



-MAKE LIFE BETTER-

2023 Catalogue

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

Our 4 NDs, 3 PhDs, 7 MScs and 12 BScs take great pride
in providing you with the highest quality products

**All Products Are Non-GMO and Tested in
Our ISO 17025–Accredited Laboratory**

Ingredients are Tested Three Times
for Identity, Potency, Oxidation,
Disintegration and Purity

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



Proudly Made
by Canadians
for Canadians.
Buy Local!



Continuing to Make Life Better for Canadians!



ISO 17025: Highest Quality Standards

We are the first company in the industry to have its own in-house laboratory, which has been ISO 17025—accredited since 2014—and renewed every year since. ISO 17025 accreditation is the single, most important standard for calibration and testing laboratories around the world. Our dedication to quality leads the industry, setting the highest standards for purity, potency, and product quality. Your customers expect the best; let us help you provide it!

Expanding Promotional Support

Since 2020, we have increased our support of natural health-food stores with investments in television, radio, and digital promotional campaigns, driving new consumers to natural health-food stores like yours, where your knowledgeable staff helped them find what they were looking for—and more!



Maintaining Exclusivity

New Roots Herbal remains exclusive to natural health-food stores like yours. When you recommend New Roots Herbal, you are ensuring a return visit to a dedicated health-food store like yours! Suggesting brands available in pharmacies, supermarkets, or big-box stores opens the door to your customer repurchasing in over 10,000 other locations. This risks eroding your business. Train your staff to recommend New Roots Herbal, and the customers will return to purchase this exclusive brand. Exclusivity is vital!

EXCLUSIVE

We Supply More Than Products

Continued Canadian Growth

As a Canadian business that's focused on making high-quality products for our fellow Canadians, our success shows how far the industry has come since we started, back in 1985. We began as a small business, so we understand your challenges. With your support, our production facility has expanded from under 60,000 sq. ft. to 127,000 sq. ft.! And we've more than doubled our analytical laboratory facilities to 8,000 sq. ft. to help us create innovative new products and continue to ensure what's on our labels is exactly what's in our products. As we grow together, so

does our excitement at being able to serve you better.



Real Support of Health Food Stores

You started your natural-health business because you saw it as a better way to help people heal and prevent disease. It's something you've always believed in—and now, science is backing you up. Your passion, and that of your employees, is what inspires our ongoing commitment to remain exclusive to natural health-food stores—we **have never** and **will never** distribute through chain pharmacies, supermarkets, and big-box stores. And **we do not sell online**. We found 15 of your vitamin and supplement suppliers selling their products on their websites directly to consumers, at up to 30% off, with free shipping. They are competing with you, stealing your revenue, and undermining your future. Shameful. When you introduce your customers to our products, you know they'll keep coming back to you to purchase them.



Training for Your Staff

The **New Roots Herbal Training Academy** was launched and is growing in popularity. Through our live webinars, interactive modules, and customized staff trainings, we offer continuous product training and information on condition-specific topics to help your staff serve your customers better. If not already signed up, do so by contacting webinar@newrootsherbal.com.

We Supply More Than Products

Multidisciplinary Scientific Expertise

We believe in the benefits of science—and so does our team of 22 dedicated scientists. Our roster includes 3 PhDs, 7 MScs, and 12 BScs with specialties including biochemistry, food science and agricultural chemistry, chemical engineering, pharmaceutical sciences, and more. On top of that, we employ 4 naturopathic physicians who all graduated from the Canadian College of Naturopathic Medicine in Toronto and have over 55 years of combined experience. Together, they use their knowledge and expertise to create innovative health products and ensure our quality is always second to none.



Technological Investments

Thanks to ongoing investments, the advanced technology in our ISO 17025–accredited laboratory allows us to guarantee the identity, purity, quality, and non-GMO status of our products. We are also able to detect and quantify genetically modified organisms using leading-edge, real-time polymerase chain reaction (PCR) testing. And no one else in the industry has our ability to test down to **1 trillionth of a gram** (10^{-12} g). Our state-of-the-art production facilities allow us to increase production in-house while maintaining the high quality standards consumers have grown to trust. With all that, it's not surprising that we're able to attract the brightest minds in our industry, ensuring a better future for us all.



Product Development

Our team is in constant motion, developing new products and improving existing industry-leading formulas. We further invest in research and technology for advanced delivery systems such as our GPS™ enteric-coating system to protect probiotics from stomach acid. While delayed release and acid-resistant capsules leak and cause probiotics to be destroyed, our GPS™ enteric-coating system guarantees intestinal delivery of live probiotic cells. And that's just one of the incredible innovations we are working on!



Taking Quality to the Next Level

All of Our Products Are Subjected to the Following Quality Tests

Identity

To identify a plant ingredient is to ensure that the ingredient matches the species it is claimed to be; for example, it is borage seed and no other seed. Our testing always ensures that the ingredient matches the label.

Potency

To confirm the potency of an ingredient is to ensure the ingredient is at the strength it is claimed to be; for example, grape seed will keep, contain, and meet the 80% oligomeric proanthocyanidins label claim.

Oxidation

Some products can go rancid with time. Our oxidation testing absolutely ensures our products maintain the highest levels of quality and freshness, as well as the lowest level of peroxide, all the way through to expiration.

Disintegration

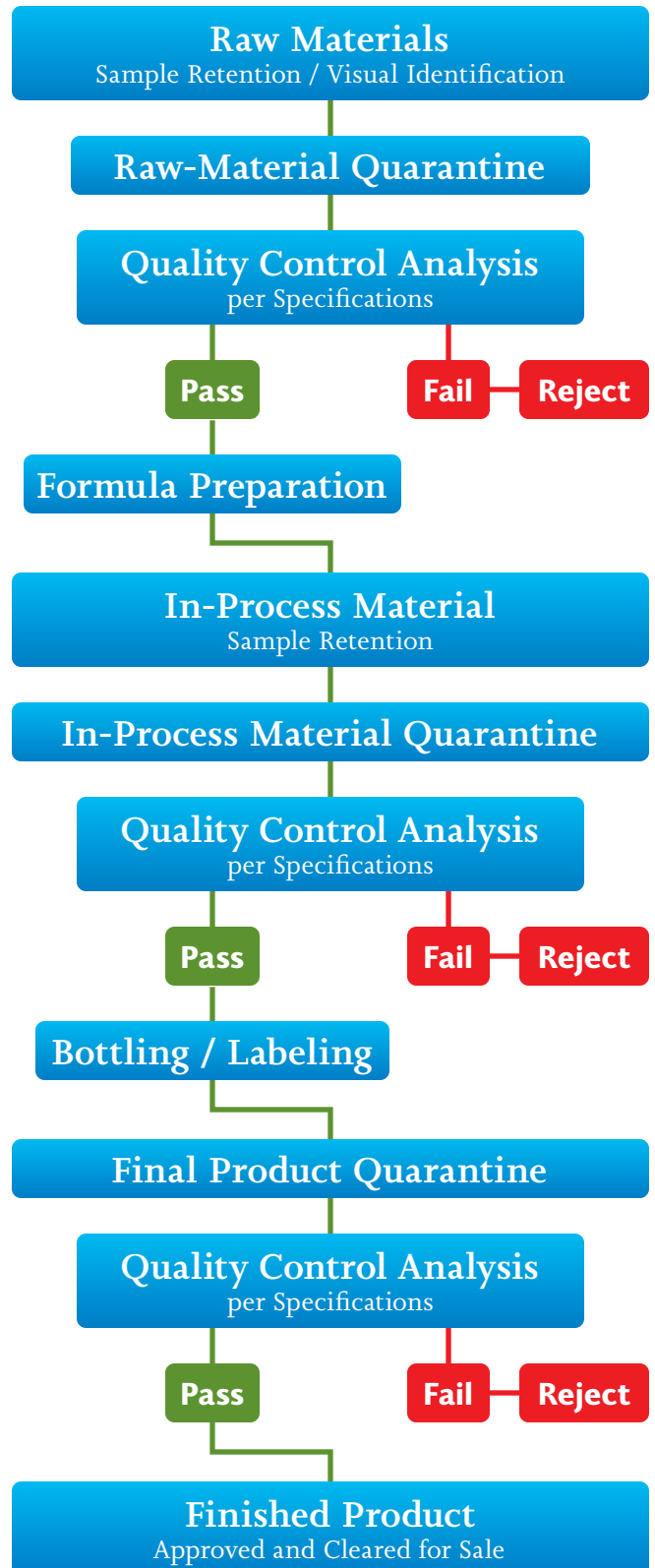
Capsules, softgels, and tablets must dissolve in the stomach; on the other hand, enteric-coated capsules, such as those of Acidophilus Ultra, must only dissolve in the intestines. Our disintegration testing mimics the human digestive system to ensure all products dissolve at the right place and at the right time.

Purity

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

- **Heavy Metals:** The Earth is permeated by natural levels of heavy metals. Ground crops are especially susceptible. Our testing guarantees the safety of our products.
- **Over 80 different pesticides, total PCBs, solvent residues are tested.** These chemicals are dangerous and can contaminate ingredients at any stage. Our testing absolutely ensures our products are safe from these contaminants and their dangers.
- **Aflatoxins, mycotoxins, dioxins, microbial contamination:** Testing only for microbial contamination is not enough. Our testing guarantees our products are safe from microbial contamination as well as of any residue these bacteria can produce. This level of meticulous testing is only possible with the strongest scientific team equipped with the most technologically advanced equipment.

Manufacturing Flowchart



At the Crossroads of Science and Nature

Overview of Some Equipment Used in Our Industry-Leading, ISO 17025–accredited Laboratory

Unrivalled Testing

We put our faith in science, not in our suppliers. That's why we invest in the most advanced technology and employ a team of 22 dedicated scientists to test each and every lot of each and every ingredient. Without compromise. It's an expensive process that our competition simply is not willing to invest either the time or money into, but it's vital to ensuring we are able to offer your customers the highest-quality, most effective products available.



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

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



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

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



2 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.



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. Ours can detect compounds down to parts per trillion (10^{-12}) rather than parts per million (10^{-6}) or per billion (10^{-9}) like the competition.

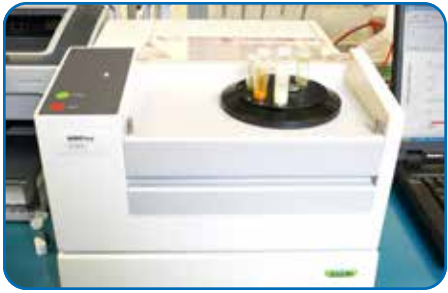


1 HTPLC: High-Precision Thin-Layer Chromatograph

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

At the Crossroads of Science and Nature

Overview of Some Equipment Used in Our Industry-Leading, ISO 17025–accredited Laboratory



1 NIRS: Near-Infrared Spectroscope

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



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

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



1 Disintegration Tester

Internationally accepted by the US Pharmacopoeia and used by reputable scientists around the world, it effectively mimics exposure to harsh stomach acid. It is used to verify the integrity of our GPS™ enteric-coated capsule following exposure to destructive stomach acid. It also proves that competitors' capsules leak and disintegrate, allowing stomach acid to destroy the probiotics within.



1 GC-Headspace

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



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

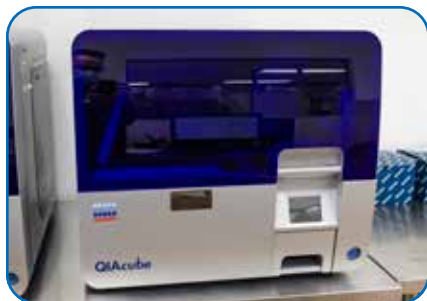
With the capacity to resolve complex mixtures or sample extracts containing hundreds of compounds, it is extremely useful for the detection of traces of pesticides and other types of organic contaminants. It may be used to analyze solid, liquid, or gaseous elements. Samples are vaporised into the gas phase and separated into their various components. The detection limit is in the femtogram level (1.0×10^{-15} g) or parts per quadrillion, for the most precise testing available.

At the Crossroads of Science and Nature

Overview of Some Equipment Used in Our Industry-Leading, ISO 17025–accredited Laboratory

DNA GMO Identification

Our lab is set up with state-of-the-art DNA extraction and analysis equipment. This allows us to identify possible GMO DNA and reject anything suspicious. This ensures all products sent to market are non-GMO.



2 QIAcubes

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



1 NanoDrop UV/VIS Spectrophotometer

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



1 Rotor-Gene Q Thermocycler

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

GMO Testing in Our State-of-The-Art Lab

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

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



At the Crossroads of Science and Nature

Overview of Some Equipment Used in Our Industry-Leading, ISO 17025–accredited Laboratory

State-of-the-Art Microbiology Department

Our microbiology department enhances our laboratory’s capabilities by analyzing the microbiological attributes of all the raw ingredients we source, and then again once the products are made—all to USP standards, which is vital for quality-assurance testing. Our primary objective is not only to meet but to exceed consumer expectations regarding the safety of their New Roots Herbal supplements. We prioritize this approach to ensure that we 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, our 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 microbiology department completes our laboratory’s services, alongside core chemistry, enzymology, and the GMO unit, providing end-to-end analytical support for all New Roots Herbal products. Our unwavering commitment to product quality, regulatory compliance, transparency, and accountability is what continues to set us apart from our competitors, fostering trust and loyalty for New Roots Herbal.



← Colony Counter

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

Four Incubators ►

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



← Biosafety Cabinet Class 2

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

Vitek 2 Compact ►

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



In Case You Missed the Announcements...

Changes since September 2022

Added Products

Bergamot Pure Essential Oil 43 Since August 2023 #3199 · 30 ml UPC 6-28747-13199-2	Eucalyptus Pure Essential Oil 75 Since August 2023 #3202 · 30 ml UPC 6-28747-13202-9	Pür Collagen+ Joint Recovery 182 Since May 2023 #2776 · 454 g · ≈ 20 doses UPC 6-28747-02776-2
Bifido Infantis 44 Since October 2022 #3040 · 30 vegetable capsules UPC 6-28747-13040-0	Geranium Pure Essential Oil 100 Since August 2023 #3204 · 30 ml UPC 6-28747-13204-3	Sleep ⁸ Plus. 196 Since March 2023 #3182 · 60 vegetable capsules UPC 6-28747-13182-7
Black Cumin Seed Oil 1,000 mg Extra Strength softgels 44 Since March 2023 #3139 · 60 softgels UPC 6-28747-13139-1	Ginger Pure Essential Oil 101 Since August 2023 #3205 · 30 ml UPC 6-28747-13205-0	Sleep ⁸ Ultra. 196 Since March 2023 #3181 · 60 vegetable capsules UPC 6-28747-13181-0
Cedarwood Pure Essential Oil 52 Since August 2023 #3200 · 30 ml UPC 6-28747-13200-5	Grass-Fed Beef Liver 106 Since July 2023 NEW SIZE! #3187 · 180 vegetable capsules UPC 6-28747-13187-2	Sweet Wormwood Max. 212 Since January 2023 #3193 · 60 vegetable capsules UPC 6-28747-13193-3
Citronella Pure Essential Oil 56 Since August 2023 #3208 · 30 ml UPC 6-28747-13208-1	Holy Basil Max 111 Since October 2022 #2898 · 60 vegetable capsules UPC 6-28747-12898-8	Thyme Pure Essential Oil 213 Since August 2023 #3212 · 30 ml UPC 6-28747-13212-8
Clary Sage Pure Essential Oil 57 Since August 2023 #3201 · 30 ml UPC 6-28747-13201-2	Lemon Pure Essential Oil 123 Since August 2023 #3206 · 30 ml UPC 6-28747-131206-7	Wintergreen Pure Essential Oil. 235 Since August 2023 #3213 · 30 ml UPC 6-28747-13213-5
Copper 65 Since January 2023 #3167 · 100 capsules UPC 6-28747-13167-4	Lemon Eucalyptus Pure Essential Oil . . 124 Since August 2023 #3207 · 30 ml UPC 6-28747-13207-4	
Cornmint Pure Essential Oil 66 Since August 2023 #3211 · 30 ml UPC 6-28747-13211-1	Memory Care 135 Since March 2023 #3148 · 60 vegetable capsules UPC 6-28747-13148-3	
Elderberry ResQ (organic flower tincture). 72 Since August 2023 #2568 · 50 ml #2569 · 95 ml UPC 6-28747-22569-4	NeuroPerform. 151 Since January 2023 #3090 · 60 vegetable capsules UPC 6-28747-13090-5	

Removed Products

Beef Bone Broth Protein + Organic Fermented Turmeric Since November 2022 #2509 · 300 g / 21 portions · PM0836-R1	Peacegreens Energy and Endurance Since August 2023 #0709 · 120 capsules · #0714 · 240 capsules V0152-R7
Body Rejuvenation Program Since June 2023 · #0799 · kit	Peacegreens Immune Since Dec. 2022 · #0604 · 303 g · PM0184C-R5 Still Available: #2134 · 151.5 g
Organic Coconut MCT Oil Since November 2022 #2412 · 500 ml · #2413 · 1 litre · O0075-R1	Red Palm Fruit Oil Since June 2023 · #1784 · 500 ml · O0008-R1
Peacegreens Since June 2023 · #0691 · 294 g · PM0184-R10	Shark Cartilage Since August 2023 #0219 · 90 capsules · #0218 · 300 capsules V0065-R2

Renamed Products

Listed in alphabetical order of their former name.

Pure Spleen is now called Grass-Fed Beef Spleen 106 #1964 · 30 vegetable capsules UPC 6-28747-11964-1
Pure Thymus is now called Grass-Fed Lamb Thymus 107 #2482 · 30 tablets UPC 6-28747-12482-9
Sweet 'n Clean is now called Sweet-to-Clean 209 #2459 · 454 g UPC 6-28747-02459-4
Sweet 'n Slim is now called Sweet-to-Slim. 209 #2460 · 454 g UPC 6-28747-02460-0
Ultra Purifiant Cleanse is now called Ultra Purifiant Renew 209 #0133 · 210 vegetable capsules UPC 6-28747-10133-2

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Active Folate (capsules)	36
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Forsight	90
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Geranium → Rose Geranium Organic Essential Oil	190
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New! Geranium Pure Essential Oil	100
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Full line of essential oils	76–83
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Ginger 195 mg	100
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See also Fermented Ginger	92
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Ginger 475 mg	100
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See also Fermented Ginger	92
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New! Ginger Pure Essential Oil	101
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Full line of essential oils	76–83
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Ginkgo Biloba	101
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Ginkgo Smart → Smart Ginkgo	197
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Ginseng Siberian → Siberian Ginseng	193
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Glucosamine Sulfate 500 mg	102
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See also Chondroitin and Glucosamine	56
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See also Vegan Glucosamine	219
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See also Chondroitin and Glucosamine	56
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See also Vegan Glucosamine	219
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Glutamic Acid 500 mg	103
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Full line of exotic oils	84–87
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Grapeseed Extract 500 mg	106
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New Name! Grass-Fed Beef Liver	106
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See also Liver Protection	126
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See also Pancreatin	157
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<i>Hericium erinaceus</i>	
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Homocysteine Reduce	111
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Full line of probiotics	166–179
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Full line of probiotics	166–179
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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.

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Glutathione Reduced.	104
Grapefruit Seed Extract Capsules.	105
Grapefruit Seed Extract Liquid	105
Grapeseed Extract 85 mg	105
Grapeseed Extract 100 mg.	105
Grapeseed Extract 500 mg.	106
Green Tea 250 mg	107
Green Tea 500 mg	107

Heavy Metal Detox	110
Juicy Immune - Energy	118
L-Cysteine	120
L-Taurine.	121
Matcha	132
N-AcetylCysteine	147
Olive Leaf Extract Capsules	153
Olive Leaf Extract Liquid.	154
Prevent	163
Protector	180
Quercetin	185
Quercetin Bioflavonoid Complex	185
R+ Alpha Lipoic	185
Resveratrol Max	188
S.O.D.	191
S-Acetyl-Glutathione	191
Time Release Vitamin C	214
Vitamin C Calcium Ascorbate Capsules	228
Vitamin C Calcium Ascorbate Powder	228
Vitamin C Crystals.	229
Vitamin C ⁸ Capsules	229
Vitamin C ⁸ Powder	229
Vitamin C Sodium Ascorbate	230
Vitamin E ⁸ 200 IU.	220
Vitamin E ⁸ 400 IU.	220



Beauty

New Roots Herbal has several supplements that detoxify and nourish the skin, in addition to promoting healthy hair and nails. Our exclusive collection of organic exotic oils for topical use also rejuvenates and beautifies hair, skin, and nails.

Argan Oil	38
Baobab Oil	40
Biotin	44
Borage Oil.	47
Cacay Seed Oil	48
Cranberry Seed Oil	66
Evening Primrose Oil 500 mg	75
Evening Primrose Oil 1,000 mg	75
Exotic Oils Gift Set.	88
Goji Seed Oil	104
Hair & Scalp	108
Happy Skin	108
Marula Seed Oil.	132
Moringa Seed Oil.	143
MSM Capsules	144
MSM Powder	144
Multi 5 Collagen	146
Multi 5 Collagen with Delicious Organic Cocoa.	146
Neem Leaf	151
Neem Oil	151
Pomegranate Seed Oil	162
Pūr Collagen Body Renew	181
Pūr Collagen Radiant Skin.	182
Rosehip Seed Oil Rosa Mosqueta.	190
Sea Buckthorn Oil	192
Sea Buckthorn Seed Oil	192
Silica	194
Silica Liquid.	194
Skin Lovers Oil	195
Squalene.	200
Tamanu Oil	212
Thyrosyn.	213



Bone Health

Beef Bone Broth Protein.	40
Beef Bone Broth Protein + Organic Fermented Ginger.	41
Boron	48
Calcium Citrate & Vitamin D	49
Cal-Mag Citrate With Zinc, Potassium, Selenium	50
Cal-Mag Citrates Vitamin D, Zinc, Silica & Boron	50
Copper	65
L-Lysine.	120



Blood-Glucose Management

Acetyl-L-Carnitine	35
Alpha Lipoic 125 mg	37
Alpha Lipoic 250 mg	37
Benfotiamine.	42
Berberine	43
Black Cumin Seed Oil Liquid	45
Black Cumin Seed Oil 500 mg Softgels	45
Black Cumin Seed Oil 1,000 mg Softgels.	46
Blood Sugar Balance	47
Chromium Picolinate 200 mcg	56
Chromium Picolinate 500 mcg	56
Curcumin Plus Piperine	67
Garcinia Cambogia	99
Grass-Fed Lamb Pancreas	106
Maitake.	127
Myo-Inositol	147
Panax Ginseng.	155
R+ Alpha Lipoic	185
Resveratrol Max	188
Super Fibre Psyllium	208
Sweet-to-Clean Xylitol	209
Sweet-to-Slim Erythritol	209
Zinc	237

Magnesium Bisglycinate 200 mg Capsules.	130
Magnesium Bisglycinate 200 mg Powder	130
Magnesium Bisglycinate Plus 150 mg	130
Magnesium Citrate Plus L-Taurine	130
Multi 5 Collagen	146
Multi 5 Collagen with Delicious Organic Cocoa.	146
Pūr Collagen Body Renew	181
Pūr Collagen+ Joint Recovery	182
Pure Magnesium Bisglycinate 115 mg + Taurine	182
Pure Magnesium Bisglycinate 130 mg	183
Silica	194
Silica Liquid.	194
Strong Bones.	206
Strong Bones Boron-Free Formula	206
Strontium Strong.	207
Vegetarian Strong Bones	219
Vitamin D3 1,000 UI Capsules.	231
Vitamin D3 1,000 UI Liquid	231
Vitamin D3 1,000 UI Softgels	231
Vitamin D3 2,500 UI Capsules	232
Vitamin D3 2,500 UI Liquid.	232
Vitamin D3 2,500 UI Softgels	232
Vitamin K2+D3.	220



Cardiovascular Health

Acetyl-L-Carnitine	35
Organic Cardiac Health Tincture	51
Cardio Flow	51
CoEnzyme Q10 · 30 mg	60
CoEnzyme Q10 · 60 mg	60
CoEnzyme Q10 · 100 mg	60
CoEnzyme Q10 · 200 mg	60
CoEnzyme Q10 · 300 mg	61
D-Ribose	69
Elderberry ResQ (organic flower tincture)	72
Fermented Red Beet	92
Flaxseed Oil	90
Ginkgo Biloba	101
Grapeseed Extract 85 mg	105
Grapeseed Extract 100 mg	105
Grapeseed Extract 500 mg	106
Green Tea 250 mg	107
Green Tea 500 mg	107
Hawthorn Berry	108
Heart Mag.	109
Heart Smart Extra Virgin Olive Oil	109
Heart Smart Safflower Oil	109
Heart Smart Sunflower Oil	110
Homocysteine Reduce	111
Juicy Immune - Energy	118
L-Arginine	119
L-Carnitine Tartrate	119
L-Taurine	121
Olive Leaf Extract Capsules	153
Olive Leaf Extract Liquid	154
Omega Jolly	154
P-5-P Active Form Vitamin B6	155
Plant Sterols	161
Quercetin	185

Quercetin Bioflavonoid Complex	185
R+ Alpha Lipoic	185
Red Beet Root	186
Reishi	187
Reishi Slices	187
Reishi Spores	188
Resveratrol Max	188
RiboEndurance Mag.	189
Slow Release CoQ10	197
Smart Ginkgo	197
Time Release Vitamin C	214
Ultra B Complex 50 mg	216
Ultra B Complex 100 mg	216
Ultra Stress	217
Vitamin B1 Thiamine	224
Vitamin B3 Inositol Hexanicotinate	225
Vitamin B6	226
Vitamin B6 Synergistic	226
Vitamin B12 Methylcobalamin 500 mcg	227
Vitamin B12 Methylcobalamin 1,000 mcg	227
Vitamin B12 Methylcobalamin 15 mcg Sublingual Tablets	227
Vitamin C Crystals	229
Vitamin C ⁸ Capsules	229
Vitamin C ⁸ Powder	229
Vitamin C Sodium Ascorbate	230
Vitamin E ⁸ · 200 IU	220
Vitamin E ⁸ · 400 IU	220
Wild Omega 3 180 mg EPA 120 mg DHA	233
Wild Omega 3 EPA 330 mg · DHA 165 mg Lemon Flavour	233
Wild Omega 3 EPA 660 mg DHA 330 mg	233
Wild Omega 3 EPA 660 mg DHA 330 mg Lemon Flavour	234
Wild Omega 3 EPA 900 mg DHA 600 mg Liquid	234

Cholesterol Management

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



Berberine	43
Black Cumin Seed Oil liquid	45
Black Cumin Seed Oil 500 mg Softgels	45
Black Cumin Seed Oil 1,000 mg Softgels	46
Organic Cardiac Health Tincture	51
Cho-less-terin	56
Curcumin Plus Piperine	67
Fibre Ultra Rich Plantago + Inulin	89
Fibre Ultra Rich Psyllium + Inulin Capsules	89
Fibre Ultra Rich Psyllium + Inulin Powder	89
Garcinia Cambogia	99
Grapeseed Extract 85 mg	105
Grapeseed Extract 100 mg	105
Grapeseed Extract 500 mg	106
Guggul	108

Children's Health

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



Children's ADHD Balance	54
Children's Multi	54
Children's Omega-3	55
Children's Probiotic	55
Children's Vitamin D3	55

Special Feature p. 54–55



Cold and Flu

Bifido Builder	43
Cold & Flu	61
Echinacea Root Liquid	71
Echinacea Root Capsules	71
Elderberry ResQ Capsules	72
Elderberry ResQ Fruit Tincture	72
Eucalyptus Organic Essential Oil	75
Holy Basil Max	111
IMMX Immune	113
Licorice Root	124
N-Acetylcysteine	147
New Roots Herbal's Breathe Easy	151
Odourless Garlic	153
Red Clover Blossoms	186
Respira ResQ	188
Serratiopeptidase 120,000 SU	193
Vitamin C Calcium Ascorbate Capsules	228
Vitamin C Calcium Ascorbate Powder	228
Vitamin C Crystals	229
Vitamin C ⁸ Capsules	229
Vitamin C ⁸ Powder	229
Vitamin C Sodium Ascorbate	230



Cooking Oils

Heart Smart Extra Virgin Olive Oil	109
Heart Smart Safflower Oil	109
Heart Smart Sunflower Oil	110

Cholesterol Management (continued)

Maitake	127
Odourless Garlic	153
Omega 3/6/7/9	154
Plant Sterols	161
Sterols & Sterolins With Arabinogalactan	200
Sterols & Sterolins Cholesterol	200
Super Fibre Psyllium	208
Super Immune Sterols & Sterolins	208
Vitamin B3 Niacin 100 mg	225
Vitamin B3 Niacin 500 mg	225



Detoxification

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

Alpha Lipoic 125 mg	37
Alpha Lipoic 250 mg	37
Calcium D-Glucarate	49
Chlorella Capsules	53
Chlorella Powder	53
Dandelion Root & Celery Seed	69
Energy Cleanse	74
Fermented Red Beet	92
Fibre Ultra Rich Plantago + Inulin	89
Fibre Ultra Rich Psyllium + Inulin Capsules	89
Fibre Ultra Rich Psyllium + Inulin Powder	89
Glutathione Reduced	104
Grass-Fed Beef Liver	106
Heavy Metal Detox	110
Indole-3-Carbinol	113
Kelp	118
L-Cysteine	120
L-Methionine	120
Liver Protection	126
Milk Thistle	143
Modified Citrus Pectin	143
Molybdenum	143
N-Acetylcysteine	147
New Roots Essence	151
Potassium Iodide 65 mg	162
Protector	180
R+ Alpha Lipoic	185
Red Beet Root	186
S.O.D.	191
S-Acetyl-Glutathione	191
Spirulina & Chlorella	199
Ultra B Complex 50 mg	216
Ultra B Complex 100 mg	216
Ultra Purifiant Cleanse	217



Digestive Health

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

Acidophilus Ultra	35
Acidophilus Ultra +	36
Apple Cider Vinegar Powder	38
Bifido Builder	43
Bifido Infantis	44
Cascara Sagrada	52

Continues on next page ↓

Digestive Health (continued)

Cloves	59
Colon Care Probiotics	64
Colostrum Capsules	64
Colostrum Powder	64
Dandelion Root & Celery Seed	69
Digestive Enzymes	70
Femina Flora Oral	88
Fermented Ginger	92
Fermented Red Beet	92
Fermented Superfood Blend	93
Fermented Turmeric	93
Fibre Ultra Rich Plantago + Inulin	89
Fibre Ultra Rich Psyllium + Inulin Capsules	89
Fibre Ultra Rich Psyllium + Inulin Powder	89
Ginger 195 mg	100
Ginger 475 mg	100
Gotu Kola	104
Grass-Fed Beef Liver	106
Grass-Fed Lamb Pancreas	106
Hospital Bacteria Defense	112
Human Probiotics	112

IBS Urgency	113
L-Glutamine Capsules	120
L-Glutamine Powder	120
Licorice Root	124
Liver Protection	126
Magnesium Citrate Plus L-Taurine	130
Ox Bile	155
Pancreatin	157
Papaya	157
Plant Digestive Enzymes	161
Probiotic Intensity	163
Probiotics Recovery	164
Probiotics Urgency	164
Prolax	165
Red Beet Root	186
Reuteri Restore	189
Super Fibre Psyllium	208
Travelers' Probiotic	214
Tribulus Terrestris	215
Ultimate Bromelain	216
Ultra Max	217
Ultra Purifiant Cleanse	217
Wormwood	236

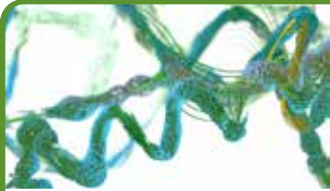


Energy

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

Adrenal	37
B12 Liquid	40
Bee Pollen	40
Benfotiamine	42
Coconut MCT Oil	59
Coconut MCT Powder + Acacia	59
Co-Enzyme Q10 · 30 mg	60
Co-Enzyme Q10 · 60 mg	60
Co-Enzyme Q10 · 100 mg	60
Co-Enzyme Q10 · 200 mg	60
Co-Enzyme Q10 · 300 mg	61
Cordyceps	65
Cordyceps Militaris	65
D-Ribose	69
Energy	72
Fermented Red Beet	92
Heme Iron Polypeptide	110
Holy Basil Max	111
Iron Bisglycinate	115
Juicy Immune - Energy	118
Lectro-Lytes Coco-Pineapple	123
Lectro-Lytes Lemon-Lime	123

Maca	126
Matcha	132
MCT Energy Liquid	133
MCT Energy Softgels	133
Niacinamide	153
P-5-P Active Form Vitamin B6	155
Panax Ginseng	155
Potassium Iodide 800 mcg	162
Red Beet Root	186
Reishi	187
Reishi Slices	187
Reishi Spores	188
Rhodiola	189
RiboEndurance Mag	189
Siberian Ginseng	193
Slow Release CoQ10	197
Suma	207
Super Iron	208
Thyrosyn	213
Ultra B Complex 50 mg	216
Ultra B Complex 100 mg	216
Ultra Iron	216
Ultra Stress	217
Vitamin B2 Riboflavin	224
Vitamin B5 Synergistic	225
Vitamin B6 Synergistic	226
Vitamin B12 Methylcobalamin 500 mcg	227
Vitamin B12 Methylcobalamin 1,000 mcg	227
Vitamin B12 Methylcobalamin 15 mcg Sublingual Tablets	227



Enzymes

Digestive Enzymes	70
Infla-Heal Plus	113
Pancreatin	157
Papaya	157
Plant Digestive Enzymes	161
Quercetin Bioflavonoid Complex	185
Serratiopeptidase 120,000 SU	193
Ultimate Bromelain	216



Exotic Oils

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

Argan Oil	38
Baobab Oil	40
Cacay Seed Oil	48
Cranberry Seed Oil	66
Exotic Oils Gift Set	88
Goji Seed Oil	104
Marula Seed Oil	132
Moringa Seed Oil	143
Pomegranate Seed Oil	162
Rosehip Seed Oil Rosa Mosqueta	190
Sea Buckthorn Seed Oil	192
Skin Lovers Oil	195
Tamanu Oil	212

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Eye Health

Beta-Carotene	43
EyeSurance	88
Forsight	90
Ultra Zinc 30 mg	218
Ultra Zinc 50 mg	218

Having Trouble Finding Something?

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



Essential Oils

Bergamot Pure Essential Oil	43
Cedarwood Pure Essential Oil	52
Citronella Pure Essential Oil	56
Clary Sage Pure Essential Oil	57
Clove Bud Organic Essential Oil	58
Clove Leaf Organic Essential Oil	58
Cornmint Pure Essential Oil	66
Eucalyptus Organic Essential Oil	75
Eucalyptus Pure Essential Oil	75
Geranium Pure Essential Oil	100
Ginger Pure Essential Oil	101
Lavender Organic Essential Oil	122
Lemon Organic Essential Oil	123
Lemon Pure Essential Oil	123
Lemon Eucalyptus Pure Essential Oil	124
Peppermint Organic Essential Oil	160
Rose Geranium Organic Essential Oil	190
Rosemary Organic Essential Oil	190
Sweet Orange Organic Essential Oil	212
Tea Tree Organic Essential Oil	212
Tingsation	214
Thyme Pure Essential Oil	213
Wintergreen Pure Essential Oil	235

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Fatty Acids

Borage Oil	47
Children's ADHD Balance	54
Coconut MCT Oil	59
Coconut MCT Powder + Acacia	59
Coconut Oil	60
Evening Primrose Oil 500 mg	75
Evening Primrose Oil 1,000 mg	75
Flaxseed Oil	90
MCT Energy Liquid	133
MCT Energy Softgels	133
Omega 3/6/7/9	154
PEA Pain Relief	159
Sea Buckthorn Oil	192
Squalene	200



Fermented Products

Beef Bone Broth Protein + Organic Fermented Ginger . . .	41
Fermented Black Cumin Seed	92
Fermented Ginger	92
Fermented Maca	92
Fermented Red Beet	92
Fermented Superfood Blend	93
Fermented Turmeric	93

Special Feature p. 91–93



Fish Oils

Children's ADHD Balance	54
Children's Omega-3	55
Merry Mind Omega 3	142
Omega 3/6/7/9	154
Omega Jolly	154
Wild Omega 3 180 mg EPA 120 mg DHA	233
Wild Omega 3 EPA 330 mg · DHA 165 mg Lemon Flavour	233
Wild Omega 3 EPA 660 mg DHA 330 mg	233
Wild Omega 3 EPA 660 mg DHA 330 mg Lemon Flavour	234
Wild Omega 3 EPA 900 mg DHA 600 mg Liquid	234

Special Feature p. 94–97



Functional Foods

Apple Cider Vinegar Powder	38
Bee Pollen	40
Beef Bone Broth Protein + Organic Fermented Ginger . . .	41
Coriolus Powder	66
Elderberry Fruit	71
Elderberry Juice Powder	71
Fermented Ginger	92
Fermented Maca	92
Fermented Red Beet	92
Fermented Superfood Blend	93
Fermented Turmeric	93



50+ Health

Chondroitin & Glucosamine	56
Clarity Mag	57
Coconut MCT Oil	59
Coconut MCT Powder + Acacia Gum	59
Colon Care Probiotics	64
Cordyceps	65
Cordyceps Militaris	65
Digestive Enzymes	70
EyeSurance	88
Forsight	90
Glucosamine Sulfate 500 mg	102
Glucosamine Sulfate 750 mg	102
Glutathione Reduced	104
Homocysteine Reduce	111
Joint-Tissu & MSM	115
Liquid Melatonin	125
MCT Energy Liquid	133
MCT Energy Softgels	133
Memory Care	135
Multi-Max	144
Multi 5 Collagen	146
Multi 5 Collagen with Delicious Organic Cocoa	146
Ox Bile	155
Panax Ginseng	155
Plant Digestive Enzymes	161
Pür Collagen Body Renew	181
Pür Collagen Radiant Skin	182
Pür Collagen+ Joint Recovery	182
Resveratrol Max	188
Strong Bones	206
Strong Bones Boron-Free Formula	206
Strontium Strong	207
Vegan Glucosamine	219
Vitamin B12 Methylcobalamin 500 mcg	227
Vitamin B12 Methylcobalamin 1,000 mcg	227
Vitamin B12 Methylcobalamin 15 mcg Sublingual Tablets . .	227
Zinc	237

Juicy Immune - Energy	118
Lion's Mane Powder	124
Maitake Powder	127
Multi 5 Collagen	146
Multi 5 Collagen with Delicious Organic Cocoa	146
Plant Sterols	161
Reishi Powder	187
Shiitake Powder	193



Glandular Extracts

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

Adrenal	37
Grass-Fed Beef Liver	106
Grass-Fed Beef Spleen	106
Grass-Fed Lamb Pancreas	106
Grass-Fed Lamb Thymus	107
Ox Bile	155
Thyrosyn	213



Green Foods

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

Chlorella Capsules	53
Chlorella Powder	53
Matcha	132
Peacegreens Immune	159
Simply Spirulina 650 mg Capsules	194
Simply Spirulina Powder	194
Simply Spirulina 1,000 mg Tablets	195
Spirulina & Chlorella	199



Hair

Argan Oil	38
Baobab Oil	40
Biotin	44
Exotic Oils Gift Set	88
Hair & Scalp	108
Multi 5 Collagen	146
Multi 5 Collagen with Delicious Organic Cocoa	146
Pūr Collagen Body Renew	181
Pūr Collagen Radiant Skin	182
Silica	194
Silica Liquid	194
Thyrosyn	213



Headache/Migraine

Co-Enzyme Q10 · 30 mg	60
Co-Enzyme Q10 · 60 mg	60
Co-Enzyme Q10 · 100 mg	60
Co-Enzyme Q10 · 200 mg	60
Co-Enzyme Q10 · 300 mg	61
PEA Pain Relief	159
Slow Release CoQ10	197
Valerian Root Capsules	219
Valerian Root Liquid	219
Vitamin B2 Riboflavin	224



Heart Function

Berberine	43
Black Cumin Seed Oil Liquid	45
Black Cumin Seed Oil 500 mg Softgels	45
Black Cumin Seed Oil 1,000 mg Softgels	46
Organic Cardiac Health Tincture	51
Cardio Flow	51
Co-Enzyme Q10 · 30 mg	60
Co-Enzyme Q10 · 60 mg	60
Co-Enzyme Q10 · 100 mg	60
Co-Enzyme Q10 · 200 mg	60
Co-Enzyme Q10 · 300 mg	61



Herbal Extracts

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

Ashwagandha	39
Astragalus 8000	39
Astragalus Root	39
Astragalus Ultra	40
Bee Pollen	40
Berberine	43
Black Cohosh	45
Black Cumin Seed Oil Liquid	45
Black Cumin Seed Oil 500 mg Softgels	45
Black Cumin Seed Oil 1,000 mg Softgels	46
Black Walnut Green Hull	46
Black Walnut Hull	46
Black Walnut Leaf and Hull	46

Continues on next page ↓

Herbal Extracts (continued)

Body Muscle Massage	47
Boswellia	48
Organic Cardiac Health Tincture	51
Cascara Sagrada	52
Cho-less-terin	56
Citrus Bioflavonoids	57
Cloves	59
Cold & Flu	61
Cranberry	66
Curcumin Plus Piperine	67
D-Stress	69
Dandelion Root & Celery Seed	69
Devil's Claw	69
Dong Quai	70
Echinacea Root Liquid	71
Echinacea Root Capsules	71
Elderberry ResQ Capsules	72
Elderberry ResQ Fruit Tincture	72
EyeSurance	88
Fermented Black Cumin Seed	92
Fibre Ultra Rich Plantago + Inulin	89
Fibre Ultra Rich Psyllium + Inulin Capsules	89
Fibre Ultra Rich Psyllium + Inulin Powder	89
Garcinia Cambogia	99
Ginger 195 mg	100
Ginger 475 mg	100
Ginkgo Biloba	101
Gotu Kola	104
Grapefruit Seed Extract Capsules	105
Grapefruit Seed Extract Liquid	105
Grapeseed Extract 85 mg	105
Grapeseed Extract 100 mg	105
Grapeseed Extract 500 mg	106
Green Tea 250 mg	107
Green Tea 500 mg	107
Guggul	108
Hair & Scalp	108
Happy Skin	108
Hawthorn Berry	108
Holy Basil Max	111
Horny Goat Weed	112
IMMX Immune	113
Joint Pain Relief	115
Kava	118
Kelp	118
Kidney Clean Flow	118
Kidney	119
Licorice Root	124
Liver Protection	126
Maca	126
Male Fertility	132
Memory Care	135
Menopace	135
Milk Thistle	143

Modified Citrus Pectin	143
Mum Ma Milkstream Capsules	146
Mum Ma Milkstream Liquid	147
Neem Leaf	151
Neem Oil	151
New Roots Essence	151
New Roots Herbal's Breathe Easy	151
Odourless Garlic	153
Olive Leaf Extract Capsules	153
Olive Leaf Extract Liquid	154
Panax Ginseng	155
Papaya	157
Passion Flower	158
Pau D'arco Taheebo Capsules	158
Pau D'arco Taheebo Liquid	159
PMS Relief	161
Prevent	163
Prolax	165
Purge Parasitis	184
Purge Parasitis Program	184
Red Clover Blossoms	186
Red Clover Isoflavones	186
Red Raspberry Leaf	186
Respira ResQ	188
Resveratrol Max	188
Rhodiola	189
Saw Palmetto	191
Siberian Ginseng	193
Sleep ⁸	195
Sleep ⁸ Plus	196
Sleep ⁸ Ultra	196
Slimmer System	197
Smart Ginkgo	197
St. John's Wort	200
Sterols & Sterolins With Arabinogalactan	200
Sterols & Sterolins Cholesterol	200
Suma	207
Super Fibre Psyllium	208
Super Immune Sterols & Sterolins	208
Sweet Wormwood Max	212
Tribulus Terrestris	215
Ultra Purifiant Cleanse	217
Uva Ursi	218
Valerian Root Capsules	219
Valerian Root Liquid	219
Wormwood	236
Yellow Dock	236

Having Trouble Finding Something?

Call 450 424-9486 or toll-free 1 800 268-9486,
or e-mail us at support@newrootsherbal.com.

One of our product specialists will be happy
to assist you!

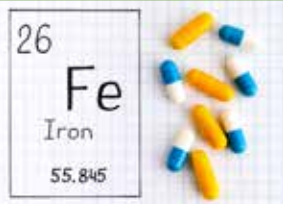


Immune Health

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

Acidophilus Ultra	35
Acidophilus Ultra +	36
AgeLess Telomeres	37
Astragalus 8000	39
Astragalus Root	39
Astragalus Root Slices	39
Astragalus Ultra	40
Bee Pollen	40
Beta-Carotene	43
Bifido Builder	43
Bifido Infantis	44
Chaga	52
Chaga Tea	52
Cold & Flu	61
Colon Care Probiotics	64
Colostrum Capsules	64
Colostrum Powder	64
Cordyceps	65
Cordyceps Militaris	65
Coriolus Powder	66
Echinacea Root Liquid	71
Echinacea Root Capsules	71
Elderberry ResQ Capsules	72
Elderberry ResQ Fruit Tincture	72
Elderberry ResQ Organic Flower Tincture	72
Glutathione Reduced	104
Grass-Fed Beef Spleen	106
Grass-Fed Lamb Thymus	107
Holy Basil Max	111
Hospital Bacteria Defense	112
Human Probiotics	112
IBS Urgency	113
IMMX Immune	113
Juicy Immune - Energy	118
L-Cysteine	120
L-Lysine	120
Maitake	127
Maitake Powder	127
Modified Citrus Pectin	143
Molybdenum	143
Multi-Max Immune	145
New Roots Essence	151
Odourless Garlic	153
Olive Leaf Extract Capsules	153
Olive Leaf Extract Liquid	154
Peacegreens Immune	159

Prevent	163
Probiotic Intensity	163
Probiotics Recovery	164
Probiotics Urgency	164
Protector	180
Reishi	187
Reishi Powder	187
Reishi Slices	187
Reishi Spores	188
Resilience	188
Respira ResQ	188
Resveratrol Max	188
Reuteri Restore	189
S-Acetyl-Glutathione	191
Selenium 100 mcg	192
Selenium 200 mcg	192
Shiitake	193
Shiitake Powder	193
Siberian Ginseng	193
Silver Force	194
Sterols & Sterolins With Arabinogalactan	200
Super Immune Sterols & Sterolins	208
Sweet Wormwood Max	212
Time Release Vitamin C	214
Travelers' Probiotic	214
Turkey Tail	215
Ultra Max	217
Ultra Stress	217
Ultra Zinc 30 mg	218
Ultra Zinc 50 mg	218
Vitamin C Crystals	229
Vitamin C ⁸ Capsules	229
Vitamin C ⁸ Powder	229
Vitamin C Sodium Ascorbate	230
Vitamin D3 1,000 UI Capsules	231
Vitamin D3 1,000 UI Oil Emulsification	231
Vitamin D3 1,000 UI Softgels	231
Vitamin D3 2,500 UI Capsules	232
Vitamin D3 2,500 UI Oil Emulsification	232
Vitamin D3 2,500 UI Softgels	232
Wild Oregano C93	234
Wild Oregano C93 Extra Strong	235
Wild Oregano C93 With Garlic	235
Zinc	237



Iron

Heme Iron Polypeptide	110
Iron Bisglycinate	115
Super Iron	208
Ultra Iron	216



Joint Health

Beef Bone Broth Protein	40
Beef Bone Broth Protein + Organic Fermented Ginger	41
Chondroitin & Glucosamine	56
Glucosamine Sulfate 500 mg	102
Glucosamine Sulfate 750 mg	102
Joint-Tissu & MSM	115
MSM Capsules	144
MSM Powder	144
Multi 5 Collagen	146
Multi 5 Collagen with Delicious Organic Cocoa	146
Pūr Collagen Body Renew	181
Pūr Collagen+ Joint Recovery	182
Time Release Vitamin C	214
Vegan Glucosamine	219
Vitamin C Calcium Ascorbate Capsules	228
Vitamin C Calcium Ascorbate Powder	228
Vitamin C Crystals	229
Vitamin C ⁸ Capsules	229
Vitamin C ⁸ Powder	229
Vitamin C Sodium Ascorbate	230



Magnesium

Cal-Mag Citrate with Zinc, Potassium, Selenium	50
Cal-Mag Citrates Vitamin D, Zinc, Silica, and Boron	50
Clarity Mag	57
Heart Mag	109
Magnesium Bisglycinate 200 mg Capsules	130
Magnesium Bisglycinate 200 mg Powder	130
Magnesium Bisglycinate Plus 150 mg	130
Magnesium Citrate Plus L-Taurine	130
Pure Magnesium Bisglycinate 115 mg + Taurine	182
Pure Magnesium Bisglycinate 130 mg	183



Keto Diet

Acetyl-L-Carnitine	35
Beef Bone Broth Protein	40
Beef Bone Broth Protein + Organic Fermented Ginger	41
Coconut MCT Oil	59
Coconut MCT Powder + Acacia	59
Coconut Oil	60
Fibre Ultra Rich Plantago + Inulin	89
Fibre Ultra Rich Psyllium + Inulin Capsules	89
Fibre Ultra Rich Psyllium + Inulin Powder	89
Heart Smart Extra Virgin Olive Oil	109
Heart Smart Safflower Oil	109
Heart Smart Sunflower Oil	110
Lectro-Lytes Coco-Pineapple	123
Lectro-Lytes Lemon-Lime	123
Lupine Seed Protein	126
MCT Energy Liquid	133
MCT Energy Softgels	133
MCT Protein Broth	134
Merry Mind Omega 3	142
Multi	144
Multi-Max	144
Multi-Max Immune	145
Omega 3/6/7/9	154
Peacegreens Immune	159
Pumpkin Seed Protein	181
Smooth Stevia	198
Stevia Leaf Green	201
Stevia Sugar Spoonable	201
Stevia Sweetleaf	201
Stevia White Powder Concentrate	201
Super Fibre Psyllium	208
Sweet-to-Clean Xylitol	209
Sweet-to-Slim Erythritol	209
Wild Omega 3 180 mg EPA 120 mg DHA	233
Wild Omega 3 EPA 330 mg · DHA 165 mg Lemon Flavour	233
Wild Omega 3 EPA 660 mg DHA 330 mg	233
Wild Omega 3 EPA 660 mg DHA 330 mg Lemon Flavour	234
Wild Omega 3 EPA 900 mg DHA 600 mg Liquid	234



Maternity

Active Folate Capsules	36
Active Folate Tablets	36
Biotin	44
Mum Ma Milkstream Capsules	146
Mum Ma Milkstream Liquid	147
Prenatal	163
Red Raspberry Leaf	186



Medicinal Mushrooms

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

Chaga	52
Chaga Tea	52
Cordyceps	65
Cordyceps Militaris	65
Coriolus Powder	66
Lion's Mane	124
Lion's Mane Powder	124
Maitake	127
Maitake Powder	127
Reishi	187
Reishi Powder	187
Reishi Slices	187
Reishi Spores	188
Resilience	188
Shiitake	193
Shiitake Powder	193
Turkey Tail	215

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Memory Help

Children's ADHD Balance	54
Clarity Mag	57
Coconut MCT Oil	59
Coconut MCT Powder + Acacia	59
Energy	72
GABA	99
Ginkgo Biloba	101
Glutamic Acid	103
Gotu Kola	104
Green Tea 250 mg	107
Green Tea 500 mg	107
L-Taurine	121
L-Theanine	121
L-Tryptophan	122
L-Tyrosine	122
Lion's Mane	124
Lion's Mane Powder	124
Memory Care	135
NeuroPerform	151
Rhodiola	189
Smart Ginkgo	197
Vitamin B5 Calcium D-Pantothenate	225
Vitamin B5 Synergistic	225
Wild Omega 3 180 mg EPA 120 mg DHA	233
Wild Omega 3 EPA 330 mg · DHA 165 mg Lemon Flavour	233
Wild Omega 3 EPA 660 mg DHA 330 mg	233
Wild Omega 3 EPA 660 mg DHA 330 mg Lemon Flavour	234
Wild Omega 3 EPA 900 mg DHA 600 mg Liquid	234



Men's Fertility

Ashwagandha	39
Bee Pollen	40
Co-Enzyme Q10 · 30 mg	60
Co-Enzyme Q10 · 60 mg	60
Co-Enzyme Q10 · 100 mg	60
Co-Enzyme Q10 · 200 mg	60
Co-Enzyme Q10 · 300 mg	61
L-Carnitine Tartrate	119
Male Fertility	132
Myo-Inositol	147
P-5-P Active Form Vitamin B6	155
Quercetin	185
Quercetin Bioflavonoid Complex	185
Selenium 100 mcg	192
Selenium 200 mcg Extra Strength	192
Slow Release CoQ10	197
Ultra Zinc 30 mg	218
Ultra Zinc 50 mg	218



Men's Health

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

Bee Pollen	40
Prostate Perform	165
Resveratrol Max	188
Saw Palmetto	191
Selenium 100 mcg	192
Selenium 200 mcg	192
Zinc	237



Men's Sexual Health

Fermented Maca	92
Horny Goat Weed	112
L-Arginine	119
Maca.	126
Panax Ginseng.	155
Tribulus Terrestris	215



Menopause

Black Cohosh	45
Boron	48
Dong Quai	70
Fermented Maca	92
Flaxseed Oil	90
Maca.	126
Menopeace.	135
Omega 3/6/7/9	154
Red Clover Isoflavones.	186
St. John's Wort	200
Suma	207



Mood Enhancement

B12 Liquid	40
Benfotiamine.	42
Curcumin Plus Piperine	67
DMG.	70
GABA	99
Holy Basil Max.	111
Kava	118
L-Tryptophan	122
L-Tyrosine	122
Memory Care	135
Merry Mind Omega 3	142
NeuroPerform.	151
New Roots Herbal Chill Pills	152
New Roots Herbal Joyful	152
Omega Jolly.	154
P-5-P Active Form Vitamin B6	155
PEA Pain Relief.	159
Pure Magnesium Bisglycinate 130 mg	183
Reishi	187
Reishi Powder	187

Reishi Slices.	187
Reishi Spores.	188
Rhodiola	189
Smart Ginkgo	197
St. John's Wort	200
Ultra B Complex 50 mg	216
Ultra B Complex 100 mg	216
Ultra Stress	217
Valerian Root Capsules	219
Valerian Root Liquid.	219
Vitamin B5 Calcium D-Pantothenate	225
Vitamin B5 Synergistic	225
Vitamin B6	226
Vitamin B6 Synergistic	226
Vitamin B12 Methylcobalamin 500 mcg.	227
Vitamin B12 Methylcobalamin 1,000 mcg.	227
Vitamin B12 Methylcobalamin 15 mcg Sublingual Tablets	227
Vitamin D3 1,000 UI Capsules.	231
Vitamin D3 1,000 UI Liquid	231
Vitamin D3 1,000 UI Softgels	231
Vitamin D3 2,500 UI Capsules	232
Vitamin D3 2,500 UI Liquid	232
Vitamin D3 2,500 UI Softgels	232



Muscle Support

Beef Bone Broth Protein.	40
Beef Bone Broth Protein + Organic Fermented Ginger.	41

L-Glutamine Capsules	120
L-Glutamine Powder	120
Magnesium Bisglycinate 200 mg Capsules.	130
Magnesium Bisglycinate 200 mg Powder	130
Magnesium Bisglycinate Plus 150 mg	130
Magnesium Citrate Plus L-Taurine.	130
Multi 5 Collagen	146
Multi 5 Collagen with Delicious Organic Cocoa.	146
Pure Magnesium Bisglycinate 115 mg + Taurine	182
Pure Magnesium Bisglycinate 130 mg	183
Vitamin K2+D3.	220



Multivitamins

Children's Multi	54
Multi	144
Multi-Max	144
Multi-Max Immune	145
Prenatal	163



Natural Sweeteners

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

Smooth Stevia	198
Stevia Leaf Green	201
Stevia Sugar Spoonable	201
Stevia Sweetleaf	201
Stevia White Powder Concentrate	201
Sweet-to-Clean Xylitol	209
Sweet-to-Slim Erythritol	209

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Neurological Health

Acetyl-L-Carnitine	35
B12 Liquid	40
Benfotiamine	42
Children's ADHD Balance	54
Copper	65
GABA	99
Glutamic Acid	103
Homocysteine Reduce	111
Lion's Mane	124
Lion's Mane Powder	124
MCT Energy Liquid	133
MCT Energy Softgels	133
Memory Care	135
NeuroPerform	151
New Roots Herbal Joyful	152



Nails

Argan Oil	38
Biotin	44
Exotic Oils Gift Set	88
Multi 5 Collagen	146
Multi 5 Collagen with Delicious Organic Cocoa	146
Pūr Collagen Body Renew	181
Pūr Collagen Radiant Skin	182
Silica	194
Silica Liquid	194
Thyrosyn	213

P-5-P Active Form Vitamin B6	155
PEA Pain Relief	159
S-Acetyl-Glutathione	191
Slow Release CoQ10	197
Ultra B Complex 50 mg	216
Ultra B Complex 100 mg	216
Ultra Stress	217
Vitamin B1 Thiamine	224
Vitamin B3 Niacin 100 mg	225
Vitamin B3 Niacin 500 mg	225
Vitamin B5 Synergistic	225
Vitamin B5 Calcium D-Pantothenate	225
Vitamin B6	226
Vitamin B6 Synergistic	226
Vitamin B12 Methylcobalamin 500 mcg	227
Vitamin B12 Methylcobalamin 1,000 mcg	227
Vitamin B12 Methylcobalamin 15 mcg Sublingual Tablets	227
Wild Omega 3 180 mg EPA 120 mg DHA	233
Wild Omega 3 EPA 330 mg · DHA 165 mg Lemon Flavour	233
Wild Omega 3 EPA 660 mg DHA 330 mg	233
Wild Omega 3 EPA 660 mg DHA 330 mg Lemon Flavour	234
Wild Omega 3 EPA 900 mg DHA 600 mg Liquid	234



Oregano

Wild Oregano C93	234
Wild Oregano C93 Extra Strong	235
Wild Oregano C93 With Garlic	235



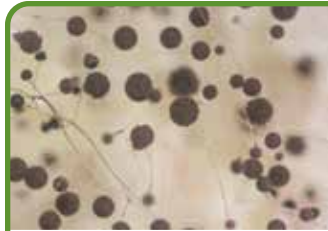
Pain and Inflammation

Anti-Inflamma	38
Body Muscle Massage	47
Boswellia	48
Chondroitin & Glucosamine	56
Curcumin Plus Piperine	67
Devil's Claw	69
DMSO Liquid	70
Ginger 195 mg	100
Ginger 475 mg	100
Glucosamine Sulfate 500 mg	102
Glucosamine Sulfate 750 mg	102
Guggul	108
Infla-Heal Plus	113
Joint Pain Relief	115
Joint-Tissu & MSM	115
Merry Mind Omega 3	142
MSM Capsules	144
MSM Powder	144
Omega Jolly	154
PEA Pain Relief	159
Resveratrol Max	188
Serratiopeptidase 120,000 SU	193
Tingsation	214
Vegan Glucosamine	219
White Willow	233
Wild Omega 3 180 mg EPA 120 mg DHA	233
Wild Omega 3 EPA 330 mg · DHA 165 mg Lemon Flavour	233
Wild Omega 3 EPA 660 mg DHA 330 mg	233
Wild Omega 3 EPA 660 mg DHA 330 mg Lemon Flavour	234
Wild Omega 3 EPA 900 mg DHA 600 mg Liquid	234



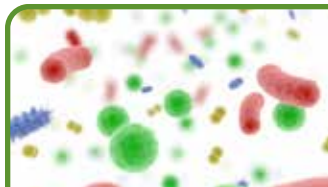
Sleep Aids

D-Stress	69
GABA	99
L-Theanine	121
Liquid Melatonin	125
Magnesium Bisglycinate 200 mg Capsules	130
Magnesium Bisglycinate 200 mg Powder	130
Magnesium Bisglycinate Plus 150 mg	130
Melatonin 3 mg	134
Melatonin 5 mg	134
Melatonin 10 mg	135
Passion Flower	158



Parasites and Fungi

Black Walnut Green Hull	46
Black Walnut Hull	46
Black Walnut Leaf and Hull	46
Candida Stop	50
Caprylic Acid Plus	51
Grapefruit Seed Extract Capsules	105
Grapefruit Seed Extract Liquid	105
Neem Leaf	151
Pau D'arco Taheebo Capsules	158
Pau D'arco Taheebo Liquid	159
Pau D'arco Taheebo Tea Powder	159
Pau D'arco Taheebo Tea sachets	159
Purge Parasitis	184
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Probiotics

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

Acidophilus Ultra	35
Acidophilus Ultra +	36
Bifido Builder	43
Bifido Infantis	44
Children's Probiotic	55
Colon Care Probiotics	64
Femina Flora	88
Femina Flora Oral	88
Hospital Bacteria Defense	112
Human Probiotics	112
IBS Urgency	113
Probiotic Intensity	163
Probiotics Recovery	164
Probiotics Urgency	164
Reuteri Restore	189
Travelers' Probiotic	214
Ultra Max	217

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Pure Magnesium Bisglycinate 130 mg	183
Sleep ⁸	195
Sleep ⁸ Plus	196
Sleep ⁸ Ultra	196
St. John's Wort	200
Valerian Root Capsules	219
Valerian Root Liquid	219



Skin

Argan Oil	38
Baobab Oil	40
Biotin	44
Borage Oil	47
Cranberry Seed Oil	66
Evening Primrose Oil 500 mg	75
Evening Primrose Oil 1,000 mg	75
Exotic Oils Gift Set	88
Goji Seed Oil	104
Happy Skin	108
MSM Capsules	144
MSM Powder	144
Multi 5 Collagen	146
Multi 5 Collagen with Delicious Organic Cocoa	146
Neem Leaf	151
Neem Oil	151
Pūr Collagen Body Renew	181
Pūr Collagen Radiant Skin	182
Rosehip Seed Oil Rosa Mosqueta	190
Sea Buckthorn Oil	192
Sea Buckthorn Seed Oil	192
Silica	194
Silica Liquid	194
Skin Lovers Oil	195
Squalene	200
Tamanu Oil	212
Thyrosyn	213
Yellow Dock Root	236



Stress Management

Acidophilus Ultra	35
Acidophilus Ultra +	36
Adrenal	37
Ashwagandha	39
D-Stress	69
DMG	70
GABA	99
Gotu Kola	104
Holy Basil Max	111
Kava	118
L-Tyrosine	122
New Roots Herbal Chill Pills	152
New Roots Herbal Joyful	152
Niacinamide	153
Passion Flower	158
Pure Magnesium Bisglycinate 130 mg	183
Reishi	187
Reishi Powder	187



Sport Nutrition

Amino-Mix	38
Beef Bone Broth Protein	40
Beef Bone Broth Protein + Organic Fermented Ginger	41
Coconut MCT Oil	59
Coconut MCT Powder + Acacia	59
Colostrum Capsules	64
Colostrum Powder	64
Cordyceps	65
Cordyceps Militaris	65
D-Ribose	69
DMG	70
Energy	72
Glutamic Acid	103
L-Arginine	119
L-Carnitine Tartrate	119
L-Glutamine Capsules	120
L-Glutamine Powder	120
L-Taurine	121
Lectro-Lytes Coco-Pineapple	123
Lectro-Lytes Lemon-Lime	123
Lupine Seed Protein	126
Magnesium Bisglycinate 200 mg Capsules	130
Magnesium Bisglycinate 200 mg Powder	130
Magnesium Bisglycinate Plus 150 mg	130
Magnesium Citrate Plus L-Taurine	130
MCT Energy Liquid	133
MCT Energy Softgels	133
MCT Protein Broth	134
Multi 5 Collagen	146
Multi 5 Collagen with Delicious Organic Cocoa	146
Panax Ginseng	155
Pumpkin Seed Protein	181
Pūr Collagen Body Renew	181
Pūr Collagen+ Joint Recovery	182
Pure Magnesium Bisglycinate 115 mg + Taurine	182
Pure Magnesium Bisglycinate 130 mg	183
Rhodiola	189
RiboEndurance Mag	189
Siberian Ginseng	193

Reishi Slices	187
Rhodiola	189
Siberian Ginseng	193
St. John's Wort	200
Suma	207
Ultra B Complex 50 mg	216
Ultra B Complex 100 mg	216
Ultra Max	217
Ultra Stress	217
Valerian Root Capsules	219
Valerian Root Liquid	219
Vitamin B5 Calcium D-Pantothenate	225
Vitamin B5 Synergistic	225

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Teas and Herbal Teas

Astragalus Root Slices	39
Chaga Tea	52
Elderberry Fruit	71
Fermented Ginger	92
Fermented Turmeric	93
Matcha	132
Pau D'arco Taheebo Tea Powder	159
Pau D'arco Taheebo Tea sachets	159
Reishi Slices	187



Urogenital Health

Cranberry	66
D-Mannose	67
D-Mannose & Cranberry	67
Kidney Clean Flow	118
Kidny	119
Potassium Citrate	162
Prostate Perform	165
Saw Palmetto	191
Uva Ursi	218



Vitamins and Minerals

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

Active Folate Capsules	36	Myo-Inositol	147
Active Folate Tablets	36	NeuroPerform	151
B Vitamins	222-227	Niacinamide	153
B12 Liquid	40	P-5-P Active Form Vitamin B6	155
Benfotiamine	42	Potassium Citrate	162
Beta-Carotene	43	Potassium Iodide 800 mcg	162
Biotin	44	Potassium Iodide 65 mg	162
Boron	48	Prenatal	163
C Vitamins	228-230	Pure Magnesium Bisglycinate 115 mg + Taurine	182
Calcium Citrate & Vitamin D	49	Pure Magnesium Bisglycinate 130 mg	183
Calcium D-Glucarate	49	Selenium 100 mcg	192
Cal-Mag Citrate With Zinc, Potassium, Selenium	50	Selenium 200 mcg	192
Cal-Mag Citrates Vitamin D, Zinc, Silica & Boron	50	Silica	194
Cardio Flow	51	Silica Liquid	194
Children's Multi	54	Silver Force	194
Children's Vitamin D3	55	Strong Bones	206
Chromium Picolinate 200 mcg	56	Strong Bones Boron-Free Formula	206
Chromium Picolinate 500 mcg	56	Strontium Strong	207
Clarity Mag	57	Super Iron	208
Copper	65	Time Release Vitamin C	214
D Vitamins	231-232	Ultra B Complex 50 mg	216
Heart Mag	109	Ultra B Complex 100 mg	216
Heme Iron Polypeptide	110	Ultra Iron	216
Iron Bisglycinate	115	Ultra Stress	217
Lectro-Lytes Coco-Pineapple	123	Ultra Zinc 30 mg	218
Lectro-Lytes Lemon-Lime	123	Ultra Zinc 50 mg	218
Magnesium Supplements	128-131	Vegetarian Strong Bones	219
Magnesium Bisglycinate 200 mg Capsules	130	Vitamin B1 Thiamine	224
Magnesium Bisglycinate 200 mg Powder	130	Vitamin B2 Riboflavin	224
Magnesium Bisglycinate Plus 150 mg	130	Vitamin B3 Inositol Hexanicotinate	225
Magnesium Citrate Plus L-Taurine	130	Vitamin B3 Niacin 100 mg	225
Molybdenum	143	Vitamin B3 Niacin 500 mg	225
Multi	144	Vitamin B5 Synergistic	225
Multi-Max	144	Vitamin B5 Calcium D-Pantothenate	225
Multi-Max Immune	145	Vitamin B6	226
Multivitamins	148-150	Vitamin B6 Synergistic	226



Weight Management

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

Coconut MCT Oil	59
Coconut MCT Powder + Acacia	59
Fibre Ultra Rich Plantago + Inulin	89
Fibre Ultra Rich Psyllium + Inulin Capsules	89
Fibre Ultra Rich Psyllium + Inulin Powder	89
Garcinia Cambogia	99
Green Tea 250 mg	107
Green Tea 500 mg	107

Guggul	108
L-Carnitine Tartrate	119
L-Theanine	121
MCT Energy Liquid	133
MCT Energy Softgels	133
Slimmer System	197
Smooth Stevia	198
Stevia Leaf Green	201
Stevia Sugar Spoonable	201
Stevia Sweetleaf	201
Stevia White Powder Concentrate	201
Super Fibre Psyllium	208
Sweet-to-Clean Xylitol	209
Sweet-to-Slim Erythritol	209
Thyrosyn	213



Women's Fertility

Ashwagandha	39
Fermented Maca	92
Maca	126
Panax Ginseng	155



Women's Sexual Health

Active Folate Capsules	36
Active Folate Tablets	36
Berberine	43
Myo-Inositol	147
P-5-P Active Form Vitamin B6	155

Vitamin B12 Methylcobalamin 500 mcg	227
Vitamin B12 Methylcobalamin 1,000 mcg	227
Vitamin B12 Methylcobalamin 15 mcg Sublingual Tablets	227
Vitamin C Calcium Ascorbate Capsules	228
Vitamin C Calcium Ascorbate Powder	228
Vitamin C Crystals	229
Vitamin C ⁸ Capsules	229
Vitamin C ⁸ Powder	229
Vitamin C Sodium Ascorbate	230
Vitamin D3 1,000 UI Capsules	231
Vitamin D3 1,000 UI Liquid	231
Vitamin D3 1,000 UI Softgels	231
Vitamin D3 2,500 UI Capsules	232
Vitamin D3 2,500 UI Liquid	232
Vitamin D3 2,500 UI Softgels	232
Vitamin E ⁸ · 200 IU	220
Vitamin E ⁸ · 400 IU	220
Vitamin K2+D3	220
Zinc	237



Women's Health

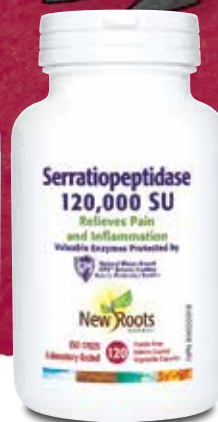
We offer a wide range of natural health products specifically tailored to meet the needs of women.

