antioxidant for the maintenance of good health.

Each drop contains

Grapefruit seed extract
(560 mcg of vitamin C per drop) 7 mg

Other ingredient

Vegetable glycerin.

Directions of use

Adults: Mix 12–15 drops in a glass of water or juice, one to three times daily, with or without meals, or as directed by your health-care practitioner.

#1641 · 30 ml · UPC 6-28747-21641-8
#0142 · 112 ml · UPC 6-28747-20142-1
#0009 · 250 ml · UPC 6-28747-20009-7
NPN 80036596 · LM0064-R1

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



Grapeseed

Extract

80% Oligomeric Proanthocyanidins
500 mg

capsules

Antioxidant

A source of antioxidants for the maintenance of good health. Grape seed extract also helps to relieve symptoms related to non-complicated chronic venous insufficiency (CVI), such as sensation of swelling, heaviness and tingling of the legs.

Each vegetable capsule contains

Grape (*Vitis vinifera*) seed extract,
80% oligomeric proanthocyanidins. 500 mg
Cranberry (*Vaccinium macrocarpon*) fruit concentrate . . . 100 mg

Other ingredients

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

Directions of use

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

Duration of use

For CVI: Use for a minimum of 1 month to see beneficial effects. Consult a health-care practitioner for use beyond 3 months.

#1225 · 60 vegetable capsules · UPC 6-28747-11225-3
NPN 80035162 · V0343-R3

[Antioxidants](#) · [Heart and Blood](#) · [Herbs and Herbal Extracts](#)



Grapeseed

Extract

80% Oligomeric Proanthocyanidins
150 mg

capsules

Antioxidant

A source of antioxidants for the maintenance of good health.

Each vegetable capsule contains

Organic bilberry
(*Vaccinium myrtillus*) fruit 300 mg
Grape (*Vitis vinifera*) seed extract,
80% oligomeric proanthocyanidins. 150 mg
Grape (*Vitis vinifera*) skin extract, 25% polyphenols 100 mg

Other ingredients

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

Directions of use

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

Duration of use

Consult a health-care practitioner for use beyond 3 months. Use for at least 1 month to see beneficial effects.

#1226 · 60 vegetable capsules · UPC 6-28747-11226-0
NPN 80096625 · V0204-R4

[Antioxidants](#) · [Heart and Blood](#) · [Herbs and Herbal Extracts](#)



Grass-Fed Beef Liver

Pure Glandular · 600 mg

capsules

Hormone- and Pesticide-Free Supports Immunity

Supports good health.
Helps support immune function.

Each vegetable capsule contains

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

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

Other ingredients

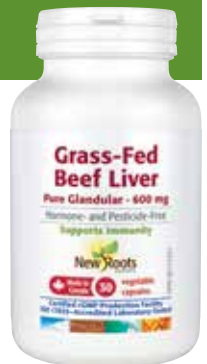
Natural peppermint flavour, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

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

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

[Detoxification](#) · [Glandular Extracts](#)



Grass-Fed Beef Spleen

Pure Glandular · 650 mg

capsules



Hormone- and Pesticide-Free Supports Immunity

Supports good health.
Helps support immune function.

Each vegetable capsule contains

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

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

Other ingredients

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

Directions of use

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

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

[Glandular Extracts](#) · [Immune Health](#)



Grass-Fed Lamb Thymus

Pure Glandular · 450 mg

tablets



Hormone- and Pesticide-Free Supports Immunity

Supports good health.
Helps support immune function.

Each tablet contains

Glandular thymus
(from lamb [*Ovis aries*]) 450 mg
Vitamin C 6 mg

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

Other ingredients

Sorbitol, dicalcium phosphate, vegetable stearic acid, croscarmellose sodium, and natural peppermint flavour.

Directions of use

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

#2482 · 30 tablets · UPC 6-28747-12482-9
#3436 · 90 tablets · UPC 6-2877-13436-1
NPN 80103735 · V0524-R2

[Glandular Extracts](#) · [Immune Health](#)



Grass-Fed Lamb Pancreas

Pure Glandular · 450 mg

tablets



Hormone- and Pesticide-Free Supports Good Health

Each tablet contains

Pancreas organ
(from lamb [*Ovis aries*])* 450 mg
Vitamin C (ascorbic acid) 6 mg

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

Other ingredients

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

Directions of use

Adults: Take 1 tablet daily with or immediately before a meal/food or as directed by your health-care practitioner.

Duration of use

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

#2027 · 30 tablets · UPC 6-28747-12027-2
#3437 · 90 tablets · UPC 6-28747-13437-8
NPN 80071898 · V0556-R2

[Blood Glucose Management](#) · [Digestive Health](#) · [Glandular Extracts](#)



Green Tea

Extract · 500 mg · 75% EGCG

capsules



Antioxidant

Source of antioxidants for the maintenance of good health.

Each vegetable capsule contains

Green tea (*Camellia sinensis*) leaf extract,
75% epigallocatechin-3-gallate
(EGCG) 500 mg

Other ingredients

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

Directions of use

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

Duration of use

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

#1696 · 60 vegetable capsules · UPC 6-28747-11696-1
NPN 80032105 · V0449-R4

[Antioxidants](#) · [Heart and Blood](#) · [Herbs and Herbal Extracts](#)
[Weight Management](#)



Green Tea Matcha: Matcha

powder

First Harvest · Organic Green Tea Pesticide-Free

Matcha green tea, unlike regular dried green tea, is made using the whole tea leaf, stone-ground to a fine powder. It contains at least three times as much EGCG (antioxidant). Our matcha comes from the first harvest of shade-grown tea leaves in Asia.



Ingredient

Pure organic premium matcha green tea (*Camellia sinensis*).

Preparation

Mix ¼–½ teaspoon per 150 ml cup of hot water. Adjust to taste.

#1874 · 30 g · UPC 6-28747-01874-6

#1907 · 100 g · UPC 6-28747-01907-1

P0659-R2

NONTAXABLE ITEM

Antioxidants · Energy · Functional Foods

Green Foods · Teas and Herbal Teas



Hair & Scalp

softgels

For Healthier, Stronger Hair

Helps to promote and maintain hair health. Helps in tissue formation. Helps to metabolize nutrients. Helps in the formation of red blood cells. Grape seed extract is a source of antioxidants for the maintenance of good health.



Each softgel contains

Certified organic pumpkin

(*Cucurbita pepo*) seed oil 400 mg

Taurine

(2-aminoethanesulfonic acid) 240 mg

Wild-crafted saw palmetto (*Serenoa repens*) fruit

liposterolic **extract**, 95% fatty acids (CO₂-extracted) . . . 185 mg

Field horsetail (*Equisetum arvense*), 4.9 mg of silicon . . . 150 mg

Certified organic evening primrose

(*Oenothera biennis*) seed oil 100 mg

Fish oil (omega-3 from wild, deep-sea whole anchovies

[*Engraulidae*] and/or whole sardines [*Clupeidae*]),

40% eicosapentaenoic acid (EPA),

20% docosahexaenoic acid (DHA) 50 mg

Flax (*Linum usitatissimum*) seed **extract**,

40% secoisolariciresinol diglucoside 50 mg

Whole stinging nettle (*Urtica dioica*) **extract**,

1% silicic acid 50 mg

Grape (*Vitis vinifera*) seed **extract**,

80% oligomeric proanthocyanidins 35 mg

Green tea (*Camellia sinensis*) leaf **extract**,

75% epigallocatechin-3-gallate (EGCG) 35 mg

Apple (*Pyrus malus*) fruit **extract**,

5% proanthocyanidins B2 12 mg

Vitamin B3 (niacinamide) 8 mg

Vitamin B5 (calcium D-pantothenate) 8 mg

Silicon (from silicon dioxide) 7 mg

Vitamin B2 (riboflavin-5'-phosphate sodium) 2 mg

Vitamin B6 (pyridoxine hydrochloride) 2 mg

Biotin 150 mcg

Folate (from calcium L-5-methyltetrahydrofolate) 50 mcg

Vitamin B12 (methylcobalamin) 25 mcg

Vitamin D3 (cholecalciferol) 12.5 mcg (500 IU)

Other ingredients

Beeswax, sunflower lecithin, and microcrystalline cellulose in a softgel composed of annatto **extract** (in sunflower oil), bovine gelatin, glycerin, and purified water.

Directions of use

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

Duration of use

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

#1612 · 30 softgels · UPC 6-28747-11612-1

#1555 · 60 softgels · UPC 6-28747-11555-1

NPN 80072372 · V0439-R19

Hair



Hawthorn Berry

500 mg

capsules

Supports Cardiovascular Health

Traditionally used in herbal medicine to help maintain and support cardiovascular health in adults.

Each vegetable capsule contains

Hawthorn

(*Crataegus monogyna*) berry 500 mg

Other ingredients

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

Directions of use

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

Duration of use

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

#0828 · 100 vegetable capsules · UPC 6-28747-10828-7

NPN 80021188 · V0043-R2

Heart and Blood · Herbs and Herbal Extracts



Heart Mag

770 mg Magnesium Orotate

capsules

Supports Healthy Cardiac Function Gentle on the Stomach

Research supports the ability of true magnesium orotate to support cardiac function under stress. Promotes maintenance of healthy muscle function, including that of the heart muscle. Helps maintain the body's ability to metabolize nutrients, maintain a normal electrolyte balance, with tissue formation, and the development and maintenance of bones and teeth. Magnesium and orotic acid exert complementary effects on the biosynthesis of pyrimidine nucleotides, and maintain normal glycogen stores, protein synthesis, ATP levels, and contractile function.

Each vegetable capsule contains

Fully reacted magnesium orotate 770 mg

Providing:

Elemental magnesium 50 mg

Orotic acid 650 mg



Other ingredients

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



Directions of use

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

#2311 • 60 vegetable capsules • UPC 6-28747-12311-2
NPN 80084636 • V0642-R1

Heart and Blood • Vitamins and Minerals

Full line of magnesium supplements, p. 130–133

Heart Smart Extra Virgin Organic Olive Oil

First Cold-Pressed • Non-GMO

Plant sterol-fortified to promote healthy cholesterol levels. Helps lower total blood and LDL cholesterol. Helps maintain healthy cholesterol levels.

Each tablespoon contains

Plant sterols esters 375 mg
(combined *beta*-sitosterols, campesterols, and stigmasterols).

Other ingredients

Certified organic extra virgin olive (*Olea europaea*) oil and natural vitamin E (mixed tocopherol concentrate, from non-GMO sunflower). Nitrogen-flushed to maintain optimum freshness, prevent oxidation, and ensure maximum nutritional value.



Fatty Acids

Oleic 56–85%
Linoleic 3.5–20%
Palmitic 7.5–20%
Stearic 0.5–5%

Directions of use

Adults: Take 3 tablespoons daily with food or as directed by your health-care practitioner. Stir into soups, stews, and sauces; or use for light sautéing. Its taste of sweet butter with subtle notes of pear, along with its low acidity level, makes it excellent for vinaigrettes, marinades, or as a replacement for butter or margarine on your toast. Enjoy a cholesterol-reduced breakfast, lunch, or dinner. Great-tasting and low in saturated fat; salt-, gluten-, cholesterol-, and *trans* fat-free.



#1626 • 500 ml • UPC 6-28747-21626-5
NPN 80059927 • OM0116

Cooking Oils • Functional Foods • Heart and Blood

“Everyone has inside them a piece of good news. The good news is you don’t know how great you can be! How much you can love! What you can accomplish! And what your potential is.”

Anne Frank

Heavy Metal Detox

capsules

Helps to support the normal detoxification processes involved in the removal of heavy metals to which the body is exposed on a daily basis. Helps to support and protect liver function, an organ involved in the detoxification process. Helps with immune function.



Each vegetable capsule contains

N-Acetyl-L-cysteine 500 mg
Vitamin C (ascorbic acid) 200 mg
DL-*alpha*-Lipoic acid 50 mg

Other ingredients

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

Directions of use

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

Duration of use

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

#0801 • 120 vegetable capsules • UPC 6-28747-10801-0
NPN 80024488 • V0208-R5

Detoxification



Heme Iron Polypeptide • 11 mg

capsules

The Most Bioavailable Iron for Best Absorption
Prevents Iron-deficiency Anemia and Associated Tiredness and Fatigue
Gentle on the Stomach

Helps to form red blood cells and helps in their proper function. A factor in the maintenance of good health. Helps to prevent iron deficiency, iron-deficiency anaemia, and associated tiredness and fatigue.



Each vegetable capsule contains

Vitamin C (ascorbic acid) 90 mg
Iron (heme iron polypeptide, from domestic pig [*Sus scrofa*] hemoglobin) 11 mg
Folate (from calcium L-5-methyltetrahydrofolate) 333 mcg
Vitamin B12 (methylcobalamin) 333 mcg

Other ingredients

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

Directions of use

Adults: Take 3 capsules once daily with a full glass of water, with or without food, or as directed by your health-care practitioner. Do not lie down for 30 minutes after taking this product. If you are taking other medications or natural health products, take this product a few hours before or after them.

Duration of use

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

NEW CHILD-RESISTANT PACKAGE!

#3495 • 23 vegetable capsules • UPC 6-28747-13495-8
#1876 • 30 vegetable capsules • UPC 6-28747-11876-7
#2185 • 60 vegetable capsules • UPC 6-28747-12185-9
NPN 80061737 • V0514-R2

Vitamins and Minerals • Women's Health

Full line of iron supplements, p. 118–119



Heme Iron (Bovine)

Polypeptide · 11 mg
BSE-Free

capsules

The Most Bioavailable Iron for Best Absorption Gentle on the Stomach

Helps to form red blood cells and helps in their proper function. A factor in the maintenance of good health. Helps to prevent iron-deficiency anemia and associated tiredness and fatigue.

Each vegetable capsule contains

Iron (heme iron polypeptide, from bovine hemoglobin) 11 mg
Vitamin C (ascorbic acid) 90 mg
Folate (from calcium L-5-methyltetrahydrofolate) 333 mcg
Vitamin B12 (methylcobalamin) 333 mcg

From cattle free of hormones and bovine spongiform encephalopathy (BSE).

Other ingredients

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

Directions of use

Adults: Take 3 capsules once daily with a full glass of water, with or without food, or as directed by your health-care practitioner. Do not lie down for 30 minutes after taking this product. If you are taking other medications or natural health products, take this product a few hours before or after them.



NEW CHILD-RESISTANT PACKAGE!

#3497 · 23 vegetable capsules · UPC 6-28747-13497-2
#2494 · 30 vegetable capsules · UPC 6-28747-12494-2
#2495 · 60 vegetable capsules · UPC 6-28747-12495-9
NPN 80093863 · V0691-R1

Vitamins and Minerals · Women's Health

Full line of iron supplements, p. 118–119



Hericum erinaceus:

Mushroom Lovers

Lion's Mane Powder

Medicinal Mushrooms

Cognitive Health · Immune Support
Organic · Creamy, Lobster-like Taste

Source of fungal polysaccharides with immunomodulating properties. Supports cognitive health.



Each ¾ teaspoon contains

Organic lion's mane (*Hericum erinaceus*) 1 g

Directions of use

Source of fungal polysaccharides: Adults: Take two 1 g (two ¾ teaspoons) servings daily or as directed by your health-care practitioner. **Supports cognitive health: Adults 50 years and older:** Take two 1 g (two ¾ teaspoons) servings daily or as directed by your health-care practitioner. • Mix product well in 1 cup (250 ml) of hot liquid (water, coffee, tea, etc.) and steep covered for 5 to 20 minutes before ingesting.



#2579 · 100 g / 100 doses · UPC 6-28747-02579-9
NPN 80111122 · P0831-R1

Functional Foods · Immune Health · Medicinal Mushrooms
Memory Help · Neurological Health

Full line of medicinal mushrooms, p. 137–141

Holy Basil Max

500 mg · Potent 10% Ursolic Acid

capsules

Increases Energy and Resistance to Mental and Physical Stress

Used in herbal medicine as an adaptogen to help increase energy and resistance to stress (in case of mental and physical fatigue related to stress). Traditionally used in Ayurveda as an expectorant and/or demulcent to help relieve cough (*Kasa*) and colds; as an expectorant to help relieve respiratory mucus buildup (catarrh); as a cardiotonic (*Hrdya*); and to aid digestion (*Dipani*) and stimulate appetite (stomachic). Source of antioxidants.



Each vegetable capsule contains

Holy basil (*Ocimum tenuiflorum*) leaf extract,
10.0% ursolic acid 500 mg

Other ingredients

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

Directions of use

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

#2898 · 60 vegetable capsules · UPC 6-28747-12898-8
NPN 80112767 · V0740-R1

Cold and Flu · Energy · Herbs and Herbal Extracts
Stress Management

Full line of antistress products, p. 208–212



Hericum erinaceus:

Lion's Mane

500 mg · Hot-Water Extract

capsules

Medicinal Mushrooms

Cognitive Health

Immune-Boosting

35% beta-Glucans (175 mg)
from 40% Polysaccharides (200 mg)

Source of fungal polysaccharides with immunomodulating properties. Provides antioxidants.

Each vegetable capsule contains

Lion's mane (*Hericum erinaceus*) mushroom extract, standardized to 40% polysaccharides (200 mg) providing 35% beta-glucans (175 mg) 500 mg

Hot-water extraction.

Other ingredients

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

Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner. To avoid digestive upset, take with food/meal. Dosage can be increased up to 3 capsules daily.

#1868 · 60 vegetable capsules · UPC 6-28747-11868-2
#2297 · 120 vegetable capsules · UPC 6-28747-12297-9
NPN 80070799 · V0510-R2

Medicinal Mushrooms · Memory Help · Neurological Health

Full line of medicinal mushrooms, p. 137–141



“A life spent making mistakes is not only more honourable, but more useful than a life spent doing nothing.”

George Bernhard Shaw

Homocysteine Reduce

powder



Clinically Formulated Natural Lemon-Lime Flavour

Helps to reduce homocysteine levels, which may be associated with deficiencies of folate or vitamin B12. Helps to support liver function.

Medicinal ingredients per 9.375 g dose (approximately 2 scoops)

Betaine (trimethylglycine)	4 g
Inositol (myo-inositol)	1.5 g
Choline bitartrate	1 g
Zinc (from zinc bisglycinate)	30 mg
Vitamin B6 (pyridoxal-5'-phosphate)	10 mg
Vitamin B12 (methylcobalamin)	1.5 mg
Folate (from calcium L-5-methyltetrahydrofolate)	1 mg

Other ingredients

Natural lemon/lime flavour, isomaltulose (naturally occurring disaccharide from sugar beet), DL-malic acid, microcrystalline cellulose, stevia (*Stevia rebaudiana*) leaf extract, and silicon dioxide.

Directions of use

Adults (19 years and over): Take 2 scoops daily with food. Mix with 150–250 ml of water (dilute to taste) or as directed by your health-care practitioner.



Duration of use

Use for a minimum of 3 weeks to see beneficial effects.

#2210 · 285 g / 30 doses · UPC 6-28747-02210-1
NPN 80061652 · PM0094-R2

Heart and Blood

Horny Goat Weed

Epimedium grandiflorum

500 mg

capsules



Helps Increase Libido

Horny goat weed is used in traditional Chinese medicine to strengthen kidney yang and to help increase libido by tonifying the kidney yang.

Each vegetable capsule contains

Horny goat weed (*Epimedium grandiflorum*) extract, 20% icariin 500 mg

Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults ≥ 19 years old: Take 1 capsule daily or as directed by your health-care practitioner.



Duration of use

Take for a minimum of 4 weeks to see improvements. Consult a health-care practitioner for use beyond 6 months.

#0847 · 60 vegetable capsules · UPC 6-28747-10847-8
NPN 80042652 · V0220-R3

Herbs and Herbal Extracts · Sexual Health (Men)

Hospital Bacteria Defense

capsules



10 Billion+ Live Active Whole Cells Delivered Safely to the Intestines *Saccharomyces boulardii* Helps to Reduce the Risk of Antibiotic-Associated Diarrhea Supports Healthy Immunity

Source of probiotics. Helps reduce the risk of antibiotic-associated diarrhea. Helps support intestinal/gastrointestinal health and a favourable gut flora. Helps maintain/support immune function. A factor in the maintenance of good health.

Each vegetable capsule contains

<i>Saccharomyces boulardii</i>	10 billion CFU
Vitamin C (ascorbic acid)	6 mg

Other ingredients

Maltodextrin and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults and children ≥ 6 years old: Take 1–3 capsules daily or as directed by your health-care practitioner. If you are taking antifungal medications, take this product at least 2–3 hours before or after them.



#1588 · 30 vegetable capsules · UPC 6-28747-11588-9
NPN 80110227 · V0436-R2

Digestive Health · Immune Health · Probiotics

Full line of probiotics, p. 175–188

Human Probiotics

Colonizing Flora

capsules



42 Billion + Live Active Probiotics Delivered Safely to the Intestines 12 Strains · Supports Gastro/Intestinal Health and Immunity GPS™ Enteric Coating Gastric Protective System Survives Stomach Acid DAIRY-FREE · SOY-FREE

Source of probiotics. Helps support intestinal/gastrointestinal health and a favourable gut flora. A factor in the maintenance of good health. Helps to maintain the body's ability to metabolize nutrients. Helps maintain/support immune function.

Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 12 strains of live, active, healthy, and whole cells (42 billion) to the intestines

Human Strains	
<i>Ligilactobacillus salivarius</i> UB3488	16 billion CFU
<i>Lactobacillus gasseri</i> UB9507	5 billion CFU
<i>Limosilactobacillus fermentum</i> UB3678	4 billion CFU
<i>Bifidobacterium longum</i> ssp. <i>infantis</i> UB5660	3 billion CFU
<i>Bifidobacterium animalis</i> ssp. <i>lactis</i> UB9439	3 billion CFU
<i>Bifidobacterium bifidum</i> UB4925	3 billion CFU
<i>Bifidobacterium breve</i> UB3917	3 billion CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> UB6897	3 billion CFU
<i>Lactobacillus johnsonii</i> UB2214	1 billion CFU

Bifidobacterium animalis ssp. *lactis* BL-04 400 million CFU
Lactocaseibacillus rhamnosus GG. 400 million CFU
Lactobacillus acidophilus LA-14 200 million CFU
Vitamin C (ascorbic acid) 6 mg
CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, trehalose, tapioca maltodextrin, sodium chloride, mono- and dipotassium phosphate, sucrose, and vegetable magnesium stearate in a non-GMO GPS™ vegetable capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

Directions of use

Adults, adolescents, and children ≥ 6 years old: Take 1 capsule daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.



#2166 · 30 vegetable capsules · UPC 6-28747-12166-8
NPN 80131384 · V0579-R3

Digestive Health · Immune Health · Probiotics

Full line of probiotics, p. 175–188

IBS Urgency

Irritable Bowel Syndrome

capsules

10 Billion + Live Active Probiotics
Delivered Safely to the Intestines
5 Strains · Supports Gastro/
Intestinal Health · Reduces Instances
of Diarrhea

GPS™ Enteric Coating
Gastric Protective System
Survives Stomach Acid

Could help reduce the duration of diarrhea in people with irritable bowel syndrome. Source of probiotics. Helps support intestinal/gastrointestinal health. Could promote favourable gut flora.



Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 5 strains of live, active, healthy, and whole cells (10 billion) to the intestines

Human Strains

Bifidobacterium longum ssp. *infantis* R0033 3.40 billion CFU
Bifidobacterium longum ssp. *longum* R0175 3.40 billion CFU
Lactobacillus acidophilus R0418 1.13 billion CFU

Plant Strain

Lactobacillus plantarum R1012 1.13 billion CFU

Dairy Strain

Lactobacillus rhamnosus R0011 1.13 billion CFU
Bovine colostrum (from *Bos taurus*) 180 mg

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, vitamin C (ascorbic acid), and vegetable magnesium stearate in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

Directions of use

Adults: Take 2 capsules daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.



Duration of use

Consult a health-care practitioner for prolonged use.

#1521 · 30 vegetable capsules · UPC 6-28747-11521-6

#1945 · 60 vegetable capsules · UPC 6-28747-11945-0

NPN 80042032 · V0374-R4

Digestive Health · Immune Health · Probiotics

Full line of probiotics, p. 175–188

Indole-3-Carbinol

150 mg

capsules

Supports Healthy Estrogen Balance

Source of antioxidants. Helps to support healthy estrogen metabolism/balance.

Each vegetable capsule contains

Indole-3-carbinol (I-3-C) 150 mg

Other ingredients

Microcrystalline cellulose and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.



Directions of use

Adults: Take 2 capsules once daily or as directed by your health-care practitioner.

#1151 · 60 vegetable capsules · UPC 6-28747-11151-5

NPN 80072220 · V0327-R3

Women's Health



Infla-Heal Plus

capsules

Inflammation and Pain
Support for Joint, Muscle,
and Tendon Health
GPS™ Enteric Coating
Gastric Protective System
Survives Stomach Acid

Used in herbal medicine to help relieve minor pain, swelling, and inflammation.

Each enteric-coated vegetable capsule contains

Pancreatic enzymes (from domestic pig [*Sus scrofa*])
4× concentrate 250 mg

Providing the following:

Protease (25,000 USP proteolytic units)
Amylase (25,000 USP amyloglucosidase units)
Lipase (2,000 USP lipase units)
Bromelain (from pineapple [*Ananas comosus* var. *comosus*] stem),
2,400 GDU/g (6,480,000 FCC papain units) 180 mg
Trypsin (from domestic pig [*Sus scrofa*] pancreas)
(18,000 USP trypsin units) 120 mg
Providing 5,400–12,960 USP chymotrypsin units
Rutin (from Japanese pagoda tree [*Styphnolobium japonicum*] flower bud) 85 mg
Papain (from papaya [*Carica papaya*] fruit)
(1,800,000 FCC papain units) 18 mg
Serratiopeptidase (30,000 SU) 13.63 mg
L-Cysteine hydrochloride 10 mg
Zinc (from zinc gluconate) 2.6 mg



Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

Directions of use

Adults: Take 1 capsule two to four times daily with food or as directed by your health-care practitioner. Swallow whole; do not crush or chew. If you are taking other medications, take this product a few hours before or after them. Use the smallest effective dose which controls symptoms.



Duration of use

For swelling and pain reduction: Consult a health-care practitioner for use beyond 7 days. *For the reduction of ear, nose, and throat infections, or as a mucolytic enzyme:* Consult a health-care practitioner for use beyond 4 weeks.

#1832 · 30 vegetable capsules · UPC 6-28747-11832-3
#1829 · 90 vegetable capsules · UPC 6-28747-11829-3
#1825 · 180 vegetable capsules · UPC 6-28747-11825-5
NPN 80044720 · V0499-R2

Enzymes · Pain and Inflammation

Inositol:

Myo-Inositol

powder



PCOS Management · Enhances Fertility by Improving Ovarian Function · Healthy Glucose Metabolism / Mood Balance

Helps to improve ovarian function in women with oligomenorrhea and polycystic ovaries; in the management of polycystic ovarian syndrome (PCOS) by helping to restore normal ovarian function; in the management of PCOS by reducing oxidative stresses; to restore ovulation and oocyte quality, and to normalize menstrual cycle irregularities; to reduce serum testosterone in women with PCOS; and in the management of PCOS's hormonal and metabolic conditions by promoting healthy glucose metabolism. As an important component of phospholipids, inositol can assist in regulating cellular response for healthy body functioning. Helps support healthy mood balance.

Each scoop contains

Inositol (myo-inositol) 4 g
100% Vegan. Does not alter taste of drinks when mixed in.

Directions of use

Adults: Take 1 scoop added to 250 ml of water or juice, one to three times daily or as directed by your health-care practitioner. *For healthy mood balance:* Take 3 scoops daily or as directed by your health-care practitioner. We recommend weighing **Myo-Inositol** for precise dosage.

Duration of use

Consult a health-care practitioner for use beyond 6 weeks.

#2208 · 125 g / 31 doses · UPC 6-28747-02208-8
#2209 · 250 g / 62 doses · UPC 6-28747-02209-5
#2081 · 500 g / 125 doses · UPC 6-28747-02081-7
NPN 80072476 · P0003-R0

Blood Glucose Management · Women Fertility



“Being generous often consists of simply extending a hand. That’s hard to do if you are grasping tightly to your righteousness, your belief system, your superiority, your assumptions about others, your definition of normal.”

Patti Digh

Intensity Probiotic:

Probiotic Intensity

Extra Daily Care

capsules

20 Billion + Live Active Probiotics Delivered Safely to the Intestines
16 Strains + Colostrum · Supports Gastro/Intestinal Health and Immunity · GPS™ Enteric Coating
Gastric Protective System Survives Stomach Acid
SOY-FREE

Source of probiotics. Helps support intestinal/gastrointestinal health and a favourable gut flora. A factor in the maintenance of good health. Helps to maintain the body's ability to metabolize nutrients. Helps maintain/support immune function.



Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 16 strains of live, active, healthy, and whole cells (20 billion) to the intestines:

Human Strains

<i>Lactobacillus johnsonii</i> UB2214	1.9 billion CFU
<i>Bifidobacterium animalis</i> ssp. <i>lactis</i> UB9439	1.42 billion CFU
<i>Lactobacillus gasseri</i> UB9507	1.42 billion CFU
<i>Ligilactobacillus salivarius</i> UB3488	1.4 billion CFU
<i>Bifidobacterium bifidum</i> UB4925	950 million CFU
<i>Bifidobacterium longum</i> ssp. <i>infantis</i> UB5660	315 million CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> UB6897	315 million CFU
<i>Bifidobacterium breve</i> UB3917	315 million CFU

Plant Strains

<i>Lactiplantibacillus plantarum</i> UB6473	70 million CFU
<i>Lactobacillus acidophilus</i> UB6535	30 million CFU

Dairy Strains

<i>Lactocaseibacillus rhamnosus</i> UB6056	7.46 billion CFU
<i>Lactocaseibacillus casei</i> UB9297	1.9 billion CFU
<i>Lactobacillus crispatus</i> UB1947	1.9 billion CFU
<i>Lactobacillus helveticus</i> UB5772	540 million CFU
<i>Lactocaseibacillus paracasei</i> UB8017	52 million CFU
<i>Lactococcus lactis</i> LL-23	13 million CFU
Vitamin C (ascorbic acid)	6 mg
Bovine colostrum (from <i>Bos taurus</i>)	25 mg

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

Other ingredients

Arabinogalactan (AOS), inulin, xylooligosaccharides (XOS), non-GMO potato starch, non-GMO tapioca maltodextrin, vegetable magnesium stearate, silicon dioxide, acacia gum, and sucrose in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

Directions of use

Adults, adolescents, and children ≥ 6 years old: Take 1–2 capsules daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.



Duration of use

Consult a health-care practitioner for prolonged use.

#1880 · 30 vegetable capsules · UPC 6-28747-11880-4
#1878 · 60 vegetable capsules · UPC 6-28747-11878-1
NPN 80136157 · V0498-R5

Digestive Health · Immune Health · Probiotics

Full line of probiotics, p. 175–188

Iodide (Potassium): Potassium Iodide

800 mcg

capsules

Supports Thyroid Gland Function

Helps in the function of the thyroid gland. A factor in the maintenance of good health.

Each vegetable capsule contains

Iodine 800 mcg
(from 1.05 mg of potassium iodide)

Other ingredients

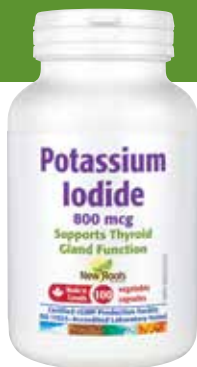
Microcrystalline cellulose and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner.

#1533 · 100 vegetable capsules · UPC 6-28747-11533-9
NPN 80024925 · V0422-R1

Vitamins and Minerals



Iodide (Potassium): Potassium Iodide

65 mg

tablets

For Nuclear Emergency Use Only Not for Daily Use

Thyroid blocking agent for use in nuclear emergencies which involve the release of radioiodine.

Each tablet contains

Potassium iodide 65 mg

Other ingredients

Dicalcium phosphate, microcrystalline cellulose, vegetable stearic acid, croscarmellose sodium, vegetable magnesium stearate, and silicon dioxide.

Directions of use

Take as directed by a public official if a nuclear emergency should happen. Take just before or shortly after exposure to radioiodine. For children under 6 years old, crush or dissolve tablets into food or drink prior to consumption; do not allow child to swallow tablet whole. **2 months–3 years:** Take half a tablet daily; **4–18 years old:** Take 1 tablet daily; **18 years+:** Take 2 tablets daily; or as directed by your health-care practitioner. Take daily until threat is over as directed by public officials.

#3141 · 60 tablets · UPC 6-28747-13141-4
NPN 80086446 · V0765-R1

Vitamins and Minerals



Iron

118–119

“If you look at how long the Earth has been here, we’re living in the blink of an eye. So, whatever it is you want to do, you go out and do it.”

Jamie Foxx

Iron Bisglycinate

35 mg Elemental Iron

capsules

Helps Prevent Iron-Deficiency Anemia · Gentle on the Stomach

A factor in the maintenance of good health. Helps to form red blood cells and to prevent iron-deficiency anemia.

Each vegetable capsule contains

Iron (from iron bisglycinate) 35 mg
Vitamin C (ascorbic acid) 75 mg
Inositol hexanicotinate, flush-free (providing 4.55 mg of vitamin B3) . . . 5 mg
Vitamin B1 (thiamine hydrochloride) . . 5 mg
Vitamin B2 (riboflavin-5'-phosphate sodium) 5 mg
Vitamin B6 (pyridoxal-5'-phosphate) 5 mg
Copper (from copper citrate) 1 mg
Folate (from calcium L-5-methyltetrahydrofolate) . . . 1,000 mcg
Vitamin B12 (methylcobalamin) 1,000 mcg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

NEW CHILD-RESISTANT PACKAGE!

#3506 · 10 vegetable capsules · UPC 6-28747-13506-1
#1898 · 30 vegetable capsules · UPC 6-28747-11898-9
#3186 · 60 vegetable capsules · UPC 6-28747-13186-5
NPN 80052360 · V0515-R2

Vitamins and Minerals



Joint Pain Relief

With NEM®

capsules

In as Little as 1 Day

Helps to relieve joint pain associated with osteoarthritis. NEM® increases joint flexibility, helps reduce joint pain and stiffness, and provides relief from joint pain due to moderate-intensity aerobic exercise, as quickly as 1 day. NEM® helps minimize discomfort, improve recovery from joint pain and stiffness, and reduce levels of CTX-II, a biomarker of cartilage/joint degradation, due to moderate-intensity aerobic exercise in postmenopausal women.



Each vegetable capsule contains

NEM® (eggshell membrane) powder 250 mg
Boswellia (*Boswellia serrata*) oleogum resin, 70% organic acid providing 35% boswellic acid 150 mg
Devil's claw (*Harpagophytum procumbens*) secondary tuber, 5% harpagosides 150 mg
Turmeric (*Curcuma longa*) root extract, 95% curcuminoids, providing curcumin I, demethoxycurcumin, and bisdemethoxycurcumin 100 mg
Black pepper (*Piper nigrum*) fruit extract, 95% piperine. . . 2 mg

NEM is a registered trademark of ESM Technologies, LLC.

Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule twice daily or as directed by your health-care practitioner.

Duration of use

Consult a health-care practitioner for use beyond 8 weeks.

#1735 · 60 vegetable capsules · UPC 6-28747-11735-7
NPN 80038376 · V0465-R4

Herbs and Herbal Extracts · Pain and Inflammation



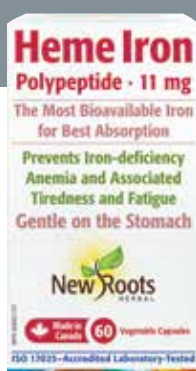
IRON SUPPLEMENTS

Heme Iron Polypeptide · 11 mg

capsules

The Most Bioavailable Iron for Best Absorption
Prevents Iron-deficiency Anemia and Associated Tiredness and Fatigue
Gentle on the Stomach

Helps to form red blood cells and helps in their proper function. A factor in the maintenance of good health. Helps to prevent iron deficiency, iron-deficiency anaemia, and associated tiredness and fatigue.



Each vegetable capsule contains

Vitamin C (ascorbic acid)	90 mg
Iron (heme iron polypeptide, from domestic pig [<i>Sus scrofa</i>] hemoglobin)	11 mg
Folate (from calcium L-5-methyltetrahydrofolate)	333 mcg
Vitamin B12 (methylcobalamin)	333 mcg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 3 capsules once daily with a full glass of water, with or without food, or as directed by your health-care practitioner. Do not lie down for 30 minutes after taking this product. If you are taking other medications or natural health products, take this product a few hours before or after them.

Duration of use

Consult a health-care practitioner for use beyond 7 weeks.

NEW CHILD-RESISTANT PACKAGE!

#3495 · 23 vegetable capsules · UPC 6-28747-13495-8
#1876 · 30 vegetable capsules · UPC 6-28747-11876-7
#2185 · 60 vegetable capsules · UPC 6-28747-12185-9
NPN 80061737 · V0514-R2

Vitamins and Minerals · Women's Health



Heme Iron (Bovine) Polypeptide · 11 mg BSE-Free

capsules

The Most Bioavailable Iron for Best Absorption
Gentle on the Stomach

Helps to form red blood cells and helps in their proper function. A factor in the maintenance of good health. Helps to prevent iron-deficiency anemia and associated tiredness and fatigue.



Each vegetable capsule contains

Iron (heme iron polypeptide, from bovine hemoglobin)	11 mg
Vitamin C (ascorbic acid)	90 mg
Folate (from calcium L-5-methyltetrahydrofolate)	333 mcg
Vitamin B12 (methylcobalamin)	333 mcg

From cattle free of hormones and bovine spongiform encephalopathy (BSE).

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 3 capsules once daily with a full glass of water, with or without food, or as directed by your health-care practitioner. Do not lie down for 30 minutes after taking this product. If you are taking other medications or natural health products, take this product a few hours before or after them.



NEW CHILD-RESISTANT PACKAGE!

#3497 · 23 vegetable capsules · UPC 6-28747-13497-2
#2494 · 30 vegetable capsules · UPC 6-28747-12494-2
#2495 · 60 vegetable capsules · UPC 6-28747-12495-9
NPN 80093863 · V0691-R1

Vitamins and Minerals · Women's Health

Iron Bisglycinate 35 mg Elemental Iron

capsules

Helps Prevent Iron-Deficiency Anemia · Gentle on the Stomach

A factor in the maintenance of good health. Helps to form red blood cells and to prevent iron-deficiency anemia.



Each vegetable capsule contains

Iron (from iron bisglycinate)	35 mg
Vitamin C (ascorbic acid)	75 mg
Inositol hexanicotinate, flush-free (providing 4.55 mg of vitamin B3)	5 mg
Vitamin B1 (thiamine hydrochloride)	5 mg
Vitamin B2 (riboflavin-5'-phosphate sodium)	5 mg
Vitamin B6 (pyridoxal-5'-phosphate)	5 mg
Copper (from copper citrate)	1 mg
Folate (from calcium L-5-methyltetrahydrofolate)	1,000 mcg
Vitamin B12 (methylcobalamin)	1,000 mcg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.



NEW CHILD-RESISTANT PACKAGE!

#3506 · 10 vegetable capsules · UPC 6-28747-13506-1
#1898 · 30 vegetable capsules · UPC 6-28747-11898-9
#3186 · 60 vegetable capsules · UPC 6-28747-13186-5
NPN 80052360 · V0515-R2

Vitamins and Minerals



IRON SUPPLEMENTS

Super Iron

15 mg

capsules

Advanced Formula with Vitamins C and B12

Helps to form red blood cells and helps in their proper function. Vitamin C is an antioxidant for the maintenance of good health.

Each vegetable capsule contains

Vitamin C (ascorbic acid) 175 mg
Iron (from iron ascorbate) 15 mg
Vitamin B1 (thiamine hydrochloride) . . 5 mg
Vitamin B6 (pyridoxal-5'-phosphate) 5 mg
Inositol hexanicotinate, flush-free (vitamin B3) 2 mg
Vitamin B2 (riboflavin-5'-phosphate sodium) 2 mg
Folate (from calcium L-5-methyltetrahydrofolate) 1 mg
Vitamin B12 (methylcobalamin) 250 mcg



Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily with a meal or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.



NEW CHILD-RESISTANT PACKAGE!

#3503 · 30 vegetable capsules · UPC 6-28747-13503-0

#0970 · 90 vegetable capsules · UPC 6-28747-10970-3

NPN 80048168 · V0489-R4

Energy · Vitamins and Minerals · Women's Health

Ultra Iron

30 mg

capsules

Advanced Formula with Vitamins C and B12

Helps to prevent iron deficiency. Helps to form red blood cells and helps in their proper function.

Each vegetable capsule contains

Vitamin C (ascorbic acid) 350 mg
Iron (from iron ascorbate) 30 mg
Vitamin B1 (thiamine hydrochloride) 10 mg
Vitamin B6 (pyridoxal-5'-phosphate) 10 mg
Inositol hexanicotinate, flush-free (vitamin B3) 4 mg
Vitamin B2 (riboflavin-5'-phosphate sodium) 4 mg
Folate (from calcium L-5-methyltetrahydrofolate) 1 mg
Vitamin B12 (methylcobalamin) 350 mcg



Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily with a meal or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.



NEW CHILD-RESISTANT PACKAGE!

#3501 · 30 vegetable capsules · UPC 6-28747-13501-6

#0971 · 90 vegetable capsules · UPC 6-28747-10971-0

NPN 80047902 · V0485-R3

Energy · Vitamins and Minerals · Women's Health

Iron plays many roles within the human body, the most important as the backbone of red blood cells (hemoglobin) that assimilate oxygen within the lungs.

Iron supplementation depends upon accurate elemental values. The on-site laboratory employs ICP-OES and ICP-MS (pictured) as needed to guarantee our label claim, ensuring consumers get the expected benefits.



NEW PRODUCT! Since December 2025

Joint-Tissu&MSM

Stronger Formula

capsules

Triple-Action Joint Support and Pain Relief for Osteoarthritis

Used in herbal medicine to help relieve joint pain associated with osteoarthritis.

Each vegetable capsule contains:

Glucosamine sulfate (from crab or shrimp exoskeleton, stabilized with potassium chloride), sodium-free 300 mg
Methylsulfonylmethane (MSM) . . . 300 mg
Devil's claw (*Harpagophytum procumbens*) secondary tuber, 5% harpagosides 170 mg

Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule three times daily or as directed by your health-care practitioner.

Duration of use

Use for at least 2–3 months to observe beneficial effects.

#3617 · 90 vegetable capsules · UPC 6-28747-13617-4

NPN 80143604 · V0189-R3

50+ Health · Joint Health · Pain and Inflammation



Joyful:

New Roots Herbal

Joyful

capsules

Healthy Mood Balance

Helps to promote healthy mood balance.
Helps to temporarily promote relaxation.

Each vegetable capsule contains

gamma-Aminobutyric acid (GABA) 200 mg
L-Theanine 83.33 mg
L-Tryptophan 73.333 mg
L-5-Hydroxytryptophan (L-5-HTP) (from *Griffonia simplicifolia* seed) . . . 50 mg
San-qí ginseng (*Panax notoginseng*) leaf 15:1 extract 50 mg
Phellodendron (*Phellodendron amurense*) bark extract, 1% berberine 10 mg
Vitamin B6 (pyridoxal-5'-phosphate) 10 mg
Magnolia (*Magnolia officinalis*) bark 50:1 extract, 80% magnolol + honokiol 5 mg
Folate (from calcium L-5-methyltetrahydrofolate) 333 mcg
Vitamin B12 (methylcobalamin) 333 mcg
Vitamin D3 (cholecalciferol) 8.33 mcg (333.33 IU)

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule three times daily. Start with 1 capsule daily and gradually move to 3 daily, or as directed by your health-care practitioner. Use the lowest efficient dose.



Duration of use

For healthy mood balance: Use for a minimum of 1 week to see beneficial effects. Consult a health-care practitioner for use beyond 4 weeks.

#2022 · 30 vegetable capsules · UPC 6-28747-12022-7

#2024 · 60 vegetable capsules · UPC 6-28747-12024-1

NPN 80069682 · V0557-R1

Mood Enhancement · Neurological Health · Stress Management

Full line of antistress products, p. 208–212

Juicy

Immune - Energy

powder

8 Organic Berries

+ 20 Nutraceuticals

No added sugar · Non-GMO

Antioxidant · ORAC Value ~5000

Helps with immune function. Provides antioxidants for the maintenance of good health. Helps support liver function. Helps in wound healing; in connective tissue formation; and in collagen formation for the development and maintenance of bones, cartilage, teeth, and gums.

Calories per dose: 14 calories.

From carbohydrates: 13 calories. From fat: 0.5 calories.

From protein: 0.5 calories.

Each 10 g (2 heaping teaspoons) dose contains

Freeze-dried organic berry powders

Organic sea buckthorn

(*Hippophae rhamnoides*) fruit 1,200 mg

Organic goji (*Lycium barbarum*) fruit 1,000 mg

Organic pomegranate (*Punica granatum*) fruit 1,000 mg

Organic blackberry (*Rubus plicatus*) fruit 400 mg

Organic strawberry (*Fragaria × ananassa*) 400 mg

Organic red raspberry (*Rubus idaeus*) fruit 300 mg

Organic sour cherry (*Prunus* ssp.) fruit 300 mg

Organic bilberry (*Vaccinium myrtillus*) fruit 250 mg

Nutraceuticals

Inulin (from chicory root) 2,210 mg

Lecithin (from non-GMO sunflower oil) 1,000 mg

Arabinogalactan (from *Larix laricina*) 750 mg

Roselle (*Hibiscus sabdariffa*) flower 400 mg

Vitamin C (ascorbic acid) 360 mg

Cranberry (*Vaccinium macrocarpon*) fruit concentrate . . 75 mg

Green tea (*Camellia sinensis*) leaf extract,

75% epigallocatechin-3-gallate (EGCG) 50 mg

Cili (*Rosa roxburghii*) fruit extract 40 mg

Japanese knotweed (*Fallopia japonica*)

root, 50% resveratrol 27.5 mg

Astragalus (*Astragalus membranaceus*)

root extract, 3% astragalosides 25 mg

Bilberry (*Vaccinium myrtillus*) European fruit extract,

25% anthocyanosides 25 mg

Blend of berry extracts,

20% multianthocyanidins, from bilberry

(*Vaccinium myrtillus*) and grape (*Vitis vinifera*) 25 mg

European elderberry (*Sambucus nigra*) fruit extract . . . 25 mg

Coenzyme Q10 (ubiquinone-10) (from fermentation) . . . 10 mg

Grape (*Vitis vinifera*) seed extract,

80% oligomeric proanthocyanidins 10 mg

Grape (*Vitis vinifera*) skin extract, 25% polyphenols . . . 10 mg

Marigold (*Tagetes erecta*) flower extract, 15% lutein . . 2.25 mg

Zeaxanthin esters (400 mcg)

from marigold (*Tagetes erecta*) flower extract 2 mg

Lycopene (100 mcg) from tomato

(*Solanum lycopersicum*) flesh extract 1 mg

Astaxanthin 1.5%,

from 375 mcg of *Haematococcus pluvialis* 375 mcg



Other ingredient

Stevia (*Stevia rebaudiana*) leaf extract.

Directions of use

Adults: Mix 2 heaping teaspoons (about 10 g) with at least 8 oz.[†] (235 ml) of water or other fluids once daily, or as directed by your health-care practitioner.

[†]Adjust amount of water to taste.

#1511 · 305 g / ≈ 30 doses · UPC 6-28747-01511-0

NPN 80082454 · PM0557-R9

Antioxidants · Energy · Functional Foods · Herbs and Herbal Extracts
Immune Health



Kava Kava

400 mg · 30% Kavalactones capsules

Promotes Relaxation and Serenity

Used in herbal medicine to help relieve nervousness; as a calmative; as a sedative; and as a sleep aid / to promote sleep.

Each vegetable capsule contains

Kava kava (*Piper methysticum*)
root extract, 30% kavalactones . . . 400 mg

Other ingredients

Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner.

Duration of use

Consult a health-care practitioner for use beyond 6 months.

#2111 · 60 vegetable capsules · UPC 6-28747-12111-8

NPN 80072998 · V0586-R2

Herbs and Herbal Extracts · Mood Enhancement
Stress Management

Full line of antistress products, p. 208–212



Kelp

225 mg
Made with Organic Kelp tablets

Supports Thyroid Gland Function

A factor in the maintenance of good health. Helps in the function of the thyroid gland.

Each tablet contains

Iodine (from 225 mg of organic Norwegian kelp [*Ascophyllum nodosum*]). . . . 225 mcg
May contain traces of crustaceans, mollusks, and fish.

Other ingredients

Microcrystalline cellulose, croscarmellose sodium, and silicon dioxide.

Directions of use

Adults: Take 1–2 tablets daily with meals or as directed by your health-care practitioner.

#0807 · 100 tablets · UPC 6-28747-10807-2

#0314 · 300 tablets · UPC 6-28747-10314-5

NPN 80020944 · V0047-R6

Detoxification · Herbs and Herbal Extracts



Kidney Clean Flow

capsules

Renal Support

Used in herbal medicine as a diuretic to help relieve symptoms associated with minor urinary tract infections, such as burning sensation and/or frequent urination. Ginger is traditionally used in herbal medicine to help relieve digestive upset/disturbances including lack of appetite, nausea, digestive spasms, indigestion, dyspepsia, and flatulent colic (carminative). Cayenne is traditionally used in herbal medicine to support peripheral circulation.



Each vegetable capsule contains

Cranberry (<i>Vaccinium macrocarpon</i>) fruit concentrate . . .	85 mg
Marshmallow (<i>Althaea officinalis</i>) root.	85 mg
Cat's whiskers (<i>Orthosiphon aristatus</i>) herb 4:1 extract . .	84 mg
Golden rod (<i>Solidago virgaurea</i>) leaf	63 mg
Asparagus (<i>Asparagus officinalis</i>) shoot	51 mg
Buchu (<i>Agathosma betulina</i>) leaf	48 mg
Ginger (<i>Zingiber officinale</i>) rhizome 10:1 extract, providing 5% gingerols	48 mg
Parsley (<i>Petroselinum crispum</i>) leaf	48 mg
Birch (<i>Betula pubescens</i>) leaf	42 mg
Uva ursi (<i>Arctostaphylos uva-ursi</i>) leaf 2.5:1 extract	42 mg
Cayenne (<i>Capsicum annuum</i>) fruit	21 mg
Corn (<i>Zea mays</i>) silk 4:1 extract	17 mg
Juniper (<i>Juniperus communis</i>) berry	10 mg
Black pepper (<i>Piper nigrum</i>) fruit extract, 95% piperine. . .	2 mg

Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 3 capsules daily or as directed by your health-care practitioner. If you are taking medication or natural health product, take this product a few hours before or after them. Take with meal or shortly after following a meal. Maintain adequate fluid intake while taking this product.



Duration of use

For occasional use only. Consult a health-care practitioner for use beyond 7 days.

#1079 · 90 vegetable capsules · UPC 6-28747-11079-2

NPN 80068833 · V0306-R2

Urogenital (Men) · Urogenital (Women)

NEW PRODUCT! Since September 2025

Kidney Glandular

Grass-Fed · Pure
Beef-Sourced

Pesticide-Free

Supports Good Health

Each tablet contains:

Kidney (from bovine [*Bos taurus*]) . . 475 mg
Vitamin C (ascorbic acid). 6 mg
*Superior-quality, freeze-dried organ powder, from New Zealand grass-fed beef. Guaranteed free of pesticides, growth hormones, antibiotics, and bovine spongiform encephalopathy (BSE).



Other ingredients

Natural peppermint flavour, sorbitol, dicalcium phosphate, vegetable stearic acid, and croscarmellose sodium.

Directions of use

Adults: Take 1 tablet daily or as directed by your health-care practitioner.

#3532 · 30 tablets · UPC 6-28747-13532-0
NPN 80112197 · V0523-R1

**Glandular Extracts · Urogenital (Men)
Urogenital (Women)**



Kidney

Herbal Diuretic

capsules

Supports Healthy Kidney Function

Uva ursi is traditionally used in herbal medicine as a mild diuretic to help relieve symptoms associated with minor urinary tract infections, such as burning sensation and/or frequent urination.

Each vegetable capsule contains

Uva ursi (<i>Arctostaphylos</i>	
<i>uva-ursi</i>) leaf	345 mg
Buchu (<i>Agathosma betulina</i>) leaf	57 mg
Ginger (<i>Zingiber officinale</i>) rhizome.	57 mg
Marshmallow (<i>Althea officinalis</i>) root	57 mg
Parsley (<i>Petroselinum crispum</i>) leaf	57 mg
Juniper (<i>Juniperus communis</i>) berry	12 mg



Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 2 capsules three times daily or as directed by your health-care practitioner. If you are taking other medications or natural health products, take this product a few hours before or after them. Take with food to avoid gastrointestinal upset. Do not take with highly acidic foods (e.g., citrus fruits and juice) or medications which may acidify urine.



Duration of use

For occasional use only. Consult a health-care practitioner for use beyond 1 week.

#1346 · 100 vegetable capsules · UPC 6-28747-11346-5
NPN 80043472 · V0366-R2

Urogenital (Men) · Urogenital (Women)

L-Arginine

500 mg

capsules

Amino Acid · Exercise Support

A nonessential amino acid involved in protein synthesis. May help support a modest improvement in exercise capacity in individuals with stable cardiovascular diseases (CVD).

Each vegetable capsule contains

L-Arginine
(from L-arginine hydrochloride) . . . 500 mg

Other ingredients

Vegetable magnesium stearate and microcrystalline cellulose in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.



Directions of use

Adults: Take 4 capsules three times daily with meals or as directed by your health-care practitioner.

Duration of use

If you suffer from a cardiovascular disease, consult a health-care practitioner for use beyond 6 weeks.

#1018 · 100 vegetable capsules · UPC 6-28747-11018-1
NPN 80021242 · V0153-R5

Amino Acids and Proteins · Sport Nutrition

L-Carnitine Tartrate

750 mg

capsules

Athletic Workout Support Muscle Recovery

Athletic workout supplement. Aids in muscle recovery process by reducing muscle tissue damage associated with a resistance training regimen. May help promote an improvement in physical performance when used in conjunction with a training regimen. Helps delay fatigue during physical activity by increasing the metabolism of fats. Helps support fat metabolism.

Each vegetable capsule contains

L-Carnitine tartrate 750 mg
Providing 500 mg of L-carnitine.

Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Start with 1 capsule twice daily with food and gradually increase to 2 capsules twice daily with food or as directed by your health-care practitioner. Take 2–4 hours prior to exercise.



Duration of use

Consult a health-care practitioner for use beyond 6 months.

#1795 · 90 vegetable capsules · UPC 6-28747-11795-1
NPN 80044764 · V0098-R2

Amino Acids and Proteins · Sport Nutrition · Weight Management

L-Glutamine

500 mg

capsules

Gut Health · Muscle Repair

Helps in muscle cell repair and to restore plasma glutamine levels depleted after periods of physical stress (e.g., prolonged exhaustive exercise). Helps support immune and digestive system health after periods of physical stress.

Each vegetable capsule contains

L-Glutamine. 500 mg

Other ingredients

Microcrystalline cellulose and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.



Directions of use

Adults: Take 4 capsules three times daily with a meal or as directed by your health-care practitioner. *For weight training:* **Adults:** Take 3 capsules up to six times (9 g) daily.

#0865 · 120 vegetable capsules · UPC 6-28747-10865-2
#0866 · 240 vegetable capsules · UPC 6-28747-10866-9
NPN 80010311 · V0100-R2

**Amino Acids and Proteins · Digestive Health · Muscle Support
Sport Nutrition**



L-Glutamine

powder

Muscle Recovery · Amino Acid

Helps support immune and digestive system health after periods of physical stress. Helps restore plasma glutamine levels depleted after periods of physical stress (e.g., prolonged exhaustive exercise). Helps to assist in muscle cell repair after exercise.

Each rounded teaspoon (5 g) contains

L-Glutamine 5 g

Directions of use

Adults: Mix 1 rounded teaspoon (approx. 5 g) with cold liquid once daily or as directed by your health-care practitioner. We recommend weighing L-Glutamine for precise dosage.

#0868 · 250 g · UPC 6-28747-00868-6
NEW SIZE!

#3613 · 500 g · UPC 6-28747-03613-9
NPN 80021094 · P0163-R1

**Amino Acids and Proteins · Digestive Health · Muscle Support
Sport Nutrition**



L-Lysine

500 mg

capsules

Reduces Recurrence of Cold Sores

Helps to reduce the recurrence, severity, and healing time of cold sores. L-Lysine is one of the nine essential amino acids.

Each vegetable capsule contains

L-Lysine 500 mg
From L-lysine monohydrochloride.

Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: For cold sores, take 2 capsules three times daily with meals.

#0252 · 100 vegetable capsules · UPC 6-28747-10252-0
#1019 · 250 vegetable capsules · UPC 6-28747-1019-8
NPN 80000790 · V0151-R2

Amino Acids and Proteins · Immune Health



L-Methionine

500 mg

capsules

Supports Liver Function Amino Acid Involved in Building Protein

Helps support liver function. Provides an essential amino acid involved in protein synthesis. A factor in the maintenance of good health.

Each vegetable capsule contains

L-Methionine 500 mg

Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

6 years old and over: Take 1 capsule once or twice daily with food or as directed by your health-care practitioner.

#0148 · 50 vegetable capsules · UPC 6-28747-10148-6
NPN 80017685 · V0102-R2

Amino Acids and Proteins · Detoxification



L-5-Methyltetrahydrofolate: Active Folate

capsules

L-5-Methyltetrahydrofolate
1,000 mcg plus Vitamins B6 and B12

Helps Reduce the Risk of Neural Tube Defects

L-Methylfolate helps to reduce the risk of neural tube defects when taken daily at least three months prior to becoming pregnant and during early pregnancy. Helps the body to metabolize nutrients; helps in the normal function of the immune system; and helps in tissue formation.

Each vegetable capsule contains

Vitamin B6 (pyridoxal-5'-phosphate) 2 mg
Folate (from calcium L-5-methyltetrahydrofolate) 1 mg
Vitamin B12 (methylcobalamin) 2.8 mcg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

#1900 · 60 vegetable capsules · UPC 6-28747-11900-9
NPN 80095778 · V0518-R2

Maternity · Vitamins and Minerals

Full line of B vitamins, p. 227–234



L-5-Methyltetrahydrofolate:

Active Folate

tablets

L-5-Methyltetrahydrofolate
1,000 mcg plus Vitamins B6 and B12

Helps Reduce the Risk of Neural Tube Defects

L-Methylfolate helps to reduce the risk of neural-tube defects when taken daily at least three months prior to becoming pregnant and during early pregnancy. Helps the body to metabolize carbohydrates, fats, and proteins; and helps in tissue formation.



Each tablet contains

Vitamin B6 (pyridoxal-5'-phosphate) 2 mg
Folate (from calcium L-5-methyltetrahydrofolate) 1 mg
Vitamin B12 (methylcobalamin) 2.8 mcg

Other ingredients

Microcrystalline cellulose, croscarmellose sodium, vegetable magnesium stearate, silicon dioxide, and vegetable stearic acid.

Directions of use

Adults: Take 1 tablet daily or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

#2038 · 60 tablets · UPC 6-28747-12038-8
NPN 80070154 · V0563-R1

Maternity · Vitamins and Minerals

Full line of B vitamins, p. 227–234



L-Theanine

250 mg

capsules

Relaxation

Helps to temporarily promote relaxation.

Each vegetable capsule contains

L-Theanine 250 mg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.



Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner.

#1786 · 30 vegetable capsules · UPC 6-28747-11786-9
#2551 · 60 vegetable capsules · UPC 6-28747-12551-2
#2552 · 120 vegetable capsules · UPC 6-28747-12552-9
NPN 80039946 · V0484-R2

**Amino Acids and Proteins · Memory Help
Sleep Aids**

Full line of antistress products, p. 208–212



“If you can’t fly then run, if you can’t run then walk, if you can’t walk then crawl, but whatever you do, you have to keep moving forward.”

Rev. Martin Luther King, Jr

L-Tryptophan

220 mg

capsules

Essential Amino Acid

Source of an essential amino acid for the maintenance of good health.

Each vegetable capsule contains

L-Tryptophan 220 mg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner.

#1645 · 90 vegetable capsules · UPC 6-28747-11645-9
NPN 80031759 · V0456-R4

Amino Acids and Proteins · Mood Enhancement



L-Tyrosine

500 mg

capsules

Stress Management

Physical · Psychological

Helps in the management of some forms of stress (physical, psychological, sleep deprivation, multitasking, etc.).

Each vegetable capsule contains

L-Tyrosine 500 mg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Take 2 capsules daily with meals or as directed by your health-care practitioner.

Duration of use

Consult a health-care practitioner for long-term use.

#1020 · 60 vegetable capsules · UPC 6-28747-11020-4
NPN 80000017 · V0169-R3

Amino Acids and Proteins · Mood Enhancement · Stress Management

Full line of antistress products, p. 208–212



Lamb Pancreas:

Grass-Fed Lamb Pancreas

Pure Glandular · 450 mg

tablets

Hormone- and Pesticide-Free Supports Good Health

Each tablet contains

Pancreas organ
(from lamb [*Ovis aries*])* 450 mg



Vitamin C (ascorbic acid) 6 mg

*Superior-quality, freeze-dried organ from New Zealand grass-fed lamb. Guaranteed free of pesticides, growth hormones, antibiotics, and transmissible spongiform encephalopathy (TSE).

Other ingredients

Microcrystalline cellulose, croscarmellose sodium, vegetable magnesium stearate, and silicon dioxide.

Directions of use

Adults: Take 1 tablet daily with or immediately before a meal/food or as directed by your health-care practitioner.

Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

#2027 · 30 tablets · UPC 6-28747-12027-2

#3437 · 90 tablets · UPC 6-28747-13437-8

NPN 80071898 · V0556-R2

**Blood Glucose Management · Digestive Health
Glandular Extracts**



Lamb Thymus:

Grass-Fed Lamb Thymus

Pure Glandular · 450 mg

tablets



Hormone- and Pesticide-Free Supports Immunity

Supports good health.
Helps support immune function.

Each tablet contains

Glandular thymus
(from lamb [*Ovis aries*]) 450 mg
Vitamin C 6 mg

*Superior-quality, freeze-dried organ from New Zealand grass-fed lamb. Guaranteed free of pesticides, growth hormones, antibiotics, and transmissible spongiform encephalopathy (TSE).

Other ingredients

Sorbitol, dicalcium phosphate, vegetable stearic acid, croscarmellose sodium, and natural peppermint flavour.

Directions of use

Adults: Take 1 tablet daily or as directed by your health-care practitioner.

#2482 · 30 tablets · UPC 6-28747-12482-9

#3436 · 90 tablets · UPC 6-2877-13436-1

NPN 80103735 · V0524-R2

Glandular Extracts · Immune Health



Lavender Organic Essential Oil

Lavandula angustifolia

100% Pure · Certified Organic

Used in aromatherapy as a nerve/calming.
Used in aromatherapy as carminative/
antispasmodic for symptomatic relief of
digestive discomfort.

Each drop contains

Organic lavender (*Lavandula angustifolia*)
flowering herb top essential oil 100%

Active compounds

Linalyl acetate and linalool.



Directions of use

Adults: Mix with vegetable oil for topical application. Use undiluted for direct or steam inhalation. Use diluted for baths.



Duration of use

For occasional use only.

#2139 · 15 ml · UPC 6-28747-22139-9

NPN 80069450 · O0031-R1

Essential Oils

Full line of essential oils, p. 82–90

Lectro-Lytes

powder

Coco-Pineapple
Electrolyte Rehydration Drink Mix



Rich in Vitamin C

No Added Sugar · Gluten-Free

Stay Properly Hydrated!

Keep properly hydrated in hot weather, when traveling, working out, or recuperating. Ideal for anyone needing to create a normal electrolyte balance within the body or for those that follow an exercise program.

Ingredients

Magnesium bisglycinate, potassium citrate, citric acid, calcium citrate, malic acid, sodium ascorbate, sodium chloride, stevia (*Stevia rebaudiana*), vitamin B6 (pyridoxal-5'-phosphate), and natural pineapple and coconut flavours (pineapple, coconut, maltodextrin, silicon dioxide).

Directions of use

Add one scoop to 200 ml of water. Use once a day.

Supplemented Food Facts · Per 1 scoop (4.2 g)

Calories 5	% Daily Value*		% Daily Value*
Fat 0 g	0 %	Potassium 200 mg	4 %
Saturated 0 g + Trans 0 g	0 %	Calcium 100 mg	8 %
Carbohydrate 1 g		Iron 0.1 mg	1 %
Fibres 0 g	0 %	Supplemented with†:	
Sugars 0 g	0 %	Vitamin C 251 mg	279 %
Protein 0 g		Vitamin B6 10 mg	588 %
Cholesterol 0 mg		Magnesium 120 mg	29 %
Sodium 55 mg	2 %		

*5% or less is a little, 15% or more is a lot

†Includes naturally occurring and supplemental amounts

#2490 · 168 g / 40 portions · UPC 6-28747-02490-7

NEW SIZE!

#3405 · 30 sachets × 4.2 g · UPC 6-28747-03405-0

PM0818-R1

NONTAXABLE ITEM

Energy · Sport Nutrition · Vitamins and Minerals



Lectro-Lytes

powder

Lemon-Lime
Electrolyte Rehydration Drink Mix



Rich in Vitamin C

No Added Sugar · Gluten-Free

Stay Properly Hydrated!

Keep properly hydrated in hot weather, when traveling, working out, or recuperating. Ideal for anyone needing to create a normal electrolyte balance within the body or for those that follow an exercise program.

