

# 2022 CATALOGUE

Updated 2022-05-05



**EXCLUSIVELY SOLD AT NATURAL HEALTH-FOOD STORES**

Trust New Roots Herbal to improve the health of your customers—and your business.

# Introducing our New



At New Roots Herbal, we are committed to continuously invest into our industry-leading ISO 17025–accredited laboratory to ensure customers receive the highest-quality, purest, most potent, and safest products



# Microbiology Department

Therefore, New Roots Herbal is pleased to announce the opening of a new microbiology department in our in-house laboratory. This is yet another important milestone in our development that enables our lab professionals to analyze microbiological attributes of different raw materials and finished products according to USP standards, which is of crucial importance for quality assurance. Some of these attributes include total microbial aerobic, yeasts and molds count, including detection of pathogenic species such as *Enterobacteriaceae*, *E. coli*, *Salmonella*, *Pseudomonas aureus*, and *Staphylococcus aeruginosa*.

In addition to the core chemistry and enzymology section, the GMO section, with the newly opened microbiology unit, allows our laboratory to provide complete analytical services for all New Roots Herbal products.

The new microbiological department is comprised of a wide array of equipment including two autoclaves for the eradication of microorganisms, 4 microbiological incubators (1 with humidity-control option), a cryogenic freezer (designed for long-term storage of biological materials, samples, and specimens at ultralow temperature), two laminar air flows to reduce and control viable and nonviable particulates, a biosafety cabinet, and an industry-specific colony-counting microscope.

The new microbiological department also features the VITEK 2 Compact (automated microorganisms identification system), which offers a state-of-the-art technology platform for phenotypic identification methods employed for detection of *Enterobacteriaceae*, *E. coli*, *Salmonella*, *Pseudomonas aureus*, *Staphylococcus aeruginosa*, etc. in samples.

This is yet another milestone in providing reliable testing methods in our in-house laboratory to ensure results we can trust and fully stand behind.

New Roots Herbal is proud to say that we conduct our entire roster of tests in our ISO 17025–accredited lab in accordance with USP standards and with product quality, potency, and purity as well as consumer safety as our highest priorities.



# 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 and digital promotional campaigns. Our campaigns drove 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!



# 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](mailto:webinar@newrootsherbal.com).



# We Supply More Than Products

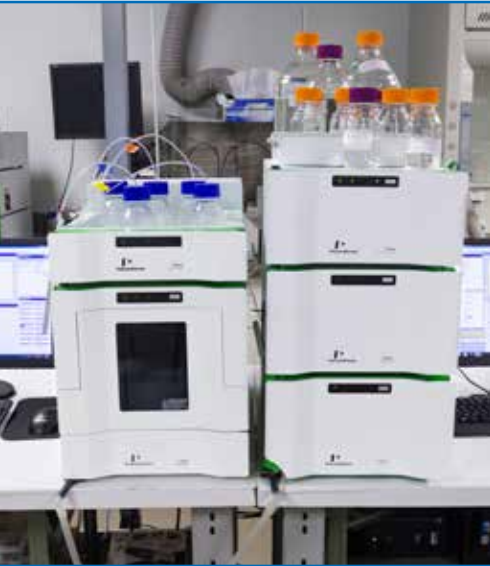
## Multidisciplinary Scientific Expertise

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.

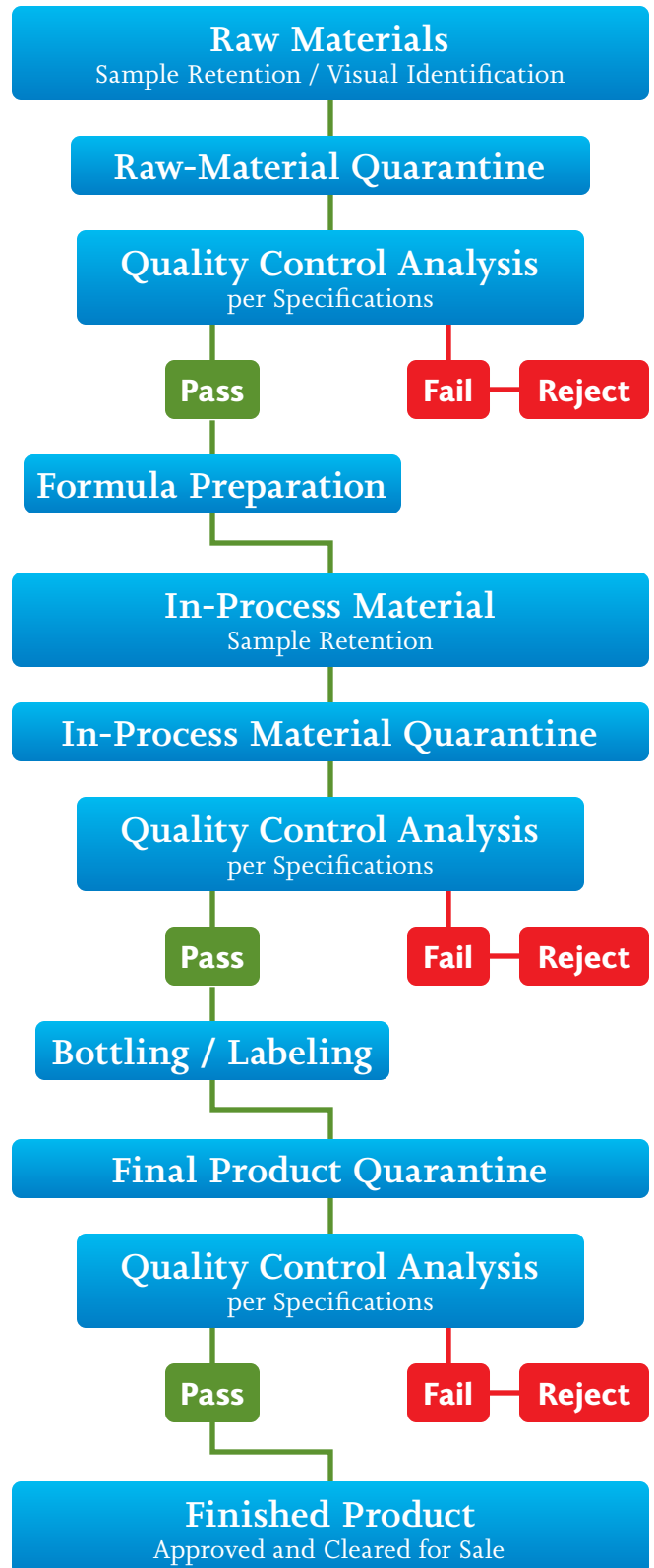
## Purity

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.



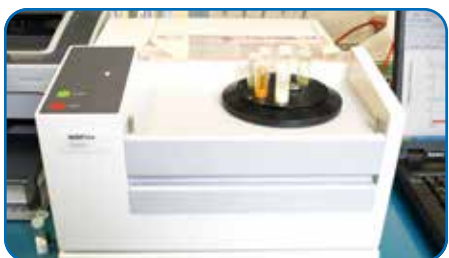
### **1 HPTLC: High-Precision Thin-Layer Chromatograph**

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*



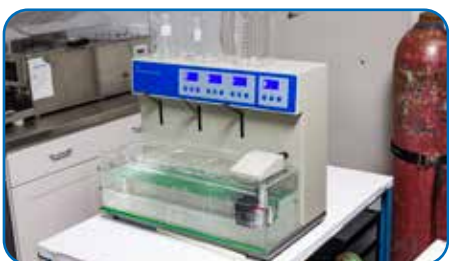
## **1 NIRS: Near-Infrared Spectroscope**

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.

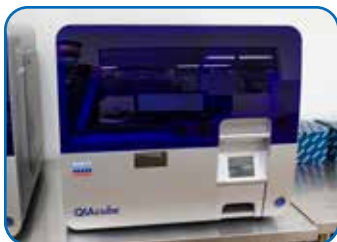


## **1 GC-Headspace**

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.

## **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**

For DNA purification.



## **1 UV/VIS Spectrophotometer**

For DNA quantification.



## **1 Rotor-Gene Q Thermocycler**

For GMO DNA detection and quantification by real-time PCR (qPCR).

# BE UP FOR ANY CHALLENGE!



Inspired by Nature, Driven by Science to ***Make Life Better!***

[newrootsherbal.com](http://newrootsherbal.com)

To ensure these products are right for you,  
always read and follow label directions.



Tested in our state-of-the-art  
**ISO 17025**  
Accredited Laboratory

**PROUDLY** 

The Only Canadian-Branded Natural Supplement Manufacturer That Tests All Products in an On-Site, State-of-the-Art, ISO 17025-Accredited Lab



# In Case You Missed the Announcements...

## Changes since the February 2021 Catalogue

### Added Products

Astragalus Root Slices . . . . .	34	P-5-P Active Form Vitamin B6 50 mg . . . . .	147
Since March 2022 • #2583 · 100 g		Since July 2021 • #2549 · 30 vegetable capsules	
Astragalus Ultra . . . . .	34	Grass-Fed Lamb Thymus Raw Glandular · 450 mg . . . . .	97
Since March 2022 • #2713 · 60 vegetable capsules		Since December 2021 • #2482 · 30 tablets	
Bifido Builder . . . . .	38	(Launched as "Pure Thymus")	
Coming May 2022 • #3037 · 30 vegetable capsules		PEA Pain Relief . . . . .	153
Bifido Infantis . . . . .	39	Coming in May 2022 • #3092 · 60 vegetable capsules	
Coming May 2022 • #3040 · 30 vegetable capsules		Potassium Iodide 65 mg . . . . .	156
Children's ADHD Balance . . . . .	50	Since March 2022 • #3141 · 60 tablets	
Since April 2022 • #2730 · 120 chewable softgels		Reuteri Restore . . . . .	180
Cordyceps Militaris Hot-Water Extract · 40% Polysaccharides · 500 mg	60	Coming May 2022 • #3036 · 30 vegetable capsules	
Since January 2022 • #2672 · 60 vegetable capsules		RiboEndurance Mag. . . . .	181
Coriolus Powder Turkey Tail . . . . .	61	Since May 2021 • #2458 · 300 g / 109 portions	
Since March 2021 • #2578 · 100 g / 32 doses		Selenium 200 mcg · Extra Strength . . . . .	183
D-Mannose Powder · 100% Pure . . . . .	64	Since March 2022 • #3033 · 60 vegetable capsules	
Since May 2021 • #2666 · 50 g / 25 doses • #2644 · 180 g / 90 doses		Silver Force . . . . .	185
Elderberry Juice Powder . . . . .	67	Since March 2022	
Since March 2021 • #2645 · 100 g / 50 portions		#2228 · 50 ml / 10 doses • #2229 · 95 ml / 19 doses	
Elderberry ResQ . . . . .	67	Vegan Glucosamine 750 mg . . . . .	209
Since September 2021 • #2670 · 30 vegetable capsules		Since March 2021 • #2533 · 60 vegetable capsules	
EyeSurance . . . . .	71	Vitamin D3 1,000 IU softgels . . . . .	222
Since April 2022 • #2724 · 30 softgels • #2725 · 60 softgels		Since March 2021 • #2586 · 180 softgels	
Holy Basil Max. . . . .	103	Vitamin D3 2,500 IU Extra Strength (capsules) . . . . .	223
Coming in May 2022 • #2898 · 60 vegetable capsules		Since July 2021 • #2731 · 90 vegetable capsules	
Lion's Mane Powder . . . . .	118	#2732 · 180 vegetable capsules • #2733 · 360 vegetable capsules	
Since March 2021 • #2579 · 100 g / 61 doses		Vitamin D3 2,500 IU Extra Strength (liquid) . . . . .	223
Ox Bile 500 mg . . . . .	147	Since July 2021 • #2735 · 30 ml	
Since January 2022 • #2641 · 60 vegetable capsules		Vitamin D3 2,500 IU Extra Strength (softgels) . . . . .	223
		Since July 2021 • #2737 · 60 softgels • #2738 · 120 softgels	
		#2739 · 180 softgels • #2750 · 360 softgels	

### Removed Products

Golden Seal		Serra-Plex	
Since May 2021 • #0806 · 100 vegetable capsules		Since March 2021	
Golden Seal		#1228 · 30 vegetable capsules • #1148 · 60 vegetable capsules	
Since May 2021 • #1505 · 50 ml • #1506 · 95 ml		Vitamin B5 Synergistic	
Myo-Inositol		Since April 2021 • #0910 · 90 tablets	
Since March 2022 • #2081 · 500 g		Replaced by Smaller Capsules : code 2584	
Other Formats Still Available:		Wind Breaker	
#2208 · 125 g / 31 doses • #2209 · 250 g / 62 doses		Since November 2021	
Purge Parasitis Program		#2070 · 30 vegetable capsules • #2067 · 90 vegetable capsules	
Since March 2021 • #1150 · Kit			
New Kit Including Fibre Ultra : code 2646			

### Renamed Products

Pure Liver		Pure Spleen	
is now called Grass-Fed Beef Liver . . . . .	96	is now called Grass-Fed Beef Spleen . . . . .	96
#1963 · 30 vegetable capsules		#1964 · 30 vegetable capsules	
Pure Pancreas		Pure Thymus	
is now called Grass-Fed Lamb Pancreas . . . . .	97	is now called Grass-Fed Lamb Thymus . . . . .	97
#2027 · 30 tablets		#2482 · 30 tablets	

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Curcumin Plus Piperine · 95% Curcuminoids · 500 mg . . . . .	61	<i>See also:</i> <b>Ginger 195 mg · 10% gingerols</b> . . . . .	87
<i>See also:</i> <b>Fermented Turmeric</b> . . . . .	83	<b>Ginger 475 mg</b> . . . . .	88
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Devil's Claw 525 mg . . . . .	65	Fiber Ultra Rich Psyllium · 550 mg . . . . .	84
Digestive Enzymes With Betaine Hydrochloride . . . . .	65	Fiber Ultra Rich Psyllium + Inulin (Powder) . . . . .	85
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<b>New! Elderberry ResQ</b> . . . . .	67	<b>WildOmega 3 EPA 660 mg DHA 330 mg Lemon Flavour</b> . . . . .	218
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Energy Cleanse . . . . .	68	<b>FOLIC ACID</b> . . . . .	92
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<b>Clove Bud Essential Oil</b> . . . . .	55	with 5.5 mg of Lutein from Marigold per Capsule . . . . .	85
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One of our product specialists will be happy to assist you!



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R+ Alpha Lipoic 150 mg . . . . .	176
Reishi Hot-Water Extract · 40% Polysaccharides · 500 mg . . . . .	178
Reishi Powder . . . . .	179
Reishi Slices <i>Ganoderma lucidum</i> · <b>Organic</b> . . . . .	179
Resveratrol MAX 500 mg . . . . .	180
S.O.D. Superoxide Dismutase · 7,250 IU . . . . .	182
S-AcetylGlutathione 100 mg . . . . .	182
Shiitake Powder . . . . .	184
Vitamin B2 Riboflavin · 100 mg . . . . .	214
Vitamin C <sup>8</sup> 527 mg (Capsules) . . . . .	220
Vitamin C <sup>8</sup> 1,165 mg per Portion (Powder) . . . . .	220
Vitamin C Sodium Ascorbate . . . . .	221
Vitamin E <sup>8</sup> 200 IU . . . . .	210
Vitamin E <sup>8</sup> 400 IU . . . . .	210

## Blood Glucose Management

Benfotiamine 150 mg . . . . .	38
Berberine 500 mg . . . . .	38
Blood Sugar Balance . . . . .	41
Chromium Picolinate 200 mcg . . . . .	53
Chromium Picolinate 500 mcg . . . . .	54
Ginger 195 mg · 10% gingerols . . . . .	87
Ginger 475 mg . . . . .	88
Grass-Fed Lamb Pancreas Raw Globular · 450 mg . . . . .	97
Holy Basil Max . . . . .	103
Myo-Inositol . . . . .	140
Resveratrol MAX 500 mg . . . . .	180
Super Fiber Psyllium 620 mg . . . . .	198
Sweet 'n Clean Xylitol · <b>Organic</b> · 100% Pure . . . . .	198
Sweet 'n Slim Erythritol · <b>Organic</b> · 100% Pure . . . . .	199
Tingsation Essential Oil for Tingling Toes and Fingers . . . . .	202
Zinc Chelate · 25 mg . . . . .	226

## Cardiovascular Health

**Cholesterol management is the major modifiable risk factor for the prevention and management of coronary heart disease and stroke.**

Acetyl-L-Carnitine 750 mg . . . . .	30
Berberine 500 mg . . . . .	38
<b>Organic</b> Cardiac Health Tincture . . . . .	46
Cardio Flow . . . . .	46
Cho-less-terin With <i>beta</i> -Sitosterols . . . . .	53
Co-Enzyme Q10 30 mg . . . . .	57
Co-Enzyme Q10 60 mg . . . . .	57
Co-Enzyme Q10 100 mg . . . . .	58
Co-Enzyme Q10 200 mg . . . . .	58
Co-Enzyme Q10 300 mg . . . . .	58
Curcumin Plus Piperine · 95% Curcuminoids · 500 mg . . . . .	61
D-Ribose . . . . .	64
Elderberry Fruit . . . . .	67
Elderberry Juice Powder . . . . .	67
Elderberry ResQ . . . . .	67
Fermented Red Beet <b>Organic</b> . . . . .	82
Flaxseed Oil <b>Made with Organic Flax</b> · 1,000 mg . . . . .	85
Ginkgo Biloba Whole Leaf 400 mg + Extract 60 mg 24% flavonoid glycosides and 6% terpene lactones . . . . .	88
Grapeseed Extract · 80% Oligomeric Proanthocyanidins · 85 mg . . . . .	95
Grapeseed Extract · 80% Oligomeric Proanthocyanidins · 100 mg . . . . .	96
Grapeseed Extract · 80% Oligomeric Proanthocyanidins · 500 mg . . . . .	96
Grass-Fed Beef Spleen Raw Glandular · 650 mg . . . . .	96
Green Tea Extract · 250 mg · 50% Polyphenols . . . . .	97
Green Tea 500 mg · 75% EGCG . . . . .	97
Guggul Extract 560 mg . . . . .	100
Hawthorn Berry 500 mg . . . . .	101

Heart Mag 770 mg Magnesium Orotate . . . . .	101
Heart Smart Organic Extra Virgin Olive Oil . . . . .	101
Heart Smart Organic Safflower Oil . . . . .	102
Heart Smart Organic Sunflower Oil . . . . .	102
Homocysteine Reduce . . . . .	103
Juicy Immune - Energy . . . . .	109
L-Arginine 500 mg . . . . .	113
L-Carnitine Tartrate 750 mg . . . . .	113
L-Lysine 500 mg . . . . .	114
L-Taurine 500 mg . . . . .	115
L-Tyrosine 500 mg · Amino Acid . . . . .	115
Magnesium Bisglycinate 150 mg Elemental Magnesium . . . . .	126
Magnesium Bisglycinate 200 mg (Powder) . . . . .	125
Magnesium Bisglycinate 200 mg (Capsules) . . . . .	126
Magnesium Citrate Plus L-Taurine High Absorption . . . . .	126
Matcha . . . . .	121
Myo-Inositol . . . . .	140
Odourless Garlic 200 mg . . . . .	146
Olive Leaf Extract · 500 mg · 20% oleuropein . . . . .	146
Olive Leaf Extract Antioxidant . . . . .	146
Omega 3/6/7/9 <b>Made with Organic Borage, Flax, and Sea Buckthorn.</b> . . . .	146
Omega Jolly EPA 650 mg / DHA 100 mg . . . . .	147
P-5-P . . . . .	147
Plant Sterols . . . . .	154
Pure Magnesium Bisglycinate 115 mg + Taurine . . . . .	174
Pure Magnesium Bisglycinate 130 mg . . . . .	174
Red Beet Root 500 mg · Antioxidant . . . . .	177
Red Palm Fruit Oil . . . . .	177
Reishi Hot-Water Extract · 40% Polysaccharides · 500 mg . . . . .	178
Reishi Slices <i>Ganoderma lucidum</i> · <b>Organic</b> . . . . .	179
Resveratrol MAX 500 mg . . . . .	180
RiboEndurance Mag . . . . .	181
Serratiopeptidase 120,000 SU . . . . .	183
Slow Release CoQ10 . . . . .	187
Smart Ginkgo . . . . .	187
Sterols & Sterolins with Arabinogalactan . . . . .	190
Sterols & Sterolins Cholesterol . . . . .	190
Super Immune Sterols & Sterolins with Arabinogalactan . . . . .	198
Vitamin B6 25 mg · With 5 mg of P-5-P . . . . .	216
Vitamin B6 Synergistic 100 mg . . . . .	216
Time Release Vitamin C 1,000 mg . . . . .	219
Vitamin C Crystals . . . . .	220
Vitamin C <sup>®</sup> 527 mg (Capsules) . . . . .	220
Vitamin C <sup>®</sup> 1,165 mg per Portion (Powder) . . . . .	220
Vitamin C Sodium Ascorbate . . . . .	221
Vitamin E <sup>®</sup> 200 IU . . . . .	210
Vitamin E <sup>®</sup> 400 IU . . . . .	210
Wild Omega 3 180 mg EPA · 120 mg DHA . . . . .	211
Wild Omega 3 EPA 330 mg · DHA 165 mg Easy-Swallow Size · Lemon Flavour . . . . .	211
Wild Omega 3 EPA 660 mg · DHA 330 mg . . . . .	218
Wild Omega 3 EPA 660 mg DHA 330 mg Lemon Flavour . . . . .	218

## Children's Health

**Junior New Roots features products 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 . . . . .	50
Children's Multi Advanced 18-Ingredient Formula . . . . .	51
Children's Omega-3 550 mg EPA · 225 mg DHA . . . . .	51
Children's Probiotic 10 Billion + · 12 Strains . . . . .	51
Children's Vitamin D3 400 IU per Drop . . . . .	52

## Cooking Oils

Heart Smart Organic Extra Virgin Olive Oil . . . . .	101
Heart Smart Organic Safflower Oil . . . . .	102
Heart Smart Organic Sunflower Oil . . . . .	102
Red Palm Fruit Oil . . . . .	177

## 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 . . . . .	32
Alpha Lipoic 250 mg . . . . .	32
Benfotiamine 150 mg . . . . .	38
Black Walnut Green Hull 150 mg . . . . .	41
Black Walnut Hull <b>Organic Tincture</b> . . . . .	41
Black Walnut Leaf and Hull · 440 mg . . . . .	41
Body Rejuvenation Program Rejuvenate, Renew, Refresh . . . . .	42
Calcium D-Glucarate 650 mg . . . . .	44
Candida Stop . . . . .	45
Caprylic Acid Plus . . . . .	45
Chaga Hot-Water Extract · 40% Polysaccharides · 350 mg . . . . .	50
Chaga Tea . . . . .	50
Chlorella 455 mg . . . . .	52
Chlorella (Powder) . . . . .	53
Dandelion Root and Celery Seed · 430 mg . . . . .	65
DMSO Liquid . . . . .	66
Echinacea <b>Organic Tincture</b> . . . . .	66
Echinacea Root 400 mg · <b>Made with Organic Echinacea</b> . . . . .	67
Energy Cleanse . . . . .	68
Fermented Red Beet <b>Organic</b> . . . . .	82
Fiber Ultra Rich Plantago + Inulin (Powder) . . . . .	84
Fiber Ultra Rich Psyllium · 550 mg . . . . .	84
Fiber Ultra Rich Psyllium + Inulin (Powder) . . . . .	85
Glutathione Reduced · 200 mg + Vitamin C 50 mg . . . . .	94
Grapefruit Seed Extract With Wormwood (Capsules) . . . . .	95
Grapefruit Seed Extract . . . . .	95
Grass-Fed Beef Liver Raw Glandular · 600 mg . . . . .	96
Heavy Metal Detox . . . . .	102
Kelp 225 mg · <b>Made with Organic Kelp</b> . . . . .	111
Kidney Clean Flow Kidney Support . . . . .	111
Kidney Herbal Diuretic . . . . .	113
L-Cysteine 500 mg . . . . .	113
L-Methionine 500 mg . . . . .	114
Liver Protection . . . . .	119
Milk Thistle <b>Organic Tincture</b> . . . . .	134
Modified Citrus Pectin . . . . .	136
Molybdenum Rice Chelated . . . . .	136
MSM Methylsulfonylmethane · 100% Pure · 850 mg (Capsules) . . . . .	136
MSM Methylsulfonylmethane · 100% Pure (Powder) . . . . .	136
N-AcetylCysteine 600 mg . . . . .	140
Neem Leaf . . . . .	140
Neem Oil <b>Organic</b> . . . . .	140
New Roots Essence . . . . .	144
New Roots Herbal's Breathe Easy <b>Made with Organic Lobelia</b> . . . . .	144
Potassium Iodide 65 mg . . . . .	156
Protector with L-Glutathione and NAC . . . . .	172
Purge Parasitis . . . . .	175
Purge Parasitis Program . . . . .	175
R+ Alpha Lipoic 150 mg . . . . .	176
Red Beet Root 500 mg · Antioxidant . . . . .	177
Reishi Hot-Water Extract · 40% Polysaccharides · 500 mg . . . . .	178
Reishi Slices <i>Ganoderma lucidum</i> · <b>Organic</b> . . . . .	179
S.O.D. Superoxide Dismutase · 7,250 IU . . . . .	182
S-AcetylGlutathione 100 mg . . . . .	182
Spirulina & Chlorella 475 mg . . . . .	189
Ultra B Complex 50 mg . . . . .	205
Ultra B Complex 100 mg . . . . .	205
Ultra Purifiant Cleanse 500 mg . . . . .	206
Vitamin B1 Thiamine · 100 mg . . . . .	214
Wormwood ( <i>Artemisia absinthium</i> ) 270 mg . . . . .	224

## Digestive Health

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

Acidophilus Ultra Daily Care · 11 Billion +	30
Acidophilus Ultra + Daily Care + 36% Stronger 15 Billion +	31
Apple Cider Vinegar Powder	33
Beef Bone Broth Protein + <b>Organic</b> Fermented Ginger	36
Beef Bone Broth Protein + <b>Organic</b> Fermented Turmeric	36
Benfotiamine 150 mg	38
Beta-Carotene 25,000 IU	38
Biotin 10 mg (10,000 mcg)	39
Calcium D-Glucarate 650 mg	44
Cascara Sagrada 325 mg	50
Children's Probiotic 10 Billion + · 12 Strains	51
Colon Care Probiotics Superior Colon Care · 90 Billion +	59
Colostrum 30% IgG Immunoglobulin (Capsules)	59
Colostrum 30% IgG Immunoglobulin (Powder)	60
Curcumin Plus Piperine · 95% Curcuminoids · 500 mg	61
Dandelion Root and Celery Seed · 430 mg	65
Digestive Enzymes With Betaine Hydrochloride	65
Energy Cleanse	68
Femina Flora Oral Women's Probiotic · 55 Billion +	84
Fermented Ginger <b>Organic</b>	81
Fermented Red Beet <b>Organic</b>	82
Fermented Superfood Blend + Inulin from Jerusalem Artichoke · <b>Organic</b>	82
Fermented Turmeric <b>Organic</b>	83
Fiber Ultra Rich Plantago + Inulin (Powder)	84
Fiber Ultra Rich Psyllium · 550 mg	84
Fiber Ultra Rich Psyllium + Inulin (Powder)	85
Ginger 475 mg	88
Gotu Kola 500 mg	95
Grass-Fed Beef Liver Raw Glandular · 600 mg	96
Grass-Fed Lamb Pancreas Raw Globular · 450 mg	97
Homocysteine Reduce	103
Hospital Bacteria Defense · 10 Billion+ Live Active Whole Cells Delivered Safely to the Intestines · <i>Saccharomyces boulardii</i> + vitamin C	104
Human Probiotics Colonizing Flora · 42 Billion +	104
IBS Urgency Irritable Bowel Syndrome · 10 Billion +	105
L-Glutamine 500 mg	114
L-Glutamine (Powder)	114
L-Tryptophan 220 mg	115
Lectro-Lytes Coco-Pineapple · Electrolyte Rehydration Drink Mix	116
Lectro-Lytes Lemon-Lime · Electrolyte Rehydration Drink Mix	117
Licorice Root 470 mg	117
Liver Protection	119
Milk Thistle <b>Organic Tincture</b>	134
Niacinamide Vitamin B3 · 500 mg	145
Odourless Garlic 200 mg	146
Ox Bile 500 mg	147
Pancreatin	149
Papaya with Papain Enzyme	150
Plant Digestive Enzymes	154
Probiotic Intensity Extra Daily Care · 20 Billion +	157
Probiotics Recovery Ultimate Potency · 120 Billion +	157
Probiotics Urgency Extra Potency · 50 Billion +	171
Prolax Stimulant Laxative	171
Red Beet Root 500 mg · Antioxidant	177
Super Fiber Psyllium 620 mg	198
Travelers' Probiotic Protection · 21 Billion +	204
Tribulus Terrestris 300 mg	204
Ultimate Bromelain 500 mg · Double Strength	205
Ultra Max	206
Wormwood ( <i>Artemisia absinthium</i> ) 270 mg	224
Yellow Dock Root · 440 mg	225

## 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 Pure Glandular Concentrate 200 mg	32
B12 Liquid Methylcobalamin · 1,000 mcg	35
Bee Pollen 500 mg	35
Benfotiamine 150 mg	38
Coconut MCT Oil	56
<b>Organic</b> Coconut MCT Oil	56
<b>Organic</b> Coconut MCT Powder + Acacia Gum	57
Co-Enzyme Q10 30 mg	57
Co-Enzyme Q10 60 mg	57
Co-Enzyme Q10 100 mg	58
Co-Enzyme Q10 200 mg	58
Co-Enzyme Q10 300 mg	58
Cordyceps Hot-Water Extract · 40% Polysaccharides · 500 mg	60
Cordyceps Militaris Hot-Water Extract · 40% Polysaccharides · 500 mg	60
D-Ribose	64
DMG 125 mg	66
Energy Energizer	68
Fermented Red Beet <b>Organic</b>	82
Gotu Kola 500 mg	95
Heme Iron Polypeptide · 11 mg	103
Holy Basil Max	103
Horny Goat Weed <i>Epimedium grandiflorum</i> · 500 mg	104
Iron Bisglycinate 35 mg Elemental	108
Juicy Immune - Energy	109
Kelp 225 mg · <b>Made with Organic Kelp</b>	111
L-Tyrosine 500 mg · Amino Acid	115
Lectro-Lytes Coco-Pineapple · Electrolyte Rehydration Drink Mix	116
Lectro-Lytes Lemon-Lime · Electrolyte Rehydration Drink Mix	117
Maca <b>Organic</b> 750 mg	120
Matcha	121
MCT Energy Medium-Chain Triglycerides · 60/40 Formula (Liquid)	122
MCT Energy 1,000 mg	122
P-5-P	147
Panax Ginseng 20% Ginsenosides · 300 mg	149
Peacegreens	151
Peacegreens Energy and Endurance	152
Potassium Iodide 800 mcg	155
Red Beet Root 500 mg · Antioxidant	177
Reishi Hot-Water Extract · 40% Polysaccharides · 500 mg	178
Reishi Slices <i>Ganoderma lucidum</i> · <b>Organic</b>	179
Rhodiola Extract 200 mg · 5% Rosavins, 1,9% Salidroside	180
RiboEndurance Mag	181
Simply Spirulina 650 mg (Capsules)	185
Simply Spirulina 1,000 mg (Tablets)	185
Simply Spirulina Powder	186
Slow Release CoQ10	187
Spirulina & Chlorella 475 mg	189
Suma Brazilian Ginseng · 520 mg	197
Super Iron 15 mg · Advanced Formula	198
Thyrosyn	202
Ultra Iron 30 mg · Advanced Formula	205
Vitamin B1 Thiamine · 100 mg	214
Vitamin B2 Riboflavin · 100 mg	214
Vitamin B3 Flush-Free · Inositol Hexanicotinate · 375 mg	215
Vitamin B3 Niacin 100 mg	215
Vitamin B3 Niacin 500 mg	215
Vitamin B5 Calcium D-Pantothenate · 500 mg	215
Vitamin B5 Synergistic 500 mg	216
Vitamin B6 25 mg · With 5 mg of P-5-P	216
Vitamin B6 Synergistic 100 mg	216
Vitamin B12 Methylcobalamin 500 mcg	217
Vitamin B12 Methylcobalamin 1,000 mcg	217
Vitamin B12 Methylcobalamin · 15,000 mcg (Sublingual Tablet)	218
Vitamin C <sup>8</sup> 527 mg (Capsules)	220
Vitamin C <sup>8</sup> 1,165 mg per Portion (Powder)	220



## Enzymes

Digestive Enzymes With Betaine Hydrochloride . . . . .	65
Infla-Heal Plus . . . . .	107
Ox Bile 500 mg . . . . .	147
Pancreatin . . . . .	149
Papaya with Papain Enzyme . . . . .	150
Plant Digestive Enzymes . . . . .	154
Quercetin Bioflavonoid Complex · 250 mg of Quercetin . . . . .	176
Serratiopeptidase 120,000 SU . . . . .	183
Ultimate Bromelain 500 mg · Double Strength . . . . .	205

## Essential Fatty Acids

**These fatty acids cannot be synthesized and must be obtained from our diet. Essential fatty acids can help you with your arthritic inflammation or increase your concentration.**

Borage Oil . . . . .	42
Children's ADHD Balance . . . . .	50
Coconut MCT Oil . . . . .	56
<b>Organic</b> Coconut MCT Oil . . . . .	56
<b>Organic</b> Coconut MCT Powder + Acacia Gum . . . . .	57
Coconut Oil 1,000 mg . . . . .	57
Evening Primrose Oil 500 mg <b>Made with Organic Evening Primrose</b> . . . . .	70
Evening Primrose Oil 1,000 mg <b>Made with Organic Evening Primrose</b> . . . . .	71
<b>Fish Oils: See end of present section</b>	
Flaxseed Oil <b>Made with Organic Flax</b> · 1,000 mg . . . . .	85
MCT Energy Medium-Chain Triglycerides · 60/40 Formula (Liquid) . . . . .	122
MCT Energy 1,000 mg . . . . .	122
Omega 3/6/7/9 <b>Made with Organic Borage, Flax, and Sea Buckthorn.</b> . . . .	146
Seabuckthorn Oil . . . . .	182
Squalene 500 mg . . . . .	189

### Fish Oils

Children's ADHD Balance . . . . .	50
Children's Omega-3 550 mg EPA · 225 mg DHA . . . . .	51
Merry Mind Omega 3 1,000 mg EPA · 100 mg DHA . . . . .	134
Omega Jolly EPA 650 mg / DHA 100 mg . . . . .	147
Wild Omega 3 180 mg EPA · 120 mg DHA . . . . .	211
Wild Omega 3 EPA 330 mg · DHA 165 mg Easy-Swallow Size · Lemon Flavour . . . . .	211
Wild Omega 3 EPA 660 mg · DHA 330 mg . . . . .	218
Wild Omega 3 EPA 660 mg DHA 330 mg Lemon Flavour . . . . .	218

## Essential Oils

Clove Bud Essential Oil ( <i>Syzygium aromaticum</i> ) · 100% Pure <b>Certified Organic.</b> . . . .	55
Clove Leaf Essential Oil ( <i>Syzygium aromaticum</i> ) · 100% Pure <b>Certified Organic.</b> . . . .	55
Eucalyptus Essential Oil ( <i>Eucalyptus globulus</i> ) · 100% Pure <b>Certified Organic.</b> . . . .	70
Lavender Essential Oil ( <i>Lavandula angustifolia</i> ) · 100% Pure <b>Certified Organic.</b> . . . .	116
Lemon Essential Oil ( <i>Citrus × limon</i> ) · 100% Pure <b>Certified Organic.</b> . . . .	117
Peppermint Essential Oil ( <i>Mentha × piperita</i> ) · 100% Pure <b>Certified Organic.</b> . . . .	154
Rose Geranium Essential Oil ( <i>Pelargonium graveolens</i> ) 100% Pure · <b>Certified Organic</b> . . . . .	181
Rosemary Essential Oil ( <i>Rosmarinus officinalis</i> ct. <i>camphoriferum</i> ) 100% Pure · <b>Certified Organic</b> . . . . .	181
Sweet Orange Essential Oil ( <i>Citrus × sinensis</i> ) · 100% Pure <b>Certified Organic.</b> . . . .	199
Tea Tree Essential Oil <i>Melaleuca alternifolia</i> · 100% Pure <b>Certified Organic.</b> . . . .	199
Tingsation Essential Oil for Tingling Toes and Fingers . . . . .	202

## Exotic Skin Oils

**New Roots Herbal's exotic oils originate from many different parts of the world and have astounding protective, regenerative, healing, and therapeutic properties.**

Argan Oil <b>Certified Organic</b> . . . . .	33
Baobab Oil <b>Organic</b> . . . . .	35
Cacay Seed Oil . . . . .	43
Cranberry Seed Oil <b>Certified Organic.</b> . . . .	61
Exotic Oils Gift Set Organic Exotic Oils Collection . . . . .	71
Goji Seed Oil <b>Certified Organic</b> . . . . .	94
Marula Seed Oil <b>Organic.</b> . . . .	121
Moringa Seed Oil <b>Organic.</b> . . . .	136
Pomegranate Seed Oil ( <i>Punica granatum</i> ) · 100% Pure <b>Certified Organic.</b> . . . .	155
Rosehip Seed Oil <i>Rosa Mosqueta</i> <b>Certified Organic.</b> . . . .	181
Seabuckthorn Seed Oil <b>Certified Organic</b> . . . . .	183
Skin Lovers Oil <b>Certified Organic</b> . . . . .	186
Tamanu Oil <b>Certified Organic</b> . . . . .	199

## Fermented Products

Apple Cider Vinegar Powder . . . . .	33
Beef Bone Broth Protein + <b>Organic</b> Fermented Ginger . . . . .	36
Beef Bone Broth Protein + <b>Organic</b> Fermented Turmeric . . . . .	36
Fermented Black Cumin Seed <b>Organic.</b> . . . .	81
Fermented Ginger <b>Organic</b> . . . . .	81
Fermented Maca <b>Organic</b> . . . . .	81
Fermented Red Beet <b>Organic</b> . . . . .	82
Fermented Superfood Blend + Inulin from Jerusalem Artichoke · <b>Organic.</b> . . . .	82
Fermented Turmeric <b>Organic</b> . . . . .	83

## Fertility

[see Men's Health, p. 26](#)

[see Women's Health, p. 29](#)

## 50+ Health

Amino-Mix Free-Form BCAAs · Branched-Chain Amino Acids . . . . .	33
B12 Liquid Methylcobalamin · 1,000 mcg . . . . .	35
Beef Bone Broth Protein + <b>Organic</b> Fermented Ginger . . . . .	36
Beef Bone Broth Protein + <b>Organic</b> Fermented Turmeric . . . . .	36
Benfotiamine 150 mg . . . . .	38
Chondroitin & Glucosamine . . . . .	53
Clarity Mag 625 mg Magnesium L-Threonate . . . . .	54
Coconut MCT Oil . . . . .	56
<b>Organic</b> Coconut MCT Oil . . . . .	56
<b>Organic</b> Coconut MCT Powder + Acacia Gum . . . . .	57
Coconut Oil 1,000 mg . . . . .	57
Digestive Enzymes With Betaine Hydrochloride . . . . .	65
EyeSurance . . . . .	71
Forsight Complete Vision Formula . . . . .	85
Glucosamine Sulfate 500 mg . . . . .	93
Glucosamine Sulfate 750 mg . . . . .	93
Guggul Extract 560 mg . . . . .	100
Homocysteine Reduce . . . . .	103
Joint-Tissu & MSM With Devil's Claw . . . . .	108
Liquid Melatonin . . . . .	119
MCT Energy Medium-Chain Triglycerides · 60/40 Formula (Liquid) . . . . .	122
MCT Energy 1,000 mg . . . . .	122
Multi 5 Collagen . . . . .	138
Multi 5 Collagen with Delicious Organic Cocoa . . . . .	139
Ox Bile 500 mg . . . . .	147
Panax Ginseng 20% Ginsenosides · 300 mg . . . . .	149
Plant Digestive Enzymes . . . . .	154
Prostate Perform . . . . .	171
Pür Collagen Body Renew . . . . .	174
Pür Collagen Radiant Skin . . . . .	174
Resveratrol MAX 500 mg . . . . .	180

Silica 7% Extract · 600 mg . . . . .	185
Silica Liquid. . . . .	185
Strong Bones . . . . .	195
Strong Bones Boron-Free Formula. . . . .	195
Strontium Strong Osteo Support · 340 mg . . . . .	197
Vegan Glucosamine 750 mg . . . . .	209
Vegetarian Strong Bones . . . . .	209
Vitamin B12 Methylcobalamin 500 mcg . . . . .	217
Vitamin B12 Methylcobalamin 1,000 mcg . . . . .	217
Vitamin B12 Methylcobalamin · 15,000 mcg (Sublingual Tablet) . . . . .	218
Zinc Chelate · 25 mg . . . . .	226

## Fish Oils

Children's ADHD Balance. . . . .	50
Children's Omega-3 550 mg EPA · 225 mg DHA . . . . .	51
Merry Mind Omega 3 1,000 mg EPA · 100 mg DHA . . . . .	134
Omega Jolly EPA 650 mg / DHA 100 mg . . . . .	147
Wild Omega 3 180 mg EPA · 120 mg DHA . . . . .	211
Wild Omega 3 EPA 330 mg · DHA 165 mg Easy-Swallow Size · Lemon Flavour . . . . .	211
Wild Omega 3 EPA 660 mg · DHA 330 mg . . . . .	218
Wild Omega 3 EPA 660 mg DHA 330 mg Lemon Flavour . . . . .	218

## Functional Foods

Apple Cider Vinegar Powder . . . . .	33
Bee Pollen 500 mg . . . . .	35
<b>Cooking Oils: See end of present section</b>	
Coriolus Powder Turkey Tail . . . . .	61
Elderberry Fruit . . . . .	67
Elderberry Juice Powder . . . . .	67
<b>Fermented Products: See end of present section</b>	
<b>Green Foods: See end of present section</b>	
Juicy Immune - Energy . . . . .	109
Lion's Mane Powder . . . . .	118
Maitake Powder <b>Organic</b> <i>Grifola frondosa</i> . . . . .	120
Multi 5 Collagen . . . . .	138
Multi 5 Collagen with Delicious Organic Cocoa . . . . .	139
<b>Natural Sweeteners: See end of present section</b>	
Plant Sterols . . . . .	154
Reishi Powder . . . . .	179
Shiitake Powder . . . . .	184

**Teas / Herbal Teas: See end of present section**

### Cooking Oils

Heart Smart Organic Extra Virgin Olive Oil . . . . .	101
Heart Smart Organic Safflower Oil . . . . .	102
Heart Smart Organic Sunflower Oil . . . . .	102
Red Palm Fruit Oil . . . . .	177

### Fermented Products

Apple Cider Vinegar Powder . . . . .	33
Beef Bone Broth Protein + <b>Organic</b> Fermented Ginger . . . . .	36
Beef Bone Broth Protein + <b>Organic</b> Fermented Turmeric . . . . .	36
Fermented Black Cumin Seed <b>Organic</b> . . . . .	81
Fermented Ginger <b>Organic</b> . . . . .	81
Fermented Maca <b>Organic</b> . . . . .	81
Fermented Red Beet <b>Organic</b> . . . . .	82
Fermented Superfood Blend + Inulin from Jerusalem Artichoke · <b>Organic</b> . . . . .	82
Fermented Turmeric <b>Organic</b> . . . . .	83

### 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 455 mg . . . . .	52
Chlorella (Powder) . . . . .	53
Matcha . . . . .	121
Peacegreens . . . . .	151
Peacegreens Energy and Endurance . . . . .	152

Peacegreens Immune. . . . .	153
Simply Spirulina 650 mg (Capsules) . . . . .	185
Simply Spirulina 1,000 mg (Tablets) . . . . .	185
Simply Spirulina (Powder) . . . . .	186
Spirulina & Chlorella 475 mg . . . . .	189

## Natural Sweeteners

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

Smooth Stevia . . . . .	187
Stevia Leaf Green (Powder) . . . . .	191
Stevia Sugar Spoonable . . . . .	191
Stevia Sweetleaf . . . . .	191
Stevia White Powder Concentrate . . . . .	191
Sweet 'n Clean Xylitol · <b>Organic</b> · 100% Pure . . . . .	198
Sweet 'n Slim Erythritol · <b>Organic</b> · 100% Pure . . . . .	199

## Teas / Herbal Teas

Apple Cider Vinegar Powder . . . . .	33
Astragalus Root Slices . . . . .	34
Beef Bone Broth Protein + <b>Organic</b> Fermented Ginger . . . . .	36
Beef Bone Broth Protein + <b>Organic</b> Fermented Turmeric . . . . .	36
Chaga Tea . . . . .	50
Elderberry Fruit . . . . .	67
Fermented Ginger <b>Organic</b> . . . . .	81
Fermented Turmeric <b>Organic</b> . . . . .	83
Matcha . . . . .	121
Pau d'Arco Taheebo <i>Tabebuia heptaphylla</i> Herbal Tea (Powder) . . . . .	151
Pau d'Arco Taheebo <i>Tabebuia heptaphylla</i> Herbal Tea (Tea Bags) . . . . .	151
Reishi Slices <i>Ganoderma lucidum</i> · <b>Organic</b> . . . . .	179

## Glandular Extracts

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

Adrenal Pure Glandular Concentrate 200 mg . . . . .	32
Grass-Fed Beef Liver Raw Glandular · 600 mg . . . . .	96
Grass-Fed Beef Spleen Raw Glandular · 650 mg . . . . .	96
Grass-Fed Lamb Pancreas Raw Globular · 450 mg . . . . .	97
Grass-Fed Lamb Thymus Raw Glandular · 450 mg . . . . .	97
Ox Bile 500 mg . . . . .	147
Thyrosyn . . . . .	202

## 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 455 mg . . . . .	52
Chlorella (Powder) . . . . .	53
Matcha . . . . .	121
Peacegreens . . . . .	151
Peacegreens Energy and Endurance . . . . .	152
Peacegreens Immune. . . . .	153
Simply Spirulina 650 mg (Capsules) . . . . .	185
Simply Spirulina 1,000 mg (Tablets) . . . . .	185
Simply Spirulina (Powder) . . . . .	186
Spirulina & Chlorella 475 mg . . . . .	189

## Hair/Skin/Nails

**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, beautifies, and protects hair, skin, and nails.**

Argan Oil <b>Certified Organic</b> . . . . .	33
Baobab Oil <b>Organic</b> . . . . .	35
Biotin 10 mg (10,000 mcg) . . . . .	39
Borage Oil . . . . .	42
Cranberry Seed Oil <b>Certified Organic</b> . . . . .	61
Evening Primrose Oil 500 mg <b>Made with Organic Evening Primrose</b> . . . . .	70

Evening Primrose Oil 1,000 mg <b>Made with Organic Evening Primrose</b>	71
Exotic Oils Gift Set Organic Exotic Oils Collection	71
Goji Seed Oil <b>Certified Organic</b>	94
Guggul Extract 560 mg	100
Hair & Scalp	100
Happy Skin <b>Organic / Wild</b>	101
L-Cysteine 500 mg	113
Liver Protection	119
MSM Methylsulfonylmethane · 100% Pure · 850 mg (Capsules)	136
MSM Methylsulfonylmethane · 100% Pure (Powder)	136
Multi 5 Collagen	138
Multi 5 Collagen with Delicious Organic Cocoa	139
Pūr Collagen Body Renew	174
Pūr Collagen Radiant Skin	174
Rosehip Seed Oil <i>Rosa Mosqueta</i> <b>Certified Organic</b>	181
Seabuckthorn Oil	182
Seabuckthorn Seed Oil <b>Certified Organic</b>	183
Silica 7% Extract · 600 mg	185
Silica Liquid	185
Skin Lovers Oil <b>Certified Organic</b>	186
Squalene 500 mg	189
Tamanu Oil <b>Certified Organic</b>	199
Thyrosyn	202
Vitamin B2 Riboflavin · 100 mg	214
Time Release Vitamin C 1,000 mg	219
Vitamin C Crystals	220
Vitamin E <sup>®</sup> 200 IU	210
Vitamin E <sup>®</sup> 400 IU	210
Yellow Dock Root · 440 mg	225

## Herbs and Herbal Extracts

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

Anti-Inflamma With Proteolytic Enzymes	33
Ashwagandha Extract 500 mg · 5% Withanolides	34
Astragalus 8000 Immune Strength	34
Astragalus Root <b>Organic Tincture</b>	34
Astragalus Ultra	34
Bee Pollen 500 mg	35
Berberine 500 mg	38
Black Cohosh Root Extract 2.5% · 40 mg	40
Black Cumin Seed Oil 500 mg	40
Black Cumin Seed Oil <b>Organic</b>	40
Black Walnut Green Hull 150 mg	41
Black Walnut Hull <b>Organic Tincture</b>	41
Black Walnut Leaf and Hull · 440 mg	41
Blood Sugar Balance	41
Body Muscle Massage	42
Body Rejuvenation Program Rejuvenate, Renew, Refresh	42
Boswellia Extract 380 mg	43
Candida Stop	45
Caprylic Acid Plus	45
<b>Organic</b> Cardiac Health Tincture	46
Cascara Sagrada 325 mg	50
Cho-less-terin With <i>beta</i> -Sitosterols	53
Citrus Bioflavonoids Plus Hesperidin and Quercetin	54
Cloves 500 mg	56
Cold & Flu	59
Cranberry	61
Curcumin Plus Piperine · 95% Curcuminoids · 500 mg	61
D-Mannose & Cranberry With <i>L. rhamnosus</i> Probiotic	64
D-Stress	65
Dandelion Root and Celery Seed · 430 mg	65
Devil's Claw 525 mg	65
Dong Quai Women's Ginseng 500 mg	66
Echinacea <b>Organic Tincture</b>	66
Echinacea Root 400 mg · <b>Made with Organic Echinacea</b>	67
Elderberry ResQ	67

Energy Energizer	68
Energy Cleanse	68
<b>Essential Oils: See end of present section</b>	
EyeSurance	71
Fermented Black Cumin Seed <b>Organic</b>	81
Fiber Ultra Rich Plantago + Inulin (Powder)	84
Fiber Ultra Rich Psyllium · 550 mg	84
Fiber Ultra Rich Psyllium + Inulin (Powder)	85
Forsight Complete Vision Formula	85
Garcinia Cambogia 600 mg · 60% Hydroxycitric Acid	86
Ginger 475 mg	88
Ginkgo Biloba Whole Leaf 400 mg + Extract 60 mg 24% flavonoid glycosides and 6% terpene lactones	88
Gotu Kola 500 mg	95
Grapefruit Seed Extract With Wormwood (Capsules)	95
Grapefruit Seed Extract	95
Grapeseed Extract · 80% Oligomeric Proanthocyanidins · 85 mg	95
Grapeseed Extract · 80% Oligomeric Proanthocyanidins · 100 mg	96
Grapeseed Extract · 80% Oligomeric Proanthocyanidins · 500 mg	96
Green Tea Extract · 250 mg · 50% Polyphenols	97
Green Tea 500 mg · 75% EGCG	97
Guggul Extract 560 mg	100
Hair & Scalp	100
Happy Skin <b>Organic / Wild</b>	101
Hawthorn Berry 500 mg	101
Horny Goat Weed <i>Epimedium grandiflorum</i> · 500 mg	104
IMMX Immune 500 mg	105
Joint Pain Relief	108
Juicy Immune - Energy	109
Kava 400 mg · 30% Kavalactones	109
Kelp 225 mg · <b>Made with Organic Kelp</b>	111
Kidney Clean Flow Kidney Support	111
Kidny Herbal Diuretic	113
Licorice Root 470 mg	117
Liver Protection	119
Maca Organic 750 mg	120
Male Fertility Generations	121
Menopause	134
Milk Thistle <b>Organic Tincture</b>	134
Modified Citrus Pectin	136
Mum Ma Milkstream (Capsules)	139
Mum Ma Milkstream <b>Organic Tincture</b>	139
Neem Leaf	140
Neem Oil <b>Organic</b>	140
New Roots Essence	144
New Roots Herbal's Breathe Easy <b>Made with Organic Lobelia</b>	144
New Roots Herbal Joyful	145
Odourless Garlic 200 mg	146
Olive Leaf Extract · 500 mg · 20% oleuropein	146
Olive Leaf Extract Antioxidant	146
Panax Ginseng 20% Ginsenosides · 300 mg	149
Papaya with Papain Enzyme	150
Passion Flower <b>Organic Tincture</b>	150
Pau d'Arco Taheebo <i>Tabebuia heptaphylla</i> · 500 mg (Capsules)	151
Pau d'Arco Taheebo <i>Tabebuia heptaphylla</i> (Liquid Extract)	151
PMS Relief	155
Prevent	156
Prolax Stimulant Laxative	171
Prostate Perform	171
Purge Parasitis	175
Purge Parasitis Program	175
Red Beet Root 500 mg · Antioxidant	177
Red Clover Blossoms 390 mg	177
Red Clover Isoflavones 40% Standardized Extract	177
Red Raspberry Leaf · 345 mg	178
Resveratrol MAX 500 mg	180
Rhodiola Extract 200 mg · 5% Rosavins, 1,9% Salidroside	180
Saw Palmetto 95% Fatty Acids · 160 mg	182
Siberian Ginseng	184