Berberine	43
Black Cohosh	45
Borage Oil	47
Calcium D-Glucarate	49
Cranberry	66
D-Mannose	67
D-Mannose & Cranberry	67
Dong Quai	70
Evening Primrose Oil 500 mg	75
Evening Primrose Oil 1,000 mg	75
Femina Flora	88
Femina Flora Oral	88
Flaxseed Oil	90
Heme Iron Polypeptide	110
Indole-3-Carbinol	113
Iron Bisglycinate	115
Licorice Root	124
Menopause	135
Omega 3/6/7/9	154
PMS Relief	161
Red Clover Blossoms	186
Red Raspberry Leaf	186
Super Iron	208
Ultra Iron	216
Vitamin B6	226
Vitamin B6 Synergistic	226
Vitamin B12 Methylcobalamin 500 mcg	227
Vitamin B12 Methylcobalamin 1,000 mcg	227
Vitamin B12 Methylcobalamin 15 mcg Sublingual Tablets	227

DON'T LET PAIN STOP YOU!



**PAIN
MANAGEMENT
MADE POSSIBLE**



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

Acetyl-L-Carnitine

750 mg

capsules

**Diabetic Neuropathy Pain Relief
Reduces Fatigue**

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



Each vegetable capsule contains

Acetyl-L-carnitine hydrochloride..... 750 mg

Providing:

Acetyl-L-carnitine 637.5 mg

Other ingredients

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

Directions of use

Adults: For relief of pain associated with diabetic neuropathy: Take 1 capsule four times daily or as directed by your health-care practitioner. Take with food. Do not exceed 4 capsules in a 24-hour period. All other uses: Take 1 capsule two or three times daily. Start with one 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 / Proteins** · ✓ **Blood-Glucose Management**
✓ **Cardiovascular Health** · ✓ **Keto Diet** · ✓ **Neurological Health**

Acetyl-Glutathione:

S-Acetyl-Glutathione

100 mg

capsules

**Intracellular Antioxidant
Superior Assimilation**

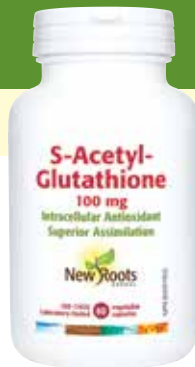
Source of antioxidants that help protect cells against the oxidative damage caused by free radicals.

Each vegetable capsule contains

S-Acetylglutathione 100 mg

Providing

L-Glutathione..... 87 mg



Other ingredients

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

Directions of use

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

NEW SIZE! #3087 · 30 vegetable capsules · UPC 6-28747-13087-5
#2416 · 60 vegetable capsules · UPC 6-28747-12416-4
NPN 80091902 · V0670-R1

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

Acidophilus Ultra

Daily Care

capsules

**11 Billion + Live Active Probiotics
Delivered Safely to the Intestines**
**11 Strains · Supports Gastro/
Intestinal Health and Immunity**
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 80112655 · V0435-R3

✓ **Digestive Health** · ✓ **Immune Health** · ✓ **Probiotics**
✓ **Stress Management**

Full line of probiotics, p. 166-179



Acidophilus Ultra +

Daily Care + 36% Stronger capsules

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



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

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

Human Strains

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

Plant Strain

Lactobacillus plantarum R1012	600 million CFU
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Dairy Strains

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

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

Other ingredients

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

Directions of use

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

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

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

NPN 80086910 · V0676-R1

✓ Digestive Health · ✓ Immune Health · ✓ Probiotics
✓ Stress Management

Full line of probiotics, p. 166–179



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-R1

✓ Maternity · ✓ Vitamins/Minerals
✓ Women's Fertility and Sexual Health

Full line of B vitamins, p. 222–227



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

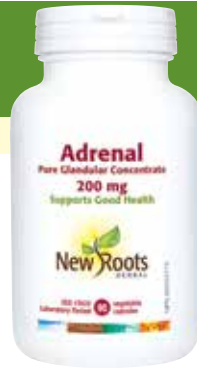
✓ Maternity · ✓ Vitamins/Minerals
✓ Women's Fertility and Sexual Health

Full line of B vitamins, p. 222–227



Adrenal Pure Glandular Concentrate 200 mg

capsules



Supports Good Health

Supports good health. Helps support immune function.

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

Duration of use

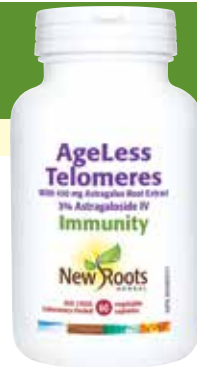
Consult a health-care practitioner for prolonged use.

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

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

✓ Energy · ✓ Glandular Extracts · ✓ Stress Management

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



Immunity

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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

Duration of use

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

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

NPN 80090511 · V0482-R3

✓ Antioxidants · ✓ Immune Health

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

Walt Whitman

Alpha Lipoic 125 mg capsules

Antioxidant

Provides antioxidants for the maintenance of good health.

Each vegetable capsule contains

DL-alpha-Lipoic acid 125 mg

Other ingredients

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

Directions of use

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

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

NPN 80017722 · V0203-R1

✓ Antioxidants · ✓ Blood-Glucose Management · ✓ Detoxification



Alpha Lipoic 250 mg capsules

Antioxidant

Provides antioxidants for the maintenance of good health.

Each vegetable capsule contains

DL-alpha-Lipoic acid 250 mg

Other ingredients

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

Directions of use

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

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

#0991 · 90 vegetable capsules · UPC 6-28747-10991-8

NPN 80017724 · V0096-R1

✓ Antioxidants · ✓ Blood-Glucose Management · ✓ Detoxification



R+ Alpha Lipoic 150 mg capsules

Antioxidant · Promotes Healthy Glucose Metabolism

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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

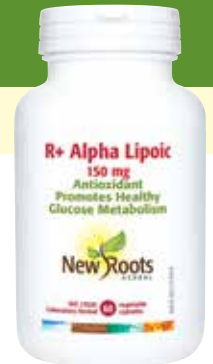
Duration of use

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

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

NPN 80113344 · V0381-R4

✓ Antioxidants · ✓ Blood-Glucose Management
✓ Cardiovascular Health · ✓ Detoxification



Amino-Mix

With Free-Form BCAAs
Branched-Chain Amino Acids

tablets



Builds Muscle

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

Each tablet contains

Hydrolyzed alpha-lactalbumin (whey protein) 850 mg

Providing (typical amino acid profile)

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

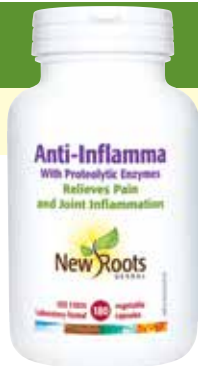
#1167 · 240 tablets · UPC 6-28747-11167-6
NPN 80023663 · V0332-R2

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

Other ingredients

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

Directions of use

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

Duration of use

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

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

✓ Pain and Inflammation

Apple Cider Vinegar

powder



Gourmet · Premium Quality
0 calories · 100% Pure · Vegan
Gluten-Free · Non-GMO

New Roots Herbal Apple Cider Vinegar Powder adds tartness to

rubs, seasonings, sauces, marinades and more. Sprinkle onto popcorn, homemade chips, crackers, and vegetables. May be used as a substitute for citric acid, tartaric acid, distilled white vinegar powder, as well as the liquid product. To make a standard apple cider vinegar, mix ¼ teaspoon to 50 ml of water.

Ingredient

Apple cider vinegar powder.

For recipe ideas, please visit newrootsherbal.com/recipes.

Nutrition Facts · Per ¼ tsp. (0.7 g)

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

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

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

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

NONTAXABLE ITEM

✓ Digestive Health · ✓ Functional Foods

Argan Oil

Certified Organic

Moisturizer · Skin · Hair · Nails



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

Each bottle contains

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

Ingredients

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

Directions of use

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

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

✓ Beauty · ✓ Exotic Oils · ✓ Hair · ✓ Nails · ✓ Skin

Full line of exotic oils, p. 84–87

Arginine: L-Arginine

500 mg

capsules



Amino Acid · Exercise Support

A nonessential amino acid that is 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

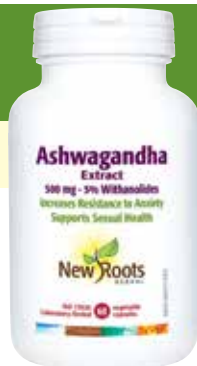
✓ Amino Acids / Proteins · ✓ Cardiovascular Health
✓ Men's Sexual Health · ✓ Sport Nutrition

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

✓ Herbal Extracts · ✓ Men's Fertility · ✓ Stress Management
✓ Women's Fertility and Sexual Health

Astragalus 8000

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 · ✓ 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 · ✓ 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

✓ Allergy Relief · ✓ Immune Health · ✓ Teas / Herbal Teas



Astragalus Ultra capsules

500 mg · 3% Astragaloside IV

Healthy Immunity

Used in herbal medicine to help maintain a healthy immune system.

Each vegetable capsule contains

Astragalus (*Astragalus membranaceus*) root extract, 3% astragaloside IV 500 mg

Other ingredients

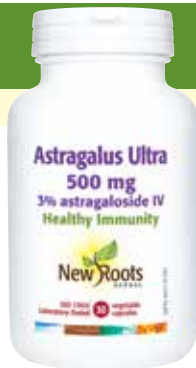
Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

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

#2713 · 30 vegetable capsules · UPC 6-28747-12713-4
NPN 80115781 · V0362-R4

✓ Allergy Relief · ✓ Herbal Extracts · ✓ Immune Health



Baobab Oil

Organic

Moisturizer · Skin · Hair · Body

Profoundly healing for dry skin as well as beautifying, our 100% pure and organic baobab oil is a luxurious, non-greasy skin-care ally for your face, hair, and body.

Each bottle contains

Organic baobab (*Adansonia digitata*) raw oil, cold-pressed, nondeodorized. 30 ml with added natural vitamin E.

Ingredients

Adansonia digitata seed oil and tocopherols.

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.

#1815 · 30 ml · UPC 6-28747-21815-3
OM0127-R1

✓ Beauty · ✓ Exotic Oils · ✓ Hair · ✓ Skin

Full line of exotic oils, p. 84–87



B-Complex Vitamins 222–227

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 · ✓ Mood Enhancement
✓ Neurological Health · ✓ Vitamins/Minerals

Full line of B vitamins, p. 222–227



Bee Pollen capsules

500 mg

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

✓ Blood-Glucose Management · ✓ Energy · ✓ Functional Foods
✓ Immune Health · ✓ Men's Fertility · ✓ Men's Health



New Zealand Beef Bone Broth Protein powder

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

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



Ingredient

Grass-fed beef bone broth protein powder.

Directions of use

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

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

For recipe ideas, visit newrootsherbal.com/recipes.

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

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

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

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

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

*Essential Amino Acid · **Average Analysis

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

NONTAXABLE ITEM

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

New Zealand

Beef Bone Broth

Protein + Organic
Fermented Ginger

powder

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



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

Ingredient

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

Directions of use

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

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

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

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

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

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

*Essential Amino Acid · **Average Analysis

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

NONTAXABLE ITEM

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

Full line of fermented products, p. 91–93

Beef Liver:

Grass-Fed Beef Liver

Pure Glandular · 600 mg capsules

Hormone- and Pesticide-Free
Supports immunity.

Supports good health.
Helps support immune function.

Each vegetable capsule contains

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

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

Other ingredients

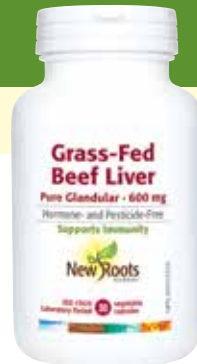
Natural peppermint flavour, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

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

#1963 · 30 vegetable capsules · UPC 6-28747-11963-4
NEW SIZE! #3187 · 180 vegetable capsules · UPC 6-28747-13187-2
NPN 80119351 · V0541-R1

✓ Detoxification · ✓ Digestive Health · ✓ Glandular Extracts



“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

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
NPN 80058174 · V0527-R2

✓ Glandular Extracts · ✓ Immune Health

Beet (Fermented): Organic Fermented Red Beet

Whole-Food Powder

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



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.

Directions of 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

✓ Cardiovascular Health · ✓ Detoxification · ✓ Digestive Health
✓ Energy · ✓ Fermented Products · ✓ Functional Foods

Full line of fermented products, p. 91–93

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

✓ Cardiovascular Health · ✓ Detoxification · ✓ Digestive Health
✓ Energy

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

✓ Blood-Glucose Management · ✓ Energy
✓ Mood Enhancement · ✓ Neurological Health
✓ Vitamins/Minerals

Full line of B vitamins, p. 222–227

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

Ann Wigmore

Berberine

500 mg

capsules

Cholesterol and Glucose Support

Berberine helps support healthy cholesterol levels and provides support for healthy glucose metabolism.

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

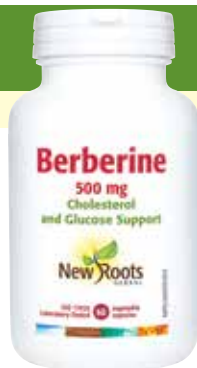
Adults: Take 1 capsule twice daily or as directed by your health-care practitioner.

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
- ✓ Heart Function · ✓ Herbal Extracts
- ✓ Women's Fertility and Sexual Health · ✓ Women's Health



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 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
- ✓ Vitamins/Minerals



New Product! Since August 2023

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. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil. Do not use if you are pregnant or breast-feeding; if you have epilepsy; or if you have broken, irritated, or sensitive skin. May cause allergic reaction; in which case, discontinue use and consult a health-care practitioner.

Duration of use

For external and occasional use only.

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

- ✓ Essential Oils

Full line of essential oils, p. 76–83



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 UB9214 21 billion CFU
Bifidobacterium breve UB8674 6.3 billion CFU
Bifidobacterium bifidum UB4280. 6.3 billion CFU
Bifidobacterium longum ssp. longum UB7691. 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, trehalose, vegetable magnesium stearate, non-GMO potato maltodextrin, and sodium ascorbate in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

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

Mark Twain

Continues on next page ↓

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Directions of use

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

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

- ✓ Allergy Relief · ✓ Cold and Flu · ✓ Digestive Health
- ✓ Immune Health · ✓ Probiotics

Full line of probiotics, p. 166–179

New Product! Since October 2022

Bifido Infantis capsules
Early Colonizing Probiotic

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



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

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

Human Strains

Bifidobacterium longum ssp. *infantis* UB9214 5 billion CFU
Vitamin C (ascorbic acid) 6 mg
CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

Other ingredients

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

Directions of use

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

#3040 · 30 vegetable capsules · UPC 6-28747-13040-0
NPN 80115115 · V0742-R1

- ✓ Allergy Relief · ✓ Digestive Health · ✓ Immune Health
- ✓ Probiotics

Full line of probiotics, p. 166–179

Bile:

Ox Bile
500 mg

capsules

Increase Bile Flow

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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

Duration of use

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

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

- ✓ Digestive Health · ✓ 50+ 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

- ✓ Beauty · ✓ Hair · ✓ Maternity · ✓ Nails · ✓ Skin
- ✓ Vitamins/Minerals



Black Cohosh capsules

Root Extract · 2.5% · 40 mg

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

✓ Herbal Extracts · ✓ Menopause · ✓ Women's Health

Black Cumin liquid

Seed Oil · Organic
 2.0 – 2.4% Thymoquinone

Reduces Allergy Symptoms Including Inflammation

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



Each teaspoon contains

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

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-R1

✓ Allergy Relief · ✓ Blood-Glucose Management
 ✓ Cholesterol Management · ✓ Heart Function
 ✓ Herbal Extracts

Black Cumin (Fermented): Organic

Fermented Black Cumin Seed Whole-Food Powder



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

Naturally fermented for rich flavour and amplified nutritional status.

Ingredient

Organic fermented black cumin seed.

Recommended use

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

Nutrition Facts • Per ½ tsp. (1.5 g)

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

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

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

NONTAXABLE ITEM

✓ Allergy Relief · ✓ Fermented Products · ✓ Herbal Extracts

Full line of fermented products, p. 91–93

Black Cumin softgels

Seed Oil 500 mg

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



Allergy Support

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

Each softgel contains

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

Other ingredients

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

Directions of use

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

Duration of use

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

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

✓ Allergy Relief · ✓ Blood-Glucose Management
 ✓ Cholesterol Management · ✓ Heart Function
 ✓ Herbal Extracts

New Product! Since March 2023

Black Cumin Seed Oil 1,000 mg Extra Strength

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

softgels



Allergy Support

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

Each softgel contains

Organic black cumin (*Nigella sativa*) seed oil, 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 · ✓ Blood-Glucose Management
- ✓ Cholesterol Management · ✓ Heart Function
- ✓ 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 80106851 · V0289-R2

- ✓ Herbal Extracts · ✓ Parasites and Fungi

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

- ✓ Herbal Extracts · ✓ Parasites and Fungi

Black Walnut Hull

organic tincture



Vermifuge · Eliminates *Tinea corporis*

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

Each teaspoon contains

a crude quantity equivalent of
Organic black walnut (*Juglans nigra*)
fruit green hull 703 mg

Other ingredients

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

Directions of use

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

Duration of use

For temporary use only.

#1627 · 50 ml · UPC 6-28747-21627-2
#1628 · 95 ml · UPC 6-28747-21628-9
NPN 80031291 · LM0007-R7

- ✓ Herbal Extracts · ✓ Parasites and Fungi



Blood Sugar Balance

capsules

Maintains Healthy Blood Sugar Levels

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

Each vegetable capsule contains

Gymnema sylvestre leaf extract,	
25% gymnemic acids	100 mg
Cassia cinnamon	
(Cinnamomum aromaticum) bark extract	93 mg
Bilberry (Vaccinium myrtillus) European fruit extract,	
25% anthocyanosides.	80 mg
Quercetin	75 mg
DL-alpha-Lipoic acid	50 mg
Grape (Vitis vinifera) seed extract,	
80% oligomeric proanthocyanidins.	38 mg
Banaba (Lagerstroemia speciosa) leaf extract,	
1% corosolic acid.	33 mg
Bitter melon (Momordica charantia) fruit extract	13 mg
Chancapiedra (Phyllanthus niruri) extract	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.	7.5 mg
Chromium (from chromium picolinate).	150 mcg

Other ingredients

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

Directions of use

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

Duration of use

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

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

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

NPN 80068848 · V0313-R5

✓ **Blood-Glucose Management**



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 and children (2–12 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

✓ **Herbal Extracts** · ✓ **Pain and Inflammation**

Borage Oil

softgels

Made with Organic Borage

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) (24%) 264 mg

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

Cold-pressed.

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.

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

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

NPN 80097675 · V0704-R1

✓ **Beauty** · ✓ **Fatty Acids** · ✓ **Skin** · ✓ **Women's Health**



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%



Boron

3 mg

capsules



Calcium Metabolism

Helps maintain healthy calcium metabolism.

Each vegetable capsule contains

Boron (from boron citrate) 3 mg

Other ingredients

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

Directions of use

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

#0436 · 90 vegetable capsules · UPC 6-28747-10436-4
NPN 80044094 · V0216-R4

✓ Bone Health · ✓ Menopause · ✓ Vitamins/Minerals

Boswellia

Extract · 380 mg

capsules



Helps to Relieve Joint Pain

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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

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

✓ Herbal Extracts · ✓ Pain and Inflammation

Breathe Easy:

New Roots Herbal's

Breathe Easy

Made with Organic Plantain and Lobelia

capsules



Respiratory Relaxant and Expectorant

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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

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

✓ Cold and Flu · ✓ Herbal Extracts

Bromelain:

Ultimate Bromelain

500 mg · 2,400 UDG/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

Cacay Seed Oil

Wildcrafted



Reduces the Signs of Aging

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

Each bottle contains

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

Ingredients

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

Directions of use

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

#2304 · 15 ml · UPC 6-28747-22304-1
#2305 · 30 ml · UPC 6-28747-22305-8
OM0071B-R2

✓ Beauty · ✓ Exotic Oils

Full line of exotic oils, p. 84–87

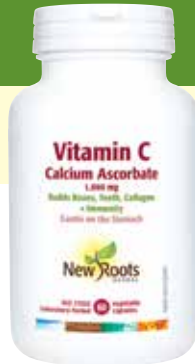
Calcium Ascorbate:

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 · ✓ Joint Health
✓ Vitamins/Minerals

Full line of vitamin C products, p. 228–230

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

#0031 · 454 g / ≈415 doses · UPC 6-28747-00031-4

NPN 80066047 · P0023

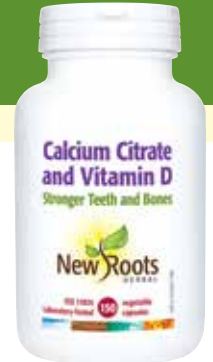
✓ Antioxidants · ✓ Cold and Flu · ✓ Joint Health
✓ Vitamins/Minerals

Full line of vitamin C products, p. 228–230

Calcium Citrate and Vitamin D

capsules

Stronger Teeth and Bones



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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

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

✓ Bone Health · ✓ Vitamins/Minerals

Calcium Ascorbate:

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

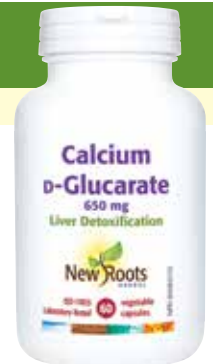
Adults: Stir ¼ teaspoon into juice, water, or food once or twice daily, or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before

Calcium D-Glucarate

650 mg

capsules

Liver Detoxification



Helps to support glucuronidation, a liver detoxification pathway.

Each vegetable capsule contains

Calcium D-glucarate 650 mg

Other ingredients

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

Directions of use

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

Duration of use

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

#2277 · 60 vegetable capsules · UPC 6-28747-12277-1
NPN 80083170 · V0402-R1

✓ Detoxification · ✓ Vitamins/Minerals · ✓ Women's Health

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

Winston Churchill

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.

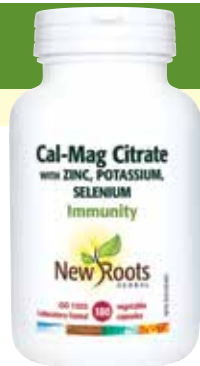
#0784 · 90 vegetable capsules · UPC 6-28747-10784-6

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

NPN 80028481 · V0155-R2

✓ Bone Health · ✓ Vitamins/Minerals

Full line of magnesium supplements, p. 128–131

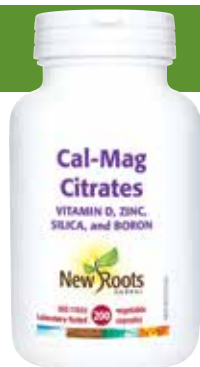


Cal-Mag Citrates capsules Vitamin D, Zinc, Silica, and Boron

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

Each vegetable capsule contains

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



Other ingredients

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

Directions of use

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

Duration of use

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

#1468 · 100 vegetable capsules · UPC 6-28747-11468-4

#1470 · 200 vegetable capsules · UPC 6-28747-11470-7

NPN 80033666 · V0406-R2

✓ Bone Health · ✓ Vitamins/Minerals

Full line of magnesium supplements, p. 128–131

Candida Stop capsules

15- or 30-Day Supply

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

Each vegetable capsule contains

Caprylic acid (calcium caprylate)	90 mg
Caprylic acid (magnesium caprylate)	90 mg
Odourless garlic (<i>Allium sativum</i>)	
bulb extract, 1% allicin	62.5 mg
Oregano (<i>Origanum vulgare</i>) leaf extract, 30% carvacrol	55 mg
Grapefruit seed extract*	50 mg
Suma (<i>Hebanthe eriantha</i>) root	50 mg
<i>Echinacea (Echinacea purpurea)</i>	
root extract, 4% polyphenols	25 mg
Pau d'arco (<i>Tabebuia heptaphylla</i>) inner bark	25 mg
Caprylic acid (zinc caprylate)	20 mg
Black walnut (<i>Juglans nigra</i>) hull 4:1 extract	8 mg
Selenium (from yeast-free L-selenomethionine)	25 mcg

*Combination of natural extracts of grapefruit, lemon, and tangerine seeds.

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 80066778 · V0428-R10

✓ Parasites and Fungi

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

Andy Rooney

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

✓ **Parasites and Fungi**



Cardio Flow

capsules

Supports Cardiovascular Health

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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

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

NPN 80069470 · V0325-R6

✓ **Cardiovascular Health** · ✓ **Heart Function**

✓ **Vitamins/Minerals**



Organic

Cardiac Health

Tincture

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

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

✓ **Cardiovascular Health** · ✓ **Cholesterol Management**

✓ **Heart Function** · ✓ **Herbal Extracts**



Carnitine:

L-Carnitine Tartrate

750 mg

capsules

Athletic Workout Muscle Recovery

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

Each vegetable capsule contains

L-Carnitine tartrate 750 mg

Providing:

L-Carnitine 500 mg



Continues on next page ↓

↓ Continued from previous page

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 / Proteins · ✓ Cardiovascular Health
- ✓ Men's Fertility · ✓ Sport Nutrition · ✓ Weight Management
- ✓ Women's Fertility and Sexual Health

Cascara Sagrada 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 · ✓ Herbal Extracts



New Product! Since August 2023

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. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil. Do not use if you are pregnant or breast-feeding; if you have epilepsy; or if you have broken, irritated, or sensitive skin. May cause allergic reaction; in which case, discontinue use and consult a health-care practitioner.

Duration of use

For external and occasional use only.

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

- ✓ Essential Oils

Full line of essential oils, p. 76–83

Chaga Extract capsules

350 mg · Hot-Water Extract
Medicinal Mushrooms
Immune Support · Harmony
40% Polysaccharides

Source of fungal polysaccharides with immunomodulating properties.

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

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

- ✓ Immune Health · ✓ Medicinal Mushrooms

Full line of medicinal mushrooms, p. 136–141



Chaga Tea chunks

Immunity · European Wild-Crafted

Our wild-crafted chaga is 100% sustainably sourced from living trees in Europe, 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. **Chunk size varies from bag to bag, so feel free to experiment to find your optimum desired strength.**

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

- ✓ Immune Health · ✓ Medicinal Mushrooms · ✓ Teas / Herbal Teas

Full line of medicinal mushrooms, p. 136–141



Chill Pills:
New Roots Herbal
Chill Pills

capsules



Relaxation

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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

Duration of use

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

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

NPN 80084696 · V0324-R7

✓ **Mood Enhancement** · ✓ **Stress Management**

Full line of antistress products, p. 202-205

Chlorella

capsules

Broken-Cell · 455 mg

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**, 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** · ✓ **Green Foods**

Chlorella

powder

Organic

Clean Green Superfood

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.

#1650 · 150 g / ≈ 60 doses · UPC 6-28747-01650-6

#1647 · 227 g / ≈ 90 doses · UPC 6-28747-01647-6

#1648 · 454 g / ≈ 181 doses · UPC 6-28747-01648-3

NPN 80073351 · P0622

✓ **Detoxification** · ✓ **Green Foods**



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 (*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 sardines (*Sardina pilchardus*)
and whole anchovies (*Engraulis encrasicolus*) 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 · ✓ Fatty Acids · ✓ Fish Oils · ✓ Memory Help
✓ Neurological Health

Children's Multi powder

Advanced 18-Ingredient Formula

Natural Berry-Lemon Flavour
Health + Immunity
SUGAR-FREE



A multivitamin and mineral supplement for the maintenance of good health. Helps the body metabolize nutrients. Calcium, magnesium, and vitamin C help in the development and maintenance of bones and teeth. Thiamine helps normal growth. Niacinamide helps normal growth and development. Zinc helps maintain healthy skin, and helps maintain immune function.

Each dose of 6.356 g (approx. 1 scoop) contains

Vitamin C (ascorbic acid)	250 mg
Calcium (from calcium citrate)	100 mg
Magnesium (from magnesium bisglycinate)	50 mg
Choline (from choline citrate)	40 mg
Vitamin B1 (thiamine hydrochloride)	10 mg
Vitamin B2 (riboflavin-5'-phosphate sodium)	10 mg
Vitamin B3 (niacinamide)	10 mg
Vitamin B5 (calcium D-pantothenate)	10 mg
Vitamin B6 (pyridoxal-5'-phosphate)	10 mg
Iron (from iron bisglycinate)	2 mg
Zinc (from zinc citrate)	2 mg
Vitamin B12 (methylcobalamin)	500 mcg
Folate (from calcium L-5-methyltetrahydrofolate)	400 mcg
Biotin	300 mcg
Copper (from copper citrate)	200 mcg
Iodine (from Norwegian kelp [<i>Ascophyllum nodosum</i>])	70 mcg
Vitamin D3 (cholecalciferol)	400 IU (10 mcg)

Other ingredients

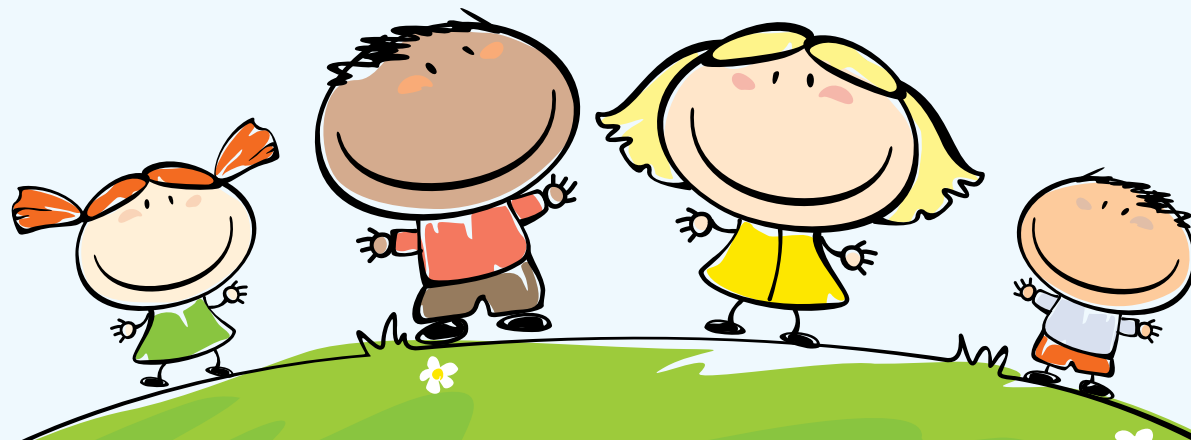
Silicon dioxide, mixed tocopherols (from non-GMO sunflower), natural berry flavour, natural lemon flavour, L-malic acid, stevia (*Stevia rebaudiana*) leaf extract, and microcrystalline cellulose.

Directions of use

Children ≥ 4 years old: Mix ½ scoop once or twice daily in 6 oz. of unsweetened fruit juice. Stir well until dissolved. If you are taking other medications, take this product a few hours before or after them.

#1794 · 300 g / 94 doses · UPC 6-28747-01794-7
NPN 80088770 · PM0001-R12

✓ Children's Health · ✓ Vitamins/Minerals



Children's Products



Children's Omega-3

550 mg EPA · 225 mg DHA
chewable softgels

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



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

Four chewable softgels contain

Fish oil (omega-3 from wild, deep-sea whole sardines [*Sardina pilchardus*] and whole anchovies [*Engraulis encrasicolus*]), 1,680 mg

Providing

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

Ultrapure, pharmaceutical grade.

Other ingredients

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

Directions of use

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

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

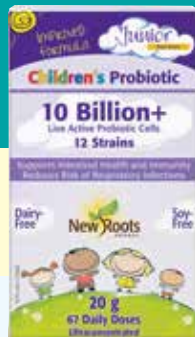
✓ Children's Health · ✓ Fish Oils

New Look! Improved Formula

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

Lactobacillus rhamnosus UB5115 6.629 billion CFU
Lactobacillus casei UB1499 1.284 billion CFU

Bifidobacterium longum ssp. *infantis* UB9214 1.04 billion CFU
Lactobacillus rhamnosus GG 1 billion CFU
Bifidobacterium breve UB8674 214 million CFU
Bifidobacterium longum ssp. *longum* UB7691 214 million CFU
Lactobacillus acidophilus UB5997 18 million CFU

Plant Strain

Lactobacillus plantarum UB2783 50 million CFU

Dairy Strains

Lactobacillus reuteri UB2419 351 million CFU
Lactobacillus helveticus UB7229 43 million CFU
Lactobacillus paracasei UB1978 36 million CFU
Lactobacillus johnsonii UB3394 9 million CFU

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

Other ingredients

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

Directions of use

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

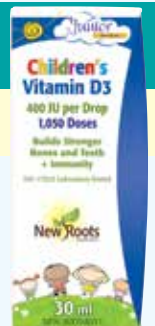
#1821 · 20 g / 67 daily doses · UPC 6-28747-01821-0
NPN 80112688 · PM0009-R5

✓ Children's Health · ✓ Probiotics

Children's Vitamin D3

400 IU per Drop · 1,050 Doses liquid

Builds Stronger Bones and Teeth
+ Immunity



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

Each drop contains

Vitamin D3 (cholecalciferol) 10 mcg (400 IU)

Other ingredient

Medium-chain triglycerides (MCT).

Directions of use

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

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

✓ Children's Health · ✓ Vitamins/Minerals

Cho-less-terin softgels

With beta-Sitosterols · Synergistic

Lowers LDL Cholesterol and Total Cholesterol

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

Each softgel contains

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

Providing:

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

Other ingredients

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

Directions of use

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

Duration of use

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

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

✓ Cholesterol Management · ✓ Herbal Extracts



Chromium Picolinate capsules

200 mcg

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/Minerals



Chromium Picolinate capsules

500 mcg

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/Minerals



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

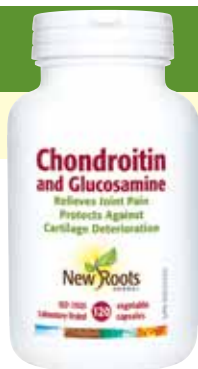
Adults ≥ 19 years old: Take 3 capsules daily or as directed by your health-care practitioner.

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



New Product! Since August 2023

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. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil. Do not use if you are pregnant or breast-feeding; if you have epilepsy; or if you have broken, irritated, or sensitive skin. May cause allergic reaction; in which case, discontinue use and consult a health-care practitioner.

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. 76–83

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 · ✓ Herbal Extracts

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
#2241 · 450 g / 90 doses · UPC 6-28747-02241-5
NPN 80078773 · P0759-R1

✓ Detoxification · ✓ 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 · ✓ Memory Help · ✓ Vitamins/Minerals

Full line of magnesium supplements, p. 128–131

New Product! Since August 2023

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. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil. Do not use if you are pregnant or breast-feeding; if you have epilepsy; or if you have broken, irritated, or sensitive skin. May cause allergic reaction; in which case, discontinue use and consult a health-care practitioner.

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. 76–83



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 107× 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	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

✓ Herbal Extracts · ✓ Urogenital Health

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. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil.



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. 76–83

Clove Leaf Organic Essential Oil

Syzygium aromaticum
100% Pure · Certified Organic

Used in aromatherapy to help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis. Used in aromatherapy to help relieve colds/cough.

Each drop contains

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

Active compounds

Eugenol and beta-carophyllene.

Directions of use

Adults: Mix with vegetable oil for topical application. Use undiluted for direct or steam inhalation. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil.

Duration of use

For occasional use only.

#2140 · 15 ml · UPC 6-28747-22140-5
NPN 80079755 · O0052-R1

✓ Essential Oils

Full line of essential oils, p. 76–83



Clover: Red Clover Blossoms

390 mg capsules

Helps Relieve Bronchial Coughs

Traditionally used in herbal medicine as an antispasmodic to help relieve spasmodic cough, such as in bronchitis; as an alterative; as a sleep aid / mild sedative during times of mental stress, and to help relieve restlessness and/or nervousness (calmative).

Each vegetable capsule contains

Red clover (*Trifolium pratense*) flower 390 mg

Other ingredients

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

Directions of use

Menopausal or postmenopausal women: Take 6 capsules three times daily or as directed by your health-care practitioner.

#0823 · 100 vegetable capsules · UPC 6-28747-10823-2
NPN 80029915 · V0127-R3

✓ Cold and Flu · ✓ Herbal Extracts · ✓ Women's Health



Clover:

Red Clover Isoflavones

40% Standardized Extract capsules

Reduces Menopausal Symptoms

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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

Duration of use

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

#1350 · 60 vegetable capsules · UPC 6-28747-11350-2
NPN 80027780 · V0377-R4

✓ Bone Health · ✓ Herbal Extracts · ✓ Menopause



Cloves

500 mg

capsules

Relieves Bloating and Flatulence

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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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 · ✓ Herbal Extracts



“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

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

* Essential Amino Acid · ** Average Analysis

#2414 · 500 ml · UPC 6-28747-22414-7

#2415 · 1 litre · UPC 6-28747-22415-4

O0076-R1

NONTAXABLE ITEM

✓ Energy · ✓ Fatty Acids · ✓ 50+ Health · ✓ Keto Diet
✓ Memory Help · ✓ Sport Nutrition · ✓ Weight Management



Organic

Coconut MCT

Powder + Acacia Gum

Medium-Chain Triglycerides
Unflavoured · 70 Calories per Portion
Vegan · Ketogenic · Lactose- and
Gluten-Free · Non-GMO

Our medium-chain triglyceride (MCT) powder is sourced exclusively from organically grown coconuts. **Organic** acacia, a premium source of soluble fibre, gives our **Organic Coconut MCT Powder** a smooth blended texture. Superior fuel for brain and body. Easy to digest and metabolize. Ideal for keto diet.

Ingredient

Organic medium-chain triglycerides (from **organic** coconuts) and **organic** acacia gum.

Where to Use

Coffee · Dressing · Shake · Cooking

Nutrition Facts • Per 2 tbsp. (10 g)

	Calories 70	% Daily Value*		% Daily Value*
Fat 7 g.....	9 %	Cholesterol 0 mg		
Saturated 7 g + Trans 0 g ..	35 %	Sodium 0 mg.....	0 %	
Carbohydrate 3 g		Potassium 30 mg.....	1 %	
Fibre 3 g.....	11 %	Calcium 40 mg.....	3 %	
Sugars 0 g.....	0 %	Iron 0.3 mg.....	2 %	
Protein 0.1 g				

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

#2449 · 150 g / 15 portions · UPC 6-28747-02449-5

P0812-R1

NONTAXABLE ITEM

✓ Energy · ✓ Fatty Acids · ✓ 50+ Health · ✓ Keto Diet
✓ Memory Help · ✓ Sport Nutrition · ✓ Weight Management



Coconut Oil

1,000 mg · Cold-Pressed
Made with Organic Coconut

softgels

Source of MCTs

Organic, cold-pressed, and unrefined coconut oil. Source of antioxidants and a natural source of medium-chain fatty acids.

Each softgel contains

Organic, virgin coconut (Cocos nucifera) oil, hexane-free 1,000 mg

Other ingredients

Softgel composed of annatto extract, bovine gelatin, glycerin, and purified water.

Directions of use

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

#2026 · 120 softgels · UPC 6-28747-12026-5
NPN 80048756 · V0336-R3

✓ Fatty Acids · ✓ Keto Diet



Co-Enzyme Q10

100 mg

capsules

Supports Cardiovascular Health

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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

Duration of use

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

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

✓ Cardiovascular Health · ✓ Energy · ✓ Headache/Migraine
✓ Heart Function · ✓ Men's Fertility



Co-Enzyme Q10

30 mg

capsules

Supports Cardiovascular Health

An antioxidant for the maintenance of good health. 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

✓ Cardiovascular Health · ✓ Energy · ✓ Headache/Migraine
✓ Heart Function · ✓ Men's Fertility



Co-Enzyme Q10

200 mg

capsules

Supports Cardiovascular Health

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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

Duration of use

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

#2072 · 30 vegetable capsules · UPC 6-28747-12072-2
#2126 · 60 vegetable capsules · UPC 6-28747-12126-2
NPN 80071034 · V0570-R1

✓ Cardiovascular Health · ✓ Energy · ✓ Headache/Migraine
✓ Heart Function · ✓ Men's Fertility



Co-Enzyme Q10

60 mg

capsules

Supports Cardiovascular Health

An antioxidant for the maintenance of good health. 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.

#0681 · 30 vegetable capsules · UPC 6-28747-10681-8
#0682 · 60 vegetable capsules · UPC 6-28747-10682-5
NPN 80009243 · V0093-R2

✓ Cardiovascular Health · ✓ Energy · ✓ Headache/Migraine
✓ Heart Function · ✓ Men's Fertility



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

Edith Wharton

Co-Enzyme Q10 capsules 300 mg

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

✓ Cardiovascular Health · ✓ Energy · ✓ Headache/Migraine
✓ Heart Function · ✓ Men's Fertility

CoQ10 (Slow Release): Slow Release CoQ10 capsules

Supports Cardiovascular Health Helps Prevent Migraines

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



Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

Duration of use

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

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

✓ Cardiovascular Health · ✓ Energy · ✓ Headache/Migraine
✓ Men's Fertility · ✓ Neurological Health

Cold & Flu capsules

Reduces Symptoms and Severity Immune Support

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



Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

Duration of use

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

#2203 · 15 vegetable capsules · UPC 6-28747-12203-0
#2204 · 30 vegetable capsules · UPC 6-28747-12204-7
NPN 80105919 · V0576-R6

✓ Cold and Flu · ✓ Herbal Extracts · ✓ Immune Health

Collagen

62-63



Look Great, Feel Better!

with Our Collagen Products

Multi 5 Collagen 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, 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

- ✓ Beauty • ✓ Bone Health • ✓ 50+ Health • ✓ Functional Foods
- ✓ Hair • ✓ Joint Health • ✓ Muscle Support • ✓ Nails • ✓ Skin
- ✓ Sport Nutrition

Multi 5 Collagen powder

with Delicious Organic Cocoa



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

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

Ingredients

Hydrolyzed bovine collagen, organic cocoa powder, beef bone broth collagen, chicken collagen, eggshell membrane collagen, and hydrolyzed fish collagen. Contains: Eggs, fish (cod [*Gadus morhua*], saithe [*Pollachius virens*], haddock [*Melanogrammus aeglefinus*], and plaice [*Pleuronectes platessa*]).

Directions of use

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

Nutrition Facts • Per 5 tsp. (12 g)

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

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

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

#2547 • 400 g / 33 portions • UPC 6-28747-02547-8

PM0855-R2

NONTAXABLE ITEM

- ✓ Beauty • ✓ Bone Health • ✓ 50+ Health • ✓ Functional Foods
- ✓ Hair • ✓ Joint Health • ✓ Muscle Support • ✓ Nails • ✓ Skin
- ✓ Sport Nutrition



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

Pür Collagen

capsules

Body Renew · 500 mg

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 · ✓ Bone Health · ✓ 50+ Health · ✓ Hair · ✓ Joint Health
✓ Nails · ✓ Skin · ✓ Sport Nutrition



New Product! Since May 2023

Pür Collagen+

powder

Joint Recovery
Healthy Cartilage and Bones

20 g Collagen (Hydrolyzed)

+ 120 mg Hyaluronic Acid (HA)

per Daily Dose · Bovine Sourced

Grass-Fed · Pasture-Raised · Unflavoured



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

Each scoop contains

Hydrolyzed collagen—types I, II, and III (from bovine) . . . 10 g

Hyaluronic acid (from sodium hyaluronate) 60 mg

Vitamin C (ascorbic acid) 50 mg

Directions of use

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

Duration of use

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

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

NPN 80116345 · PM0941-R1

✓ Bone Health · ✓ 50+ Health · ✓ Joint Health · ✓ Sport Nutrition

Pür Collagen

capsules

Radiant Skin · 500 mg

Marine-Sourced · With 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

Hydrolyzed collagen—type I, 6% elastin
(from fish skin and bones)

(Collective™) 500 mg

Sustainably sourced

Other ingredients

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

Directions of use

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

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

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

NPN 80086909 · V0621-R1

✓ Beauty · ✓ 50+ Health · ✓ Hair · ✓ Nails · ✓ Skin

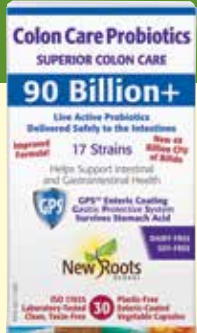


Improved Formula! Now 49 Billion CFU of Bifido

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

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

Plant Strain

Lactobacillus plantarum UB2783	7 billion CFU
Lactobacillus brevis UB1214	500 million CFU

Dairy Strains

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

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

Other ingredients

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

Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 h before or after them.

#2153 · 30 vegetable capsules · UPC 6-28747-12153-8
 NPN 8012071 · V0614-R2

✓ Digestive Health · ✓ 50+ Health · ✓ Immune Health · ✓ Probiotics

Full line of probiotics, p. 166–179

“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

Colostrum

capsules

30% IgG Immunoglobulin

Immune Support Upper Respiratory Tract

Helps to support immune function within the upper respiratory tract. Probiotics that temporarily modify gut flora. Helps support the immune system. New Roots Herbal's **Colostrum** is standardized to 30% IgG and 100% pure, low-heat-processed to ensure potency.



Each vegetable capsule contains

Bovine colostrum (from <i>Bos taurus</i>)	480 mg
30% immunoglobulins G (IgG)	480 mg
Mix of 1.2 billion probiotics (11 strains, whole cells)	34 mg
Lactobacillus rhamnosus R0011	480 million CFU
Lactobacillus rhamnosus R1039	360 million CFU
Lactobacillus acidophilus R0418	66 million CFU
Lactobacillus helveticus R0052	60 million CFU
Lactobacillus plantarum R1012	48 million CFU
Lactobacillus casei R0215	48 million CFU
Bifidobacterium longum ssp. infantis R0033	36 million CFU
Bifidobacterium breve R0070	36 million CFU
Bifidobacterium longum ssp. longum R0175	36 million CFU
Streptococcus salivarius ssp. thermophilus R0083	24 million CFU
Lactobacillus delbrueckii ssp. bulgaricus R9001	6 million CFU

Other ingredients

Arabinogalactan, inulin, potato starch, vitamin C (ascorbic acid), and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

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

Duration of use

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

#0283 · 60 vegetable capsules · UPC 6-28747-10283-4
 #0273 · 120 vegetable capsules · UPC 6-28747-10273-5
 NPN 80069549 · V0201-R3

✓ Amino Acids / Proteins · ✓ Digestive Health · ✓ Immune Health
 ✓ Sport Nutrition

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 <i>Bos taurus</i>)	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 · UPC 6-28747-00872-3
 NPN 80032126 · P0253

✓ Amino Acids / Proteins · ✓ Digestive Health · ✓ Immune Health
 ✓ Sport Nutrition

New Product! Since January 2023

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

- ✓ Bone Health · ✓ Immune Health · ✓ Neurological Health
- ✓ Vitamins/Minerals

Cordyceps

500 mg · Hot-Water Extract

capsules



Medicinal Mushrooms
Immune Support · Vitality
20% beta-Glucans
from 40% Polysaccharides

Source of fungal polysaccharides with immunomodulating properties.

Each vegetable capsule contains

Cordyceps (*Paecilomyces hepiali*) mushroom extract standardized to 40% polysaccharides, 20% beta-glucans 500 mg Hot-water extraction.

Other ingredients

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

Directions of use

Adults: Take 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

- ✓ Energy · ✓ 50+ Health · ✓ Immune Health
- ✓ Medicinal Mushrooms · ✓ Sport Nutrition

Full line of medicinal mushrooms, p. 136–141

Cordyceps Militaris

400 mg · Hot-Water Extract

capsules



Medicinal Mushrooms
Immune Support · Vigour
20% beta-Glucans
from 40% Polysaccharides

Source of fungal polysaccharides with immunomodulating properties.

Each vegetable capsule contains:

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

Other ingredients

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

Directions of use

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

#2672 · 60 vegetable capsules · UPC 6-28747-12672-4
NPN 80105570 · V0698-R1

- ✓ Energy · ✓ 50+ Health · ✓ Immune Health
- ✓ Medicinal Mushrooms · ✓ Sport Nutrition

Full line of medicinal mushrooms, p. 136–141

Coriolus:

Turkey Tail

500 mg · Hot-Water Extract of Coriolus

capsules



Medicinal Mushrooms
Immune Support · Antioxidant
50% beta-glucans
from 55% Polysaccharides

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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

#1864 · 60 vegetable capsules · UPC 6-28747-11864-4
NPN 80070797 · V0506-R4

- ✓ Immune Health · ✓ Medicinal Mushrooms

Full line of medicinal mushrooms, p. 136–141

“Life is ten percent what happens to you and ninety percent how you respond to it.”

Lou Holtz

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. 136–141



New Product! Since August 2023

Cornmint
Pure Essential Oil
Mentha arvensis

100% Pure · Clean · Unadulterated

Aroma: Fresh, herbal, minty.

Attributes: Refreshing, stimulating, revitalizing.

Scent note: Top Note 🌊

Each drop contains

Cornmint (*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. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil. Do not use if you are pregnant or breast-feeding; if you have epilepsy; or if you have broken, irritated, or sensitive skin. May cause allergic reaction; in which case, discontinue use and consult a health-care practitioner.

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. 76–83



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 107× 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

✓ Antioxidants · ✓ Herbal Extracts · ✓ Urogenital Health
 ✓ Women's Health



Cranberry Seed Oil
 Certified Organic

Reduces the Look of Aging

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

Each bottle contains

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

Ingredients

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

Directions of use

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

#2101 · 15 ml · UPC 6-28747-22101-6
 OM0051-R2

✓ Beauty · ✓ Exotic Oils · ✓ Skin

Full line of exotic oils, p. 84–87



“I’m convinced of this: Good done anywhere is good done everywhere. For a change, start by speaking to people rather than walking by them like they’re stones that don’t matter. As long as you’re breathing, it’s never too late to do some good.”

Maya Angelou

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

✓ Antioxidants · ✓ Blood-Glucose Management
✓ Cholesterol Management · ✓ Herbal Extracts
✓ Mood Enhancement · ✓ Pain and Inflammation

Cysteine:

L-Cysteine

500 mg

capsules

Amino Acid · Exercise Support

L-Cysteine helps to promote improved oxidative status, and is a source of antioxidants for the maintenance of good health, especially for those participating in regular intense exercise.

Each vegetable capsule contains

L-Cysteine hydrochloride. 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 with a meal or as directed by your health-care practitioner.

Duration of use

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

Note: This product has an odour which is characteristic of natural L-cysteine.

#0125 · 50 vegetable capsules · UPC 6-28747-10125-7
NPN 80025197 · V0099-R1

✓ Amino Acids / Proteins · ✓ Antioxidants · ✓ Detoxification
✓ Immune Health



D-Mannose

Powder · 100% Pure

powder

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 Health · ✓ Women's Health

D-Mannose

& Cranberry

With *L. rhamnosus* Probiotic

powder

UTI Prevention and Control



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 107× concentrate 600 mg

Lactobacillus rhamnosus R0011 500 million CFU

Directions of use

Adults: 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 80038358 · PM0574-R1

✓ Probiotics · ✓ Urogenital Health · ✓ Women's Health

An open-label clinical study (*detailed report next page*)

was conducted by Nafarco Pharmacies to evaluate

the effectiveness of **New Roots Herbal's**

D-Mannose & Cranberry formula in eradicating

Escherichia coli bacteria in women with recurrent cystitis.

Twenty women took 2 scoops twice daily for two days;

then, 2 scoops once daily for five days; finally, after

7 days of rest, ⅔ scoops daily for 10 days.

Symptoms improved after the first week of treatment,

and were reduced by 90% over the entire treatment

period. For 84% of the cohort studied, no recurrence

occurred. Also, a trend of effectiveness was observed in

relation to body mass index (BMI).

The results spoke for themselves, as all participants would either take the product again or recommend it to family or friends.

The Natural Treatment of Recurring Cystitis with D-Mannose & Cranberry

OBJECTIVE

The objective of this open-label clinical study was to investigate the efficacy and effectiveness of D-Mannose & Cranberry supplement on the eradication of the bacterium *Escherichia coli* in women with recurrent cystitis. The trial was conducted by Nafarco Pharmacies as part of the "Different Pharmacy Plan."

INGREDIENTS

D-Mannose..... 4,800 mg
 Cranberry (*Vaccinium macrocarpon*) fruit 107× concentrate 600 mg
Lactobacillus rhamnosus R0011 500 million CFU (2.5 mg)
 and traces of milk and soy

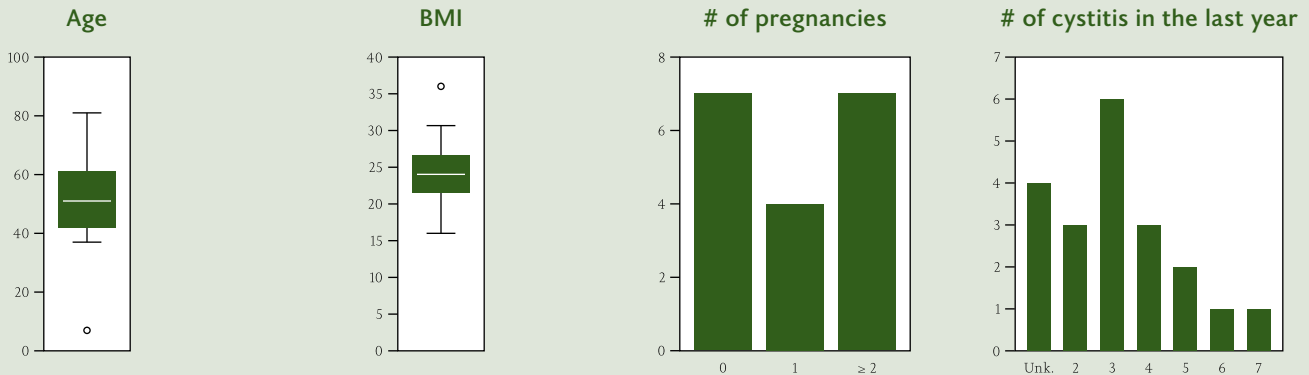


POSOLOGY

3 teaspoons two times per day, for two days. 3 teaspoons, once per day until the end of the bottle. 7 days of rest. 1 teaspoon once per day for 10 days.

MATERIALS AND METHODS

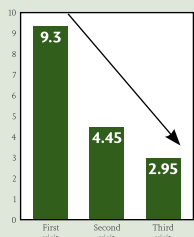
The study population consisted of 20 women with recurrent cystitis who met the inclusion and exclusion criteria. The study demographic information was as follows:



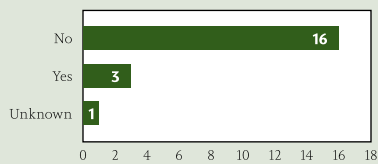
RESULTS

Measurement scale in symptomatology ranging from 0 (absence of symptoms) to 32 (maximum symptomatology).

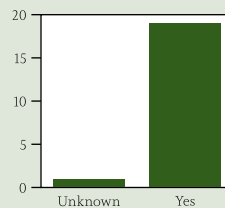
Symptom progression in the study population



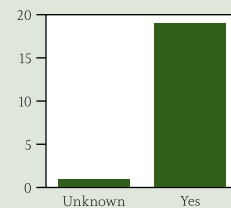
Recurrence at follow-up



Would take again



Would recommend



CONCLUSIONS

- The symptomatology of 90% of the study population has been reduced throughout the treatment period.
- Symptoms were reduced as of the first visit (1 week of treatment).
- In 84.21% of the study population, no recurrence occurred at the follow-up after the end of the treatment period.
- One trend in effectiveness was observed in relation in BMI.
- 100% of the respondents would 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-R2

✓ Memory Help · ✓ Mood Enhancement · ✓ Neurological Health
✓ Stress Management · ✓ Vitamins/Minerals

Full line of B vitamins, p. 222–227



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

✓ Herbal Extracts · ✓ Sleep Aids · ✓ Stress Management

Full line of antistress products, p. 202–205

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.

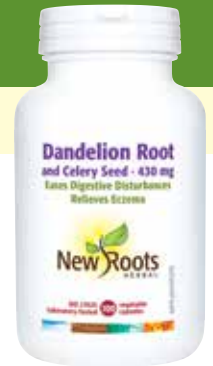
Duration of use

For occasional use only.

#0835 · 100 vegetable capsules · UPC 6-28747-10835-5

NPN 80035276 · V0113-R3

✓ Detoxification · ✓ Digestive Health · ✓ Herbal Extracts



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.