Ingredients

Magnesium bisglycinate, potassium citrate, malic acid, citric acid, calcium citrate, sodium ascorbate, sodium chloride, stevia (*Stevia rebaudiana*), vitamin B6 (pyridoxal-5'-phosphate),

and natural lemon-lime flavour (lemon, lime, maltodextrin, silicon dioxide).

Directions of use

Add one scoop to 200 ml of water. Use once a day.

Supplemented Food Facts · Per 1 scoop (4.8 g)

Calories 5	% Daily Value*		% Daily Value*
Fat 0 g	0 %	Potassium 200 mg	4 %
Saturated 0 g + Trans 0 g	0 %	Calcium 100 mg	8 %
Carbohydrate 1 g		Iron 0 mg	0 %
Fibres 0 g	0 %	Supplemented with†:	
Sugars 0 g	0 %	Vitamin C 251 mg	279 %
Protein 0 g		Vitamin B6 10 mg	588 %
Cholesterol 0 mg		Magnesium 120 mg	29 %
Sodium 50 mg	2 %		

*5% or less is a little, 15% or more is a lot

†Includes naturally occurring and supplemental amounts

#2488 · 192 g / 40 portions · UPC 6-28747-02488-4

NEW SIZE!

#3404 · 30 sachets × 4.8 g · UPC 6-28747-03404-3

PM0814-R1

NONTAXABLE ITEM

Energy · Sport Nutrition · Vitamins and Minerals



Lemon Organic Essential Oil

Citrus × limon

100% Pure · Certified Organic

Used in aromatherapy to help relieve colds/cough.

Each drop contains

Organic lemon (*Citrus × limon*)
fruit peel essential oil 100%

Active compounds

Limonene and beta-pinene.

Directions of use

Adults: Mix with vegetable oil for topical application. Use undiluted for direct or steam inhalation.

Duration of use

For occasional use only.

#2148 · 15 ml · UPC 6-28747-22148-1

NPN 80076490 · O0059-R1

Essential Oils

Full line of essential oils, p. 82–90



Lemon Pure Essential Oil

Citrus × limon

100% Pure · Clean · Unadulterated

Aroma: Fresh, citrus, sweet.

Attributes: Refreshing, cleansing, energizing.

Scent note: Top Note

Each drop contains

Lemon (*Citrus × limon*) fruit peel
essential oil, cold-pressed 100%

Active compound

Limonene.



Directions of use

Add a few drops to your diffuser, favourite carrier oil, soap, lotion, or massage oil. Do not use essential oils undiluted.

Duration of use

For external and occasional use only.

#3206 · 30 ml · UPC 6-28747-131206-7

O0094-R1

Essential Oils

Full line of essential oils, p. 82–90



Lemon Eucalyptus Pure Essential Oil

Corymbia citriodora

100% Pure · Clean · Unadulterated

Aroma: Aromatic, fresh, citrus.

Attributes: Refreshing, cleansing, inspiring.

Scent note: Middle Note

Each drop contains

Lemon-scent gum (*Corymbia citriodora*)
leaf essential oil, steam-distilled. 100%

Active compounds

Citronellal, citronellol, and geraniol.

Directions of use

Add a few drops to your diffuser, favourite carrier oil, soap, lotion, or massage oil. Do not use essential oils undiluted.

Duration of use

For external and occasional use only.

#3207 · 30 ml · UPC 6-28747-13207-4

O0085-R1

Essential Oils

Full line of essential oils, p. 82–90



Lion's Mane

500 mg · Hot-Water Extract capsules

Medicinal Mushrooms

Cognitive Health

Immune-Boosting

35% beta-Glucans (175 mg)
from 40% Polysaccharides (200 mg)

Source of fungal polysaccharides
with immunomodulating properties.
Provides antioxidants.

Each vegetable capsule contains

Lion's mane (*Hericium erinaceus*) mushroom extract,
standardized to 40% polysaccharides (200 mg)
providing 35% beta-glucans (175 mg) 500 mg
Hot-water extraction.

Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.



Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner. To avoid digestive upset, take with food/meal. Dosage can be increased up to 3 capsules daily.

#1868 · 60 vegetable capsules · UPC 6-28747-11868-2
#2297 · 120 vegetable capsules · UPC 6-28747-12297-9
NPN 80070799 · V0510-R2

Medicinal Mushrooms · Memory Help · Neurological Health

Full line of medicinal mushrooms, p. 137–141

Mushroom Lovers

Lion's Mane Powder

Medicinal Mushrooms

Cognitive Health · Immune Support
Organic · Creamy, Lobster-like Taste

Source of fungal polysaccharides with immunomodulating properties. Supports cognitive health.

Each ¾ teaspoon contains

Organic lion's mane (*Hericium erinaceus*) 1 g

Directions of use

Source of fungal polysaccharides: **Adults:** Take two 1 g (two ¾ teaspoons) servings daily or as directed by your health-care practitioner. *Supports cognitive health:* **Adults 50 years and older:** Take two 1 g (two ¾ teaspoons) servings daily or as directed by your health-care practitioner. • Mix product well in 1 cup (250 ml) of hot liquid (water, coffee, tea, etc.) and steep covered for 5 to 20 minutes before ingesting.

#2579 · 100 g / 100 doses · UPC 6-28747-02579-9
NPN 80111122 · P0831-R1

Functional Foods · Immune Health · Medicinal Mushrooms
Memory Help · Neurological Health

Full line of medicinal mushrooms, p. 137–141



Lipoic Acid Alpha Lipoic

Antioxidant

Provides antioxidants for the maintenance of good health.

Each vegetable capsule contains

DL- α -Lipoic acid 125 mg

Other ingredients

Microcrystalline cellulose and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: As a dietary supplement, take 1–2 capsules twice daily with food or as directed by your health-care practitioner.

#0289 · 60 vegetable capsules · UPC 6-28747-10289-6
NPN 80017722 · V0203-R1

Antioxidants · Detoxification



Lipoic acid: Alpha Lipoic

capsules

Antioxidant

Provides antioxidants for the maintenance of good health.

Each vegetable capsule contains

DL- α -Lipoic acid 250 mg

Other ingredients

Microcrystalline cellulose and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: As a dietary supplement, take 1–2 capsules daily with food or as directed by your health-care practitioner.

#0770 · 60 vegetable capsules · UPC 6-28747-10770-9
NPN 80017724 · V0096-R1

Antioxidants · Detoxification · Immune Health



Lipoic acid: R+ Alpha Lipoic

capsules

Antioxidant · Promotes Healthy Glucose Metabolism

R(+)- α -Lipoic acid provides antioxidants. Helps to promote healthy glucose metabolism.

Each vegetable capsule contains

R(+)- α -Lipoic acid
(1,2-dithiolane-3-pentanoic acid) . . . 150 mg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

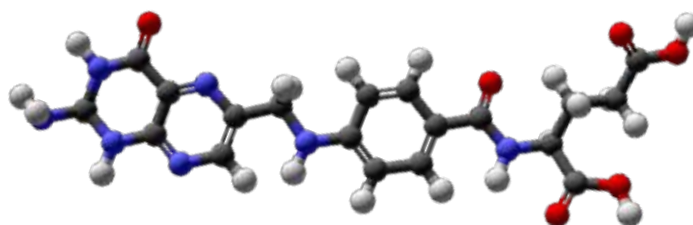
Adults: Take 1–2 capsules twice daily or as directed by your health-care practitioner.

Duration of use

Consult a health-care practitioner for use beyond 3 months.

#1378 · 60 vegetable capsules · UPC 6-28747-11378-6
NPN 80113344 · V0381-R4

Antioxidants · Blood Glucose Management · Detoxification



Liquid DMSO: DMSO Liquid

Pain Reduction

Muscles, Tendons, Ligaments, Knees, Hips, Shoulders, Elbows, and Wrists

Helps to temporarily reduce the pain associated with musculoskeletal conditions of the large joints, such as posttraumatic soft-tissue injuries, acute bursitis, strains, and sprains.

Medicinal ingredients

DMSO (methyl sulfoxide 99.9%) 90%

Other ingredient

Purified water (10%).

Directions of use

Adults: Apply 8–12 ml on affected area three times daily or as directed by your health-care practitioner. Make sure the affected area is thoroughly cleansed before application. Wash your hands before and after application. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with water. For external use only.

#1968 · 50 ml · UPC 6-28747-21968-6

NEW SIZE!

#3599 · 100 ml · UPC 6-28747-23599-0

NPN 80058315 · LM0135-R1

Pain and Inflammation



Liver:

Grass-Fed Beef Liver

Pure Glandular · 600 mg capsules

Hormone- and Pesticide-Free Supports immunity.

Supports good health.

Helps support immune function.

Each vegetable capsule contains

Liver organ, from bovine

source (*Bos taurus*)*. 600 mg

Vitamin C (ascorbic acid). 6 mg

*Superior-quality, freeze-dried organ powder, from New Zealand grass-fed beef. Guaranteed free of pesticides, growth hormones, antibiotics, and bovine spongiform encephalopathy (BSE).

Other ingredients

Natural peppermint flavour, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 6 capsules daily or as directed by your health-care practitioner.

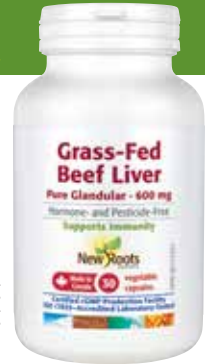
#1963 · 30 vegetable capsules · UPC 6-28747-11963-4

#3434 · 90 vegetable capsules · UPC 6-28747-13434-7

#3187 · 180 vegetable capsules · UPC 6-28747-13187-2

NPN 80119351 · V0541-R1

Detoxification · Glandular Extracts



Liquid Melatonin Melatonin Liquid

Non-Habit-Forming · Sleep Support

Helps increase total sleep time in people suffering from sleep restriction or altered sleep schedule.

Each drop contains

Melatonin 120 mcg
Pharmaceutical grade.

Other ingredients

Organic alcohol from sugarcane, glycerin, purified water, and natural peppermint extract.

Directions of use

Adults: Take 5–50 drops daily or as directed by your health-care practitioner. Sensitivity to melatonin is different from person to person. Take once a day, at or before bedtime.

Duration of use

For sleep restriction / altered sleep schedule; for delayed sleep phase disorder; and to restore sleep-wake cycle: Consult a health-care practitioner for use beyond 4 weeks.

Note: This product is not shipped during the winter, due to freezing conditions.

#1946 · 50 ml · UPC 6-28747-21946-4

#2548 · 95 ml · UPC 6-28747-22548-9

NPN 80112811 · LM0134-R1

Sleep Aids



Liver Protection

capsules

Synergistic Milk Thistle + alpha-Lipoic Acid Formula

Traditionally used in herbal medicine

as a hepatoprotectant / liver

protectant. Helps to support liver

function. Used in herbal medicine to help

relieve digestive disturbances / dyspepsia.

Provides antioxidants for the maintenance of good health.

Each vegetable capsule contains

Milk thistle (*Silybum marianum*) seed extract,

80% silymarin 250 mg

Red beet (*Beta vulgaris*) root 120 mg

Black Spanish radish (*Raphanus sativus* var. *niger*) root. . . 120 mg

Curcuma (*Curcuma longa*) root extract, 95% curcuminoids,

providing curcumin I, demethoxycurcumin,

and bisdemethoxycurcumin 50 mg

Dandelion (*Taraxacum officinale*) root extract,

3% flavonoids 50 mg

DL-alpha-Lipoic acid. 50 mg

Schizandra (*Schisandra chinensis*)

fruit extract, 9% schisandrins 50 mg

Artichoke (*Cynara scolymus*) leaf, 5% cynarin. 35 mg

Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule three times daily with food or as directed by your health-care practitioner.



Duration of use

Use for a minimum of 3 weeks to see beneficial effects.

#0210 · 45 vegetable capsules · UPC 6-28747-10210-0
 #0206 · 90 vegetable capsules · UPC 6-28747-10206-3
 #0859 · 180 vegetable capsules · UPC 6-28747-10859-1
 NPN 80085370 · V0050-R5

Detoxification · Digestive Health

Lupine Seed Protein

Organic Whole-Food Protein Powder

16 g Proteins (53% Protein),
 4 g Fibres, 2 g Omega-3/6/7/9,
 110 Calories per Portion
 Unsweetened and Unflavoured
 100% Pure · Gluten-Free · Non-GMO

Lupine seed protein powder is an excellent source of protein, is high in fibre, and is a source of potassium and iron. It's a good source of healthy protein for vegans, vegetarians, and those looking to limit their meat consumption.



Ingredient

Organic lupine seed.

Directions of use

Its neutral flavour and versatility of being soluble in both oil and water make it terrific for soups, smoothies, salad dressings, cooking, baking, and more.



Nutrition Facts · Per 1/3 cup (30 g)

Calories 110	% Daily Value*		% Daily Value*
Fat 3 g	4 %	Protein 16 g	
Saturated 0.5 g + Trans 0 g	3 %	Cholesterol 0 mg	
Polyunsaturated 1 g		Sodium 0 mg	0 %
Monounsaturated 1 g		Potassium 300 mg	6 %
Carbohydrate 7 g		Calcium 50 mg	4 %
Fibre 4 g	14 %	Iron 1.5 mg	8 %
Sugars 2 g	2 %		

*5% or less is a little, 15% or more is a lot

Typical amino acid profile (g/portion of 30 g)**

Glutamic acid	4.427	Alanine	0.727
Arginine	2.318	Threonine*	0.727
Leucine*	1.455	Isoleucine*	0.705
Lysine*	1.019	Histidine*	0.540
Serine	1.019	Phenylalanine*	0.488
Glycine	0.873	Tryptophan*	0.187
Valine*	0.800	Methionine*	0.166
Tyrosine	0.769	Proline	0.143

*Essential Amino Acid · **Average Analysis

#2264 · 250 g · UPC 6-28747-02264-4
 P0765-R1

NONTAXABLE ITEM

Amino Acids and Proteins · Keto Diet · Sport Nutrition



Maca

Made with Organic Maca · 750 mg

capsules

Mood Balance / Sexual Health

Helps support emotional aspects of sexual health. Helps to support healthy mood balance during menopause. Provides antioxidants.

Each vegetable capsule contains

Organic maca
 (*Lepidium meyenii*) root 750 mg

Other ingredients

Non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 2 capsules twice daily or as directed by your health-care practitioner.

Duration of use

Consult a health-care practitioner for use beyond 3 months. *Menopausal and postmenopausal women only:* Consult a health-care practitioner for use beyond 6 weeks.

#1835 · 120 vegetable capsules · UPC 6-28747-11835-4
 NPN 80042262 · V0490-R3

Energy · Herbs and Herbal Extracts · Menopause Sexual Health (Men) · Sexual Health (Women)



Magnesium

130-133

Maitake

400 mg · Hot-Water Extract

capsules

Medicinal Mushrooms

Immune Support · Balance

30% *beta*-Glucans (120 mg)
 from 40% Polysaccharides (160 mg)

Used in herbal medicine to support the immune system.

Each vegetable capsule contains

Maitake (*Grifola frondosa*)
 mushroom extract, standardized to
 40% polysaccharides (160 mg) providing
 30% *beta*-glucans (120 mg). 400 mg
 Hot-water extraction.

Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 2 capsules daily with food or as directed by your health-care practitioner.

#1860 · 60 vegetable capsules · UPC 6-28747-11860-6
 NPN 80117430 · V0509-R3

Immune Health · Medicinal Mushrooms

Full line of medicinal mushrooms, p. 137-141



MAGNESIUM



MAGNESIUM is the catalyst that sparks countless metabolic-, skeletal-, and nervous-system functions. The problem for many of us is that it's critically deficient in our food chain. Furthermore, dietary habits that include consumption of saturated fats, sugar, and caffeine place our magnesium levels at risk. Magnesium regulates heartbeat, skeletal health, bowel regularity, and blood

pressure; it clots blood, activates B vitamins, helps with stress management, and impacts blood glucose levels. It also aids in the metabolism of complex carbohydrates, proteins, and fats.

MAGNESIUM is essential for nerve and muscle function. It relaxes muscles, therefore low levels of this precious mineral can lead to muscle spasms, frequent cramps, and restless leg syndrome. Nerve cells rely upon the presence of adequate levels of magnesium to conduct impulses across the minute gaps between them called synapses.

MAGNESIUM deficiency is among the most common mineral deficiency in the population, affecting more than 30% of Canadians according to Health Canada. Identifying a magnesium deficiency, then choosing the right form and dosage, could represent a simple therapeutic intervention that dramatically impacts your life.

Active Mag[®] With Taurine and Potassium

capsules

Supports Muscle Function and Energy Metabolism

Helps in energy metabolism and to support cardiovascular function. Helps to maintain proper heart and muscle function. Magnesium and potassium support electrolyte balance for the maintenance of good health.

Each vegetable capsule contains

Taurine (2-aminoethanesulfonic acid)	375 mg
Magnesium (from magnesium citrate)	70 mg
Potassium (from potassium chloride)	25 mg

Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule four times daily or as directed by your health-care practitioner.

#3185 · 120 vegetable capsules · UPC 6-28747-13185-8
NPN 80082220 · V0776-R1

Energy · Heart and Blood · Sport Nutrition



Cal-Mag Citrate[®] With Zinc, Potassium, Selenium

capsules

Immunity

A factor in the maintenance of good health. Helps to maintain healthy skin. Helps the body to metabolize nutrients. Helps in the development and maintenance of bones and teeth. Helps support the immune system.

Each vegetable capsule contains

Magnesium (from magnesium citrate)	78 mg
Magnesium (from magnesium oxide)	26 mg
Calcium (from calcium citrate)	52 mg
Potassium (from potassium citrate)	4.15 mg
Zinc (from zinc citrate)	2.08 mg
Manganese (from manganese citrate)	414 mcg
Vanadium (from vanadium HVP chelate)	20 mcg
Chromium (from chromium HVP chelate)	18 mcg
Molybdenum (from molybdenum HVP chelate)	18 mcg
Selenium (from yeast-free L-selenomethionine)	8.3 mcg
Vitamin D3 (cholecalciferol)	0.5 mcg (20 IU)

Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 2 capsules twice daily with meals or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

#0784 · 90 vegetable capsules · UPC 6-28747-10784-6
#0229 · 180 vegetable capsules · UPC 6-28747-10229-2
NPN 80028481 · V0155-R2

Bone Health · Vitamins and Minerals



Cal-Mag Citrates[®] Vitamin D, Zinc, Silica, and Boron

capsules

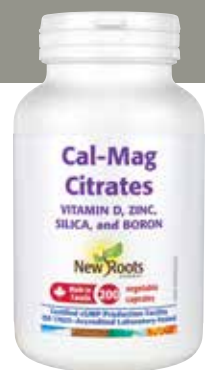
Calcium, magnesium, zinc, boron, and vitamins D and K1 are factors in the maintenance of good health. Adequate calcium and vitamin D as part of a healthy diet may reduce the risk of developing osteoporosis. Calcium, magnesium, and vitamins D and K1 help in the development and maintenance of bones. Zinc helps in connective tissue formation and in maintaining healthy skin and immune function.

Each vegetable capsule contains

Calcium (from calcium citrate)	100 mg
Field horsetail (<i>Equisetum arvense</i>), 7% silica	62.5 mg
Magnesium (from magnesium citrate)	50 mg
Betaine hydrochloride	12.5 mg
L-Glutamic acid hydrochloride	12.5 mg
Taurine (2-aminoethanesulfonic acid)	12.5 mg
Zinc (from zinc citrate)	2.5 mg
Boron (from boron citrate)	400 mcg
Vitamin K1	12 mcg
Vitamin D3 (cholecalciferol)	3.75 mcg (150 IU)

Other ingredients

Vegetable magnesium stearate, magnesium caprylate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.



MAGNESIUM

Directions of use

Adults: Take 2 capsules three times daily with meals. If you are taking other medications, take this product a few hours before or after them.



Duration of use

Consult a health-care practitioner for use beyond 12 weeks.

#1468 · 100 vegetable capsules · UPC 6-28747-11468-4

#1470 · 200 vegetable capsules · UPC 6-28747-11470-7

NPN 80033666 · V0406-R3

Bone Health · Vitamins and Minerals

Clarity Mag

Magnesium L-Threonate · 625 mg capsules

Gentle on the Stomach

Helps in the development and maintenance of bones and teeth; in tissue formation; to maintain proper muscle function, including the heart muscle; in energy metabolism; and to maintain normal electrolyte balance.



Each vegetable capsule contains

Magnesium L-threonate 625 mg

Providing:

Elemental magnesium 50 mg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule three times daily with food or as directed by your health-care practitioner.



Duration of use

Consult a health-care practitioner for use beyond 3 months.

#2337 · 90 vegetable capsules · UPC 6-28747-12337-2

NPN 80084052 · V0647-R1

50+ Health · Vitamins and Minerals

Heart Mag

770 mg Magnesium Orotate capsules

Supports Healthy Cardiac Function

Gentle on the Stomach

Research supports the ability of true magnesium orotate to support cardiac function under stress. Promotes maintenance of healthy muscle function, including that of the heart muscle. Helps maintain the body's ability to metabolize nutrients, maintain a normal electrolyte balance, with tissue formation, and the development and maintenance of bones and teeth. Magnesium and orotic acid exert complementary effects on the biosynthesis of pyrimidine nucleotides, and maintain normal glycogen stores, protein synthesis, ATP levels, and contractile function.



Each vegetable capsule contains

Fully reacted magnesium orotate 770 mg

Providing:

Elemental magnesium 50 mg

Orotic acid 650 mg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.



Directions of use

Adults: Take 1 capsule four times daily or as directed by your health-care practitioner.

#2311 · 60 vegetable capsules · UPC 6-28747-12311-2

NPN 80084636 · V0642-R1

Heart and Blood · Vitamins and Minerals

NEW PRODUCT! Since May 2025

Magnesium⁸

105 mg Elemental Magnesium

8 Types—Oxide-Free

capsules

Supports Biological Functions to Maintain Good Health

Supports biological functions to maintain good health. Helps to support normal muscle function, including the heart muscle; normal electrolyte balance; development and maintenance of bones and teeth; energy metabolism; tissue formation; and the body's ability to metabolize nutrients.



Each vegetable capsule contains

Magnesium (from magnesium citrate, magnesium bisglycinate, magnesium ascorbate, magnesium orotate, magnesium malate, magnesium aspartate, magnesium L-threonate, and magnesium acetyl taurate) 105 mg

Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults, adolescents, and children ≥ 9 years old: Take 1–3 capsules daily or as directed by your health-care practitioner.

#3537 · 90 vegetable capsules · UPC 6-28747-13537-5

NPN 80134392 · V0847-R1

**50+ Health · Bone Health · Muscle Support
Vitamins and Minerals**



**TROUBLE
CHOOSING A
MAGNESIUM?
TAKE THE QUIZ**



MAGNESIUM

Magnesium Acetyl Taurate

821 mg

capsules



Fully Reacted for
Higher Bioavailability
Gentle on the Stomach

Supports biological functions which play a key role in the maintenance of good health. Helps in energy metabolism and to maintain normal electrolyte balance, in tissue formation, and to support normal muscle function, including that of the heart.

Each vegetable capsule contains

Elemental magnesium (from 821 mg of ATA Mg[®] [magnesium acetyl taurate]) 55 mg
For more information, visit <https://atamg.com/home/>

Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1–2 capsules daily or as directed by your health-care practitioner.

#3429 · 30 vegetable capsules · UPC 6-28747-13429-3
NPN 80126307 · V0812-R1

**Neurological Health · Stress Management
Vitamins and Minerals**



Magnesium Bisglycinate

200 mg of Fully Reacted Magnesium
With Vitamin C

powder



Supports Heart and Muscle
Function · Gentle on the
Stomach · Delicious Natural
Lemon-Lime Flavour

Helps to maintain the body's ability to metabolize nutrients; in the development and maintenance of bones and teeth; in tissue formation; to maintain proper muscle function, including the heart muscle; and to maintain normal electrolyte balance and a good health.

Each scoop contains

Vitamin C (ascorbic acid) 375 mg
Magnesium (from pure,
fully reacted magnesium bisglycinate) 200 mg

Other ingredients

Natural lemon-lime flavour, citric acid, DL-malic acid, isomaltulose (naturally occurring disaccharide from sugar beet), and stevia (*Stevia rebaudiana*) leaf extract.

Directions of use

Adults: Take 1 scoop daily with 250 ml or more of water, or as directed by your health-care practitioner.

#2378 · 226 g / 45 doses · UPC 6-28747-02378-8
#2380 · 454 g / 90 doses · UPC 6-28747-02380-1

NPN 80077751 · PM0192-R2

Bone Health · Muscle Support · Vitamins and Minerals



Magnesium Bisglycinate

200 mg Elemental Magnesium

capsules



Heart/Muscle Function
Gentle on the Stomach

Helps to maintain the body's ability to metabolize nutrients; in the development and maintenance of bones and teeth; in tissue formation; to maintain proper muscle function, including the heart muscle; and to maintain normal electrolyte balance.

Each vegetable capsule contains

Elemental magnesium from a magnesium bisglycinate blend (magnesium bisglycinate chelate, glycine, and magnesium oxide) 200 mg

Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily with food or as directed by your health-care practitioner.

#2308 · 120 vegetable capsules · UPC 6-28747-12308-2
#2402 · 240 vegetable capsules · UPC 6-28747-12402-7
NPN 80085063 · V0649-R2

**Bone Health · Muscle Support
Vitamins and Minerals**



Magnesium Bisglycinate Plus

150 mg Elemental Magnesium

capsules



Healthy Muscle Function
Very Gentle on the Stomach

Helps in tissue formation and to maintain proper muscle function; to metabolize carbohydrates, proteins, and fats; and in the development and maintenance of bones and teeth.

Each vegetable capsule contains

Elemental magnesium from a magnesium bisglycinate blend (magnesium bisglycinate chelate, glycine, and magnesium oxide) 150 mg
Taurine (2-aminoethanesulfonic acid) 30 mg

Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule twice daily or as directed by your health-care practitioner.

#2202 · 60 vegetable capsules · UPC 6-28747-12202-3
#1390 · 120 vegetable capsules · UPC 6-28747-11390-8

NPN 80022757 · V0382-R5

**Bone Health · Muscle Support
Vitamins and Minerals**



MAGNESIUM

Magnesium Citrate Plus Taurine

capsules

High Absorption

Helps the body to metabolize carbohydrates, proteins, and fats. Helps in the development and maintenance of bones and teeth. Helps in tissue formation and to maintain proper muscle function.

Each vegetable capsule contains

Magnesium
(from magnesium citrate) 136 mg
Taurine (2-aminoethanesulfonic acid) 45 mg

Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adolescents 14–18 years and adults: Take 1 capsule twice daily or as directed by your health-care practitioner.

#0903 · 90 vegetable capsules · UPC 6-28747-10903-1
#0904 · 180 vegetable capsules · UPC 6-28747-10904-8
NPN 80023337 · V0262-R2

**Bone Health · Digestive Health · Muscle Support
Vitamins and Minerals**



Pure Magnesium Bisglycinate

Fully Reacted
130 mg Elemental Magnesium

capsules

Heart/Muscle Function

Very Gentle on the Stomach

Helps in tissue formation and to maintain proper muscle function. Helps the body to metabolize nutrients. Helps in the development and maintenance of bones and teeth.

Each vegetable capsule contains

Elemental magnesium (from 1,000 mg of pure, fully reacted magnesium bisglycinate) 130 mg

Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 2 capsules daily or as directed by your health-care practitioner.

#2183 · 60 vegetable capsules · UPC 6-28747-12183-5
#2175 · 120 vegetable capsules · UPC 6-28747-12175-0
NPN 80110865 · V0603-R1

**Bone Health · Muscle Support
Vitamins and Minerals**



Pure Magnesium Bisglycinate

capsules

Fully Reacted · 115 mg + Taurine

Supports Healthy Heart and Muscle Function

Very Gentle on the Stomach

Helps in tissue formation and to maintain proper muscle function. Helps to maintain the body's ability to metabolize nutrients. Helps in the development and maintenance of bones and teeth.

Each vegetable capsule contains

Magnesium (from 885 mg of pure, fully reacted magnesium bisglycinate) 115 mg
Taurine (2-aminoethanesulfonic acid) 25 mg

Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule three times daily with food or as directed by your health-care practitioner.

#2200 · 90 vegetable capsules · UPC 6-28747-12200-9
NPN 80077470 · V0612-R1

**Bone Health · Muscle Support
Vitamins and Minerals**



Magnesium is a critical mineral available in many different forms, each suited for specific therapeutic outcomes. ICP-MS (pictured) and ICP-OES ensure consumers get the right form with an accurate elemental value.

Mushroom Lovers

Maitake Powder

Organic *Grifola frondosa*

10 Calories per Portion

100% Pure • Gluten-Free • Non-GMO

The magic of mushrooms is no mystery to us! Incorporating their wonder into your daily diet has never been easier. Take a moment to enjoy a delicately flavoured maitake tea or spruce up your favourite hot beverage. All-natural goodness with no bitter aftertaste.



Ingredient

Organic maitake (*Grifola frondosa*) powder.

Recommended use

Add ½ level teaspoon to your favourite hot drinks, coffee, baking, and cooking. Infusing/simmering 5 to 20 minutes will increase potency.

Nutrition Facts • Per ½ tsp. (2.6 g)

Calories 10	% Daily Value*		% Daily Value*
Fat 0.1 g	0 %	Cholesterol 0 mg	
Saturated 0 g + Trans 0 g	0 %	Sodium 0 mg	0 %
Carbohydrate 2 g		Potassium 0 mg	0 %
Fibres 1 g	4 %	Calcium 0 mg	0 %
Sugars 0 g	0 %	Iron 0 mg	0 %
Protein 0.5 g			

*5% or less is a little, 15% or more is a lot

#2581 • 100 g / 38 portions • UPC 6-28747-02581-2
P0833-R1

NONTAXABLE ITEM

Functional Foods • Immune Health
Medicinal Mushrooms

Full line of medicinal mushrooms, p. 137–141



Male Fertility

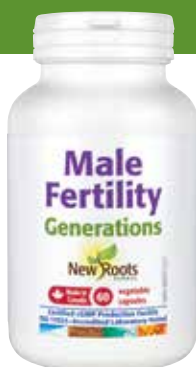
capsules

Generations

Helps to support sperm cell health; helps to support prostate health; and helps maintain immune function. An antioxidant for the maintenance of good health.

Each vegetable capsule contains

Acetyl-L-carnitine hydrochloride	225 mg
Vitamin C (ascorbic acid)	125 mg
N-Acetyl-L-cysteine	91.67 mg
Coenzyme Q10 (ubiquinone-10) (from fermentation)	50 mg
Astaxanthin 1.5%, from 44.33 mg <i>Haematococcus pluvialis</i>	44.33 mg
Ashwagandha (<i>Withania somnifera</i>) root extract, 5% withanolides	33.33 mg
Natural vitamin E (mixed tocopherol concentrate, from non-GMO sunflower)	12.5 mg
Lycopene	3.334 mg
Zinc (from zinc citrate)	1.67 mg
Selenium (from yeast-free L-selenomethionine)	4.17 mcg



Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adult men: Take 3 capsules twice daily with food or as directed by your health-care practitioner. If you are



taking other medications, take this product a few hours before or after them.

Duration of use

Consult a health-care practitioner for use beyond 6 months.

#2109 • 60 vegetable capsules • UPC 6-28747-12109-5

NPN 80071357 • V0587-R2

Men's Fertility

Mannose:

D-Mannose Powder • 100% Pure

Urinary Tract Support UTI Prevention

Helps prevent the risk of recurrent urinary tract infections (UTIs) in women.

One rounded half teaspoon contains

D-Mannose 2 g

Directions of use

Adults: Add ½ a rounded teaspoon (2 grams) to 1–2 cups of water or diluted juice daily, immediately before consumption, and mix well, or take as directed by your health-care practitioner. We recommend weighing D-Mannose for precise dosage.

#2666 • 50 g / 25 doses • UPC 6-28747-02666-6

#2644 • 180 g / 90 doses • UPC 6-28747-02644-4

NPN 80102333 • P0788-R1

Urogenital (Women) • Women's Health



Mannose:

D-Mannose

& Cranberry

With *L. rhamnosus* Probiotic

powder

UTI Prevention and Control DAIRY-FREE AND SOY-FREE

Helps prevent recurrent urinary tract infections (UTIs) in women. Source of antioxidants for the maintenance of good health. Provides live microorganisms that temporarily modify gut flora.

Two scoops contain

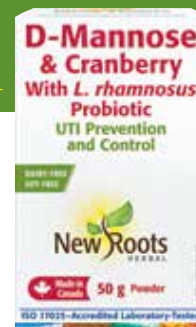
D-Mannose	4,800 mg
Cranberry (<i>Vaccinium macrocarpon</i>) fruit concentrate	600 mg
<i>Lactobacillus rhamnosus</i> UB5115	500 million CFU

Directions of use

Adults: Use the scoop that accompanies this product. Mix 2 scoops in water or diluted juice twice daily for two days, then 2 scoops in water or diluted juice once daily, or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

An open-label clinical study was conducted by Nafarco Pharmacies to evaluate the effectiveness of New Roots Herbal's D-Mannose & Cranberry formula in eradicating *Escherichia coli* bacteria in women with recurrent cystitis. Twenty women took 2 scoops twice daily for two days; then, 2 scoops once daily for five days; finally, after 7 days of rest, ½ scoops daily for 10 days.

Symptoms improved after the first week of treatment, and were reduced by 90% over the entire treatment period. For 84% of the cohort studied, no recurrence occurred. Also, a trend of effectiveness was observed in relation to body mass index (BMI).



The results spoke for themselves, as all participants would take the product again or recommend it to family or friends.

#1549 · 50 g · UPC 6-28747-01549-3

NPN 80112942 · PM0574-R2

Probiotics · Urogenital (Women) · Women's Health

Marula Seed Oil

Certified Organic

Deeply Hydrating Facial Oil

Our organic marula seed oil is cold-pressed from kernels of fruits that are hand-harvested from the majestic marula trees of South Africa. It has a light texture to deeply penetrate skin for a smooth-looking, radiant complexion.

Each bottle contains

Organic marula (*Sclerocarya birrea*) seed oil, cold-pressed 30 ml with added organic rosemary (*Rosmarinus officinalis*) extract.

Ingredients

Organic *Sclerocarya birrea* (marula) seed oil and organic *Rosmarinus officinalis* (rosemary) leaf extract.

Directions of use

Place 5–8 drops in your hand and gently massage the oil on your face and neck. Larger body parts may require more oil. Best applied on moist skin, such as following a shower or bath.

#2306 · 30 ml · UPC 6-28747-22306-5

OM0072-R2

Beauty · Exotic Skin Oils · Skin

Full line of exotic skin oils, p. 92–95



Matcha

powder

First Harvest · Organic Green Tea Pesticide-Free

Matcha green tea, unlike regular dried green tea, is made using the whole tea leaf, stone-ground to a fine powder. It contains at least three times as much EGCG (antioxidant). Our matcha comes from the first harvest of shade-grown tea leaves in Asia.

Ingredient

Pure organic premium matcha green tea (*Camellia sinensis*).

Preparation

Mix ¼–½ teaspoon per 150 ml cup of hot water. Adjust to taste.

#1874 · 30 g · UPC 6-28747-01874-6

#1907 · 100 g · UPC 6-28747-01907-1

P0659-R1

NONTAXABLE ITEM

Antioxidants · Energy · Functional Foods

Green Foods · Teas and Herbal Teas



“Opportunity is always knocking. The problem is that most people have the self-doubt station in their heads turned up way too loud to hear it.”

Brian Vaszily

NEW PRODUCT! Since May 2025

MaxAbsorb Curcumin

curcuRouge® 225 mg

capsules

Reduces Inflammation Markers New Study: Higher Absorption

Helps to reduce blood C-reactive protein levels, a clinical marker of inflammation in people with knee osteoarthritis.

Each vegetable capsule contains

curcuRouge® (from *Curcuma longa* rhizome), providing 90 mg of curcumin 225 mg

For more information, visit:

www.therabio.co.jp/curcurouge



Other ingredients

Microcrystalline cellulose, modified food starch, silicon dioxide, and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults (18 years and over): Take 1 capsule twice daily or as directed by your health-care practitioner.

Duration of use

Consult a health-care practitioner for use beyond 12 weeks.

#3402 · 60 vegetable capsules · UPC 6-28747-13402-6

NPN 80135388 · V0806-R1

Herbs and Herbal Extracts · Pain and Inflammation



MCT:

Coconut MCT Oil

Medium-Chain Triglycerides

100% Pure MCT · No Filler Oils

14 g MCT per Serving · Unflavoured

Vegan · Ketogenic · Paleo

Dairy- and Gluten-Free · Non-GMO

Coconut MCT Oil is a convenient source of healthy fats easily absorbed and metabolized by the body to keep your flow of energy efficient and steady. More importantly, they're not stored as fat.

Ingredient

Medium-chain triglycerides from coconut oil. Hexane- and hydrogenation-free.

Where to Use

Coffee · Dressing · Shake · Cooking

Nutrition Facts · Per 1 tbsp. (15 ml)

Calories 130	% Daily Value*		% Daily Value*
Fat 14 g	19 %	Cholesterol 0 mg	
Saturated 14 g + Trans 0 g	70 %	Sodium 0 mg	0 %
Carbohydrate 0 g		Potassium 0 mg	0 %
Fibre 0 g	0 %	Calcium 0 mg	0 %
Sugars 0 g	0 %	Iron 0 mg	0 %
Protein 0 g			

*5% or less is a little, 15% or more is a lot



MCTs per serving

C8:0 · Caprylic acid (60%) 8.4 g
C10:0 · Capric acid (40%) 5.6 g

#2414 · 500 ml · UPC 6-28747-22414-7

#2415 · 1 litre · UPC 6-28747-22415-4

O0076-R1

NONTAXABLE ITEM

Energy · Essential Fatty Acids · Keto Diet



MCT Energy

Medium-Chain Triglycerides
60/40 Formula

liquid



Keeps the Flow of Energy Strong and Steady · Healthy Fats · Unflavoured
100% Pure MCT · No Filler Oils · Vegan
Ketogenic · Paleo · Non-GMO
Dairy- and Gluten-Free

MCT Energy is a complete source of medium-chain triglycerides. These healthy fats are easily absorbed within the intestines, and travel directly to the liver for energy assignment. More importantly, they're not stored as fat. They keep your flow of energy strong and steady.

Ingredients

Medium-chain triglycerides (from coconut or palm kernel oils).
Hexane- and hydrogenation-free.

Where to Use

Coffee · Dressing · Shake · Cooking

Nutrition Facts · Per 1 tbsp. (15 ml)

Calories 130	% Daily Value*		% Daily Value*
Fat 14 g	19 %	Cholesterol 0 mg	0 %
Saturated 14 g + Trans 0 g	70 %	Sodium 0 mg	0 %
Carbohydrate 0 g		Potassium 0 mg	0 %
Fibre 0 g	0 %	Calcium 0 mg	0 %
Sugars 0 g	0 %	Iron 0 mg	0 %
Protein 0 g			

*5% or less is a little, 15% or more is a lot

MCTs per serving

C8:0 · Caprylic acid (60%) 8.4 g
C10:0 · Capric acid (40%) 5.6 g

*Essential Amino Acid · **Average Analysis

#1546 · 500 ml · UPC 6-28747-21546-6

#1800 · 1 litre · UPC 6-28747-21800-9

O0015B-R1

NONTAXABLE ITEM

Energy · Essential Fatty Acids · Keto Diet · Sport Nutrition
Weight Management



MCT Energy

1,000 mg

softgels



Weight Management Mental and Physical Energy

Source of medium-chain fatty acids to support energy production in the body at cellular level (ATP). To be used with a program of reduced intake of dietary calories and increased physical activity (if possible) to help in weight management.

Each softgel contains

Medium-chain triglycerides
(providing 60% caprylic acid (C8:0)
and 40% capric acid (C10:0) (from coconut and palm) 1 g

Other ingredients

Softgel composed of bovine gelatin, glycerin, and purified water.



Directions of use

Adults: *Weight management:* Take 14 softgels daily or as directed by your health-care practitioner. *To support energy production:* Take 3 softgels twice daily or as directed by your health-care practitioner. • To avoid digestive issues, start with 1 softgel three times daily for the first week, and double the amount every week until the fourth week (14 softgels daily).

Duration of use

Consult a health-care practitioner for use beyond 16 weeks.

#2190 · 90 softgels · UPC 6-28747-12190-3

#2171 · 180 softgels · UPC 6-28747-12171-2

NPN 80071199 · V0580-R1

Energy · Essential Fatty Acids · Keto Diet · Sport Nutrition
Weight Management

Medicinal mushrooms

137-141

Melatonin

3 mg

tablets



Non-Habit-Forming Sleep Support Shift-Work · Jet-Lag

Helps increase the total sleep time (aspect of sleep quality) in people suffering from sleep restriction or altered sleep schedule, e.g. shift-work and jet lag. Helps to prevent or reduce the effects of jet lag. Helps to reduce the time it takes to fall asleep (sleep onset latency aspect of sleep quality) in people with delayed sleep phase disorder. Helps reset the body's sleep-wake cycle (aspect of circadian rhythm).

Each tablet contains

Melatonin 3 mg
Pharmaceutical grade.

Other ingredients

Dicalcium phosphate, microcrystalline cellulose, croscarmellose sodium, silicon dioxide, vegetable magnesium stearate, and vegetable stearic acid.



Directions of use

Adults: Take 1-3 tablets daily, at or before bedtime, or as directed by your health-care practitioner. *For jet lag:* Take once a day at bedtime after darkness has fallen, while travelling, and at destination until adaptation to the new daily pattern in occasional short-term use.

Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

#0658 · 60 tablets · UPC 6-28747-10658-0

#1016 · 90 tablets · UPC 6-28747-11016-7

NPN 80120429 · V0029-R2

Sleep Aids

“Hope is putting faith to work when
doubting would be easier.”

(author unknown)

MEDICINAL MUSHROOMS

Medicinal Mushrooms

Mushrooms have been revered by cultures around the globe for centuries for their medicinal properties. Recent studies have validated their incredible health benefits, and their popularity has grown further. Whole mushrooms, powders, and extracts will provide varying levels of therapeutic benefits.

Accessing Therapeutic Benefits

Science has shown that mushrooms' therapeutic benefits come from compounds called polysaccharides, the most studied of which are *beta*-glucans. However, they are encased within the mushrooms' rigid cell walls, known as chitin—the same unabsorbable substance lobster shells are made of. Chitin can be melted down by immersing mushrooms in hot water, at precise temperatures, over extended periods of time. The remaining rich liquid extract can then be dehydrated to deliver concentrated polysaccharides and *beta*-glucans in a form our bodies can absorb. This process is known as hot-water extraction. Recognizing this can go a long way in guiding consumers to get the most out of their mushroom selection.

Whole Mushrooms

Certified organic Reishi Slices and wildcrafted Chaga Tea are ideal for consumers who prefer the versatility to steep their own medicinal tea or brew artisanal liquid extracts. To release medicinal compounds, these mushrooms must be simmered in hot water for considerable lengths of time: Hours for teas, and even days for tinctures. Those committed to traditional brewing will appreciate starting with the highest-quality mushrooms, guaranteed safe from impurities.

Certified Organic

Medicinal Mushroom Powders

Our organic mushroom powders may be enjoyed in hot water; mixed in with your favourite hot beverages; or added to soups, stews, or sauces. Whichever you choose, mushroom powders must be infused in a hot liquid to release their therapeutic compounds: Recommended times vary from 5 to 20 minutes; simmering even longer will release higher amounts of active constituents.

Medicinal Mushroom Extracts

For those looking to maximize health benefits and access the full spectrum of therapeutic compounds, hot-water extracts are the smartest choice. Hot-water extracts are the only form of medicinal mushrooms allowing for validated measures of polysaccharides, and particularly *beta*-glucans. New Roots Herbal's medicinal mushroom extracts are hot-water-extracted and their polysaccharide content is potency-validated, with quantified amounts of *beta*-glucans. The best medicinal benefits, in a convenient capsule format.

The Rumour Mill

The term "micronization" is being used on some of the competition's mushroom powders, suggesting superior absorption and assimilation. In reality, micronization is simply a process by which a high-speed jet mill grinds mushrooms into a fine dust. This process *does not* melt away chitin and *does not* release therapeutic constituents. The consumer may think they are getting a medicinal extract, *but they are not*.

Medicinal mushroom extract potency is measured by percentage of polysaccharides and *beta*-glucans. Spectrophotometers, such as the one pictured here, accurately determine their presence and potency.



MEDICINAL MUSHROOMS

Chaga

Extract · 350 mg
Hot-Water Extract

capsules



Medicinal Mushrooms

Immune Support · Harmony

25% *beta*-Glucans (87.5 mg) from
40% Polysaccharides (140 mg)

Source of fungal polysaccharides with
immunomodulating properties.

Each vegetable capsule contains

Chaga (*Inonotus obliquus*) mushroom
extract, standardized to 40% polysaccharides (140 mg)
providing
25% *beta*-glucans (87.5 mg) 350 mg

Hot-water extraction.

Other ingredients

Vegetable magnesium stearate in a non-GMO
vegetable capsule composed of vegetable
carbohydrate gum and purified water.

Directions of use

Adults: Take 2 capsules daily or as directed by
your health-care practitioner.

#1936 · 60 vegetable capsules · UPC 6-28747-11936-8
NPN 80055779 · V0522-R2

Immune Health · Medicinal Mushrooms



Chaga Tea

chunks



Immunity · European Wild-Crafted

Our wild-crafted chaga is 100% sustainably
sourced from living trees, not causing any
damage to the host tree. Source of fungal
polysaccharides with immunomodulating
properties. Source of antioxidants.

Ingredient

Wild chaga (*Inonotus obliquus*)
mushroom chunks.

Directions of use

Adults: Add 3 g of chaga chunks to 1 litre of
water. Simmer for 10–20 minutes to make a
tonic, or several hours to make a concentrate.
Temperature range should be between 50 and
70 °C; never a rolling boil. Serve hot or let cool
to room temperature, then refrigerate up to
14 days. Store used chaga chunks in freezer,
and reuse 3–5 times or until water runs clear. After several
brews, you may wish to break chaga chunks into smaller pieces
to enable hot water to penetrate further and extract more
beneficial compounds.

#2093 · 100 g · UPC 6-28747-92093-3
NPN 80069451 · P0624-R1

Immune Health · Medicinal Mushrooms · Teas and Herbal Teas



Cordyceps

500 mg · Hot-Water Extract

capsules



Medicinal Mushrooms

Immune Support · Vitality

20% *beta*-Glucans (100 mg)
from 40% Polysaccharides (200 mg)

Source of fungal polysaccharides with
immunomodulating properties.

Each vegetable capsule contains

Cordyceps (*Paeclomyces hepiali*)
mushroom extract standardized
to 40% polysaccharides (200 mg) providing
20% *beta*-glucans (100 mg) 500 mg

Hot-water extraction.

Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule
composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1–2 capsules daily with food or as
directed by your health-care practitioner.

#1866 · 60 vegetable capsules · UPC 6-28747-11866-8
NPN 80110671 · V0507-R3

50+ Health · Energy · Immune Health
Medicinal Mushrooms



Cordyceps Militaris

400 mg · Hot-Water Extract

capsules



Medicinal Mushrooms

Immune Support · Vigour

20% *beta*-Glucans (80 mg)
from 40% Polysaccharides (160 mg)

Source of fungal polysaccharides with
immunomodulating properties.

Each vegetable capsule contains:

Cordyceps mushroom (*Cordyceps militaris*)
fruiting body extract, standardized to
40% polysaccharides (160 mg) providing
20% *beta*-glucans (80 mg) 400 mg

Hot-water extraction.

Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO
vegetable capsule composed of vegetable carbohydrate gum
and purified water.

Directions of use

Adults: Take 1 capsule twice daily with food or
as directed by your health-care practitioner.

#2672 · 60 vegetable capsules · UPC 6-28747-12672-4
NPN 80105570 · V0698-R1

Energy · Immune Health · Medicinal Mushrooms



If you are selling mushroom products that are
simply a capsule filled with mushroom powder,
your customers are getting poor value, little
medicinal ingredients, and few health benefits!



MEDICINAL MUSHROOMS

Coriolus

Turkey Tail · 500 mg
Hot-Water Extract

capsules



Medicinal Mushrooms

Immune Support · Antioxidant
50% *beta*-Glucans (250 mg)
from 55% Polysaccharides (275 mg)

Used in herbal medicine to support the immune system. Source of antioxidants.

Each vegetable capsule contains

Coriolus (*Trametes versicolor*) mushroom extract standardized to 55% polysaccharides (275 mg) providing 50% *beta*-glucans (250 mg) 500 mg
Hot-water extraction.

Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule three times daily with food or as directed by your health-care practitioner. Dosage can be increased up to 2 capsules two or three times daily.

#1864 · 60 vegetable capsules · UPC 6-28747-11864-4
NPN 80070797 · V0506-R4

Immune Health · Medicinal Mushrooms



Mushroom Lovers

Coriolus Powder

Turkey Tail · Organic

Medicinal Mushrooms

Immunity-Boosting · Antioxidant

Source of fungal polysaccharides with immunomodulating properties.

Each ½ teaspoon contains

Organic coriolus (*Trametes versicolor*) 3.125 g

Directions of use

Adults: Take ½ teaspoon daily or as directed by your health-care practitioner. Use boiling water. Steep covered for 5 to 20 minutes before ingesting. Simmering will increase potency and benefits.

#2578 · 100 g / 32 doses · UPC 6-28747-02578-2
NPN 80105459 · P0830-R1

Functional Foods · Immune Health · Medicinal Mushrooms



PICK FRUITING BODY

Medicinal mushroom extracts derived from the fruiting body are proven superior. The fruiting body is rich in key polysaccharides (including *beta*-glucans), responsible for therapeutic benefits. Products derived from mycelium ("roots") may be contaminated by starches from growing mediums such as rice.

Lion's Mane

500 mg · Hot-Water Extract

capsules



Medicinal Mushrooms

Cognitive Health
Immune-Boosting
35% *beta*-Glucans (175 mg)
from 40% Polysaccharides (200 mg)

Source of fungal polysaccharides with immunomodulating properties. Provides antioxidants.

Each vegetable capsule contains

Lion's mane (*Hericium erinaceus*) mushroom extract, standardized to 40% polysaccharides (200 mg) providing 35% *beta*-glucans (175 mg) 500 mg
Hot-water extraction.

Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner. To avoid digestive upset, take with food/meal. Dosage can be increased up to 3 capsules daily.

#1868 · 60 vegetable capsules · UPC 6-28747-11868-2
#2297 · 120 vegetable capsules · UPC 6-28747-12297-9
NPN 80070799 · V0510-R2

Medicinal Mushrooms · Memory Help · Neurological Health



Mushroom Lovers

Lion's Mane Powder

Medicinal Mushrooms

Cognitive Health · Immune Support
Organic · Creamy, Lobster-like Taste

Source of fungal polysaccharides with immunomodulating properties. Supports cognitive health.

Each ¾ teaspoon contains

Organic lion's mane (*Hericium erinaceus*) 1 g

Directions of use

Source of fungal polysaccharides: Adults: Take two 1 g (two ¾ teaspoons) servings daily or as directed by your health-care practitioner. Supports cognitive health: Adults 50 years and older: Take two 1 g (two ¾ teaspoons) servings daily or as directed by your health-care practitioner. • Mix product well in 1 cup (250 ml) of hot liquid (water, coffee, tea, etc.) and steep covered for 5 to 20 minutes before ingesting.

#2579 · 100 g / 100 doses · UPC 6-28747-02579-9
NPN 80111122 · P0831-R1

Functional Foods · Immune Health · Medicinal Mushrooms
Memory Help · Neurological Health



MEDICINAL MUSHROOMS

Maitake

400 mg · Hot-Water Extract capsules

Medicinal Mushrooms

Immune Support · Balance

30% *beta*-Glucans (120 mg)

from 40% Polysaccharides (160 mg)

Used in herbal medicine to support the immune system.

Each vegetable capsule contains

Maitake (*Grifola frondosa*) mushroom extract, standardized to 40% polysaccharides (160 mg) providing 30% *beta*-glucans (120 mg) 400 mg Hot-water extraction.

Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 2 capsules daily with food or as directed by your health-care practitioner.

#1860 · 60 vegetable capsules · UPC 6-28747-11860-6
NPN 80117430 · V0509-R3

Immune Health · Medicinal Mushrooms



Reishi

500 mg · Hot-Water Extract capsules

Medicinal Mushrooms

Immunity – Energy – Stress Resistance

30% *beta*-Glucans (150 mg)

from 40% Polysaccharides (200 mg)

Used in herbal medicine as an adaptogen to help increase energy and resistance to stress (e.g. in case of mental and physical fatigue related to stress), as a liver tonic, and to support the immune system. Provides antioxidants.

Each vegetable capsule contains

Reishi (*Ganoderma lucidum*) fruiting body extract, standardized to 40% polysaccharides (200 mg) providing 30% *beta*-glucans (140 mg) 500 mg Hot-water extraction.

Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 3 capsules daily or as directed by your health-care practitioner. To avoid digestive upset, take with food/meal.

Duration of use

Immune support: Use for a minimum of 4 weeks to see beneficial effects.

#1862 · 60 vegetable capsules · UPC 6-28747-11862-0
#2298 · 120 vegetable capsules · UPC 6-28747-12298-6
NPN 80126891 · V0505-R6

Energy · Immune Health · Medicinal Mushrooms · Stress Management



Mushroom Lovers

Maitake Powder

Organic *Grifola frondosa*

10 Calories per Portion

100% Pure · Gluten-Free · Non-GMO

The magic of mushrooms is no mystery to us! Incorporating their wonder into your daily diet has never been easier. Take a moment to enjoy a delicately flavoured maitake tea or spruce up your favourite hot beverage. All-natural goodness with no bitter aftertaste.

Ingredient

Organic maitake (*Grifola frondosa*) powder.

Recommended use

Add ½ level teaspoon to your favourite hot drinks, coffee, baking, and cooking. Infusing/simmering 5 to 20 minutes will increase potency.

Nutrition Facts · Per ½ tsp. (2.6 g)

Calories 10	% Daily Value*		% Daily Value*
Fat 0.1 g	0 %	Cholesterol 0 mg	
Saturated 0 g + Trans 0 g	0 %	Sodium 0 mg	0 %
Carbohydrate 2 g		Potassium 0 mg	0 %
Fibres 1 g	4 %	Calcium 0 mg	0 %
Sugars 0 g	0 %	Iron 0 mg	0 %
Protein 0.5 g			

* 5% or less is a little, 15% or more is a lot

#2581 · 100 g / 38 portions · UPC 6-28747-02581-2
P0833-R1

NONTAXABLE ITEM

Functional Foods · Immune Health · Medicinal Mushrooms



Mushroom Lovers

Organic Reishi Powder *Ganoderma lucidum*

10 calories per portion · 100% Pure

Gluten-Free · Non-GMO

Robust and Earthy Taste

The magic of mushrooms is no mystery to us! Incorporating their wonder into your daily diet has never been easier. Take a moment to enjoy a delicately flavoured reishi tea or spruce up your favourite hot beverage. All-natural goodness with no bitter aftertaste.

Ingredient

Organic reishi (*Ganoderma lucidum*) powder.

Recommended use

Add ½ level teaspoon to your favourite hot drinks, coffee, baking, and cooking. Infusing/simmering 5 to 20 minutes will increase potency.

Nutrition Facts · Per ½ tsp. (2.7 g)

Calories 10	% Daily Value*		% Daily Value*
Fat 0.1 g	0 %	Cholesterol 0 mg	
Saturated 0 g + Trans 0 g	0 %	Sodium 0 mg	0 %
Carbohydrate 2 g		Potassium 0 mg	0 %
Fibres 2 g	7 %	Calcium 0 mg	0 %
Sugars 0 g	0 %	Iron 0 mg	0 %
Protein 0.2 g			

* 5% or less is a little, 15% or more is a lot

#2580 · 100 g / 37 portions · UPC 6-28747-02580-5
P0832-R1

NONTAXABLE ITEM

Functional Foods · Immune Health · Medicinal Mushrooms
Stress Management



MEDICINAL MUSHROOMS

Reishi Spores Broken Cell-Wall Spores

capsules



Medicinal Mushrooms
Energy – Immunity – Antioxidant
Adjunctive Therapy to Reduce
Fatigue / Weakness During
Radiation and Chemotherapy
350 mg

Provides antioxidants. Contains fungal polysaccharides with immunomodulating properties. To help manage the symptoms of fatigue and weakness and as assistive therapy in order to alleviate central energy deficiency symptoms of patients undergoing chemical and radiation treatments.

Each vegetable capsule contains

Reishi (*Ganoderma lucidum*) spores (broken sporoderm) 350 mg

Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule four times daily or as directed by your health-care practitioner. To avoid digestive upset, take with food/meal.



Duration of use

Consult a health-care practitioner for prolonged use. *Symptom management:* Use for a minimum of 4 weeks to see beneficial effects.

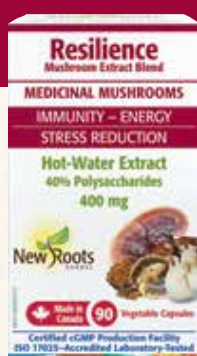
#2696 · 60 vegetable capsules · UPC 6-28747-12696-0

NPN 80108206 · V0724-R1

Energy · Immune Health · Medicinal Mushrooms · Stress Management

Resilience Mushroom Extract Blend

capsules



Medicinal Mushrooms
Immunity – Energy – Stress Reduction
Hot-Water Extract
32% *beta*-Glucans (125 mg) from
42% Polysaccharides (170 mg)

Used in herbal medicine to support the immune system, as an adaptogen to help increase energy and resistance to stress (e.g., in case of mental and physical fatigue related to stress), and as a liver tonic. Source of antioxidants.

Each vegetable capsule contains

* Each mushroom extract is standardized to 40% polysaccharides.

Chaga (<i>Inonotus obliquus</i>) mushroom extract*	68 mg
Coriolus (<i>Trametes versicolor</i>) mushroom extract*	68 mg
Maitake (<i>Grifola frondosa</i>) mushroom extract*	68 mg
Reishi (<i>Ganoderma lucidum</i>) mushroom extract*	68 mg
Shiitake (<i>Lentinula edodes</i>) mushroom extract*	68 mg
Cordyceps (<i>Paezilomyces hepiali</i>) mushroom extract*	30 mg
Lion's mane (<i>Hericium erinaceus</i>) mushroom extract*	30 mg

Hot-water extraction.

Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 2 capsules three times daily or as directed by your health-care practitioner. Take with a meal if gastrointestinal upset occurs.

#1933 · 90 vegetable capsules · UPC 6-28747-11933-7

NPN 80087975 · V0512-R1

Immune Health · Medicinal Mushrooms



Shiitake

300 mg · Hot-Water Extract

capsules



Medicinal Mushrooms
Immune Support · Wellness
25% *beta*-Glucans (75 mg)
from 40% Polysaccharides (120 mg)

Used in herbal medicine to support the immune system. Source of antioxidants.

Each vegetable capsule contains

Shiitake (*Lentinula edodes*) mushroom extract, standardized to 40% polysaccharides (120 mg) providing 25% *beta*-glucans (75 mg). 300 mg
Hot-water extraction.

Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule three times daily with food or as directed by your health-care practitioner.

#1870 · 60 vegetable capsules · UPC 6-28747-11870-5

NPN 80113474 · V0508-R3

Immune Health · Medicinal Mushrooms



**MYSTIFIED BY
MUSHROOMS?
TAKE THE QUIZ**



Melatonin

5 mg

tablets

Non-Habit-Forming Sleep Support Shift-Work · Jet-Lag

Helps increase the total sleep time (aspect of sleep quality) in people suffering from sleep restriction or altered sleep schedule, e.g. shift-work and jet lag. Helps to prevent or reduce the effects of jet lag. Helps to reduce the time it takes to fall asleep (sleep onset latency aspect of sleep quality) in people with delayed sleep phase disorder. Helps reset the body's sleep-wake cycle (aspect of circadian rhythm).



Each tablet contains

Melatonin 5 mg
Pharmaceutical grade.

Other ingredients

Dicalcium phosphate, microcrystalline cellulose, croscarmellose sodium, silicon dioxide, vegetable magnesium stearate, and vegetable stearic acid.

Directions of use

Adults: Take ½–2 tablets daily or as directed by your health-care practitioner. Take as needed, 30 to 60 minutes before bedtime.

#2076 · 60 tablets · UPC 6-28747-12076-0
NPN 80068403 · V0568-R1

[Sleep Aids](#)



Melatonin

10 mg

tablets

Non-Habit-Forming Sleep Support Shift-Work · Jet-Lag

Helps increase the total sleep time (aspect of sleep quality) in people suffering from sleep restriction or altered sleep schedule, e.g. shift-work and jet lag. Helps to prevent or reduce the effects of jet lag. Helps to reduce the time it takes to fall asleep (sleep onset latency aspect of sleep quality) in people with delayed sleep phase disorder. Helps reset the body's sleep-wake cycle (aspect of circadian rhythm).



Each tablet contains

Melatonin 10 mg
Pharmaceutical grade.

Other ingredients

Dicalcium phosphate, microcrystalline cellulose, croscarmellose sodium, silicon dioxide, vegetable magnesium stearate, and vegetable stearic acid.

Directions of use

Adults: Take ½–1 tablet daily or as directed by your health-care practitioner. Take as needed, 30 to 60 minutes before bedtime.

#2078 · 60 tablets · UPC 6-28747-12078-4
NPN 80068400 · V0569-R1

[Sleep Aids](#)



Melatonin Liquid

Non-Habit-Forming · Sleep Support

Helps increase total sleep time in people suffering from sleep restriction or altered sleep schedule.

Each drop contains

Melatonin 120 mcg
Pharmaceutical grade.

Other ingredients

Organic alcohol from sugarcane, glycerin, purified water, and natural peppermint extract.

Directions of use

Adults: Take 5–50 drops daily or as directed by your health-care practitioner. Sensitivity to melatonin is different from person to person. Take once a day, at or before bedtime.

Duration of use

For sleep restriction / altered sleep schedule; for delayed sleep phase disorder; and to restore sleep-wake cycle: Consult a health-care practitioner for use beyond 4 weeks.

Note: This product is not shipped during the winter, due to freezing conditions.

#1946 · 50 ml · UPC 6-28747-21946-4

#2548 · 95 ml · UPC 6-28747-22548-9

NPN 80112811 · LM0134-R1

[Sleep Aids](#)



Memory Care

Bacopa monnieri · 300 mg

25:1 Extract · 45% Bacosides

capsules

Memory Protection and Cognitive Support

Helps support cognitive health and/or brain function. Helps support memory.

Each vegetable capsule contains

Whole bacopa (*Bacopa monnieri*)
25:1 extract, 45% bacosides 300 mg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner.

#3148 · 60 vegetable capsules · UPC 6-28747-13148-3

NPN 80105758 · V0766-R1

[50+ Health · Herbs and Herbal Extracts](#)

[Memory Help · Neurological Health](#)



“At first, people refuse to believe that a strange new thing can be done. Then, they begin to hope it can be done. Then, they see it can be done. Then it is done, and all the world wonders why it was not done centuries ago.”

Francis Eliza Hodgson Burnett

Menopeace

capsules

Hot Flashes · Night Sweats Mood Swings · Soy-Free

Used in herbal medicine as a hormone normalizer to help stabilize menstrual cycle irregularities, and to help relieve symptoms associated with menopause, such as hot flashes. Black cohosh is used in herbal medicine to help relieve muscle and joint pain associated with rheumatic conditions (such as rheumatoid arthritis, osteoarthritis or fibrositis), and of pain associated with neuralgia (such as sciatica).



Each vegetable capsule contains

Chaste tree (<i>Vitex agnus-castus</i>) fruit extract, 0.5% agnusides	125 mg
Dong quai (<i>Angelica sinensis</i>) root extract, 1% Z-ligustilide	125 mg
Red clover (<i>Trifolium pratense</i>) flower top extract, 40% isoflavones, 25.2 mg AIE*	75 mg
Dandelion (<i>Taraxacum officinale</i>) root extract, 3% flavonoids	62.5 mg
Black cohosh (<i>Actaea racemosa</i>) root extract, 2.5% triterpenes	30 mg
Wild yam (<i>Dioscorea villosa</i>) rhizome 8:1 extract, 16% diosgenin	25 mg

* AIE = Aglycone Isoflavone Equivalents

Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adult women (perimenopausal): Take 1 capsule daily or as directed by your health-care practitioner.

Duration of use

Use for a minimum of 3 months to help stabilize menstrual cycle irregularities.

#0232 · 60 vegetable capsules · UPC 6-28747-10232-2

#0948 · 120 vegetable capsules · UPC 6-28747-10948-2

NPN 80036425 · V0187-R4

Menopause · Women's Health



Directions of use

Adults: Take 1 softgel daily with a meal or as directed by your health-care practitioner.

#2163 · 30 fish-based softgels · UPC 6-28747-12163-7

NPN 80077448 · V0577-R5

Fish Oils · Mood Enhancement
Pain and Inflammation

Full line of antistress products, p. 208–212
Full line of fish oils, p. 157–164

Methionine:

L-Methionine

500 mg

capsules

Supports Liver Function

Helps support liver function. Provides an essential amino acid involved in protein synthesis. A factor in the maintenance of good health.

Each vegetable capsule contains

L-Methionine 500 mg

Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

6 years old and over: Take 1 capsule once or twice daily with food or as directed by your health-care practitioner.