Sleep <sup>8</sup> . . . . .	186
Slimmer System . . . . .	186
Smart Ginkgo . . . . .	187
St. John's Wort Extract · 450 mg . . . . .	190
Sterols & Sterolins with Arabinogalactan . . . . .	190
Sterols & Sterolins Cholesterol . . . . .	190
Suma Brazilian Ginseng · 520 mg . . . . .	197
Super Fiber Psyllium 620 mg . . . . .	198
Super Immune Sterols & Sterolins with Arabinogalactan . . . . .	198
Tribulus Terrestris 300 mg . . . . .	204
Ultra Purifiant Cleanse 500 mg . . . . .	206
Uva Ursi 435 mg . . . . .	209
Valerian Root · 470 mg · <b>Made with Organic Valerian</b> . . . . .	209
Valerian Root <b>Certified Organic</b> (Liquid) . . . . .	209
White Willow Bark · 400 mg . . . . .	211
Wormwood ( <i>Artemisia absinthium</i> ) 270 mg . . . . .	224
Yellow Dock Root · 440 mg . . . . .	225

## Essential Oils

Clove Bud Essential Oil ( <i>Syzygium aromaticum</i> ) · 100% Pure <b>Certified Organic</b> . . . . .	55
Clove Leaf Essential Oil ( <i>Syzygium aromaticum</i> ) · 100% Pure <b>Certified Organic</b> . . . . .	55
Eucalyptus Essential Oil ( <i>Eucalyptus globulus</i> ) · 100% Pure <b>Certified Organic</b> . . . . .	70
Lavender Essential Oil ( <i>Lavandula angustifolia</i> ) · 100% Pure <b>Certified Organic</b> . . . . .	116
Lemon Essential Oil ( <i>Citrus × limon</i> ) · 100% Pure <b>Certified Organic</b> . . . . .	117
Peppermint Essential Oil ( <i>Mentha × piperita</i> ) · 100% Pure <b>Certified Organic</b> . . . . .	154
Rose Geranium Essential Oil ( <i>Pelargonium graveolens</i> ) 100% Pure · <b>Certified Organic</b> . . . . .	181
Sweet Orange Essential Oil ( <i>Citrus × sinensis</i> ) · 100% Pure <b>Certified Organic</b> . . . . .	199
Tea Tree Essential Oil <i>Melaleuca alternifolia</i> · 100% Pure <b>Certified Organic</b> . . . . .	199
Tingsation Essential Oil for Tingling Toes and Fingers . . . . .	202

## Herbal Teas

see Functional Foods → Teas / Herbal Teas, p. 22

## Immune Health

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

Acidophilus Ultra Daily Care · 11 Billion + . . . . .	30
Acidophilus Ultra + Daily Care + 36% Stronger 15 Billion + . . . . .	31
Age Less Telomeres Immunity . . . . .	32
<b>Allergies: See end of present section</b>	
Alpha Lipoic 125 mg . . . . .	32
Alpha Lipoic 250 mg . . . . .	32
Ashwagandha Extract 500 mg · 5% Withanolides . . . . .	34
Astragalus 8000 Immune Strength . . . . .	34
Astragalus Root <b>Organic Tincture</b> . . . . .	34
Astragalus Root Slices . . . . .	34
Astragalus Ultra . . . . .	34
Berberine 500 mg . . . . .	38
Beta-Carotene 25,000 IU . . . . .	38
Chaga Hot-Water Extract · 40% Polysaccharides · 350 mg . . . . .	50
Chaga Tea . . . . .	50
Cold & Flu . . . . .	59
Colon Care Probiotics Superior Colon Care · 90 Billion + . . . . .	59
Colostrum 30% IgG Immunoglobulin (Capsules) . . . . .	59
Colostrum 30% IgG Immunoglobulin (Powder) . . . . .	60
Cordyceps Hot-Water Extract · 40% Polysaccharides · 500 mg . . . . .	60
Cordyceps Militaris Hot-Water Extract · 40% Polysaccharides · 500 mg . . . . .	60
Coriolus Hot-Water Extract · 40% Polysaccharides · 500 mg . . . . .	60
Coriolus Powder Turkey Tail . . . . .	61
Cranberry . . . . .	61

Curcumin Plus Piperine · 95% Curcuminoids · 500 mg . . . . .	61
D-Mannose powder . . . . .	64
D-Mannose & Cranberry With <i>L. rhamnosus</i> Probiotic . . . . .	64
Echinacea <b>Organic Tincture</b> . . . . .	66
Echinacea Root 400 mg · <b>Made with Organic Echinacea</b> . . . . .	67
Elderberry Fruit . . . . .	67
Elderberry Juice Powder . . . . .	67
Elderberry ResQ . . . . .	67
Fermented Black Cumin Seed <b>Organic</b> . . . . .	81
Glutathione Reduced · 200 mg + Vitamin C 50 mg . . . . .	94
Grapefruit Seed Extract With Wormwood (Capsules) . . . . .	95
Grapefruit Seed Extract . . . . .	95
Grass-Fed Lamb Thymus Raw Glandular · 450 mg . . . . .	97
Green Tea Extract · 250 mg · 50% Polyphenols . . . . .	97
Green Tea 500 mg · 75% EGCG . . . . .	97
Heavy Metal Detox . . . . .	102
Holy Basil Max . . . . .	103
Hospital Bacteria Defense · 10 Billion+ Live Active Whole Cells Delivered Safely to the Intestines · <i>Saccharomyces boulardii</i> + vitamin C . . . . .	104
Human Probiotics Colonizing Flora · 42 Billion + . . . . .	104
IBS Urgency Irritable Bowel Syndrome · 10 Billion + . . . . .	105
IMMX Immune 500 mg . . . . .	105
Indole-3-Carbinol 150 mg . . . . .	105
Juicy Immune - Energy . . . . .	109
L-Cysteine 500 mg . . . . .	113
L-Glutamine 500 mg . . . . .	114
L-Glutamine (Powder) . . . . .	114
L-Lysine 500 mg . . . . .	114
Licorice Root 470 mg . . . . .	117
Lion's Mane Powder . . . . .	118
Liquid Melatonin . . . . .	119
Maitake Immune Support · 40% Polysaccharides Hot-Water Extract · 400 mg . . . . .	120
Maitake Powder <b>Organic</b> <i>Grifola frondosa</i> . . . . .	120
Molybdenum Rice Chelated . . . . .	136
Multi-Max Immune Multivitamin . . . . .	138
N-AcetylCysteine 600 mg . . . . .	140
Neem Leaf . . . . .	140
Neem Oil <b>Organic</b> . . . . .	140
New Roots Essence . . . . .	144
Odourless Garlic 200 mg . . . . .	146
Olive Leaf Extract · 500 mg · 20% oleuropein . . . . .	146
Olive Leaf Extract Antioxidant . . . . .	146
Pau d'Arco Taheebo <i>Tabebuia heptaphylla</i> · 500 mg (Capsules) . . . . .	151
Pau d'Arco Taheebo <i>Tabebuia heptaphylla</i> (Liquid Extract) . . . . .	151
Pau d'Arco Taheebo <i>Tabebuia heptaphylla</i> · Herbal Tea (Powder) . . . . .	151
Pau d'Arco Taheebo <i>Tabebuia heptaphylla</i> · Herbal Tea (Tea Bags) . . . . .	151
Peacegreens Immune . . . . .	153
Potassium Iodide 800 mcg . . . . .	155
Potassium Iodide 65 mg . . . . .	156
Prevent . . . . .	156
Probiotic Intensity Extra Daily Care · 20 Billion + . . . . .	157
Probiotics Recovery Ultimate Potency · 120 Billion + . . . . .	157
Probiotics Urgency Extra Potency · 50 Billion + . . . . .	171
Protector with L-Glutathione and NAC . . . . .	172
R+ Alpha Lipoic 150 mg . . . . .	176
Reishi Hot-Water Extract · 40% Polysaccharides · 500 mg . . . . .	178
Reishi Powder . . . . .	179
Reishi Slices <i>Ganoderma lucidum</i> · <b>Organic</b> . . . . .	179
Resilience Blend of Mushroom Hot-Water Extracts 40% Polysaccharides · 400 mg . . . . .	179
Resveratrol MAX 500 mg . . . . .	180
S-AcetylGlutathione 100 mg . . . . .	182
Selenium 100 mcg . . . . .	183
Selenium 200 mcg · Extra Strength . . . . .	183
Serratiopeptidase 120,000 SU . . . . .	183
Shiitake Hot-Water Extract · 40% Polysaccharides · 300 mg . . . . .	184
Shiitake Powder . . . . .	184
Siberian Ginseng . . . . .	184
Sterols & Sterolins with Arabinogalactan . . . . .	190

Sterols & Sterolins Cholesterol . . . . .	190
Suma Brazilian Ginseng · 520 mg . . . . .	197
Super Immune Sterols & Sterolins with Arabinogalactan . . . . .	198
Travelers' Probiotic Protection · 21 Billion + . . . . .	204
Ultra Max . . . . .	206
Ultra Zinc 30 mg . . . . .	208
Ultra Zinc 50 mg . . . . .	208
Uva Ursi 435 mg . . . . .	209
Time Release Vitamin C 1,000 mg . . . . .	219
Vitamin C Crystals . . . . .	220
Vitamin C <sup>®</sup> 527 mg (Capsules) . . . . .	220
Vitamin C <sup>®</sup> 1,165 mg per Portion (Powder) . . . . .	220
Vitamin C Sodium Ascorbate . . . . .	221
Vitamin D3 1000 IU . . . . .	222
Vitamin D3 Oil Emulsification · 1,000 IU per Drop . . . . .	222
Vitamin D3 1,000 IU (softgels) . . . . .	222
Vitamin D3 2,500 IU Extra Strength (capsules) . . . . .	223
Vitamin D3 2,500 IU Extra Strength (liquid) . . . . .	223
Vitamin D3 2,500 IU Extra Strength (softgels) . . . . .	223
Vitamin K2+D3 Liquid K2 120 mcg D3 1,000 IU per Dose . . . . .	211
Wild Oregano C93 . . . . .	218
Wild Oregano C93 Extra Strong 1:3 Blend Oregano Oil to Olive Oil . . . . .	224
Wild Oregano C93 With Garlic . . . . .	224
Zinc Chelate · 25 mg . . . . .	226

## Allergy Relief

Black Cumin Seed Oil 500 mg . . . . .	40
Black Cumin Seed Oil <b>Organic</b> . . . . .	40
Citrus Bioflavonoids Plus Hesperidin and Quercetin . . . . .	54
Fermented Black Cumin Seed <b>Organic</b> . . . . .	81
L-Methionine 500 mg . . . . .	114
Quercetin 500 mg . . . . .	176
Quercetin Bioflavonoid Complex · 250 mg of Quercetin . . . . .	176
Simply Spirulina 650 mg (Capsules) . . . . .	185
Simply Spirulina 1,000 mg (Tablets) . . . . .	185
Simply Spirulina Powder . . . . .	186
Spirulina & Chlorella 475 mg . . . . .	189

## Keto Diet

Acetyl-L-Carnitine 750 mg . . . . .	30
Acidophilus Ultra Daily Care · 11 Billion + . . . . .	30
Acidophilus Ultra + Daily Care + 36% Stronger 15 Billion + . . . . .	31
Amino-Mix Free-Form BCAAs · Branched-Chain Amino Acids . . . . .	33
Beef Bone Broth Protein . . . . .	35
Beef Bone Broth Protein + <b>Organic</b> Fermented Ginger . . . . .	36
Beef Bone Broth Protein + <b>Organic</b> Fermented Turmeric . . . . .	36
Coconut MCT Oil . . . . .	56
<b>Organic</b> Coconut MCT Oil . . . . .	56
<b>Organic</b> Coconut MCT Powder + Acacia Gum . . . . .	57
Digestive Enzymes With Betaine Hydrochloride . . . . .	65
Fermented Ginger <b>Organic</b> . . . . .	81
Fermented Maca <b>Organic</b> . . . . .	81
Fermented Red Beet <b>Organic</b> . . . . .	82
Fermented Turmeric <b>Organic</b> . . . . .	83
Fiber Ultra Rich Plantago + Inulin (Powder) . . . . .	84
Fiber Ultra Rich Psyllium · 550 mg . . . . .	84
Fiber Ultra Rich Psyllium + Inulin (Powder) . . . . .	85
Garcinia Cambogia 600 mg · 60% Hydroxycitric Acid . . . . .	86
Heart Smart Organic Extra Virgin Olive Oil . . . . .	101
Heart Smart Organic Safflower Oil . . . . .	102
Heart Smart Organic Sunflower Oil . . . . .	102
Juicy Immune - Energy . . . . .	109
Lectro-Lytes Coco-Pineapple · Electrolyte Rehydration Drink Mix . . . . .	116
Lectro-Lytes Lemon-Lime · Electrolyte Rehydration Drink Mix . . . . .	117
Liver Protection . . . . .	119
Lupine Seed Protein <b>Organic</b> · 100% Pure . . . . .	120
MCT Energy Medium-Chain Triglycerides · 60/40 Formula (Liquid) . . . . .	122
MCT Energy 1,000 mg . . . . .	122

MCT Protein Broth . . . . .	123
Merry Mind Omega 3 1,000 mg EPA · 100 mg DHA . . . . .	134
Multi Vitamin and Mineral Formula . . . . .	137
Multi-Max Multivitamin . . . . .	137
Multi-Max Immune Multivitamin . . . . .	138
Omega 3/6/7/9 <b>Made with Organic Borage, Flax, and Sea Buckthorn.</b> . . . .	146
Ox Bile 500 mg . . . . .	147
Peacegreens . . . . .	151
Peacegreens Energy and Endurance . . . . .	152
Peacegreens Immune . . . . .	153
Plant Digestive Enzymes . . . . .	154
Pumpkin Seed Protein <b>Organic</b> Whole-Food Protein Powder . . . . .	173
Smooth Stevia . . . . .	187
Stevia Leaf Green (Powder) . . . . .	191
Stevia Sugar Spoonable . . . . .	191
Stevia Sweetleaf . . . . .	191
Stevia White Powder Concentrate . . . . .	191
Super Fiber Psyllium 620 mg . . . . .	198
Sweet 'n Clean Xylitol · <b>Organic</b> · 100% Pure . . . . .	198
Sweet 'n Slim Erythritol · <b>Organic</b> · 100% Pure . . . . .	199
Ultra B Complex 50 mg . . . . .	205
Ultra B Complex 100 mg . . . . .	205
Ultra Stress B Complex 50 mg + Vitamin C . . . . .	208
Vitamin C <sup>®</sup> 527 mg (Capsules) . . . . .	220
Vitamin C <sup>®</sup> 1,165 mg (Powder) . . . . .	220
Vitamin D3 1000 IU . . . . .	222
Vitamin D3 Oil Emulsification · 1,000 IU per Drop . . . . .	222
Vitamin D3 1,000 IU (softgels) . . . . .	222
Vitamin D3 2,500 IU Extra Strength (capsules) . . . . .	223
Vitamin D3 2,500 IU Extra Strength (liquid) . . . . .	223
Vitamin D3 2,500 IU Extra Strength (softgels) . . . . .	223
Wild Omega 3 180 mg EPA · 120 mg DHA . . . . .	211
Wild Omega 3 EPA 330 mg · DHA 165 mg Easy-Swallow Size · Lemon Flavour . . . . .	211
Wild Omega 3 EPA 660 mg · DHA 330 mg . . . . .	218
Wild Omega 3 EPA 660 mg DHA 330 mg Lemon Flavour . . . . .	218

## Male Fertility

[see Men's Health, p. 26](#)

## Maternity

[see Women's Health, p. 29](#)

## Medicinal Mushrooms

**Our whole selection of medicinal mushrooms are sustainably grown in fully shaded greenhouses, then hot water-extracted to ensure polysaccharide potency for maximum therapeutic effects (except Chaga Tea, which is wild-crafted).**

Chaga Hot-Water Extract · 40% Polysaccharides · 350 mg . . . . .	50
Chaga Tea . . . . .	50
Cordyceps Hot-Water Extract · 40% Polysaccharides · 500 mg . . . . .	60
Cordyceps Militaris Hot-Water Extract · 40% Polysaccharides · 500 mg . . . . .	60
Coriolus Hot-Water Extract · 40% Polysaccharides · 500 mg . . . . .	60
Coriolus Powder Turkey Tail . . . . .	61
Lion's Mane Hot-Water Extract · 40% Polysaccharides 500 mg · 35% beta-glucans . . . . .	117
Lion's Mane Powder . . . . .	118
Maitake Immune Support · 40% Polysaccharides Hot-Water Extract · 400 mg . . . . .	120
Reishi Hot-Water Extract · 40% Polysaccharides · 500 mg . . . . .	178
Reishi Slices <i>Ganoderma lucidum</i> · <b>Organic</b> . . . . .	179
Resilience Blend of Mushroom Hot-Water Extracts 40% Polysaccharides · 400 mg . . . . .	179
Shiitake Hot-Water Extract · 40% Polysaccharides · 300 mg . . . . .	184

## Men's Health

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

Bee Pollen 500 mg . . . . .	35
Cranberry . . . . .	61
D-Mannose & Cranberry With <i>L. rhamnosus</i> Probiotic . . . . .	64
<b>Fertility: See end of present section</b>	
Glutamic Acid 500 mg . . . . .	94
Prostate Perform . . . . .	171
Resveratrol MAX 500 mg . . . . .	180
Saw Palmetto 95% Fatty Acids · 160 mg . . . . .	182
Selenium 100 mcg . . . . .	183
Selenium 200 mcg · Extra Strength . . . . .	183

**Sexual Health: See end of present section**

### Fertility

Male Fertility Generations . . . . .	121
Ultra Zinc 30 mg . . . . .	208
Ultra Zinc 50 mg . . . . .	208
Zinc Chelate · 25 mg . . . . .	226

### Sexual Health (Men)

Fermented Maca <b>Organic</b> . . . . .	81
Horny Goat Weed ( <i>Epimedium grandiflorum</i> ) · 500 mg . . . . .	104
Maca Organic 750 mg . . . . .	120
Panax Ginseng 20% Ginsenosides · 300 mg . . . . .	149
Tribulus Terrestris 300 mg . . . . .	204

## Menopause

*see Women's Health, p. 29*

## Muscle/Bone/Joint Health

**Your bones are tough; keep them that way with our calcium and bone-health products. Focus on moving and living, without worrying about premature bone damage.**

Anti-Inflamma With Proteolytic Enzymes . . . . .	33
Beef Bone Broth Protein . . . . .	35
Beef Bone Broth Protein + <b>Organic</b> Fermented Ginger . . . . .	36
Beef Bone Broth Protein + <b>Organic</b> Fermented Turmeric . . . . .	36
Benfotiamine 150 mg . . . . .	38
Body Muscle Massage . . . . .	42
Boron 3 mg . . . . .	43
Boswellia Extract 380 mg . . . . .	43
Calcium Citrate and Vitamin D . . . . .	44
Cal-Mag Citrate with Zinc, Potassium, Selenium . . . . .	44
Cal-Mag Citrates Vitamin D, Zinc, Silica, and Boron . . . . .	45
Chondroitin & Glucosamine . . . . .	53
Cold & Flu . . . . .	59
Colostrum 30% IgG Immunoglobulin (Capsules) . . . . .	59
Colostrum 30% IgG Immunoglobulin (Powder) . . . . .	60
Curcumin Plus Piperine · 95% Curcuminoids · 500 mg . . . . .	61
Devil's Claw 525 mg . . . . .	65
DMSO Liquid . . . . .	66
Ginger 195 mg · 10% gingerols . . . . .	87
Ginger 475 mg . . . . .	88
Glucosamine Sulfate 500 mg . . . . .	93
Glucosamine Sulfate 750 mg . . . . .	93
Guggul Extract 560 mg . . . . .	100
Heart Mag 770 mg Magnesium Orotate . . . . .	101
Infla-Heal Plus . . . . .	107
Joint Pain Relief . . . . .	108
Joint-Tissu & MSM With Devil's Claw . . . . .	108
L-Cysteine 500 mg . . . . .	113
L-Glutamine 500 mg . . . . .	114
L-Glutamine (Powder) . . . . .	114
L-Taurine 500 mg . . . . .	115
Magnesium Bisglycinate 150 mg Elemental Magnesium . . . . .	126
Magnesium Bisglycinate 200 mg (Powder) . . . . .	125

Magnesium Bisglycinate 200 mg (Capsules) . . . . .	126
Magnesium Citrate Plus L-Taurine Absorption + . . . . .	126
MCT Protein Broth . . . . .	123
MSM Methylsulfonylmethane · 100% Pure · 850 mg (Capsules) . . . . .	136
MSM Methylsulfonylmethane · 100% Pure (Powder) . . . . .	136
Multi 5 Collagen . . . . .	138
Multi 5 Collagen with Delicious Organic Cocoa . . . . .	139
Omega 3/6/7/9 <b>Made with Organic Borage, Flax, and Sea Buckthorn.</b> . . . .	146
Omega Jolly EPA 650 mg / DHA 100 mg . . . . .	147
Pancreatin . . . . .	149
PEA Pain Relief . . . . .	153
Potassium Citrate 100 mg . . . . .	155
Pür Collagen Body Renew . . . . .	174
Pure Magnesium Bisglycinate 115 mg + Taurine . . . . .	174
Pure Magnesium Bisglycinate 130 mg . . . . .	174
Resveratrol MAX 500 mg . . . . .	180
Serratiopeptidase 120,000 SU . . . . .	183
Shark Cartilage 750 mg . . . . .	184
Silica 7% Extract · 600 mg . . . . .	185
Silica Liquid . . . . .	185
Strong Bones . . . . .	195
Strong Bones Boron-Free Formula . . . . .	195
Strontium Strong Osteo Support · 340 mg . . . . .	197
Vegan Glucosamine 750 mg . . . . .	209
Vegetarian Strong Bones . . . . .	209
Vitamin C Calcium Ascorbate 1,000 mg (Capsules) . . . . .	219
Vitamin C Calcium Ascorbate . . . . .	219
Time Release Vitamin C 1,000 mg . . . . .	219
Vitamin C Crystals . . . . .	220
Vitamin C Sodium Ascorbate . . . . .	221
Vitamin D3 1,000 IU . . . . .	222
Vitamin D3 Oil Emulsification · 1,000 IU per Drop . . . . .	222
Vitamin D3 1,000 IU (softgels) . . . . .	222
Vitamin D3 2,500 IU Extra Strength (capsules) . . . . .	223
Vitamin D3 2,500 IU Extra Strength (liquid) . . . . .	223
Vitamin D3 2,500 IU Extra Strength (softgels) . . . . .	223
Vitamin K2+D3 Liquid K2 120 mcg D3 1,000 IU per Dose . . . . .	211
White Willow Bark · 400 mg . . . . .	211

## Natural Sweeteners

*see Functional Foods → Natural Sweeteners, p. 22*

## Neurological/Memory Health

**New Roots Herbal boasts an extensive selection of nutraceuticals that protect the brain from stressors and nurture cognitive function and synaptic plasticity.**

Acetyl-L-Carnitine 750 mg . . . . .	30
B12 Liquid Methylcobalamin · 1,000 mcg . . . . .	35
Benfotiamine 150 mg . . . . .	38
Children's ADHD Balance . . . . .	50
Clarity Mag 625 mg Magnesium L-Threonate . . . . .	54
Coconut MCT Oil . . . . .	56
<b>Organic</b> Coconut MCT Oil . . . . .	56
<b>Organic</b> Coconut MCT Powder + Acacia Gum . . . . .	57
Coconut Oil 1,000 mg . . . . .	57
Co-Enzyme Q10 30 mg . . . . .	57
Co-Enzyme Q10 60 mg . . . . .	57
Co-Enzyme Q10 100 mg . . . . .	58
Co-Enzyme Q10 200 mg . . . . .	58
Co-Enzyme Q10 300 mg . . . . .	58
Colostrum 30% IgG Immunoglobulin (Capsules) . . . . .	59
Colostrum 30% IgG Immunoglobulin (Powder) . . . . .	60
Curcumin Plus Piperine · 95% Curcuminoids · 500 mg . . . . .	61
D-Stress . . . . .	65
DMG 125 mg . . . . .	66
Elderberry Fruit . . . . .	67
Elderberry Juice Powder . . . . .	67
Elderberry ResQ . . . . .	67



GABA 600 mg · With Active-Form B6 . . . . .	86
Ginkgo Biloba Whole Leaf 400 mg + Extract 60 mg 24% flavonoid glycosides and 6% terpene lactones . . . . .	88
Glutamic Acid 500 mg . . . . .	94
Glutathione Reduced · 200 mg + Vitamin C 50 mg . . . . .	94
Gotu Kola 500 mg . . . . .	95
Homocysteine Reduce . . . . .	103
Kava 400 mg · 30% Kavalactones . . . . .	109
L-Taurine 500 mg . . . . .	115
L-Theanine . . . . .	115
L-Tryptophan 220 mg . . . . .	115
L-Tyrosine 500 mg · Amino Acid . . . . .	115
Lion's Mane Hot-Water Extract · 40% Polysaccharides 500 mg · 35% beta-glucans . . . . .	117
Lion's Mane Powder . . . . .	118
Magnesium Bisglycinate 150 mg Elemental Magnesium . . . . .	126
Magnesium Bisglycinate 200 mg (Powder) . . . . .	125
Magnesium Bisglycinate 200 mg (Capsules) . . . . .	126
MCT Energy Medium-Chain Triglycerides · 60/40 Formula (Liquid) . . . . .	122
MCT Energy 1,000 mg . . . . .	122
Merry Mind Omega 3 1,000 mg EPA · 100 mg DHA . . . . .	134
New Roots Herbal Joyful . . . . .	145
Omega 3/6/7/9 <b>Made with Organic Borage, Flax, and Sea Buckthorn.</b> . . . .	146
Omega Jolly EPA 650 mg / DHA 100 mg . . . . .	147
P-5-P . . . . .	147
Potassium Citrate 100 mg . . . . .	155
Pure Magnesium Bisglycinate 130 mg . . . . .	174
Rhodiola Extract 200 mg · 5% Rosavins, 1.9% Salidroside . . . . .	180
S-AcetylGlutathione 100 mg . . . . .	182
Slow Release CoQ10 . . . . .	187
Smart Ginkgo . . . . .	187
St. John's Wort Extract · 450 mg . . . . .	190
Tingsation Essential Oil for Tingling Toes and Fingers . . . . .	202
Vitamin B1 Thiamine · 100 mg . . . . .	214
Vitamin B5 Calcium D-Pantothenate · 500 mg . . . . .	215
Vitamin B5 Synergistic 500 mg . . . . .	216
Vitamin B6 25 mg · With 5 mg of P-5-P . . . . .	216
Vitamin B6 Synergistic 100 mg . . . . .	216
Vitamin B12 Methylcobalamin 500 mcg . . . . .	217
Vitamin B12 Methylcobalamin 1,000 mcg . . . . .	217
Vitamin B12 Methylcobalamin · 15,000 mcg (Sublingual Tablet) . . . . .	218
Wild Omega 3 180 mg EPA · 120 mg DHA . . . . .	211
Wild Omega 3 EPA 330 mg · DHA 165 mg Easy-Swallow Size · Lemon Flavour . . . . .	211
Wild Omega 3 EPA 660 mg · DHA 330 mg . . . . .	218
Wild Omega 3 EPA 660 mg DHA 330 mg Lemon Flavour . . . . .	218

## Plant-Based Sweeteners

see Functional Foods → Natural Sweeteners, p. 22

## Probiotics

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

Acidophilus Ultra Daily Care · 11 Billion + . . . . .	30
Acidophilus Ultra + Daily Care + 36% Stronger 15 Billion + . . . . .	31
Children's Probiotic 10 Billion + · 12 Strains . . . . .	51
Colon Care Probiotics Superior Colon Care · 90 Billion + . . . . .	59
D-Mannose & Cranberry With <i>L. rhamnosus</i> Probiotic . . . . .	64
Femina Flora Vaginal Flora · 4 Strains · 10 Billion Probiotics . . . . .	71
Femina Flora Oral Women's Probiotic · 55 Billion + . . . . .	84
Hospital Bacteria Defense · 10 Billion+ . . . . .	104
Human Probiotics Colonizing Flora · 42 Billion + . . . . .	104
IBS Urgency Irritable Bowel Syndrome · 10 Billion + . . . . .	105
Probiotic Intensity Extra Daily Care · 20 Billion + . . . . .	157
Probiotics Recovery Ultimate Potency · 120 Billion + . . . . .	157
Probiotics Urgency Extra Potency · 50 Billion + . . . . .	171
Travelers' Probiotic Protection · 21 Billion + . . . . .	204
Ultra Max . . . . .	206

## Sexual Health

see Men's Health, p. 26

see Women's Health, p. 29

## Sport Nutrition

Acetyl-L-Carnitine 750 mg . . . . .	30
Amino-Mix Free-Form BCAAs · Branched-Chain Amino Acids . . . . .	33
Anti-Inflamma With Proteolytic Enzymes . . . . .	33
Beef Bone Broth Protein . . . . .	35
Beef Bone Broth Protein + <b>Organic</b> Fermented Ginger . . . . .	36
Beef Bone Broth Protein + <b>Organic</b> Fermented Turmeric . . . . .	36
Body Muscle Massage . . . . .	42
Chondroitin & Glucosamine . . . . .	53
Coconut MCT Oil . . . . .	56
<b>Organic</b> Coconut MCT Oil . . . . .	56
<b>Organic</b> Coconut MCT Powder + Acacia Gum . . . . .	57
Colostrum 30% IgG Immunoglobulin (Capsules) . . . . .	59
Colostrum 30% IgG Immunoglobulin (Powder) . . . . .	60
Cordyceps Hot-Water Extract · 40% Polysaccharides · 500 mg . . . . .	60
Cordyceps Militararis Hot-Water Extract · 40% Polysaccharides · 500 mg . . . . .	60
D-Ribose . . . . .	64
DMG 125 mg . . . . .	66
Glucosamine Sulfate 500 mg . . . . .	93
Glucosamine Sulfate 750 mg . . . . .	93
Glutamic Acid 500 mg . . . . .	94
Heart Mag 770 mg Magnesium Orotate . . . . .	101
L-Arginine 500 mg . . . . .	113
L-Carnitine Tartrate 750 mg . . . . .	113
L-Glutamine 500 mg . . . . .	114
L-Glutamine (Powder) . . . . .	114
Lectro-Lytes Coco-Pineapple Electrolyte Rehydration Drink Mix . . . . .	116
Lectro-Lytes Lemon-Lime Electrolyte Rehydration Drink Mix . . . . .	117
Lupine Seed Protein <b>Organic</b> · 100% Pure . . . . .	120
Magnesium Bisglycinate 150 mg Elemental Magnesium . . . . .	126
Magnesium Bisglycinate 200 mg (Powder) . . . . .	125
Magnesium Bisglycinate 200 mg (Capsules) . . . . .	126
Magnesium Citrate Plus L-Taurine High Absorption . . . . .	126
MCT Energy Medium-Chain Triglycerides · 60/40 Formula (Liquid) . . . . .	122
MCT Energy 1,000 mg . . . . .	122
MCT Protein Broth . . . . .	123
Multi 5 Collagen . . . . .	138
Multi 5 Collagen with Delicious Organic Cocoa . . . . .	139
PEA Pain Relief . . . . .	153
Pumpkin Seed Protein <b>Organic</b> Whole-Food Protein Powder . . . . .	173
Pür Collagen Body Renew . . . . .	174
Pure Magnesium Bisglycinate 115 mg + Taurine . . . . .	174
Pure Magnesium Bisglycinate 130 mg . . . . .	174
Resveratrol MAX 500 mg . . . . .	180
RiboEndurance Mag . . . . .	181
Siberian Ginseng . . . . .	184
Vegan Glucosamine 750 mg . . . . .	209

## Stress/Mood/Sleep

Acidophilus Ultra Daily Care · 11 Billion + . . . . .	30
Acidophilus Ultra + Daily Care + 36% Stronger 15 Billion + . . . . .	31
Adrenal Pure Glandular Concentrate 200 mg . . . . .	32
Ashwagandha Extract 500 mg · 5% Withanolides . . . . .	34
Benfotiamine 150 mg . . . . .	38
Clarity Mag 625 mg Magnesium L-Threonate . . . . .	54
D-Stress . . . . .	65
GABA 600 mg · With Active-Form B6 . . . . .	86
Heart Mag 770 mg Magnesium Orotate . . . . .	101
Holy Basil Max . . . . .	103

Human Probiotics Colonizing Flora · 42 Billion + . . . . .	104
Kava 400 mg · 30% Kavalactones . . . . .	109
L-Glutamine 500 mg . . . . .	114
L-Glutamine (Powder) . . . . .	114
L-Theanine . . . . .	115
L-Tryptophan 220 mg . . . . .	115
L-Tyrosine 500 mg · Amino Acid . . . . .	115
Licorice Root 470 mg . . . . .	117
Liquid Melatonin . . . . .	119
Magnesium Bisglycinate 150 mg Elemental Magnesium . . . . .	126
Magnesium Bisglycinate 200 mg (Powder) . . . . .	125
Magnesium Bisglycinate 200 mg (Capsules) . . . . .	126
Melatonin 3 mg · Sleep Support . . . . .	133
Melatonin 5 mg · Sleep Support . . . . .	133
Melatonin 10 mg · Sleep Support . . . . .	133
Merry Mind Omega 3 1,000 mg EPA · 100 mg DHA . . . . .	134
New Roots Herbal Chill Pills . . . . .	144
New Roots Herbal Joyful . . . . .	145
Niacinamide Vitamin B3 · 500 mg . . . . .	145
Omega Jolly EPA 650 mg / DHA 100 mg . . . . .	147
P-5-P . . . . .	147
Panax Ginseng 20% Ginsenosides · 300 mg . . . . .	149
Passion Flower <b>Organic Tincture</b> . . . . .	150
Probiotic Intensity Extra Daily Care · 20 Billion + . . . . .	157
Probiotics Recovery Ultimate Potency · 120 Billion + . . . . .	157
Probiotics Urgency Extra Potency · 50 Billion + . . . . .	171
Pure Magnesium Bisglycinate 130 mg . . . . .	174
Reishi Hot-Water Extract · 40% Polysaccharides · 500 mg . . . . .	178
Reishi Powder . . . . .	179
Reishi Slices <i>Ganoderma lucidum</i> · <b>Organic</b> . . . . .	179
Resveratrol MAX 500 mg . . . . .	180
Rhodiola Extract 200 mg · 5% Rosavins, 1,9% Salidroside . . . . .	180
Siberian Ginseng . . . . .	184
Sleep <sup>8</sup> . . . . .	186
St. John's Wort Extract · 450 mg . . . . .	190
Ultra B Complex 50 mg . . . . .	205
Ultra B Complex 100 mg . . . . .	205
Ultra Max . . . . .	206
Ultra Stress B Complex 50 mg + Vitamin C . . . . .	208
Valerian Root · 470 mg · <b>Made with Organic Valerian</b> . . . . .	209
Valerian Root <b>Certified Organic</b> (Liquid) . . . . .	209
Vitamin B1 Thiamine · 100 mg . . . . .	214
Vitamin B3 Flush-Free · Inositol Hexanicotinate · 375 mg . . . . .	215
Vitamin B3 Niacin 100 mg . . . . .	215
Vitamin B3 Niacin 500 mg . . . . .	215
Vitamin B5 Calcium D-Pantothenate · 500 mg . . . . .	215
Vitamin B5 Synergistic 500 mg . . . . .	216
Vitamin B6 25 mg · With 5 mg of P-5-P . . . . .	216
Vitamin B6 Synergistic 100 mg . . . . .	216

## Sweeteners

[see Functional Foods → Natural Sweeteners, p. 22](#)

## Teas / Herbal Teas

[see Functional Foods → Teas / Herbal Teas, p. 22](#)

## Vitamins/Minerals

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

Active Folate L-5-Methyltetrahydrofolate 1,000 mcg (Capsules) . . . . .	31
Active Folate L-5-Methyltetrahydrofolate 1,000 mcg (Tablets) . . . . .	31
B12 Liquid Methylcobalamin · 1,000 mcg . . . . .	35
Benfotiamine 150 mg . . . . .	38
Beta-Carotene 25,000 IU . . . . .	38
Biotin 10 mg (10,000 mcg) . . . . .	39
Boron 3 mg . . . . .	43
Calcium Citrate and Vitamin D . . . . .	44

Calcium D-Glucarate 650 mg . . . . .	44
Cal-Mag Citrate with Zinc, Potassium, Selenium . . . . .	44
Cal-Mag Citrates Vitamin D, Zinc, Silica, and Boron . . . . .	45
Cardio Flow . . . . .	46
Children's Multi Advanced 18-Ingredient Formula . . . . .	51
Children's Vitamin D3 400 IU per Drop . . . . .	52
Chromium Picolinate 200 mcg . . . . .	53
Chromium Picolinate 500 mcg . . . . .	54
Clarity Mag 625 mg Magnesium L-Threonate . . . . .	54
Heart Mag 770 mg Magnesium Orotate . . . . .	101
Heme Iron Polypeptide · 11 mg . . . . .	103
Iron Bisglycinate 35 mg Elemental . . . . .	108
Lectro-Lytes Coco-Pineapple · Electrolyte Rehydration Drink Mix . . . . .	116
Lectro-Lytes Lemon-Lime · Electrolyte Rehydration Drink Mix . . . . .	117
Magnesium Bisglycinate 150 mg Elemental Magnesium . . . . .	126
Magnesium Bisglycinate 200 mg (Powder) . . . . .	125
Magnesium Bisglycinate 200 mg (Capsules) . . . . .	126
Magnesium Citrate Plus L-Taurine High Absorption . . . . .	126
Molybdenum Rice Chelated . . . . .	136
Multi Vitamin and Mineral Formula . . . . .	137
Multi-Max Multivitamin . . . . .	137
Multi-Max Immune Multivitamin . . . . .	138
Myo-Inositol . . . . .	140
Niacinamide Vitamin B3 · 500 mg . . . . .	145
P-5-P . . . . .	147
Potassium Citrate 100 mg . . . . .	155
Potassium Iodide 800 mcg . . . . .	155
Potassium Iodide 65 mg . . . . .	156
Prenatal Complete Multivitamin . . . . .	156
Pure Magnesium Bisglycinate 115 mg + Taurine . . . . .	174
Pure Magnesium Bisglycinate 130 mg . . . . .	174
Selenium 100 mcg . . . . .	183
Selenium 200 mcg · Extra Strength . . . . .	183
Silica 7% Extract · 600 mg . . . . .	185
Silica Liquid . . . . .	185
Strong Bones . . . . .	195
Strong Bones Boron-Free Formula . . . . .	195
Strontium Strong Osteo Support · 340 mg . . . . .	197
Super Iron 15 mg · Advanced Formula . . . . .	198
Ultra B Complex 50 mg . . . . .	205
Ultra B Complex 100 mg . . . . .	205
Ultra Iron 30 mg · Advanced Formula . . . . .	205
Ultra Stress B Complex 50 mg + Vitamin C . . . . .	208
Ultra Zinc 30 mg . . . . .	208
Ultra Zinc 50 mg . . . . .	208
Vegetarian Strong Bones . . . . .	209
Vitamin B1 Thiamine · 100 mg . . . . .	214
Vitamin B2 Riboflavin · 100 mg . . . . .	214
Vitamin B3 Flush-Free · Inositol Hexanicotinate · 375 mg . . . . .	215
Vitamin B3 Niacin 100 mg . . . . .	215
Vitamin B3 Niacin 500 mg . . . . .	215
Vitamin B5 Calcium D-Pantothenate · 500 mg . . . . .	215
Vitamin B5 Synergistic 500 mg . . . . .	216
Vitamin B6 25 mg · With 5 mg of P-5-P . . . . .	216
Vitamin B6 Synergistic 100 mg . . . . .	216
Vitamin B12 Methylcobalamin 500 mcg . . . . .	217
Vitamin B12 Methylcobalamin 1,000 mcg . . . . .	217
Vitamin B12 Methylcobalamin · 15,000 mcg (Sublingual Tablet) . . . . .	218
Vitamin C Calcium Ascorbate 1,000 mg (Capsules) . . . . .	219
Vitamin C Calcium Ascorbate . . . . .	219
Time Release Vitamin C 1,000 mg . . . . .	219
Vitamin C Crystals . . . . .	220
Vitamin C <sup>8</sup> 527 mg (Capsules) . . . . .	220
Vitamin C <sup>8</sup> 1,165 mg (Powder) . . . . .	220
Vitamin C Sodium Ascorbate . . . . .	221
Vitamin D3 1000 IU . . . . .	222
Vitamin D3 Oil Emulsification · 1,000 IU per Drop . . . . .	222
Vitamin D3 1,000 IU (softgels) . . . . .	222
Vitamin D3 2,500 IU Extra Strength (capsules) . . . . .	223

Vitamin D3 2,500 IU Extra Strength (liquid) . . . . .	223
Vitamin D3 2,500 IU Extra Strength (softgels) . . . . .	223
Vitamin E <sup>®</sup> 200 IU . . . . .	210
Vitamin E <sup>®</sup> 400 IU . . . . .	210
Vitamin K2+D3 Liquid K2 120 mcg D3 1,000 IU per Dose. . . . .	211
Zinc Chelate · 25 mg . . . . .	226

## Weight Management

**Our safe, effective, and side effect-free weight-loss products accelerate the metabolism, curb appetite, and discourage fat storage.**

Coconut MCT Oil . . . . .	56
<b>Organic</b> Coconut MCT Oil. . . . .	56
<b>Organic</b> Coconut MCT Powder + Acacia Gum . . . . .	57
Coconut Oil 1,000 mg . . . . .	57
Fiber Ultra Rich Plantago + Inulin (Powder) . . . . .	84
Fiber Ultra Rich Psyllium · 550 mg. . . . .	84
Fiber Ultra Rich Psyllium + Inulin (Powder) . . . . .	85
Garcinia Cambogia 600 mg · 60% Hydroxycitric Acid. . . . .	86
Green Tea Extract · 250 mg · 50% Polyphenols . . . . .	97
Green Tea 500 mg · 75% EGCG . . . . .	97
L-Carnitine Tartrate 750 mg. . . . .	113
L-Lysine 500 mg. . . . .	114
L-Theanine . . . . .	115
MCT Energy Medium-Chain Triglycerides · 60/40 Formula (Liquid) . . . . .	122
MCT Energy 1,000 mg . . . . .	122
Prolax Stimulant Laxative . . . . .	171
Slimmer System . . . . .	186
Smooth Stevia. . . . .	187
Stevia Leaf Green (Powder) . . . . .	191
Stevia Sugar Spoonable . . . . .	191
Stevia Sweetleaf . . . . .	191
Stevia White Powder Concentrate . . . . .	191
Super Fiber Psyllium 620 mg . . . . .	198
Sweet 'n Clean Xylitol · <b>Organic</b> · 100% Pure . . . . .	198
Sweet 'n Slim Erythritol · <b>Organic</b> · 100% Pure . . . . .	199
Thyrosyn. . . . .	202

## Women's Health

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

B12 Liquid Methylcobalamin · 1,000 mcg . . . . .	35
Berberine 500 mg . . . . .	38
Borage Oil . . . . .	42
Cranberry. . . . .	61
D-Mannose powder . . . . .	64
D-Mannose & Cranberry With <i>L. rhamnosus</i> Probiotic . . . . .	64
Evening Primrose Oil 500 mg	
<b>Made with Organic Evening Primrose</b> . . . . .	70

Evening Primrose Oil 1,000 mg	
<b>Made with Organic Evening Primrose</b> . . . . .	71
Femina Flora Vaginal Flora · 4 Strains · 10 Billion Probiotics . . . . .	71
Femina Flora Oral Women's Probiotic · 55 Billion + . . . . .	84
<b>Fertility/Maternity: See end of present section</b>	
Flaxseed Oil Made with Cold-Pressed, Organic Flax · 1,000 mg. . . . .	85
Heme Iron Polypeptide · 11 mg . . . . .	103
Indole-3-Carbinol 150 mg . . . . .	105
Iron Bisglycinate 35 mg Elemental. . . . .	108
<b>Menopause: See end of present section</b>	
PMS Relief . . . . .	155
Red Clover Blossoms 390 mg. . . . .	177
Red Raspberry Leaf · 345 mg. . . . .	178
Resveratrol MAX 500 mg. . . . .	180
<b>Sexual Health: See end of present section</b>	
Slimmer System . . . . .	186
Super Iron 15 mg · Advanced Formula . . . . .	198
Ultra Iron 30 mg · Advanced Formula . . . . .	205
Uva Ursi 435 mg . . . . .	209
Vitamin B12 Methylcobalamin 500 mcg. . . . .	217
Vitamin B12 Methylcobalamin 1,000 mcg. . . . .	217
Vitamin B12 Methylcobalamin · 15,000 mcg (Sublingual Tablet) . . . . .	218

## Fertility/Maternity

Active Folate L-5-Methyltetrahydrofolate 1,000 mcg (Capsules) . . . . .	31
Active Folate L-5-Methyltetrahydrofolate 1,000 mcg (Tablets) . . . . .	31
Berberine 500 mg . . . . .	38
Grass-Fed Lamb Thymus Raw Glandular · 450 mg . . . . .	97
Mum Ma Milkstream (Capsules) . . . . .	139
Mum Ma Milkstream <b>Organic Tincture</b> . . . . .	139
Myo-Inositol . . . . .	140
P-5-P . . . . .	147
Prenatal Complete Multivitamin. . . . .	156
Vitamin B6 25 mg · With 5 mg of P-5-P . . . . .	216
Vitamin B6 Synergistic 100 mg . . . . .	216

## Menopause

Black Cohosh Root Extract 2.5% · 40 mg. . . . .	40
Boron 3 mg . . . . .	43
Dong Quai Women's Ginseng 500 mg . . . . .	66
Fermented Maca <b>Organic</b> . . . . .	81
Flaxseed Oil Made with Cold-Pressed, Organic Flax · 1,000 mg. . . . .	85
Maca Organic 750 mg . . . . .	120
Menopause . . . . .	134
Myo-Inositol . . . . .	140
Red Clover Blossoms 390 mg. . . . .	177

## Sexual Health (Women)

Fermented Maca <b>Organic</b> . . . . .	81
Maca Organic 750 mg . . . . .	120

The product descriptions in this catalogue are for general information purposes only, and are not intended as medical advice, which can only be administered to each individual by qualified health-care practitioners. In case of a discrepancy between a product's label and the information contained herein, the label information prevails. While every attempt has been made to ensure accuracy of the product descriptions in this catalogue, New Roots Herbal will not be responsible for errors or accidental omissions. If you require further product information, or should you have any questions, please call or visit our website [newrootsherbal.com](http://newrootsherbal.com). All rights reserved. No part of this catalogue may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage or retrieval system, without permission from New Roots Herbal. The New Roots Herbal logo and product photos are copyright © 2022 New Roots Herbal Inc.

## Please Note...

Product information may change. Always refer to that written on the actual bottle for dosage and safety indications, as the catalogue may have been updated since bottle production, due to inventory backlog. Bottle images reflect most recent updates to completed artwork. It is not possible to guarantee market availability due to changes in demand. Thank you for understanding.



## Acetyl-L-Carnitine

750 mg

*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.

#1730 · 90 vegetable capsules · NPN 80039010 · V0464-R2

✓ Amino Acids / Proteins · ✓ Cardiovascular Health · ✓ Keto Diet  
✓ Neurological/Memory Health · ✓ Sport Nutrition

**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.

## S-Acetyl-Glutathione

100 mg

*Intracellular Antioxidant  
Superior Assimilation*

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

#2416 · 60 vegetable capsules  
NPN 80091902 · V0670-R1

✓ Antioxidants · ✓ Detoxification  
✓ Immune Health  
✓ Neurological/Memory Health

**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.



## Acidophilus Ultra

**Daily Care · 11 Billion + Live  
Active Probiotics Delivered  
Safely to the Intestines**

**11 Strains · Helps Support  
Intestinal and Gastrointestinal  
Health · GPS™ Enteric Coating  
Gastric Protective System  
Survives Stomach Acid**

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

#1270 · 30 vegetable capsules · #0004 · 60 vegetable capsules  
#0495 · 120 vegetable capsules · #0940 · 250 vegetable capsules  
NPN 80062961 · V0435-R2

✓ Digestive Health · ✓ Immune Health · ✓ Keto Diet  
✓ Probiotics · ✓ Stress/Mood/Sleep

**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**

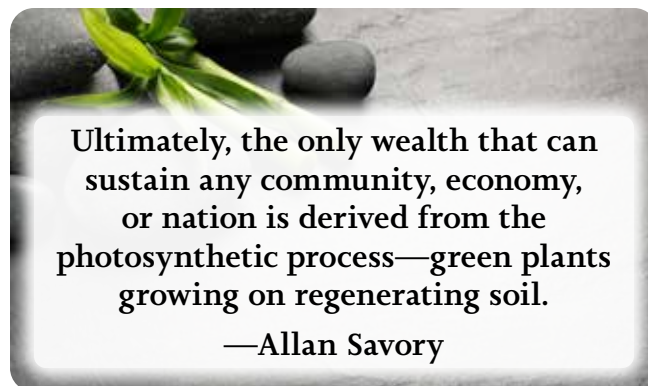
**Adults, adolescents, and children ≥ 6 years old:**  
Take 1–2 capsules daily or as directed by your health-care practitioner.

**Probiotics with GPS™ Enteric Coating**

*p. 163–169*

**Other Probiotics**

*p. 169–170*



**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**

## Acidophilus Ultra + Daily Care + 36% Stronger 15 Billion + Live Active Probiotics Delivered Safely to the Intestines

11 Strains · Helps Support  
Intestinal and Gastrointestinal  
Health · Natural Water-Based  
GPS™ Enteric Coating  
Gastric Protective System  
Survives Stomach Acid

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

#2456 · 60 vegetable capsules · #2457 · 120 vegetable capsules  
NPN 80086910 · V0676-R1

✓ Digestive Health · ✓ Immune Health · ✓ Keto Diet  
✓ Probiotics · ✓ Stress/Mood/Sleep

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

### Human Strains

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

### Plant Strain

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

### Dairy Strains

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

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

### Other ingredients

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

### Directions of use

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

**Probiotics with GPS™ Enteric Coating** p. 163–169

**Other Probiotics** p. 169–170



## 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.

#1900 · 60 vegetable capsules · NPN 80095778 · V0518-R1

✓ Vitamins/Minerals · ✓ Women's Health (Fertility/Maternity)

### 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.

## 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.

#2038 · 60 tablets · NPN 80070154 · V0563-R1

✓ Vitamins/Minerals · ✓ Women's Health (Fertility/Maternity)

### Each tablet contains

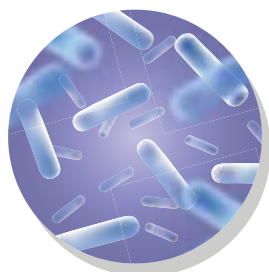
Vitamin B6 (pyridoxal-5'-phosphate)	2 mg
Folate (from calcium L-5-methyltetrahydrofolate)	1 mg
Vitamin B12 (methylcobalamin)	2.8 mcg

### 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.



Lactobacillus



Lactobacillus bulgaricus

## Adrenal 200 mg Pure Glandular Concentrate

Helps in the development and maintenance of bones, cartilage, teeth, and gums; in connective tissue formation; in wound healing; in collagen formation to maintain healthy bones, cartilage, teeth, and gums; to maintain/support immune function; and to maintain the body's ability to metabolize nutrients. An antioxidant for the maintenance of good health and to help protect cells against the oxidative damage caused by free radicals.



#2262 · 30 vegetable capsules • #1347 · 90 vegetable capsules  
NPN 80056719 · V0365-R9

✓ Energy · ✓ Glandular Extracts · ✓ Stress/Mood/Sleep

### 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

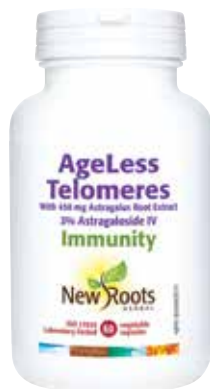
Consult a health-care practitioner for prolonged use.

## AgeLess Telomeres With 450 mg Astragalus Root Extract

### 3% Astragaloside IV

#### 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.



#1428 · 60 vegetable capsules  
NPN 80090511 · V0482-R3

✓ Antioxidants · ✓ Immune 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.