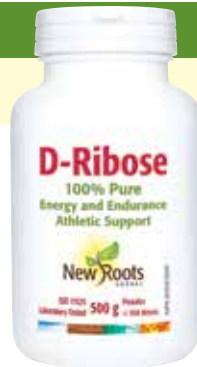
#0294 · 100 g / ≈ 20 doses · UPC 6-28747-00294-3

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

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

NPN 80041899 · P0257

✓ Cardiovascular Health · ✓ Energy · ✓ Sport Nutrition



Devil's Claw

capsules

525 mg

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

✓ Herbal Extracts · ✓ Pain and Inflammation



D-Stress

softgels

Organic Lavender Oil

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.



Digestive Enzymes

capsules

With Betaine Hydrochloride and Ox Bile

These digestive enzymes combine pancreatin, betain, ox bile, papain, and pepsin.

Each vegetable capsule contains

Pancreatic enzymes (from pork [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.

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

✓ Digestive Health · ✓ Enzymes · ✓ 50+ Health



DMSO Liquid

Pain Reduction · Muscles, Tendons, Ligaments, Knees, Hips, Shoulders, Elbows, and Wrists

Helps to temporarily reduce the pain associated with musculoskeletal conditions of the large joints, such as posttraumatic soft-tissue injuries, acute bursitis, strains, and sprains.

Medicinal ingredients

DMSO (methyl sulfoxide 99.9%) 90%

Other ingredient

Purified water (10%).

Directions of use

Adults: Apply 8–12 ml on affected area three times daily or as directed by your health-care practitioner. Make sure the affected area is thoroughly cleansed before application. Wash your hands before and after application. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with water. For external use only.

#1968 · 50 ml · UPC 6-28747-21968-6

#1970 · 95 ml · UPC 6-28747-21970-9

NPN 80058315 · LM0135-R1

✓ Antioxidants · ✓ Joint Health · ✓ Pain and Inflammation



Dong Quai

capsules

Women's Ginseng · 500 mg

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

✓ Herbal Extracts · ✓ Menopause · ✓ Women's Health



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 2–4 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 80030328 · V0265-R2

✓ Amino Acids/Proteins · ✓ Antioxidants · ✓ Mood Enhancement
✓ Sport Nutrition · ✓ Stress Management



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

#1709 · 95 ml · UPC 6-28747-21709-5

NPN 80051823 · LM0015-R5

✓ Cold and Flu · ✓ Herbal Extracts · ✓ Immune Health



Elderberry Fruit

whole dried berries

Sambucus nigra ssp. nigra
From Northern Europe
Premium Quality

Dried elderberry fruit has never tasted better. They are air-dried to preserve its distinctive rich flavour, with a touch of natural tartness. Cooked berries (simmered for at least 10 minutes) may be added to cereals, oatmeal, granola, smoothies, or yogurt; used as garnish; and for baking.

Ingredient

Whole dried Northern-European elderberry fruit. Does not contain any stems, leaves, or bark.

How to make elderberry tea

Add 1 teaspoon of berries to 250 ml of hot water. Let steep for 5 to 10 minutes. Strain and serve. For stronger tea, steep longer, simmer on stove top, or use more berries. Soaked berries may be re-steeped a second time.

Tip: Add cloves, ginger, and cinnamon; sweeten to taste with your favourite New Roots Herbal sweetener.

Do not ingest raw, uncooked European elderberries.

#2544 · 50 g / 20 portions · UPC 6-28747-02544-7
P0859-R1

NONTAXABLE ITEM

✓ Functional Foods · ✓ Teas/Herbal Teas



Echinacea

capsules

Root · 400 mg
Made with Organic Echinacea

Helps Relieve Sore Throats and Respiratory Tract Infections

Traditionally used in herbal medicine to help relieve the symptoms of upper respiratory tract infections. Traditionally used in herbal medicine to help relieve sore throats.

Each vegetable capsule contains

Organic echinacea (Echinacea angustifolia) root 200 mg

Organic echinacea (Echinacea purpurea) root. 200 mg

Other ingredients

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

Directions of use

Adults and adolescents ≥ 15 years old: Take 2 capsules three times daily with meals or as directed by your health-care practitioner. Take at the first sign of infection.

Duration of use

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

#0269 · 90 vegetable capsules · UPC 6-28747-10269-8

NPN 80042503 · V0025-R3

✓ Cold and Flu · ✓ Herbal Extracts · ✓ Immune Health



Elderberry Juice

powder

Sambucus nigra ssp. nigra
From Northern Europe
160+ Dried Berries per Portion
5 Calories per Portion · 0% Sugar
Vegan · Gluten-Free · Non-GMO

Treating yourself to elderberry has never been easier or more delicious. Mix into water, sparkling water, juices, teas, smoothies, or yogurts. Make elderberry popsicles, jello, ice cream, dressings, sauces, and baked goods. Use as natural food colouring. Get creative! No sugar or artificial sweeteners added.

Ingredient

Northern-European elderberry juice concentrated powder (maltodextrin and elderberries).

Preparation

Add 1 teaspoon (2 g) to 250 ml of water or sparkling water.

Nutrition Facts • Per 1 tsp. (2 g)

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

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

#2645 · 100 g / 50 portions · UPC 6-28747-02645-1

P0860-R1

NONTAXABLE ITEM

✓ Functional Foods



“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

Elderberry ResQ

Concentrated Extract **capsules**
With Blackcurrant and Bilberry

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 (<i>Sambucus nigra</i> ssp. <i>nigra</i>) vfruit 50:1 extract	428 mg
European bilberry (<i>Vaccinium myrtillus</i>) fruit 100:1 extract, 25% anthocyanosides	37.5 mg
Blackcurrant (<i>Ribes nigrum</i>) 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

✓ Antioxidants · ✓ Cardiovascular Health · ✓ Cold and Flu
✓ Herbal Extracts · ✓ Immune Health



Elderberry ResQ

European Berries **fruit tincture**

Cold and Flu

Used in herbal medicine to help relieve symptoms of colds and flus (such as coughs, sore throat, and mucus buildup [catarrh] of the upper respiratory tract) and to promote sweating (diaphoretic) to help relieve fever.

Each 1 ml (40 drops) contains a crude quantity equivalent of

Elderberry (*Sambucus nigra* ssp. *nigra*) fruit 250 mg

Other ingredients

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

Directions of use

Adults and adolescents 14 years and over: Take 2 ml three times daily; **adolescents 10–13 years old:** Take 1 ml three times daily; **children 5–9 years old:** Take ½ ml three times daily; **children 2–4 years old:** Take ¼ ml three times daily; or as directed by your health-care practitioner.

Duration of use

For occasional use only.

#2566 · 50 ml / 25 doses · UPC 6-28747-22566-3
#2567 · 95 ml / 47 doses · UPC 6-28747-22567-0
NPN 80112083 · LM0155-R1

✓ Antioxidants · ✓ Cardiovascular Health · ✓ Herbal Extracts
✓ Immune Health



Elderberry ResQ

organic flower 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 1/3 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

✓ Antioxidants · ✓ Cardiovascular Health · ✓ Herbal Extracts
✓ Immune Health



Electrolytes

73

Energy

capsules

Improves Mental and Physical Performance

Siberian ginseng is used in herbal medicine to help improve mental or physical performance after periods of exertion, and as a tonic to help relieve general debility or to aid during convalescence.

Each vegetable capsule contains

D-Ribose	300 mg
Bee pollen	250 mg
Siberian ginseng (<i>Eleutherococcus senticosus</i>) root extract, 0.8% eleutherosides	100 mg
N,N-Dimethylglycine hydrochloride	35 mg
Astragalus (<i>Astragalus membranaceus</i>) root extract, 16% polysaccharides	20 mg
Red ginseng (<i>Panax ginseng</i>) leaf and root extract, 20% ginsenosides	10 mg

Other ingredients

Licorice (*Glycyrrhiza* spp.) root extract, 10% glycyrrhizic acid (25 mg); vegetable stearic acid; vegetable magnesium stearate; and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults ≥ 18 years old: Take 1 capsule once or twice daily or as directed by your health-care practitioner.

Duration of use

Consult a health-care practitioner for use beyond 1 month.

#0209 · 45 vegetable capsules · UPC 6-28747-10209-4
#0937 · 90 vegetable capsules · UPC 6-28747-10937-6
NPN 80045018 · V0061-R7

✓ Energy · ✓ Memory Help · ✓ Sport Nutrition



Lectro-Lytes

Electrolyte Rehydration Drink Mixes

Lectro-Lytes

powder

Coco-Pineapple
Electrolyte Rehydration Drink Mix

Rich in Vitamin C · No Added Sugar
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.

Directions of use

Add one scoop to 200 ml of water. Use once a day.

Nutrition Facts • Per 1 scoop (4.2 g)

Calories 0	% Daily Value*		% Daily Value*
Fat 0 g	0 %	Sodium 55 mg	2 %
Saturated 0 g + Trans 0 g	0 %	Potassium 200 mg	4 %
Carbohydrate 1 g		Calcium 100 mg	8 %
Fibres 0 g	0 %	Iron 0.1 mg	1 %
Sugars 0 g	0 %	Vitamin C 251 mg	279 %
Protein 0 g		Vitamin B6 10 mg	588 %
Cholesterol 0 mg		Magnesium 120 mg	29 %

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

#2490 · 168 g / 40 portions · UPC 6-28747-02490-7
PM0818-R1

NONTAXABLE ITEM

✓ Energy · ✓ Keto Diet · ✓ Sport Nutrition · ✓ Vitamins/Minerals

Lectro-Lytes

powder

Lemon-Lime
Electrolyte Rehydration Drink Mix

Rich in Vitamin C · No Added Sugar
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.

Directions of use

Add one scoop to 200 ml of water. Use once a day.

Nutrition Facts • Per 1 scoop (4.8 g)

Calories 5	% Daily Value*		% Daily Value*
Fat 0 g	0 %	Sodium 50 mg	2 %
Saturated 0 g + Trans 0 g	0 %	Potassium 200 mg	4 %
Carbohydrate 1 g		Calcium 100 mg	8 %
Fibres 0 g	0 %	Iron 0 mg	0 %
Sugars 0 g	0 %	Vitamin C 251 mg	279 %
Protein 0 g		Vitamin B6 10 mg	588 %
Cholesterol 0 mg		Magnesium 120 mg	29 %

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

#2488 · 192 g / 40 portions · UPC 6-28747-02488-4
PM0814-R1

NONTAXABLE ITEM

✓ Energy · ✓ Keto Diet · ✓ Sport Nutrition · ✓ Vitamins/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.

Energy Cleanse kit

Easy and Effective Cleansing Program
Detoxify and Revitalize
30-Day Program



Energy Cleanse I: Milk thistle is traditionally used in herbal medicine to help relieve digestive disturbances/dyspepsia. Provides antioxidants. **Energy Cleanse I** is used as a liver protectant; to help to support liver function. • **Energy Cleanse II:** Used in herbal medicine to promote bowel movement and for the short-term relief of occasional constipation. **Energy Cleanse II** is to be used as a laxative.

Energy Cleanse I: Each vegetable capsule contains

Milk thistle (*Silybum marianum*) seed extract,
80% silymarin..... 250 mg

Black Spanish radish (*Raphanus sativus* var. *niger*) root... 175 mg

Red beet (*Beta vulgaris*) root..... 150 mg

N-Acetyl-L-cysteine..... 25 mg

Artichoke (*Cynara cardunculus*) leaf extract, 5% cynarin... 25 mg

Calcium D-glucarate..... 25 mg

Dandelion (*Taraxacum officinale*) root extract, 3% flavonoids... 25 mg

DL-alpha-Lipoic acid..... 25 mg

Turmeric (*Curcuma longa*) root extract, 95% curcuminoids,
providing curcumin I, demethoxycurcumin,
and bisdemethoxycurcumin..... 25 mg

Other ingredients

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

Energy Cleanse II: Each vegetable capsule contains

Chinese rhubarb (*Rheum officinale*) root..... 150 mg

Cape aloe (*Aloe ferox*) leaf..... 125 mg

Cascara sagrada (*Frangula purshiana*) bark..... 125 mg

Magnesium hydroxide..... 125 mg

Marshmallow (*Althaea officinalis*) root..... 25 mg

Slippery elm (*Ulmus rubra*) bark..... 25 mg

Ginger (*Zingiber officinale*) rhizome..... 20 mg

Irish moss (*Chondrus crispus*) herb..... 20 mg

Beleric (*Terminalia bellirica*) fruit..... 8.33 mg

Haritaki (*Terminalia chebula*) fruit..... 8.33 mg

Indian gooseberry (*Phyllanthus emblica*) fruit..... 8.33 mg

Homeopathics

Calcium fluoride (*calcarea fluorica*, CaF₂) 6×, iron phosphate (*ferrum phosphoricum*) 3×, potassium chloride (*kali muriaticum*) 3×, sodium chloride (*natrum muriaticum*) 6×, sodium phosphate (*natrum phosphoricum*) 3×, sodium sulfate (*natrum sulphuricum*) 3×.

Other ingredients

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

Directions of use

Energy Cleanse I: Adults: Take 1 capsule with breakfast and 1 capsule with lunch, or as directed by your health-care practitioner.

Energy Cleanse II: Adults: Take 2 capsules in the evening or as directed by your health-care practitioner. Allow at least 6 to 12 hours for laxative effect to occur. If you are taking other medications or health products, take this product a few hours before or after them.

#1540 · Kit · UPC 6-28747-51540-5
NPN 80082540 · (I) V0416-R2 / (II) V0417-R2

✓ Detoxification

Erythritol: Sweet-to-Slim

Erythritol · Organic · 100% Pure

powder



Plant-Based Sweetener
No Aftertaste
0 Calories per Teaspoon

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-Slim** = 1 tsp. sugar

Nutrition Facts • Per 1 tsp. (4 g)

Calories 0	% Daily Value*	Per 1 tsp. (4 g)	% 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

✓ Blood-Glucose Management · ✓ Keto Diet
✓ Natural Sweeteners · ✓ Weight Management

Full line of natural sweeteners, p. 210–211

Essence:

New Roots **Essence** tincture

Removes Accumulated Waste
Products via Kidneys, Skin, and
Mucous Membranes

Traditionally used in herbal medicine as a diuretic, diaphoretic, and alterative to help remove accumulated waste products via the kidneys, skin, and mucous membranes.

Each tablespoon contains

a crude quantity equivalent of

Organic burdock (*Arctium lappa*) root..... 172 mg

Organic sheep sorrel (*Rumex acetosella*) herb top..... 86 mg

Pau d'arco (*Tabebuia heptaphylla*) inner bark..... 30.7 mg

Organic slippery elm (*Ulmus rubra*) bark..... 21 mg

Organic blessed thistle (*Cnicus benedictus*) herb top..... 8 mg

Organic red clover (*Trifolium pratense*) herb..... 8 mg

Organic watercress (*Nasturtium officinale*) herb..... 8 mg

Organic rhubarb (*Rheum plmatum*) root..... 5 mg

Other ingredients

Organic whole Norwegian kelp (*Ascophyllum nodosum*), organic alcohol 25% (from sugarcane), glycerin, and purified water. Steeped in organic alcohol (from organic sugarcane) for 21 days.

Directions of use

Adults: Take 3 tablespoons in the morning and 4 tablespoons in the evening or as directed by your health-care practitioner. Optional: To reduce the alcohol content, add 4 ounces of boiling water and let sit for 5 minutes. Can also be mixed with orange juice or your favourite juice.



Duration of use

For occasional use only.

#1977 · 500 ml / ≈9½ doses · UPC 6-28747-21977-8
NPN 80109774 · LM0136-R1

✓ Detoxification · ✓ Herbal Extracts · ✓ Immune Health

Essential oils 76-83

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. 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.
#2138 · 15 ml · UPC 6-28747-22138-2
NPN 80071187 · O0032B-R1
✓ Cold and Flu · ✓ Essential Oils

Full line of essential oils, p. 76-83

New Product! Since August 2023
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. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil. Do not use if you are pregnant or breast-feeding; if you have epilepsy; or if you have broken, irritated, or sensitive skin. May cause allergic reaction; in which case, discontinue use and consult a health-care practitioner.

Duration of use
For external and occasional use only.
#3202 · 30 ml · UPC 6-28747-13202-9
O0032-R1
✓ Essential Oils

Full line of essential oils, p. 76-83

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) 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-R4
✓ Beauty · ✓ Fatty Acids · ✓ Skin · ✓ Women's Health

Evening Primrose
Oil · 1,000 mg softgels



Made with Organic Evening Primrose · Eczema/Acne

Source of essential fatty acids for the maintenance of good health. Helps to reduce symptoms associated with acne; to relieve symptoms of mild cases of atopic dermatitis (eczema), roughness of the skin associated with atopic dermatitis (eczema), and inflammation associated with acne. Helps to maintain skin firmness and elasticity as well as to maintain or improve skin hydration.

Each softgel contains
Organic evening primrose (*Oenothera biennis*) seed oil, hexane-free 1,000 mg
Providing:
Linoleic acid (LA) (68%) 680 mg
gamma-Linolenic acid (GLA) (10%) 100 mg

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

Directions of use
Adults: For acne/eczema/skin moisture, hydration, elasticity and firmness: Take 2 softgels twice daily. As source of omega-6s / linoleic acid: Take 2 softgels daily. For all other uses: Take 2 softgels one to three times daily.

#1438 · 90 softgels · UPC 6-28747-11438-7
#1439 · 180 softgels · UPC 6-28747-11439-4
NPN 80092916 · V0401-R3
✓ Beauty · ✓ Fatty Acids · ✓ Skin · ✓ Women's Health

100% Pure/Organic 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 our 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.

How to Use an Essential Oil?

- In a traditional diffuser.
- Mix with water in spray bottle to create organic air freshener.
- Add to unscented creams, massage oils, or liquid soaps.

A Variety of Uses

Essential oils offer an excellent alternative to artificial scents often used in products such as **perfumes, cosmetics, air fresheners, cleaning products, candles, massage oils,*** etc.

Pleasant aromas can have a positive impact on our emotions and wellbeing, with varying scents having different influences on the body, mind, and spirit. There is no limit to using aromas to set the mood; energizing before an important event, calming to recuperate from a tough day, or serene to create a peaceful sleep environment.

*For topical use, mix with carrier oil.

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.

Keep It Pure!

Considering their wide range of uses, essential oils can easily be absorbed via the respiratory tract or through the skin. Quality and safety standards are crucial.

All New Roots Herbal essential oils are tested in our state-of-the-art ISO 17025-accredited laboratory to ensure they do not contain additives and are safe from heavy metals, herbicides, pesticides, solvents, and other environmental contaminants.

New Product! Since August 2023

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. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil. Do not use if you are pregnant or breast-feeding; if you have epilepsy; or if you have broken, irritated, or sensitive skin. May cause allergic reaction; in which case, discontinue use and consult a health-care practitioner.

Duration of use

For external and occasional use only.

#3199 · 30 ml · UPC 6-28747-13199-2

O0089-R1

✓ Essential Oils



New Product! Since August 2023

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. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil. Do not use if you are pregnant or breast-feeding; if you have epilepsy; or if you have broken, irritated, or sensitive skin. May cause allergic reaction; in which case, discontinue use and consult a health-care practitioner.

Duration of use

For external and occasional use only.

#3200 · 30 ml · UPC 6-28747-13200-5

O0086-R1

✓ Essential Oils



100% Pure/Organic Essential Oils

New Product! Since August 2023

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. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil. Do not use if you are pregnant or breast-feeding; if you have epilepsy; or if you have broken, irritated, or sensitive skin. May cause allergic reaction; in which case, discontinue use and consult a health-care practitioner.

Duration of use
For external and occasional use only.
#3208 · 30 ml · UPC 6-28747-13208-1
O0084-R1
✓ Essential Oils

New Product! Since August 2023

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. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil. Do not use if you are pregnant or breast-feeding; if you have epilepsy; or if you have broken, irritated, or sensitive skin. May cause allergic reaction; in which case, discontinue use and consult a health-care practitioner.

Duration of use
For external and occasional use only.
#3201 · 30 ml · UPC 6-28747-13201-2
O0090-R1
✓ Essential Oils

Clove Bud Organic Essential Oil *Syzygium aromaticum* 100% Pure · Certified



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. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil.

Duration of use
For occasional use only.

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

Clove Leaf Organic Essential Oil *Syzygium aromaticum* 100% Pure · Certified



Used in aromatherapy to help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis. Used in aromatherapy to help relieve colds/cough.

Each drop contains
Organic clove (*Syzygium aromaticum*)
leaf essential oil 100%

Active compounds
Eugenol and beta-carophyllene.

Directions of use
Adults: Mix with vegetable oil for topical application. Use undiluted for direct or steam inhalation. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil.

Duration of use
For occasional use only.

#2140 · 15 ml · UPC 6-28747-22140-5
NPN 80079755 · O0052-R1
✓ Essential Oils

100% Pure/Organic Essential Oils

New Product! Since August 2023

Cornmint Pure Essential Oil

Mentha arvensis

100% Pure · Clean · Unadulterated

Aroma: Fresh, herbal, minty.

Attributes: Refreshing, stimulating, revitalizing.

Scent note: Top Note 🌿

Each drop contains

Cornmint (*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. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil. Do not use if you are pregnant or breast-feeding; if you have epilepsy; or if you have broken, irritated, or sensitive skin. May cause allergic reaction; in which case, discontinue use and consult a health-care practitioner.

Duration of use

For external and occasional use only.

#3211 · 30 ml · UPC 6-28747-13211-1
O0093-R1

✓ Essential Oils



New Product! Since August 2023

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. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil. Do not use if you are pregnant or breast-feeding; if you have epilepsy; or if you have broken, irritated, or sensitive skin. May cause allergic reaction; in which case, discontinue use and consult a health-care practitioner.

Duration of use

For external and occasional use only.

#3202 · 30 ml · UPC 6-28747-13202-9
O0032-R1

✓ Essential Oils



Eucalyptus Organic Essential Oil

Eucalyptus globulus
100% Pure · Certified

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. 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.

#2138 · 15 ml · UPC 6-28747-22138-2
NPN 80071187 · O0032-R1

✓ Cold and Flu · ✓ Essential Oils



New Product! Since August 2023

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. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil. Do not use if you are pregnant or breast-feeding; if you have epilepsy; or if you have broken, irritated, or sensitive skin. May cause allergic reaction; in which case, discontinue use and consult a health-care practitioner.

Duration of use

For external and occasional use only.

#3204 · 30 ml · UPC 6-28747-13204-3
O0030-R1

✓ Essential Oils



100% Pure/Organic Essential Oils

New Product! Since August 2023

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. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil. Do not use if you are pregnant or breast-feeding; if you have epilepsy; or if you have broken, irritated, or sensitive skin. May cause allergic reaction; in which case, discontinue use and consult a health-care practitioner.

Duration of use

For external and occasional use only.

#3205 · 30 ml · UPC 6-28747-13205-0
O0088-R1

✓ Essential Oils



Lemon Organic Essential Oil

(*Citrus × limon*) · 100% Pure
Certified

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. 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.

#2148 · 15 ml · UPC 6-28747-22148-1
NPN 80076490 · O0059-R1

✓ Essential Oils



Lavender Organic Essential Oil

Lavandula angustifolia
100% Pure · Certified

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. 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.

#2139 · 15 ml · UPC 6-28747-22139-9
NPN 80069450 · O0031-R1

✓ Essential Oils



New Product! Since August 2023

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. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil. Do not use if you are pregnant or breast-feeding; if you have epilepsy; or if you have broken, irritated, or sensitive skin. May cause allergic reaction; in which case, discontinue use and consult a health-care practitioner.

Duration of use

For external and occasional use only.

#3206 · 30 ml · UPC 6-28747-131206-7
O0094-R1

✓ Essential Oils



100% Pure/Organic Essential Oils

New Product! Since August 2023

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. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil. Do not use if you are pregnant or breast-feeding; if you have epilepsy; or if you have broken, irritated, or sensitive skin. May cause allergic reaction; in which case, discontinue use and consult a health-care practitioner.

Duration of use

For external and occasional use only.

#3207 · 30 ml · UPC 6-28747-13207-4
O0085-R1

✓ Essential Oils



Rose Geranium Organic Essential Oil

(Pelargonium graveolens)

100% Pure · Certified

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. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil.

Duration of use

For occasional use only.

#2149 · 15 ml · UPC 6-28747-22149-8
NPN 80073903 · O0030B-R1

✓ Essential Oils



Peppermint Organic Essential Oil

(Mentha × piperita) · 100% Pure
Certified

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. 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.

#2137 · 15 ml · UPC 6-28747-22137-5
NPN 80069445 · O0048-R1

✓ Essential Oils



Rosemary Organic Essential Oil

(Rosmarinus officinalis
ct. camphoriferum)

100% Pure · Certified

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. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil.

Duration of use

For occasional use only.

#2144 · 15 ml · UPC 6-28747-22144-3
NPN 80071192 · O0056-R1

✓ Essential Oils



100% Pure/Organic Essential Oils

Sweet Orange Organic Essential Oil

(*Citrus × sinensis*) · 100% Pure
Certified



Used in aromatherapy as a nervine/calmative. Used in aromatherapy as a carminative/antispasmodic for symptomatic relief of digestive discomfort.

Each drop contains

Organic sweet orange (*Citrus × sinensis*)
fruit peel essential oil 100%

Active compounds

Limonene and beta-pinene.

Directions of use

Adults: Mix with vegetable oil for topical application. Use undiluted for direct or steam inhalation. Not for oral use. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil.

Duration of use

For occasional use only.

#2146 · 15 ml · UPC 6-28747-22146-7
NPN 80071182 · O0058-R1

✓ Essential Oils

New Product! Since August 2023

Thyme 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. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil. Do not use if you are pregnant or breast-feeding; if you have epilepsy; or if you have broken, irritated, or sensitive skin. May cause allergic reaction; in which case, discontinue use and consult a health-care practitioner.

Duration of use

For external and occasional use only.

#3212 · 30 ml · UPC 6-28747-13212-8
O0091-R1

✓ Essential Oils



Tea Tree Organic Essential Oil

Melaleuca alternifolia
100% Pure · Certified



Used in aromatherapy to help relieve colds/cough. Helps to improve symptoms of fungal nail-bed infections. Helps treat acne pimples.

Each bottle 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. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil.

Duration of use

For occasional use only.

#2117 · 15 ml · UPC 6-28747-22117-7
#2116 · 50 ml · UPC 6-28747-22116-0
#2118 · 95 ml · UPC 6-28747-22118-4
NPN 80069443 · O0029-R1

✓ Essential Oils

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



100% Pure/Organic Essential Oils

New Product! Since August 2023

Wintergreen 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. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil. Do not use if you are pregnant or breast-feeding; if you have epilepsy; or if you have broken, irritated, or sensitive skin. May cause allergic reaction; in which case, discontinue use and consult a health-care practitioner.

Duration of use

For external and occasional use only.

#3213 · 30 ml · UPC 6-28747-13213-5
O0099-R1

✓ Essential Oils

Therapeutic Comparison

Product	NPN	Indications	Ingredients
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/calming.** Used in aromatherapy as carminative/antispasmodic for symptomatic relief of digestive discomfort.**	Organic lavender (<i>Lavandula angustifolia</i>) flowering herb top 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
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
Clove Leaf Organic Essential Oil	80079755	Used in aromatherapy to help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis.* Used in aromatherapy to help relieve colds/cough.*	Organic clove (<i>Syzygium aromaticum</i>) leaf 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
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. camphoriferum) flowering herb top essential oil
Sweet Orange Organic Essential Oil	80071182	Used in aromatherapy as a nervine/calming.** Used in aromatherapy as a carminative/antispasmodic for symptomatic relief of digestive discomfort.**	Organic sweet orange (<i>Citrus × sinensis</i>) fruit peel 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
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. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil.

100% Pure/Organic Essential Oils

Identify Scent Notes

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.

Top Note

- First scent to be noticed, first to evaporate
- Light, uplifting aroma
- Perceptible for approximately 20 minutes, composing 15–20% of the blend

Middle Note

- Defines the mood of the blend
- Floral, herbal scents
- Perceptible for approximately 4 hours, 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 hours, composing 10–30% of the blend

Scent Profiles and Harmony

Essential Oil	Scent Profile	Scent Note	Scent Attributes
Bergamot	Citrus, floral, spicy, sweet	Top Note	Vibrant, inspiring, uplifting
Cedarwood	Woody, fresh, resinous	Base Note	Relaxing, reassuring, strengthening, empowering
Citronella	Fresh, citrus, herbal, fruity	Middle Note	Purifying, reviving, cleansing
Clary Sage	Herbal, earthy, sweet, floral	Top Note	Inspiring, focusing, centring
Clove Bud	Warm, aromatic, spicy	Base Note	Warm, soothing, reassuring
Clove Leaf	Warm, aromatic, spicy	Base Note	Warm, comforting, calm
Cornmint	Fresh, herbal, minty	Middle Note	Refreshing, stimulating, revitalizing
Eucalyptus	Green, fresh, woody	Middle Note	Rejuvenating, clarifying, deep
Geranium	Floral, green, soft, sweet	Middle Note	Nostalgic, purifying, balancing
Ginger	Warm, spicy, earthy, woody	Middle Note	Soothing, clarifying, energizing
Lavender	Floral, herbal, earthy, sweet	Middle Note	Quieting, serene, zen
Lemon	Fresh, citrus, sweet	Top Note	Refreshing, cleansing, energizing
Lemon Eucalyptus	Aromatic, fresh, citrus	Middle Note	Refreshing, cleansing, inspiring
Peppermint	Fresh, herbal, minty	Top Note	Refreshing, stimulating, revitalizing
Rosemary	Herbal, fresh, aromatic	Middle Note	Purifying, uplifting
Rose Geranium	Floral, green, sweet, rosy	Middle Note	Sensual, soothing, nostalgic
Sweet Orange	Fruity, citrus, sweet, fresh	Top Note	Mood-lifting, stress-reducing
Tea Tree	Fresh, woody, earthy, herbal	Middle Note	Cleansing, purifying, grounding
Thyme	Herbal, fresh, spicy	Middle Note	Elevating, revitalizing, clarifying
Wintergreen	Sweet, fresh, minty, woody	Top Note	Stimulating, refreshing, awakening

 Top Note
  Middle Note
  Base Note



Identity and purity are critical for essential oils. Our GC-MS validates that our essential oils are authentic and 100% pure. It also screens for over 80 common pesticides.

Exotic Oils Collection

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 our own 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 Oils · ✓ Hair · ✓ Nails · ✓ Skin



Baobab Oil Organic

Moisturizer · Skin · Hair · Body

Profoundly healing for dry skin as well as beautifying, our 100% pure and **organic** baobab oil is a luxurious, non-greasy skin-care ally for your face, hair, and body.

Each bottle contains

Organic baobab (*Adansonia digitata*) raw oil, cold-pressed, nondeodorized . . . 30 ml with added natural vitamin E.

Ingredients

Adansonia digitata seed oil and tocopherols.

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.

#1815 · 30 ml · UPC 6-28747-21815-3
OM0127-R1

✓ Beauty · ✓ Exotic Oils · ✓ Hair · ✓ Skin



Exotic Oils Collection

Cacay Seed Oil Wildcrafted

Reduces the Signs of Aging

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

Each bottle contains

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

Ingredients

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

Directions of use

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

#2304 · 15 ml · UPC 6-28747-22304-1

#2305 · 30 ml · UPC 6-28747-22305-8

OM0071B-R2

✓ Beauty · ✓ Exotic Oils



Exotic Oils Gift Set Organic Exotic Oils Collection

Treat Yourself!

A gift set of four of our **certified organic** topical exotic oils, to give to your loved ones for any occasion.

Argan Oil

Organic raw argan oil, cold-pressed, nondeodorized, with added natural vitamin E 15 ml

Rosa Mosqueta Seed Oil

Organic rosehip seed oil, cold-pressed, nondeodorized, with added natural vitamin E 15 ml

Skin Lovers Oil

Blend of **organic**: goji seed oil, rosehip seed oil, sea buckthorn seed oil, argan oil, cranberry seed oil, and tamanu oil—all oils are cold-pressed or CO₂ supercritical **extracts**, and nondeodorized, with added natural vitamin E 15 ml

Tamanu Oil

Organic tamanu seed oil, cold-pressed, nondeodorized, with added natural vitamin E 15 ml

#1741 · 4 bottles × 15 ml · UPC 6-28747-51741-6

D0417

✓ Beauty · ✓ Exotic Oils · ✓ Hair · ✓ Nails · ✓ Skin



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 Oils · ✓ Skin



Goji Seed Oil Certified Organic

Moisturizer for Sensitive Skin

Our goji seed oil is hydrating and reduces the look of aging and of sun spots. It is ideal for sensitive skin.

Each bottle contains

Organic goji (*Lycium barbarum*) seed oil, CO₂ supercritical **extract**, nondeodorized, with added natural vitamin E 15 ml

Ingredients

Lycium barbarum seed oil and tocopherols.

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-R1

✓ Beauty · ✓ Exotic Oils · ✓ Skin



Exotic Oils Collection

Organic

Marula Seed Oil

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

Sclerocarya birrea (marula) 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.

#2306 · 30 ml · UPC 6-28747-22306-5
OM0072-R2

✓ Beauty · ✓ Exotic Oils



Pomegranate Seed Oil

(*Punica granatum*) · 100% Pure
Certified Organic

Soothes and Repairs Very Dry Skin

A rare natural source of omega-5 and antioxidants for glowing skin, this unique oil helps reduce the look of wrinkles and of aging. It soothes and relieves very dry and damaged skin. Its strong character is ideal for night care.

Each bottle contains

Organic pomegranate (*Punica granatum*) seed oil, cold-pressed, with added **organic** rosemary (*Rosmarinus officinalis*) **extract** 50 ml

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 Oils



Moringa Seed Oil

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 Oils



Rosehip Seed Oil

Rosa Mosqueta

Certified Organic

Minimizes the Look of Wrinkles

Revitalizes dry and dull skin, reverses the signs of aging, and reduces the look of age spots. Fast-absorbing, leaving skin firm- and smooth-looking, with an even colour and tone.

Each bottle contains

Organic rosehip (*Rosa rubiginosa* or *Rosa moschata*) seed oil, cold-pressed, nondeodorized 30 ml **Organic** rosemary (*Rosmarinus officinalis*) **extract**.

Ingredients

Rosa rubiginosa / *Rosa moschata* seed oil and *Rosmarinus officinalis* (rosemary) leaf **extract**.

Directions of use

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

#1738 · 15 ml · UPC 6-28747-21738-5
#1602 · 30 ml · UPC 6-28747-21602-9
OM0123-R4

✓ Beauty · ✓ Exotic Oils · ✓ Skin



Exotic Oils Collection

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

Hippophae rhamnoides 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, before bedtime.

#1604 · 30 ml · UPC 6-28747-21604-3
OM0124-R2

✓ Beauty · ✓ Exotic Oils · ✓ Skin



Tamanu Oil Certified Organic

Moisture Barrier Maintenance

Cold-pressed tamanu nut oil quenches the skin to help retain moisture and to reduce the signs of aging skin. It will help restore the look of your skin and so much more.

Each bottle contains

Organic tamanu (*Calophyllum inophyllum*) seed oil, cold-pressed, nondeodorized . . 30 ml with organic rosemary (*Rosmarinus officinalis*) extract.

Ingredients

Calophyllum inophyllum 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, before bedtime.

#1600 · 30 ml · UPC 6-28747-21600-5
OM0121-R2

✓ Beauty · ✓ Exotic Oils · ✓ Skin



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

Blend of organic: goji (*Lycium barbarum*) seed oil, rosehip (*Rosa rubiginosa* or *Rosa moschata*) seed oil, sea buckthorn (*Hippophae rhamnoides*) seed oil, argan (*Argania spinosa*) oil, cranberry (*Vaccinium macrocarpon*) seed oil, and tamanu (*Calophyllum inophyllum*) oil—all oils are cold-pressed or CO₂ supercritical extracts, and nondeodorized 15 ml with added natural vitamin E

Ingredients

Lycium barbarum seed oil, *Rosa rubiginosa* / *Rosa moschata* seed oil, *Hippophae rhamnoides* seed oil, *Argania spinosa* seed oil, *Vaccinium macrocarpon* seed oil, *Calophyllum inophyllum* seed oil, and tocopherols.

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-R2

✓ Beauty · ✓ Exotic 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.

Exotic Oils Gift Set

Organic Exotic Oils Collection



Treat Yourself!

A gift set of four of our **certified organic** topical exotic oils, to give to your loved ones for any occasion.

Argan Oil

Organic raw argan oil, cold-pressed, nondeodorized, with added natural vitamin E 15 ml

Rosa Mosqueta Seed Oil

Organic rosehip seed oil, cold-pressed, nondeodorized, with added natural vitamin E 15 ml

Skin Lovers Oil

Blend of **organic**: goji seed oil, rosehip seed oil, sea buckthorn seed oil, argan oil, cranberry seed oil, and tamanu oil—all oils are cold-pressed or CO₂ supercritical **extracts**, and nondeodorized, with added natural vitamin E 15 ml

Tamanu Oil

Organic tamanu seed oil, cold-pressed, nondeodorized, with added natural vitamin E 15 ml

#1741 · 4 bottles × 15 ml · UPC 6-28747-51741-6
D0417

✓ Beauty · ✓ Exotic Oils · ✓ Hair · ✓ Nails · ✓ Skin

Full line of exotic oils, p. 84–87

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, 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-R1

✓ Antioxidants · ✓ Eye Health · ✓ 50+ Health · ✓ Herbal Extracts

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

Mark Twain

Femina Flora

vaginal ovules

Vaginal Flora



4 strains · 10 Billion Probiotics
Specific Strength
+ Selected Special Strains

Provides microorganisms that temporarily modify vaginal flora.

Each vaginal ovule contains

Lactobacillus rhamnosus R0011 8.09 billion CFU
Lactobacillus acidophilus R0418 982 million CFU
Streptococcus salivarius ssp. thermophilus HA-110 616 million CFU
Lactobacillus delbrueckii ssp. bulgaricus HA-137 312 million CFU

Other ingredients

Lactose, vitamin C (ascorbic acid), and vegetable magnesium stearate in a capsule composed of bovine gelatin, purified water, and glycerin.

Directions of use

Adult women: Insert 1 ovule intravaginally daily before bed for 10 days or as directed by your health-care practitioner. Gently twist narrow part of the ovule into applicator until firmly inserted. If you are taking antibiotics, use this product at least 2–3 hours before or after them.

#1065 · 10 vaginal ovules · UPC 6-28747-11065-5
NPN 80041956 · V0031-R5

✓ Probiotics · ✓ Women's Health

Full line of probiotics, p. 166–179

Femina Flora Oral

Women's Probiotic

capsules



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

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

Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 16 strains of live, active, healthy, and whole cells (55 billion) to the intestines

Human Strains

Lactobacillus rhamnosus UB5115 19 billion CFU
Lactobacillus casei UB1499 12 billion CFU
Lactobacillus acidophilus UB5997 5.25 billion CFU
Bifidobacterium bifidum UB4280 2 billion CFU
Bifidobacterium breve UB8674 2 billion CFU
Bifidobacterium longum UB7691 2 billion CFU
Lactobacillus crispatus UB4719 750 million CFU
Lactobacillus gasseri UB8141 750 million CFU
Lactobacillus rhamnosus GG 300 million CFU
Lactobacillus acidophilus LA-14 300 million CFU

Plant Strain

Lactobacillus plantarum UB2783 8 billion CFU

Dairy Strains

<i>Lactobacillus johnsonii</i> UB3394	750 million CFU
<i>Lactobacillus paracasei</i> UB1978	600 million CFU
<i>Lactobacillus helveticus</i> UB7229	500 million CFU
<i>Lactobacillus reuteri</i> UB2419	500 million CFU
<i>Lactobacillus casei</i> LC-11	300 million CFU

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

Other ingredients

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

Directions of use

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

#2168 · 30 vegetable capsules · UPC 6-28747-12168-2
NPN 80116921 · V0578-R2

✓ Digestive Health · ✓ Probiotics · ✓ Women's Health

Full line of probiotics, p. 166–179

Fermented products 91–93

Fibre Ultra Rich powder Plantago + Inulin

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 30 ml of liquid (water, milk, fruit juice, or similar aqueous beverage). Drink immediately and maintain adequate fluid intake. Effects observed 12–24 hours after the first dose; results may take 2–3 days. If you are taking other medications, take this product 2 hours before or after them.

Duration of use

Avoid long-term use, and consult a health-care practitioner for use beyond 6 weeks.

Note: Also take 1–2 capsules of enteric-coated *Acidophilus Ultra* each day. Start progressively or as directed by your health-care practitioner. Our *Acidophilus Ultra* capsule is protected by an enteric coating. The capsule must survive stomach acid and be delivered to the small intestine in order to work. The beneficial activity of *acidophilus* capsules without an enteric coating is destroyed in the stomach by stomach acid.

#0165 · 200 g / ≈ 80 doses · UPC 6-28747-00165-6

#0166 · 340 g / ≈ 136 doses · UPC 6-28747-00166-3
NPN 80044396 · PM0077-R1

✓ Cholesterol Management · ✓ Detoxification
✓ Digestive Health · ✓ Herbal Extracts · ✓ Keto Diet
✓ Weight Management

Fibre Ultra Rich capsules Psyllium · 550 mg

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 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 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.

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

✓ Cholesterol Management · ✓ Detoxification
✓ Digestive Health · ✓ Herbal Extracts · ✓ Keto Diet
✓ Weight Management

Fibre Ultra Rich powder Psyllium + Inulin

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	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 teaspoon 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.

Continues on next page ↓

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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 1–2 capsules of enteric-coated **Acidophilus Ultra** each day. Our **Acidophilus Ultra** capsule is protected by an enteric coating. The capsule must survive stomach acid and be delivered to the small intestine in order to work. The beneficial activity of *acidophilus* capsules without an enteric coating is destroyed in the stomach by stomach acid.

#0156 · 200 g · UPC 6-28747-00156-4

#0085 · 340 g · UPC 6-28747-00085-7

NPN 80034692 · PM0079-R1

- ✓ Cholesterol Management · ✓ Detoxification
- ✓ Digestive Health · ✓ Herbal Extracts · ✓ Keto Diet
- ✓ Weight Management

Fish Oils

94–97

Flaxseed Oil

softgels

Made with Cold-Pressed, Organic Flax · 1,000 mg

Source of Omega-3, -6, -9

ALA 550 mg · OA 184 mg · LA 174 mg

Source of essential fatty acids and of omega-3 for the maintenance of good health.

Each softgel contains

100% Pure, cold-pressed, **organic** flax (*Linum usitatissimum*) seed oil, hexane-free 1,000 mg

Providing:

alpha-Linolenic acid (ALA) omega-3 fatty acids 550 mg
 Oleic acid (OA) 184 mg
 Linoleic acid (LA) 174 mg

Other ingredients

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

Directions of use

Adults: As a dietary supplement, take 2 softgels two to four times daily or as directed by your health-care practitioner.

#0590 · 180 softgels · UPC 6-28747-10590-3

NPN 80015256 · V0033-R4

- ✓ Cardiovascular Health · ✓ Fatty Acids · ✓ Menopause
- ✓ Women's Health



Forsight

capsules

Complete Vision Formula

Supports Optimal Eye Health
Reduces Risk of Cataracts and AMD



Provides antioxidants for the maintenance of eye health. Helps to maintain and support eyesight and eye health in conditions (associated with sunlight damage) such as cataracts and age-related macular degeneration. Helps to reduce the risk of developing cataracts. Helps to improve macular pigment optical density.

Each vegetable capsule contains

- Lutein from **marigold flower extract** (*Tagetes erecta*) 5.5 mg
- Zeaxanthin (2 mg), from marigold (*Tagetes erecta*) **extract** 10 mg
- Astaxanthin (200 mcg), from *Haematococcus pluvialis* **extract** 13.33 mg
- Bilberry (*Vaccinium myrtillus*) European fruit **extract**, 25% anthocyanosides 80 mg
- Vitamin C (ascorbic acid) 170 mg
- Vitamin B3 (niacinamide) 75 mg
- Grape (*Vitis vinifera*) seed **extract**, 80% oligomeric proanthocyanidins 50 mg
- DL-alpha-Lipoic acid 50 mg
- Fruit blend, 20% multianthocyanidins* 25 mg
- * Provided by bilberry fruit and extract, grape seed extract, and grape skin extract
- L-Glutathione (L-glutathione reduced) 25 mg
- Vitamin B3 (inositol hexanicotinate, flush-free) 25 mg
- Vitamin B2 (riboflavin) 25 mg
- Vitamin E (D-alpha-tocopheryl acid succinate) 20.1 mg AT (30 IU)
- Lycopene (500 mcg), from **tomato** (*Solanum lycopersicum*) flesh **extract** 10 mg
- Vitamin B1 (thiamine hydrochloride) 5 mg
- Vitamin B2 (riboflavin-5'-phosphate sodium) 5 mg
- Vitamin B6 (pyridoxine hydrochloride) 5 mg
- Zinc (from zinc citrate) 5 mg
- Vitamin B6 (pyridoxal-5'-phosphate) 2 mg
- Copper (from copper gluconate) 500 mcg
- Selenium (from yeast-free L-selenomethionine) 50 mcg

Other ingredients

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

Directions of use

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

Duration of use

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

#0993 · 30 vegetable capsules · UPC 6-28747-10993-2

#0332 · 60 vegetable capsules · UPC 6-28747-10332-9

NPN 80079876 · V0478-R8

- ✓ Antioxidants · ✓ Eye Health · ✓ 50+ Health

FORSIGHT: NATURAL V. SYNTHETIC

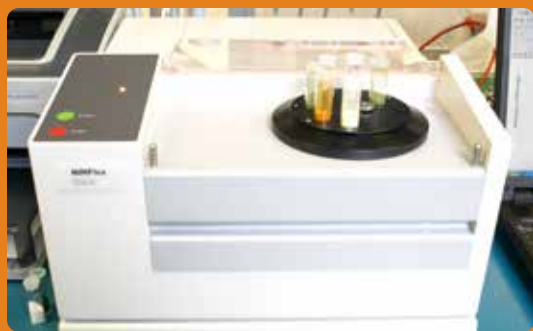
Our lutein and zeaxanthin are from marigold. Our lycopene is from tomatoes. Phytonutrients should be sourced from their original plant source. When sources are not listed, they are likely synthetic... and up to 5× cheaper!



Organic Fermented Products



Fermented products become more concentrated during processing. The near-infrared spectroscope (below) ensures a botanical origin, aided by HPTLC to fingerprint the exact material identity. ICP-MS and GC-MS test for heavy metals and pesticides, respectively.



New Zealand

Beef Bone Broth

Protein + Organic
Fermented Ginger

powder



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

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

Ingredient

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

Directions of use

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

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 / Proteins · ✓ Bone Health
✓ Fermented Products · ✓ Functional Foods · ✓ Joint Health
✓ Keto Diet · ✓ Muscle Support · ✓ Sport Nutrition

Organic

Fermented Black Cumin Seed

Whole-Food Powder



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

Naturally fermented for rich flavour and amplified nutritional status.

Ingredient

Organic fermented black cumin seed.

Recommended use

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

Nutrition Facts • Per ½ tsp. (1.5 g)

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

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

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

NONTAXABLE ITEM

✓ Allergy Relief · ✓ Fermented Products · ✓ Herbal Extracts

Organic

Fermented Ginger

Whole-Food Powder · 100% Pure



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

Gentle and versatile, our fermented ginger root powder facilitates multiple uses of this cornerstone botanical of Ayurvedic and traditional Chinese medicine. It will amplify the flavour and health benefits of smoothies, soups, and innovative cuisine, or steeped as a delicious, soothing tea.

Ingredient

Organic fermented ginger root.

Directions of use

Add to water, juice, smoothies, or your favourite beverage including hot teas. Can be used in cooking with masalas, curries, marinades, and stews, as well as in baking by adding it to your favourite cake, cookie, or pancake batter.

Nutrition Facts • Per 1 tsp. (3 g)

Calories 10	% Daily Value*		% 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
✓ Teas / Herbal Teas

Organic

Fermented Maca

Whole-Food Powder · 100% Pure



10 Calories per Portion
Unsweetened and Unflavoured
Gluten-Free · Non-GMO

Our Peruvian-sourced, naturally fermented, and nutrient-rich maca root powder is a welcomed addition for better nourishment thanks to its rich nutritional profile, especially its iron intake. It's great for smoothies and baking, and is excellent when blended with cacao and carob powder for an energy- and endurance-inspired cappuccino.

Ingredient

Organic fermented maca root.

Recommended use

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

Nutrition Facts • Per ¼ 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 %
Protein 0.4 g		Potassium 40 mg	1 %
Carbohydrate 2 g		Calcium 10 mg	1 %
Fibre 0 g	0 %	Iron 2.25 mg	13 %
Sugars 0 g	0 %		

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

#2318 · 150 g / 50 portions · UPC 6-28747-02318-4
P0791-R1

NONTAXABLE ITEM

✓ Fermented Products · ✓ Functional Foods · ✓ Menopause
✓ Men's Sexual Health · ✓ Women's Fertility and Sexual Health

Organic

Fermented Red Beet

Whole-Food Powder



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

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.

Directions of 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

✓ Cardiovascular Health · ✓ Detoxification · ✓ Digestive Health
✓ Energy · ✓ Fermented Products · ✓ Functional Foods

Organic Fermented Products

Organic

Fermented Superfood Blend powder + Inulin from Jerusalem Artichoke



35 Calories per Portion
29 Fully Fermented Plants
Unsweetened and No Flavour Added
Gluten-Free · Non-GMO

Fermented to maximize nutritional value · Very high source of fibre · Gut-friendly · Vegan · Nondairy · No soy · Add to taste in soups, stews, and shakes

Ingredient

Organic fermented greens blend (organic wheatgrass, organic alfalfa grass, organic spirulina, organic broken-cell chlorella, organic barley grass, organic oat grass, organic rockweed, Vitakelp™) · Organic fermented fruit blend (organic noni fruit, organic amla fruit, organic apple, organic strawberry, organic blackcurrant, organic blueberry, organic cranberry, organic pomegranate juice, organic raspberry) · Organic fermented vegetable blend (organic carrot, organic beet, organic parsley, organic spinach, organic broccoli, organic kale, organic green cabbage, organic onion, organic pea protein) · Organic fermented flaxseed fibre · Organic fermented ginger · Organic fermented turmeric · Organic inulin (from Jerusalem artichoke).

Nutrition Facts • Per 1½ tbsp. (11 g)

Calories 35	% Daily Value*		% Daily Value*
Fat 0.4 g	1 %	Total Carbohydrate 7 g	
Saturated 0 g + Trans 0 g	0 %	Dietary Fibre 6 g	21 %
Polyunsaturated 0.2 g		Sugars 1 g	1 %
Omega-6 0.1 g		Protein 2 g	
Omega-3 0.1 g		Cholesterol 0 mg	
Monounsaturated 0.1 g		Sodium 95 mg	4 %
Potassium 0 mg	0 %	Calcium 0 mg	0 %
Iron 0 mg	0 %		

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

#2464 · 80 g / 7 portions · UPC 6-28747-02464-8

#2341 · 230 g / 21 portions · UPC 6-28747-02341-2

PM0792-R1

NONTAXABLE ITEM

✓ Digestive Health · ✓ Fermented Products · ✓ Functional Foods

Fermenting Is Fantastic!

Fermented foods are not only preserved over long periods of time, but also acquire original and increased organoleptic and nutritional properties. What makes them superfoods are all the nutrients and antioxidants which are created, multiplied, and have become highly bioavailable.

Fermented foods see their nutritional profile rebalanced with a reduced sugar content as well as with a strengthened protein and polyunsaturated fatty acid profile. Their digestibility is enhanced by the probiotic effect, which also improves intestinal flora, provides vitamins, and support the immune system.

Organic

Fermented Turmeric Whole-Food Powder



10 Calories per Portion · 100% Pure
Unsweetened and No Flavour Added
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

✓ Digestive Health · ✓ Fermented Products · ✓ Functional Foods
✓ Teas / Herbal Teas



Feel the Difference Fermentation
Makes for Better Nutrition

Highly Bioavailable Phytonutrients

- Enhance the nutritional value of your smoothies, soups, and other culinary creations
- Organic and naturally fermented for superior bioavailability
- Amazing taste!

Fish Oils for Body, Mind, and More

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.

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 sardines (*Sardina pilchardus*) and whole anchovies (*Engraulis encrasicolus*) 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 · ✓ Fatty Acids · ✓ Fish Oils · ✓ Memory Help
✓ Neurological Health



Children's Omega-3

550 mg EPA · 225 mg DHA

chewable softgels

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

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

Four chewable softgels contain

Fish oil (omega-3 from wild, deep-sea whole sardines [*Sardina pilchardus*] and whole anchovies [*Engraulis encrasicolus*]) 1,680 mg

Providing

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

Ultrapure, pharmaceutical grade.

Other ingredients

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

Directions of use

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

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

✓ Children's Health · ✓ Fish Oils



Fish Oils for Body, Mind, and More

Merry Mind Omega 3

1,000 mg EPA · 100 mg DHA **softgels**
 Ultrapure Pharmaceutical Grade



Healthy Mood Balance

Helps to promote healthy mood balance.

Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole sardines [*Sardina pilchardus*] and whole anchovies [*Engraulis encrasicolus*]) 1,366 mg

Providing:

Eicosapentaenoic acid (EPA) 1,000 mg
 Docosahexaenoic acid (DHA) 100 mg
 Other omega-3s. 71 mg

Ultrapure, pharmaceutical grade.

Other ingredients

Natural vitamin E (mixed tocopherols, from non-GMO sunflower) in a softgel composed of bovine 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 softgels · UPC 6-28747-12163-7
 NPN 80077448 · V0577-R3

✓ Fish Oils · ✓ Keto Diet · ✓ Mood Enhancement
 ✓ Pain and Inflammation

Omega Jolly

EPA 650 mg / DHA 100 mg **softgels**
 Ultrapure Pharmaceutical Grade



Cognitive/Brain Function Healthy Mood Balance

Source of omega-3 fatty acids for the maintenance of good health. Source of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) for the maintenance of good health. Helps support cognitive health and brain function. Helps promote healthy mood balance.

Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole sardines [*Sardina pilchardus*] and whole anchovies [*Engraulis encrasicolus*]) 1,400 mg

Providing:

Eicosapentaenoic acid (EPA; 20:5 n-3) 650 mg
 Docosahexaenoic acid (DHA; 22:6 n-3) 100 mg

Ultrapure, pharmaceutical grade.

Other ingredients

Natural vitamin E (D-alpha-tocopherol) (from non-GMO sunflower). 3.35 mg AT (5 IU)
 In an improved softgel composed of 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-R4

✓ Cardiovascular Health · ✓ 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, and helps to maintain and support cardiovascular health.

Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole sardines [*Sardina pilchardus*] and whole anchovies [*Engraulis encrasicolus*]) 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

✓ Cholesterol Management · ✓ Fatty Acids · ✓ Fish Oils
 ✓ Keto Diet · ✓ Menopause · ✓ Women's Health



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 our ICP-MS. GC-FID further ensures therapeutic amounts of EPA and DHA are as advertised.

Fish Oils for Body, Mind, and More

Wild Omega 3 softgels
 180 mg EPA · 120 mg DHA
 Ultrapure Pharmaceutical Grade



Cognitive/Brain Function
Cardiovascular Health

Source of omega-3 fatty acids for the maintenance of good health. Helps support cognitive health and/or brain function, and helps to maintain and support cardiovascular health.

Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole sardines [*Sardina pilchardus*] and whole anchovies [*Engraulis encrasicolus*]) 1,000 mg

Providing:

Eicosapentaenoic acid (EPA) 180 mg
 Docosahexaenoic acid (DHA) 120 mg

Ultrapure, pharmaceutical grade.

Other ingredients

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

Directions of use

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

- #1000 · 60 softgels · UPC 6-28747-11000-6
- #1001 · 120 softgels · UPC 6-28747-11001-3
- #1002 · 180 softgels · UPC 6-28747-11002-0
 NPN 80020862 · V0062-R1

- ✓ Cardiovascular Health · ✓ Fish Oils · ✓ Keto Diet
- ✓ Memory Help · ✓ Neurological Health
- ✓ Pain and Inflammation

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
 NPN 80077104 · V0608-R2

- ✓ Cardiovascular Health · ✓ Fish Oils · ✓ Keto Diet
- ✓ Memory Help · ✓ Neurological Health
- ✓ Pain and Inflammation

Wild Omega 3 softgels
 EPA 660 mg · DHA 330 mg
 Ultrapure Pharmaceutical Grade



Cognitive / Brain Function
Cardiovascular Health
 0% Porcine/Bovine

Source of omega-3 fatty acids for the maintenance of good health. Helps support cognitive health and brain function, maintain cardiovascular health, and reduce serum triglycerides.

Each softgel contains

Fish oil (omega-3 fatty acids from wild, deep-sea whole sardines [*Sardina pilchardus*] and whole anchovies [*Engraulis encrasicolus*]) 1,414 mg

Providing:

Eicosapentaenoic acid (EPA) 660 mg
 Docosahexaenoic acid (DHA) 330 mg

Ultrapure, pharmaceutical grade.

Other ingredients

Natural vitamin E (D-alpha-tocopherol) (from non-GMO sunflower) 3.35 mg AT (5 IU)
 In an improved softgel composed of fish gelatin, glycerin, and purified water.

Directions of use

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

- #1253 · 60 fish softgels · UPC 6-28747-11253-6
- #1280 · 120 fish softgels · UPC 6-28747-11280-2
 NPN 80009414 · V0320-R3

- ✓ Cardiovascular Health · ✓ Fish Oils · ✓ Keto Diet
- ✓ Memory Help · ✓ Neurological Health
- ✓ Pain and Inflammation

Wild Omega 3 softgels
 EPA 330 mg · DHA 165 mg
 Ultrapure Pharmaceutical Grade



Cognitive/Brain Function
Cardiovascular Health
 43% Smaller Size* Easier to Swallow · Lemon-Infused to Prevent Fishy Burps

Source of omega-3 fatty acids for the maintenance of good health. Helps support cognitive health and brain function, maintain cardiovascular health, and reduce serum triglycerides. No fishy aftertaste.

Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole sardines [*Sardina pilchardus*] and whole anchovies [*Engraulis encrasicolus*]) 750 mg

Providing:

Eicosapentaenoic acid (EPA) 330 mg
 Docosahexaenoic acid (DHA) 165 mg

Ultrapure, pharmaceutical grade.

Fish Oils for Body, Mind, and More

Wild Omega 3 softgels
EPA 660 mg DHA 330 mg
Ultrapure Pharmaceutical Grade



Cognitive / Brain Function
Cardiovascular Health
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. **No fishy aftertaste.**

Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole sardines [*Sardina pilchardus*] and whole anchovies [*Engraulis encrasicolus*]) 1,414 mg

Providing:

Eicosapentaenoic acid (EPA) 660 mg
Docosahexaenoic acid (DHA) 330 mg

Ultrapure, pharmaceutical grade.

Other ingredients

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

Directions of use

Adults: Take 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-R3

- ✓ Cardiovascular Health · ✓ Fish Oils · ✓ Keto Diet
- ✓ Memory Help · ✓ Neurological Health
- ✓ Pain and Inflammation

Wild Omega 3 liquid
EPA 900 mg DHA 600 mg
Ultrapure Pharmaceutical Grade



Cognitive / Brain Function
Lemon Flavour

Helps support cognitive health and brain function. Helps support the development of the brain, eyes, and nerves in children up to 12 years old. Source of eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA), and omega-3 fatty acids for the maintenance of good health.

Each teaspoon contains

Fish oil (from wild, deep-sea whole sardines [*Sardina pilchardus*] and whole anchovies [*Engraulis encrasicolus*]) 4,500 mg

Providing:

Eicosapentaenoic acid (EPA) 900 mg
Docosahexaenoic acid (DHA) 600 mg

Ultrapure, pharmaceutical grade.

Other ingredients

Natural lemon oil, green tea (*Camellia sinensis*) and rosemary (*Rosmarinus officinalis*) extracts to prevent oxidation.

Directions of use

All ages above 1 year old: Take 1 teaspoon daily or as directed by your health-care practitioner.

#2465 · 200 ml / ≈ 40 doses · UPC 6-28747-22465-9

NPN 80092888 · OM0135-R1

- ✓ Cardiovascular Health · ✓ Fish Oils · ✓ Keto Diet
- ✓ Memory Help · ✓ Neurological Health
- ✓ Pain and Inflammation

Our Fish-Oil Softgels Pictured at Actual Size



Children's Omega-3
550 mg EPA · 225 mg DHA
Chewable · Lemon- and Orange-Flavoured



Children's ADHD Balance
Chewable
Mild Lemony Taste



Wild Omega 3
EPA 330 mg · DHA 165 mg
Lemon-Flavoured



Wild Omega 3
180 mg EPA · 120 mg DHA



Merry Mind Omega 3
1,000 mg EPA · 100 mg DHA



Omega Jolly
EPA 650 mg / DHA 100 mg



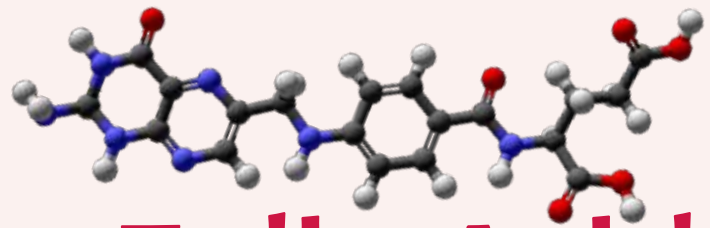
Omega 3/6/7/9
160 mg EPA · 80 mg DHA



Wild Omega 3
EPA 660 mg · DHA 330 mg



Wild Omega 3
EPA 660 mg · DHA 330 mg
Lemon-Flavoured



Active Folate: Better Than Folic Acid

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-R1

✓ **Maternity** · ✓ **Vitamins/Minerals**
✓ **Women's Fertility and Sexual Health**

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/Minerals**
✓ **Women's Fertility and Sexual Health**



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.

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
#2543 · 300 vegetable capsules · UPC 6-28747-12543-7
NPN 80074264 · V0590-R1

✓ **Memory Help** · ✓ **Mood Enhancement** · ✓ **Neurological Health**
✓ **Sleep Aids** · ✓ **Stress Management**

Full line of antistress products, p. 202–205



Garlic:

Odourless Garlic

capsules

200 mg

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** · ✓ **Herbal Extracts**
✓ **Immune Health**



Garcinia Cambogia

600 mg · 60% Hydroxycitric Acid

capsules

Weight Management

Helps to temporarily increase satiety / feeling of fullness.