#0148 · 50 vegetable capsules · UPC 6-28747-10148-6

NPN 80017685 · V0102-R2

Amino Acids and Proteins · Detoxification



Methyltetrahydrofolate:

Active Folate

L-5-Methyltetrahydrofolate

1,000 mcg plus Vitamins B6 and B12

capsules

Helps Reduce the Risk of Neural Tube Defects

L-Methylfolate helps to reduce the risk of neural tube defects when taken daily at least three months prior to becoming pregnant and during early pregnancy. Helps the body to metabolize nutrients; helps in the normal function of the immune system; and helps in tissue formation.

Each vegetable capsule contains

Vitamin B6 (pyridoxal-5'-phosphate)	2 mg
Folate (from calcium L-5-methyltetrahydrofolate)	1 mg
Vitamin B12 (methylcobalamin)	2.8 mcg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

#1900 · 60 vegetable capsules · UPC 6-28747-11900-9

NPN 80095778 · V0518-R2

Maternity · Vitamins and Minerals

Full line of B vitamins, p. 227–234



Merry Mind Omega 3

1,000 mg EPA · 100 mg DHA

softgels

Healthy Mood Balance

0% Porcine/Bovine

Helps to promote healthy mood balance.

Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]) 1,366 mg

Providing omega-3 fatty acids, including:

Eicosapentaenoic acid (EPA)	1,000 mg
Docosahexaenoic acid (DHA)	100 mg
Other omega-3s	71 mg

Other ingredients

Natural vitamin E (D-alpha-tocopherol, from non-GMO sunflower) and rosemary leaf extract in an improved softgel composed of fish gelatin, glycerin, and purified water.



Methyltetrahydrofolate:

Active Folate

L-5-Methyltetrahydrofolate
1,000 mcg plus Vitamins B6 and B12

tablets



Helps Reduce the Risk of Neural Tube Defects

L-Methylfolate helps to reduce the risk of neural-tube defects when taken daily at least three months prior to becoming pregnant and during early pregnancy. Helps the body to metabolize carbohydrates, fats, and proteins; and helps in tissue formation.

Each tablet contains

Vitamin B6 (pyridoxal-5'-phosphate) 2 mg
Folate (from calcium L-5-methyltetrahydrofolate) 1 mg
Vitamin B12 (methylcobalamin) 2.8 mcg

Other ingredients

Microcrystalline cellulose, croscarmellose sodium, vegetable magnesium stearate, silicon dioxide, and vegetable stearic acid.

Directions of use

Adults: Take 1 tablet daily or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

#2038 · 60 tablets · UPC 6-28747-12038-8
NPN 80070154 · V0563-R1

Maternity · Vitamins and Minerals

Full line of B vitamins, p. 227–234



NEW PRODUCT! Since February 2026

Milk Thistle

Seed Extract 250 mg

80% Silymarin · 200 mg

capsules



Liver Protection

Traditionally used in herbal medicine as a hepatoprotectant / liver protectant; to help support liver function; and to help relieve digestive disturbances/dyspepsia.

Each vegetable capsule contains

Milk thistle (*Silybum marianum*)
30:1 seed extract (80% silymarin) . . . 250 mg
(7,500 mg crude quantity equivalent)

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule three times daily or as directed by your health-care practitioner.

Duration of use

Use for at least 3 weeks to see beneficial effects.

#3628 · 90 vegetable capsules · UPC 6-28747-13628-0
#3618 · 270 vegetable capsules · UPC 6-28747-13618-1

NPN 80127788 · V0870-R1

Detoxification · Digestive Health · Herbs and Herbal Extracts



Milk Thistle

organic tincture

Liver Protection

Traditionally used in herbal medicine as a hepatoprotectant/liver protectant, to help to support liver function, and to help relieve digestive disturbances/dyspepsia.

Each teaspoon contains

a crude quantity equivalent of

Organic milk thistle
(*Silybum marianum*) seed 1.5 g

Other ingredients

Organic alcohol 25% (from sugarcane) and purified water.

Directions of use

Adults: Take 2 teaspoons (10 ml) daily or as directed by your health-care practitioner.

Duration of use

Use for a minimum of 3 weeks to see beneficial effects (hepatoprotectant/liver protectant agent or support of liver function).

#1597 · 50 ml · UPC 6-28747-21597-8

NEW SIZE!

#3596 · 100 ml · UPC 6-28747-23596-9

NPN 80079356 · LM0036-R4

Detoxification · Herbs and Herbal Extracts



Modified Citrus Pectin

powder

Helps to Support Detoxification

Each scoop contains

Modified citrus pectin, from lemon
(*Citrus × limon*) fruit peel 5 g
(Providing on average 400 mg sodium)

Directions of use

Adults ≥ 18 years old: Take 1 scoop three times daily 30 minutes before food or as directed by your health-care practitioner. Put one 5 g scoop of **Modified Citrus Pectin** into a glass. Add liquid (water, juice, or tea). *Do not stir yet:* Let sit 3–5 minutes to allow the powder to rehydrate. Stir contents until powder is dissolved. We recommend weighing **Modified Citrus Pectin** for precise dosage.

Caution

Provides a significant amount of sodium.

#2239 · 150 g / 30 doses · UPC 6-28747- 02239-2

NPN 80078773 · P0759-R1

Detoxification · Herbs and Herbal Extracts · Immune Health



“Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can.”

John Wesley

Molybdenum

150 mcg

capsules

Rice Chelate

Supports Nutrient Metabolism

Helps to maintain the body's ability to metabolize nutrients. Helps to prevent molybdenum deficiency.

Each vegetable capsule contains

Molybdenum (from molybdenum HVP chelate) 150 mcg

Other ingredients

Microcrystalline cellulose in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1–4 capsules daily or as directed by your health-care practitioner.

#0846 · 100 vegetable capsules · UPC 6-28747-10846-1
NPN 80114485 · V0215-R2

**Detoxification · Immune Health
Vitamins and Minerals**



Moringa Seed Oil

Certified Organic

Body, Face, and Hair

Organic and cold-pressed, our South African-sourced moringa seed oil is among the most versatile topical oils. It works wonders for hair, skin, and for a smooth-looking complexion.

Each bottle contains

Organic moringa (*Moringa oleifera*) seed oil, cold-pressed 30 ml
with added organic rosemary (*Rosmarinus officinalis*) extract.

Ingredients

Moringa oleifera seed oil and *Rosmarinus officinalis* (rosemary) leaf extract.

Directions of use

Place 5–8 drops in your hand and gently massage the oil on your face, neck, body, hair, or nails. Larger body parts may require more oil. Best applied on moist skin, such as following a shower or bath.

#2088 · 30 ml · UPC 6-28747-22088-0
OM0129-R2

Beauty · Exotic Skin Oils · Hair · Skin

Full line of exotic skin oils, p. 92–95



MSM

Methylsulfonylmethane

100% Pure · 850 mg

capsules

Relief of Joint Pain

Due to Osteoarthritis

Helps to relieve joint pain associated with osteoarthritis. Helps to relieve the pain and swelling associated with osteoarthritis of the knee. Helps to maintain skin health. Helps to reduce fine lines and wrinkles. Supports antioxidant capacity after exercise.

Each vegetable capsule contains

Methylsulfonylmethane (MSM), 100% pure. 850 mg

Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 2 capsules two or three times daily with food or as directed by your health-care practitioner. Avoid taking at bedtime.

Duration of use

Use for a minimum of 4 weeks to see beneficial effects.

#0785 · 90 vegetable capsules · UPC 6-28747-10785-3

#0795 · 180 vegetable capsules · UPC 6-28747-10795-2

NPN 80042766 · V0094-R4

Detoxification · Joint Health · Pain and Inflammation · Skin



MSM

Methylsulfonylmethane · 100% Pure

powder

Osteoarthritis Joint Pain Relief

Helps to relieve joint pain associated with osteoarthritis.

Contains

100% pure, pharmaceutical-grade methylsulfonylmethane (MSM).

Directions of use

Adults: Take ¼ teaspoon (1,000 mg) before meals three times daily. Mix with 8 oz. of water or orange or apple juice, or as directed by your health-care practitioner. Take with **Vitamin C Calcium Ascorbate** (SKUs #0030 or #0159) for better results. Avoid taking at bed time.

Duration of use

Use for a minimum of 4 weeks to see beneficial effects.

#0796 · 300 g / ≈ 300 doses · UPC 6-28747-00796-2

#0797 · 600 g / ≈ 600 doses · UPC 6-28747-00797-9

NPN 80019681 · P0195

**Detoxification · Joint Health
Pain and Inflammation · Skin**



“Almost all our health concerns can be traced back to our belly. Ensure a healthy gut, and the rest will take care of itself.”

Behzad Azargoshasb, “Rules of Health”

MULTIVITAMINS

Multi

Vitamin and Mineral Formula capsules

With Activated B Vitamins
and 1,000 IU of Vitamin D
**FREE OF IRON, BETA-CAROTENE,
AND VITAMIN A**

Helps in the maintenance of good health,
healthy skin, and immune function.

Each vegetable capsule contains

Vitamins

Vitamin C (from 80 mg calcium ascorbate)	56 mg
Vitamin B1 (thiamine hydrochloride)	50 mg
Vitamin B3 (inositol hexanicotinate, flush-free)	50 mg
Vitamin B5 (calcium D-pantothenate)	50 mg
Vitamin B6 (pyridoxal-5'-phosphate)	50 mg
Vitamin B2 (riboflavin)	25 mg
Vitamin B2 (riboflavin-5'-phosphate)	25 mg
Vitamin E (D- <i>alpha</i> -tocopheryl acid succinate) (20 IU)	13.38 mg AT
Folate (from calcium L-5-methyltetrahydrofolate)	1,000 mcg
Vitamin B12 (methylcobalamin)	1,000 mcg
Biotin	150 mcg
Vitamin K2 (menaquinone-4)	25 mcg
Vitamin D3 (cholecalciferol) (1,000 IU)	25 mcg

Minerals

Magnesium (from magnesium citrate)	35 mg
Zinc (from zinc citrate)	10 mg
Copper (from copper gluconate)	1 mg
Manganese (from manganese citrate)	1 mg
Molybdenum (from molybdenum citrate)	150 mcg
Chromium (from chromium HVP chelate)	50 mcg
Selenium (from yeast-free L-selenomethionine)	10 mcg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and
silicon dioxide in a non-GMO vegetable capsule composed of
vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily or as directed by
your health-care practitioner. If you are taking
other medications, take this product a few
hours before or after them.

#1726 · 30 vegetable capsules · UPC 6-28747-11726-5

#1731 · 60 vegetable capsules · UPC 6-28747-11731-9

#1734 · 120 vegetable capsules · UPC 6-28747-11734-0

NPN 80035202 · V0468-R11

Vitamins and Minerals



Multi-Max

Multivitamin capsules

Advanced 45-Ingredient Formula
IRON-FREE

Source of vitamins, minerals, and
antioxidants for the maintenance of good
health. Helps to maintain healthy skin and
immune function. Helps in the function of
the thyroid gland. Helps in the development
and maintenance of bones.

Two vegetable capsules contain

Vitamins

Vitamin C (from calcium ascorbate)	43.75 mg
Vitamin E (D- <i>alpha</i> -tocopheryl acid succinate)	33.44 mg AT
Vitamin B5 (calcium D-pantothenate)	11.5 mg
Vitamin B1 (thiamine hydrochloride)	8.25 mg
Vitamin B3 (niacinamide)	7.5 mg
Vitamin B2 (riboflavin)	5 mg
Vitamin B3 (inositol hexanicotinate, flush-free)	5 mg
Vitamin B6 (pyridoxine hydrochloride)	5 mg
Vitamin B2 (riboflavin-5'-phosphate sodium)	1.25 mg
Vitamin B6 (pyridoxal-5'-phosphate)	1.25 mg
Folate (from calcium L-5-methyltetrahydrofolate)	95 mcg
Vitamin B12 (methylcobalamin)	75 mcg
Biotin	16.5 mcg
Vitamin D3 (cholecalciferol) (1,425 mcg)	57 IU

Minerals

Magnesium (from magnesium citrate)	112.5 mg
Calcium (from calcium citrate and calcium ascorbate)	81 mg
Potassium (from potassium citrate)	8.25 mg
Zinc (from zinc citrate)	3.75 mg
Manganese (from manganese citrate)	1 mg
Copper (from copper gluconate)	250 mcg
Boron (from boron citrate)	125 mcg
Iodine (from Norwegian kelp [<i>Ascophyllum nodosum</i>])	25 mcg
Chromium (from chromium HVP chelate)	12.5 mcg
Selenium (from selenium HVP chelate)	12.5 mcg

Amino Acids

L-Proline	22.5 mg
N,N-Dimethylglycine (DMG)	20 mg
L-Cysteine hydrochloride monohydrate	7.5 mg

Supplements / Nutraceuticals

Green tea (<i>Camellia sinensis</i>) extract, 50% polyphenols	60 mg
Citrus bioflavonoids (from bitter orange [<i>Citrus × aurantium</i>]), 50% hesperidin	50 mg
Bee pollen	35 mg
D-Ribose	30 mg
D,L- <i>alpha</i> -Lipoic acid	25 mg
Broken-cell, organic chlorella (<i>Chlorella vulgaris</i>)	18 mg
Organic spirulina (<i>Spirulina platensis</i>)	18 mg
Betaine hydrochloride	12.5 mg
Lecithin (from non-GMO sunflower oil)	8.25 mg
para-Aminobenzoic acid (PABA)	6.25 mg
Coenzyme Q10 (ubiquinone-10) (from fermentation)	6 mg
Rutin	5 mg
Choline citrate	4.15 mg
Inositol (<i>myo</i> -inositol)	4.075 mg
Hesperidin (from bitter orange [<i>Citrus × aurantium</i>] fruit)	2.5 mg
Quercetin	2.5 mg
Tomato (<i>Solanum lycopersicum</i>) flesh extract, 20% lycopene	750 mcg
Black pepper (<i>Piper nigrum</i>) fruit extract, 95% piperine	200 mcg



WHY IRON-FREE?

Iron is recommended for
those with iron deficiencies or
during pregnancy.

Iron overload causes oxidation which
can contribute to chronic disease.

MULTIVITAMINS

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of carbohydrate gum and purified water.

Directions of use

Adults: Take 2 capsules one to four times daily with meals or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.



#1235 · 60 vegetable capsules · UPC 6-28747-11235-2

#0963 · 120 vegetable capsules · UPC 6-28747-10963-5

#0964 · 240 vegetable capsules · UPC 6-28747-10964-2

NPN 80083606 · V0476-R10

50+ Health · Vitamins and Minerals

Multi-Max IMMUNE

Multivitamin

capsules

Advanced 50-Ingredient Formula With Colostrum and Green Tea IRON-FREE

Source of vitamins, minerals, and antioxidants for the maintenance of good health. Helps to maintain healthy skin and immune function. Helps in the function of the thyroid gland. Helps in the development and maintenance of bones.



Two vegetable capsules contain

Vitamins

Vitamin C (from calcium ascorbate)	61.25 mg
Vitamin B5 (calcium D-pantothenate)	50 mg
Vitamin B6 (pyridoxine hydrochloride)	50 mg
Vitamin B3 (niacinamide)	25 mg
Vitamin B3 (inositol hexanicotinate, flush-free)	25 mg
Vitamin E (D-alpha-tocopheryl acid succinate) from sunflower	15.075 mg AT (22.5 IU)
Vitamin B1 (thiamine hydrochloride)	8.75 mg
Vitamin B2 (riboflavin)	8.75 mg
Vitamin B2 (riboflavin-5-phosphate)	3.75 mg
Vitamin B6 (pyridoxal-5-phosphate)	2.5 mg
Vitamin B12 (methylcobalamin)	250 mcg
Folate (from calcium L-5-methyltetrahydrofolate)	250 mcg
Biotin	75 mcg
Vitamin D3 (cholecalciferol) (3.75 mcg)	150 IU

Minerals

Magnesium (from magnesium citrate)	75 mg
Calcium (from calcium citrate)	62.5 mg
Potassium (from potassium citrate)	6.25 mg
Zinc (from zinc citrate)	6.25 mg
Manganese (from manganese citrate)	3.75 mg
Copper (from copper gluconate)	1 mg
Boron (from boron citrate)	500 mcg
Molybdenum (from molybdenum citrate)	87.5 mcg
Chromium (from chromium HVP chelate)	62.5 mcg
Selenium (from selenium HVP chelate)	50 mcg
Iodine (from potassium iodide)	25 mcg

Amino Acids

DL-Methionine	50 mg
L-Cysteine hydrochloride monohydrate	7.5 mg
N,N-Dimethylglycine (DMG)	6.25 mg
Taurine (2-aminoethanesulfonic acid)	6.25 mg

Supplements/Nutraceuticals

Green tea (*Camellia sinensis*)

leaf extract, 50% polyphenols	50 mg
Free plant sterols (from non-GMO soy)	38.75 mg
Choline bitartrate	31.75 mg
para-Aminobenzoic acid (PABA)	18.75 mg
DL-alpha-Lipoic acid	12.5 mg
Betaine hydrochloride	12.5 mg
Rutin	11.25 mg
Japanese knotweed (<i>Fallopia japonica</i>) root extract, 50% resveratrol	10 mg
Inositol (myo-inositol)	8.75 mg
Bovine colostrum (from <i>Bos taurus</i>)	7.5 mg
Grape (<i>Vitis vinifera</i>) seed extract, 80% oligomeric proanthocyanidins	7.5 mg
Hesperidin (from bitter orange [<i>Citrus × aurantium</i>] fruit)	7.5 mg
Organic spirulina (<i>Spirulina platensis</i>)	7.5 mg
Coenzyme Q10 (ubiquinone-10) (from fermentation)	6 mg
Lecithin (from non-GMO sunflower oil)	3.75 mg
Tomato (<i>Solanum lycopersicum</i>) flesh extract, 10% lycopene	2.5 mg
<i>Haematococcus pluvialis</i> extract, 2% astaxanthin	1 mg
Lutein (from marigold [<i>Tagetes erecta</i>])	312 mcg
Black pepper (<i>Piper nigrum</i>) fruit extract, 95% piperine	200 mcg
Zeaxanthin (from marigold [<i>Tagetes erecta</i>])	200 mcg

Other ingredients

Arabinogalactan (25 mg per 2 capsules), microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 2 capsules two to four times daily with meals or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.



Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

#0225 · 120 vegetable capsules · UPC 6-28747-10225-4

#0253 · 240 vegetable capsules · UPC 6-28747-10253-7

NPN 80046526 · V0286-R14

Immune Health · Vitamins and Minerals



MULTIVITAMINS

Prenatal Complete Multivitamin

capsules



Benefits Mom and Baby Preconception to Early Motherhood · Reduces Risk of Neural-Tube Defects

For prenatal, pregnancy, postnatal, and breast-feeding. Vitamin and mineral formula beneficial for mother and infant health. Helps to reduce the risk of neural-tube defects when taken daily at least three months prior to becoming pregnant and during early pregnancy. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps to form red blood cells and helps in their proper function.

Each vegetable capsule contains

Calcium (from calcium citrate)	66.67 mg
Vitamin C (from calcium ascorbate)	58.33 mg
Magnesium (from fully reacted magnesium bisglycinate)	33.33 mg
Vitamin B5 (calcium D-pantothenate)	33.33 mg
Vitamin B1 (thiamine hydrochloride)	25 mg
Potassium (from potassium citrate)	23.33 mg
Vitamin B3 (niacinamide)	16.67 mg
Iron (from iron bisglycinate)	11.67 mg
Vitamin B2 (riboflavin-5'-phosphate sodium)	11.67 mg
Vitamin B6 (pyridoxal-5'-phosphate)	11.67 mg
Vitamin E (D-alpha-tocopheryl acid succinate)	11.17 mg AT (16.7 IU)
Zinc (from zinc citrate)	8.33 mg
Manganese (from manganese citrate)	1.67 mg
Copper (from copper citrate)	500 mcg
Folate (from calcium L-5-methyltetrahydrofolate)	333.33 mcg
Vitamin B12 (methylcobalamin)	333.33 mcg
Biotin	100 mcg
Iodine (from potassium iodide)	50 mcg
Chromium (from chromium polynicotinate)	33.33 mcg
Vitamin K1	33.33 mcg
Molybdenum (from molybdenum citrate)	16.667 mcg
Selenium (from yeast-free L-selenomethionine)	16.667 mcg
Vitamin D3 (cholecalciferol)	3.33 mcg (133.33 IU)

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 3 capsules daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

NEW CHILD-RESISTANT PACKAGE!

#3500 · 30 vegetable capsules · UPC 6-28747-13500-9

#1434 · 90 vegetable capsules · UPC 6-28747-11434-9

NPN 80115689 · V0378-R11

Maternity · Vitamins and Minerals



Ultra-High-Performance Liquid Chromatography (UHPLC) is indeed a masterful analytical technique for determining the identity and quantity of compounds in a sample.

These versatile, high-precision machines determine both the identity and quantity of complex molecules, including fat- and water-soluble vitamins. This allows us to identify and differentiate various compounds present in complex mixtures.



Multi

Vitamin and Mineral Formula capsules

With Activated B Vitamins
and 1,000 IU of Vitamin D
FREE OF IRON, BETA-CAROTENE,
AND VITAMIN A

Helps in the maintenance of good health,
healthy skin, and immune function.

Each vegetable capsule contains

Vitamins

Vitamin C (from 80 mg calcium ascorbate)	56 mg
Vitamin B1 (thiamine hydrochloride)	50 mg
Vitamin B3 (inositol hexanicotinate, flush-free)	50 mg
Vitamin B5 (calcium D-pantothenate)	50 mg
Vitamin B6 (pyridoxal-5'-phosphate)	50 mg
Vitamin B2 (riboflavin)	25 mg
Vitamin B2 (riboflavin-5'-phosphate)	25 mg
Vitamin E (D- <i>alpha</i> -tocopheryl acid succinate) (20 IU)	13.38 mg AT
Folate (from calcium L-5-methyltetrahydrofolate)	1,000 mcg
Vitamin B12 (methylcobalamin)	1,000 mcg
Biotin	150 mcg
Vitamin K2 (menaquinone-4)	25 mcg
Vitamin D3 (cholecalciferol) (1,000 IU)	25 mcg

Minerals

Magnesium (from magnesium citrate)	35 mg
Zinc (from zinc citrate)	10 mg
Copper (from copper gluconate)	1 mg
Manganese (from manganese citrate)	1 mg
Molybdenum (from molybdenum citrate)	150 mcg
Chromium (from chromium HVP chelate)	50 mcg
Selenium (from yeast-free L-selenomethionine)	10 mcg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and
silicon dioxide in a non-GMO vegetable capsule composed of
vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily or as directed by
your health-care practitioner. If you are taking
other medications, take this product a few
hours before or after them.

#1726 · 30 vegetable capsules · UPC 6-28747-11726-5
#1731 · 60 vegetable capsules · UPC 6-28747-11731-9
#1734 · 120 vegetable capsules · UPC 6-28747-11734-0
NPN 80035202 · V0468-R11

Vitamins and Minerals

Full line of multivitamins, p. 146–148



Vitamin E (D-*alpha*-tocopheryl

acid succinate)	33.44 mg AT
Vitamin B5 (calcium D-pantothenate)	11.5 mg
Vitamin B1 (thiamine hydrochloride)	8.25 mg
Vitamin B3 (niacinamide)	7.5 mg
Vitamin B2 (riboflavin)	5 mg
Vitamin B3 (inositol hexanicotinate, flush-free)	5 mg
Vitamin B6 (pyridoxine hydrochloride)	5 mg
Vitamin B2 (riboflavin-5'-phosphate sodium)	1.25 mg
Vitamin B6 (pyridoxal-5'-phosphate)	1.25 mg
Folate (from calcium L-5-methyltetrahydrofolate)	95 mcg
Vitamin B12 (methylcobalamin)	75 mcg
Biotin	16.5 mcg
Vitamin D3 (cholecalciferol) (1,425 mcg)	57 IU

Minerals

Magnesium (from magnesium citrate)	112.5 mg
Calcium (from calcium citrate and calcium ascorbate)	81 mg
Potassium (from potassium citrate)	8.25 mg
Zinc (from zinc citrate)	3.75 mg
Manganese (from manganese citrate)	1 mg
Copper (from copper gluconate)	250 mcg
Boron (from boron citrate)	125 mcg
Iodine (from Norwegian kelp [<i>Ascophyllum nodosum</i>])	25 mcg
Chromium (from chromium HVP chelate)	12.5 mcg
Selenium (from selenium HVP chelate)	12.5 mcg

Amino Acids

L-Proline	22.5 mg
N,N-Dimethylglycine (DMG)	20 mg
L-Cysteine hydrochloride monohydrate	7.5 mg

Supplements / Nutraceuticals

Green tea (<i>Camellia sinensis</i>) extract, 50% polyphenols	60 mg
Citrus bioflavonoids (from bitter orange [<i>Citrus × aurantium</i>]), 50% hesperidin	50 mg
Bee pollen	35 mg
D-Ribose	30 mg
DL- <i>alpha</i> -Lipoic acid	25 mg
Broken-cell, organic chlorella (<i>Chlorella vulgaris</i>)	18 mg
Organic spirulina (<i>Spirulina platensis</i>)	18 mg
Betaine hydrochloride	12.5 mg
Lecithin (from non-GMO sunflower oil)	8.25 mg
<i>para</i> -Aminobenzoic acid (PABA)	6.25 mg
Coenzyme Q10 (ubiquinone-10) (from fermentation)	6 mg
Rutin	5 mg
Choline citrate	4.15 mg
Inositol (myo-inositol)	4.075 mg
Hesperidin (from bitter orange [<i>Citrus × aurantium</i>] fruit)	2.5 mg
Quercetin	2.5 mg
Tomato (<i>Solanum lycopersicum</i>) flesh extract, 20% lycopene	750 mcg
Black pepper (<i>Piper nigrum</i>) fruit extract, 95% piperine	200 mcg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and
silicon dioxide in a non-GMO vegetable capsule composed of
carbohydrate gum and purified water.

Directions of use

Adults: Take 2 capsules one to four times daily
with meals or as directed by your health-
care practitioner. If you are taking other
medications, take this product a few hours
before or after them.

#1235 · 60 vegetable capsules · UPC 6-28747-11235-2
#0963 · 120 vegetable capsules · UPC 6-28747-10963-5
#0964 · 240 vegetable capsules · UPC 6-28747-10964-2
NPN 80083606 · V0476-R10

50+ Health · Vitamins and Minerals

Full line of multivitamins, p. 146–148

Multi-Max

Multivitamin capsules

Advanced 45-Ingredient Formula
IRON-FREE

Source of vitamins, minerals, and
antioxidants for the maintenance of good
health. Helps to maintain healthy skin and
immune function. Helps in the function of
the thyroid gland. Helps in the development
and maintenance of bones.

Two vegetable capsules contain

Vitamins

Vitamin C (from calcium ascorbate)	43.75 mg
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Multi-Max IMMUNE

Multivitamin

capsules

Advanced 50-Ingredient Formula With Colostrum and Green Tea IRON-FREE

Source of vitamins, minerals, and antioxidants for the maintenance of good health. Helps to maintain healthy skin and immune function. Helps in the function of the thyroid gland. Helps in the development and maintenance of bones.



Two vegetable capsules contain

Vitamins

Vitamin C (from calcium ascorbate)	61.25 mg
Vitamin B5 (calcium D-pantothenate)	50 mg
Vitamin B6 (pyridoxine hydrochloride)	50 mg
Vitamin B3 (niacinamide)	25 mg
Vitamin B3 (inositol hexanicotinate, flush-free)	25 mg
Vitamin E (D-alpha-tocopheryl acid succinate) from sunflower	15.075 mg AT (22.5 IU)
Vitamin B1 (thiamine hydrochloride)	8.75 mg
Vitamin B2 (riboflavin)	8.75 mg
Vitamin B2 (riboflavin-5'-phosphate)	3.75 mg
Vitamin B6 (pyridoxal-5'-phosphate)	2.5 mg
Vitamin B12 (methylcobalamin)	250 mcg
Folate (from calcium L-5-methyltetrahydrofolate)	250 mcg
Biotin	75 mcg
Vitamin D3 (cholecalciferol) (3.75 mcg)	150 IU

Minerals

Magnesium (from magnesium citrate)	75 mg
Calcium (from calcium citrate)	62.5 mg
Potassium (from potassium citrate)	6.25 mg
Zinc (from zinc citrate)	6.25 mg
Manganese (from manganese citrate)	3.75 mg
Copper (from copper gluconate)	1 mg
Boron (from boron citrate)	500 mcg
Molybdenum (from molybdenum citrate)	87.5 mcg
Chromium (from chromium HVP chelate)	62.5 mcg
Selenium (from selenium HVP chelate)	50 mcg
Iodine (from potassium iodide)	25 mcg

Amino Acids

DL-Methionine	50 mg
L-Cysteine hydrochloride monohydrate	7.5 mg
N,N-Dimethylglycine (DMG)	6.25 mg
Taurine (2-aminoethanesulfonic acid)	6.25 mg

Supplements/Nutraceuticals

Green tea (<i>Camellia sinensis</i>) leaf extract, 50% polyphenols	50 mg
Free plant sterols (from non-GMO soy)	38.75 mg
Choline bitartrate	31.75 mg
para-Aminobenzoic acid (PABA)	18.75 mg
DL-alpha-Lipoic acid	12.5 mg
Betaine hydrochloride	12.5 mg
Rutin	11.25 mg
Japanese knotweed (<i>Fallopia japonica</i>) root extract, 50% resveratrol	10 mg
Inositol (myo-inositol)	8.75 mg
Bovine colostrum (from <i>Bos taurus</i>)	7.5 mg
Grape (<i>Vitis vinifera</i>) seed extract, 80% oligomeric proanthocyanidins	7.5 mg
Hesperidin (from bitter orange [<i>Citrus x aurantium</i>] fruit)	7.5 mg
Organic spirulina (<i>Spirulina platensis</i>)	7.5 mg
Coenzyme Q10 (ubiquinone-10) (from fermentation)	6 mg
Lecithin (from non-GMO sunflower oil)	3.75 mg
Tomato (<i>Solanum lycopersicum</i>) flesh extract, 10% lycopene	2.5 mg
<i>Haematococcus pluvialis</i> extract, 2% astaxanthin	1 mg
Lutein (from marigold [<i>Tagetes erecta</i>])	312 mcg

Black pepper (*Piper nigrum*)

fruit extract, 95% piperine. 200 mcg

Zeaxanthin (from marigold [*Tagetes erecta*]) 200 mcg

Other ingredients

Arabinogalactan (25 mg per 2 capsules), microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 2 capsules two to four times daily with meals or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.



Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

#0225 · 120 vegetable capsules · UPC 6-28747-10225-4

#0253 · 240 vegetable capsules · UPC 6-28747-10253-7

NPN 80046526 · V0286-R14

Immune Health · Vitamins and Minerals

Full line of multivitamins, p. 146-148

Multi 5 Collagen

Protein-Building Peptides

5 Types of Food-Sourced Collagen:

I, II, III, V, and X

powder



Dairy-Free

40 Calories per Portion

10 g Collagen per Portion

(92% Protein)

No Fat, no Gluten, no GMO

Collagen, a kind of protein naturally produced by the body, is crucial for skin's strength and elasticity, muscle strength, bone strength, and more. Keto- and paleo-friendly, this potent blend of 5 types of collagen is sourced from cattle, fish, and poultry. Free of GMOs, easily digestible, and gut-friendly.

Ingredients

Hydrolyzed bovine collagen, beef bone broth collagen, chicken collagen, eggshell membrane collagen, and hydrolyzed fish collagen.

Contains

Eggs, fish (cod [*Gadus morhua*], saithe [*Pollachius virens*], haddock [*Melanogrammus aeglefinus*], and plaice [*Pleuronectes platessa*]).

Directions of use

Add 2 tablespoons to smoothies and blended drinks or shaker cups. Use in your favourite recipes when baking as well!



Nutrition Facts · Per 2 tbsp. (10.9 g)

Calories 40	% Daily Value*	
% Daily Value*		
Fat 0 g	0 %	Cholesterol 0 mg
Saturated 0 g + Trans 0 g	0 %	Sodium 15 mg 1 %
Carbohydrate 0 g		Potassium 0 mg 0 %
Fibre 0 g	0 %	Calcium 0 mg 0 %
Sugars 0 g	0 %	Iron 0 mg 0 %
Protein 10 g		

*5% or less is a little, 15% or more is a lot

#2518 · 200 g / 18 portions · UPC 6-28747-02518-8

#2519 · 400 g / 36 portions · UPC 6-28747-02519-5

PM0838-R2

NONTAXABLE ITEM

50+ Health · Bone Health · Functional Foods · Hair · Joint Health

Muscle Support · Nails · Skin

Full line of collagen products, p. 72-73

Multi 5 Collagen

with Delicious
Organic Cocoa

powder



Protein-Building Peptides 5 Types of Food-Sourced Collagen: I, II, III, V, and X

Collagen, a kind of protein naturally produced by the body, is crucial for skin's strength and elasticity, muscle strength, bone strength, and more. Keto- and paleo-friendly, this potent blend of 5 types of collagen is sourced from cattle, fish, and poultry. Free of GMOs, easily digestible, and gut-friendly.

Ingredients

Hydrolyzed bovine collagen, organic cocoa powder, beef bone broth collagen, chicken collagen, eggshell membrane collagen, and hydrolyzed fish collagen.

Contains

Eggs, fish (cod [*Gadus morhua*], saithe [*Pollachius virens*], haddock [*Melanogrammus aeglefinus*], and plaice [*Pleuronectes platessa*]).

Directions of use

Add 2 tablespoons to smoothies and blended drinks or shaker cups. Use in your favourite recipes when baking as well!



Nutrition Facts · Per 5 tsp. (12 g)

Calories 40	% Daily Value*		
% Daily Value*			
Fat 0.2 g	0 %	Calcium 10 mg	1 %
Saturated 0.1 g + Trans 0 g	1 %	Iron 0.2 mg	1 %
Carbohydrate 1 g		Phosphorus 10 mg	1 %
Fibre 0 g	0 %	Magnesium 8 mg	2 %
Sugars 0 g	0 %	Zinc 0.1 mg	1 %
Protein 10 g		Selenium 0.2 µg	0 %
Cholesterol 0 mg		Copper 0.06 mg	7 %
Sodium 15 mg	1 %	Manganese 0.05 mg	2 %
Potassium 20 mg	0 %		

*5% or less is a little, 15% or more is a lot

#2546 · 200 g / 16 portions · UPC 6-28747-02546-1
PM0855-R2

NONTAXABLE ITEM

50+ Health · Bone Health · Functional Foods · Hair · Joint Health
Muscle Support · Nails · Skin

Full line of collagen products, p. 72-73

Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.



Directions of use

Adults: Take 2 capsules daily or as directed by your health-care practitioner.

#2231 · 60 vegetable capsules · UPC 6-28747-12231-3
NPN 80077537 · V0606-R1

Maternity

Mum Ma Milkstream

organic tincture

Promotes Lactation

Traditionally used in herbal medicine as a galactagogue to help promote milk production/secretion. Traditionally used in herbal medicine to promote lactation.



Each teaspoon contains

a crude quantity equivalent of

Organic red raspberry (<i>Rubus idaeus</i>) leaf	123 mg
Organic blessed thistle (<i>Cnicus benedictus</i>) herb top	61.5 mg
Organic sweet fennel (<i>Foeniculum vulgare</i> ssp. <i>vulgare</i> var. <i>dulce</i>) seed	61.5 mg
Organic burdock (<i>Arctium lappa</i>) root	34.5 mg
Organic red clover (<i>Trifolium pratense</i>) flower	34.5 mg

Other ingredients

Organic alcohol 25% (from sugarcane), purified water, and vegetable glycerin.

Directions of use

Adults: Take 3 teaspoons once daily or as directed by your health-care practitioner.



Directions of use

For occasional use only.

#1587 · 50 ml · UPC 6-28747-21587-9

#1586 · 95 ml · UPC 6-28747-21586-2

NPN 80052389 · LM0038-R7

Maternity

Mum Ma Milkstream

capsules

Promotes Lactation

Used in herbal medicine as a galactagogue/lactagogue to help promote milk production/secretion (lactation). Used in herbal medicine as supportive therapy for the promotion of healthy glucose levels; to help reduce elevated blood lipid levels / hyperlipidemia; and as a nutritive tonic.



Each vegetable capsule contains

Fenugreek (<i>Trigonella foenum-graecum</i>) seed 5:1 extract	425 mg
Blessed thistle (<i>Cnicus benedictus</i>) herb top 5:1 extract	75 mg
Red raspberry (<i>Rubus idaeus</i>) leaf	75 mg
Fennel (<i>Foeniculum vulgare</i> ssp. <i>vulgare</i> var. <i>dulce</i>) seed	35 mg
Red clover (<i>Trifolium pratense</i>) flowering tip	20 mg
Burdock (<i>Arctium lappa</i>) root	20 mg

Mushrooms

137-141

Myo-Inositol

powder

PCOS Management · Enhances Fertility by Improving Ovarian Function · Healthy Glucose Metabolism / Mood Balance

Helps to improve ovarian function in women with oligomenorrhea and polycystic ovaries; in the management of polycystic ovarian syndrome (PCOS) by helping to restore normal ovarian function; in the management of PCOS by reducing oxidative stresses; to restore ovulation and oocyte quality, and to normalize menstrual cycle irregularities; to reduce serum testosterone in women with PCOS; and in the management of PCOS's hormonal and metabolic conditions by promoting healthy glucose metabolism. As an important component of phospholipids, inositol can assist in regulating cellular response for healthy body functioning. Helps support healthy mood balance.



Each scoop contains

Inositol (*myo*-inositol) 4 g
100% Vegan. Does not alter taste of drinks when mixed in.

Directions of use

Adults: Take 1 scoop added to 250 ml of water or juice, one to three times daily or as directed by your health-care practitioner. *For healthy mood balance:* Take 3 scoops daily or as directed by your health-care practitioner. We recommend weighing **Myo-Inositol** for precise dosage.



Duration of use

Consult a health-care practitioner for use beyond 6 weeks.

#2208 · 125 g/31 doses · UPC 6-28747-02208-8

#2209 · 250 g/62 doses · UPC 6-28747-02209-5

#2081 · 500 g/125 doses · UPC 6-28747-02081-7

NPN 80072476 · P0003-R0

Blood Glucose Management · Women Fertility

N-AcetylCysteine

NAC · 600 mg

capsules

Helps Relieve Symptoms of Chronic Bronchitis and Respiratory Tract Inflammation

Provides antioxidants. Helps to relieve symptoms of chronic bronchitis. A supportive therapy in the treatment of inflammation of the respiratory system.



Each vegetable capsule contains

N-Acetyl-L-cysteine 600 mg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule twice daily with a meal or as directed by your health-care practitioner.

#0301 · 90 vegetable capsules · UPC 6-28747-10301-5

#0302 · 180 vegetable capsules · UPC 6-28747-10302-2

NPN 80107262 · V0210-R5

Antioxidants · Cold and Flu · Detoxification



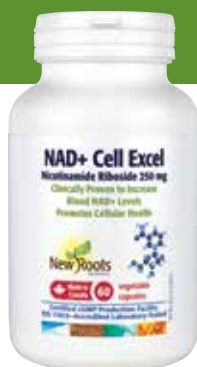
NAD+ Cell Excel

Nicotinamide Riboside 250 mg

capsules

Clinically Proven to Increase Blood NAD+ Levels Promotes Cellular Health

Supports biological functions which play a key role in the maintenance of good health by maintaining blood NAD+ levels. Clinically proven to increase blood NAD+ levels, to support cellular health.



Each vegetable capsule contains

Nicotinamide riboside
(from nicotinamide riboside chloride) 250 mg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 2–3 capsules daily or as directed by your health-care practitioner.



Duration of use

Consult a health-care practitioner for use beyond 12 weeks.

#3137 · 60 vegetable capsules · UPC 6-28747-13137-7

NPN 80112465 · V0741-R1

50+ Health · Energy · Vitamins and Minerals

Natural sweeteners

217–218

Neem Leaf

capsules

Helps Relieve Eczema and Itchy Skin · Helps Relieve Diarrhea

Traditionally used in Ayurveda as a blood purifier to help relieve eczema, itching, and irritation associated with skin conditions and wounds; as *Grahi* (astringent) to help relieve diarrhea; as a vermifuge to help expel intestinal worms (*Krmiroga* [worm infestation]); and to help promote digestion.



Each vegetable capsule contains

Neem (*Azadirachta indica*) leaf 500 mg

Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 2–6 capsules daily or as directed by your health-care practitioner.

#1472 · 90 vegetable capsules · UPC 6-28747-11472-1

NPN 80026134 · V0399-R2

Herbs and Herbal Extracts · Parasitic and Fungal Management · Skin



Neem Oil

Organic

Nourishes Dry Skin

Nourishing oil for skin-related issues.

Each bottle contains

Organic neem (*Azadirachta indica*) seed and fruit oil, cold-pressed, nondeodorized 30 ml with added organic rosemary (*Rosmarinus officinalis*) leaf extract.

Other ingredients

Azadirachta indica seed and *Rosmarinus officinalis* (rosemary) leaf extract.

Directions of use

Place 5–8 drops in your hand and gently massage desired areas. Larger body parts may require more oil.

#1976 · 30 ml · UPC 6-28747-21976-1

OM0128-R2

**Beauty · Herbs and Herbal Extracts
Parasitic and Fungal Management · Skin**



NeuroPerform

Citicoline 250 mg

capsules



Promotes Healthy Cognitive Function

Helps support cognitive function in the elderly.

Each vegetable capsule contains

Citicoline
(cytidine-5'-diphosphocholine) 250 mg
Choline (choline bitartrate) 14 mg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults 19 years and older: Take 2 capsules once or twice daily or as directed by your health-care practitioner.

#3090 · 60 vegetable capsules · UPC 6-28747-13090-5
NPN 80110011 · V0744-R1

Memory Help · Neurological Health



New Roots Essence

tincture



Removes Accumulated Waste Products via Kidneys, Skin, and Mucous Membranes

Traditionally used in herbal medicine as a diuretic, diaphoretic, and alterative to help remove accumulated waste products via the kidneys, skin, and mucous membranes.

Each tablespoon contains a crude quantity equivalent of

Organic burdock (*Arctium lappa*) root . . . 172 mg
Organic sheep sorrel
(*Rumex acetosella*) herb top 86 mg
Pau d'arco (*Tabebuia heptaphylla*) inner bark 30.7 mg
Organic slippery elm (*Ulmus rubra*) bark. 21 mg
Organic blessed thistle (*Cnicus benedictus*) herb top 8 mg
Organic red clover (*Trifolium pratense*) herb 8 mg
Watercress (*Nasturtium officinale*) herb. 8 mg
Organic rhubarb (*Rheum palmatum*) root 5 mg

Other ingredients

Organic whole Norwegian kelp (*Ascophyllum nodosum*), organic alcohol 25% (from sugarcane), glycerin, and purified water. · Steeped in organic alcohol (from organic sugarcane) for 21 days.

Directions of use

Adults: Take 3 tablespoons in the morning and 4 tablespoons in the evening or as directed by your health-care practitioner.
Optional: To reduce the alcohol content, add 4 ounces of boiling water and let sit for 5 minutes. Can also be mixed with orange juice or your favourite juice.

Duration of use

For occasional use only.

#1977 · 500 ml / ≈ 9½ doses · UPC 6-28747-21977-8
NPN 80109774 · LM0136-R1

Detoxification



New Roots Herbal's

Breathe Easy

Made with Organic Plantain and Lobelia

capsules



Respiratory Relaxant and Expectorant

New Roots Herbal's Breathe Easy is formulated with selected organic quality herbals. Lobelia is traditionally used in herbal medicine as a respiratory relaxant and expectorant.

Each vegetable capsule contains

Organic plantain
(*Plantago major*) leaf 500 mg
Organic alfalfa (*Medicago sativa*) herb 100 mg
Organic lobelia (*Lobelia inflata*) herb top 50 mg

Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 2 capsules twice daily or as directed by your health-care practitioner.

#0242 · 100 vegetable capsules · UPC 6-28747-10242-1
NPN 80036947 · V0123-R4

Cold and Flu



New Roots Herbal

Chill Pills

capsules



Relaxation

L-Theanine helps to temporarily promote relaxation. B-complex vitamins are a factor in the maintenance of good health.

Each vegetable capsule contains

L-Theanine. 100 mg
Phellodendron (*Phellodendron amurense*) bark extract, 0.1% berberine 15 mg
Passionflower (*Passiflora incarnata*) extract, 4% flavonoids 50 mg
Astragalus (*Astragalus membranaceus*) root extract, 3% astragalosides 25 mg
Ashwagandha (*Withania somnifera*) root extract, 2.5% withanolides 75 mg
Holy basil (*Ocimum tenuiflorum*) leaf extract, 10% ursolic acid. 50 mg
Oat (*Avena sativa*) 10:1 extract 50 mg
Rhodiola (*Rhodiola rosea*) root extract, 5% rosavins 50 mg
Vitamin B2 (riboflavin, riboflavin-5'-phosphate sodium). 27.5 mg
Vitamin B6 (pyridoxine hydrochloride / pyridoxal-5'-phosphate). 27.5 mg
para-Aminobenzoic acid (PABA) 25 mg
Choline bitartrate 25 mg
Inositol (myo-inositol) 25 mg
D-Ribose 25 mg
Vitamin B1 (thiamine hydrochloride). 25 mg
Vitamin B5 (calcium D-pantothenate) 25 mg
Inositol hexanicotinate, flush-free (vitamin B3) 17.5 mg
Chinese jujube (*Ziziphus jujuba*) fruit. 12.5 mg
Magnolia (*Magnolia officinalis*) bark 50:1 extract, 80% magnolol + honokiol. 7.5 mg
Vitamin B3 (niacinamide) 7.5 mg
Folate (from calcium L-5-methyltetrahydrofolate) 500 mcg
Vitamin B12 (methylcobalamin). 75 mcg
Biotin 37.5 mcg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of carbohydrate gum and purified water.

Directions of use

Adults: Take 2 capsules at once daily with food or as directed by your health-care practitioner. Not to be taken immediately before bedtime. If you are taking other medications, take this product a few hours before or after them.



Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

#1166 · 16 vegetable capsules · UPC 6-28747-11166-9

#1163 · 30 vegetable capsules · UPC 6-28747-11163-8

#1277 · 60 vegetable capsules · UPC 6-28747-11277-2

NPN 80084696 · V0324-R9

Mood Enhancement · Stress Management

Full line of antistress products, p. 208–212

New Roots Herbal

Joyful

capsules

Healthy Mood Balance

Helps to promote healthy mood balance.
Helps to temporarily promote relaxation.

Each vegetable capsule contains

gamma-Aminobutyric acid (GABA) 200 mg
L-Theanine 83.33 mg
L-Tryptophan 73.333 mg
L-5-Hydroxytryptophan (L-5-HTP) (from *Griffonia simplicifolia* seed) . . . 50 mg
San-qi ginseng (*Panax notoginseng*) leaf 15:1 extract 50 mg
Phellodendron (*Phellodendron amurense*) bark extract, 1% berberine 10 mg
Vitamin B6 (pyridoxal-5'-phosphate) 10 mg
Magnolia (*Magnolia officinalis*) bark 50:1 extract, 80% magnolol + honokiol 5 mg
Folate (from calcium L-5-methyltetrahydrofolate) 333 mcg
Vitamin B12 (methylcobalamin) 333 mcg
Vitamin D3 (cholecalciferol) 8.33 mcg (333.33 IU)



Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule three times daily. Start with 1 capsule daily and gradually move to 3 daily, or as directed by your health-care practitioner. Use the lowest efficient dose.



Duration of use

For healthy mood balance: Use for a minimum of 1 week to see beneficial effects. Consult a health-care practitioner for use beyond 4 weeks.

#2022 · 30 vegetable capsules · UPC 6-28747-12022-7

#2024 · 60 vegetable capsules · UPC 6-28747-12024-1

NPN 80069682 · V0557-R1

Mood Enhancement · Neurological Health · Stress Management

Full line of antistress products, p. 208–212

“Problems are challenges to creative minds. Without problems, there would be little reason to think at all.”

Earl Nightingale

Niacin:

Vitamin B3

Niacin · 100 mg

capsules

Advanced Formula

A factor in the maintenance of good health.
Helps to prevent niacin deficiency.

Each vegetable capsule contains

Vitamin B3 (niacin) 100 mg
Bilberry (*Vaccinium myrtillus*) fruit extract 50 mg
Hawthorn (*Crataegus monogyna*) berry 45 mg
Hawthorn (*Crataegus monogyna*) berry extract, 2% vitexin 5 mg
Vitamin B1 (thiamine hydrochloride) 5 mg
Vitamin B6 (pyridoxal-5'-phosphate) 1 mg
Vitamin B6 (pyridoxine hydrochloride) 1 mg



Other ingredients

Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily with food or as directed by your health-care practitioner.

#0980 · 90 vegetable capsules · UPC 6-28747-10980-2

NPN 80027828 · V0430-R2

Cholesterol Management · Heart and Blood · Vitamins and Minerals

Full line of B vitamins, p. 227–234



Niacin:

Vitamin B3

Niacin · 500 mg

capsules

Helps the body to metabolize nutrients.

Each vegetable capsule contains

Vitamin B3 (niacin) 500 mg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily with a meal or as directed by your health-care practitioner.

#0908 · 60 vegetable capsules · UPC 6-28747-10908-6

NPN 80059091 · V0539-R1

Cholesterol Management · Neurological Health · Vitamins and Minerals

Full line of B vitamins, p. 227–234



Niacinamide

Vitamin B3 · 500 mg

capsules

Flush-Free · Energy Metabolism

Helps normal growth and development; in energy metabolism and tissue formation; to maintain the body's ability to metabolize nutrients; to reduce the risk of actinic keratosis, an early skin lesion that may precede nonmelanoma skin cancer; and to reduce skin immunosuppression caused by the sunlight. A factor in the maintenance of good health.



Each vegetable capsule contains

Vitamin B3 (niacinamide) 500 mg

Other ingredients

Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take one capsule 1–2 times per day with food or as directed by your health-care practitioner. *For reducing the risk of actinic keratosis:* Take 2 capsules per day with food. *For all other uses:* Take 1 capsule per day with food or as directed by a health-care practitioner.



#2191 · 90 vegetable capsules · UPC 6-28747-12191-0
NPN 80077106 · V0611-R2

Energy · Skin · Vitamins and Minerals

Full line of B vitamins, p. 227–234

NMN Renew

150 mg

Metabolically Active

Nicotinamide Mononucleotide

capsules

NAD+ Precursor · Healthy Aging

Nicotinamide mononucleotide is a precursor of NAD+. Helps in energy metabolism, tissue formation, and maintaining the body's ability to metabolize nutrients.



Each vegetable capsule contains

Pure NMN
(nicotinamide mononucleotide) . . . 150 mg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule twice daily or as directed by your health-care practitioner.

Duration of use

Consult a health-care practitioner for use beyond 6 weeks.

#3408 · 60 vegetable capsules · UPC 6-28747-13408-8

#3409 · 120 vegetable capsules · UPC 6-28747-13409-5

NPN 80127124 · V0798-R1

50+ Health · Energy



NMN Renew

300 mg · Extra Strength

Metabolically Active

Nicotinamide Mononucleotide

capsules

NAD+ Precursor · Healthy Aging

Nicotinamide mononucleotide is a precursor of NAD+. Helps in energy metabolism, tissue formation, and maintaining the body's ability to metabolize nutrients.

Each vegetable capsule contains

Pure NMN
(nicotinamide mononucleotide) . . . 300 mg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner.

Duration of use

Consult a health-care practitioner for use beyond 6 weeks.

#3391 · 30 vegetable capsules · UPC 6-28747-13391-3

#3421 · 60 vegetable capsules · UPC 6-28747-13421-7

NPN 80127129 · V0799-R1

50+ Health · Energy



Odourless Garlic

200 mg

capsules

Cardiovascular Health

Relieves Symptoms of Upper

Respiratory Tract Infections

Garlic is traditionally used in herbal medicine to help relieve the symptoms associated with upper respiratory tract infections and catarrhal conditions; to help reduce elevated blood lipid levels/hyperlipidaemia in adults; and to help maintain cardiovascular health in adults.

Each vegetable capsule contains

Odourless garlic (*Allium sativum*) bulb, 1% allicin 200 mg
Sweet fennel (*Foeniculum vulgare*
ssp. *vulgare* var. *dulce*) seed 25 mg

Other ingredients

Parsley (*Petroselinum crispum*) leaf (200 mg) and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule three times daily or as directed by your health-care practitioner.

Duration of use

Consult a health-care practitioner for use beyond 2 weeks.

#0778 · 90 vegetable capsules · UPC 6-28747-10778-5

NPN 80030358 · V0174-R3

Cholesterol Management · Cold and Flu

Heart and Blood · Herbs and Herbal Extracts



Olive Leaf

Extract · 500 mg

capsules

20% oleuropein

An antioxidant for the maintenance of good health.

Each vegetable capsule contains

Olive (*Olea europaea*)
leaf extract, 20% oleuropein 500 mg

Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 2 capsules daily or as directed by your health-care practitioner.

Duration of use

For occasional use only.

#0845 · 60 vegetable capsules · UPC 6-28747-10845-4

#1011 · 120 vegetable capsules · UPC 6-28747-11011-2

NPN 80040247 · V0214-R4

**Antioxidants · Heart and Blood · Herbs and Herbal Extracts
Immune Health**



Olive Leaf Extract

95–130 mg Oleuropein per Dose

liquid

Antioxidant · Peppermint Flavour

Source of antioxidants.

Other ingredients

Peppermint essential oil and vegetable glycerin.

Directions of use

Adults: Take 16 ml (approx. 1 tbsp.) once daily with food or as directed by your health-care practitioner.



Nutrition Facts · For approx. 1 Tbsp. (16 ml)

Calories 48	% Daily Value*		% Daily Value*
Fat 0 g	0 %	Protein 0 g	
Carbohydrate 10 g	4 %	Sodium 0 mg	0 %
Sugars 0 g	0 %		
Olive (<i>Olea europaea</i>) Leaf Extract (Equivalent to 12.8 g of fresh leaves)			†
Standardized to: Oleuropein 95–130 mg			†

*5% or less is a little, 15% or more is a lot.

Percent Daily Values are based on a 2,000-calorie diet.

†Daily Value not established

#2294 · 250 ml · UPC 6-28747-22294-5

#2296 · 500 ml · UPC 6-28747-22296-9

NPN 80087742 · L0152-R1

Antioxidants · Heart and Blood

Herbs and Herbal Extracts · Immune Health



Olive Oil:

Heart Smart Extra Virgin Organic Olive Oil

First Cold-Pressed · Non-GMO

Plant sterol-fortified to promote healthy cholesterol levels. Helps lower total blood and LDL cholesterol. Helps maintain healthy cholesterol levels.

Each tablespoon contains

Plant sterols esters 375 mg
(combined *beta*-sitosterols, campesterols, and stigmasterols).

Other ingredients

Certified organic extra virgin olive (*Olea europaea*) oil and natural vitamin E (mixed tocopherol concentrate, from non-GMO sunflower). Nitrogen-flushed to maintain optimum freshness, prevent oxidation, and ensure maximum nutritional value.

Fatty Acids

Oleic	56–85%
Linoleic	3.5–20%
Palmitic	7.5–20%
Stearic	0.5–5%

Directions of use

Adults: Take 3 tablespoons daily with food or as directed by your health-care practitioner. Stir into soups, stews, and sauces; or use for light sautéing. Its taste of sweet butter with subtle notes of pear, along with its low acidity level, makes it excellent for vinaigrettes, marinades, or as a replacement for butter or margarine on your toast. Enjoy a cholesterol-reduced breakfast, lunch, or dinner. Great-tasting and low in saturated fat; salt-, gluten-, cholesterol-, and *trans* fat-free.

#1626 · 500 ml · UPC 6-28747-21626-5

NPN 80059927 · OM0116

Cooking Oils · Functional Foods · Heart and Blood



Omegas

157–164



“When I was 5 years old, my mother told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down ‘happy.’ They told me I didn’t understand the assignment, and I told them they didn’t understand life.”

John Lennon

OMEGAS

Help Support Cardiovascular and Cognitive Health

Hundreds of clinical trials reveal the benefits of naturally sourced omega-3 fatty acids from infancy to adulthood. Wild omega-3 fish oils support cognitive function and cardiovascular health and help lower serum triglycerides. Cold-water fatty fish are the most common dietary sources of omega-3 fatty acids. Furthermore, wild-caught larger fish have higher levels of contaminants, while farm-raised fish have lower levels of the valuable nutrients. Unfortunately, the average North American falls short for dietary consumption of omega-3 fatty acids. Supplementation with high-potency wild omega-3 fish oil is ideal for the maintenance of your good health. You will also have peace of mind in knowing they have been screened for contamination from heavy metals, which are no match for our ICP-MS analytical instruments. GC-FID further ensures therapeutic amounts of EPA and DHA match our label claim.

Black Cumin Seed Oil (Black Seed Oil) 500 mg

Mediterranean *Nigella sativa*
Made with Premium, Organic, First Cold-Pressed Black Cumin Seed Oil

Allergy Support

Helps reduce symptoms of allergic rhinitis. Source of linoleic acid for the maintenance of good health.

Each softgel contains

Organic black cumin (*Nigella sativa*) seed oil (black seed oil), 50% linoleic acid, 20% oleic acid, hexane-free 500 mg

Other ingredients

Natural vitamin E (mixed tocopherols from sunflower) in a softgel composed of bovine gelatin, glycerin, and purified water.

Directions of use

Adults: Take 2 softgels three times daily with food or as directed by your health-care practitioner. If you are taking supplements containing iron, zinc, calcium, or copper, take this product a few hours before or after them.

Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

#0130 · 60 softgels · UPC 6-28747-20130-8

#0945 · 120 softgels · UPC 6-28747-10945-1

NPN 80035939 · V0163-R5

Allergy Relief · Essential Fatty Acids · Herbs and Herbal Extracts



Black Cumin Seed Oil (Black Seed Oil) 1,000 mg Extra Strength

softgels

Mediterranean *Nigella sativa*
Made with Premium, Organic, First Cold-Pressed Black Cumin Seed Oil

Allergy Support

Helps reduce symptoms of allergic rhinitis. Source of linoleic acid for the maintenance of good health.

Each softgel contains

Organic black cumin (*Nigella sativa*) seed oil (black seed oil), 50% linoleic acid, 20% oleic acid, hexane-free 1,000 mg

Other ingredients

Mixed tocopherol concentrate (from sunflower) in a softgel of bovine gelatin, glycerin, and purified water.

Directions of use

Adults: Take 1 softgel three times daily before a meal or as directed by your health-care practitioner. Take with food. If you are taking supplements containing iron, zinc, calcium, or copper, take this product a few hours before or after them.

Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

#3139 · 60 softgels · UPC 6-28747-13139-1

NPN 80095308 · V0761-R1

Allergy Relief · Essential Fatty Acids
Herbs and Herbal Extracts



Black Cumin Seed Oil (Black Seed Oil) Organic 2.0 – 2.4% Thymoquinone

liquid

Reduces Allergy Symptoms Including Inflammation

Helps reduce symptoms of allergic rhinitis. Source of antioxidants that help protect against cell damage caused by free radicals. Source of omega-6 essential fatty acids for the maintenance of good health.

Each teaspoon contains

Organic black cumin (*Nigella sativa*) seed oil (black seed oil), first cold-pressed, 50% linoleic acid, 20% oleic acid 5 ml

Other ingredients

Organic rosemary (*Rosmarinus officinalis*) extract and organic olive oil.

Directions of use

Adults: Take ½ teaspoon twice daily with food to avoid digestive upset or as directed by your health-care practitioner. If you are taking supplements containing iron, zinc, calcium, or copper, take this product a few hours before or after them.



OMEGAS

Duration of use

Consult a health-care practitioner for use beyond 4 weeks.
Use for a minimum of 2 weeks to reduce symptoms of allergic rhinitis.

#2226 · 100 ml / ≈ 20 doses · UPC 6-28747-22226-6

#2225 · 200 ml / ≈ 40 doses · UPC 6-28747-22225-9

NPN 80080852 · LM0151-R2

Allergy Relief · Essential Fatty Acids · Herbs and Herbal Extracts

Borage Oil

Made with Organic Borage softgels

Eczema · Acne Dermal Inflammation

Helps to reduce symptoms and skin inflammation associated with acne. Helps improve the inflammatory symptoms such as roughness, redness, and other symptoms associated with atopic dermatitis (eczema). Helps to maintain skin firmness, moisture, elasticity, and hydration. Source of omega-6, linoleic acid, and other essential fatty acids for the maintenance of good health.



Each softgel contains

100% Organic borage (*Borago officinalis*)
seed oil, hexane-free 1,200 mg

Providing:

Linoleic acid (37%) 444 mg
gamma-Linolenic acid (GLA) (22%) 264 mg

Solvent-free. Not bleached, deodorized, nor refined.
Cold-pressed.

Other ingredients

Mixed tocopherol concentrate (from non-GMO sunflower) in a softgel composed of bovine gelatin, glycerin, and purified water.

Directions of use

Adults: Take 2 softgels twice daily or as directed by your health-care practitioner.

#0882 · 60 softgels · UPC 6-28747-10882-9

#0775 · 90 softgels · UPC 6-28747-10775-4

NPN 80097675 · V0704-R2

Essential Fatty Acids · Skin



Children's ADHD Balance

chewable softgels

Improves Focus and Attention Mild Lemony Taste

May help to improve concentration levels in school age children with attention deficit hyperactivity disorders (ADHD). May help reduce the symptoms associated with ADHD in school-age children exhibiting excessive thirst and dry skin. Helps support cognitive health (brain function and development) and cardiovascular health. Helps the development of the eyes and nerves in children up to 12 years of age. Source of omega-3 fatty acids for the maintenance of good health.



Each chewable softgel contains

Organic evening primrose (*Oenothera biennis*)
seed oil, hexane-free 260 mg

Providing:

gamma-Linolenic acid (GLA) (10%) 26 mg
Fish-oil omega-3 fatty acids from wild,
deep-sea whole anchovies (*Engraulidae*)
and whole sardines (*Clupeidae*). 325 mg

Providing:

Eicosapentaenoic acid (EPA) 145 mg
Docosahexaenoic acid (DHA). 87.5 mg

Other ingredients

Natural lemon oil and vitamin E (D-*alpha*-tocopherol, from non-GMO sunflower) in a softgel composed of bovine gelatin, glycerine, and purified water.

Directions of use

Children and adolescents (3–18 years old):

Chew 1 softgel four times daily or as directed by your health-care practitioner. Do not allow child to swallow the softgel whole.

#2730 · 120 chewable softgels · UPC 6-28747-12730-1

NPN 80085697 · V0617-R1

**Children's Health · Essential Fatty Acids · Fish Oils
Neurological Health**



Children's Omega-3

550 mg EPA · 225 mg DHA chewable softgels

Development of Healthy Brain, Eyes, and Nerves · High EPA · Natural Lemon and Orange Mini-Bursts

Helps support the development of the brain, eyes, and nerves in children up to 12 years of age. Source of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) for the maintenance of good health. Helps support cognitive health and brain function.



Four chewable softgels contain

Fish oil (omega-3 from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]). 1,680 mg
Providing 550 mg of EPA and 225 mg of DHA.



Our earth is being increasingly polluted by pesticides, so ensuring the purity and safety of plant ingredients is critical. The PerkinElmer Q-Sight® LC/MS/MS System works by first breaking down plant samples into a liquid form and then separating out all the different chemicals inside. Using a high-tech "weighing" method at the molecular level, it identifies even tiny traces of unwanted chemicals.

OMEGAS

Other ingredients

Natural vitamin E (D-*alpha*-tocopherol from sunflower) and rosemary extract in a softgel composed of potato starch, stevia (*Stevia rebaudiana*) leaf extract, turmeric (*Curcuma longa*) root extract, annatto extract, natural flavours (lemon and orange), bovine gelatin, glycerin, and purified water.

Directions of use

Children and adolescents 3–18 years old:
Chew 1 softgel four times daily with food or as directed by your health-care practitioner.

#1856 · 120 chewable softgels · UPC 6-28747-11856-9
NPN 80080677 · V0513-R6

Children's Health · Fish Oils · Neurological Health



Evening Primrose

Oil · 500 mg

softgels

Made with Organic Evening Primrose Eczema/Acne

Source of essential fatty acids for the maintenance of good health. Helps to reduce symptoms associated with acne; to relieve symptoms of mild cases of atopic dermatitis (eczema), roughness of the skin associated with atopic dermatitis (eczema), and inflammation associated with acne. Helps to maintain skin firmness and elasticity as well as to maintain or improve skin hydration.



Each softgel contains

Organic evening primrose (<i>Enothera biennis</i>) seed oil, hexane-free	500 mg
Providing:	
Linoleic acid (LA) (68%)	340 mg
gamma-Linolenic acid (GLA) (10%)	50 mg

Other ingredients

Natural vitamin E (D-*alpha*-tocopherol) (from non-GMO sunflower) and rosemary leaf extract in a softgel composed of bovine gelatin, glycerin, and purified water.

Directions of use

Adults: As source of omega-6s / linoleic acid: Take 3 softgels daily or as directed by your health-care practitioner. For all other uses: Take 3 softgels one to four times daily or as directed by your health-care practitioner.

#0414 · 90 softgels · UPC 6-28747-10414-2
#0413 · 180 softgels · UPC 6-28747-10413-5
NPN 80092918 · V0276-R6

Essential Fatty Acids · Menopause · Skin · Women's Health



Evening Primrose

Oil · 1,000 mg

softgels

Made with Organic Evening Primrose Eczema/Acne

Source of essential fatty acids for the maintenance of good health. Helps to reduce symptoms associated with acne; to relieve symptoms of mild cases of atopic dermatitis (eczema), roughness of the skin associated with atopic dermatitis (eczema), and inflammation associated with acne. Helps to maintain skin firmness and elasticity as well as to maintain or improve skin hydration.