## Alpha Lipoic 125 mg

### Antioxidant

Provides antioxidants for the maintenance of good health.

#0289 · 60 vegetable capsules  
NPN 80017722 · V0203-R1

✓ Antioxidants · ✓ Detoxification  
✓ Immune 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.



## Alpha Lipoic 250 mg

### Antioxidant

Provides antioxidants for the maintenance of good health.

#0770 · 60 vegetable capsules  
#0991 · 90 vegetable capsules  
NPN 80017724 · V0096-R1

✓ Antioxidants · ✓ Detoxification  
✓ Immune 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.



## R+ Alpha Lipoic 150 mg

### Antioxidant · Promotes Healthy Glucose Metabolism

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

#1378 · 60 vegetable capsules  
NPN 80113344 · V0381-R4

✓ Antioxidants · ✓ Detoxification  
✓ Immune Health

### 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.

## Amino-Mix

### With Free-Form BCAAs

### Branched-Chain Amino Acids

#### Builds Muscle

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

#1167 • 240 tablets

NPN 80023663 • V0332-R2

✓ Amino Acids / Proteins • ✓ 50+ Health  
✓ Keto Diet • ✓ Sport Nutrition

**Each tablet contains**

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

**Providing (typical amino acid profile)**

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

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

**Other ingredients**

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

**Directions of use**

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

**Duration of use**

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

## Anti-Inflamma

### With Proteolytic Enzymes

#### 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.



#1285 • 90 vegetable capsules • #1160 • 180 vegetable capsules

NPN 80039209 • V0330-R7

✓ Herbs and Herbal Extracts • ✓ Muscle/Bone/Joint Health  
✓ Sport Nutrition

**Each vegetable capsule contains**

Boswellia (Boswellia serrata) oleogum resin extract,  
70% organic acid providing 35% boswellic acid ..... 200 mg  
Turmeric (Curcuma longa) root extract, 95% curcuminoids,  
providing curcumin I, demethoxycurcumin, and  
bisdemethoxycurcumin ..... 200 mg

Bromelain (from pineapple

[Ananas comosus var. comosus] stem),

2,400 GDU/g ..... 100 mg (3,600,000 FCC PU)

Quercetin ..... 100 mg

**Other ingredients**

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

**Directions of use**

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

**Duration of use**

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

## 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.

#2575 • 150 g / 214 portions • P0849-R1

✓ Digestive Health • ✓ Functional Foods (Fermented Products)  
✓ Functional Foods (Teas / Herbal Teas)

**Ingredient**

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

**Nutrition Facts**

Per 1/4 tsp. (0.7 g)

Calories 0 % Daily Value\*

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

## 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.

#1607 • 50 ml • OM0126-R5

✓ Exotic Skin Oils • ✓ Hair/Skin/Nails

**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.

## Ashwagandha Extract 500 mg • 5% Withanolides

### Increases Resistance to Anxiety Supports Sexual Health

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

#2113 • 30 vegetable capsules • #2115 • 60 vegetable capsules  
NPN 80071783 • V0581-R1

✓ Herbs and Herbal Extracts • ✓ Immune Health  
✓ Stress/Mood/Sleep

### Each vegetable capsule contains

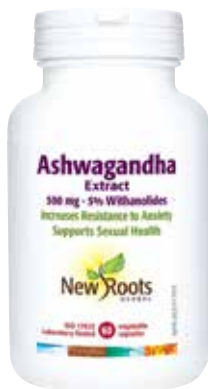
Ashwagandha (*Withania somnifera*) root extract,  
5% withanolides . . . . . 500 mg

### 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.



## Astragalus 8000

### Immune Strength

Used in herbal medicine to maintain a healthy immune system.

#1157 • 90 vegetable capsules  
NPN 80023779 • V0329-R2

✓ Herbs and Herbal Extracts  
✓ Immune Health

### 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.



## Astragalus Root Organic Tincture

### Antioxidant

Provides antioxidants.

#1544 • 50 ml • #1545 • 95 ml  
NPN 80025918 • LM0004-R2

✓ Herbs and Herbal Extracts •  
✓ Immune Health

### 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.



### New Product!

Since March 2022

## 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).

#2583 • 100 g • NPN 80104440 • P0864-R1

✓ Functional Foods (Teas / Herbal Teas)  
✓ Herbs and Herbal Extracts • ✓ Immune Health

### Each rounded teaspoon contains

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

### Directions of use

Adults: 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.



### New Product!

Since March 2022

## Astragalus Ultra 500 mg • 3% Astragaloside IV

### Healthy Immunity

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

#2713 • 30 vegetable capsules  
NPN 80115781 • V0362-R4

✓ Herbs and Herbal Extracts  
✓ Immune Health

### 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.

## B-Complex Vitamins 212–218

### 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.

#2275 · 15 ml / 85 doses  
NPN 80083590 · LM0140-R1

✓ Energy · ✓ 50+ Health  
✓ Neurological/Memory Health  
✓ Vitamins/Minerals · ✓ Women's Health

### 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.



### 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.

#1815 · 30 ml · OM0127-R1

✓ Exotic Skin Oils · ✓ Hair/Skin/Nails

### 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.



### Bee Pollen 500 mg

Sustainably Sourced

Provides antioxidants.

#1412 · 100 vegetable capsules  
NPN 80033471 · V0389-R2

✓ Energy · ✓ Functional Foods  
✓ Herbs and Herbal Extracts  
✓ Men's Health

### 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.



### Beef Bone Broth Protein

Grass-Fed · New Zealand  
27 g Proteins (90% Protein),  
110 Calories per Portion  
Antibiotic-, BSE- and  
Hormone-Free

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.

#2293 · 300 g / 10 portions · P0782-R1

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

### Ingredient

Grass-fed beef bone broth protein powder.

### Directions of use

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

### Nutrition Facts

Per 3 rounded tbsps. (30 g)

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

## Beef Bone Broth Protein

### + Organic Fermented Ginger

**Grass-Fed · New Zealand**  
**25 g Proteins (83% Protein),**  
**110 Calories per Portion**  
**Antibiotic-, BSE- and**  
**Hormone-Free**



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.

#2462 · 300 g / 10 portions · PM0821-R1

✓ Amino Acids / Proteins · ✓ Digestive Health · ✓ 50+ Health  
 ✓ Functional Foods (Fermented Products)  
 ✓ Functional Foods (Teas / Herbal Teas) · ✓ Keto Diet  
 ✓ Muscle/Bone/Joint Health · ✓ Sport Nutrition

### Ingredient

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

### Directions of use

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

### Nutrition Facts

	Per 3 rounded tbsp. (30 g)	% Daily Value*
Calories 110		
Fat 0 g		0 %
Saturated 0 g + Trans 0 g		0 %
Carbohydrate 3 g		
Fibre 1 g		4 %
Sugars 0 g		0 %
Protein 25 g		
Cholesterol 0 mg		
Sodium 270 mg		12 %
Potassium 125 mg		3 %
Calcium 0 mg		0 %
Iron 0.3 mg		2 %
Niacin 1.75 mg		11 %
Vitamin B6 0.25 mg		15 %
Vitamin B12 0.8 µg		33 %
Selenium 2.5 µg		5 %
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

## Beef Bone Broth Protein

### + Organic Fermented Turmeric

**Grass-Fed · New Zealand**  
**13 g Proteins (92% Protein),**  
**50 Calories per Portion**  
**Antibiotic-, BSE- and**  
**Hormone-Free**



Slow-simmered, beef bone broth is made from bones and connective tissues of New Zealand grass-fed cattle. It's a source of collagen, wide spectrum of amino acids, and vitamins B3, B6, and B12, instrumental in normal growth and development, and as a factor in energy metabolism. Fermented turmeric, with notes of orange and curry, provides bold, exotic flavouring.

#2509 · 300 g / 21 portions · PM0836-R1

✓ Amino Acids / Proteins · ✓ Digestive Health · ✓ 50+ Health  
 ✓ Functional Foods (Fermented Products)  
 ✓ Functional Foods (Teas / Herbal Teas) · ✓ Keto Diet  
 ✓ Muscle/Bone/Joint Health · ✓ Sport Nutrition

### Ingredient

Grass-fed beef bone broth protein powder and organic fermented turmeric 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 tbsp. (14 g) per 300 ml of hot water; if needed, add more water. Salt to taste. **For recipe ideas, visit** [newrootsherbal.com/recipes](http://newrootsherbal.com/recipes).

### Nutrition Facts

	Per 3 tbsp. (14 g)	% Daily Value*
Calories 50		
Fat 0 g		0 %
Saturated 0 g + Trans 0 g		0 %
Carbohydrate 1 g		
Fibre 0 g		0 %
Sugars 0 g		0 %
Protein 13 g		
Cholesterol 0 mg		
Sodium 135 mg		6 %
Potassium 75 mg		2 %
Calcium 0 mg		0 %
Iron 0.2 mg		1 %
Niacin 1 mg		6 %
Vitamin B6 0.125 mg		7 %
Vitamin B12 0.4 µg		17 %

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

### Typical amino acid profile (g/portion of 14 g)\*\*

Glycine .....	2.457	Valine* .....	0.353
Proline .....	1.425	Phenylalanine* .....	0.288
Glutamic acid .....	1.381	Threonine* .....	0.258
Alanine .....	1.049	Isoleucine* .....	0.208

Arginine .....	0.945	Tyrosine.....	0.152
Aspartic acid .....	0.751	Histidine*.....	0.130
Lysine*.....	0.478	Methionine*.....	0.105
Leucine*.....	0.472	Tryptophan*.....	0.020
Serine .....	0.369	Cysteine.....	0.011

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

## Grass-Fed Beef Liver Raw Glandular · 600 mg

**Hormone- and Pesticide-Free**

**Supports immunity.**

Supports good health.

Helps support immune function.

#1963 · 30 vegetable capsules

NPN 80053926 · V0541-R1

✓ **Detoxification** · ✓ **Digestive Health**

✓ **Glandular Extracts**

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



## Grass-Fed Beef Spleen Raw Glandular · 650 mg

**Hormone- and Pesticide-Free**

**Supports Immunity**

Supports good health.

Helps support immune function.

#1964 · 30 vegetable capsules

NPN 80058174 · V0527-R2

✓ **Cardiovascular Health**

✓ **Glandular Extracts**

**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.



## Fermented Red Beet Organic

**Unsweetened and No Flavour**

**Added · 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.

#2340 · 150 g / 50 portions · P0796-R1

✓ **Cardiovascular Health** · ✓ **Detoxification** · ✓ **Digestive Health**

✓ **Energy** · ✓ **Functional Foods (Fermented Products)**

✓ **Keto Diet**

**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\*

Fat 0 g ..... 0 %

Saturated 0 g + Trans 0 g ..... 0 %

Carbohydrate 2 g

Fibre 1 g ..... 4 %

Sugars 1 g ..... 1 %

Protein 0.5 g

Cholesterol 0 mg

Sodium 40 mg ..... 2 %

Potassium 150 mg ..... 3 %

Calcium 10 mg ..... 1 %

Iron 0.4 mg ..... 2 %

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



## Red Beet Root 500 mg

**Antioxidant**

Source of antioxidants.

#0824 · 100 vegetable capsules

NPN 80048818 · V0126-R2

✓ **Cardiovascular Health**

✓ **Detoxification** · ✓ **Digestive Health**

✓ **Energy** · ✓ **Herbs and Herbal Extracts**

**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.



## Benfotiamine 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.

#2352 · 60 vegetable capsules

#2354 · 120 vegetable capsules

NPN 80086082 · V0626-R1

✓ Blood Glucose Management

✓ Detoxification · ✓ Digestive Health · ✓ Energy · ✓ 50+ Health

✓ Muscle/Bone/Joint Health · ✓ Neurological/Memory Health

✓ Stress/Mood/Sleep · ✓ Vitamins/Minerals

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.



## Beta-Carotene

25,000 IU · Provitamin A

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.

#0774 · 90 softgels

NPN 80087568 · V0148-R3

✓ Digestive Health · ✓ Immune Health · ✓ Vitamins/Minerals

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, and purified water.

Directions of use

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



New Product!

Coming May 2022

## Bifido Builder

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. Supports good health. Helps maintain immune function.

#3037 · 30 vegetable capsules · NPN 80112652 · V0756-R1

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

✓ Probiotics

Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acids 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.



## Berberine 500 mg

Cholesterol and Glucose Support

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

#2483 · 60 vegetable capsules

NPN 80093363 · V0671-R1

✓ Blood Glucose Management

✓ Cardiovascular Health

✓ Herbs and Herbal Extracts

✓ Immune Health

✓ Women's Health (Fertility/Maternity)

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.





### 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. Take at least 2–3 hours before or after antibiotics.

*Probiotics with GPS™ Enteric Coating* p. 163–169  
*Other Probiotics* p. 169–170

### New Product!

Coming May 2022

## Bifido Infantis

### 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 favorable gut flora. Supports good health. Helps maintain immune function.

#3040 · 30 vegetable capsules • NPN 80112649 · V0742-R1

✓ Children's Health · ✓ Digestive Health · ✓ Immune Health  
✓ Probiotics

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

### Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, 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, 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.

*Probiotics with GPS™ Enteric Coating* p. 163–169  
*Other Probiotics* p. 169–170



### New Product!

Since January 2022

## Ox Bile 500 mg

### Increase Bile Flow

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

#2641 · 60 vegetable capsules  
NPN 80102342 · V0645-R1

✓ Enzymes · ✓ Digestive Health  
✓ Glandular Extracts · ✓ Keto Diet  
✓ 50+ Health

### 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.



## Biotin 10 mg (10,000 mcg)

### 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.

#2321 · 60 vegetable capsules  
NPN 80083274 · V0651-R1

✓ Digestive Health · ✓ Hair/Skin/Nails  
✓ Vitamins/Minerals

### Each vegetable capsule contains

Biotin ..... 10 mg

### Other ingredients

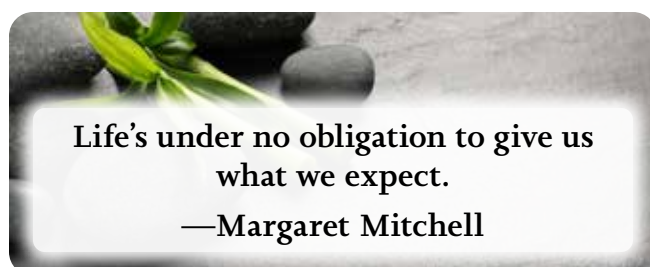
Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### 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.



## Black Cohosh

### 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; and to help relieve premenstrual symptoms.

#0777 · 60 vegetable capsules • NPN 80023952 · V0173-R2

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

### 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.



## Black Cumin Seed Oil

### 500 mg · Allergy Support

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

Source of linoleic acid for the maintenance of good health.

Helps reduce symptoms of allergic rhinitis.

#0130 · 60 vegetable capsules

#0945 · 120 vegetable capsules

NPN 80035939 · V0163-R5

✓ [Herbs and Herbal Extracts](#)

✓ [Immune Health \(Allergy Relief\)](#)

### 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.



## Black Cumin 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.

#2226 · 100 ml / ≈ 20 doses

#2225 · 200 ml / ≈ 40 doses •

NPN 80080852 · LM0151-R1

✓ [Herbs and Herbal Extracts](#) · ✓ [Immune Health \(Allergy Relief\)](#)

### 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.



## Fermented Black Cumin Seed organic

*Whole-Food Powder · 5 Calories per Portion · Unsweetened and No Flavour Added · Gluten-Free Non-GMO*

Naturally fermented for rich flavour and amplified nutritional status.

#2317 · 36 g / 24 portions • P0790-R1

✓ [Functional Foods \(Fermented Products\)](#)

✓ [Herbs and Herbal Extracts](#) · ✓ [Immune Health \(Allergy Relief\)](#)

✓ [Keto Diet](#)

### Ingredient

Organic fermented black cumin seed.

### Directions of 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\*

Fat 0 g . . . . . 0 %

Saturated 0 g + Trans 0 g . . . . . 0 %

Carbohydrate 1 g

Fibre 1 g . . . . . 4 %

Sugars 0 g . . . . . 0 %

Protein 1 g

Cholesterol 0 mg

Sodium 0 mg . . . . . 0 %

Potassium 20 mg . . . . . 0 %

Calcium 20 mg . . . . . 2 %

Iron 0.75 mg . . . . . 4 %

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





## Black Walnut

### Green Hull · 150 mg

#### Vermifuge

#### Eliminates *Tinea corporis*

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

#0997 · 60 vegetable capsules

NPN 80106851 · V0289-R2

✓ Detoxification

✓ Herbs and Herbal Extracts

#### 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.



## Black Walnut

### Leaf and Hull · 440 mg

#### Vermifuge

#### Eliminates *Tinea corporis*

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

#0841 · 100 vegetable capsules

NPN 80039629 · V0007-R2

✓ Detoxification

✓ Herbs and Herbal Extracts

#### 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 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 6 weeks.



## 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*).

#1627 · 50 ml · #1628 · 95 ml

NPN 80031291 · LM0007-R7

✓ Detoxification · ✓ Herbs and Herbal Extracts

#### 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.



## Blood Sugar Balance

### 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.

#1088 · 60 vegetable capsules

#1086 · 120 vegetable capsules

NPN 80068848 · V0313-R5

✓ Blood Glucose Management

✓ Herbs and Herbal Extracts

#### 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

Chanca piedra (*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,

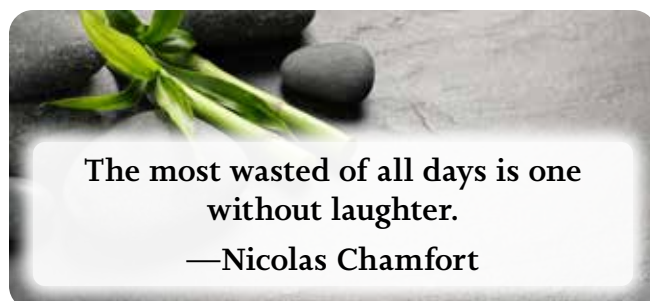
10% ursolic acid..... 13 mg

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



The most wasted of all days is one  
without laughter.  
—Nicolas Chamfort



## 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.

## Body Muscle Massage Pain Relief

*Arnica, Calendula, Chamomile,  
and Aloe Vera*

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

#1198 • 125 ml • #0341 • 250 ml • #0732 • 500 ml  
NPN 80054950 • LM0071-R2

✓ **Herbs and Herbal Extracts**

✓ **Muscle/Bone/Joint Health** • ✓ **Sport Nutrition**



## Medicinal ingredients

Methyl salicylate ..... 5%  
Menthol ..... 3%

## Other ingredients

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

## Directions of use

**Adults 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.

## Duration of use

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

## Body Rejuvenation Program

**Rejuvenate, Renew, Refresh**

*Helps Cleanse, Detoxify, and  
Revitalize Your Intestinal  
System in 4 Weeks for a Fresh  
Start to Your Health!*

Whether it's the air we breathe, the food we eat, or the water we drink, our bodies are exposed to toxic substances every day. The **Body Rejuvenation Program** cleanses and revitalizes. Its 5 products work together to effectively remove toxins through an internal body cleanse. Feel better in 4 weeks; start your rejuvenation today!

#0799 • Kit • NPN 80060553

✓ **Detoxification** • ✓ **Herbs and Herbal Extracts**



## Each box contains

1 bottle of Fiber Ultra Rich Plantago + Inulin ..... 340 g  
1 bottle of Pancreatin 325 mg ..... 120 capsules  
1 bottle of Springlife 1,000 mg ..... 100 tablets  
2 bottles of Prolax 510 mg ..... 60 capsules  
Note: 1 bottle of *Acidophilus Ultra* 120 capsules must be purchased separately (in store's refrigerator).

## Fiber Ultra Rich Plantago + Inulin

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.

## Pancreatin

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

## Springlife

Clove and rosemary are used in traditional herbal medicine as carminatives for the relief of digestive complaints such as flatulence or abdominal distention.

## Prolax

Cascara sagrada is traditionally used in herbal medicine as a stimulant laxative for short-term relief of occasional constipation; used in herbal medicine to promote bowel movement by direct action on the large intestine.

## Borage Oil 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.

#0882 • 60 softgels • #0775 • 90 softgels • NPN 80097675 • V0704-R1

✓ **Essential Fatty Acids** • ✓ **Hair/Skin/Nails** • ✓ **Women's 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.





## Boron 3 mg

### Calcium Metabolism

Helps maintain healthy calcium metabolism.

#0436 • 90 vegetable capsules  
NPN 80044094 • V0216-R4

- ✓ Muscle/Bone/Joint Health
- ✓ Vitamins/Minerals
- ✓ Women's Health (Menopause)

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.



## Boswellia

### Extract • 380 mg

#### Helps to Relieve Joint Pain

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

#2096 • 90 vegetable capsules  
NPN 80072262 • V0585-R2

- ✓ Herbs and Herbal Extracts
- ✓ Muscle/Bone/Joint Health

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.



## New Roots Herbal's

## Breathe Easy

### Made with Organic Plantain and Lobelia

#### Respiratory Relaxant and Expectorant

#### New Roots Herbal's Breathe Easy

is formulated with selected organic quality herbals. Lobelia is traditionally used in herbal medicine as a respiratory relaxant and expectorant.

#0242 • 100 vegetable capsules • NPN 80036947 • V0123-R4  
✓ Detoxification • ✓ Herbs and Herbal Extracts

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.

## Ultimate Bromelain

### 500 mg • 2,400 GDU/g

#### Extra Strength Digestive Enzyme

Digestive enzyme.

#0238 • 90 vegetable capsules  
NPN 80034028 • V0198-R4

- ✓ Digestive Health • ✓ Enzymes

Each vegetable capsule contains

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



## Cacay Seed Oil

### 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.

#2304 • 15 ml • #2305 • 30 ml • OM0071B-R2

- ✓ Exotic Skin Oils

### Each bottle contains

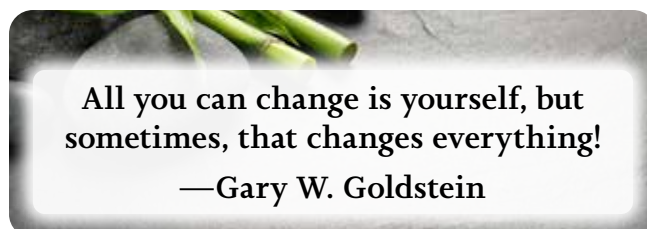
Wildcrafted cacay (*Caryodendron orinocense*) seed oil, cold-pressed. . . . . 15 ml  
with added organic rosemary (*Rosmarinus officinalis*) extract.

### 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.



## Vitamin C

(capsules)

### Calcium Ascorbate

**1,000 mg**

*Builds Bones, Teeth, Collagen*

*+ Immunity · Gentle on the Stomach*

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

#0239 · 60 vegetable capsules · NPN 80102991 · V0207-R1

✓ Muscle/Bone/Joint Health · ✓ Vitamins/Minerals

#### 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.



## Vitamin C

(powder)

### Calcium Ascorbate

**1,090 mg**

*Builds Bones, Teeth, Collagen*

*+ Immunity · Gentle on the Stomach*

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

#0030 · 150 g / ≈135 doses · #0159 · 227 g / ≈205 doses

#0031 · 454 g / ≈415 doses · NPN 80066047 · P0023

✓ Muscle/Bone/Joint Health · ✓ Vitamins/Minerals

#### 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.



## Calcium Citrate and Vitamin D

### 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.

#0319 · 150 vegetable capsules

NPN 80061748 · V0285-R3

✓ Muscle/Bone/Joint Health ·

✓ Vitamins/Minerals

#### Each vegetable capsule contains

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

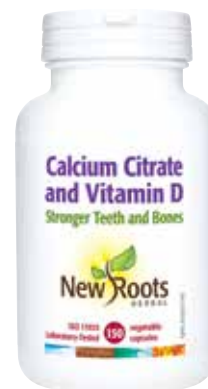
Vitamin D3 (cholecalciferol) . . . . . 1.375 mcg (55 IU)

#### 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.



## Calcium D-Glucarate 650 mg

### Liver Detoxification

Helps to support glucuronidation, a liver detoxification pathway.

#2277 · 60 vegetable capsules

NPN 80083170 · V0402-R1

✓ Detoxification · ✓ Digestive Health

✓ Vitamins/Minerals

#### Each vegetable capsule contains

Calcium D-glucarate . . . . . 650 mg

#### Other ingredients

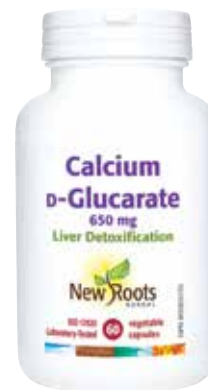
Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### 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.



## Cal-Mag Citrate 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.

#0784 · 90 vegetable capsules

#0229 · 180 vegetable capsules

NPN 80028481 · V0155-R2

✓ Muscle/Bone/Joint Health · ✓ Vitamins/Minerals



### 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 of after them.

## Cal-Mag Citrates

### 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.

#1468 · 100 vegetable capsules • #1470 · 200 vegetable capsules  
NPN 80033666 · V0406-R2

✓ **Muscle/Bone/Joint Health** · ✓ **Vitamins/Minerals**

### 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

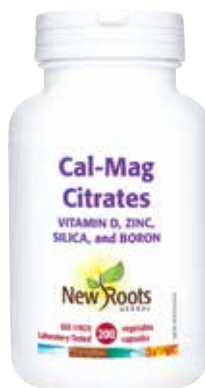
Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### 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.



## Candida Stop

### 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.

#0131 · 90 vegetable capsules

#0021 · 180 vegetable capsules

NPN 80066778 · V0428-R10

✓ **Detoxification** · ✓ **Herbs and Herbal Extracts**

### Each vegetable capsule contains

Caprylic acid (calcium caprylate) .....	90 mg
Caprylic acid (magnesium caprylate) .....	90 mg
Odourless garlic ( <i>Allium sativum</i> ) bulb <b>extract</b> , 1% allicin .....	62.5 mg
Oregano ( <i>Origanum vulgare</i> ) leaf <b>extract</b> , 30% carvacrol .....	55 mg
Grapefruit seed <b>extract</b> * .....	50 mg
Suma ( <i>Hebanthe eriantha</i> ) root .....	50 mg
Echinacea ( <i>Echinacea purpurea</i> ) root <b>extract</b> , 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 <b>extract</b> .....	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.

## Caprylic Acid Plus

### Yeast-Stop Formula

### Alleviates Fungal Infections

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

#0022 · 60 vegetable capsules

#0941 · 120 vegetable capsules

NPN 80041615 · V0011-R3

✓ **Detoxification**

✓ **Herbs and Herbal Extracts**

### Each vegetable capsule contains

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





### Other ingredients

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

### Directions of use

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

### Duration of use

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

## Organic Cardiac Health Tincture

### Helps Reduce Elevated

*Blood Lipid Levels · With Garlic, Hawthorn, European Mistletoe, Motherwort, Cayenne, White Willow, and Bilberry*

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.

#2043 · 100 ml · NPN 80079033 · LM0139-R2

✓ Cardiovascular Health

✓ Herbs and Herbal Extracts



### Each ml contains a crude quantity equivalent of

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

### Other ingredients

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

### Directions of use

Adults ≥ 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.

## Cardio Flow

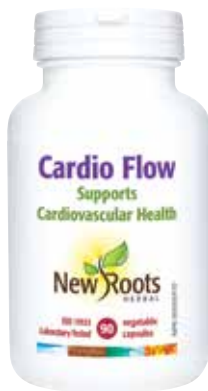
### Supports Cardiovascular Health

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.

#1170 · 90 vegetable capsules

NPN 80069470 · V0325-R6

✓ Cardiovascular Health · ✓ Vitamins/Minerals



### 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.

## Shark Cartilage 750 mg

### Responsibly Sourced From New Zealand

Helps in the development and maintenance of bones and teeth. Adequate calcium as part of a healthy diet may help prevent bone loss/osteoporosis.

#0219 · 90 vegetable capsules

#0218 · 300 vegetable capsules

NPN 80033463 · V0065-R2

✓ Muscle/Bone/Joint Health



### Each vegetable capsule contains

Shark cartilage (100% pure, premium quality)* . . . . .	750 mg
---	--------

### Contains:

Calcium. . . . .	12.0%
------------------	-------

\* From unthreatened species from New Zealand shark farms.

### Other ingredients

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

### Directions of use

Adults: Take 2–5 capsules 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.

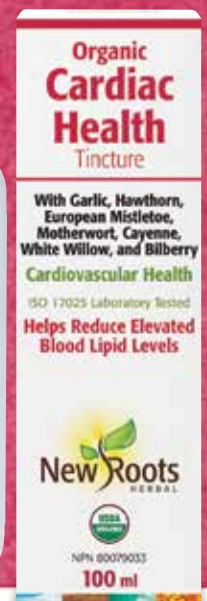
### Duration of use

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

Nothing in the universe can stop you  
from letting go and starting over.

—Guy Finley

# WOMEN CAN DO ANYTHING MEN CAN DO. INCLUDING SUFFER FROM HEART DISEASE.



Inspired by Nature, Driven by Science to ***Make Life Better!***

[newrootsherbal.com](http://newrootsherbal.com)

To ensure these products are right for you,  
always read and follow label directions.



Tested in our state-of-the-art  
**ISO 17025**  
Accredited Laboratory

**PROUDLY** 

The Only Canadian-Branded Natural Supplement Manufacturer That Tests All Products in an On-Site, State-of-the-Art, ISO 17025–Accredited Lab



# Children's Products

## Children's ADHD Balance Cognitive Support

### Mild Lemon Taste

May help reduce the symptoms associated with attention deficit hyperactivity disorders (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.

#2730 • 120 chewable softgels • NPN 80085697 • V0617-R1

✓ Children's Health • ✓ Essential Fatty Acids • ✓ Fish Oils

### 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:

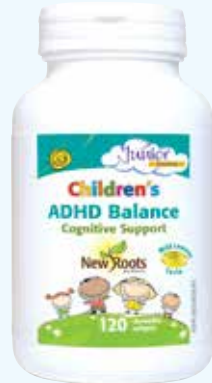
Eicosapentaenoic acid (EPA) ..... 145 mg  
Docosahexaenoic acid (DHA) ..... 87.5 mg

### 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.



## Children's Multi Advanced 18-Ingredient Formula

### Natural Berry-Lemon Flavour Health + Immunity

A multivitamin and mineral supplement for the maintenance of good health. Helps the body metabolize carbohydrates, fats, and proteins. 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.

#1794 • 300 g / 94 doses • NPN 80068803 • PM0001-R12

✓ Children's Health • ✓ Vitamins/Minerals



### 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.





# Children's Products



## Children's Omega-3

**550 mg EPA • 225 mg DHA**

*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.

#1856 • 120 chewable softgels • NPN 80080677 • V0513-R4

✓ **Children's Health** • ✓ **Essential Fatty Acids (Fish Oils)**

**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

### Other ingredients

Natural vitamin E (D-alpha-tocopherol from non-GMO soy) in a softgel composed of potato starch, sorbitol, 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.



**Soon with this New Look!**

## Children's Probiotic

**10 Billion + Live Active Probiotic Cells • 12 Strains**

*Helps Support Intestinal Health Ultra Concentrated*

Provides live microorganisms that temporarily modify gut flora. This ultraconcentrated formula is easily added to cold food like yogurt without changing taste or texture.

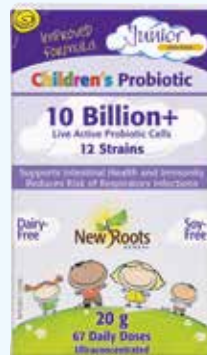
#1821 • 20 g / 67 daily doses • NPN 80061093 • PM0009-R4

✓ **Children's Health** • ✓ **Digestive Health** • ✓ **Probiotics**

**Each two rounded scoops (approx. 300 mg) contains 12 strains of 10 billion live active healthy whole cells**

### Human Strains

*Bifidobacterium longum*  
ssp. *infantis* R0033, UB9214. . . . . 1 billion CFU  
*Lactobacillus acidophilus* R0418. . . . . 388 million CFU  
*Lactobacillus reuteri* HA-188 . . . . . 350 million CFU  
*Bifidobacterium longum* ssp. *longum* R0175. . . . . 212 million CFU  
*Bifidobacterium breve* R0070 . . . . . 212 million CFU



### Plant Strain

*Lactobacillus plantarum* R1012. . . . . 282 million CFU

### Dairy Strains

*Lactobacillus rhamnosus* R0011 . . . . . 4.644 billion CFU

*Lactobacillus rhamnosus* R1039 . . . . . 2.121 billion CFU

*Lactobacillus helveticus* R0052. . . . . 353 million CFU

*Lactobacillus casei* R0215 . . . . . 282 million CFU

*Streptococcus salivarius*

ssp. *thermophilus* R0083 . . . . . 141 million CFU

*Lactobacillus delbrueckii*

ssp. *bulgaricus* R9001. . . . . 35 million CFU

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

### Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, non-GMO potato maltodextrin, vitamin C (ascorbic acid), and vegetable magnesium stearate.

### Directions of use

Children 1–12 years and adolescents: For best results, take 2 rounded scoops daily with cold, high-fat food (like yogurt or ice cream) 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.

## Children's Vitamin D3

**400 IU per Drop • 1,050 Doses**

*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.

#1930 • 30 ml • NPN 80054011 • LM0128-R1

✓ **Children's Health** • ✓ **Vitamins/Minerals**

### 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.



## Cascara Sagrada 325 mg

### Stimulant Laxative

### for Constipation

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

#1474 • 100 vegetable capsules  
NPN 80016113 • V0388-R4

✓ Digestive Health

✓ Herbs and Herbal Extracts



### 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.

## Chaga Extract

### Immune Support • Harmony

### Hot-Water Extract

40% Polysaccharides • 350 mg

Source of fungal polysaccharides with immunomodulating properties.

#1936 • 60 vegetable capsules  
NPN 80055779 • V0522-R1

✓ Antioxidants • ✓ Detoxification

✓ Immune Health

✓ Medicinal Mushrooms



### 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.

## Chaga Tea

### Canadian Wild-Crafted

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

#2093 • 100 g • NPN 80069451 • P0624-R1

✓ Antioxidants • ✓ Detoxification

✓ Functional Foods (Teas / Herbal Teas)

✓ Immune Health • ✓ Medicinal Mushrooms



### 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.**

## Children's Products

48–49

### New Product!

Since April 2022

## Children's ADHD Balance

### Cognitive Support

### Mild Lemon Taste

May help reduce the symptoms associated with attention deficit hyperactivity disorders (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.

#2730 • 120 chewable softgels • NPN 80085697 • V0617-R1

✓ Children's Health • ✓ Essential Fatty Acids • ✓ Fish Oils

### Each chewable softgel contains

Organic evening primrose (Oenothera biennis) seed oil, hexane-free ..... 260 mg

### Providing:

gamma-Linolenic acid (GLA) (10%) ..... 26 mg

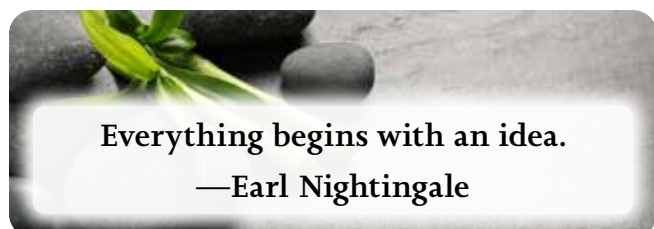
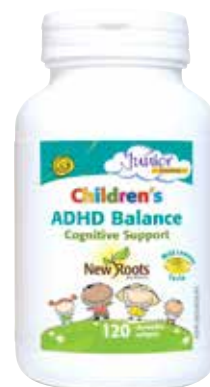
Fish-oil omega-3 fatty acids from wild, deep-sea whole sardines (Sardina pilchardus)

and whole anchovies (Engraulis encrasicolus) ..... 325 mg

### Providing:

Eicosapentaenoic acid (EPA) ..... 145 mg

Docosahexaenoic acid (DHA) ..... 87.5 mg



Everything begins with an idea.

—Earl Nightingale

### 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.

## Children's Multi Advanced 18-Ingredient Formula

### Natural Berry-Lemon Flavour Health + Immunity

A multivitamin and mineral supplement for the maintenance of good health. Helps the body metabolize carbohydrates, fats, and proteins. 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.

#1794 • 300 g / 94 doses • NPN 80068803 • PM0001-R12

✓ Children's Health • ✓ Vitamins/Minerals

### 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.



## Children's Omega-3

550 mg EPA • 225 mg DHA

### 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.

#1856 • 120 chewable softgels • NPN 80080677 • V0513-R4

✓ Children's Health • ✓ Essential Fatty Acids (Fish Oils)

### 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

### Other ingredients

Natural vitamin E (D-alpha-tocopherol from non-GMO soy) in a softgel composed of potato starch, sorbitol, 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.



### Soon with this New Look!

## Children's Probiotic

10 Billion + Live Active  
Probiotic Cells • 12 Strains

### Helps Support Intestinal Health Ultra Concentrated

Provides live microorganisms that temporarily modify gut flora. This ultraconcentrated formula is easily added to cold food like yogurt without changing taste or texture.

#1821 • 20 g / 67 daily doses • NPN 80061093 • PM0009-R4

✓ Children's Health • ✓ Digestive Health • ✓ Probiotics

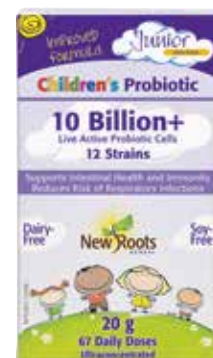
Each two rounded scoops (approx. 300 mg) contains  
12 strains of 10 billion live active healthy whole cells

### Human Strains

Bifidobacterium longum	
ssp. infantis R0033, UB9214 .....	1 billion CFU
Lactobacillus acidophilus R0418 .....	388 million CFU
Lactobacillus reuteri HA-188 .....	350 million CFU
Bifidobacterium longum ssp. longum R0175 ..	212 million CFU
Bifidobacterium breve R0070 .....	212 million CFU

### Plant Strain

Lactobacillus plantarum R1012 .....	282 million CFU
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You are never too old to set another  
goal or to dream a new dream.

—C.S. Lewis



## Dairy Strains

<i>Lactobacillus rhamnosus</i> R0011	4.644 billion CFU
<i>Lactobacillus rhamnosus</i> R1039	2.121 billion CFU
<i>Lactobacillus helveticus</i> R0052	353 million CFU
<i>Lactobacillus casei</i> R0215	282 million CFU
<i>Streptococcus salivarius</i>	
ssp. <i>thermophilus</i> R0083	141 million CFU
<i>Lactobacillus delbrueckii</i>	
ssp. <i>bulgaricus</i> R9001	35 million CFU

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

## Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, non-GMO potato maltodextrin, vitamin C (ascorbic acid), and vegetable magnesium stearate.

## Directions of use

**Children 1–12 years and adolescents:** For best results, take 2 rounded scoops daily with cold, high-fat food (like yogurt or ice cream) 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.

## Children's Vitamin D3

**400 IU per Drop • 1,050 Doses**

***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.

#1930 • 30 ml • NPN 80054011 • LM0128-R1

✓ **Children's Health** • ✓ **Vitamins/Minerals**

## 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.

## New Roots Herbal Chill Pills

**Relaxation**

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

#1166 • 16 vegetable capsules

#1163 • 30 vegetable capsules

#1277 • 60 vegetable capsules

NPN 80084696 • V0324-R7

✓ **Stress/Mood/Sleep**

## Each vegetable capsule contains

L-Theanine	100 mg
Holy basil ( <i>Ocimum tenuiflorum</i> )	
leaf extract, 10% ursolic acid	50 mg
Ashwagandha ( <i>Withania somnifera</i> )	
root extract, 2.5% withanolides	75 mg



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

## Chlorella 455 mg

**Broken-Cell**

**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.

#1654 • 60 vegetable capsules • #1655 • 300 vegetable capsules

NPN 80073330 • V0452-R2

✓ **Detoxification** • ✓ **Functional Foods (Green Foods)**

## Each vegetable capsule contains

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

## Other ingredients

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

## Directions of use

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





## Organic Chlorella (powder)

*Broken-Cell Algae for*

*Superior Absorption*

*Clean Green Superfood*

Nutritional support for your healthy, active lifestyle. Due to its flour-like consistency, it can easily be added to a variety of recipes such as smoothies, muffins, soups, and snacks.

#1650 · 150 g / ≈ 60 portions • #1647 · 227 g / ≈ 90 portions

#1648 · 454 g / ≈ 181 portions • P0622

✓ **Detoxification** · ✓ **Functional Foods (Green Foods)**

### Nutrition Facts

Per 1 tsp. (2.5 g)

	% Daily Value*
Calories 10	
Fat 0.3 g	0 %
Saturated 0.1 g + Trans 0 g	1 %
Carbohydrate 0 g	
Dietary Fibre 0 g	0 %
Sugars 0 g	0 %
Protein 1 g	
Cholesterol 0 mg	
Sodium 4 mg	0 %
Potassium 0 mg	0 %
Calcium 0 mg	0 %
Iron 0.5 mg	3 %
Vitamin C 2 mg	2 %
Vitamin E 0.5 mg	3 %
Thiamin 0.03 mg	3 %
Riboflavin 0.125 mg	10 %
Niacin 0.75 mg (NE)	5 %
Folate 20 µg DFE	5 %
Magnesium 6 mg	1 %
Zinc 0.1 mg	1 %
Manganese 0.1 mg	4 %

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



### 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.

## Chondroitin and Glucosamine

*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.

#0305 · 60 vegetable capsules

#0304 · 120 vegetable capsules

NPN 80024259 · V0184-R3

✓ **50+ Health** · ✓ **Muscle/Bone/Joint Health** · ✓ **Sport Nutrition**

### 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.

## Chromium Picolinate 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.

#0287 · 100 vegetable capsules

NPN 80020089 · V0095-R2

✓ **Blood Glucose Management**

✓ **Vitamins/Minerals**

### Each vegetable capsule contains

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



## Cho-less-terin With beta-Sitosterols Synergistic

*Lowers LDL Cholesterol and Total Cholesterol*

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

#1838 · 90 softgels • #1837 · 180 softgels

NPN 80068512 · V0477-R5

✓ **Cardiovascular Health**

✓ **Herbs and Herbal Extracts**

### 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

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.

## Chromium Picolinate 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.

#0444 · 100 vegetable capsules  
NPN 80020092 · V0219-R2

✓ Blood Glucose Management  
✓ Vitamins/Minerals

### 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.



## Citrus Bioflavonoids Plus Hesperidin and Quercetin

Provides antioxidants for the maintenance of good health.

#0240 · 90 vegetable capsules  
NPN 80031507 · V0199-R3

✓ Antioxidants  
✓ Herbs and Herbal Extracts  
✓ Immune Health (Allergy Relief)

### Each vegetable capsule contains

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

### Other ingredients

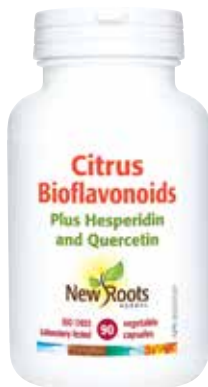
Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### 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.



## Modified Citrus Pectin

### Helps to Support Detoxification

#2239 · 150 g / 30 doses  
#2241 · 450 g / 90 doses  
NPN 80078773 · P0759-R1

✓ Detoxification  
✓ Herbs and Herbal Extracts

### 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 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.

### Cautions and warnings

Provides a significant amount of sodium.



## Clarity Mag Magnesium L-Threonate 625 mg

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.

#2337 · 90 vegetable capsules  
NPN 80084052 · V0647-R1

✓ 50+ Health  
✓ Neurological/Memory Health · ✓ Stress/Mood/Sleep  
✓ Vitamins/Minerals

### Each vegetable capsule contains

Magnesium L-threonate . . . . . 625 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.



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





## Kidney Clean Flow

### 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.

#1079 • 90 vegetable capsules • NPN 80068833 • V0306-R2

✓ Detoxification • ✓ Herbs and Herbal Extracts



#### 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.

## Clove Bud Essential Oil

### (*Syzygium aromaticum*)

#### 100% Pure • Certified Organic

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

#2186 • 15 ml • NPN 80076494 • O0060-R1

✓ Herbs and Herbal Extracts (Essential Oils)



#### 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.

## Clove Leaf 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.

#2140 • 15 ml • NPN 80079755 • O0052-R1

✓ Herbs and Herbal Extracts (Essential Oils)



#### 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.

## Red Clover Blossoms

### 390 mg

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).

#0823 • 100 vegetable capsules

NPN 80029915 • V0127-R3

✓ Herbs and Herbal Extracts • ✓ Women's Health (Menopause)

#### 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.



## Red Clover Isoflavones

### 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.

#1350 · 60 vegetable capsules  
NPN 80027780 · V0377-R4

✓ Herbs and Herbal Extracts

✓ Women's Health (Menopause)

#### 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.



## Cloves 500 mg

### Relieves Bloating and Flatulence

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

#0250 · 100 vegetable capsules  
NPN 80029855 · V0193-R3

✓ Herbs and Herbal Extracts

#### Each vegetable capsule contains

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

#### Other ingredients

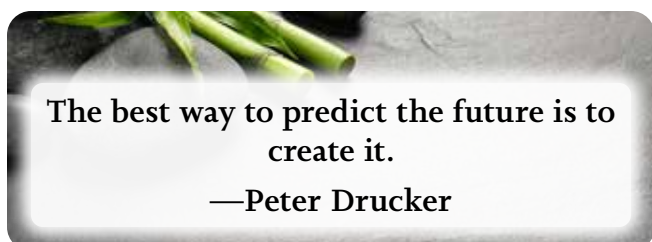
Vegetable magnesium stearate in a non-GMO vegetable capsule composed of pullulan and purified water.

#### 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.



## 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.

#2414 · 500 ml · #2415 · 1 litre · O0076-R1

✓ Energy · ✓ Essential Fatty Acids

✓ 50+ Health · ✓ Keto Diet · ✓ Neurological/Memory Health

✓ Sport Nutrition · ✓ Weight Management

#### 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\*

Fat 14 g..... 19 %

Saturated 14 g + Trans 0 g..... 70 %

Carbohydrate 0 g

Fibre 0 g..... 0 %

Sugars 0 g..... 0 %

Protein 0 g

Cholesterol 0 mg

Sodium 0 mg..... 0 %

Potassium 0 mg..... 0 %

Calcium 0 mg..... 0 %

Iron 0 mg..... 0 %

\*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



## Organic 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

Organic 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.

#2412 · 500 ml · #2413 · 1 litre · O0075-R1

✓ Energy · ✓ Essential Fatty Acids

✓ 50+ Health · ✓ Keto Diet · ✓ Neurological/Memory Health

✓ Sport Nutrition · ✓ Weight Management

#### Ingredient

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

#### Where to Use

Coffee · Dressing · Shake · Cooking





#### Nutrition Facts

	Per 1 tbsp. (15 ml)	% Daily Value*
Calories 130		
Fat 14 g		19 %
Saturated 14 g + Trans 0 g		70 %
Carbohydrate 0 g		
Fibre 0 g		0 %
Sugars 0 g		0 %
Protein 0 g		
Cholesterol 0 mg		
Sodium 0 mg		0 %
Potassium 0 mg		0 %
Calcium 0 mg		0 %
Iron 0 mg		0 %

\*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

### 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.

#2449 · 150 g / 15 portions · P0812-R1

✓ Energy · ✓ Essential Fatty Acids · ✓ 50+ Health · ✓ Keto Diet  
✓ Neurological/Memory Health · ✓ Sport Nutrition  
✓ Weight Management

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

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



### Coconut Oil 1,000 mg Cold-Pressed Made with Organic Coconut Source of MCTs

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

#2026 · 120 softgels ·

NPN 80048756 · V0336-R3

✓ Essential Fatty Acids · ✓ 50+ Health  
✓ Neurological/Memory Health  
✓ Weight Management

#### 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.



### Co-Enzyme Q10 30 mg Supports Cardiovascular Health

An antioxidant for the maintenance of good health. Helps to maintain and support cardiovascular health.

#0679 · 120 vegetable capsules

NPN 80009241 · V0030-R2

✓ Cardiovascular Health · ✓ Energy  
✓ Neurological/Memory 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.



### Co-Enzyme Q10 60 mg Supports Cardiovascular Health

An antioxidant for the maintenance of good health. Helps to maintain and support cardiovascular health.

#0681 · 30 vegetable capsules

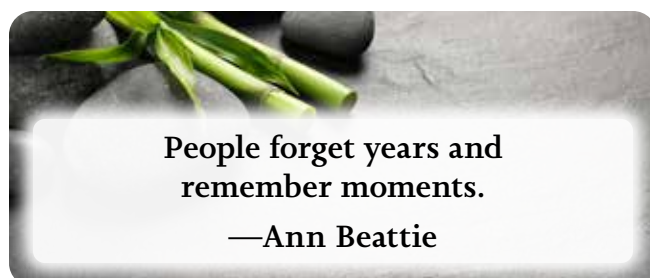
#0682 · 60 vegetable capsules

NPN 80009243 · V0093-R2

✓ Cardiovascular Health · ✓ Energy  
✓ Neurological/Memory Health

#### Each vegetable capsule contains

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



People forget years and  
remember moments.

—Ann Beattie



### 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.

## Co-Enzyme Q10 100 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.

#0288 · 60 vegetable capsules  
NPN 80024928 · V0205-R3

✓ Cardiovascular Health · ✓ Energy  
✓ Neurological/Memory Health

### 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.

## Co-Enzyme Q10 200 mg

### 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.

#2072 · 30 vegetable capsules  
#2126 · 60 vegetable capsules  
NPN 80071034 · V0570-R1

✓ Cardiovascular Health · ✓ Energy  
✓ Neurological/Memory Health

### 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.



## Co-Enzyme Q10 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.

#1290 · 30 vegetable capsules  
NPN 80106303 · V0357-R2

✓ Cardiovascular Health · ✓ Energy  
✓ Neurological/Memory 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.



## Slow Release CoQ10

### 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.

#1782 · 60 vegetable capsules  
NPN 80039835 · V0461-R7

✓ Cardiovascular Health · ✓ Energy  
✓ Neurological/Memory Health

### Each vegetable capsule contains

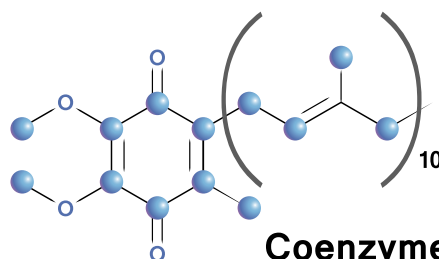
Coenzyme Q10 (ubiquinone-10) (from fermentation). 100 mg

### 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.



Coenzyme Q10

## Cold & Flu

### 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.

#2203 · 15 vegetable capsules

#2204 · 30 vegetable capsules

NPN 80083523 · V0576-R5

✓ Herbs and Herbal Extracts · ✓ Immune Health

#### Each vegetable capsule contains

Andrographis (Andrographis paniculata) aerial part **extract**,  
30% andrographolides III and IV ..... 200 mg  
Astragalus (Astragalus membranaceus) root **extract**,  
3% astragalosides ..... 140 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.



Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 23 strains of live, active, healthy, and whole cells (90 billion) to the intestines/

#### Human Strains

Lactobacillus casei HA-108 .....	30.798 billion CFU
Bifidobacterium bifidum HA-132 .....	10.515 billion CFU
Lactobacillus rhamnosus HA-111 .....	8.575 billion CFU
Lactobacillus rhamnosus HA-114 .....	7.860 billion CFU
Bifidobacterium breve HA-129 .....	3.631 billion CFU
Bifidobacterium longum ssp. longum HA-135 .....	2.179 billion CFU
Lactobacillus salivarius HA-118 .....	1.501 billion CFU
Lactobacillus reuteri HA-188 .....	600 million CFU
Bifidobacterium longum ssp. infantis HA-116 .....	544.7 million CFU
Bifidobacterium longum ssp. infantis R0033 .....	113.3 million CFU
Lactobacillus acidophilus R0418 .....	10.8 million CFU
Bifidobacterium breve R0070 .....	5.9 million CFU
Bifidobacterium longum ssp. longum R0175 ...	5.9 million CFU

#### Plant Strains

Lactobacillus plantarum HA-119 .....	9.986 billion CFU
Lactobacillus plantarum R1012 .....	7.8 million CFU

#### Dairy Strains

Lactobacillus paracasei HA-196 .....	12.576 billion CFU
Lactobacillus helveticus HA-501 .....	1.089 billion CFU
Lactobacillus rhamnosus R0011 .....	78.3 million CFU
Lactobacillus rhamnosus R1039 .....	58.7 million CFU
Lactobacillus helveticus R0052 .....	9.8 million CFU
Lactobacillus casei R0215 .....	7.8 million CFU
Streptococcus salivarius ssp. thermophilus R0083 .....	3.9 million CFU
Lactobacillus delbrueckii ssp. bulgaricus R9001 ..	1 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. If you are taking antibiotics, take this product at least 2–3 h before or after them.