Each vegetable capsule contains

Malabar tamarind (*Garcinia cambogia*) fruit extract, 60% hydroxycitric acid 600 mg

Other ingredients

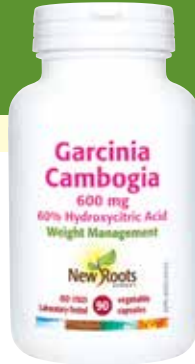
Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

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

#1943 · 90 vegetable capsules · UPC 6-28747-11943-6
NPN 80054640 · V0521-R1

✓ **Blood-Glucose Management** · ✓ **Cholesterol Management**
✓ **Herbal Extracts** · ✓ **Weight Management**



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

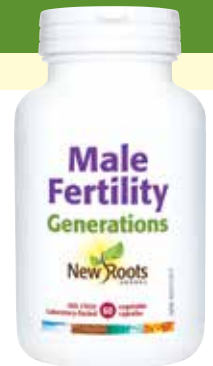
Adult men: Take 3 capsules twice daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

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

✓ **Herbal Extracts** · ✓ **Men's Fertility**



“We have a health-care system that cares nothing for food and a food system that cares nothing for health. Is it any wonder we're sick?”

Timothy Weeks

Geranium essential oil:
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. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil.

Duration of use

For occasional use only.

#2149 · 15 ml · UPC 6-28747-22149-8
 NPN 80073903 · O0030B-R1

✓ **Essential Oils**

Full line of essential oils, p. 76–83

New Product! Since August 2023

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. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil. Do not use if you are pregnant or breast-feeding; if you have epilepsy; or if you have broken, irritated, or sensitive skin. May cause allergic reaction; in which case, discontinue use and consult a health-care practitioner.

Duration of use

For external and occasional use only.

#3204 · 30 ml · UPC 6-28747-13204-3
 O0030-R1

✓ **Essential Oils**

Full line of essential oils, p. 76–83

“You cannot swim for new horizons until you have courage to lose sight of the shore.”

William Faulkner

Ginger

capsules

195 mg · 10% gingerols

**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** · ✓ **Herbal Extracts** · ✓ **Pain and Inflammation**

Ginger

capsules

475 mg

**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** · ✓ **Herbal Extracts** · ✓ **Pain and Inflammation**

New Product! Since August 2023

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. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil. Do not use if you are pregnant or breast-feeding; if you have epilepsy; or if you have broken, irritated, or sensitive skin. May cause allergic reaction; in which case, discontinue use and consult a health-care practitioner.

Duration of use

For external and occasional use only.

#3205 · 30 ml · UPC 6-28747-13205-0
O0088-R1

✓ Essential Oils



Full line of essential oils, p. 76–83

Ginger (Fermented): Organic

Fermented Ginger

Whole-Food Powder · 100% Pure

10 Calories per Portion

Unsweetened and No

Flavour Added

Gluten-Free · Non-GMO



Gentle and versatile, our fermented ginger root powder facilitates multiple uses of this cornerstone botanical of Ayurvedic and traditional Chinese medicine. It will amplify the flavour and health benefits of smoothies, soups, and innovative cuisine, or steeped as a delicious, soothing tea.

Ingredient

Organic fermented ginger root.

Directions of use

Add to water, juice, smoothies, or your favourite beverage including hot teas. Can be used in cooking with masalas, curries, marinades, and stews, as well as in baking by adding it to your favourite cake, cookie, or pancake batter.

Nutrition Facts • Per 1 tsp. (3 g)

Calories 10	% Daily Value*		% 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

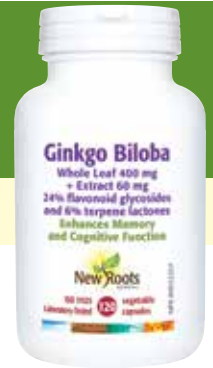
✓ Digestive Health · ✓ Fermented Products · ✓ Functional Foods
✓ Teas / Herbal Teas

Full line of fermented products, p. 91–93

Ginkgo Biloba

capsules

Whole Leaf 400 mg
+ Extract 60 mg
24% flavonoid glycosides
and 6% terpene lactones



**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*) 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

✓ Cardiovascular Health · ✓ 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



Continues on next page ↓

↓ Continued from previous page

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

✓ Cardiovascular Health · ✓ Herbal Extracts · ✓ Memory Help
✓ Mood Enhancement

Ginseng:

Panax Ginseng capsules 20% Ginsenosides · 300 mg

Increases Energy and Reduces Mental Fatigue

Used in herbal medicine as supportive therapy for the promotion of healthy glucose levels, to help support cognitive function or reduce mental fatigue, and to help enhance physical performance.

Each vegetable capsule contains

Panax ginseng root and leaf extract, standardized to a minimum of 20% ginsenosides (including both Rb and Rg ginsenosides). 300 mg

Other ingredients

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

Directions of use

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

Duration of use

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

#2187 · 30 vegetable capsules · UPC 6-28747-12187-3

#0780 · 90 vegetable capsules · UPC 6-28747-10780-8

NPN 80075193 · V0028-R3

✓ Blood-Glucose Management · ✓ Energy · ✓ 50+ Health
✓ Herbal Extracts · ✓ Men's Sexual Health · ✓ Sport Nutrition
✓ Women's Fertility and Sexual Health



Ginseng:

Siberian Ginseng capsules 0.8% Eleutherosides

Improves Mental and Physical Performance

Used in herbal medicine as a tonic to help relieve general weakness/fatigue, or to help improve mental or physical performance after periods of mental or physical exertion.

Each vegetable capsule contains

Siberian ginseng (*Eleutherococcus senticosus*) root extract. 250 mg

Providing:

0.8% eleutherosides B and E

Siberian ginseng (*Eleutherococcus senticosus*) root 235 mg



Other ingredients

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

Directions of use

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

Duration of use

Consult a health-care practitioner for use beyond 1 month.

#0779 · 90 vegetable capsules · UPC 6-28747-10779-2

NPN 80025577 · V0080-R4

✓ Energy · ✓ 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

#0862 · 500 vegetable capsules · UPC 6-28747-10862-1

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. Helps to relieve pain associated 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



Glutamine:
L-Glutamine
500 mg

capsules

Gut Health · Muscle Repair

Helps in muscle cell repair and to restore plasma glutamine levels depleted after periods of physical stress (e.g., prolonged exhaustive exercise). Helps support immune and digestive system health after periods of physical stress.

Each vegetable capsule contains

L-Glutamine. 500 mg

Other ingredients

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

Directions of use

Adults: Take 4 capsule three times daily with a meal or as directed by your health-care practitioner. For weight training:

Adults: Take 3 capsules up to six times (9 g) daily.

#0090 · 50 vegetable capsules · UPC 6-28747-10090-8

#0865 · 120 vegetable capsules · UPC 6-28747-10865-2

#0866 · 240 vegetable capsules · UPC 6-28747-10866-9

NPN 80010311 · V0100-R2

✓ Amino Acids / Proteins · ✓ Digestive Health · ✓ Muscle Support
✓ Sport Nutrition



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 / Proteins · ✓ Memory Help
✓ Neurological Health · ✓ Sport Nutrition



Glutamine:
L-Glutamine

powder

Muscle Recovery · Amino Acid

Helps support immune and digestive system health after periods of physical stress. Helps restore plasma glutamine levels depleted after periods of physical stress (e.g., prolonged exhaustive exercise). Helps to assist in muscle cell repair after exercise.

Each rounded teaspoon (5 g) contains

L-Glutamine. 5 g

Directions of use

Adults: Mix 1 rounded teaspoon (approx. 5 g) with cold liquid once daily or as directed by your health-care practitioner. We recommend weighing L-Glutamine for precise dosage.

#0868 · 250 g · UPC 6-28747-00868-6

NPN 80021094 · P0163-R1

✓ Amino Acids / 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 · ✓ 50+ Health
✓ 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.

NEW SIZE! #3087 · 30 vegetable capsules · UPC 6-28747-13087-5
#2416 · 60 vegetable capsules · UPC 6-28747-12416-4
NPN 80091902 · V0670-R1

✓ Antioxidants · ✓ Detoxification · ✓ Immune Health
✓ Neurological Health

Goji Seed Oil

Certified Organic

Moisturizer for Sensitive Skin

Our goji seed oil is hydrating and reduces the look of aging and of sun spots. It is ideal for sensitive skin.

Each bottle contains

Organic goji (*Lycium barbarum*) seed oil, CO₂ supercritical extract, nondeodorized 15 ml with added natural vitamin E.

Ingredients

Lycium barbarum seed oil and tocopherols.

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-R1

✓ Beauty · ✓ Exotic Oils · ✓ Skin

Full line of exotic oils, p. 84–87



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 · ✓ Herbal Extracts
✓ Memory Help · ✓ Stress Management

Grapefruit

Seed Extract

With Wormwood and Echinacea

capsules



Antiparasitic

This formula is a combination of grapefruit, lemon, and tangerine seed extracts, plus 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

✓ Antioxidants · ✓ Herbal Extracts · ✓ Parasites and Fungi

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

✓ Antioxidants · ✓ Herbal Extracts · ✓ Parasites and Fungi

Grapeseed

Extract

80% Oligomeric Proanthocyanidins
85 mg

capsules



Antioxidant

Helps to relieve symptoms related to noncomplicated chronic venous insufficiency (CVI), such as sensation of swelling, heaviness, and tingling of the legs. Source of antioxidants.

Each vegetable capsule contains

Bilberry (*Vaccinium myrtillus*) fruit 380 mg
Grape (*Vitis vinifera*) seed extract,
80% oligomeric proanthocyanidins..... 85 mg
Grape (*Vitis vinifera*) skin extract, 25% polyphenols 60 mg

Other ingredients

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

Directions of use

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

#1203 · 60 vegetable capsules · UPC 6-28747-11203-1
NPN 80096626 · V0042-R4

✓ Antioxidants · ✓ Cardiovascular Health
✓ Cholesterol Management · ✓ Herbal Extracts

Grapeseed

Extract

80% Oligomeric Proanthocyanidins
100 mg

capsules



Antioxidant

A source of antioxidants for the maintenance of good health.

Each vegetable capsule contains

Bilberry
(*Vaccinium myrtillus*) fruit..... 300 mg
Grape (*Vitis vinifera*) seed extract,
80% oligomeric
proanthocyanidins..... 100 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 2 capsules daily or as directed by your health-care practitioner.

Duration of use

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

#1226 · 60 vegetable capsules · UPC 6-28747-11226-0
NPN 80023073 · V0204-R4

✓ Antioxidants · ✓ Cardiovascular Health
✓ Cholesterol Management · ✓ Herbal Extracts

“A life spent making mistakes is not only more honourable, but more useful than a life spent doing nothing.”

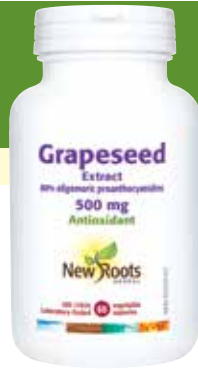
George Bernhard Shaw

Grapeseed

Extract

80% Oligomeric Proanthocyanidins
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 107x 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.

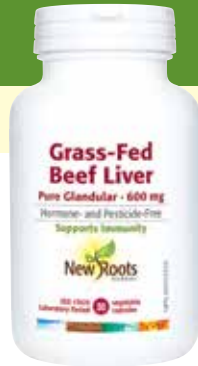
#1225 · 60 vegetable capsules · UPC 6-28747-11225-3
NPN 80035162 · V0343-R2

✓ Antioxidants · ✓ Cardiovascular Health
✓ Cholesterol Management · ✓ Herbal Extracts

Grass-Fed Beef Liver

Pure Glandular · 600 mg

capsules



Hormone- and Pesticide-Free
Supports immunity.

Supports good health.
Helps support immune function.

Each vegetable capsule contains

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

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

Other ingredients

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

Directions of use

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

#1963 · 30 vegetable capsules · UPC 6-28747-11963-4
NEW SIZE! #3187 · 180 vegetable capsules · UPC 6-28747-13187-2
NPN 80119351 · V0541-R1

✓ Detoxification · ✓ Digestive Health · ✓ Glandular Extracts

New Name! Pure Spleen is now called

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
NPN 80058174 · V0527-R2

✓ Glandular Extracts · ✓ Immune Health

Grass-Fed Lamb Pancreas

Pure Glandular · 450 mg

tablets



Hormone- and Pesticide-Free
Supports Good Health

Each tablet contains

Pancreas (organ)
(from lamb [*Ovis aries*])* 450 mg
Vitamin C (ascorbic acid) 6 mg

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

Other ingredients

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

Directions of use

Adults: Take 1 tablet daily with or immediately before a meal/food or as directed by your health-care practitioner.

Duration of use

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

#2027 · 30 tablets · UPC 6-28747-12027-2
NPN 80071898 · V0556-R1

✓ Blood-Glucose Management · ✓ Digestive Health
✓ Glandular Extracts

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

Helen Keller



New Name! Pure Thymus is now called

Grass-Fed Lamb Thymus

tablets

Pure Glandular · 450 mg
Hormone- and Pesticide-Free
Supports Immunity



Supports good health. Helps support immune function.

Each tablet contains

Glandular thymus (from lamb [*Ovis aries*]) 450 mg
Vitamin C 6 mg

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

Other ingredients

Sorbitol, dicalcium phosphate, vegetable stearic acid, croscarmellose sodium, and natural peppermint flavour.

Directions of use

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

#2482 · 30 tablets · UPC 6-28747-12482-9
NPN 80103735 · V0524-R2

✓ Glandular Extracts · ✓ Immune Health

Green Tea

capsules

Extract · 250 mg
50 % Polyphenols



Source of antioxidants for the maintenance of good health.

Each vegetable capsule contains

Green tea (*Camellia sinensis*) leaf extract 250 mg
Providing 50 % polyphenols.
Contains ≤ 10% caffeine.

Other ingredients

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

Directions of use

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

Duration of use

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

#0781 · 90 vegetable capsules · UPC 6-28747-10781-5
NPN 80030374 · V0048-R1

✓ Antioxidants · ✓ Cardiovascular Health · ✓ Herbal Extracts
✓ Memory Help · ✓ Weight Management

“Being generous often consists of simply extending a hand. That’s hard to do if you are grasping tightly to your righteousness, your belief system, your superiority, your assumptions about others, your definition of normal.”

Patti Digh

Green Tea

capsules

Extract · 500 mg · 75% EGCG



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 · ✓ Cardiovascular Health · ✓ Herbal Extracts
✓ Memory Help · ✓ Weight Management

Greens:

→ **Peacegreens Immune**

159

Green 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) and more amino acids. It will give you more energy and boost your metabolism. Our matcha comes from the first harvest of shade-grown tea leaves.

Ingredient

Pure organic premium matcha green tea (*Camellia sinensis*).

Preparation

Mix ½–1 teaspoon in a cup of hot water. Adjust to taste. Can also be used in lattes, baking, and smoothies.

Nutrition Facts • Per ½ tsp. (1 g)

Calories 0	% Daily Value*		% Daily Value*
Fat 0.1 g	0 %	Calcium 10 mg	1 %
Carbohydrate 1 g		Iron 0.1 mg	1 %
Protein 0.2 g		Magnesium 2.7 mg	1 %
Cholesterol 0 mg		Manganese 1.7 mg	74 %
Potassium 10 mg	0 %		

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

#1874 · 30 g · UPC 6-28747-01874-6

#1907 · 100 g · UPC 6-28747-01907-1

P0659-R1

NONTAXABLE ITEM

✓ Antioxidants · ✓ Energy · ✓ Green Foods · ✓ Teas / Herbal Teas

Guggul

Extract · 560 mg

capsules



Relieves Joint Pain and Swelling

Traditionally used in Ayurvedic medicine for Amavata, to help relieve pain and swelling of the joints.

Each vegetable capsule contains

Guggul (*Commiphora wightii*) gum-resin extract, 1% guggulsterones 560 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 ≥ 19 years old: Take 2 capsules daily before a meal or as directed by your health-care practitioner.

Duration of use

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

#2206 · 150 vegetable capsules · UPC 6-28747-12206-1
NPN 80077234 · V0613-R1

✓ Cholesterol Management · ✓ Herbal Extracts
✓ Pain and Inflammation · ✓ Weight Management

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
L-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, 10% gamma-linolenic acid (GLA) 100 mg
Fish oil (omega-3 from wild, deep-sea whole sardines [*Sardina pilchardus*] and whole anchovies [*Engraulis encrasicolus*]), 40% eicosapentaenoic acid (EPA), 20% docosahexaenoic acid (DHA) 50 mg
Flax (*Linum usitatissimum*) seed extract, 40% secoisolariciresinol diglucoside 50 mg
Whole stinging nettle (*Urtica dioica*) extract 50 mg
Grape (*Vitis vinifera*) seed extract, 80% oligomeric proanthocyanidins 35 mg
Green tea (*Camellia sinensis*) leaf extract, 75% epigallocatechin-3-gallate (EGCG) 35 mg
Apple (*Pyrus malus*) fruit extract, 5% proanthocyanidins B2 12 mg
Vitamin B3 (niacinamide) 8 mg
Vitamin B5 (calcium D-pantothenate) 8 mg
Silicon (from silicon dioxide) 7 mg
Vitamin B2 (riboflavin-5'-phosphate sodium) 2 mg
Vitamin B6 (pyridoxine hydrochloride) 2 mg
Biotin 150 mcg
Folate (from calcium L-5-methyltetrahydrofolate) 50 mcg
Vitamin B12 (methylcobalamin) 25 mcg
Vitamin D3 (cholecalciferol) 12.5 mcg (500 IU)

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-R18

✓ Beauty · ✓ Hair · ✓ Herbal Extracts

Happy Skin

liquid



With Organic and Wild-Crafted Ingredients

Traditionally used in herbal medicine as an alternative.

Each serving of 1.5 teaspoons contains

Certified organic burdock

(*Arctium lappa*) root 246 mg

Certified organic echinacea

(*Echinacea angustifolia*) root 164 mg

Wild-crafted sarsaparilla

(*Smilax officinalis*) root 164 mg

Certified organic yarrow

(*Achillea millefolium*) herb 80 mg

Wild-crafted Oregon-grape (*Berberis aquifolium*) root 80 mg

Wild-crafted yellow dock (*Rumex crispus*) root 80 mg

Other ingredients

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

Directions of use

Adults: Take 1.5 teaspoons once daily or as directed by your health-care practitioner.

#1594 · 50 ml · UPC 6-28747-21594-7
#1596 · 95 ml · UPC 6-28747-21596-1
NPN 80039047 · LM0025-R6

✓ Beauty · ✓ Herbal Extracts · ✓ Skin

Hawthorn Berry

capsules

500 mg



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

✓ Cardiovascular Health · ✓ Herbal Extracts

Heart Mag capsules 770 mg Magnesium Orotate

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

✓ Cardiovascular Health · ✓ Vitamins/Minerals

Full line of magnesium supplements, p. 128–131



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

✓ Cardiovascular Health · ✓ Cooking Oils · ✓ Keto Diet

Heart Smart Organic Safflower Oil

First Cold-Pressed · Non-GMO

Plant sterol-fortified to promote healthy cholesterol levels. Helps lower total blood and LDL cholesterol. Helps maintain healthy cholesterol levels.

Each tablespoon contains

Plant sterols esters 375 mg
(combined beta-sitosterols, campesterols, and stigmasterols).

Other ingredients

Certified organic safflower oil, and natural vitamin E (mixed tocopherols from non-GMO sunflower). Nitrogen-flushed to maintain optimum freshness, prevent oxidation, and ensure maximum nutritional value.

Fatty Acids

Linoleic	68–83%
Palmitic	4–10%
Oleic	8–21%
Stearic	1–5%

Directions of use

Adults: Take 3 tablespoons daily with food or as directed by your health-care practitioner. Stir into soups, stews, and sauces; or use for light sautéing. Its clean and crisp flavour is also excellent for vinaigrettes, marinades, or as a replacement for butter or margarine on your toast. Enjoy a cholesterol-reduced breakfast, lunch, or dinner. Great-tasting and low in saturated fat; salt-, gluten-, cholesterol-, and trans fat-free.

#1625 · 500 ml · UPC 6-28747-21625-8
NPN 80059904 · OM0118-R2

✓ Cardiovascular Health · ✓ Cooking Oils · ✓ Keto Diet



Heart Smart Organic Sunflower 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 sunflower 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

Linoleic 48–74%
Palmitic 4–9%
Oleic 14–40%
Stearic 1–7%

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 subtle nutty flavour is also excellent for vinaigrettes, marinades, or as a replacement for butter or margarine on your toast. Enjoy a cholesterol-reduced breakfast, lunch, or dinner. Great-tasting and low in saturated fat; salt-, gluten-, cholesterol-, and trans fat-free.

#1624 · 500 ml · UPC 6-28747-21624-1
NPN 80059922 · OM0117

✓ Cardiovascular Health · ✓ Cooking Oils · ✓ Keto Diet



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 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 7 weeks.

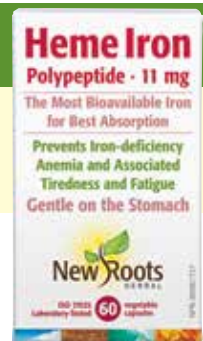
#1876 · 30 vegetable capsules · UPC 6-28747-11876-7

#2185 · 60 vegetable capsules · UPC 6-28747-12185-9

NPN 80061737 · V0514-R2

✓ Energy · ✓ Vitamins/Minerals · ✓ Women's Health

Full line of iron supplements, p. 116



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

✓ Antioxidants · ✓ Detoxification



Hericium erinaceus:

Lion's Mane

500 mg · Hot-Water Extract

capsules

Medicinal Mushrooms
Cognitive Health · Immune-Boosting
35% beta-Glucans
from 40% Polysaccharides

Source of fungal polysaccharides with immunomodulating properties. Provides antioxidants.

Each vegetable capsule contains

Lion's mane (*Hericium erinaceus*) mushroom extract, standardized to 40% polysaccharides providing 35% beta-glucans 500 mg
Hot-water extraction.

Other ingredients

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

Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner. To avoid digestive upset, take with food/meal. Dosage can be increased up to 3 capsules daily.

#1868 · 60 vegetable capsules · UPC 6-28747-11868-2

#2297 · 120 vegetable capsules · UPC 6-28747-12297-9

NPN 80070799 · V0510-R2

✓ Medicinal Mushrooms · ✓ Memory Help
✓ Neurological Health

Full line of medicinal mushrooms, p. 136–141



Hericium erinaceus:
Mushroom Lovers
Lion's Mane Powder

Cognitive Health
Immune Support · Organic

Source of fungal polysaccharides with immunomodulating properties. Supports cognitive health.

Each ¼ teaspoon contains
Organic lion's mane (*Hericium erinaceus*)..... 1 g

Directions of use

Adults: Take two ¼ teaspoons daily or as directed by your health-care practitioner. • Mix product well in 1 cup of liquid (water, juice, etc.) or steep covered for 5 to 20 minutes before ingesting. Longer simmering will increase potency and therapeutic benefits.

#2579 · 100 g / 100 doses · UPC 6-28747-02579-9
NPN 80111122 · P0831-R1

✓ Functional Foods · ✓ Medicinal Mushrooms · ✓ Memory Help
✓ Neurological Health

Full line of medicinal mushrooms, p. 136–141



HMB:
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

✓ Antioxidants · ✓ Detoxification



New Product! Since October 2022

Holy Basil Max capsules
500 mg · Potent 10% Ursolic Acid

Increases Energy and Resistance
to Mental and Physical Stress

Used in herbal medicine as an adaptogen to help increase energy and resistance to stress (in case of mental and physical fatigue related to stress). Traditionally used in Ayurveda as an expectorant and/or demulcent to help relieve cough (Kasa) and colds; as an expectorant to help relieve respiratory mucus buildup (catarrh); as a cardiotonic (Hrdya); and to aid digestion (Dipani) and stimulate appetite (stomachic). Source of antioxidants.

Each vegetable capsule contains

Holy basil (*Ocimum tenuiflorum*) leaf extract,
10.0% ursolic acid..... 500 mg

Other ingredients

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

Directions of use

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

#2898 · 60 vegetable capsules · UPC 6-28747-12898-8
NPN 80112767 · V0740-R1

✓ Cold and Flu · ✓ Energy · ✓ Herbal Extracts · ✓ Immune Health
✓ Mood Enhancement · ✓ Stress Management



**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, and stevia (*Stevia rebaudiana*) leaf extract, and silicon dioxide.

Directions of use

Adults: Take 2 scoops daily with food. Mix with 150–250 ml of water (dilute to taste) or as directed by your health-care practitioner.

Duration of use

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

#2210 · 285 g / 30 doses · UPC 6-28747-02210-1
NPN 80061652 · PM0094-R2

✓ Cardiovascular Health · ✓ 50+ Health · ✓ Neurological Health



“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

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

✓ Herbal Extracts · ✓ Men's Sexual Health



Human Probiotics

Colonizing Flora

capsules

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



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

Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 12 strains of live, active, healthy, and whole cells (42 billion) to the intestines

Human Strains

<i>Lactobacillus rhamnosus</i> UB5115.....	31.5 billion CFU
<i>Lactobacillus casei</i> UB1499.....	8.3244 billion CFU
<i>Lactobacillus acidophilus</i> UB5997.....	1.68 billion CFU
<i>Bifidobacterium longum</i> ssp. <i>infantis</i> UB9214 ..	105 million CFU
<i>Bifidobacterium animalis</i> ssp. <i>lactis</i> UB3963 ...	105 million CFU
<i>Bifidobacterium bifidum</i> UB4280.....	42 million CFU
<i>Bifidobacterium breve</i> UB8674.....	42 million CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> UB7691....	42 million CFU
<i>Lactobacillus crispatus</i> UB4719.....	42 million CFU
<i>Lactobacillus gasseri</i> UB8141.....	42 million CFU
<i>Lactobacillus acidophilus</i> LA-14.....	37.8 million CFU
<i>Lactobacillus rhamnosus</i> GG.....	37.8 million CFU

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

Other ingredients

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

Directions of use

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

#2166 · 30 vegetable capsules · UPC 6-28747-12166-8
NPN 80121091 · V0579-R2

✓ Digestive Health · ✓ Immune Health · ✓ Probiotics

Full line of probiotics, p. 166–179

Hospital Bacteria

Defense

capsules

10 Billion+ Live Active Whole Cells
Delivered Safely to the Intestines
Saccharomyces boulardii
Helps to Reduce the Risk of
Antibiotic-Associated Diarrhea
Supports Healthy Immunity

Source of probiotics. Helps reduce the risk of antibiotic-associated diarrhea. Helps support intestinal/gastrointestinal health and a favourable gut flora. Helps maintain/support immune function. A factor in the maintenance of good health.

Each vegetable capsule contains

Saccharomyces boulardii..... 10 billion CFU
Vitamin C (ascorbic acid)..... 6 mg

Other ingredients

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

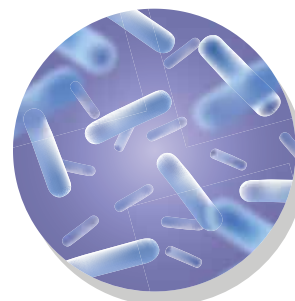
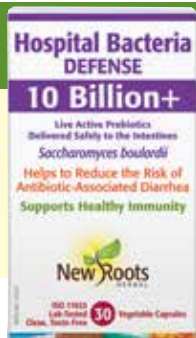
Directions of use

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

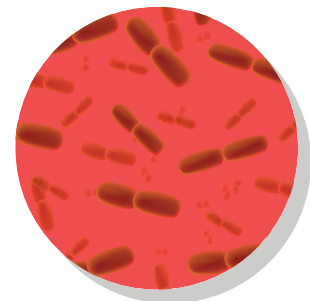
#1588 · 30 vegetable capsules · UPC 6-28747-11588-9
NPN 80110227 · V0436-R2

✓ Digestive Health · ✓ Immune Health · ✓ Probiotics

Full line of probiotics, p. 166–179



Lactobacillus



Lactobacillus bulgaricus

IBS Urgency capsules

Irritable Bowel Syndrome

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 those 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

Full line of probiotics, p. 166–179

IMMX Immune capsules

500 mg

Expectorant and Cough Suppressant ·
Helps Relieve Bronchitis

Used in herbal medicine to help maintain a healthy immune system, and as an expectorant and antitussive to help relieve bronchitis as well as coughs and colds.

Each vegetable capsule contains

Grape (*Vitis vinifera*) seed extract,
80% oligomeric proanthocyanidins

.....	41 mg
Licorice (<i>Glycyrrhiza glabra</i>) root	41 mg
Organic echinacea (<i>Echinacea angustifolia</i>) root	41 mg
Organic echinacea (<i>Echinacea purpurea</i>) root	41 mg
Pau d'arco (<i>Tabebuia heptaphylla</i>) inner bark	41 mg



Astragalus (<i>Astragalus membranaceus</i>) root extract, 3% astragalosides	40 mg
Cat's claw (<i>Uncaria tomentosa</i>) bark extract, 3% alkaloids	40 mg
Ginger (<i>Zingiber officinale</i>) rhizome	40 mg
Mexican sarsaparilla (<i>Smilax aristolochiifolia</i>) root	40 mg
Red ginseng (<i>Panax ginseng</i>) leaf and root extract, 20% ginsenosides	40 mg
Yerba mate (<i>Ilex paraguariensis</i>) leaf	40 mg
Oregano (<i>Origanum vulgare</i>) leaf extract, 30% carvacrol	30 mg
Siberian ginseng (<i>Enterococcus senticosus</i>) root extract, 0.8% eleutherosides	22 mg

Other ingredients

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

Directions of use

Adults: Take 4 capsules twice daily with meals 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

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

#0342 · 180 vegetable capsules · UPC 6-28747-10342-8

NPN 80068004 · V0154-R10

✓ Cold and Flu · ✓ Herbal Extracts · ✓ Immune Health

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

✓ Detoxification · ✓ 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



Continues on next page ↓

Providing the following:

- Protease (25,000 USP proteolytic units)
- Amylase (25,000 USP amylglucosidase 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 composed of vegetable carbohydrate gum, purified water, and enteric coating.

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
 - #1824 · 360 vegetable capsules · UPC 6-28747-11824-8
- 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. 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
- NPN 80072476 · P0003-R0

✓ Blood-Glucose Management · ✓ Men's Fertility
✓ Vitamins/Minerals · ✓ Women's Fertility and Sexual Health

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

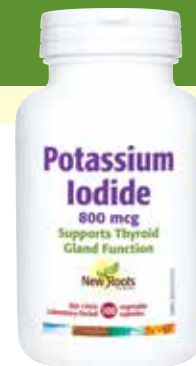
Microcrystalline cellulose and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

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/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

✓ Detoxification · ✓ Vitamins/Minerals



Iron Bisglycinate

35 mg Elemental Iron capsules

Helps Prevent Iron-Deficiency Anemia · Gentle on the Stomach



A factor in the maintenance of good health. Helps to form red blood cells and to prevent iron-deficiency anemia.

Each vegetable capsule contains

Iron (from iron bisglycinate)	35 mg
Vitamin C (ascorbic acid)	75 mg
Inositol hexanicotinate, flush-free (vitamin B3)	5 mg
Vitamin B1 (thiamine hydrochloride)	5 mg
Vitamin B2 (riboflavin-5'-phosphate sodium)	5 mg
Vitamin B6 (pyridoxal-5'-phosphate)	5 mg
Copper (from copper citrate)	1 mg
Folate (from calcium L-5-methyltetrahydrofolate)	1,000 mcg
Vitamin B12 (methylcobalamin)	1,000 mcg

Other ingredients

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

Directions of use

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

#1898 · 30 vegetable capsules · UPC 6-28747-11898-9
NPN 80052360 · V0515-R1

✓ Energy · ✓ Vitamins/Minerals · ✓ Women's Health

Full line of iron supplements, p. 116

Joint Pain Relief

With NEM® capsules



Helps to relieve joint pain associated with osteoarthritis. Provides antioxidants for the maintenance of good health.

Each vegetable capsule contains

NEM® (eggshell membrane) powder	250 mg
Boswellia (<i>Boswellia serrata</i>) oleogum resin, 70% organic acid providing 35% boswellic acid	150 mg
Devil's claw (<i>Harpagophytum procumbens</i>) secondary tuber, 5% harpagosides	150 mg
Turmeric (<i>Curcuma longa</i>) root extract, 95% curcuminoids, providing curcumin I, demethoxycurcumin, and bisdemethoxycurcumin	100 mg
Black pepper (<i>Piper nigrum</i>) fruit extract, 95% piperine	2 mg

®NEM is a registered trademark of ESM Technologies, LLC and is registered in the United States and other countries.

™ is a 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

✓ Herbal Extracts · ✓ Pain and Inflammation

Joint-Tissu & MSM

capsules

Relieves Joint Pain Due to Osteoarthritis



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

Each vegetable capsule contains

Glucosamine sulfate (from crab, lobster, shrimp, or prawn exoskeleton, stabilized with potassium chloride), sodium-free	300 mg
Methylsulfonylmethane (MSM)	300 mg
Shark cartilage	250 mg
Devil's claw (<i>Harpagophytum procumbens</i>) secondary tuber extract, 5% harpagosides	50 mg

Other ingredients

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

Directions of use

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

#0248 · 60 vegetable capsules · UPC 6-28747-10248-3
#0278 · 120 vegetable capsules · UPC 6-28747-10278-0
NPN 80110992 · V0189-R2

✓ 50+ Health · ✓ Joint Health · ✓ Pain and Inflammation

Joyful:

New Roots Herbal Joyful

capsules

Healthy Mood Balance

Helps to promote healthy mood balance. Helps to temporarily promote relaxation.

Each vegetable capsule contains

gamma-Aminobutyric acid (GABA)	200 mg
L-Theanine	83.33 mg
L-Tryptophan	73.333 mg
L-5-Hydroxytryptophan (L-5-HTP) (from <i>Griffonia simplicifolia</i> seed)	50 mg
San-qi ginseng (<i>Panax notoginseng</i>) leaf 15:1 extract	50 mg
Phellodendron (<i>Phellodendron amurense</i>) bark extract, 1% berberine	10 mg
Vitamin B6 (pyridoxal-5'-phosphate)	10 mg
Magnolia (<i>Magnolia officinalis</i>) bark 50:1 extract, 80% magnolol + honokiol	5 mg
Folate (from calcium L-5-methyltetrahydrofolate)	333 mcg
Vitamin B12 (methylcobalamin)	333 mcg
Vitamin D3 (cholecalciferol)	8.33 mcg (333.33 IU)

Other ingredients

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

Directions of use

Adults: Take 1 capsule three times daily. Start with 1 capsule daily and gradually move to 3 daily, or as directed by your health-care practitioner. Use the lowest efficient dose.

Duration of use

For healthy mood balance: Use for a minimum of 1 week to see beneficial effects. Consult a health-care practitioner for use beyond 4 weeks.

#2102 · 15 vegetable capsules · UPC 6-28747-12102-6
#2022 · 30 vegetable capsules · UPC 6-28747-12022-7
#2024 · 60 vegetable capsules · UPC 6-28747-12024-1
NPN 80069682 · V0557-R1

✓ Mood Enhancement · ✓ Neurological Health
✓ Stress Management

Full line of antistress products, p. 202–205

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 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 7 weeks.

#1876 · 30 vegetable capsules · UPC 6-28747-11876-7

#2185 · 60 vegetable capsules · UPC 6-28747-12185-9
NPN 80061737 · V0514-R2

✓ Energy · ✓ Vitamins/Minerals · ✓ Women's Health



Iron Bisglycinate

35 mg Elemental Iron

capsules

Helps Prevent Iron-Deficiency Anemia · Gentle on the Stomach

A factor in the maintenance of good health. Helps to form red blood cells and to prevent iron-deficiency anemia.

Each vegetable capsule contains

Iron (from iron bisglycinate)	35 mg
Vitamin C (ascorbic acid)	75 mg
Inositol hexanicotinate, flush-free (vitamin B3)	5 mg
Vitamin B1 (thiamine hydrochloride)	5 mg
Vitamin B2 (riboflavin-5'-phosphate sodium)	5 mg
Vitamin B6 (pyridoxal-5'-phosphate)	5 mg
Copper (from copper citrate)	1 mg
Folate (from calcium L-5-methyltetrahydrofolate) ...	1,000 mcg
Vitamin B12 (methylcobalamin)	1,000 mcg

Other ingredients

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

Directions of use

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

#1898 · 30 vegetable capsules · UPC 6-28747-11898-9
NPN 80052360 · V0515-R1

✓ Energy · ✓ Vitamins/Minerals · ✓ Women's Health



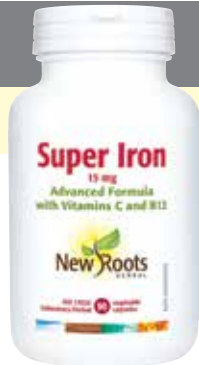
SCIENCE SAYS...

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 SUPPLEMENTS

Super Iron 15 mg

capsules



Advanced Formula
with Vitamins C and B12

Helps to form red blood cells and helps in their proper function. Vitamin C is an antioxidant for the maintenance of good health.

Each vegetable capsule contains
 Vitamin C (ascorbic acid) 175 mg
 Iron (from iron ascorbate) 15 mg
 Vitamin B1
 (thiamine hydrochloride) 5 mg
 Vitamin B6 (pyridoxal-5'-phosphate) 5 mg
 Inositol hexanicotinate, flush-free (vitamin B3) 2 mg
 Vitamin B2 (riboflavin-5'-phosphate sodium) 2 mg
 Folate (from calcium L-5-methyltetrahydrofolate) 1 mg
 Vitamin B12 (methylcobalamin) 250 mcg

Other ingredients

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

Directions of use

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

#0970 · 90 vegetable capsules · UPC 6-28747-10970-3
 NPN 80048168 · V0489-R3

✓ Energy · ✓ Vitamins/Minerals · ✓ Women's Health

Ultra Iron 30 mg

capsules



Advanced Formula
with Vitamins C and B12

Helps to prevent iron deficiency. Helps to form red blood cells and helps in their proper function.

Each vegetable capsule contains
 Vitamin C (ascorbic acid) 350 mg
 Iron (from iron ascorbate) 30 mg
 Vitamin B1
 (thiamine hydrochloride) 10 mg
 Vitamin B6 (pyridoxal-5'-phosphate) 10 mg
 Inositol hexanicotinate, flush-free (vitamin B3) 4 mg
 Vitamin B2 (riboflavin-5'-phosphate sodium) 4 mg
 Folate (from calcium L-5-methyltetrahydrofolate) 1 mg
 Vitamin B12 (methylcobalamin) 350 mcg

Other ingredients

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

Directions of use

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

#0971 · 90 vegetable capsules · UPC 6-28747-10971-0
 NPN 80047902 · V0485-R2

✓ Energy · ✓ Vitamins/Minerals · ✓ Women's Health

Iron supplementation depends upon accurate elemental values. We employ ICP-OES and ICP-MS (pictured) as needed to guarantee our label claim, ensuring consumers get the expected benefits.



Juicy

Immune - Energy

powder



Antioxidant · 8 Organic Berries
+ 20 Nutraceuticals
No added sugar
ORAC Value ~5000

Provides antioxidants for the maintenance of good health. Helps support liver function. Helps in wound healing; in connective tissue formation; and in 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 or sachet contains

Freeze-dried organic berry powders

Organic sea buckthorn (<i>Hippophae rhamnoides</i>) fruit	1,200 mg
Organic goji (<i>Lycium barbarum</i>) fruit	1,000 mg
Organic pomegranate (<i>Punica granatum</i>) fruit	1,000 mg
Organic blackberry (<i>Rubus plicatus</i>) fruit	400 mg
Organic strawberry (<i>Fragaria × ananassa</i>)	400 mg
Organic red raspberry (<i>Rubus idaeus</i>) fruit	300 mg
Organic sour cherry (<i>Prunus</i> spp.) fruit	300 mg
Organic bilberry (<i>Vaccinium myrtillus</i>) fruit	250 mg

Nutraceuticals

Inulin (from chicory root)	2,210 mg
Lecithin (from non-GMO sunflower oil)	1,000 mg
Arabinogalactan (from <i>Larix laricina</i>)	750 mg
Roselle (<i>Hibiscus sabdariffa</i>) flower	400 mg
Vitamin C (ascorbic acid)	360 mg
Cranberry (<i>Vaccinium macrocarpon</i>) fruit 107× concentrate . .	75 mg
Green tea (<i>Camellia sinensis</i>) leaf extract ,	
75% epigallocatechin-3-gallate (EGCG)	50 mg
Cili (<i>Rosa roxburghii</i>) fruit extract	40 mg
Japanese knotweed (<i>Fallopia japonica</i>)	
root, 50% resveratrol	27.5 mg
Astragalus (<i>Astragalus membranaceus</i>) root extract ,	
3% astragalosides	25 mg
Bilberry (<i>Vaccinium myrtillus</i>) European fruit extract ,	
25% anthocyanosides	25 mg
Blend of berry extracts , 20% multianthocyanidins, from	
bilberry (<i>Vaccinium myrtillus</i>) and grape (<i>Vitis vinifera</i>) . .	25 mg
European elderberry (<i>Sambucus nigra</i>) fruit extract	25 mg
Coenzyme Q10 (ubiquinone-10) (from fermentation) . .	10 mg
Grape (<i>Vitis vinifera</i>) seed extract ,	
80% oligomeric proanthocyanidins	10 mg
Grape (<i>Vitis vinifera</i>) skin extract , 25% polyphenols . . .	10 mg
Marigold (<i>Tagetes erecta</i>) flower extract , 15% lutein . .	2.25 mg
Zeaxanthin esters (400 mcg)	
from marigold (<i>Tagetes erecta</i>) flower extract	2 mg
Lycopene (100 mcg)	
from tomato (<i>Solanum lycopersicum</i>) flesh extract	1 mg
Astaxanthin 1.5%,	
from 375 mcg of <i>Haematococcus pluvialis</i>	375 mcg

Other ingredient

Stevia (*Stevia rebaudiana*) leaf **extract**.

Directions of use

Adults: Mix 2 heaping teaspoons (about 10 g) or 1 sachet 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

#1687 · 30 sachets × 10 g · UPC 6-28747-01687-2

NPN 80082454 · PM0557-R9

✓ Cardiovascular Health · ✓ Energy · ✓ Functional Foods
✓ Immune Health

Kava

400 mg · 30% Kavalactones

capsules



Promotes Relaxation

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 (*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

✓ Herbal Extracts · ✓ Mood Enhancement
✓ Stress Management

Kelp

225 mg

Made with Organic Kelp

tablets



Supports Thyroid Gland Function

A factor in the maintenance of good health. Helps in the function of the thyroid gland.

Each tablet contains

Iodine (from 225 mg of organic Norwegian kelp [*Ascophyllum nodosum*]) 225 mcg

Other ingredients

Microcrystalline cellulose, croscarmellose sodium, and silicon dioxide.

Directions of use

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

#0807 · 100 tablets · UPC 6-28747-10807-2

#0314 · 300 tablets · UPC 6-28747-10314-5

NPN 80020944 · V0047-R6

✓ Detoxification · ✓ 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 107× 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	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 annum</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

✓ Herbal Extracts · ✓ Urogenital Health

Kidney
Herbal Diuretic

capsules

Supports Healthy Kidney Function

Uva ursi and juniper are traditionally used in herbal medicine as diuretics.

Each vegetable capsule contains

Uva ursi	
(<i>Arctostaphylos uva-ursi</i>) leaf	345 mg
Buchu (<i>Agathosma betulina</i>) leaf	57 mg
Ginger (<i>Zingiber officinale</i>) rhizome	57 mg
Marshmallow	
(<i>Althaea 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

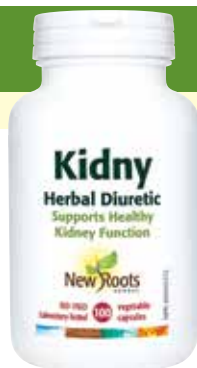
Adults: Take 2 capsules three times daily or as directed by your health-care practitioner. If you are taking other medications or natural health products, take this product a few hours before or after them. Do not take with highly acidic foods (e.g., citrus fruits and juice) or medications which may acidify urine.

Duration of use

Consult a health-care practitioner for use beyond 1 week.

#1346 · 100 vegetable capsules · UPC 6-28747-11346-5
NPN 80043472 · V0366-R2

✓ Herbal Extracts · ✓ Urogenital Health



Kids' products

54-55

L-Arginine

500 mg

capsules

Amino Acid · Exercise Support

A nonessential amino acid that is 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 / Proteins · ✓ Cardiovascular Health
✓ Men's Sexual Health · ✓ Sport Nutrition



L-Carnitine Tartrate

750 mg

capsules

**Athletic Workout
Muscle Recovery**

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

Each vegetable capsule contains

L-Carnitine tartrate 750 mg

Providing:

L-Carnitine 500 mg

Other ingredients

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

Directions of use

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

Duration of use

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

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

✓ Amino Acids / Proteins · ✓ Cardiovascular Health
✓ Men's Fertility · ✓ Sport Nutrition · ✓ Weight Management
✓ Women's Fertility and Sexual Health



L-Cysteine

capsules

500 mg

Amino Acid · Exercise Support

L-Cysteine helps to promote improved oxidative status, and is a source of antioxidants for the maintenance of good health, especially for those participating in regular intense exercise.

Each vegetable capsule contains

L-Cysteine hydrochloride. 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 with a meal or as directed by your health-care practitioner.

Duration of use

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

Note: This product has an odour which is characteristic of natural L-cysteine.

#0125 · 50 vegetable capsules · UPC 6-28747-10125-7

NPN 80025197 · V0099-R1

✓ Amino Acids / Proteins · ✓ Antioxidants · ✓ Detoxification
✓ Immune Health



L-Glutamine

powder

Muscle Recovery · Amino Acid

Helps support immune and digestive system health after periods of physical stress. Helps restore plasma glutamine levels depleted after periods of physical stress (e.g., prolonged exhaustive exercise). Helps to assist in muscle cell repair after exercise.

Each rounded teaspoon (5 g) contains

L-Glutamine. 5 g

Directions of use

Adults: Mix 1 rounded teaspoon (approx. 5 g) with cold liquid once daily or as directed by your health-care practitioner. We recommend weighing L-Glutamine for precise dosage.

#0868 · 250 g · UPC 6-28747-00868-6

NPN 80021094 · P0163-R1

✓ Amino Acids / Proteins · ✓ Digestive Health · ✓ Muscle Support
✓ Sport Nutrition



L-Glutamine

capsules

500 mg

Gut Health · Muscle Repair

Helps in muscle cell repair and to restore plasma glutamine levels depleted after periods of physical stress (e.g., prolonged exhaustive exercise). Helps support immune and digestive system health after periods of physical stress.

Each vegetable capsule contains

L-Glutamine. 500 mg

Other ingredients

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

Directions of use

Adults: Take 4 capsule three times daily with a meal or as directed by your health-care practitioner. For weight training:

Adults: Take 3 capsules up to six times (9 g) daily.

#0090 · 50 vegetable capsules · UPC 6-28747-10090-8

#0865 · 120 vegetable capsules · UPC 6-28747-10865-2

#0866 · 240 vegetable capsules · UPC 6-28747-10866-9

NPN 80010311 · V0100-R2

✓ Amino Acids / Proteins · ✓ Digestive Health · ✓ Muscle Support
✓ Sport Nutrition



L-Lysine

capsules

500 mg

Reduces Recurrence, Severity, and Healing Time of Cold Sores

Helps to reduce the recurrence, severity, and healing time of cold sores. L-Lysine is one of the nine essential amino acids.

Each vegetable capsule contains

L-Lysine. 500 mg

From L-lysine monohydrochloride.

Other ingredients

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

Directions of use

Adults: For cold sores, take 2 capsules three times daily with meals.

Duration of use

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

#0252 · 100 vegetable capsules · UPC 6-28747-10252-0

#1019 · 250 vegetable capsules · UPC 6-28747-11019-8

NPN 80000790 · V0151-R2

✓ Amino Acids / Proteins · ✓ Bone Health · ✓ Immune Health



L-Methionine

capsules

500 mg

Supports Liver Function

A factor in the maintenance of good health. Helps to support liver function.

Each vegetable capsule contains

L-Methionine. 500 mg

Other ingredients

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



“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

Directions of use

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

#0148 · 50 vegetable capsules · UPC 6-28747-10148-6
NPN 80017685 · V0102-R2

✓ Amino Acids / Proteins · ✓ Detoxification

L-5-Methyltetrahydrofolate:

Active Folate capsules

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

Helps Reduce the Risk of Neural Tube Defects

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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

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

✓ Maternity · ✓ Vitamins/Minerals
✓ Women's Fertility and Sexual Health

Full line of B vitamins, p. 222–227



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/Minerals
✓ Women's Fertility and Sexual Health

Full line of B vitamins, p. 222–227

L-Taurine

500 mg capsules

Supports Cardiovascular Health

Helps to support cardiovascular function.

Each vegetable capsule contains

L-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 / Proteins · ✓ Antioxidants
✓ Cardiovascular Health · ✓ Memory Help · ✓ Sport Nutrition



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 / Proteins · ✓ Memory Help
✓ Sleep Aids · ✓ Weight Management

Full line of antistress products, p. 202–205



L-Tryptophan 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 / Proteins · ✓ Memory Help
✓ Mood Enhancement



Other ingredients

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

Directions of use

Adults: Take 1 tablet daily with or immediately before a meal/food or as directed by your health-care practitioner.

Duration of use

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

#2027 · 30 tablets · UPC 6-28747-12027-2
NPN 80071898 · V0556-R1

✓ Blood-Glucose Management · ✓ Digestive Health
✓ Glandular Extracts

L-Tyrosine 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 per day 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 / Proteins · ✓ Memory Help
✓ Mood Enhancement · ✓ Stress Management



Lamb 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
NPN 80103735 · V0524-R2

✓ Glandular Extracts · ✓ Immune Health



Lamb Pancreas: Grass-Fed Lamb Pancreas 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).



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. 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.

#2139 · 15 ml · UPC 6-28747-22139-9
NPN 80069450 · O0031-R1

✓ Essential Oils



Full line of essential oils, p. 76–83

Lectro-Lytes powder
Coco-Pineapple
Electrolyte Rehydration Drink Mix



Rich in Vitamin C · No Added Sugar
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.

Directions of use

Add one scoop to 200 ml of water. Use once a day.

Nutrition Facts • Per 1 scoop (4.2 g)

Calories 0	% Daily Value*		% Daily Value*
Fat 0 g	0 %	Sodium 55 mg	2 %
Saturated 0 g + Trans 0 g	0 %	Potassium 200 mg	4 %
Carbohydrate 1 g		Calcium 100 mg	8 %
Fibres 0 g	0 %	Iron 0.1 mg	1 %
Sugars 0 g	0 %	Vitamin C 251 mg	279 %
Protein 0 g		Vitamin B6 10 mg	588 %
Cholesterol 0 mg		Magnesium 120 mg	29 %

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

#2490 · 168 g / 40 portions · UPC 6-28747-02490-7
PM0818-R1

NONTAXABLE ITEM

✓ Energy · ✓ Keto Diet · ✓ Sport Nutrition · ✓ Vitamins/Minerals

Lectro-Lytes powder
Lemon-Lime
Electrolyte Rehydration Drink Mix



Rich in Vitamin C · No Added Sugar
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.

Directions of use

Add one scoop to 200 ml of water. Use once a day.

Nutrition Facts • Per 1 scoop (4.8 g)

Calories 5	% Daily Value*		% Daily Value*
Fat 0 g	0 %	Sodium 50 mg	2 %
Saturated 0 g + Trans 0 g	0 %	Potassium 200 mg	4 %
Carbohydrate 1 g		Calcium 100 mg	8 %
Fibres 0 g	0 %	Iron 0 mg	0 %
Sugars 0 g	0 %	Vitamin C 251 mg	279 %
Protein 0 g		Vitamin B6 10 mg	588 %
Cholesterol 0 mg		Magnesium 120 mg	29 %

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

#2488 · 192 g / 40 portions · UPC 6-28747-02488-4
PM0814-R1

NONTAXABLE ITEM

✓ Energy · ✓ Keto Diet · ✓ Sport Nutrition · ✓ Vitamins/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. 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.

#2148 · 15 ml · UPC 6-28747-22148-1
NPN 80076490 · O0059-R1

✓ Essential Oils

Full line of essential oils, p. 76–83

New Product! Since August 2023

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. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil. Do not use if you are pregnant or breast-feeding; if you have epilepsy; or if you have broken, irritated, or sensitive skin. May cause allergic reaction; in which case, discontinue use and consult a health-care practitioner.

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. 76–83

“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

New Product! Since August 2023

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. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil. Do not use if you are pregnant or breast-feeding; if you have epilepsy; or if you have broken, irritated, or sensitive skin. May cause allergic reaction; in which case, discontinue use and consult a health-care practitioner.

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. 76–83

Licorice Root

470 mg

capsules

Relieves Intestinal Inflammation
Expectorant

Traditionally used in herbal medicine as an expectorant to help relieve chest complaints, such as catarrhs, coughs, and bronchitis. Also used to help relieve inflammatory conditions of the gastrointestinal tract, such as gastritis in adults.

Each vegetable capsule contains

Licorice (*Glycyrrhiza glabra*) root and stolon 470 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

Consult a health-care practitioner for use beyond 4–6 weeks, or if symptoms persist or worsen.

#0826 · 100 vegetable capsules · UPC 6-28747-10826-3
NPN 80010480 · V0122-R1

✓ Cold and Flu · ✓ Digestive Health · ✓ Herbal Extracts
✓ Women's Health



Lion's Mane

500 mg · Hot-Water Extract

capsules

Medicinal Mushrooms

Cognitive Health · Immune-Boosting

35% beta-Glucans

from 40% Polysaccharides

Source of fungal polysaccharides with immunomodulating properties.

Provides antioxidants.

Each vegetable capsule contains

Lion's mane (*Hericium erinaceus*) mushroom extract, standardized to 40% polysaccharides providing 35% beta-glucans 500 mg
Hot-water extraction.

Other ingredients

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

Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner. To avoid digestive upset, take with food/meal.

Dosage can be increased up to 3 capsules daily.

#1868 · 60 vegetable capsules · UPC 6-28747-11868-2

#2297 · 120 vegetable capsules · UPC 6-28747-12297-9

NPN 80070799 · V0510-R2

✓ Medicinal Mushrooms · ✓ Memory Help
✓ Neurological Health



Full line of medicinal mushrooms, p. 136–141

Mushroom Lovers

Lion's Mane Powder

Medicinal Mushrooms

Cognitive Health

Immune Support · Organic

Source of fungal polysaccharides with immunomodulating properties.

Supports cognitive health.

Each ¼ teaspoon contains

Organic lion's mane (*Hericium erinaceus*) 1 g

Directions of use

Adults: Take two ¼ teaspoons daily or as directed by your health-care practitioner. • Mix product well in 1 cup of liquid (water, juice, etc.) or steep covered for 5 to 20 minutes before ingesting. Longer simmering will increase potency and therapeutic benefits.

#2579 · 100 g / 100 doses · UPC 6-28747-02579-9

NPN 80111122 · P0831-R1

✓ Functional Foods · ✓ Medicinal Mushrooms · ✓ Memory Help
✓ Neurological Health



Full line of medicinal mushrooms, p. 136–141

“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

Lipoic acid: Alpha Lipoic 125 mg

capsules



Antioxidant

Provides antioxidants for the maintenance of good health.

Each vegetable capsule contains
DL-alpha-Lipoic acid 125 mg

Other ingredients

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

Directions of use

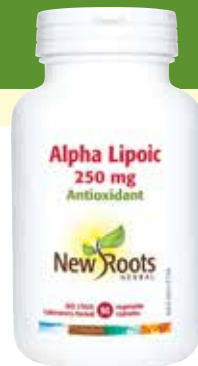
Adults: As a dietary supplement, take 1–2 capsules twice daily with food or as directed by your health-care practitioner.

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

✓ Antioxidants · ✓ Blood-Glucose Management · ✓ Detoxification

Lipoic acid: Alpha Lipoic 250 mg

capsules



Antioxidant

Provides antioxidants for the maintenance of good health.

Each vegetable capsule contains
DL-alpha-Lipoic acid 250 mg

Other ingredients

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

Directions of use

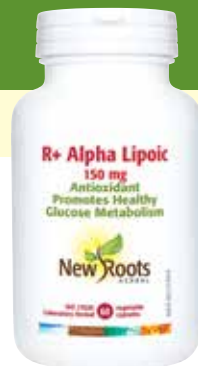
Adults: As a dietary supplement, take 1–2 capsules daily with food or as directed by your health-care practitioner.

#0770 · 60 vegetable capsules · UPC 6-28747-10770-9
#0991 · 90 vegetable capsules · UPC 6-28747-10991-8
NPN 80017724 · V0096-R1

✓ Antioxidants · ✓ Blood-Glucose Management · ✓ Detoxification

Lipoic acid: R+ Alpha Lipoic 150 mg

capsules



Antioxidant · Promotes Healthy Glucose Metabolism

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

Each vegetable capsule contains
R(+)-alpha-Lipoic acid (1,2-dithiolane-3-pentanoic acid) 150 mg

Other ingredients

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

Directions of use

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

Duration of use

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

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

✓ Antioxidants · ✓ Blood-Glucose Management
✓ Cardiovascular Health · ✓ Detoxification

Liquid DMSO: DMSO Liquid

Pain Reduction · Muscles, Tendons, Ligaments, Knees, Hips, Shoulders, Elbows, and Wrists



Helps to temporarily reduce the pain associated with musculoskeletal conditions of the large joints, such as posttraumatic soft-tissue injuries, acute bursitis, strains, and sprains.

Medicinal ingredients

DMSO (methyl sulfoxide 99.9%) 90%

Other ingredient

Purified water (10%).

Directions of use

Adults: Apply 8–12 ml on affected area three times daily or as directed by your health-care practitioner. Make sure the affected area is thoroughly cleansed before application. Wash your hands before and after application. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with water. For external use only.

#1968 · 50 ml · UPC 6-28747-21968-6
#1970 · 95 ml · UPC 6-28747-21970-9
NPN 80058315 · LM0135-R1

✓ Antioxidants · ✓ Joint Health · ✓ Pain and Inflammation

Liquid Melatonin

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

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

✓ 50+ Health · ✓ Sleep Aids

Liver:

Grass-Fed Beef Liver

Pure Glandular · 600 mg capsules

Hormone- and Pesticide-Free
Supports immunity.

Supports good health.
Helps support immune function.

Each vegetable capsule contains

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

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

Other ingredients

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

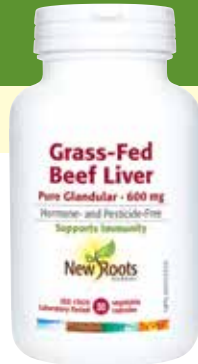
Directions of use

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

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

NEW SIZE! #3187 · 180 vegetable capsules · UPC 6-28747-13187-2
NPN 80119351 · V0541-R1

✓ Detoxification · ✓ Digestive Health · ✓ Glandular Extracts



Liver Protection

capsules

Synergistic Milk Thistle
+ alpha-Lipoic Acid Formula

Traditionally used in herbal medicine as a hepatoprotectant / liver protectant. Helps to support liver function. Used in herbal medicine to help relieve digestive disturbances / dyspepsia. Provides antioxidants for the maintenance of good health.

Each vegetable capsule contains

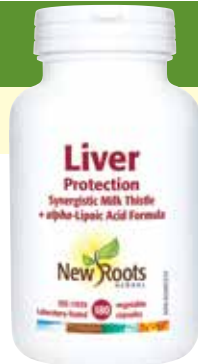
Milk thistle (*Silybum marianum*) seed extract,
80% silymarin. 250 mg
Red beet (*Beta vulgaris*) root 120 mg
Black Spanish radish (*Raphanus sativus* var. *niger*) root . . . 120 mg
Curcuma (*Curcuma longa*) root extract, 95% curcuminoids,
providing curcumin I, demethoxycurcumin,
and bisdemethoxycurcumin 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 · ✓ Herbal Extracts

Lupine Seed Protein

Organic · 100% Pure
Whole-Food Protein Powder

Unsweetened and Unflavoured
53% Protein · 16 g Proteins,
4 g Fibres, 2 g Omega-3/6/7/9,
110 Calories per Portion
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 ½ cup (30 g)			
	% Daily Value*		% Daily Value*
Calories 110		Protein 16 g	
Fat 3 g	4 %	Cholesterol 0 mg	
Saturated 0.5 g + Trans 0 g	3 %	Sodium 0 mg	0 %
Polyunsaturated 1 g		Potassium 300 mg	6 %
Monounsaturated 1 g		Calcium 50 mg	4 %
Carbohydrate 7 g		Iron 1.5 mg	8 %
Fibre 4 g	14 %		
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 / Proteins · ✓ Keto Diet · ✓ Sport Nutrition

Maca

capsules

Made with Organic Maca · 750 mg

Mood Balance / Sexual Health

Helps support emotional aspects of sexual health. Helps to support healthy mood balance during menopause. Provides antioxidants.

Each vegetable capsule contains

Organic maca
(*Lepidium meyenii*) root 750 mg

Other ingredients

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



Directions of use

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

Duration of use

Consult a health-care practitioner for use beyond 3 months. Menopausal and postmenopausal women only: Consult a health-care practitioner for use beyond 6 weeks.

#1835 · 120 vegetable capsules · UPC 6-28747-11835-4
NPN 80042262 · V0490-R3

- ✓ Energy · ✓ Herbal Extracts · ✓ Men's Sexual Health
- ✓ Menopause · ✓ Women's Fertility and Sexual Health

Maca (Fermented):
Organic

Fermented Maca
Whole-Food Powder · 100% Pure

10 Calories per Portion
Unsweetened and Unflavoured
Gluten-Free · Non-GMO



Our Peruvian-sourced, naturally fermented, and nutrient-rich maca root powder is a welcomed addition for better nourishment thanks to its rich nutritional profile, especially its iron intake. It's great for smoothies and baking, and is excellent when blended with cacao and carob powder for an energy- and endurance-inspired cappuccino.

Ingredient

Organic fermented maca root.

Recommended use

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

Nutrition Facts • Per ¼ 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 %
Protein 0.4 g		Potassium 40 mg	1 %
Carbohydrate 2 g		Calcium 10 mg	1 %
Fibre 0 g	0 %	Iron 2.25 mg	13 %
Sugars 0 g	0 %		

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

#2318 · 150 g / 50 portions · UPC 6-28747-02318-4
P0791-R1

NONTAXABLE ITEM

- ✓ Fermented Products · ✓ Functional Foods · ✓ Menopause
- ✓ Men's Sexual Health · ✓ Women's Fertility and Sexual Health

Full line of fermented products, p. 91–93

Magnesium 128–131



Maitake capsules
400 mg · Hot-Water Extract

Medicinal Mushrooms
Immune Support · Balance
30% beta-Glucans
from 40% Polysaccharides

Used in herbal medicine to support the immune system.

Each vegetable capsule contains

Maitake (*Grifola frondosa*) mushroom extract, standardized to 40% polysaccharides, 30% beta-glucans. 400 mg Hot-water extraction.

Other ingredients

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

Directions of use

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

#1860 · 60 vegetable capsules · UPC 6-28747-11860-6
NPN 80117430 · V0509-R3

- ✓ Blood-Glucose Management · ✓ Cholesterol Management
- ✓ Immune Health · ✓ Medicinal Mushrooms

Full line of medicinal mushrooms, p. 136–141



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. 136–141

“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

MAGNESIUM SUPPLEMENTS



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.