Each softgel contains

Organic evening primrose (<i>Enothera biennis</i>) seed oil, hexane-free	1,000 mg
Providing:	
Linoleic acid (LA) (68%)	680 mg
gamma-Linolenic acid (GLA) (10%)	100 mg

Other ingredients

Natural vitamin E (D-*alpha*-tocopherol) (from non-GMO sunflower) and rosemary leaf extract in a softgel composed of bovine gelatin, glycerin, and purified water.

Directions of use

Adults: For acne/eczema/skin moisture, hydration, elasticity and firmness: Take 2 softgels twice daily. As source of omega-6s / linoleic acid: Take 2 softgels daily. For all other uses: Take 2 softgels one to three times daily.

#1438 · 90 softgels · UPC 6-28747-11438-7

#1439 · 180 softgels · UPC 6-28747-11439-4

NPN 80092916 · V0401-R4

Essential Fatty Acids · Menopause · Skin · Women's Health



Flaxseed Oil

Made with Cold-Pressed, Organic Flax · 1,000 mg

softgels

Source of Omega-3, -6, -9

Source of essential fatty acids and of omega-3 for the maintenance of good health.

Each softgel contains

100% Pure, cold-pressed, organic flax (<i>Linum usitatissimum</i>) seed oil, hexane-free	1,000 mg
Providing:	
alpha-Linolenic acid (ALA)	
omega-3 fatty acids	40–60%
Oleic acid (OA)	10–20%
Linoleic acid (LA)	10–20%



Other ingredients

Natural vitamin E (D-*alpha*-tocopherol) (from non-GMO sunflower) and rosemary (*Rosmarinus officinalis*) leaf extract in a softgel composed of annatto extract, bovine gelatin, glycerin, and purified water.



OMEGAS

Directions of use

Adults: As a dietary supplement, take 2 softgels two to four times daily or as directed by your health-care practitioner.

#0590 • 180 softgels • UPC 6-28747-10590-3

NPN 80015256 • V0033-R5

Essential Fatty Acids • Heart and Blood



Merry Mind Omega 3

1,000 mg EPA • 100 mg DHA softgels

Healthy Mood Balance

0% Porcine/Bovine

Helps to promote healthy mood balance.

Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]) 1,366 mg

Providing omega-3 fatty acids, including:

Eicosapentaenoic acid (EPA) . . . 1,000 mg
Docosahexaenoic acid (DHA) . . . 100 mg

Other omega-3s 71 mg



Other ingredients

Natural vitamin E (D-*alpha*-tocopherol, from non-GMO sunflower) and rosemary leaf extract in an improved softgel composed of fish gelatin, glycerin, and purified water.

Directions of use

Adults: Take 1 softgel daily with a meal or as directed by your health-care practitioner.

#2163 • 30 fish-based softgels • UPC 6-28747-12163-7

NPN 80077448 • V0577-R5

Fish Oils • Mood Enhancement

Pain and Inflammation



Omega 3/6/7/9

Made with Organic Borage, Flax, and Sea Buckthorn softgels

Cognitive/Brain Function

Cardiovascular Health

Source of essential fatty acids for the maintenance of good health. Helps support cognitive health and brain function. Helps to maintain and support cardiovascular health.

Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]) 400 mg

Providing:

Eicosapentaenoic acid (EPA) 160 mg
Docosahexaenoic acid (DHA) 80 mg

Organic borage (*Borago officinalis*) seed oil, 24% gamma-linolenic acid (GLA) 400 mg

Organic flax (*Linum usitatissimum*) seed oil 400 mg

Organic sea buckthorn (*Hippophae rhamnoides*) fruit pulp oil, 16–54% palmitoleic acid, 2–35% oleic acid, 1–15% linoleic acid 100 mg



Other ingredients

Natural vitamin E (D-*alpha*-tocopherol) (from non-GMO sunflower) in a softgel composed of bovine gelatin, glycerin, and purified water.

Directions of use

Adults: Take 2 softgels twice daily or as directed by your health-care practitioner.

#2002 • 90 softgels • UPC 6-28747-12002-9

#1999 • 180 softgels • UPC 6-28747-11999-3

NPN 80090997 • V0558-R3

Essential Fatty Acids • Heart and Blood

Neurological Health



Omega Jolly

EPA 650 mg / DHA 100 mg softgels

Cognitive/Brain Function

Healthy Mood Balance

Source of omega-3 fatty acids for the maintenance of good health. Source of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) for the maintenance of good health. Helps support cognitive health and brain function. Helps promote healthy mood balance.



Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]) 1,400 mg

Providing:

Eicosapentaenoic acid (EPA; 20:5 *n*-3) 650 mg
Docosahexaenoic acid (DHA; 22:6 *n*-3) 100 mg

Natural vitamin E (D-*alpha*-tocopherol) (from non-GMO sunflower) 3.35 mg AT (5 IU)

Other ingredients

Rosemary extract in a softgel composed of bovine gelatin, glycerin, and purified water.

Directions of use

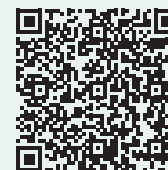
Adults: Take 1–4 softgels daily or as directed by your health-care practitioner.

#1535 • 60 softgels • UPC 6-28747-11535-3

NPN 80025979 • V0434-R5

Fish Oils • Mood Enhancement

Neurological Health



Sea Buckthorn Oil

Fruit and Seed with Goji Oil softgels

Supercritical CO₂ Extracted

from Organic Berries

A Good Source of Omega-7

Source of omega-7 fatty acids. Sea buckthorn seed oil and sea buckthorn fruit oil provide essential fatty acids for the maintenance of good health.

Each softgel contains

Organic sea buckthorn (*Hippophae rhamnoides*) fruit oil, 16–54% palmitoleic acid, 2–35% oleic acid, 1–15% linoleic acid 600 mg



OMEGAS

Organic sea buckthorn (*Hippophae rhamnoides*) seed oil, 13–30% oleic acid, 30–40% linoleic acid, hexane-free 400 mg
Organic goji (*Lycium barbarum*) seed oil 40 mg
All oils are supercritical CO₂ extracted from organic berries grown on the Qinghai-Tibetan plateau.

Other ingredients

Natural vitamin E (D-*alpha*-tocopherol) (from non-GMO sunflower) in a softgel composed of bovine gelatin, glycerin, and purified water.

Directions of use

Adults: Take 1 softgel daily or as directed by your health-care practitioner.

Duration of use

Consult a health-care practitioner for use beyond 3 months.

#1585 · 30 softgels · UPC 6-28747-11585-8

NPN 80037109 · V0440-R3

Beauty · Essential Fatty Acids · Skin



Wild Omega 3

180 mg EPA · 120 mg DHA

softgels

Cognitive/Brain Function Cardiovascular Health

Source of omega-3 fatty acids for the maintenance of good health. Helps support cognitive health and/or brain function, and helps to maintain and support cardiovascular health.

Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]) 1,000 mg

Providing:

Eicosapentaenoic acid (EPA) 180 mg
Docosahexaenoic acid (DHA). 120 mg

Other ingredients

Rosemary extract and natural vitamin E (D-*alpha*-tocopherol) (from non-GMO sunflower) in a softgel composed of bovine gelatin, glycerin, and purified water.

Directions of use

Adults: Take 2 softgels twice daily with meals or as directed by your health-care practitioner.

#1000 · 60 softgels · UPC 6-28747-11000-6

#1001 · 120 softgels · UPC 6-28747-11001-3

#1002 · 180 softgels · UPC 6-28747-11002-0

NPN 80020862 · V0062-R3

Fish Oils · Heart and Blood · Memory Help
Neurological Health



Wild Omega 3

EPA 330 mg · DHA 165 mg

softgels

Cognitive/Brain Function Cardiovascular Health

43% Smaller Size* Easier to Swallow

Lemon-Infused to Prevent Fishy Burps

Source of omega-3 fatty acids for the maintenance of good health. Helps support cognitive health and brain function, maintain cardiovascular health, and reduce serum triglycerides. **No fishy aftertaste.**

Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole anchovies

[*Engraulidae*] and/or whole sardines [*Clupeidae*]). 750 mg

Providing:

Eicosapentaenoic acid (EPA) 330 mg
Docosahexaenoic acid (DHA). 165 mg

Other ingredients

Natural lemon oil and natural vitamin E (D-*alpha*-tocopherol, from non-GMO sunflower) in a softgel composed of bovine gelatin, glycerin, and purified water.

Directions of use

Adults: Take 2 softgels twice daily with meals or as directed by your health-care practitioner.

*43% smaller softgel than Wild Omega 3 EPA 660 mg · DHA 330 mg Lemon Flavour.

#2194 · 60 softgels · UPC 6-28747-12194-1

#3237 · 120 softgels · UPC 6-28747-13237-4

NPN 80077104 · V0608-R2

Fish Oils · Heart and Blood · Memory Help · Neurological Health



Wild Omega 3

EPA 660 mg · DHA 330 mg

softgels

Cognitive / Brain Function Cardiovascular Health

0% Porcine/Bovine

Source of omega-3 fatty acids for the maintenance of good health. Helps support cognitive health and brain function, maintain cardiovascular health, and reduce serum triglycerides. Helps promote healthy mood balance.

Each softgel contains

Fish oil (omega-3 fatty acids from wild, deep-sea whole anchovies [*Engraulidae*]

and/or whole sardines [*Clupeidae*]). 1,414 mg

Providing:

Eicosapentaenoic acid (EPA) 660 mg
Docosahexaenoic acid (DHA). 330 mg

Other ingredients

Natural vitamin E (D-*alpha*-tocopherol) (from non-GMO sunflower) in an softgel composed of fish gelatin, vegetable glycerin, and purified water.



OMEGAS

Directions of use

Adults, adolescents, and children (9 years and older): Take 1 softgel twice daily or as directed by your health-care practitioner.

#1253 · 60 fish softgels · UPC 6-28747-11253-6

#1280 · 120 fish softgels · UPC 6-28747-11280-2
NPN 80009414 · V0320-R4

**Fish Oils · Heart and Blood · Memory Help
Neurological Health · Pain and Inflammation**



Directions of use

Adults, adolescents, and children (9 years and older): Take 1 softgel twice daily or as directed by your health-care practitioner.

#2007 · 60 softgels · UPC 6-28747-12007-4

#2006 · 120 softgels · UPC 6-28747-12006-7
NPN 80064643 · V0411-R4

**Fish Oils · Heart and Blood · Memory Help
Neurological Health · Pain and Inflammation**



Wild Omega 3

EPA 660 mg DHA 330 mg

softgels

**Cognitive / Brain Function
Cardiovascular Health
Healthy Mood Balance
Lemon Flavour**

Source of omega-3 fatty acids for maintenance of good health. Helps support cognitive health and brain function, maintain cardiovascular health, and reduce blood triglycerides. Helps promote healthy mood balance. **No fishy aftertaste.**



Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]). 1,414 mg

Providing:

Eicosapentaenoic acid (EPA) 660 mg
Docosahexaenoic acid (DHA). 330 mg

Other ingredients

Natural lemon oil, natural vitamin E (D- α -tocopherol) (from non-GMO sunflower), and rosemary extract in a softgel composed of bovine gelatin, glycerin, and purified water.

Wild Omega 3

EPA 900 mg DHA 600 mg

liquid

**Cognitive / Brain Function
Lemon Flavour**

Helps support cognitive health and brain function. Helps support the development of the brain, eyes, and nerves in children up to 12 years old. Source of eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA), and omega-3 fatty acids for the maintenance of good health.



Each teaspoon contains

Fish oil (from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]). 4,500 mg

Providing:

Eicosapentaenoic acid (EPA) 900 mg
Docosahexaenoic acid (DHA). 600 mg

Other ingredients

Natural lemon oil, green tea (*Camellia sinensis*) and rosemary (*Rosmarinus officinalis*) extracts to prevent oxidation.

Directions of use

All ages above 1 year old: Take 1 teaspoon daily or as directed by your health-care practitioner.

#2465 · 200 ml / $\approx$ 40 doses · UPC 6-28747-22465-9

NPN 80092888 · OM0135-R1

**Fish Oils · Heart and Blood · Memory Help
Neurological Health · Pain and Inflammation**



Consumers want the peace of mind in knowing their fish oils have been properly screened for contamination by heavy metals. Mercury, lead, and arsenic, among others, are no match for the ICP-MS (left). GC-FID (right) further ensures therapeutic amounts of EPA and DHA are as advertised.

OMEGAS

2 IN 5 CANADIANS ARE NOT GETTING ENOUGH OMEGA-3 FOR GOOD HEART HEALTH

O-MEGA SOLUTIONS

Brain and Heart Health



- Best-seller
- 2:1 ratio
- Fish-based softgel
- 0% porcine or bovine



- Our original formula
- 3:2 ratio
- Smaller softgel



- Sourced from organic borage, sea buckthorn, flax, and wild anchovies and/or sardines



- 2:1 ratio
- Lemon flavour
- No fishy burps



- 43% smaller softgel
- 2:1 ratio
- Easier swallow
- No fishy burps



- Our strongest
- Liquid form, 3:2 ratio
- Lemon flavour

Allergies

Our Black Cumin (Black Seed) Oil Contains 2%–2.4% Thymoquinone



- Allergy support
- Omega-6/9
- Organic Mediterranean *Nigella sativa*



- Extra Strength
- Allergy support
- Omega-6/9
- Organic Mediterranean *Nigella sativa*



- Omega-6/9
- Reduces allergy symptoms including inflammation
- Organic

Additional size visuals on page 164 →

Softgels pictured are actual size, drops represent liquids. Complete product information on pages 157 to 162.

OMEGAS

YOUR CUSTOMERS WILL APPRECIATE THE CHOICE OF SOURCES AND FORMATS

Mood Balance



- 1,000 mg EPA
- 10:1 EPA to DHA ratio



- 650 mg EPA
- 6.5:1 EPA to DHA ratio



- A source of omega-3/6/9, made with cold-pressed, organic flax

Children's Health



- Development of healthy brain, eyes, and nerves



- ADHD
- Improves focus and attention



- Omega-7
- Made with organic fruit and seed oils, as well as goji oil

Healthier Skin



- Omega-6
- 500 mg dose
- Eczema
- Acne



- Omega-6
- Stronger 1,000 mg dose
- Eczema/acne



- Omega-6
- Eczema/acne
- Dermal inflammation

Softgels pictured are actual size, drops represent liquids. Complete product information on pages 157 to 162.

Omega 3/6/7/9

Made with Organic Borage,
Flax, and Sea Buckthorn

softgels



Cognitive/Brain Function Cardiovascular Health

Source of essential fatty acids for the maintenance of good health. Helps support cognitive health and brain function. Helps to maintain and support cardiovascular health.

Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]). 400 mg

Providing:

Eicosapentaenoic acid (EPA). 160 mg
Docosahexaenoic acid (DHA). 80 mg

Organic borage (*Borago officinalis*) seed oil, 24% gamma-linolenic acid (GLA). 400 mg

Organic flax (*Linum usitatissimum*) seed oil 400 mg

Organic sea buckthorn (*Hippophae rhamnoides*) fruit pulp oil, 16–54% palmitoleic acid, 2–35% oleic acid, 1–15% linoleic acid. 100 mg

Other ingredients

Natural vitamin E (D-alpha-tocopherol) (from non-GMO sunflower) in a softgel composed of bovine gelatin, glycerin, and purified water.

Directions of use

Adults: Take 2 softgels twice daily or as directed by your health-care practitioner.

#2002 · 90 softgels · UPC 6-28747-12002-9

#1999 · 180 softgels · UPC 6-28747-11999-3

NPN 80090997 · V0558-R3

Essential Fatty Acids · Heart and Blood
Neurological Health

Full line of fish oils, p. 157–164



Omega Jolly

EPA 650 mg / DHA 100 mg

softgels



Cognitive/Brain Function Healthy Mood Balance

Source of omega-3 fatty acids for the maintenance of good health. Source of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) for the maintenance of good health. Helps support cognitive health and brain function. Helps promote healthy mood balance.

Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]). 1,400 mg

Providing:

Eicosapentaenoic acid (EPA; 20:5 *n*-3). 650 mg
Docosahexaenoic acid (DHA; 22:6 *n*-3). 100 mg

Natural vitamin E (D-alpha-tocopherol) (from non-GMO sunflower). 3.35 mg AT (5 IU)

Other ingredients

Rosemary extract in a softgel composed of bovine gelatin, glycerin, and purified water.

Directions of use

Adults: Take 1–4 softgels daily or as directed by your health-care practitioner.

#1535 · 60 softgels · UPC 6-28747-11535-3

NPN 80025979 · V0434-R5

Fish Oils · Mood Enhancement
Neurological Health

Full line of fish oils, p. 157–164



Oregano oil

166

Ox Bile

500 mg

capsules



Increase Bile Flow

Used in herbal medicine to help increase bile flow (choleretic).

Each vegetable capsule contains

Ox bile, from bovine source
(*Bos taurus*), 45% cholic acid 500 mg

Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

Duration of use

Consult a health-care practitioner for use beyond 4 weeks. Not for prolonged use.

#2641 · 60 vegetable capsules · UPC 6-28747-12641-0

NPN 80102342 · V0645-R1

Digestive Health · Glandular Extracts



P-5-P

Active Form Vitamin B6 · 50 mg

capsules



Helps in energy metabolism and in tissue formation, to form red blood cells, to prevent vitamin B6 deficiency, and to maintain the body's ability to metabolize nutrients.

Each vegetable capsule contains

Vitamin B6
(pyridoxal-5'-phosphate) 50 mg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule once or twice daily or as directed by your health-care practitioner.

#2549 · 30 vegetable capsules · UPC 6-28747-12549-9

NPN 80082116 · V0545-R1

Energy · Vitamins and Minerals

Full line of B vitamins, p. 227–234



OREGANO

Wild Oregano C93

liquid

**Wild Mediterranean · 93% Carvacrol
Antioxidant · Fights Free Radicals**

Source of antioxidants. Mountain-grown 1,500 m (5,000 ft.) above sea level.

1:5 blend of oregano and olive oils.

Each drop contains

Oregano (*Origanum minutiflorum*) oil,
75–85% carvacrol (93% carvacrol
of total volatile oils) 5.42 mg

Other ingredients

Extra-virgin certified organic olive oil.

Directions of use

Adults: Put 5 drops under the tongue and gulp or mix with 30 ml of water or juice, three to five times daily or as directed by your health-care practitioner. Take with food. If you are taking supplements containing iron, zinc, calcium, or copper, take this product a few hours before or after them.

Duration of use

For occasional use only.

#1233 · 15 ml / ≈ 109 doses · UPC 6-28747-21233-5
#1255 · 30 ml / ≈ 218 doses · UPC 6-28747-21255-7
#1476 · 50 ml / ≈ 364 doses · UPC 6-28747-21476-6
NPN 80033637 · OM0016-R6

Cold and Flu · Immune Health



Wild Oregano C93

With Garlic

liquid

**Wild Mediterranean · 93% Carvacrol
Relieves Symptoms of
Respiratory Infections**

Source of antioxidants. Traditionally used in herbal medicine to help relieve the symptoms associated with upper respiratory tract infections and catarrhal conditions; to help reduce elevated blood lipid levels/ hyperlipidaemia in adults; and to help maintain cardiovascular health in adults.
1:5 blend of oregano with garlic oils to olive oil.

Each drop contains

Oregano (*Origanum minutiflorum*) oil,
75–85% carvacrol
(93% carvacrol of total volatile oils) 5.42 mg
Garlic (*Allium sativum*) distilled oil 250 mcg

Other ingredients

Organic extra virgin olive oil.

Directions of use

Adults: Take 4–10 drops twice daily or as recommended by your health-care practitioner.

#1632 · 15 ml / ≈ 109 doses · UPC 6-28747-21632-6
#1633 · 30 ml / ≈ 218 doses · UPC 6-28747-21633-3
#1634 · 50 ml / ≈ 364 doses · UPC 6-28747-21634-0
NPN 80043763 · OM0119-R3

Cold and Flu · Immune Health



Wild Oregano C93

Extra Strong

liquid

**Wild Mediterranean · 93% Carvacrol
Antioxidant**

Source of antioxidants.

1:3 blend of oregano and olive oils.

Each drop contains

Oregano (*Origanum minutiflorum*) oil,
75–85% carvacrol (93% carvacrol
of total volatile oils) 8.85 mg

Other ingredients

Extra-virgin organic olive oil.

Directions of use

Adults: Put 1–4 drops under the tongue and swallow or mix with 30 ml of water or juice, three to six times daily or as directed by your health-care practitioner. Take with food. If you are taking supplements containing iron, zinc, calcium, or copper, take this product a few hours before or after them.

Duration of use

For occasional use only.

#2094 · 15 ml · UPC 6-28747-22094-1
#2095 · 30 ml · UPC 6-28747-22095-8
NPN 80073040 · OM0130-R1

Cold and Flu · Immune Health



Oregano exists in a variety of species, each containing an array of volatile oils. GC-MS validates every batch, ensuring only *Origanum minutiflorum*, the revered species of oregano, is present. It then quantifies the precise therapeutic amount of carvacrol present, ensuring our entire family of Wild Oregano C93 products meets the therapeutic content consumers expect.



Panax Ginseng

20% Ginsenosides · 300 mg capsules

Increases Energy and Reduces Mental Fatigue

Used in herbal medicine as supportive therapy for the promotion of healthy glucose levels, to help support cognitive function or reduce mental fatigue, and to help enhance physical performance.

Each vegetable capsule contains

Panax ginseng root and leaf extract, standardized to a minimum of 20% ginsenosides (including both Rb and Rg ginsenosides) 300 mg

Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 2 capsules daily with meals or as directed by your health-care practitioner.

Duration of use

Consult a health-care practitioner for use beyond 3 months.

#0780 · 90 vegetable capsules · UPC 6-28747-10780-8

NPN 80075193 · V0028-R3

50+ Health · Energy · Herbs and Herbal Extracts · Sexual Health (Men) Sport Nutrition



Pancreatin

capsules

Equivalent to 1,300 mg Activity Digestive Aid · Reduces Bloating Natural Water-Based GPS™ Enteric Coating Gastric Protective System

Each 325 mg dose of 4× concentrated **Pancreatin** provides the equivalent activity of 1,300 mg of unconcentrated pancreatic enzymes.

Digestive aid. Helps to decrease bloating after high-calorie, high-fat meals.

Pancreatin capsules are enteric-coated. This is important because the capsules are protected from stomach acid. **Pancreatin** capsules must be delivered intact to the small intestine in order to work. Capsules that are not enteric-coated will be destroyed in the stomach by stomach acid.

Each enteric-coated vegetable capsule contains

Pancreatic enzymes (from pork [*Sus scrofa*]) 4× concentrate 325 mg
Providing:
Amylase activity. 32,500 USP units
Protease activity 32,500 USP units
Lipase activity 2,600 USP units

Other ingredients

A non-GMO vegetable capsule composed of vegetable carbohydrate gum, purified water, and a water-based GPS™ enteric coating (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

Directions of use

Adults: Take 1 capsule two to four times daily with food or as directed by your health-care practitioner. Take with or immediately before a meal/food. Swallow whole; do not crush or chew. Use the smallest effective dose which controls symptoms.

Duration of use

Consult a health-care practitioner for use beyond 4 weeks or for prolonged use.

#1697 · 60 vegetable capsules · UPC 6-28747-11697-8

#1698 · 120 vegetable capsules · UPC 6-28747-11698-5

#1700 · 260 vegetable capsules · UPC 6-28747-11700-5

NPN 80038831 · V0466-R6

Digestive Health · Enzymes



Pancreas

Grass-Fed Lamb

Pancreas

Pure Glandular · 450 mg tablets

Hormone- and Pesticide-Free Supports Good Health

Each tablet contains

Pancreas organ (from lamb [*Ovis aries*])* 450 mg
Vitamin C (ascorbic acid) 6 mg

*Superior-quality, freeze-dried organ from New Zealand grass-fed lamb. Guaranteed free of pesticides, growth hormones, antibiotics, and transmissible spongiform encephalopathy (TSE).

Other ingredients

Microcrystalline cellulose, croscarmellose sodium, vegetable magnesium stearate, and silicon dioxide.

Directions of use

Adults: Take 1 tablet daily with or immediately before a meal/food or as directed by your health-care practitioner.

Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

#2027 · 30 tablets · UPC 6-28747-12027-2

#3437 · 90 tablets · UPC 6-28747-13437-8

NPN 80071898 · V0556-R2

Blood Glucose Management · Digestive Health · Glandular Extracts



Pantothenate:

Vitamin B5

Calcium D-Pantothenate · 500 mg capsules

Helps the body to metabolize carbohydrates, fats, and protein. Helps in tissue formation.

Each vegetable capsule contains

Vitamin B5 (calcium D-pantothenate) 500 mg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults and children > 6 years old: Take 1 capsule daily with a meal or as directed by your health-care practitioner.

#1407 · 100 vegetable capsules · UPC 6-28747-11407-3

NPN 80019683 · V0387-R2

Neurological Health · Stress Management Vitamins and Minerals



Full line of B vitamins, p. 227–234

Parasite Purge: Purge Parasitis

capsules

Antiparasitic

Wormwood is used in traditional herbal medicine to expel worms (vermifuge).

Each vegetable capsule contains

Black walnut (<i>Juglans nigra</i>) hull and leaf.	157.8 mg
Whole wormwood (<i>Artemisia absinthium</i>)	94.68 mg
Odourless garlic (<i>Allium sativum</i>) bulb	63.12 mg
Oregano (<i>Origanum vulgare</i>) 50:1 leaf extract.	40 mg
Clove (<i>Syzygium aromaticum</i>) flower bud	31.56 mg
Oregon-grape (<i>Berberis aquifolium</i>) root	13.41 mg
Ginger (<i>Zingiber officinale</i>) rhizome.	7.89 mg
Aloe (<i>Aloe vera</i>) leaf.	5.52 mg
Quassia (<i>Picrasma excelsa</i>) stem wood	5.52 mg
Sage (<i>Salvia officinalis</i>) leaf	5.52 mg



Other ingredients

Grapefruit seed extract (37 mg), vegetable magnesium stearate, and microcrystalline cellulose in a non-GMO vegetable capsule composed of pullulan and purified water.

Directions of use

Adults: Take 9 capsules daily with food or as directed by your health-care practitioner. Take for 15 days. Stop for 5 days. Repeat for 15 days. If you are taking supplements containing iron, zinc, calcium, or copper, take this product a few hours before or after them. To remove dead or dying parasites, take **Fibre Ultra Rich** (*Plantago* or *Psyllium*) from New Roots Herbal 1 or 2 times a day with 2 **Probiotics Urgency** GPS™ enteric-coated capsules.



Duration of use

For occasional use only. Consult a health-care practitioner for use beyond 14 days.

#0482 · 90 vegetable capsules · UPC 6-28747-10482-1

#0935 · 180 vegetable capsules · UPC 6-28747-10935-2

NPN 80105121 · V0104-R8

Parasitic and Fungal Management

Parasite Purge: Purge Parasitis Program

kit



Therapeutic Treatment for Elimination of Parasites 33-Day Program

Now Includes Fibre Ultra!

The **Purge Parasitis Program** includes a combination of proven antiparasitic ingredients used in herbal medicine to neutralize parasites as well as their eggs and toxins. This maximum-strength program delivers comprehensive results when all products are taken as indicated and the recommended program protocol is properly followed.

Each kit contains

2 bottles of Black Walnut Green Hull	60 capsules
1 bottle of Cloves	100 capsules
1 bottle of Fibre Ultra Rich Psyllium + Inulin	200 g
2 bottles of Purge Parasitis	90 capsules
1 bottle of Wormwood	100 capsules

Black Walnut Green Hull

Traditionally used in herbal medicine to help expel intestinal worms (vermifuge/anthelmintic) and eliminate ringworm (*Tinea corporis*).



Cloves

Used in traditional herbal medicine as a carminative for the relief of digestive complaints such as flatulence or abdominal distention.

Fibre Ultra Rich Psyllium + Inulin

Psyllium is used in herbal medicine as a bulk-forming laxative and to promote bowel movements by increasing bulk volume and water content; provides gentle relief of constipation and irregularity. Helps to maintain a healthy cardiovascular system by promoting healthy cholesterol levels.

Purge Parasitis

Wormwood is used in traditional herbal medicine to expel worms (vermifuge).

Wormwood

Used in traditional herbal medicine as a stimulant tonic to improve appetite and to relieve symptoms of dyspepsia (carminative). Used in traditional herbal medicine to expel worms (vermifuge).

#2646 · Kit · UPC 6-28747-52646-3

NPN 80058096

Parasitic and Fungal Management

Passion Flower

organic tincture

Sleep Aid for Insomnia Due to Mental Stress

Traditionally used in herbal medicine as a sleep aid (in cases of restlessness or insomnia due to mental stress).



Each teaspoon contains an equivalent of Organic passion flower

(*Passiflora incarnata*) herb top 259 mg

Other ingredients

Purified water and organic alcohol 25% (from sugarcane).

Directions of use

Adolescents ≥ 13 years old and adults: Take 1 teaspoon (~ 5 ml) one to four times daily or as directed by your health-care practitioner.

Duration of use

Consult a health-care practitioner for prolonged use.

#1426 · 50 ml · UPC 6-28747-21426-1

#1410 · 95 ml · UPC 6-28747-21410-0

NPN 80024264 · LM0043-R4

Herbs and Herbal Extracts · Sleep Aids
Stress Management



Pau d'Arco Taheebo

Tabebuia heptaphylla 500 mg capsules

Immune – Antifungal

Used in herbal medicine as a treatment for bacterial, fungal, and protozoal infections; and to help treat sore throat and colds.

Each vegetable capsule contains

Pau d'arco (*Tabebuia heptaphylla*) inner bark 500 mg

Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 2 capsules three times daily or as directed by your health-care practitioner.

#0124 · 100 vegetable capsules · UPC 6-28747-10124-0

NPN 80043836 · V0044-R2

[Herbs and Herbal Extracts](#)

[Parasitic and Fungal Management](#)



Directions of use

Adults: Take 2 capsules daily or as directed by your health-care practitioner.

Duration of use

Use for a minimum of 2 weeks to see beneficial effects. Consult a health-care practitioner for use beyond 3 months.

#3092 · 60 vegetable capsules · UPC 6-28747-13092-9

NPN 80113092 · V0751-R2

[Essential Fatty Acids](#) · [Neurological Health](#) · [Pain and Inflammation](#)



Pau d'Arco Taheebo

Tabebuia heptaphylla liquid extract

Immune – Antifungal

Used in traditional Western herbalism to help treat sore throat and colds. Used in herbal medicine to help alleviate mild cases of fungal infections.

Each ½ teaspoon contains a crude quantity equivalent of

Pau d'arco (*Tabebuia heptaphylla*) inner bark 900 mg

Other ingredients

Vegetable glycerin, organic alcohol 25% (from sugarcane), and purified water.

Directions of use

Adults: Take ½ teaspoon twice daily or as directed by your health-care practitioner.

#0026 · 50 ml / 25 doses · UPC 6-28747-20026-4

#0147 · 95 ml / 38 doses · UPC 6-28747-20147-6

NPN 80044382 · LM0001-R2

[Herbs and Herbal Extracts](#)

[Parasitic and Fungal Management](#)



Pectin:

Modified Citrus Pectin

powder

Helps to Support Detoxification

Each scoop contains

Modified citrus pectin, from lemon (*Citrus × limon*) fruit peel 5 g
(Providing on average 400 mg sodium)

Directions of use

Adults ≥ 18 years old: Take 1 scoop three times daily 30 minutes before food or as directed by your health-care practitioner. Put one 5 g scoop of **Modified Citrus Pectin** into a glass. Add liquid (water, juice, or tea). *Do not stir yet*: Let sit 3–5 minutes to allow the powder to rehydrate. Stir contents until powder is dissolved. We recommend weighing **Modified Citrus Pectin** for precise dosage.

Caution

Provides a significant amount of sodium.

#2239 · 150 g / 30 doses · UPC 6-28747- 02239-2

NPN 80078773 · P0759-R1

[Detoxification](#) · [Herbs and Herbal Extracts](#) · [Immune Health](#)



PEA Pain Relief

Micronized Palmitoylethanolamide 600 mg capsules

Chronic Pain Relief

Compressed Nerves · Sciatica

Anti-inflammatory to help relieve chronic pain. Helps to relieve pain associated with compressed nerves, such as sciatica.

Each vegetable capsule contains

Micronized palmitoylethanolamide (N-(2-hydroxyethyl) hexadecanamide) 600 mg

Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.



Peppermint Organic Essential Oil

Mentha × piperita

100% Pure · Certified Organic

Used in aromatherapy to help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis. Used as a carminative/antispasmodic for symptomatic relief of digestive discomfort.

Each drop contains

Organic peppermint (*Mentha × piperita*) flowering twig essential oil 100%

Active compounds

Menthol and menthone.

Directions of use

Adults: Mix with vegetable oil for topical application. Use undiluted for direct or steam inhalation.

Duration of use

For occasional use only.

#2137 · 15 ml · UPC 6-28747-22137-5

NPN 80069445 · O0048-R1

[Essential Oils](#)



Full line of essential oils, p. 82–90

Plant-based sweeteners

217–218

Plant Digestive Enzymes

capsules

Supports Healthy Digestion

Digestive aid.

Each vegetable capsule contains

Protease

Providing the following:

Protease I	41,437 FCC HUT
Protease II	7,380 FCC HUT
Protease III	57 FCC SAP
Amylase	
(all carbohydrates)	11,812 FCC DU
Bromelain (from pineapple [<i>Ananas comosus</i> var. <i>comosus</i>] stem) (proteins)	720,000 FCC PU (20 mg)
Cellulase (all fibres)	1,260 FCC CU
Dipeptidyl-peptidase IV (gluten)	2,050 FCC HUT
α -Galactosidase (beans and legumes)	19 FCC GalU
Glucoamylase (starch)	50 FCC AGU
Hemicellulase (plant fibres)	33.3 FCC HCU
Invertase (sugar)	80 FCC INVU
Lactase (milk sugar)	544 FCC ALU
Lipase (all fats and oils)	3,000 FCC LU
Maltase (all grains)	130 FCC DP
Papain (from papaya [<i>Carica papaya</i>] fruit) (all proteins)	300,000 FCC PU
Pectinase (pectins)	60 endo-PGU
Phytase (phosphorus)	2.5 FCC FTU

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule three times daily with a meal or as directed by your health-care practitioner.

Duration of use

Consult a health-care practitioner for prolonged use.

#1309 · 30 vegetable capsules · UPC 6-28747-11309-0

#1310 · 60 vegetable capsules · UPC 6-28747-11310-6

#1311 · 120 vegetable capsules · UPC 6-28747-11311-3

NPN 80073581 · V0361-R5

50+ Health · Digestive Health · Enzymes



Directions of use

Adults: Take ½ teaspoon (1.2 g) once or twice daily with food (sprinkle into your shakes, smoothies, soups, stews, and sauces) or as directed by your health-care practitioner.

#1595 · 80 g / ≈ 66 doses · UPC 6-28747-01595-0

NPN 80023646 · P0294-R1

Cholesterol Management · Functional Foods
Heart and Blood



Plantago:

Fibre Ultra Rich

Plantago + Inulin

powder

Promotes Regularity and Cleansing

Psyllium is used in herbal medicine as a bulk-forming laxative and to promote bowel movements by increasing bulk volume and water content. Psyllium provides gentle relief of constipation and irregularity.

Each teaspoon contains

Psyllium (<i>Plantago ovata</i>) husk	2,128 mg
Roselle (<i>Hibiscus sabdariffa</i>)	126 mg
Inulin (from chicory root [<i>Cichorium intybus</i>])	100 mg
Clove (<i>Syzygium aromaticum</i>) flower bud	53 mg
Licorice (<i>Glycyrrhiza glabra</i>) root	53 mg

Other ingredient

Stevia (*Stevia rebaudiana*) leaf.

Directions of use

Adults ≥ 19 years old: Take 1 teaspoon twice daily. For each gram of psyllium, take with at least 30 ml of liquid (water, milk, fruit juice, or similar aqueous beverage). Mix well and drink immediately. Maintain adequate fluid intake. Effects observed 12–24 hours after the first dose; results may take 2–3 days. If you are taking other medications, take this product 2 hours before or after them.



Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

Note: Also take 1–2 capsules of enteric-coated **Acidophilus Ultra** each day. Start progressively or as directed by your health-care practitioner. **Acidophilus Ultra** capsules are protected from the harsh stomach acid with our GPS™ enteric coating; this guarantees intestinal delivery for maximum benefits.

#0166 · 340 g / ≈ 136 doses · UPC 6-28747-00166-3

NPN 80044396 · PM0077-R1

Digestive Health · Weight Management



Plant Sterols

powder

Easily Added to Shakes, Smoothies, Soups, Stews, and Sauces · Helps Lower Cholesterol

Helps lower cholesterol (total and LDL).
Helps maintain healthy cholesterol levels.

Each ½ teaspoon contains

Free plant sterols	
(from non-GMO soy)	1.2 g
β -Sitosterol	480 mg
Campesterol	240 mg
Stigmasterol	240 mg



PMS Relief

capsules

Cramps · Pain · Mood

Chaste tree is used in herbal medicine to help relieve premenstrual symptoms, and as a hormone normalizer to help stabilize menstrual cycle irregularities. Black cohosh is used in herbal medicine to help relieve premenstrual symptoms, and to help relieve the pain associated with menstruation.

Each vegetable capsule contains

Dandelion (<i>Taraxacum officinale</i>) root extract, 3% flavonoids	150 mg
Chaste tree (<i>Vitex agnus-castus</i>) fruit extract, 0.5% agnuside	125 mg
Dong quai (<i>Angelica sinensis</i>) root extract, 1% Z-ligustilide	125 mg
Corn silk (<i>Zea mays</i>) 4:1 extract	50 mg



Cramp bark (<i>Viburnum opulus</i>) 4:1 extract	50 mg
Red clover (<i>Trifolium pratense</i>) flower extract, 8% isoflavones	35 mg
Black cohosh (<i>Actaea racemosa</i>) root extract, 2.5% triterpene glycosides	20 mg
Siberian ginseng (<i>Eleutherococcus senticosus</i>) root extract, 0.8% eleutherosides	5 mg

Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adult women: Take 1 capsule daily or as directed by your health-care practitioner.

Duration of use

Use for at least 3 months to see beneficial effects. Consult a health-care practitioner for use beyond 6 months.

#0233 · 90 vegetable capsules · UPC 6-28747-10233-9
NPN 80053836 · V0186-R2

Women's Health



Pomegranate Seed Oil

100% Pure · Certified Organic

Soothes and Repairs Very Dry Skin

A rare natural source of omega-5 and antioxidants for glowing skin, this unique oil helps reduce the look of wrinkles and of aging. It soothes and relieves very dry and damaged skin. Its strong character is ideal for night care.

Each bottle contains

Organic pomegranate (*Punica granatum*) seed oil, cold-pressed 50 ml
with added organic rosemary (*Rosmarinus officinalis*) extract

Ingredients

Punica granatum (pomegranate) seed oil and *Rosmarinus officinalis* (rosemary) leaf extract.

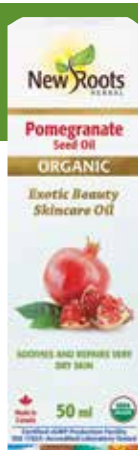
Directions of use

Place 5–8 drops in your hand and gently massage the oil on your face and neck. Larger body parts may require more oil. Best applied on moist skin, such as following a shower or bath.

#2196 · 50 ml · UPC 6-28747-22196-2
OM0062-R2

Beauty · Exotic Skin Oils · Skin

Full line of exotic skin oils, p. 92–95



Potassium Citrate

100 mg

capsules

High Bioavailability

A factor in the maintenance of good health.

Each vegetable capsule contains

Potassium
(from potassium citrate) 100 mg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide



in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner.

#1328 · 100 vegetable capsules · UPC 6-28747-11328-1
NPN 80045230 · V0171-R3

**Urogenital (Men) · Urogenital (Women)
Vitamins and Minerals**



Potassium Iodide

800 mcg

capsules

Supports Thyroid Gland Function

Helps in the function of the thyroid gland. A factor in the maintenance of good health.

Each vegetable capsule contains

Iodine 800 mcg
(from 1.05 mg of potassium iodide)

Other ingredients

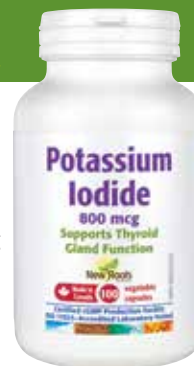
Microcrystalline cellulose and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner.

#1533 · 100 vegetable capsules · UPC 6-28747-11533-9
NPN 80024925 · V0422-R1

Vitamins and Minerals



Potassium Iodide

65 mg

tablets

For Nuclear Emergency Use Only Not for Daily Use

Thyroid blocking agent for use in nuclear emergencies which involve the release of radioiodine.

Each tablet contains

Potassium iodide 65 mg

Other ingredients

Dicalcium phosphate, microcrystalline cellulose, vegetable stearic acid, croscarmellose sodium, vegetable magnesium stearate, and silicon dioxide.

Directions of use

Take as directed by a public official if a nuclear emergency should happen. Take just before or shortly after exposure to radioiodine. For children under 6 years old, crush or dissolve tablets into food or drink prior to consumption; do not allow child to swallow tablet whole. **2 months–3 years:** Take half a tablet daily; **4–18 years old:** Take 1 tablet daily; **18 years+:** Take 2 tablets daily; or as directed by your health-care practitioner. Take daily until threat is over as directed by public officials.

#3141 · 60 tablets · UPC 6-28747-13141-4
NPN 80086446 · V0765-R1

Vitamins and Minerals



Prenatal

Complete Multivitamin

capsules

**Benefits Mom and Baby
Preconception to Early
Motherhood · Reduces Risk of
Neural-Tube Defects**

For prenatal, pregnancy, postnatal, and breast-feeding. Vitamin and mineral formula beneficial for mother and infant health. Helps to reduce the risk of neural-tube defects when taken daily at least three months prior to becoming pregnant and during early pregnancy. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps to form red blood cells and helps in their proper function.



Each vegetable capsule contains

Calcium (from calcium citrate)	66.67 mg
Vitamin C (from calcium ascorbate)	58.33 mg
Magnesium (from fully reacted magnesium bisglycinate)	33.33 mg
Vitamin B5 (calcium D-pantothenate)	33.33 mg
Vitamin B1 (thiamine hydrochloride)	25 mg
Potassium (from potassium citrate)	23.33 mg
Vitamin B3 (niacinamide)	16.67 mg
Iron (from iron bisglycinate)	11.67 mg
Vitamin B2 (riboflavin-5'-phosphate sodium)	11.67 mg
Vitamin B6 (pyridoxal-5'-phosphate)	11.67 mg
Vitamin E (D-alpha-tocopheryl acid succinate)	11.17 mg AT (16.7 IU)
Zinc (from zinc citrate)	8.33 mg
Manganese (from manganese citrate)	1.67 mg
Copper (from copper citrate)	500 mcg
Folate (from calcium L-5-methyltetrahydrofolate)	333.33 mcg
Vitamin B12 (methylcobalamin)	333.33 mcg
Biotin	100 mcg
Iodine (from potassium iodide)	50 mcg
Chromium (from chromium polynicotinate)	33.33 mcg
Vitamin K1	33.33 mcg
Molybdenum (from molybdenum citrate)	16.667 mcg
Selenium (from yeast-free L-selenomethionine)	16.667 mcg
Vitamin D3 (cholecalciferol)	3.33 mcg (133.33 IU)

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 3 capsules daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.



NEW CHILD-RESISTANT PACKAGE!

#3500 · 30 vegetable capsules · UPC 6-28747-13500-9

#1434 · 90 vegetable capsules · UPC 6-28747-11434-9

NPN 80115689 · V0378-R11

Maternity · Vitamins and Minerals

Full line of multivitamins, p. 146–148

“If there’s one thing to know about the human body, it’s this: The human body has a ringmaster. This ringmaster controls your digestion, your immunity, your brain, your weight, your health, and even your happiness. This ringmaster is the gut.”

Nancy Mure

Prevent

capsules

**1 Capsule = 44 Cups
of Green Tea**

Source of antioxidants. Cayenne is traditionally used in herbal medicine to help support peripheral circulation.



Each vegetable capsule contains

Green tea (<i>Camellia sinensis</i>) leaf extract (450 mg catechins including 375 mg epigallocatechine-3-gallate [EGCG])	500 mg
Turmeric (<i>Curcuma longa</i>) root extract, 95% curcuminoids, providing curcumin I, demethoxycurcumin, and bisdemethoxycurcumin	100 mg
N-Acetyl-L-cysteine	60 mg
Japanese knotweed (<i>Fallopia japonica</i>) root extract, 50% resveratrol	50 mg
Tomato (<i>Solanum lycopersicum</i>) flesh extract, 10% lycopene	30 mg
Cayenne (<i>Capsicum annuum</i>) fruit	25 mg
Astaxanthin 1.5%, from 20 mg <i>Haematococcus pluvialis</i>	20 mg
Zeaxanthin (from marigold [<i>Tagetes erecta</i>] extract)	5 mg
Black pepper (<i>Piper nigrum</i>) fruit extract, 95% piperine	2 mg

Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily with food or as directed by your health-care practitioner. Take with a meal containing oil/fat.



Duration of use

Consult a health-care practitioner for use beyond 6 weeks.

#1204 · 30 vegetable capsules · UPC 6-28747-11204-8

#1145 · 60 vegetable capsules · UPC 6-28747-11145-4

NPN 80090712 · V0323-R4

Antioxidants · Immune Health

Probiotic Intensity

Extra Daily Care

capsules

**20 Billion + Live Active Probiotics
Delivered Safely to the Intestines
16 Strains + Colostrum · Supports
Gastro/Intestinal Health and
Immunity · GPS™ Enteric Coating
Gastric Protective System Survives
Stomach Acid
SOY-FREE**

Source of probiotics. Helps support intestinal/gastrointestinal health and a favourable gut flora. A factor in the maintenance of good health. Helps to maintain the body’s ability to metabolize nutrients. Helps maintain/support immune function.



Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 16 strains of live, active, healthy, and whole cells (20 billion) to the intestines:

Human Strains

<i>Lactobacillus johnsonii</i> UB2214	1.9 billion CFU
<i>Bifidobacterium animalis</i> ssp. <i>lactis</i> UB9439	1.42 billion CFU
<i>Lactobacillus gasseri</i> UB9507	1.42 billion CFU

<i>Ligilactobacillus salivarius</i> UB3488	1.4 billion CFU
<i>Bifidobacterium bifidum</i> UB4925	950 million CFU
<i>Bifidobacterium longum</i> ssp. <i>infantis</i> UB5660	315 million CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> UB6897	315 million CFU
<i>Bifidobacterium breve</i> UB3917	315 million CFU

Plant Strains

<i>Lactiplantibacillus plantarum</i> UB6473	70 million CFU
<i>Lactobacillus acidophilus</i> UB6535	30 million CFU

Dairy Strains

<i>Lactocaseibacillus rhamnosus</i> UB6056	7.46 billion CFU
<i>Lactocaseibacillus casei</i> UB9297	1.9 billion CFU
<i>Lactobacillus crispatus</i> UB1947	1.9 billion CFU
<i>Lactobacillus helveticus</i> UB5772	540 million CFU
<i>Lactocaseibacillus paracasei</i> UB8017	52 million CFU
<i>Lactococcus lactis</i> LL-23	13 million CFU
Vitamin C (ascorbic acid)	6 mg
Bovine colostrum (from <i>Bos taurus</i>)	25 mg

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

Other ingredients

Arabinogalactan (AOS), inulin, xylooligosaccharides (XOS), non-GMO potato starch, non-GMO tapioca maltodextrin, vegetable magnesium stearate, silicon dioxide, acacia gum, and sucrose in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

Directions of use

Adults, adolescents, and children ≥ 6 years old: Take 1–2 capsules daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.



Duration of use

Consult a health-care practitioner for prolonged use.

#1880 · 30 vegetable capsules · UPC 6-28747-11880-4

#1878 · 60 vegetable capsules · UPC 6-28747-11878-1

NPN 80136157 · V0498-R5

Digestive Health · Immune Health · Probiotics

Full line of probiotics, p. 175–188

<i>Bifidobacterium animalis</i> ssp. <i>lactis</i> UB9439	1 billion CFU
<i>Lactobacillus gasseri</i> UB9507	200 million CFU
<i>Limosilactobacillus fermentum</i> UB3678	200 million CFU
<i>Lactobacillus johnsonii</i> UB2214	200 million CFU
<i>Bifidobacterium animalis</i> ssp. <i>lactis</i> BL-04	200 million CFU
<i>Lactocaseibacillus rhamnosus</i> GG	200 million CFU
<i>Lactobacillus acidophilus</i> LA-14	200 million CFU

Plant Strains

<i>Lactobacillus plantarum</i> UB6473	40 billion CFU
<i>Lactobacillus acidophilus</i> UB6535	2.2 billion CFU

Dairy Strains

<i>Lactocaseibacillus rhamnosus</i> UB6056	30 billion CFU
<i>Lactocaseibacillus casei</i> UB9297	20 billion CFU
<i>Lactocaseibacillus paracasei</i> UB8017	8.3 billion CFU
<i>Limosilactobacillus reuteri</i> UB4772	700 million CFU
<i>Lactobacillus crispatus</i> UB1947	200 million CFU
<i>Levilactobacillus brevis</i> UB5892	200 million CFU
<i>Lactobacillus helveticus</i> UB5772	200 million CFU
Vitamin C (ascorbic acid)	6 mg

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

Other ingredients

Arabinogalactan, inulin, non-GMO potato and tapioca maltodextrin, non-GMO potato starch, vegetable magnesium stearate, trehalose, sucrose, sodium chloride, mono- and dipotassium phosphate, and silicon dioxide in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them. Do not use this product if you are taking tetracycline. Resume taking Probiotics Recovery the day following your tetracycline treatment.



#1965 · 30 vegetable capsules · UPC 6-28747-11965-8

NPN 80136185 · V0528-R4

Digestive Health · Immune Health · Probiotics

Full line of probiotics, p. 175–188

Probiotics Recovery

Ultimate Potency

capsules

120 Billion + Live Active Probiotics
Delivered Safely to the Intestines

20 Strains · Supports Gastro/
Intestinal Health and Immunity

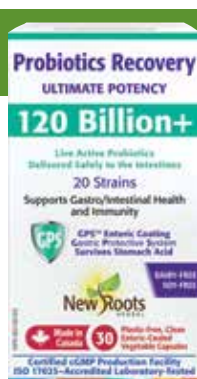
GPS™ Enteric Coating

Gastric Protective System

Survives Stomach Acid

DAIRY-FREE · SOY-FREE

Source of probiotics. Helps support intestinal/gastrointestinal health and a favourable gut flora. A factor in the maintenance of good health. Helps to maintain the body's ability to metabolize nutrients. Helps maintain/support immune function.



Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 20 strains of live, active, healthy, and whole cells (120 billion) to the intestines

Human Strains

<i>Bifidobacterium bifidum</i> UB4925	4 billion CFU
<i>Bifidobacterium breve</i> UB3917	4 billion CFU
<i>Bifidobacterium longum</i> ssp. <i>infantis</i> UB5660	4 billion CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> UB6897	4 billion CFU

Probiotics Urgency

Extra Potency

capsules

50 Billion + Live Active Probiotics
Delivered Safely to the Intestines

10 Strains · Supports Gastro/
Intestinal Health and Immunity

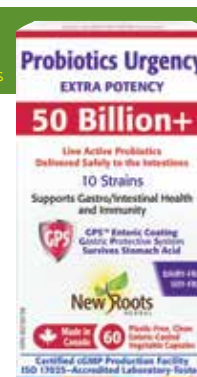
GPS™ Enteric Coating Gastric

Protective System

Survives Stomach Acid

DAIRY-FREE · SOY-FREE

Source of probiotics. Helps support intestinal/gastrointestinal health and could promote a favourable gut flora. A factor in the maintenance of good health. Helps to maintain the body's ability to metabolize nutrients. Helps maintain/support immune function.



Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 10 strains of live, active, healthy, and whole cells (50 billion) to the intestines

Human Strains

<i>Bifidobacterium longum</i> ssp. <i>longum</i> UB6897	9 billion CFU
<i>Bifidobacterium bifidum</i> UB4925	1 billion CFU
<i>Bifidobacterium breve</i> UB3917	1 billion CFU
<i>Bifidobacterium longum</i> ssp. <i>infantis</i> UB5660	1 billion CFU

Plant Strains

<i>Lactiplantibacillus plantarum</i> UB6473	9 billion CFU
<i>Lactobacillus acidophilus</i> UB6535	1 billion CFU

Dairy Strains

<i>Lactocaseibacillus casei</i> UB9297	9 billion CFU
<i>Lactocaseibacillus rhamnosus</i> UB6056	9 billion CFU
<i>Lactobacillus helveticus</i> UB5772	9 billion CFU
<i>Lactocaseibacillus paracasei</i> UB8017	1 billion CFU
Vitamin C (ascorbic acid)	6 mg

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, tapioca maltodextrin, and vegetable magnesium stearate in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

Directions of use

Adults, adolescents, and children ≥ 6 years old: Take 1–2 capsules daily with water or juice, or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.



#1398 · 22 vegetable capsules · UPC 6-28747-11398-4

#1798 · 30 vegetable capsules · UPC 6-28747-11798-2

#1799 · 60 vegetable capsules · UPC 6-28747-11799-9

NPN 80136136 · V0384-R4

Digestive Health · Immune Health · Probiotics

Full line of probiotics, p. 175–188

Probiotics

175–188

Prolax

Stimulant Laxative

capsules

For Occasional Constipation

A stimulant laxative to promote bowel movement and short-term relief of occasional constipation. Promotes bowel movement.

Each vegetable capsule contains

Cascara sagrada (<i>Frangula purshiana</i>) aged bark	180 mg
Butternut (<i>Juglans cinerea</i>) bark	160 mg
Chinese rhubarb (<i>Rheum officinale</i>) root	110 mg
Whole Irish moss (<i>Chondrus crispus</i>)	20 mg
Cayenne (<i>Capsicum annuum</i>) fruit	20 mg
Ginger (<i>Zingiber officinale</i>) rhizome	20 mg



Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 2–6 capsules in a single dose the same day, two to three times per week. Allow at least 6 to 12 hours for laxative effect to occur. If results are not observed, the frequency of use may be increased up to once daily. The correct individual dose is the smallest required to produce a soft-formed stool. If you are taking other medications or natural health products, take this product a few hours before or after them.



Duration of use

Consult a health-care practitioner for use beyond 7 days.

#0016 · 60 vegetable capsules · UPC 6-28747-10016-8

NPN 80100520 · V0058-R4

Digestive Health

Prostate Perform

softgels

Relieves Urologic Symptoms of BPH · Reduces Difficulty and Frequency of Urination DAYTIME AND NIGHTTIME

Used in herbal medicine to help relieve the urologic symptoms (e.g. weak urine flow, incomplete voiding, frequent daytime and nighttime urination) associated with mild to moderate benign prostatic hyperplasia (BPH); to help reduce difficulty in urination associated with the early stages of BPH.



Two softgels contain

Wild-crafted saw palmetto (<i>Serenoa repens</i>) fruit liposterolic extract , 95% fatty acids (supercritical CO ₂ -extracted)	320 mg
Rye (<i>Secale cereale</i>) flower pollen extract	210 mg
Free plant sterols (from non-GMO soy)	370 mg
(148 mg beta-sitosterol, 74 mg stigmasterol, 74 mg campesterol)	
Stinging nettle (<i>Urtica dioica</i>) root and herb top extract , 5% silicic acid	50 mg
Certified organic borage (<i>Borago officinalis</i>) seed oil	200 mg
L-Alanine	100 mg
Cranberry (<i>Vaccinium macrocarpon</i>) fruit concentrate	100 mg
L-Glutamic acid hydrochloride	100 mg
L-Glycine	100 mg
Natural vitamin E (mixed tocopherol concentrate, from non-GMO soy)	76 mg
Zinc (from zinc citrate)	32 mg
Pau d'arco (<i>Tabebuia heptaphylla</i>) inner bark	30 mg
Vitamin B6 (pyridoxine hydrochloride)	20 mg
Lycopene (from tomato [<i>Solanum lycopersicum</i>] flesh)	1.2 mg
Selenium (from yeast-free L-selenomethionine)	100 mcg
Vitamin D3 (cholecalciferol)	25 mcg (1,000 IU)

Other ingredients

Extra virgin **certified organic** olive oil (350 mg); **certified organic** pumpkin (*Cucurbita pepo*) seed oil, cold-pressed (200 mg); lecithin (from non-GMO sunflower); medium-chain triglycerides (MCT); silicon dioxide; and beeswax in a softgel composed of annatto (in sunflower oil), bovine gelatin, glycerin, and purified water.

Directions of use

Adult men: Take 2 softgels at once daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.



Note: Improvements should be noticeable after 7–10 days.

#3449 · 24 softgels · UPC 6-28747-13449-1

#0890 · 60 softgels · UPC 6-28747-10890-4

#0891 · 90 softgels · UPC 6-28747-10891-1

NPN 80101925 · V0445-R10

Men's Health · Urogenital (Men)



SEE THE DIFFERENCE!

PROTECTING PROBIOTICS IS KEY

All Uncoated
Capsules



Dissolve in
Stomach Acid



Destroying Benefits
of Probiotics



GPS™
Enteric-Coated
Capsules



Survive
Stomach Acid



Deliver 100% of
Probiotic Benefits as
Promised on the Label

Probiotics Only Benefit You if They Are Alive

GPS™ Enteric-Coated Capsules are Tested and Proven to Fully Protect Probiotics from Harsh Stomach Acid that Kill Probiotics

WHICH WILL YOU CHOOSE?

GPS™ = Gastric Protective System



Inspired by Nature, Driven by Science to *Make Life Better!*



Proudly Made by Canadians for Canadians • Buy Local!
newrootsherbal.com • To ensure these products are right for you, always read and follow label directions.



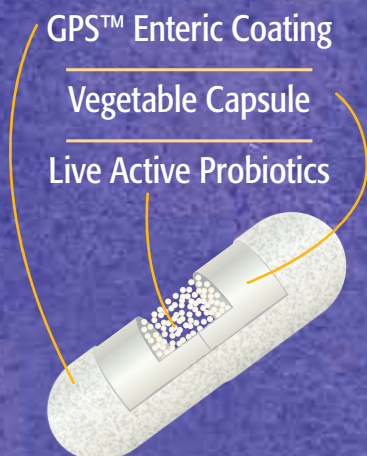
The Only Canadian-Branded Natural Supplement Manufacturer That Tests All Products in an On-Site, 8,000 sq. ft., State-of-the-Art, ISO 17025-Accredited Lab

GPS ENTERIC COATING PROTECTS PROBIOTICS FROM STOMACH ACID

Consider It an Investment in the Health of Your Consumers!

GPS™ enteric-coated probiotics (Gastric Protection System) deliver guaranteed targeted intestinal release.

Only GPS™ enteric coating keeps harsh stomach acid from seeping into the capsule and protects it from disintegrating in your stomach. GPS™ enteric coating safeguards the delicate probiotics until they reach the safety of your intestines! Once there, it opens to release live, healthy probiotics.



What's So Special About GPS™ Enteric Coating?

Enteric coating is a dual process featuring a water-based, naturally sourced coating made of fatty acids and plant fibres. This coating is applied with advanced spray-drying technology. Probiotic capsules are repeatedly sprinkled with hundreds of thousands of natural microscopic particles that only dissolve at your intestinal pH.

These particles bind to the capsule, layer upon layer, to form the protective enteric coating. The process is not only time-consuming, but also very costly; but we believe it's worth it!

Only GPS™ enteric coating has been scientifically proven to protect probiotics from harsh stomach acid.

ARE YOUR CUSTOMERS GETTING FULL PROBIOTIC BENEFITS?

Probiotics have many benefits. To maximize their effectiveness, live intestinal delivery cannot be compromised. Ensure your staff has the proven facts to help your customers make informed decisions.

PROBIOTIC FACTS

ENTERIC COATING VERSUS DELAYED-RELEASE OR ACID-RESISTANT CAPSULES

Probiotics work wonders—but only **if they make it past your stomach acid alive** and reach the intestines where they actually do their job.

Made from natural sources, **our enteric-coated capsules offer unrivalled protection for your probiotics.** Studies have shown these capsules deliver 100% of live probiotics past stomach acid to the small intestine where they are released in conditions favourable for their growth.

“Delayed-Release” or “Acid-Resistant” capsules have been shown to be ineffective in protecting probiotics from stomach acid. Tests have found that these capsules often open or leak in stomach acid in less than 30 minutes, resulting in the destruction of 80% to 99% of the live probiotics.

Only enteric-coated probiotic capsules ensure that 100% of the live probiotic contained within will survive destructive gastric acidic conditions. Given the data, the only logical choice is an enteric-coated probiotic.

REFRIGERATED VERSUS SHELF-STABLE

Some probiotic strains may be hardier than others, but **they can all benefit from being refrigerated.**

This is especially true of the valuable but delicate families of *Lactobacilli* and even more fragile *Bifidobacteria*, which will die in 6 to 30 days of exposure at room temperature. This makes shelf-stable products unable to reliably deliver the necessary spectrum of probiotics within a formula.

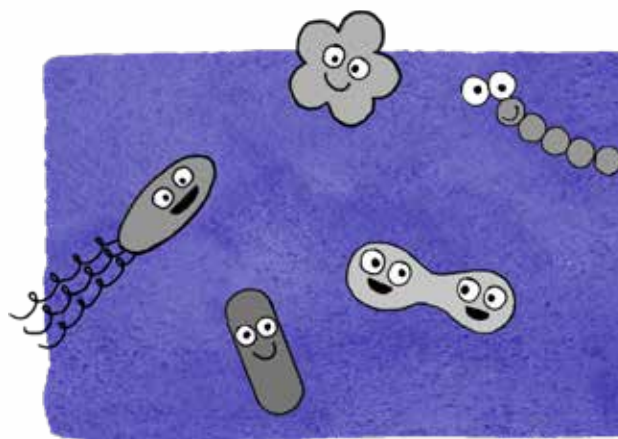
Refrigeration during manufacturing, shipping, and storage is the only way to preserve viability of a complete spectrum of probiotics.

CFU COUNT AND STRAINS

Colony-forming units (CFU) are the number of viable bacteria in a capsule. To benefit our health, we need billions! And the wider the variety of strains, the broader the benefits to our health. But the value of CFUs and multiple strains is their ability to populate in our intestines. Only live cells can do so!

While it's easy to claim a large live count and multistrain formulas at manufacturing, getting all these cells to where they need to be, alive and ready to work, is a whole different story. Probiotics naturally die off and, if they are not properly protected, they are unable to provide full health benefits.

With our proven enteric-coated capsules and our insistence on refrigeration, the live count we promise is exactly what you can count on being delivered to your intestines. Every time.



SHOW ME THE STUDIES!

Looking for the truth, the whole truth, and nothing but the truth on probiotics? Don't just take our word on it! We've gathered a collection of studies that can help you see the big picture on probiotics and—more importantly—enjoy all their healthy benefits.

We have compiled an extensive list of scientific publications on Enteric Coating, Refrigeration, and Multistrain Formulations that confirm the scientific truth.

ENTERIC COATING

“[E]nteric-coated probiotic capsules ensure that microorganisms better survive destructive gastric acidic conditions.”

- › Kuaté, S., et al. “In-vitro comparative study of the survival of probiotic capsules in simulated gastric environment.” *N.H.P. Research Notes*, No. 1 (2017): 1–8.

“Only [probiotic capsules] that were enteric coated were able to resist to the degradation caused by stomach conditions. [...] the uncoated bacteria were almost completely destroyed.”

- › Millette, M., et al. “Gastrointestinal survival of bacteria in commercial probiotic products.” *International Journal of Probiotics & Prebiotics*, Vol. 8, No. 4 (2013): 149–156.

“The survivability of the probiotic bacteria however was ultimately shown to be substantially more in these formulations [with enteric coating] when compared to the unmodified probiotic bacteria.”

- › Mershen, G., et al. “A review of the advancements in probiotic delivery: Conventional vs. non-conventional formulations for intestinal flora supplementation.” *AAPS PharmSciTech*, Vol. 15, No. 1 (2014): 29–43.

“[Enteric-coated capsules] did not disintegrate after 60 min of exposure in the [simulated gastric fluid].”

“Non-enteric-coated [probiotic capsules] disintegrate rapidly in a simulated gastric fluid.”

“This study suggests that oral delivery systems intended for intestine colonization such as probiotics should be enteric-coated to ensure maximum benefits for customers.”

- › Kuaté, S., et al. “Viability of probiotics in non-enteric-coated vegetarian capsules.” *N.H.P. Research Notes*, No. 2 (2018): 1–7.

“[Y]ogurt alone is not a good protector of probiotic bacteria in artificial gastric conditions [...]. [Protecting] probiotics during gastric passage positively influences their health-promoting effects.”

- › Ortakci, F., and S. Sert. “Stability of free and encapsulated *Lactobacillus acidophilus* ATCC 4356 in yogurt and in an artificial human gastric digestion system.” *Journal of Dairy Science*, Vol. 95, No. 12 (2012): 6918–6925.

“Most probiotics oral forms did not provide any protection to strains, unless these forms presented strong enteric protection.”

- › Caillard, R., and N. Lapointe. “In vitro gastric survival of commercially available probiotic strains and oral dosage forms.” *International Journal of Pharmaceutics*, Vol. 519, No. 1–2 (2017): 125–127.