**Probiotics with GPS™ Enteric Coating**

p. 163–169

**Other Probiotics**

p. 169–170

## Collagen

62–63

## Colon Care

### Probiotics

#### Superior Colon Care

#### 90 Billion + Live Active

#### Probiotics Delivered Safely to the Intestines

17 Strains · Helps Support  
Intestinal and Gastrointestinal  
Health · Natural Water-Based  
GPS™ Enteric Coating  
Gastric Protective System  
Survives Stomach Acid

DAIRY-FREE · SOY-FREE

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

#2153 · 30 vegetable capsules · NPN 80083263 · V0614-R1

✓ Digestive Health · ✓ Immune Health · ✓ Probiotics



## Colostrum

### 30% IgG Immunoglobulin (capsules)

#### Immune Support

#### Upper Respiratory Tract

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

#0283 · 60 vegetable capsules

#0273 · 120 vegetable capsules · NPN 80069549 · V0201-R3

✓ Digestive Health · ✓ Immune Health

✓ Muscle/Bone/Joint Health · ✓ Neurological/Memory Health

✓ Sport Nutrition



### Each vegetable capsule contains

Bovine colostrum (from *Bos taurus*),  
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.

## Colostrum (powder)

### 30% IgG Immunoglobulin

#### 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, standardized to 30% IgG content.

#0872 • 64 g • NPN 80032126 • P0253

✓ Digestive Health • ✓ Immune Health

✓ Muscle/Bone/Joint Health • ✓ Neurological/Memory Health

✓ Sport Nutrition

### Each ¼ teaspoon contains

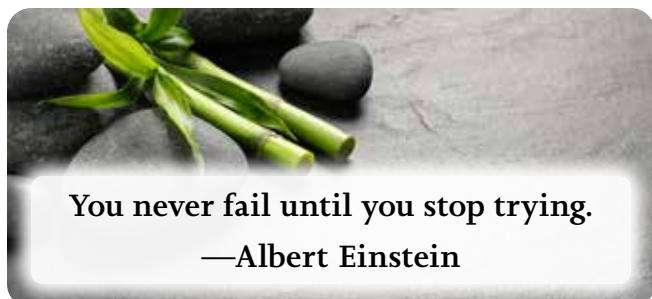
Bovine colostrum (from *Bos taurus*),  
30% immunoglobulins G (IgG) . . . . . 650 mg

### 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 use beyond 8 weeks.



## Cordyceps Extract

### Immune Support • Vitality

#### Hot-Water Extract

40% Polysaccharides • 500 mg

Source of fungal polysaccharides with immunomodulating properties.

#1866 • 60 vegetable capsules  
NPN 80110671 • V0507-R3

✓ Energy • ✓ Immune Health

✓ Medicinal Mushrooms

✓ Sport Nutrition



### 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.

### New Product!

Since January 2022

## Cordyceps Militaris Extract

### Immune Support • Vigour

#### Hot-Water Extract

40% Polysaccharides • 400 mg

Source of fungal polysaccharides with immunomodulating properties.

#2672 • 60 vegetable capsules • NPN 80105570 • V0698-R1

✓ Energy • ✓ Sport Nutrition • ✓ Immune Health

✓ Medicinal Mushrooms



### Each vegetable capsule contains:

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

### Directions of use

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

## Coriolus

### Extract • Turkey Tail

### Immune Support • Antioxidant

#### Hot-Water Extract

40% Polysaccharides • 500 mg

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

#1864 • 60 vegetable capsules  
NPN 80070797 • V0506-R2

✓ Immune Health

✓ Medicinal Mushrooms



### Each vegetable capsule contains

Coriolus (*Trametes versicolor*) mushroom extract standardized to 40% polysaccharides . . . . . 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.

## New Product! Since March 2021

## Organic Coriolus Powder Turkey Tail

### Immunity-Boosting Antioxidant

Source of fungal polysaccharides with immunomodulating properties.

#2578 • 100 g / 32 doses • NPN 80105459 • P0830-R1

✓ Functional Foods • ✓ Immune Health • ✓ Medicinal Mushrooms

### 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.



## Cranberry

### 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.

#1051 • 60 vegetable capsules

NPN 80021849 • V0298-R2

✓ Antioxidants

✓ Herbs and Herbal Extracts

✓ Immune Health • ✓ Men's Health

✓ Women's Health

### Each vegetable capsule contains

Cranberry (*Vaccinium macrocarpon*) fruit 107× concentrate ..... 600 mg

### Other ingredients

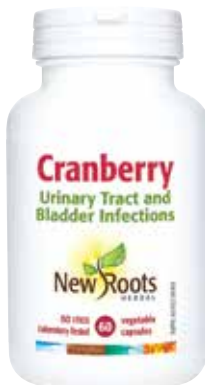
Non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### 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.



## 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.

#2101 • 15 ml • OM0051-R2

✓ Exotic Skin Oils • ✓ Hair/Skin/Nails

### 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.



## Curcumin Plus Piperine 95% Curcuminoids • 500 mg

### Anti-Inflammatory

✓ Carbon-14—Tested to Guarantee Freedom from Impurities and Synthetic Substitutes

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

#1154 • 90 vegetable capsules

NPN 80093664 • V0328-R3

✓ Antioxidants • ✓ Cardiovascular Health

✓ Digestive Health

✓ Herbs and Herbal Extracts • ✓ Immune Health

✓ Muscle/Bone/Joint Health • ✓ Neurological/Memory Health

### 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.



## D Vitamins

222–223

# Look Great, Feel Better!

with Our Collagen Products



## Multi 5 Collagen

*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.

#2518 · 200 g / 18 portions • #2519 · 400 g / 36 portions • PM0838-R2

✓ 50+ Health · ✓ Functional Foods · ✓ Hair/Skin/Nails

✓ Muscle/Bone/Joint Health · ✓ Sport Nutrition



### 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\*

Fat 0 g ..... 0 %

Saturated 0 g + Trans 0 g ..... 0 %

Carbohydrate 0 g

Fibre 0 g ..... 0 %

Sugars 0 g ..... 0 %

Protein 10 g

Cholesterol 0 mg

Sodium 15 mg ..... 1 %

Potassium 0 mg ..... 0 %

Calcium 0 mg ..... 0 %

Iron 0 mg ..... 0 %

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

## Multi 5 Collagen with Delicious Organic Cocoa

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

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

#2546 · 200 g / 16 portions • #2547 · 400 g / 33 portions • PM0855-R2  
✓ 50+ Health · ✓ Functional Foods · ✓ Hair/Skin/Nails  
✓ Muscle/Bone/Joint Health · ✓ Sport Nutrition

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

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



## Pūr Collagen Body Renew

**Grass-Fed, Hormone- and BSE-Free Bovine**

**Smoother Skin in 4 Weeks**

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.

#2266 · 75 vegetable capsules

#2267 · 150 vegetable capsules • NPN 80080791 · V0636-R2

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

### 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.



## Pūr Collagen Radiant Skin

**Marine-Sourced · With Elastin**

**Reduces Deep Wrinkles in 28 Days**

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

#2269 · 60 vegetable capsules

#2271 · 120 vegetable capsules

NPN 80086909 · V0621-R1

✓ 50+ Health · ✓ Hair/Skin/Nails

### Each vegetable capsule contains

Hydrolyzed collagen, 6% elastin

(from fish skin and bones) ..... 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.



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.



**New Product!**  
**Since May 2021**

## D-Mannose

**Powder • 100% Pure**  
**Urinary Tract Support**  
**UTI Prevention**

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

#2666 • 50 g / 25 doses • #2644 • 180 g / 90 doses  
 NPN 80102333 • P0788-R1

✓ Immune Health • ✓ Women's Health

**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.



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.

See details of the study at  
<https://newrootsherbal.com/DMannose>



## D-Mannose & Cranberry

**With *L. rhamnosus* Probiotic**

### 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.

#1549 • 50 g • NPN 80038358 • PM0574-R1

✓ Herbs and Herbal Extracts • ✓ Immune Health  
 ✓ Men's Health • ✓ Probiotics • ✓ Women's Health

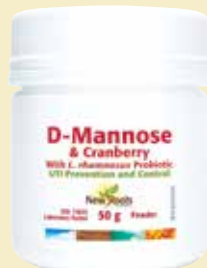
### Two scoops contain

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.

In an open-label clinical study conducted by Nafarco Pharmacies as part of the “Different Pharmacy Plan,” researchers evaluated the effectiveness of New Roots Herbal’s D-Mannose and Cranberry formula in eradicating *Escherichia coli* bacteria in women with recurrent cystitis. In this trial, 20 women took 2 scoops (4.8 g of D-mannose and 600 mg cranberry) twice a day for two days; then, 2 scoops once a day for five days; and finally, after 7 days of rest, ⅓ scoops per day for 10 days.



## Vitamin B5

**Calcium D-Pantothenate • 500 mg**

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

#1407 • 100 vegetable capsules  
 NPN 80019683 • V0387-R2

✓ Energy  
 ✓ Neurological/Memory Health  
 ✓ Stress/Mood/Sleep  
 ✓ Vitamins/Minerals

### 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.



## D-Ribose

**100% Pure • Energy and Endurance**  
**Athletic Support**

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

#0294 • 100 g • #1286 • 250 g  
 #1729 • 500 g • NPN 80041899 • P0257

✓ Cardiovascular Health • ✓ Energy  
 ✓ Sport Nutrition

**Each rounded teaspoon contains approximately**

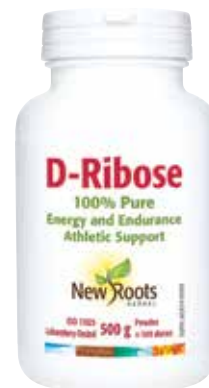
D-Ribose (100% pure) ..... 5 g

### 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.

### Duration of use

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





## D-Stress

**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.

#2056 · 15 softgels • #2053 · 30 softgels  
#1974 · 60 softgels  
NPN 80056812 · V0533-R4  
✓ **Herbs and Herbal Extracts**  
✓ **Neurological/Memory Health** ·  
✓ **Stress/Mood/Sleep**

### Each softgel contains

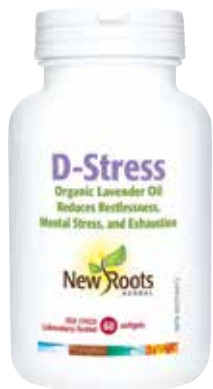
Organic lavender (*Lavandula angustifolia*)  
essential oil, hexane-free ..... 80 mg

### 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.



## Dandelion Root and Celery Seed · 430 mg

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

#0835 · 100 vegetable capsules • NPN 80035276 · V0113-R3  
✓ **Detoxification** · ✓ **Digestive Health**  
✓ **Herbs and Herbal Extracts**

### 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.



## Devil's Claw 525 mg

**Relieves Joint Pain**  
**Due to Osteoarthritis**

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

#0834 · 100 vegetable capsules  
NPN 80009416 · V0114-R2  
✓ **Herbs and Herbal Extracts**  
✓ **Muscle/Bone/Joint Health**

### 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.



## Digestive Enzymes

**With Betaine Hydrochloride**  
**and Ox Bile**

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

#0224 · 100 vegetable capsules  
NPN 80090702 · V0284-R4  
✓ **Digestive Health** · ✓ **Enzymes**  
✓ **50+ Health** · ✓ **Keto Diet**

### 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<sup>†</sup> ..... 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  
<sup>†</sup> Betaine hydrochloride equivalent to 10 drops of dilute hydrochloric acid USP (United States Pharmacopeia).

### Other ingredients

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

### Directions of use

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

### Duration of use

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



All battles are first won or lost in  
the mind.

—Joan of Arc

## DMG 125 mg

*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.

#0962 · 100 vegetable capsules  
NPN 80030328 · V0265-R2

✓ Amino Acids / Proteins  
✓ Antioxidants · ✓ Energy  
✓ Neurological/Memory Health · ✓ Sport Nutrition

### 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.



## Dong Quai

*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.

#0388 · 100 vegetable capsules

NPN 80039734 · V0023-R3

✓ Herbs and Herbal Extracts  
✓ Women's Health (Menopause)

### 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.



## 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.

#1968 · 50 ml · #1970 · 95 ml  
NPN 80058315 · LM0135-R1

✓ Antioxidants · ✓ Detoxification  
✓ Muscle/Bone/Joint Health

### 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.



## 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.

#1708 · 50 ml · #1709 · 95 ml

NPN 80051823 · LM0015-R5

✓ Detoxification · ✓ Herbs and Herbal Extracts  
✓ Immune Health

### 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.



Be the change that you wish to see in  
the world.

—Mahatma Gandhi







## Echinacea 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.

#0269 · 90 vegetable capsules  
NPN 80042503 · V0025-R3

✓ Detoxification · ✓ Herbs and Herbal Extracts · ✓ Immune Health

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.



## Elderberry Fruit

*Sambucus nigra ssp. nigra*

*From Northern Europe · Whole Dried Berries · 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.

#2544 · 50 g / 20 portions · P0859-R1

✓ Cardiovascular Health

✓ Functional Foods (Teas / Herbal Teas) · ✓ Immune Health

✓ Neurological/Memory Health

#### 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 resteepped 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.



## New Product!

Since March 2021

Concentrated

## 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 juice has never been easier or more delicious. Add to water for a smooth, delicate beverage, with just a touch of tartness.

No sugar or artificial sweeteners added. Enjoy in smoothies, yogurt, or almond milk. Get creative! May be used to make popsicles or as a natural food colouring for a splash of pink or lavender.

#2645 · 100 g / 50 portions · P0860-R1

✓ Cardiovascular Health

✓ Functional Foods (Teas / Herbal Teas) · ✓ Immune Health

✓ Neurological/Memory Health

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

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



## New Product!

Since September 2021

## Elderberry ResQ Concentrated Extract 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.

#2670 · 30 vegetable capsules · NPN 80106414 · V0710-R1

✓ Antioxidants · ✓ Cardiovascular Health

✓ Herbs and Herbal Extracts · ✓ Immune Health

✓ Neurological/Memory Health



Doubt kills more dreams than failure  
ever will.

—Suzy Kassem

### Each vegetable capsule contains

Elderberry ( <i>Sambucus nigra</i> ssp. <i>nigra</i> ) fruit 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.

## Electrolytes

69

### Energy

#### 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.

#0209 • 45 vegetable capsules

#0937 • 90 vegetable capsules

NPN 80045018 • V0061-R7

✓ **Energy** • ✓ **Herbs and Herbal Extracts**



### 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

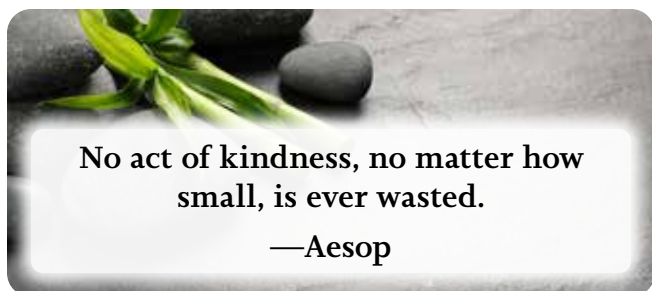
Licorice (*Glycyrrhiza* spp.) root extract, 10% glycyrrhizinic acid (25 mg); vegetable stearic acid; vegetable magnesium stearate; and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### 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.



## Energy Cleanse

### 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.

#1540 • Kit • NPN 80082540 • (I) V0416-R2 / (II) V0417-R2

✓ **Detoxification** • ✓ **Digestive Health**

✓ **Herbs and Herbal Extracts**

### Energy Cleanse I: Each vegetable capsule contains

Milk thistle ( <i>Silybum marianum</i> ) seed extract, 80% silymarin	250 mg
Black Spanish radish ( <i>Raphanus sativus</i> var. <i>niger</i> ) root	175 mg
Red beet ( <i>Beta vulgaris</i> ) root	150 mg
N-Acetyl-L-cysteine	25 mg
Artichoke ( <i>Cynara cardunculus</i> ) leaf extract, 5% cynarin	25 mg
Calcium D-glucarate	25 mg
Dandelion ( <i>Taraxacum officinale</i> ) root extract, 3% flavonoids	25 mg
DL-alpha-Lipoic acid	25 mg
Turmeric ( <i>Curcuma longa</i> ) 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 ( <i>Rheum officinale</i> ) root	150 mg
Cape aloe ( <i>Aloe ferox</i> ) leaf	125 mg
Cascara sagrada ( <i>Frangula purshiana</i> ) bark	125 mg
Magnesium hydroxide	125 mg
Marshmallow ( <i>Althaea officinalis</i> ) root	25 mg
Slippery elm ( <i>Ulmus rubra</i> ) bark	25 mg
Ginger ( <i>Zingiber officinale</i> ) rhizome	20 mg
Irish moss ( <i>Chondrus crispus</i> ) herb	20 mg
Beleric ( <i>Terminalia bellirica</i> ) fruit	8.33 mg
Haritaki ( <i>Terminalia chebula</i> ) fruit	8.33 mg
Indian gooseberry ( <i>Phyllanthus emblica</i> ) fruit	8.33 mg

### Homeopathics:

Calcium fluoride (*calcarea fluorica*,  $\text{CaF}_2$ ) 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.

# Lectro-Lytes

## Electrolyte Rehydration Drink Mixes

### Lectro-Lytes 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.

#2490 · 168 g / 40 portions • PM0818-R1

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

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

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



### Lectro-Lytes 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.

#2488 · 192 g / 40 portions • PM0814-R1

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

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

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



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.



## Sweet 'n Slim Erythritol

**Organic • 100% Pure**  
**Plant-Based Sweetener**  
**No Aftertaste • 0 Calories per**  
**Teaspoon • Gluten-Free**  
**Non-GMO**

A naturally occurring source of sweetness with a flavour profile similar to that of table sugar, erythritol has 95% less calories than sugar, without the aftertaste of many artificial sweeteners. Low glycemic impact • Crystalline texture • Clear appearance when dissolved • Keto-friendly

#2460 • 454 g • P0806-R1

✓ **Blood Glucose Management**

✓ **Functional Foods (Natural Sweeteners)** • ✓ **Keto Diet**

✓ **Plant-Based Sweeteners** • ✓ **Sweeteners** • ✓ **Weight Management**

### Ingredient

Organic erythritol.

### Directions of use

30% less sweetness than sugar • 1½ tsp. Sweet 'n Slim = 1 tsp. sugar

### Nutrition Facts

	Per 1 tsp. (4 g)	% Daily Value*
Calories 0		
Fat 0 g		0 %
Carbohydrate 4 g		
Sugars 0 g		
Erythritol 4 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



## New Roots Essence

**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.

#1977 • 500 ml / ≈ 9½ doses • NPN 80109774 • LM0136-R1

✓ **Detoxification** • ✓ **Herbs and Herbal Extracts**

✓ **Immune Health**

### Each tablespoon contains

#### a crude quantity equivalent of

Organic burdock ( <i>Arctium lappa</i> ) root	172 mg
Organic sheep sorrel ( <i>Rumex acetosella</i> ) herb top	86 mg
Pau d'arco ( <i>Tabebuia heptaphylla</i> ) inner bark	30.7 mg
Organic slippery elm ( <i>Ulmus rubra</i> ) bark	21 mg
Organic blessed thistle ( <i>Cnicus benedictus</i> ) herb top	8 mg
Organic red clover ( <i>Trifolium pratense</i> ) herb	8 mg
Organic watercress ( <i>Nasturtium officinale</i> ) herb	8 mg
Organic rhubarb ( <i>Rheum plmatum</i> ) root	5 mg

### Other ingredients

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

### Directions of use

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

### Duration of use

For occasional use only.



## Essential Oils

72-75

## Exotic Oils

76-79

## Eucalyptus Essential Oil

**(*Eucalyptus globulus*)**

**100% Pure • Certified Organic**

Used in aromatherapy to help relieve colds/cough.

#2138 • 15 ml • NPN 80071187 • O0032-R1

✓ **Herbs and Herbal Extracts (Essential Oils)**

### 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.



## Evening Primrose Oil

**500 mg • 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.

#0414 • 90 softgels • #0413 • 180 softgels • NPN 80092918 • V0276-R4

✓ **Essential Fatty Acids** • ✓ **Hair/Skin/Nails** • ✓ **Women's Health**

### 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.



## Evening Primrose Oil

**1,000 mg • 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.

#1438 • 90 softgels • #1439 • 180 softgels • NPN 80092916 • V0401-R3  
✓ **Essential Fatty Acids** • ✓ **Hair/Skin/Nails** • ✓ **Women's Health**

### 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.



**New Product!**  
**Since April 2022**

## EyeSurance

**Natural Lutein 25 mg and Zeaxanthin 5 mg**

**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.

#2724 • 30 softgels • #2725 • 60 softgels • NPN 80109354 • V0675-R1  
✓ **Antioxidants** • ✓ **50+ Health** • ✓ **Herbs and Herbal Extracts**

### 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.



## Exotic Oils

**76–79**

## 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.

#1741 • 4 bottles × 15 ml • D0417

✓ **Exotic Skin Oils** • ✓ **Hair/Skin/Nails**



### 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 CO<sub>2</sub> 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

## Femina Flora Vaginal Flora

**4 strains • 10 Billion Probiotics**

### Specific Strength

#### + Selected Special Strains

Provides microorganisms that temporarily modify vaginal flora.

#1065 • 10 vaginal ovules • NPN 80041956 • V0031-R5

✓ **Probiotics** • ✓ **Women's Health**

### 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.



# 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 can be described as 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. To your health!

## 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.

## Clove Bud Essential Oil (*Syzygium aromaticum*)

**100% Pure • Certified Organic**

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

#2186 • 15 ml • NPN 80076494 • O0060-R1

✓ Herbs and Herbal Extracts (Essential Oils)

**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.



## Clove Leaf 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.

#2140 • 15 ml • NPN 80079755 • O0052-R1

✓ Herbs and Herbal Extracts (Essential Oils)

**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.

## Eucalyptus Essential Oil (*Eucalyptus globulus*) • 100% Pure Certified Organic

Used in aromatherapy to help relieve colds/cough.

#2138 • 15 ml • NPN 80071187 • O0032-R1

✓ Herbs and Herbal Extracts (Essential Oils)

**Each drop contains**

Organic bluegum (*Eucalyptus globulus*)  
leaf essential oil ..... 100%

**Active compounds**

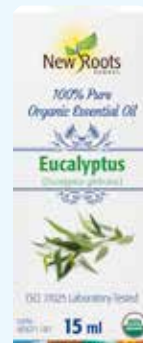
1,8-cineole, alpha-pinene, and limonene.

**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.



## Lavender 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.

#2139 • 15 ml • NPN 80069450 • O0031-R1

✓ Herbs and Herbal Extracts (Essential Oils)

**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.





# 100% Pure Organic Essential Oils

## Lemon Essential Oil (*Citrus × limon*) · 100% Pure Certified Organic

Used in aromatherapy to help relieve  
colds/cough.

#2148 · 15 ml · NPN 80076490 · O0059-R1

✓ Herbs and Herbal Extracts (Essential Oils)

### 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.



## Rose Geranium Essential Oil

(*Pelargonium graveolens*)

100% Pure · Certified Organic

Used in aromatherapy to help relieve  
colds/cough.

#2149 · 15 ml · NPN 80073903 · O0030B-R1

✓ Herbs and Herbal Extracts (Essential Oils)

### 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.



## Peppermint 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.

#2137 · 15 ml · NPN 80069445 · O0048-R1

✓ Herbs and Herbal Extracts (Essential Oils)

### 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.



## Rosemary 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.

#2144 · 15 ml · NPN 80071192 · O0056-R1

✓ Essential Oils

### 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.



## Sweet Orange 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.

#2146 • 15 ml • NPN 80071182 • O0058-R1

✓ Herbs and Herbal Extracts (Essential Oils)

### 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.



### 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.

## Tingsation Essential Oil for Tingling Toes and Fingers

For sensitive or tingling toes  
and fingers.

#1929 • 15 ml • LM0002-R1

✓ Blood Glucose Management

✓ Herbs and Herbal Extracts (Essential Oils)

✓ Neurological/Memory Health

### 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.



## Tea Tree 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.

#2117 • 15 ml • #2116 • 50 ml • #2118 • 95 ml  
NPN 80069443 • O0029-R1

✓ Herbs and Herbal Extracts (Essential Oils)

### Each drop contains

Organic tea tree (*Melaleuca alternifolia*)  
leaf or twig essential oil ..... 100%

### Active compounds

Terpinen-4-ol, alpha- and gamma-terpinene.



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.

## Comparative Table

Product	NPN	Indications	Ingredients
Eucalyptus Essential Oil (Organic)	80071187	Used in aromatherapy to help relieve colds/cough.**	<b>Organic</b> eucalyptus ( <i>Eucalyptus globulus</i> ) leaf essential oil
Lavender Essential Oil (Organic)	80069450	Used in aromatherapy as a nervine/calming. ** Used in aromatherapy as carminative/antispasmodic for symptomatic relief of digestive discomfort.**	<b>Organic</b> lavender ( <i>Lavandula angustifolia</i> ) flowering herb top essential oil
Peppermint Essential Oil (Organic)	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.**	<b>Organic</b> peppermint ( <i>Mentha × piperita</i> ) flowering twig essential oil
Clove Bud Essential Oil (Organic)	80076494	Used in aromatherapy topically to help relieve toothache.* Used in aromatherapy to help relieve colds/cough.*	<b>Organic</b> clove ( <i>Syzygium aromaticum</i> ) bud essential oil
Clove Leaf Essential Oil (Organic)	80079755	Used in aromatherapy to help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis.* Used in aromatherapy to help relieve colds/cough.*	<b>Organic</b> clove ( <i>Syzygium aromaticum</i> ) leaf essential oil
Lemon Essential Oil (Organic)	80076490	Used in aromatherapy to help relieve colds/cough.**	<b>Organic</b> lemon ( <i>Citrus × limon</i> ) fruit peel essential oil
Rosemary Essential Oil (Organic)	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.**	<b>Organic</b> rosemary ( <i>Rosmarinus officinalis</i> ct. <i>camphoriferum</i> ) flowering herb top essential oil
Sweet Orange Essential Oil (Organic)	80071182	Used in aromatherapy as a nervine/calming. ** Used in aromatherapy as a carminative/antispasmodic for symptomatic relief of digestive discomfort.**	<b>Organic</b> sweet orange ( <i>Citrus × sinensis</i> ) fruit peel essential oil
Rose Geranium Essential Oil (Organic)	80073903	Used in aromatherapy to help relieve colds/cough.**	<b>Organic</b> geranium ( <i>Pelargonium graveolens</i> ) flowering herb top essential oil

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.



# Exotic Oils Collection

## Luxurious and Revitalizing Exotic Oils That Will Bring out Your Natural Glow!

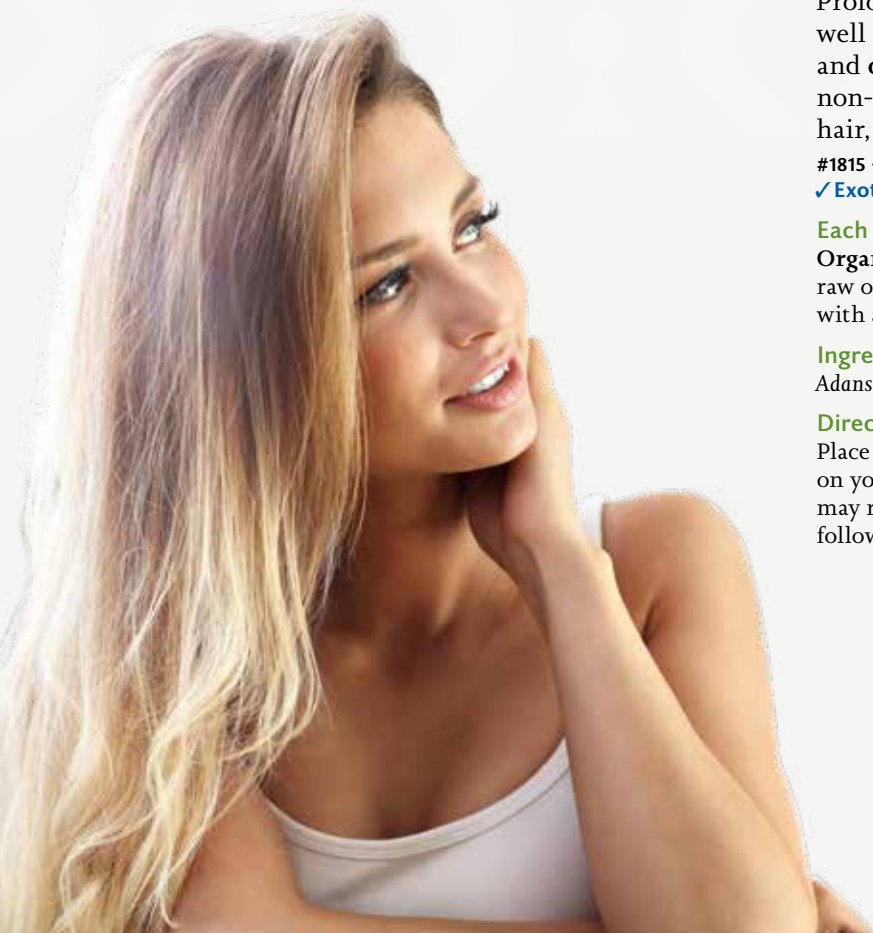
We're excited to present our collection of exotic oils, ethically sourced from around the world. Our entire collection is **certified organic\*** and cold-pressed or extracted by solvent-free supercritical CO<sub>2</sub> extraction. This ensures you're receiving the purest, most nutrient-rich product available to maximize their benefits.

New Roots Herbal has forged a reputation for producing premium-quality, non-GMO natural health products. All oils selected for our Exotic Oils Collection are grown without the use of chemical fertilizers or toxic sprays. We have also validated our producers for sustainable agricultural ethics.

Our oils are tested in 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.

#1607 · 50 ml · OM0126-R5

✓ Exotic Skin Oils · ✓ Hair/Skin/Nails

### Each bottle contains

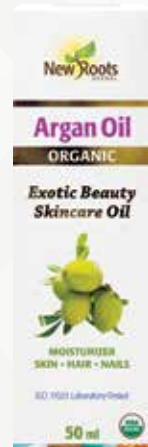
**Organic** raw argan (*Argania spinosa*) seed oil, cold-pressed, nondeodorized. . . . . 50 ml  
**Organic** rosemary (*Rosmarinus officinalis*) extract

### 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.



## 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.

#1815 · 30 ml · OM0127-R1

✓ Exotic Skin Oils · ✓ Hair/Skin/Nails

### 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.



# Exotic Oils Collection

## Cacay Seed Oil

### *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.

#2304 · 15 ml · #2305 · 30 ml · OM0071B-R2

✓ Exotic Skin Oils

### 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.



## 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.

#1741 · 4 bottles × 15 ml · D0417

✓ Exotic Skin Oils · ✓ Hair/Skin/Nails



### 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 CO<sub>2</sub> 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

## 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.

#2101 · 15 ml · OM0051-R2

✓ Exotic Skin Oils · ✓ Hair/Skin/Nails

### 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.



## 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.

#1599 · 15 ml · OM0120-R1

✓ Exotic Skin Oils · ✓ Hair/Skin/Nails

### Each bottle contains

**Organic** goji (*Lycium barbarum*) seed oil, CO<sub>2</sub> 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.



# Exotic Oils Collection

## Marula Seed Oil

### Certified Organic

#### Deeply Hydrating Facial Oil

Our **organic** marula seed oil is cold-pressed from kernels of fruits that are hand-harvested from the majestic marula trees of South Africa. It has a light texture to deeply penetrate skin for a smooth-looking, radiant complexion.

#2306 · 30 ml · OM0072-R2

✓ Exotic Skin Oils

#### 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.



## 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.

#2196 · 50 ml · OM0062-R2

✓ Exotic Skin Oils

#### 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.



## 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.

#2088 · 30 ml · OM0129-R2

✓ Exotic Skin Oils

#### 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.



## 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.

#1738 · 15 ml · #1602 · 30 ml · OM0123-R4

✓ Exotic Skin Oils · ✓ Hair/Skin/Nails

#### 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.





# Exotic Oils Collection

## Seabuckthorn

### 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.

#1604 · 30 ml · OM0124-R2

✓ Exotic Skin Oils · ✓ Hair/Skin/Nails

#### Each bottle contains

Organic sea buckthorn (*Hippophae rhamnoides*) seed oil, CO<sub>2</sub> supercritical extract, nondeodorized ..... 30 ml with added organic rosemary (*Rosmarinus officinalis*) extract.

#### Ingredients

*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.



## 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.

#1600 · 30 ml · OM0121-R1

✓ Exotic Skin Oils · ✓ Hair/Skin/Nails

#### Each bottle contains

Organic tamanu (*Calophyllum inophyllum*) seed oil, cold-pressed, nondeodorized, with added natural vitamin E ..... 30 ml

#### Ingredients

*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.



## Skin Lovers Oil

### Certified Organic

#### Deep Moisturizer

We have created the ultimate experience in skin care, where dramatic positive change is an absolute possibility.

#1601 · 15 ml · OM0122-R2

✓ Exotic Skin Oils · ✓ Hair/Skin/Nails

#### 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 CO<sub>2</sub> 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.



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.

# Organic Fermented Products

## 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.

## Beef Bone Broth Protein

### + Organic Fermented Ginger

Grass-Fed · New Zealand

25 g Proteins (83% Protein),

110 Calories per Portion

Antibiotic-, BSE- and Hormone-Free

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.

#2462 · 300 g / 10 portions · PM0821-R1

✓ Amino Acids / Proteins · ✓ Digestive Health · ✓ 50+ Health  
✓ Functional Foods (Fermented Products)  
✓ Functional Foods (Teas / Herbal Teas) · ✓ Keto Diet  
✓ Muscle/Bone/Joint Health · ✓ Sport Nutrition

### Ingredient

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

### Directions of use

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

### Nutrition Facts

	Per 3 rounded tbsp. (30 g)	% Daily Value*
Calories 110		
Fat 0 g		0 %
Saturated 0 g + Trans 0 g		0 %
Carbohydrate 3 g		
Fibre 1 g		4 %
Sugars 0 g		0 %
Protein 25 g		
Cholesterol 0 mg		
Sodium 270 mg		12 %

Potassium 125 mg	3 %
Calcium 0 mg	0 %
Iron 0.3 mg	2 %
Niacin 1.75 mg	11 %
Vitamin B6 0.25 mg	15 %
Vitamin B12 0.8 µg	33 %
Selenium 2.5 µg	5 %
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

## Beef Bone Broth Protein

### + Organic Fermented Turmeric

Grass-Fed · New Zealand

13 g Proteins (92% Protein),

50 Calories per Portion

Antibiotic-, BSE- and

Hormone-Free

Slow-simmered, beef bone broth is made from bones and connective tissues of New Zealand grass-fed cattle. It's a source of collagen, wide spectrum of amino acids, and vitamins B3, B6, and B12, instrumental in normal growth and development, and as a factor in energy metabolism. Fermented turmeric, with notes of orange and curry, provides bold, exotic flavouring.

#2509 · 300 g / 21 portions · PM0836-R1

✓ Amino Acids / Proteins · ✓ Digestive Health · ✓ 50+ Health  
✓ Functional Foods (Fermented Products)  
✓ Functional Foods (Teas / Herbal Teas) · ✓ Keto Diet  
✓ Muscle/Bone/Joint Health · ✓ Sport Nutrition

### Ingredient

Grass-fed beef bone broth protein powder and organic fermented turmeric 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 tbsp. (14 g) per 300 ml of hot water; if needed, add more water. Salt to taste. **For recipe ideas, visit** [newrootsherbal.com/recipes](http://newrootsherbal.com/recipes).

### Nutrition Facts

	Per 3 tbsp. (14 g)	% Daily Value*
Calories 50		
Fat 0 g		0 %
Saturated 0 g + Trans 0 g		0 %
Carbohydrate 1 g		
Fibre 0 g		0 %
Sugars 0 g		0 %
Protein 13 g		
Cholesterol 0 mg		

# Organic Fermented Products

Sodium 135 mg	6 %
Potassium 75 mg	2 %
Calcium 0 mg	0 %
Iron 0.2 mg	1 %
Niacin 1 mg	6 %
Vitamin B6 0.125 mg	7 %
Vitamin B12 0.4 µg	17 %

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

## Typical amino acid profile (g/portion of 14 g)\*\*

Glycine	2.457	Valine*	0.353
Proline	1.425	Phenylalanine*	0.288
Glutamic acid	1.381	Threonine*	0.258
Alanine	1.049	Isoleucine*	0.208
Arginine	0.945	Tyrosine	0.152
Aspartic acid	0.751	Histidine*	0.130
Lysine*	0.478	Methionine*	0.105
Leucine*	0.472	Tryptophan*	0.020
Serine	0.369	Cysteine	0.011

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

## Fermented Black Cumin Seed Organic

**Whole-Food Powder · 5 Calories per Portion · Unsweetened and No Flavour Added · Gluten-Free Non-GMO**

Naturally fermented for rich flavour and amplified nutritional status.

#2317 · 36 g / 24 portions · P0790-R1

✓ **Functional Foods (Fermented Products)**  
✓ **Herbs and Herbal Extracts** · ✓ **Immune Health (Allergy Relief)**  
✓ **Keto Diet**

### Ingredient

Organic fermented black cumin seed.

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

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



## 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.

#2279 · 150 g / 50 portions · P0761-R1

✓ **Digestive Health** · ✓ **Functional Foods (Fermented Products)**  
✓ **Functional Foods (Teas / Herbal Teas)** · ✓ **Keto Diet**

### 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)	% Daily Value*
Calories 10		
Fat 0 g	0 %	
Saturated 0 g + Trans 0 g	0 %	
Carbohydrate 2 g		
Fibre 0 g	0 %	
Sugars 0 g	0 %	
Protein 0.2 g		
Cholesterol 0 mg		
Sodium 0 mg	0 %	
Potassium 0 mg	0 %	
Calcium 0 mg	0 %	
Iron 0 mg	0 %	

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

## 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.

#2318 · 150 g / 50 portions · P0791-R1

✓ **Functional Foods (Fermented Products)** · ✓ **Keto Diet**  
✓ **Men's Health (Sexual Health)** · ✓ **Women's Health (Menopause)**  
✓ **Women's Health (Sexual Health)**





# Organic Fermented Products

## 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)	% Daily Value*
Calories 10		
Fat 0 g	0 %	
Saturated 0 g + Trans 0 g	0 %	
Carbohydrate 2 g		
Fibre 0 g	0 %	
Sugars 0 g	0 %	
Protein 0.4 g		
Cholesterol 0 mg		
Sodium 0 mg	0 %	
Potassium 40 mg	1 %	
Calcium 10 mg	1 %	
Iron 2.25 mg	13 %	

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

## Fermented Red Beet

### Organic

Unsweetened and

No Flavour Added

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.

#2340 • 150 g / 50 portions • P0796-R1

✓ Cardiovascular Health • ✓ Detoxification • ✓ Digestive Health  
✓ Energy • ✓ Functional Foods (Fermented Products)  
✓ Keto Diet

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

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



## Organic Fermented Superfood Blend + 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

#2464 • 80 g / 7 portions • #2341 • 230 g • PM0792-R1

✓ Digestive Health • ✓ Functional Foods (Fermented Products)  
✓ Keto Diet



## Ingredient

Organic fermented greens blend (organic wheatgrass, organic alfalfa grass, organic spirulina, organic broken-cell chlorella, organic barley grass, organic oat grass, organic rockweed, Vitakelp™) • Organic fermented fruit blend (organic noni fruit, organic amla fruit, organic apple, organic strawberry, organic blackcurrant, organic blueberry, organic cranberry, organic pomegranate juice, organic raspberry) • Organic fermented vegetable blend (organic carrot, organic beet, organic parsley, organic spinach, organic broccoli, organic kale, organic green cabbage, organic onion, organic pea protein) • Organic fermented flaxseed fibre • Organic fermented ginger • Organic fermented turmeric • Organic inulin (from Jerusalem artichoke).

## Nutrition Facts

	Per 1½ tbsp. (11 g)	% Daily Value*
Calories 35		
Fat 0.4 g	1 %	
Saturated 0 g + Trans 0 g	0 %	
Polyunsaturated 0.2 g		
Omega-6 0.1 g		
Omega-3 0.1 g		
Monounsaturated 0.1 g		
Total Carbohydrate 7 g		
Dietary Fibre 6 g	21 %	
Sugars 1 g	1 %	
Protein 2 g		
Cholesterol 0 mg		
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

## Highly Bioavailable Phytonutrients

- Enhance the nutritional value of your smoothies, soups, and other culinary creations
- Organic and naturally fermented for superior bioavailability
- Amazing taste!

# Organic Fermented Products

## Fermented Turmeric

### Organic

10 Calories per Portion ·

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.

#2281 · 150 g / 50 portions · P0760-R1

✓ Digestive Health · ✓ Functional Foods (Fermented Products)

✓ Functional Foods (Teas / Herbal Teas) · ✓ Keto Diet

### Ingredient

Organic fermented turmeric root.

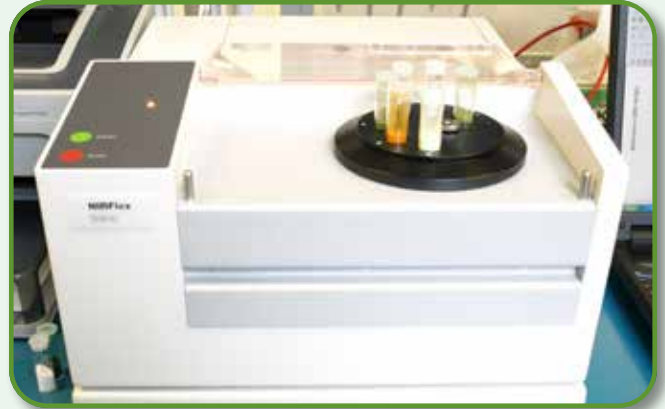
### Recommended use

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*
Calories 10		
Fat 0 g		0 %
Saturated 0 g + Trans 0 g		0 %
Carbohydrate 2 g		
Fibre 1 g		4 %
Sugars 0 g		0 %
Protein 0.2 g		
Cholesterol 0 mg		
Sodium 0 mg		0 %
Potassium 100 mg		2 %
Calcium 10 mg		1 %
Iron 1.75 mg		10 %

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



*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.*



**Feel the Difference Fermentation  
Makes for Better Nutrition**

## Femina Flora Oral

### Women's Probiotic

### 55 Billion + Live Active Probiotics Delivered Safely to the Intestines

16 Strains

*Helps Support Intestinal and Gastrointestinal Health*

*Natural Water-Based*

*GPS™ Enteric Coating*

*Gastric Protective System*

*Survives Stomach Acid*

**DAIRY-FREE · SOY-FREE**

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

#2168 · 30 vegetable capsules · NPN 80109190 · V0578-R2

✓ Digestive Health · ✓ Probiotics · ✓ Women's Health

Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 16 strains of live, active, healthy, and whole cells (55 billion) to the intestines

#### Human Strains

<i>Lactobacillus rhamnosus</i> UB5115	19 billion CFU
<i>Lactobacillus casei</i> UB1499	12 billion CFU
<i>Lactobacillus acidophilus</i> UB5997	5.25 billion CFU
<i>Bifidobacterium bifidum</i> UB4280	2 billion CFU
<i>Bifidobacterium breve</i> UB8674	2 billion CFU
<i>Bifidobacterium longum</i> UB7691	2 billion CFU
<i>Lactobacillus crispatus</i> UB4719	750 million CFU
<i>Lactobacillus gasseri</i> UB8141	750 million CFU
<i>Lactobacillus rhamnosus</i> GG	300 million CFU
<i>Lactobacillus acidophilus</i> LA-14	300 million CFU

#### Plant Strain

<i>Lactobacillus plantarum</i> UB2783	8 billion CFU
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#### Dairy Strains

<i>Lactobacillus johnsonii</i> UB3394	750 million CFU
<i>Lactobacillus paracasei</i> UB1978	600 million CFU
<i>Lactobacillus helveticus</i> UB7229	500 million CFU
<i>Lactobacillus reuteri</i> UB2419	500 million CFU
<i>Lactobacillus casei</i> LC-11	300 million CFU

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

#### Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, potato maltodextrin, vitamin C (sodium ascorbate), 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.

*Probiotics with GPS™ Enteric Coating*

*p. 163–169*

*Other Probiotics*

*p. 169–170*



## Fiber 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.

#0165 · 200 g / ≈ 80 doses

#0166 · 340 g / ≈ 136 doses · NPN 80044396 · PM0077-R1

✓ Detoxification · ✓ Digestive Health

✓ Herbs and Herbal Extracts · ✓ Keto Diet

✓ Weight Management

#### 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.

## Fiber Ultra Rich

### 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.

#0396 · 100 vegetable capsules

NPN 80032690 · V0109-R2

✓ Detoxification · ✓ Digestive Health

✓ Herbs and Herbal Extracts · ✓ Keto Diet · ✓ Weight Management

#### 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



## Fermented Products

80–83





### 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.

## Fiber Ultra Rich Psyllium + Inulin · Powder

### 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.

#0156 · 200 g • #0085 · 340 g  
NPN 80034692 · PM0079-R1

✓ **Detoxification** · ✓ **Digestive Health**

✓ **Herbs and Herbal Extracts** · ✓ **Keto Diet** · ✓ **Weight Management**

### 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.



## Flaxseed Oil 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.

#0590 · 180 vegetable capsules

NPN 80015256 · V0033-R4

✓ **Cardiovascular Health**

✓ **Essential Fatty Acids** · ✓ **Women's Health (Menopause)**

### 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.



## Forsight Complete Vision Formula With 5.5 mg of Lutein from Marigold per Capsule

**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.

#0993 · 30 vegetable capsules • #0332 · 60 vegetable capsules

NPN 80079876 · V0478-R8

✓ **Antioxidants** · ✓ **50+ Health** · ✓ **Herbs and Herbal Extracts**

### Each vegetable capsule contains

Vitamin C (ascorbic acid)	170 mg
Bilberry ( <i>Vaccinium myrtillus</i> ) European fruit <b>extract</b> , 25% anthocyanosides	80 mg
Vitamin B3 (niacinamide)	75 mg
Grape ( <i>Vitis vinifera</i> ) seed <b>extract</b> , 80% oligomeric proanthocyanidins	50 mg
D,L-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



Well-behaved women seldom  
make history.

—Laurel Thatcher Ulrich

Vitamin E  
(D-alpha-tocopheryl acid succinate) . . . . . 20.1 mg AT (30 IU)  
Astaxanthin (200 mcg),  
from *Haematococcus pluvialis* extract . . . . . 13.33 mg  
Zeaxanthin (2 mg),  
from *marigold* (*Tagetes erecta*) extract . . . . . 10 mg  
Lycopene (500 mcg), from *tomato*  
(*Solanum lycopersicum*) flesh extract . . . . . 10 mg  
Lutein from *marigold flower* extract (*Tagetes erecta*) . . . . . 5.5 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.

## 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!



### GABA 600 mg With Active-Form B6

#### Relaxation

Helps to temporarily promote relaxation. Helps the body to metabolize carbohydrates, fats, and proteins. Helps in tissue formation.

#2136 · 60 vegetable capsules  
#2542 · 150 vegetable capsules  
#2543 · 300 vegetable capsules  
NPN 80074264 · V0590-R1

✓ Neurological/Memory Health  
✓ Stress/Mood/Sleep



#### 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.

### Garcinia Cambogia 600 mg · 60% Hydroxycitric Acid

#### Weight Management

Helps to temporarily increase satiety / feeling of fullness.

#1943 · 90 vegetable capsules  
NPN 80054640 · V0521-R1

✓ Herbs and Herbal Extracts  
✓ Keto Diet · ✓ Weight Management

#### Each vegetable capsule contains

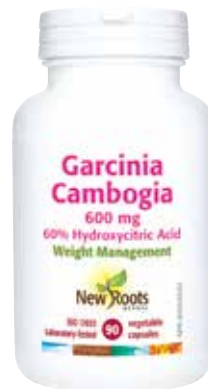
Malabar tamarind  
(*Garcinia cambogia*) fruit extract,  
60% hydroxycitric acid . . . . . 600 mg

#### 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.



### Odourless Garlic 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.

#0778 · 90 vegetable capsules · NPN 80030358 · V0174-R3

✓ Cardiovascular Health · ✓ Digestive Health  
✓ Herbs and Herbal Extracts · ✓ Immune Health

#### 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.



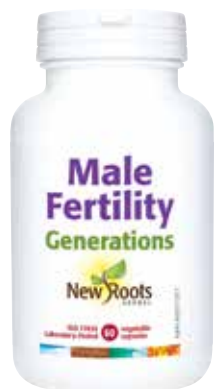
## Male Fertility

### 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.

#2109 • 60 vegetable capsules  
NPN 80071357 • V0587-R2

✓ Herbs and Herbal Extracts  
✓ Men's Health (Fertility)



### 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.

## Rose Geranium

### Essential Oil

(*Pelargonium graveolens*)

100% Pure • Certified Organic

Used in aromatherapy to help relieve colds/cough.

#2149 • 15 ml • NPN 80073903 • O0030B-R1

✓ Herbs and Herbal Extracts (Essential Oils)

### 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.



## 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.

#2279 • 150 g / 50 portions • P0761-R1

✓ Digestive Health • ✓ Functional Foods (Fermented Products)  
✓ Functional Foods (Teas / Herbal Teas) • ✓ Keto Diet

### 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)

	% Daily Value*
Calories 10	
Fat 0 g .....	0 %
Saturated 0 g + Trans 0 g .....	0 %
Carbohydrate 2 g	
Fibre 0 g .....	0 %
Sugars 0 g .....	0 %
Protein 0.2 g	
Cholesterol 0 mg	
Sodium 0 mg .....	0 %
Potassium 0 mg.....	0 %
Calcium 0 mg.....	0 %
Iron 0 mg .....	0 %

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



## Ginger 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.

#2319 • 30 vegetable capsules • NPN 80087672 • V0639-R1

✓ Blood Glucose Management • ✓ Muscle/Bone/Joint Health

### Each vegetable capsule contains

Ginger ( <i>Zingiber officinale</i> ) rhizome .....	100 mg
Ginger ( <i>Zingiber officinale</i> ) rhizome 20:1 extract, 10% gingerols.....	95 mg





### Other ingredients

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

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. *For motion sickness:* Take 1 dose 30 minutes before travel.

## Ginger 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.

#0830 · 100 vegetable capsules · NPN 80013871 · V0118-R2

✓ **Blood Glucose Management** · ✓ **Digestive Health**

✓ **Herbs and Herbal Extracts** · ✓ **Muscle/Bone/Joint Health**

### 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.

## Ginkgo Biloba

### **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.

#0790 · 60 vegetable capsules · #0791 · 120 vegetable capsules

NPN 80022257 · V0119-R2

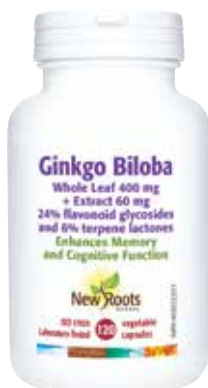
✓ **Cardiovascular Health** · ✓ **Herbs and Herbal Extracts**

✓ **Neurological/Memory Health**

### 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.

## Smart Ginkgo

### *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.

#1939 · 30 vegetable capsules · #0208 · 60 vegetable capsules

NPN 80108131 · V0156-R5

✓ **Cardiovascular Health** · ✓ **Herbs and Herbal Extracts**

✓ **Neurological/Memory Health**

### Each vegetable capsule contains

Lion's mane mushroom (*Hericium erinaceus*) extract, standardized to 40% polysaccharides providing 35% beta-glucans ..... 170 mg  
L- Glutamine..... 150 mg  
Siberian ginseng (*Eleutherococcus senticosus*) root extract, 0.8% eleutherosides..... 100 mg  
Ginkgo (*Ginkgo biloba*) leaf extract, 24% flavonoid glycosides and 6% terpene lactones .... 80 mg  
L-Theanine ..... 50 mg  
Ginkgo (*Ginkgo biloba*) leaf ..... 40 mg  
Whole gotu kola (*Centella asiatica*) ..... 40 mg  
Bacopa (*Bacopa monnieri*) 25:1 extract, 45% bacosides... 30 mg  
Huperzine A, from toothed club-moss (*Huperzia serrata*)..... 200 mcg

### Other ingredients

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

### Directions of use

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

### Duration of use

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



The most incredible thing about miracles is that they happen.

—G.K. Chesterton

# Fish Oils for Body, Mind, and More

## Help Support Cardiovascular and Cognitive Health

Naturally sourced omega-3 fatty acids rank among the most impactful nutrients for the maintenance of good health. Hundreds of clinical trials conducted globally reveal their benefits from infancy to adulthood. Wild Omega 3 fish oils support cognitive function and cardiovascular health. They help lower serum triglycerides, which can benefit cardiovascular wellbeing.