MAGNESIUM BISGLYCINATE is recognized as the most bioavailable form of this critical mineral. Nutrients compete within the intestines for carrier proteins to transport them through the intestinal wall into the bloodstream. In its chelated form, being attached to amino acids, magnesium bisglycinate skips this process for direct

intestinal absorption and delivery within the bloodstream. This makes it gentle on the intestines as other forms of magnesium, when left unabsorbed, can cause nausea and diarrhea. Glycine—magnesium bisglycinate being formed of one molecule of magnesium and two molecules of glycine—is also a calming amino acid which amplifies the benefits of this superior form of magnesium.

It's All in the Delivery...

Once within the bloodstream, magnesium bisglycinate is easily recognized for active transport within cells to carry out its hundreds of essential metabolic duties.

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

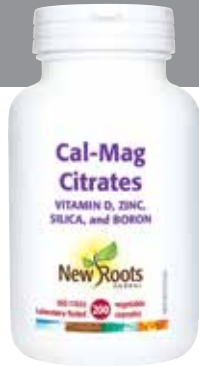
NPN 80028481 · V0155-R2

✓ Bone Health · ✓ Vitamins/Minerals

MAGNESIUM SUPPLEMENTS

Cal-Mag Citrates capsules Vitamin D, Zinc, Silica, and Boron

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



Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

Duration of use

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

#1468 · 100 vegetable capsules · UPC 6-28747-11468-4

#1470 · 200 vegetable capsules · UPC 6-28747-11470-7

NPN 80033666 · V0406-R2

✓ Bone Health · ✓ Vitamins/Minerals

Clarity Mag capsules Magnesium L-Threonate · 625 mg

Gentle on the Stomach

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



Each vegetable capsule contains

Magnesium L-threonate	625 mg
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Providing:

Elemental magnesium.	50 mg
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Other ingredients

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

Directions of use

Adults: Take 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 · ✓ Memory Help · ✓ Vitamins/Minerals

Heart Mag capsules 770 mg Magnesium Orotate

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
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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

✓ Cardiovascular Health · ✓ Vitamins/Minerals



MAGNESIUM SUPPLEMENTS

Magnesium Bisglycinate

200 mg Elemental Magnesium

capsules

Heart/Muscle Function
Gentle on the Stomach

Helps to maintain the body's ability to metabolize nutrients; in the development and maintenance of bones and teeth; in tissue formation; to maintain proper muscle function, including the heart muscle; and to maintain normal electrolyte balance.

Each vegetable capsule contains
Elemental magnesium 200 mg

Provided by:

- 95 mg of magnesium from 730 mg of pure, fully reacted magnesium bisglycinate (79%)
- 105 mg of magnesium from 198 mg of magnesium oxide (21%)

Other ingredients

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

Directions of use

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

#2308 · 120 vegetable capsules · UPC 6-28747-12308-2
#2402 · 240 vegetable capsules · UPC 6-28747-12402-7
NPN 80085063 · V0649-R1

- ✓ Bone Health · ✓ Cardiovascular Health · ✓ Muscle Support
- ✓ Sleep Aids · ✓ Sport Nutrition · ✓ Vitamins/Minerals



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-R1

- ✓ Bone Health · ✓ Cardiovascular Health · ✓ Muscle Support
- ✓ Sleep Aids · ✓ Sport Nutrition · ✓ Vitamins/Minerals

Magnesium Bisglycinate Plus

150 mg Elemental Magnesium

capsules

Healthy Muscle Function
Very Gentle on the Stomach

Helps in tissue formation and to maintain proper muscle function; to metabolize carbohydrates, proteins, and fats; and in the development and maintenance of bones and teeth.

Each vegetable capsule contains
Elemental magnesium 150 mg

Provided by:

- 117 mg of magnesium from 900 mg of pure, fully reacted magnesium bisglycinate (93%)
- 33 mg of magnesium from 63 mg of magnesium oxide (7%)
- L-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-R4

- ✓ Bone Health · ✓ Cardiovascular Health · ✓ Muscle Support
- ✓ Sleep Aids · ✓ Sport Nutrition · ✓ Vitamins/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.



Magnesium Citrate Plus L-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
L-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.



MAGNESIUM SUPPLEMENTS

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 · ✓ Cardiovascular Health · ✓ Digestive Health
 ✓ Muscle Support · ✓ Sport Nutrition · ✓ Vitamins/Minerals

Pure Magnesium Bisglycinate

Fully Reacted · 115 mg + Taurine

capsules

Supports Healthy Heart and Muscle Function · 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
 L-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 · ✓ Cardiovascular Health · ✓ Muscle Support
 ✓ Sport Nutrition · ✓ Vitamins/Minerals



Pure Magnesium Bisglycinate

capsules

Fully Reacted
 130 mg Elemental Magnesium

Heart/Muscle Function
 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 · ✓ Sleep Aids
 ✓ Sport Nutrition · ✓ Stress Management · ✓ Vitamins/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.

Male Fertility

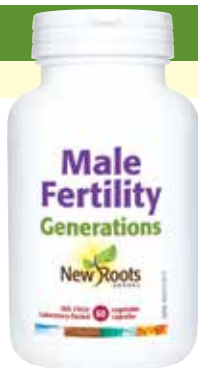
capsules

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

✓ Herbal Extracts · ✓ Men's Fertility

Organic

Marula Seed Oil

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

Sclerocarya birrea (marula) 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.

#2306 · 30 ml · UPC 6-28747-22306-5

OM0072-R2

✓ Beauty · ✓ Exotic Oils

Full line of exotic oils, p. 84–87



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) and more amino acids. It will give you more energy and boost your metabolism. Our matcha comes from the first harvest of shade-grown tea leaves.

Ingredient

Pure **organic** premium matcha green tea (*Camellia sinensis*).

Preparation

Mix ½–1 teaspoon in a cup of hot water. Adjust to taste. Can also be used in lattes, baking, and smoothies.

Nutrition Facts • Per ½ tsp. (1 g)			
Calories 0	% Daily Value*		% Daily Value*
Fat 0.1 g	0 %	Calcium 10 mg	1 %
Carbohydrate 1 g		Iron 0.1 mg	1 %
Protein 0.2 g		Magnesium 2.7 mg	1 %
Cholesterol 0 mg		Manganese 1.7 mg	74 %
Potassium 10 mg	0 %		

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

#1874 · 30 g · UPC 6-28747-01874-6

#1907 · 100 g · UPC 6-28747-01907-1

P0659-R1

NONTAXABLE ITEM

✓ Antioxidants · ✓ Energy · ✓ Green Foods · ✓ Teas / Herbal Teas



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

* Essential Amino Acid · ** Average Analysis

#2414 · 500 ml · UPC 6-28747-22414-7

#2415 · 1 litre · UPC 6-28747-22415-4

O0076-R1

NONTAXABLE ITEM

✓ Energy · ✓ Fatty Acids · ✓ 50+ Health · ✓ Keto Diet
✓ Memory Help · ✓ Sport Nutrition · ✓ Weight Management



MCT:

Organic

Coconut MCT

Powder + Acacia Gum

Medium-Chain Triglycerides
Unflavoured · 70 Calories per
Portion · Vegan · Ketogenic
Lactose- and Gluten-Free
Non-GMO



Our medium-chain triglyceride (MCT) powder is sourced exclusively from organically grown coconuts. **Organic** acacia, a premium source of soluble fibre, gives our **Organic Coconut MCT Powder** a smooth blended texture. Superior fuel for brain and body. Easy to digest and metabolize. Ideal for keto diet.

Ingredient

Organic medium-chain triglycerides (from **organic** coconuts) and **organic** acacia gum.

Where to Use

Coffee · Dressing · Shake · Cooking

Nutrition Facts • Per 2 tbsp. (10 g)

Calories 70	% Daily Value*	Cholesterol 0 mg	% Daily Value*
Fat 7 g	9 %	Sodium 0 mg	0 %
Saturated 7 g + Trans 0 g	35 %	Potassium 30 mg	1 %
Carbohydrate 3 g		Calcium 40 mg	3 %
Fibre 3 g	11 %	Iron 0.3 mg	2 %
Sugars 0 g	0 %		
Protein 0.1 g			

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

#2449 · 150 g / 15 portions · UPC 6-28747-02449-5
P0812-R1

NONTAXABLE ITEM

✓ Energy · ✓ Fatty Acids · ✓ 50+ Health · ✓ Keto Diet
✓ Memory Help · ✓ Sport Nutrition · ✓ Weight Management

MCT Energy

Medium-Chain Triglycerides
60/40 Formula

liquid

Keeps the Flow of Energy Strong and
Steady · Healthy Fats, Not Stored as Fat
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*	Cholesterol 0 mg	% Daily Value*
Fat 14 g	19 %	Sodium 0 mg	0 %
Saturated 14 g + Trans 0 g	70 %	Potassium 0 mg	0 %
Carbohydrate 0 g		Calcium 0 mg	0 %
Fibre 0 g	0 %	Iron 0 mg	0 %
Sugars 0 g	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 · ✓ Fatty Acids · ✓ 50+ Health · ✓ Keto Diet
✓ Neurological Health · ✓ 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 · ✓ Fatty Acids · ✓ 50+ Health · ✓ Keto Diet
✓ Neurological Health · ✓ Sport Nutrition
✓ Weight 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

MCT Protein Broth

powder

Nutrition On-the-Go
Medium-Chain Triglycerides
Organic Coconut MCT Powder
and Beef Bone Broth from
New Zealand · 33% Protein
150 Calories



Our medium-chain triglycerides (MCT) powder is sourced exclusively from **organically** grown coconuts and contains **organic** acacia, a premium source of soluble fibre. The addition of slow-simmered beef bone broth from New Zealand cattle provides 9 g of protein per portion, along with vitamins B3, B6, and B12. Enhanced fuel for brain and body. Easy to digest and metabolize. Unique smooth creamy flavour.

Ingredients

Organic medium-chain triglycerides (MCT) powder, grass-fed beef bone broth protein powder, and **organic** acacia gum.

For a Broth:

Add ½ cup (27 g) to 250 ml of hot water; if needed, add more water. Salt to taste.

Nutrition Facts • Per ½ cup (27 g)

Calories 150	% Daily Value*		% Daily Value*
Fat 12 g	16 %	Sodium 105 mg	5 %
Saturated 12 g + Trans 0 g	60 %	Potassium 100 mg	2 %
Carbohydrate 5 g		Calcium 50 mg	4 %
Fibre 5 g	18 %	Iron 0.75 mg	4 %
Sugars 0 g	0 %	Niacin 0.75 mg	5 %
Protein 9 g		Vitamin B6 0.1 mg	6 %
Cholesterol 0 mg		Vitamin B12 0.3 µg	13 %

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

#2514 · 300 g · UPC 6-28747-02514-0

PM0837-R1

NONTAXABLE ITEM

✓ Amino Acids / Proteins · ✓ Keto Diet · ✓ Sport Nutrition

Medicinal mushrooms 136–141

Melatonin: Liquid Melatonin

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

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

✓ 50+ Health · ✓ Sleep Aids

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

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, only 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

#1017 · 180 tablets · UPC 6-28747-11017-4

NPN 80120429 · V0029-R2

✓ Antioxidants · ✓ Sleep Aids

Melatonin

5 mg

tablets

Non-Habit-Forming Sleep Support
 Shift-Work · Jet-Lag



Helps increase the total sleep time (aspect of sleep quality) in people suffering from sleep restriction or altered sleep schedule, e.g. shift-work and jet lag. Helps to prevent or reduce the effects of jet lag. Helps to reduce the time it takes to fall asleep (sleep onset latency aspect of sleep quality) in people with delayed sleep phase disorder. Helps reset the body's sleep-wake cycle (aspect of circadian rhythm).

Each tablet contains

Melatonin..... 5 mg

Other ingredients

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

Directions of use

Adults: Take ½–2 tablets daily or as directed by your health-care practitioner. Take once a day, at or before bedtime. Do not drive or use machinery for 5 hours after taking melatonin. For jet lag: Take once a day at bedtime after darkness has fallen, while travelling and at destination, until adaptation to the new daily pattern, on occasional short-term use.

Duration of use

For sleep restriction/alterd sleep schedule; for delayed sleep phase disorder; and to restore sleep-wake cycle: Consult a health-care practitioner for use beyond 4 weeks.

#2076 · 60 tablets · UPC 6-28747-12076-0
NPN 80068403 · V0568-R1

✓ Antioxidants · ✓ 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

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 once a day, at or before bedtime. Do not drive or use machinery for 5 hours after taking melatonin. For jet lag: Take once a day at bedtime after darkness has fallen, while travelling and at destination, until adaptation to the new daily pattern, on occasional short-term use.

Duration of use

For sleep restriction/alterd sleep schedule; for delayed sleep phase disorder; and to restore sleep-wake cycle: Consult a health-care practitioner for use beyond 4 weeks.

#2078 · 60 tablets · UPC 6-28747-12078-4
NPN 80068400 · V0569-R1

✓ Antioxidants · ✓ Sleep Aids



New Product! Since March 2023

Memory Care

capsules

Bacopa monnieri · 300 mg
25:1 Extract · 45% Bacosides

Memory Protection and
Cognitive Support

Helps support cognitive health and/or brain function. Helps support memory.

Each vegetable capsule contains

Whole bacopa (*Bacopa monnieri*)
25:1 extract, 45% bacosides 300 mg

Other ingredients

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

Directions of use

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

#3148 · 60 vegetable capsules · UPC 6-28747-13148-3
NPN 80105758 · V0766-R1

✓ 50+ Health · ✓ Herbal Extracts · ✓ Memory Help
✓ Mood Enhancement · ✓ Neurological Health



Menopace

capsules

Hot Flashes · Night Sweats
Mood Swings · Soy-Free

Used in herbal medicine as a hormone normalizer to help stabilize menstrual cycle irregularities, and to help relieve symptoms associated with menopause, such as hot flashes. Black cohosh is used in herbal medicine to help relieve muscle and joint pain associated with rheumatic conditions (such as rheumatoid arthritis, osteoarthritis or fibrositis), and of pain associated with neuralgia (such as sciatica).

Each vegetable capsule contains

Chaste tree (*Vitex agnus-castus*) fruit extract, 0.5% agnusides 125 mg
Dong quai (*Angelica sinensis*) root **extract**,
1% Z-ligustilide 125 mg
Red clover (*Trifolium pratense*) flower top **extract**,
40% isoflavones, 25.2 mg AIE* 75 mg
Dandelion (*Taraxacum officinale*) root **extract**,
3% flavonoids 62.5 mg
Black cohosh (*Actaea racemosa*)
root **extract**, 2.5% triterpenes 30 mg
Wild yam (*Dioscorea villosa*)
rhizome 8:1 **extract**, 16% diosgenin 25 mg
*AIE = Aglycone Isoflavone Equivalents

Other ingredients

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

Directions of use

Adult women (perimenopausal): Take 1 capsule daily or as directed by your health-care practitioner.

Duration of use

Use for a minimum of 3 months to help stabilize menstrual cycle irregularities.

#0232 · 60 vegetable capsules · UPC 6-28747-10232-2
#0948 · 120 vegetable capsules · UPC 6-28747-10948-2
NPN 80036425 · V0187-R4

✓ Herbal Extracts · ✓ Menopause · ✓ Women's Health



“No thief, however skillful, can rob one of knowledge, and that is why knowledge is the best and safest treasure to acquire.”

L. Frank Baum

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 MUSHROOMS

Chaga Extract capsules

350 mg · Hot-Water Extract

Medicinal Mushrooms
Immune Support · Harmony
40% Polysaccharides

Source of fungal polysaccharides with immunomodulating properties.

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

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

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

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

✓ Immune Health · ✓ Medicinal Mushrooms



Cordyceps capsules

500 mg · Hot-Water Extract

Medicinal Mushrooms
Immune Support · Vitality
20% beta-Glucans
from 40% Polysaccharides

Source of fungal polysaccharides with immunomodulating properties.

Each vegetable capsule contains Cordyceps (*Paecilomyces hepiali*) mushroom extract standardized to 40% polysaccharides, 20% beta-glucans 500 mg Hot-water extraction.

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

Directions of use
Adults: Take 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

✓ Energy · ✓ 50+ Health · ✓ Immune Health
✓ Medicinal Mushrooms · ✓ Sport Nutrition



Chaga Tea chunks

Immunity · European Wild-Crafted

Our wild-crafted chaga is 100% sustainably sourced from living trees in Europe, 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. **Chunk size varies from bag to bag, so feel free to experiment to find your optimum desired strength.**

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

✓ Immune Health · ✓ Medicinal Mushrooms · ✓ Teas / Herbal Teas



Cordyceps Militaris capsules

400 mg · Hot-Water Extract

Medicinal Mushrooms
Immune Support · Vigour
20% beta-Glucans
from 40% Polysaccharides

Source of fungal polysaccharides with immunomodulating properties.

Each vegetable capsule contains: Cordyceps mushroom (*Cordyceps militaris*) fruiting body extract, standardized to 40% polysaccharides, providing 20% beta-glucans 400 mg Hot-water extraction.

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

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

#2672 · 60 vegetable capsules · UPC 6-28747-12672-4
NPN 80105570 · V0698-R1

✓ Energy · ✓ 50+ Health · ✓ Immune Health
✓ Medicinal Mushrooms · ✓ Sport Nutrition



Coriolus:
→ Turkey Tail

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



Mushroom Lovers

Lion's Mane Powder

Cognitive Health
Immune Support · Organic

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

Adults: Take two ¾ teaspoons daily or as directed by your health-care practitioner. • Mix product well in 1 cup of liquid (water, juice, etc.) or steep covered for 5 to 20 minutes before ingesting. Longer simmering will increase potency and therapeutic benefits.

#2579 · 100 g / 100 doses · UPC 6-28747-02579-9
NPN 80111122 · P0831-R1

✓ Functional Foods · ✓ Medicinal Mushrooms · ✓ Memory Help
✓ Neurological Health



Lion's Mane

500 mg · Hot-Water Extract

capsules

Medicinal Mushrooms
Cognitive Health · Immune-Boosting
35% beta-Glucans
from 40% Polysaccharides

Source of fungal polysaccharides with immunomodulating properties. Provides antioxidants.

Each vegetable capsule contains
Lion's mane (*Herichium erinaceus*) mushroom extract, standardized to 40% polysaccharides providing 35% beta-glucans 500 mg
Hot-water extraction.

Other ingredients

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

Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner. To avoid digestive upset, take with food/meal. Dosage can be increased up to 3 capsules daily.

#1868 · 60 vegetable capsules · UPC 6-28747-11868-2
#2297 · 120 vegetable capsules · UPC 6-28747-12297-9
NPN 80070799 · V0510-R2

✓ Medicinal Mushrooms · ✓ Memory Help
✓ Neurological Health



Maitake

400 mg · Hot-Water Extract

capsules

Medicinal Mushrooms
Immune Support · Balance
30% beta-Glucans
from 40% Polysaccharides

Used in herbal medicine to support the immune system.

Each vegetable capsule contains
Maitake (*Grifola frondosa*) mushroom extract, standardized to 40% polysaccharides, 30% beta-glucans 400 mg
Hot-water extraction.

Other ingredients

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

Directions of use

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

#1860 · 60 vegetable capsules · UPC 6-28747-11860-6
NPN 80117430 · V0509-R3

✓ Blood-Glucose Management · ✓ Cholesterol Management
✓ Immune Health · ✓ Medicinal Mushrooms



MEDICINAL MUSHROOMS

Mushroom Lovers

Maitake Powder

Organic *Grifola frondosa*

10 Calories per Portion

100% Pure · Gluten-Free · Non-GMO



The magic of mushrooms is no mystery to us! Incorporating their wonder into your daily diet has never been easier. Take a moment to enjoy a delicately flavoured maitake tea or spruce up your favourite hot beverage. All-natural goodness with no bitter aftertaste.

Ingredient

Organic maitake (*Grifola frondosa*) powder.

Recommended use

Add ½ level teaspoon to your favourite hot drinks, coffee, baking, and cooking. Infusing/simmering 5 to 20 minutes will increase potency.

Nutrition Facts • Per ½ tsp. (2.6 g)

Calories 10	% Daily Value*	Cholesterol 0 mg	% Daily Value*
Fat 0.1 g	0 %	Sodium 0 mg	0 %
Saturated 0 g + Trans 0 g	0 %	Potassium 0 mg	0 %
Carbohydrate 2 g		Calcium 0 mg	0 %
Fibres 1 g	4 %	Iron 0 mg	0 %
Sugars 0 g	0 %		
Protein 0.5 g			

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

#2581 · 100 g / 38 portions · UPC 6-28747-02581-2

P0833-R1

NONTAXABLE ITEM

✓ Functional Foods · ✓ Immune Health · ✓ Medicinal Mushrooms

Mushroom Lovers

Reishi Powder

Organic *Ganoderma lucidum*

10 calories per portion



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*	Cholesterol 0 mg	% Daily Value*
Fat 0.1 g	0 %	Sodium 0 mg	0 %
Saturated 0 g + Trans 0 g	0 %	Potassium 0 mg	0 %
Carbohydrate 2 g		Calcium 0 mg	0 %
Fibres 2 g	7 %	Iron 0 mg	0 %
Sugars 0 g	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

Reishi

500 mg · Hot-Water Extract

capsules

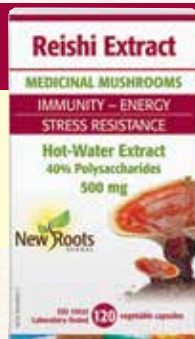
Medicinal Mushrooms

Energy – Immunity

Stress Resistance

30% beta-Glucans

from 40% Polysaccharides



Used in herbal medicine as an adaptogen to help increase energy and resistance to stress (e.g. in case of mental and physical fatigue related to stress), as a liver tonic, and to support the immune system. Provides antioxidants.

Each vegetable capsule contains

Reishi (*Ganoderma lucidum*) mushroom extract, standardized to 40% polysaccharides, providing 30% beta-glucans. . . . 500 mg Hot-water extraction.

Other ingredients

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

Directions of use

Adults: Take 3 capsules daily or as directed by your health-care practitioner. To avoid digestive upset, take with food/meal.

Duration of use

Immune support: Use for a minimum of 4 weeks to see beneficial effects.

#1862 · 60 vegetable capsules · UPC 6-28747-11862-0

#2298 · 120 vegetable capsules · UPC 6-28747-12298-6

NPN 80048612 · V0505-R6

✓ Cardiovascular Health · ✓ Energy · ✓ Immune Health
✓ Medicinal Mushrooms · ✓ Stress Management

Reishi

Slices · Organic

Ganoderma lucidum

Helps Increase Energy
and Resistance to Stress



Source of antioxidants. Source of fungal polysaccharides with immunomodulating properties.

Used in herbal medicine as a liver tonic. Used in herbal medicine as an adaptogen to help increase energy and resistance to stress (in case of mental and physical fatigue related to stress).

Ingredient

100% organic reishi mushroom (*Ganoderma lucidum*) fruiting body.

Directions of use

Adults: Add 3 g of reishi (approximately a 12 cm strip) to ½ litre of water. Simmer for 10 to 20 minutes to make a tonic, or several hours to make a concentrate. Temperature range should be between 50 and 70 °C; never a rolling boil. Serve hot or let cool to room temperature, then refrigerate the unused portion for up to 14 days. To avoid digestive upset, take with food or a meal.

#2377 · 100 g · UPC 6-28747-92377-4

NPN 80089417 · P0797-R1

✓ Cardiovascular Health · ✓ Energy · ✓ Immune Health
✓ Medicinal Mushrooms · ✓ Stress Management
✓ Teas / Herbal Teas

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

✓ Cardiovascular Health · ✓ Energy · ✓ Immune Health
✓ Medicinal Mushrooms

Resilience Mushroom Extract Blend

capsules



Medicinal Mushrooms
Immunity – Energy · Stress Reduction
Hot-Water Extract
40% Polysaccharides · 400 mg

Used in herbal medicine to support the immune system, as an adaptogen to help increase energy and resistance to stress (e.g., in case of mental and physical fatigue related to stress), and as a liver tonic. Source of antioxidants.

Each vegetable capsule contains

* Each mushroom extract is standardized to 40% polysaccharides.

Chaga (*Inonotus obliquus*) mushroom extract* 68 mg
Coriolus (*Trametes versicolor*) mushroom extract* 68 mg
Maitake (*Grifola frondosa*) mushroom extract* 68 mg
Reishi (*Ganoderma lucidum*) mushroom extract* 68 mg
Shiitake (*Lentinula edodes*) mushroom extract* 68 mg
Cordyceps (*Paeclomyces hepiali*) mushroom extract* 30 mg
Lion's mane (*Hericium erinaceus*) mushroom extract* 30 mg
Hot-water extraction.

Other ingredients

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

Directions of use

Adults: Take 2 capsules three times daily or as directed by your health-care practitioner. Take with a meal if gastrointestinal upset occurs.

#1933 · 90 vegetable capsules · UPC 6-28747-11933-7
NPN 80087975 · V0512-R1

✓ Immune Health · ✓ Medicinal Mushrooms

Shiitake 300 mg · Hot-Water Extract

capsules



Medicinal Mushrooms
Immune Support · Wellness
25% beta-glucans
from 40% Polysaccharides

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

Each vegetable capsule contains

Shiitake (*Lentinula edodes*) mushroom extract, standardized to 40% polysaccharides, providing 25% beta-glucans 300 mg
Hot-water extraction.

Other ingredients

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

Directions of use

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

#1870 · 60 vegetable capsules · UPC 6-28747-11870-5
NPN 80113474 · V0508-R3

✓ Immune Health · ✓ Medicinal Mushrooms



MEDICINAL MUSHROOMS

Mushroom Lovers

Shiitake Powder

Organic *Lentinula edodes*
10 calories per portion



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 shiitake tea or spruce up your favourite hot beverage. All-natural goodness with no bitter aftertaste.

Ingredient

Organic shiitake (*Lentinula edodes*) 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. (3.1 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 1 g			

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

#2582 · 100 g / 32 portions · UPC 6-28747-02582-9
P0834-R1

NONTAXABLE ITEM

✓ Functional Foods · ✓ Immune Health · ✓ Medicinal Mushrooms



Medicinal mushroom extract potency is measured by percentage of polysaccharides and beta-glucans. Our spectrophotometers, such as the one pictured above, accurately determine their presence and potency.

Turkey Tail

capsules

500 mg · Hot-Water Extract
of Coriolus

Medicinal Mushrooms
Immune Support · Antioxidant
50% beta-glucans
from 55% Polysaccharides



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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

#1864 · 60 vegetable capsules · UPC 6-28747-11864-4
NPN 80070797 · V0506-R4

✓ Immune Health · ✓ Medicinal Mushrooms

SCIENCE SAYS...

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!



Merry Mind Omega 3

1,000 mg EPA · 100 mg DHA **softgels**
Ultrapure Pharmaceutical Grade

Healthy Mood Balance

Helps to promote healthy mood balance.

Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole sardines [*Sardina pilchardus*] and whole anchovies [*Engraulis encrasicolus*]) 1,366 mg

Providing:

Eicosapentaenoic acid (EPA) 1,000 mg
Docosahexaenoic acid (DHA) 100 mg
Other omega-3s 71 mg

Ultrapure, pharmaceutical grade.

Other ingredients

Natural vitamin E (mixed tocopherols, from non-GMO sunflower) in a softgel composed of bovine 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 softgels · UPC 6-28747-12163-7
NPN 80077448 · V0577-R3

✓ Fish Oils · ✓ Keto Diet · ✓ Mood Enhancement
✓ Pain and Inflammation



Methyltetrahydrofolate:

Active Folate

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

Helps Reduce the Risk of Neural Tube Defects

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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

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

✓ Maternity · ✓ Vitamins/Minerals
✓ Women's Fertility and Sexual Health



Methionine:

L-Methionine

500 mg **capsules**

Supports Liver Function

A factor in the maintenance of good health. Helps to support liver function.

Each vegetable capsule contains

L-Methionine 500 mg

Other ingredients

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

Directions of use

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

#0148 · 50 vegetable capsules · UPC 6-28747-10148-6
NPN 80017685 · V0102-R2

✓ Amino Acids / Proteins · ✓ Detoxification



Methyltetrahydrofolate:

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/Minerals
✓ Women's Fertility and Sexual Health



“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

Full line of B vitamins, p. 222–227

Milk Thistle

organic tincture

Liver Protection

Traditionally used in herbal medicine as a hepatoprotectant/liver protectant, to help to support liver function, and to help relieve digestive disturbances/dyspepsia.

Each teaspoon contains a crude quantity equivalent of Organic milk thistle (*Silybum marianum*) seed 1.5 g

Other ingredients

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

Directions of use

Adults: Take 2 teaspoons (10 ml) daily or as directed by your health-care practitioner.

Duration of use

Use for a minimum of 3 weeks to see beneficial effects (hepatoprotectant/liver protectant agent or support of liver function).

#1597 · 50 ml · UPC 6-28747-21597-8
#1598 · 95 ml · UPC 6-28747-21598-5
NPN 80079356 · LM0036-R4

✓ Detoxification · ✓ Herbal Extracts



Molybdenum

capsules

150 mcg

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/Minerals



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
#2241 · 450 g / 90 doses · UPC 6-28747-02241-5
NPN 80078773 · P0759-R1

✓ Detoxification · ✓ Herbal Extracts · ✓ Immune Health



Moringa Seed Oil

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 Oils

Full line of exotic oils, p. 84–87



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

✓ Beauty · ✓ 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** 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

✓ Beauty · ✓ Joint Health · ✓ Pain and Inflammation · ✓ Skin

“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

Multi

Vitamin and Mineral Formula

capsules



With Activated B Vitamins
and 1,000 IU of Vitamin D
IRON-FREE

Helps in the maintenance of good health. Helps to maintain healthy skin and immune function.

Each vegetable capsule contains
Vitamins

Vitamin C (from 80 mg calcium ascorbate) 56 mg
Vitamin B1 (thiamine hydrochloride) 50 mg
Vitamin B3 (inositol hexanicotinate, flush-free) 50 mg
Vitamin B5 (calcium D-pantothenate) 50 mg
Vitamin B6 (pyridoxal-5'-phosphate) 50 mg
Vitamin B2 (riboflavin) 25 mg
Vitamin B2 (riboflavin-5'-phosphate) 25 mg
Vitamin E (D-alpha-tocopheryl acid succinate) (20 IU) 13.38 mg AT
Folate (from calcium L-5-methyltetrahydrofolate) 1,000 mcg
Vitamin B12 (methylcobalamin) 1,000 mcg
Biotin 150 mcg
Vitamin K2 (menaquinone-4) 25 mcg
Vitamin D3 (cholecalciferol) (1,000 IU) 25 mcg

Minerals

Magnesium (from magnesium citrate) 35 mg
Zinc (from zinc citrate) 10 mg
Copper (from copper gluconate) 1 mg
Manganese (from manganese citrate) 1 mg
Molybdenum (from molybdenum citrate) 150 mcg
Chromium (from chromium HVP chelate) 50 mcg
Selenium (from yeast-free L-selenomethionine) 10 mcg

Other ingredients

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

Directions of use

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

#1726 · 30 vegetable capsules · UPC 6-28747-11726-5

#1731 · 60 vegetable capsules · UPC 6-28747-11731-9

#1734 · 120 vegetable capsules · UPC 6-28747-11734-0

NPN 80035202 · V0468-R10

✓ Keto Diet · ✓ Vitamins/Minerals

Full line of multivitamins, p. 148–150

Multi-Max

Multivitamin

capsules



Advanced 45-Ingredient Formula
IRON-FREE

Source of vitamins, minerals, and antioxidants for the maintenance of good health. Helps to maintain healthy skin and immune function. Helps in the function of the thyroid gland. Helps in the development and maintenance of bones.

Two vegetable capsules contain
Vitamins

Vitamin C (from calcium ascorbate) 43.75 mg
Vitamin E (D-alpha-tocopheryl acid succinate) 33.44 mg AT

Vitamin B5 (calcium D-pantothenate).....	11.5 mg
Vitamin B1 (thiamine hydrochloride).....	8.25 mg
Vitamin B3 (niacinamide)	7.5 mg
Vitamin B2 (riboflavin).....	5 mg
Vitamin B3 (inositol hexanicotinate, flush-free)	5 mg
Vitamin B6 (pyridoxine hydrochloride).....	5 mg
Vitamin B2 (riboflavin-5'-phosphate sodium).....	1.25 mg
Vitamin B6 (pyridoxal-5'-phosphate)	1.25 mg
Folate (from calcium L-5-methyltetrahydrofolate)....	95 mcg
Vitamin B12 (methylcobalamin).....	75 mcg
Biotin	16.5 mcg
Vitamin D3 (cholecalciferol) (1.425 mcg)	57 IU

Minerals

Magnesium (from magnesium citrate)	112.5 mg
Calcium (from calcium citrate and calcium ascorbate).	81 mg
Potassium (from potassium citrate).....	8.25 mg
Zinc (from zinc citrate).....	3.75 mg
Manganese (from manganese citrate)	1 mg
Copper (from copper gluconate).....	250 mcg
Boron (from boron citrate).....	125 mcg
Iodine (from Norwegian kelp [<i>Ascophyllum nodosum</i>].....	25 mcg
Chromium (from chromium HVP chelate).....	12.5 mcg
Selenium (from selenium HVP chelate).....	12.5 mcg

Amino Acids

L-Proline.....	22.5 mg
N,N-Dimethylglycine (DMG).....	20 mg
L-Cysteine hydrochloride monohydrate.....	7.5 mg

Supplements / Nutraceuticals

Green tea (<i>Camellia sinensis</i>) extract, 50% polyphenols	60 mg
Citrus bioflavonoids (from bitter orange [<i>Citrus × aurantium</i>]), 50% hesperidin	50 mg
Bee pollen	35 mg
D-Ribose.....	30 mg
DL-alpha-Lipoic acid.....	25 mg
Broken-cell, organic chlorella (<i>Chlorella vulgaris</i>)	18 mg
Organic spirulina (<i>Spirulina platensis</i>)	18 mg
Betaine hydrochloride	12.5 mg
Lecithin (from non-GMO sunflower oil).....	8.25 mg
para-Aminobenzoic acid (PABA).....	6.25 mg
Coenzyme Q10 (ubiquinone-10) (from fermentation)....	6 mg
Rutin	5 mg
Choline citrate	4.15 mg
Inositol (myo-inositol).....	4.075 mg
Hesperidin (from bitter orange [<i>Citrus × aurantium</i>] fruit)	2.5 mg
Quercetin.....	2.5 mg
Tomato (<i>Solanum lycopersicum</i>) flesh extract, 20% lycopene.....	750 mcg
Black pepper (<i>Piper nigrum</i>) fruit extract, 95% piperine	200 mcg

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 · ✓Keto Diet · ✓Vitamins/Minerals

Full line of multivitamins, p. 148–150

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
L-Taurine (2-aminoethanesulfonic acid).....	6.25 mg

Supplements/Nutraceuticals

Green tea (<i>Camellia sinensis</i>) leaf extract, 50% polyphenols	50 mg
Free plant sterols (from non-GMO soy).....	38.75 mg
Choline bitartrate.....	31.75 mg
para-Aminobenzoic acid (PABA).....	18.75 mg
DL-alpha-Lipoic acid.....	12.5 mg
Betaine hydrochloride	12.5 mg
Rutin	11.25 mg
Japanese knotweed (<i>Fallopia japonica</i>) root extract, 50% resveratrol	10 mg
Inositol (myo-inositol).....	8.75 mg
Bovine colostrum (from <i>Bos taurus</i>), 30% immunoglobulins G (IgG)	7.5 mg
Grape (<i>Vitis vinifera</i>) seed extract, 80% oligomeric proanthocyanidins	7.5 mg
Hesperidin (from bitter orange [<i>Citrus × aurantium</i>] fruit)	7.5 mg
Organic spirulina (<i>Spirulina platensis</i>)	7.5 mg

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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.

#1236 · 60 vegetable capsules · UPC 6-28747-11236-9

#0225 · 120 vegetable capsules · UPC 6-28747-10225-4

#0253 · 240 vegetable capsules · UPC 6-28747-10253-7

NPN 80046526 · V0286-R13

✓ Immune Health · ✓ Keto Diet · ✓ Vitamins/Minerals

Full line of multivitamins, p. 148–150

Multi 5 Collagen 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, 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

✓ Beauty · ✓ Bone Health · ✓ 50+ Health · ✓ Functional Foods
✓ Hair · ✓ Joint Health · ✓ Muscle Support · ✓ Nails · ✓ Skin
✓ Sport Nutrition

Full line of collagen products, p. 62–63

Multi 5 Collagen powder

with Delicious Organic Cocoa



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

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

Ingredients

Hydrolyzed bovine collagen, organic cocoa powder, beef bone broth collagen, chicken collagen, eggshell membrane collagen, and hydrolyzed fish collagen. Contains: Eggs, fish (cod [*Gadus morhua*], saithe [*Pollachius virens*], haddock [*Melanogrammus aeglefinus*], and plaice [*Pleuronectes platessa*]).

Directions of use

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

Nutrition Facts • Per 5 tsp. (12 g)

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

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

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

#2547 · 400 g / 33 portions · UPC 6-28747-02547-8

PM0855-R2

NONTAXABLE ITEM

✓ Beauty · ✓ Bone Health · ✓ 50+ Health · ✓ Functional Foods
✓ Hair · ✓ Joint Health · ✓ Muscle Support · ✓ Nails · ✓ Skin
✓ Sport Nutrition

Full line of collagen products, p. 62–63

Multivitamins

148–150

Mum Ma Milkstream

capsules

Promotes Lactation

Used in herbal medicine as a galactagogue/lactagogue to help promote milk production/secretion (lactation). Used in herbal medicine as supportive therapy for the promotion of healthy glucose levels; to help reduce elevated blood lipid levels / hyperlipidemia; and as a nutritive tonic.



Each vegetable capsule contains

Fenugreek (<i>Trigonella foenum-graecum</i>) seed 5:1 extract ..	425 mg
Blessed thistle (<i>Cnicus benedictus</i>) herb top 5:1 extract ..	75 mg
Red raspberry (<i>Rubus idaeus</i>) leaf	75 mg
Fennel (<i>Foeniculum vulgare</i> ssp. <i>vulgare</i> var. <i>dulce</i>) seed ..	35 mg
Red clover (<i>Trifolium pratense</i>) flowering tip	20 mg
Burdock (<i>Arctium lappa</i>) root	20 mg

Other ingredients

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

Directions of use

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

#2231 · 60 vegetable capsules · UPC 6-28747-12231-3
NPN 80077537 · V0606-R1

✓ **Herbal Extracts** · ✓ **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** (*Rubus idaeus*) leaf. 123 mg
- Organic blessed thistle** (*Cnicus benedictus*) herb top 61.5 mg
- Organic sweet fennel** (*Foeniculum vulgare* ssp. *vulgare* var. *dulce*) seed. 61.5 mg
- Organic burdock** (*Arctium lappa*) root 34.5 mg
- Organic red clover** (*Trifolium pratense*) flower. 34.5 mg

Other ingredients

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

Directions of use

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

Directions of use

For occasional use only.

#1587 · 50 ml · UPC 6-28747-21587-9
#1586 · 95 ml · UPC 6-28747-21586-2
NPN 80052389 · LM0038-R7

✓ **Herbal Extracts** · ✓ **Maternity**



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. 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

NPN 80072476 · P0003-R0

✓ **Blood-Glucose Management** · ✓ **Men's Fertility**

✓ **Vitamins/Minerals** · ✓ **Women's Fertility and Sexual Health**

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**



Mushrooms

136-141

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



Natural sweeteners

210-211





Multivitamins for Every Need

Children's Multi powder Advanced 18-Ingredient Formula

Natural Berry-Lemon Flavour
Health + Immunity
SUGAR-FREE



A multivitamin and mineral supplement for the maintenance of good health. Helps the body metabolize nutrients. Calcium, magnesium, and vitamin C help in the development and maintenance of bones and teeth. Thiamine helps normal growth. Niacinamide helps normal growth and development. Zinc helps maintain healthy skin, and helps maintain immune function.

Each dose of 6.356 g (approx. 1 scoop) contains

Vitamin C (ascorbic acid)	250 mg
Calcium (from calcium citrate)	100 mg
Magnesium (from magnesium bisglycinate)	50 mg
Choline (from choline citrate)	40 mg
Vitamin B1 (thiamine hydrochloride)	10 mg
Vitamin B2 (riboflavin-5'-phosphate sodium)	10 mg
Vitamin B3 (niacinamide)	10 mg
Vitamin B5 (calcium D-pantothenate)	10 mg
Vitamin B6 (pyridoxal-5'-phosphate)	10 mg
Iron (from iron bisglycinate)	2 mg
Zinc (from zinc citrate)	2 mg
Vitamin B12 (methylcobalamin)	500 mcg
Folate (from calcium L-5-methyltetrahydrofolate)	400 mcg
Biotin	300 mcg
Copper (from copper citrate)	200 mcg
Iodine (from Norwegian kelp [<i>Ascophyllum nodosum</i>])	70 mcg
Vitamin D3 (cholecalciferol)	400 IU (10 mcg)

Other ingredients

Silicon dioxide, mixed tocopherols (from non-GMO sunflower), natural berry flavour, natural lemon flavour, L-malic acid, stevia (*Stevia rebaudiana*) leaf extract, and microcrystalline cellulose.

Directions of use

Children ≥ 4 years old: Mix ½ scoop once or twice daily in 6 oz. of unsweetened fruit juice. Stir well until dissolved. If you are taking other medications, take this product a few hours before or after them.

#1794 · 300 g / 94 doses · UPC 6-28747-01794-7
NPN 80088770 · PM0001-R12

✓ Children's Health · ✓ Vitamins/Minerals

Full line of children's products, p. 54–55

Multi capsules Vitamin and Mineral Formula

With Activated B Vitamins
and 1,000 IU of Vitamin D
IRON-FREE



Helps in the maintenance of good health. Helps to maintain healthy skin and immune function.

Each vegetable capsule contains

Vitamins

Vitamin C (from 80 mg calcium ascorbate)	56 mg
Vitamin B1 (thiamine hydrochloride)	50 mg
Vitamin B3 (inositol hexanicotinate, flush-free)	50 mg
Vitamin B5 (calcium D-pantothenate)	50 mg
Vitamin B6 (pyridoxal-5'-phosphate)	50 mg
Vitamin B2 (riboflavin)	25 mg
Vitamin B2 (riboflavin-5'-phosphate)	25 mg
Vitamin E (D-alpha-tocopheryl acid succinate) (20 IU)	13.38 mg AT
Folate (from calcium L-5-methyltetrahydrofolate)	1,000 mcg
Vitamin B12 (methylcobalamin)	1,000 mcg
Biotin	150 mcg
Vitamin K2 (menaquinone-4)	25 mcg
Vitamin D3 (cholecalciferol) (1,000 IU)	25 mcg

Minerals

Magnesium (from magnesium citrate)	35 mg
Zinc (from zinc citrate)	10 mg
Copper (from copper gluconate)	1 mg
Manganese (from manganese citrate)	1 mg
Molybdenum (from molybdenum citrate)	150 mcg
Chromium (from chromium HVP chelate)	50 mcg
Selenium (from yeast-free L-selenomethionine)	10 mcg

Other ingredients

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

Directions of use

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

#1726 · 30 vegetable capsules · UPC 6-28747-11726-5

#1731 · 60 vegetable capsules · UPC 6-28747-11731-9

#1734 · 120 vegetable capsules · UPC 6-28747-11734-0

NPN 80035202 · V0468-R10

✓ Keto Diet · ✓ Vitamins/Minerals

WHY IRON-FREE?

Iron is recommended for those with iron deficiencies or during pregnancy.
Iron overload causes oxidation which can contribute to chronic disease.



Multivitamins for Every Need

Multi-Max Multivitamin

capsules

Advanced 45-Ingredient Formula
IRON-FREE

Source of vitamins, minerals, and antioxidants for the maintenance of good health. Helps to maintain healthy skin and immune function. Helps in the function of the thyroid gland. Helps in the development and maintenance of bones.



Two vegetable capsules contain

Vitamins

Vitamin C (from calcium ascorbate)	43.75 mg
Vitamin E (D-alpha-tocopheryl acid succinate)	33.44 mg AT
Vitamin B5 (calcium D-pantothenate)	11.5 mg
Vitamin B1 (thiamine hydrochloride)	8.25 mg
Vitamin B3 (niacinamide)	7.5 mg
Vitamin B2 (riboflavin)	5 mg
Vitamin B3 (inositol hexanicotinate, flush-free)	5 mg
Vitamin B6 (pyridoxine hydrochloride)	5 mg
Vitamin B2 (riboflavin-5'-phosphate sodium)	1.25 mg
Vitamin B6 (pyridoxal-5'-phosphate)	1.25 mg
Folate (from calcium L-5-methyltetrahydrofolate)	95 mcg
Vitamin B12 (methylcobalamin)	75 mcg
Biotin	16.5 mcg
Vitamin D3 (cholecalciferol) (1.425 mcg)	57 IU

Minerals

Magnesium (from magnesium citrate)	112.5 mg
Calcium (from calcium citrate and calcium ascorbate)	81 mg
Potassium (from potassium citrate)	8.25 mg
Zinc (from zinc citrate)	3.75 mg
Manganese (from manganese citrate)	1 mg
Copper (from copper gluconate)	250 mcg
Boron (from boron citrate)	125 mcg
Iodine (from Norwegian kelp [<i>Ascophyllum nodosum</i>])	25 mcg
Chromium (from chromium HVP chelate)	12.5 mcg
Selenium (from selenium HVP chelate)	12.5 mcg

Amino Acids

L-Proline	22.5 mg
N,N-Dimethylglycine (DMG)	20 mg
L-Cysteine hydrochloride monohydrate	7.5 mg

Supplements / Nutraceuticals

Green tea (<i>Camellia sinensis</i>) extract, 50% polyphenols	60 mg
Citrus bioflavonoids (from bitter orange [<i>Citrus × aurantium</i>]), 50% hesperidin	50 mg
Bee pollen	35 mg
D-Ribose	30 mg
DL-alpha-Lipoic acid	25 mg
Broken-cell, organic chlorella (<i>Chlorella vulgaris</i>)	18 mg
Organic spirulina (<i>Spirulina platensis</i>)	18 mg
Betaine hydrochloride	12.5 mg
Lecithin (from non-GMO sunflower oil)	8.25 mg
para-Aminobenzoic acid (PABA)	6.25 mg
Coenzyme Q10 (ubiquinone-10) (from fermentation)	6 mg
Rutin	5 mg
Choline citrate	4.15 mg

Inositol (myo-inositol)	4.075 mg
Hesperidin (from bitter orange [<i>Citrus × aurantium</i>] fruit)	2.5 mg
Quercetin	2.5 mg
Tomato (<i>Solanum lycopersicum</i>) flesh extract, 20% lycopene	750 mcg
Black pepper (<i>Piper nigrum</i>) fruit extract, 95% piperine	200 mcg

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

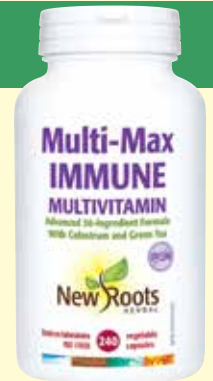
✓ 50+ Health · ✓ Keto Diet · ✓ Vitamins/Minerals

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

Continues on next page ↓



Multivitamins for Every Need

↓ Continued from previous page

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
L-Taurine (2-aminoethanesulfonic acid)	6.25 mg
Supplements/Nutraceuticals	
Green tea (<i>Camellia sinensis</i>)	
leaf extract , 50% polyphenols	50 mg
Free plant sterols (from non-GMO soy)	38.75 mg
Choline bitartrate	31.75 mg
para-Aminobenzoic acid (PABA)	18.75 mg
DL-alpha-Lipoic acid	12.5 mg
Betaine hydrochloride	12.5 mg
Rutin	11.25 mg
Japanese knotweed (<i>Fallopia japonica</i>)	
root extract , 50% resveratrol	10 mg
Inositol (myo-inositol)	8.75 mg
Bovine colostrum (from <i>Bos taurus</i>),	
30% immunoglobulins G (IgG)	7.5 mg
Grape (<i>Vitis vinifera</i>) seed extract ,	
80% oligomeric proanthocyanidins	7.5 mg
Hesperidin (from bitter orange	
[<i>Citrus × aurantium</i>] fruit)	7.5 mg
Organic spirulina (<i>Spirulina platensis</i>)	7.5 mg
Coenzyme Q10 (ubiquinone-10) (from fermentation)	6 mg
Lecithin (from non-GMO sunflower oil)	3.75 mg
Tomato (<i>Solanum lycopersicum</i>)	
flesh extract , 10% lycopene	2.5 mg
<i>Haematococcus pluvialis</i> extract , 2% astaxanthin	1 mg
Lutein (from marigold [<i>Tagetes erecta</i>])	312 mcg
Black pepper (<i>Piper nigrum</i>)	
fruit extract , 95% piperine	200 mcg
Zeaxanthin (from marigold [<i>Tagetes erecta</i>])	200 mcg

Other ingredients

Arabinogalactan (25 mg per 2 capsules), microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

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

Duration of use

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

- #1236 · 60 vegetable capsules · UPC 6-28747-11236-9
- #0225 · 120 vegetable capsules · UPC 6-28747-10225-4
- #0253 · 240 vegetable capsules · UPC 6-28747-10253-7

NPN 80046526 · V0286-R13

✓ Immune Health · ✓ Keto Diet · ✓ Vitamins/Minerals

Prenatal Complete Multivitamin

capsules



Helps Reduce Risk of Neural Tube Defects

Vitamin supplement and antioxidant for maintenance of good health. Helps to reduce the risk of neural tube defects when taken daily at least three months prior to becoming pregnant and during early pregnancy. Helps in the development and maintenance of bones, cartilage, teeth and gums. Helps to form red blood cells and helps in their proper function.

Each vegetable capsule contains

Calcium (from calcium citrate)	66.67 mg
Vitamin C (from calcium ascorbate)	58.33 mg
Magnesium	
(from fully reacted magnesium bisglycinate)	33.33 mg
Vitamin B5 (calcium D-pantothenate)	33.33 mg
Vitamin B1 (thiamine hydrochloride)	25 mg
Potassium (from potassium citrate)	23.33 mg
Vitamin B3 (niacinamide)	16.67 mg
Iron (from iron bisglycinate)	11.67 mg
Vitamin B2 (riboflavin-5'-phosphate sodium)	11.67 mg
Vitamin B6 (pyridoxal-5'-phosphate)	11.67 mg
Vitamin E	
(D-alpha-tocopheryl acid succinate)	11.17 mg AT (16.7 IU)
Zinc (from zinc citrate)	8.33 mg
Manganese (from manganese citrate)	1.67 mg
Copper (from copper citrate)	500 mcg
Folate (from calcium L-5-methyltetrahydrofolate)	333.33 mcg
Vitamin B12 (methylcobalamin)	333.33 mcg
Biotin	100 mcg
Iodine (from potassium iodide)	50 mcg
Chromium (from chromium polynicotinate)	33.33 mcg
Vitamin K1	33.33 mcg
Molybdenum (from molybdenum citrate)	16.667 mcg
Selenium (from yeast-free L-selenomethionine)	16.667 mcg
Vitamin D3 (cholecalciferol)	3.33 mcg (133.33 IU)

Other ingredients

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

Directions of use

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

#1434 · 90 vegetable capsules · UPC 6-28747-11434-9

NPN 80062372 · V0378-R11

✓ Maternity · ✓ Vitamins/Minerals

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 Grahni (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

✓ Beauty · ✓ Herbal Extracts · ✓ Parasites and Fungi
✓ Skin



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 · ✓ Mood Enhancement · ✓ Neurological Health
✓ Vitamins/Minerals

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
Organic watercress (*Nasturtium officinale*) herb 8 mg
Organic rhubarb (*Rheum plmatum*) root 5 mg

Other ingredients

Organic whole Norwegian kelp (*Ascophyllum nodosum*), organic alcohol 25% (from sugarcane), glycerin, and purified water. · Steeped in organic alcohol (from organic sugarcane) for 21 days.

Directions of use

Adults: Take 3 tablespoons in the morning and 4 tablespoons in the evening or as directed by your health-care practitioner.

Optional: To reduce the alcohol content, add 4 ounces of boiling water and let sit for 5 minutes. Can also be mixed with orange juice or your favourite juice.

Duration of use

For occasional use only.

#1977 · 500 ml / ≈ 9½ doses · UPC 6-28747-21977-8
NPN 80109774 · LM0136-R1

✓ Detoxification · ✓ Herbal Extracts · ✓ Immune Health



Neem Oil

Organic

Nourishes Dry Skin

Nourishing oil for skin-related issues.

Each bottle contains

Organic neem (*Azadirachta indica*) seed and fruit oil, cold-pressed, nondeodorized . 30 ml with added natural non-GMO vitamin E.

Other ingredients

Azadirachta indica seed and fruit oil and tocopherols.

Directions of use

Place 5–8 drops in your hand and gently massage desired areas. Larger body parts may require more oil.

#1976 · 30 ml · UPC 6-28747-21976-1
OM0128-R1

✓ Beauty · ✓ Herbal Extracts · ✓ Skin



New Product! Since January 2023

NeuroPerform

capsules

Citicoline 250 mg

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.



New Roots Herbal's

Breathe Easy

capsules

Made with Organic Plantain and Lobelia

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



Continues on next page ↓

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 · ✓ Herbal Extracts

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 (<i>Phellodendron amurense</i>) bark extract, 0.1% berberine	15 mg
Passionflower (<i>Passiflora incarnata</i>) extract, 4% flavonoids	50 mg
Astragalus (<i>Astragalus membranaceus</i>) root extract, 3% astragalosides	25 mg
Ashwagandha (<i>Withania somnifera</i>) root extract, 2.5% withanolides	75 mg
Holy basil (<i>Ocimum tenuiflorum</i>) leaf extract, 10% ursolic acid	50 mg
Oat (<i>Avena sativa</i>) 10:1 extract	50 mg
Rhodiola (<i>Rhodiola rosea</i>) 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 (<i>myo</i> -inositol)	25 mg
D-Ribose	25 mg
Vitamin B1 (thiamine hydrochloride)	25 mg
Vitamin B5 (calcium D-pantothenate)	25 mg
Inositol hexanicotinate, flush-free (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 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-R7

✓ Mood Enhancement · ✓ Stress Management

Full line of antistress products, p. 202–205



New Roots Herbal

Joyful

capsules

Healthy Mood Balance

Helps to promote healthy mood balance. Helps to temporarily promote relaxation.

Each vegetable capsule contains

gamma-Aminobutyric acid (GABA)	200 mg
L-Theanine	83.33 mg
L-Tryptophan	73.333 mg
L-5-Hydroxytryptophan (L-5-HTP) (from <i>Griffonia simplicifolia</i> seed)	50 mg
San-qi ginseng (<i>Panax notoginseng</i>) leaf 15:1 extract	50 mg
Phellodendron (<i>Phellodendron amurense</i>) bark extract, 1% berberine	10 mg
Vitamin B6 (pyridoxal-5'-phosphate)	10 mg
Magnolia (<i>Magnolia officinalis</i>) bark 50:1 extract, 80% magnolol + honokiol	5 mg
Folate (from calcium L-5-methyltetrahydrofolate)	333 mcg
Vitamin B12 (methylcobalamin)	333 mcg
Vitamin D3 (cholecalciferol)	8.33 mcg (333.33 IU)

Other ingredients

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

Directions of use

Adults: Take 1 capsule three times daily. Start with 1 capsule daily and gradually move to 3 daily, or as directed by your health-care practitioner. Use the lowest efficient dose.

Duration of use

For healthy mood balance: Use for a minimum of 1 week to see beneficial effects. Consult a health-care practitioner for use beyond 4 weeks.

#2102 · 15 vegetable capsules · UPC 6-28747-12102-6

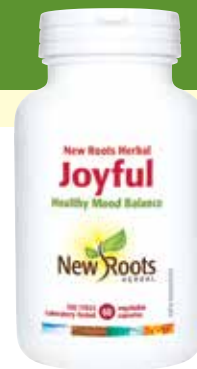
#2022 · 30 vegetable capsules · UPC 6-28747-12022-7

#2024 · 60 vegetable capsules · UPC 6-28747-12024-1

NPN 80069682 · V0557-R1

✓ Mood Enhancement · ✓ Neurological Health
✓ Stress Management

Full line of antistress products, p. 202–205



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 (<i>Vaccinium myrtillus</i>) fruit extract	50 mg
Hawthorn (<i>Crataegus monogyna</i>) berry	45 mg
Hawthorn (<i>Crataegus monogyna</i>) berry extract, 2% vitexin	5 mg
Vitamin B1 (thiamine hydrochloride)	5 mg
Vitamin B6 (pyridoxal-5'-phosphate)	1 mg
Vitamin B6 (pyridoxine hydrochloride)	1 mg

Other ingredients

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



Directions of use

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

#0980 · 90 vegetable capsules · UPC 6-28747-10980-2
NPN 80027828 · V0430-R2

- ✓ Cholesterol Management · ✓ Neurological Health
- ✓ Vitamins/Minerals

Full line of B vitamins, p. 222–227

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 and children > 6 years old: 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/Minerals

Full line of B vitamins, p. 222–227



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 · ✓ Herbal Extracts
- ✓ Immune Health



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

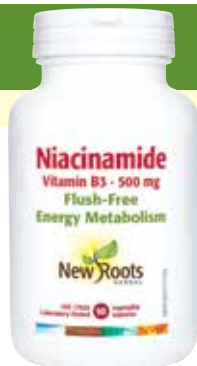
Directions of use

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-R1

- ✓ Energy · ✓ Joint Health · ✓ Stress Management
- ✓ Vitamins/Minerals

Full line of B vitamins, p. 222–227



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 · ✓ Cardiovascular Health · ✓ Herbal Extracts
- ✓ Immune Health



“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 Azargoshab, “Rules of Health”

Olive Leaf Extract liquid

95–130 mg Oleuropein per Dose

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*	Protein 0 g	% Daily Value*
Fat 0 g	0 %	Sodium 0 mg	0 %
Carbohydrate 10 g	4 %		
Sugars 0 g	0 %		

Olive (*Olea europaea*) Leaf Extract (Equivalent to 12.8 g of fresh leaves) †
Standardized to: Oleuropein 95–130 mg †

*5% or less is a little, 15% or more is a lot. Percent Daily Values are based on a 2,000-calorie diet

†Daily Value not established

#2294 · 250 ml · UPC 6-28747-22294-5

#2296 · 500 ml · UPC 6-28747-22296-9

NPN 80087742 · L0152-R1

✓ Antioxidants · ✓ Cardiovascular Health · ✓ 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

✓ Cardiovascular Health · ✓ Cooking Oils · ✓ Keto Diet



Omega 3/6/7/9 softgels

Made with Organic Borage, Flax, and Sea Buckthorn

Cognitive/Brain Function
Cardiovascular Health

Source of essential fatty acids for the maintenance of good health. Helps support cognitive health and brain function, and helps to maintain and support cardiovascular health.

Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole sardines [*Sardina pilchardus*] and whole anchovies [*Engraulis encrasicolus*]) 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

✓ Cholesterol Management · ✓ Fatty Acids · ✓ Fish Oils
✓ Keto Diet · ✓ Menopause · ✓ Women's Health

Full line of fish oils, p. 94–97



Omega Jolly softgels

EPA 650 mg / DHA 100 mg

Ultrapure Pharmaceutical Grade

Cognitive/Brain Function
Healthy Mood Balance

Source of omega-3 fatty acids for the maintenance of good health. Source of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) for the maintenance of good health. Helps support cognitive health and brain function. Helps promote healthy mood balance.

Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole sardines [*Sardina pilchardus*] and whole anchovies [*Engraulis encrasicolus*]) 1,400 mg

Providing:

Eicosapentaenoic acid (EPA; 20:5 n-3) 650 mg
Docosahexaenoic acid (DHA; 22:6 n-3) 100 mg

Ultrapure, pharmaceutical grade.

Other ingredients

Natural vitamin E (D-alpha-tocopherol) (from non-GMO sunflower) 3.35 mg AT (5 IU)
In an improved softgel composed of 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-R4

✓ Cardiovascular Health · ✓ Fish Oils · ✓ Mood Enhancement
✓ Pain and Inflammation

Full line of fish oils, p. 94–97

Oregano oil

156

Orange Essential Oil: Sweet Orange Organic Essential Oil

(*Citrus × sinensis*)

100% Pure · Certified Organic

Used in aromatherapy as a nervine/
calmative. Used in aromatherapy
as a carminative/antispasmodic
for symptomatic relief of
digestive discomfort.

Each drop contains

Organic sweet orange (*Citrus × sinensis*)
fruit peel essential oil 100%

Active compounds

Limonene and beta-pinene.

Directions of use

Adults: Mix with vegetable oil for topical application. Use undiluted for direct or steam inhalation. Not for oral use. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil.

Duration of use

For occasional use only.

#2146 · 15 ml · UPC 6-28747-22146-7
NPN 80071182 · O0058-R1

✓ Essential Oils

Full line of essential oils, p. 76–83

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 · ✓ 50+ 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.

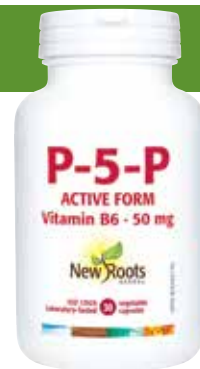
Directions of use

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

✓ Cardiovascular Health · ✓ Energy · ✓ Men's Fertility
✓ Mood Enhancement · ✓ Neurological Health
✓ Vitamins/Minerals · ✓ Women's Fertility and Sexual Health

Full line of B vitamins, p. 222–227



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.

#2187 · 30 vegetable capsules · UPC 6-28747-12187-3
#0780 · 90 vegetable capsules · UPC 6-28747-10780-8
NPN 80075193 · V0028-R3

✓ Blood-Glucose Management · ✓ Energy · ✓ 50+ Health
✓ Herbal Extracts · ✓ Men's Sexual Health · ✓ Sport Nutrition
✓ Women's Fertility and Sexual Health



Oregano: Take a Walk on the Wild Side

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
- #1267 · Display 27 bottles × 15 ml · UPC 6-28747-11267-3
- #1268 · Display 24 bottles × 30 ml · UPC 6-28747-11268-0

NPN 80033637 · OM0016-R6

✓ Immune Health



Wild Oregano C93 liquid With Garlic

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 and olive oils.

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

Certified organic extra virgin olive oil.

Directions of use

Adults: Take 8–20 drops daily or as recommended by your
health-care practitioner.

- #1632 · 15 ml · UPC 6-28747-21632-6
- #1633 · 30 ml · UPC 6-28747-21633-3
- #1634 · 50 ml · UPC 6-28747-21634-0

NPN 80043763 · OM0119-R3

✓ Immune Health



Wild Oregano C93 liquid

Extra Strong · 1:3 Blend
Oregano Oil to Olive Oil

Wild Mediterranean · 93% Carvacrol
Antioxidant

Source of antioxidants.
1:3 blend of oregano and olive oils.

Each 0.04 ml contains

Oregano (*Origanum minutiflorum*) oil,
75–85% carvacrol (93% carvacrol
of total volatile oils) 8.85 mg

Other ingredients

Extra-virgin certified organic olive oil.