“[E]nteric coated spheres effectively protected dried probiotic LBC from acid for 2 hours [...].”

- › de Barros, J.M.S., et al. “Enteric-coated spheres produced by extrusion/spheronization provide effective gastric protection and efficient release of live therapeutic bacteria.” *International Journal of Pharmaceutics*, Vol. 493, No. 1–2 (2015): 483–494.

“The microencapsulation provided protection to *B. longum* BL-05 and encapsulated cells were exhibited significant ($p < 0.05$) resistance to [simulated gastric juice] and [simulated intestinal fluid] as compared to free cells.”

- › Yasmin, I., et al. “Development of whey protein concentrate-pectin-alginate based delivery system to improve survival of *B. longum* BL-05 in simulated gastrointestinal conditions.” *Probiotics and Antimicrobial Proteins*, Vol. 11, No. 2 (2019): 413–426.

REFRIGERATION

“The survival of *B. infantis* decreased substantially during storage at [only] 12 °C, when no [alive and healthy] cells were found at day 31.”

- › Canganella, F., et al. “Survival of *Lactobacillus acidophilus* and *Bifidobacterium infantis* in yogurts manufactured from cowmilk and soymilk during storage at two temperatures.” *Annals of Microbiology*, Vol. 50 (2000): 43–53.

“Viability [of *Bifidobacteria*] was inversely related to storage temperature and at 15 degrees C and 25 degrees C, a significant decline was observed for all [*Bifidobacterium*] species.”

- › Simpson, P.J., et al. “Intrinsic tolerance of *Bifidobacterium* species to heat and oxygen and survival following spray drying and storage.” *Journal of Applied Microbiology*, Vol. 99, No. 3 (2005): 493–501.

“[S]torage temperature [refrigeration] was the most important factor which determines microorganisms survival.”

- › Abd El Gawad, I.A., et al. “Spray drying of lactic acid cultures. II: The effect of culture conditions and storage on microorganisms survival.” *Egyptian Journal of Dairy Science*, Vol. 17 (1989): 273–281.

“[I]nsufficient viability and survival of [probiotic] bacteria remain a problem in commercial food products.”

- › Kailasapathy, K., and J. Chin. “Survival and therapeutic potential of probiotic organisms with reference to *Lactobacillus acidophilus* and *Bifidobacterium* spp.” *Immunology and Cell Biology*, 78(1) (2000), 80–8.

“The survival of probiotics was strongly dependent on the storage temperature and remarkable viability loss occurred at room temperature compared to refrigerated storage. [...] *B. lactis* Bb-12 showed the less resistance to be stored at 20°C (24 h) [...]”

- › Ferdousi, R., et al. “Evaluation of probiotic survivability in yogurt exposed to cold chain interruption.” *Iranian Journal of Pharmaceutical Research*, Vol. 12 Suppl. (2013): 139–144.

“*Bifidobacterium* is highly temperature sensitive. Storage of *Bifidobacterium longum* at 20 °C, room temperature, showed significantly higher mortality than at 4 °C.”

- › Bruno, F.A., and N.P. Shah. “Viability of two freeze-dried strains of *Bifidobacterium* and of commercial preparations at various temperatures during prolonged storage.” *Journal of Food Science*, Vol. 68, No. 7 (2003): 2336–2339.

“[R]eduction in the number of these microorganisms mainly occurred within the first 2 weeks of storage, particularly for *B. bifidum*. Keeping the yoghurt powder at low storage temperature generally improved the survival of the target microorganisms.”

- › Wirjantoro, T., and A. Phianmongkhon. “The viability of lactic acid bacteria and *Bifidobacterium bifidum* in yoghurt powder during storage.” *Chiang Mai University Journal of Natural Sciences*, Vol. 8, No. 1 (2009): 95–104.

“Storage temperature affected viability: greater viability [was observed] at lower temperature.”

- › Astesana, D.M., et al. “Development and storage studies of high density macrocapsules containing *Lactobacillus* spp. strains as nutritional supplement in young calves.” *Revista Argentina de Microbiología*, Vol. 50, No. 4 (2018): 398–407.

“[S]urvival of both *Lactobacillus* strains during powder storage was inversely related to the storage temperature. [...] the survival rates were [as low as] 2% after 2 months of storage at 15°C [...]”

- › Gardiner, G.E., et al. “Comparative survival rates of human-derived probiotic *Lactobacillus paracasei* and *L. salivarius* strains during heat treatment and spray drying.” *Applied and Environmental Microbiology*, Vol. 66, No. 6 (2000): 2605–2612.

“[T]he number of living probiotic bacteria in yoghurt products decreases dramatically after exposure to [room temperature].”

- › Scharl, M., et al. “Dying in yoghurt: the number of living bacteria in probiotic yoghurt decreases under exposure to room temperature.” *Digestion*, Vol. 83, No. 1–2 (2011): 13–17.

“The death rate [of *Lactobacillus delbruekii* spp. *bulgaricus*] was higher at 20°C [room temperature]; at 4°C, survival was higher [...]”

- › Teixeira, P.C., et al. “Survival of *Lactobacillus delbruekii* spp. *bulgaricus* following spray-drying.” *Journal of Dairy Science*, Vol. 78, No. 5 (1995): 1025–1031.

“[H]igher temperature conditions induced lower survival rate [of *Bifidobacteria*].”

- › Abe, F., et al. “Effects of storage temperature and water activity on the survival of bifidobacteria in powder form.” *International Journal of Dairy Technology*, Vol. 62, No. 2 (2009): 234–239.

“*Lactobacillus casei/paracasei* [were stored for] 39 weeks [...] at 4 °C and 22 °C. [...] The stability of the cultures was remarkably higher when stored under refrigeration (4 °C).”

- › Jofré, A., T. Aymerich, and M. Garriga. “Impact of different cryoprotectants on the survival of freeze-dried *Lactobacillus rhamnosus* and *Lactobacillus casei/paracasei* during long-term storage.” *Beneficial Microbes*, Vol. 6, No. 3 (2015): 381–386.

“[S]torage [...] at 4°C increased the longevity of the [probiotic].”

- › Mary, P., N. Moschetto, and R. Tailliez. “Production and survival during storage of spray dried *Bradyrhizobium japonicum* cell concentrates.” *Journal of Applied Bacteriology*, Vol. 74, No. 3 (1993): 340–344.

MULTISTRAIN FORMULATIONS

“[M]ultistrain probiotics appear to show greater efficacy than single strains.”

- › Chapman, C.M.C., G.R. Gibson, and I. Rowland. “Health benefits of probiotics: Are mixtures more effective than single strains?” *European Journal of Nutrition*, Vol. 50, No. 1 (2011): 1–17.

“[T]he multispecies preparations displayed significantly greater [...] inhibition of [gastrointestinal] pathogens.”

- › Chapman, C.M.C., G.R. Gibson, and I. Rowland. “In vitro evaluation of single- and multistrain probiotics: Inter-species inhibition between probiotic strains, and inhibition of pathogens.” *Anaerobe*, Vol. 18, No. 4 (2012): 405–413.

“Multispecies probiotics were superior in treating antibiotic-associated diarrhea in children.”

- › Timmerman H.M. et al. “Monostrain, multistrain and multispecies probiotics - A comparison of functionality and efficacy.” *International Journal of Food Microbiology*, Vol. 96, No. 3 (2004): 219–233.

PROBIOTICS IN YOGURT

“The survival of *B. infantis* decreased substantially during storage at 12 °C, when no viable cells were found at day 31.”

- › Canganella, F., et al. “Survival of *Lactobacillus acidophilus* and *Bifidobacterium infantis* in yogurts manufactured from cowmilk and soymilk during storage at two temperatures.” *Annals of Microbiology*, Vol. 50 (2000): 43–53.

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SEE THE DIFFERENCE!

PROTECTING PROBIOTICS IS KEY

Uncoated Capsule

Over 90% of the Probiotics Can Be Destroyed by Stomach Acid,*
Wasting over 90% of the Benefits and 90% of Your Money



GPS™ Enteric-Coated Capsule

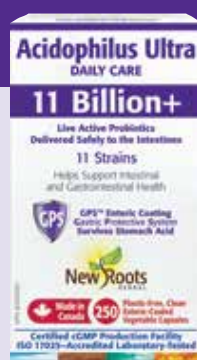
Delivers 100% of What Is on the Label*, Live to Your Intestines, Providing Full Benefits

↑ Only 5% larger but provides 100% protection

GPS™ PROBIOTICS

Acidophilus Ultra Daily Care

capsules



11 Billion + Live Active Probiotics
Delivered Safely to the Intestines
11 Strains · Helps Support Intestinal
and Gastrointestinal Health · GPS™
Enteric Coating
Gastric Protective System
Survives Stomach Acid

Source of probiotics. Helps support
intestinal/gastrointestinal health. Could
promote favourable gut flora.

Each GPS™ natural water-based enteric-coated
vegetable capsule protects contents from stomach
acid and delivers 100% potency of the following
11 strains of live, active, healthy, and whole cells
(11 billion) to the intestines

Human Strains

<i>Lactobacillus acidophilus</i> R0418	605 million CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> R0175	330 million CFU
<i>Bifidobacterium longum</i> ssp. <i>infantis</i> R0033	330 million CFU
<i>Bifidobacterium breve</i> R0070	330 million CFU

Plant Strain

<i>Lactobacillus plantarum</i> R1012	440 million CFU
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Dairy Strains

<i>Lactobacillus rhamnosus</i> R0011	4.4 billion CFU
<i>Lactobacillus rhamnosus</i> R1039	3.3 billion CFU
<i>Lactobacillus helveticus</i> R0052	550 million CFU
<i>Lactobacillus casei</i> R0215	440 million CFU
<i>Streptococcus salivarius</i> ssp. <i>thermophilus</i> R0083	220 million CFU
<i>Lactobacillus delbrueckii</i> ssp. <i>bulgaricus</i> R9001	55 million CFU

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, vitamin C
(ascorbic acid), and vegetable magnesium stearate in a
non-GMO GPS™ capsule (medium-chain triglycerides, sodium
alginate, oleic acid, stearic acid, ethylcellulose, hypromellose,
and purified water).

Directions of use

Adults, adolescents, and children ≥ 6 years
old: Take 1–2 capsules daily or as directed by
your health-care practitioner.

#1270 · 30 vegetable capsules · UPC 6-28747-11270-3

#0004 · 60 vegetable capsules · UPC 6-28747-10004-5

#0495 · 120 vegetable capsules · UPC
6-28747-10495-1

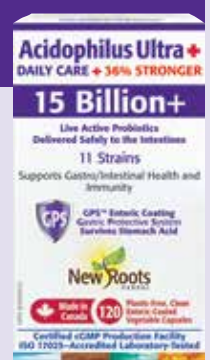
#0940 · 250 vegetable capsules · UPC 6-28747-10940-6
NPN 80062961 · V0435-R2

Digestive Health · Immune Health · Probiotics



Acidophilus Ultra + Daily Care + 36% Stronger

capsules



15 Billion + Live Active Probiotics
Delivered Safely to the Intestines
11 Strains · Supports Gastro/
Intestinal Health and Immunity
GPS™ Enteric Coating
Gastric Protective System
Survives Stomach Acid

Helps support intestinal/gastrointestinal
health. Could promote a favourable gut flora.
Source of probiotics.

Each GPS™ natural water-based enteric-coated
vegetable capsule protects contents from stomach
acid and delivers 100% potency of the following
11 strains of live, active, healthy, and whole cells
(15 billion) to the intestines

Human Strains

<i>Lactobacillus acidophilus</i> R0418	825 million CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> R0175	450 million CFU
<i>Bifidobacterium longum</i> ssp. <i>infantis</i> R0033	450 million CFU
<i>Bifidobacterium breve</i> R0070	450 million CFU

Plant Strain

<i>Lactobacillus plantarum</i> R1012	600 million CFU
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Dairy Strains

<i>Lactobacillus rhamnosus</i> R0011	6 billion CFU
<i>Lactobacillus rhamnosus</i> R1039	4.5 billion CFU
<i>Lactobacillus helveticus</i> R0052	750 million CFU
<i>Lactobacillus casei</i> R0215	600 million CFU
<i>Streptococcus salivarius</i> ssp. <i>thermophilus</i> R0083	300 million CFU
<i>Lactobacillus delbrueckii</i> ssp. <i>bulgaricus</i> R9001	75 million CFU

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, vitamin C
(ascorbic acid), and vegetable magnesium stearate in a
non-GMO GPS™ capsule (medium-chain triglycerides, sodium
alginate, oleic acid, stearic acid, ethylcellulose, hypromellose,
and purified water).

Directions of use

Adults, adolescents, and children ≥ 6 years
old: Take 1–2 capsules daily with water or juice,
or as directed by your health-care practitioner.
If you are taking antibiotics, take this product
at least 2–3 hours before or after them.

#2456 · 60 vegetable capsules · UPC 6-28747-12456-0

#2457 · 120 vegetable capsules · UPC 6-28747-12457-7

NPN 80086910 · V0676-R3

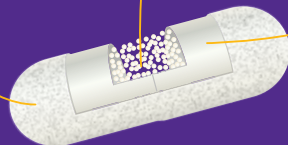
Digestive Health · Immune Health · Probiotics



GPS™ Enteric
Coating

Vegetable
Capsule

Live Active
Probiotics



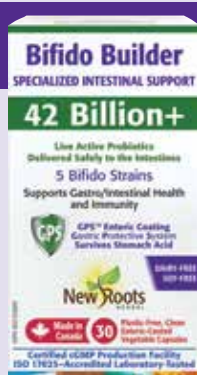
GUARANTEED PROTECTION

GPS™ PROBIOTICS

Bifido Builder

Specialized Intestinal Support capsules

42 Billion+ Live Active Probiotics
Delivered Safely to the Intestines
5 Bifido Strains · Supports Gastro/
Intestinal Health and Immunity
GPS™ Enteric Coating
Gastric Protective System
Survives Stomach Acid
DAIRY-FREE · SOY-FREE



Source of probiotics. Helps support intestinal/gastrointestinal health and a favourable gut flora. A factor in the maintenance of good health. Helps to maintain the body's ability to metabolize nutrients. Helps maintain/support immune function.

Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 5 strains of live, active, healthy, and whole cells (42 billion) to the intestines

Human Strains

<i>Bifidobacterium longum</i>	
<i>ssp. infantis</i> UB5660	21 billion CFU
<i>Bifidobacterium breve</i> UB3917	6.3 billion CFU
<i>Bifidobacterium bifidum</i> UB4925	6.3 billion CFU
<i>Bifidobacterium longum ssp. longum</i> UB6897	6.3 billion CFU

Dairy Strain

<i>Bifidobacterium animalis ssp. lactis</i> HN019	2.1 billion CFU
Vitamin C (ascorbic acid).	6 mg

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

Other ingredients

Non-GMO potato starch, vegetable magnesium stearate, non-GMO tapioca maltodextrin, mono- and dipotassium phosphates, and sucrose in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

Directions of use

Adults, adolescents, and children ≥ 6 years old: Take 1 capsule daily with water or juice or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.



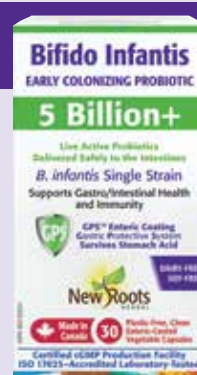
#3037 · 30 vegetable capsules · UPC 6-28747-13037-0
NPN 80135089 · V0756-R2

Cold and Flu · Digestive Health · Immune Health · Probiotics

Bifido Infantis

Early Colonizing Probiotic capsules

5 Billion+ Live Active Probiotics
Delivered Safely to the Intestines
B. infantis Single Strain
Supports Gastro/Intestinal Health
and Immunity
GPS™ Enteric Coating
Gastric Protective System
Survives Stomach Acid
DAIRY-FREE · SOY-FREE



Source of probiotics. Helps support intestinal/gastrointestinal health and a favourable gut flora. A factor in the maintenance of good health. Helps to maintain the body's ability to metabolize nutrients. Helps maintain/support immune function.

Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following strain of live, active, healthy, and whole cells (5 billion) to the intestines

Human Strains

<i>Bifidobacterium longum ssp. infantis</i> UB5660	5 billion CFU
Vitamin C (ascorbic acid).	6 mg

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, non-GMO tapioca maltodextrin, and vegetable magnesium stearate in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

Directions of use

Adults, adolescents, and children ≥ 6 years old: Take 1 capsule daily with water or juice or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.



#3040 · 30 vegetable capsules · UPC 6-28747-13040-0
NPN 80135031 · V0742-R3

Digestive Health · Immune Health · Probiotics



Disintegration testing is a US Pharmacopoeia's internationally accepted procedure. It is employed by scientists and researchers around the world to effectively mimic exposure to harsh stomach acid. This recognized method is used to measure the integrity and durability of our GPS™ enteric-coated capsules following exposure to destructive stomach acid. Further to this, we measure the survival of probiotics contained within. We guarantee the probiotics within our GPS™ enteric-coated capsules survive deadly stomach acid and arrive in the intestines alive. This same testing demonstrates that competitors' unprotected capsules leak and disintegrate, allowing stomach acid to destroy the probiotics within.

GPS™ PROBIOTICS

Colon Care Probiotics Superior Replenishment

capsules

90 Billion + Live Active Probiotics
Delivered Safely to the Intestines
17 Strains · Supports Gastro/
Intestinal Health and Immunity
GPS™ Enteric Coating
Gastric Protective System
Survives Stomach Acid
DAIRY-FREE · SOY-FREE



Source of probiotics. Helps support intestinal/gastrointestinal health and a favourable gut flora. A factor in the maintenance of good health. Helps support immune function. **Now 49 Billion CFU of Bifido!**

Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 17 strains of live, active, healthy, and whole cells (90 billion) to the intestines

Human Strains

<i>Bifidobacterium bifidum</i> UB4925	11 billion CFU
<i>Bifidobacterium breve</i> UB3917	11 billion CFU
<i>Bifidobacterium longum</i> ssp. <i>infantis</i> UB5660	11 billion CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> UB6897	11 billion CFU
<i>Bifidobacterium animalis</i> ssp. <i>lactis</i> UB9439	5 billion CFU
<i>Limosilactobacillus fermentum</i> UB3678	150 million CFU
<i>Lactobacillus gasseri</i> UB9507	150 million CFU
<i>Lactobacillus johnsonii</i> UB2214	20 million CFU

Plant Strain

<i>Lactiplantibacillus plantarum</i> UB6473	7 billion CFU
<i>Lactobacillus acidophilus</i> UB6535	500 million CFU

Dairy Strains

<i>Lactocaseibacillus rhamnosus</i> UB6056	21.26 billion CFU
<i>Lactocaseibacillus casei</i> UB9297	10 billion CFU
<i>Lactocaseibacillus paracasei</i> UB8017	1 billion CFU
<i>Limosilactobacillus reuteri</i> UB4772	600 million CFU
<i>Levilactobacillus brevis</i> UB5892	500 million CFU
<i>Lactobacillus crispatus</i> UB1947	150 million CFU
<i>Lactobacillus helveticus</i> UB5772	20 million CFU
Vitamin C (ascorbic acid)	6 mg

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

Other ingredients

Arabinogalactan, inulin, potato starch, non-GMO potato maltodextrin and/or non-GMO tapioca maltodextrin, silicon dioxide, and vegetable magnesium stearate in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

Directions of use

Adults, adolescents, and children ≥ 6 years old: Take 1 capsule daily with water or juice, or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 h before or after them.



#2153 · 30 vegetable capsules · UPC 6-28747-12153-8
NPN 80136131 · V0614-R3

50+ Health · Digestive Health · Immune Health · Probiotics

Femina Flora Oral Women's Probiotic

capsules

55 Billion + Live Active Probiotics
Delivered Safely to the Intestines
16 Strains · Supports Gastro/
Intestinal Health and Immunity
GPS™ Enteric Coating
Gastric Protective System
Survives Stomach Acid
DAIRY-FREE · SOY-FREE



Source of probiotics. Helps support intestinal/gastrointestinal health and a favourable gut flora. A factor in the maintenance of good health. Helps to maintain the body's ability to metabolize nutrients. Helps maintain/support immune function.

Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 16 strains of live, active, healthy, and whole cells (55 billion) to the intestines

Human Strains

<i>Bifidobacterium bifidum</i> UB4925	2 billion CFU
<i>Bifidobacterium breve</i> UB3917	2 billion CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> UB6897	2 billion CFU
<i>Lactobacillus gasseri</i> UB9507	750 million CFU
<i>Lactobacillus johnsonii</i> UB2214	750 million CFU
<i>Lactobacillus acidophilus</i> LA-14	300 million CFU
<i>Lactobacillus rhamnosus</i> GG	300 million CFU

Plant Strains

<i>Lactiplantibacillus plantarum</i> UB6473	8 billion CFU
<i>Lactobacillus acidophilus</i> UB6535	5.25 billion CFU

Dairy Strains

<i>Lactocaseibacillus rhamnosus</i> UB6056	19.3 billion CFU
<i>Lactocaseibacillus casei</i> UB9297	12 billion CFU
<i>Lactobacillus crispatus</i> UB1947	750 million CFU
<i>Lactocaseibacillus paracasei</i> UB8017	600 million CFU
<i>Lactobacillus helveticus</i> UB5772	500 million CFU
<i>Limosilactobacillus reuteri</i> UB4772	500 million CFU
<i>Lactobacillus casei</i> LC-11	300 million CFU
Vitamin C	6 mg

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

Other ingredients

Arabinogalactan, inulin, potato starch, tapioca maltodextrin, mono- and dipotassium phosphates, sodium chloride, sucrose, trehalose, and vegetable magnesium stearate in a GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).



Directions of use

Adults and adolescents: Take 1–2 capsules daily with water or juice, or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

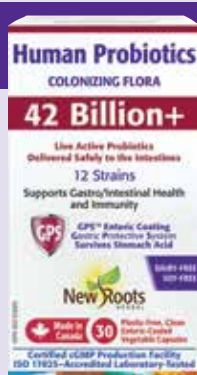
#2168 · 30 vegetable capsules · UPC 6-28747-12168-2
NPN 80116921 · V0578-R3

Digestive Health · Probiotics · Women's Health

GPS™ PROBIOTICS

Human Probiotics Colonizing Flora

capsules



42 Billion + Live Active Probiotics
Delivered Safely to the Intestines
12 Strains · Supports Gastro/
Intestinal Health and Immunity
GPS™ Enteric Coating
Gastric Protective System
Survives Stomach Acid
DAIRY-FREE · SOY-FREE

Source of probiotics. Helps support intestinal/
gastrointestinal health and a favourable gut
flora. A factor in the maintenance of good health. Helps to maintain
the body's ability to metabolize nutrients. Helps maintain/support
immune function.

**Each GPS™ natural water-based enteric-coated
vegetable capsule protects contents from stomach
acid and delivers 100% potency of the following
12 strains of live, active, healthy, and whole cells
(42 billion) to the intestines**

Human Strains

<i>Ligilactobacillus salivarius</i> UB3488	16 billion CFU
<i>Lactobacillus gasseri</i> UB9507	5 billion CFU
<i>Limosilactobacillus fermentum</i> UB3678	4 billion CFU
<i>Bifidobacterium longum</i> ssp. <i>infantis</i> UB5660	3 billion CFU
<i>Bifidobacterium animalis</i> ssp. <i>lactis</i> UB9439	3 billion CFU
<i>Bifidobacterium bifidum</i> UB4925	3 billion CFU
<i>Bifidobacterium breve</i> UB3917	3 billion CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> UB6897	3 billion CFU
<i>Lactobacillus johnsonii</i> UB2214	1 billion CFU
<i>Bifidobacterium animalis</i> ssp. <i>lactis</i> BL-04	400 million CFU
<i>Lactocaseibacillus rhamnosus</i> GG	400 million CFU
<i>Lactobacillus acidophilus</i> LA-14	200 million CFU
Vitamin C (ascorbic acid)	6 mg

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, trehalose,
tapioca maltodextrin, sodium chloride, mono- and dipotassium
phosphate, sucrose, and vegetable magnesium stearate in a
non-GMO GPS™ vegetable capsule (medium-chain triglycerides,
sodium alginate, oleic acid, stearic acid, ethylcellulose,
hypromellose, and purified water).

Directions of use

**Adults, adolescents, and children ≥ 6 years
old:** Take 1 capsule daily or as directed by
your health-care practitioner. If you are taking
antibiotics, take this product at least 2–3 hours
before or after them.



#2166 · 30 vegetable capsules · UPC 6-28747-12166-8
NPN 80131384 · V0579-R3

Digestive Health · Immune Health · Probiotics

IBS Urgency Irritable Bowel Syndrome

capsules



10 Billion + Live Active Probiotics
Delivered Safely to the Intestines
5 Strains · Supports Gastro/
Intestinal Health · Reduces Instances
of Diarrhea
GPS™ Enteric Coating
Gastric Protective System
Survives Stomach Acid

Could help reduce the duration of diarrhea
in people with irritable bowel syndrome.

Source of probiotics. Helps support intestinal/gastrointestinal
health. Could promote favourable gut flora.

**Each GPS™ natural water-based enteric-coated
vegetable capsule protects contents from stomach
acid and delivers 100% potency of the following
5 strains of live, active, healthy, and whole cells
(10 billion) to the intestines**

Human Strains

<i>Bifidobacterium longum</i> ssp. <i>infantis</i> R0033	3.40 billion CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> R0175	3.40 billion CFU
<i>Lactobacillus acidophilus</i> R0418	1.13 billion CFU

Plant Strain

<i>Lactobacillus plantarum</i> R1012	1.13 billion CFU
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Dairy Strain

<i>Lactobacillus rhamnosus</i> R0011	1.13 billion CFU
Bovine colostrum (from <i>Bos taurus</i>)	180 mg

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, vitamin C
(ascorbic acid), and vegetable magnesium stearate in a
non-GMO GPS™ capsule (medium-chain triglycerides, sodium
alginate, oleic acid, stearic acid, ethylcellulose, hypromellose,
and purified water).

Directions of use

Adults: Take 2 capsules daily or as directed by
your health-care practitioner. If you are taking
antibiotics, take this product at least 2–3 hours
before or after them.



Duration of use

Consult a health-care practitioner for
prolonged use.

#1521 · 30 vegetable capsules · UPC 6-28747-11521-6

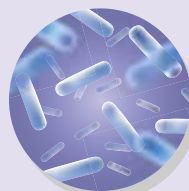
#1945 · 60 vegetable capsules · UPC 6-28747-11945-0

NPN 80042032 · V0374-R4

Digestive Health · Immune Health · Probiotics

“The road to health is paved with
good intestines!”

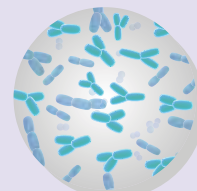
Sherry A. Rogers



Lactobacillus



Lactobacillus bulgaricus



Bifidobacterium

GPS™ PROBIOTICS

Probiotic Intensity

Extra Daily Care

capsules

20 Billion + Live Active Probiotics
Delivered Safely to the Intestines
16 Strains + Colostrum · Supports
Gastro/Intestinal Health and
Immunity · GPS™ Enteric Coating
Gastric Protective System Survives
Stomach Acid

SOY-FREE

Source of probiotics. Helps support
intestinal/gastrointestinal health and a
favourable gut flora. A factor in the maintenance of good health.
Helps to maintain the body's ability to metabolize nutrients. Helps
maintain/support immune function.



Each GPS™ natural water-based enteric-coated
vegetable capsule protects contents from stomach
acid and delivers 100% potency of the following 16
strains of live, active, healthy, and whole cells (20
billion) to the intestines:

Human Strains

<i>Lactobacillus johnsonii</i> UB2214	1.9 billion CFU
<i>Bifidobacterium animalis</i> ssp. <i>lactis</i> UB9439	1.42 billion CFU
<i>Lactobacillus gasseri</i> UB9507	1.42 billion CFU
<i>Ligilactobacillus salivarius</i> UB3488	1.4 billion CFU
<i>Bifidobacterium bifidum</i> UB4925	950 million CFU
<i>Bifidobacterium longum</i> ssp. <i>infantis</i> UB5660	315 million CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> UB6897	315 million CFU
<i>Bifidobacterium breve</i> UB3917	315 million CFU

Plant Strains

<i>Lactiplantibacillus plantarum</i> UB6473	70 million CFU
<i>Lactobacillus acidophilus</i> UB6535	30 million CFU

Dairy Strains

<i>Lactocaseibacillus rhamnosus</i> UB6056	7.46 billion CFU
<i>Lactocaseibacillus casei</i> UB9297	1.9 billion CFU
<i>Lactobacillus crispatus</i> UB1947	1.9 billion CFU
<i>Lactobacillus helveticus</i> UB5772	540 million CFU
<i>Lactocaseibacillus paracasei</i> UB8017	52 million CFU
<i>Lactococcus lactis</i> LL-23	13 million CFU

Vitamin C (ascorbic acid)	6 mg
Bovine colostrum (from <i>Bos taurus</i>)	25 mg

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

Other ingredients

Arabinogalactan (AOS), inulin, xylooligosaccharides (XOS),
non-GMO potato starch, non-GMO tapioca maltodextrin,
vegetable magnesium stearate, silicon dioxide, acacia
gum, and sucrose in a non-GMO GPS™ capsule (medium-
chain triglycerides, sodium alginate, oleic acid, stearic acid,
ethylcellulose, hypromellose, and purified water).

Directions of use

Adults, adolescents, and children ≥ 6 years
old: Take 1–2 capsules daily or as directed by
your health-care practitioner. If you are taking
antibiotics, take this product at least 2–3 hours
before or after them.



Duration of use

Consult a health-care practitioner for prolonged use.

#1880 · 30 vegetable capsules · UPC 6-28747-11880-4

#1878 · 60 vegetable capsules · UPC 6-28747-11878-1

NPN 80136157 · V0498-R5

Digestive Health · Immune Health · Probiotics

Probiotics Recovery

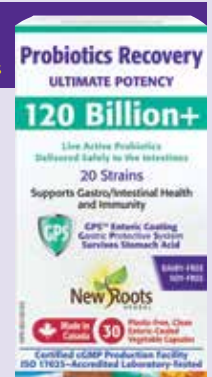
Ultimate Potency

capsules

120 Billion + Live Active Probiotics
Delivered Safely to the Intestines
20 Strains · Supports Gastro/
Intestinal Health and Immunity
GPS™ Enteric Coating
Gastric Protective System
Survives Stomach Acid

DAIRY-FREE · SOY-FREE

Source of probiotics. Helps support
intestinal/gastrointestinal health and a
favourable gut flora. A factor in the maintenance of good health.
Helps to maintain the body's ability to metabolize nutrients. Helps
maintain/support immune function.



Each GPS™ natural water-based enteric-coated
vegetable capsule protects contents from stomach
acid and delivers 100% potency of the following
20 strains of live, active, healthy, and whole cells
(120 billion) to the intestines

Human Strains

<i>Bifidobacterium bifidum</i> UB4925	4 billion CFU
<i>Bifidobacterium breve</i> UB3917	4 billion CFU
<i>Bifidobacterium longum</i> ssp. <i>infantis</i> UB5660	4 billion CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> UB6897	4 billion CFU
<i>Bifidobacterium animalis</i> ssp. <i>lactis</i> UB9439	1 billion CFU
<i>Lactobacillus gasseri</i> UB9507	200 million CFU
<i>Limosilactobacillus fermentum</i> UB3678	200 million CFU
<i>Lactobacillus johnsonii</i> UB2214	200 million CFU
<i>Bifidobacterium animalis</i> ssp. <i>lactis</i> BL-04	200 million CFU
<i>Lactocaseibacillus rhamnosus</i> GG	200 million CFU
<i>Lactobacillus acidophilus</i> LA-14	200 million CFU

Plant Strains

<i>Lactobacillus plantarum</i> UB6473	40 billion CFU
<i>Lactobacillus acidophilus</i> UB6535	2.2 billion CFU

Dairy Strains

<i>Lactocaseibacillus rhamnosus</i> UB6056	30 billion CFU
<i>Lactocaseibacillus casei</i> UB9297	20 billion CFU
<i>Lactocaseibacillus paracasei</i> UB8017	8.3 billion CFU
<i>Limosilactobacillus reuteri</i> UB4772	700 million CFU
<i>Lactobacillus crispatus</i> UB1947	200 million CFU
<i>Levilactobacillus brevis</i> UB5892	200 million CFU
<i>Lactobacillus helveticus</i> UB5772	200 million CFU

Vitamin C (ascorbic acid)	6 mg
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CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

Other ingredients

Arabinogalactan, inulin, non-GMO potato and tapioca
maltodextrin, non-GMO potato starch, vegetable magnesium
stearate, trehalose, sucrose, sodium chloride, mono- and
dipotassium phosphate, and silicon dioxide in a non-GMO GPS™
capsule (medium-chain triglycerides, sodium alginate, oleic acid,
stearic acid, ethylcellulose, hypromellose, and purified water).

Directions of use

Adults: Take 1 capsule daily or as directed by
your health-care practitioner. If you are taking
antibiotics, take this product at least 2–3 hours
before or after them. Do not use this product
if you are taking tetracycline. Resume taking
Probiotics Recovery the day following your
tetracycline treatment.



#1965 · 30 vegetable capsules · UPC 6-28747-11965-8

NPN 80136185 · V0528-R4

Digestive Health · Immune Health · Probiotics

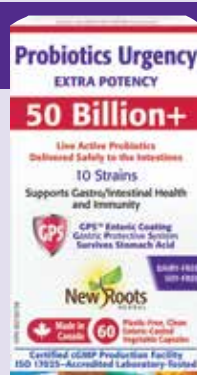
GPS™ PROBIOTICS

Probiotics Urgency

Extra Potency

capsules

50 Billion + Live Active Probiotics
Delivered Safely to the Intestines
10 Strains · Supports Gastro/
Intestinal Health and Immunity
GPS™ Enteric Coating Gastric
Protective System
Survives Stomach Acid
DAIRY-FREE · SOY-FREE



Source of probiotics. Helps support intestinal/gastrointestinal health and could promote a favourable gut flora. A factor in the maintenance of good health. Helps to maintain the body's ability to metabolize nutrients. Helps maintain/support immune function.

Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 10 strains of live, active, healthy, and whole cells (50 billion) to the intestines

Human Strains

<i>Bifidobacterium longum</i> ssp. <i>longum</i> UB6897	9 billion CFU
<i>Bifidobacterium bifidum</i> UB4925	1 billion CFU
<i>Bifidobacterium breve</i> UB3917	1 billion CFU
<i>Bifidobacterium longum</i> ssp. <i>infantis</i> UB5660	1 billion CFU

Plant Strains

<i>Lactiplantibacillus plantarum</i> UB6473	9 billion CFU
<i>Lactobacillus acidophilus</i> UB6535	1 billion CFU

Dairy Strains

<i>Lactocaseibacillus casei</i> UB9297	9 billion CFU
<i>Lactocaseibacillus rhamnosus</i> UB6056	9 billion CFU
<i>Lactobacillus helveticus</i> UB5772	9 billion CFU
<i>Lactocaseibacillus paracasei</i> UB8017	1 billion CFU

Vitamin C (ascorbic acid) 6 mg

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, tapioca maltodextrin, and vegetable magnesium stearate in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

Directions of use

Adults, adolescents, and children ≥ 6 years old: Take 1–2 capsules daily with water or juice, or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.



#1398 · 22 vegetable capsules · UPC 6-28747-11398-4
#1798 · 30 vegetable capsules · UPC 6-28747-11798-2
#1799 · 60 vegetable capsules · UPC 6-28747-11799-9
NPN 80136136 · V0384-R4

Digestive Health · Immune Health · Probiotics

Reuteri Restore

Bowel-Balance Probiotic

capsules

2.5 Billion+ Live Active Probiotics
Delivered Safely to the Intestines
L. reuteri Single Strain
Supports Gastro/Intestinal Health
and Immunity
GPS™ Enteric Coating
Gastric Protective System
Survives Stomach Acid
DAIRY-FREE · SOY-FREE



Source of probiotics. Helps support intestinal/gastrointestinal health and a favourable gut flora. A factor in the maintenance of good health. Helps to maintain the body's ability to metabolize nutrients. Helps maintain/support immune function.

Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following strain of live, active, healthy, and whole cells (2.5 billion) to the intestines

Dairy Strain

<i>Limosilactobacillus reuteri</i> UB4772	2.5 billion CFU
Vitamin C (ascorbic acid)	6 mg

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, vegetable magnesium stearate, and non-GMO potato maltodextrin in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

Directions of use

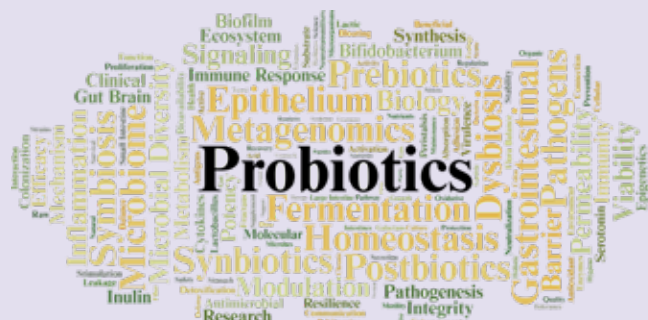
Adults: Take 1 capsule daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.



#3036 · 30 vegetable capsules · UPC 6-28747-13036-3
NEW SIZE!

#3571 · 60 vegetable capsules · UPC 6-28747-13571-9
NPN 80135115 · V0754-R3

Digestive Health · Immune Health · Probiotics



GPS™ PROBIOTICS

Travelers' Probiotic Protection

capsules

21 Billion + Live Active Probiotics
Delivered Safely to the Intestines
12 Strains · Protects Against
Travelers' Diarrhea · GPS™ Enteric
Coating Gastric Protective System
Survives Stomach Acid

Helps to reduce the risk of travelers' diarrhea and the risk of antibiotic-associated diarrhea. Source of probiotics. Helps support intestinal/gastrointestinal health. Could promote favourable gut flora.



Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 12 strains of live active healthy whole cells (21 billion) to the intestines

Human Strains

<i>Lactobacillus acidophilus</i> R0418	619 million CFU
<i>Bifidobacterium breve</i> R0070	338 million CFU
<i>Bifidobacterium longum</i> ssp. <i>infantis</i> R0033	338 million CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> R0175	338 million CFU

Plant Strains

<i>Saccharomyces boulardii</i>	10 billion CFU
<i>Lactobacillus plantarum</i> R1012	450 million CFU

Dairy Strains

<i>Lactobacillus rhamnosus</i> R0011	4.5 billion CFU
<i>Lactobacillus rhamnosus</i> R1039	3.375 billion CFU
<i>Lactobacillus helveticus</i> R0052	563 million CFU
<i>Lactobacillus casei</i> R0215	450 million CFU
<i>Streptococcus salivarius</i> ssp. <i>thermophilus</i> R0083	225 million CFU
<i>Lactobacillus delbrueckii</i> ssp. <i>bulgaricus</i> R9001	56 million CFU

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, vitamin C (ascorbic acid), vegetable magnesium stearate, and silicon dioxide in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

Directions of use

Children 6–12 years, adolescents, and adults: Take 1 capsule once or twice daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them. *For travelers' diarrhea risk reduction:* Start 5 days prior to traveling and continue during the entire duration of the trip. Finish remaining capsules after return.

#1679 · 30 vegetable capsules · UPC 6-28747-11679-4

NPN 80034369 · V0463-R2

Digestive Health · Immune Health · Probiotics



OTHER PROBIOTICS

Children's Probiotic

12 Strains · 10 Billion +
Live Active Probiotic Cells

powder

Supports Intestinal Health and Immunity · Reduces Risk of Respiratory Infections
DAIRY-FREE · SOY-FREE

Source of probiotics. A factor in the maintenance of good health. Helps support intestinal/gastrointestinal health and immune function. Helps to reduce the risk of upper respiratory tract infections. This ultraconcentrated formula is easily added to cold food like yogurt without changing taste or texture.

Each dose of 2 rounded scoops (≈ 300 mg) contains 12 strains totalling 10 billion live active healthy whole cells

Human Strains

<i>Bifidobacterium longum</i> ssp. <i>infantis</i> UB5660	1.04 billion CFU
<i>Lactocaseibacillus rhamnosus</i> GG	1 billion CFU
<i>Bifidobacterium breve</i> UB3917	214 million CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> UB6897	214 million CFU
<i>Lactobacillus johnsonii</i> UB2214	8 million CFU

Plant Strains

<i>Lactiplantibacillus plantarum</i> UB6473	50 million CFU
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<i>Lactobacillus acidophilus</i> UB6535	18 million CFU
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Dairy Strains

<i>Lactocaseibacillus rhamnosus</i> UB6056	6.628 billion CFU
<i>Lactocaseibacillus casei</i> UB9297	1.284 billion CFU
<i>Limosilactobacillus reuteri</i> UB4772	350 million CFU
<i>Lactobacillus helveticus</i> UB5772	42 million CFU
<i>Lactocaseibacillus paracasei</i> UB8017	36 million CFU
Vitamin C (ascorbic acid)	6 mg

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, non-GMO tapioca maltodextrin, mono- and dipotassium phosphates, sodium chloride, sucrose, and vegetable magnesium stearate.

Directions of use

Children 1–12 years: MIX POWDER WITH FOOD BEFORE INGESTING. Dissolve dose in a small amount of water before administration to children 3–5 years old. For best results, mix 2 rounded scoops daily with cold, fatty food (yogurt, ice cream, nut butter, hummus, etc.) or as directed by your health-care practitioner. Serve immediately. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

#1821 · 20 g / 67 daily doses · UPC 6-28747-01821-0

NPN 80136123 · PM0009-R6

Children's Health · Probiotics



OTHER PROBIOTICS

Femina Flora

Vaginal Flora

vaginal ovules

10 Billion Probiotics · 4 strains

Specific Strength

+ Selected Special Strains

Provides microorganisms that temporarily modify vaginal flora.

Each vaginal ovule contains

<i>Lactobacillus rhamnosus</i> R0011 . . .	8.09 billion CFU
<i>Lactobacillus acidophilus</i> R0418 . . .	982 million CFU
<i>Streptococcus salivarius</i> ssp. <i>thermophilus</i> HA-110	616 million CFU
<i>Lactobacillus delbrueckii</i> ssp. <i>bulgaricus</i> HA-137	312 million CFU

Other ingredients

Lactose, vitamin C (ascorbic acid), and vegetable magnesium stearate in a capsule composed of bovine gelatin, purified water, and glycerin.

Directions of use

Adult women: Insert 1 ovule intravaginally daily before bed for 10 days or as directed by your health-care practitioner. Gently twist narrow part of the ovule into applicator until firmly inserted. If you are taking antibiotics, use this product at least 2–3 hours before or after them.



#1065 · 10 vaginal ovules · UPC 6-28747-11065-5
NPN 80041956 · V0031-R5

Probiotics · Women's Health



Ultra Max

powder

Daily Care Probiotic

36 Billion+ Live Active Probiotics

11 Strains plus Inulin

Helps Support Intestinal and Gastrointestinal Health

DAIRY-FREE · SOY-FREE

Specific-use probiotic in case of difficulty swallowing a capsule, or with oral or gastric target.

Ultra Max is a potent, complete formulation of 11 specific strains of beneficial bacteria cultures. Provides live microorganisms that temporarily modify gut flora.

Each ¼ teaspoon contains

Human Strains

<i>Lactobacillus rhamnosus</i> UB5115	25.36 billion CFU
<i>Lactobacillus casei</i> UB1499	6.482 billion CFU
<i>Bifidobacterium breve</i> UB8674	1.08 billion CFU
<i>Bifidobacterium longum</i> ssp. <i>infantis</i> UB9214	1.08 billion CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> UB7691	1.08 billion CFU
<i>Lactobacillus acidophilus</i> UB5997	90 million CFU

Plant Strain

<i>Lactobacillus plantarum</i> UB2783	252 million CFU
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Dairy Strains

<i>Lactobacillus helveticus</i> UB7229	216 million CFU
<i>Lactobacillus paracasei</i> UB1978	182 million CFU
<i>Lactobacillus reuteri</i> UB2419	144 million CFU
<i>Lactobacillus johnsonii</i> UB3394	43.2 million CFU

All strains are whole-cell.

Other ingredients

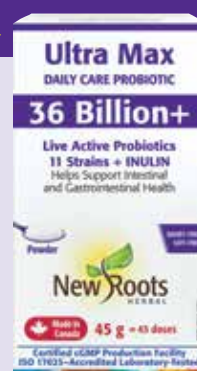
Arabinogalactan (10 mg), inulin (10 mg), vitamin C (ascorbic acid), non-GMO potato starch, non-GMO potato maltodextrin, trehalose, and sodium ascorbate.

Directions of use

Children 6–12 years, adolescents, and adults: Take ¼ teaspoon in cold food or water once daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them. Nonclumping. Does not alter the taste of food.

#0056 · 45 g / 45 doses · UPC 6-28747-00056-7
NPN 80111061 · PM0113-R3

Digestive Health · Immune Health · Probiotics



Hospital Bacteria

Defense

capsules

10 Billion+ Live Active Whole Cells

Delivered Safely to the Intestines

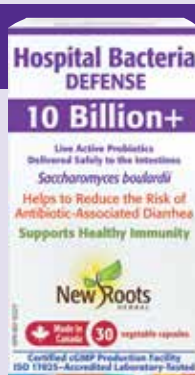
Saccharomyces boulardii

Helps to Reduce the Risk of

Antibiotic-Associated Diarrhea

Supports Healthy Immunity

Source of probiotics. Helps reduce the risk of antibiotic-associated diarrhea. Helps support intestinal/gastrointestinal health and a favourable gut flora. Helps maintain/support immune function. A factor in the maintenance of good health.



Each vegetable capsule contains

<i>Saccharomyces boulardii</i>	10 billion CFU
Vitamin C (ascorbic acid)	6 mg

Other ingredients

Maltodextrin and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults and children ≥ 6 years old: Take 1–3 capsules daily or as directed by your health-care practitioner. If you are taking antifungal medications, take this product at least 2–3 hours before or after them.



#1588 · 30 vegetable capsules · UPC 6-28747-11588-9
NPN 80110227 · V0436-R2

Digestive Health · Immune Health · Probiotics

WHICH PROBIOTIC
IS BEST FOR YOU?
TAKE THE QUIZ



Psyllium: Fibre Ultra Rich

Psyllium · 550 mg

capsules



Regularly · Cleansing Lowers Cholesterol Promotes Heart Health

Psyllium is used in herbal medicine as a bulk-forming laxative and to promote bowel movements by increasing bulk volume and water content; provides gentle relief of constipation and irregularity. Helps to maintain a healthy cardiovascular system by promoting healthy cholesterol levels.

Each vegetable capsule contains

Psyllium (<i>Plantago ovata</i>) husk	405.36 mg
Roselle (<i>Hibiscus sabdariffa</i>) flower	80.98 mg
Inulin (from chicory root [<i>Cichorium intybus</i>])	42.92 mg
Clove (<i>Syzygium aromaticum</i>) flower bud	10.12 mg
Licorice (<i>Glycyrrhiza glabra</i>) root	10.12 mg

Other ingredients

Stevia (*Stevia rebaudiana*) leaf extract and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults ≥ 19 years old: Take 3–9 capsules three times daily or as directed by your health-care practitioner. For each gram of psyllium, take with 30 ml of liquid (water, milk, fruit juice, or similar aqueous beverage). Drink immediately and maintain adequate fluid intake. If you are taking other medications, take this product 2 hours before or after them. For cholesterol and heart health, take 9 capsules three times daily.



Duration of use

Effects observed 12–24 hours after the first dose; results may take 2–3 days. Avoid long-term use, and consult a health-care practitioner for use beyond 6 weeks.

Note: Also take 1 or 2 capsules of enteric-coated **Acidophilus Ultra** each day.

#0396 · 100 vegetable capsules · UPC 6-28747-10396-1
NPN 80032690 · V0109-R2

Digestive Health · Weight Management

Psyllium: Fibre Ultra Rich

Psyllium + Inulin

powder



Regularly · Cleansing Lowers Cholesterol Promotes Heart Health

Psyllium is used in herbal medicine as a bulk-forming laxative and to promote bowel movements by increasing bulk volume and water content; provides gentle relief of constipation and irregularity. Helps to maintain a healthy cardiovascular system by promoting healthy cholesterol levels.

Each teaspoon contains

Psyllium (<i>Plantago ovata</i>) husk	1,945 mg
Roselle (<i>Hibiscus sabdariffa</i>) flower	414 mg
Licorice (<i>Glycyrrhiza glabra</i>) root	52 mg
Inulin (from chicory root [<i>Cichorium intybus</i>])	36 mg
Clove (<i>Syzygium aromaticum</i>) flower bud	6 mg

Other ingredient

Stevia (*Stevia rebaudiana*) leaf.

Directions of use

Adults ≥ 19 years old: Take 1–3 teaspoons twice daily. For cholesterol and heart health, take 3 teaspoons twice daily. For each gram of psyllium, take with 30 ml of liquid (water, milk, fruit juice, or similar aqueous beverage). Drink immediately and maintain adequate fluid intake. If you are taking other medications, take this product 2 hours before or after them.

Duration of use

Effects observed 12–24 hours after the first dose; results may take 2–3 days. Minimum daily dose may be increased up to maximum daily dose, until desired effect is obtained.

Note: Also take 1–2 capsules of enteric-coated

Acidophilus Ultra each day. Our **Acidophilus Ultra** capsule is protected by an enteric coating, which allows the probiotic content to resist stomach acid as well as to reach the intestines alive and intact to deliver their beneficial activity.

#0156 · 200 g / ≈ 80 doses · UPC 6-28747-00156-4

#0085 · 340 g / ≈ 136 doses · UPC 6-28747-00085-7

NPN 80034692 · PM0079-R1

Digestive Health · Weight Management



Psyllium: Super Fibre

Psyllium · 620 mg

capsules



Lowers Cholesterol Promotes Regularity Gently Relieves Constipation

Provides gentle relief of constipation or irregularity. Lowers cholesterol. Promotes heart health. Helps to maintain a healthy cardiovascular system by promoting healthy cholesterol levels.

Each vegetable capsule contains

Psyllium (*Plantago ovata*) husk 620 mg

Other ingredients

Inulin in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: For constipation or irregularity: Take 3 capsules twice daily (morning and evening) with 8 oz. of water or juice, before or after meals. Follow with a second glass of liquid. Effects observed 12–24 hours after first dose, and may take 2–3 days. If you are taking other medications, take this product 2 hours before or after them. For cholesterol, heart health, and cardiovascular effects: Take 6 capsules three times a day (morning, afternoon, and evening) with 8 oz. of water or juice, before or after meals. Follow with a second glass of liquid. If you are taking other medications, take this product 2 hours before or after them.

#0011 · 100 vegetable capsules · UPC 6-28747-10011-3

NPN 80021829 · V0059-R2

Cholesterol Management · Digestive Health

Herbs and Herbal Extracts · Weight Management



“It is not true that people stop pursuing dreams because they grow old; they grow old because they stop pursuing dreams.”

Gabriel García Márquez

Pür Collagen Body Renew

500 mg capsules
Grass-Fed, Antibiotic-Free Bovine

Smoother Skin in 4 Weeks
Bioactive Peptides for Entire Body
Reduces Osteoarthritis Joint Pain

Helps enhance skin elasticity, density, and appearance of smooth skin. Helps promote healthy collagen and elastin production. Helps reduce eye wrinkles (within 4 weeks) and fine facial lines. Helps to reduce joint pain associated with osteoarthritis.



Each vegetable capsule contains

Hydrolyzed collagen—types I and III (bovine*)
(Verisol®) bioactive peptides 500 mg

*Guaranteed free of pesticides, growth hormones, antibiotics, and bovine spongiform encephalopathy (BSE).

Other ingredients

Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule five times daily or as directed by your health-care practitioner.

Duration of use

For joint pain: Use for a minimum of 5 months to see beneficial effects.

#2266 · 75 vegetable capsules · UPC 6-28747-12266-5

#2267 · 150 vegetable capsules · UPC 6-28747-12267-2

NPN 80080791 · V0636-R2

Beauty · Hair · Nails · Skin



Full line of collagen products, p. 72–73

Pür Collagen+ Joint Recovery

Healthy Cartilage and Bones

powder



20 g Collagen (Hydrolyzed)
+ 120 mg Hyaluronic Acid (HA)
per Daily Dose · Bovine Sourced
Grass-Fed · Pasture-Raised ·
Unflavoured

Helps support joint health. Helps in collagen formation to maintain healthy cartilage, bones, teeth, and/or gums. Helps in wound healing and connective tissue formation. Helps improve and increase skin hydration. Helps support skin health. Helps with immune function.

Each scoop contains

Hydrolyzed collagen—types I, II, and III (from bovine) 10 g
Hyaluronic acid (from sodium hyaluronate) 60 mg
Vitamin C (ascorbic acid) 50 mg

Note: Each scoop provides 10 g of protein.

Directions of use

Adults: Take 2 scoops daily or as directed by your health-care practitioner. Add to water, juice, or a smoothie, and stir well. May be taken in 1 single dose or divided and spread throughout the day, for a total of 2 scoops per day. Dissolves well in cold and warm beverages.



Duration of use

Consult a health-care practitioner for use beyond 5 weeks.

#2776 · 454 g / ≈ 22 doses · UPC 6-28747-02766-2

NPN 80116345 · PM0941-R1

50+ Health · Bone Health · Joint Health ·

Muscle Support

Sport Nutrition

Full line of collagen products, p. 72–73

Pür Collagen Radiant Skin

Marine-Sourced · 500 mg
With 6% Elastin

capsules

Clinically Proven to Reduce
Deep Wrinkles in 28 Days

Reduces the number of wrinkles after only 28 days. Reduces the number of deep wrinkles.



Each vegetable capsule contains

Collactive™ hydrolyzed collagen—type I,
from fish skin and bones,
with 30 mg elastin (6%) 500 mg

Sustainably sourced

Other ingredients

Natural vanilla flavour, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 4 capsules daily or as directed by your health-care practitioner.

#2269 · 60 vegetable capsules · UPC 6-28747-12269-6

#2271 · 120 vegetable capsules · UPC 6-28747-12271-9

NPN 80139946 · V0621-R1

Beauty · Hair · Nails · Skin

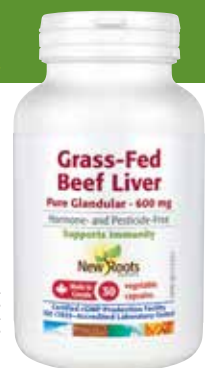


Full line of collagen products, p. 72–73

Pure Liver: Grass-Fed Beef Liver

Pure Glandular · 600 mg

capsules



Hormone- and Pesticide-Free
Supports Immunity

Supports good health.
Helps support immune function.

Each vegetable capsule contains

Liver organ, from bovine
source (*Bos taurus*)*. 600 mg
Vitamin C (ascorbic acid) 6 mg

*Superior-quality, freeze-dried organ powder, from New Zealand grass-fed beef. Guaranteed free of pesticides, growth hormones, antibiotics, and bovine spongiform encephalopathy (BSE).

Other ingredients

Natural peppermint flavour, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 6 capsules daily or as directed by your health-care practitioner.

#1963 · 30 vegetable capsules · UPC 6-28747-11963-4

#3434 · 90 vegetable capsules · UPC 6-28747-13434-7

#3187 · 180 vegetable capsules · UPC 6-28747-13187-2

NPN 80119351 · V0541-R1

Detoxification · Glandular Extracts



Pure Magnesium Bisglycinate

Fully Reacted · 115 mg + Taurine

capsules

**Supports Healthy Heart and
Muscle Function**
Very Gentle on the Stomach

Helps in tissue formation and to maintain proper muscle function. Helps to maintain the body's ability to metabolize nutrients. Helps in the development and maintenance of bones and teeth.

Each vegetable capsule contains

Magnesium (from 885 mg of pure,
fully reacted magnesium bisglycinate). 115 mg
Taurine (2-aminoethanesulfonic acid). 25 mg

Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule three times daily with food or as directed by your health-care practitioner.

#2200 · 90 vegetable capsules · UPC 6-28747-12200-9
NPN 80077470 · V0612-R1

**Bone Health · Muscle Support
Vitamins and Minerals**

Full line of magnesium supplements, p. 130–133



Pure Pancreas: Grass-Fed Lamb Pancreas

Pure Glandular · 450 mg

tablets

Hormone- and Pesticide-Free
Supports Good Health

Each tablet contains

Pancreas organ
(from lamb [*Ovis aries*])* 450 mg
Vitamin C (ascorbic acid). 6 mg

*Superior-quality, freeze-dried organ from New Zealand grass-fed lamb. Guaranteed free of pesticides, growth hormones, antibiotics, and transmissible spongiform encephalopathy (TSE).

Other ingredients

Microcrystalline cellulose, croscarmellose sodium, vegetable magnesium stearate, and silicon dioxide.

Directions of use

Adults: Take 1 tablet daily with or immediately before a meal/food or as directed by your health-care practitioner.

Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

#2027 · 30 tablets · UPC 6-28747-12027-2
#3437 · 90 tablets · UPC 6-28747-13437-8
NPN 80071898 · V0556-R2

Blood Glucose Management · Digestive Health · Glandular Extracts



Pure Magnesium Bisglycinate

Fully Reacted

130 mg Elemental Magnesium

capsules

Heart/Muscle Function
Very Gentle on the Stomach

Helps in tissue formation and to maintain proper muscle function. Helps the body to metabolize nutrients. Helps in the development and maintenance of bones and teeth.

Each vegetable capsule contains

Elemental magnesium (from 1,000 mg of pure,
fully reacted magnesium bisglycinate). 130 mg

Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 2 capsules daily or as directed by your health-care practitioner.

#2183 · 60 vegetable capsules · UPC 6-28747-12183-5
#2175 · 120 vegetable capsules · UPC 6-28747-12175-0
NPN 80110865 · V0603-R1

**Bone Health · Muscle Support
Vitamins and Minerals**

Full line of magnesium supplements, p. 130–133



Pure Spleen: Grass-Fed Beef Spleen

Pure Glandular · 650 mg

capsules

Hormone- and Pesticide-Free
Supports Immunity

Supports good health.
Helps support immune function.

Each vegetable capsule contains

Spleen (organ),
from bovine source (*Bos taurus*)* . . . 650 mg
Vitamin C (ascorbic acid). 6 mg

*Superior-quality, freeze-dried organ from New Zealand grass-fed beef. Guaranteed free of pesticides, growth hormones, antibiotics, and bovine spongiform encephalopathy (BSE).

Other ingredients

Natural peppermint flavour, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner.

#1964 · 30 vegetable capsules · UPC 6-28747-11964-1
#3435 · 90 vegetable capsules · UPC 6-28747-13435-4
NPN 80058174 · V0527-R2

Glandular Extracts · Immune Health



Pure Thymus: Grass-Fed Lamb Thymus

tablets



Hormone- and Pesticide-Free Supports Immunity

Supports good health.
Helps support immune function.

Each tablet contains

Glandular thymus
(from lamb [*Ovis aries*]) 450 mg
Vitamin C 6 mg

*Superior-quality, freeze-dried organ from New Zealand grass-fed lamb. Guaranteed free of pesticides, growth hormones, antibiotics, and transmissible spongiform encephalopathy (TSE).

Other ingredients

Sorbitol, dicalcium phosphate, vegetable stearic acid, croscarmellose sodium, and natural peppermint flavour.

Directions of use

Adults: Take 1 tablet daily or as directed by your health-care practitioner.

#2482 · 30 tablets · UPC 6-28747-12482-9

#3436 · 90 tablets · UPC 6-2877-13436-1

NPN 80103735 · V0524-R2

Glandular Extracts · Immune Health



Purge Parasitis

capsules



Antiparasitic

Wormwood is used in traditional herbal medicine to expel worms (vermifuge).

Each vegetable capsule contains

Black walnut (*Juglans nigra*)
hull and leaf. 157.8 mg
Whole wormwood
(*Artemisia absinthium*) 94.68 mg
Odourless garlic
(*Allium sativum*) bulb 63.12 mg
Oregano (*Origanum vulgare*)
50:1 leaf extract. 40 mg
Clove (*Syzygium aromaticum*) flower bud 31.56 mg
Oregon-grape (*Berberis aquifolium*) root 13.41 mg
Ginger (*Zingiber officinale*) rhizome. 7.89 mg
Aloe (*Aloe vera*) leaf. 5.52 mg
Quassia (*Picrasma excelsa*) stem wood 5.52 mg
Sage (*Salvia officinalis*) leaf 5.52 mg

Other ingredients

Grapefruit seed extract (37 mg), vegetable magnesium stearate, and microcrystalline cellulose in a non-GMO vegetable capsule composed of pullulan and purified water.

Directions of use

Adults: Take 9 capsules daily with food or as directed by your health-care practitioner. Take for 15 days. Stop for 5 days. Repeat for 15 days. If you are taking supplements containing iron, zinc, calcium, or copper, take this product a few hours before or after them. To remove dead or dying parasites, take **Fibre Ultra Rich** (*Plantago* or *Psyllium*) from New Roots Herbal 1 or 2 times a day with 2 **Probiotics Urgency** GPS™ enteric-coated capsules.



Duration of use

For occasional use only. Consult a health-care practitioner for use beyond 14 days.

#0482 · 90 vegetable capsules · UPC 6-28747-10482-1

#0935 · 180 vegetable capsules · UPC 6-28747-10935-2

NPN 80105121 · V0104-R8

Parasitic and Fungal Management

Purge Parasitis Program

kit



Therapeutic Treatment for Elimination of Parasites

33-Day Program

Now Includes Fibre Ultra!

The **Purge Parasitis Program** includes a combination of proven antiparasitic ingredients used in herbal medicine to neutralize parasites as well as their eggs and toxins. This maximum-strength program delivers comprehensive results when all products are taken as indicated and the recommended program protocol is properly followed.

Each kit contains

2 bottles of Black Walnut Green Hull 60 capsules
1 bottle of Cloves 100 capsules
1 bottle of Fibre Ultra Rich Psyllium + Inulin 200 g
2 bottles of Purge Parasitis 90 capsules
1 bottle of Wormwood 100 capsules

Black Walnut Green Hull

Traditionally used in herbal medicine to help expel intestinal worms (vermifuge/anthelmintic) and eliminate ringworm (*Tinea corporis*).

Cloves

Used in traditional herbal medicine as a carminative for the relief of digestive complaints such as flatulence or abdominal distention.

Fibre Ultra Rich Psyllium + Inulin

Psyllium is used in herbal medicine as a bulk-forming laxative and to promote bowel movements by increasing bulk volume and water content; provides gentle relief of constipation and irregularity. Helps to maintain a healthy cardiovascular system by promoting healthy cholesterol levels.

Purge Parasitis

Wormwood is used in traditional herbal medicine to expel worms (vermifuge).

Wormwood

Used in traditional herbal medicine as a stimulant tonic to improve appetite and to relieve symptoms of dyspepsia (carminative).
Used in traditional herbal medicine to expel worms (vermifuge).

#2646 · Kit · UPC 6-28747-52646-3

NPN 80058096

Parasitic and Fungal Management



“Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate.”

Albert Schweitzer

Quercetin

500 mg

capsules



Antioxidant

Quercetin, a bioflavonoid, is an antioxidant for the maintenance of good health. Used in herbal medicine as a capillary/blood vessel protectant.

Each vegetable capsule contains

Quercetin 500 mg

Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: *Antioxidant:* Take 1 capsule daily with food or as directed by your health-care practitioner. *Blood-Vessel Protectant:* Take 1 capsule twice daily with food or as directed by your health-care practitioner.



Duration of use

Consult a health-care practitioner for use beyond 12 weeks.

#1142 · 90 vegetable capsules · UPC 6-28747-11142-3
NPN 80024062 · V0331-R3

Allergy Relief · Antioxidants · Heart and Blood

Quercetin Bioflavonoid Complex 250 mg of Quercetin

capsules



Quercetin, a bioflavonoid, is an antioxidant for the maintenance of good health. Provides enzymes.

Each vegetable capsule contains

Citrus bioflavonoids
(from bitter orange [*Citrus × aurantium*]),
50% hesperidin 250 mg
Quercetin 250 mg
Bromelain (from pineapple
[*Ananas comosus* var. *comosus*] stem),
2,400 GDU/g (1,800,000 FCC PU) 50 mg
Rutin 50 mg

Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults ≥ 19 years old: Take 1 capsule daily with food or as directed by your health-care practitioner.



Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

#0241 · 90 vegetable capsules · UPC 6-28747-10241-4
#2918 · 180 vegetable capsules · UPC 6-28747-12918-3
NPN 80038026 · V0190-R3

Antioxidants · Enzymes · Heart and Blood

R+ Alpha Lipoic

150 mg

capsules



Antioxidant · Promotes Healthy Glucose Metabolism

R(+)- α -Lipoic acid provides antioxidants. Helps to promote healthy glucose metabolism.

Each vegetable capsule contains

R(+)- α -Lipoic acid
(1,2-dithiolane-3-pentanoic acid) . . . 150 mg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1–2 capsules twice daily or as directed by your health-care practitioner.



Duration of use

Consult a health-care practitioner for use beyond 3 months.

#1378 · 60 vegetable capsules · UPC 6-28747-11378-6
NPN 80113344 · V0381-R4

Antioxidants · Blood Glucose Management · Detoxification

Red Beet Root

500 mg

capsules



Antioxidant

Source of antioxidants.

Each vegetable capsule contains

Red beet (*Beta vulgaris*) root 500 mg

Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 2 capsules three times daily with meals or as directed by your health-care practitioner.