Cold-water fatty fish—including sardines, anchovies, salmon, mackerel, tuna, and herring—are the most common dietary sources of omega-3 fatty acids. Unfortunately, the average North American falls short for dietary consumption of omega-3 fatty acids. Furthermore, wild-caught larger fish have concentrated levels of contaminants, while farm-raised fish have lower levels of the valuable nutrients.

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. Mercury, lead, arsenic, and others 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 Cognitive Support

#### Mild Lemon Taste

May help reduce the symptoms associated with attention deficit hyperactivity disorders (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.

#2730 • 120 chewable softgels • NPN 80085697 • V0617-R1

✓ Children's Health • ✓ Essential Fatty Acids • ✓ Fish Oils

#### 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.



### Children's Omega-3 550 mg EPA • 225 mg DHA

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.

#1856 • 120 chewable softgels • NPN 80080677 • V0513-R4

✓ Children's Health • ✓ Essential Fatty Acids (Fish Oils)

#### 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

#### Other ingredients

Natural vitamin E (D-alpha-tocopherol from non-GMO soy) in a softgel composed of potato starch, sorbitol, 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.



# Fish Oils for Body, Mind, and More

**Improved!**

## Merry Mind

### Omega 3

**1,000 mg EPA · 100 mg DHA**

**Healthy Mood Balance**

Helps to promote healthy mood balance.

#2163 · 30 softgels  
NPN 80077448 · V0577-R4

✓ **Essential Fatty Acids (Fish Oils)**

✓ **Keto Diet**

✓ **Neurological/Memory Health**

✓ **Stress/Mood/Sleep**

**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

Pharmaceutical grade.

**Other ingredients**

Natural vitamin E (D-alpha-tocopherol, from non-GMO sunflower) in an **improved softgel composed of fish gelatin**, glycerin, and purified water.

**Directions of use**

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



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.

## Wild Omega 3

**180 mg EPA · 120 mg DHA**

**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.

#1000 · 60 softgels • #1001 · 120 softgels  
#1002 · 180 softgels • NPN 80020862 · V0062-R1

✓ **Cardiovascular Health**

✓ **Essential Fatty Acids (Fish Oils)** · ✓ **Keto Diet**

✓ **Neurological/Memory 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

**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.



## Omega Jolly

**EPA 650 mg / DHA 100 mg**

**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.

#1535 · 60 softgels • NPN 80025979 · V0434-R4

✓ **Cardiovascular Health** · ✓ **Essential Fatty Acids (Fish Oils)**

✓ **Muscle/Bone/Joint Health** · ✓ **Neurological/Memory Health**

✓ **Stress/Mood/Sleep**

**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

**Other ingredients**

Natural vitamin E (D-alpha-tocopherol) (from non-GMO sunflower). . . . . 3.35 mg AT (5 IU)



**Easy-Swallow Size**

## Wild Omega 3

**EPA 330 mg · DHA 165 mg**

**Cognitive/Brain Function**

**Cardiovascular Health**

**Lemon Flavour**

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.**

#2194 · 60 softgels • NPN 80077104 · V0608-R2

✓ **Cardiovascular Health** · ✓ **Essential Fatty Acids (Fish Oils)**

✓ **Keto Diet** · ✓ **Neurological/Memory Health**

**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

Our omega-3 oils are pharmaceutical grade.





# Fish Oils for Body, Mind, and More

## 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.

## Wild Omega 3

**EPA 660 mg • DHA 330 mg**

*Cognitive / Brain Function*

*Cardiovascular Health*

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.

#1253 • 60 fish softgels

#1280 • 120 fish softgels

NPN 80009414 • V0320-R3

✓ Cardiovascular Health

✓ Essential Fatty Acids (Fish Oils) • ✓ Keto Diet

✓ Neurological/Memory Health

## 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

Our wild omega-3 oils are 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.



## Wild Omega 3

**EPA 660 mg DHA 330 mg**

*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.

#2007 • 60 softgels • #2006 • 120 softgels

NPN 80064643 • V0411-R3

✓ Cardiovascular Health • ✓ Essential Fatty Acids (Fish Oils)

✓ Keto Diet • ✓ Neurological/Memory Health

## 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

Our omega-3 oils are 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.



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.



# 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.

#1900 • 60 vegetable capsules • NPN 80095778 • V0518-R1

✓ **Vitamins/Minerals** • ✓ **Women's Health (Fertility/Maternity)**

### 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.



## 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.

#2038 • 60 tablets • NPN 80070154 • V0563-R1

✓ **Vitamins/Minerals** • ✓ **Women's Health (Fertility/Maternity)**

### 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

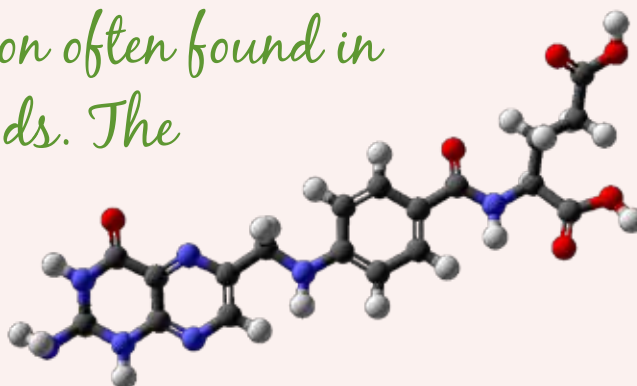
**Adults:** Take 1 tablet daily or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.



## Folic Acid v. Active Folate

*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.*





## Panax Ginseng

### 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.

#2187 • 30 vegetable capsules

#0780 • 90 vegetable capsules • NPN 80075193 • V0028-R3

✓ Energy • ✓ 50+ Health • ✓ Herbs and Herbal Extracts

✓ Men's Health (Sexual Health) • ✓ Stress/Mood/Sleep

**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.



## Glucosamine Sulfate

### 500 mg

*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.

#0614 • 120 vegetable capsules • #0615 • 300 vegetable capsules

#0862 • 500 vegetable capsules • NPN 80010450 • V0034-R1

✓ 50+ Health • ✓ Muscle/Bone/Joint Health • ✓ Sport Nutrition

**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.



## Siberian Ginseng

### 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.

#0779 • 90 vegetable capsules

NPN 80025577 • V0080-R4

✓ Herbs and Herbal Extracts

✓ Immune Health • ✓ Sport Nutrition • ✓ Stress/Mood/Sleep

**Each vegetable capsule contains**

Siberian ginseng root extract (Eleutherococcus senticosus)..... 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.



## Glucosamine Sulfate

### 750 mg

*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.

#0617 • 120 vegetable capsules • NPN 80043822 • V0036-R2

✓ 50+ Health • ✓ Muscle/Bone/Joint Health • ✓ Sport Nutrition

**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.





**New Product!**  
**Since March 2021**

## Vegan Glucosamine 750 mg

**Joint Health and  
Cartilage Support**

Helps to maintain cartilage/  
joint health.

#2533 · 60 vegetable capsules  
 NPN 80101263 · V0697-R2

✓ 50+ Health  
 ✓ Muscle/Bone/Joint Health  
 ✓ Sport Nutrition

**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.



**Other ingredients**

Microcrystalline cellulose, vegetable magnesium 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.

## Glutathione

**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.

#0598 · 30 vegetable capsules

#0599 · 60 vegetable capsules · NPN 80025650 · V0446-R2

✓ Antioxidants · ✓ Detoxification · ✓ Immune Health  
 ✓ Neurological/Memory Health

**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.



## Glutamic Acid 500 mg

L-Glutamic acid is a nonessential amino acid involved in protein synthesis.

#0671 · 100 vegetable capsules  
 NPN 80030136 · V0108-R1

✓ Amino Acids / Proteins  
 ✓ Men's Health  
 ✓ Neurological/Memory Health  
 ✓ Sport Nutrition

**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.



## 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.

#1599 · 15 ml · OM0120-R1

✓ Exotic Skin Oils · ✓ Hair/Skin/Nails

**Each bottle contains**

Organic goji (*Lycium barbarum*) seed oil,  
 CO<sub>2</sub> 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.



## S-Acetyl-Glutathione 100 mg

**Intracellular Antioxidant  
Superior Assimilation**

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

#2416 · 60 vegetable capsules  
 NPN 80091902 · V0670-R1

✓ Antioxidants · ✓ Detoxification  
 ✓ Immune Health  
 ✓ Neurological/Memory Health

**Each vegetable capsule contains**

S-Acetylglutathione . . . . . 100 mg

**Providing**

L-Glutathione . . . . . 87 mg





## Gotu Kola 500 mg

### Improves Memory

### Stimulates Appetite

Traditionally used in Ayurvedic medicine as Smritiprada (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.

#0829 • 100 vegetable capsules • NPN 80022868 • V0038-R2

✓ Digestive Health • ✓ Energy • ✓ Herbs and Herbal Extracts  
✓ Neurological/Memory Health

### 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.



## Grapefruit Seed Extract

### Safe Travels • Liquid Concentrate

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.

#1641 • 30 ml • #0142 • 112 ml • #0009 • 250 ml

NPN 80036596 • LM0064-R1

✓ Antioxidants • ✓ Detoxification  
✓ Herbs and Herbal Extracts • ✓ Immune 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.



## Grapefruit Seed Extract With Wormwood

### 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).

#0885 • 90 vegetable capsules • NPN 80048368 • V0039-R2

✓ Antioxidants • ✓ Detoxification • ✓ Herbs and Herbal Extracts  
✓ Immune Health

### 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.



## Grapeseed Extract

### 80% Oligomeric

### Proanthocyanidins • 85 mg

### 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.

#1203 • 60 vegetable capsules

NPN 80096626 • V0042-R3

✓ Antioxidants • ✓ Cardiovascular Health  
✓ Herbs and Herbal Extracts

### Each vegetable capsule contains

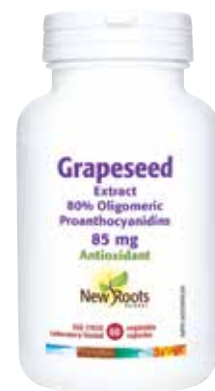
Bilberry (*Vaccinium myrtillus*) fruit ..... 380 mg  
Grape (*Vitis vinifera*) seed extract,  
80% oligomeric proanthocyanidins ..... 85 mg  
Grape (*Vitis vinifera*) skin extract, 25% polyphenols ... 60 mg

### Other ingredients

Vegetable magnesium stearate 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.



You cannot protect yourself from sadness without protecting yourself from happiness.

—Jonathan Safran Foer

## Grapeseed Extract

### 80% Oligomeric Proanthocyanidins · 100 mg

#### Antioxidant

A source of antioxidants for the maintenance of good health.

#1226 · 60 vegetable capsules  
NPN 80023073 · V0204-R3

✓ Antioxidants · ✓ Cardiovascular Health  
✓ Herbs and Herbal Extracts

#### 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.



**New Name!**  
Since April 2022  
**Pure Liver** is now called

## Grass-Fed Beef Liver

### Raw Glandular · 600 mg

#### Hormone- and Pesticide-Free

**Supports immunity.**  
Supports good health.  
Helps support immune function.

#1963 · 30 vegetable capsules · NPN 80053926 · V0541-R1  
✓ Detoxification · ✓ Digestive Health · ✓ Glandular Extracts

#### 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 1 capsule daily or as directed by your health-care practitioner.



## Grapeseed Extract

### 80% Oligomeric Proanthocyanidins · 500 mg

#### 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.

#1225 · 60 vegetable capsules · NPN 80035162 · V0343-R2

✓ Antioxidants · ✓ Cardiovascular Health  
✓ Herbs and Herbal Extracts

#### Each vegetable capsule contains

Grape (Vitis vinifera) seed **extract**,  
80% oligomeric proanthocyanidins. . . . . 500 mg  
Cranberry (Vaccinium macrocarpon)  
fruit 107× 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.



**New Name!**  
Since April 2022  
**Pure Spleen** is now called

## Grass-Fed Beef Spleen

### Raw Glandular · 650 mg

#### Hormone- and Pesticide-Free

**Supports Immunity**  
Supports good health.  
Helps support immune function.

#1964 · 30 vegetable capsules · NPN 80058174 · V0527-R2  
✓ Cardiovascular Health · ✓ Glandular Extracts

#### 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.







**New Name!**  
 Since April 2022  
**Pure Pancreas** is now called  
**Grass-Fed Lamb  
 Pancreas**  
**Raw Glandular · 450 mg**  
*Hormone- and Pesticide-Free*  
*Supports Good Health*  
 #2027 · 30 tablets  
 NPN 80071898 · V0556-R1  
 ✓ **Blood Glucose Management**  
 ✓ **Digestive Health** · ✓ **Glandular Extracts**



**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.

**New Product!**  
 Since December 2021  
 Launched as **Pure Thymus**,  
 now called

**Grass-Fed  
 Lamb Thymus**  
**Pure Glandular · 650 mg**  
*Hormone- and Pesticide-Free*  
*Supports Immunity*  
 Supports good health. Helps support immune function.



#2482 · 30 tablets · NPN 80103735 · V0524-R2  
 ✓ **Cardiovascular Health** · ✓ **Glandular Extracts**

**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.

**Green Tea Extract · 250 mg**  
**50 % Polyphenols**

**Antioxidant**  
 Source of antioxidants for the maintenance of good health.

#0781 · 90 vegetable capsules  
 NPN 80030374 · V0048-R1  
 ✓ **Antioxidants** · ✓ **Cardiovascular Health**  
 ✓ **Herbs and Herbal Extracts**  
 ✓ **Immune Health**  
 ✓ **Weight Management**

**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.



**Green Tea Extract · 500 mg**  
**75% EGCG**

**Antioxidant**  
 Source of antioxidants for the maintenance of good health.

#1696 · 60 vegetable capsules  
 NPN 80032105 · V0449-R4  
 ✓ **Antioxidants** · ✓ **Cardiovascular Health**  
 ✓ **Herbs and Herbal Extracts**  
 ✓ **Immune Health**  
 ✓ **Weight Management**

**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.



**Peacegreens**  
**Energy and Endurance**  
**Complete Greens and  
 Antioxidant Complex**  
 Provides antioxidants for the maintenance of good health.

#0691 · 294 g / 30 doses  
 NPN 80074279 · PM0184-R10  
 ✓ **Energy**  
 ✓ **Functional Foods (Green Foods)** · ✓ **Keto Diet**



### Each dose of 3½ teaspoons (9.8 g) contains

Lecithin (from non-GMO sunflower oil) .....	2,186 mg
<b>Organic</b> spirulina ( <i>Spirulina platensis</i> ) .....	1,685 mg
Cili ( <i>Rosa roxburghii</i> ) fruit <b>extract</b> , 6% vitamin C ...	1,000 mg
Alfalfa ( <i>Medicago sativa</i> ) grass .....	992 mg
Barley ( <i>Hordeum vulgare</i> ) grass .....	600 mg
Broken-cell, <b>organic</b> chlorella ( <i>Chlorella pyrenoidosa</i> ) ..	425 mg
Rice ( <i>Oryza sativa</i> ) bran powder .....	383 mg
Bee pollen .....	150 mg
D-Ribose .....	150 mg
Wheat ( <i>Triticum aestivum</i> ) grass leaf juice powder .....	122 mg
Licorice ( <i>Glycyrrhiza uralensis</i> ) root <b>extract</b> , 10% glycyrrhizinic acid .....	116 mg
Red beet ( <i>Beta vulgaris</i> ) root .....	65 mg
Milk thistle ( <i>Silybum marianum</i> ) seed <b>extract</b> , 80% silymarin .....	60 mg
Siberian ginseng ( <i>Eleutherococcus senticosus</i> ) root <b>extract</b> , 0.8% eleutherosides .....	60 mg
Whole dulse ( <i>Palmaria palmata</i> ) .....	33 mg
Grape ( <i>Vitis vinifera</i> ) seed <b>extract</b> , 95% proanthocyanidins .....	30 mg
Ginkgo ( <i>Ginkgo biloba</i> ) leaf <b>extract</b> , 24% flavonoid glycosides and 6% terpene lactones ....	20 mg
Green tea ( <i>Camellia sinensis</i> ) leaf <b>extract</b> , 50% polyphenols .....	15 mg
Bilberry ( <i>Vaccinium myrtillus</i> ) European fruit <b>extract</b> , 25% anthocyanosides .....	10 mg

### Probiotics: 10 billion CFU provided by the following strains:

<i>Lactobacillus rhamnosus</i> R0011 .....	4 billion CFU
<i>Lactobacillus rhamnosus</i> R1039 .....	3 billion CFU
<i>Lactobacillus acidophilus</i> R0418 .....	550 million CFU
<i>Lactobacillus helveticus</i> R0052 .....	500 million CFU
<i>Lactobacillus casei</i> R0215 .....	400 million CFU
<i>Lactobacillus plantarum</i> R1012 .....	400 million CFU
<i>Bifidobacterium breve</i> R0070 .....	300 million CFU
<i>Bifidobacterium longum</i> ssp. <i>infantis</i> R0033 ..	300 million CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> R0175 ..	300 million CFU
<i>Streptococcus salivarius</i> ssp. <i>thermophilus</i> R0083 .....	200 million CFU
<i>Lactobacillus delbrueckii</i> ssp. <i>bulgaricus</i> R9001	50 million CFU

### Digestive enzymes (8 mg):

alpha-Amylase ....	314.987 FCC alpha-amylase dextrinizing units
Bromelain (from pineapple [ <i>Ananas comosus</i> var. <i>comosus</i> ] 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 [ <i>Carica papaya</i> ] 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*) juice (115 mg\*), broccoli (*Brassica oleracea Italica*) **extract** (38 mg\*), arabinogalactan, inulin, potato starch, stevia (*Stevia rebaudiana*) leaf **extract**, vitamin C (ascorbic acid), and vegetable magnesium stearate.

\*Amount per 3½ teaspoons.

### Directions of use

**Adults:** Add 3½ level teaspoons of **Peacegreens** to 8 oz. of pure water or juice and mix thoroughly. Take with food. If you are taking antibiotics, take this product at least 2–3 h before or after them. It is necessary to drink 4–6 glasses of water during the day when taking **Peacegreens** to aid in cleansing.

### Duration of use

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

## Peacegreens

### Energy and Endurance

### Complete Greens and Antioxidant Complex

Lecithin helps to support liver function. Siberian ginseng is used in herbal medicine as a tonic to help relieve general debility and/or to aid during convalescence. Provides live microorganisms that temporarily modify gut flora. Digestive enzymes. Provides antioxidants.



#0709 · 120 vegetable capsules • #0714 · 240 vegetable capsules  
NPN 80106873 · V0152-R7

✓ **Energy** · ✓ **Functional Foods (Green Foods)** · ✓ **Keto Diet**

### Each dose of 13 capsules contains

Lecithin (from non-GMO sunflower oil) .....	2,186 mg
<b>Organic</b> spirulina ( <i>Spirulina platensis</i> ) .....	1,685 mg
Cili ( <i>Rosa roxburghii</i> ) fruit <b>extract</b> , 6% vitamin C ...	1,000 mg
Alfalfa ( <i>Medicago sativa</i> ) grass .....	992 mg
Barley ( <i>Hordeum vulgare</i> ) grass .....	600 mg
Chlorella ( <i>Chlorella pyrenoidosa</i> )— <b>organic, broken-cell</b> .....	425 mg
Rice ( <i>Oryza sativa</i> ) bran powder .....	383 mg
Bee pollen .....	150 mg
D-Ribose .....	150 mg
Wheat ( <i>Triticum aestivum</i> ) grass leaf juice powder .....	122 mg
Licorice ( <i>Glycyrrhiza uralensis</i> ) root <b>extract</b> , 10% glycyrrhizinic acid .....	116 mg
Red beet ( <i>Beta vulgaris</i> ) root .....	65 mg
Milk thistle ( <i>Silybum marianum</i> ) seed <b>extract</b> , 80% silymarin .....	60 mg
Siberian ginseng ( <i>Eleutherococcus senticosus</i> ) root <b>extract</b> , 0.8% eleutherosides .....	60 mg
Whole dulse ( <i>Palmaria palmata</i> ) .....	33 mg
Grape ( <i>Vitis vinifera</i> ) seed <b>extract</b> , 80% oligomeric proanthocyanidins .....	30 mg
Ginkgo ( <i>Ginkgo biloba</i> ) leaf <b>extract</b> , 24% flavonoid glycosides and 6% terpene lactones ....	20 mg
Green tea ( <i>Camellia sinensis</i> ) leaf <b>extract</b> , 50% polyphenols .....	15 mg
Bilberry ( <i>Vaccinium myrtillus</i> ) European fruit <b>extract</b> , 25% anthocyanosides .....	10 mg

### Probiotics: 10 billion CFU provided by the following strains:

<i>Lactobacillus rhamnosus</i> R0011 .....	4 billion CFU
<i>Lactobacillus rhamnosus</i> R1039 .....	3 billion CFU
<i>Lactobacillus acidophilus</i> R0418 .....	550 million CFU
<i>Lactobacillus helveticus</i> R0052 .....	500 million CFU
<i>Lactobacillus casei</i> R0215 .....	400 million CFU
<i>Lactobacillus plantarum</i> R1012 .....	400 million CFU
<i>Bifidobacterium breve</i> R0070 .....	300 million CFU
<i>Bifidobacterium longum</i> ssp. <i>infantis</i> R0033 ..	300 million CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> 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*) juice (115 mg\*), broccoli (*Brassica oleracea Italica*) extract (38 mg\*), arabinogalactan, inulin, potato starch, stevia (*Stevia rebaudiana*) leaf extract, vitamin C (ascorbic acid), and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

\* Amount per 13 capsules.

#### Directions of use

**Adults:** Take 13 capsules daily with 8 oz. of pure water or juice. Take with food. Swallow whole. Do not crush or chew. If you are taking other medication or natural health products, take this product a few hours before or after them. It is necessary to drink 4–6 glasses of water during the day when taking

**Peacegreens** to aid in cleansing.

#### Duration of use

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

## Peacegreens Immune

### 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.



#2134 · 151.5 g / 15 doses · #0604 · 303 g / 30 doses  
NPN 80077643 · PM0184C-R5

✓ **Functional Foods (Green Foods)** · ✓ **Immune Health**  
✓ **Keto Diet**

#### 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  
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.

## Matcha

### 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.

#1874 • 30 g • #1907 • 100 g • P0659-R1

✓ Antioxidants • ✓ Cardiovascular Health • ✓ Energy

✓ Functional Foods (Green Foods)

✓ Functional Foods (Teas / Herbal Teas)

### 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 baking, lattes, and smoothies.

### Nutrition Facts

	Per ½ tsp. (1 g)	% Daily Value*
Calories 0		
Fat 0.1 g		0 %
Carbohydrate 1 g		
Protein 0.2 g		
Cholesterol 0 mg		
Potassium 10 mg		0 %
Calcium 10 mg		1 %
Iron 0.1 mg		1 %
Magnesium 2.7 mg		1 %
Manganese 1.7 mg		74 %

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

## Guggul Extract • 560 mg

### Relieves Joint Pain and Swelling

Traditionally used in Ayurvedic medicine for Amavata, to help relieve pain and swelling of the joints.

#2206 • 150 vegetable capsules

NPN 80077234 • V0613-R1

✓ Cardiovascular Health • ✓ 50+ Health

✓ Hair/Skin/Nails

✓ Herbs and Herbal Extracts

✓ Muscle/Bone/Joint Health

### 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.

## Hair & Scalp

### For Healthier, Stronger Hair

Helps to promote and maintain hair health. Helps in tissue formation. Helps to metabolize carbohydrates, fats, and proteins. Helps in the formation of red blood cells. Grape seed extract is a source of antioxidants for the maintenance of good health.

#1612 • 30 softgels • #1555 • 60 softgels

NPN 80072372 • V0439-R17

✓ Hair/Skin/Nails • ✓ Herbs and Herbal Extracts

### Each softgel contains

Certified organic pumpkin ( <i>Cucurbita pepo</i> ) seed oil . . . . .	400 mg
L-Taurine (2-aminoethanesulfonic acid) . . . . .	240 mg
Wild-crafted saw palmetto ( <i>Serenoa repens</i> ) fruit	
liposterolic extract, 95% fatty acids (CO <sub>2</sub> -extracted) . . . . .	185 mg
Field horsetail ( <i>Equisetum arvense</i> ), 4.9 mg of silicon . . . . .	150 mg
Certified organic evening primrose ( <i>Oenothera biennis</i> )	
seed oil, 10% gamma-linolenic acid (GLA) . . . . .	100 mg
Fish oil (omega-3 from wild, deep-sea whole sardines	
[ <i>Sardina pilchardus</i> ] and whole anchovies [ <i>Engraulis encrasicolus</i> ]),	
40% eicosapentaenoic acid (EPA),	
20% docosahexaenoic acid (DHA) . . . . .	50 mg
Flax ( <i>Linum usitatissimum</i> ) seed extract,	
40% secoisolariciresinol diglucoside . . . . .	50 mg
Whole stinging nettle ( <i>Urtica dioica</i> ) extract . . . . .	50 mg
Grape ( <i>Vitis vinifera</i> ) seed extract,	
80% oligomeric proanthocyanidins . . . . .	35 mg
Green tea ( <i>Camellia sinensis</i> ) leaf extract,	
75% epigallocatechin-3-gallate (EGCG) . . . . .	35 mg
Apple ( <i>Pyrus malus</i> ) 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.





## Happy Skin

*With Organic and Wild-Crafted Ingredients*

Traditionally used in herbal medicine as an alterative.

#1594 · 50 ml • #1596 · 95 ml  
NPN 80039047 · LM0025-R6

✓ Hair/Skin/Nails • ✓ Herbs and Herbal Extracts

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.



## Hawthorn Berry 500 mg

*Supports Cardiovascular Health*

Traditionally used in herbal medicine to help maintain and support cardiovascular health in adults.

#0828 · 100 vegetable capsules  
NPN 80021188 · V0043-R2

✓ Cardiovascular Health  
✓ Herbs and Herbal Extracts

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.



## Heart Mag

**770 mg Magnesium Orotate**

*Supports Healthy Cardiac Function*

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.

#2311 · 60 vegetable capsules • NPN 80084636 · V0642-R1

✓ Cardiovascular Health • ✓ Muscle/Bone/Joint Health  
✓ Sport Nutrition • ✓ Stress/Mood/Sleep • ✓ Vitamins/Minerals

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.



## 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.

#1626 · 500 ml • NPN 80059927 · OM0116

✓ Cardiovascular Health  
✓ Functional Foods (Cooking Oils) • ✓ Keto Diet

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%



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

### 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.

## 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.

#1625 · 500 ml · NPN 80059904 · OM0118-R2

✓ Cardiovascular Health

✓ Functional Foods (Cooking Oils) · ✓ Keto Diet

### 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.



## 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.

#1624 · 500 ml · NPN 80059922 · OM0117

✓ Cardiovascular Health

✓ Functional Foods (Cooking Oils) · ✓ Keto Diet

### 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.



## Heavy Metal Detox

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.

#0801 · 120 vegetable capsules

NPN 80024488 · V0208-R5

✓ Antioxidants · ✓ Detoxification

✓ Immune Health

### 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.



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





### 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.

## Heme Iron

### Polypeptide · 11 mg

*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.

#1876 · 30 vegetable capsules • #2185 · 60 vegetable capsules

NPN 80061737 · V0514-R2

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

### 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

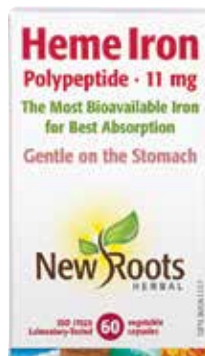
Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### 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.



### 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.

## HMB (Heavy Metal Blockade)

See Heavy Metal Detox, p. 102

New Product! Since May 2022

## Holy Basil Max

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 cardi tonic (Hrdya); and to aid digestion

(Dipani) and stimulate appetite (stomachic). Source

of antioxidants.

#2898 · 60 vegetable capsules • NPN 80112767 · V0740-R1

✓ Blood Glucose Management · ✓ Energy

✓ Herbs and Herbal Extracts · ✓ Immune Health

✓ Stress/Mood/Sleep

### 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.



## Lion's Mane Extract

*Cognitive Health*

*Immune-Boosting*

**Hot-Water Extract**

40% Polysaccharides · 500 mg

35% beta-glucans

Source of fungal polysaccharides

with immunomodulating

properties. Provides antioxidants.

#1868 · 60 vegetable capsules

#2297 · 120 vegetable capsules

NPN 80070799 · V0510-R2

✓ Medicinal Mushrooms · ✓ Neurological/Memory Health

### Each vegetable capsule contains

Lion's mane (*Hericium erinaceus*) mushroom extract,

standardized to 40% polysaccharides

providing 35% beta-glucans ..... 500 mg

Hot-water extraction.



## Homocysteine

## Reduce

*Clinically Formulated*

*Natural Lemon-Lime Flavour*

Helps to reduce homocysteine

levels, which may be associated

with deficiencies of folate or

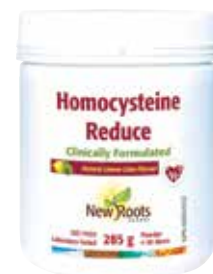
vitamin B12. Helps to support

liver function.

#2210 · 285 g / 30 doses • NPN 80061652 · PM0094-R2

✓ Cardiovascular Health · ✓ Digestive Health · ✓ 50+ Health

✓ Neurological/Memory Health



## 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.

## Horny Goat Weed *Epimedium grandiflorum* 500 mg

### 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.

#0847 • 60 vegetable capsules  
NPN 80042652 • V0220-R3

✓ **Energy** • ✓ **Herbs and Herbal Extracts**  
✓ **Men's Health (Sexual Health)**

## 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.



How wonderful it is that nobody need wait a single moment before starting to improve the world.

Anne Frank

## Hospital Bacteria Defense

### 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.

#1588 • 30 vegetable capsules • NPN 80110227 • V0436-R2

✓ **Digestive Health** • ✓ **Immune Health** • ✓ **Probiotics**

## Each vegetable capsule contains

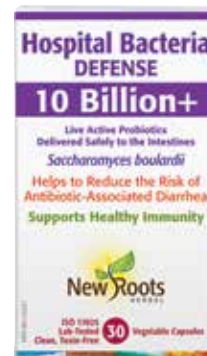
*Saccharomyces boulardii* ..... 10 billion CFU  
Vitamin C (ascorbic acid) ..... 6 mg

## 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.



## Human Probiotics Colonizing Flora

### 42 Billion + Live Active Probiotics Delivered Safely to the Intestines

### 12 Strains • Natural Water-Based GPS™ Enteric Coating

### Gastric Protective System Survives Stomach Acid

### DAIRY-FREE • SOY-FREE

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

#2166 • 30 vegetable capsules • NPN 80110107 • V0579-R2

✓ **Digestive Health** • ✓ **Immune Health** • ✓ **Probiotics**  
✓ **Stress/Mood/Sleep**

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



Lactobacillus acidophilus LA-14 . . . . . 37.8 million CFU  
 Lactobacillus rhamnosus GG. . . . . 37.8 million CFU  
 CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

#### Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, vitamin C (ascorbic acid), 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.

**Probiotics with GPS™ Enteric Coating** p. 163–169  
**Other Probiotics** p. 169–170

## IBS Urgency Irritable Bowel Syndrome 10 Billion + Live Active Probiotics Delivered Safely to the Intestines

**5 Strains · Natural Water-Based  
 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.

#1521 · 30 vegetable capsules · #1945 · 60 vegetable capsules  
 NPN 80042032 · V0374-R4

✓ Digestive Health · ✓ Immune Health · ✓ Probiotics

**Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 5 strains of live, active, healthy, and whole cells (10 billion) to the intestines**

#### Human Strains

Bifidobacterium longum ssp. infantis R0033 . . 3.40 billion CFU  
 Bifidobacterium longum ssp. longum R0175 . . 3.40 billion CFU  
 Lactobacillus acidophilus R0418 . . . . . 1.13 billion CFU

#### Plant Strain

Lactobacillus plantarum R1012 . . . . . 1.13 billion CFU

#### Dairy Strain

Lactobacillus rhamnosus R0011 . . . . . 1.13 billion CFU  
 Bovine colostrum (from Bos taurus) . . . . . 180 mg  
 CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

#### Other ingredients

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

#### Directions of use

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

#### Duration of use

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

**Probiotics with GPS™ Enteric Coating** p. 163–169  
**Other Probiotics** p. 169–170



## IMMX Immune 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.

#0342 · 180 vegetable capsules

NPN 80068004 · V0154-R10

✓ Herbs and Herbal Extracts ·  
 ✓ Immune Health

#### Each vegetable capsule contains

Grape (Vitis vinifera) seed **extract**,  
 80% oligomeric proanthocyanidins. . . . . 41 mg  
 Licorice (Glycyrrhiza glabra) root. . . . . 41 mg  
**Organic** echinacea (Echinacea angustifolia) root . . . . . 41 mg  
**Organic** echinacea (Echinacea purpurea) root. . . . . 41 mg  
 Pau d'arco (Tabebuia heptaphylla) inner bark. . . . . 41 mg  
 Astragalus (Astragalus membranaceus) root **extract**,  
 3% astragalosides . . . . . 40 mg  
 Cat's claw (Uncaria tomentosa)  
 bark **extract**, 3% alkaloids . . . . . 40 mg  
 Ginger (Zingiber officinale) rhizome . . . . . 40 mg  
 Mexican sarsaparilla (Smilax aristolochiifolia) root . . . . . 40 mg  
 Red ginseng (Panax ginseng) leaf and root **extract**,  
 20% ginsenosides . . . . . 40 mg  
 Yerba mate (Ilex paraguariensis) leaf . . . . . 40 mg  
 Oregano (Origanum vulgare) leaf **extract**, 30% carvacrol 30 mg  
 Siberian ginseng (Enterococcus senticosus) 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.

## Indole-3-Carbinol 150 mg

**Supports Healthy  
 Estrogen Balance**

Source of antioxidants. Helps to support healthy estrogen metabolism/balance.

#1151 · 60 vegetable capsules

NPN 80072220 · V0327-R3

✓ Antioxidants · ✓ Immune Health  
 ✓ Women's Health

#### 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.





# BOOST YOUR IMMUNITY



## DEFEND FROM WITHIN



Inspired by Nature, Driven by Science to *Make Life Better!*

[newrootsherbal.com](http://newrootsherbal.com)

To ensure these products are right for you,  
always read and follow label directions.



Tested in our state-of-the-art  
**ISO 17025**  
Accredited Laboratory

PROUDLY 

The Only Canadian-Branded Natural Supplement Manufacturer That Tests All Products in an On-Site, State-of-the-Art, ISO 17025-Accredited Lab



## Infla-Heal Plus

**Inflammation and Pain  
Support for Joint, Muscle, and  
Tendon Health · Natural Water-  
Based GPS™ Enteric Coating  
Gastric Protective System  
Survives Stomach Acid**

Used in herbal medicine to help  
relieve minor pain, swelling,  
and inflammation.

#1832 · 30 vegetable capsules  
#1829 · 90 vegetable capsules  
#1825 · 180 vegetable capsules  
#1824 · 360 vegetable capsules · NPN 80044720 · V0499-R2  
✓ **Enzymes** · ✓ **Muscle/Bone/Joint Health**



### Each enteric-coated vegetable capsule contains

Pancreatic enzymes

(from domestic pig [*Sus scrofa*]) 4× concentrate . . . . . 250 mg

#### Providing the following:

Protease (25,000 USP proteolytic units)

Amylase (25,000 USP amyloglucosidase units)

Lipase (2,000 USP lipase units)

Bromelain (from pineapple [*Ananas comosus* var. *comosus*]  
stem), 2,400 GDU/g (6,480,000 FCC papain units) . . . 180 mg

Trypsin (from domestic pig [*Sus scrofa*] pancreas)  
(18,000 USP trypsin units) . . . . . 120 mg

Providing 5,400–12,960 USP chymotrypsin units

Rutin (from Japanese pagoda tree  
[*Styphnolobium japonicum*] flower bud) . . . . . 85 mg

Papain (from papaya [*Carica papaya*] fruit)  
(1,800,000 FCC papain units) . . . . . 18 mg

Serratiopeptidase (30,000 SU) . . . . . 13.63 mg

L-Cysteine hydrochloride . . . . . 10 mg

Zinc (from zinc gluconate) . . . . . 2.6 mg

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in  
a non-GMO vegetable capsule 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.

## Myo-Inositol

**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.

#2208 · 125 g / 31 doses · #2209 · 250 g / 62 doses  
NPN 80072476 · P0003-R0

✓ **Blood Glucose Management** · ✓ **Cardiovascular Health**  
✓ **Vitamins/Minerals** · ✓ **Women's Health (Fertility/Maternity)**  
✓ **Women's Health (Menopause)**

### 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.

## Potassium Iodide

**800 mcg**

### Supports Thyroid Gland Function

Helps in the function of the  
thyroid gland. A factor in the  
maintenance of good health.

#1533 · 100 vegetable capsules  
NPN 80024925 · V0422-R1

✓ **Energy** · ✓ **Immune Health**  
✓ **Vitamins/Minerals**

### Each vegetable capsule contains

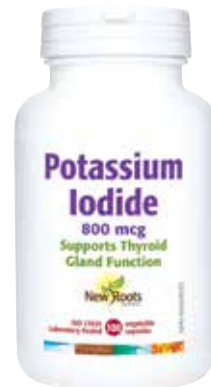
Iodine . . . . . 800 mcg  
(from 1.05 mg of potassium iodide)

### 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.



## Potassium Iodide

**65 mg**

### For nuclear emergency use only

Thyroid blocking agent for use  
in nuclear emergencies which  
involve the release of radioiodine.

#3141 · 60 tablets  
NPN 80086446 · V0765-R1

✓ **Detoxification** · ✓ **Immune Health**  
✓ **Vitamins/Minerals**

### 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.

## Iron Supplements

110–111

### Iron Bisglycinate

35 mg Elemental Iron

*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.

#1898 · 30 vegetable capsules

NPN 80052360 · V0515-R1

✓ Energy · ✓ Vitamins/Minerals

✓ Women's Health



**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.

### Joint Pain Relief

Helps to relieve joint pain associated with osteoarthritis.

Provides antioxidants for the maintenance of good health.

#1735 · 60 vegetable capsules

NPN 80038376 · V0465-R4

✓ Herbs and Herbal Extracts

✓ Muscle/Bone/Joint 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 (*Curcuma longa*) root **extract**,

95% curcuminoids, providing curcumin I,

demethoxycurcumin, and bisdemethoxycurcumin... 100 mg

Black pepper (*Piper nigrum*) fruit **extract**, 95% piperine . 2 mg

®NEM is a registered trademark of ESM Technologies, LLC 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.

### Joint-Tissu & MSM

*Relieves Joint Pain*

*Due to Osteoarthritis*

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

#0248 · 60 vegetable capsules

#0278 · 120 vegetable capsules

NPN 80110992 · V0189-R2

✓ 50+ Health · ✓ Muscle/Bone/Joint Health



**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 <b>extract</b> , 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.

### New Roots Herbal Joyful

*Healthy Mood Balance*

Helps to promote healthy mood balance. Helps to temporarily promote relaxation.

#2102 · 15 vegetable capsules

#2022 · 30 vegetable capsules

#2024 · 60 vegetable capsules

NPN 80069682 · V0557-R1

✓ Herbs and Herbal Extracts

✓ Neurological/Memory Health

✓ Stress/Mood/Sleep



**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 <b>extract</b> ....	50 mg



Phellodendron (*Phellodendron amurense*) bark **extract**,  
 1% berberine ..... 10 mg  
 Vitamin B6 (pyridoxal-5'-phosphate)..... 10 mg  
 Magnolia (*Magnolia officinalis*) bark 50:1 **extract**,  
 80% magnolol + honokiol ..... 5 mg  
 Folate (from calcium L-5-methyltetrahydrofolate) ... 333 mcg  
 Vitamin B12 (methylcobalamin) ..... 333 mcg  
 Vitamin D3 (cholecalciferol) ..... 8.33 mcg (333.33 IU)

#### Other ingredients

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

#### Directions of use

**Adults:** Take 1 capsule three times daily. Start with 1 capsule daily and gradually move to 3 daily, or as directed by your health-care practitioner. Use the lowest efficient dose.

#### Duration of use

For healthy mood balance: Use for a minimum of 1 week to see beneficial effects. Consult a health-care practitioner for use beyond 4 weeks.

## Juicy Immune - Energy

**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.**

#1511 · 305 g / ≈ 30 doses

#1687 · 30 sachets × 10 g

NPN 80082454 · PM0557-R9

✓ Cardiovascular Health · ✓ Energy · ✓ Functional Foods

✓ Herbs and Herbal Extracts · ✓ Immune Health · ✓ Keto Diet

**Each 10 g (2 heaping teaspoons) dose or sachet contains**

**Freeze-dried organic berry powders**

**Organic sea buckthorn**

(*Hippophae rhamnoides*) fruit ..... 1,200 mg

**Organic goji** (*Lycium barbarum*) fruit ..... 1,000 mg

**Organic pomegranate** (*Punica granatum*) fruit .... 1,000 mg

**Organic blackberry** (*Rubus plicatus*) fruit ..... 400 mg

**Organic strawberry** (*Fragaria × ananassa*) ..... 400 mg

**Organic red raspberry** (*Rubus idaeus*) fruit ..... 300 mg

**Organic sour cherry** (*Prunus* ssp.) fruit ..... 300 mg

**Organic bilberry** (*Vaccinium myrtillus*) fruit ..... 250 mg

**Nutraceuticals**

Inulin (from chicory root) ..... 2,210 mg

Lecithin (from non-GMO sunflower oil) ..... 1,000 mg

Arabinogalactan (from *Larix laricina*) ..... 750 mg

Roselle (*Hibiscus sabdariffa*) flower ..... 400 mg

Vitamin C (ascorbic acid) ..... 360 mg

Cranberry (*Vaccinium macrocarpon*)

fruit 107× concentrate ..... 75 mg

Green tea (*Camellia sinensis*) leaf **extract**,

75% epigallocatechin-3-gallate (EGCG) ..... 50 mg

Cili (*Rosa roxburghii*) fruit **extract** ..... 40 mg



Japanese knotweed (*Fallopia japonica*)

root, 50% resveratrol ..... 27.5 mg

Astragalus (*Astragalus membranaceus*) root **extract**,

3% astragalosides ..... 25 mg

Bilberry (*Vaccinium myrtillus*) European fruit **extract**,

25% anthocyanosides ..... 25 mg

Blend of berry **extracts**, 20% multianthocyanidins, from

bilberry (*Vaccinium myrtillus*) and grape (*Vitis vinifera*) 25 mg

European elderberry (*Sambucus nigra*) fruit **extract** .. 25 mg

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

Grape (*Vitis vinifera*) seed **extract**, 80% oligomeric

proanthocyanidins ..... 10 mg

Grape (*Vitis vinifera*) skin **extract**, 25% polyphenols . 10 mg

Marigold (*Tagetes erecta*) flower **extract**, 15% lutein 2.25 mg

Zeaxanthin esters (400 mcg)

from marigold (*Tagetes erecta*) flower **extract** ..... 2 mg

Lycopene (100 mcg)

from tomato (*Solanum lycopersicum*) flesh **extract** ..... 1 mg

Astaxanthin 1.5%,

from 375 mcg of *Haematococcus pluvialis* ..... 375 mcg

#### Other ingredient

Stevia (*Stevia rebaudiana*) leaf **extract**.

#### Directions of use

**Adults:** Mix 2 heaping teaspoons (about 10 g) or 1 sachet with at least 8 oz.<sup>†</sup> (235 ml) of water or other fluids once daily, or as directed by your health-care practitioner.

<sup>†</sup>Adjust amount of water to taste.

## Kava

**400 mg · 30% Kavalactones**

**Promotes Relaxation**

Used in herbal medicine to help relieve nervousness; as a calmativ; as a sedative; and as a sleep aid / to promote sleep.

#2111 · 60 vegetable capsules

NPN 80072998 · V0586-R2

✓ Herbs and Herbal Extracts

✓ Neurological/Memory Health

✓ Stress/Mood/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.



# IRON SUPPLEMENTS

## Heme Iron

### Polypeptide · 11 mg

*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.

#1876 · 30 vegetable capsules · #2185 · 60 vegetable capsules  
NPN 80061737 · V0514-R2

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

### 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.



## Iron Bisglycinate

### 35 mg Elemental Iron

*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.

#1898 · 30 vegetable capsules  
NPN 80052360 · V0515-R1

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



### 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.

*Iron plays many roles within the human body, the most important as the backbone of red blood cells (hemoglobin) that assimilate oxygen within the lungs.*

*Iron supplementation depends upon accurate elemental values. We employ ICP-OES and ICP-MS as needed to guarantee our label claim, ensuring consumers get the expected benefits.*





# IRON

## Super Iron 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.

#0970 · 90 vegetable capsules  
NPN 80048168 · V0489-R3

✓ Energy · ✓ Vitamins/Minerals  
✓ Women's 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.

## Ultra Iron 30 mg Advanced Formula with Vitamins C and B12

Helps to prevent iron deficiency. Helps to form red blood cells and helps in their proper function.

#0971 · 90 vegetable capsules  
NPN 80047902 · V0485-R2

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

### 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.



## Kelp 225 mg Made with Organic Kelp Supports Thyroid Gland Function

A factor in the maintenance of good health. Helps in the function of the thyroid gland.

#0807 · 100 vegetable capsules  
#0314 · 300 vegetable capsules  
NPN 80020944 · V0047-R6

✓ Detoxification · ✓ Energy  
✓ Herbs and Herbal Extracts

### Each tablet contains

Iodine (from 225 mg of organic Norwegian kelp [Ascohyllum nodosum]) . . . . .	225 mcg
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### 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.



## Kidney Clean Flow 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.

#1079 · 90 vegetable capsules · NPN 80068833 · V0306-R2  
✓ Detoxification · ✓ Herbs and Herbal Extracts

### Each vegetable capsule contains

Cranberry (Vaccinium macrocarpon) fruit 107x concentrate . . . . .	85 mg
Marshmallow (Althaea officinalis) root . . . . .	85 mg
Cat's whiskers (Orthosiphon aristatus) herb 4:1 extract . . . . .	84 mg
Golden rod (Solidago virgaurea) leaf . . . . .	63 mg
Asparagus (Asparagus officinalis) shoot . . . . .	51 mg
Buchu (Agathosma betulina) leaf . . . . .	48 mg
Ginger (Zingiber officinale) rhizome 10:1 extract . . . . .	48 mg
Parsley (Petroselinum crispum) leaf . . . . .	48 mg
Birch (Betula pubescens) leaf . . . . .	42 mg
Uva ursi (Arctostaphylos uva-ursi) leaf 2.5:1 extract . . . . .	42 mg
Cayenne (Capsicum annuum) fruit . . . . .	21 mg
Corn (Zea mays) silk 4:1 extract . . . . .	17 mg
Juniper (Juniperus communis) berry . . . . .	10 mg
Black pepper (Piper nigrum) 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.





# GET BACK IN THE GAME

## JOINT PAIN RELIEF AND LONG-TERM JOINT SUPPORT



Inspired by Nature, Driven by Science to ***Make Life Better!***

[newrootsherbal.com](http://newrootsherbal.com)

To ensure these products are right for you,  
always read and follow label directions.



Tested in our state-of-the-art  
**ISO 17025**  
Accredited Laboratory

**PROUDLY** 

The Only Canadian-Branded Natural Supplement Manufacturer That Tests All Products in an On-Site, State-of-the-Art, ISO 17025–Accredited Lab

## Kidney Herbal Diuretic

### Supports Healthy

#### Kidney Function

Uva ursi and juniper are traditionally used in herbal medicine as diuretics.

#1346 • 100 vegetable capsules  
NPN 80043472 • V0366-R2

✓ Detoxification  
✓ Herbs and Herbal Extracts

#### Each vegetable capsule contains

Uva ursi

(Arctostaphylos uva-ursi) leaf . . . . . 345 mg

Buchu (Agathosma betulina) leaf . . . . . 57 mg

Ginger (Zingiber officinale) rhizome . . . . . 57 mg

Marshmallow (Althea officinalis) root . . . . . 57 mg

Parsley (Petroselinum crispum) leaf . . . . . 57 mg

Juniper (Juniperus communis) 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 health products, take this product a few hours before or after them.

#### Duration of use

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



## L-Carnitine Tartrate

### 750 mg

#### 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.

#1795 • 90 vegetable capsules • NPN 80044764 • V0098-R2

✓ Amino Acids / Proteins • ✓ Cardiovascular Health  
✓ Sport Nutrition • ✓ Weight Management

#### 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.



## Kids' Products

48–49

## L-Arginine 500 mg

### 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).

#1018 • 100 vegetable capsules  
NPN 80021242 • V0153-R5

✓ Amino Acids / Proteins  
✓ Cardiovascular Health  
✓ Sport Nutrition

#### 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.



## L-Cysteine 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.

#0125 • 50 vegetable capsules  
NPN 80025197 • V0099-R1

✓ Amino Acids / Proteins  
✓ Antioxidants • ✓ Detoxification  
✓ Hair/Skin/Nails • ✓ Immune Health  
✓ Muscle/Bone/Joint Health

#### 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.





## L-Glutamine 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.

#0090 · 50 vegetable capsules

#0865 · 120 vegetable capsules

#0866 · 240 vegetable capsules

NPN 80010311 · V0100-R2

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

✓ Muscle/Bone/Joint Health · ✓ Sport Nutrition

✓ Stress/Mood/Sleep

### 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.



## 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.

#0868 · 250 g · NPN 80021094 · P0163-R1

✓ Amino Acids / Proteins

✓ Digestive Health · ✓ Immune Health

✓ Muscle/Bone/Joint Health · ✓ Sport Nutrition

✓ Stress/Mood/Sleep

### 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.



## L-Lysine 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.

#0252 · 100 vegetable capsules

#1019 · 250 vegetable capsules

NPN 80000790 · V0151-R2

✓ Amino Acids / Proteins

✓ Cardiovascular Health

✓ Immune Health · ✓ Weight Management



### 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.

## L-Methionine 500 mg

### Supports Liver Function

A factor in the maintenance of good health. Helps to support liver function.

#0148 · 50 vegetable capsules

NPN 80017685 · V0102-R2

✓ Amino Acids / Proteins

✓ Antioxidants · ✓ Detoxification

✓ Immune Health (Allergy Relief)

### 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.



## 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.

#1900 · 60 vegetable capsules · NPN 80095778 · V0518-R1

✓ Vitamins/Minerals · ✓ Women's Health (Fertility/Maternity)

### 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.





## 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.

#2038 • 60 tablets • NPN 80070154 • V0563-R1

✓ Vitamins/Minerals • ✓ Women's Health (Fertility/Maternity)

#### 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.



## L-Taurine 500 mg

*Supports Cardiovascular Health*

Helps to support cardiovascular function.

#0089 • 90 vegetable capsules

NPN 80021987 • V0103-R2

✓ Amino Acids / Proteins

✓ Cardiovascular Health

✓ Muscle/Bone/Joint Health

✓ Neurological/Memory Health

#### 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.



## L-Theanine 250 mg

*Relaxation*

Helps to temporarily promote relaxation.

#1786 • 30 vegetable capsules

#2551 • 60 vegetable capsules

#2552 • 120 vegetable capsules

NPN 80039946 • V0484-R2

✓ Amino Acids / Proteins

✓ Neurological/Memory Health

✓ Stress/Mood/Sleep

✓ Weight Management

#### 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.



## L-Tryptophan 220 mg

*Essential Amino Acid*

Source of an essential amino acid for the maintenance of good health.

#1645 • 90 vegetable capsules

NPN 80031759 • V0456-R4

✓ Amino Acids / Proteins

✓ Digestive Health

✓ Neurological/Memory Health

✓ Stress/Mood/Sleep

#### 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.



## L-Tyrosine 500 mg

*Stress Management*

*Physical • Psychological*

Helps in the management of some forms of stress (physical, psychological, sleep deprivation, multitasking etc.).

#1020 • 60 vegetable capsules

NPN 80000017 • V0169-R3

✓ Amino Acids / Proteins

✓ Cardiovascular Health • ✓ Energy

✓ Neurological/Memory Health

✓ Stress/Mood/Sleep

#### 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.



It is not true that people stop pursuing dreams because they grow old; they grow old because they stop pursuing dreams.

—Gabriel García Márquez

#### 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.

#### New Name!

Since April 2022

Pure Pancreas is now called

## Grass-Fed Lamb Pancreas

Raw Glandular • 450 mg

Hormone- and Pesticide-Free

Supports Good Health

#2027 • 30 tablets

NPN 80071898 • V0556-R1

✓ Blood Glucose Management

✓ Digestive Health • ✓ Glandular Extracts

#### 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.

#### New Product!

Since December 2021

Launched as Pure Thymus, now called

## Grass-Fed Lamb Thymus

Pure Glandular • 650 mg

Hormone- and Pesticide-Free

Supports Immunity

Supports good health. Helps support immune function.