Directions of use

Adults: Put 0.16 ml (approx. 4–6 drops) under the tongue and
swallow 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.

- #2094 · 15 ml · UPC 6-28747-22094-1
- #2095 · 30 ml · UPC 6-28747-22095-8
- #2150 · Display 27 bottles × 15 ml · UPC 6-28747-12150-7
- #2151 · Display 24 bottles × 30 ml · UPC 6-28747-12151-4

NPN 80073040 · OM0130-R1

✓ 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.



Pancreas: Grass-Fed Lamb Pancreas

Pure Glandular · 450 mg

tablets



Hormone- and Pesticide-Free
Supports Good Health

Each tablet contains

Pancreas (organ)
(from lamb [*Ovis aries*])* 450 mg
Vitamin C (ascorbic acid) 6 mg

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

Other ingredients

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

Directions of use

Adults: Take 1 tablet daily with or immediately before a meal/food or as directed by your health-care practitioner.

Duration of use

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

#2027 · 30 tablets · UPC 6-28747-12027-2
NPN 80071898 · V0556-R1

✓ Blood-Glucose Management · ✓ Digestive Health
✓ Glandular Extracts

Pancreatin

capsules



Equivalent to 1,300 mg Activity
Digestive Aid · Reduces Bloating
Natural Water-Based GPS™
Enteric Coating
Gastric Protective System

Each 325 mg dose of 4× concentrated Pancreatin provides the equivalent activity of 1,300 mg of unconcentrated pancreatic enzymes. Digestive aid. Helps to decrease bloating after high-calorie, high-fat meals. Pancreatin capsules are enteric-coated. This is important because the capsules are protected from stomach acid. Pancreatin capsules must be delivered intact to the small intestine in order to work. Capsules that are not enteric-coated will be destroyed in the stomach by stomach acid.

Each enteric-coated vegetable capsule contains

Pancreatic enzymes
(from pork [*Sus scrofa*]) 4× concentrate 325 mg

Providing:

Amylase activity 32,500 USP units
Protease activity 32,500 USP units
Lipase activity 2,600 USP units

Other ingredients

A non-GMO vegetable capsule composed of vegetable carbohydrate gum, purified water, and a water-based enteric coating.

Directions of use

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

Duration of use

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

#1697 · 60 vegetable capsules · UPC 6-28747-11697-8
#1698 · 120 vegetable capsules · UPC 6-28747-11698-5
#1700 · 260 vegetable capsules · UPC 6-28747-11700-5
NPN 80038831 · V0466-R6

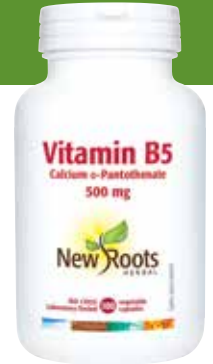
✓ Digestive Health · ✓ Enzymes

Pantothenate:

Vitamin B5

capsules

Calcium D-Pantothenate · 500 mg



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

Each vegetable capsule contains

Vitamin B5
(calcium D-pantothenate) 500 mg

Other ingredients

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

Directions of use

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

#1407 · 100 vegetable capsules · UPC 6-28747-11407-3
NPN 80019683 · V0387-R2

✓ Memory Help · ✓ Mood Enhancement · ✓ Neurological Health
✓ Stress Management · ✓ Vitamins/Minerals

Full line of B vitamins, p. 222–227

Papaya

With Papain Enzyme

capsules

Healthy Digestion

Digestive enzyme.

Each vegetable capsule contains

Papaya (*Carica papaya*) fruit 250 mg
Papain (from papaya [*Carica papaya*] fruit) (600,000 FCC PU) . . . 6 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

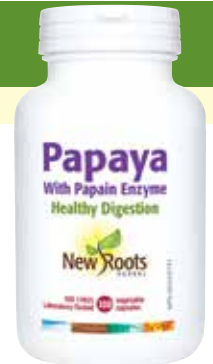
Adults: Take 1–3 capsules daily with food/meal or as directed by your health-care practitioner.

Duration of use

Consult a health-care practitioner for prolonged use.

#1432 · 100 vegetable capsules · UPC 6-28747-11432-5
NPN 80034731 · V0396-R3

✓ Digestive Health · ✓ Enzymes



“Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway.”

Earl Nightingale

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>) leaf extract, 30% carvacrol	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.

*Combination of natural extracts of grapefruit, lemon, and tangerine seeds.

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-R7

✓ Herbal Extracts · ✓ Parasites and Fungi

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 bottles of Cloves	100 capsules
2 bottles of Purge Parasitis	90 capsules
1 bottles 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.

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

✓ Herbal Extracts · ✓ Parasites and Fungi

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 Certified organic passionflower

(*Passiflora incarnata*) herb top 259 mg

Other ingredients

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

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.

#1426 · 50 ml · UPC 6-28747-21426-1
#1410 · 95 ml · UPC 6-28747-21410-0
NPN 80024264 · LM0043-R4

✓ Herbal Extracts · ✓ Sleep Aids · ✓ Stress Management



Pau d'Arco Tahebo

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

✓ Herbal Extracts · ✓ Parasites and Fungi



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

✓ Herbal Extracts · ✓ Parasites and Fungi



PEA Pain Relief

capsules

Palmitoylethanolamide · 600 mg

Chronic Pain Relief

Anti-Inflammatory

Anti-inflammatory to help relieve chronic pain.

Each vegetable capsule contains

Micronized palmitoylethanolamide (N-(2-hydroxyethyl) hexadecanamide) 600 mg

Other ingredients

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

Directions of use

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

Duration of use

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

#3092 · 60 vegetable capsules · UPC 6-28747-13092-9

NPN 80113092 · V0751-R2

✓ Fatty Acids · ✓ Headache/Migraine · ✓ Mood Enhancement
✓ Neurological Health · ✓ Pain and Inflammation



Pau d'Arco Taheebo

Tabebuia heptaphylla

Herbal Tea

powder

Made with Pau d'Arco Inner Bark

Caffeine-Free

Ingredient

Pau d'arco (*Tabebuia heptaphylla*) inner bark.

Directions of use

Adults: Boil desired quantity for 3 minutes in 600 ml of fresh water and let simmer for 15 minutes. Strain before drinking. Refrigerate unused portion.

#0023 · 454 g · UPC 6-28747-90023-2

P0169

✓ Parasites and Fungi · ✓ Teas / Herbal Teas



Peacegreens Immune

powder

Complete Greens and

Antioxidant Complex

Lecithin helps to support liver function. Used in herbal medicine as a tonic to help relieve general debility and/or to aid during convalescence and to help improve mental and/or physical performance after periods of mental and/or physical exertion. Provides antioxidants for the maintenance of good health.

Ingredients per 3½ teaspoons (10.1 g)

Lecithin (from non-GMO sunflower oil) 2,186 mg
Organic spirulina (*Spirulina platensis*) 1,685 mg
Cili (*Rosa roxburghii*) fruit extract, 6% vitamin C 1,000 mg
Alfalfa (*Medicago sativa*) grass 992 mg
Barley (*Hordeum vulgare*) grass. 600 mg
Broken-cell, organic chlorella (*Chlorella pyrenoidosa*) 425 mg
Rice (*Oryza sativa*) bran powder 383 mg
Astaxanthin 1.5%, from 200 mg *Haematococcus pluvialis*. 200 mg
Bee pollen. 150 mg
D-Ribose 150 mg
Wheat (*Triticum aestivum*) grass leaf juice powder 122 mg
Licorice (*Glycyrrhiza uralensis*) root extract,
10% glycyrrhizinic acid. 116 mg
Red beet (*Beta vulgaris*) root 65 mg
Milk thistle (*Silybum marianum*)
seed extract, 80% silymarin 60 mg
Siberian ginseng (*Eleutherococcus senticosus*) root extract,
0.8% eleutherosides 60 mg
Free plant sterols (from non-GMO soy) 52 mg
Grape (*Vitis vinifera*) seed extract,
95% proanthocyanidins 45 mg
Japanese knotweed (*Fallopia japonica*) root,
50% resveratrol 40 mg
Whole dulse (*Palmaria palmata*) 33 mg



Pau d'Arco Taheebo

Tabebuia heptaphylla

Herbal Tea

tea bags

Made with Pau d'Arco

Inner Bark · Caffeine-Free

Each sachet contains

Pau d'arco (*Tabebuia heptaphylla*) inner bark. 2.2 g

Directions of use

Boil 5 sachets for 3 minutes in 600 ml of fresh water and let simmer for 15 minutes. Strain before drinking, and take 1 cup two or three times daily or until preparation is finished. Refrigerate unused portion.

#0024 · 20 herbal tea bags · UPC 6-28747-90024-9

#0146 · 40 herbal tea bags · UPC 6-28747-90146-8

V0105-R1

✓ Parasites and Fungi · ✓ Teas / Herbal Teas



“Hope is putting faith to work when doubting would be easier.”

(author unknown)

Continues on next page ↓

↓ Continued from previous page

Ginkgo (*Ginkgo biloba*) leaf extract,
24% flavonoid glycosides and 6% terpene lactones 20 mg
Green tea (*Camellia sinensis*) leaf extract,
50% polyphenols 15 mg
Bilberry (*Vaccinium myrtillus*) European fruit extract,
25% anthocyanosides. 10 mg

Probiotics: 10 billion CFU, provided by the following strains
Lactobacillus rhamnosus R0011 4 billion CFU
Lactobacillus rhamnosus R1039 3 billion CFU
Lactobacillus acidophilus R0418 550 million CFU
Lactobacillus helveticus R0052 500 million CFU
Lactobacillus casei R0215 400 million CFU
Lactobacillus plantarum R1012 400 million CFU
Bifidobacterium breve R0070 300 million CFU
Bifidobacterium longum ssp. infantis R0033 300 million CFU
Bifidobacterium longum ssp. longum R0175 300 million CFU
Streptococcus salivarius
ssp. thermophilus R0083 200 million CFU
Lactobacillus delbrueckii ssp. bulgaricus R9001 50 million CFU

Digestive enzymes (8 mg)
alpha-Amylase 314,987 FCC alpha-amylase dextrinizing units
Bromelain (from pineapple
[*Ananas comosus* var. *comosus*] stem). 19,200 FCC PU
Cellulase 33.6 FCC cellulase units
Dipeptidyl-peptidase IV 55 FCC HUT
alpha-Galactosidase 0.506 FCC alpha-galactosidase units
Glucoamylase 1.333 FCC AGU
Hemicellulase 0.888 FCC HCU
Invertase 2.133 FCC INVU
Lactase 14.507 FCC ALU
Lipase 80 FCC LU
Maltase 3.467 FCC DP
Papain (from papaya [*Carica papaya*] fruit) 8,000 FCC PU
Pectinase 1.6 FCC endo-PGU
Phytase 0.067 FCC FTU
Protease I 1,104.987 FCC HUT
Protease II 196.8 FCC HUT
Protease III 1.52 FCC SAP

Other ingredients

Apple (*Pyrus malus*) fruit pectin (1,033 mg), acerola (*Malpighia glabra*) fruit extract (115 mg), broccoli (*Brassica oleracea Italica*) extract (38 mg), arabinogalactan, inulin, potato starch, stevia (*Stevia rebaudiana*) leaf, vitamin C (ascorbic acid), and vegetable magnesium stearate.

* Amount per 3½ teaspoons.

Directions of use

Adults: Take 3½ teaspoons (10.1 g) daily on an empty stomach or 15 minutes before a meal, or as directed by your health-care practitioner. Take with plenty of water (4–6 glasses). 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 1 month.

#2134 · 151.5 g / 15 doses · UPC 6-28747-02134-0
NPN 80077643 · PM0184C-R5

✓ Green Foods · ✓ Immune Health · ✓ Keto Diet · ✓ Probiotics

**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
#2241 · 450 g / 90 doses · UPC 6-28747-02241-5
NPN 80078773 · P0759-R1

✓ Detoxification · ✓ Herbal Extracts · ✓ Immune Health

Pediatric products

54–55

**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. 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.

#2137 · 15 ml · UPC 6-28747-22137-5
NPN 80069445 · O0048-R1

✓ Essential Oils

Full line of essential oils, p. 76–83

**Plant-based
sweeteners**

210–211

“Sweetness is not in itself unhealthy; we simply eat only the most unhealthy kind of sweetness.”

Giulia Enders

Plant Digestive Enzymes

capsules

Supports Healthy Digestion

Digestive aid. Vegan-compliant.

Each vegetable capsule contains

Protease

Providing the following:

Protease I 41,437 FCC HUT

Protease II 7,380 FCC HUT

Protease III 57 FCC SAP

Amylase

(all carbohydrates) 11,812 FCC DU

Bromelain (from pineapple [*Ananas comosus* var. *comosus*] stem) (proteins) 720,000 FCC PU (20 mg)

Cellulase (all fibres) 1,260 FCC CU

Dipeptidyl-peptidase IV (gluten) 2,050 FCC HUT

alpha-Galactosidase (beans and legumes) 19 FCC GaU

Glucoamylase (starch) 50 FCC AGU

Hemicellulase (plant fibres) 33.3 FCC HCU

Invertase (sugar) 80 FCC INVU

Lactase (milk sugar) 544 FCC ALU

Lipase (all fats and oils) 3,000 FCC LU

Maltase (all grains) 130 FCC DP

Papain (from papaya [*Carica papaya*] fruit) (all proteins) 300,000 FCC PU

Pectinase (pectins) 60 endo-PGU

Phytase (phosphorus) 2.5 FCC FTU

Other ingredients

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

Directions of use

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

Duration of use

Consult a health-care practitioner for prolonged use.

#1309 · 30 vegetable capsules · UPC 6-28747-11309-0

#1310 · 60 vegetable capsules · UPC 6-28747-11310-6

#1311 · 120 vegetable capsules · UPC 6-28747-11311-3

NPN 80073581 · V0361-R5

✓ Digestive Health · ✓ Enzymes · ✓ 50+ Health



Plantago: Fibre Ultra Rich

Plantago + Inulin

powder

Promotes Regularity and Cleansing

Psyllium is used in herbal medicine as a bulk-forming laxative and to promote bowel movements by increasing bulk volume and water content. Psyllium provides gentle relief of constipation and irregularity.

Each teaspoon contains

Psyllium (*Plantago ovata*) husk 2,128 mg

Roselle (*Hibiscus sabdariffa*) 126 mg

Inulin (from chicory root [*Cichorium intybus*]) 100 mg

Clove (*Syzygium aromaticum*) flower bud 53 mg

Licorice (*Glycyrrhiza glabra*) root 53 mg

Other ingredient

Stevia (*Stevia rebaudiana*) leaf.

Directions of use

Adults ≥ 19 years old: Take 1 teaspoon twice daily. For each gram of psyllium, take with 30 ml of liquid (water, milk, fruit juice, or similar aqueous beverage). Drink immediately and maintain adequate fluid intake. Effects observed 12–24 hours after the first dose; results may take 2–3 days. If you are taking other medications, take this product 2 hours before or after them.

Duration of use

Avoid long-term use, and consult a health-care practitioner for use beyond 6 weeks.

Note: Also take 1–2 capsules of enteric-coated *Acidophilus Ultra* each day. Start progressively or as directed by your health-care practitioner. Our *Acidophilus Ultra* capsule is protected by an enteric coating. The capsule must survive stomach acid and be delivered to the small intestine in order to work. The beneficial activity of *acidophilus* capsules without an enteric coating is destroyed in the stomach by stomach acid.

#0165 · 200 g / ≈ 80 doses · UPC 6-28747-00165-6

#0166 · 340 g / ≈ 136 doses · UPC 6-28747-00166-3

NPN 80044396 · PM0077-R1

✓ Cholesterol Management · ✓ Detoxification
✓ Digestive Health · ✓ Herbal Extracts · ✓ Keto Diet
✓ 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

beta-Sitosterol 480 mg

Campesterol 240 mg

Stigmasterol 240 mg

Directions of use

Adults: Take ½ teaspoon (1.2 g) once or twice daily with food (sprinkle into your shakes, smoothies, soups, stews, and sauces) or as directed by your health-care practitioner.

#1595 · 80 g / ≈ 66 doses · UPC 6-28747-01595-0

NPN 80023646 · P0294

✓ Cardiovascular Health · ✓ Cholesterol Management
✓ Functional Foods



PMS Relief

capsules

Cramps · Pain · Mood

Chaste tree is used in herbal medicine to help relieve premenstrual symptoms, and as a hormone normalizer to help stabilize menstrual cycle irregularities. Black cohosh is used in herbal medicine to help relieve premenstrual symptoms, and to help relieve the pain associated with menstruation.

Each vegetable capsule contains

Dandelion (*Taraxacum officinale*)

root **extract**, 3% flavonoids 150 mg

Chaste tree (*Vitex agnus-castus*)

fruit **extract**, 0.5% agnuside 125 mg

Dong quai (*Angelica sinensis*) root **extract**, 1% Z-ligustilide 125 mg

Corn (*Zea mays*) silk 4:1 **extract** 50 mg

Cramp bark (*Viburnum opulus*) 4:1 **extract** 50 mg

Red clover (*Trifolium pratense*)

flower **extract**, 8% isoflavones 35 mg



Continues on next page ↓

Black cohosh (*Actaea racemosa*) root extract,
2.5% triterpene glycoside 20 mg
Siberian ginseng (*Eleutherococcus senticosus*)
root extract, 0.8% eleutherosides. 5 mg

Other ingredients

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

Directions of use

Adult women: Take 1 capsule daily beginning when PMS symptoms typically appear or as directed by your health-care practitioner.

Duration of use

For periodic use only.

#0233 · 90 vegetable capsules · UPC 6-28747-10233-9
NPN 80053836 · V0186-R2

✓Herbal Extracts · ✓Women's Health

Pomegranate Seed Oil

(*Punica granatum*)

100% Pure · Certified Organic

Soothes and Repairs Very Dry Skin

A rare natural source of omega-5 and antioxidants for glowing skin, this unique oil helps reduce the look of wrinkles and of aging. It soothes and relieves very dry and damaged skin. Its strong character is ideal for night care.

Each bottle contains

Organic pomegranate (*Punica granatum*) seed oil, cold-pressed with added organic rosemary (*Rosmarinus officinalis*) extract 50 ml

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 Oils



Full line of exotic oils, p. 84–87

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

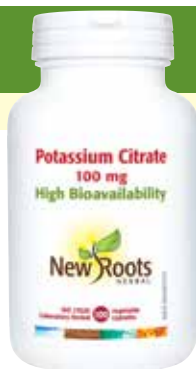
Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

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 Health · ✓Vitamins/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

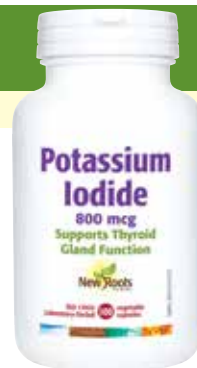
Microcrystalline cellulose and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

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

✓Energy · ✓Vitamins/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

✓Detoxification · ✓Vitamins/Minerals



Prenatal

Complete Multivitamin

capsules



Helps Reduce Risk of Neural Tube Defects

Vitamin supplement and antioxidant for maintenance of good health. Helps to reduce the risk of neural tube defects when taken daily at least three months prior to becoming pregnant and during early pregnancy. Helps in the development and maintenance of bones, cartilage, teeth and gums. Helps to form red blood cells and helps in their proper function.

Each vegetable capsule contains

Calcium (from calcium citrate)	66.67 mg
Vitamin C (from calcium ascorbate)	58.33 mg
Magnesium (from fully reacted magnesium bisglycinate)	33.33 mg
Vitamin B5 (calcium D-pantothenate)	33.33 mg
Vitamin B1 (thiamine hydrochloride)	25 mg
Potassium (from potassium citrate)	23.33 mg
Vitamin B3 (niacinamide)	16.67 mg
Iron (from iron bisglycinate)	11.67 mg
Vitamin B2 (riboflavin-5'-phosphate sodium)	11.67 mg
Vitamin B6 (pyridoxal-5'-phosphate)	11.67 mg
Vitamin E (D-alpha-tocopheryl acid succinate)	11.17 mg AT (16.7 IU)
Zinc (from zinc citrate)	8.33 mg
Manganese (from manganese citrate)	1.67 mg
Copper (from copper citrate)	500 mcg
Folate (from calcium L-5-methyltetrahydrofolate)	333.33 mcg
Vitamin B12 (methylcobalamin)	333.33 mcg
Biotin	100 mcg
Iodine (from potassium iodide)	50 mcg
Chromium (from chromium polynicotinate)	33.33 mcg
Vitamin K1	33.33 mcg
Molybdenum (from molybdenum citrate)	16.667 mcg
Selenium (from yeast-free L-selenomethionine)	16.667 mcg
Vitamin D3 (cholecalciferol)	3.33 mcg (133.33 IU)

Other ingredients

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

Directions of use

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

#1434 · 90 vegetable capsules · UPC 6-28747-11434-9
NPN 80062372 · V0378-R11

✓ **Maternity** · ✓ **Vitamins/Minerals**

Full line of multivitamins, p. 148–150

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

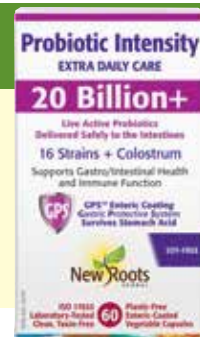
NPN 80090712 · V0323-R4

✓ **Antioxidants** · ✓ **Herbal Extracts** · ✓ **Immune Health**

Probiotic Intensity

Extra Daily Care

capsules



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

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

Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 16 strains of live, active, healthy, and whole cells (20 billion) to the intestines:

Human Strains

<i>Lactobacillus rhamnosus</i> UB5115	7.427 billion CFU
<i>Lactobacillus crispatus</i> UB4719	1.903 billion CFU
<i>Lactobacillus casei</i> UB1499	1.887 billion CFU
<i>Bifidobacterium animalis</i> ssp. <i>lactis</i> UB3963	1.427 billion CFU

Continues on next page ↓

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Lactobacillus gasseri UB8141	1.427 billion CFU
Bifidobacterium bifidum UB4280	951.391 million CFU
Bifidobacterium breve UB8674	314.583 million CFU
Bifidobacterium longum	
ssp. infantis UB9214	314.583 million CFU
Bifidobacterium longum	
ssp. longum UB7691	314.583 million CFU
Lactobacillus acidophilus UB5997	26.215 million CFU

Plant or Other Strains

Lactobacillus salivarius UB4198	1.427 billion CFU
Lactobacillus plantarum UB2783	73.403 million CFU

Dairy Strains

Lactobacillus johnsonii UB3394	1.903 billion CFU
Lactobacillus helveticus UB7229	538.613 million CFU
Lactobacillus paracasei UB1978	52.43 million CFU
Lactococcus lactis LL-23	12.583 million CFU

Vitamin C (ascorbic acid)	6 mg
Bovine colostrum (from Bos taurus)	25 mg

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

Other ingredients

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

Directions of use

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

#1880 · 30 vegetable capsules · UPC 6-28747-11880-4

#1878 · 60 vegetable capsules · UPC 6-28747-11878-1
NPN 80118791 · V0498-R4

✓ Digestive Health · ✓ Immune Health · ✓ Probiotics

Full line of probiotics, p. 166–179

Probiotics 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

Lactobacillus rhamnosus UB5115	30 billion CFU
Lactobacillus casei UB1499	20 billion CFU
Bifidobacterium bifidum UB4280	4 billion CFU
Bifidobacterium breve UB8674	4 billion CFU
Bifidobacterium longum ssp. infantis UB9214	4 billion CFU
Bifidobacterium longum ssp. longum UB7691	4 billion CFU

Lactobacillus acidophilus UB5997	2.2 billion CFU
Bifidobacterium animalis ssp. lactis UB3963	1 billion CFU
Lactobacillus acidophilus LA-14	200 million CFU
Lactobacillus crispatus UB4719	200 million CFU
Lactobacillus gasseri UB8141	200 million CFU
Lactobacillus rhamnosus GG	200 million CFU
Lactobacillus fermentum UB9735	200 million CFU

Plant Strains

Lactobacillus plantarum UB2783	40 billion CFU
Lactobacillus brevis UB1214	200 million CFU

Dairy Strains

Lactobacillus paracasei UB1978	8.3 billion CFU
Lactobacillus reuteri UB2419	700 million CFU
Bifidobacterium animalis ssp. lactis HN019	200 million CFU
Lactobacillus helveticus UB7229	200 million CFU
Lactobacillus johnsonii UB3394	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 maltodextrin, non-GMO potato starch, vegetable magnesium stearate, trehalose, and silicon dioxide in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

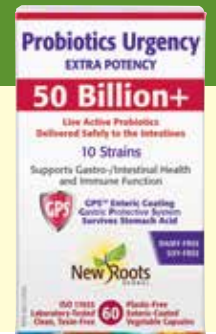
#1965 · 30 vegetable capsules · UPC 6-28747-11965-8
NPN 80112754 · V0528-R3

✓ Digestive Health · ✓ Immune Health · ✓ Probiotics

Full line of probiotics, p. 166–179

Probiotics Urgency
Extra Potency capsules

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



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

Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 10 strains of live, active, healthy, and whole cells (50 billion) to the intestines

Human Strains

Bifidobacterium longum ssp. longum UB7691	9 billion CFU
Lactobacillus casei UB1499	9 billion CFU
Lactobacillus rhamnosus UB5115	9 billion CFU
Lactobacillus acidophilus UB5997	1 billion CFU
Bifidobacterium bifidum UB4280	1 billion CFU
Bifidobacterium breve UB8674	1 billion CFU
Bifidobacterium longum ssp. infantis UB9214	1 billion CFU

Plant Strains

Lactobacillus plantarum UB2783	9 billion CFU
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Dairy Strains

Lactobacillus helveticus UB7229	9 billion CFU
Lactobacillus paracasei UB1978	1 billion 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 starch, potato maltodextrin, trehalose, sodium ascorbate, and vegetable magnesium stearate in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

Directions of use

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

#1398 · 22 vegetable capsules · UPC 6-28747-11398-4

#1798 · 30 vegetable capsules · UPC 6-28747-11798-2

#1799 · 60 vegetable capsules · UPC 6-28747-11799-9

NPN 80112709 · V0384-R3

✓ Digestive Health · ✓ Immune Health · ✓ Probiotics

Full line of probiotics, p. 166–179

Probiotics

166–179

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

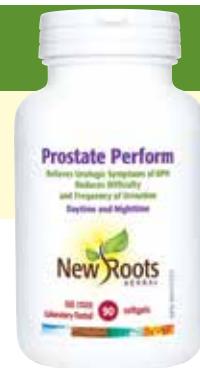
✓ Digestive Health · ✓ Herbal Extracts



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 seed oil (<i>Borago officinalis</i>)....	200 mg
L-Alanine	100 mg
Cranberry (<i>Vaccinium macrocarpon</i>) fruit 107× 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 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 4 months.

Note: Improvements should be noticeable after 7–10 days.

#1295 · 14 softgels · UPC 6-28747-11295-6

#0256 · 30 softgels · UPC 6-28747-10256-8

#0890 · 60 softgels · UPC 6-28747-10890-4

#0891 · 90 softgels · UPC 6-28747-10891-1

NPN 80101925 · V0445-R10

✓ Men's Health · ✓ Urogenital Health

Men Deserve the Better Quality of Life Prostate Perform Provides

SEE THE DIFFERENCE!

PROTECTING PROBIOTICS IS KEY

All Uncoated
Capsules



GPS™
Enteric-Coated
Capsules

Dissolve in
Stomach Acid



Survive
Stomach Acid

Destroying Benefits
of Probiotics



Deliver 100% of
Probiotic Benefits as
Promised on the Label

Probiotics Only Benefit You if They Are Alive

GPS™ Enteric-Coated Capsules are Tested and Proven to Fully Protect Probiotics from Harsh Stomach Acid that Kill Probiotics

WHICH WILL YOU CHOOSE?

GPS™ = Gastric Protective System



Inspired by Nature, Driven by Science to *Make Life Better!*



Proudly Made by Canadians for Canadians • Buy Local!
newrootsherbal.com · 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.

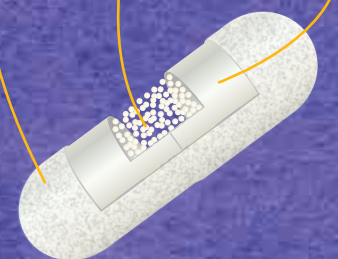
Only GPS™ enteric coating keeps harsh stomach acid from seeping into the capsule and protects it from disintegrating in your stomach. GPS™ enteric coating safeguards the delicate probiotics until they reach the safety of your intestines! Once there, it opens to release live, healthy probiotics.

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!

GPS™ Enteric Coating
Vegetable Capsule
Live Active Probiotics



Only GPS™ enteric coating has been scientifically proven to protect probiotics from harsh stomach acid.

ARE YOUR CUSTOMERS GETTING FULL PROBIOTIC BENEFITS?

Probiotics have many benefits. To maximize their effectiveness, live intestinal delivery cannot be compromised. Ensure your staff has the proven facts to help your customers make informed decisions.

PROBIOTIC FACTS

ENTERIC COATING VERSUS DELAYED-RELEASE OR ACID-RESISTANT CAPSULES

Probiotics work wonders—but only if they make it past your stomach acid alive and reach the intestines where they actually do their job.

Made from natural sources, our enteric-coated capsules offer unrivalled protection for your probiotics. Studies have shown these capsules deliver 100% of live probiotics past stomach acid to the small intestine where they are released in conditions favourable for their growth.

“Delayed-Release” or “Acid-Resistant” capsules have been shown to be ineffective in protecting probiotics from stomach acid. Tests have found that these capsules often open or leak in stomach acid in less than 30 minutes, resulting in the destruction of 80% to 99% of the live probiotics.

Only enteric-coated probiotic capsules ensure that 100% of the live probiotic contained within will survive destructive gastric acidic conditions. Given the data, the only logical choice is an enteric-coated probiotic.

REFRIGERATED VERSUS SHELF-STABLE

Some probiotic strains may be hardier than others, but they can all benefit from being refrigerated.

This is especially true of the valuable but delicate families of *Lactobacilli* and *Bifidobacteria*, which will die in 6 to 30 days of exposure at room temperature. This makes shelf-stable products unable to reliably deliver the necessary spectrum of probiotics within a formula.

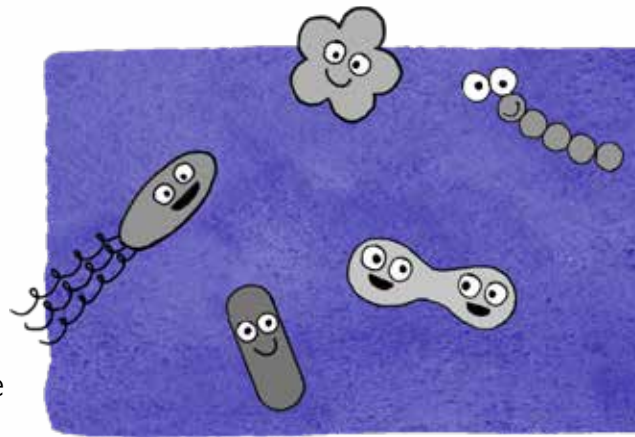
Refrigeration during manufacturing, shipping, and storage is the only way to preserve viability of a complete spectrum of probiotics.

CFU COUNT AND STRAINS

Colony-forming units (CFU) are the number of viable bacteria in a capsule. To benefit our health, we need billions! And the wider the variety of strains, the broader the benefits to our health. But the value of CFUs and multiple strains is their ability to populate in our intestines. Only live cells can do so!

While it's easy to claim a large live count and 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.”

- › Kuate, S., et al. “In-vitro comparative study of the survival of probiotic capsules in simulated gastric environment.” *NHP Research Notes*, No. 1 (2017): 1–8.

“Only [probiotic capsules] that were enteric coated were able to resist to the degradation caused by stomach conditions. [...] the uncoated bacteria were almost completely destroyed.”

- › Millette, M., et al. “Gastrointestinal survival of bacteria in commercial probiotic products.” *International Journal of Probiotics & Prebiotics*, Vol. 8, No. 4 (2013): 149–156.

“The survivability of the probiotic bacteria however was ultimately shown to be substantially more in these formulations [with enteric coating] when compared to the unmodified probiotic bacteria.”

- › Mershen, G., et al. “A review of the advancements in probiotic delivery: Conventional vs. non-conventional formulations for intestinal flora supplementation.” *AAPS PharmSciTech*, Vol. 15, No. 1 (2014): 29–43.

“[Enteric-coated capsules] did not disintegrate after 60 min of exposure in the [simulated gastric fluid].”

“Non-enteric-coated [probiotic capsules] disintegrate rapidly in a simulated gastric fluid.”

“This study suggests that oral delivery systems intended for intestine colonization such as probiotics should be enteric-coated to ensure maximum benefits for customers.”

- › Kuate, S., et al. “Viability of probiotics in non-enteric-coated vegetarian capsules.” *NHP Research Notes*, No. 2 (2018): 1–7.

“[Y]ogurt alone is not a good protector of probiotic bacteria in artificial gastric conditions [...]. [Protecting] probiotics during gastric passage positively influences their health-promoting effects.”

- › Ortakci, F., and S. Sert. “Stability of free and encapsulated *Lactobacillus acidophilus* ATCC 4356 in yogurt and in an artificial human gastric digestion system.” *Journal of Dairy Science*, Vol. 95, No. 12 (2012): 6918–6925.

“Most probiotics oral forms did not provide any protection to strains, unless these forms presented strong enteric protection.”

- › Caillard, R., and N. Lapointe. “In vitro gastric survival of commercially available probiotic strains and oral dosage forms.” *International Journal of Pharmaceutics*, Vol. 519, No. 1–2 (2017): 125–127.

“[E]nteric coated spheres effectively protected dried probiotic LBC from acid for 2 hours [...].”

- › de Barros, J.M.S., et al. “Enteric-coated spheres produced by extrusion/spheronization provide effective gastric protection and efficient release of live therapeutic bacteria.” *International Journal of Pharmaceutics*, Vol. 493, No. 1–2 (2015): 483–494.

“The microencapsulation provided protection to *B. longum* BL-05 and encapsulated cells were exhibited significant ($p < 0.05$) resistance to [simulated gastric juice] and [simulated intestinal fluid] as compared to free cells.”

- › Yasmin, I., et al. “Development of whey protein concentrate-pectin-alginate based delivery system to improve survival of *B. longum* BL-05 in simulated gastrointestinal conditions.” *Probiotics and Antimicrobial Proteins*, Vol. 11, No. 2 (2019): 413–426.

REFRIGERATION

“The survival of *B. infantis* decreased substantially during storage at [only] 12 °C, when no [alive and healthy] cells were found at day 31.”

- › Canganella, F., et al. “Survival of *Lactobacillus acidophilus* and *Bifidobacterium infantis* in yogurts manufactured from cowmilk and soymilk during storage at two temperatures.” *Annals of Microbiology*, Vol. 50 (2000): 43–53.

“Viability [of Bifidobacteria] was inversely related to storage temperature and at 15 degrees C and 25 degrees C, a significant decline was observed for all [Bifidobacterium] species.”

- › Simpson, P.J., et al. “Intrinsic tolerance of Bifidobacterium species to heat and oxygen and survival following spray drying and storage.” *Journal of Applied Microbiology*, Vol. 99, No. 3 (2005): 493–501.

“[S]torage temperature [refrigeration] was the most important factor which determines microorganisms survival.”

- › Abd El Gawad, I.A., et al. “Spray drying of lactic acid cultures. II: The effect of culture conditions and storage on microorganisms survival.” *Egyptian Journal of Dairy Science*, Vol. 17 (1989): 273–281.

“[I]nsufficient viability and survival of [probiotic] bacteria remain a problem in commercial food products.”

- › Kailasapathy, K., and J. Chin. “Survival and therapeutic potential of probiotic organisms with reference to *Lactobacillus acidophilus* and *Bifidobacterium* spp.” *Immunology and Cell Biology*, 78(1) (2000), 80–8.

“The survival of probiotics was strongly dependent on the storage temperature and remarkable viability loss occurred at room temperature compared to refrigerated storage. [...] *B. lactis* Bb-12 showed the less resistance to be stored at 20°C (24 h) [...]”

- › Ferdousi, R., et al. “Evaluation of probiotic survivability in yogurt exposed to cold chain interruption.” *Iranian Journal of Pharmaceutical Research*, Vol. 12 Suppl. (2013): 139–144.

“Bifidobacterium is highly temperature sensitive. Storage of *Bifidobacterium longum* at 20 °C, room temperature, showed significantly higher mortality than at 4 °C.”

- › Bruno, F.A., and N.P. Shah. “Viability of two freeze-dried strains of *Bifidobacterium* and of commercial preparations at various temperatures during prolonged storage.” *Journal of Food Science*, Vol. 68, No. 7 (2003): 2336–2339.

“[R]eduction in the number of these microorganisms mainly occurred within the first 2 weeks of storage, particularly for *B. bifidum*. Keeping the yoghurt powder at low storage temperature generally improved the survival of the target microorganisms.”

- › Wirjantoro, T., and A. Phianmongkhon. “The viability of lactic acid bacteria and *Bifidobacterium bifidum* in yoghurt powder during storage.” *Chiang Mai University Journal of Natural Sciences*, Vol. 8, No. 1 (2009): 95–104.

“Storage temperature affected viability: greater viability [was observed] at lower temperature.”

- › Astesana, D.M., et al. “Development and storage studies of high density macrocapsules containing *Lactobacillus* spp. strains as nutritional supplement in young calves.” *Revista Argentina de Microbiología*, Vol. 50, No. 4 (2018): 398–407.

“[S]urvival of both *Lactobacillus* strains during powder storage was inversely related to the storage temperature. [...] the survival rates were [as low as] 2% after 2 months of storage at 15°C [...]”

- › Gardiner, G.E., et al. “Comparative survival rates of human-derived probiotic *Lactobacillus paracasei* and *L. salivarius* strains during heat treatment and spray drying.” *Applied and Environmental Microbiology*, Vol. 66, No. 6 (2000): 2605–2612.

“[T]he number of living probiotic bacteria in yoghurt products decreases dramatically after exposure to [room temperature].”

- › Scharl, M., et al. “Dying in yoghurt: the number of living bacteria in probiotic yoghurt decreases under exposure to room temperature.” *Digestion*, Vol. 83, No. 1–2 (2011): 13–17.

“The death rate [of *Lactobacillus delbruekii* spp. *bulgaricus*] was higher at 20°C [room temperature]; at 4°C, survival was higher [...]”

- › Teixeira, P.C., et al. “Survival of *Lactobacillus delbruekii* spp. *bulgaricus* following spray-drying.” *Journal of Dairy Science*, Vol. 78, No. 5 (1995): 1025–1031.

“[H]igher temperature conditions induced lower survival rate [of Bifidobacteria].”

- › Abe, F., et al. “Effects of storage temperature and water activity on the survival of bifidobacteria in powder form.” *International Journal of Dairy Technology*, Vol. 62, No. 2 (2009): 234–239.

“*Lactobacillus casei/paracasei* [were stored for] 39 weeks [...] at 4 °C and 22 °C. [...] The stability of the cultures was remarkably higher when stored under refrigeration (4 °C).”

- › Jofré, A., T. Aymerich, and M. Garriga. “Impact of different cryoprotectants on the survival of freeze-dried *Lactobacillus rhamnosus* and *Lactobacillus casei/paracasei* during long-term storage.” *Beneficial Microbes*, Vol. 6, No. 3 (2015): 381–386.

“[S]torage [...] at 4°C increased the longevity of the [probiotic].”

- › Mary, P., N. Moschetto, and R. Tailliez. “Production and survival during storage of spray dried *Bradyrhizobium japonicum* cell concentrates.” *Journal of Applied Bacteriology*, Vol. 74, No. 3 (1993): 340–344.

MULTISTRAIN FORMULATIONS

“[M]ultistrain probiotics appear to show greater efficacy than single strains.”

- › Chapman, C.M.C., G.R. Gibson, and I. Rowland. “Health benefits of probiotics: Are mixtures more effective than single strains?” *European Journal of Nutrition*, Vol. 50, No. 1 (2011): 1–17.

“[T]he multispecies preparations displayed significantly greater [...] inhibition of [gastrointestinal] pathogens.”

- › Chapman, C.M.C., G.R. Gibson, and I. Rowland. “In vitro evaluation of single- and multistrain probiotics: Inter-species inhibition between probiotic strains, and inhibition of pathogens.” *Anaerobe*, Vol. 18, No. 4 (2012): 405–413.

“Multispecies probiotics were superior in treating antibiotic-associated diarrhea in children.”

- › Timmerman H.M. et al. “Monostrain, multistrain and multispecies probiotics - A comparison of functionality and efficacy.” *International Journal of Food Microbiology*, Vol. 96, No. 3 (2004): 219–233.

PROBIOTICS IN YOGURT

“The survival of *B. infantis* decreased substantially during storage at 12 °C, when no viable cells were found at day 31.”

- › Canganella, F., et al. “Survival of *Lactobacillus acidophilus* and *Bifidobacterium infantis* in yogurts manufactured from cowmilk and soymilk during storage at two temperatures.” *Annals of Microbiology*, Vol. 50 (2000): 43–53.

“[T]he number of living probiotic bacteria in yoghurt products decreases dramatically after exposure to [room temperature].”

- › Scharl, M., et al. “Dying in yoghurt: the number of living bacteria in probiotic yoghurt decreases under exposure to room temperature.” *Digestion*, Vol. 83, No. 1–2 (2011): 13–17.

“[Y]ogurt alone is not a good protector of probiotic bacteria in artificial gastric conditions [...].

[Protecting] probiotics during gastric passage positively influences their health-promoting effects.”

- › Ortakci, F., and S. Sert. “Stability of free and encapsulated *Lactobacillus acidophilus* ATCC 4356 in yogurt and in an artificial human gastric digestion system.” *Journal of Dairy Science*, Vol. 95, No. 12 (2012): 6918–6925.

SEE THE DIFFERENCE!

PROTECTING PROBIOTICS IS KEY

Uncoated Capsule

Over 90% of the Probiotics Can Be Destroyed by Stomach Acid,* Wasting Most of the Benefits



GPS™ Enteric-Coated Capsule

Delivers 100% of What Is on the Label*, Live to Your Intestines, Providing Full Benefits

Only 5% larger but provides 100% protection

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Daily Care

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11 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



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
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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 80112655 · V0435-R3

✓ Digestive Health · ✓ Immune Health · ✓ Probiotics
✓ Stress Management

Acidophilus Ultra +

Daily Care + 36% Stronger

capsules

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



Helps support intestinal/
gastrointestinal health. Could

promote a favourable gut flora. Source of probiotics.

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

Human Strains

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

Plant Strain

Lactobacillus plantarum R1012.....	600 million CFU
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Dairy Strains

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

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

Other ingredients

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

Directions of use

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

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

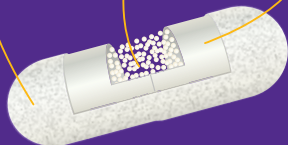
NPN 80086910 · V0676-R1

✓ Digestive Health · ✓ Immune Health · ✓ Probiotics
✓ Stress Management

GPS™ Enteric Coating

Vegetable Capsule

Live Active Probiotics

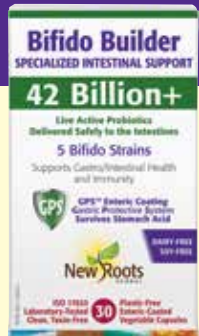


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Bifido Builder capsules Specialized Intestinal Support

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



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

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

Human Strains

<i>Bifidobacterium longum</i> ssp. <i>infantis</i> UB9214	21 billion CFU
<i>Bifidobacterium breve</i> UB8674	6.3 billion CFU
<i>Bifidobacterium bifidum</i> UB4280	6.3 billion CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> UB7691	6.3 billion CFU

Dairy Strain

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

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

Other ingredients

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

Directions of use

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

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

✓ Allergy Relief · ✓ Cold and Flu · ✓ Digestive Health
✓ Immune Health · ✓ Probiotics

New Product! Since October 2022

Bifido Infantis capsules Early Colonizing Probiotic

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



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

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

Human Strains

<i>Bifidobacterium longum</i> ssp. <i>infantis</i> UB9214	5 billion CFU
Vitamin C (ascorbic acid)	6 mg

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

Other ingredients

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

Directions of use

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

#3040 · 30 vegetable capsules · UPC 6-28747-13040-0
NPN 80115115 · V0742-R1

✓ Allergy Relief · ✓ 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.

PROTECT YOUR PROBIOTICS. CHOOSE GPS ENTERIC COATING

Improved Formula!
Now 49 Billion CFU of Bifido

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

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

Plant Strain

Lactobacillus plantarum UB2783	7 billion CFU
Lactobacillus brevis UB1214	500 million CFU

Dairy Strains

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

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

Other ingredients

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

Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 h before or after them.

#2153 · 30 vegetable capsules · UPC 6-28747-12153-8
NPN 8012071 · V0614-R2

✓ Digestive Health · ✓ 50+ Health · ✓ Immune Health · ✓ Probiotics

Femina Flora Oral

Women's Probiotic capsules



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

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

Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 16 strains of live, active, healthy, and whole cells (55 billion) to the intestines

Human Strains

Lactobacillus rhamnosus UB5115	19 billion CFU
Lactobacillus casei UB1499	12 billion CFU
Lactobacillus acidophilus UB5997	5.25 billion CFU
Bifidobacterium bifidum UB4280	2 billion CFU
Bifidobacterium breve UB8674	2 billion CFU
Bifidobacterium longum UB7691	2 billion CFU
Lactobacillus crispatus UB4719	750 million CFU
Lactobacillus gasseri UB8141	750 million CFU
Lactobacillus rhamnosus GG	300 million CFU
Lactobacillus acidophilus LA-14	300 million CFU

Plant Strain

Lactobacillus plantarum UB2783	8 billion CFU
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Dairy Strains

Lactobacillus johnsonii UB3394	750 million CFU
Lactobacillus paracasei UB1978	600 million CFU
Lactobacillus helveticus UB7229	500 million CFU
Lactobacillus reuteri UB2419	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, non-GMO potato starch, potato maltodextrin, trehalose, and vegetable magnesium stearate in a non-GMO GPST™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

Directions of use

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

#2168 · 30 vegetable capsules · UPC 6-28747-12168-2
NPN 80116921 · V0578-R2

✓ Digestive Health · ✓ Probiotics · ✓ Women's Health

“The road to health is paved with good intestines!”

Sherry A. Rogers

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Human Probiotics

Colonizing Flora

capsules

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Delivered Safely to the Intestines
12 Strains · Helps Support
Intestinal and Gastrointestinal
Health · GPS™ Enteric Coating
Gastric Protective System
Survives Stomach Acid
DAIRY-FREE · SOY-FREE



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

Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 12 strains of live, active, healthy, and whole cells (42 billion) to the intestines

Human Strains

Lactobacillus rhamnosus UB5115	31.5 billion CFU
Lactobacillus casei UB1499	8.3244 billion CFU
Lactobacillus acidophilus UB5997	1.68 billion CFU
Bifidobacterium longum ssp. infantis UB9214	105 million CFU
Bifidobacterium animalis ssp. lactis UB3963	105 million CFU
Bifidobacterium bifidum UB4280	42 million CFU
Bifidobacterium breve UB8674	42 million CFU
Bifidobacterium longum ssp. longum UB7691	42 million CFU
Lactobacillus crispatus UB4719	42 million CFU
Lactobacillus gasseri UB8141	42 million CFU
Lactobacillus acidophilus LA-14	37.8 million CFU
Lactobacillus rhamnosus GG	37.8 million CFU

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

Other ingredients

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

Directions of use

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

#2166 · 30 vegetable capsules · UPC 6-28747-12166-8

NPN 80121091 · V0579-R2

✓ Digestive Health · ✓ Immune Health · ✓ Probiotics



IBS Urgency

Irritable Bowel Syndrome

capsules

10 Billion + Live Active Probiotics
Delivered Safely to the Intestines
5 Strains · Supports Gastro/
Intestinal Health · Reduces
Instances of Diarrhea
GPS™ Enteric Coating
Gastric Protective System
Survives Stomach Acid



Could help reduce the duration of diarrhea in those 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
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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



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Probiotic Intensity

Extra Daily Care

capsules

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



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

Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 16 strains of live, active, healthy, and whole cells (20 billion) to the intestines:

Human Strains

Lactobacillus rhamnosus UB5115	7.427 billion CFU
Lactobacillus crispatus UB4719	1.903 billion CFU
Lactobacillus casei UB1499	1.887 billion CFU
Bifidobacterium animalis ssp. lactis UB3963	1.427 billion CFU
Lactobacillus gasseri UB8141	1.427 billion CFU
Bifidobacterium bifidum UB4280	951.391 million CFU
Bifidobacterium breve UB8674	314.583 million CFU
Bifidobacterium longum ssp. infantis UB9214	314.583 million CFU
Bifidobacterium longum ssp. longum UB7691	314.583 million CFU
Lactobacillus acidophilus UB5997	26.215 million CFU

Plant or Other Strains

Lactobacillus salivarius UB4198	1.427 billion CFU
Lactobacillus plantarum UB2783	73.403 million CFU

Dairy Strains

Lactobacillus johnsonii UB3394	1.903 billion CFU
Lactobacillus helveticus UB7229	538.613 million CFU
Lactobacillus paracasei UB1978	52.43 million CFU
Lactococcus lactis LL-23	12.583 million CFU
Vitamin C (ascorbic acid)	6 mg
Bovine colostrum (from <i>Bos taurus</i>)	25 mg

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

Other ingredients

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

Directions of use

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

#1880 · 30 vegetable capsules · UPC 6-28747-11880-4

#1878 · 60 vegetable capsules · UPC 6-28747-11878-1

NPN 80118791 · V0498-R4

✓ Digestive Health · ✓ Immune Health · ✓ Probiotics

Probiotics Recovery

Ultimate Potency

capsules

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



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

Lactobacillus rhamnosus UB5115	30 billion CFU
Lactobacillus casei UB1499	20 billion CFU
Bifidobacterium bifidum UB4280	4 billion CFU
Bifidobacterium breve UB8674	4 billion CFU
Bifidobacterium longum ssp. infantis UB9214	4 billion CFU
Bifidobacterium longum ssp. longum UB7691	4 billion CFU
Lactobacillus acidophilus UB5997	2.2 billion CFU
Bifidobacterium animalis ssp. lactis UB3963	1 billion CFU
Lactobacillus acidophilus LA-14	200 million CFU
Lactobacillus crispatus UB4719	200 million CFU
Lactobacillus gasseri UB8141	200 million CFU
Lactobacillus rhamnosus GG	200 million CFU
Lactobacillus fermentum UB9735	200 million CFU

Plant Strains

Lactobacillus plantarum UB2783	40 billion CFU
Lactobacillus brevis UB1214	200 million CFU

Dairy Strains

Lactobacillus paracasei UB1978	8.3 billion CFU
Lactobacillus reuteri UB2419	700 million CFU
Bifidobacterium animalis ssp. lactis HN019	200 million CFU
Lactobacillus helveticus UB7229	200 million CFU
Lactobacillus johnsonii UB3394	200 million CFU
Vitamin C (ascorbic acid)	6 mg

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

Other ingredients

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

Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

#1965 · 30 vegetable capsules · UPC 6-28747-11965-8

NPN 80112754 · V0528-R3

✓ Digestive Health · ✓ Immune Health · ✓ Probiotics

PROTECT YOUR PROBIOTICS. CHOOSE GPS ENTERIC COATING

Probiotics Urgency

Extra Potency

capsules

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



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

Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 10 strains of live, active, healthy, and whole cells (50 billion) to the intestines

Human Strains

<i>Bifidobacterium longum</i> ssp. <i>longum</i> UB7691	9 billion CFU
<i>Lactobacillus casei</i> UB1499	9 billion CFU
<i>Lactobacillus rhamnosus</i> UB5115	9 billion CFU
<i>Lactobacillus acidophilus</i> UB5997	1 billion CFU
<i>Bifidobacterium bifidum</i> UB4280	1 billion CFU
<i>Bifidobacterium breve</i> UB8674	1 billion CFU
<i>Bifidobacterium longum</i> ssp. <i>infantis</i> UB9214	1 billion CFU

Plant Strains

<i>Lactobacillus plantarum</i> UB2783	9 billion CFU
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Dairy Strains

<i>Lactobacillus helveticus</i> UB7229	9 billion CFU
<i>Lactobacillus paracasei</i> UB1978	1 billion CFU

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

Other ingredients

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

Directions of use

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

#1398 · 22 vegetable capsules · UPC 6-28747-11398-4

#1798 · 30 vegetable capsules · UPC 6-28747-11798-2

#1799 · 60 vegetable capsules · UPC 6-28747-11799-9

NPN 80112709 · V0384-R3

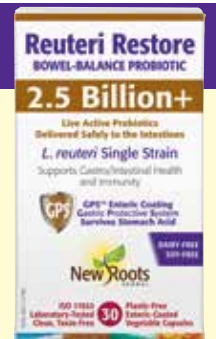
✓ Digestive Health · ✓ Immune Health · ✓ Probiotics

Reuteri Restore

capsules

Bowel-Balance Probiotic

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



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

Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following strain of live, active, healthy, and whole cells (2.5 billion) to the intestines

Dairy Strain

<i>Lactobacillus reuteri</i> UB2419	2.5 billion CFU
Vitamin C (ascorbic acid)	6 mg

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

Other ingredients

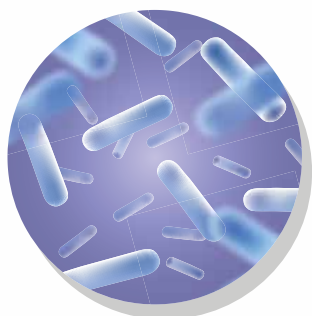
Arabinogalactan, inulin, non-GMO potato starch, trehalose, vegetable magnesium stearate, non-GMO potato maltodextrin, and sodium ascorbate in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

Directions of use

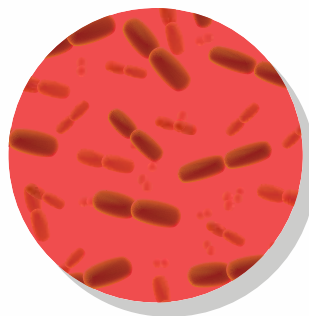
Adults: Take 1 capsule daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

#3036 · 30 vegetable capsules · UPC 6-28747-13036-3
NPN 80113790 · V0754-R1

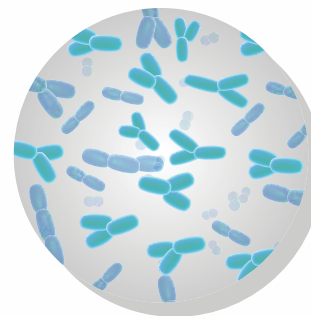
✓ Digestive Health · ✓ Immune Health · ✓ Probiotics



Lactobacillus



Lactobacillus bulgaricus



Bifidobacterium

PROTECT YOUR PROBIOTICS. CHOOSE GPS ENTERIC COATING

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

“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

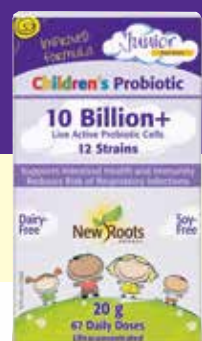
OTHER PROBIOTIC PRODUCTS

New Look! Improved Formula

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

Lactobacillus rhamnosus UB5115	6.629 billion CFU
Lactobacillus casei UB1499	1.284 billion CFU
Bifidobacterium longum ssp. infantis UB9214	1.04 billion CFU
Lactobacillus rhamnosus GG	1 billion CFU
Bifidobacterium breve UB8674	214 million CFU
Bifidobacterium longum ssp. longum UB7691	214 million CFU
Lactobacillus acidophilus UB5997	18 million CFU

Plant Strain

Lactobacillus plantarum UB2783	50 million CFU
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Dairy Strains

Lactobacillus reuteri UB2419	351 million CFU
Lactobacillus helveticus UB7229	43 million CFU
Lactobacillus paracasei UB1978	36 million CFU
Lactobacillus johnsonii UB3394	9 million CFU

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

Other ingredients

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

Directions of use

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

#1821 · 20 g / 67 daily doses · UPC 6-28747-01821-0
NPN 80112688 · PM0009-R5

✓ Children's Health · ✓ Probiotics

OTHER PROBIOTIC PRODUCTS

Femina Flora

Vaginal Flora

vaginal ovules

4 strains · 10 Billion Probiotics
Specific Strength
+ Selected Special Strains

Provides microorganisms that temporarily modify vaginal flora.

Each vaginal ovule contains

Lactobacillus rhamnosus

R0011 8.09 billion CFU

Lactobacillus acidophilus R0418 982 million CFU

Streptococcus salivarius ssp. *thermophilus* HA-110 616 million CFU

Lactobacillus delbrueckii ssp. *bulgaricus* HA-137 312 million CFU

Other ingredients

Lactose, vitamin C (ascorbic acid), and vegetable magnesium stearate in a capsule composed of bovine gelatin, purified water, and glycerin.

Directions of use

Adult women: Insert 1 ovule intravaginally daily before bed for 10 days or as directed by your health-care practitioner. Gently twist narrow part of the ovule into applicator until firmly inserted. If you are taking antibiotics, use this product at least 2–3 hours before or after them.

#1065 · 10 vaginal ovules · UPC 6-28747-11065-5
NPN 80041956 · V0031-R5

✓ Probiotics · ✓ Women's Health



Soon with This New Look!

Ultra Max

powder

Daily Care Probiotic
36 Billion+ Live Active Probiotics
11 Strains plus Inulin
Helps Support Intestinal
and Gastrointestinal Health
DAIRY-FREE · SOY-FREE

Specific-use probiotic in case of difficulty swallowing a capsule, or with oral or gastric target.

Ultra Max is a potent, complete formulation of 11 specific strains of beneficial bacteria cultures. Brownish colour is from the natural Bifidobacteria cultures. Provides live microorganisms that temporarily modify gut flora.

Each ¼ teaspoon contains

Lactobacillus rhamnosus R0011 14.4 billion CFU

Lactobacillus rhamnosus R1039 10.8 billion CFU

Lactobacillus acidophilus R0418 1.98 billion CFU

Lactobacillus helveticus R0052 1.8 billion CFU

Lactobacillus casei R0215 1.44 billion CFU

Lactobacillus plantarum R1012 1.44 billion CFU

Bifidobacterium breve R0070 1.08 billion CFU

Bifidobacterium longum ssp. *infantis* R0033 1.08 billion CFU

Bifidobacterium longum ssp. *longum* R0175 1.08 billion CFU

Streptococcus salivarius ssp. *thermophilus* R0083 720 million CFU

Lactobacillus delbrueckii ssp. *bulgaricus* R9001 180 million CFU

All stains are whole-cell.

Other ingredients

Arabinogalactan (33 mg), inulin (33 mg), non-GMO potato starch, vitamin C (ascorbic acid), and vegetable magnesium stearate.

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 80030361 · PM0113-R2

✓ Digestive Health · ✓ Immune Health · ✓ Probiotics
✓ Stress Management



Hospital Bacteria

Defense

powder

10 Billion+ Live Active Whole Cells
Delivered Safely to the Intestines
Saccharomyces boulardii
+ Vitamin C

Helps to Reduce the Risk of
Antibiotic-Associated Diarrhea
Supports Healthy Immunity

Source of probiotics. Helps reduce the risk of antibiotic-associated diarrhea. Helps support intestinal/gastrointestinal health and a favourable gut flora. Helps maintain/support immune function. A factor in the maintenance of good health.

Each vegetable capsule contains

Saccharomyces boulardii 10 billion CFU

Vitamin C (ascorbic acid) 6 mg

Other ingredients

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

Directions of use

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

#1588 · 30 vegetable capsules · UPC 6-28747-11588-9
NPN 80110227 · V0436-R2

✓ Digestive Health · ✓ Immune Health · ✓ Probiotics



Protector

With L-Glutathione and NAC

capsules

Immunity and Cell Support

Antioxidant for the maintenance of good health. Helps to maintain/support immune function. Helps to maintain the body's ability to metabolize nutrients. Contributes to the development and maintenance of cartilage, teeth, and gums. Helps in connective tissue formation and in wound healing.

Each vegetable capsule contains

Vitamin C (ascorbic acid)	200 mg
N-Acetyl-L-cysteine	125 mg
L-Glutathione (L-glutathione reduced)	100 mg
DL-alpha-Lipoic acid	75 mg

Other ingredients

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

Directions of use

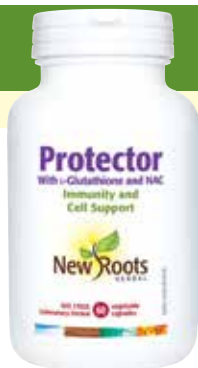
Adults: Take 1–2 capsules daily or as directed by your health-care practitioner.

Duration of use

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

#0605 · 60 vegetable capsules · UPC 6-28747-10605-4
NPN 80041918 · V0280-R1

✓ Antioxidants · ✓ Detoxification · ✓ Immune Health



Psyllium:

Fibre Ultra Rich

Psyllium · 550 mg

capsules

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 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 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.



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

✓ Cholesterol Management · ✓ Detoxification
✓ Digestive Health · ✓ Herbal Extracts · ✓ Keto Diet
✓ Weight Management

Psyllium:

Fibre Ultra Rich

Psyllium + 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	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 teaspoon 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. Avoid long-term use, and consult a health-care practitioner for use beyond 6 weeks.

Note: Also take 1–2 capsules of enteric-coated *Acidophilus Ultra* each day. Our *Acidophilus Ultra* capsule is protected by an enteric coating. The capsule must survive stomach acid and be delivered to the small intestine in order to work. The beneficial activity of *acidophilus* capsules without an enteric coating is destroyed in the stomach by stomach acid.

#0156 · 200 g · UPC 6-28747-00156-4

#0085 · 340 g · UPC 6-28747-00085-7

NPN 80034692 · PM0079-R1

✓ Cholesterol Management · ✓ Detoxification
✓ Digestive Health · ✓ Herbal Extracts · ✓ Keto Diet
✓ 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

Children, adolescents, and adults (6 years and up): 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

✓ Blood-Glucose Management · ✓ Cholesterol Management
✓ Digestive Health · ✓ Herbal Extracts · ✓ Keto Diet
✓ Weight Management

Pumpkin Seed Protein

Organic · Whole-Food
Protein Powder

60% Protein · 100% Vegan
10 g Protein, 2 g Fibres,
1.7 g Omega-6/9, 60 Calories
per Portion · Lightly Roasted for
Great Taste



Pumpkin seed protein powder is a whole-food source of protein and healthy fibre.

Ingredients

Organic Styrian pumpkin seed and Styrian mountain salt.

Directions of use

Its distinct, subtle, nutty taste makes it a great fit to amplify the health quotient of soups, protein shakes, salad dressings, baked goods, and more. It's also a source of healthy protein for vegetarians and folks looking to reduce their meat consumption.