#0824 · 100 vegetable capsules · UPC 6-28747-10824-9
NPN 80048818 · V0126-R2

Antioxidants · Detoxification · Heart and Blood

Red Clover Blossoms

390 mg

capsules



Helps Relieve Bronchial Coughs

Traditionally used in herbal medicine as an antispasmodic to help relieve spasmodic cough, such as in bronchitis; as an alternative; as a sleep aid / mild sedative during times of mental stress, and to help relieve restlessness and/or nervousness (calmative).

Each vegetable capsule contains

Red clover
(*Trifolium pratense*) flower 390 mg

Other ingredients

Non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Menopausal or postmenopausal women: Take 6 capsules three times daily or as directed by your health-care practitioner.

#0823 · 100 vegetable capsules · UPC 6-28747-10823-2
NPN 80029915 · V0127-R3
Menopause



Reduce Homocysteine Homocysteine Reduce

powder



Clinically Formulated Natural Lemon-Lime Flavour

Helps to reduce homocysteine levels, which may be associated with deficiencies of folate or vitamin B12. Helps to support liver function.

Medicinal ingredients per 9.375 g dose (approximately 2 scoops)

Betaine (trimethylglycine)	4 g
Inositol (myo-inositol)	1.5 g
Choline bitartrate	1 g
Zinc (from zinc bisglycinate)	30 mg
Vitamin B6 (pyridoxal-5'-phosphate)	10 mg
Vitamin B12 (methylcobalamin)	1.5 mg
Folate (from calcium L-5-methyltetrahydrofolate)	1 mg

Other ingredients

Natural lemon/lime flavour, isomaltulose (naturally occurring disaccharide from sugar beet), DL-malic acid, microcrystalline cellulose, stevia (*Stevia rebaudiana*) leaf extract, and silicon dioxide.

Directions of use

Adults (19 years and over): Take 2 scoops daily with food. Mix with 150–250 ml of water (dilute to taste) or as directed by your health-care practitioner.



Duration of use

Use for a minimum of 3 weeks to see beneficial effects.

#2210 · 285 g / 30 doses · UPC 6-28747-02210-1
NPN 80061652 · PM0094-R2
Heart and Blood

Reduced Glutathione: Glutathione Reduced · 200 mg + Vitamin C 50 mg

capsules



Free-Radical Protection Immune Support

An antioxidant for the maintenance of good health. Helps protect cells against the oxidative damage caused by free radicals. Helps support immune function.

Each vegetable capsule contains

L-Glutathione
(L-glutathione reduced) 200 mg

Vitamin C (ascorbic acid) 50 mg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner.

#0598 · 30 vegetable capsules · UPC 6-28747-10598-9
#0599 · 60 vegetable capsules · UPC 6-28747-10599-6
NPN 80025650 · V0446-R2

Antioxidants · Detoxification · Immune Health



Reishi

500 mg · Hot-Water Extract capsules



Medicinal Mushrooms Immunity – Energy – Stress Resistance 30% beta-Glucans (150 mg) from 40% Polysaccharides (200 mg)

Used in herbal medicine as an adaptogen to help increase energy and resistance to stress (e.g. in case of mental and physical fatigue related to stress), as a liver tonic, and to support the immune system. Provides antioxidants.

Each vegetable capsule contains

Reishi (*Ganoderma lucidum*) fruiting body extract, standardized to 40% polysaccharides (200 mg) providing 30% beta-glucans (140 mg) 500 mg
Hot-water extraction.

Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 3 capsules daily or as directed by your health-care practitioner. To avoid digestive upset, take with food/meal.

Duration of use

Immune support: Use for a minimum of 4 weeks to see beneficial effects.

#1862 · 60 vegetable capsules · UPC 6-28747-11862-0
#2298 · 120 vegetable capsules · UPC 6-28747-12298-6
NPN 80126891 · V0505-R6

Energy · Immune Health · Medicinal Mushrooms · Stress Management

Full line of medicinal mushrooms, p. 137–141



Mushroom Lovers

Organic Reishi Powder *Ganoderma lucidum*

10 calories per portion · 100% Pure Gluten-Free · Non-GMO Robust and Earthy Taste

The magic of mushrooms is no mystery to us! Incorporating their wonder into your daily diet has never been easier. Take a moment to enjoy a delicately flavoured reishi tea or spruce up your favourite hot beverage. All-natural goodness with no bitter aftertaste.

Ingredient

Organic reishi (*Ganoderma lucidum*) powder.



Recommended use

Add ½ level teaspoon to your favourite hot drinks, coffee, baking, and cooking. Infusing/simmering 5 to 20 minutes will increase potency.

Nutrition Facts · Per ½ tsp. (2.7 g)

Calories 10	% Daily Value*		
% Daily Value*			
Fat 0.1 g	0 %	Cholesterol 0 mg	
Saturated 0 g + Trans 0 g	0 %	Sodium 0 mg	0 %
Carbohydrate 2 g		Potassium 0 mg	0 %
Fibres 2 g	7 %	Calcium 0 mg	0 %
Sugars 0 g	0 %	Iron 0 mg	0 %
Protein 0.2 g			

*5% or less is a little, 15% or more is a lot

#2580 · 100 g / 37 portions · UPC 6-28747-02580-5
P0832-R1

NONTAXABLE ITEM

Functional Foods · Immune Health · Medicinal Mushrooms
Stress Management

Full line of medicinal mushrooms, p. 137–141



Reishi Spores

Broken Cell-Wall Spores

capsules

Medicinal Mushrooms
Energy – Immunity – Antioxidant
Adjunctive Therapy to Reduce
Fatigue / Weakness During
Radiation and Chemotherapy
350 mg

Provides antioxidants. Contains fungal polysaccharides with immunomodulating properties. To help manage the symptoms of fatigue and weakness and as assistive therapy in order to alleviate central energy deficiency symptoms of patients undergoing chemical and radiation treatments.



Each vegetable capsule contains

Reishi (*Ganoderma lucidum*) spores (broken sporoderm) . 350 mg

Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule four times daily or as directed by your health-care practitioner. To avoid digestive upset, take with food/meal.

Duration of use

Consult a health-care practitioner for prolonged use. *Symptom management:* Use for a minimum of 4 weeks to see beneficial effects.

#2696 · 60 vegetable capsules · UPC 6-28747-12696-0
NPN 80108206 · V0724-R1

Energy · Immune Health · Medicinal Mushrooms · Stress Management

Full line of medicinal mushrooms, p. 137–141



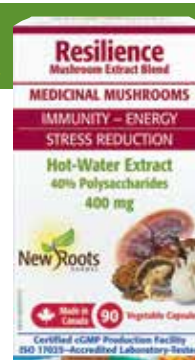
Resilience

Mushroom Extract Blend

capsules

Medicinal Mushrooms
Immunity – Energy – Stress Reduction
Hot-Water Extract
32% beta-Glucans (125 mg) from
42% Polysaccharides (170 mg)

Used in herbal medicine to support the immune system, as an adaptogen to help increase energy and resistance to stress (e.g., in case of mental and physical fatigue related to stress), and as a liver tonic. Source of antioxidants.



Each vegetable capsule contains

*Each mushroom extract is standardized to 40% polysaccharides.

Chaga (<i>Inonotus obliquus</i>) mushroom extract*	68 mg
Coriolus (<i>Trametes versicolor</i>) mushroom extract*	68 mg
Maitake (<i>Grifola frondosa</i>) mushroom extract*	68 mg
Reishi (<i>Ganoderma lucidum</i>) mushroom extract*	68 mg
Shiitake (<i>Lentinula edodes</i>) mushroom extract*	68 mg
Cordyceps (<i>Paezilomyces hepiali</i>) mushroom extract*	30 mg
Lion's mane (<i>Hericium erinaceus</i>) mushroom extract*	30 mg

Hot-water extraction.

Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 2 capsules three times daily or as directed by your health-care practitioner. Take with a meal if gastrointestinal upset occurs.

#1933 · 90 vegetable capsules · UPC 6-28747-11933-7
NPN 80087975 · V0512-R1

Immune Health · Medicinal Mushrooms

Full line of medicinal mushrooms, p. 137–141



Respira ResQ

Made with Organic

Pelargonium sidoides 20 mg

capsules

Bronchitis · Laryngitis
Sore Throat · Runny Nose
Cough · Congestion · Mucus

Helps to relieve/reduce severity of the symptoms (such as cough, runny nose, sore throat, sputum/mucus, and/or chest pain from coughing) and to reduce the recovery time associated with upper respiratory tract infections (e.g., common colds, laryngitis, pharyngitis) and/or with bronchitis in children, adolescents, and adults.



Each vegetable capsule contains

PelaForce™ (organic South African geranium [<i>Pelargonium sidoides</i>] root extract)	20 mg
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Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Take 30 minutes before or after meals. **Adults and adolescents ≥ 12 years old:** Take 1 capsule three times daily or as directed by your health-care practitioner. **Children ≥ 6 years old:** Take 1 capsule twice daily or as directed by your health-care practitioner.

“Never limit yourself because of others’ limited imagination; never limit others because of your own limited imagination.”

Mae Jemison

Duration of use

Consult a health-care practitioner for use beyond 7 days.

#3095 · 90 vegetable capsules · UPC 6-28747-13095-0
NPN 80124118 · V0746-R1
Cold and Flu · Herbs and Herbal Extracts
Immune Health



Resveratrol MAX

500 mg · Providing
250 mg *trans*-Resveratrol capsules

Antioxidant

Healthy Blood Glucose Levels

Provides antioxidants. Helps support healthy blood glucose levels.

Each vegetable capsule contains

Japanese knotweed (*Reynoutria japonica*)
root extract 500 mg
Providing
trans-Resveratrol 250 mg



Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner.



Duration of use

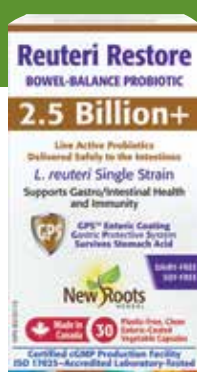
Consult a health-care practitioner for prolonged use.

#2445 · 60 vegetable capsules · UPC 6-28747-12445-4
NPN 80086411 · V0627-R1
50+ Health · Antioxidants · Blood Glucose Management
Heart and Blood · Herbs and Herbal Extracts

Reuteri Restore

Bowel-Balance Probiotic capsules

2.5 Billion+ Live Active Probiotics
Delivered Safely to the Intestines
L. reuteri Single Strain
Supports Gastro/Intestinal Health
and Immunity
GPS™ Enteric Coating
Gastric Protective System
Survives Stomach Acid
DAIRY-FREE · SOY-FREE



Source of probiotics. Helps support intestinal/gastrointestinal health and a favourable gut flora. A factor in the maintenance of good health. Helps to maintain the body's ability to metabolize nutrients. Helps maintain/support immune function.

Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following strain of live, active, healthy, and whole cells (2.5 billion) to the intestines

Limosilactobacillus reuteri UB4772 2.5 billion CFU
Vitamin C (ascorbic acid) 6 mg

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, vegetable magnesium stearate, and non-GMO potato maltodextrin in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

#3036 · 30 vegetable capsules · UPC 6-28747-13036-3
NEW SIZE!
#3571 · 60 vegetable capsules · UPC 6-28747-13571-9
NPN 80135115 · V0754-R3

Digestive Health · Immune Health · Probiotics

Full line of probiotics, p. 175–188

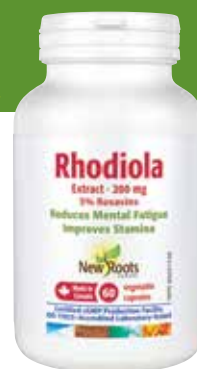


Rhodiola

Extract · 200 mg
5% Rosavins capsules

Reduces Mental Fatigue Improves Stamina

Used in herbal medicine as an adaptogen to help temporary relieve symptoms of stress (such as mental fatigue and sensation of weakness). Used in herbal medicine to help support cognitive function (such as mental focus and mental stamina). Provides antioxidants.



Each vegetable capsule contains

Roseroor (*Rhodiola rosea*) root extract, 5% rosavins . . . 200 mg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule twice daily or as directed by your health-care practitioner. Not to be taken immediately before bedtime.

#2135 · 30 vegetable capsules · UPC 6-28747-12135-4
#2091 · 60 vegetable capsules · UPC 6-28747-12091-3
NPN 80143000 · V0583-R2

Energy · Herbs and Herbal Extracts · Memory Help
Mood · Sport Nutrition · Stress



Ribose D-Ribose

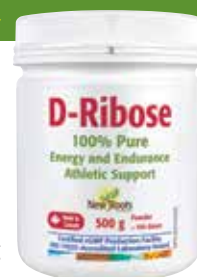
powder

100% Pure · Energy and Endurance Athletic Support

Provides athletic support. Ribose is a factor in energy metabolism and production.

Each rounded teaspoon contains approximately

D-Ribose (100% pure) 5 g



Directions of use

Adults: Take 1 teaspoon once or twice daily or as directed by your health-care practitioner. We recommend weighing **D-Ribose** for precise dosage.

#0294 · 100 g / ≈ 20 doses · UPC 6-28747-00294-3
#1286 · 250 g / ≈ 50 doses · UPC 6-28747-01286-7
#1729 · 500 g / ≈ 100 doses · UPC 6-28747-01729-9
NPN 80041899 · P0257

Energy · Sport Nutrition



Rosehip Seed Oil

Organic

Minimizes the Look of Wrinkles

Revitalizes dry and dull skin, reduces the signs of aging, and the look of age spots. Fast-absorbing, leaving skin firm- and smooth-looking, with an even colour and tone.

Each bottle contains

Organic rosehip (*Rosa canina*) seed oil, cold-pressed, nondeodorized 30 ml
With added organic rosemary (*Rosmarinus officinalis*) extract.

Ingredients

Organic *Rosa canina* (dog rose) seed oil and organic *Rosmarinus officinalis* (rosemary) leaf extract.

Directions of use

Place 5–8 drops in your hand and gently massage the oil on your face and neck. Larger body parts may require more oil. Best applied on moist skin, such as following a shower or bath.

#1738 · 15 ml · UPC 6-28747-21738-5

#1602 · 30 ml · UPC 6-28747-21602-9

OM0123-R5

Exotic Skin Oils · Skin

Full line of exotic skin oils, p. 92–95



Rosemary Organic Essential Oil

Rosmarinus officinalis ct. *camphoriferum*
100% Pure · Certified Organic

Used in aromatherapy to help relieve joint/ muscle pain associated with sprain/strain/ rheumatoid arthritis. Used in aromatherapy as a carminative/antispasmodic for symptomatic relief of digestive discomfort.

Each drop contains

Organic rosemary (*Rosmarinus officinalis* ct. *camphoriferum*) flowering herb top essential oil 100%

Active compounds

Camphor and eucalyptol.

Directions of use

Adults: Mix with vegetable oil for topical application. Use undiluted for direct or steam inhalation. Not for oral use.

Duration of use

For occasional use only.

#2144 · 15 ml · UPC 6-28747-22144-3

NPN 80071192 · O0056-R1

Essential Oils

Full line of essential oils, p. 82–90



Rose Geranium Organic Essential Oil

Pelargonium graveolens
100% Pure · Certified Organic

Used in aromatherapy to help relieve colds/cough.

Each drop contains

Organic geranium (*Pelargonium graveolens*) flowering herb top essential oil 100%

Active compounds

Citronellol and geraniol.

Directions of use

Adults: Mix with vegetable oil for topical application. Use undiluted for direct or steam inhalation. Not for oral use.

#2149 · 15 ml · UPC 6-28747-22149-8

NPN 80073903 · O0030B-R1

Essential Oils

Full line of essential oils, p. 82–90



S.O.D.

Superoxide Dismutase · 7,250 IU

capsules

Super Antioxidant
Valuable Enzymes Protected
by GPS™ Natural Water-Based
Enteric Coating
Gastric Protective System

Antioxidants for the maintenance of good health. Riboflavin helps the body to metabolize nutrients. Folate helps to form red blood cells.

Each enteric-coated vegetable capsule contains

Ci li fruit extract (<i>Rosa roxburgii</i>) (7,250 IU SOD)	500 mg
Goji (<i>Lycium barbarum</i>) fruit extract, 30% polysaccharides	40 mg
DL- α -Lipoic acid	25 mg
N-Acetyl-L-cysteine	25 mg
Catalase (112.5 Baker units)	15 mg
L-Cysteine hydrochloride	10 mg
L-Glutathione	10 mg
Riboflavin (vitamin B2)	5 mg
Vitamin E (5 IU)	
(from D- α -tocopheryl acid succinate)	3.35 mg AT
Folate (L-5-methyltetrahydrofolate calcium salt)	60 mcg
Selenium	11 mcg

Other ingredients

Hydrolyzed wheat protein, microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide and a non-GMO GPS™ vegetable capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner. Take with a meal providing protein.



Duration of use

Consult a health-care practitioner for use beyond 6 months.

Note: This product contains gluten.

NEW SIZE!

#3508 · 30 vegetable capsules · UPC 6-28747-13508-5

#1649 · 90 vegetable capsules · UPC 6-28747-11649-7

NPN 80129512 · V0447-R16

Antioxidants · Detoxification



S-Acetyl-Glutathione

100 mg

capsules

Intracellular Antioxidant

Superior Assimilation

Source of antioxidants that help protect cells against the oxidative damage caused by free radicals.

Each vegetable capsule contains

S-Acetylglutathione 100 mg

Providing

L-Glutathione. 87 mg



Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1–2 capsules daily or as directed by your health-care practitioner.

#2416 · 60 vegetable capsules · UPC 6-28747-12416-4

NPN 80091902 · V0670-R1

**Antioxidants · Detoxification · Immune Health
Neurological Health**



Saffron Zen

With *affron*® Extract

capsules

Adults and Teens · Clinically Proven

Mood Balance · Stress Reduction

Restlessness · Nervousness

Fatigue · Weariness · Irritability

Affron® is clinically proven to support mood balance in adults and adolescents (12 years and over); to relieve restlessness or nervousness (calmative) and to reduce the symptoms of perceived stress, such as fatigue, weariness, and irritability; and to help improve sleep quality in 4 weeks, and restorative sleep in individuals experiencing sleeplessness.

Each vegetable capsule contains

Saffron (*Crocus sativus*) stigma extract (*Affron*®), standardized to 3.5% Lepticrosalides®, providing crocins and safranal 14 mg

Other ingredients

Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults and adolescents 12 years and over: Take 1 capsule twice daily or as directed by your health-care practitioner.



Duration of use

Adolescents (12–17 years): Consult a health-care practitioner for use beyond 8 weeks.

Adults (18 years and older): Consult a health-care practitioner for use beyond 12 weeks.

Affron® and *Lepticrosalides*® are registered trademarks of Pharmactive Biotech Products, S.L.U., sourced from Spain.

#3387 · 60 vegetable capsules · UPC 6-28747-13387-6

NPN 80097012 · V0695-R1

**Herbs and Herbal Extracts · Mood Enhancement · Sleep Aids
Stress Management**

Full line of antistress products, p. 208–212



Sage: See Clary Sage

67

Saw Palmetto

95 % Fatty Acids · 160 mg

softgels

Relieves Symptoms of BPH

Benign Prostatic Hyperplasia

Used in herbal medicine to help relieve the urologic symptoms associated with mild to moderate benign prostatic hyperplasia.

Each softgel contains

Wild-harvested saw palmetto (*Serenoa repens*) fruit extract, 95% purified 160 mg



Other ingredients

Organic olive oil in a softgel composed of bovine gelatin, glycerin, and purified water.

Directions of use

Adult males: Take 1 softgel twice daily or as directed by your health-care practitioner.

#0717 · 60 softgels · UPC 6-28747-10717-4

NPN 80020986 · V0063-R1

**Herbs and Herbal Extracts · Men's Health
Urogenital (Men)**



Sea Buckthorn

Berry Oil Mask

Organic

liquid

Rich in Omega-7

Nourishes and repairs dry skin.

For all skin types.

Ingredients

Organic sea buckthorn (*Hippophae rhamnoides*) berry oil, CO₂ supercritical extract, nondeodorized, with added organic rosemary (*Rosmarinus officinalis*) leaf extract.

Directions of use

Place 10–15 drops in your hand and gently massage into skin. Allow the oil to absorb for at least 20 minutes, up to 2 hours.

Note: Handle with care: stains fabric.

#3394 · 50 ml · UPC 6-28747-23394-1

OM0125-R2

Beauty · Skin



Sea Buckthorn Oil

Fruit and Seed with Goji Oil **softgels**

Supercritical CO₂ Extracted from Organic Berries A Good Source of Omega-7

Source of omega-7 fatty acids.
Sea buckthorn seed oil and sea buckthorn
fruit oil provide essential fatty acids for the
maintenance of good health.

Each softgel contains

Organic sea buckthorn
(*Hippophae rhamnoides*)
fruit oil, 16–54% palmitoleic acid,
2–35% oleic acid, 1–15% linoleic acid. 600 mg
Organic sea buckthorn (*Hippophae rhamnoides*)
seed oil, 13–30% oleic acid,
30–40% linoleic acid, hexane-free 400 mg
Organic goji (*Lycium barbarum*) seed oil 40 mg
All oils are supercritical CO₂ extracted from organic berries
grown on the Qinghai-Tibetan plateau.

Other ingredients

Natural vitamin E (D- α -tocopherol) (from non-GMO
sunflower) in a softgel composed of bovine gelatin, glycerin, and
purified water.

Directions of use

Adults: Take 1 softgel daily or as directed by
your health-care practitioner.

Duration of use

Consult a health-care practitioner for use
beyond 3 months.

#1585 · 30 softgels · UPC 6-28747-11585-8
NPN 80037109 · V0440-R3
Beauty · Essential Fatty Acids · Skin



Sea Buckthorn Seed Oil

Certified Organic

Nourishes and Repairs Dry Skin

Like a virtual shield for your skin, sea buckthorn
seed oil provides antioxidants to protect the look
and feel of your skin. Fast-absorbing for silky,
radiant skin.

Each bottle contains

Organic sea buckthorn (*Hippophae rhamnoides*)
seed oil, CO₂ supercritical extract,
nondeodorized 30 ml
with added **organic** rosemary (*Rosmarinus
officinalis*) extract.

Ingredients

Organic *Hippophae rhamnoides* seed oil and **organic** *Rosmarinus
officinalis* (rosemary) leaf extract.

Directions of use

Place 5–8 drops in your hand and gently
massage the oil on your face and neck. Larger
body parts may require more oil. Best applied
on moist skin, such as following a shower or
bath, before bedtime.

#1604 · 30 ml · UPC 6-28747-21604-3
OM0124-R2
Beauty · Exotic Skin Oils · Skin



Selenium

100 mcg **capsules**
From Yeast-Free L-Selenomethionine

Antioxidant

An antioxidant for the maintenance of good
health. Helps to support sperm motility.

Each vegetable capsule contains

Selenium (from yeast-free
L-selenomethionine). 100 mcg

Other ingredients

Microcrystalline cellulose, vegetable
magnesium stearate, and silicon dioxide in a non-GMO vegetable
capsule composed of vegetable carbohydrate gum and
purified water.

Directions of use

Adults: Take 2 capsules once or twice daily or
as directed by your health-care practitioner.

#1459 · 100 vegetable capsules · UPC 6-28747-11459-2
NPN 80023097 · V0403-R2
**Antioxidants · Men's Fertility · Men's Health
Vitamins and Minerals**



Selenium

200 mcg · Extra Strength **capsules**
From Yeast-Free L-Selenomethionine

Antioxidant

An antioxidant for the maintenance of
good health.

Each vegetable capsule contains:

Selenium (from yeast-free
L-selenomethionine). 200 mcg

Other ingredients

Microcrystalline cellulose, vegetable
magnesium stearate, and silicon dioxide in a non-GMO vegetable
capsule composed of vegetable carbohydrate gum and
purified water.

Directions of use

Adults 19 years and older: Take 1 capsule daily
or as directed by your health-care practitioner.

#3033 · 60 vegetable capsules · UPC 6-28747-13033-2
NPN 80115294 · V0749-R1
**Antioxidants · Men's Fertility · Men's Health
Vitamins and Minerals**



Serratiopeptidase 120,000 SU

capsules

Relieves Pain and Inflammation Valuable Enzymes Protected by Natural Water-Based GPS™ Enteric Coating Gastric Protective System

Helps to reduce pain, quantity of secretions,
inability to perceive smell, and stuffy nose
from ear, nose, and throat infections.
Mucolytic enzyme that helps break down
mucus. Helps reduce postoperative cheek swelling and/or pain
after dental surgery.



Full line of exotic skin oils, p. 92–95

Each enteric-coated vegetable capsule contains

Serratiopeptidase
(*Serratia marcescens* E-15, whole cell) 120,000 SU

Other ingredients

Microcrystalline cellulose and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum, purified water, and a water-based GPS™ enteric coating (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner. Take 2 hours after a meal.



Duration of use

Consult a health-care practitioner for use beyond 7 days.

#1319 · 60 vegetable capsules · UPC 6-28747-11319-9
#2487 · 120 vegetable capsules · UPC 6-28747-12487-4
NPN 80050019 · V0364-R2
Cold and Flu · Enzymes · Pain and Inflammation

Shiitake

300 mg · Hot-Water Extract capsules

Medicinal Mushrooms

Immune Support · Wellness

25% *beta*-Glucans (75 mg)
from 40% Polysaccharides (120 mg)

Used in herbal medicine to support the immune system. Source of antioxidants.



Each vegetable capsule contains

Shiitake (*Lentinula edodes*) mushroom extract, standardized to 40% polysaccharides (120 mg) providing 25% *beta*-glucans (75 mg). 300 mg
Hot-water extraction.

Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule three times daily with food or as directed by your health-care practitioner.



#1870 · 60 vegetable capsules · UPC 6-28747-11870-5
NPN 80113474 · V0508-R3

Immune Health · Medicinal Mushrooms

Full line of medicinal mushrooms, p. 137–141

Siberian Ginseng

0.8% Eleutherosides capsules

Improves Mental and Physical Performance

Used in herbal medicine as a tonic to help relieve general weakness/fatigue, or to help improve mental or physical performance after periods of mental or physical exertion.

Each vegetable capsule contains

Siberian ginseng (*Eleutherococcus senticosus*) root extract 250 mg
Providing:

0.8% eleutherosides B and E

Siberian ginseng (*Eleutherococcus senticosus*) root 235 mg



Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule twice daily or as directed by your health-care practitioner.

Duration of use

Consult a health-care practitioner for use beyond 1 month.

#0779 · 90 vegetable capsules · UPC 6-28747-10779-2
NPN 80025577 · V0080-R4

**Energy · Herbs and Herbal Extracts · Immune Health · Sport Nutrition
Stress Management**



Silica

7% Extract · 600 mg

capsules

Maintains Healthy Hair, Skin, and Nails

Source of silicon. Source of mineral, a factor in the maintenance of normal growth and development; and to support biological functions which play a key role in the maintenance of good health. Helps to maintain healthy hair, nails, and skin.



Each vegetable capsule contains

Field horsetail (*Equisetum arvense*) extract, 7% silica. 600 mg

Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule twice daily or as directed by your health-care practitioner.

#1590 · 90 vegetable capsules · UPC 6-28747-11590-2
NPN 80110665 · V0421-R4

**Beauty · Bone Health · Hair · Nails · Skin
Vitamins and Minerals**



Silica Liquid

Promotes Stronger Hair, Nails, and Healthier Skin · Great Fruit Taste

Helps to strengthen nails and hair.
Helps to maintain healthy skin.

Each tablespoon (15 ml) contains

Silicic acid providing 53 mg of silica.

Other ingredients

Natural fruit punch flavour, citric acid, glycerin, potassium sorbate, purified water, sodium benzoate, and stevia (*Stevia rebaudiana*) leaf.

Directions of use

Adults: Take 2 tablespoons daily or as directed by your health-care practitioner.

Note: This product is not shipped during the winter, due to freezing conditions.

#1681 · 500 ml · UPC 6-28747-21681-4
NPN 80052867

**Beauty · Bone Health · Hair · Nails · Skin
Vitamins and Minerals**



Simply Spirulina

650 mg · Superfood

Made with Organic Spirulina capsules

Reduces Allergy Symptoms

Highest-quality organic spirulina. Source of antioxidants. Helps reduce symptoms of allergic rhinitis such as nasal discharge, sneezing, nasal congestion, and itching.

Each vegetable capsule contains

Organic spirulina
(*Spirulina platensis*) 650 mg

Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1–2 capsules twice daily or as directed by your health-care practitioner. If you are taking other medications or natural health products, take this product a few hours before or after them.

#1653 · 90 vegetable capsules · UPC 6-28747-11653-4
NPN 80073332 · V0450-R4

Allergy Relief · Functional Foods · Green Foods



Simply Spirulina

powder

Organic Superfood

Reduces Allergy Symptoms

Source of antioxidants. Helps reduce symptoms of allergic rhinitis such as nasal discharge, sneezing, nasal congestion, and itching. Spirulina contains a vast number of naturally occurring nutrients, including vitamin A, B vitamins, calcium, and phosphorus. It also contains chlorophyll and phycocyanins. This organic spirulina is of the highest quality.

Each teaspoon contains approximately

Organic spirulina (*Spirulina platensis*) 4 g

Directions of use

Adults ≥ 19 years old: Take 1 rounded teaspoon (4 g) daily or as directed by your health-care practitioner. *Start-up dosage for the first 4 days:* The first day, take ¼ teaspoon; the following day, take an additional ¼ teaspoon (½); up to 1 teaspoon on the 4th day. If you are taking other medications or natural health products, take this product a few hours before or after them. We recommend weighing **Simply Spirulina** for precise dosage.

#1660 · 227 g / ≈ 56 doses · UPC 6-28747-01660-5
NPN 80073346 · P0544

Allergy Relief · Functional Foods · Green Foods



Skin Lovers Oil

Certified Organic

Deep Moisturizer

We have created the ultimate experience in skin care, where dramatic positive change is an absolute possibility.

Each bottle contains

Organic goji (*Lycium barbarum*) seed oil, organic rosehip (*Rosa rubiginosa* or *Rosa moschata*) seed oil, organic sea buckthorn (*Hippophae rhamnoides*) seed oil, organic argan (*Argania spinosa*) oil, organic cranberry (*Vaccinium macrocarpon*) seed oil, and organic tamanu (*Calophyllum inophyllum*) oil—all oils are cold-pressed or CO₂ supercritical extracts, and nondeodorized. 15 ml
Organic rosemary (*Rosmarinus officinalis*) extract.

Ingredients

Organic *Lycium barbarum* seed oil, organic *Rosa rubiginosa* / *Rosa moschata* seed oil, organic *Hippophae rhamnoides* seed oil, organic *Argania spinosa* seed oil, organic *Vaccinium macrocarpon* seed oil, organic *Calophyllum inophyllum* seed oil, and organic *Rosmarinus officinalis* leaf extract.

Directions of use

Place 5–8 drops in your hand and gently massage the oil on your face and neck. Larger body parts may require more oil. Best applied on moist skin, such as following a shower or bath, before bedtime.

#1601 · 15 ml · UPC 6-28747-21601-2
OM0122-R3

Beauty · Exotic Skin Oils · Skin

Full line of exotic skin oils, p. 92–95



Sleep⁸

Synergistic Formula

capsules

Non-Habit-Forming

Fall Asleep Faster

Stay Asleep Longer

Helps increase the total sleep time in people suffering from sleep restriction or altered sleep schedule; to relieve the daytime fatigue associated with jet lag; to reduce the time it takes to fall asleep in people with delayed sleep phase syndrome; to reset the body's sleep-wake cycle. A synergistic formula that reduces the risk of morning grogginess.

Each vegetable capsule contains

Chamomile (<i>Matricaria recutita</i>)	
flower extract, 5% flavonoids	35 mg
Hops (<i>Humulus lupulus</i>) strobile extract, 3.5% flavonoids	35 mg
Passionflower (<i>Passiflora incarnata</i>)	
flower extract, 4% flavonoids	35 mg
Whole skullcap (<i>Scutellaria lateriflora</i>)	
extract, 12.5% flavonoids.	35 mg
Qiye Shen'an Pian (<i>Panax notoginseng</i>) leaf extract	25 mg
Magnesium (from 111 mg of magnesium bisglycinate)	20 mg
Catnip (<i>Nepeta cataria</i>) herb top.	15 mg
Melatonin	500 mcg

Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.



Directions of use

Adults: Take 1–4 capsules at or before bedtime or as directed by your health care practitioner. Take as needed, 30 to 60 minutes before bedtime.

#1443 · 20 vegetable capsules · UPC 6-28747-11443-1
#1403 · 60 vegetable capsules · UPC 6-28747-11403-5
#1807 · 120 vegetable capsules · UPC 6-28747-11807-1
NPN 80031162 · V0385-R8

Sleep Aids



Sleep⁸ Plus With 5 mg Melatonin

capsules

Non-Habit-Forming Sleeplessness, Jet Lag, Shift-work Faster, Better, Longer Sleep

Helps increase total sleep time (aspect of sleep quality) in people suffering from sleep restriction or altered sleep schedule (e.g. shift-work / jet lag). Helps prevent and/or minimize the effects of jet lag (e.g. daytime fatigue, sleep disturbance) for people travelling easterly across two or more time zones. Helps to reset the body's sleep-wake cycle (aspect of the circadian rhythm). Helps to reduce the time it takes to fall asleep (sleep onset latency aspect of sleep quality) in people who fall asleep slowly/with delayed sleep phase disorder. A synergistic formula that reduces the risk of morning grogginess.



Each vegetable capsule contains

gamma-Aminobutyric acid (GABA)	150 mg
L-Theanine	100 mg
Chamomile (<i>Matricaria recutita</i>)	
flower extract, 5% flavonoids	70 mg
Hops (<i>Humulus lupulus</i>) strobile extract, 3.5% flavonoids	70 mg
Passionflower (<i>Passiflora incarnata</i>)	
flower extract, 4% flavonoids	70 mg
Whole skullcap (<i>Scutellaria lateriflora</i>)	
extract, 12.5% flavonoids	70 mg
Qiye Shen'an Pian (<i>Panax notoginseng</i>) leaf extract	50 mg
Lemon balm (<i>Melissa officinalis</i>) 10:1 extract	50 mg
Catnip (<i>Nepeta cataria</i>) herb top	15 mg
Melatonin	5 mg

Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily at or before bedtime or as directed by your health-care practitioner. *For jet lag:* Take once a day at bedtime, while travelling, or at destination until adapted to the new time zone or daily pattern (but do not exceed maximum daily dose of 1 capsule in total).



Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

#3182 · 60 vegetable capsules · UPC 6-28747-13182-7
NPN 80108182 · V0775-R1

Sleep Aids

“Your mission: Be so busy loving life that you have no time for drama, regret, hate, worry, or fear.”

Karen Salmansohn

Sleep⁸ Ultra With 10 mg Melatonin

capsules

Non-Habit-Forming Sleeplessness, Jet Lag, Shift-work Faster, Better, Longer Sleep

Helps increase total sleep time (aspect of sleep quality) in people suffering from sleep restriction or altered sleep schedule (e.g. shift-work / jet lag). Helps prevent and/or minimize the effects of jet lag (e.g. daytime fatigue, sleep disturbance) for people travelling easterly across two or more time zones. Helps to reset the body's sleep-wake cycle (aspect of the circadian rhythm). Helps to reduce the time it takes to fall asleep (sleep onset latency aspect of sleep quality) in people who fall asleep slowly/with delayed sleep phase disorder. A synergistic formula that reduces the risk of morning grogginess.



Each vegetable capsule contains

gamma-Aminobutyric acid (GABA)	150 mg
L-Theanine	100 mg
Chamomile (<i>Matricaria recutita</i>)	
flower extract, 5% flavonoids	54 mg
Hops (<i>Humulus lupulus</i>) strobile extract, 3.5% flavonoids	54 mg
Passionflower (<i>Passiflora incarnata</i>)	
flower extract, 4% flavonoids	54 mg
Whole skullcap (<i>Scutellaria lateriflora</i>)	
extract, 12.5% flavonoids	54 mg
Qiye Shen'an Pian (<i>Panax notoginseng</i>) leaf extract	50 mg
Lemon balm (<i>Melissa officinalis</i>) 10:1 extract	39 mg
Catnip (<i>Nepeta cataria</i>) herb top	15 mg
Melatonin	10 mg

Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner. *For jet lag:* Take once daily at bedtime while travelling or at destination, until adapted to the new time zone or daily pattern (but do not exceed maximum daily dose of 1 capsule in total).



Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

#3181 · 60 vegetable capsules · UPC 6-28747-13181-0
NPN 80108186 · V0774-R1

Sleep Aids

Slimmer System

capsules

Weight-Loss Support

To be used with a program of reduced intake of dietary calories and increased physical activity to help in weight management. Helps the body to metabolize nutrients. Helps to support liver function. Provides support for healthy glucose metabolism. Antioxidants for the maintenance of good health.

Six (6) non-GMO vegetable capsules contain

Malabar tamarind (<i>Garcinia cambogia</i>)	
fruit extract, 50% hydroxycitric acid	1500 mg
Coleus forskohlii (<i>Plectranthus barbatus</i>)	
root extract, 10% forskolin	300 mg



Chromium (from chromium picolinate)	235 mcg
Inositol (<i>myo</i> -inositol)	100 mg
Spirulina (<i>Spirulina platensis</i>)	100 mg
Cayenne (<i>Capiscum annum</i>) fruit	100 mg
Choline (choline bitartrate)	100 mg
Green tea (<i>Camellia sinensis</i>) leaf extract, 6% caffeine . .	400 mg

Providing:

EGCG (pure)	300 mg
Gymnema sylvestre (<i>Asclepias geminata</i>) leaf extract,	
25% gymnemic acid	150 mg
Betaine hydrochloride	25 mg
Ginger (<i>Zingiber officinale</i>) rhizome	100 mg
Kola nut (<i>Cola acuminata</i>) extract, 10% caffeine	510 mg

*100% of the RDA of the following:

Vitamin B3 (niacinamide)	20 mg
Vitamin B6 (pyridoxine hydrochloride)	2 mg
Vitamin B12 (methylcobalamin)	6 mcg
Vitamin B2 (riboflavin)	1.7 mg
Vitamin E	
(D- α -tocopheryl acid succinate) (30 IU)	20.1 mg AT
Iodine (from potassium iodide)	150 mcg
Folate (from calcium L-5-methyltetrahydrofolate)	400 mcg
Selenium (from yeast-free L-selenomethionine)	50 mcg
Vitamin C (ascorbic acid)	60 mg
Biotin	300 mcg
Potassium (from potassium citrate)	25 mg

Other ingredients

Microcrystalline cellulose and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 2 capsules three times daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product 2 hours before or after them.



Duration of use

Consult a health-care practitioner for use beyond 12 weeks.

#1212 · 60 vegetable capsules · UPC 6-28747-11212-3

#1214 · 120 vegetable capsules · UPC 6-28747-11214-7

NPN 80122963 · V0344-R6

Weight Management

Slow Release

CoQ10

capsules

Supports Cardiovascular Health Helps Prevent Migraines

Helps to maintain and/or support cardiovascular health. Helps to reduce the frequency of migraine headaches and associated nausea and vomiting when taken as a prophylactic. An antioxidant for the maintenance of good health.



Each vegetable capsule contains

Coenzyme Q10 (ubiquinone-10)	
(from fermentation)	100 mg

Other ingredients

Non-GMO pea protein, microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.



Directions of use

Adults: Take 1 capsule two or three times daily or as directed by your health-care practitioner.

Duration of use

When taken as migraine prophylactic, use for a minimum of 3 months to see beneficial effects.

#1782 · 60 vegetable capsules · UPC 6-28747-11782-1

NPN 80039835 · V0461-R7

Energy · Headache and Migraine · Heart and Blood

Smart Ginkgo

capsules

Enhances Memory and Cognitive Function · Peripheral Circulation

Helps to enhance cognitive function and memory in adults, and to support peripheral circulation. Provides antioxidants. Source of fungal polysaccharides with immunomodulating properties. Siberian ginseng is used in herbal medicine to help improve mental and/or physical performance after periods of mental and/or physical exertion, and as a tonic to help relieve general weakness/fatigue and/or to aid during recovery.



Each vegetable capsule contains

Lion's mane mushroom (<i>Hericium erinaceus</i>) extract,	
standardized to 40% polysaccharides	
providing 35% <i>beta</i> -glucans	170 mg
L-Glutamine	150 mg
Siberian ginseng (<i>Eleutherococcus senticosus</i>)	
root extract, 0.8% eleutherosides	100 mg
Ginkgo (<i>Ginkgo biloba</i>) leaf extract,	
24% flavonoid glycosides and 6% terpene lactones	80 mg
L-Theanine	50 mg
Ginkgo (<i>Ginkgo biloba</i>) leaf	40 mg
Whole gotu kola (<i>Centella asiatica</i>)	40 mg
Bacopa (<i>Bacopa monnieri</i>)	
25:1 extract, 45% bacosides	30 mg
Huperzine A, from toothed club-moss	
(<i>Huperzia serrata</i>)	200 mcg

Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily with food or as directed by your health-care practitioner.

Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

#1939 · 30 vegetable capsules · UPC 6-28747-11939-9

#0208 · 60 vegetable capsules · UPC 6-28747-10208-7

NPN 80108131 · V0156-R5

Heart and Blood · Memory Help



Smooth Stevia

powder

Plant-Based Sweetener

Sugar Substitute · Nonbitter

0 Calories · 100% All Natural

Vegan · Gluten-Free · Non-GMO

Low glycemic index. Be mindful of the dosage, because ½ tsp. of Smooth Stevia = 1 teaspoon of sugar.

Ingredients

Isomaltulose (naturally occurring disaccharide from sugar beet) and stevia (*Stevia rebaudiana*) concentrate.

Directions of use

Add to taste to your favourite beverage and stir. Excellent sugar substitute for coffee, tea, and for baking!



Nutrition Facts · Per ½ tsp. (0.1 g)

Calories 0	% Daily Value*	% Daily Value*
Fat 0 g	0 %	Carbohydrate 0 g 0 %
Protein 0 g		

Not a significant source of saturated fat, *trans* fat, fibre, sugar, cholesterol, sodium, potassium, calcium, or iron.

*5% or less is a little, 15% or more is a lot

#1923 · 30 g · UPC 6-28747-01923-1

PM0056-R1

NONTAXABLE ITEM

Functional Foods · Keto Diet · Natural Sweeteners

Weight Management

Full line of natural sweeteners, p. 217–218

S.O.D.

Superoxide Dismutase · 7,250 IU capsules

Super Antioxidant

Valuable Enzymes Protected

by GPS™ Natural Water-Based

Enteric Coating

Gastric Protective System

Antioxidants for the maintenance of good health. Riboflavin helps the body to metabolize nutrients. Folate helps to form red blood cells.



Each enteric-coated vegetable capsule contains

Ci li fruit extract (<i>Rosa roxburgii</i>) (7,250 IU SOD)	500 mg
Goji (<i>Lycium barbarum</i>) fruit extract, 30% polysaccharides	40 mg
D- α -Lipoic acid	25 mg
N-Acetyl-L-cysteine	25 mg
Catalase (112.5 Baker units)	15 mg
L-Cysteine hydrochloride	10 mg
L-Glutathione	10 mg
Riboflavin (vitamin B2)	5 mg
Vitamin E (5 IU)	
(from D- α -tocopheryl acid succinate)	3.35 mg AT
Folate (L-5-methyltetrahydrofolate calcium salt)	60 mcg
Selenium	11 mcg

Other ingredients

Hydrolyzed wheat protein, microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide and a non-GMO GPS™ vegetable capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner. Take with a meal providing protein.

Duration of use

Consult a health-care practitioner for use beyond 6 months.

Note: This product contains gluten.

NEW SIZE!

#3508 · 30 vegetable capsules · UPC 6-28747-13508-5

#1649 · 90 vegetable capsules · UPC 6-28747-11649-7

NPN 80129512 · V0447-R16

Antioxidants · Detoxification



Sodium Ascorbate:

Vitamin C

Sodium Ascorbate

100% Pure · Buffered

powder



Immunity

An antioxidant for the maintenance of good health. Helps the body to metabolize fats and proteins. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps in connective tissue formation and in wound healing.

Ingredients

100% Sodium ascorbate. Each gram contains 1000 mg of sodium ascorbate equivalent to 889 mg of ascorbic acid. ½ tsp. contains 545 mg of sodium ascorbate or 484.5 mg of ascorbic acid. No fillers or excipients. 100% pure.

Directions of use

Adolescents 14–18 years: As a dietary supplement, stir ½ teaspoon into juice, water, or food one to three times daily or as directed by your health-care practitioner. **Adults:** As a dietary supplement, stir ½ teaspoon into juice, water, or food up to four times daily or as directed by your health-care practitioner.

#0870 · 250 g / ≈ 458 doses · UPC 6-28747-00870-9

NPN 80020857 · P0205-R1

Antioxidants · Cold and Flu · Immune Health · Joint Health

Vitamins and Minerals

Full line of vitamin C products, p. 235–237



Spirulina:

Simply Spirulina

650 mg · Superfood

Made with Organic Spirulina capsules

Reduces Allergy Symptoms

Highest-quality organic spirulina. Source of antioxidants. Helps reduce symptoms of allergic rhinitis such as nasal discharge, sneezing, nasal congestion, and itching.

Each vegetable capsule contains

Organic spirulina
(*Spirulina platensis*) 650 mg

Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1–2 capsules twice daily or as directed by your health-care practitioner. If



you are taking other medications or natural health products, take this product a few hours before or after them.

#1653 · 90 vegetable capsules · UPC 6-28747-11653-4

NPN 80073352 · V0450-R4

Allergy Relief · Functional Foods · Green Foods

Spirulina:

Simply Spirulina

powder

Organic Superfood

Reduces Allergy Symptoms

Source of antioxidants. Helps reduce symptoms of allergic rhinitis such as nasal discharge, sneezing, nasal congestion, and itching. Spirulina contains a vast number of naturally occurring nutriment, including vitamin A, B vitamins, calcium, and phosphorus. It also contains chlorophyll and phycocyanins. This organic spirulina is of the highest quality.



Each teaspoon contains approximately

Organic spirulina (*Spirulina platensis*) 4 g

Directions of use

Adults ≥ 19 years old: Take 1 rounded teaspoon (4 g) daily or as directed by your health-care practitioner. *Start-up dosage for the first 4 days:* The first day, take ¼ teaspoon; the following day, take an additional ¼ teaspoon (½); up to 1 teaspoon on the 4th day. If you are taking other medications or natural health products, take this product a few hours before or after them. We recommend weighing **Simply Spirulina** for precise dosage.



#1660 · 227 g / ≈ 56 doses · UPC 6-28747-01660-5

NPN 80073346 · P0544

Allergy Relief · Functional Foods · Green Foods

Spirulina & Chlorella

100% Organic

With Broken-Cell Chlorella

475 mg

capsules

Vital Green Micronutrients

Pure and 100% certified organic spirulina and chlorella. They contain a vast number of naturally occurring micronutrients including vitamin A, B vitamins, calcium, and phosphorus. Deep-green, broken-cell chlorella has 78% digestibility. Provides antioxidants that fight against free radicals and protect cells from oxidative damage. Spirulina helps reduce symptoms of allergic rhinitis such as nasal discharge, sneezing, nasal congestion, and itching.



Each vegetable capsule contains

Organic broken-cell chlorella (*Chlorella vulgaris*) 237.5 mg
Organic spirulina (*Spirulina platensis*) 237.5 mg

Other ingredients

Non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 4 capsules three times daily with food or as directed by your health-care



practitioner. If you are taking other medications or natural health products, take this product a few hours before or after them.

#1656 · 60 vegetable capsules · UPC 6-28747-11656-5

NPN 80123473 · V0453-R3

Allergy Relief · Detoxification · Functional Foods · Green Foods

Spleen:

Grass-Fed Beef Spleen

Pure Glandular · 650 mg

capsules

Hormone- and Pesticide-Free

Supports Immunity

Supports good health. Helps support immune function.



Each vegetable capsule contains

Spleen (organ), from bovine source (*Bos taurus*)*. 650 mg
Vitamin C (ascorbic acid). 6 mg

*Superior-quality, freeze-dried organ from New Zealand grass-fed beef. Guaranteed free of pesticides, growth hormones, antibiotics, and bovine spongiform encephalopathy (BSE).

Other ingredients

Natural peppermint flavour, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner.

#1964 · 30 vegetable capsules · UPC 6-28747-11964-1

#3435 · 90 vegetable capsules · UPC 6-28747-13435-4

NPN 80058174 · V0527-R2

Glandular Extracts · Immune Health



Squalene

European Olive · 500 mg

softgels

Supports Healthy Skin

Provides antioxidants.

Each softgel contains

Squalene (from olive [*Olea europaea*] fruit), hexane-free 500 mg

Other ingredients

Natural vitamin E (D- α -tocopherol from sunflower) in a softgel composed of glycerin, bovine gelatin, and purified water.



Directions of use

Adults: Take 2 softgels daily or as directed by your health-care practitioner.

#2054 · 60 softgels · UPC 6-28747-12054-8

NPN 80067729 · V0567-R1

Beauty · Essential Fatty Acids · Skin



“The Seven Social Sins are: Wealth without work. Pleasure without conscience. Knowledge without character. Commerce without morality. Science without humanity. Worship without sacrifice. Politics without principle.”

Frederick Lewis Donaldson

St. John's Wort

Extract · 450 mg

capsules

Calmative and Sedative

Used in herbal medicine to help relieve restlessness and nervousness (sedative and calmative).

Each vegetable capsule contains

St. John's wort (*Hypericum perforatum*)
aerial part 8:1 extract 450 mg

Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule three times daily or as directed by your health-care practitioner.

Duration of use

Use for a minimum of 1 week to see beneficial effects. Consult a health-care practitioner for use beyond 18 weeks.

#0776 · 60 vegetable capsules · UPC 6-28747-10776-1
NPN 80031047 · V0130-R4

Herbs and Herbal Extracts · Mood Enhancement
Sleep Aids · Stress Management

Full line of antistress products, p. 208–212



Sterols & Sterolins

Cholesterol

Made with Organic Flaxseed

softgels

Lowers LDL · Maintains Healthy HDL

Helps lower blood total and LDL cholesterol. Helps maintain healthy cholesterol levels. Source of omega-3 fatty acids and *alpha*-linolenic acid (ALA) for the maintenance of good health.

Each softgel contains

Organic flax (*Linum usitatissimum*)
seed oil 666 mg

Providing:

alpha-Linolenic acid (ALA) 369 mg
Linoleic acid 109 mg
Free plant sterols (from non-GMO soy) 350 mg
(combined 80% *beta*-sitosterol, stigmasterol, and campesterol)

Other ingredients

Lecithin (from non-GMO sunflower oil) and beeswax in a softgel composed of annatto extract, sunflower oil, bovine gelatin, glycerin, and purified water.

Directions of use

Adults: Take 3 softgels daily with food or as directed by your health-care practitioner.

Note: This product may be used with statin-based cholesterol-lowering medication.

#0221 · 60 softgels · UPC 6-28747-10221-6

#0223 · 120 softgels · UPC 6-28747-10223-0

NPN 80024751 · V0282-R5

Cholesterol Management



Sterols & Sterolins

with Arabinogalactan

capsules

Lowers LDL Cholesterol

Maintains Healthy HDL Cholesterol

Helps lower blood total and LDL cholesterol. Helps maintain healthy cholesterol levels.

Each vegetable capsule contains

Arabinogalactan (from American
larch [*Larix laricina*]) 275 mg
Free plant sterols
(from non-GMO soy) 87.5 mg

Providing:

beta-Sitosterols 35 mg
Campesterols 17.5 mg
Stigmasterols 17.5 mg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 4 capsules three times daily with food or as directed by your health-care practitioner.

#1191 · 120 vegetable capsules · UPC 6-28747-11191-1

#1194 · 240 vegetable capsules · UPC 6-28747-11194-2
NPN 80082452 · V0229-R4

Cholesterol Management · Immune Health



Sterols & Sterolins Super Immune:

Super Immune

Sterols & Sterolins

with Arabinogalactan

capsules

Lowers Total and LDL Cholesterol

Supports Healthy Cholesterol Levels

Maintains Immune Function

Helps lower blood total and LDL cholesterol. Helps maintain healthy cholesterol levels. Helps to maintain immune function.

Each vegetable capsule contains

Free plant sterols
(from non-GMO soy) 240 mg
(combined 80% *beta*-sitosterol, stigmasterol, and campesterol)
D-Galacto-L-arabinan (from *Larix laricina*) 206 mg
Zinc (from zinc citrate) 175 mcg

Other ingredients

Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 4 capsules daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.



“No thief, however skillful, can rob one of knowledge, and that is why knowledge is the best and safest treasure to acquire.”

L. Frank Baum

Duration of use

Consult a health-care practitioner for use beyond 6 months.

#1008 · 30 vegetable capsules · UPC 6-28747-11008-2
 #1195 · 120 vegetable capsules · UPC 6-28747-11195-9
 #1197 · 240 vegetable capsules · UPC 6-28747-11197-3
 NPN 80024333 · V0425-R3

Cholesterol Management · Immune Health



Stevia Sugar

Spoonable

powder

Plant-Based Sweetener

Sugar Substitute with Inulin

0 Calories · 100% All Natural

Vegan · Keto · Gluten-Free · Non-GMO

Zero calories. No glycemic response.

Ingredients

Inulin (from chicory root) and stevia (*Stevia rebaudiana*) leaf extract.

Directions of use

One teaspoon or one sachet of **Stevia Sugar** equals the taste of two teaspoons of regular sugar. Add to taste.

Nutrition Facts · Per ¼ tsp. (1 g)

Calories 0	% Daily Value*		
% Daily Value*			
Fat 0 g	0 %	Carbohydrate 1 g	
Protein 0 g		Fibre 1 g	4 %

*5% or less is a little, 15% or more is a lot

#1070 · 250 g · UPC 6-28747-91070-5

#1069 · 454 g · UPC 6-28747-91069-9

PM0434-R3

NONTAXABLE ITEM

Keto Diet · Natural Sweeteners · Weight Management

Full line of natural sweeteners, p. 217–218



Stevia Sweetleaf

liquid

Plant-Based Sweetener

0 Calories · 100% All Natural

Vegan · Gluten-Free · Non-GMO

Stevia liquid extract.

Ingredients

Water, vegetable glycerin, organic alcohol from sugarcane, and stevia (*Stevia rebaudiana*) leaf extract.

Directions of use

Use as desired and sweeten to taste using 1 to 5 drops.

#0267 · 30 ml · UPC 6-28747-20267-1

LM0091-R1

NONTAXABLE ITEM

**Keto Diet · Natural Sweeteners
 Weight Management**



Full line of natural sweeteners,
 p. 217–218

Stevia

White Powder Concentrate

Plant-Based Sweetener

0 calories · 100% All Natural

Vegan · Gluten-Free · Non-GMO

Intensely sweet and safe for diabetics, it is a terrific ally to lower sugar and artificial sweetener consumption.



Ingredients

Stevia (*Stevia rebaudiana*) leaf extract.

Directions of use

The white powder extract of *Stevia rebaudiana* is very strong. Use a very small quantity to your individual taste.

Nutrition Facts · Per ½ tsp. (0.1 g)

Calories 0	% Daily Value*		% Daily Value*
Fat 0 g	0 %	Protein 0 g	
Carbohydrate 0 g	0 %		

Not a significant source of saturated fat, trans fat, fibre, sugar, cholesterol, sodium, potassium, calcium, or iron.

*5% or less is a little, 15% or more is a lot

#0164 · 15 g · UPC 6-28747-00164-9

#0202 · 30 g · UPC 6-28747-00202-8

PM0116-R1

NONTAXABLE ITEM

Keto Diet · Natural Sweeteners · Weight Management

Full line of natural sweeteners, p. 217–218



STRESS PRODUCTS

NEED A REST FROM STRESS?

SUPPLEMENTS CONSUMERS ARE LOOKING FOR!



Ashwagandha capsules

**Increases Resistance to Anxiety
Supports Sexual Health**

Traditionally used in Ayurveda for memory enhancement; to balance aggravated *Vata* (nervine tonic, sedative); as a sleep aid; as *Rasayana* (rejuvenative tonic); and to relieve general debility (especially during convalescence or old age). Helps increase resistance to stress/anxiety in individuals with a history of chronic stress, thereby improving their overall quality of life. Athletic support or workout/exercise supplement. Helps promote healthy testosterone production in males. Helps support physical aspects of sexual health in women.

Each vegetable capsule contains

Ashwagandha (*Withania somnifera*) root extract,
5% withanolides 500 mg

Other ingredients

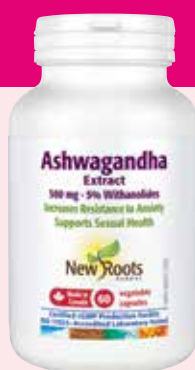
Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner.

#2113 · 30 vegetable capsules · UPC 6-28747-12113-2
#2115 · 60 vegetable capsules · UPC 6-28747-12115-6
NPN 80071783 · V0581-R1

Herbs and Herbal Extracts · Men's Fertility
Sexual Health (Women) · Stress Management



D-Stress softgels

**Reduces Restlessness,
Mental Stress, and Exhaustion**

Traditionally used in herbal medicine to help relieve restlessness, for the relief of mild symptoms of mental stress and exhaustion, and to aid sleep.

Each softgel contains

Organic lavender (*Lavandula angustifolia*)
essential oil, hexane-free 80 mg

Other ingredients

Organic olive oil and natural vitamin E (D-*alpha*-tocopherol) (from non-GMO sunflower) in a softgel composed of annatto extract (in sunflower oil), bovine gelatin, glycerin, and purified water.

Directions of use

Adults: Take 1 softgel daily with food and a full glass of water or as directed by your health-care practitioner.

#2056 · 15 softgels · UPC 6-28747-12056-2
#2053 · 30 softgels · UPC 6-28747-12053-1
#1974 · 60 softgels · UPC 6-28747-11974-0
NPN 80056812 · V0533-R4

Herbs and Herbal Extracts · Mood Enhancement · Stress Management



STRESS PRODUCTS

GABA

600 mg · With Active-Form B6 capsules

Relaxation

Helps to temporarily promote relaxation. Helps the body to metabolize carbohydrates, fats, and proteins. Helps in tissue formation.

Each vegetable capsule contains

gamma-Aminobutyric acid (GABA) . . . 600 mg
Vitamin B6 (pyridoxal-5'-phosphate) . . . 2 mg

Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1–5 capsules daily or as directed by your health-care practitioner.

Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

#2136 · 60 vegetable capsules · UPC 6-28747-12136-1
#2542 · 150 vegetable capsules · UPC 6-28747-12542-0
NPN 80074264 · V0590-R2

Mood Enhancement · Neurological Health · Stress Management



Kava Kava

400 mg · 30% Kavalactones capsules

Promotes Relaxation and Serenity

Used in herbal medicine to help relieve nervousness; as a calmative; as a sedative; and as a sleep aid / to promote sleep.

Each vegetable capsule contains

Kava kava (*Piper methysticum*)
root extract, 30% kavalactones . . . 400 mg

Other ingredients

Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner.

Duration of use

Consult a health-care practitioner for use beyond 6 months.

#2111 · 60 vegetable capsules · UPC 6-28747-12111-8
NPN 80072998 · V0586-R2

Herbs and Herbal Extracts · Mood Enhancement · Stress Management



Holy Basil Max

500 mg · Potent 10% Ursolic Acid capsules

Increases Energy and Resistance to Mental and Physical Stress

Used in herbal medicine as an adaptogen to help increase energy and resistance to stress (in case of mental and physical fatigue related to stress). Traditionally used in Ayurveda as an expectorant and/or demulcent to help relieve cough (*Kasa*) and colds; as an expectorant to help relieve respiratory mucus buildup (catarrh); as a cardiotonic (*Hrdya*); and to aid digestion (*Dipani*) and stimulate appetite (stomachic). Source of antioxidants.

Each vegetable capsule contains

Holy basil (*Ocimum tenuiflorum*) leaf extract,
10.0% ursolic acid 500 mg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 2 capsules daily or as directed by your health-care practitioner.

#2898 · 60 vegetable capsules · UPC 6-28747-12898-8
NPN 80112767 · V0740-R1

Cold and Flu · Energy · Herbs and Herbal Extracts
Stress Management



L-Theanine

250 mg capsules

Relaxation

Helps to temporarily promote relaxation.

Each vegetable capsule contains

L-Theanine 250 mg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner.

#1786 · 30 vegetable capsules · UPC 6-28747-11786-9
#2551 · 60 vegetable capsules · UPC 6-28747-12551-2
#2552 · 120 vegetable capsules · UPC 6-28747-12552-9
NPN 80039946 · V0484-R2

Amino Acids and Proteins · Memory Help · Sleep Aids



**NEED A REST
FROM STRESS?
TAKE THE QUIZ**



STRESS PRODUCTS

L-Tyrosine 500 mg

capsules



Stress Management Physical · Psychological

Helps in the management of some forms of stress (physical, psychological, sleep deprivation, multitasking, etc.).

Each vegetable capsule contains

L-Tyrosine 500 mg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Take 2 capsules daily with meals or as directed by your health-care practitioner.

Duration of use

Consult a health-care practitioner for long-term use.

#1020 · 60 vegetable capsules · UPC 6-28747-11020-4
NPN 80000017 · V0169-R3

Amino Acids and Proteins · Mood Enhancement · Stress Management



Merry Mind Omega 3

1,000 mg EPA · 100 mg DHA

softgels



Healthy Mood Balance 0% Porcine/Bovine

Helps to promote healthy mood balance.

Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]) 1,366 mg

Providing omega-3 fatty acids, including:

Eicosapentaenoic acid (EPA) 1,000 mg
Docosahexaenoic acid (DHA) 100 mg
Other omega-3s 71 mg

Other ingredients

Natural vitamin E (D- α -tocopherol, from non-GMO sunflower) and rosemary leaf extract in an improved softgel composed of fish gelatin, glycerin, and purified water.

Directions of use

Adults: Take 1 softgel daily with a meal or as directed by your health-care practitioner.

#2163 · 30 fish-based softgels · UPC 6-28747-12163-7
NPN 80077448 · V0577-R5

**Fish Oils · Mood Enhancement
Pain and Inflammation**



Full line of fish oils, p. 157–164

New Roots Herbal Chill Pills

capsules



Relaxation

L-Theanine helps to temporarily promote relaxation. B-complex vitamins are a factor in the maintenance of good health.

Each vegetable capsule contains

L-Theanine 100 mg
Phellodendron (*Phellodendron amurense*) bark extract, 0.1% berberine 15 mg
Passionflower (*Passiflora incarnata*) extract, 4% flavonoids 50 mg
Astragalus (*Astragalus membranaceus*) root extract, 3% astragalosides 25 mg
Ashwagandha (*Withania somnifera*) root extract, 2.5% withanolides 75 mg
Holy basil (*Ocimum tenuiflorum*) leaf extract, 10% ursolic acid 50 mg
Oat (*Avena sativa*) 10:1 extract 50 mg
Rhodiola (*Rhodiola rosea*) root extract, 5% rosavins 50 mg
Vitamin B2 (riboflavin, riboflavin-5'-phosphate sodium). 27.5 mg
Vitamin B6 (pyridoxine hydrochloride / pyridoxal-5'-phosphate). 27.5 mg
para-Aminobenzoic acid (PABA) 25 mg
Choline bitartrate 25 mg
Inositol (myo-inositol) 25 mg
D-Ribose 25 mg
Vitamin B1 (thiamine hydrochloride) 25 mg
Vitamin B5 (calcium D-pantothenate) 25 mg
Inositol hexanicotinate, flush-free (vitamin B3) 17.5 mg
Chinese jujube (*Ziziphus jujuba*) fruit. 12.5 mg
Magnolia (*Magnolia officinalis*) bark 50:1 extract, 80% magnolol + honokiol. 7.5 mg
Vitamin B3 (niacinamide) 7.5 mg
Folate (from calcium L-5-methyltetrahydrofolate) 500 mcg
Vitamin B12 (methylcobalamin). 75 mcg
Biotin 37.5 mcg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of carbohydrate gum and purified water.

Directions of use

Adults: Take 2 capsules at once daily with food or as directed by your health-care practitioner. Not to be taken immediately before bedtime. If you are taking other medications, take this product a few hours before or after them.

Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

#1166 · 16 vegetable capsules · UPC 6-28747-11166-9
#1163 · 30 vegetable capsules · UPC 6-28747-11163-8
#1277 · 60 vegetable capsules · UPC 6-28747-1277-2
NPN 80084696 · V0324-R9

Mood Enhancement · Stress Management



STRESS PRODUCTS

New Roots Herbal

Joyful

capsules

Healthy Mood Balance

Helps to promote healthy mood balance.
Helps to temporarily promote relaxation.

Each vegetable capsule contains

gamma-Aminobutyric acid (GABA) 200 mg
L-Theanine 83.33 mg
L-Tryptophan 73.333 mg
L-5-Hydroxytryptophan (L-5-HTP) (from *Griffonia simplicifolia* seed) 50 mg
San-qi ginseng (*Panax notoginseng*) leaf 15:1 extract 50 mg
Phellodendron (*Phellodendron amurense*) bark extract, 1% berberine 10 mg
Vitamin B6 (pyridoxal-5'-phosphate) 10 mg
Magnolia (*Magnolia officinalis*) bark 50:1 extract, 80% magnolol + honokiol 5 mg
Folate (from calcium L-5-methyltetrahydrofolate) 333 mcg
Vitamin B12 (methylcobalamin) 333 mcg
Vitamin D3 (cholecalciferol) 8.33 mcg (333.33 IU)

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule three times daily. Start with 1 capsule daily and gradually move to 3 daily, or as directed by your health-care practitioner. Use the lowest efficient dose.

Duration of use

For healthy mood balance: Use for a minimum of 1 week to see beneficial effects. Consult a health-care practitioner for use beyond 4 weeks.