#2482 • 30 tablets • NPN 80103735 • V0524-R2

✓ Cardiovascular Health • ✓ Glandular Extracts

#### Each tablet contains

Glandular thymus (from lamb [*Ovis aries*]) ..... 450 mg  
Vitamin C ..... 6 mg

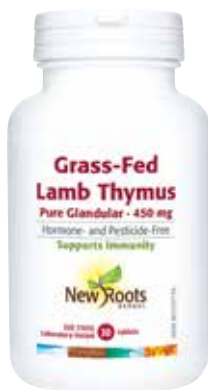
\* Superior-quality, freeze-dried organ from New Zealand grass-fed lamb. Guaranteed free of pesticides, growth hormones, antibiotics, and transmissible spongiform encephalopathy (TSE).

#### 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.



## Lavender 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.

#2139 • 15 ml • NPN 80069450 • O0031-R1

✓ Herbs and Herbal Extracts (Essential Oils)

#### 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.



## Lectro-Lytes

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.

#2490 • 168 g / 40 portions • PM0818-R1

✓ Digestive Health • ✓ Energy • ✓ Keto Diet • ✓ Sport Nutrition

✓ Vitamins/Minerals

#### 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\*

Fat 0 g ..... 0 %

Saturated 0 g + Trans 0 g ..... 0 %

Carbohydrate 1 g

Fibres 0 g ..... 0 %

Sugars 0 g ..... 0 %

Protein 0 g

Cholesterol 0 mg

Sodium 55 mg ..... 2 %

Potassium 200 mg ..... 4 %

Calcium 100 mg ..... 8 %

Iron 0.1 mg ..... 1 %

Vitamin C 251 mg ..... 279 %

Vitamin B6 10 mg ..... 588 %

Magnesium 120 mg ..... 29 %

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



## Lectro-Lytes 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.

#2488 • 192 g / 40 portions • PM0814-R1

✓ Digestive Health • ✓ Energy • ✓ Keto Diet • ✓ Sport Nutrition  
✓ Vitamins/Minerals

### 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)

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

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



## Licorice Root 470 mg 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.

#0826 • 100 vegetable capsules

NPN 80010480 • V0122-R1

✓ Digestive Health • ✓ Herbs and Herbal Extracts  
✓ Immune Health • ✓ Stress/Mood/Sleep

### 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.



## Lion's Mane Extract

Cognitive Health

Immune-Boosting

Hot-Water Extract

40% Polysaccharides

500 mg • 35% beta-glucans

Source of fungal polysaccharides with immunomodulating properties. Provides antioxidants.

#1868 • 60 vegetable capsules

#2297 • 120 vegetable capsules

NPN 80070799 • V0510-R2

✓ Medicinal Mushrooms • ✓ Neurological/Memory Health

### 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.



## Lemon Essential Oil (Citrus × limon)

100% Pure • Certified Organic

Used in aromatherapy to help relieve colds/cough.

#2148 • 15 ml • NPN 80076490 • O0059-R1

✓ Herbs and Herbal Extracts (Essential Oils)

### 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.





**New Product!**  
**Since March 2021**

## Lion's Mane Powder

**Cognitive Health**

**Immune Support · Organic**

Source of fungal polysaccharides with immunomodulating properties. Supports cognitive health.

#2579 · 100 g / 100 doses · NPN 80111122 · P0831-R1

✓ **Functional Foods** · ✓ **Immune Health** · ✓ **Medicinal Mushrooms**  
 ✓ **Neurological/Memory Health**

**Each ¾ teaspoon contains**

**Organic lion's mane (*Herichium 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. Simmering will increase potency and benefits.



## 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.

#1900 · 60 vegetable capsules · NPN 80095778 · V0518-R1

✓ **Vitamins/Minerals** · ✓ **Women's Health (Fertility/Maternity)**

**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.



## 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.

#2038 · 60 tablets · NPN 80070154 · V0563-R1

✓ **Vitamins/Minerals** · ✓ **Women's Health (Fertility/Maternity)**

**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.



## R+ Alpha Lipoic 150 mg

**Antioxidant · Promotes Healthy Glucose Metabolism**

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

#1378 · 60 vegetable capsules

NPN 80113344 · V0381-R4

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

**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.



## 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.

#1968 · 50 ml · #1970 · 95 ml

NPN 80058315 · LM0135-R1

✓ Antioxidants · ✓ Detoxification  
✓ Muscle/Bone/Joint Health

### 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.



## Liquid Melatonin

**Sleep Support**

Helps increase total sleep time in people suffering from sleep restriction or altered sleep schedule.

#1946 · 50 ml · #2548 · 95 ml

NPN 80112811 · LM0134-R1

✓ 50+ Health · ✓ Immune Health

### Each drop contains

Melatonin..... 120 mcg

### Other ingredients

Natural peppermint extract, organic alcohol from sugarcane, glycerin, and purified water.

### 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. Do not drive or use machinery for 5 hours after taking melatonin.

### 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.



## New Product!

Since December 2021

Launched as **Pure Thymus**,  
now called

## Grass-Fed Beef Liver Raw Glandular · 600 mg

**Hormone- and Pesticide-Free**

**Supports immunity.**

Supports good health.

Helps support immune function.

#1963 · 30 vegetable capsules

NPN 80053926 · V0541-R1

✓ Detoxification · ✓ Digestive Health · ✓ Glandular Extracts



### 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 1 capsule daily or as directed by your health-care practitioner.

## Liver Protection

**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.

#0210 · 45 vegetable capsules

#0206 · 90 vegetable capsules

#0859 · 180 vegetable capsules · NPN 80085370 · V0050-R5

✓ Detoxification · ✓ Digestive Health · ✓ Hair/Skin/Nails  
✓ Herbs and Herbal Extracts · ✓ Keto Diet

### Each vegetable capsule contains

Milk thistle (*Silybum marianum*) seed extract,  
80% silymarin..... 250 mg  
Black Spanish radish (*Raphanus sativus* var. *niger*) root . 120 mg  
Red beet (*Beta vulgaris*) root ..... 120 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  
Turmeric (*Curcuma longa*) root extract, 95% curcuminoids,  
providing curcumin I, demethoxycurcumin,  
and bisdemethoxycurcumin ..... 50 mg  
Artichoke (*Cynara scolymus*) leaf, 5% cynarin ..... 35 mg

### Other ingredients

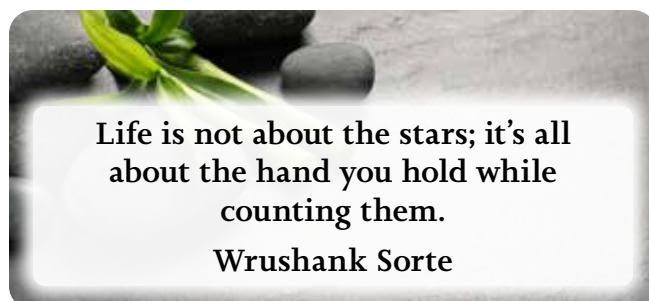
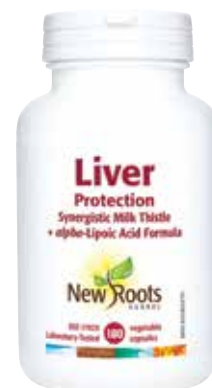
Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### 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.



Life is not about the stars; it's all  
about the hand you hold while  
counting them.

Wrushank Sorte

## 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**

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.

#2264 • 250 g • #2260 • 454 g • P0765-R1

✓ **Amino Acids / Proteins** • ✓ **Keto Diet** • ✓ **Sport Nutrition**

### **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*
Calories 110		
Fat 3 g	4 %	
Saturated 0.5 g + Trans 0 g	3 %	
Polyunsaturated 1 g		
Monounsaturated 1 g		
Carbohydrate 7 g		
Fibre 4 g	14 %	
Sugars 2 g	2 %	
Protein 16 g		
Cholesterol 0 mg		
Sodium 0 mg	0 %	
Potassium 300 mg	6 %	
Calcium 50 mg	4 %	
Iron 1.5 mg	8 %	

\*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



## Maca 750 mg

**Made with Organic Maca**

**Mood Balance / Sexual Health**

Helps support emotional aspects of sexual health. Helps to support healthy mood balance during menopause. Provides antioxidants.

#1835 • 120 vegetable capsules

NPN 80042262 • V0490-R3

✓ **Energy** • ✓ **Herbs and Herbal Extracts**

✓ **Men's Health (Sexual Health)**

✓ **Women's Health (Menopause)**

✓ **Women's Health (Sexual Health)**

**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.

## Magnesium

**124–127**

## Maitake Extract

**Immune Support • Balance**

**Hot-Water Extract**

**40% Polysaccharides • 400 mg**

Used in herbal medicine to support the immune system.

#1860 • 60 vegetable capsules

NPN 80117430 • V0509-R3

✓ **Immune Health**

✓ **Medicinal Mushrooms**

**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.



## Maitake Powder

**Organic Grifola frondosa**

**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 maitake tea or spruce up your favourite hot beverage. All-natural goodness with no bitter aftertaste.

#2581 • 100 g / 38 portions • P0833-R1

✓ **Antioxidants** • ✓ **Functional Foods** • ✓ **Immune Health**

### **Ingredient**

Organic maitake (*Grifola frondosa*) powder.

### **Recommended use**

Add ½ level teaspoon to your favourite hot drinks, coffee, baking, and cooking. Simmering 5 to 20 minutes will increase potency.

### **Nutrition Facts**

	Per ½ tsp. (2.6 g)	% Daily Value*
Calories 10		
Fat 0.1 g	0 %	
Saturated 0 g + Trans 0 g	0 %	
Carbohydrate 2 g		
Fibres 1 g	4 %	
Sugars 0 g	0 %	







Protein 0.5 g	
Cholesterol 0 mg	
Sodium 0 mg	0 %
Potassium 0 mg	0 %
Calcium 0 mg	0 %
Iron 0 mg	0 %

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

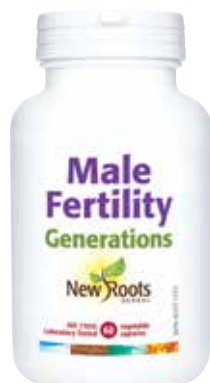
## Male Fertility

### 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.

#2109 • 60 vegetable capsules  
NPN 80071357 • V0587-R2

✓ Herbs and Herbal Extracts  
✓ Men's Health (Fertility)



### 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.

## Marula Seed Oil

### Certified Organic

#### Deeply Hydrating Facial Oil

Our organic marula seed oil is cold-pressed from kernels of fruits that are hand-harvested from the majestic marula trees of South Africa. It has a light texture to deeply penetrate skin for a smooth-looking, radiant complexion.

#2306 • 30 ml • OM0072-R2

✓ Exotic Skin Oils

### 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.

## Matcha

### 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.

#1874 • 30 g • #1907 • 100 g • P0659-R1

✓ Antioxidants • ✓ Cardiovascular Health • ✓ Energy  
✓ Functional Foods (Green Foods)  
✓ Functional Foods (Teas / Herbal Teas)



### 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)

	% Daily Value*
Calories 0	
Fat 0.1 g	0 %
Carbohydrate 1 g	
Protein 0.2 g	
Cholesterol 0 mg	
Potassium 10 mg	0 %
Calcium 10 mg	1 %
Iron 0.1 mg	1 %
Magnesium 2.7 mg	1 %
Manganese 1.7 mg	74 %

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

## 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.

#2449 • 150 g / 15 portions • P0812-R1



✓ Energy · ✓ Essential Fatty Acids · ✓ 50+ Health · ✓ Keto Diet  
✓ Neurological/Memory Health · ✓ Sport Nutrition  
✓ Weight Management

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

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

## **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.

#1546 · 500 ml · #1800 · 1 litre · O0015B-R1

✓ Energy · ✓ Essential Fatty Acids · ✓ 50+ Health · ✓ Keto Diet  
✓ Neurological/Memory Health · ✓ Sport Nutrition  
✓ Weight Management

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

\* 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



## **MCT Energy 1,000 mg**

### **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.

#2190 · 90 softgels · #2171 · 180 softgels  
NPN 80071199 · V0580-R1

✓ Energy · ✓ Essential Fatty Acids · ✓ 50+ Health · ✓ Keto Diet  
✓ Neurological/Memory Health · ✓ Sport Nutrition  
✓ 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.



## **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.

#2414 · 500 ml · #2415 · 1 litre · O0076-R1

✓ Energy · ✓ Essential Fatty Acids  
✓ 50+ Health · ✓ Keto Diet · ✓ Neurological/Memory Health  
✓ Sport Nutrition · ✓ Weight Management

#### **Ingredient**

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

#### **Where to Use**

Coffee · Dressing · Shake · Cooking

#### **Nutrition Facts**

	Per 1 tbsp. (15 ml)	% Daily Value*
Calories 130		
Fat 14 g.....		19 %
Saturated 14 g + Trans 0 g.....		70 %
Carbohydrate 0 g		
Fibre 0 g .....		0 %
Sugars 0 g .....		0 %



Protein 0 g	
Cholesterol 0 mg	
Sodium 0 mg	0 %
Potassium 0 mg	0 %
Calcium 0 mg	0 %
Iron 0 mg	0 %

\*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

## Organic 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

Organic 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.

#2412 · 500 ml · #2413 · 1 litre · O0075-R1

✓ Energy · ✓ Essential Fatty Acids

✓ 50+ Health · ✓ Keto Diet · ✓ Neurological/Memory Health

✓ Sport Nutrition · ✓ Weight Management

#### Ingredient

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

#### Where to Use

Coffee · Dressing · Shake · Cooking

#### Nutrition Facts

	Per 1 tbsp. (15 ml)	% Daily Value*
Calories 130		
Fat 14 g	19 %	
Saturated 14 g + Trans 0 g	70 %	
Carbohydrate 0 g		
Fibre 0 g	0 %	
Sugars 0 g	0 %	
Protein 0 g		
Cholesterol 0 mg		
Sodium 0 mg	0 %	
Potassium 0 mg	0 %	
Calcium 0 mg	0 %	
Iron 0 mg	0 %	

\*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



## MCT Protein Broth

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.

#2514 · 300 g · PM0837-R1

✓ Amino Acids / Proteins · ✓ Keto Diet

✓ Muscle/Bone/Joint Health · ✓ Sport Nutrition

#### Ingredients

Organic medium-chain triglycerides (MCT) powder, grass-fed beef bone broth protein powder, and organic acacia gum.

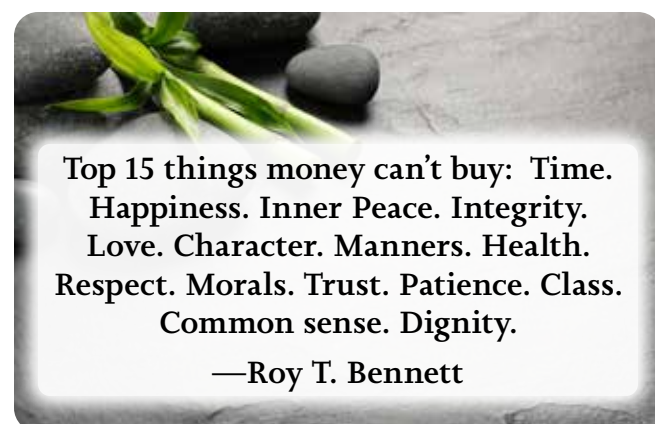
#### For a Broth:

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)	% Daily Value*
Calories 150		
Fat 12 g	16 %	
Saturated 12 g + Trans 0 g	60 %	
Carbohydrate 5 g		
Fibre 5 g	18 %	
Sugars 0 g	0 %	
Protein 9 g		
Cholesterol 0 mg		
Sodium 105 mg	5 %	
Potassium 100 mg	2 %	
Calcium 50 mg	4 %	
Iron 0.75 mg	4 %	
Niacin 0.75 mg	5 %	
Vitamin B6 0.1 mg	6 %	
Vitamin B12 0.3 µg	13 %	

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



## Medicinal Mushrooms 128–131

## Mushroom Powders 132





# 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 40% 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 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.

#0784 · 90 vegetable capsules

#0229 · 180 vegetable capsules · NPN 80028481 · V0155-R2

✓ Muscle/Bone/Joint Health · ✓ Vitamins/Minerals

#### 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 of after them.

### Cal-Mag Citrates 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.

#1468 · 100 vegetable capsules · #1470 · 200 vegetable capsules  
NPN 80033666 · V0406-R2

✓ Muscle/Bone/Joint Health · ✓ Vitamins/Minerals



# MAGNESIUM SUPPLEMENTS

## 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.

## Clarity Mag Magnesium L-Threonate 625 mg

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.

#2337 • 90 vegetable capsules  
NPN 80084052 • V0647-R1

✓ 50+ Health  
✓ Neurological/Memory Health • ✓ Stress/Mood/Sleep  
✓ Vitamins/Minerals



## Each vegetable capsule contains

Magnesium L-threonate .....	625 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.



## Heart Mag 770 mg Magnesium Orotate

### Supports Healthy Cardiac Function

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.



#2311 • 60 vegetable capsules • NPN 80084636 • V0642-R1

✓ Cardiovascular Health • ✓ Muscle/Bone/Joint Health  
✓ Sport Nutrition • ✓ Stress/Mood/Sleep • ✓ Vitamins/Minerals

## 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.

## Magnesium Bisglycinate (Powder) 200 mg of Fully Reacted Magnesium With Vitamin C Supports Heart and Muscle Function • 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.

#2378 • 226 g / 45 doses • #2380 • 454 g / 90 doses  
NPN 80077751 • PM0192-R1



# MAGNESIUM SUPPLEMENTS

- ✓ Cardiovascular Health · ✓ Muscle/Bone/Joint Health
- ✓ Neurological/Memory Health · ✓ Sport Nutrition
- ✓ Stress/Mood/Sleep · ✓ Vitamins/Minerals

## Each scoop contains

Vitamin C (ascorbic acid) ..... 375 mg  
Magnesium  
(from pure, fully reacted magnesium bisglycinate) . . . . 200 mg

## Other ingredients

Natural lemon-lime flavour, citric acid, DL-malic acid, isomaltulose (naturally occurring disaccharide from sugar beet), and stevia (*Stevia rebaudiana*) leaf extract.

## Directions of use

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

## Magnesium Bisglycinate Plus 150 mg Elemental Magnesium

### Healthy Muscle Function 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.

#2202 · 60 vegetable capsules · #1390 · 120 vegetable capsules  
NPN 80022757 · V0382-R4

- ✓ Cardiovascular Health · ✓ Muscle/Bone/Joint Health
- ✓ Neurological/Memory Health · ✓ Sport Nutrition
- ✓ Stress/Mood/Sleep · ✓ Vitamins/Minerals

## 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.



## Magnesium Bisglycinate 200 mg Elemental Magnesium

### 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.

#2308 · 120 vegetable capsules · #2402 · 240 vegetable capsules  
NPN 80085063 · V0649-R1

- ✓ Cardiovascular Health · ✓ Muscle/Bone/Joint Health
- ✓ Neurological/Memory Health · ✓ Sport Nutrition
- ✓ Stress/Mood/Sleep · ✓ Vitamins/Minerals

## 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.



## Magnesium Citrate Plus L-Taurine

### 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.

#0903 · 90 vegetable capsules  
#0904 · 180 vegetable capsules  
NPN 80023337 · V0262-R2

- ✓ Cardiovascular Health
- ✓ Muscle/Bone/Joint Health · ✓ Sport Nutrition · ✓ Vitamins/Minerals

## 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.

## Directions of use

Adolescents 14–18 years and adults: Take 1 capsule twice daily or as directed by your health-care practitioner.





# MAGNESIUM SUPPLEMENTS

## Pure Magnesium Bisglycinate

Fully Reacted

115 mg + Taurine

*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.

#2200 • 90 vegetable capsules • NPN 80077470 • V0612-R1

✓ Cardiovascular Health • ✓ Muscle/Bone/Joint Health

✓ Sport Nutrition • ✓ Vitamins/Minerals

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.



## Pure Magnesium Bisglycinate

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.

#2183 • 60 vegetable capsules • #2175 • 120 vegetable capsules  
NPN 80110865 • V0603-R1

✓ Cardiovascular Health • ✓ Muscle/Bone/Joint Health

✓ Neurological/Memory Health • ✓ Sport Nutrition

✓ Stress/Mood/Sleep • ✓ Vitamins/Minerals

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.



*Magnesium is a critical mineral available in many different forms, each suited for specific therapeutic outcomes.*

*ICP-MS and ICP-OES ensure consumers get the right form with an accurate elemental value.*





# MEDICINAL MUSHROOMS

## Medicinal Mushrooms

For centuries, mushrooms have been revered by cultures around the globe for their medicinal properties. In recent decades, 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: Teas require hours of simmering, while tinctures necessitate several days. Those committed to traditional brewing will appreciate starting with the highest-quality mushrooms, guaranteed safe from impurities.

## 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!*

## 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 potency-validated to 40% polysaccharide content, 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 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.





## Chaga Extract

Immune Support · Harmony

### Hot-Water Extract

40% Polysaccharides · 350 mg

Source of fungal polysaccharides with immunomodulating properties.

#1936 · 60 vegetable capsules

NPN 80055779 · V0522-R1

✓ Antioxidants · ✓ Detoxification

✓ Immune Health

✓ Medicinal Mushrooms



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.

## Chaga Tea

Canadian Wild-Crafted

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

#2093 · 100 g · NPN 80069451 · P0624-R1

✓ Antioxidants · ✓ Detoxification

✓ Functional Foods (Teas / Herbal Teas) · ✓ Immune Health ·

✓ Medicinal Mushrooms



### 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.**



## Cordyceps Extract

Immune Support · Vitality

### Hot-Water Extract

40% Polysaccharides · 500 mg

Source of fungal polysaccharides with immunomodulating properties.

#1866 · 60 vegetable capsules

NPN 80110671 · V0507-R3

✓ Energy · ✓ Immune Health

✓ Medicinal Mushrooms

✓ Sport Nutrition



Each vegetable capsule contains

Cordyceps (*Paeclomyces 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.

## Cordyceps Militaris Extract

Immune Support · Vigour

### Hot-Water Extract

40% Polysaccharides · 400 mg

Source of fungal polysaccharides with immunomodulating properties.

#2672 · 60 vegetable capsules · NPN

80105570 · V0698-R1

✓ Energy · ✓ Sport Nutrition

✓ Immune Health

✓ Medicinal Mushrooms



Each vegetable capsule contains:

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

### Directions of use

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

*Medicinal mushroom extract potency is measured by percentage of polysaccharides and beta-glucans. Our spectrophotometers accurately determine their presence and potency.*



# MEDICINAL MUSHROOMS

## Coriolus

### Extract • Turkey Tail

*Immune Support • Antioxidant*

#### Hot-Water Extract

**40% Polysaccharides • 500 mg**

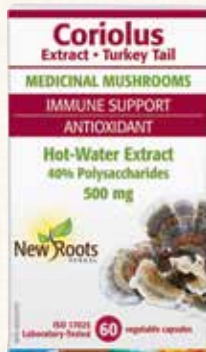
Used in herbal medicine to support the immune system. Source of antioxidants.

#1864 • 60 vegetable capsules

NPN 80070797 • V0506-R2

✓ Immune Health

✓ Medicinal Mushrooms



**Each vegetable capsule contains**

Coriolus (*Trametes versicolor*) mushroom extract standardized to 40% polysaccharides ..... 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.

## Organic

## Coriolus Powder

### Turkey Tail

*Immunity Boosting Antioxidant*

Source of fungal polysaccharides with immunomodulating properties.

#2578 • 100 g / 32 doses • NPN 80105459 • P0830-R1

✓ Functional Foods • ✓ Immune Health • ✓ Medicinal Mushrooms



**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.

## Lion's Mane Extract

*Cognitive Health • Immune-Boosting*

#### Hot-Water Extract

**40% Polysaccharides • 500 mg**

**35% beta-glucans**

Source of fungal polysaccharides with immunomodulating properties. Provides antioxidants.

#1868 • 60 vegetable capsules

#2297 • 120 vegetable capsules

NPN 80070799 • V0510-R2

✓ Medicinal Mushrooms • ✓ Neurological/Memory Health



**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.

## Lion's Mane Powder

*Cognitive Health*

*Immune Support • Organic*

Source of fungal polysaccharides with immunomodulating properties. Supports cognitive health.

#2579 • 100 g / 100 doses • NPN

80111122 • P0831-R1

✓ Functional Foods • ✓ Immune Health • ✓ Medicinal Mushrooms

✓ Neurological/Memory 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. Simmering will increase potency and benefits.

## Maitake Extract

*Immune Support • Balance*

#### Hot-Water Extract

**40% Polysaccharides • 400 mg**

Used in herbal medicine to support the immune system.

#1860 • 60 vegetable capsules

NPN 80117430 • V0509-R3

✓ Immune Health

✓ Medicinal Mushrooms



**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.



# MEDICINAL MUSHROOMS

## Reishi Extract

Energy – Immunity

Stress Resistance

Hot-Water Extract

40% Polysaccharides · 500 mg

Used in herbal medicine as an adaptogen to help increase energy and resistance to stress (e.g., in case of mental and physical fatigue related to stress), as a liver tonic, and to support the immune system. Provides antioxidants.

#1862 · 60 vegetable capsules · #2298 · 120 vegetable capsules  
NPN 80048612 · V0505-R5

✓ Antioxidants · ✓ Cardiovascular Health · ✓ Detoxification  
✓ Energy · ✓ Immune Health · ✓ Medicinal Mushrooms · ✓ Stress/  
Mood/Sleep

Each vegetable capsule contains

Reishi (*Ganoderma lucidum*) mushroom extract,  
standardized to 40% polysaccharides ..... 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 with food 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.



## Reishi slices

*Ganoderma lucidum*

Organic

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).

#2377 · 100 g · NPN 80089417 · P0797-R1

✓ Antioxidants · ✓ Cardiovascular Health · ✓ Detoxification  
✓ Energy · ✓ Functional Foods (Teas / Herbal Teas)  
✓ Immune Health · ✓ Medicinal Mushrooms · ✓ Stress/Mood/Sleep

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.



## Resilience

Mushroom Extract Blend

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.

#1933 · 90 vegetable capsules · NPN 80087975 · V0512-R1

✓ Immune Health · ✓ Medicinal Mushrooms

Each vegetable capsule contains

\*Each mushroom extract is standardized to 40% polysaccharides.

Chaga ( <i>Inonotus obliquus</i> ) mushroom extract* .....	68 mg
Coriolus ( <i>Trametes versicolor</i> ) mushroom extract* .....	68 mg
Maitake ( <i>Grifola frondosa</i> ) mushroom extract* .....	68 mg
Reishi ( <i>Ganoderma lucidum</i> ) mushroom extract* .....	68 mg
Shiitake ( <i>Lentinula edodes</i> ) mushroom extract* .....	68 mg
Cordyceps ( <i>Paezilomyces hepiali</i> ) mushroom extract* .....	30 mg
Lion's mane ( <i>Hericium erinaceus</i> ) mushroom extract* .....	30 mg

Hot-water extraction.

Other ingredients

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

Directions of use

Adults: Take 2 capsules three times daily or as directed by your health-care practitioner. Take with a meal if gastrointestinal upset occurs.



## Shiitake Extract

Immune Support · Wellness

Hot-Water Extract

40% Polysaccharides · 300 mg

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

#1870 · 60 vegetable capsules  
NPN 80071324 · V0508-R3

✓ Immune Health  
✓ Medicinal Mushrooms

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. Dosage can be increased up to 2 capsules two or three times daily.





# 100% ORGANIC MUSHROOM POWDERS

## Certified Organic Medicinal Mushroom Powders

Our **organic** mushroom powders may be added to hot water, hot beverages, soups, stews, or sauces. 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.

### Maitake Powder

**Organic Grifola frondosa**

**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 maitake tea or spruce up your favourite hot beverage. All-natural goodness with no bitter aftertaste.

#2581 • 100 g / 38 portions • P0833-R1

✓ Antioxidants • ✓ Functional Foods • ✓ Immune Health

#### Ingredient

Organic maitake (*Grifola frondosa*) powder.

#### Recommended use

Add ½ level teaspoon to your favourite hot drinks, coffee, baking, and cooking. Simmering 5 to 20 minutes will increase potency.

#### Nutrition Facts

	Per ½ tsp. (2.6 g)	% Daily Value*
Calories 10		
Fat 0.1 g	0 %	
Saturated 0 g + Trans 0 g	0 %	
Carbohydrate 2 g		
Fibres 1 g	4 %	
Sugars 0 g	0 %	
Protein 0.5 g		
Cholesterol 0 mg		
Sodium 0 mg	0 %	
Potassium 0 mg	0 %	
Calcium 0 mg	0 %	
Iron 0 mg	0 %	

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



#### 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)	% Daily Value*
Calories 10		
Fat 0.1 g	0 %	
Saturated 0 g + Trans 0 g	0 %	
Carbohydrate 2 g		
Fibres 2 g	7 %	
Sugars 0 g	0 %	
Protein 0.2 g		
Cholesterol 0 mg		
Sodium 0 mg	0 %	
Potassium 0 mg	0 %	
Calcium 0 mg	0 %	
Iron 0 mg	0 %	

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

### 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.

#2582 • 100 g / 32 portions • P0834-R1

✓ Antioxidants • ✓ Functional Foods • ✓ Immune Health

#### 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*
Calories 10		
Fat 0.1 g	0 %	
Saturated 0 g + Trans 0 g	0 %	
Carbohydrate 2 g		
Fibres 1 g	4 %	
Sugars 0 g	0 %	
Protein 1 g		
Cholesterol 0 mg		
Sodium 0 mg	0 %	
Potassium 0 mg	0 %	
Calcium 0 mg	0 %	
Iron 0 mg	0 %	

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



### 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.

#2580 • 100 g / 37 portions • P0832-R1

✓ Antioxidants • ✓ Functional Foods (Teas / Herbal Teas)  
✓ Immune Health • ✓ Stress/Mood/Sleep

#### Ingredient

Organic reishi (*Ganoderma lucidum*) powder.





## Liquid Melatonin

### Sleep Support

Helps increase total sleep time in people suffering from sleep restriction or altered sleep schedule.

#1946 · 50 ml • #2548 · 95 ml  
NPN 80112811 · LM0134-R1

✓50+ Health · ✓Immune Health

### Each drop contains

Melatonin..... 120 mcg

### Other ingredients

Natural peppermint **extract**, **organic** alcohol from sugarcane, glycerin, and purified water.

### 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. Do not drive or use machinery for 5 hours after taking melatonin.

### 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.



## Melatonin 3 mg

### Non-Habit-Forming

### Sleep Support

### Shift-Work · Jet-Lag

Helps increase the total sleep time (aspect of sleep quality) in people suffering from sleep restriction or altered sleep schedule, e.g., shift-work and jet lag. Helps to prevent or reduce the effects of jet lag. Helps to reduce the time it takes to fall asleep (sleep onset latency aspect of sleep quality) in people with delayed sleep phase disorder. Helps reset the body's sleep-wake cycle (aspect of circadian rhythm).

#0658 · 60 tablets • #1016 · 90 tablets • #1017 · 180 tablets  
NPN 80002729 · V0029-R2

✓Antioxidants · ✓Stress/Mood/Sleep

### 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.

### Duration of use

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



## Melatonin 5 mg

### Non-Habit-Forming

### Sleep Support

### Shift-Work · Jet-Lag

Helps increase the total sleep time (aspect of sleep quality) in people suffering from sleep restriction or altered sleep schedule, e.g., shift-work and jet lag. Helps to prevent or reduce the effects of jet lag. Helps to reduce the time it takes to fall asleep (sleep onset latency aspect of sleep quality) in people with delayed sleep phase disorder. Helps reset the body's sleep-wake cycle (aspect of circadian rhythm).

#2076 · 60 tablets • NPN 80068403 · V0568-R1

✓Antioxidants · ✓Stress/Mood/Sleep

### 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/ altered sleep schedule; for delayed sleep phase disorder; and to restore sleep-wake cycle: Consult a health-care practitioner for use beyond 4 weeks.



## Melatonin 10 mg

### Non-Habit-Forming

### Sleep Support

### Shift-Work · Jet-Lag

Helps increase the total sleep time (aspect of sleep quality) in people suffering from sleep restriction or altered sleep schedule, e.g., shift-work and jet lag. Helps to prevent or reduce the effects of jet lag. Helps to reduce the time it takes to fall asleep (sleep onset latency aspect of sleep quality) in people with delayed sleep phase disorder. Helps reset the body's sleep-wake cycle (aspect of circadian rhythm).

#2078 · 60 tablets • NPN 80068400 · V0569-R1

✓Antioxidants · ✓Stress/Mood/Sleep

### 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.

## Menopace

### Hot Flashes · Night Sweats Mood Swings · Soy-Free

Used in herbal medicine as a hormone normalizer to help stabilize menstrual cycle irregularities, and to help relieve symptoms associated with menopause, such as hot flushes. Black cohosh is used in herbal medicine to help relieve muscle and joint pain associated with rheumatic conditions (such as rheumatoid arthritis, osteoarthritis or fibrositis), and of pain associated with neuralgia (such as sciatica).

#0232 · 60 vegetable capsules · #0948 · 120 vegetable capsules  
NPN 80036425 · V0187-R4

✓ Herbs and Herbal Extracts · ✓ Women's Health (Menopause)

### Each vegetable capsule contains

Chaste tree ( <i>Vitex agnus-castus</i> ) fruit extract, 0.5% agnusides	125 mg
Dong quai ( <i>Angelica sinensis</i> ) root extract, 1% Z-ligustilide	125 mg
Red clover ( <i>Trifolium pratense</i> ) flower top extract, 40% isoflavones, 25.2 mg AIE*	75 mg
Dandelion ( <i>Taraxacum officinale</i> ) root extract, 3% flavonoids	62.5 mg
Black cohosh ( <i>Actaea racemosa</i> ) root extract, 2.5% triterpenes	30 mg
Wild yam ( <i>Dioscorea villosa</i> ) rhizome 8:1 extract, 16% diosgenin	25 mg

\* AIE = Aglycone Isoflavone Equivalents

### Other ingredients

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

### Directions of use

**Adult women (perimenopausal):** Take 1 capsule daily or as directed by your health-care practitioner.

### Duration of use

Use for a minimum of 3 months to help stabilize menstrual cycle irregularities.



### Improved!

## Merry Mind

### Omega 3

1,000 mg EPA · 100 mg DHA

### Healthy Mood Balance

Helps to promote healthy mood balance.

#2163 · 30 softgels

NPN 80077448 · V0577-R4

✓ Essential Fatty Acids (Fish Oils)

✓ Keto Diet · ✓ Neurological/Memory Health

✓ Stress/Mood/Sleep

### 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

Pharmaceutical grade.

### Other ingredients

Natural vitamin E (D-alpha-tocopherol, from non-GMO sunflower) in an improved softgel composed of fish gelatin, glycerin, and purified water.

### Directions of use

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



## 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.

#1597 · 50 ml · #1598 · 95 ml

NPN 80079356 · LM0036-R4

✓ Detoxification · ✓ Digestive Health

✓ Herbs and Herbal Extracts

### 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).





# SHOW MENOPAUSE SYMPTOMS THE DOOR



Inspired by Nature, Driven by Science to ***Make Life Better!***

[newrootsherbal.com](http://newrootsherbal.com)

To ensure these products are right for you,  
always read and follow label directions.



Tested in our state-of-the-art  
**ISO 17025**  
Accredited Laboratory

**PROUDLY** 

The Only Canadian-Branded Natural Supplement Manufacturer That Tests All Products in an On-Site, State-of-the-Art, ISO 17025-Accredited Lab



## Modified Citrus Pectin

*Helps to Support Detoxification*

#2239 · 150 g / 30 doses

#2241 · 450 g / 90 doses

NPN 80078773 · P0759-R1

✓ **Detoxification**

✓ **Herbs and Herbal Extracts**

**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 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.



## Molybdenum Rice Chelated

*Supports Nutrient Metabolism*

Helps to maintain the body's ability to metabolize nutrients. Helps to prevent molybdenum deficiency.

#0846 · 100 vegetable capsules

NPN 80114485 · V0215-R2

✓ **Detoxification** · ✓ **Immune Health**

✓ **Vitamins/Minerals**

**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.



## 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.

#2088 · 30 ml · OM0129-R2

✓ **Exotic Skin Oils**

**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.

## 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.

#0785 · 90 vegetable capsules · #0795 · 180 vegetable capsules

NPN 80042766 · V0094-R4

✓ **Detoxification** · ✓ **Hair/Skin/Nails** · ✓ **Muscle/Bone/Joint Health**

**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.

## MSM Methylsulfonylmethane

**100% Pure** (powder)

*Osteoarthritis · Joint Pain Relief*

Helps to relieve joint pain associated with osteoarthritis.

#0796 · 300 g / ≈ 300 doses

#0797 · 600 g / ≈ 600 doses

NPN 80019681 · P0195

✓ **Detoxification** · ✓ **Hair/Skin/Nails**

✓ **Muscle/Bone/Joint Health**

**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.





## Multi Vitamin and Mineral Formula

*With Activated B Vitamins  
and 1,000 IU of Vitamin D  
Free of Iron, beta-Carotene,  
and Vitamin A*

Helps in the maintenance of good health. Helps to maintain healthy skin and immune function.

#1726 · 30 vegetable capsules

#1731 · 60 vegetable capsules

#1734 · 120 vegetable capsules

NPN 80035202 · V0468-R10

✓ Keto Diet · ✓ Vitamins/Minerals

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.



## Multi-Max Multivitamin 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.

#1235 · 60 vegetable capsules

#0963 · 120 vegetable capsules · #0964 · 240 vegetable capsules

NPN 80083606 · V0476-R10

✓ Keto Diet · ✓ Vitamins/Minerals



## 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% hesperidins . . . . .	50 mg
Bee pollen . . . . .	35 mg
D-Ribose . . . . .	30 mg
DL-alpha-Lipoic acid . . . . .	25 mg
Broken-cell, <b>organic</b> chlorella ( <i>Chlorella vulgaris</i> ) . . . . .	18 mg
<b>Organic</b> 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.

## Multi-Max IMMUNE Multivitamin

**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.

#1236 · 60 vegetable capsules • #0225 · 120 vegetable capsules  
#0253 · 240 vegetable capsules • NPN 80046526 · V0286-R13

✓ Immune Health · ✓ Keto Diet · ✓ Vitamins/Minerals

### 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 <b>extract</b> , 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 <b>extract</b> , 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 <b>extract</b> , 80% oligomeric proanthocyanidins.....	7.5 mg



Hesperidin (from bitter orange

[ <i>Citrus × aurantium</i> ] fruit) .....	7.5 mg
<b>Organic</b> 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 <b>extract</b> , 10% lycopene .....	2.5 mg
<i>Haematococcus pluvialis</i> <b>extract</b> , 2% astaxanthin.....	1 mg
Lutein (from marigold [ <i>Tagetes erecta</i> ]).....	312 mcg
Black pepper ( <i>Piper nigrum</i> ) fruit <b>extract</b> , 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.

## Multi 5 Collagen

### 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.

#2518 · 200 g / 18 portions • #2519 · 400 g / 36 portions • PM0838-R2

✓ 50+ Health · ✓ Functional Foods · ✓ Hair/Skin/Nails

✓ Muscle/Bone/Joint Health · ✓ Sport Nutrition

### 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)

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

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





## Multi 5 Collagen with Delicious Organic Cocoa

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

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

#2546 • 200 g / 16 portions • #2547 • 400 g / 33 portions • PM0855-R2  
✓ 50+ Health • ✓ Functional Foods • ✓ Hair/Skin/Nails  
✓ Muscle/Bone/Joint Health • ✓ Sport Nutrition

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

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



## 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.

#2231 • 60 vegetable capsules • NPN 80077537 • V0606-R1

✓ Herbs and Herbal Extracts  
✓ Women's Health (Fertility/Maternity)

### Each vegetable capsule contains

Fenugreek (*Trigonella foenum-graecum*) seed 5:1 extract . 425 mg  
Blessed thistle (*Cnicus benedictus*) herb top 5:1 extract . 75 mg  
Red raspberry (*Rubus idaeus*) leaf . 75 mg  
Fennel (*Foeniculum vulgare* ssp. *vulgare* var. *dulce*) seed . 35 mg  
Red clover (*Trifolium pratense*) flowering tip . 20 mg  
Burdock (*Arctium lappa*) 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.



## 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.

#1587 • 50 ml • #1586 • 95 ml  
NPN 80052389 • LM0038-R7

✓ Herbs and Herbal Extracts  
✓ Women's Health (Fertility/Maternity)

### 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.

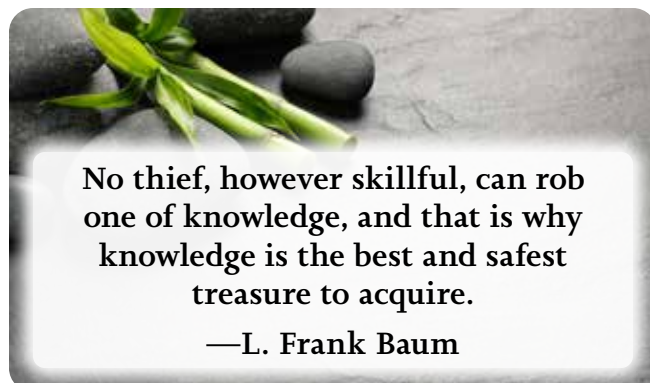
### Duration of use

For occasional use only.



## Multivitamins

141–143



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 128–131

## Mushroom Powders 132

### Myo-Inositol

**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.

#2208 · 125 g/31 doses • #2209 · 250 g/62 doses  
NPN 80072476 · P0003-R0

✓ **Blood Glucose Management** · ✓ **Cardiovascular Health**  
✓ **Vitamins/Minerals** · ✓ **Women's Health (Fertility/Maternity)**  
✓ **Women's Health (Menopause)**

#### 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.

### N-AcetylCysteine

**NAC · 600 mg**

**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.

#0301 · 90 vegetable capsules  
#0302 · 180 vegetable capsules  
NPN 80107262 · V0210-R5

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

#### 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.

## Natural Sweeteners 200–201

### Neem Leaf

**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.

#1472 · 90 vegetable capsules • NPN 80026134 · V0399-R2

✓ **Detoxification** · ✓ **Herbs and Herbal Extracts**  
✓ **Immune Health**

#### 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.



### Neem Oil organic

**Nourishes Dry Skin**

Nourishing oil for skin-related issues.

#1976 · 30 ml • OM0128-R1

✓ **Detoxification** · ✓ **Herbs and Herbal Extracts**  
✓ **Immune Health**

#### 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.



There is greatness in doing something  
you hate for the sake of someone you love.

—Shmuley Boteach



# Multivitamins for Every Need

## Children's Multi Advanced 18-Ingredient Formula

*Natural Berry-Lemon Flavour  
Health + Immunity*

A multivitamin and mineral supplement for the maintenance of good health. Helps the body metabolize carbohydrates, fats, and proteins. 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.

#1794 · 300 g / 94 doses · NPN 80068803 · PM0001-R12

✓ **Children's Health** · ✓ **Vitamins/Minerals**

**Each 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.



## Multi Vitamin and Mineral Formula

*With Activated B Vitamins  
and 1,000 IU of Vitamin D  
Free of Iron, beta-Carotene,  
and Vitamin A*

Helps in the maintenance of good health. Helps to maintain healthy skin and immune function.

#1726 · 30 vegetable capsules

#1731 · 60 vegetable capsules

#1734 · 120 vegetable capsules

NPN 80035202 · V0468-R10

✓ **Keto Diet** · ✓ **Vitamins/Minerals**

**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.



## 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 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.



#1235 · 60 vegetable capsules  
#0963 · 120 vegetable capsules • #0964 · 240 vegetable capsules  
NPN 80083606 · V0476-R10

✓ Keto Diet · ✓ Vitamins/Minerals

### 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% hesperidins.....	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.

## Multi-Max IMMUNE Multivitamin

### 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.



#1236 · 60 vegetable capsules • #0225 · 120 vegetable capsules  
#0253 · 240 vegetable capsules • NPN 80046526 · V0286-R13

✓ Immune Health · ✓ Keto Diet · ✓ Vitamins/Minerals

### 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 <b>extract</b> , 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 <b>extract</b> , 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 <b>extract</b> ,	
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 <b>extract</b> , 10% lycopene .....	2.5 mg
<i>Haematococcus pluvialis</i> <b>extract</b> , 2% astaxanthin .....	1 mg
Lutein (from marigold [ <i>Tagetes erecta</i> ]) .....	312 mcg
Black pepper ( <i>Piper nigrum</i> )	
fruit <b>extract</b> , 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.

**Multivitamin formulas require validation of both fat- and water-soluble vitamins within each formula. HPLC and UHPLC are used to verify the integrity of every ingredient within our formulas.**

## Prenatal Complete Multivitamin

### 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.



#1434 • 90 vegetable capsules • NPN 80062372 • V0378-R10

✓Vitamins/Minerals • ✓Women's Health (Fertility/Maternity)

### 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)	
(from lichen) .....	3.33 mcg (133.33 IU)

### Other ingredients

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

### Directions of use

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



## New Roots Essence

**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.

#1977 · 500 ml / ≈ 9½ doses  
NPN 80109774 · LM0136-R1

✓ **Detoxification** · ✓ **Herbs and Herbal Extracts**  
✓ **Immune Health**

**Each tablespoon contains a crude quantity equivalent of**

<b>Organic burdock</b> ( <i>Arctium lappa</i> ) root	172 mg
<b>Organic sheep sorrel</b> ( <i>Rumex acetosella</i> ) herb top	86 mg
<b>Pau d'arco</b> ( <i>Tabebuia heptaphylla</i> ) inner bark	30.7 mg
<b>Organic slippery elm</b> ( <i>Ulmus rubra</i> ) bark	21 mg
<b>Organic blessed thistle</b> ( <i>Cnicus benedictus</i> ) herb top	8 mg
<b>Organic red clover</b> ( <i>Trifolium pratense</i> ) herb	8 mg
<b>Organic watercress</b> ( <i>Nasturtium officinale</i> ) herb	8 mg
<b>Organic rhubarb</b> ( <i>Rheum plmatum</i> ) root	5 mg

### Other ingredients

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

### Directions of use

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

### Duration of use

For occasional use only.

## New Roots Herbal's Breathe Easy Made with Organic Plantain and Lobelia

**Respiratory Relaxant and Expectorant**

Lobelia is traditionally used in herbal medicine as a respiratory relaxant and expectorant.

#0242 · 100 vegetable capsules  
NPN 80036947 · V0123-R4

✓ **Detoxification**  
✓ **Herbs and Herbal Extracts**

**Each vegetable capsule contains**

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

### Other ingredients

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

### Directions of use

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



## New Roots Herbal Chill Pills

**Relaxation**

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

#1166 · 16 vegetable capsules  
#1163 · 30 vegetable capsules  
#1277 · 60 vegetable capsules  
NPN 80084696 · V0324-R7

✓ **Stress/Mood/Sleep**

**Each vegetable capsule contains**

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



**Nothing is impossible: The word itself says "I'm possible"!**

**—Audrey Hepburn**



## New Roots Herbal Joyful

### Healthy Mood Balance

Helps to promote healthy mood balance. Helps to temporarily promote relaxation.

#2102 · 15 vegetable capsules  
#2022 · 30 vegetable capsules  
#2024 · 60 vegetable capsules  
NPN 80069682 · V0557-R1

✓ Herbs and Herbal Extracts  
✓ Neurological/Memory Health  
✓ Stress/Mood/Sleep

#### Each vegetable capsule contains

gamma-Aminobutyric acid (GABA) ..... 200 mg  
L-Theanine ..... 83.33 mg  
L-Tryptophan ..... 73.333 mg  
L-5-Hydroxytryptophan (L-5-HTP) (from Griffonia simplicifolia seed) ..... 50 mg  
San-qi ginseng (Panax notoginseng) leaf 15:1 **extract** ..... 50 mg  
Phellodendron (Phellodendron amurense) bark **extract**, 1% berberine ..... 10 mg  
Vitamin B6 (pyridoxal-5'-phosphate) ..... 10 mg  
Magnolia (Magnolia officinalis) bark 50:1 **extract**, 80% magnolol + honokiol ..... 5 mg  
Folate (from calcium L-5-methyltetrahydrofolate) ... 333 mcg  
Vitamin B12 (methylcobalamin) ..... 333 mcg  
Vitamin D3 (cholecalciferol) ..... 8.33 mcg (333.33 IU)

#### Other ingredients

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

#### Directions of use

**Adults:** Take 1 capsule three times daily. Start with 1 capsule daily and gradually move to 3 daily, or as directed by your health-care practitioner. Use the lowest efficient dose.

#### Duration of use

For healthy mood balance: Use for a minimum of 1 week to see beneficial effects. Consult a health-care practitioner for use beyond 4 weeks.



## Niacinamide

### Vitamin B3 · 500 mg

#### 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.

#2191 · 90 vegetable capsules · NPN 80077106 · V0611-R1

✓ Digestive Health · ✓ Stress/Mood/Sleep · ✓ Vitamins/Minerals

#### 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.

## Vitamin B3

### Niacin · 100 mg

#### Advanced Formula

A factor in the maintenance of good health. Helps to prevent niacin deficiency.

#0980 · 90 vegetable capsules

NPN 80027828 · V0430-R2

✓ Energy · ✓ Stress/Mood/Sleep  
✓ Vitamins/Minerals

#### 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.



## Vitamin B3 Niacin · 500 mg

Helps the body to metabolize nutrients.

#0908 · 60 vegetable capsules

NPN 80059091 · V0539-R1

✓ Energy · ✓ Stress/Mood/Sleep  
✓ Vitamins/Minerals

#### Each vegetable capsule contains

Vitamin B3 (niacin) ..... 500 mg

#### Other ingredients

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

#### Directions of use

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



Make your life a masterpiece; imagine  
no limitations on what you can be,  
have, or do.

—Brian Tracy

## Odourless Garlic 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.



#0778 • 90 vegetable capsules • NPN 80030358 • V0174-R3

✓ Cardiovascular Health • ✓ Digestive Health  
✓ Herbs and Herbal Extracts • ✓ Immune Health

### 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.

## Olive Leaf Extract • 500 mg

### 20% oleuropein

An antioxidant for the maintenance of good health.

#0845 • 60 vegetable capsules

#1011 • 120 vegetable capsules

NPN 80040247 • V0214-R4

✓ Antioxidants • ✓ Cardiovascular Health  
✓ Herbs and Herbal Extracts  
✓ Immune 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.

## Olive Leaf Extract

### Antioxidant

### 95–130 mg Oleuropein per Dose

### Peppermint Flavour

Source of antioxidants.

#2294 • 250 ml • #2296 • 500 ml

NPN 80087742 • L0152-R1

✓ Antioxidants • ✓ Cardiovascular Health  
✓ Herbs and Herbal Extracts • ✓ Immune Health

### 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*
Fat 0 g		0 %
Carbohydrate 10 g		4 %
Sugars 0 g		0 %
Protein 0 g		
Sodium 0 mg		0 %
Olive ( <i>Olea europaea</i> ) Leaf Extract		†
(Equivalent to 12.8 g of fresh leaves)		
Standardized to: Oleuropein 95–130 mg		†

\*5% or less is a little, 15% or more is a lot. Percent Daily Values are based on a 2,000-calorie diet

†Daily Value not established



## Olive Oil

See Heart Smart Extra Virgin Olive Oil . . . . . 101

## Omega 3/6/7/9

### 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.

#2002 • 90 softgels • #1999 • 180 softgels

NPN 80090997 • V0558-R3

✓ Cardiovascular Health  
✓ Essential Fatty Acids • ✓ Keto Diet • ✓ Muscle/Bone/Joint Health  
✓ Neurological/Memory 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.



The best view comes after the  
hardest climb.  
(Author unknown)

## Omega Jolly

**EPA 650 mg / DHA 100 mg**

**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.

#1535 • 60 softgels • NPN 80025979 • V0434-R4

✓ Cardiovascular Health • ✓ Essential Fatty Acids (Fish Oils)  
✓ Muscle/Bone/Joint Health • ✓ Neurological/Memory Health  
✓ Stress/Mood/Sleep

### 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

### 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.



## Sweet Orange Essential Oil

**(Citrus × sinensis) • 100% Pure Certified Organic**

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

#2146 • 15 ml • NPN 80071182 • O0058-R1

✓ Herbs and Herbal Extracts (Essential Oils)

### 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.



## New Product!

**Since January 2022**

## Ox Bile 500 mg

**Increase Bile Flow**

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

#2641 • 60 vegetable capsules

NPN 80102342 • V0645-R1

✓ Enzymes • ✓ Digestive Health  
✓ Glandular Extracts • ✓ Keto Diet  
✓ 50+ Health

### 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.



## New Product!

**Since July 2021**

## P-5-P

**Active Form Vitamin B6 50 mg**

Helps in energy metabolism and in tissue formation, to form red blood cells, to prevent vitamin B6 deficiency, and to maintain the body's ability to metabolize nutrients.