Nutrition Facts • Per 2 tbsp. (15 g)

Calories 60	% Daily Value*		% Daily Value*
Fat 2 g	3 %	Protein 10 g	
Saturated 0.4 g + Trans 0 g	2 %	Cholesterol 0 mg	
Polyunsaturated 1 g		Sodium 105 mg	5 %
Monounsaturated 0.7 g		Potassium 0 mg	0 %
Carbohydrate 2 g		Calcium 0 mg	0 %
Fibre 2 g	7 %	Iron 0 mg	0 %
Sugars 0 g	0 %		

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

Typical amino acid profile (g/portion of 15 g)**

Glutamic acid	1.185	Isoleucine*	0.255
Arginine	1.065	Proline	0.240
Aspartic acid	0.540	Histidine*	0.225
Leucine*	0.450	Tyrosine	0.225
Glycine	0.345	Lysine*	0.210
Phenylalanine*	0.345	Threonine*	0.180
Valine*	0.330	Tryptophan*	0.120
Alanine	0.300	Methionine*	0.113
Serine	0.300	Cysteine	0.053

* Essential Amino Acid · ** Average Analysis

#2274 · 450 g · UPC 6-28747-02274-3
P0764-R1

NONTAXABLE ITEM

✓ Amino Acids / Proteins · ✓ Keto Diet · ✓ Sport Nutrition

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 · ✓ Bone Health · ✓ 50+ Health · ✓ Hair · ✓ Joint Health
✓ Nails · ✓ Skin · ✓ Sport Nutrition

Full line of collagen products, p. 62–63



Pür Collagen

Radiant Skin · 500 mg
Marine-Sourced · With Elastin

capsules



Clinically Proven to Reduce
Deep Wrinkles in 28 Days

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

Each vegetable capsule contains

Hydrolyzed collagen—type I, 6% elastin (from fish skin and bones) (Collective™) 500 mg
Sustainably sourced

Other ingredients

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

Directions of use

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

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

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

NPN 80086909 · V0621-R1

✓ Beauty · ✓ 50+ Health · ✓ Hair · ✓ Nails · ✓ Skin

Full line of collagen products, p. 62–63

New Product! Since May 2023

Pür Collagen+ Joint Recovery

Healthy Cartilage and Bones

powder



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

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

Each scoop contains

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

Directions of use

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

Duration of use

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

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

NPN 80116345 · PM0941-R1

✓ Bone Health · ✓ 50+ Health · ✓ Joint Health · ✓ Sport Nutrition

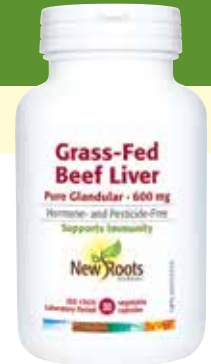
Full line of collagen products, p. 62–63

Pure Liver:

Grass-Fed Beef Liver

Pure Glandular · 600 mg

capsules



Hormone- and Pesticide-Free
Supports immunity.

Supports good health.

Helps support immune function.

Each vegetable capsule contains

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

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

Other ingredients

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

Directions of use

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

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

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

NPN 80119351 · V0541-R1

✓ Detoxification · ✓ Digestive Health · ✓ Glandular Extracts

Pure Magnesium Bisglycinate

Fully Reacted · 115 mg + Taurine

capsules



Supports Healthy Heart and
Muscle Function · 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
L-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 · ✓ Cardiovascular Health · ✓ Muscle Support
✓ Sport Nutrition · ✓ Vitamins/Minerals

Full line of magnesium supplements, p. 128–131

“Be willing to share your blessings. The only riches that last are the ones that are given away.”

David Khalil

Pure Magnesium Bisglycinate

Fully Reacted
130 mg Elemental Magnesium

capsules



Heart/Muscle Function
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 · ✓ Sleep Aids
✓ Sport Nutrition · ✓ Stress Management · ✓ Vitamins/Minerals

Full line of magnesium supplements, p. 128–131

Pure Pancreas: Grass-Fed Lamb Pancreas

Pure Glandular · 450 mg

tablets



Hormone- and Pesticide-Free
Supports Good Health

Each tablet contains

Pancreas (organ)
(from lamb [*Ovis aries*])* 450 mg
Vitamin C (ascorbic acid) 6 mg

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

Other ingredients

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

Directions of use

Adults: Take 1 tablet daily with or immediately before a meal/food or as directed by your health-care practitioner.

Duration of use

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

#2027 · 30 tablets · UPC 6-28747-12027-2
NPN 80071898 · V0556-R1

✓ Blood-Glucose Management · ✓ Digestive Health
✓ Glandular Extracts

Pure Spleen: Grass-Fed Beef Spleen

Pure Glandular · 650 mg

capsules



Hormone- and Pesticide-Free
Supports Immunity

Supports good health.
Helps support immune function.

Each vegetable capsule contains

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

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

Other ingredients

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

Directions of use

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

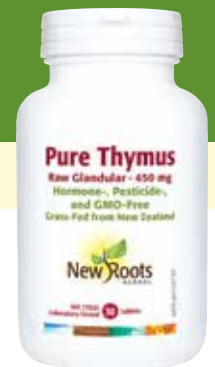
#1964 · 30 vegetable capsules · UPC 6-28747-11964-1
NPN 80058174 · V0527-R2

✓ Glandular Extracts · ✓ Immune Health

Pure Thymus: Grass-Fed Lamb Thymus

Pure Glandular · 450 mg

tablets



Hormone- and Pesticide-Free
Supports Immunity

Supports good health. Helps support immune function.

Each tablet contains

Glandular thymus
(from lamb [*Ovis aries*]) 450 mg
Vitamin C 6 mg

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

Other ingredients

Sorbitol, dicalcium phosphate, vegetable stearic acid, croscarmellose sodium, and natural peppermint flavour.

Directions of use

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

#2482 · 30 tablets · UPC 6-28747-12482-9
NPN 80103735 · V0524-R2

✓ Glandular Extracts · ✓ Immune Health

“There is not enough darkness in all the world to put out the light of even one small candle.”

Robert Alden

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>) leaf extract, 30% carvacrol	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.

*Combination of natural extracts of grapefruit, lemon, and tangerine seeds.

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-R7

✓ Herbal Extracts · ✓ Parasites and Fungi

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 bottles of Cloves	100 capsules
2 bottles of Purge Parasitis	90 capsules
1 bottles 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.

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

✓ Herbal Extracts · ✓ Parasites and Fungi

Purifiant (Ultra):

Ultra Purifiant Renew

500 mg

capsules

3-Week Plan · Gentle Action

Psyllium is used in herbal medicine as a bulk-forming laxative, to promote bowel movements by increasing bulk volume and water content, and to provide gentle relief of constipation and/or irregularity.

Each vegetable capsule contains

Psyllium (<i>Plantago ovata</i>) husk	304.507 mg
Butternut (<i>Juglans cinerea</i>) bark	32.887 mg
Corn (<i>Zea mays</i>) silk stigma and style 4:1 extract	29.233 mg
Plantain (<i>Plantago major</i>) leaf	23.143 mg
Red clover (<i>Trifolium pratense</i>) flower	23.143 mg
Blessed thistle (<i>Cnicus benedictus</i>) herb top	18.27 mg
Clove (<i>Syzygium aromaticum</i>) flower bud	18.27 mg
Yellow dock (<i>Rumex crispus</i>) root	18.27 mg
Black walnut (<i>Juglans nigra</i>) hull 4:1 extract	6.09 mg
Echinacea (<i>Echinacea angustifolia</i>) root	6.09 mg
Bentonite	5 mg
Odourless garlic (<i>Allium sativum</i>) bulb	3.045 mg

Other ingredients

Grapefruit seed extract* (28 mg), octanoic acid (calcium caprylate 3.045 mg and magnesium caprylate 3.045 mg), vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule made of vegetable carbohydrate gum and purified water.

*Combination of natural extracts of grapefruit, lemon, and tangerine seeds.

Directions of use

Adults: Take 5 capsules twice daily (morning and evening) with 8 oz. of water or juice before a meal or as directed by your health-care practitioner. If you are taking other medications, take this product at least 2 hours before or after them. Maintain adequate fluid intake. Effects observed between 12–24 hours after first dose, and may take 2–3 days.

Duration of use

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

Important

Take 1 capsule of **Acidophilus Ultra** per day, at noon, apart from the doses of **Ultra Purifiant Renew**. Beneficial microorganisms (probiotics) such as those in **Acidophilus Ultra**, replace the pathogens that have been eliminated to strengthen the intestinal flora and prevent the return of dysbiosis. The GPS™ enteric-coated capsules of **Acidophilus Ultra** guarantee that 100% of the promised probiotic cells survive destructive



stomach conditions and arrive alive at the intestines to deliver their full benefits. Probiotic capsules without an enteric coating are destroyed in the stomach by gastric acid.

#0133 · 210 vegetable capsules · UPC 6-28747-10133-2
NPN 80105020 · V0162-R4

✓ Detoxification · ✓ Digestive Health · ✓ Herbal Extracts

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 · ✓ Cardiovascular Health
✓ Men's Fertility



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

✓ Allergy Relief · ✓ Antioxidants · ✓ Cardiovascular Health
✓ Enzymes · ✓ Men's Fertility



R+ Alpha Lipoic

150 mg

capsules

Antioxidant · Promotes Healthy Glucose Metabolism

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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

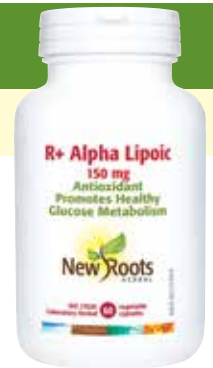
Adults: Take 1–2 capsules twice daily or as directed by your health-care practitioner.

Duration of use

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

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

✓ Antioxidants · ✓ Blood-Glucose Management
✓ Cardiovascular Health · ✓ Detoxification



Raspberry:

Red Raspberry

Leaf · 345 mg

capsules

Uterine Tonic

Supports Normal Childbirth

Traditionally used in herbal medicine as a uterine tonic, as a supportive agent in normal childbirth, and as an astringent to help relieve diarrhea.

Each vegetable capsule contains

Red raspberry (*Rubus idaeus*) leaf . 345 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: For use as an astringent for diarrhea: Take 6 capsules two or three times daily or as directed by your health-care practitioner.

Adult women: For use as a uterine tonic: Take 6 capsules three times daily or as directed by your health-care practitioner.

#0822 · 100 vegetable capsules · UPC 6-28747-10822-5
NPN 80030160 · V0128-R2

✓ Herbal Extracts · ✓ Maternity · ✓ Women's Health



Red Beet Root capsules

500 mg

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

✓ Cardiovascular Health · ✓ Detoxification · ✓ Digestive Health
✓ Energy



Directions of use

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

Duration of use

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

#1350 · 60 vegetable capsules · UPC 6-28747-11350-2
NPN 80027780 · V0377-R4

✓ Bone Health · ✓ Herbal Extracts · ✓ Menopause

Red Raspberry capsules

Leaf · 345 mg

Uterine Tonic Supports Normal Childbirth

Traditionally used in herbal medicine as a uterine tonic, as a supportive agent in normal childbirth, and as an astringent to help relieve diarrhea.

Each vegetable capsule contains

Red raspberry (*Rubus idaeus*) leaf . 345 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: For use as an astringent for diarrhea: Take 6 capsules two or three times daily or as directed by your health-care practitioner.

Adult women: For use as a uterine tonic: Take 6 capsules three times daily or as directed by your health-care practitioner.

#0822 · 100 vegetable capsules · UPC 6-28747-10822-5
NPN 80030160 · V0128-R2

✓ Herbal Extracts · ✓ Maternity · ✓ Women's Health



Red Clover Blossoms capsules

390 mg

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

✓ Cold and Flu · ✓ Herbal Extracts · ✓ Women's Health



Reduce Homocysteine: Homocysteine Reduce capsules

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, and stevia (*Stevia rebaudiana*) leaf extract, and silicon dioxide.

Directions of use

Adults: Take 2 scoops daily with food. Mix with 150–250 ml of water (dilute to taste) or as directed by your health-care practitioner.

Duration of use

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

#2210 · 285 g / 30 doses · UPC 6-28747-02210-1
NPN 80061652 · PM0094-R2

✓ Cardiovascular Health · ✓ 50+ Health · ✓ Neurological Health



Red Clover Isoflavones capsules

40% Standardized Extract

Reduces Menopausal Symptoms

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

Each vegetable capsule contains

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

Other ingredients

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



Reduced Glutathione:

Glutathione

capsules

Reduced · 200 mg
+ Vitamin C 50 mg



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 · ✓ 50+ Health
✓ Immune Health

Reishi

capsules

500 mg · Hot-Water Extract

Medicinal Mushrooms
Energy – Immunity
Stress Resistance
30% *beta*-Glucans
from 40% Polysaccharides



Used in herbal medicine as an adaptogen to help increase energy and resistance to stress (e.g. in case of mental and physical fatigue related to stress), as a liver tonic, and to support the immune system. Provides antioxidants.

Each vegetable capsule contains

Reishi (*Ganoderma lucidum*) mushroom extract, standardized to 40% polysaccharides, providing 30% *beta*-glucans 500 mg
Hot-water extraction.

Other ingredients

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

Directions of use

Adults: Take 3 capsules daily or as directed by your health-care practitioner. To avoid digestive upset, take with food/meal.

Duration of use

Immune support: Use for a minimum of 4 weeks to see beneficial effects.

#1862 · 60 vegetable capsules · UPC 6-28747-11862-0

#2298 · 120 vegetable capsules · UPC 6-28747-12298-6

NPN 80048612 · V0505-R6

✓ Cardiovascular Health · ✓ Energy · ✓ Immune Health
✓ Medicinal Mushrooms · ✓ Stress Management

Full line of medicinal mushrooms, p. 136–141

Mushroom Lovers

Reishi Powder

Organic *Ganoderma lucidum*
10 calories per portion



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*	Cholesterol 0 mg	% Daily Value*
Fat 0.1 g	0 %	Sodium 0 mg	0 %
Saturated 0 g + Trans 0 g	0 %	Potassium 0 mg	0 %
Carbohydrate 2 g		Calcium 0 mg	0 %
Fibres 2 g	7 %	Iron 0 mg	0 %
Sugars 0 g	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. 136–141

Reishi

Slices · Organic
Ganoderma lucidum

Helps Increase Energy
and Resistance to Stress



Source of antioxidants. Source of fungal polysaccharides with immunomodulating properties. Used in herbal medicine as a liver tonic. Used in herbal medicine as an adaptogen to help increase energy and resistance to stress (in case of mental and physical fatigue related to stress).

Ingredient

100% organic reishi mushroom (*Ganoderma lucidum*) fruiting body.

Directions of use

Adults: Add 3 g of reishi (approximately a 12 cm strip) to ½ litre of water. Simmer for 10 to 20 minutes to make a tonic, or several hours to make a concentrate. Temperature range should be between 50 and 70 °C; never a rolling boil. Serve hot or let cool to room temperature, then refrigerate the unused portion for up to 14 days. To avoid digestive upset, take with food or a meal.

#2377 · 100 g · UPC 6-28747-92377-4

NPN 80089417 · P0797-R1

✓ Cardiovascular Health · ✓ Energy · ✓ Immune Health
✓ Medicinal Mushrooms · ✓ Stress Management
✓ Teas / Herbal Teas

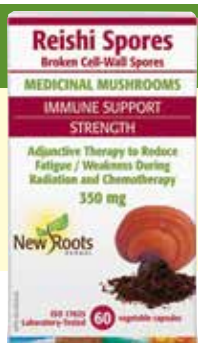
Full line of medicinal mushrooms, p. 136–141

Reishi Spores

capsules

Broken Cell-Wall Spores

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

✓ Cardiovascular Health · ✓ Energy · ✓ Immune Health
✓ Medicinal Mushrooms

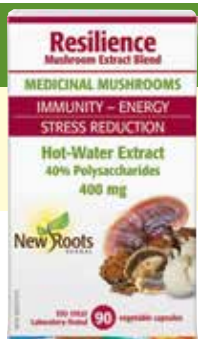
Full line of medicinal mushrooms, p. 136–141

Resilience

capsules

Mushroom Extract Blend

Medicinal Mushrooms
Immunity – Energy · Stress Reduction
Hot-Water Extract
40% Polysaccharides · 400 mg



Used in herbal medicine to support the immune system, as an adaptogen to help increase energy and resistance to stress (e.g., in case of mental and physical fatigue related to stress), and as a liver tonic. Source of antioxidants.

Each vegetable capsule contains

*Each mushroom extract is standardized to 40% polysaccharides.

Chaga (*Inonotus obliquus*) mushroom extract* 68 mg

Coriolus (*Trametes versicolor*) mushroom extract* 68 mg

Maitake (*Grifola frondosa*) mushroom extract* 68 mg

Reishi (*Ganoderma lucidum*) mushroom extract* 68 mg

Shiitake (*Lentinula edodes*) mushroom extract* 68 mg

Cordyceps (*Paecilomyces hepiali*) mushroom extract* 30 mg

Lion's mane (*Hericium erinaceus*) mushroom extract* 30 mg

Hot-water extraction.

Other ingredients

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

Directions of use

Adults: Take 2 capsules three times daily or as directed by your health-care practitioner. Take with a meal if gastrointestinal upset occurs.

#1933 · 90 vegetable capsules · UPC 6-28747-11933-7

NPN 80087975 · V0512-R1

✓ Immune Health · ✓ Medicinal Mushrooms

Full line of medicinal mushrooms, p. 136–141

Respira ResQ

capsules

Made with Organic *Pelargonium sidoides* 20 mg

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

PelaPower™ (organic geranium [*Pelargonium sidoides*] root extract) 20 mg

Other ingredients

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

Directions of use

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.

#3095 · 90 vegetable capsules · UPC 6-28747-13095-0

NPN 80114348 · V0746-R1

✓ Cold and Flu · ✓ Herbal Extracts · ✓ Immune Health

Resveratrol MAX

capsules

500 mg · Providing
250 mg *trans*-Resveratrol

Antioxidant · Healthy 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

✓ Antioxidants · ✓ Blood-Glucose Management
✓ Cardiovascular Health · ✓ 50+ Health · ✓ Herbal Extracts
✓ Immune Health · ✓ Men's Health · ✓ Pain and Inflammation
✓ Women's Fertility and Sexual Health



Reuteri Restore capsules

Bowel-Balance Probiotic

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



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

Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following strain of live, active, healthy, and whole cells (2.5 billion) to the intestines

Dairy Strain

Lactobacillus reuteri UB2419 2.5 billion CFU
Vitamin C (ascorbic acid) 6 mg
CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

Other ingredients

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

Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

#3036 · 30 vegetable capsules · UPC 6-28747-13036-3
NPN 80113790 · V0754-R1

✓ Digestive Health · ✓ Immune Health · ✓ Probiotics

Full line of probiotics, p. 166–179



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.

Rhodiola capsules

Extract · 200 mg 5% Rosavins, 1.9% Salidroside

Reduces Mental Fatigue
Improves Stamina

Used in herbal medicine as an adaptogen to help temporarily relieve symptoms of stress (such as mental fatigue and sensation of weakness). Used in herbal medicine to help support cognitive function (such as mental focus and mental stamina). Provides antioxidants.

Each vegetable capsule contains

Roseroot (*Rhodiola rosea*) root extract,
5% rosavins, 1.9% salidroside 200 mg

Other ingredients

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

*May also contain microcrystalline cellulose.

Directions of use

Adults: Take 1 capsule twice daily or as directed by your health-care practitioner. Not to be taken immediately before bedtime.



SO STRONG!

Our rhodiola extract contains 5% rosavins. That's up to 66% stronger than competing products!



#2135 · 30 vegetable capsules · UPC 6-28747-12135-4
#2091 · 60 vegetable capsules · UPC 6-28747-12091-3
NPN 80071149 · V0583-R1

✓ Energy · ✓ Herbal Extracts · ✓ Memory Help
✓ Mood Enhancement · ✓ Sport Nutrition
✓ Stress Management

RiboEndurance Mag powder

Energy and Endurance
Athletic Support

Caffeine-free preworkout formula to enhance performance. Helps to maintain performance/promote endurance in extended (greater than 60 min), high-intensity exercise; to maintain normal electrolyte balance; and to maintain proper muscle function, including the heart muscle. Helps in energy metabolism and to maintain the body's ability to metabolize nutrients. Supports the development and maintenance of bones and teeth as well as tissue formation.



Continues on next page ↓

↓ Continued from previous page

Each ½ teaspoon (2,750 mg) contains

D-Ribose 2,500 mg
Magnesium (from magnesium citrate) 40 mg

Directions of use

Adults: To help maintain exercise performance: Take 1½–2 teaspoons daily or as directed by your health-care practitioner. Consume 45–90 minutes before exercising. For all other uses: Take ½ teaspoon daily or as directed by your health-care practitioner. • Mix product well in 1–2 cups (250–500 ml) of liquid (water, juice, etc.) immediately before consumption. We recommend weighing **RiboEndurance Mag** for precise dosage.

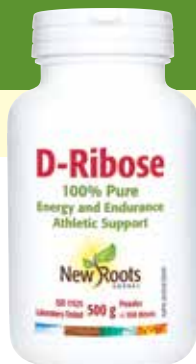
#2458 · 300 g / 109 doses · UPC 6-28747-02458-7
NPN 80090770 · PM0217-R1

✓ Cardiovascular Health · ✓ Energy · ✓ Sport Nutrition

Ribose:

D-Ribose
100% Pure

powder



**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

✓ Cardiovascular Health · ✓ Energy · ✓ Sport Nutrition

**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. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil.

Duration of use

For occasional use only.

#2149 · 15 ml · UPC 6-28747-22149-8
NPN 80073903 · O0030B-R1

✓ Essential Oils

Full line of essential oils, p. 76–83

Rosehip Seed Oil

Rosa Mosqueta
Certified Organic

Minimizes the Look of Wrinkles

Revitalizes dry and dull skin, reverses the signs of aging, and reduces the look of age spots. Fast-absorbing, leaving skin firm- and smooth-looking, with an even colour and tone.

Each bottle contains

Organic rosehip (*Rosa rubiginosa* or *Rosa moschata*) seed oil, cold-pressed, nondeodorized. 30 ml
Organic rosemary (*Rosmarinus officinalis*) extract.

Ingredients

Rosa rubiginosa / *Rosa moschata* seed oil and *Rosmarinus officinalis* (rosemary) leaf extract.

Directions of use

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

#1738 · 15 ml · UPC 6-28747-21738-5
#1602 · 30 ml · UPC 6-28747-21602-9
OM0123-R4

✓ Beauty · ✓ Exotic Oils · ✓ Skin

Full line of exotic oils, p. 84–87



**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. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil.

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. 76–83

S.O.D.

Superoxide Dismutase · 7,250 IU

capsules

Super Antioxidant · Valuable Enzymes Protected by GPS™
Natural Water-Based Enteric Coating · Gastric Protective System Survives Stomach Acid



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-alpha-Lipoic acid	25 mg
N-Acetyl-L-cysteine	25 mg
Catalase (112.5 Baker units)	15 mg
L-Cysteine hydrochloride	10 mg
L-Glutathione	10 mg
Riboflavin (vitamin B2)	5 mg
Vitamin E (5 IU)	
(from D-alpha-tocopheryl acid succinate)	3.35 mg AT
Folate (L-5-methyltetrahydrofolate calcium salt)	60 mcg
Selenium	11 mcg

Other ingredients

Hydrolyzed wheat protein, microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide and a non-GMO GPS™ vegetable capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

Directions of use

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

Duration of use

Consult a health-care practitioner for use beyond 6 months.
Note: This product contains gluten.

#1649 · 90 vegetable capsules · UPC 6-28747-11649-7
NPN 80104932 · V0447-R16

✓ Antioxidants · ✓ Detoxification

S-Acetyl-Glutathione

100 mg

capsules

Intracellular Antioxidant
Superior Assimilation

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

Each vegetable capsule contains

S-Acetylglutathione	100 mg
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.

NEW SIZE! #3087 · 30 vegetable capsules · UPC 6-28747-13087-5
#2416 · 60 vegetable capsules · UPC 6-28747-12416-4
NPN 80091902 · V0670-R1

✓ Antioxidants · ✓ Detoxification · ✓ Immune Health
✓ Neurological Health



Safflower Oil:

Heart Smart

Organic Safflower Oil

First Cold-Pressed · Non-GMO

Plant sterol-fortified to promote healthy cholesterol levels. Helps lower total blood and LDL cholesterol. Helps maintain healthy cholesterol levels.

Each tablespoon contains

Plant sterols esters 375 mg
(combined beta-sitosterols, campesterols, and stigmasterols).

Other ingredients

Certified organic safflower oil, and natural vitamin E (mixed tocopherols from non-GMO sunflower). Nitrogen-flushed to maintain optimum freshness, prevent oxidation, and ensure maximum nutritional value.

Fatty Acids

Linoleic	68–83%
Palmitic	4–10%
Oleic	8–21%
Stearic	1–5%

Directions of use

Adults: Take 3 tablespoons daily with food or as directed by your health-care practitioner.

Stir into soups, stews, and sauces; or use for light sautéing. Its clean and crisp flavour is also excellent for vinaigrettes, marinades, or as a replacement for butter or margarine on your toast. Enjoy a cholesterol-reduced breakfast, lunch, or dinner. Great-tasting and low in saturated fat; salt-, gluten-, cholesterol-, and trans fat-free.

#1625 · 500 ml · UPC 6-28747-21625-8
NPN 80059904 · OM0118-R2

✓ Cardiovascular Health · ✓ Cooking Oils · ✓ Keto Diet



Saw Palmetto

softgels

95 % Fatty Acids · 160 mg

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
#0949 · 120 softgels · UPC 6-28747-10949-9
NPN 80020986 · V0063-R1

✓ Herbal Extracts · ✓ Men's Health · ✓ Urogenital Health



Sea Buckthorn Oil

Fruit and Seed with Goji Oil softgels

Supercritical CO₂ Extracted
from Organic Berries
A Good Source of Omega-7

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-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 · ✓ Fatty Acids · ✓ Skin



Selenium

capsules

100 mcg
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

✓ Immune Health · ✓ Men's Fertility · ✓ Men's Health
✓ Vitamins/Minerals



Selenium

capsules

200 mcg · Extra Strength
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

✓ Immune Health · ✓ Men's Fertility · ✓ Men's Health
✓ Vitamins/Minerals



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

Hippophae rhamnoides 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, before bedtime.

#1604 · 30 ml · UPC 6-28747-21604-3
OM0124-R2

✓ Beauty · ✓ Exotic Oils · ✓ Skin



Full line of exotic oils, p. 84–87

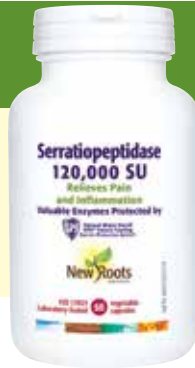
“You must be the change you wish to see in the world.”

Mahatma Gandhi



Serratiopeptidase 120,000 SU

capsules



Relieves Pain and Inflammation
Valuable Enzymes Protected by
Natural Water-Based
GPS™ Enteric Coating
Gastric Protective System
Survives Stomach Acid

Helps to reduce pain, quantity of secretions, inability to perceive smell, and stuffy nose from ear, nose, and throat infections. Mucolytic enzyme that helps break down mucus. Helps reduce postoperative cheek swelling and/or pain after dental surgery.

Each enteric-coated vegetable capsule contains
Serratiopeptidase
(*Serratia marcescens* E-15, whole cell) 120,000 SU

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

Directions of use
Adults: Take 1 capsule daily or as directed by your health-care practitioner. Take 2 hours after a meal.

Duration of use
Consult a health-care practitioner for use beyond 7 days.
#1319 · 60 vegetable capsules · UPC 6-28747-11319-9
#2487 · 120 vegetable capsules · UPC 6-28747-12487-4
NPN 80050019 · V0364-R2

✓ Cold and Flu · ✓ Enzymes · ✓ Pain and Inflammation

Mushroom Lovers Shiitake Powder

Organic *Lentinula edodes*
10 calories per portion



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 shiitake tea or spruce up your favourite hot beverage. All-natural goodness with no bitter aftertaste.

Ingredient
Organic shiitake (*Lentinula edodes*) 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. (3.1 g)		
	% Daily Value*	% Daily Value*
Calories 10		
Fat 0.1 g	0 %	Cholesterol 0 mg
Saturated 0 g + Trans 0 g	0 %	Sodium 0 mg
Carbohydrate 2 g		Potassium 0 mg
Fibres 1 g	4 %	Calcium 0 mg
Sugars 0 g	0 %	Iron 0 mg
Protein 1 g		

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

#2582 · 100 g / 32 portions · UPC 6-28747-02582-9
P0834-R1

NONTAXABLE ITEM

✓ Functional Foods · ✓ Immune Health · ✓ Medicinal Mushrooms

Full line of medicinal mushrooms, p. 136–141

Shiitake 300 mg · Hot-Water Extract

capsules



Medicinal Mushrooms
Immune Support · Wellness
25% *beta*-glucans
from 40% Polysaccharides

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

Each vegetable capsule contains
Shiitake (*Lentinula edodes*) mushroom extract, standardized to 40% polysaccharides, providing 25% *beta*-glucans 300 mg Hot-water extraction.

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

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

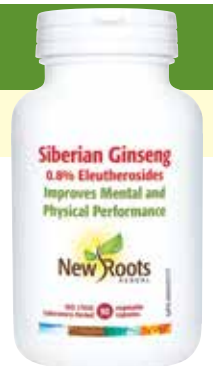
#1870 · 60 vegetable capsules · UPC 6-28747-11870-5
NPN 80113474 · V0508-R3

✓ Immune Health · ✓ Medicinal Mushrooms

Full line of medicinal mushrooms, p. 136–141

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 · ✓ Herbal Extracts · ✓ Immune Health
✓ Sport Nutrition · ✓ Stress Management

“The most incredible thing about miracles is that they happen.”

G.K. Chesterton

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/Minerals



Simply Spirulina

650 mg · Superfood

capsules

Made with Organic Spirulina
Reduces Allergy Symptoms

Highest-quality organic spirulina. Source of antioxidants. Helps reduce symptoms of allergic rhinitis such as nasal discharge, sneezing, nasal congestion, and itching.

Each vegetable capsule contains

Organic spirulina
(*Spirulina platensis*) 650 mg

Other ingredients

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

Directions of use

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

#1653 · 90 vegetable capsules · UPC 6-28747-11653-4
NPN 80073332 · V0450-R4

✓ Allergy Relief · ✓ Green Foods



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/Minerals



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.

#1662 · 150 g / ≈ 37 doses · UPC 6-28747-01662-9
#1660 · 227 g / ≈ 56 doses · UPC 6-28747-01660-5
#1661 · 454 g / ≈ 113 doses · UPC 6-28747-01661-2
NPN 80073346 · P0544

✓ Allergy Relief · ✓ Green Foods



Silver Force

Pure Bioactive Liquid Silver

10 ppm · 50 mcg

Trace element. Source of silver, a trace mineral.

Each teaspoon (5 ml) contains

Silver (from 99.999% pure silver) 50 mcg

Other ingredient

Deminerzalized purified water.

Directions of use

Adults ≥ 19 years old: Take 1 teaspoon two to four times daily or as directed by your health-care practitioner. Do not take with food.

Note: This product is not shipped during the winter, due to freezing conditions.

#2228 · 50 ml = 10 doses · UPC 6-28747-22228-0
#2229 · 95 ml = 19 doses · UPC 6-28747-22229-7
NPN 80076052 · LM0150-R1

✓ Immune Health · ✓ Vitamins/Minerals



“Your mission: Be so busy loving life that you have no time for drama, regret, hate, worry, or fear.”

Karen Salmansohn

Simply Spirulina tablets

1,000 mg · Superfood

Made with Organic Spirulina
Reduces Allergy Symptoms

Highest-quality organic spirulina. Source of antioxidants. Helps reduce symptoms of allergic rhinitis such as nasal discharge, sneezing, nasal congestion, and itching.

Each tablet contains

Organic spirulina
(*Spirulina platensis*) 1,000 mg

Other ingredients

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

Directions of use

Adults ≥ 19 years old: Take 1–2 tablets twice daily or as recommended 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.

- #1659 · 90 tablets · UPC 6-28747-11659-6
 - #1657 · 180 tablets · UPC 6-28747-11657-2
 - #1658 · 360 tablets · UPC 6-28747-11658-9
- NPN 80073349 · V0454-R3

✓ Allergy Relief · ✓ Green Foods



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-R2

✓ Beauty · ✓ Exotic Oils · ✓ Skin

Full line of exotic oils, p. 84–87

Sleep⁸ capsules

Synergistic Formula

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

Chamomille (*Matricaria recutita*) flower extract, 5% flavonoids . . . 35 mg
Hops (*Humulus lupulus*) strobile extract, 3.5% flavonoids . . 35 mg
Passionflower (*Passiflora incarnata*) flower extract, 4% flavonoids . . 35 mg
Whole skullcap (*Scutellaria lateriflora*), 12.5% flavonoids . . . 35 mg
Qiye Shen'an Pian (*Panax notoginseng*) leaf extract 25 mg
Magnesium (from 111 mg of magnesium bisglycinate) . . . 20 mg
Catnip (*Nepeta cataria*) herb top 15 mg
Melatonin 500 mcg

Other ingredients

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

Directions of use

Adults: Take 1–4 capsules at or before bedtime, or as directed by your health-care practitioner.

Duration of use

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

- #1443 · 20 vegetable capsules · UPC 6-28747-11443-1
 - #1403 · 60 vegetable capsules · UPC 6-28747-11403-5
 - #1807 · 120 vegetable capsules · UPC 6-28747-11807-1
- NPN 80031162 · V0385-R8

✓ Herbal Extracts · ✓ Sleep Aids

Full line of antistress products, p. 202–205

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

Blend of organic: goji (*Lycium barbarum*) seed oil, rosehip (*Rosa rubiginosa* or *Rosa moschata*) seed oil, sea buckthorn (*Hippophae rhamnoides*) seed oil, argan (*Argania spinosa*) oil, cranberry (*Vaccinium macrocarpon*) seed oil, and tamanu (*Calophyllum inophyllum*) oil—all oils are cold-pressed or CO₂ supercritical extracts, and nondeodorized 15 ml with added natural vitamin E

Ingredients

Lycium barbarum seed oil, *Rosa rubiginosa* / *Rosa moschata* seed oil, *Hippophae rhamnoides* seed oil, *Argania spinosa* seed oil, *Vaccinium macrocarpon* seed oil, *Calophyllum inophyllum* seed oil, and tocopherols.



New Product! Since March 2023

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

✓ Herbal Extracts · ✓ Sleep Aids

Full line of antistress products, p. 202–205

New Product! Since March 2023

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

✓ Herbal Extracts · ✓ Sleep Aids

Full line of antistress products, p. 202–205

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 carbohydrates, fats, and proteins. Helps to support liver function. Provides support for healthy glucose metabolism. Antioxidants for the maintenance of good health.



Six (6) non-GMO vegetable capsules contain

Malabar tamarind (*Garcinia cambogia*) fruit extract,
50% hydroxycitric acid 1,500 mg
 Coleus forskohlii (*Plectranthus barbatus*) root extract,
10% forskolin 300 mg
 Chromium (from chromium picolinate) 235 mcg
 Inositol (myo-inositol) 100 mg
 Spirulina (*Spirulina platensis*) 100 mg
 Cayenne (*Capsicum annuum*) fruit 100 mg
 Choline (choline bitartrate) 100 mg
 Green tea (*Camellia sinensis*) leaf extract, 6% caffeine . . 400 mg

Providing:

EGCG (pure) 300 mg
 Gymnema sylvestre (*Asclepias geminata*) leaf extract,
25% gymnemic acid 150 mg
 Betaine hydrochloride 25 mg
 Ginger (*Zingiber officinale*) rhizome 100 mg
 Kola nut (*Cola acuminata*) extract, 10% caffeine 510 mg
***100% of the RDA of the following:**
 Vitamin B3 (niacinamide) 20 mg
 Vitamin B6 (pyridoxine hydrochloride) 2 mg
 Vitamin B12 (methylcobalamin) 6 mcg
 Vitamin B2 (riboflavin) 1.7 mg
 Vitamin E (d-alpha-tocopheryl
acid succinate) (30 IU) 20.1 mg AT
 Iodine (from potassium iodide) 150 mcg
 Folate (from calcium L-5-methyltetrahydrofolate) . . 400 mcg
 Selenium (from yeast-free L-selenomethionine) 50 mcg
 Vitamin C (ascorbic acid) 60 mg
 Biotin 300 mcg
 Potassium (from potassium citrate) 25 mg

Other ingredients

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

Directions of use

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

Duration of use

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

#1212 · 60 vegetable capsules · UPC 6-28747-11212-3
 #1214 · 120 vegetable capsules · UPC 6-28747-11214-7
 #1215 · 180 vegetable capsules · UPC 6-28747-11215-4
 NPN 80047815 · V0344-R6

✓Herbal Extracts · ✓Weight Management

*“Never bend your head. Always hold it high.
 Look the world straight in the eye.”*

Helen Keller

Slow Release CoQ10

capsules

Supports Cardiovascular Health Helps Prevent Migraines

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



Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

Duration of use

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

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

✓Cardiovascular Health · ✓Energy · ✓Headache/Migraine
 ✓Men's Fertility · ✓Neurological Health

Full line of coenzyme products, p. 60–61

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

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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

✓ Cardiovascular Health · ✓ Herbal Extracts · ✓ Memory Help
 ✓ Mood Enhancement

Smooth Stevia powder

Plant-Based Sweetener
 Sugar Substitute · Nonbitter

Low glycemic index. Be mindful of the dosage, because 1/32 tsp. of Smooth Stevia = 1 teaspoon of sugar.

Ingredients

Isomaltulose (naturally occurring disaccharide from sugar beet) and stevia (*Stevia rebaudiana*) concentrate.

Directions of use

Add to taste to your favourite beverage and stir. Excellent sugar substitute for coffee, tea, and for baking!

Nutrition Facts • Per 1/32 tsp. (0.1 g)

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

Not a significant source of saturated fat, trans fat, fibre, sugar, cholesterol, sodium, potassium, calcium, or iron.
 *5% or less is a little, 15% or more is a lot

#1923 · 30 g · UPC 6-28747-01923-1
 #1925 · 60 g · UPC 6-28747-01925-5
 PM0056-R1

NONTAXABLE ITEM

✓ Keto Diet · ✓ Natural Sweeteners · ✓ Weight Management

Full line of natural sweeteners, p. 210–211



S.O.D. capsules

Superoxide Dismutase · 7,250 IU

Super Antioxidant · Valuable Enzymes Protected by GPS™ Natural Water-Based Enteric Coating
 Gastric Protective System Survives Stomach Acid

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-alpha-Lipoic acid	25 mg
N-Acetyl-L-cysteine	25 mg
Catalase (112.5 Baker units)	15 mg
L-Cysteine hydrochloride	10 mg



L-Glutathione	10 mg
Riboflavin (vitamin B2)	5 mg
Vitamin E (5 IU)	
(from D-alpha-tocopheryl acid succinate)	3.35 mg AT
Folate (L-5-methyltetrahydrofolate calcium salt)	60 mcg
Selenium	11 mcg

Other ingredients

Hydrolyzed wheat protein, microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide and a non-GMO GPS™ vegetable capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

Directions of use

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

Duration of use

Consult a health-care practitioner for use beyond 6 months.
 Note: This product contains gluten.

#1649 · 90 vegetable capsules · UPC 6-28747-11649-7
 NPN 80104932 · V0447-R16

✓ Antioxidants · ✓ Detoxification

Sodium Ascorbate:

Vitamin C powder

Sodium Ascorbate

100% Pure · Buffered · Immunity

An antioxidant for the maintenance of good health. Helps the body to metabolize fats and proteins. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps in connective tissue formation and in wound healing.

Ingredients

100% Sodium ascorbate. Each gram contains 1000 mg of sodium ascorbate equivalent to 889 mg of ascorbic acid. 1/8 tsp. contains 545 mg of sodium ascorbate or 484.5 mg of ascorbic acid. No fillers or excipients. 100% pure.

Directions of use

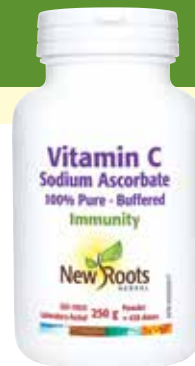
Adolescents 14–18 years: As a dietary supplement, stir 1/8 teaspoon into juice, water, or food one to three times daily or as directed by your health-care practitioner.

Adults: As a dietary supplement, stir 1/8 teaspoon into juice, water, or food up to four times daily or as directed by your health-care practitioner.

#0870 · 250 g / ≈ 458 doses · UPC 6-28747-00870-9
 NPN 80020857 · P0205

✓ Antioxidants · ✓ Cardiovascular Health · ✓ Cold and Flu
 ✓ Immune Health · ✓ Joint Health · ✓ Vitamins/Minerals

Full line of vitamin C products, p. 228–230



Spirulina:

Simply Spirulina capsules

650 mg · Superfood

Made with Organic Spirulina
Reduces Allergy Symptoms

Highest-quality organic spirulina. Source of antioxidants. Helps reduce symptoms of allergic rhinitis such as nasal discharge, sneezing, nasal congestion, and itching.

Each vegetable capsule contains

Organic spirulina
(Spirulina platensis) 650 mg

Other ingredients

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

Directions of use

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

#1653 · 90 vegetable capsules · UPC 6-28747-11653-4
NPN 80073332 · V0450-R4

✓ Allergy Relief · ✓ Green Foods



Spirulina:

Simply Spirulina tablets

1,000 mg · Superfood

Made with Organic Spirulina
Reduces Allergy Symptoms

Highest-quality organic spirulina. Source of antioxidants. Helps reduce symptoms of allergic rhinitis such as nasal discharge, sneezing, nasal congestion, and itching.

Each tablet contains

Organic spirulina
(Spirulina platensis) 1,000 mg

Other ingredients

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

Directions of use

Adults ≥ 19 years old: Take 1–2 tablets twice daily or as recommended 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.

#1659 · 90 tablets · UPC 6-28747-11659-6

#1657 · 180 tablets · UPC 6-28747-11657-2

#1658 · 360 tablets · UPC 6-28747-11658-9

NPN 80073349 · V0454-R3

✓ Allergy Relief · ✓ 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.

#1662 · 150 g / ≈ 37 doses · UPC 6-28747-01662-9

#1660 · 227 g / ≈ 56 doses · UPC 6-28747-01660-5

#1661 · 454 g / ≈ 113 doses · UPC 6-28747-01661-2

NPN 80073346 · P0544

✓ Allergy Relief · ✓ 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 pyrenoidosa) 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 · ✓ Green Foods



“Problems are challenges to creative minds. Without problems, there would be little reason to think at all.”

Earl Nightingale

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
NPN 80058174 · V0527-R2

✓ Glandular Extracts · ✓ Immune Health

Squalene

500 mg

softgels



European Olive
Supports Healthy Skin

Provides antioxidants.

Each softgel contains

Squalene (from olive [*Olea europaea*] fruit), hexane-free 500 mg

Other ingredients

Natural vitamin E (D-alpha-tocopherol from sunflower) in a softgel composed of glycerin, bovine gelatin, and purified water.

Directions of use

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

#2054 · 60 softgels · UPC 6-28747-12054-8
NPN 80067729 · V0567-R1

✓ Beauty · ✓ Fatty Acids · ✓ Skin

St. John's Wort

Extract · 450 mg

capsules



Calmative and Sedative

Used in herbal medicine to help relieve restlessness and nervousness (sedative and calmative).

Each vegetable capsule contains

St. John's wort (*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.

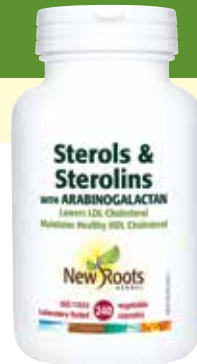
#0776 · 60 vegetable capsules · UPC 6-28747-10776-1
NPN 80031047 · V0130-R4

✓ Herbal Extracts · ✓ Menopause · ✓ Mood Enhancement
✓ Sleep Aids · ✓ Stress 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

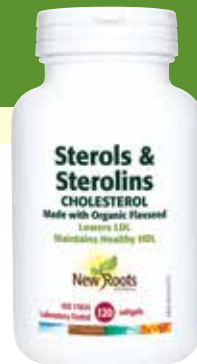
✓ Cholesterol Management · ✓ Herbal Extracts
✓ Immune Health

Sterols & Sterolins

Cholesterol

softgels

Made with Organic Flaxseed



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

Providing:

beta-Sitosterols 151 mg
Campesterols 90 mg
Stigmasterols 88 mg

Other ingredients

Lecithin (from non-GMO sunflower oil) and beeswax in a softgel composed of annatto extract, sunflower oil, bovine gelatin, glycerin, and purified water.

Directions of use

Adults: Take 3 softgels daily with food or as directed by your health-care practitioner.

Note: This product may be used with statin-based cholesterol-lowering medication.

#0221 · 60 softgels · UPC 6-28747-10221-6
#0223 · 120 softgels · UPC 6-28747-10223-0
NPN 80024751 · V0282-R5

✓ Cholesterol Management · ✓ Herbal Extracts

Sterols & Sterolins Super Immune:

Super Immune capsules

Sterols & Sterolins with Arabinogalactan

Lowers Total and LDL Cholesterol
Supports Healthy Cholesterol Levels
Maintains Immune Function

Helps lower blood total and LDL cholesterol. Helps maintain healthy cholesterol levels. Helps to maintain immune function.

Each vegetable capsule contains

Free plant sterols (from non-GMO soy) 240 mg

Providing:

beta-Sitosterols 96 mg
Campesterols 48 mg
Stigmasterols 48 mg
D-Galacto-L-arabinan (from *Larix laricina*) 206 mg
Zinc (from zinc citrate) 175 mcg

Other ingredients

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

Directions of use

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

Duration of use

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

#1008 · 30 vegetable capsules · UPC 6-28747-11008-2

#1195 · 120 vegetable capsules · UPC 6-28747-11195-9

#1197 · 240 vegetable capsules · UPC 6-28747-11197-3

NPN 80024333 · V0425-R3

✓ Cholesterol Management · ✓ Herbal Extracts
✓ Immune Health



Stevia Leaf Green

powder

Plant-Based Sweetener
Sugar Substitute · 0 Calories

A naturally sweet, calorie-free alternative to sugar and artificial sweeteners.

Ingredients

Stevia (*Stevia rebaudiana*) green leaf.

Directions of use

Use to sweeten to your personal taste.

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

#0589 · 55 g · UPC 6-28747-00589-0
P0100-R1

NONTAXABLE ITEM

✓ Keto Diet · ✓ Natural Sweeteners · ✓ Weight Management

Full line of natural sweeteners, p. 210–211



Stevia Sugar

powder

Spoonable

Plant-Based Sweetener
Sugar Substitute

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

#1685 · Box of 30 sachets × 5 g · UPC 6-28747-01685-8

PM0434-R3

NONTAXABLE ITEM

✓ Keto Diet · ✓ Natural Sweeteners · ✓ Weight Management

Full line of natural sweeteners, p. 210–211



Stevia Sweetleaf

liquid

Plant-Based Sweetener

Stevia liquid extract.

Ingredients

Water, vegetable glycerin, organic alcohol from sugarcane, and stevia (*Stevia rebaudiana*) leaf extract.

Directions of use

Use as desired and sweeten to taste using 1 to 5 drops.

#0267 · 30 ml · UPC 6-28747-20267-1

LM0091-R1

NONTAXABLE ITEM

✓ Keto Diet · ✓ Natural Sweeteners
✓ Weight Management

Full line of natural sweeteners,
p. 210–211



Stevia

White Powder Concentrate

Plant-Based Sweetener

0 calories

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 %	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

#0164 · 15 g · UPC 6-28747-00164-9

#0202 · 30 g · UPC 6-28747-00202-8

PM0116-R1

NONTAXABLE ITEM

✓ Keto Diet · ✓ Natural Sweeteners · ✓ Weight Management

Full line of natural sweeteners, p. 210–211



NEED A REST FROM STRESS?



SUPPLEMENTS CONSUMERS ARE LOOKING FOR!

D-Stress Organic Lavender Oil

softgels

Reduces Restlessness, Mental Stress, and Exhaustion

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

Each softgel contains

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

Other ingredients

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

Directions of use

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

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

✓ Herbal Extracts · ✓ Sleep Aids · ✓ Stress Management



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
- #2543 · 300 vegetable capsules · UPC 6-28747-12543-7
- NPN 80074264 · V0590-R1

✓ Memory Help · ✓ Mood Enhancement · ✓ Neurological Health
✓ Sleep Aids · ✓ 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 / Proteins · ✓ Memory Help
✓ Sleep Aids · ✓ Weight Management

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-R7

✓ Mood Enhancement · ✓ Stress Management

Merry Mind Omega 3

1,000 mg EPA · 100 mg DHA

softgels

Ultrapure Pharmaceutical Grade



Healthy Mood Balance

Helps to promote healthy mood balance.

Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole sardines [*Sardina pilchardus*] and whole anchovies [*Engraulis encrasicolus*]) 1,366 mg

Providing omega-3 fatty acids, including:

Eicosapentaenoic acid (EPA) 1,000 mg

Docosahexaenoic acid (DHA) 100 mg

Other omega-3s 71 mg

Ultrapure, pharmaceutical grade.

Other ingredients

Natural vitamin E (mixed tocopherols, from non-GMO sunflower) in a softgel composed of bovine 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 softgels · UPC 6-28747-12163-7

NPN 80077448 · V0577-R3

✓ Fish Oils · ✓ Keto Diet · ✓ Mood Enhancement
✓ Pain and Inflammation



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.

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 (<i>Panax notoginseng</i>) leaf 15:1 extract	50 mg
Phellodendron (<i>Phellodendron amurense</i>) bark extract, 1% berberine	10 mg
Vitamin B6 (pyridoxal-5'-phosphate)	10 mg
Magnolia (<i>Magnolia officinalis</i>) bark 50:1 extract, 80% magnolol + honokiol	5 mg
Folate (from calcium L-5-methyltetrahydrofolate)	333 mcg
Vitamin B12 (methylcobalamin)	333 mcg
Vitamin D3 (cholecalciferol)	8.33 mcg (333.33 IU)

Other ingredients

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

Directions of use

Adults: Take 1 capsule three times daily. Start with 1 capsule daily and gradually move to 3 daily, or as directed by your health-care practitioner. Use the lowest efficient dose.

Duration of use

For healthy mood balance: Use for a minimum of 1 week to see beneficial effects. Consult a health-care practitioner for use beyond 4 weeks.

#2102 · 15 vegetable capsules · UPC 6-28747-12102-6

#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

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

Chamomille (<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>), 12.5% flavonoids ...	35 mg
Qiye Shen'an Pian (<i>Panax notoginseng</i>) leaf extract	25 mg
Magnesium (from 111 mg of magnesium bisglycinate) ...	20 mg
Catnip (<i>Nepeta cataria</i>) herb top	15 mg
Melatonin	500 mcg

Other ingredients

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

Directions of use

Adults: Take 1–4 capsules at or before bedtime, or as directed by your health-care practitioner.

Duration of use

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

#1443 · 20 vegetable capsules · UPC 6-28747-11443-1

#1403 · 60 vegetable capsules · UPC 6-28747-11403-5

#1807 · 120 vegetable capsules · UPC 6-28747-11807-1

NPN 80031162 · V0385-R8

✓ Herbal Extracts · ✓ Sleep Aids



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.

New Product! Since March 2023

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

New Product! Since March 2023

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



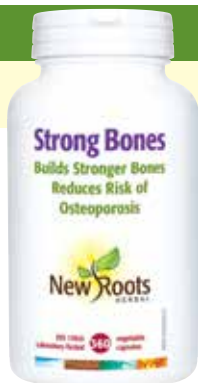
For the good night sleep
you want, need, and
deserve

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.



Ingredients (per 6 vegetable capsules)

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.

#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

✓ Bone Health · ✓ 50+ Health · ✓ Vitamins/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.



Ingredients (per 6 vegetable capsules)

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

✓ Bone Health · ✓ 50+ Health · ✓ Vitamins/Minerals

Strong Bones Vegetarian: 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.



Ingredients (per 9 vegetable capsules)

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

✓ Bone Health · ✓ Vitamins/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

✓ Bone Health · ✓ 50+ Health · ✓ Vitamins/Minerals



Suma

capsules

Brazilian Ginseng · 520 mg

**Increases Energy and
Resistance to Stress**

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). Used in herbal medicine as a tonic, to help relieve general fatigue associated with daily stress. New Roots Herbal's premium suma root grows in South America. Suma, also known as Brazilian ginseng or *para tudo* (meaning "for all"), has been used for centuries by the native tribes of the Mato Grosso.

Each vegetable capsule contains

Premium suma (*Hebanthe eriantha*) root 520 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.

#0481 · 50 vegetable capsules · UPC 6-28747-10481-4
NPN 80055420 · V0150-R1

✓ Energy · ✓ Herbal Extracts · ✓ Menopause
✓ Stress Management



“Never bend your head. Always hold it high.
Look the world straight in the eye.”

Helen Keller

Sunflower Oil: Heart Smart Organic Sunflower 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 sunflower 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

Linoleic 48–74%
Palmitic 4–9%
Oleic 14–40%
Stearic 1–7%

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 subtle nutty flavour is also excellent for vinaigrettes, marinades, or as a replacement for butter or margarine on your toast. Enjoy a cholesterol-reduced breakfast, lunch, or dinner. Great-tasting and low in saturated fat; salt-, gluten-, cholesterol-, and trans fat-free.

#1624 · 500 ml · UPC 6-28747-21624-1
NPN 80059922 · OM0117

✓ Cardiovascular Health · ✓ Cooking Oils · ✓ Keto Diet



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

✓ Blood-Glucose Management · ✓ Cholesterol Management
✓ Digestive Health · ✓ Herbal Extracts · ✓ Keto Diet
✓ Weight Management

Super Immune capsules Sterols & Sterolins with Arabinogalactan

Lowers Total and LDL Cholesterol
Supports Healthy
Cholesterol Levels
Maintains Immune Function

Helps lower blood total and LDL cholesterol. Helps maintain healthy cholesterol levels. Helps to maintain immune function.

Each vegetable capsule contains

Free plant sterols (from non-GMO soy) 240 mg

Providing:

beta-Sitosterols 96 mg
Campesterols 48 mg
Stigmasterols 48 mg
D-Galacto-L-arabinan (from *Larix laricina*) 206 mg
Zinc (from zinc citrate) 175 mcg

Other ingredients

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

Directions of use

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

Duration of use

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

#1008 · 30 vegetable capsules · UPC 6-28747-11008-2

#1195 · 120 vegetable capsules · UPC 6-28747-11195-9

#1197 · 240 vegetable capsules · UPC 6-28747-11197-3

NPN 80024333 · V0425-R3

✓ Cholesterol Management · ✓ Herbal Extracts
✓ Immune Health



Super Fibre capsules Psyllium · 620 mg

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

Children, adolescents, and adults (6 years and up): 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



Super Iron capsules 15 mg

Advanced Formula
with Vitamins C and B12

Helps to form red blood cells and helps in their proper function. Vitamin C is an antioxidant for the maintenance of good health.

Each vegetable capsule contains

Vitamin C (ascorbic acid) 175 mg
Iron (from iron ascorbate) 15 mg
Vitamin B1 (thiamine hydrochloride) 5 mg
Vitamin B6 (pyridoxal-5'-phosphate) 5 mg
Inositol hexanicotinate, flush-free (vitamin B3) 2 mg
Vitamin B2 (riboflavin-5'-phosphate sodium) 2 mg
Folate (from calcium L-5-methyltetrahydrofolate) 1 mg
Vitamin B12 (methylcobalamin) 250 mcg



Other ingredients

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

Directions of use

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

#0970 · 90 vegetable capsules · UPC 6-28747-10970-3
NPN 80048168 · V0489-R3

✓Energy · ✓Vitamins/Minerals · ✓Women's Health

Full line of iron supplements, p. 116

Superfood:

Organic

Fermented

Superfood Blend powder
+ Inulin from Jerusalem Artichoke



35 Calories per Portion

29 Fully Fermented Plants

Unsweetened and No Flavour Added

Gluten-Free · Non-GMO

Fermented to maximize nutritional value · Very high source of fibre · Gut-friendly · Vegan · Nondairy · No soy · Add to taste in soups, stews, and shakes

Ingredient

Organic fermented greens blend (organic wheatgrass, organic alfalfa grass, organic spirulina, organic broken-cell chlorella, organic barley grass, organic oat grass, organic rockweed, Vitakelp™) · Organic fermented fruit blend (organic noni fruit, organic amla fruit, organic apple, organic strawberry, organic blackcurrant, organic blueberry, organic cranberry, organic pomegranate juice, organic raspberry) · Organic fermented vegetable blend (organic carrot, organic beet, organic parsley, organic spinach, organic broccoli, organic kale, organic green cabbage, organic onion, organic pea protein) · Organic fermented flaxseed fibre · Organic fermented ginger · Organic fermented turmeric · Organic inulin (from Jerusalem artichoke).

Nutrition Facts • Per 1½ tbsp. (11 g)

Calories 35	% Daily Value*	Total Carbohydrate 7 g	% Daily Value*
Fat 0.4 g	1 %	Dietary Fibre 6 g	21 %
Saturated 0 g + Trans 0 g	0 %	Sugars 1 g	1 %
Polyunsaturated 0.2 g		Protein 2 g	
Omega-6 0.1 g		Cholesterol 0 mg	
Omega-3 0.1 g		Sodium 95 mg	4 %
Monounsaturated 0.1 g		Calcium 0 mg	0 %
Potassium 0 mg	0 %		
Iron 0 mg	0 %		

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

#2464 · 80 g / 7 portions · UPC 6-28747-02464-8

#2341 · 230 g / 21 portions · UPC 6-28747-02341-2
PM0792-R1

NONTAXABLE ITEM

✓Digestive Health · ✓Fermented Products · ✓Functional Foods

Full line of fermented products, p. 91–93

“Life is not about the stars; it's all about the hand you hold while counting them.”

Wrushank Sorte

New Name! Sweet 'n Clean is now called

Sweet-to-Clean powder
Xylitol · Organic · 100% Pure



No Aftertaste
10 Calories per Teaspoon

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

✓Blood-Glucose Management · ✓Keto Diet
✓Natural Sweeteners · ✓Weight Management

Full line of natural sweeteners, p. 210–211

New Name! Sweet 'n Slim is now called

Sweet-to-Slim capsules
Erythritol · Organic · 100% Pure



Plant-Based Sweetener
No Aftertaste
0 Calories per Teaspoon

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-Slim = 1 tsp. sugar

Nutrition Facts • Per 1 tsp. (4 g)

Calories 0	% Daily Value*	Carbohydrate 4 g	% Daily Value*
Fat 0 g	0 %	Sugars 0 g	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

✓Blood-Glucose Management · ✓Keto Diet
✓Natural Sweeteners · ✓Weight Management

Full line of natural sweeteners, p. 210–211

Natural Sweeteners

Smooth Stevia

powder



Plant-Based Sweetener
Sugar Substitute · Nonbitter

Low glycemic index. Be mindful of the dosage, because 1/32 tsp. of Smooth Stevia = 1 teaspoon of sugar.

Ingredients

Isomaltulose (naturally occurring disaccharide from sugar beet) and stevia (*Stevia rebaudiana*) concentrate.

Directions of use

Add to taste to your favourite beverage and stir. Excellent sugar substitute for coffee, tea, and for baking!

Nutrition Facts • Per 1/32 tsp. (0.1 g)		
Calories 0	% Daily Value*	% Daily Value*
Fat 0 g	0 %	Carbohydrate 0 g
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

#1925 · 60 g · UPC 6-28747-01925-5

PM0056-R1

NONTAXABLE ITEM

✓ Keto Diet · ✓ Natural Sweeteners · ✓ Weight Management

Stevia Sugar

powder



Plant-Based Sweetener
Sugar Substitute

Zero calories. No glycemic response.

Ingredients

Inulin (from chicory root) and stevia (*Stevia rebaudiana*) leaf extract.

Directions of use

One teaspoon or one sachet of Stevia Sugar equals the taste of two teaspoons of regular sugar. Add to taste.

Nutrition Facts • Per 1/4 tsp. (1 g)		
Calories 0	% Daily Value*	% Daily Value*
Fat 0 g	0 %	Carbohydrate 1 g
Protein 0 g		Fibre 1 g

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

#1070 · 250 g · UPC 6-28747-91070-5

#1069 · 454 g · UPC 6-28747-91069-9

#1685 · Box of 30 sachets × 5 g · UPC 6-28747-01685-8

PM0434-R3

NONTAXABLE ITEM

✓ Keto Diet · ✓ Natural Sweeteners · ✓ Weight Management

Stevia Leaf Green

powder



Plant-Based Sweetener
Sugar Substitute · 0 Calories

A naturally sweet, calorie-free alternative to sugar and artificial sweeteners.

Ingredients

Stevia (*Stevia rebaudiana*) green leaf.

Directions of use

Use to sweeten to your personal taste.

Nutrition Facts • Per 1/32 tsp. (0.1 g)		
Calories 0	% Daily Value*	% Daily Value*
Fat 0 g	0 %	Carbohydrate 0 g
Protein 0 g		

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

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

#0589 · 55 g · UPC 6-28747-00589-0

P0100-R1

NONTAXABLE ITEM

✓ Keto Diet · ✓ Natural Sweeteners · ✓ Weight Management

Stevia Sweetleaf

liquid



Plant-Based Sweetener

Stevia liquid extract.

Ingredients

Water, vegetable glycerin, organic alcohol from sugarcane, and stevia (*Stevia rebaudiana*) leaf extract.

Directions of use

Use as desired and sweeten to taste using 1 to 5 drops.

#0267 · 30 ml · UPC 6-28747-20267-1

LM0091-R1

NONTAXABLE ITEM

✓ Keto Diet · ✓ Natural Sweeteners
✓ Weight Management



Stevia

White Powder Concentrate

Plant-Based Sweetener
0 calories



Intensely sweet and safe for diabetics, it is a terrific ally to lower sugar and artificial sweetener consumption.

Ingredients

Stevia (*Stevia rebaudiana*) leaf extract.

Directions of use

The white powder extract of *Stevia rebaudiana* is very strong. Use a very small quantity to your individual taste.

Nutrition Facts • Per 1/2 tsp. (0.1 g)

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

#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

New Name!

Sweet 'n Clean is now called

Sweet-to-Clean powder
Xylitol · Organic · 100% Pure



No Aftertaste
10 Calories per Teaspoon

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

✓ Blood-Glucose Management · ✓ Keto Diet
✓ Natural Sweeteners · ✓ Weight Management

New Name!

Sweet 'n Slim is now called

Sweet-to-Slim capsules
Erythritol · Organic · 100% Pure



Plant-Based Sweetener
No Aftertaste
0 Calories per Teaspoon

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 · 1 1/2 tsp. Sweet-to-Slim = 1 tsp. sugar

Nutrition Facts • Per 1 tsp. (4 g)

Calories 0	% Daily Value*	Carbohydrate 4 g	% Daily Value*
Fat 0 g	0 %	Sugars 0 g	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

✓ Blood-Glucose Management · ✓ Keto Diet
✓ Natural Sweeteners · ✓ Weight Management



Sourcing and botanical origin for naturally sourced sweeteners is very important. HPLC/UHPLC is used to determine the origins and potency of raw materials. The Rotor-Gene Q thermocycler validates raw materials to ensure non-GMO status.