#2022 · 30 vegetable capsules · UPC 6-28747-12022-7

#2024 · 60 vegetable capsules · UPC 6-28747-12024-1

NPN 80069682 · V0557-R1

Mood Enhancement · Neurological Health · Stress Management



Saffron Zen

With affron® Extract

capsules

Adults and Teens · Clinically Proven

Mood Balance · Stress Reduction

Restlessness · Nervousness

Fatigue · Weariness · Irritability

Affron® is clinically proven to support mood balance in adults and adolescents (12 years and over); to relieve restlessness or nervousness (calmative) and to reduce the symptoms of perceived stress, such as fatigue, weariness, and irritability; and to help improve sleep quality in 4 weeks, and restorative sleep in individuals experiencing sleeplessness.

Each vegetable capsule contains

Saffron (*Crocus sativus*) stigma extract (Affron®), standardized to 3.5% Lepticrosalides®, providing crocins and safranal 14 mg

Other ingredients

Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults and adolescents 12 years and over: Take 1 capsule twice daily or as directed by your health-care practitioner.

Duration of use

Adolescents (12–17 years): Consult a health-care practitioner for use beyond 8 weeks.

Adults (18 years and older): Consult a health-care practitioner for use beyond 12 weeks.

Affron® and Lepticrosalides® are registered trademarks of Pharmactive Biotech Products, S.L.U., sourced from Spain.

#3387 · 60 vegetable capsules · UPC 6-28747-13387-6

NPN 80097012 · V0695-R1

Herbs and Herbal Extracts · Mood Enhancement · Sleep Aids
Stress Management



Residual solvents from extraction processes rank among the critical quality-control concerns for natural health products. The GC-Headspace is employed to guarantee the purity of all New Roots Herbal products.

STRESS PRODUCTS

St. John's Wort

Extract · 450 mg

capsules



Calming and Sedative

Used in herbal medicine to help relieve restlessness and nervousness (sedative and calming).

Each vegetable capsule contains

St. John's wort (*Hypericum perforatum*)
aerial part 8:1 extract 450 mg

Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule three times daily or as directed by your health-care practitioner.

Duration of use

Use for a minimum of 1 week to see beneficial effects. Consult a health-care practitioner for use beyond 18 weeks.

#0776 · 60 vegetable capsules · UPC 6-28747-10776-1
NPN 80031047 · V0130-R4

Herbs and Herbal Extracts · Mood Enhancement
Sleep Aids · Stress Management



Ultra Stress

B Complex 50 mg + Vitamin C

capsules



Flush-Free Formula

B-Complex supplement for the maintenance of good health. An antioxidant for the maintenance of good health. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps the body to metabolize carbohydrates, fats, and proteins. Helps normal growth and development.

Each vegetable capsule contains

Vitamin C (ascorbic acid)	425 mg
para-Aminobenzoic acid (PABA)	50 mg
Choline (choline bitartrate)	50 mg
Inositol (myo-inositol)	50 mg
Vitamin B1 (thiamine hydrochloride)	50 mg
Vitamin B2 (riboflavin)	50 mg
Vitamin B3 (inositol hexanicotinate, flush-free)	50 mg
Vitamin B5 (calcium D-pantothenate)	50 mg
Vitamin B6 (pyridoxine hydrochloride)	50 mg
Vitamin B2 (riboflavin-5'-phosphate)	5 mg
Vitamin B6 (pyridoxal-5'-phosphate)	5 mg
Folate (from calcium L-5-methyltetrahydrofolate)	1 mg
Vitamin B12 (methylcobalamin)	150 mcg
Biotin	75 mcg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.



Directions of use

Adults: Take 1 capsule daily with a meal or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

#0900 · 60 vegetable capsules · UPC 6-28747-10900-0

#0901 · 90 vegetable capsules · UPC 6-28747-10901-7

#0902 · 180 vegetable capsules · UPC 6-28747-10902-4

NPN 80072064 · V0443-R2

Stress Management · Vitamins and Minerals

Full line of B vitamins, p. 227-234



Consumers rely on precise identification of botanical species and the quantity of marker compounds, especially when it relates to effectiveness on mood and stress. LC-MS/MS validates ingredients for identity and potency, ensuring consistent premium quality. It is able to detect compounds down to parts per trillion (10^{-12}). Consumers can trust in products that work for them.

Strong Bones

capsules

Builds Stronger Bones Reduces Risk of Osteoporosis

Helps in the development and maintenance of bones. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis. Provides antioxidants for the maintenance of good health.



Six (6) vegetable capsules contain

Microcrystalline hydroxyapatite (freeze-dried MCHA)*	3,600 mg
Calcium (from calcium hydroxyapatite*)	900 mg
Protein (from calcium hydroxyapatite*)	900 mg
Phosphorus (from calcium hydroxyapatite*)	450 mg
L-Lysine (L-lysine monohydrochloride)	300 mg
L-Proline	300 mg
Glucosamine sulfate (from crab, lobster, shrimp, or prawn exoskeleton, stabilized with potassium chloride), sodium-free	252 mg
Vitamin C (ascorbic acid)	186 mg
Magnesium (from fully reacted magnesium bisglycinate)	145 mg
Grape (<i>Vitis vinifera</i>) seed extract, 80% oligomeric proanthocyanidins	60 mg
Green tea (<i>Camellia sinensis</i>) leaf extract, 75% epigallocatechin-3-gallate (EGCG)	42 mg
Field horsetail (<i>Equisetum arvense</i>) aerial part extract, 7% silica	30 mg
Turmeric (<i>Curcuma longa</i>) root extract, 95% curcuminoids, providing curcumin I, demethoxycurcumin, and bisdemethoxycurcumin	20 mg
Zinc (from zinc monomethionine)	9.3 mg
Lycopene (from tomato [<i>Solanum lycopersicum</i>] flesh)	5 mg
Vitamin B1 (thiamine hydrochloride)	4.65 mg
Boron (from boron citrate)	3.36 mg
Manganese (from manganese citrate)	2.79 mg
Lutein (from marigold [<i>Tagetes erecta</i>])	2 mg
Copper (from copper citrate)	930 mcg
Folate (from calcium L-5-methyltetrahydrofolate)	500 mcg
Vitamin B12 (methylcobalamin)	150 mcg
Vitamin K2 (menaquinone-4)	83 mcg
Vitamin D3 (cholecalciferol)	25 mcg (1,000 IU)
Vitamin K2 (menaquinone-7)	10 mcg

*From New Zealand cattle. Guaranteed free of bovine spongiform encephalopathy (BSE) and recombinant bovine growth hormone (rBGH).

Other ingredients

Natural peppermint flavour, microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 2 capsules one to three times daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.



Duration of use

Consult a health-care practitioner for use beyond 12 weeks.

#0296 · 90 vegetable capsules · UPC 6-28747-10296-4

#0297 · 180 vegetable capsules · UPC 6-28747-10297-1

#0950 · 360 vegetable capsules · UPC 6-28747-10950-5

NPN 80030327 · V0209-R14

50+ Health · Bone Health · Vitamins and Minerals

Strong Bones

capsules

Boron-Free Formula

Builds Stronger Bones Reduces Risk of Osteoporosis

Helps in the development and maintenance of bones. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis. Provides antioxidants for the maintenance of good health.



Six (6) vegetable capsules contain

Microcrystalline hydroxyapatite (freeze-dried MCHA)*	3,600 mg
Calcium (from calcium hydroxyapatite*)	900 mg
Protein (from calcium hydroxyapatite*)	900 mg
Phosphorus (from calcium hydroxyapatite*)	450 mg
L-Lysine (L-lysine monohydrochloride)	300 mg
L-Proline	300 mg
Glucosamine sulfate (from crab, lobster, shrimp, or prawn exoskeleton, stabilized with potassium chloride), sodium-free	252 mg
Vitamin C (ascorbic acid)	186 mg
Magnesium (from fully reacted magnesium bisglycinate)	145 mg
Grape (<i>Vitis vinifera</i>) seed extract, 80% oligomeric proanthocyanidins	60 mg
Green tea (<i>Camellia sinensis</i>) leaf extract, 75% epigallocatechin-3-gallate (EGCG)	42 mg
Field horsetail (<i>Equisetum arvense</i>) aerial part extract, 7% silica	30 mg
Turmeric (<i>Curcuma longa</i>) root extract, 95% curcuminoids, providing curcumin I, demethoxycurcumin, and bisdemethoxycurcumin	20 mg
Zinc (from zinc monomethionine)	9.3 mg
Lycopene (from tomato [<i>Solanum lycopersicum</i>] flesh)	5 mg
Vitamin B1 (thiamine hydrochloride)	4.65 mg
Manganese (from manganese citrate)	2.79 mg
Lutein (from marigold [<i>Tagetes erecta</i>] flower)	2 mg
Copper (from copper citrate)	930 mcg
Folate (from calcium L-5-methyltetrahydrofolate)	500 mcg
Vitamin B12 (methylcobalamin)	150 mcg
Vitamin K2 (menaquinone-4)	83 mcg
Vitamin D3 (cholecalciferol)	25 mcg (1,000 IU)
Vitamin K2 (menaquinone-7)	10 mcg

*From New Zealand cattle. Guaranteed free of bovine spongiform encephalopathy (BSE) and recombinant bovine growth hormone (rBGH).

Other ingredients

Natural peppermint flavour, microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 2 capsules one to three times daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.



Duration of use

Consult a health-care practitioner for use beyond 12 weeks.

#1721 · 90 vegetable capsules · UPC 6-28747-11721-0

#1722 · 180 vegetable capsules · UPC 6-28747-11722-7

#1723 · 360 vegetable capsules · UPC 6-28747-11723-4

NPN 80036486 · V0469-R8

50+ Health · Bone Health · Vitamins and Minerals

Strong Bones Vegetarian:

Strong Bones

capsules

Builds Stronger Bones Reduces Risk of Osteoporosis

Calcium, vitamin C, vitamin D, magnesium, manganese, and phosphorus help in the development and maintenance of bones. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis. Vitamin D also helps in the absorption and use of calcium and phosphorus. Vitamin K2 also helps in the maintenance of bones. Copper helps to produce and repair connective tissue. Provides antioxidants for the maintenance of good health.

This formula is suitable for vegetarian diets, as it contains no animal byproducts.



Nine (9) vegetable capsules contain

Calcium (from calcium phosphate, tribasic)	1,000 mg
Phosphorus (from calcium phosphate, tribasic)	472.23 mg
L-Lysine	300 mg
L-Proline	300 mg
Magnesium (from fully reacted magnesium bisglycinate)	270 mg
Glucosamine hydrochloride (from <i>Aspergillus niger</i>)	252 mg
Vitamin C (ascorbic acid)	186 mg
Grape (<i>Vitis vinifera</i>) seed extract, 80% oligomeric proanthocyanidins	60 mg
Green tea (<i>Camellia sinensis</i>) leaf extract, 75% epigallocatechin-3-gallate (EGCG)	42 mg
Field horsetail (<i>Equisetum arvense</i>) aerial part extract, 7% silica	30 mg
Turmeric (<i>Curcuma longa</i>) root extract, 95% curcuminoids, providing curcumin I, demethoxycurcumin, and bisdemethoxycurcumin	22.5 mg
Zinc (from zinc monomethionine)	9.27 mg
Lycopene (from tomato [<i>Solanum lycopersicum</i>] flesh)	5 mg
Vitamin B1 (thiamine hydrochloride)	4.65 mg
Boron (from boron citrate)	3.36 mg
Manganese (from manganese citrate)	2.79 mg
Lutein (from marigold [<i>Tagetes erecta</i>] oleoresin)	2 mg
Copper (from copper citrate)	930 mcg
Folate (from calcium L-5-methyltetrahydrofolate)	500 mcg
Vitamin B12 (methylcobalamin)	150 mcg
Vitamin K2 (from menaquinone-4 [83 mcg] and menaquinone-7 [10 mcg])	93 mcg
Vitamin D3 (cholecalciferol)	25 mcg (1,000 IU)

Other ingredients

Natural peppermint flavour, microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 3 capsules one to three times daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.



Duration of use

Consult a health-care practitioner for use beyond 12 weeks.

#2121 · 270 vegetable capsules · UPC 6-28747-12121-7

NPN 80071671 · V0529-R4

50+ Health · Bone Health · Vitamins and Minerals

Strontium Strong capsules

Osteo Support · 340 mg

Helps to support bone mineral density.

Each vegetable capsule contains

Strontium (from strontium citrate) 340 mg

Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults 50 years and older: Take 2 capsules once daily or as directed by your health-care practitioner. Vitamin D and calcium supplements should also be taken if dietary intake is inadequate or if recommended by a health-care practitioner.



Duration of use

Consult a health-care practitioner for use beyond 6 months.

#2447 · 120 vegetable capsules · UPC 6-28747-12447-8

NPN 80086406 · V0628-R1

50+ Health · Bone Health · Vitamins and Minerals

Super Fibre

Psyllium · 620 mg

capsules

Lowers Cholesterol

Promotes Regularity

Gently Relieves Constipation

Provides gentle relief of constipation or irregularity. Lowers cholesterol. Promotes heart health. Helps to maintain a healthy cardiovascular system by promoting healthy cholesterol levels.

Each vegetable capsule contains

Psyllium (*Plantago ovata*) husk 620 mg

Other ingredients

Inulin in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: For constipation or irregularity: Take 3 capsules twice daily (morning and evening) with 8 oz. of water or juice, before or after meals. Follow with a second glass of liquid. Effects observed 12–24 hours after first dose, and may take 2–3 days. If you are taking other medications, take this product 2 hours before or after them. For cholesterol, heart health, and cardiovascular effects: Take 6 capsules three times a day (morning, afternoon, and evening) with 8 oz. of water or juice, before or after meals. Follow with a second glass of liquid. If you are taking other medications, take this product 2 hours before or after them.



#0011 · 100 vegetable capsules · UPC 6-28747-10011-3

NPN 80021829 · V0059-R2

Cholesterol Management · Digestive Health

Herbs and Herbal Extracts · Weight Management

Super Immune

Sterols & Sterolins
with Arabinogalactan

capsules

Lowers Total and LDL Cholesterol
Supports Healthy Cholesterol Levels
Maintains Immune Function

Helps lower blood total and LDL cholesterol.
Helps maintain healthy cholesterol levels.
Helps to maintain immune function.

Each vegetable capsule contains

Free plant sterols
(from non-GMO soy) 240 mg
(combined 80% beta-sitosterol,
stigmasterol, and campesterol)
D-Galacto-L-arabinan (from *Larix laricina*) 206 mg
Zinc (from zinc citrate) 175 mcg

Other ingredients

Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 4 capsules daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

Duration of use

Consult a health-care practitioner for use beyond 6 months.

#1008 • 30 vegetable capsules • UPC 6-28747-11008-2
#1195 • 120 vegetable capsules • UPC 6-28747-11195-9
#1197 • 240 vegetable capsules • UPC 6-28747-11197-3
NPN 80024333 • V0425-R3

Cholesterol Management • Immune Health



Super Iron

15 mg

capsules

Advanced Formula
with Vitamins C and B12

Helps to form red blood cells and helps in their proper function. Vitamin C is an antioxidant for the maintenance of good health.

Each vegetable capsule contains

Vitamin C (ascorbic acid) 175 mg
Iron (from iron ascorbate) 15 mg
Vitamin B1 (thiamine hydrochloride) 5 mg
Vitamin B6 (pyridoxal-5'-phosphate) 5 mg
Inositol hexanicotinate, flush-free (vitamin B3) 2 mg
Vitamin B2 (riboflavin-5'-phosphate sodium) 2 mg
Folate (from calcium L-5-methyltetrahydrofolate) 1 mg
Vitamin B12 (methylcobalamin) 250 mcg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily with a meal or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

NEW CHILD-RESISTANT PACKAGE!

#3503 • 30 vegetable capsules • UPC 6-28747-13503-0
#0970 • 90 vegetable capsules • UPC 6-28747-10970-3
NPN 80048168 • V0489-R3

Energy • Vitamins and Minerals • Women's Health

Full line of iron supplements, p. 118–119



Superfood: Organic

Fermented Superfood Blend

powder

+ Inulin from Jerusalem Artichoke

29 Fully Fermented Plants
Unsweetened and No Flavour Added
35 Calories per Portion
100% Natural • Gluten-Free
Non-GMO

Fermented to maximize nutritional value • Very high source of fibre • Gut-friendly • Vegan • Nondairy • No soy • Add to taste in soups, stews, and shakes

Ingredients

Organic fermented greens blend (organic wheatgrass, organic alfalfa grass, organic spirulina, organic broken-cell chlorella, organic barley grass, organic oat grass, organic rockweed, Vitakelp™) • Organic fermented fruit blend (organic noni fruit, organic amla fruit, organic apple, organic strawberry, organic blackcurrant, organic blueberry, organic cranberry, organic pomegranate juice, organic raspberry) • Organic fermented vegetable blend (organic carrot, organic beet, organic parsley, organic spinach, organic broccoli, organic kale, organic green cabbage, organic onion, organic pea protein) • Organic fermented flaxseed fibre • Organic fermented ginger • Organic fermented turmeric • Organic inulin (from Jerusalem artichoke).



Nutrition Facts • Per 1½ tbsp. (11 g)

Calories 35	% Daily Value*		% Daily Value*
Fat 0.4 g	1 %	Protein 2 g	
Saturated 0 g + Trans 0 g	0 %	Cholesterol 0 mg	
Polyunsaturated 0.2 g		Sodium 95 mg	4 %
Omega-6 0.1 g		Potassium 0 mg	0 %
Omega-3 0.1 g		Calcium 0 mg	0 %
Monounsaturated 0.1 g		Iron 0 mg	0 %
Total Carbohydrate 7 g			
Dietary Fibre 6 g	21 %		
Sugars 1 g	1 %		

*5% or less is a little, 15% or more is a lot

#2341 • 230 g / 21 portions • UPC 6-28747-02341-2
PM0792-R1

NONTAXABLE ITEM

Digestive Health • Fermented Products • Functional Foods

Full line of fermented products, p. 98–99



Sweet-to-Clean

Plant-Based Sweetener

Xylitol • Organic

powder

No Aftertaste
10 Calories per Teaspoon
100% Pure • Gluten-Free • Non-GMO

As sweet as sugar, xylitol is a lower caloric alternative to table sugar without any unpleasant aftertaste. Its look, feel, and consistency make it ideal for all recipes. Low glycemic impact • Ideal for baking • Keto-friendly

Ingredient

Organic xylitol.

Directions of use

As sweet as sugar • 1 tsp. Sweet-to-Clean = 1 tsp. sugar



Nutrition Facts • Per 1 tsp. (4 g)

Calories 10	% Daily Value*		% Daily Value*
Fat 0 g	0 %	Carbohydrate 4 g	0 %
Protein 0 g		Sugars 0 g	
		Xylitol 4 g	

Not a significant source of saturated fat, *trans* fat, fibre, sugar, cholesterol, sodium, potassium, calcium, or iron.

*5% or less is a little, 15% or more is a lot

#2459 • 454 g • UPC 6-28747-02459-4
P0815-R1

NONTAXABLE ITEM

Keto Diet • Natural Sweeteners • Weight Management

Full line of natural sweeteners, p. 217–218



Sweet-to-Slim

Plant-Based Sweetener
Erythritol • Organic

powder



0 calories • 100% Pure
Gluten-Free • Non-GMO

A naturally occurring source of sweetness with a flavour profile similar to that of table sugar, erythritol has 95% less calories than sugar, without the aftertaste of many artificial sweeteners.

Low glycemic impact • Crystalline texture • Clear appearance when dissolved • Keto-friendly

Ingredient

Organic erythritol.

Directions of use

30% less sweetness than sugar

1½ tsp. **Sweet-to-Light** = 1 tsp. sugar

Nutrition Facts • Per 1 tsp. (4 g)

Calories 0	% Daily Value*		% Daily Value*
Fat 0 g	0 %	Carbohydrate 4 g	0 %
Protein 0 g		Sugars 0 g	
		Erythritol 4 g	

Not a significant source of saturated fat, *trans* fat, fibre, sugar, cholesterol, sodium, potassium, calcium, or iron.

*5% or less is a little, 15% or more is a lot

#2460 • 454 g • UPC 6-28747-02460-0
P0806-R1

NONTAXABLE ITEM

Blood Glucose Management • Natural Sweeteners
Weight Management

Full line of natural sweeteners, p. 217–218



Sweet Orange Organic Essential Oil

(*Citrus × sinensis*)

100% Pure • Certified Organic

Used in aromatherapy as a nerve/calimative.
Used in aromatherapy as a carminative/
antispasmodic for symptomatic relief of
digestive discomfort.

Each drop contains

Organic sweet orange (*Citrus × sinensis*)
fruit peel essential oil 100%

Active compounds

Limonene and *beta*-pinene.



Directions of use

Adults: Mix with vegetable oil for topical application. Use undiluted for direct or steam inhalation. Not for oral use. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil.



Duration of use

For occasional use only.

#2146 • 15 ml • UPC 6-28747-22146-7
NPN 80071182 • O0058-R1

Essential Oils

Full line of essential oils, p. 82–90

Sweet Wormwood Max

Artemisia annua 500 mg
10% Artemisinin

capsules



Strengthens Immune Function

Helps with immune function. An antioxidant that helps protect cells from oxidative damage caused by free radicals. A factor in the maintenance of good health.

Each vegetable capsule contains

Sweet wormwood (*Artemisia annua*)
extract, 10% artemisinin 500 mg
Vitamin C (ascorbic acid) 6 mg

Other ingredients

Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults 19+: Take 1 capsule daily or as directed by your health-care practitioner.

Duration of use

Consult a health-care practitioner for use beyond 7 days. For occasional use only.

#3193 • 60 vegetable capsules • UPC 6-28747-13193-3
NPN 80112296 • V0745-R1

Herbs and Herbal Extracts • Immune Health
Parasitic and Fungal Management



NATURAL SWEETENERS

Smooth Stevia

powder

Plant-Based Sweetener
Sugar Substitute · Nonbitter
0 Calories · 100% All Natural
Vegan · Gluten-Free · Non-GMO

Low glycemic index. Be mindful of the dosage, because ½ tsp. of Smooth Stevia = 1 teaspoon of sugar.

Ingredients

Isomaltulose (naturally occurring disaccharide from sugar beet) and stevia (*Stevia rebaudiana*) concentrate.

Directions of use

Add to taste to your favourite beverage and stir. Excellent sugar substitute for coffee, tea, and for baking!

Nutrition Facts · Per ½ tsp. (0.1 g)

Calories 0	% Daily Value*	Calories 0	% Daily Value*
Fat 0 g	0 %	Carbohydrate 0 g	0 %
Protein 0 g			

Not a significant source of saturated fat, *trans* fat, fibre, sugar, cholesterol, sodium, potassium, calcium, or iron.

* 5% or less is a little, 15% or more is a lot

#1923 · 30 g · UPC 6-28747-01923-1
PM0056-R1

NONTAXABLE ITEM

Functional Foods · Keto Diet · Natural Sweeteners
Weight Management



Stevia Sweetleaf

liquid

Plant-Based Sweetener
0 Calories · 100% All Natural
Vegan · Gluten-Free · Non-GMO
Stevia liquid extract.

Ingredients

Water, vegetable glycerin, organic alcohol from sugarcane, and stevia (*Stevia rebaudiana*) leaf extract.

Directions of use

Use as desired and sweeten to taste using 1 to 5 drops.

#0267 · 30 ml · UPC 6-28747-20267-1
LM0091-R1

NONTAXABLE ITEM

Keto Diet · Natural Sweeteners
Weight Management



Stevia Sugar

Spoonable

powder

Plant-Based Sweetener
Sugar Substitute with Inulin
0 Calories · 100% All Natural
Vegan · Keto · Gluten-Free · Non-GMO
Zero calories. No glycemic response.

Ingredients

Inulin (from chicory root) and stevia (*Stevia rebaudiana*) leaf extract.

Directions of use

One teaspoon or one sachet of Stevia Sugar equals the taste of two teaspoons of regular sugar. Add to taste.

Nutrition Facts · Per ¼ tsp. (1 g)

Calories 0	% Daily Value*	Calories 0	% Daily Value*
Fat 0 g	0 %	Carbohydrate 1 g	
Protein 0 g		Fibre 1 g	4 %

* 5% or less is a little, 15% or more is a lot

#1070 · 250 g · UPC 6-28747-91070-5
#1069 · 454 g · UPC 6-28747-91069-9
PM0434-R3

NONTAXABLE ITEM

Keto Diet · Natural Sweeteners · Weight Management



Stevia

White Powder Concentrate

Plant-Based Sweetener
0 calories · 100% All Natural
Vegan · Gluten-Free · Non-GMO

Intensely sweet and safe for diabetics, it is a terrific ally to lower sugar and artificial sweetener consumption.

Ingredients

Stevia (*Stevia rebaudiana*) leaf extract.

Directions of use

The white powder extract of *Stevia rebaudiana* is very strong. Use a very small quantity to your individual taste.

Nutrition Facts · Per ½ tsp. (0.1 g)

Calories 0	% Daily Value*	Calories 0	% Daily Value*
Fat 0 g	0 %	Protein 0 g	
Carbohydrate 0 g	0 %		

Not a significant source of saturated fat, *trans* fat, fibre, sugar, cholesterol, sodium, potassium, calcium, or iron.

* 5% or less is a little, 15% or more is a lot

#0164 · 15 g · UPC 6-28747-00164-9
#0202 · 30 g · UPC 6-28747-00202-8
PM0116-R1

NONTAXABLE ITEM

Keto Diet · Natural Sweeteners · Weight Management



NATURAL SWEETENERS

Sweet-to-Clean

Plant-Based Sweetener
Xylitol · Organic

powder



No Aftertaste

10 Calories per Teaspoon

100% Pure · Gluten-Free · Non-GMO

As sweet as sugar, xylitol is a lower caloric alternative to table sugar without any unpleasant aftertaste. Its look, feel, and consistency make it ideal for all recipes.

Low glycemic impact · Ideal for baking · Keto-friendly

Ingredient

Organic xylitol.

Directions of use

As sweet as sugar

1 tsp. **Sweet-to-Clean** = 1 tsp. sugar

Nutrition Facts · Per 1 tsp. (4 g)

Calories 10	% Daily Value*		Carbohydrate 4 g	% Daily Value*
Fat 0 g	0 %		Sugars 0 g	0 %
Protein 0 g			Xylitol 4 g	

Not a significant source of saturated fat, *trans* fat, fibre, sugar, cholesterol, sodium, potassium, calcium, or iron.

* 5% or less is a little, 15% or more is a lot

#2459 · 454 g · UPC 6-28747-02459-4
P0815-R1

NONTAXABLE ITEM

Keto Diet · Natural Sweeteners
Weight Management



Sweet-to-Slim

Plant-Based Sweetener
Erythritol · Organic

powder



0 calories · 100% Pure

Gluten-Free · Non-GMO

A naturally occurring source of sweetness with a flavour profile similar to that of table sugar, erythritol has 95% less calories than sugar, without the aftertaste of many artificial sweeteners.

Low glycemic impact · Crystalline texture · Clear appearance when dissolved · Keto-friendly

Ingredient

Organic erythritol.

Directions of use

30% less sweetness than sugar

1½ tsp. **Sweet-to-Light** = 1 tsp. sugar

Nutrition Facts · Per 1 tsp. (4 g)

Calories 10	% Daily Value*		Carbohydrate 4 g	% Daily Value*
Fat 0 g	0 %		Sugars 0 g	0 %
Protein 0 g			Erythritol 4 g	

Not a significant source of saturated fat, *trans* fat, fibre, sugar, cholesterol, sodium, potassium, calcium, or iron.

* 5% or less is a little, 15% or more is a lot

#2460 · 454 g · UPC 6-28747-02460-0
P0806-R1

NONTAXABLE ITEM

Blood Glucose Management · Natural Sweeteners
Weight Management



Sourcing and guaranteeing a botanical origin for naturally sourced sweeteners is very important. HPLC/UHPLC (not shown) is used to determine the origins and potency of raw materials. The Rotor-Gene Q thermocycler validates raw materials to ensure non-GMO status.

Tamanu Oil

Certified Organic

Moisture Barrier Maintenance

Cold-pressed tamanu nut oil quenches the skin to help retain moisture and to reduce the signs of aging skin. It will help restore the look of your skin and so much more.

Each bottle contains

Organic tamanu (*Calophyllum inophyllum*) seed oil, cold-pressed, nondeodorized 30 ml with **organic** rosemary (*Rosmarinus officinalis*) extract.

Ingredients

Organic *Calophyllum inophyllum* seed oil and **organic** *Rosmarinus officinalis* (rosemary) leaf extract.

Directions of use

Place 5–8 drops in your hand and gently massage the oil on your face and neck. Larger body parts may require more oil. Best applied on moist skin, such as following a shower or bath, before bedtime.

#1600 · 30 ml · UPC 6-28747-21600-5

OM0121-R2

Beauty · Exotic Skin Oils · Skin

Full line of exotic skin oils, p. 92–95



Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 4 capsules daily or as directed by your health-care practitioner.

#3566 · 120 vegetable capsules · UPC 6-28747-13566-5

NPN 80141973 · V0566-R1

Heart and Blood · Muscle Support



Tea Tree

Organic Essential Oil

Melaleuca alternifolia

100% Pure · Certified Organic

Used in aromatherapy to help relieve colds/cough. Helps to improve symptoms of fungal nail-bed infections. Helps treat acne pimples.

Each drop contains

Organic tea tree (*Melaleuca alternifolia*) leaf or twig essential oil. 100%

Active compounds

Terpinen-4-ol, *alpha*- and *gamma*-terpinene.

Directions of use

Adults: • **For aromatherapy use:** Mix 1 drop of essential oil in 1 tsp. (5 ml) of carrier (vegetable) oil (1% essential oil). Rub and/or massage into skin until solution vanishes. *For local application (10% or less of body surface area):* Apply to affected area up to three times per day. • **For acne use:** Mix 5 drops of essential oil in 1 tsp. (5 ml) of carrier (vegetable) oil (5% essential oil). Cleanse skin thoroughly before applying the product. Apply product to affected areas one to three times daily. • **For nail fungus use:** Do not dilute in carrier oil. Apply sparingly to affected nail(s) twice daily. Avoid contact with skin. • **For all uses:** Do not apply undiluted essential oils to skin. Not for oral use.

Duration of use

For occasional use only.

#2117 · 15 ml · UPC 6-28747-22117-7

#2116 · 50 ml · UPC 6-28747-22116-0

NPN 80069443 · O0029-R1

Essential Oils

Full line of essential oils, p. 82–90



Taurine

500 mg

capsules

Supports Cardiovascular Health

Helps to support cardiovascular function.

Each vegetable capsule contains

Taurine (2-aminoethanesulfonic acid) 500 mg

Other ingredients

Microcrystalline cellulose and vegetable magnesium stearate in a non-GMO vegetable capsule made with vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 3 capsules once or twice daily or as directed by your health-care practitioner.

#0089 · 90 vegetable capsules · UPC 6-28747-10089-2

NPN 80021987 · V0103-R2

Amino Acids and Proteins · Heart and Blood



NEW PRODUCT! Since November 2025

Taurine

750 mg

capsules

Cardiovascular Health

Muscle Function

Helps to support cardiovascular function. Helps reduce the frequency, intensity, and duration of cramps in individuals with chronic liver disease. Provides an antioxidant.

Each vegetable capsule contains

Taurine (2-aminoethanesulfonic acid) 750 mg



Theanine

L-Theanine

250 mg

capsules

Relaxation

Helps to temporarily promote relaxation.

Each vegetable capsule contains

L-Theanine. 250 mg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.



Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner.

#1786 · 30 vegetable capsules · UPC 6-28747-11786-9
#2551 · 60 vegetable capsules · UPC 6-28747-12551-2
#2552 · 120 vegetable capsules · UPC 6-28747-12552-3
NPN 80039946 · V0484-R2

Amino Acids and Proteins · Memory Help

Sleep Aids

Full line of antistress products, p. 208–212



Thyme Pure Essential Oil

Thymus vulgaris

100% Pure · Clean · Unadulterated

Aroma: Herbal, fresh, spicy.

Attributes: Elevating, revitalizing, clarifying.

Scent note: Middle Note 🌿

Each drop contains

Thyme (*Thymus vulgaris*) flowering herb top essential oil, steam-distilled 100%

Active compounds

Thymol and *p*-cymene.



Directions of use

Add a few drops to your diffuser, favourite carrier oil, soap, lotion, or massage oil. Do not use essential oils undiluted.

Duration of use

For external and occasional use only.

#3212 · 30 ml · UPC 6-28747-13212-8
O0091-R1

Essential Oils

Full line of essential oils, p. 82–90



Thymus: Grass-Fed Lamb Thymus

Pure Glandular · 450 mg

tablets

Hormone- and Pesticide-Free Supports Immunity

Supports good health.

Helps support immune function.

Each tablet contains

Glandular thymus
(from lamb [*Ovis aries*]) 450 mg
Vitamin C 6 mg

*Superior-quality, freeze-dried organ from New Zealand grass-fed lamb. Guaranteed free of pesticides, growth hormones, antibiotics, and transmissible spongiform encephalopathy (TSE).

Other ingredients

Sorbitol, dicalcium phosphate, vegetable stearic acid, croscarmellose sodium, and natural peppermint flavour.

Directions of use

Adults: Take 1 tablet daily or as directed by your health-care practitioner.

#2482 · 30 tablets · UPC 6-28747-12482-9
#3436 · 90 tablets · UPC 6-2877-13436-1
NPN 80103735 · V0524-R2

Glandular Extracts · Immune Health



Thyrosyn

capsules

Supports Thyroid Gland Function

Iodine helps in the function of the thyroid gland. An antioxidant for the maintenance of good health.

Each vegetable capsule contains

L-Tyrosine	125 mg
Vitamin E (D-alpha-tocopheryl acid succinate)	67 mg AT (100 IU)
Adrenal gland 3:1 concentrate (from pork [<i>Sus scrofa</i>])	60 mg
Spleen (organ), from bovine source (<i>Bos taurus</i>)	40 mg
Potassium (from potassium citrate)	10.5 mg
Coenzyme Q10 (ubiquinone-10) (from fermentation)	5 mg
L-Cysteine hydrochloride	5 mg
L-Cystine	5 mg
Myrrh (<i>Commiphora myrrha</i>)	5 mg
Myrtle (<i>Myrtus communis</i>)	5 mg
Norwegian kelp (<i>Ascophyllum nodosum</i>), 0.1% iodine	5 mg

Other ingredients

Spearmint (*Mentha spicata*) leaf, peppermint (*Mentha × piperita*) leaf, natural peppermint flavour, silicon dioxide, and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule three times daily or as directed by your health-care practitioner.

#0811 · 60 vegetable capsules · UPC 6-28747-10811-9
NPN 80056805 · V0212-R6

Energy · Glandular Extracts



Time Release

Vitamin C

tablets

1,000 mg
With Citrus Bioflavonoids and Rose Hips

Immune Support

Helps to maintain/support immune function. Vitamin C is a factor in the maintenance of good health. Helps the body to metabolize fats and proteins. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps in connective tissue formation. Helps in wound healing. An antioxidant for the maintenance of good health.

Each tablet contains

Vitamin C (ascorbic acid)	1,000 mg
Citrus bioflavonoids (from bitter orange [<i>Citrus × aurantium</i>]), 50% hesperidin	150 mg
Rose hips (<i>Rosa canina</i>)	50 mg

Other ingredients

Hypolose, dicalcium phosphate, vegetable magnesium stearate, microcrystalline cellulose, silicon dioxide, and vegetable stearic acid, with a coating of polyvinyl alcohol, talc, polyethylene glycol, and polysorbate 80.

Directions of use

Adults: Take 1 tablet daily or as directed by your health-care practitioner.



Duration of use

Consult a health-care practitioner for use beyond 2 months.

#0270 · 60 tablets · UPC 6-28747-10270-4
#0933 · 120 tablets · UPC 6-28747-10933-8
#0934 · 250 tablets · UPC 6-28747-10934-5
NPN 80041930 · V0077-R4

**Antioxidants · Immune Health
Vitamins and Minerals**

Full line of vitamin C products, p. 235–237



Tingsation Essential Oil for Tingling Toes and Fingers

For sensitive or tingling toes and fingers.

Each bottle contains

Lavender (*Lavandula angustifolia*) essential oil, geranium (*Pelargonium graveolens*) essential oil, bluegum (*Eucalyptus globulus*) essential oil, bergamot (*Citrus bergamia*) essential oil, tea tree (*Melaleuca alternifolia*) essential oil, organic alcohol from sugarcane, and tetrahydropiperine (from black pepper [*Piper nigrum*]).

Directions of use

Adults: For topical use only; not for oral use. Apply to the affected area (toes and fingers) up to 4 times per day. Massage into skin until solution is completely absorbed. Do not use on broken skin. Do not tightly bandage. Do not apply with external heat, such as an electric heating pad, as this may result in excessive skin irritation or burning sensation.



Duration of use

For occasional use only; consult a health-care practitioner for prolonged use.

#1929 · 15 ml · UPC 6-28747-21929-7
LM0002-R1

Essential Oils · Pain and Inflammation

Full line of essential oils, p. 82–90

Travelers' Probiotic Protection

capsules

**21 Billion + Live Active Probiotics
Delivered Safely to the Intestines
12 Strains · Protects Against
Travelers' Diarrhea · GPS™ Enteric
Coating Gastric Protective System
Survives Stomach Acid**

Helps to reduce the risk of travelers' diarrhea and the risk of antibiotic-associated diarrhea. Source of probiotics. Helps support intestinal/gastrointestinal health. Could promote favourable gut flora.

Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 12 strains of live active healthy whole cells (21 billion) to the intestines

Human Strains
Lactobacillus acidophilus R0418 619 million CFU
Bifidobacterium breve R0070 338 million CFU
Bifidobacterium longum ssp. *infantis* R0033 338 million CFU



Bifidobacterium longum ssp. *longum* R0175 338 million CFU
Plant Strains

Saccharomyces boulardii 10 billion CFU
Lactobacillus plantarum R1012 450 million CFU

Dairy Strains

Lactobacillus rhamnosus R0011 4.5 billion CFU
Lactobacillus rhamnosus R1039 3.375 billion CFU
Lactobacillus helveticus R0052 563 million CFU
Lactobacillus casei R0215 450 million CFU
Streptococcus salivarius ssp. *thermophilus* R0083 225 million CFU
Lactobacillus delbrueckii ssp. *bulgaricus* R9001 56 million CFU

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, vitamin C (ascorbic acid), vegetable magnesium stearate, and silicon dioxide in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

Directions of use

Children 6–12 years, adolescents, and adults:

Take 1 capsule once or twice daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them. *For travelers' diarrhea risk reduction:* Start 5 days prior to traveling and continue during the entire duration of the trip. Finish remaining capsules after return.

#1679 · 30 vegetable capsules · UPC 6-28747-11679-4
NPN 80034369 · V0463-R2

Digestive Health · Immune Health · Probiotics

Full line of probiotics, p. 175–188



Tribulus Terrestris

300 mg

capsules

**Source of Saponins with
Tonic Properties**

Each vegetable capsule contains

Tribulus terrestris fruit extract,
40% saponins 300 mg

Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule three times daily or as directed by your health-care practitioner.

Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

#0277 · 90 vegetable capsules · UPC 6-28747-10277-3
NPN 80041605 · V0181-R4

Herbs and Herbal Extracts · Sexual Health (Men)



“Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway.”

Earl Nightingale

NEW PRODUCT! Since May 2025

TUDCA Care

Tauroursodeoxycholic Acid 250 mg
27.5 mg Pure Choline capsules

Supports Liver Function

Helps to support liver function.

Each vegetable capsule contains

Tauroursodeoxycholic acid
(sourced from chicken liver) 250 mg
Choline (from choline bitartrate) 27.5 mg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults (18 years and over): Take 1 capsule twice daily or as directed by your health-care practitioner.

#3521 · 60 vegetable capsules · UPC 6-28747-13521-4
NPN 80126947 · V0833-R1

Detoxification · Digestive Health
Neurological Health



Turkey Tail:

Coriolus

Turkey Tail · 500 mg
Hot-Water Extract capsules

Medicinal Mushrooms

Immune Support · Antioxidant

50% *beta*-Glucans (250 mg)
from 55% Polysaccharides (275 mg)

Used in herbal medicine to support the immune system. Source of antioxidants.

Each vegetable capsule contains

Coriolus (*Trametes versicolor*) mushroom extract standardized to 55% polysaccharides (275 mg) providing 50% *beta*-glucans (250 mg) 500 mg
Hot-water extraction.

Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule three times daily with food or as directed by your health-care practitioner. Dosage can be increased up to 2 capsules two or three times daily.

#1864 · 60 vegetable capsules · UPC 6-28747-11864-4
NPN 80070797 · V0506-R4

Immune Health · Medicinal Mushrooms

Full line of medicinal mushrooms, p. 137–141



“Learn to light a candle in the darkest moments of someone’s life. Be the light that helps other people see; it is what gives life its deepest significance.”

Roy T. Bennett

Turmeric:

Curcumin

Plus Piperine
95% Curcuminoids · 500 mg capsules

Anti-Inflammatory
Carbon-14–Tested
to Guarantee Freedom from
Impurities and
Synthetic Substitutes

Provides antioxidants. Used in herbal medicine to help relieve joint inflammation.

Each vegetable capsule contains

Turmeric (*Curcuma longa*) root extract,
95% curcuminoids, providing curcumin I, demethoxycurcumin,
and bisdemethoxycurcumin 500 mg
Black pepper (*Piper nigrum*) fruit extract,
95% piperine 5 mg

Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1–3 capsules daily or as directed by your health-care practitioner. *Joint inflammation*: Take 1 capsule three times daily or as directed by your health-care practitioner.

Duration of use

Consult a health-care practitioner for use beyond 6 weeks.

#1154 · 90 vegetable capsules · UPC 6-28747-11154-6
NPN 80093664 · V0328-R3

Herbs and Herbal Extracts · Pain and Inflammation



Turmeric:

Organic

Fermented Turmeric Whole-Food Powder

Unsweetened and No Flavour Added
10 Calories per Portion
100% Pure · Gluten-Free · Non-GMO

Antioxidant-rich turmeric ranks among the world’s superfoods for both health benefits and culinary versatility. Our organic turmeric is naturally fermented for an enhanced flavour profile and ease of intestinal assimilation. It’s a great way to invigorate the nutritional quotient of smoothies and soups, while being a great fit for countless culinary applications.

Ingredient

Organic fermented turmeric root.

Recommended use

Add to water, juice, smoothies, or your favourite beverages including hot teas. Can be used in cooking with curries, marinades, vegetables, stir-fry, and stews, as well as for your signature dips or spreads. Try it on popcorn or roasted nuts.



Nutrition Facts • Per 1 tsp. (3 g)

Calories 10	% Daily Value*		% Daily Value*
Fat 0 g	0 %	Cholesterol 0 mg	
Saturated 0 g + Trans 0 g	0 %	Sodium 0 mg	0 %
Carbohydrate 2 g		Potassium 100 mg	2 %
Fibre 1 g	4 %	Calcium 10 mg	1 %
Sugars 0 g	0 %	Iron 1.75 mg	10 %
Protein 0.2 g			

*5% or less is a little, 15% or more is a lot

#2281 • 150 g / 50 portions • UPC 6-28747-02281-1
P0760-R1

NONTAXABLE ITEM

Fermented Products • Functional Foods

Full line of fermented products, p. 98–99

Ultimate Bromelain

500 mg • 2,400 GDU/g capsules

Extra Strength Digestive Enzyme

Digestive enzyme.

Each vegetable capsule contains

Bromelain (from pineapple
[*Ananas comosus* var. *comosus*]
stem), 2,400 GDU/g 500 mg
(18,000,000 FCC PU)

Other ingredients

Vegetable magnesium stearate in
a non-GMO vegetable capsule composed of vegetable
carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule one to three times
daily with food or as directed by your
health-care practitioner.

Duration of use

Consult a health-care practitioner for
prolonged use.

#0238 • 90 vegetable capsules • UPC 6-28747-10238-4
NPN 80034028 • V0198-R4

Digestive Health • Enzymes



Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and
silicon dioxide in a non-GMO vegetable capsule composed of
vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily with a meal or as
directed by your health-care practitioner.

#0892 • 60 vegetable capsules • UPC 6-28747-10892-8
#0893 • 90 vegetable capsules • UPC 6-28747-10893-5
#0600 • 180 vegetable capsules • UPC 6-28747-10600-9
NPN 80071452 • V0243-R5

Energy • Vitamins and Minerals

Full line of B vitamins, p. 227–234



Ultra B Complex 100

Full Spectrum
Includes Active
B2 • B5 • B6 • B12 • Folate capsules

Advanced Flush-Free Formula

B-Complex supplement for maintenance of
good health.

Each vegetable capsule contains

Vitamin B1 (thiamine hydrochloride) 100 mg
Vitamin B2 (riboflavin) 90 mg
Vitamin B2 (riboflavin-
5'-phosphate sodium) 10 mg
Vitamin B3 (inositol hexanicotinate, flush-free) 100 mg
Vitamin B5 (calcium D-pantothenate) 100 mg
Vitamin B6 (pyridoxine hydrochloride) 90 mg
Vitamin B6 (pyridoxal-5'-phosphate) 10 mg
Vitamin B12 (methylcobalamin) 300 mcg
Inositol (*myo*-inositol) 80 mg
para-Aminobenzoic acid (PABA) 50 mg
Choline (choline bitartrate) 45 mg
Folate (from calcium L-5-methyltetrahydrofolate) 1,000 mcg
Biotin 75 mcg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and
silicon dioxide in a non-GMO vegetable capsule composed of
vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily with a meal or as
directed by your health-care practitioner.

#0897 • 60 vegetable capsules • UPC 6-28747-10897-3
#0898 • 90 vegetable capsules • UPC 6-28747-10898-0
#0899 • 180 vegetable capsules • UPC 6-28747-10899-7
NPN 80070564 • V0244-R3

Energy • Vitamins and Minerals

Full line of B vitamins, p. 227–234



Ultra B Complex 50

Full Spectrum
Includes Active
B2 • B5 • B6 • B12 • Folate capsules

Advanced Flush-Free Formula

Multivitamin for maintenance of good
health. Helps to maintain the body's ability
to metabolize nutrients and in the formation
of red blood cells. Helps in supporting
liver function.

Each vegetable capsule contains

para-Aminobenzoic acid (PABA) 50 mg
Choline (choline bitartrate) 50 mg
Inositol (*myo*-inositol) 50 mg
Vitamin B1 (thiamine hydrochloride) 50 mg
Vitamin B2 (riboflavin) 50 mg
Vitamin B3 (inositol hexanicotinate, flush-free) 50 mg
Vitamin B5 (calcium D-pantothenate) 50 mg
Vitamin B6 (pyridoxine hydrochloride) 50 mg
Vitamin B2 (riboflavin-5'-phosphate sodium) 5 mg
Vitamin B6 (pyridoxal-5'-phosphate) 5 mg
Folate (from calcium L-5-methyltetrahydrofolate) 1,000 mcg
Vitamin B12 (methylcobalamin) 150 mcg
Biotin 75 mcg



Ultra Iron

30 mg capsules

Advanced Formula with Vitamins C and B12

Helps to prevent iron deficiency. Helps
to form red blood cells and helps in their
proper function.

Each vegetable capsule contains

Vitamin C (ascorbic acid) 350 mg
Iron (from iron ascorbate) 30 mg
Vitamin B1
(thiamine hydrochloride) 10 mg



Vitamin B6 (pyridoxal-5'-phosphate)	10 mg
Inositol hexanicotinate, flush-free (vitamin B3)	4 mg
Vitamin B2 (riboflavin-5'-phosphate sodium)	4 mg
Folate (from calcium L-5-methyltetrahydrofolate)	1 mg
Vitamin B12 (methylcobalamin)	350 mcg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily with a meal or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.



NEW CHILD-RESISTANT PACKAGE!

#3501 • 30 vegetable capsules • UPC 6-28747-13501-6

#0971 • 90 vegetable capsules • UPC 6-28747-10971-0

NPN 80047902 • V0485-R3

Energy • Vitamins and Minerals • Women's Health

Full line of iron supplements, p. 118–119

Ultra Max

powder

Daily Care Probiotic
36 Billion+ Live Active Probiotics
11 Strains plus Inulin
Helps Support Intestinal
and Gastrointestinal Health
DAIRY-FREE • SOY-FREE

Specific-use probiotic in case of difficulty swallowing a capsule, or with oral or gastric target.

Ultra Max is a potent, complete formulation of 11 specific strains of beneficial bacteria cultures. Provides live microorganisms that temporarily modify gut flora.



Each ¼ teaspoon contains

Human Strains

<i>Lactobacillus rhamnosus</i> UB5115	25.36 billion CFU
<i>Lactobacillus casei</i> UB1499	6.482 billion CFU
<i>Bifidobacterium breve</i> UB8674	1.08 billion CFU
<i>Bifidobacterium longum</i> ssp. <i>infantis</i> UB9214	1.08 billion CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> UB7691	1.08 billion CFU
<i>Lactobacillus acidophilus</i> UB5997	90 million CFU

Plant Strain

<i>Lactobacillus plantarum</i> UB2783	252 million CFU
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Dairy Strains

<i>Lactobacillus helveticus</i> UB7229	216 million CFU
<i>Lactobacillus paracasei</i> UB1978	182 million CFU
<i>Lactobacillus reuteri</i> UB2419	144 million CFU
<i>Lactobacillus johnsonii</i> UB3394	43.2 million CFU

All strains are whole-cell.

Other ingredients

Arabinogalactan (10 mg), inulin (10 mg), vitamin C (ascorbic acid), non-GMO potato starch, non-GMO potato maltodextrin, trehalose, and sodium ascorbate.

Directions of use

Children 6–12 years, adolescents, and adults: Take ¼ teaspoon in cold food or water once daily or as directed by your health-care practitioner. If you are taking antibiotics,



take this product at least 2–3 hours before or after them. Nonclumping. Does not alter the taste of food.

#0056 • 45 g / 45 doses • UPC 6-28747-00056-7

NPN 80111061 • PM0113-R3

Digestive Health • Immune Health • Probiotics

Full line of probiotics, p. 175–188

Ultra Stress

B Complex 50 mg + Vitamin C capsules

Flush-Free Formula

B-Complex supplement for the maintenance of good health. An antioxidant for the maintenance of good health. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps the body to metabolize carbohydrates, fats, and proteins. Helps normal growth and development.



Each vegetable capsule contains

Vitamin C (ascorbic acid)	425 mg
<i>para</i> -Aminobenzoic acid (PABA)	50 mg
Choline (choline bitartrate)	50 mg
Inositol (<i>myo</i> -inositol)	50 mg
Vitamin B1 (thiamine hydrochloride)	50 mg
Vitamin B2 (riboflavin)	50 mg
Vitamin B3 (inositol hexanicotinate, flush-free)	50 mg
Vitamin B5 (calcium D-pantothenate)	50 mg
Vitamin B6 (pyridoxine hydrochloride)	50 mg
Vitamin B2 (riboflavin-5'-phosphate)	5 mg
Vitamin B6 (pyridoxal-5'-phosphate)	5 mg
Folate (from calcium L-5-methyltetrahydrofolate)	1 mg
Vitamin B12 (methylcobalamin)	150 mcg
Biotin	75 mcg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily with a meal or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

#0900 • 60 vegetable capsules • UPC 6-28747-10900-8

#0901 • 90 vegetable capsules • UPC 6-28747-10901-7

#0902 • 180 vegetable capsules • UPC 6-28747-10902-4

NPN 80072064 • V0443-R2

Stress Management • Vitamins and Minerals

Full line of antistress products, p. 208–212

Full line of B vitamins, p. 227–234



Ultra Zinc

30 mg

capsules

Immunity Formula

Zinc helps to maintain immune function and helps the body to metabolize carbohydrates, fats, and proteins. A factor in the maintenance of good health.

Each vegetable capsule contains

Zinc (from zinc citrate)	30 mg
Taurine	
(2-aminoethanesulfonic acid)	200 mg
Green tea (<i>Camellia sinensis</i>) leaf extract,	
50% polyphenols	55 mg



Vitamin B6 (pyridoxine hydrochloride and pyridoxal-5'-phosphate) 50 mg
 Vitamin B2 (riboflavin and riboflavin-5'-phosphate) 12 mg
 Butternut squash (*Cucurbita pepo* var. *moschata*) seed 4:1 **extract**. 10 mg
 Inositol hexanicotinate, flush-free (vitamin B3) 6 mg
 Vitamin B1 (thiamine hydrochloride) 4 mg
 Molybdenum (from molybdenum citrate) 150 mcg

Other ingredients

DL-Malic acid, microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.



Duration of use

Consult a health-care practitioner for use beyond 12 weeks.

#0975 · 90 vegetable capsules · UPC 6-28747-10975-8
 NPN 80025625 · V0267-R3

[Eye Health](#) · [Immune Health](#) · [Men's Fertility](#) · [Men's Health](#)
[Vitamins and Minerals](#)

Ultra Zinc

50 mg capsules

Immunity Formula

A factor in the maintenance of good health, zinc helps to maintain immune function and to prevent zinc deficiency. Zinc, thiamine, riboflavin, and vitamin B6 help the body to metabolize carbohydrates, fats and proteins. Molybdenum helps the body to metabolize proteins.



Each vegetable capsule contains

Zinc (from zinc citrate) 50 mg
 Taurine (2-aminoethanesulfonic acid) 350 mg
 Green tea (*Camellia sinensis*) leaf **extract**, 50% polyphenols 75 mg
 Vitamin B6 (pyridoxine hydrochloride and pyridoxal-5'-phosphate) 67 mg
 Butternut squash (*Cucurbita pepo* var. *moschata*) seed 4:1 **extract**. 15 mg
 Vitamin B2 (riboflavin and riboflavin-5'-phosphate) 15 mg
 Inositol hexanicotinate, flush-free (vitamin B3) 8 mg
 Vitamin B1 (thiamine hydrochloride) 6 mg
 Molybdenum (from molybdenum citrate) 200 mcg

Other ingredients

DL-Malic acid, microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.



Duration of use

Consult a health-care practitioner for use beyond 12 weeks.

#0976 · 90 vegetable capsules · UPC 6-28747-10976-5
 NPN 80025243 · V0268-R3

[Eye Health](#) · [Immune Health](#) · [Men's Fertility](#) · [Men's Health](#)
[Vitamins and Minerals](#)

Uva Ursi

435 mg capsules

Helps Relieve Symptoms of Urinary Tract Infections

Traditionally used in herbal medicine as a mild diuretic to help relieve symptoms associated with minor urinary tract infections, such as burning sensation and/or frequent urination.

Each vegetable capsule contains

Uva ursi (*Arctostaphylos uva-ursi*) leaf. 435 mg

Other ingredients

Non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 3 capsules twice daily with meals. If you are taking other medications or natural health products, take this product a few hours before or after them. Do not take with highly acidic foods (e.g., citrus fruits or juice) or medication which may acidify urine.



Duration of use

Not for prolonged use. Use for up to 7 days.

#0820 · 100 vegetable capsules · UPC 6-28747-10820-1
 NPN 80027708 · V0132-R3

[Herbs and Herbal Extracts](#) · [Urogenital \(Women\)](#)

Valerian Root

Made with Organic Valerian 470 mg capsules

Relieves Nervousness Promotes Sleep

Traditionally used as a sleep aid and to relieve nervousness.

Each vegetable capsule contains

Organic valerian (*Valeriana officinalis*) root 470 mg

Other ingredients

Non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 2 capsules one to three times daily with meals or as directed by your health-care practitioner.

#0819 · 100 vegetable capsules · UPC 6-28747-10819-5
 NPN 80019254 · V0133-R2

[Herbs and Herbal Extracts](#) · [Sleep Aids](#)
[Stress Management](#)



“Top 15 things money can't buy: Time. Happiness. Inner Peace. Integrity. Love. Character. Manners. Health. Respect. Morals. Trust. Patience. Class. Common sense. Dignity.”

Roy T. Bennett

Valerian Root

organic tincture

Relieves Nervousness · Promotes Sleep

Traditionally used in herbal medicine to help relieve nervousness, as a sleep aid, and to help to promote sleep.

Each teaspoon contains an equivalent of Organic/wild valerian
(*Valeriana officinalis*) root 559 mg

Other ingredients

Organic alcohol 25% (from sugarcane) and purified water.

Directions of use

Adults: Take 1 teaspoon one to three times daily or as directed by your health-care practitioner.

#1498 · 50 ml · UPC 6-28747-21498-8
NPN 80024817 · LM0059-R4

**Herbs and Herbal Extracts · Sleep Aids
Stress Management**



Vegan

Glucosamine

750 mg

capsules

Joint Health and Cartilage Support

Helps to maintain cartilage/joint health.

Each vegetable capsule contains

Glucosamine hydrochloride
(from *Aspergillus niger*) 750 mg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 2 capsules daily or as directed by your health-care practitioner.

Duration of use

Use for at least 1 month to see beneficial effects.

#2533 · 60 vegetable capsules · UPC 6-28747-12533-8
NPN 80101263 · V0697-R2

50+ Health · Joint Health · Pain and Inflammation



Vegetarian

Strong Bones

capsules

Builds Stronger Bones

Reduces Risk of Osteoporosis

Calcium, vitamin C, vitamin D, magnesium, manganese, and phosphorus help in the development and maintenance of bones. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis. Vitamin D also helps in the absorption and use of calcium and phosphorus. Vitamin K2 also helps in the maintenance of bones. Copper helps to produce and repair connective tissue. Provides antioxidants for the maintenance of good health.

This formula is suitable for vegetarian diets, as it contains no animal byproducts.



CURCUMIN
TESTED BY
Carbon-14



Nine (9) vegetable capsules contain

Calcium (from calcium phosphate, tribasic)	1,000 mg
Phosphorus	
(from calcium phosphate, tribasic)	472.23 mg
L-Lysine	300 mg
L-Proline	300 mg
Magnesium	
(from fully reacted magnesium bisglycinate)	270 mg
Glucosamine hydrochloride (from <i>Aspergillus niger</i>)	252 mg
Vitamin C (ascorbic acid)	186 mg
Grape (<i>Vitis vinifera</i>) seed extract,	
80% oligomeric proanthocyanidins.	60 mg
Green tea (<i>Camellia sinensis</i>) leaf extract,	
75% epigallocatechin-3-gallate (EGCG)	42 mg
Field horsetail (<i>Equisetum arvense</i>)	
aerial part extract, 7% silica	30 mg
Turmeric (<i>Curcuma longa</i>) root extract,	
95% curcuminoids, providing curcumin I, demethoxycurcumin,	
and bisdemethoxycurcumin	22.5 mg
Zinc (from zinc monomethionine)	9.27 mg
Lycopene (from tomato [<i>Solanum lycopersicum</i>] flesh)	5 mg
Vitamin B1 (thiamine hydrochloride)	4.65 mg
Boron (from boron citrate)	3.36 mg
Manganese (from manganese citrate)	2.79 mg
Lutein (from marigold [<i>Tagetes erecta</i>] oleoresin)	2 mg
Copper (from copper citrate)	930 mcg
Folate (from calcium L-5-methyltetrahydrofolate)	500 mcg
Vitamin B12 (methylcobalamin)	150 mcg
Vitamin K2 (from menaquinone-4 [83 mcg]	
and menaquinone-7 [10 mcg])	93 mcg
Vitamin D3 (cholecalciferol)	25 mcg (1,000 IU)

Other ingredients

Natural peppermint flavour, microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 3 capsules one to three times daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

Duration of use

Consult a health-care practitioner for use beyond 12 weeks.

#2121 · 270 vegetable capsules · UPC 6-28747-12121-7
NPN 80071671 · V0529-R4

50+ Health · Bone Health · Vitamins and Minerals



VITAMIN B

B1

Benfotiamine

150 mg

capsules

Active Vitamin B1 · Nerve Health

Supports the healthy function of nerves in individuals with polyneuropathy. Helps in energy production and to maintain the body's ability to metabolize nutrients.

Each vegetable capsule contains

Benfotiamine 150 mg

Providing:

Thiamine (vitamin B1) 85.5 mg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: For support of healthy nerve function in individuals with polyneuropathy: Take 1 capsule three times daily or as directed by your health-care practitioner. For help in energy production and to help maintain the body's ability to metabolize nutrients: Take 1 capsule daily or as directed by your health-care practitioner.



Duration of use

Consult a health-care practitioner for use beyond 6 months.

#2352 · 60 vegetable capsules · UPC 6-28747-12352-5

#2354 · 120 vegetable capsules · UPC 6-28747-12354-9

NPN 80086082 · V0626-R1

Energy · Neurological Health · Vitamins and Minerals



B1 Formula

Vitamin B1

Thiamine · 100 mg

capsules

Advanced Formula

An antioxidant for the maintenance of good health. Helps the body to metabolize carbohydrates, fats, and proteins. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps to form red blood cells.

Each vegetable capsule contains

Vitamin B1

(thiamine hydrochloride) 100 mg

Vitamin C (ascorbic acid) 25 mg

Choline (choline dihydrogen citrate) 5 mg

Inositol (*myo*-inositol) 5 mg

DL-*alpha*-Lipoic acid 5 mg

Vitamin B2 (riboflavin-5'-phosphate sodium) 1 mg

Vitamin B3 (inositol hexanicotinate, flush-free) 1 mg

Vitamin B6 (pyridoxal-5'-phosphate) 1 mg

Folate (from calcium L-5-methyltetrahydrofolate) 50 mcg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily with food or as directed by your health-care practitioner.

#0917 · 90 vegetable capsules · UPC 6-28747-10917-8

NPN 80025950 · V0260-R3

Energy · Heart and Blood · Neurological Health
Vitamins and Minerals



HPLC-UHPLC technology validates the quality and potency of all vitamins used in our clinically developed formulas. This allows us to offer consumers the highest-quality, biologically active forms of ingredients within our advanced formulas.

VITAMIN B

B2

Vitamin B2

Riboflavin · 100 mg
With Active R-5-P

capsules

A factor in the maintenance of good health.
Helps the body to metabolize nutrients.
Helps in tissue formation. Helps to prevent
riboflavin deficiency.

Each vegetable capsule contains

Vitamin B2 (riboflavin) 95 mg
Vitamin B2 (riboflavin-5'-phosphate
sodium) (active form) 5 mg

Other ingredients

Microcrystalline cellulose and vegetable magnesium stearate
in a non-GMO vegetable capsule composed of vegetable
carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily or as directed by
your health-care practitioner.

#0905 · 60 vegetable capsules · UPC 6-28747-10905-5
NPN 80060894 · V0540-R1

Energy · Headache and Migraine
Vitamins and Minerals



B3

Niacinamide

Vitamin B3 · 500 mg

capsules

Flush-Free · Energy Metabolism

Helps normal growth and development; in
energy metabolism and tissue formation;
to maintain the body's ability to metabolize
nutrients; to reduce the risk of actinic
keratosis, an early skin lesion that may
precede nonmelanoma skin cancer; and to
reduce skin immunosuppression caused by
the sunlight. A factor in the maintenance of
good health.

Each vegetable capsule contains

Vitamin B3 (niacinamide) 500 mg

Other ingredients

Vegetable magnesium stearate,
microcrystalline cellulose, and silicon
dioxide in a non-GMO vegetable capsule
composed of vegetable carbohydrate gum and
purified water.

Directions of use

Adults: Take one capsule 1–2 times per day with food or as
directed by your health-care practitioner. *For reducing the risk
of actinic keratosis:* Take 2 capsules per day with food. *For all
other uses:* Take 1 capsule per day with food or as directed by a
health-care practitioner.

#2191 · 90 vegetable capsules · UPC 6-28747-12191-0
NPN 80077106 · V0611-R2

Energy · Skin · Vitamins and Minerals



Vitamin B3

Niacin · 500 mg

capsules

Helps the body to metabolize nutrients.

Each vegetable capsule contains

Vitamin B3 (niacin) 500 mg

Other ingredients

Microcrystalline cellulose, vegetable
magnesium stearate, and silicon dioxide in
a non-GMO vegetable capsule composed
of vegetable carbohydrate gum and
purified water.

Directions of use

Adults: Take 1 capsule daily with a meal or as
directed by your health-care practitioner.

#0908 · 60 vegetable capsules · UPC 6-28747-10908-6
NPN 80059091 · V0539-R1

Cholesterol Management · Neurological Health
Vitamins and Minerals



Specializing in identifying and
quantifying metals and minerals,
Inductively coupled plasma—mass
spectrometer (ICP-MS) validates
their elemental quantities within
formulas. It also detects low-
level trace-metal contamination
including mercury, arsenic,
lead, and cadmium. This unique
technology can detect compounds
down to parts per trillion (10^{-12}).

VITAMIN B

B3 Formula

Vitamin B3

Niacin · 100 mg

capsules

Advanced Formula

A factor in the maintenance of good health. Helps to prevent niacin deficiency.

Each vegetable capsule contains

Vitamin B3 (niacin)	100 mg
Bilberry (<i>Vaccinium myrtillus</i>)	
fruit extract	50 mg
Hawthorn	
(<i>Crataegus monogyna</i>) berry	45 mg
Hawthorn (<i>Crataegus monogyna</i>)	
berry extract, 3.5% proanthocyanidins	5 mg
Vitamin B1 (thiamine hydrochloride)	5 mg
Vitamin B6 (pyridoxal-5'-phosphate)	1 mg
Vitamin B6 (pyridoxine hydrochloride)	1 mg



Other ingredients

Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of carbohydrate gum and purified water.



Directions of use

Adults: Take 1 capsule daily with food or as directed by your health-care practitioner.