#2549 • 30 vegetable capsules

NPN 80082116 • V0545-R1

✓ Cardiovascular Health • ✓ Energy  
✓ Neurological/Memory Health • ✓ Stress/Mood/Sleep  
✓ Vitamins/Minerals • ✓ Women's Health (Fertility/Maternity)

### 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.



If I can stop one heart from breaking,  
I shall not live in vain.  
—Emily Dickinson



# Oregano: Take a Walk on the Wild Side

## Wild Oregano C93

*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.**

#1233 · 15 ml / ~ 109 doses

#1255 · 30 ml / ~ 218 doses

#1476 · 50 ml / ~ 364 doses

#1267 · Display 27 bottles × 15 ml

#1268 · Display 24 bottles × 30 ml

NPN 80033637 · OM0016-R6

✓ **Immune Health**

**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.



## Wild Oregano C93 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.**

#1632 · 15 ml • #1633 · 30 ml • #1634 · 50 ml • NPN 80043763 · OM0119-R3

✓ **Immune Health**

**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.



## Wild Oregano C93

**Extra Strong · 1:3 Blend**

**Oregano Oil to Olive Oil**

*Wild Mediterranean* · 93% Carvacrol

**Antioxidant · Extra Strong**

Source of antioxidants.

**1:3 blend of oregano and olive oils.**

#2094 · 15 ml • #2095 · 30 ml

#2150 · Display 27 bottles × 15 ml

#2151 · Display 24 bottles × 30 ml

NPN 80073040 · OM0130-R1

✓ **Immune Health**

**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.



Oregano exists in a variety of species, each containing an array of volatile oils. GC-MS validates every batch, ensuring only *Origanum minutiflorum*, the revered species of oregano, is present. It then quantifies the precise therapeutic amount of carvacrol present, ensuring our entire family of Wild Oregano C93 products meets the therapeutic content consumers expect.



## Panax Ginseng

### 20% Ginsenosides • 300 mg

*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.

#2187 • 30 vegetable capsules

#0780 • 90 vegetable capsules • NPN 80075193 • V0028-R3

✓ Energy • ✓ 50+ Health

✓ Herbs and Herbal Extracts • ✓ Men's Health (Sexual Health)

✓ Stress/Mood/Sleep

**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.



## Pancreatin

*Equivalent to 1,300 mg Activity Digestive Aid • Reduces Bloating Enteric-Coated*

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.

#1697 • 60 vegetable capsules • #1698 • 120 vegetable capsules

#1700 • 260 vegetable capsules • NPN 80038831 • V0466-R4

✓ Digestive Health • ✓ Enzymes • ✓ Muscle/Bone/Joint Health

**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.



**New Name!**

**Since April 2022**

**Pure Pancreas is now called**

## Grass-Fed Lamb

### Pancreas

**Raw Glandular • 450 mg**

*Hormone- and Pesticide-Free*

*Supports Good Health*

#2027 • 30 tablets

NPN 80071898 • V0556-R1

✓ Blood Glucose Management

✓ Digestive Health • ✓ Glandular Extracts

**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.



## Vitamin B5

**Calcium D-Pantothenate 500 mg**

Helps the body to metabolize carbohydrates, fats, and protein.

Helps in tissue formation.

#1407 • 100 vegetable capsules

NPN 80019683 • V0387-R2

✓ Energy

✓ Neurological/Memory Health

✓ Stress/Mood/Sleep

✓ Vitamins/Minerals

**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.



## Papaya With Papain Enzyme

### Healthy Digestion

Digestive enzyme.

#1432 • 100 vegetable capsules  
NPN 80034731 • V0396-R3

✓ Digestive Health • ✓ Enzymes  
✓ Herbs and Herbal Extracts

#### Each vegetable capsule contains

Papaya (*Carica papaya*) fruit . . . 250 mg  
Papain (from papaya [*Carica papaya*]  
fruit) (600,000 FCC PU) . . . . . 6 mg

#### Other ingredients

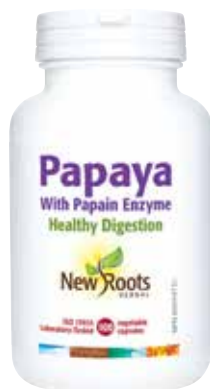
Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### 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.



## Purge Parasitis

### Antiparasitic

Wormwood is used in traditional herbal medicine to expel worms (vermifuge).

#0482 • 90 vegetable capsules  
#0935 • 180 vegetable capsules  
NPN 80105121 • V0104-R7

✓ Detoxification  
✓ Herbs and Herbal Extracts

#### Each vegetable capsule contains

Black walnut (*Juglans nigra*)  
hull and leaf . . . . . 157.8 mg  
Whole wormwood (*Artemisia absinthium*) . . . . . 94.68 mg  
Odourless garlic (*Allium sativum*) bulb . . . . . 63.12 mg  
Oregano (*Origanum vulgare*)  
leaf extract, 30% carvacrol . . . . . 40 mg  
Clove (*Syzygium aromaticum*) flower bud . . . . . 31.56 mg  
Oregon-grape (*Berberis aquifolium*) root . . . . . 13.41 mg  
Ginger (*Zingiber officinale*) rhizome . . . . . 7.89 mg  
Aloe (*Aloe vera*) leaf . . . . . 5.52 mg  
Quassia (*Picrasma excelsa*) stem wood . . . . . 5.52 mg  
Sage (*Salvia officinalis*) leaf . . . . . 5.52 mg

#### Other ingredients

Grapefruit seed extract (37 mg)\*, vegetable magnesium stearate, and microcrystalline cellulose in a non-GMO vegetable capsule composed of pullulan and purified water.

\* 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 **Fiber 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.



## Purge Parasitis Program

### Therapeutic Treatment for Elimination of Parasites 33-Day Program

#### Now Includes Fiber 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.

#2646 • Kit • NPN 80058096

✓ Detoxification • ✓ Herbs and Herbal Extracts

#### 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).



## 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).

#1426 • 50 ml • #1410 • 95 ml  
NPN 80024264 • LM0043-R4

✓ Herbs and Herbal Extracts  
✓ Stress/Mood/Sleep

#### 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.





## Pau d'Arco Taheebo

*Tabebuia heptaphylla*

500 mg

(capsules)

**Immune – Antifungal**

Used in herbal medicine as a treatment for bacterial, fungal, and protozoal infections; and to help treat sore throat and colds.

#0124 · 100 vegetable capsules

NPN 80043836 · V0044-R2

✓ **Herbs and Herbal Extracts**

✓ **Immune Health**

**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.



## 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.

#0026 · 50 ml / 25 doses

#0147 · 95 ml / 38 doses

NPN 80044382 · LM0001-R2

✓ **Herbs and Herbal Extracts**

✓ **Immune Health**

**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.



## Pau d'Arco Taheebo

*Tabebuia heptaphylla*

**Herbal Tea**

(powder)

**Made with Pau d'Arco Inner Bark**

**Caffeine-Free**

#0023 · 454 g · P0169

✓ **Functional Foods (Teas / Herbal Teas)**

✓ **Herbs and Herbal Extracts**

✓ **Immune Health**

**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.



## Pau d'Arco Taheebo

*Tabebuia heptaphylla*

**Herbal Tea**

(tea bags)

**Made with Pau d'Arco**

**Inner Bark · Caffeine-Free**

#0024 · 20 herbal tea bags

#0146 · 40 herbal tea bags · V0105-R1

✓ **Functional Foods (Teas / Herbal Teas)**

✓ **Herbs and Herbal Extracts**

✓ **Immune Health**

**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.



## Peacegreens

**Energy and Endurance**

**Complete Greens and**

**Antioxidant Complex**

Provides antioxidants for the maintenance of good health.

#0691 · 294 g / 30 doses

NPN 80074279 · PM0184-R10

✓ **Energy**

✓ **Functional Foods (Green Foods) · ✓ Keto Diet**

**Each dose of 3½ teaspoons (9.8 g) contains**

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

Bee pollen. . . . . 150 mg

D-Ribose . . . . . 150 mg

Wheat (*Triticum aestivum*) grass leaf juice powder . . . . 122 mg

Licorice (*Glycyrrhiza uralensis*) root **extract**,

10% glycyrrhizic 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

Whole dulse (*Palmaria palmata*). . . . . 33 mg

Grape (*Vitis vinifera*)

seed **extract**, 95% proanthocyanidins. . . . . 30 mg

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) juice (115 mg\*), broccoli (Brassica oleracea Italica) **extract** (38 mg\*), arabinogalactan, inulin, potato starch, stevia (Stevia rebaudiana) leaf **extract**, vitamin C (ascorbic acid), and vegetable magnesium stearate.

\* Amount per 3½ teaspoons.

#### Directions of use

**Adults:** Add 3½ level teaspoons of **Peacegreens** to 8 oz. of pure water or juice and mix thoroughly. Take with food. If you are taking antibiotics, take this product at least 2–3 h before or after them. It is necessary to drink 4–6 glasses of water during the day when taking **Peacegreens** to aid in cleansing.

#### Duration of use

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

## Peacegreens

### Energy and Endurance

#### Complete Greens and Antioxidant Complex

Lecithin helps to support liver function. Siberian ginseng is used in herbal medicine as a tonic to help relieve general debility and/or to aid during convalescence. Provides live microorganisms that temporarily modify gut flora. Digestive enzymes. Provides antioxidants.

#0709 • 120 vegetable capsules • #0714 • 240 vegetable capsules  
 NPN 80106873 • V0152-R7

✓ **Energy** • ✓ **Functional Foods (Green Foods)** • ✓ **Keto Diet**

#### Each dose of 13 capsules contains

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



Chlorella (Chlorella pyrenoidosa)—

**organic, broken-cell** ..... 425 mg  
 Rice (Oryza sativa) bran powder ..... 383 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  
 Whole dulse (Palmaria palmata) ..... 33 mg  
 Grape (Vitis vinifera) seed **extract**,  
 80% oligomeric proanthocyanidins ..... 30 mg  
 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) juice (115 mg\*), broccoli (Brassica oleracea Italica) **extract** (38 mg\*), arabinogalactan, inulin, potato starch, stevia (Stevia rebaudiana) leaf **extract**, vitamin C (ascorbic acid), and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

\* Amount per 13 capsules.



### Directions of use

**Adults:** Take 13 capsules daily with 8 oz. of pure water or juice. Take with food. Swallow whole. Do not crush or chew. If you are taking other medication or natural health products, take this product a few hours before or after them. It is necessary to drink 4–6 glasses of water during the day when taking **Peacegreens** to aid in cleansing.

### Duration of use

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

## Peacegreens Immune

### 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.

#2134 · 151.5 g / 15 doses · #0604 · 303 g / 30 doses  
NPN 80077643 · PM0184C-R5

✓ **Functional Foods (Green Foods)** · ✓ **Immune Health**  
✓ **Keto Diet**

### Ingredients per 3½ teaspoons (10.1 g)

Lecithin (from non-GMO sunflower oil)	2,186 mg
<b>Organic</b> spirulina ( <i>Spirulina platensis</i> )	1,685 mg
Cili ( <i>Rosa roxburghii</i> ) fruit <b>extract</b> , 6% vitamin C	1,000 mg
Alfalfa ( <i>Medicago sativa</i> ) grass	992 mg
Barley ( <i>Hordeum vulgare</i> ) grass	600 mg
<b>Broken-cell, organic</b> chlorella ( <i>Chlorella pyrenoidosa</i> )	425 mg
Rice ( <i>Oryza sativa</i> ) bran powder	383 mg
Astaxanthin 1.5%, from 200 mg <i>Haematococcus pluvialis</i>	200 mg
Bee pollen	150 mg
D-Ribose	150 mg
Wheat ( <i>Triticum aestivum</i> ) grass leaf juice powder	122 mg
Licorice ( <i>Glycyrrhiza uralensis</i> ) root <b>extract</b> , 10% glycyrrhizinic acid	116 mg
Red beet ( <i>Beta vulgaris</i> ) root	65 mg
Milk thistle ( <i>Silybum marianum</i> ) seed <b>extract</b> , 80% silymarin	60 mg
Siberian ginseng ( <i>Eleutherococcus senticosus</i> ) root <b>extract</b> , 0.8% eleutherosides	60 mg
Free plant sterols (from non-GMO soy)	52 mg
Grape ( <i>Vitis vinifera</i> ) seed <b>extract</b> , 95% proanthocyanidins	45 mg
Japanese knotweed ( <i>Fallopia japonica</i> ) root, 50% resveratrol	40 mg
Whole dulse ( <i>Palmaria palmata</i> )	33 mg
Ginkgo ( <i>Ginkgo biloba</i> ) leaf <b>extract</b> , 24% flavonoid glycosides and 6% terpene lactones	20 mg
Green tea ( <i>Camellia sinensis</i> ) leaf <b>extract</b> , 50% polyphenols	15 mg
Bilberry ( <i>Vaccinium myrtillus</i> ) European fruit <b>extract</b> , 25% anthocyanosides	10 mg
<b>Probiotics: 10 billion CFU, provided by the following strains:</b>	
<i>Lactobacillus rhamnosus</i> R0011	4 billion CFU
<i>Lactobacillus rhamnosus</i> R1039	3 billion CFU
<i>Lactobacillus acidophilus</i> R0418	550 million CFU
<i>Lactobacillus helveticus</i> R0052	500 million CFU
<i>Lactobacillus casei</i> R0215	400 million CFU
<i>Lactobacillus plantarum</i> R1012	400 million CFU
<i>Bifidobacterium breve</i> R0070	300 million CFU



<i>Bifidobacterium longum</i> ssp. <i>infantis</i> R0033	300 million CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> R0175	300 million CFU
<i>Streptococcus salivarius</i> ssp. <i>thermophilus</i> R0083	200 million CFU
<i>Lactobacillus delbrueckii</i> ssp. <i>bulgaricus</i> R9001	50 million CFU

### Digestive enzymes (8 mg):

alpha-Amylase	314.987 FCC alpha-amylase dextrinizing units
Bromelain (from pineapple [ <i>Ananas comosus</i> var. <i>comosus</i> ] 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 [ <i>Carica papaya</i> ] 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.

### New Product!

Coming in May 2022

## PEA Pain Relief

### Palmitoylethanolamide

Naturally Sourced from  
Fractionated Non-GMO  
Safflower Oil

Chronic Pain Relief  
Anti-Inflammatory

Anti-inflammatory to help relieve  
chronic pain.

#3092 · 60 vegetable capsules

NPN 80113092 · V0751-R1

✓ **Muscle/Bone/Joint Health**  
✓ **Sport Nutrition**

### 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.

## Pediatric Products

48–49

### Peppermint 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.

#2137 • 15 ml • NPN 80069445 • O0048-R1

✓ **Herbs and Herbal Extracts (Essential Oils)**

#### Each drop contains

Organic peppermint (*Mentha × piperita*)  
flowering twig essential oil ..... 100%

#### Active compounds

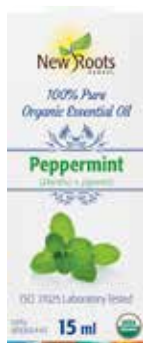
Menthol and menthone.

#### 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.



Lactase (milk sugar) .....	544 FCC ALU
Lipase (all fats and oils) .....	3,000 FCC LU
Maltase (all grains) .....	130 FCC DP
Papain (from papaya [ <i>Carica papaya</i> ] fruit) (all proteins) .....	300,000 FCC PU
Pectinase (pectins) .....	60 endo-PGU
Phytase (phosphorus) .....	2.5 FCC FTU

#### Other ingredients

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

#### Directions of use

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

#### Duration of use

Consult a health-care practitioner for prolonged use.

### Plant Sterols

*Easily added to Shakes,  
Smoothies, Soups, Stews, and  
Sauces • Helps Lower Cholesterol*

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

#1595 • 80 g / ≈ 66 doses

NPN 80023646 • P0294

✓ **Cardiovascular Health**

✓ **Functional Foods**

#### 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.

## Plant-Based Sweeteners

200–201

### Plant Digestive Enzymes

*Supports Healthy Digestion*

Digestive aid. Vegan-compliant.

#1309 • 30 vegetable capsules

#1310 • 60 vegetable capsules

#1311 • 120 vegetable capsules

NPN 80073581 • V0361-R5

✓ **Digestive Health** • ✓ **Enzymes**

✓ **50+ Health** • ✓ **Keto Diet**

#### Each vegetable capsule contains

Protease

#### Providing the following:

Protease I .....	41,437 FCC HUT
Protease II .....	7,380 FCC HUT
Protease III .....	57 FCC SAP
Amylase (all carbohydrates) .....	11,812 FCC DU
Bromelain (from pineapple [ <i>Ananas comosus</i> var. <i>comosus</i> ] stem) (proteins) .....	720,000 FCC PU (20 mg)
Cellulase (all fibres) .....	1,260 FCC CU
Dipeptidyl-peptidase IV (gluten) .....	2,050 FCC HUT
alpha-Galactosidase (beans and legumes) .....	19 FCC GaLU
Glucoamylase (starch) .....	50 FCC AGU
Hemicellulase (plant fibres) .....	33.3 FCC HCU
Invertase (sugar) .....	80 FCC INVU



### Fiber 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.

#0165 • 200 g / ≈ 80 doses

#0166 • 340 g / ≈ 136 doses • NPN 80044396 • PM0077-R1

✓ **Detoxification** • ✓ **Digestive Health**

✓ **Herbs and Herbal Extracts** • ✓ **Keto Diet** • ✓ **Weight Management**

#### 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 at least 30 ml of liquid (water, milk, fruit juice, or similar aqueous beverage). Drink immediately and maintain adequate fluid intake. Effects observed 12–24 hours after the first dose; results may take 2–3 days. If you are taking other medications, take this product 2 hours before or after them.

### Duration of use

Avoid long-term use, and consult a health-care practitioner for use beyond 6 weeks.

**Note:** Also take 1–2 capsules of enteric-coated **Acidophilus Ultra** each day. Start progressively or as directed by your health-care practitioner. Our **Acidophilus Ultra** capsule is protected by an enteric coating. The capsule must survive stomach acid and be delivered to the small intestine in order to work. The beneficial activity of *acidophilus* capsules without an enteric coating is destroyed in the stomach by stomach acid.

## PMS Relief

### 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.



#0233 · 90 vegetable capsules · NPN 80053836 · V0186-R2

✓ **Herbs and Herbal Extracts** · ✓ **Women's Health**

### Each vegetable capsule contains

Dandelion ( <i>Taraxacum officinale</i> ) root extract, 3% flavonoids	150 mg
Chaste tree ( <i>Vitex agnus-castus</i> ) fruit extract, 0.5% agnuside	125 mg
Dong quai ( <i>Angelica sinensis</i> ) root extract, 1% Z-ligustilide	125 mg
Corn ( <i>Zea mays</i> ) silk 4:1 extract	50 mg
Cramp bark ( <i>Viburnum opulus</i> ) 4:1 extract	50 mg
Red clover ( <i>Trifolium pratense</i> ) flower extract, 8% isoflavones	35 mg
Black cohosh ( <i>Actaea racemosa</i> ) root extract, 2.5% triterpene glycoside	20 mg
Siberian ginseng ( <i>Eleutherococcus senticosus</i> ) root extract, 0.8% eleutherosides	5 mg

### Other ingredients

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

### Directions of use

**Adult women:** Take 1 capsule daily beginning when PMS symptoms typically appear or as directed by your health-care practitioner.

### Duration of use

For periodic use only.

Success is not final. Failure is not fatal.  
It's the courage to continue that counts.  
—Winston Churchill

## 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.

#2196 · 50 ml · OM0062-R2

✓ **Exotic Skin Oils**

### 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.



## Potassium Citrate

### 100 mg

### High Bioavailability

A factor in the maintenance of good health.

#1328 · 100 vegetable capsules

NPN 80045230 · V0171-R3

✓ **Muscle/Bone/Joint Health**

✓ **Neurological/Memory Health**

✓ **Vitamins/Minerals**

### 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.

## Potassium Iodide

### 800 mcg

### Supports Thyroid Gland Function

Helps in the function of the thyroid gland. A factor in the maintenance of good health.

#1533 · 100 vegetable capsules

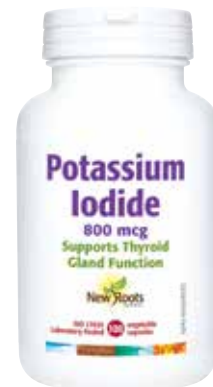
NPN 80024925 · V0422-R1

✓ **Energy** · ✓ **Immune Health**

✓ **Vitamins/Minerals**

### 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.

## Potassium Iodide

65 mg

*For nuclear emergency use only*

Thyroid blocking agent for use in nuclear emergencies which involve the release of radioiodine.

#3141 • 60 tablets

NPN 80086446 • V0765-R1

✓ Detoxification • ✓ Immune Health

✓ Vitamins/Minerals

### 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.

## Prenatal

### Complete Multivitamin

*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.

#1434 • 90 vegetable capsules • NPN 80062372 • V0378-R10

✓ Vitamins/Minerals • ✓ Women's Health (Fertility/Maternity)

### 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) (from lichen) . . . . . 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.

## Prevent

*1 Capsule = 44 Cups of Green Tea*

Source of antioxidants. Cayenne is traditionally used in herbal medicine to help support peripheral circulation.

#1204 • 30 vegetable capsules

#1145 • 60 vegetable capsules

NPN 80090712 • V0323-R4

✓ Antioxidants

✓ Herbs and Herbal Extracts

✓ Immune Health

### Each vegetable capsule contains

Green tea (*Camellia sinensis*) leaf extract

(450 mg catechins including

375 mg epigallocatechine-3-gallate [EGCG]) . . . . . 500 mg

Turmeric (*Curcuma longa*) root extract, 95% curcuminoids,

providing curcumin I, demethoxycurcumin,

and bisdemethoxycurcumin . . . . . 100 mg

N-Acetyl-L-cysteine . . . . . 60 mg

Japanese knotweed (*Fallopia japonica*)

root extract, 50% resveratrol . . . . . 50 mg

Tomato (*Solanum lycopersicum*)

flesh extract, 10% lycopene . . . . . 30 mg

Cayenne (*Capsicum annuum*) fruit . . . . . 25 mg

Astaxanthin 1.5%, from 20 mg *Haematococcus pluvialis* . . . . . 20 mg

Zeaxanthin (from marigold [*Tagetes erecta*] extract) . . . . . 5 mg

Black pepper (*Piper nigrum*) 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.







## Probiotic Intensity

Extra Daily Care

20 Billion + Live Active

Probiotics Delivered Safely  
to the Intestines

18 Strains · Natural Water-Based

GPS™ Enteric Coating

Gastric Protective System

Survives Stomach Acid

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

#1880 · 30 vegetable capsules • #1878 · 60 vegetable capsules  
NPN 80050277 · V0498-R3

✓ Digestive Health · ✓ Immune Health · ✓ Probiotics  
✓ Stress/Mood/Sleep

Each GPS™ natural water-based enteric-coated vegetable  
capsule protects contents from stomach acid and delivers  
100% potency of the following 18 strains of live, active,  
healthy, and whole cells (20 billion) to the intestines

### Human Strains

<i>Lactobacillus casei</i> HA-108 . . . . .	3.825 billion CFU
<i>Bifidobacterium bifidum</i> HA-132 . . . . .	1.216 billion CFU
<i>Lactobacillus rhamnosus</i> HA-111 . . . . .	1.065 billion CFU
<i>Lactobacillus rhamnosus</i> HA-114 . . . . .	976 million CFU
<i>Lactobacillus acidophilus</i> R0418 . . . . .	613 million CFU
<i>Bifidobacterium breve</i> R0070 . . . . .	335 million CFU
<i>Bifidobacterium longum</i> ssp. <i>infantis</i> R0033 . . . . .	335 million CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> R0175 . . . . .	335 million CFU
<i>Lactobacillus salivarius</i> HA-118 . . . . .	186 million CFU
<i>Lactobacillus reuteri</i> HA-188 . . . . .	44 million CFU

### Plant Strain

<i>Lactobacillus plantarum</i> R1012 . . . . .	446 million CFU
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### Dairy Strains

<i>Lactobacillus rhamnosus</i> R0011 . . . . .	4.461 billion CFU
<i>Lactobacillus rhamnosus</i> R1039 . . . . .	3.346 billion CFU
<i>Lactobacillus paracasei</i> HA-196 . . . . .	1.562 billion CFU
<i>Lactobacillus helveticus</i> R0052 . . . . .	558 million CFU
<i>Lactobacillus casei</i> R0215 . . . . .	446 million CFU
<i>Streptococcus salivarius</i> ssp. <i>thermophilus</i> R0083 . . . . .	223 million CFU
<i>Lactobacillus delbrueckii</i> ssp. <i>bulgaricus</i> R9001 . . . . .	56 million CFU

Bovine colostrum (from *Bos taurus*) . . . . . 25 mg  
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

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.

*Probiotics with GPS™ Enteric Coating* p. 163–169  
*Other Probiotics* p. 169–170



## Probiotics Recovery

Ultimate Potency

120 Billion + Live Active

Probiotics Delivered Safely  
to the Intestines

20 Strains · 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.

#1965 · 30 vegetable capsules • NPN 80112754 · V0528-R3  
✓ Digestive Health · ✓ Immune Health · ✓ Probiotics  
✓ Stress/Mood/Sleep

Each GPS™ natural water-based enteric-coated vegetable  
capsule protects contents from stomach acid and delivers  
100% potency of the following 20 strains of live, active,  
healthy, and whole cells (120 billion) to the intestines

### Human Strains

<i>Lactobacillus rhamnosus</i> UB5115 . . . . .	30 billion CFU
<i>Lactobacillus casei</i> UB1499 . . . . .	20 billion CFU
<i>Bifidobacterium bifidum</i> UB4280 . . . . .	4 billion CFU
<i>Bifidobacterium breve</i> UB8674 . . . . .	4 billion CFU
<i>Bifidobacterium longum</i> ssp. <i>infantis</i> UB9214 . . . . .	4 billion CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> UB7691 . . . . .	4 billion CFU
<i>Lactobacillus acidophilus</i> UB5997 . . . . .	2.2 billion CFU
<i>Bifidobacterium animalis</i> ssp. <i>lactis</i> UB3963 . . . . .	1 billion CFU
<i>Lactobacillus acidophilus</i> LA-14 . . . . .	200 million CFU
<i>Lactobacillus crispatus</i> UB4719 . . . . .	200 million CFU
<i>Lactobacillus gasseri</i> UB8141 . . . . .	200 million CFU
<i>Lactobacillus rhamnosus</i> GG . . . . .	200 million CFU
<i>Lactobacillus fermentum</i> UB9735 . . . . .	200 million CFU

### Plant Strains

<i>Lactobacillus plantarum</i> UB2783 . . . . .	40 billion CFU
<i>Lactobacillus brevis</i> UB1214 . . . . .	200 million CFU

### Dairy Strains

<i>Lactobacillus paracasei</i> UB1978 . . . . .	8.3 billion CFU
<i>Lactobacillus reuteri</i> UB2419 . . . . .	700 million CFU
<i>Bifidobacterium animalis</i> ssp. <i>lactis</i> HN19 . . . . .	200 million CFU
<i>Lactobacillus helveticus</i> UB7229 . . . . .	200 million CFU
<i>Lactobacillus johnsonii</i> UB3394 . . . . .	200 million CFU
Vitamin C (ascorbic acid) . . . . .	6 mg

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

### Other ingredients

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

### Directions of use

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

*Probiotics with GPS™ Enteric Coating* p. 163–169  
*Other Probiotics* p. 169–170



# 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!

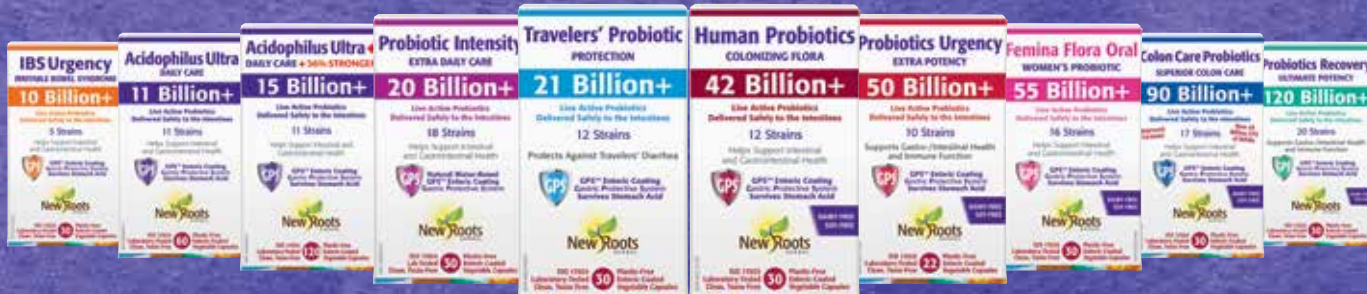
GPS™ Enteric Coating

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 harder 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.

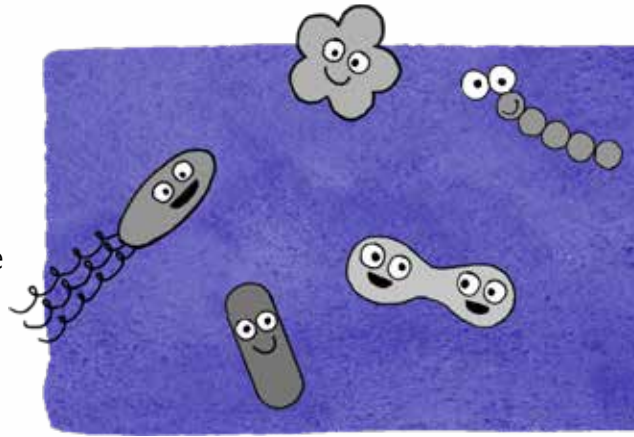
**Refrigeration during manufacturing, shipping, and storage is the only way to preserve viability of a complete spectrum of probiotics.**

### 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.

## MULTISTRRAIN 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



# PROTECT YOUR PROBIOTICS. CHOOSE GPS ENTERIC COATING

## Acidophilus Ultra Daily Care · 11 Billion + Live Active Probiotics Delivered Safely to the Intestines

11 Strains · Helps Support  
Intestinal and Gastrointestinal  
Health · Natural Water-Based  
GPS™ Enteric Coating  
Gastric Protective System  
Survives Stomach Acid

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

#1270 · 30 vegetable capsules • #0004 · 60 vegetable capsules  
#0495 · 120 vegetable capsules • #0940 · 250 vegetable capsules  
NPN 80062961 · V0435-R2

✓ Digestive Health · ✓ Immune Health · ✓ Keto Diet  
✓ Probiotics · ✓ Stress/Mood/Sleep

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

### Human Strains

<i>Lactobacillus acidophilus</i> R0418 .....	605 million CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> R0175 ..	330 million CFU
<i>Bifidobacterium longum</i> ssp. <i>infantis</i> R0033 ..	330 million CFU
<i>Bifidobacterium breve</i> R0070 .....	330 million CFU

### Plant Strain

<i>Lactobacillus plantarum</i> R1012 .....	440 million CFU
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### Dairy Strains

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

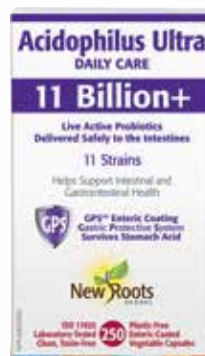
CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients

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

### Directions of use

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



## Acidophilus Ultra + Daily Care + 36% Stronger 15 Billion + Live Active Probiotics Delivered Safely to the Intestines

11 Strains · Helps Support  
Intestinal and Gastrointestinal  
Health · Natural Water-Based  
GPS™ Enteric Coating  
Gastric Protective System  
Survives Stomach Acid

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

#2456 · 60 vegetable capsules • #2457 · 120 vegetable capsules  
NPN 80086910 · V0676-R1

✓ Digestive Health · ✓ Immune Health · ✓ Keto Diet  
✓ Probiotics · ✓ Stress/Mood/Sleep

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

### Human Strains

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

### Plant Strain

<i>Lactobacillus plantarum</i> R1012 .....	600 million CFU
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### Dairy Strains

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

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

### Other ingredients

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

### Directions of use

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



# GUARANTEED PROTECTION

# PROTECT YOUR PROBIOTICS. CHOOSE GPS ENTERIC COATING

## Bifido Builder

**Specialized Intestinal Support · 42 Billion+ Live Active Probiotics Delivered Safely to the Intestines**

**5 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. Supports good health. Helps maintain immune function.

#3037 · 30 vegetable capsules · NPN 80112652 · V0756-R1

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

✓ Probiotics

Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acids 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).

### 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. Take at least 2–3 hours before or after antibiotics.



## Bifido Infantis

**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. Supports good health. Helps maintain immune function.

#3040 · 30 vegetable capsules · NPN 80112649 · V0742-R1

✓ Children's Health · ✓ Digestive Health · ✓ Immune Health

✓ Probiotics

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, 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, 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.



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

## Colon Care Probiotics

**Superior Colon Care  
90 Billion + Live Active  
Probiotics Delivered Safely  
to the Intestines**

**17 Strains · Helps Support  
Intestinal and Gastrointestinal  
Health · Natural Water-Based  
GPS™ Enteric Coating  
Gastric Protective System  
Survives Stomach Acid**

**DAIRY-FREE · SOY-FREE**

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

#2153 · 30 vegetable capsules · NPN 80083263 · V0614-R1

✓ Digestive Health · ✓ Immune Health · ✓ Probiotics

Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 23 strains of live, active, healthy, and whole cells (90 billion) to the intestines/  
**Human Strains**

Lactobacillus casei HA-108	30.798 billion CFU
Bifidobacterium bifidum HA-132	10.515 billion CFU
Lactobacillus rhamnosus HA-111	8.575 billion CFU
Lactobacillus rhamnosus HA-114	7.860 billion CFU
Bifidobacterium breve HA-129	3.631 billion CFU
Bifidobacterium longum ssp. longum HA-135	2.179 billion CFU
Lactobacillus salivarius HA-118	1.501 billion CFU
Lactobacillus reuteri HA-188	600 million CFU
Bifidobacterium longum ssp. infantis HA-116	544.7 million CFU
Bifidobacterium longum ssp. infantis R0033	113.3 million CFU
Lactobacillus acidophilus R0418	10.8 million CFU
Bifidobacterium breve R0070	5.9 million CFU
Bifidobacterium longum ssp. longum R0175	5.9 million CFU

### Plant Strains

Lactobacillus plantarum HA-119	9.986 billion CFU
Lactobacillus plantarum R1012	7.8 million CFU

### Dairy Strains

Lactobacillus paracasei HA-196	12.576 billion CFU
Lactobacillus helveticus HA-501	1.089 billion CFU
Lactobacillus rhamnosus R0011	78.3 million CFU
Lactobacillus rhamnosus R1039	58.7 million CFU
Lactobacillus helveticus R0052	9.8 million CFU
Lactobacillus casei R0215	7.8 million CFU
Streptococcus salivarius ssp. thermophilus R0083	3.9 million CFU
Lactobacillus delbrueckii ssp. bulgaricus R9001	1 million CFU

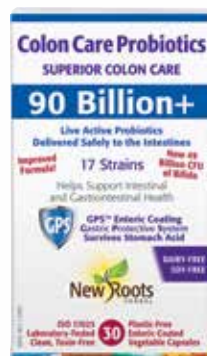
CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### 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. If you are taking antibiotics, take this product at least 2–3 h before or after them.



## Femina Flora Oral Women's Probiotic

**55 Billion + Live Active  
Probiotics Delivered Safely  
to the Intestines**

**16 Strains · Natural Water-Based  
GPS™ Enteric Coating  
Gastric Protective System  
Survives Stomach Acid  
DAIRY-FREE · SOY-FREE**

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

#2168 · 30 vegetable capsules · NPN 80109190 · V0578-R2

✓ Digestive Health · ✓ Probiotics · ✓ Women's Health

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

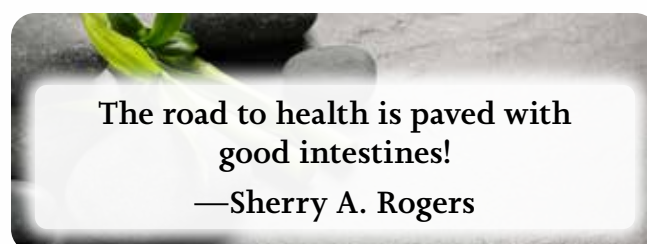
CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, potato maltodextrin, vitamin C (sodium ascorbate), 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.





# PROTECT YOUR PROBIOTICS. CHOOSE GPS ENTERIC COATING

## Human Probiotics

### Colonizing Flora

**42 Billion + Live Active Probiotics Delivered Safely to the Intestines**

**12 Strains · Natural Water-Based**

**GPS™ Enteric Coating**

**Gastric Protective System**

**Survives Stomach Acid**

**DAIRY-FREE · SOY-FREE**

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

#2166 · 30 vegetable capsules · NPN 80110107 · V0579-R2

✓ Digestive Health · ✓ Immune Health · ✓ Probiotics

✓ Stress/Mood/Sleep

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

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

#### Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, vitamin C (ascorbic acid), 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.



## IBS Urgency

### Irritable Bowel Syndrome

**10 Billion + Live Active**

**Probiotics Delivered Safely to the Intestines**

**5 Strains · Natural Water-Based**

**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.

#1521 · 30 vegetable capsules · #1945 · 60 vegetable capsules

NPN 80042032 · V0374-R4

✓ Digestive Health · ✓ Immune Health · ✓ Probiotics

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

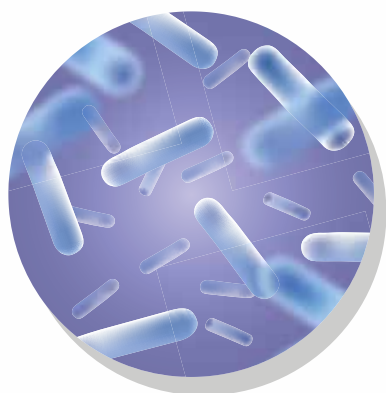
Arabinogalactan, inulin, non-GMO potato starch, vitamin C (ascorbic acid), and vegetable magnesium stearate in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

#### Directions of use

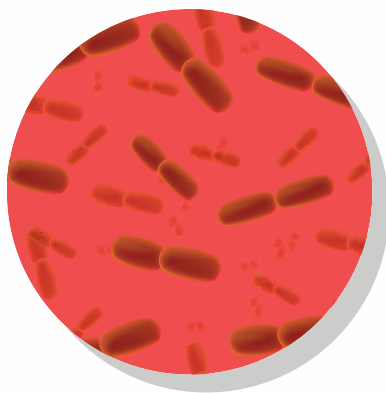
Adults: Take 2 capsules daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

#### Duration of use

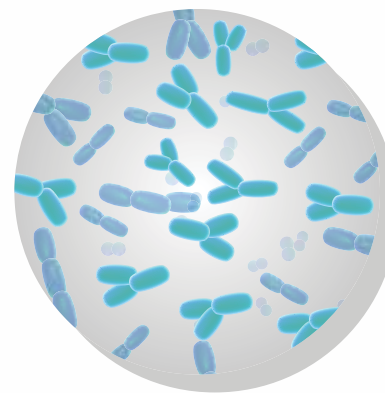
Consult a health-care practitioner for use beyond 5 weeks.



Lactobacillus



Lactobacillus bulgaricus



Bifidobacterium

# PROTECT YOUR PROBIOTICS. CHOOSE GPS ENTERIC COATING

## Probiotic Intensity

Extra Daily Care

20 Billion + Live Active

Probiotics Delivered Safely  
to the Intestines

18 Strains · Natural Water-Based

GPS™ Enteric Coating

Gastric Protective System

Survives Stomach Acid

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

#1880 · 30 vegetable capsules · #1878 · 60 vegetable capsules

NPN 80050277 · V0498-R3

✓ Digestive Health · ✓ Immune Health · ✓ Probiotics

✓ Stress/Mood/Sleep

Each GPS™ natural water-based enteric-coated vegetable  
capsule protects contents from stomach acid and delivers  
100% potency of the following 18 strains of live, active,  
healthy, and whole cells (20 billion) to the intestines

### Human Strains

Lactobacillus casei HA-108	3.825 billion CFU
Bifidobacterium bifidum HA-132	1.216 billion CFU
Lactobacillus rhamnosus HA-111	1.065 billion CFU
Lactobacillus rhamnosus HA-114	976 million CFU
Lactobacillus acidophilus R0418	613 million CFU
Bifidobacterium breve R0070	335 million CFU
Bifidobacterium longum ssp. infantis R0033	335 million CFU
Bifidobacterium longum ssp. longum R0175	335 million CFU
Lactobacillus salivarius HA-118	186 million CFU
Lactobacillus reuteri HA-188	44 million CFU

### Plant Strain

Lactobacillus plantarum R1012	446 million CFU
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### Dairy Strains

Lactobacillus rhamnosus R0011	4.461 billion CFU
Lactobacillus rhamnosus R1039	3.346 billion CFU
Lactobacillus paracasei HA-196	1.562 billion CFU
Lactobacillus helveticus R0052	558 million CFU
Lactobacillus casei R0215	446 million CFU
Streptococcus salivarius ssp. thermophilus R0083	223 million CFU
Lactobacillus delbrueckii ssp. bulgaricus R9001	56 million CFU

Bovine colostrum (from Bos taurus) 25 mg  
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

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.



## Probiotics Recovery

Ultimate Potency

120 Billion + Live Active

Probiotics Delivered Safely  
to the Intestines

20 Strains · 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.

#1965 · 30 vegetable capsules · NPN 80112754 · V0528-R3

✓ Digestive Health · ✓ Immune Health · ✓ Probiotics

✓ Stress/Mood/Sleep

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 HN19	200 million CFU
Lactobacillus helveticus UB7229	200 million CFU
Lactobacillus johnsonii UB3394	200 million CFU

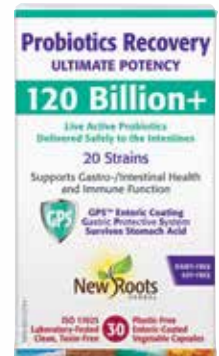
Vitamin C (ascorbic acid) 6 mg  
CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### 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.



# GUARANTEED PROTECTION



# PROTECT YOUR PROBIOTICS. CHOOSE GPS ENTERIC COATING

## Probiotics Urgency

Extra Potency

50 Billion+ Live Active

Probiotics Delivered Safely  
to the Intestines

10 Strains · 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.

#1398 · 22 vegetable capsules · #1798 · 30 vegetable capsules

#1799 · 60 vegetable capsules · NPN 80112709 · V0384-R3

✓ Digestive Health · ✓ Immune Health · ✓ Probiotics

✓ Stress/Mood/Sleep

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.



## Reuteri Restore

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 favorable gut flora. Supports good health. Helps maintain immune function.

#3036 · 30 vegetable capsules · NPN 80113790 · V0754-R1

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

✓ Probiotics

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, 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.





## GPS PROBIOTICS

### Travelers' Probiotic Protection • 21 Billion + Live Active Probiotics Delivered Safely to the Intestines

12 Strains • Natural Water-Based

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.

#1679 • 30 vegetable capsules • NPN 80034369 • V0463-R2

✓ Digestive Health • ✓ Immune Health • ✓ Probiotics

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.

A life spent making mistakes is not only more honourable, but more useful than a life spent doing nothing.

—George Bernhard Shaw



## OTHER PROBIOTICS

Soon with this New Look!

### Children's Probiotic 10 Billion + Live Active Probiotic Cells • 12 Strains Helps Support Intestinal Health Ultra Concentrated

Provides live microorganisms that temporarily modify gut flora. This ultraconcentrated formula is easily added to cold food like yogurt without changing taste or texture.

#1821 • 20 g / 67 daily portions • NPN 80061093 • PM0009-R4

✓ Children's Health • ✓ Digestive Health • ✓ Probiotics

Each two rounded scoops (approx. 300 mg) contains 12 strains of 10 billion live active healthy whole cells

#### Human Strains

Bifidobacterium longum	
ssp. infantis R0033, UB9214 .....	1 billion CFU
Lactobacillus acidophilus R0418 .....	388 million CFU
Lactobacillus reuteri HA-188 .....	350 million CFU
Bifidobacterium longum ssp. longum R0175 ..	212 million CFU
Bifidobacterium breve R0070 .....	212 million CFU

#### Plant Strain

Lactobacillus plantarum R1012 .....	282 million CFU
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#### Dairy Strains

Lactobacillus rhamnosus R0011 .....	4.644 billion CFU
Lactobacillus rhamnosus R1039 .....	2.121 billion CFU
Lactobacillus helveticus R0052 .....	353 million CFU
Lactobacillus casei R0215 .....	282 million CFU
Streptococcus salivarius	
ssp. thermophilus R0083 .....	141 million CFU
Lactobacillus delbrueckii	
ssp. bulgaricus R9001 .....	35 million CFU

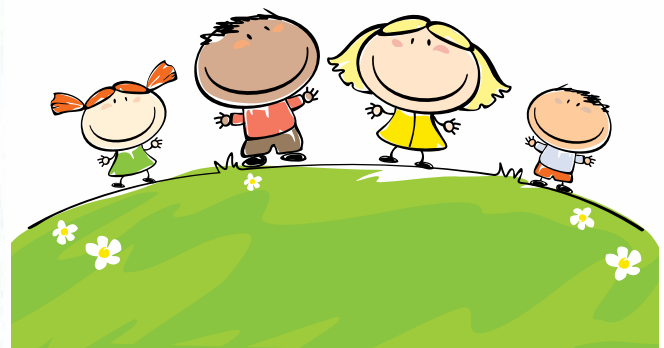
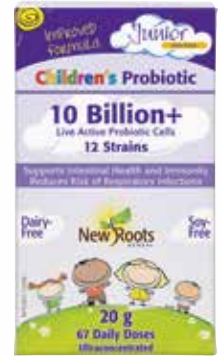
CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

#### Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, non-GMO potato maltodextrin, vitamin C (ascorbic acid), and vegetable magnesium stearate.

#### Directions of use

Children 1–12 years and adolescents: For best results, take 2 rounded scoops daily with cold, high-fat food (like yogurt or ice cream) 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.



## OTHER PROBIOTIC PRODUCTS

### Femina Flora Vaginal Flora 4 strains · 10 Billion Probiotics

#### Specific Strength

#### + Selected Special Strains

Provides microorganisms that temporarily modify vaginal flora.

#1065 · 10 vaginal ovules · NPN 80041956 · V0031-R5

✓ Probiotics · ✓ Women's Health

#### 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.

### Hospital Bacteria Defense

#### 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.

#1588 · 30 vegetable capsules · NPN 80110227 · V0436-R2

✓ Digestive Health · ✓ Immune Health · ✓ Probiotics

#### 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.



### Ultra Max

#### Daily Care Probiotic

36 Billion Live Active Probiotics

11 Strains plus Inulin

*Helps Support Intestinal and Gastrointestinal Health*

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.

#0056 · 45 g / 45 doses · NPN 80030361 · PM0113-R2

✓ Digestive Health · ✓ Immune Health · ✓ Probiotics

✓ Stress/Mood/Sleep

#### 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 R0125	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

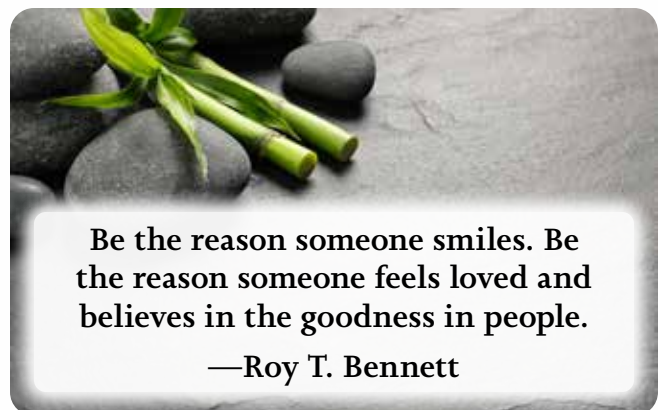
All strains are whole-cell.

#### 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 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.**



**Be the reason someone smiles. Be the reason someone feels loved and believes in the goodness in people.**

—Roy T. Bennett





## Probiotics Urgency Extra Potency 50 Billion + Live Active Probiotics Delivered Safely to the Intestines

10 Strains • 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.

#1398 • 22 vegetable capsules • #1798 • 30 vegetable capsules  
#1799 • 60 vegetable capsules • NPN 80112709 • V0384-R3

✓ Digestive Health • ✓ Immune Health • ✓ Probiotics  
✓ Stress/Mood/Sleep

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  
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.

*Probiotics with GPS™ Enteric Coating* p. 163–169  
*Other Probiotics* p. 169–170

## Prolax Stimulant Laxative

### For Occasional Constipation

A stimulant laxative to promote bowel movement and short-term relief of occasional constipation. Promotes bowel movement.

#0016 • 60 vegetable capsules  
NPN 80100520 • V0058-R4

✓ Digestive Health  
✓ Herbs and Herbal Extracts  
✓ Weight Management



### Each vegetable capsule contains

Cascara sagrada (Frangula purshiana) aged bark . . . . .	180 mg
Butternut (Juglans cinerea) bark . . . . .	160 mg
Chinese rhubarb (Rheum officinale) root . . . . .	110 mg
Whole Irish moss (Chondrus crispus) . . . . .	20 mg
Cayenne (Capsicum annuum) fruit . . . . .	20 mg
Ginger (Zingiber officinale) 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.

## Prostate Perform

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.

#1295 • 14 softgels • #0256 • 30 softgels • #0890 • 60 softgels  
#0891 • 90 softgels • NPN 80101925 • V0445-R10

✓ 50+ Health • ✓ Herbs and Herbal Extracts • ✓ Men's Health

### Two softgels contain

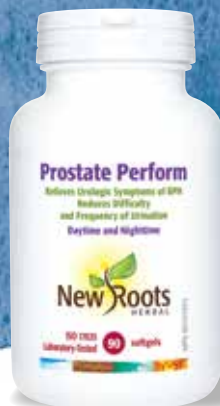
Free plant sterols (from non-GMO soy) . . . . .	370 mg
(148 mg beta-sitosterol, 74 mg stigmasterol, 74 mg campesterol)	
Wild-crafted saw palmetto (Serenoa repens) fruit liposterolic extract, 95% fatty acids (supercritical CO <sub>2</sub> -extracted) . . . . .	320 mg
Rye (Secale cereale) flower pollen extract . . . . .	210 mg
Certified organic borage seed oil (Borago officinalis) . . . . .	200 mg
L-Alanine . . . . .	100 mg
Cranberry (Vaccinium macrocarpon) 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
Stinging nettle (Urtica dioica) root and herb top extract, 5% silicic acid . . . . .	50 mg
Zinc (from zinc citrate) . . . . .	32 mg
Pau d'arco (Tabebuia heptaphylla) inner bark . . . . .	30 mg
Vitamin B6 (pyridoxine hydrochloride) . . . . .	20 mg
Lycopene (from tomato [Solanum lycopersicum] flesh) . . . . .	1.2 mg
Selenium (from yeast-free L-selenomethionine) . . . . .	100 mcg
Vitamin D3 (cholecalciferol) . . . . .	25 mcg (1,000 IU)





# FEWER PEES MORE ZZZs.

HIS PROSTATE HEALTH  
SHOULDN'T WAKE  
YOU UP AT NIGHT.



Inspired by Nature, Driven by Science  
to **Make Life Better!**

newrootsherbal.com



Third-Party  
ISO 17025  
Accredited Laboratory

PROUDLY

## 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.

## Protector

### With L-Glutathione and NAC

#### 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.

#0605 • 60 vegetable capsules • NPN 80041918 • V0280-R1

✓ Antioxidants • ✓ Detoxification • ✓ Immune Health

## Each vegetable capsule contains

Vitamin C (ascorbic acid) .....	200 mg
N-Acetyl-L-cysteine .....	125 mg
L-Glutathione (L-glutathione reduced) .....	100 mg
D,L-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.



## Fiber Ultra Rich

### 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.

#0396 • 100 vegetable capsules

NPN 80032690 • V0109-R2



- ✓ Detoxification · ✓ Digestive Health
- ✓ Herbs and Herbal Extracts · ✓ Keto Diet
- ✓ Weight Management

#### 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.

## Fiber Ultra Rich

### Psyllium + Inulin · Powder

#### 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.

#0156 · 200 g · #0085 · 340 g

NPN 80034692 · PM0079-R1

- ✓ Detoxification · ✓ Digestive Health
- ✓ Herbs and Herbal Extracts · ✓ Keto Diet
- ✓ Weight Management

#### 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.



## Super Fiber

### Psyllium · 620 mg

#### Constipation and Irregularity

#### Gentle Relief

Provides gentle relief of constipation or irregularity.