Sweet Orange Organic Essential Oil

(*Citrus × sinensis*)
100% Pure · Certified Organic

Used in aromatherapy as a nervine/
calmative. Used in aromatherapy
as a carminative/antispasmodic
for symptomatic relief of
digestive discomfort.

Each drop contains

Organic sweet orange (*Citrus × sinensis*)
fruit peel essential oil 100%

Active compounds

Limonene and beta-pinene.

Directions of use

Adults: Mix with vegetable oil for topical application. Use
undiluted for direct or steam inhalation. Not for oral use. Avoid
contact with eyes and mucous membranes; if this happens,
rinse thoroughly with vegetable oil.

Duration of use

For occasional use only.

#2146 · 15 ml · UPC 6-28747-22146-7
NPN 80071182 · O0058-R1

✓ Essential Oils



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

Calophyllum inophyllum 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,
before bedtime.

#1600 · 30 ml · UPC 6-28747-21600-5
OM0121-R2

✓ Beauty · ✓ Exotic Oils · ✓ Skin



Full line of essential oils, p. 76–83

Full line of exotic oils, p. 84–87

New Product! Since January 2023

Sweet Wormwood Max

Artemisia annua 500 mg capsules
10% Artemisinin

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

✓ Herbal Extracts · ✓ Immune Health · ✓ Parasites and Fungi



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. Avoid contact
with eyes and mucous membranes; if this happens, rinse
thoroughly with vegetable oil.

Duration of use

For occasional use only.

#2117 · 15 ml · UPC 6-28747-22117-7
#2116 · 50 ml · UPC 6-28747-22116-0
#2118 · 95 ml · UPC 6-28747-22118-4
NPN 80069443 · O0029-R1

✓ Essential Oils



Sweeteners

210–211

Full line of essential oils, p. 76–83

Theanine:
L-Theanine
250 mg

capsules



Relaxation

Helps to temporarily promote relaxation.

Each vegetable capsule contains L-Theanine 250 mg

Other ingredients

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

Directions of use

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

- #1786 · 30 vegetable capsules · UPC 6-28747-11786-9
 - #2551 · 60 vegetable capsules · UPC 6-28747-12551-2
 - #2552 · 120 vegetable capsules · UPC 6-28747-12552-9
- NPN 80039946 · V0484-R2

- ✓ Amino Acids / Proteins · ✓ Memory Help
- ✓ Sleep Aids · ✓ Weight Management

New Product! Since August 2023

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. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil. Do not use if you are pregnant or breast-feeding; if you have epilepsy; or if you have broken, irritated, or sensitive skin. May cause allergic reaction; in which case, discontinue use and consult a health-care practitioner.

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. 76–83



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
- NPN 80103735 · V0524-R2

- ✓ Glandular Extracts · ✓ Immune Health

Thyrosyn

capsules



Supports Thyroid Gland Function

Iodine helps in the function of the thyroid gland. An antioxidant for the maintenance of good health.

Each vegetable capsule contains

L-Tyrosine 125 mg
Vitamin E (D-alpha-tocopheryl acid succinate) from sunflower 67 mg AT (100 IU)
Adrenal gland 3:1 concentrate (from pork [*Sus scrofa*]) 60 mg
Spleen (organ), from bovine source (*Bos taurus*) 40 mg
Potassium (from potassium citrate) 10.5 mg
Coenzyme Q10 (ubiquinone-10) (from fermentation) 5 mg
L-Cysteine hydrochloride 5 mg
L-Cystine 5 mg
Myrrh (*Commiphora myrrha*) 5 mg
Myrtle (*Myrtus communis*) 5 mg
Norwegian kelp (*Ascophyllum nodosum*), 0.1% iodine 5 mg

Other ingredients

Spearmint (*Mentha spicata*) extract, peppermint (*Mentha × piperita*), 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

- ✓ Beauty · ✓ Energy · ✓ Glandular Extracts · ✓ Hair · ✓ Nails
- ✓ Skin · ✓ Weight Management

“Doubt kills more dreams than failure ever will.”

Suzu Kassem

Time Release

Vitamin C

1,000 mg
With Citrus Bioflavonoids
and Rose Hips

tablets



Immune Support

Helps to maintain/support immune function. Vitamin C is a factor in the maintenance of good health. Helps the body to metabolize fats and proteins. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps in connective tissue formation. Helps in wound healing. An antioxidant for the maintenance of good health.

Each tablet contains

Vitamin C (ascorbic acid) 1,000 mg
Citrus bioflavonoids (from bitter orange [Citrus × aurantium]), 50% hesperidin. 150 mg
Rose hips (*Rosa canina*) 50 mg

Other ingredients

Hypromellose, dicalcium phosphate, microcrystalline cellulose, vegetable magnesium stearate, 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

✓ Bone Health · ✓ Cardiovascular Health · ✓ Immune Health
✓ Joint Health · ✓ Vitamins/Minerals

Full line of vitamin C products, p. 228–230

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. 76–83



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. 166–179



Tribulus Terrestris

300 mg

capsules

Boosts Vitality

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

✓ Cardiovascular Health · ✓ Digestive Health · ✓ Herbal Extracts
✓ Men's Sexual Health



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

✓ Antioxidants · ✓ Blood-Glucose Management
✓ Cholesterol Management · ✓ Herbal Extracts
✓ Mood Enhancement · ✓ Pain and Inflammation



Turkey Tail

500 mg · Hot-Water Extract
of Coriolus

capsules

Medicinal Mushrooms

Immune Support · Antioxidant
50% beta-glucans
from 55% Polysaccharides

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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

#1864 · 60 vegetable capsules · UPC 6-28747-11864-4
NPN 80070797 · V0506-R4

✓ Immune Health · ✓ Medicinal Mushrooms

Full line of medicinal mushrooms, p. 136–141



Turmeric: Organic

Fermented Turmeric
Whole-Food Powder

10 Calories per Portion · 100% Pure
Unsweetened and No Flavour Added
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)		
	% Daily Value*	% Daily Value*
Calories 10		
Fat 0 g	0 %	Cholesterol 0 mg
Saturated 0 g + Trans 0 g	0 %	Sodium 0 mg
Carbohydrate 2 g		Potassium 100 mg
Fibre 1 g	4 %	Calcium 10 mg
Sugars 0 g	0 %	Iron 1.75 mg
Protein 0.2 g		

*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

✓ Digestive Health · ✓ Fermented Products · ✓ Functional Foods
✓ Teas / Herbal Teas

Full line of fermented products, p. 91–93



Ultimate Bromelain

500 mg · 2,400 UDG/g capsules

Extra Strength Digestive Enzyme

Digestive enzyme.

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

Duration of use

Consult a health-care practitioner for prolonged use.

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

✓ Digestive Health · ✓ Enzymes



Ultra B Complex

100 mg 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

✓ Cardiovascular Health · ✓ Detoxification · ✓ Energy
✓ Mood Enhancement · ✓ Neurological Health
✓ Stress Management · ✓ Vitamins/Minerals

Full line of B vitamins, p. 222–227

Ultra B Complex

50 mg capsules

Advanced Flush-Free Formula

Multivitamin for maintenance of good health. Helps to maintain the body's ability to metabolize nutrients and in the formation of red blood cells. Helps in supporting liver function.

Each vegetable capsule contains

para-Aminobenzoic acid (PABA) 50 mg
Choline (choline bitartrate) 50 mg
Inositol (myo-inositol) 50 mg
Vitamin B1 (thiamine hydrochloride) 50 mg
Vitamin B2 (riboflavin) 50 mg
Vitamin B3 (inositol hexanicotinate, flush-free) 50 mg
Vitamin B5 (calcium D-pantothenate) 50 mg
Vitamin B6 (pyridoxine hydrochloride) 50 mg
Vitamin B2 (riboflavin-5'-phosphate sodium) 5 mg
Vitamin B6 (pyridoxal-5'-phosphate) 5 mg
Folate (from calcium L-5-methyltetrahydrofolate) 1,000 mcg
Vitamin B12 (methylcobalamin) 150 mcg
Biotin 75 mcg

Other ingredients

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

Directions of use

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

#0892 · 60 vegetable capsules · UPC 6-28747-10892-8
#0893 · 90 vegetable capsules · UPC 6-28747-10893-5
#0600 · 180 vegetable capsules · UPC 6-28747-10600-9
NPN 80071452 · V0243-R4

✓ Cardiovascular Health · ✓ Detoxification · ✓ Energy
✓ Mood Enhancement · ✓ Neurological Health
✓ Stress Management · ✓ Vitamins/Minerals

Full line of B vitamins, p. 222–227



Ultra Iron

30 mg capsules

Advanced Formula with Vitamins C and B12

Helps to prevent iron deficiency. Helps to form red blood cells and helps in their proper function.

Each vegetable capsule contains

Vitamin C (ascorbic acid) 350 mg
Iron (from iron ascorbate) 30 mg
Vitamin B1 (thiamine hydrochloride) 10 mg
Vitamin B6 (pyridoxal-5'-phosphate) 10 mg
Inositol hexanicotinate, flush-free (vitamin B3) 4 mg
Vitamin B2 (riboflavin-5'-phosphate sodium) 4 mg
Folate (from calcium L-5-methyltetrahydrofolate) 1 mg
Vitamin B12 (methylcobalamin) 350 mcg

Other ingredients

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

Directions of use

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

#0971 · 90 vegetable capsules · UPC 6-28747-10971-0
NPN 80047902 · V0485-R2

✓ Energy · ✓ Vitamins/Minerals · ✓ Women's Health

Full line of iron supplements, p. 116



Ultra Max

powder

Daily Care Probiotic
36 Billion+ Live Active Probiotics
11 Strains plus Inulin
Helps Support Intestinal
and Gastrointestinal Health
DAIRY-FREE · SOY-FREE



Specific-use probiotic in case of difficulty swallowing a capsule, or with oral or gastric target. **Ultra Max** is a potent, complete formulation of 11 specific strains of beneficial bacteria cultures. Brownish colour is from the natural *Bifidobacteria* cultures. Provides live microorganisms that temporarily modify gut flora.

Each ¼ teaspoon contains

<i>Lactobacillus rhamnosus</i> R0011	14.4 billion CFU
<i>Lactobacillus rhamnosus</i> R1039	10.8 billion CFU
<i>Lactobacillus acidophilus</i> R0418	1.98 billion CFU
<i>Lactobacillus helveticus</i> R0052	1.8 billion CFU
<i>Lactobacillus casei</i> R0215	1.44 billion CFU
<i>Lactobacillus plantarum</i> R1012	1.44 billion CFU
<i>Bifidobacterium breve</i> R0070	1.08 billion CFU
<i>Bifidobacterium longum</i> ssp. <i>infantis</i> R0033	1.08 billion CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> R0175	1.08 billion CFU
<i>Streptococcus salivarius</i> ssp. <i>thermophilus</i> R0083	720 million CFU
<i>Lactobacillus delbrueckii</i> ssp. <i>bulgaricus</i> R9001	180 million CFU

All stains are whole-cell.

Other ingredients

Arabinogalactan (33 mg), inulin (33 mg), non-GMO potato starch, vitamin C (ascorbic acid), and vegetable magnesium stearate.

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 80030361 · PM0113-R2

✓ Digestive Health · ✓ Immune Health · ✓ Probiotics
✓ Stress Management

Full line of probiotics, p. 166–179

Ultra Purifiant Renew

500 mg

capsules

3-Week Plan · Gentle Action

Psyllium is used in herbal medicine as a bulk-forming laxative, to promote bowel movements by increasing bulk volume and water content, and to provide gentle relief of constipation and/or irregularity.

Each vegetable capsule contains

Psyllium	
(<i>Plantago ovata</i>) husk	304.507 mg
Butternut (<i>Juglans cinerea</i>) bark	32.887 mg
Corn (<i>Zea mays</i>) silk stigma and style 4:1 extract	29.233 mg
Plantain (<i>Plantago major</i>) leaf	23.143 mg
Red clover (<i>Trifolium pratense</i>) flower	23.143 mg
Blessed thistle (<i>Cnicus benedictus</i>) herb top	18.27 mg
Clove (<i>Syzygium aromaticum</i>) flower bud	18.27 mg
Yellow dock (<i>Rumex crispus</i>) root	18.27 mg



Black walnut (<i>Juglans nigra</i>) hull 4:1 extract	6.09 mg
Echinacea (<i>Echinacea angustifolia</i>) root	6.09 mg
Bentonite	5 mg
Odourless garlic (<i>Allium sativum</i>) bulb	3.045 mg

Other ingredients

Grapefruit seed extract* (28 mg), octanoic acid (calcium caprylate 3.045 mg and magnesium caprylate 3.045 mg), vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule made of vegetable carbohydrate gum and purified water.

*Combination of natural extracts of grapefruit, lemon, and tangerine seeds.

Directions of use

Adults: Take 5 capsules twice daily (morning and evening) with 8 oz. of water or juice before a meal or as directed by your health-care practitioner. If you are taking other medications, take this product at least 2 hours before or after them.

Maintain adequate fluid intake. Effects observed between 12–24 hours after first dose, and may take 2–3 days.

Duration of use

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

Important

Take 1 capsule of **Acidophilus Ultra** per day, at noon, apart from the doses of **Ultra Purifiant Renew**. Beneficial microorganisms (probiotics) such as those in **Acidophilus Ultra**, replace the pathogens that have been eliminated to strengthen the intestinal flora and prevent the return of dysbiosis. The GPS™ enteric-coated capsules of **Acidophilus Ultra** guarantee that 100% of the promised probiotic cells survive destructive stomach conditions and arrive alive at the intestines to deliver their full benefits. Probiotic capsules without an enteric coating are destroyed in the stomach by gastric acid.

#0133 · 210 vegetable capsules · UPC 6-28747-10133-2

NPN 80105020 · V0162-R4

✓ Detoxification · ✓ Digestive Health · ✓ Herbal Extracts

Ultra Stress

capsules

B Complex 50 mg + Vitamin C

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

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Continued from previous page

Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, 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

- ✓ Cardiovascular Health · ✓ Energy · ✓ Immune Health
- ✓ Mood Enhancement · ✓ Neurological Health
- ✓ Stress Management · ✓ Vitamins/Minerals

Full line of B vitamins, p. 222–227

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
 L-Taurine (2-aminoethanesulfonic acid) 200 mg
 Green tea (*Camellia sinensis*) leaf extract, 50% polyphenols 55 mg
 Vitamin B6 (pyridoxine hydrochloride and pyridoxal-5'-phosphate) 50 mg
 Vitamin B2 (riboflavin and riboflavin-5'-phosphate) 12 mg
 Butternut squash (*Cucurbita pepo* var. *moschata*) seed 4:1 extract 10 mg
 Inositol hexanicotinate, flush-free (vitamin B3) 6 mg
 Vitamin B1 (thiamine hydrochloride) 4 mg
 Molybdenum (from molybdenum citrate) 150 mcg

Other ingredients

D,L-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

- ✓ Digestive Health · ✓ Eye Health · ✓ Immune Health
- ✓ Men's Fertility · ✓ Vitamins/Minerals

“It is not true that people stop pursuing dreams because they grow old; they grow old because they stop pursuing dreams.”

Gabriel García Márquez

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
 L-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

D,L-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

- ✓ Digestive Health · ✓ Eye Health · ✓ Immune Health
- ✓ Men's Fertility · ✓ Vitamins/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

- ✓ Herbal Extracts · ✓ Urogenital Health

Valerian Root capsules

Made with Organic Valerian · 470 mg

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

✓ Headache/Migraine · ✓ Herbal Extracts
✓ Mood Enhancement · ✓ Sleep Aids · ✓ Stress Management



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.

Ingredients (per 9 vegetable capsules)

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

✓ Bone Health · ✓ Vitamins/Minerals



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 Certified organic/wild valerian
(*Valeriana officinalis*) root 559 mg

Other ingredients

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

Directions of use

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

#1498 · 50 ml · UPC 6-28747-21498-8
#1499 · 95 ml · UPC 6-28747-21499-5
NPN 80024817 · LM0059-R4

✓ Headache/Migraine · ✓ Herbal Extracts
✓ Mood Enhancement · ✓ Sleep Aids · ✓ Stress Management



Vegan Glucosamine capsules

750 mg

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



Vitamin B 222–227

Vitamin C 228–230

Vitamin D 231–232

Vitamin E⁸ softgels
200 IU · Antioxidant

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:

beta-Sitosterol 6.5 mg
Campesterol 3.25 mg
Stigmasterol 3.25 mg

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 sunflower lecithin in a softgel composed of annatto **extract** (in sunflower oil), bovine gelatin, glycerin, and purified water.

Directions of use

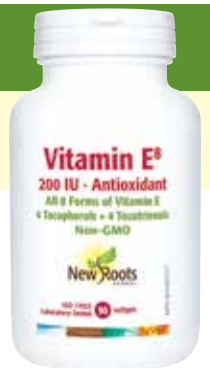
Adults: Take 1–4 softgels daily with food or as directed by your health-care practitioner.

Duration of use

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

#1092 · 90 softgels · UPC 6-28747-11092-1
NPN 80065157 · V0315-R4

✓ Antioxidants · ✓ Cardiovascular Health · ✓ Vitamins/Minerals



Vitamin E⁸ softgels
400 IU · Antioxidant

All 8 Forms of Vitamin E
4 Tocopherols + 4 Tocotrienols
Non-GMO

Vitamin E is an antioxidant and a factor in the maintenance of good health. Helps to prevent vitamin E deficiency.

Each softgel contains

Natural vitamin E (D-alpha-tocopherol) (from non-GMO sunflower) 268 mg AT (400 IU)
Mixed tocopherols (from non-GMO soy) 53 mg

Providing:

alpha-Tocopherol 7–14%
beta-Tocopherol 0.5–2%
gamma-Tocopherol 45–60%
delta-Tocopherol 13–25%

Squalene (from olive [*Olea europaea*] fruit) 45 mg
Free plant sterols (from non-GMO soy) 20 mg

Providing:

beta-Sitosterol 8 mg
Campesterol 4 mg
Stigmasterol 4 mg
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 sunflower lecithin in a softgel composed of annatto **extract** (in sunflower oil), gelatin, glycerin, and purified water.

Directions of use

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

#1093 · 60 softgels · UPC 6-28747-11093-8
#1096 · 120 softgels · UPC 6-28747-11096-9
NPN 80065165 · V0316-R5

✓ Antioxidants · ✓ Cardiovascular Health · ✓ Vitamins/Minerals



Vitamin K2+D3 liquid
K2 120 mcg D3 1,000 IU per Dose

Immunity

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

Each drop contains

Vitamin K2 (all *trans*-menaquinone-7) 30 mcg
Vitamin D3 (cholecalciferol) (250 IU) 6.25 mcg

Other ingredient

Medium-chain triglycerides (MCT).

Directions of use

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

#2235 · 15 ml / 525 drops / 131 doses · UPC 6-28747-22235-8
NPN 80080203 · OM0132-R1

✓ Bone Health · ✓ Muscle Support · ✓ Vitamins/Minerals



“If a cluttered desk is a sign of a cluttered mind, we can’t help wondering what an empty desk indicates.”

Albert Einstein



Getting Ds?



Getting Cs?



Getting Bs?

Getting them all? *You get an A+!*



Inspired by Nature, Driven by Science to **Make Life Better!**



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newrootsherbal.com · To ensure these products are right for you, always read and follow label directions.



B-COMPLEX VITAMINS

Active Folate

capsules

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



Helps Reduce the Risk of Neural Tube Defects

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

Each vegetable capsule contains

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

Other ingredients

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

Directions of use

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

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

✓ Maternity · ✓ Vitamins/Minerals
✓ Women's Fertility and Sexual Health

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/Minerals
✓ Women's Fertility and Sexual Health

B12 Liquid

Methylcobalamin
Active Form of B12

1,000 mcg per Portion

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 · ✓ Mood Enhancement
✓ Neurological Health · ✓ Vitamins/Minerals

B12 Liquid

Methylcobalamin
Active Form of
Vitamin B12

1,000 mcg per Dose
Contains 85 Doses



Benfotiamine

capsules

150 mg

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

✓ Blood-Glucose Management · ✓ Energy
✓ Mood Enhancement · ✓ Neurological Health
✓ Vitamins/Minerals

“Whatever choice you make makes you.
Choose wisely.”

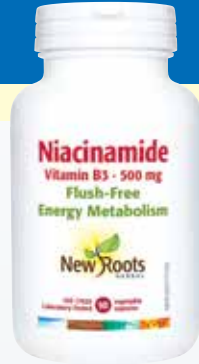
Roy T. Bennett

B-COMPLEX VITAMINS

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 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.

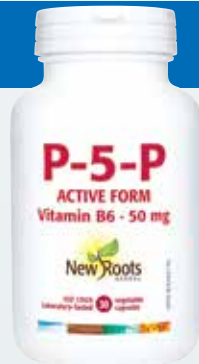
#2191 · 90 vegetable capsules · UPC 6-28747-12191-0
NPN 80077106 · V0611-R1

✓ Energy · ✓ Joint Health · ✓ Stress Management
✓ Vitamins/Minerals

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

✓ Cardiovascular Health · ✓ Energy · ✓ Men's Fertility
✓ Mood Enhancement · ✓ Neurological Health
✓ Vitamins/Minerals · ✓ Women's Fertility and Sexual Health

Ultra B Complex

50 mg

capsules



Advanced Flush-Free Formula

Multivitamin for maintenance of good health. Helps to maintain the body's ability to metabolize nutrients and in the formation of red blood cells. Helps in supporting liver function.

Each vegetable capsule contains

para-Aminobenzoic acid (PABA)..... 50 mg
Choline (choline bitartrate)..... 50 mg
Inositol (myo-inositol)..... 50 mg
Vitamin B1 (thiamine hydrochloride)..... 50 mg
Vitamin B2 (riboflavin)..... 50 mg
Vitamin B3 (inositol hexanicotinate, flush-free)..... 50 mg
Vitamin B5 (calcium D-pantothenate)..... 50 mg
Vitamin B6 (pyridoxine hydrochloride)..... 50 mg
Vitamin B2 (riboflavin-5'-phosphate sodium)..... 5 mg
Vitamin B6 (pyridoxal-5'-phosphate)..... 5 mg
Folate (from calcium L-5-methyltetrahydrofolate).... 1,000 mcg
Vitamin B12 (methylcobalamin)..... 150 mcg
Biotin..... 75 mcg

Other ingredients

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

Directions of use

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

#0892 · 60 vegetable capsules · UPC 6-28747-10892-8
#0893 · 90 vegetable capsules · UPC 6-28747-10893-5
#0600 · 180 vegetable capsules · UPC 6-28747-10600-9
NPN 80071452 · V0243-R4

✓ Cardiovascular Health · ✓ Detoxification · ✓ Energy
✓ Mood Enhancement · ✓ Neurological Health
✓ Stress Management · ✓ Vitamins/Minerals

Ultra B Complex

100 mg

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

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B-COMPLEX VITAMINS

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Other ingredients

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

Directions of use

Adults: Take 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

- ✓ Cardiovascular Health · ✓ Detoxification · ✓ Energy
- ✓ Mood Enhancement · ✓ Neurological Health
- ✓ Stress Management · ✓ Vitamins/Minerals

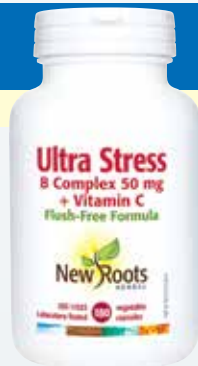
Ultra Stress

B Complex 50 mg + Vitamin C

capsules

Flush-Free Formula

B-Complex supplement for the maintenance of good health. An antioxidant for the maintenance of good health. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps the body to metabolize carbohydrates, fats, and proteins. Helps normal growth and development.



Each vegetable capsule contains

Vitamin C (ascorbic acid)	425 mg
para-Aminobenzoic acid (PABA)	50 mg
Choline (choline bitartrate)	50 mg
Inositol (myo-inositol)	50 mg
Vitamin B1 (thiamine hydrochloride)	50 mg
Vitamin B2 (riboflavin)	50 mg
Vitamin B3 (inositol hexanicotinate, flush-free)	50 mg
Vitamin B5 (calcium D-pantothenate)	50 mg
Vitamin B6 (pyridoxine hydrochloride)	50 mg
Vitamin B2 (riboflavin-5'-phosphate)	5 mg
Vitamin B6 (pyridoxal-5'-phosphate)	5 mg
Folate (from calcium L-5-methyltetrahydrofolate)	1 mg
Vitamin B12 (methylcobalamin)	150 mcg
Biotin	75 mcg

Other ingredients

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

Directions of use

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

#0900 · 60 vegetable capsules · UPC 6-28747-10900-0

#0901 · 90 vegetable capsules · UPC 6-28747-10901-7

#0902 · 180 vegetable capsules · UPC 6-28747-10902-4

NPN 80072064 · V0443-R2

- ✓ Cardiovascular Health · ✓ Energy · ✓ Immune Health
- ✓ Mood Enhancement · ✓ Neurological Health
- ✓ Stress Management · ✓ Vitamins/Minerals

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

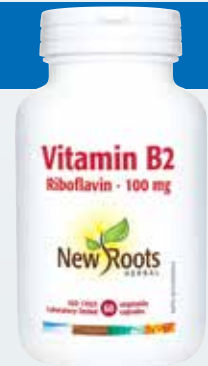
- ✓ Cardiovascular Health · ✓ Digestive Health
- ✓ Neurological Health · ✓ Vitamins/Minerals

Vitamin B2

Riboflavin · 100 mg

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) ..	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/Migraine · ✓ Vitamins/Minerals

B-COMPLEX VITAMINS

Vitamin B3

Inositol Hexanicotinate · 375 mg capsules

Flush-Free Niacin

Helps the body metabolize carbohydrates, fats, and protein.

Each vegetable capsule contains
Vitamin B3 (inositol hexanicotinate, flush-free) 375 mg

Other ingredients

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

Directions of use

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

#0906 · 60 vegetable capsules · UPC 6-28747-10906-2
NPN 80059222 · V0532-R1

✓ Cardiovascular Health · ✓ Vitamins/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 and children > 6 years old: 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/Minerals



Vitamin B3

Niacin · 100 mg capsules

Advanced Formula

A factor in the maintenance of good health. Helps to prevent niacin deficiency.

Each vegetable capsule contains
Vitamin B3 (niacin) 100 mg
Bilberry (*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

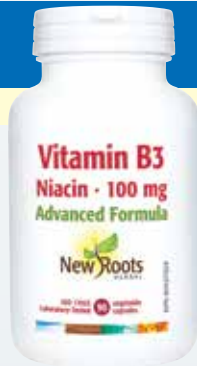
Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of carbohydrate gum and purified water.

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 · ✓ Neurological Health
✓ Vitamins/Minerals



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

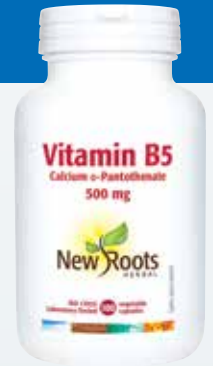
Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

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

✓ Memory Help · ✓ Mood Enhancement · ✓ Neurological Health
✓ Stress Management · ✓ Vitamins/Minerals



Vitamin B5 Synergistic

Advanced Formula · 500 mg capsules

Helps in collagen formation to maintain healthy bones, cartilage, teeth and/or gums; in the development and maintenance of bones, cartilage, teeth and/or gums; in connective tissue formation; in energy metabolism and in tissue formation; in wound healing; to maintain immune function; and to maintain the body's ability to metabolize nutrients. Source of antioxidants for the maintenance of good health.

Each vegetable capsule contains

Vitamin B5 (from calcium D-pantothenate) 500 mg



B-COMPLEX VITAMINS

↓ Continued from previous page

Vitamin C (ascorbic acid)	75 mg
D-Ribose	15 mg
Organic spirulina (Spirulina platensis)	10 mg
Astragalus (<i>Astragalus membranaceus</i>) root extract, 16% polysaccharides	4 mg
alpha-Amylase	62.99 FCC DU
Bromelain (from pineapple [<i>Ananas comosus</i> var. <i>comosus</i>] stem)	3,839 FCC PU
Cellulase	6.71 FCC CU
Dipeptidyl-peptidase IV	10.93 FCC HUT
alpha-Galactosidase.	0.1013 FCC GalU
Glucoamylase.	0.2666 FCC AGU
Hemicellulase	0.1813 FCC HCU
Invertase.	0.4195 FCC INVU
Lactase.	2.9013 FCC ALU
Lipase.	10.66 FCC LU
Maltase	0.69 FCC DP
Papain (from papaya [<i>Carica papaya</i>] fruit).	2,133 FCC PU
Pectinase.	0.32 FCC endo-PGU
Phytase	0.0133 FCC FTU
Protease I	220.99 HUT
Protease II	23.99 HUT
Protease III.	0.304 SAP

Other ingredients

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

Directions of use

Adults: Take 1 capsule twice daily with a meal or as directed by your health-care practitioner. Take with the first bite of food/meal.

Duration of use

Consult a health-care practitioner for prolonged use.

#2584 · 180 vegetable capsules · UPC 6-28747-12584-0
NPN 80107848 · V0703-R1

- ✓ Energy · ✓ Memory Help · ✓ Mood Enhancement
- ✓ Neurological Health · ✓ Stress Management
- ✓ Vitamins/Minerals

Vitamin B6

With 5 mg of P-5-P · 25 mg

capsules



Helps the body to metabolize carbohydrates, fats, and proteins. 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.

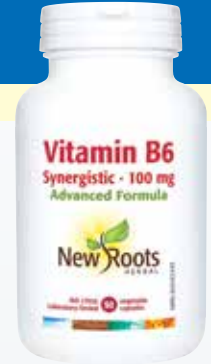
#2161 · 60 vegetable capsules · UPC 6-28747-12161-3
NPN 80074174 · V0593-R1

- ✓ Cardiovascular Health · ✓ Mood Enhancement
- ✓ Neurological Health · ✓ Vitamins/Minerals · ✓ Women's Health

Vitamin B6

Synergistic · 100 mg

capsules



Advanced Formula

An antioxidant for the maintenance of good health. Helps the body to metabolize carbohydrates, fats, and proteins. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps to maintain healthy mucous membranes; to maintain normal red blood cells; to maintain normal metabolism of iron; and normal growth.

Each vegetable capsule contains

Vitamin C (ascorbic acid)	200 mg
Vitamin B6 (pyridoxine hydrochloride).	95 mg
Magnesium (from magnesium citrate)	10 mg
Choline (choline dihydrogen citrate)	5 mg
Inositol (myo-inositol)	5 mg
DL-alpha-Lipoic acid	5 mg
Vitamin B1 (thiamine hydrochloride)	5 mg
Vitamin B6 (pyridoxal-5'-phosphate)	5 mg
Vitamin B2 (riboflavin-5'-phosphate sodium)	1 mg
Vitamin B3 (inositol hexanicotinate, flush-free).	1 mg

Plant digestive enzymes (1 mg)

alpha-Amylase	31.5 FCC DU
Bromelain (from pineapple [<i>Ananas comosus</i> var. <i>comosus</i>] stem)	1,920 FCC PU
Cellulase	3.36 FCC CU
Dipeptidyl-peptidase IV	5.467 FCC HUT
alpha-Galactosidase	0.0507 FCC GalU
Glucoamylase	0.133 FCC AGU
Hemicellulase	0.0907 FCC HCU
Invertase.	0.21 FCC INVU
Lactase.	1.45 FCC ALU
Lipase	8 FCC LU
Maltase	0.347 FCC DP
Papain (from papaya [<i>Carica papaya</i>] fruit)	800 FCC PU
Pectinase	0.16 endo-PG
Phytase	0.0067 FCC FTU
Protease I	110.5 FCC HUT
Protease II	12 FCC HUT
Protease III	0.152 FCC SAP

Other ingredients

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

Directions of use

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

Duration of use

Consult a health-care practitioner for prolonged use.

#0911 · 90 vegetable capsules · UPC 6-28747-10911-6
NPN 80042343 · V0487-R6

- ✓ Cardiovascular Health · ✓ Energy · ✓ Mood Enhancement
- ✓ Neurological Health · ✓ Vitamins/Minerals · ✓ Women's Health

B-COMPLEX VITAMINS

Vitamin B12 capsules Methylcobalamin · 500 mcg

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

- ✓ Bone Health · ✓ Cardiovascular Health · ✓ 50+ Health
- ✓ Mood Enhancement · ✓ Neurological Health
- ✓ Vitamins/Minerals · ✓ Women's Health



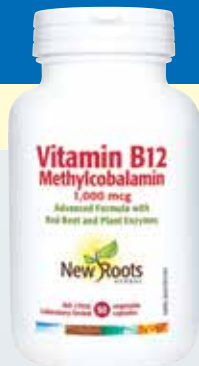
Vitamin B12 capsules Methylcobalamin · 1,000 mcg

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

- ✓ Bone Health · ✓ Cardiovascular Health · ✓ Energy
- ✓ 50+ Health · ✓ Mood Enhancement · ✓ Neurological Health
- ✓ Vitamins/Minerals · ✓ Women's Health

Vitamin B12 sublingual tablets Methylcobalamin · 15,000 mcg

Active Form of B12 Fast-Melting · 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

- ✓ Bone Health · ✓ Cardiovascular Health · ✓ Energy
- ✓ 50+ Health · ✓ Mood Enhancement · ✓ Neurological Health
- ✓ Vitamins/Minerals · ✓ Women's Health



Vitamin C

Time Release

Vitamin C

1,000 mg
With Citrus Bioflavonoids
and Rose Hips

tablets



Immune Support

Helps to maintain/support immune function. Vitamin C is a factor in the maintenance of good health. Helps the body to metabolize fats and proteins. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps in connective tissue formation. Helps in wound healing. An antioxidant for the maintenance of good health.

Each tablet contains

Vitamin C (ascorbic acid) 1,000 mg
Citrus bioflavonoids (from bitter orange [Citrus x aurantium]), 50% hesperidin. 150 mg
Rose hips (Rosa canina). 50 mg

Other ingredients

Hyprolose, dicalcium phosphate, microcrystalline cellulose, vegetable magnesium stearate, 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

✓ Bone Health · ✓ Cardiovascular Health · ✓ Immune Health
✓ Joint Health · ✓ Vitamins/Minerals

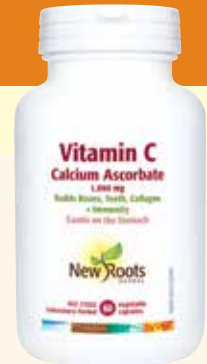
HPLC-UHPLC technology validates the quality and potency of all vitamins used in our clinically developed formulas. This allows us to offer consumers the highest-quality, biologically active forms of ingredients within our advanced formulas.



Vitamin 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 · ✓ Joint Health
✓ Vitamins/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
#0031 · 454 g / ≈ 415 doses · UPC 6-28747-00031-4
NPN 80066047 · P0023

✓ Antioxidants · ✓ Cold and Flu · ✓ Joint Health
✓ Vitamins/Minerals

Vitamin C

Vitamin C Crystals

100% Pure · Immunity

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



Ingredient

100% pure vitamin C (ascorbic acid). Each 1/8 teaspoon contains 600 mg of vitamin C.

Directions of use

Adolescents 14–18 years: As a dietary supplement, stir 1/8 teaspoon into juice, water or food once or twice daily, or as directed by your health-care practitioner. **Adults:** As a dietary supplement, stir 1/8 teaspoon into juice, water or food one to three times daily, or as directed by your health-care practitioner.

#0027 · 150 g / ≈ 250 doses · UPC 6-28747-00027-7

#0162 · 227 g / ≈ 378 doses · UPC 6-28747-00162-5

#0028 · 454 g / ≈ 756 doses · UPC 6-28747-00028-4

#0029 · 908 g / ≈ 1513 doses · UPC 6-28747-00029-1

NPN 80106954 · P0106

✓ Antioxidants · ✓ Cardiovascular Health · ✓ Cold and Flu
✓ Immune Health · ✓ Joint Health · ✓ Vitamins/Minerals

Magnesium (from magnesium ascorbate) 17.5 mg
 Bilberry (*Vaccinium myrtillus*) European fruit extract,
 25% anthocyanosides. 10 mg
 Japanese knotweed (*Fallopia japonica*) root extract,
 50% resveratrol 10 mg
 Zinc (from zinc ascorbate) 9 mg
 Bromelain (from pineapple [*Ananas comosus* var. *comosus*] stem),
 2,400 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 vegetable carbohydrate gum and purified water.

Directions of use

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

Duration of use

Consult a health-care practitioner for use beyond 6 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-R8

✓ Antioxidants · ✓ Cardiovascular Health · ✓ Cold and Flu
✓ Immune Health · ✓ Joint Health · ✓ Vitamins/Minerals

Vitamin C⁸

capsules

Immune Antioxidant Complex
 8 Active Forms of Vitamin C
 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 107× concentrate 20 mg
 Grape (*Vitis vinifera*) seed extract,
 95% proanthocyanidins 20 mg
 Quercetin 20 mg
 Rutin 20 mg

Vitamin C⁸

powder

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



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



Continues on next page ↓

Vitamin C

↓ Continued from previous page

Green tea (<i>Camellia sinensis</i>) leaf extract,	
75% epigallocatechin-3-gallate (EGCG)	35 mg
Blend of berry and fruit extracts, 20% anthocyanidins	29 mg
Calcium (from calcium ascorbate)	28 mg
Cranberry (<i>Vaccinium macrocarpon</i>) fruit 107× concentrate	23 mg
Grape (<i>Vitis vinifera</i>) seed extract, 95% proanthocyanidins	23 mg
Quercetin	23 mg
Rutin	23 mg
Magnesium (from magnesium ascorbate)	20 mg
Bilberry (<i>Vaccinium myrtillus</i>) European fruit extract,	
25% anthocyanosides	12 mg
Japanese knotweed (<i>Fallopia japonica</i>) root, 50% resveratrol	12 mg
Potassium (from potassium ascorbate)	11 mg
Zinc (from zinc ascorbate)	11 mg
Bromelain (from pineapple [<i>Ananas comosus</i>	
var. <i>comosus</i>] stem)	5.8 mg (208,800 FCC PU)
Manganese (from manganese ascorbate)	2 mg
Black pepper (<i>Piper nigrum</i>) fruit extract, 95% piperine	1.165 mg
Papain	
(from papaya [<i>Carica papaya</i>] fruit)	580 mcg (58,000 FCC PU)
Selenium (from yeast-free L-selenomethionine)	3.5 mcg

Other ingredients

Natural orange flavour, DL-malic acid, silicon dioxide, sodium bicarbonate, and stevia (*Stevia rebaudiana*) leaf extract.

Directions of use

Adults: Take 1 teaspoon (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-R9

✓ Antioxidants · ✓ Cardiovascular Health · ✓ Cold and Flu
✓ Immune Health · ✓ Joint Health · ✓ Vitamins/Minerals

Non-GMO status is among
the founding principles for
New Roots Herbal.

Rotor-Gene Q technology gives
us the exact genetic fingerprint
of raw materials. Our vitamin C,
like all our other supplements,
is 100% non-GMO!

Vitamin C Sodium Ascorbate

powder

100% Pure · Buffered · Immunity

An antioxidant for the maintenance of good health. Helps the body to metabolize fats and proteins. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps in connective tissue formation and in wound healing.

Ingredients

100% Sodium ascorbate. Each gram contains 1000 mg of sodium ascorbate equivalent to 889 mg of ascorbic acid. 1/8 tsp. contains 545 mg of sodium ascorbate or 484.5 mg of ascorbic acid. No fillers or excipients. 100% pure.

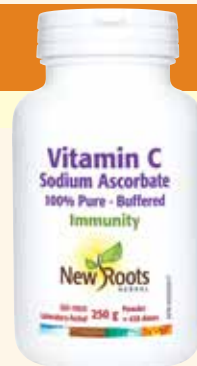
Directions of use

Adolescents 14–18 years: As a dietary supplement, stir 1/8 teaspoon into juice, water, or food one to three times daily or as directed by your health-care practitioner.

Adults: As a dietary supplement, stir 1/8 teaspoon into juice, water, or food up to four times daily or as directed by your health-care practitioner.

#0870 · 250 g / ≈ 458 doses · UPC 6-28747-00870-9
NPN 80020857 · P0205

✓ Antioxidants · ✓ Cardiovascular Health · ✓ Cold and Flu
✓ Immune Health · ✓ Joint Health · ✓ Vitamins/Minerals



Vitamin D Products

Children's Vitamin D3

400 IU per Drop · 1,050 Doses liquid

Builds Stronger Bones and Teeth + Immunity

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

Each drop contains

Vitamin D3 (cholecalciferol) 10 mcg (400 IU)

Other ingredient

Medium-chain triglycerides (MCT).

Directions of use

Children (0–13 years old) and adolescents (≥ 14 years old):

Take 1 drop daily or as directed by your health-care practitioner. Put drop under the tongue, in cold drink, or in cold food.

#1930 · 30 ml · UPC 6-28747-21930-3

NPN 80054011 · LM0128-R1

✓ Children's Health · ✓ Vitamins/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 · ✓ Mood Enhancement
✓ Vitamins/Minerals



Vitamin D3

1,000 IU capsules

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.

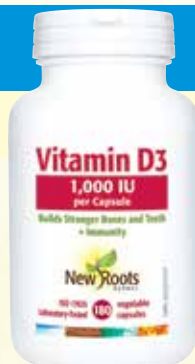
Directions of use

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 · ✓ Mood Enhancement
✓ Vitamins/Minerals



Vitamin D3

1,000 IU softgels

Builds Stronger Bones and Teeth + Immunity

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

Each softgel contains

Vitamin D3 (cholecalciferol) 25 mcg (1,000 IU)

Other ingredients

Organic sunflower oil 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.

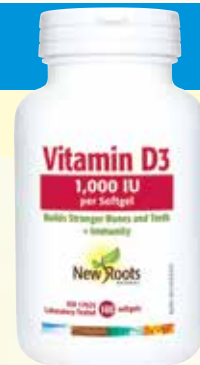
#2586 · 180 softgels · UPC 6-28747-12586-4

#2909 · 360 softgels · UPC 6-28747-12909-1

#2910 · 600 softgels · UPC 6-28747-12910-7

NPN 80103409 · V0701-R2

✓ Bone Health · ✓ Immune Health · ✓ Mood Enhancement
✓ Vitamins/Minerals



Essential Year-Round!

Vitamin D Products

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

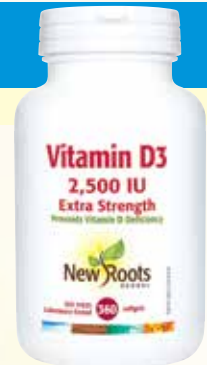
#2733 · 360 vegetable capsules · UPC 6-28747-12733-2

NPN 80110402 · V0733-R1

✓ Bone Health · ✓ Immune Health · ✓ Mood Enhancement
✓ Vitamins/Minerals

Vitamin D3 2,500 IU · Extra Strength

softgels



Prevents Vitamin D Deficiency

Vitamin D intake, when combined with sufficient calcium, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis in people with vitamin D deficiency. Helps to prevent vitamin D deficiency.

Each softgel contains

Vitamin D3 (cholecalciferol) 62.5 mcg (2,500 IU)

Other ingredients

Organic sunflower oil 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-R1

✓ Bone Health · ✓ Immune Health · ✓ Mood Enhancement
✓ Vitamins/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.

NEW SIZE! #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 · ✓ Mood Enhancement
✓ Vitamins/Minerals

Vitamin K2+D3 K2 120 mcg D3 1,000 IU per Dose

liquid



Immunity

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

Each drop contains

Vitamin K2 (all trans-menaquinone-7) 30 mcg

Vitamin D3 (cholecalciferol) (250 IU) 6.25 mcg

Other ingredient

Medium-chain triglycerides (MCT).

Directions of use

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

#2235 · 15 ml / 525 drops / 131 doses · UPC 6-28747-22235-8

NPN 80080203 · OM0132-R1

✓ Bone Health · ✓ Muscle Support · ✓ Vitamins/Minerals

White Willow

capsules

Bark · 400 mg

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

✓ Pain and Inflammation



Wild Omega 3

softgels

EPA 330 mg · DHA 165 mg

Ultrapure Pharmaceutical Grade

Cognitive/Brain Function
Cardiovascular Health
43% Smaller Size* Easier to
Swallow · Lemon-Infused to
Prevent Fishy Burps

Source of omega-3 fatty acids for the maintenance of good health. Helps support cognitive health and brain function, maintain cardiovascular health, and reduce serum triglycerides.
No fishy aftertaste.

Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole sardines [*Sardina pilchardus*] and whole anchovies [*Engraulis encrasicolus*]) 750 mg

Providing:

Eicosapentaenoic acid (EPA) 330 mg

Docosahexaenoic acid (DHA) 165 mg

Ultrapure, pharmaceutical grade.

Other ingredients

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

Directions of use

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

*43% smaller softgel than Wild Omega 3 EPA 660 mg · DHA 330 mg
Lemon Flavour.

#2194 · 60 softgels · UPC 6-28747-12194-1
NPN 80077104 · V0608-R2

✓ Cardiovascular Health · ✓ Fish Oils · ✓ Keto Diet
✓ Memory Help · ✓ Neurological Health
✓ Pain and Inflammation

Full line of fish oils, p. 94–97



Wild Omega 3

softgels

180 mg EPA · 120 mg DHA

Ultrapure Pharmaceutical Grade

Cognitive/Brain Function
Cardiovascular Health

Source of omega-3 fatty acids for the maintenance of good health. Helps support cognitive health and/or brain function, and helps to maintain and support cardiovascular health.

Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole sardines [*Sardina pilchardus*] and whole anchovies [*Engraulis encrasicolus*]) 1,000 mg

Providing:

Eicosapentaenoic acid (EPA) 180 mg

Docosahexaenoic acid (DHA) 120 mg

Ultrapure, pharmaceutical grade.

Other ingredients

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

Directions of use

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

#1000 · 60 softgels · UPC 6-28747-11000-6

#1001 · 120 softgels · UPC 6-28747-11001-3

#1002 · 180 softgels · UPC 6-28747-11002-0

NPN 80020862 · V0062-R1

✓ Cardiovascular Health · ✓ Fish Oils · ✓ Keto Diet
✓ Memory Help · ✓ Neurological Health
✓ Pain and Inflammation

Full line of fish oils, p. 94–97



Wild Omega 3

softgels

EPA 660 mg · DHA 330 mg

Ultrapure Pharmaceutical Grade

Cognitive / Brain Function
Cardiovascular Health
0% Porcine/Bovine

Source of omega-3 fatty acids for the maintenance of good health. Helps support cognitive health and brain function, maintain cardiovascular health, and reduce serum triglycerides.

Each softgel contains

Fish oil (omega-3 fatty acids from wild, deep-sea whole sardines [*Sardina pilchardus*] and whole anchovies [*Engraulis encrasicolus*]) 1,414 mg

Providing:

Eicosapentaenoic acid (EPA) 660 mg

Docosahexaenoic acid (DHA) 330 mg

Ultrapure, pharmaceutical grade.



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“He who fears he will suffer, already suffers because he fears.”

Michel de Montaigne

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Other ingredients

Natural vitamin E (D-alpha-tocopherol) (from non-GMO sunflower) 3.35 mg AT (5 IU)
In an improved softgel composed of **fish gelatin**, glycerin, and purified water.

Directions of use

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

#1253 · 60 fish softgels · UPC 6-28747-11253-6

#1280 · 120 fish softgels · UPC 6-28747-11280-2

NPN 80009414 · V0320-R3

- ✓ Cardiovascular Health · ✓ Fish Oils · ✓ Keto Diet
- ✓ Memory Help · ✓ Neurological Health
- ✓ Pain and Inflammation

Full line of fish oils, p. 94–97

Wild Omega 3 softgels
EPA 660 mg DHA 350 mg
Ultrapure Pharmaceutical Grade

Cognitive / Brain Function
Cardiovascular Health
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. **No fishy aftertaste.**

Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole sardines [*Sardina pilchardus*] and whole anchovies [*Engraulis encrasicolus*]) 1,414 mg

Providing:

Eicosapentaenoic acid (EPA) 660 mg
Docosahexaenoic acid (DHA) 330 mg

Ultrapure, pharmaceutical grade.

Other ingredients

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

Directions of use

Adults: Take 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-R3

- ✓ Cardiovascular Health · ✓ Fish Oils · ✓ Keto Diet
- ✓ Memory Help · ✓ Neurological Health
- ✓ Pain and Inflammation

Full line of fish oils, p. 94–97

Wild Omega 3 liquid
EPA 900 mg DHA 600 mg
Ultrapure Pharmaceutical Grade

liquid



Cognitive / Brain Function
Lemon Flavour

Helps support cognitive health and brain function. Helps support the development of the brain, eyes, and nerves in children up to 12 years old. Source of eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA), and omega-3 fatty acids for the maintenance of good health.

Each teaspoon contains

Fish oil (from wild, deep-sea whole sardines [*Sardina pilchardus*] and whole anchovies [*Engraulis encrasicolus*]) 4,500 mg

Providing:

Eicosapentaenoic acid (EPA) 900 mg
Docosahexaenoic acid (DHA) 600 mg

Ultrapure, pharmaceutical grade.

Other ingredients

Natural lemon oil, green tea (*Camellia sinensis*) and rosemary (*Rosmarinus officinalis*) extracts to prevent oxidation.

Directions of use

All ages above 1 year old: Take 1 teaspoon daily or as directed by your health-care practitioner.

#2465 · 200 ml / ≈ 40 doses · UPC 6-28747-22465-9

NPN 80092888 · OM0135-R1

- ✓ Cardiovascular Health · ✓ Fish Oils · ✓ Keto Diet
- ✓ Memory Help · ✓ Neurological Health
- ✓ Pain and Inflammation

Full line of fish oils, p. 94–97

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

#1267 · Display 27 bottles × 15 ml · UPC 6-28747-11267-3

#1268 · Display 24 bottles × 30 ml · UPC 6-28747-11268-0

NPN 80033637 · OM0016-R6

- ✓ Immune Health

“Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate.”

Albert Schweitzer

Wild Oregano C93 liquid

Extra Strong · 1:3 Blend
Oregano Oil to Olive Oil

Wild Mediterranean · 93% Carvacrol
Antioxidant



Source of antioxidants.

1:3 blend of oregano and olive oils.

Each 0.04 ml contains

Oregano (*Origanum minutiflorum*) oil,
75–85% carvacrol (93% carvacrol
of total volatile oils) 8.85 mg

Other ingredients

Extra-virgin certified organic olive oil.

Directions of use

Adults: Put 0.16 ml (approx. 4–6 drops) under the tongue and swallow 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.

#2094 · 15 ml · UPC 6-28747-22094-1
#2095 · 30 ml · UPC 6-28747-22095-8
#2150 · Display 27 bottles × 15 ml · UPC 6-28747-12150-7
#2151 · Display 24 bottles × 30 ml · UPC 6-28747-12151-4
NPN 80073040 · OM0130-R1
✓ Immune Health

Wild Oregano C93 liquid

With Garlic

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 and olive oils.

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

Certified organic extra virgin olive oil.

Directions of use

Adults: Take 8–20 drops daily or as recommended by your health-care practitioner.

#1632 · 15 ml · UPC 6-28747-21632-6
#1633 · 30 ml · UPC 6-28747-21633-3
#1634 · 50 ml · UPC 6-28747-21634-0
NPN 80043763 · OM0119-R3
✓ Immune Health

“Tough times never last,
but tough people do.”

Dr. Robert Schuller

Willow:

White Willow capsules

Bark · 400 mg

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

✓ Pain and Inflammation

New Product! Since August 2023


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. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil. Do not use if you are pregnant or breast-feeding; if you have epilepsy; or if you have broken, irritated, or sensitive skin. May cause allergic reaction; in which case, discontinue use and consult a health-care practitioner.

Duration of use

For external and occasional use only.

#3213 · 30 ml · UPC 6-28747-13213-5
O0099-R1

✓ Essential Oils

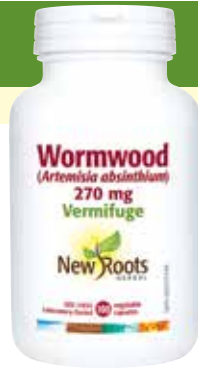
Full line of essential oils, p. 76–83



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.

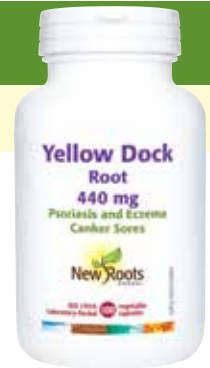
#0249 · 100 vegetable capsules · UPC 6-28747-10249-0
NPN 80033348 · V0192-R3

✓ Digestive Health · ✓ Herbal Extracts

Yellow Dock

Root · 440 mg

capsules



Psoriasis and Eczema Canker Sores

Traditionally used in herbal medicine as an alternative for the relief of minor skin irritations associated with psoriasis and eczema; to help relieve minor inflammations of mucous membranes of the mouth (aphthous stomatitis/canker sore); as a general tonic and astringent; and as a mild laxative for relief of occasional constipation.

Each vegetable capsule contains

Yellow dock (*Rumex crispus*) root 440 mg

Other ingredients

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

Directions of use

Adults: Take 3–5 capsules three times daily with food or as directed by your health-care practitioner.

Duration of use

Consult a health-care practitioner for use beyond 8 weeks. Not for long-term use.

#0817 · 100 vegetable capsules · UPC 6-28747-10817-1
NPN 80032886 · V0137-R1

✓ Digestive Health · ✓ Herbal Extracts · ✓ Skin

Xylitol:

New Name!

Sweet 'n Clean is now called

Sweet-to-Clean

Xylitol · Organic · 100% Pure

powder



No Aftertaste

10 Calories per Teaspoon

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)			
	% Daily Value*		% Daily Value*
Calories 10			
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

✓ Blood-Glucose Management · ✓ Keto Diet
✓ Natural Sweeteners · ✓ Weight Management

Full line of natural sweeteners, p. 210–211

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
L-Taurine
(2-aminoethanesulfonic acid) 200 mg
Green tea (*Camellia sinensis*) leaf extract,
50% polyphenols 55 mg
Vitamin B6 (pyridoxine hydrochloride
and pyridoxal-5'-phosphate) 50 mg
Vitamin B2 (riboflavin and riboflavin-5'-phosphate) 12 mg
Butternut squash (*Cucurbita pepo*
var. *moschata*) seed 4:1 extract 10 mg
Inositol hexanicotinate, flush-free (vitamin B3) 6 mg
Vitamin B1 (thiamine hydrochloride) 4 mg
Molybdenum (from molybdenum citrate) 150 mcg

Other ingredients

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

Directions of use

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

Duration of use

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

#0975 · 90 vegetable capsules · UPC 6-28747-10975-8
NPN 80025625 · V0267-R3

✓ Digestive Health · ✓ Eye Health · ✓ Immune Health
✓ Men's Fertility · ✓ Vitamins/Minerals

“The best view comes after
the hardest climb.”

(author unknown)

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
L-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

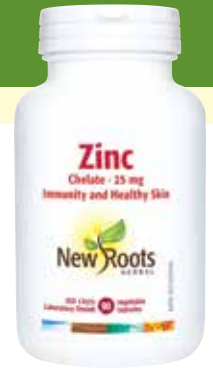
Consult a health-care practitioner for use beyond 12 weeks.

#0976 · 90 vegetable capsules · UPC 6-28747-10976-5
NPN 80025243 · V0268-R3

✓ Digestive Health · ✓ Eye Health · ✓ Immune Health
✓ Men's Fertility · ✓ Vitamins/Minerals

Zinc
Chelate · 25 mg

capsules



Immunity and Healthy Skin

Helps to maintain immune function, to maintain healthy skin, and to form connective tissue. Helps the body to metabolize carbohydrates, fats, and proteins.

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

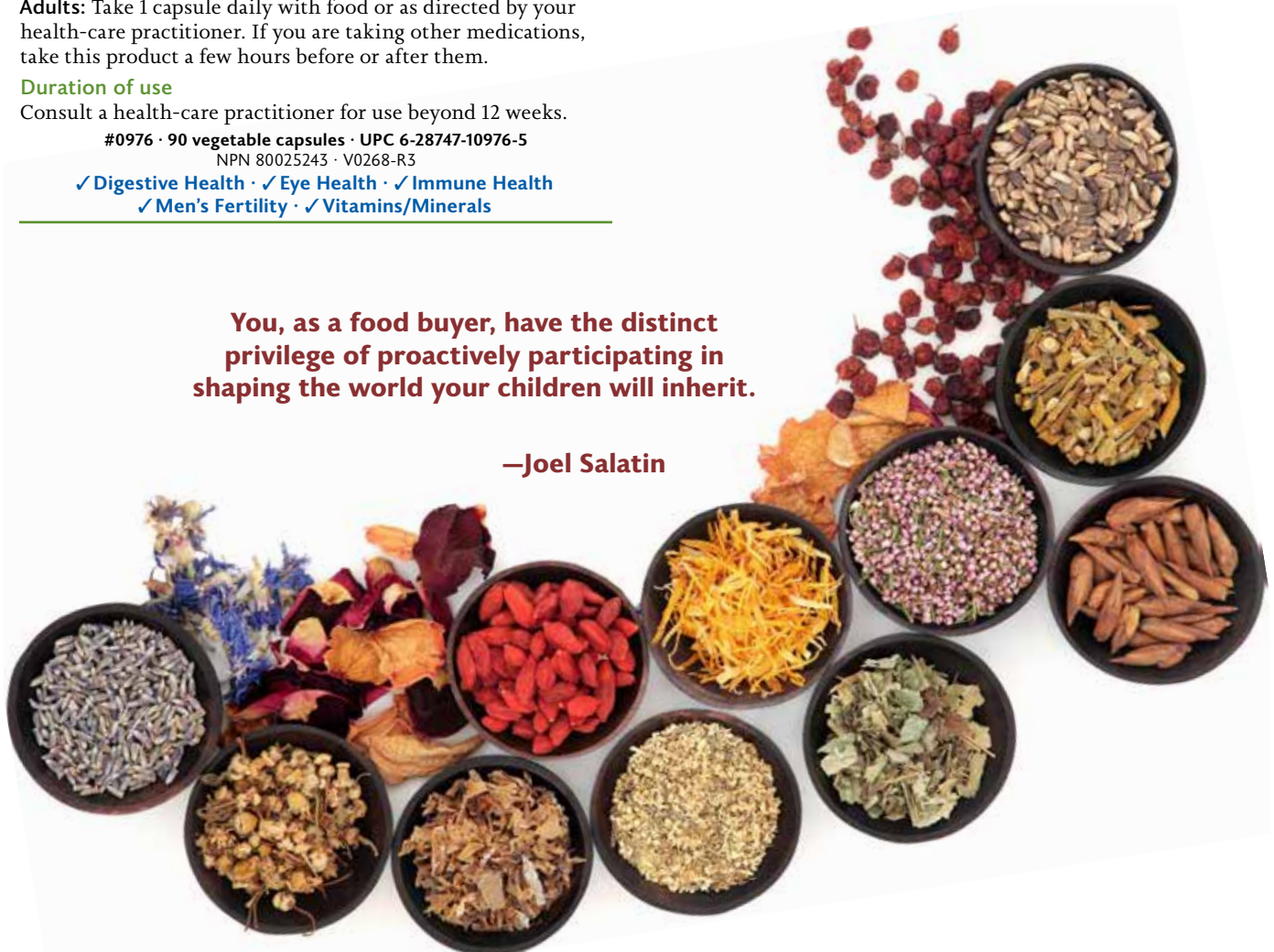
Adults: Take 1 capsule once or twice daily with a meal or as directed by your health-care practitioner. If you are taking other medications or other natural health products, take this product a few hours before or after them.

#2545 · 90 vegetable capsules · UPC 6-28747-12545-1
NPN 80102846 · V0413-R3

✓ Blood-Glucose Management · ✓ 50+ Health · ✓ Immune Health
✓ Men's Health · ✓ Vitamins/Minerals

You, as a food buyer, have the distinct privilege of proactively participating in shaping the world your children will inherit.

—Joel Salatin



More Product Launches Are Coming...

Stay Up-to-date and Keep Track of Them





ChoosetoCare

New Roots Herbal has given more than \$124,000 worth of donations in 2022! We have contributed over \$2 million 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

© 1986 Panda symbol WWF-World Wide Fund For Nature (also known as World Wildlife Fund).
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Terms and Sales Policy

1. Terms

Approved accounts: net 30 days. Accounts over 30 days will be charged 2% per month. Orders shipped C.O.D. are subject to a \$12.50 charge.

Note: You may pay with Visa or MasterCard without any additional fees.

2. Returned Cheques

Cheques returned due to insufficient funds will be subject to a \$15.00 fee. Accounts with more than one NSF cheque may be subject to C.O.D. terms.

3. New Accounts

All orders placed by new customers can be paid by certified cheque, money order, Visa, or MasterCard. If the customer would like to have terms, then a credit application form will need to be filled out. For chains of stores that have good standing credit history, credit privileges will be granted for new locations.

4. Shipping

Orders under \$375.00 before taxes are subject to a \$40.00 shipping fee. **Orders under \$275.00 before taxes will not be accepted.** "Add-ons" to previously placed orders will not be accepted. Shipping terms apply to all provinces and territories.

5. Damage Claims

Should you receive damaged goods in your shipment, they must be reported to us immediately.

6. Returns

Merchandise cannot be returned for credit without our prior written authorization. No returns will be accepted 120 days or more after the initial shipment date. A minimum 20% restocking charge (before taxes) will apply for all returns.

Note: Products opened or past due 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 e-mail 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**

4 Naturopathic physicians on staff formulating specialized therapeutic products.

- **Guaranteed Non-GMO Ingredients**

Genetically modified organisms are detected and quantified in our ISO 17025–accredited lab with state-of-the-art, real-time polymerase chain reaction (PCR) testing.

- **Surpassing All Quality Standards with Our ISO 17025–accredited Lab**

Our team of 22 scientists including 3 PhDs, 7 MScs, and 12 BScs has maintained our laboratory's ISO 17025 accreditation since 2014 with a wide scope of testing methods, including GMO analysis and detection of heavy metals.

- **Raising the Bar for Heavy-Metal Detection**

New Roots Herbal is the only branded Canadian supplement manufacturer with new technology able to detect and reject methylmercury poisons.

- **Providing Exclusivity to Health-Food Stores**

We do not sell our products in the 10,000+ pharmacy, grocery, and big-box stores around the corner from you.

MOST IMPORTANTLY

Strongly Support—Rather than Compete with—Health-Food Stores

We are not among the 15 suppliers competing with you by selling directly to consumers from their own websites, with discounts up to 30% off retail and free shipping.

—Peter Wilkes, President
New Roots Herbal

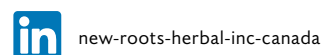
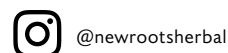
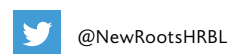
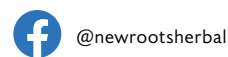


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