#0980 · 90 vegetable capsules · UPC 6-28747-10980-2
NPN 80027828 · V0430-R3

Cholesterol Management · Heart and Blood · Vitamins and Minerals

B5

Vitamin B5

Calcium D-Pantothenate · 500 mg

capsules

Helps the body to metabolize carbohydrates, fats, and protein. Helps in tissue formation.

Each vegetable capsule contains

Vitamin B5	
(calcium D-pantothenate)	500 mg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.



Directions of use

Adults and children > 6 years old: Take 1 capsule daily with a meal or as directed by your health-care practitioner.

#1407 · 100 vegetable capsules · UPC 6-28747-11407-3
NPN 80019683 · V0387-R3

Neurological Health · Stress Management · Vitamins and Minerals

B5 Formula

Vitamin B5

Synergistic

Advanced Formula · 500 mg

capsules

Helps in collagen formation to maintain healthy bones, cartilage, teeth and/or gums; in the development and maintenance of bones, cartilage, teeth and/or gums; in connective tissue formation; in energy metabolism and in tissue formation; in wound healing; to maintain immune function; and to maintain the body's ability to metabolize nutrients. Source of antioxidants for the maintenance of good health.



Each vegetable capsule contains

Vitamin B5 (from calcium D-pantothenate)	500 mg
Vitamin C (ascorbic acid)	75 mg
D-Ribose	15 mg
Organic spirulina (<i>Spirulina platensis</i>)	10 mg
Astragalus (<i>Astragalus membranaceus</i>)	
root extract, 16% polysaccharides	4 mg
alpha-Amylase	62.99 FCC DU
Bromelain (from pineapple	
[<i>Ananas comosus</i> var. <i>comosus</i>] stem)	3,839 FCC PU
Cellulase	6.71 FCC CU
Dipeptidyl-peptidase IV	10.93 FCC HUT
alpha-Galactosidase	0.1013 FCC GalU
Glucoamylase	0.2666 FCC AGU
Hemicellulase	0.1813 FCC HCU
Invertase	0.4195 FCC INVU
Lactase	2.9013 FCC ALU
Lipase	10.66 FCC LU
Maltase	0.69 FCC DP
Papain (from papaya [<i>Carica papaya</i>] fruit)	2,133 FCC PU
Pectinase	0.32 FCC endo-PGU
Phytase	0.0133 FCC FTU
Protease I	220.99 HUT
Protease II	23.99 HUT
Protease III	0.304 SAP

Other ingredients

Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule twice daily with a meal or as directed by your health-care practitioner. Take with the first bite of food/meal.

Duration of use

Consult a health-care practitioner for prolonged use.

#2584 · 180 vegetable capsules · UPC 6-28747-12584-0
NPN 80107848 · V0703-R2

**Energy · Neurological Health · Stress Management
Vitamins and Minerals**



VITAMIN B

B6

P-5-P

Active Form Vitamin B6 · 50 mg

capsules

Helps in energy metabolism and in tissue formation, to form red blood cells, to prevent vitamin B6 deficiency, and to maintain the body's ability to metabolize nutrients.

Each vegetable capsule contains

Vitamin B6
(pyridoxal-5'-phosphate) 50 mg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule once or twice daily or as directed by your health-care practitioner.

#2549 · 30 vegetable capsules · UPC 6-28747-12549-9
NPN 80082116 · V0545-R1

Energy · Vitamins and Minerals



Vitamin B6

With 5 mg of P-5-P · 25 mg

capsules

Helps the body to metabolize nutrients. Helps in tissue formation.

Each vegetable capsule contains

Vitamin B6
(pyridoxine hydrochloride) 20 mg
Vitamin B6 (pyridoxal-5'-phosphate) . . 5 mg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1-4 capsules daily or as directed by your health-care practitioner.

#2161 · 60 vegetable capsules · UPC 6-28747-12161-3
NPN 80074174 · V0593-R1

Heart and Blood · Neurological Health
Vitamins and Minerals · Women's Health



B6 Formula

Vitamin B6

Synergistic · 100 mg

capsules

Advanced Formula

An antioxidant for the maintenance of good health. Helps the body to metabolize carbohydrates, fats, and proteins. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps to maintain healthy mucous membranes; to maintain normal red blood cells; to maintain normal metabolism of iron; and normal growth.

Each vegetable capsule contains

Vitamin C (ascorbic acid) 200 mg
Vitamin B6 (pyridoxine hydrochloride) 95 mg
Magnesium (from magnesium citrate) 10 mg
Choline (choline dihydrogen citrate) 5 mg
Inositol (*myo*-inositol) 5 mg
DL- α -Lipoic acid 5 mg
Vitamin B1 (thiamine hydrochloride) 5 mg
Vitamin B6 (pyridoxal-5'-phosphate) 5 mg
Vitamin B2 (riboflavin-5'-phosphate sodium) 1 mg
Inositol hexanicotinate, flush-free 1 mg

Providing:

Vitamin B3 0.91 mg

Plant digestive enzymes (1 mg)

α -Amylase 31.5 FCC DU
Bromelain (from pineapple
[*Ananas comosus* var. *comosus*] stem) 1,920 FCC PU
Cellulase 3.36 FCC CU
Dipeptidyl-peptidase IV 5.467 FCC HUT
 α -Galactosidase 0.0507 FCC GalU
Glucoamylase 0.133 FCC AGU
Hemicellulase 0.0907 FCC HCU
Invertase 0.21 FCC INVU
Lactase 1.45 FCC ALU
Lipase 8 FCC LU
Maltase 0.347 FCC DP
Papain (from papaya [*Carica papaya*] fruit) 800 FCC PU
Pectinase 0.16 Endo-PGU
Phytase 0.0067 FCC FTU
Protease I 110.5 FCC HUT
Protease II 12 FCC HUT
Protease III 0.152 FCC SAP

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily with food or a meal, or as directed by your health-care practitioner.

Duration of use

Consult a health-care practitioner for prolonged use.

#0911 · 90 vegetable capsules · UPC 6-28747-10911-6
NPN 80076521 · V0487-R6

Energy · Heart and Blood · Mood Enhancement · Neurological Health
Vitamins and Minerals · Women's Health



“Dreams don't have to just be dreams. You can make it a reality; if you just keep pushing and keep trying, then eventually you'll reach your goal.”

Naomi Osaka

VITAMIN B

B7

Biotin

10 mg (10,000 mcg)

capsules

Strong Hair and Nails Healthy Skin

Helps to maintain healthy hair, nails, mucous membranes, and skin; to maintain cognitive functions and the body's ability to metabolize nutrients; and to prevent biotin deficiency.

Each vegetable capsule contains

Biotin 10 mg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner.

Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

#2321 · 60 vegetable capsules · UPC 6-28747-12321-1
NPN 80083274 · V0651-R1

Hair · Nails · Skin · Vitamins and Minerals



B12

B12 Liquid

Methylcobalamin
Active Form of B12

1,000 mcg per Dose

Helps to maintain the body's ability to metabolize nutrients. Helps to form red blood cells. Helps in the normal function of the immune system.

Six (6) drops contain

Vitamin B12 (methylcobalamin). 1,000 mcg

Ingredients

Glycerin, organic alcohol from sugarcane, and purified water.

Directions of use

Adults: Take 6 drops daily or as directed by your health-care practitioner.

#2275 · 15 ml / 85 doses · UPC 6-28747-22275-4

NPN 80083590 · LM0140-R1

Energy · Vitamins and Minerals



Vitamin B12

Methylcobalamin · 15,000 mcg
Active Form of B12

sublingual tablets

Fast-Acting

Quick Dissolve · Grape Flavour

Helps in the function of the immune system, in energy metabolism, and to form red blood cells.

Each sublingual tablet contains

Vitamin B12 (methylcobalamin). 15 mg

Other ingredients

Natural grape flavour, mannitol, xylitol, vegetable magnesium stearate, silicon dioxide, and vegetable stearic acid.

Directions of use

Adults: Hold under tongue until completely dissolved, and then swallow. Take 1 tablet daily during a meal or as directed by your health-care practitioner.

Duration of use

Consult a health-care practitioner for use beyond 2 weeks.

#2245 · 30 sublingual tablets · UPC 6-28747-12245-0

NPN 80075860 · V0622-R2

Energy · Neurological Health · Vitamins and Minerals



Gas chromatographs—flame ionization detectors /mass spectrometers (GC-FID/MS) are used to identify and measure residual solvents.

VITAMIN B

B12 Formulas

Vitamin B12

Methylcobalamin · 500 mcg capsules

Advanced Formula with Red Beet and Plant Enzymes

Helps to form red blood cells. Helps the body to metabolize carbohydrates, fats, and proteins.

Each vegetable capsule contains

Red beet (*Beta vulgaris*) root 300 mg
Pau d'arco (*Tabebuia heptaphylla*) inner bark 50 mg
Dandelion (*Taraxacum officinale*) root extract, 3% flavonoids 40 mg
Vitamin B12 (methylcobalamin) 500 mcg

Plant digestive enzymes

alpha-Amylase 157.5 FCC DU
Bromelain (from pineapple [*Ananas comosus* var. *comosus*] stem) 9,600 FCC PU
Cellulase 16.8 FCC CU
Dipeptidyl-peptidase IV 27.33 FCC HUT
alpha-Galactosidase 0.2533 FCC GalU
Glucoamylase 0.666 FCC AGU
Hemicellulase 0.453 FCC HCU
Invertase 1.05 FCC INVU
Lactase 7.253 FCC ALU
Lipase 40 FCC LU
Maltase 1.73 FCC DP
Papain (from papaya [*Carica papaya*] fruit) 4,000 FCC PU
Pectinase 0.8 FCC endo-PG
Phytase 0.0333 FCC FTU
Fungal protease 552.5 FCC HUT
Acid protease 0.76 FCC SAP
Neutral protease 60 FCC HUT

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily with food or as directed by your health-care practitioner.

Duration of use

Consult a health-care practitioner for prolonged use.

#0915 · 90 vegetable capsules · UPC 6-28747-10915-4
NPN 80045023 · V0258-R4

Energy · Neurological Health
Vitamins and Minerals



Vitamin B12

Methylcobalamin · 1,000 mcg capsules

Advanced Formula with Red Beet and Plant Enzymes

Helps to form red blood cells. Helps the body to metabolize carbohydrates, fats, and proteins.

Each vegetable capsule contains

Red beet (*Beta vulgaris*) root 374 mg
Pau d'arco (*Tabebuia heptaphylla*) inner bark 50 mg
Dandelion (*Taraxacum officinale*) root extract, 3% flavonoids 40 mg
Vitamin B12 (methylcobalamin) 1,000 mcg

Plant digestive enzymes

alpha-Amylase 157.5 FCC DU
Bromelain (from pineapple [*Ananas comosus* var. *comosus*] stem) 9,600 FCC PU
Cellulase 16.8 FCC CU
Dipeptidyl-peptidase IV 27.33 FCC HUT
alpha-Galactosidase 0.2533 FCC GalU
Glucoamylase 0.666 FCC AGU
Hemicellulase 0.453 FCC HCU
Invertase 1.05 FCC INVU
Lactase 7.253 FCC ALU
Lipase 40 FCC LU
Maltase 1.73 FCC DP
Papain (from papaya [*Carica papaya*] fruit) 4,000 FCC PU
Pectinase 0.8 FCC endo-PG
Phytase 0.0333 FCC FTU
Fungal protease 552.5 FCC HUT
Acid protease 0.76 FCC SAP
Neutral protease 60 FCC HUT

Other ingredients

Vegetable magnesium stearate, silicon dioxide, and microcrystalline cellulose in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily with food or as directed by your health-care practitioner.

Duration of use

Consult a health-care practitioner for prolonged use.

#0916 · 90 vegetable capsules · UPC 6-28747-10916-1
NPN 80076041 · V0259-R5

Energy · Neurological Health · Vitamins and Minerals



LC-MS/MS (pictured on the opposite page) validates ingredients for identity and potency, ensuring consistent premium quality. It is able to detect compounds down to parts per trillion (10^{-12}) Consumers can trust in products that work for them.

VITAMIN B

Complex Formulas

Active Folate

L-5-Methyltetrahydrofolate capsules
1,000 mcg plus Vitamins B6 and B12

Helps Reduce the Risk of Neural Tube Defects

L-Methylfolate helps to reduce the risk of neural tube defects when taken daily at least three months prior to becoming pregnant and during early pregnancy. Helps the body to metabolize nutrients; helps in the normal function of the immune system; and helps in tissue formation.

Each vegetable capsule contains

Vitamin B6 (pyridoxal-5'-phosphate) 2 mg
Folate (from calcium L-5-methyltetrahydrofolate) 1 mg
Vitamin B12 (methylcobalamin) 2.8 mcg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

#1900 · 60 vegetable capsules · UPC 6-28747-11900-9
NPN 80095778 · V0518-R2
Maternity · Vitamins and Minerals



Active Folate

L-5-Methyltetrahydrofolate tablets
1,000 mcg plus Vitamins B6 and B12

Helps Reduce the Risk of Neural Tube Defects

L-Methylfolate helps to reduce the risk of neural-tube defects when taken daily at least three months prior to becoming pregnant and during early pregnancy. Helps the body to metabolize carbohydrates, fats, and proteins; and helps in tissue formation.

Each tablet contains

Vitamin B6 (pyridoxal-5'-phosphate) . . . 2 mg
Folate (from calcium L-5-methyltetrahydrofolate) 1 mg
Vitamin B12 (methylcobalamin) 2.8 mcg

Other ingredients

Microcrystalline cellulose, croscarmellose sodium, vegetable magnesium stearate, silicon dioxide, and vegetable stearic acid.

Directions of use

Adults: Take 1 tablet daily or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

#2038 · 60 tablets · UPC 6-28747-12038-8
NPN 80070154 · V0563-R1
Maternity · Vitamins and Minerals



Ultra B Complex 50

Full Spectrum
Includes Active

B2 · B5 · B6 · B12 · Folate

capsules

Advanced Flush-Free Formula

Multivitamin for maintenance of good health. Helps to maintain the body's ability to metabolize nutrients and in the formation of red blood cells. Helps in supporting liver function.

Each vegetable capsule contains

para-Aminobenzoic acid (PABA) 50 mg
Choline (choline bitartrate) 50 mg
Inositol (*myo*-inositol) 50 mg
Vitamin B1 (thiamine hydrochloride) 50 mg
Vitamin B2 (riboflavin) 50 mg
Vitamin B3 (inositol hexanicotinate, flush-free) 50 mg
Vitamin B5 (calcium D-pantothenate) 50 mg
Vitamin B6 (pyridoxine hydrochloride) 50 mg
Vitamin B2 (riboflavin-5'-phosphate sodium) 5 mg
Vitamin B6 (pyridoxal-5'-phosphate) 5 mg
Folate (from calcium L-5-methyltetrahydrofolate) 1,000 mcg
Vitamin B12 (methylcobalamin) 150 mcg
Biotin 75 mcg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily with a meal or as directed by your health-care practitioner.

#0892 · 60 vegetable capsules · UPC 6-28747-10892-8
#0893 · 90 vegetable capsules · UPC 6-28747-10893-5
#0600 · 180 vegetable capsules · UPC 6-28747-10600-9
NPN 80071452 · V0243-R5

Energy · Vitamins and Minerals



VITAMIN B

Ultra B Complex 100

Full Spectrum

Includes Active

B2 · B5 · B6 · B12 · Folate

capsules



Advanced Flush-Free Formula

B-Complex supplement for maintenance of good health.

Each vegetable capsule contains

Vitamin B1 (thiamine hydrochloride)	100 mg
Vitamin B2 (riboflavin)	90 mg
Vitamin B2 (riboflavin-5'-phosphate sodium)	10 mg
Vitamin B3 (inositol hexanicotinate, flush-free)	100 mg
Vitamin B5 (calcium D-pantothenate)	100 mg
Vitamin B6 (pyridoxine hydrochloride)	90 mg
Vitamin B6 (pyridoxal-5'-phosphate)	10 mg
Vitamin B12 (methylcobalamin)	300 mcg
Inositol (<i>myo</i> -inositol)	80 mg
<i>para</i> -Aminobenzoic acid (PABA)	50 mg
Choline (choline bitartrate)	45 mg
Folate (from calcium L-5-methyltetrahydrofolate)	1,000 mcg
Biotin	75 mcg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily with a meal or as directed by your health-care practitioner.

#0897 · 60 vegetable capsules · UPC 6-28747-10897-3
 #0898 · 90 vegetable capsules · UPC 6-28747-10898-0
 #0899 · 180 vegetable capsules · UPC 6-28747-10899-7
 NPN 80070564 · V0244-R3

Energy · Vitamins and Minerals



Ultra Stress

B Complex 50 mg + Vitamin C capsules

Flush-Free Formula

B-Complex supplement for the maintenance of good health. An antioxidant for the maintenance of good health. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps the body to metabolize carbohydrates, fats, and proteins. Helps normal growth and development.



Each vegetable capsule contains

Vitamin C (ascorbic acid)	425 mg
<i>para</i> -Aminobenzoic acid (PABA)	50 mg
Choline (choline bitartrate)	50 mg
Inositol (<i>myo</i> -inositol)	50 mg
Vitamin B1 (thiamine hydrochloride)	50 mg
Vitamin B2 (riboflavin)	50 mg
Vitamin B3 (inositol hexanicotinate, flush-free)	50 mg
Vitamin B5 (calcium D-pantothenate)	50 mg
Vitamin B6 (pyridoxine hydrochloride)	50 mg
Vitamin B2 (riboflavin-5'-phosphate)	5 mg
Vitamin B6 (pyridoxal-5'-phosphate)	5 mg
Folate (from calcium L-5-methyltetrahydrofolate)	1 mg
Vitamin B12 (methylcobalamin)	150 mcg
Biotin	75 mcg

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily with a meal or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

#0900 · 60 vegetable capsules · UPC 6-28747-10900-0
 #0901 · 90 vegetable capsules · UPC 6-28747-10901-7
 #0902 · 180 vegetable capsules · UPC 6-28747-10902-4
 NPN 80072064 · V0443-R2

Stress Management · Vitamins and Minerals

Full line of antistress products, p. 208–212



Once encapsulated, B vitamins are also tested for microbiology (total bacterial count—total yeasts and molds count, *Salmonella* spp., *E. coli*, *Enterobacteriaceae*, and bile-tolerant *Staphylococci*)



VITAMIN C

Time Release

Vitamin C

1,000 mg

With Citrus Bioflavonoids and Rose Hips

tablets



Immune Support

Helps to maintain/support immune function. Vitamin C is a factor in the maintenance of good health. Helps the body to metabolize fats and proteins. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps in connective tissue formation. Helps in wound healing. An antioxidant for the maintenance of good health.

Each tablet contains

Vitamin C (ascorbic acid)	1,000 mg
Citrus bioflavonoids (from bitter orange [<i>Citrus × aurantium</i>]), 50% hesperidin	150 mg
Rose hips (<i>Rosa canina</i>)	50 mg

Other ingredients

Hypromellose, dicalcium phosphate, vegetable magnesium stearate, microcrystalline cellulose, silicon dioxide, and vegetable stearic acid, with a coating of polyvinyl alcohol, talc, polyethylene glycol, and polysorbate 80.

Directions of use

Adults: Take 1 tablet daily or as directed by your health-care practitioner.



Duration of use

Consult a health-care practitioner for use beyond 2 months.

#0270 · 60 tablets · UPC 6-28747-10270-4

#0933 · 120 tablets · UPC 6-28747-10933-8

#0934 · 250 tablets · UPC 6-28747-10934-5

NPN 80041930 · V0077-R4

Antioxidants · Immune Health · Vitamins and Minerals

Vitamin C

Calcium Ascorbate · 1,000 mg

capsules



Builds Bones, Teeth, Collagen

+ Immunity

Gentle on the Stomach

Helps in collagen formation to develop and maintain healthy bones, cartilage, teeth, and gums. Helps in connective tissue formation and in wound healing. Helps maintain and support immune function. Helps to maintain the body's ability to metabolize nutrients. An antioxidant for the maintenance of good health.

Each vegetable capsule contains

Vitamin C (from 1,000 mg of calcium ascorbate)	750 mg
Calcium (from 1,000 mg of calcium ascorbate)	100 mg

Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

#0239 · 60 vegetable capsules · UPC 6-28747-10239-1

NPN 80102991 · V0207-R1

**Antioxidants · Cold and Flu · Immune Health
Joint Health · Vitamins and Minerals**



Vitamin C

Calcium Ascorbate · 1,090 mg

powder



Builds Bones, Teeth, Collagen

+ Immunity

Gentle on the Stomach

Helps in collagen formation to develop and maintain healthy bones, cartilage, teeth, and gums. Helps in connective tissue formation and in wound healing. Helps maintain and support immune function. Helps to maintain the body's ability to metabolize nutrients.

An antioxidant for the maintenance of good health.

Each ¼ teaspoon (1,090 mg) contains

Calcium ascorbate	1,090 mg
Providing:	
Vitamin C (from calcium ascorbate)	894 mg
Calcium (from calcium ascorbate)	109 mg
No fillers or excipients. 100% pure.	

Directions of use

Adults: Stir ¼ teaspoon into juice, water, or food once or twice daily, or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them. We recommend weighing **Vitamin C Calcium Ascorbate** for precise dosage.

#0030 · 150 g / ≈ 135 doses · UPC 6-28747-00030-7

#0159 · 227 g / ≈ 205 doses · UPC 6-28747-00159-5

NPN 80066047 · P0023-R1

**Antioxidants · Cold and Flu · Immune Health · Joint Health
Vitamins and Minerals**



Vitamin C Crystals

100% Pure · Immunity

Helps with immune function. Helps in collagen / connective tissue formation to maintain healthy bones, cartilage, teeth, and gums and wound healing. Helps to maintain the body's ability to metabolize nutrients. An antioxidant for the maintenance of good health.

Ingredient

100% pure vitamin C (ascorbic acid). Each ¼ teaspoon contains 600 mg of vitamin C. No fillers or excipients.

Directions of use

Adolescents 14–18 years: As a dietary supplement, stir ¼ teaspoon into juice, water,



VITAMIN C

or food once or twice daily, or as directed by your health-care practitioner. **Adults:** As a dietary supplement, stir ½ teaspoon into juice, water, or food one to three times daily, or as directed by your health-care practitioner.

#0027 · 150 g / ≈250 doses · UPC 6-28747-00027-7
#0162 · 227 g / ≈378 doses · UPC 6-28747-00162-5

NPN 80106954 · P0106-R1

**Antioxidants · Cold and Flu · Immune Health · Joint Health
Vitamins and Minerals**

Vitamin C⁸

Immune Antioxidant Complex
8 Active Forms of Vitamin C capsules
527 mg of Vitamin C + 9 mg of Zinc

Enhanced Absorption

A vitamin, mineral, and antioxidant supplement for the maintenance of good health. Helps in the development and maintenance of bones and teeth; to maintain healthy skin and proper muscle, tissue, and immune functions. Contains digestive enzymes.



Each vegetable capsule contains

Vitamin C (from calcium ascorbate, magnesium ascorbate, potassium ascorbate, sodium ascorbate, ascorbyl palmitate, zinc ascorbate, manganese ascorbate, and ascorbic acid) . . . 527 mg
Green tea (*Camellia sinensis*) leaf extract,
75% epigallocatechin-3-gallate (EGCG) 30 mg
Blend of berry extracts, 20% multianthocyanidins 25 mg
Calcium (from calcium ascorbate) 24 mg
Citrus bioflavonoids (from bitter orange
[*Citrus × aurantium*]), 50% hesperidin 20 mg
Cranberry (*Vaccinium macrocarpon*) fruit concentrate . . . 20 mg
Grape (*Vitis vinifera*) seed extract,
80% oligomeric proanthocyanidins 20 mg
Quercetin 20 mg
Rutin 20 mg
Magnesium (from magnesium ascorbate) 17.5 mg
Bilberry (*Vaccinium myrtillus*) European fruit extract,
25% anthocyanosides 10 mg
Japanese knotweed (*Fallopia japonica*) extract,
50% resveratrol 10 mg
Zinc (from zinc ascorbate) 9 mg
Bromelain (from pineapple [*Ananas comosus* var. *comosus*] stem),
2400 GDU/g (180,000 FCC PU) 5 mg
Manganese (from manganese ascorbate) 1.56 mg
Black pepper (*Piper nigrum*) fruit extract, 95% piperine . . . 1 mg
Papain (from papaya [*Carica papaya*] fruit)
(50,000 FCC PU) 500 mcg
Selenium (from yeast-free L-selenomethionine) 15 mcg

Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule twice daily (in divided doses) with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.



Duration of use

Consult a health-care practitioner for use beyond 12 weeks.

#1284 · 45 vegetable capsules · UPC 6-28747-11284-0

#1229 · 90 vegetable capsules · UPC 6-28747-11229-1

#1231 · 180 vegetable capsules · UPC 6-28747-11231-4

NPN 80041263 · V0347-R9

**Antioxidants · Cold and Flu · Energy · Immune Health · Joint Health
Vitamins and Minerals**

Vitamin C⁸

Immune Antioxidant Complex
8 Active Forms of Vitamin C
With Sea Buckthorn Fruit
1,165 mg of Vitamin C
+ 11 mg of Zinc per Dose

powder

Enhanced Absorption

A vitamin, mineral, and antioxidant supplement for the maintenance of good health. Helps in the development and maintenance of bones and teeth. Helps to maintain proper muscle function and healthy skin. Helps in tissue formation. Contains digestive enzymes. Helps maintain immune function.



Each dose (5 grams or 1 teaspoon) or sachet contains

Sweet orange (*Citrus × sinensis*) crystals 1,605 mg
Vitamin C (from calcium ascorbate, magnesium ascorbate, potassium ascorbate, sodium ascorbate, ascorbyl palmitate, zinc ascorbate, manganese ascorbate, and ascorbic acid) 1,165 mg
Citrus bioflavonoids (from bitter orange
[*Citrus × aurantium*]), 50% hesperidin 465 mg
Sea buckthorn (*Hippophae rhamnoides*) fruit juice 400 mg
Green tea (*Camellia sinensis*) leaf extract,
75% epigallocatechin-3-gallate (EGCG) 35 mg
Blend of berry and fruit extracts,
20% anthocyanidins 29 mg
Calcium (from calcium ascorbate) 28 mg
Cranberry (*Vaccinium macrocarpon*) fruit concentrate . . . 23 mg
Grape (*Vitis vinifera*) seed extract,
80% oligomeric proanthocyanidins 23 mg
Quercetin 23 mg
Rutin 23 mg
Magnesium (from magnesium ascorbate) 20 mg
Bilberry (*Vaccinium myrtillus*)
European fruit extract, 25% anthocyanosides 12 mg
Japanese knotweed (*Fallopia japonica*)
root, 50% resveratrol 12 mg
Potassium (from potassium ascorbate) 11 mg
Zinc (from zinc ascorbate) 11 mg
Bromelain (from pineapple [*Ananas comosus*
var. *comosus*] stem) 5.8 mg (208,800 FCC PU)
Manganese (from manganese ascorbate) 2 mg
Black pepper (*Piper nigrum*) fruit extract, 95% piperine . 1.165 mg
Papain (from papaya
[*Carica papaya*] fruit) 580 mcg (58,000 FCC PU)
Selenium (from yeast-free L-selenomethionine) 3.5 mcg

Other ingredients

Natural orange flavour, DL-malic acid, silicon dioxide, sodium bicarbonate, and stevia (*Stevia rebaudiana*) leaf extract.

VITAMIN C

Directions of use

Adults: Take 1 teaspoon or 1 sachet (5 g) into 4 oz. (120 ml) juice or water (dilute to taste). Let stand for 2 minutes and stir well. Take once a day with food or as directed by your health-care practitioner. Adjust the amount of water or juice used according to your own taste. If you are taking other medications, take this product a few hours before or after them.



Duration of use

Consult a health-care practitioner for use beyond 6 weeks.

#1030 · 250 g / ≈ 50 doses · UPC 6-28747-01030-6

#1686 · Box of 30 sachets × 5 g · UPC 6-28747-01686-5

NPN 80040818 · PM0167-R10

**Antioxidants · Cold and Flu · Energy · Immune Health · Joint Health
Vitamins and Minerals**

Vitamin C

Sodium Ascorbate

100% Pure · Buffered

powder



Immunity

An antioxidant for the maintenance of good health. Helps the body to metabolize fats and proteins. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps in connective tissue formation and in wound healing.

Ingredients

100% Sodium ascorbate. Each gram contains 1000 mg of sodium ascorbate equivalent to 889 mg of ascorbic acid. ½ tsp. contains 545 mg of sodium ascorbate or 484.5 mg of ascorbic acid. No fillers or excipients. 100% pure.

Directions of use

Adolescents 14–18 years: As a dietary supplement, stir ½ teaspoon into juice, water, or food one to three times daily or as directed by your health-care practitioner. **Adults:** As a dietary supplement, stir ½ teaspoon into juice, water, or food up to four times daily or as directed by your health-care practitioner.



#0870 · 250 g / ≈ 458 doses · UPC 6-28747-00870-9

NPN 80020857 · P0205-R1

**Antioxidants · Cold and Flu · Immune Health · Joint Health
Vitamins and Minerals**



HPLC-UHPLC technology (above) validates the quality and potency of all vitamins used in our clinically developed formulas. This allows us to offer consumers the highest-quality, biologically active forms of ingredients within our advanced formulas.

Non-GMO status is among the founding principles for New Roots Herbal. Rotor-Gene Q technology (below) provides the exact genetic fingerprint of raw materials. Our vitamin C, like all our other supplements, is 100% non-GMO!



VITAMIN D

Children's Vitamin D3

400 IU per Drop · 1,050 Doses

liquid

Builds Stronger Bones and Teeth + Immunity

Helps in the development and maintenance of bones and teeth. Helps in the absorption and use of calcium and phosphorus. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis. Helps with immune function.

Each drop contains

Vitamin D3 (cholecalciferol). . . . 10 mcg (400 IU)

Other ingredient

Medium-chain triglycerides (MCT).

Directions of use

Children (0–13 years old) and adolescents (≥ 14 years old): Take 1 drop daily or as directed by your health-care practitioner. Put drop under the tongue, in cold drink, or in cold food.

#1930 · 30 ml = 1050 doses · UPC 6-28747-21930-3
NPN 80054011 · LM0128-R1

Children's Health · Vitamins and Minerals



Vitamin D3

1,000 IU per Drop

oil emulsification

Builds Stronger Bones and Teeth + Immunity

Helps in the development and maintenance of bones and teeth, and in the absorption and use of calcium and phosphorus. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis. Helps with immune function.

Each drop contains

Vitamin D3 (cholecalciferol) [1,000 IU]. . . 25 mcg

Other ingredient

Medium-chain triglycerides (MCT).

Directions of use

Take 1 drop daily or as directed by your health-care practitioner.

#1490 · 15 ml / 525 doses · UPC 6-28747-21490-2
#0171 · 30 ml / 1,050 doses · UPC 6-28747-20171-1
NPN 80101455 · LM0111-R1
Bone Health · Immune Health
Vitamins and Minerals



Vitamin D3

1,000 IU per Capsule

Builds Stronger Bones and Teeth + Immunity

Helps in the development and maintenance of bones and teeth. Helps in the absorption and use of calcium and phosphorus. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis. Helps with immune function.

Each vegetable capsule contains

Vitamin D3 (cholecalciferol). 25 mcg (1,000 IU)

Other ingredients

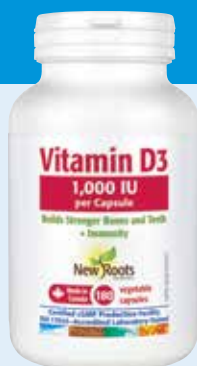
Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Children 6–12, adolescents, and adults:
Take 1 capsule daily or as directed by your health-care practitioner.

#1441 · 180 vegetable capsules · UPC 6-28747-11441-7
NPN 80024707 · V0405-R2

Bone Health · Immune Health
Vitamins and Minerals



Vitamin D3

1,000 IU per Softgel

Builds Stronger Bones and Teeth + Immunity

Helps maintain/support immune function. Helps in the development and maintenance of bones and teeth. Helps in the absorption and use of calcium and phosphorus. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis. Helps to prevent vitamin D deficiency.

Each softgel contains

Vitamin D3 (cholecalciferol). 25 mcg (1,000 IU)

Other ingredients

Medium-chain triglycerides (MCT) oil, and natural vitamin E (D-alpha-tocopherol, from non-GMO sunflower) in a softgel composed of glycerin, bovine gelatin, and purified water.

Directions of use

Children 9–12, adolescents, and adults:
Take 1 softgel daily or as directed by your health-care practitioner.

#2586 · 180 softgels · UPC 6-28747-12586-4
#2909 · 360 softgels · UPC 6-28747-12909-1
#2910 · 600 softgels · UPC 6-28747-12910-7
NPN 80103409 · V0701-R4

Bone Health · Immune Health · Vitamins and Minerals



VITAMIN D

Vitamin D3

2,500 IU · Extra Strength

capsules

Prevents Vitamin D Deficiency

Vitamin D intake, when combined with sufficient calcium, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis in people with vitamin D deficiency. Helps to prevent vitamin D deficiency.

Each vegetable capsule contains

Vitamin D3
(cholecalciferol) 62.5 mcg (2,500 IU)

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner. To be taken with an adequate intake of calcium.

Directions of use

Consult a health-care practitioner for use beyond 6 months.

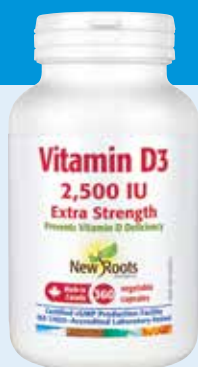
#2731 · 90 vegetable capsules · UPC 6-28747-12731-8

#2732 · 180 vegetable capsules · UPC 6-28747-12732-5

#2733 · 360 vegetable capsules · UPC 6-28747-12733-2

NPN 80110402 · V0733-R1

Bone Health · Immune Health · Vitamins and Minerals



Vitamin D3

2,500 IU · Extra Strength

softgels

Prevents Vitamin D Deficiency

Vitamin D intake, when combined with sufficient calcium, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis in people with vitamin D deficiency. Helps to prevent vitamin D deficiency.

Each softgel contains

Vitamin D3
(cholecalciferol) 62.5 mcg (2,500 IU)

Other ingredients

Medium-chain triglycerides and natural vitamin E (D-alpha-tocopherol, from non-GMO sunflower) in a softgel composed of glycerin, bovine gelatin, and purified water.

Directions of use

Adults: Take 1 softgel daily or as directed by your health-care practitioner. To be taken with an adequate intake of calcium.

Duration of use

Consult a health-care practitioner for use beyond 6 months.

#2737 · 60 softgels · UPC 6-28747-12737-0

#2738 · 120 softgels · UPC 6-28747-12738-7

#2739 · 180 softgels · UPC 6-28747-12739-4

#2750 · 360 softgels · UPC 6-28747-12750-9

#2893 · 600 softgels · UPC 6-28747-12893-3

NPN 80110404 · V0734-R3

Bone Health · Immune Health · Vitamins and Minerals



Vitamin D3

2,500 IU per Drop · Extra Strength

oil emulsification

Prevents Vitamin D Deficiency

Vitamin D intake, when combined with sufficient calcium, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis in people with vitamin D deficiency. Helps to prevent vitamin D deficiency.

Each drop contains

Vitamin D3 (cholecalciferol) 62.5 mcg (2,500 IU)

Other ingredient

Medium-chain triglycerides (MCT).

Directions of use

Adults: Take 1 drop daily or as directed by your health-care practitioner. To be taken with an adequate intake of calcium.

Duration of use

Consult a health-care practitioner for use beyond 6 months.

#3062 · 15 ml / 525 doses · UPC 6-28747-23062-9

#2735 · 30 ml / 1,050 doses · UPC 6-28747-22735-3

NPN 80110403 · LM0178-R1

**Bone Health · Immune Health
Vitamins and Minerals**



Vitamin K2+D3

K2 120 mcg D3 1,000 IU per Dose

liquid

Immunity

Helps in the development and maintenance of healthy bones and teeth, in the absorption and use of calcium and phosphorus, to maintain immune function, and in the process of cell division.

Each drop contains

Vitamin K2 (all *trans*-menaquinone-7) . . . 30 mcg
Vitamin D3 (cholecalciferol) (250 IU) . . 6.25 mcg

Other ingredient

Medium-chain triglycerides (MCT).

Directions of use

Adults: Take 4 drops daily or as directed by your health-care practitioner.

#2235 · 15 ml = 131 doses · UPC 6-28747-22235-8

NPN 80080203 · OM0132-R1

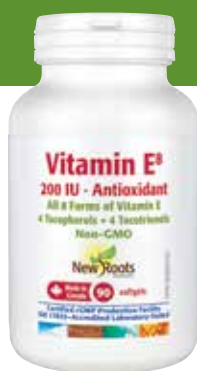
**Bone Health · Immune Health
Vitamins and Minerals**



Vitamin E⁸

200 IU · Antioxidant

softgels



All 8 Forms of Vitamin E 4 Tocopherols + 4 Tocotrienols Non-GMO

Vitamin E is an antioxidant and a factor in the maintenance of good health.

Each softgel contains

Natural vitamin E (D-*alpha*-tocopherol) (from non-GMO sunflower) 134 mg AT (200 IU)
Mixed tocopherols (from non-GMO soy) 27 mg

Providing:

alpha-Tocopherol 7–14%
beta-Tocopherol 0.5–2%
gamma-Tocopherol 45–60%
delta-Tocopherol 13–25%
Squalene (from olive [*Olea europaea*] fruit) 22.5 mg
Free plant sterols (from non-GMO soy) 16.25 mg

Providing:

80% combined *beta*-sitosterol, campesterol, and stigmasterol
Tocotrienols (from non-GMO palm fruit) 1.58 mg

Providing:

D-*alpha*-Tocotrienols 24–30%
beta-Tocotrienols 2–4%
gamma-Tocotrienols 30–46%
delta-Tocotrienols 10–20%

Other ingredients

Beeswax, **certified organic** sunflower oil, and lecithin (from non-GMO sunflower) in a softgel composed of annatto extract (in non-GMO sunflower oil), bovine gelatin, glycerin, and purified water.

Directions of use

Adults: Take 1–4 softgels daily with food or as directed by your health-care practitioner.

Duration of use

Consult a health-care practitioner for use beyond 6 weeks.

#1092 · 90 softgels · UPC 6-28747-11092-1
NPN 80065157 · V0315-R4

Antioxidants · Vitamins and Minerals



Providing:

80% combined *beta*-sitosterol, campesterol, and stigmasterol
Tocotrienols (from non-GMO palm fruit) 3.16 mg

Providing:

D-*alpha*-Tocotrienols 24–30%
beta-Tocotrienols 2–4%
gamma-Tocotrienols 30–46%
delta-Tocotrienols 10–20%

Other ingredients

Beeswax, **organic** sunflower oil, and lecithin (from non-GMO sunflower) in a softgel composed of annatto extract (in non-GMO sunflower oil), bovine gelatin, glycerin, and purified water.

Directions of use

Adults: Take 2 softgels daily with food or as directed by your health-care practitioner.

#1093 · 60 softgels · UPC 6-28747-11093-8

#1096 · 120 softgels · UPC 6-28747-11096-9

NPN 80065165 · V0316-R5

Antioxidants · Vitamins and Minerals



Vitamin K2+D3

K2 120 mcg D3 1,000 IU per Dose

liquid



Immunity

Helps in the development and maintenance of healthy bones and teeth, in the absorption and use of calcium and phosphorus, to maintain immune function, and in the process of cell division.

Each drop contains

Vitamin K2 (all *trans*-menaquinone-7) . . . 30 mcg
Vitamin D3 (cholecalciferol) (250 IU) . . 6.25 mcg

Other ingredient

Medium-chain triglycerides (MCT).

Directions of use

Adults: Take 4 drops daily or as directed by your health-care practitioner.

#2235 · 15 ml = 131 doses · UPC 6-28747-22235-8

NPN 80080203 · OM0132-R1

Bone Health · Immune Health

Vitamins and Minerals

Full line of vitamin D, p. 238–239



Vitamin E⁸

400 IU · Antioxidant

softgels



All 8 Forms of Vitamin E 4 Tocopherols + 4 Tocotrienols Non-GMO

Vitamin E is an antioxidant and a factor in the maintenance of good health. Helps to prevent vitamin E deficiency.

Each softgel contains

Natural vitamin E (D-*alpha*-tocopherol) (from non-GMO sunflower) 268 mg AT (400 IU)
Mixed tocopherols (from non-GMO soy) 53 mg

Providing:

alpha-Tocopherol 7–14%
beta-Tocopherol 0.5–2%
gamma-Tocopherol 45–60%
delta-Tocopherol 13–25%
Squalene (from olive [*Olea europaea*] fruit) 45 mg
Free plant sterols (from non-GMO soy) 20 mg

White Willow

Bark · 400 mg

capsules



Relieves Headache, Muscular and Arthritic Pain

Traditionally used in herbal medicine to help relieve pain such as headaches as well as muscular and arthritic pain.

Each vegetable capsule contains

White willow (*Salix alba*) bark 400 mg

Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Take 3 capsules three times daily or as directed by your health-care practitioner.

#0818 · 50 vegetable capsules · UPC 6-28747-10818-8

NPN 80024331 · V0135-R1

Headache and Migraine

Herbs and Herbal Extracts · Pain and Inflammation



Wild Field Mint Pure Essential Oil

Mentha arvensis

100% Pure · Clean · Unadulterated

Aroma: Fresh, herbal, minty.

Attributes: Refreshing, stimulating, revitalizing.

Scent note: Top Note

Each drop contains

Wild field mint (*Mentha arvensis*) leaf
essential oil, steam-distilled 100%

Active compounds

Menthol and menthone.

Directions of use

Add a few drops to your diffuser, favourite
carrier oil, soap, lotion, or massage oil. Do not
use essential oils undiluted.

Duration of use

For external and occasional use only.

#3211 · 30 ml · UPC 6-28747-13211-1
O0093-R1

Essential Oils

Full line of essential oils, p. 82–90



Wild Omega 3

180 mg EPA · 120 mg DHA

softgels

Cognitive/Brain Function Cardiovascular Health

Source of omega-3 fatty acids for the
maintenance of good health. Helps support
cognitive health and/or brain function,
and helps to maintain and support
cardiovascular health.

Each softgel contains

Fish oil (omega-3 from wild, deep-sea
whole anchovies [*Engraulidae*] and/or whole
sardines [*Clupeidae*]) 1,000 mg

Providing:

Eicosapentaenoic acid (EPA) 180 mg
Docosahexaenoic acid (DHA) 120 mg

Other ingredients

Rosemary extract and natural vitamin E (d-alpha-tocopherol)
(from non-GMO sunflower) in a softgel composed of bovine
gelatin, glycerin, and purified water.

Directions of use

Adults: Take 2 softgels twice daily with meals
or as directed by your health-care practitioner.

#1000 · 60 softgels · UPC 6-28747-11000-6
#1001 · 120 softgels · UPC 6-28747-11001-3
#1002 · 180 softgels · UPC 6-28747-11002-0
NPN 80020862 · V0062-R3

Fish Oils · Heart and Blood · Memory Help
Neurological Health

Full line of fish oils, p. 157–164



Wild Omega 3

EPA 330 mg · DHA 165 mg

softgels

Cognitive/Brain Function Cardiovascular Health 43% Smaller Size* Easier to Swallow Lemon-Infused to Prevent Fishy Burps

Source of omega-3 fatty acids for the
maintenance of good health. Helps support
cognitive health and brain function, maintain
cardiovascular health, and reduce serum
triglycerides. No fishy aftertaste.

Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole anchovies
[*Engraulidae*] and/or whole sardines [*Clupeidae*]) 750 mg

Providing:

Eicosapentaenoic acid (EPA) 330 mg
Docosahexaenoic acid (DHA) 165 mg

Other ingredients

Natural lemon oil and natural vitamin E (d-alpha-tocopherol,
from non-GMO sunflower) in a softgel composed of bovine
gelatin, glycerin, and purified water.

Directions of use

Adults: Take 2 softgels twice daily with meals
or as directed by your health-care practitioner.

*43% smaller softgel than Wild Omega 3 EPA 660 mg ·
DHA 330 mg Lemon Flavour.

#2194 · 60 softgels · UPC 6-28747-12194-1
#3237 · 120 softgels · UPC 6-28747-13237-4
NPN 80077104 · V0608-R2

Fish Oils · Heart and Blood · Memory Help · Neurological Health

Full line of fish oils, p. 157–164



Wild Omega 3

EPA 660 mg · DHA 330 mg

softgels

Cognitive / Brain Function Cardiovascular Health 0% Porcine/Bovine

Source of omega-3 fatty acids for the
maintenance of good health. Helps support
cognitive health and brain function, maintain
cardiovascular health, and reduce serum
triglycerides. Helps promote healthy
mood balance.

Each softgel contains

Fish oil (omega-3 fatty acids from wild,
deep-sea whole anchovies [*Engraulidae*]
and/or whole sardines [*Clupeidae*]) 1,414 mg

Providing:

Eicosapentaenoic acid (EPA) 660 mg
Docosahexaenoic acid (DHA) 330 mg

Other ingredients

Natural vitamin E (d-alpha-tocopherol) (from non-GMO
sunflower) in an softgel composed of fish gelatin, vegetable
glycerin, and purified water.

Directions of use

Adults, adolescents, and children (9 years
and older): Take 1 softgel twice daily or as
directed by your health-care practitioner.

#1253 · 60 fish softgels · UPC 6-28747-11253-6
#1280 · 120 fish softgels · UPC 6-28747-11280-2
NPN 80009414 · V0320-R4

Fish Oils · Heart and Blood · Memory Help
Neurological Health · Pain and Inflammation

Full line of fish oils, p. 157–164



Wild Omega 3

EPA 660 mg DHA 330 mg

softgels



Cognitive / Brain Function
Cardiovascular Health
Healthy Mood Balance
Lemon Flavour

Source of omega-3 fatty acids for maintenance of good health. Helps support cognitive health and brain function, maintain cardiovascular health, and reduce blood triglycerides. Helps promote healthy mood balance. **No fishy aftertaste.**

Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]). 1,414 mg
Providing:

Eicosapentaenoic acid (EPA). 660 mg
Docosahexaenoic acid (DHA). 330 mg

Other ingredients

Natural lemon oil, natural vitamin E (D-alpha-tocopherol) (from non-GMO sunflower), and rosemary extract in a softgel composed of bovine gelatin, glycerin, and purified water.

Directions of use

Adults, adolescents, and children (9 years and older): Take 1 softgel twice daily or as directed by your health-care practitioner.

#2007 · 60 softgels · UPC 6-28747-12007-4

#2006 · 120 softgels · UPC 6-28747-12006-7

NPN 80064643 · V0411-R4

Fish Oils · Heart and Blood · Memory Help
Neurological Health · Pain and Inflammation

Full line of fish oils, p. 157–164



Wild Omega 3

EPA 900 mg DHA 600 mg

liquid



Cognitive / Brain Function
Lemon Flavour

Helps support cognitive health and brain function. Helps support the development of the brain, eyes, and nerves in children up to 12 years old. Source of eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA), and omega-3 fatty acids for the maintenance of good health.

Each teaspoon contains

Fish oil (from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]). 4,500 mg
Providing:

Eicosapentaenoic acid (EPA). 900 mg
Docosahexaenoic acid (DHA). 600 mg

Other ingredients

Natural lemon oil, green tea (*Camellia sinensis*) and rosemary (*Rosmarinus officinalis*) extracts to prevent oxidation.

Directions of use

All ages above 1 year old: Take 1 teaspoon daily or as directed by your health-care practitioner.

#2465 · 200 ml / ≈ 40 doses · UPC 6-28747-22465-9

NPN 80092888 · OM0135-R1

Fish Oils · Heart and Blood · Memory Help
Neurological Health · Pain and Inflammation

Full line of fish oils, p. 157–164



Wild Oregano C93

liquid



Wild Mediterranean · 93% Carvacrol
Antioxidant · Fights Free Radicals

Source of antioxidants. Mountain-grown 1,500 m (5,000 ft.) above sea level.

1:5 blend of oregano and olive oils.

Each drop contains

Oregano (*Origanum minutiflorum*) oil, 75–85% carvacrol (93% carvacrol of total volatile oils). 5.42 mg

Other ingredients

Extra-virgin certified organic olive oil.

Directions of use

Adults: Put 5 drops under the tongue and gulp or mix with 30 ml of water or juice, three to five times daily or as directed by your health-care practitioner. Take with food. If you are taking supplements containing iron, zinc, calcium, or copper, take this product a few hours before or after them.

Duration of use

For occasional use only.

#1233 · 15 ml / ≈ 109 doses · UPC 6-28747-21233-5

#1255 · 30 ml / ≈ 218 doses · UPC 6-28747-21255-7

#1476 · 50 ml / ≈ 364 doses · UPC 6-28747-21476-6

NPN 80033637 · OM0016-R6

Cold and Flu · Immune Health



Wild Oregano C93

Extra Strong

liquid



Wild Mediterranean · 93% Carvacrol
Antioxidant

Source of antioxidants.

1:3 blend of oregano and olive oils.

Each drop contains

Oregano (*Origanum minutiflorum*) oil, 75–85% carvacrol (93% carvacrol of total volatile oils). 8.85 mg

Other ingredients

Extra-virgin organic olive oil.

Directions of use

Adults: Put 1–4 drops under the tongue and swallow or mix with 30 ml of water or juice, three to six times daily or as directed by your health-care practitioner. Take with food. If you are taking supplements containing iron, zinc, calcium, or copper, take this product a few hours before or after them.

Duration of use

For occasional use only.

#2094 · 15 ml · UPC 6-28747-22094-1

#2095 · 30 ml · UPC 6-28747-22095-8

NPN 80073040 · OM0130-R1

Cold and Flu · Immune Health



Wild Oregano C93

With Garlic

liquid

Wild Mediterranean · 93% Carvacrol Relieves Symptoms of Respiratory Infections

Source of antioxidants. Traditionally used in herbal medicine to help relieve the symptoms associated with upper respiratory tract infections and catarrhal conditions; to help reduce elevated blood lipid levels/ hyperlipidaemia in adults; and to help maintain cardiovascular health in adults.
1:5 blend of oregano with garlic oils to olive oil.

Each drop contains

Oregano (*Origanum minutiflorum*) oil,
75–85% carvacrol
(93% carvacrol of total volatile oils) 5.42 mg
Garlic (*Allium sativum*) distilled oil 250 mcg

Other ingredients

Organic extra virgin olive oil.

Directions of use

Adults: Take 4–10 drops twice daily or as recommended by your health-care practitioner.

#1632 · 15 ml / ≈ 109 doses · UPC 6-28747-21632-6
#1633 · 30 ml / ≈ 218 doses · UPC 6-28747-21633-3
#1634 · 50 ml / ≈ 364 doses · UPC 6-28747-21634-0
NPN 80043763 · OM0119-R3
Cold and Flu · Immune Health



Wintergreen Pure Essential Oil

Gaultheria procumbens

100% Pure · Clean · Unadulterated

Aroma: Sweet, fresh, minty, woody.

Attributes: Stimulating, refreshing, awakening.

Scent note: Top Note

Each drop contains

Wintergreen (*Gaultheria procumbens*)
leaf essential oil, steam-distilled. 100%

Active compound

Methyl salicylate.

Directions of use

Add a few drops to your diffuser, favourite carrier oil, soap, lotion, or massage oil. Do not use essential oils undiluted.

Duration of use

For external and occasional use only.

#3213 · 30 ml · UPC 6-28747-13213-5
O0099-R1

Essential Oils

Full line of essential oils, p. 82–90



Willow:

White Willow

Bark · 400 mg

capsules

Relieves Headache, Muscular and Arthritic Pain

Traditionally used in herbal medicine to help relieve pain such as headaches as well as muscular and arthritic pain.

Each vegetable capsule contains

White willow (*Salix alba*) bark 400 mg

Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Take 3 capsules three times daily or as directed by your health-care practitioner.

#0818 · 50 vegetable capsules · UPC 6-28747-10818-8
NPN 80024331 · V0135-R1
Headache and Migraine
Herbs and Herbal Extracts · Pain and Inflammation



Wormwood

(*Artemisia absinthium*) 270 mg capsules

Vermifuge

Used in traditional herbal medicine as a stimulant tonic to improve appetite and to relieve symptoms of dyspepsia (carminative). Used in traditional herbal medicine to expel worms (vermifuge).

Each vegetable capsule contains

Whole wormwood
(*Artemisia absinthium*) 270 mg

Other ingredients

Non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

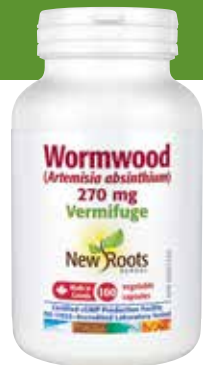
Directions of use

Adults: Take 2–3 capsules three times daily or as directed by your health-care practitioner. Do not exceed above dose.

Duration of use

Consult a health-care practitioner for use beyond 3–4 weeks.

#0249 · 100 vegetable capsules · UPC 6-28747-10249-0
NPN 80033348 · V0192-R3
Digestive Health · Herbs and Herbal Extracts
Parasitic and Fungal Management



Xylitol: Sweet-to-Clean

Plant-Based Sweetener
Xylitol · Organic

powder



No Aftertaste

10 Calories per Teaspoon

100% Pure · Gluten-Free · Non-GMO

As sweet as sugar, xylitol is a lower caloric alternative to table sugar without any unpleasant aftertaste. Its look, feel, and consistency make it ideal for all recipes.

Low glycemic impact · Ideal for baking · Keto-friendly

Ingredient

Organic xylitol.

Directions of use

As sweet as sugar · 1 tsp. **Sweet-to-Clean** = 1 tsp. sugar

Nutrition Facts · Per 1 tsp. (4 g)

Calories 10	% Daily Value*		% Daily Value*
Fat 0 g	0 %	Carbohydrate 4 g	0 %
Protein 0 g		Sugars 0 g	
		Xylitol 4 g	

Not a significant source of saturated fat, *trans* fat, fibre, sugar, cholesterol, sodium, potassium, calcium, or iron.

*5% or less is a little, 15% or more is a lot

#2459 · 454 g · UPC 6-28747-02459-4
P0815-R1

NONTAXABLE ITEM

Keto Diet · Natural Sweeteners ·
Weight Management

Full line of natural sweeteners, p. 217–218



Zinc: Ultra Zinc

30 mg

capsules



Immunity Formula

Zinc helps to maintain immune function and helps the body to metabolize carbohydrates, fats, and proteins. A factor in the maintenance of good health.

Each vegetable capsule contains

Zinc (from zinc citrate)	30 mg
Taurine (2-aminoethanesulfonic acid)	200 mg
Green tea (<i>Camellia sinensis</i>) leaf extract, 50% polyphenols	55 mg
Vitamin B6 (pyridoxine hydrochloride and pyridoxal-5'-phosphate)	50 mg
Vitamin B2 (riboflavin and riboflavin-5'-phosphate)	12 mg
Butternut squash (<i>Cucurbita pepo</i> var. <i>moschata</i>) seed 4:1 extract	10 mg
Inositol hexanicotinate, flush-free (vitamin B3)	6 mg
Vitamin B1 (thiamine hydrochloride)	4 mg
Molybdenum (from molybdenum citrate)	150 mcg

Other ingredients

DL-Malic acid, microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.



Directions of use

Adults: Take 1 capsule daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

Duration of use

Consult a health-care practitioner for use beyond 12 weeks.

#0975 · 90 vegetable capsules · UPC 6-28747-10975-8

NPN 80025625 · V0267-R3

Eye Health · Immune Health · Men's Fertility · Men's Health
Vitamins and Minerals

Zinc: Ultra Zinc

50 mg

capsules



Immunity Formula

A factor in the maintenance of good health, zinc helps to maintain immune function and to prevent zinc deficiency. Zinc, thiamine, riboflavin, and vitamin B6 help the body to metabolize carbohydrates, fats and proteins. Molybdenum helps the body to metabolize proteins.

Each vegetable capsule contains

Zinc (from zinc citrate)	50 mg
Taurine (2-aminoethanesulfonic acid)	350 mg
Green tea (<i>Camellia sinensis</i>) leaf extract, 50% polyphenols	75 mg
Vitamin B6 (pyridoxine hydrochloride and pyridoxal-5'-phosphate)	67 mg
Butternut squash (<i>Cucurbita pepo</i> var. <i>moschata</i>) seed 4:1 extract	15 mg
Vitamin B2 (riboflavin and riboflavin-5'-phosphate)	15 mg
Inositol hexanicotinate, flush-free (vitamin B3)	8 mg
Vitamin B1 (thiamine hydrochloride)	6 mg
Molybdenum (from molybdenum citrate)	200 mcg

Other ingredients

DL-Malic acid, microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

Duration of use

Consult a health-care practitioner for use beyond 12 weeks.

#0976 · 90 vegetable capsules · UPC 6-28747-10976-5

NPN 80025243 · V0268-R3

Eye Health · Immune Health · Men's Fertility · Men's Health
Vitamins and Minerals



“Ultimately, the only wealth that can sustain any community, economy, or nation is derived from the photosynthetic process—green plants growing on regenerating soil.”

Allan Savory

Zinc

Chelate · 25 mg

capsules

**Supports Immunity · Healthy Skin
Connective Tissue Formation
Nutrient Absorption**

Helps to maintain immune function, to maintain healthy skin, and to form connective tissue. Helps the body to metabolize nutrients.

Each vegetable capsule contains

Zinc (from HVP chelate) 25 mg

HVP = Hydrolyzed vegetable protein.



Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 1 capsule once or twice daily with a meal or as directed by your health-care practitioner. If you are taking other medications or other natural health products, take this product a few hours before or after them.



#2545 · 90 vegetable capsules · UPC 6-28747-12545-1

NPN 80102846 · V0413-R3

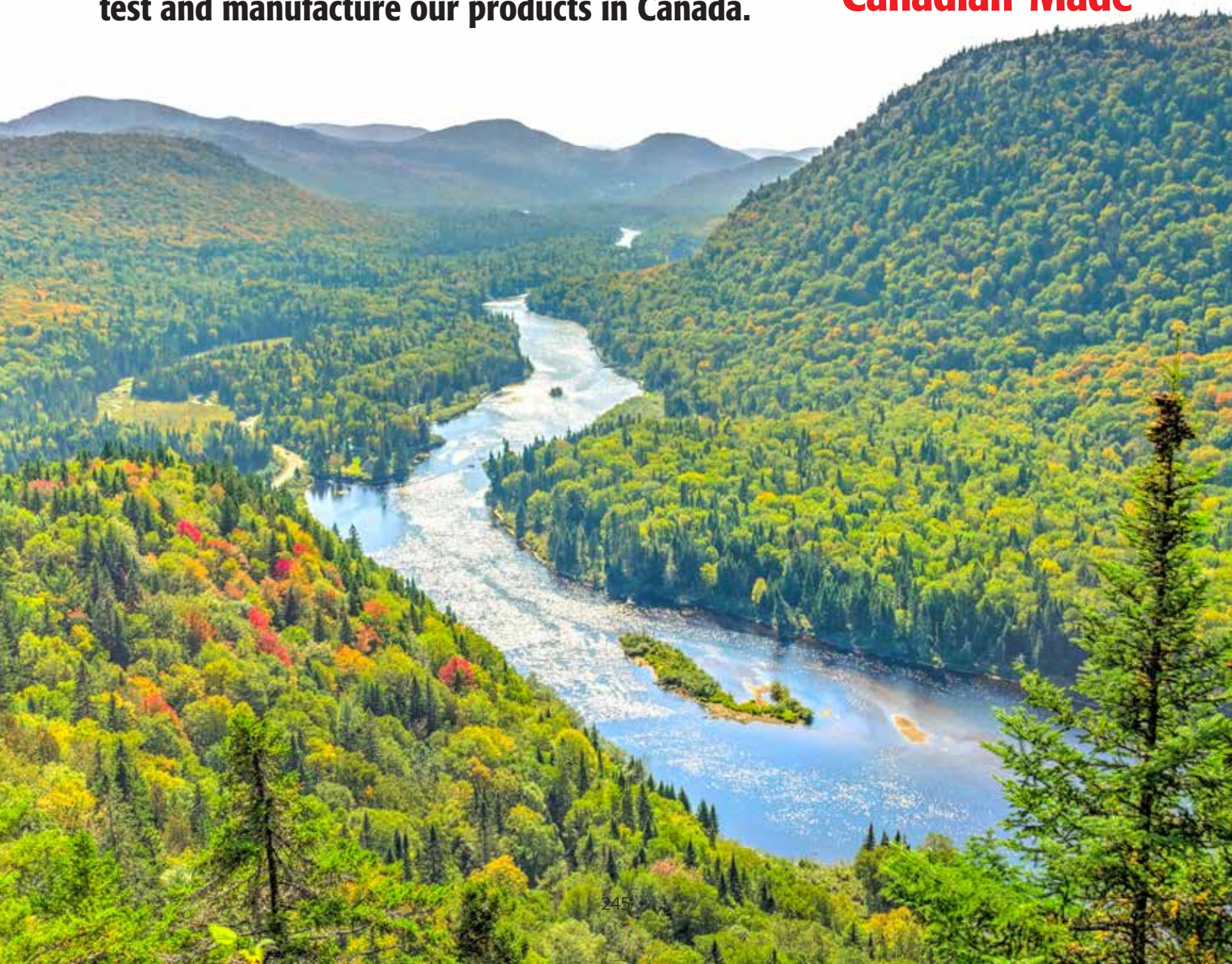
[Immune Health](#) · [Men's Health](#) · [Skin](#) · [Vitamins and Minerals](#)

More Than 40 Years, Here at Home

**As a family-owned company, we formulate,
test and manufacture our products in Canada.**



**Proudly
Canadian-Made**





ChoosetoCare

New Roots Herbal has given more than \$224,000 worth of donations in 2025! We have contributed over \$2,374,000 since the start of the program in 2008.

The ChoosetoCare program is a path to protecting, feeding, and caring for people and our planet, thanks to the help of all the following wonderful charitable organizations:



choosetocare.ca



New Roots
HERBAL

Terms and Sales Policy

1. Terms

Approved accounts: net 30 days. Accounts over 30 days will be charged 2% per month. Orders shipped C.O.D. are subject to a \$16.00 charge.

Note: You may pay with Visa or MasterCard without any additional fees.

2. Returned Cheques

Cheques returned due to insufficient funds will be subject to a \$15.00 fee. Accounts with more than one NSF cheque may be subject to C.O.D. terms.

3. New Accounts

All orders placed by new customers can be paid by certified cheque, money order, Visa, or MasterCard. If the customer would like to have terms, then a credit application form will need to be filled out. For chains of stores that have good standing credit history, credit privileges will be granted for new locations.

4. Shipping

Orders under \$375.00 before taxes are subject to a \$40.00 shipping fee. **Orders under \$275.00 before taxes will not be accepted.** "Add-ons" to previously placed orders will not be accepted. Shipping terms apply to all provinces and territories.

5. Damage Claims

Should you receive damaged goods in your shipment, they must be reported to us immediately.

6. Returns

Merchandise cannot be returned for credit without our prior written authorization. No returns will be accepted 120 days or more after the initial shipment date. A minimum 20% restocking charge (before taxes) will apply for all returns.

Note: Products opened or past expiry date will not be credited (except as explained in point 7).

For any question or inquiry about returns, please contact our customer service department.

7. Credits

Any products returned to you by one of your customers for a valid reason may be credited in full and then reported to us in order to issue a credit on your account. For us to process your credit request, you are kindly required to provide us with the following information: Product code, description, lot number, reason of the return, as well as name and phone number of the customer who returned it. No credits will be processed if any of these details are missing.

8. Adjustments

In case of an error in invoicing, please notify us within 10 days of the receipt of the invoice. We will be willing to make the necessary adjustments.

9. Prices

Prices are subject to change without notice.

10. Other Information

When placing your order, please provide product codes and descriptions to facilitate processing orders quickly and accurately. Please make sure to use updated codes and descriptions from the most recent price list or catalogue. Orders can be placed through our online platform newrootsherbal.com/login, by email at support@newrootsherbal.com, by fax at **1 800 676-8902**, or by phone at **1 800 268-9486**. Generally, if you place your order before noon (Eastern Time), it will be shipped the next business day.



New Roots Herbal—Making Life Better!

- **Scientifically Advanced Formulas**

Naturopathic physicians on staff formulating specialized therapeutic products.

- **Guaranteed Non-GMO Ingredients**

The on-site ISO 17025–accredited laboratory utilizes state-of-the-art, real-time polymerase chain reaction (PCR) testing to ensure all ingredients are free of GMOs.

- **Surpassing All Quality Standards
by Testing in an ISO 17025–accredited Laboratory**

A team of expertly trained scientists has maintained the laboratory's ISO 17025 accreditation since 2014. Their wide scope of testing methods, including identification, potency validation, and detection of pesticides and heavy metals, allows us to ensure only the best ingredients are used in our products.

- **Raising the Bar for Heavy-Metal Detection**

New Roots Herbal utilizes an ISO 17025–accredited laboratory equipped with technology able to detect methylmercury poisons.

- **Providing Exclusivity to Health-Food Stores**

We do not sell our products in the 10,000+ pharmacy, grocery, and big-box stores around the corner from you.

Our production facility is cGMP certified. Other brands cannot qualify.

MOST IMPORTANTLY

We Strongly Support—Rather than Compete with—Health-Food Stores

We are not among the 15 suppliers competing with you by selling directly to consumers from their own websites, with discounts up to 30% off retail and free shipping. They are taking your customers and your profits.

—Peter Wilkes, President
New Roots Herbal



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