#0011 · 100 vegetable capsules

NPN 80021829 · V0059-R2

- ✓ Blood Glucose Management
- ✓ Digestive Health
- ✓ Herbs and Herbal Extracts
- ✓ Keto Diet · ✓ Weight Management

#### Each vegetable capsule contains

Psyllium ( <i>Plantago ovata</i> ) husk .....	620 mg
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#### Other ingredients

Inulin in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

**Adults:** 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.



## 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.

#2274 · 450 g · P0764-R1

- ✓ Amino Acids / Proteins · ✓ Keto Diet · ✓ Sport Nutrition

#### 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)	% Daily Value*
Calories 60		
Fat 2 g .....	3 %	
Saturated 0.4 g + Trans 0 g .....	2 %	
Polyunsaturated 1 g		
Monounsaturated 0.7 g		
Carbohydrate 2 g		
Fibre 2 g .....	7 %	
Sugars 0 g .....	0 %	
Protein 10 g		
Cholesterol 0 mg		
Sodium 105 mg .....	5 %	
Potassium 0 mg .....	0 %	
Calcium 0 mg .....	0 %	
Iron 0 mg .....	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	Cystine.....	0.053

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

## Pūr Collagen Body Renew

*Grass-Fed, Hormone-  
and BSE-Free Bovine*

*Smoother Skin in 4 Weeks*

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.

#2266 · 75 vegetable capsules · #2267 · 150 vegetable capsules  
NPN 80080791 · V0636-R2

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

### 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.

## Pūr Collagen Radiant Skin

*Marine-Sourced · With Elastin*

*Reduces Deep Wrinkles in*

*28 Days*

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

#2269 · 60 vegetable capsules

#2271 · 120 vegetable capsules

NPN 80086909 · V0621-R1

✓ 50+ Health · ✓ Hair/Skin/Nails

### Each vegetable capsule contains

Hydrolyzed collagen, 6% elastin  
(from fish skin and bones) ..... 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.

## Pure Liver

**See Grass-Fed Beef Liver, p. 96**

## Pure Magnesium Bisglycinate Fully Reacted

**115 mg + Taurine**

*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.

#2200 · 90 vegetable capsules · NPN 80077470 · V0612-R1

✓ Cardiovascular Health · ✓ Muscle/Bone/Joint Health  
✓ Sport Nutrition · ✓ Vitamins/Minerals

### 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.



## Pure Magnesium Bisglycinate 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.

#2183 · 60 vegetable capsules

#2175 · 120 vegetable capsules · NPN 80110865 · V0603-R1

✓ Cardiovascular Health · ✓ Muscle/Bone/Joint Health  
✓ Neurological/Memory Health · ✓ Sport Nutrition  
✓ Stress/Mood/Sleep · ✓ Vitamins/Minerals





### 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.

**Pure Pancreas**  
**See Grass-Fed**  
**Lamb Pancreas, p. 97**

**Pure Spleen**  
**See Grass-Fed Beef Spleen, p. 96**

**Pure Thymus**  
**See Grass-Fed**  
**Lamb Thymus, p. 97**

## Purge Parasitis

### Antiparasitic

Wormwood is used in traditional herbal medicine to expel worms (vermifuge).

#0482 • 90 vegetable capsules

#0935 • 180 vegetable capsules

NPN 80105121 • V0104-R7

✓ Detoxification

✓ Herbs and Herbal Extracts

### Each vegetable capsule contains

Black walnut (*Juglans nigra*) hull and leaf ..... 157.8 mg

Whole wormwood

(*Artemisia absinthium*) ..... 94.68 mg

Odourless garlic (*Allium sativum*) bulb ..... 63.12 mg

Oregano (*Origanum vulgare*) leaf extract, 30% carvacrol 40 mg

Clove (*Syzygium aromaticum*) flower bud ..... 31.56 mg

Oregon-grape (*Berberis aquifolium*) root ..... 13.41 mg

Ginger (*Zingiber officinale*) rhizome ..... 7.89 mg

Aloe (*Aloe vera*) leaf ..... 5.52 mg

Quassia (*Picrasma excelsa*) stem wood ..... 5.52 mg

Sage (*Salvia officinalis*) leaf ..... 5.52 mg

### Other ingredients

Grapefruit seed extract (37 mg)\*, vegetable magnesium stearate, and microcrystalline cellulose in a non-GMO vegetable capsule composed of pullulan and purified water.

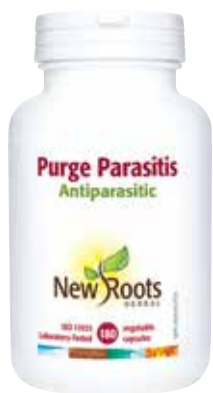
\*Combination of natural extracts of grapefruit, lemon, and tangerine seeds.

### 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 **Fiber 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.



## Purge Parasitis Program

*Therapeutic Treatment for Elimination of Parasites*  
**33-Day Program**

**Now Includes Fiber 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.

#2646 • Kit • NPN 80058096

✓ Detoxification • ✓ Herbs and Herbal Extracts

### 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).



## Ultra Purifiant Cleanse

**500 mg**

**Cleansing • 21-Day Supply**

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.

#0133 • 210 vegetable capsules • NPN 80034526 • V0162-R4

✓ Detoxification • ✓ Herbs and Herbal Extracts

### Each vegetable capsule contains

Psyllium (*Plantago ovata*) husk ..... 304.507 mg

Butternut (*Juglans cinerea*) bark ..... 32.887 mg

Corn (*Zea mays*) silk stigma and style 4:1 extract .. 29.233 mg

Plantain (*Plantago major*) leaf ..... 23.143 mg

Red clover (*Trifolium pratense*) flower ..... 23.143 mg

Blessed thistle (*Cnicus benedictus*) herb top ..... 18.27 mg

Clove (*Syzygium aromaticum*) flower bud ..... 18.27 mg

Yellow dock (*Rumex crispus*) root ..... 18.27 mg



Black walnut (*Juglans nigra*) hull 4:1 extract ..... 6.09 mg  
 Echinacea (*Echinacea angustifolia*) root ..... 6.09 mg  
 Bentonite ..... 5 mg  
 Odourless garlic (*Allium sativum*) 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.

#### Duration of use

Not for prolonged use. For occasional use only. Effects observed between 12–24 hours after first dose, and may take 2–3 days.

#### Important

Take 1 capsule of **Acidophilus Ultra** each time. As you kill and remove bad bacteria from the space it occupied in your body, it is important to take over this space with friendly microorganisms (probiotics) like **Acidophilus Ultra**. This guards against the reinvasion of bad bacteria. The 11-culture **Acidophilus Ultra** capsules have a special protective enteric coating, which is very important because it protects the capsule from the stomach acid. The acidophilus capsule must be delivered to the small intestine in order to work for you. Any acidophilus capsule that does not have an enteric coating will be destroyed in the stomach by stomach acid.

## Quercetin 500 mg

### Antioxidant

Quercetin, a bioflavonoid, is an antioxidant for the maintenance of good health. Used in herbal medicine as a capillary/blood vessel protectant.

#1142 · 90 vegetable capsules  
 NPN 80024062 · V0331-R3

✓ **Antioxidants**

✓ **Immune Health (Allergy Relief)**

#### 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.



## Quercetin Bioflavonoid Complex 250 mg of Quercetin

Quercetin, a bioflavonoid, is an antioxidant for the maintenance of good health. Provides enzymes.

**NEW SIZE! #2532 · 30 vegetable capsules**

**#0241 · 90 vegetable capsules**

**NEW SIZE! #2518 · 180 vegetable capsules**

NPN 80038026 · V0190-R3

✓ **Antioxidants** · ✓ **Enzymes**

✓ **Immune Health (Allergy Relief)**

#### Each vegetable capsule contains

Citrus bioflavonoids (from bitter orange

[*Citrus × aurantium*]), 50% hesperidins. .... 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.



## R+ Alpha Lipoic 150 mg

### Antioxidant · Promotes Healthy Glucose Metabolism

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

**#1378 · 60 vegetable capsules**

NPN 80113344 · V0381-R4

✓ **Antioxidants** · ✓ **Detoxification**

✓ **Immune Health**

#### 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.



More smiling, less worrying. More compassion, less judgment. More blessed, less stressed. More love, less hate.

—Roy T. Bennett

## Red Raspberry

**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.

#0822 · 100 vegetable capsules  
NPN 80030160 · V0128-R2

✓ Herbs and Herbal Extracts

✓ Women's Health

**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.



**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.

## Red Clover

**Isoflavones**

**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.

#1350 · 60 vegetable capsules  
NPN 80027780 · V0377-R4

✓ Herbs and Herbal Extracts

✓ Women's Health (Menopause)

**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.



## Red Beet Root 500 mg

**Antioxidant**

Source of antioxidants.

#0824 · 100 vegetable capsules  
NPN 80048818 · V0126-R2

✓ Cardiovascular Health

✓ Detoxification

✓ Digestive Health · ✓ Energy

✓ Herbs and Herbal Extracts

**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.



## Red Clover Blossoms

**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).

#0823 · 100 vegetable capsules · NPN 80029915 · V0127-R3

✓ Herbs and Herbal Extracts · ✓ Women's Health (Menopause)

**Each vegetable capsule contains**

Red clover (*Trifolium pratense*) flower ..... 390 mg



## Red Palm Fruit Oil

**From Ecoresponsibly**

**Harvested Fruits**

Red palm fruit oil is an excellent source of vitamin A. It contains 3 to 8 times more retinol activity equivalents than carrots, and more than 50 times more retinol activity equivalents than tomatoes (weight for weight). Among all vegetable oils, red palm fruit oil has by far the highest level of naturally occurring tocotrienols (5.83 mg per 10 ml portion); tocopherols and tocotrienols are two forms of vitamin E, an antioxidant. Red palm fruit oil is nonhydrogenated. Contains 0.62 mg coenzyme Q10 per 10 ml portion. **No artificial colours or preservatives. Orangutan- and elephant-friendly oil.**

#1784 · 500 ml · O0008-R1

✓ Cardiovascular Health · ✓ Functional Foods (Cooking Oils)





## **Ingredient**

Red palm fruit oil.

## **Directions of use**

Use as is, on vegetables, in salads, spread on bread, for cooking, baking, high-heat frying, etc. No refrigeration required. Naturally thickens to a paste under 21 °C (70 °F).

## **Nutrition Facts**

	Per 2 tsp. (10 ml)	% Daily Value*
Calories 80		
Fat 9 g		12 %
Saturated 3.5 g + Trans 0 g		18 %
Polyunsaturated 1.5 g		
Monounsaturated 4 g		
Carbohydrate 0 g		
Fibre 0 g		0 %
Sugars 0 g		0 %
Protein 0 g		
Cholesterol 0 mg		
Sodium 0 mg		0 %
Potassium 0 mg		0 %
Calcium 0 mg		0 %
Iron 0 mg		0 %
Vitamin A 600 µg RAE		67 %
Vitamin E 2 mg		13 %

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

## **Red Raspberry**

**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.

#0822 · 100 vegetable capsules

NPN 80030160 · V0128-R2

✓ Herbs and Herbal Extracts

✓ Women's Health

**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.

## **Homocysteine**

**Reduce**

*Clinically Formulated*

*Natural Lemon-Lime Flavour*

Helps to reduce homocysteine levels, which may be associated with deficiencies of folate or vitamin B12. Helps to support liver function.

#2210 · 285 g / 30 doses · NPN 80061652 · PM0094-R2

✓ Cardiovascular Health · ✓ Digestive Health · ✓ 50+ Health

✓ Neurological/Memory Health



## **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.

## **Glutathione**

**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.

#0598 · 30 vegetable capsules

#0599 · 60 vegetable capsules

NPN 80025650 · V0446-R2

✓ Antioxidants · ✓ Detoxification

✓ Immune Health · ✓ Neurological/Memory Health

**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.



## **Reishi Extract**

*Energy – Immunity*

*Stress Resistance*

**Hot-Water Extract**

**40% Polysaccharides · 500 mg**

Used in herbal medicine as an adaptogen to help increase energy and resistance to stress (e.g., in case of mental and physical fatigue related to stress), as a liver tonic, and to support the immune system. Provides antioxidants.

#1862 · 60 vegetable capsules · #2298 · 120 vegetable capsules

NPN 80048612 · V0505-R5



- ✓ Antioxidants · ✓ Cardiovascular Health
- ✓ Detoxification · ✓ Energy · ✓ Immune Health
- ✓ Medicinal Mushrooms · ✓ Stress/Mood/Sleep

#### Each vegetable capsule contains

Reishi (*Ganoderma lucidum*) mushroom extract, standardized to 40% polysaccharides ..... 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 with food 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.

## 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.

#2580 · 100 g / 37 portions · P0832-R1

- ✓ Antioxidants · ✓ Functional Foods (Teas / Herbal Teas)
- ✓ Immune Health · ✓ Stress/Mood/Sleep

#### 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)	% Daily Value*
Calories 10		
Fat 0.1 g		0 %
Saturated 0 g + Trans 0 g		0 %
Carbohydrate 2 g		
Fibres 2 g		7 %
Sugars 0 g		0 %
Protein 0.2 g		
Cholesterol 0 mg		
Sodium 0 mg		0 %
Potassium 0 mg		0 %
Calcium 0 mg		0 %
Iron 0 mg		0 %

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



## 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).

#2377 · 100 g · NPN 80089417 · P0797-R1

- ✓ Antioxidants · ✓ Cardiovascular Health · ✓ Detoxification
- ✓ Energy · ✓ Functional Foods (Teas / Herbal Teas)
- ✓ Immune Health · ✓ Medicinal Mushrooms · ✓ Stress/Mood/Sleep

#### 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.



## Resilience

### Mushroom Extract Blend

#### 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.

#1933 · 90 vegetable capsules · NPN 80087975 · V0512-R1

- ✓ Immune Health · ✓ Medicinal Mushrooms

#### Each vegetable capsule contains

\*Each mushroom extract is standardized to 40% polysaccharides.

Chaga ( <i>Inonotus obliquus</i> ) mushroom extract*	68 mg
Coriolus ( <i>Trametes versicolor</i> ) mushroom extract*	68 mg
Maitake ( <i>Grifola frondosa</i> ) mushroom extract*	68 mg
Reishi ( <i>Ganoderma lucidum</i> ) mushroom extract*	68 mg
Shiitake ( <i>Lentinula edodes</i> ) mushroom extract*	68 mg
Cordyceps ( <i>Paeclomyces hepiali</i> ) mushroom extract*	30 mg
Lion's mane ( <i>Hericium erinaceus</i> ) mushroom extract*	30 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. Take with a meal if gastrointestinal upset occurs.



Problems are challenges to creative minds. Without problems, there would be little reason to think at all.

—Earl Nightingale

## Resveratrol MAX

**500 mg · Providing  
250 mg trans-Resveratrol**

**Antioxidant · Healthy  
Glucose Levels**

Provides antioxidants. Helps support healthy blood glucose levels.

#2445 · 60 vegetable capsules  
NPN 80086411 · V0627-R1

- ✓ Antioxidants
- ✓ Blood Glucose Management
- ✓ Cardiovascular Health · ✓ 50+ Health
- ✓ Herbs and Herbal Extracts
- ✓ Immune Health · ✓ Men's Health
- ✓ Muscle/Bone/Joint Health · ✓ Sport Nutrition
- ✓ Stress/Mood/Sleep · ✓ Women's Health

**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.



## New Product! Since May 2022

## Reuteri Restore 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 favorable gut flora. Supports good health. Helps maintain immune function.

#3036 · 30 vegetable capsules · NPN 80113790 · V0754-R1

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

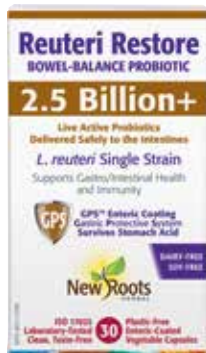
**Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following strain of live, active, healthy, and whole cells (2.5 billion) to the intestines**

### 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, 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.

**Probiotics with GPS™ Enteric Coating**

*p. 163–169*

**Other Probiotics**

*p. 169–170*

## Rhodiola

**Extract 200 mg**

**5% Rosavins**

**1.9% Salidroside**

**Reduces Mental Fatigue**

**Improves Stamina**

Used in herbal medicine as an

adaptogen to help temporary

relieve symptoms of stress

(such as mental fatigue and

sensation of weakness). Used

in herbal medicine to help

support cognitive function (such as mental focus

and mental stamina). Provides antioxidants.

#2135 · 30 vegetable capsules · #2091 · 60 vegetable capsules  
NPN 80071149 · V0583-R1

- ✓ Energy · ✓ Herbs and Herbal Extracts
- ✓ Neurological/Memory Health · ✓ Stress/Mood/Sleep

**Each vegetable capsule contains**

Rosaroot (*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!*







New Product! Since May 2021

## RiboEndurance Mag

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.

#2458 · 300 g / 109 doses · NPN 80090770 · PM0217-R1

✓ Cardiovascular Health · ✓ Energy · ✓ Sport Nutrition

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.

## D-Ribose

100% Pure · Energy and  
Endurance · Athletic Support

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

#0294 · 100 g · #1286 · 250 g

#1729 · 500 g · NPN 80041899 · P0257

✓ Cardiovascular Health · ✓ Energy

✓ Sport Nutrition

Each rounded teaspoon  
contains approximately

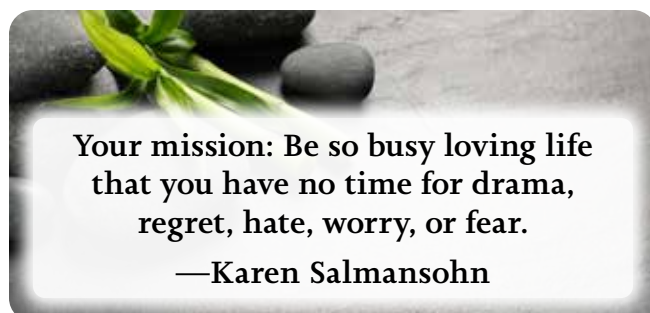
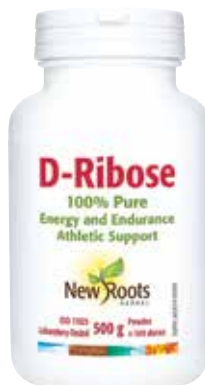
D-Ribose (100% pure) ..... 5 g

### 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.

### Duration of use

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



Your mission: Be so busy loving life  
that you have no time for drama,  
regret, hate, worry, or fear.

—Karen Salmansohn

## Rose Geranium

### Essential Oil

(*Pelargonium graveolens*)

100% Pure · Certified Organic

Used in aromatherapy to help relieve  
colds/cough.

#2149 · 15 ml · NPN 80073903 · O0030B-R1

✓ Herbs and Herbal Extracts (Essential Oils)

### 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.



## 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.

#1738 · 15 ml · #1602 · 30 ml · OM0123-R4

✓ Exotic Skin Oils · ✓ Hair/Skin/Nails

### 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.



## Rosemary 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.

#2144 · 15 ml · NPN 80071192 · O0056-R1

✓ Herbs and Herbal Extracts (Essential Oils)



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.

## S.O.D.

### 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.

#1649 • 90 vegetable capsules • NPN 80104932 • V0447-R14

✓ Antioxidants • ✓ Detoxification

**Each enteric-coated vegetable capsule contains**

Ci li fruit extract (*Rosa roxburgii*) (7,250 IU SOD) . . . . . 500 mg  
Goji (*Lycium barbarum*) 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 tocopheryl acetate) . . . . . 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.



## S-Acetyl-Glutathione

100 mg

**Intracellular Antioxidant**

**Superior Assimilation**

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

#2416 • 60 vegetable capsules

NPN 80091902 • V0670-R1

✓ Antioxidants • ✓ Detoxification

✓ Immune Health

✓ Neurological/Memory Health

**Each vegetable capsule contains**

S-Acetylglutathione . . . . . 100 mg

**Providing**

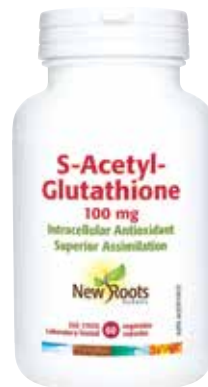
L-Glutathione . . . . . 87 mg

**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.



## Safflower Oil

See Heart Smart Organic Safflower Oil, p. 102

## Saw Palmetto

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.

#0717 • 60 softgels • #0949 • 120 softgels

NPN 80020986 • V0063-R1

✓ Herbs and Herbal Extracts

✓ Men's Health

**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.



## Sea Buckthorn Oil

**Fruit and Seed with Goji Oil**

**Supercritical CO<sub>2</sub> 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.

#1585 • 30 ml • NPN 80037109 • V0440-R3

✓ Essential Fatty Acids

✓ Hair/Skin/Nails



If they say “It’s impossible,” remember  
that it’s impossible for them; not  
for you.

(Author unknown)



#### Each softgel contains

Organic sea buckthorn (*Hippophae rhamnoides*) fruit oil,  
16–54% palmitoleic acid, 2–35% oleic acid,  
1–15% linoleic acid ..... 600 mg  
Organic sea buckthorn (*Hippophae rhamnoides*) seed oil,  
13–30% oleic acid, 30–40% linoleic acid, hexane-free 400 mg  
Organic goji (*Lycium barbarum*) seed oil ..... 40 mg  
All oils are supercritical CO<sub>2</sub> extracted from organic  
berries grown on the Qinghai-Tibetan plateau.

#### Other ingredients

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

#### Directions of use

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

#### Duration of use

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

## Seabuckthorn

### 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.

#1604 • 30 ml • OM0124-R2

✓ Exotic Skin Oils • ✓ Hair/Skin/Nails

#### Each bottle contains

Organic sea buckthorn (*Hippophae rhamnoides*)  
seed oil, CO<sub>2</sub> supercritical extract,  
nondeodorized ..... 30 ml  
with added organic rosemary (*Rosmarinus officinalis*) extract.

#### Ingredients

*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.



## Selenium 100 mcg

### From Yeast-Free

### L-Selenomethionine

#### Antioxidant

An antioxidant for the  
maintenance of good health.

#1459 • 100 vegetable capsules  
NPN 80023097 • V0403-R2

✓ Immune Health • ✓ Men's Health  
✓ Vitamins/Minerals

#### 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.



## New Product!

Since March 2022

## Selenium

200 mcg • Extra Strength

From Yeast-Free

L-Selenomethionine

#### Antioxidant

An antioxidant for the  
maintenance of good health.

#3033 • 60 vegetable capsules

NPN 80115294 • V0749-R1

✓ Immune Health • ✓ Men's Health  
✓ Vitamins/Minerals

#### 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.



## Serratiopeptidase

120,000 SU

### 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.

#1319 • 60 vegetable capsules • #2487 • 120 vegetable capsules

NPN 80050019 • V0364-R2

✓ Cardiovascular Health • ✓ Enzymes • ✓ Immune Health  
✓ Muscle/Bone/Joint Health

#### 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.





## Shark Cartilage 750 mg

*Responsibly Sourced*

*From New Zealand*

Helps in the development and maintenance of bones and teeth.

Adequate calcium as part of a healthy diet may help prevent bone loss/osteoporosis.

#0219 · 90 vegetable capsules

#0218 · 300 vegetable capsules

NPN 80033463 · V0065-R2

✓ **Muscle/Bone/Joint Health**

**Each vegetable capsule contains**

Shark cartilage (100% pure, premium quality)\* ..... 750 mg

**Contains:**

Calcium ..... 12.0%

\*From unthreatened species from New Zealand shark farms.

**Other ingredients**

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

**Directions of use**

**Adults:** Take 2–5 capsules 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 1 month.



## 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.

#2582 · 100 g / 32 portions · P0834-R1

✓ **Antioxidants** · ✓ **Functional Foods** · ✓ **Immune Health**

**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\***

Fat 0.1 g ..... 0 %

Saturated 0 g + Trans 0 g ..... 0 %

Carbohydrate 2 g

Fibres 1 g ..... 4 %

Sugars 0 g ..... 0 %

Protein 1 g

Cholesterol 0 mg

Sodium 0 mg ..... 0 %

Potassium 0 mg ..... 0 %

Calcium 0 mg ..... 0 %

Iron 0 mg ..... 0 %

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



## Shiitake Extract

*Immune Support · Wellness*

**Hot-Water Extract**

**40% Polysaccharides · 300 mg**

Used in herbal medicine to support the immune system.

Source of antioxidants.

#1870 · 60 vegetable capsules

NPN 80071324 · V0508-R3

✓ **Immune Health**

✓ **Medicinal Mushrooms**

**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. Dosage can be increased up to 2 capsules two or three times daily.



## Siberian Ginseng

*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.

#0779 · 90 vegetable capsules

NPN 80025577 · V0080-R4

✓ **Herbs and Herbal Extracts** · ✓ **Immune Health**

✓ **Sport Nutrition** · ✓ **Stress/Mood/Sleep**

**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.



If a cluttered desk is a sign of a cluttered mind, we can't help wondering what an empty desk indicates.

—Albert Einstein



## Silica 7% Extract • 600 mg

### 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.

#1590 • 90 vegetable capsules  
NPN 80110665 • V0421-R4

✓ 50+ Health • ✓ Hair/Skin/Nails • ✓ Muscle/Bone/Joint Health  
✓ Vitamins/Minerals

#### 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.



## Silica Liquid

Promotes Stronger Hair, Nails, and Healthier Skin • Great Fruit Taste  
Helps to strengthen nails and hair.

#1681 • 500 ml • NPN 80052867

✓ 50+ Health • ✓ Hair/Skin/Nails  
✓ Muscle/Bone/Joint Health  
✓ Vitamins/Minerals

#### 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.



New Product!  
Since March 2022

## Silver Force

Pure Bioactive Liquid Silver  
10 ppm • 50 mcg

Trace element. Source of silver, a trace mineral.

#2228 • 50 ml = 10 doses • #2229 • 95 ml = 19 doses  
NPN 80076052 • LM0150-R1

✓ Immune Health • ✓ Vitamins/Minerals

#### Each teaspoon (5 ml) contains

Silver (from 99.999% pure silver) . . . 50 mcg

#### Other ingredient

Demineralized 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.

## 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.

#1653 • 90 vegetable capsules

NPN 80073332 • V0450-R4

✓ Allergy Relief • ✓ Energy • ✓ Functional Foods (Green Foods)

#### 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.



## Simply Spirulina

1,000 mg • Superfood (tablets)

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.

#1659 • 90 tablets • #1657 • 180 tablets

#1658 • 360 tablets

NPN 80073349 • V0454-R3

✓ Allergy Relief • ✓ Energy • ✓ Functional Foods (Green Foods)

#### 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.



## Simply Spirulina

**Organic Superfood** (powder)

**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.

#1662 · 150 g / ~37 doses • #1660 · 227 g / ~56 doses

#1661 · 454 g / ~113 doses • NPN 80073346 · P0544

✓ Allergy Relief • ✓ Energy • ✓ Functional Foods (Green Foods)

**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.



## Skin Lovers Oil

**Certified Organic**

**Deep Moisturizer**

We have created the ultimate experience in skin care, where dramatic positive change is an absolute possibility.

#1601 · 15 ml • OM0122-R2

✓ Exotic Skin Oils • ✓ Hair/Skin/Nails

**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 CO<sub>2</sub> 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.



## Sleep<sup>8</sup>

**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.

#1443 · 20 vegetable capsules • #1403 · 60 vegetable capsules

#1807 · 120 vegetable capsules • NPN 80031162 · V0385-R8

✓ Herbs and Herbal Extracts • ✓ Stress/Mood/Sleep

**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  
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.



## Slimmer System

**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.

#1212 · 60 vegetable capsules • #1214 · 120 vegetable capsules

#1215 · 180 vegetable capsules • NPN 80047815 · V0344-R6

✓ Herbs and Herbal Extracts • ✓ Weight Management

✓ Women's 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 ( <i>Capsicum annuum</i> ) fruit.....	100 mg
Choline (choline bitartrate).....	100 mg
Green tea ( <i>Camellia sinensis</i> ) leaf <b>extract</b> , 6% caffeine.....	400 mg
<b>Providing:</b>	
EGCG (pure).....	300 mg
Gymnema sylvestre ( <i>Asclepias geminata</i> ) leaf <b>extract</b> ,	
25% gymnemic acid.....	150 mg
Betaine hydrochloride.....	25 mg
Ginger ( <i>Zingiber officinale</i> ) rhizome.....	100 mg
Kola nut ( <i>Cola acuminata</i> ) <b>extract</b> , 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.

## Slow Release CoQ10

### 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.

#1782 · 60 vegetable capsules  
NPN 80039835 · V0461-R7

✓ Cardiovascular Health · ✓ Energy  
✓ Neurological/Memory 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.

[See Our Other Coenzyme Products](#)

[p. 57-58](#)



## Smart Ginkgo

### 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.

#1939 · 30 vegetable capsules · #0208 · 60 vegetable capsules  
NPN 80108131 · V0156-R5

✓ Cardiovascular Health · ✓ Herbs and Herbal Extracts  
✓ Neurological/Memory Health

**Each vegetable capsule contains**

Lion's mane mushroom (*Hericium erinaceus*) **extract**, standardized to 40% polysaccharides providing 35% beta-glucans..... 170 mg  
L-Glutamine..... 150 mg  
Siberian ginseng (*Eleutherococcus senticosus*) root **extract**, 0.8% eleutherosides..... 100 mg  
Ginkgo (*Ginkgo biloba*) leaf **extract**, 24% flavonoid glycosides and 6% terpene lactones .... 80 mg  
L-Theanine..... 50 mg  
Ginkgo (*Ginkgo biloba*) leaf..... 40 mg  
Whole gotu kola (*Centella asiatica*)..... 40 mg  
Bacopa (*Bacopa monnieri*) 25:1 **extract**, 45% bacosides... 30 mg  
Huperzine A, from toothed club-moss (*Huperzia serrata*)..... 200 mcg

**Other ingredients**

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

**Directions of use**

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

**Duration of use**

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



## Smooth Stevia

### 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.

#1923 · 30 g · #1925 · 60 g · PM0056-R1

✓ Functional Foods (Natural Sweeteners) · ✓ Keto Diet  
✓ Weight Management

**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

Calories 0	
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

## S.O.D.

### 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.

#1649 · 90 vegetable capsules · NPN 80104932 · V0447-R14

✓ Antioxidants · ✓ Detoxification

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 tocopheryl acetate) . . . . .	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).

Note: This product contains gluten.

### 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.

## Vitamin C

### 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.

#0870 · 250 g / ≈ 458 doses

NPN 80020857 · P0205

✓ Antioxidants · ✓ Cardiovascular Health · ✓ Immune Health  
✓ Muscle/Bone/Joint Health · ✓ Vitamins/Minerals

Per ½ tsp. (0.1 g)

% Daily Value\*



## Ingredients

100% Sodium ascorbate. Each gram contains 1,000 mg of sodium ascorbate equivalent to 889 mg of ascorbic acid. ½ teaspoon contains 545 mg of sodium ascorbate or 484.5 mg of ascorbic acid. No fillers or excipients. 100% pure.

## Directions of use

Adolescents 14–18 years: As a dietary supplement, stir ½ teaspoon into juice, water, or food one to three times daily or as directed by your health-care practitioner.

Adults: As a dietary supplement, stir ½ teaspoon into juice, water, or food up to four times daily or as directed by your health-care practitioner.

## 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.

#1653 · 90 vegetable capsules

NPN 80073332 · V0450-R4

✓ Allergy Relief · ✓ Energy · ✓ Functional  
Foods (Green Foods)

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.

## Simply Spirulina

**1,000 mg · Superfood** (tablets)

*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.

#1659 · 90 tablets · #1657 · 180 tablets

#1658 · 360 tablets

NPN 80073349 · V0454-R3

✓ Allergy Relief · ✓ Energy · ✓ Functional  
Foods (Green Foods)

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.





## Simply Spirulina

Organic Superfood (powder)

**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.

#1662 · 150 g / ≈ 37 doses • #1660 · 227 g / ≈ 56 doses

#1661 · 454 g / ≈ 113 doses • NPN 80073346 · P0544

✓ Allergy Relief · ✓ Energy · ✓ Functional Foods (Green Foods)

**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.



## Spirulina & Chlorella 475 mg

Organic Spirulina and  
Broken-Cell Chlorella

Source of antioxidants. Spirulina and chlorella contain a vast number of naturally occurring micronutrients including vitamin A, B vitamins, calcium, and phosphorus. This deep-green, broken-cell chlorella has 78% digestibility. These organic spirulina and chlorella are of the highest quality.

#1656 · 60 vegetable capsules • NPN 80073328 · V0453-R3

✓ Allergy Relief · ✓ Detoxification · ✓ Energy  
✓ Functional Foods (Green Foods)

**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 ≥ 19 years old: Take 4 capsules 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.



**New Name!**

Since April 2022

Pure Spleen is now called

## Grass-Fed

## Beef Spleen

Raw Glandular · 650 mg

Hormone- and Pesticide-Free

**Supports Immunity**

Supports good health.

Helps support immune function.

#1964 · 30 vegetable capsules • NPN 80058174 · V0527-R2

✓ Cardiovascular Health · ✓ Glandular Extracts

**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.



## Springlife

This product is only sold as part of the

Body Rejuvenation Program . . . . . see p. 42

## Squalene 500 mg

European Olive

**Supports Healthy Skin**

Provides antioxidants.

#2054 · 60 softgels

NPN 80067729 · V0567-R1

✓ Essential Fatty Acids

✓ Hair/Skin/Nails

**Each softgel contains**

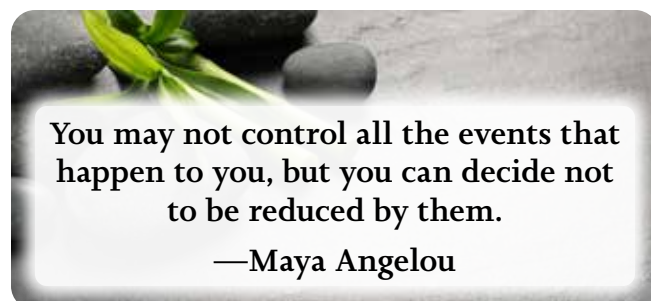
Squalene (from olive [*Olea europaea*] fruit), hexane-free . . . . . 500 mg

**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.





## St. John's Wort

**Extract • 450 mg**

*Calmative and Sedative*

Used in herbal medicine to help relieve restlessness and nervousness (sedative and calmative).

#0776 • 60 vegetable capsules  
NPN 80031047 • V0130-R4

✓ Herbs and Herbal Extracts  
✓ Neurological/Memory Health  
✓ Stress/Mood/Sleep

**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.



## Sterols & Sterolins

**Cholesterol**

**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.

#0221 • 60 softgels • #0223 • 120 softgels  
NPN 80024751 • V0282-R5

✓ Cardiovascular Health • ✓ Herbs and Herbal Extracts  
✓ Immune 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.



## Sterols & Sterolins

**with Arabinogalactan**

*Lowers LDL Cholesterol*

*Maintains Healthy*

*HDL Cholesterol*

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

#1191 • 120 vegetable capsules  
#1194 • 240 vegetable capsules  
NPN 80082452 • V0229-R4

✓ Cardiovascular Health  
✓ Herbs and Herbal Extracts  
✓ Immune Health

**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

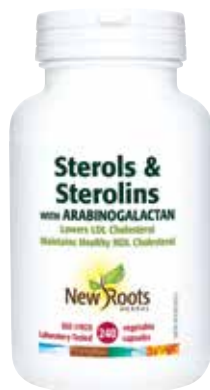
Stigmasterols..... 17.5 mg

**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.



## Super Immune

**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.

#1008 • 30 vegetable capsules • #1195 • 120 vegetable capsules  
#1197 • 240 vegetable capsules • NPN 80024333 • V0425-R3

✓ Cardiovascular Health • ✓ Herbs and Herbal Extracts  
✓ Immune Health

**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



A new day has come: A chance to  
relieve, forget and forgive.

—Kamelot, "My Confession"



### 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.

## Stevia Leaf Green

**Plant-Based Sweetener** (powder)

**Sugar Substitute · 0 calories**

A naturally sweet, calorie-free alternative to sugar and artificial sweeteners.

#0589 · 55 g · P0100-R1

✓ **Functional Foods**  
(Natural Sweeteners)  
✓ **Keto Diet** · ✓ **Weight Management**

### Ingredients

Stevia (*Stevia rebaudiana*) green leaf.

### Directions of use

Use to sweeten to your personal taste.

### Nutrition Facts

	Per ½ tsp. (0.1 g)	% Daily Value*
Calories 0		
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



## Stevia Sugar spoonable

**Plant-Based Sweetener**

**Sugar Substitute**

Zero calories. No glycemic response.

#1070 · 250 g · #1069 · 454 g

#1685 · Box of 30 sachets × 5 g  
PM0434-R3

✓ **Functional Foods**  
(Natural Sweeteners)  
✓ **Keto Diet** · ✓ **Weight Management**

### 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)	% Daily Value*
Calories 0		
Fat 0 g		0 %
Carbohydrate 1 g		
Fibre 1 g		4 %
Protein 0 g		

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



## Stevia Sweetleaf

**Plant-Based Sweetener**

Stevia liquid extract.

#0267 · 30 ml · #2358 · 500 ml · LM0091-R1

✓ **Functional Foods** (Natural Sweeteners)  
✓ **Keto Diet** · ✓ **Weight Management**

### 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.



## 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.

#0164 · 15 g · #0202 · 30 g · PM0116-R1

✓ **Functional Foods** (Natural Sweeteners) · ✓ **Keto Diet**  
✓ **Weight Management**

### 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)	% Daily Value*
Calories 0		
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



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.





# NEED A REST FROM STRESS?

## SUPPLEMENTS CONSUMERS ARE LOOKING FOR!



### D-Stress

*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.

#2056 · 15 vegetable capsules

#2053 · 30 vegetable capsules

#1974 · 60 vegetable capsules

NPN 80056812 · V0533-R4

✓ Herbs and Herbal Extracts

✓ Neurological/Memory Health ✓ Stress/Mood/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.



### GABA 600 mg With Active-Form B6 Relaxation

Helps to temporarily promote relaxation. Helps the body to metabolize carbohydrates, fats, and proteins. Helps in tissue formation.

#2136 · 60 vegetable capsules

#2542 · 150 vegetable capsules

#2543 · 300 vegetable capsules

NPN 80074264 · V0590-R1

✓ Neurological/Memory Health

✓ Stress/Mood/Sleep

**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.





# NEED A REST FROM STRESS?

## L-Theanine 250 mg

### Relaxation

Helps to temporarily promote relaxation.

#1786 · 30 vegetable capsules  
#2551 · 60 vegetable capsules  
#2552 · 120 vegetable capsules  
NPN 80039946 · V0484-R2

- ✓ Amino Acids / Proteins
- ✓ Neurological/Memory Health
- ✓ Stress/Mood/Sleep
- ✓ Weight Management

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.



## New Roots Herbal Chill Pills

### Relaxation

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

#1166 · 16 vegetable capsules  
#1163 · 30 vegetable capsules  
#1277 · 60 vegetable capsules  
NPN 80084696 · V0324-R7

- ✓ Stress/Mood/Sleep



Each vegetable capsule contains

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

## Improved!

## Merry Mind

## Omega 3

1,000 mg EPA · 100 mg DHA

### Healthy Mood Balance

Helps to promote healthy mood balance.

#2163 · 30 softgels  
NPN 80077448 · V0577-R4

- ✓ Essential Fatty Acids (Fish Oils)
- ✓ Keto Diet
- ✓ Neurological/Memory Health
- ✓ Stress/Mood/Sleep

Each softgel contains

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

Providing omega-3 fatty acids, including:

Eicosapentaenoic acid (EPA) .....

Docosahexaenoic acid (DHA) .....

Other omega-3s .....

Pharmaceutical grade.

### Other ingredients

Natural vitamin E (D-alpha-tocopherol, from non-GMO sunflower) in an improved softgel composed of fish gelatin, glycerin, and purified water.

### Directions of use

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



# SUPPLEMENTS CONSUMERS ARE LOOKING FOR!



# NEED A REST FROM STRESS?

## New Roots Herbal **Joyful**

### Healthy Mood Balance

Helps to promote healthy mood balance. Helps to temporarily promote relaxation.

#2102 · 15 vegetable capsules  
#2022 · 30 vegetable capsules  
#2024 · 60 vegetable capsules  
NPN 80069682 · V0557-R1

✓ Herbs and Herbal Extracts  
✓ Neurological/Memory Health  
✓ Stress/Mood/Sleep

### Each vegetable capsule contains

gamma-Aminobutyric acid (GABA) .....	200 mg
L-Theanine .....	83.33 mg
L-Tryptophan .....	73.333 mg
L-5-Hydroxytryptophan (L-5-HTP) (from Griffonia simplicifolia seed) .....	50 mg
San-qi ginseng (Panax notoginseng) leaf 15:1 extract ....	50 mg
Phellodendron (Phellodendron amurense) bark extract,	
1% berberine .....	10 mg
Vitamin B6 (pyridoxal-5'-phosphate) .....	10 mg
Magnolia (Magnolia officinalis) bark 50:1 extract,	
80% magnolol + honokiol .....	5 mg
Folate (from calcium L-5-methyltetrahydrofolate) ...	333 mcg
Vitamin B12 (methylcobalamin) .....	333 mcg
Vitamin D3 (cholecalciferol) .....	8.33 mcg (333.33 IU)

### Other ingredients

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

### Directions of use

**Adults:** Take 1 capsule three times daily. Start with 1 capsule daily and gradually move to 3 daily, or as directed by your health-care practitioner. Use the lowest efficient dose.

### Duration of use

For healthy mood balance: Use for a minimum of 1 week to see beneficial effects. Consult a health-care practitioner for use beyond 4 weeks.



## Sleep<sup>8</sup>

### 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.

#1443 · 20 vegetable capsules • #1403 · 60 vegetable capsules  
#1807 · 120 vegetable capsules  
NPN 80031162 · V0385-R8

✓ Herbs and Herbal Extracts • ✓ Stress/Mood/Sleep

### 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
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.



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.



## Stress Products

192-194

### Strong Bones

#### ***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.



#0296 · 90 vegetable capsules • #0297 · 180 vegetable capsules  
#0950 · 360 vegetable capsules • NPN 80030327 · V0209-R14

✓ 50+ Health · ✓ Muscle/Bone/Joint Health  
✓ Vitamins/Minerals

#### **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.

### Strong Bones

#### **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.



#1721 · 90 vegetable capsules • #1722 · 180 vegetable capsules  
#1723 · 360 vegetable capsules • NPN 80036486 · V0469-R8

✓ 50+ Health · ✓ Muscle/Bone/Joint Health  
✓ Vitamins/Minerals

#### **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.



# YOU CAN DO MORE WHEN YOU HAVE STRONG BONES



Inspired by Nature, Driven by Science to ***Make Life Better!***

[newrootsherbal.com](http://newrootsherbal.com)

To ensure these products are right for you,  
always read and follow label directions.



Tested in our state-of-the-art  
**ISO 17025**  
Accredited Laboratory

**PROUDLY** 

The Only Canadian-Branded Natural Supplement Manufacturer That Tests All Products in an On-Site, State-of-the-Art, ISO 17025–Accredited Lab

## Vegetarian Strong Bones

### ***Builds Stronger Bones***

### ***Reduces Risk of Osteoporosis***

Calcium, vitamin C, vitamin D, magnesium, manganese, and phosphorus help in the development and maintenance of bones. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis. Vitamin D also helps in the absorption and use of calcium and phosphorus. Vitamin K2 also helps in the maintenance of bones. Copper helps to produce and repair connective tissue. Provides antioxidants for the maintenance of good health. This formula is suitable for vegetarian diets, as it contains no animal byproducts.

#2121 • 270 vegetable capsules • NPN 80071671 • V0529-R4

✓ 50+ Health • ✓ Muscle/Bone/Joint Health  
✓ Vitamins/Minerals

### **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 <b>extract</b> ,	
80% oligomeric proanthocyanidins . . . . .	60 mg
Green tea ( <i>Camellia sinensis</i> ) leaf <b>extract</b> ,	
75% epigallocatechin-3-gallate (EGCG) . . . . .	42 mg
Field horsetail ( <i>Equisetum arvense</i> )	
aerial part <b>extract</b> , 7% silica . . . . .	30 mg
Turmeric ( <i>Curcuma longa</i> ) root <b>extract</b> , 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.



## Strontium Strong Osteo Support • 340 mg

Helps to support bone mineral density.

#2447 • 120 vegetable capsules  
NPN 80086406 • V0628-R1

✓ 50+ Health  
✓ Muscle/Bone/Joint Health  
✓ Vitamins/Minerals

### **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.



## Suma

### **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 todo* (meaning "for all"), has been used for centuries by the native tribes of the Mato Grosso.

#0481 • 50 vegetable capsules • NPN 80055420 • V0150-R1

✓ Energy • ✓ Herbs and Herbal Extracts • ✓ Immune Health

### **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.



## Sunflower Oil

See Heart Smart Organic Sunflower Oil, p. 102



## Super Fiber Psyllium • 620 mg

*Constipation and Irregularity  
Gentle Relief*

Provides gentle relief of constipation or irregularity.

#0011 • 100 vegetable capsules  
NPN 80021829 • V0059-R2

✓ Blood Glucose Management

✓ Digestive Health

✓ Herbs and Herbal Extracts • ✓ Keto Diet

✓ Weight Management

**Each vegetable capsule contains**

Psyllium (*Plantago ovata*) husk ..... 620 mg

**Other ingredients**

Inulin in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

**Directions of use**

**Adults:** 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.



## Super Immune 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.

#1008 • 30 vegetable capsules • #1195 • 120 vegetable capsules  
#1197 • 240 vegetable capsules • NPN 80024333 • V0425-R3

✓ Cardiovascular Health • ✓ Herbs and Herbal Extracts

✓ Immune Health

**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.



## Super Iron 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.

#0970 • 90 vegetable capsules

NPN 80048168 • V0489-R3

✓ Energy • ✓ Vitamins/Minerals

✓ Women's 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.



## Sweet 'n Clean 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

#2459 • 454 g • P0815-R1

✓ Blood Glucose Management

✓ Functional Foods (Natural Sweeteners) • ✓ Keto Diet

✓ Weight Management

**Ingredient**

Organic xylitol.

**Directions of use**

As sweet as sugar • 1 tsp. **Sweet 'n Clean** = 1 tsp. sugar

**Nutrition Facts**

Calories 10

Fat 0 g

Carbohydrate 4 g

Sugars 0 g

Xylitol 4 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





## Sweet 'n Slim Erythritol Organic · 100% Pure

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

#2460 · 454 g · P0806-R1

✓ Blood Glucose Management

✓ Functional Foods (Natural Sweeteners) · ✓ Keto Diet

✓ Weight Management

### Ingredient

Organic erythritol.

### Directions of use

30% less sweetness than sugar · 1½ tsp. Sweet 'n Slim = 1 tsp. sugar

### Nutrition Facts

	Per 1 tsp. (4 g)	% Daily Value*
Calories 0		
Fat 0 g		0 %
Carbohydrate 4 g		0 %
Sugars 0 g		
Erythritol 4 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



## Sweet Orange Essential Oil

(Citrus × sinensis)

100% Pure · Certified Organic

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

#2146 · 15 ml · NPN 80071182 · O0058-R1

✓ Herbs and Herbal Extracts (Essential Oils)

### 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.



## 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.

#1600 · 30 ml · OM0121-R1

✓ Exotic Skin Oils · ✓ Hair/Skin/Nails

### Each bottle contains

Organic tamanu (*Calophyllum inophyllum*) seed oil, cold-pressed, nondeodorized, with added natural vitamin E ..... 30 ml

### Ingredients

*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.



## Tea Tree 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.

#2117 · 15 ml · #2116 · 50 ml · #2118 · 95 ml

NPN 80069443 · O0029-R1

✓ Herbs and Herbal Extracts (Essential Oils)

### 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.



Sweeteners

200–201

You cannot swim for new horizons  
until you have courage to lose sight of  
the shore.

William Faulkner

# Natural Sweeteners

## Smooth Stevia

**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.

#1923 · 30 g • #1925 · 60 g • PM0056-R1

✓ **Functional Foods (Natural Sweeteners)** · ✓ **Keto Diet**  
✓ **Weight Management**

### 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 1/2 tsp. (0.1 g)	% Daily Value*
Calories 0		
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



## Stevia Sugar Spoonable

**Plant-Based Sweetener**

**Sugar Substitute**

Zero calories. No glycemic response.

#1070 · 250 g • #1069 · 454 g  
#1685 · Box of 30 sachets × 5 g • PM0434-R3

✓ **Functional Foods (Natural Sweeteners)** · ✓ **Keto Diet**  
✓ **Weight Management**

### 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)	% Daily Value*
Calories 0		
Fat 0 g	0 %	
Carbohydrate 1 g		
Fibre 1 g	4 %	
Protein 0 g		

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



## Stevia Sweetleaf

**Plant-Based Sweetener**

**Stevia liquid extract.**

#0267 · 30 ml • #2358 · 500 ml • LM0091-R1

✓ **Functional Foods (Natural Sweeteners)**  
✓ **Keto Diet** · ✓ **Weight Management**

### 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.



## Stevia Leaf Green

**Plant-Based Sweetener (powder)**

**Sugar Substitute · 0 calories**

A naturally sweet, calorie-free alternative to sugar and artificial sweeteners.

#0589 · 55 g • P0100-R1

✓ **Functional Foods (Natural Sweeteners)**  
✓ **Keto Diet** · ✓ **Weight Management**

### Ingredients

Stevia (Stevia rebaudiana) green leaf.

### Directions of use

Use to sweeten to your personal taste.

### Nutrition Facts

	Per 1/2 tsp. (0.1 g)	% Daily Value*
Calories 0		
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



## 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.

#0164 · 15 g • #0202 · 30 g • PM0116-R1

✓ **Functional Foods (Natural Sweeteners)** · ✓ **Keto Diet**  
✓ **Weight Management**

### 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)	% Daily Value*
Calories 0		
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



# Natural Sweeteners

## Sweet 'n Clean

**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

#2459 · 454 g · P0815-R1

✓ Blood Glucose Management

✓ Functional Foods (Natural Sweeteners) · ✓ Keto Diet

✓ Weight Management

### Ingredient

Organic xylitol.

### Directions of use

As sweet as sugar · 1 tsp. Sweet 'n Clean = 1 tsp. sugar

### Nutrition Facts

Calories 10

Fat 0 g

Carbohydrate 4 g

Sugars 0 g

Xylitol 4 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



## Sweet 'n Slim Erythritol

**Organic · 100% Pure**

**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

#2460 · 454 g · P0806-R1

✓ Blood Glucose Management

✓ Functional Foods (Natural Sweeteners) · ✓ Keto Diet

✓ Weight Management

### Ingredient

Organic erythritol.

### Directions of use

30% less sweetness than sugar · 1 1/3 tsp. Sweet 'n Slim = 1 tsp. sugar

### Nutrition Facts

Calories 0

Fat 0 g

Carbohydrate 4 g

Sugars 0 g

Erythritol 4 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



*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.*





**New Product!**  
Since December 2021

## Grass-Fed

### Lamb Thymus Pure Glandular · 650 mg

(Was launched as

Pure Thymus)

Hormone- and Pesticide-Free

Supports Immunity

Supports good health. Helps support immune function.

#2482 · 30 tablets · NPN 80103735 · V0524-R2

✓ Cardiovascular Health · ✓ Glandular Extracts

#### 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.



## Time Release Vitamin C 1,000 mg

With Citrus Bioflavonoids and  
Rose Hips · Immune Support

Helps to maintain/support immune function. Vitamin C is a factor in the maintenance of good health. Helps the body to metabolize fats and proteins. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps in connective tissue formation. Helps in wound healing. An antioxidant for the maintenance of good health.

#0270 · 60 tablets · #0933 · 120 tablets · #0934 · 250 tablets  
NPN 80041930 · V0077-R3

✓ Cardiovascular Health · ✓ Hair/Skin/Nails · ✓ Immune Health  
✓ Muscle/Bone/Joint Health · ✓ Vitamins/Minerals

#### Each tablet contains

Vitamin C (ascorbic acid) . . . . . 1,000 mg  
Citrus bioflavonoids (from bitter orange [*Citrus × aurantium*]), 50% hesperidins . . . . . 150 mg  
Rose hips (*Rosa canina*) . . . . . 50 mg

#### Other ingredients

Hypromellose, dicalcium phosphate, croscarmellose sodium, 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.



## Thyrosyn

Supports Thyroid Gland Function

Iodine helps in the function of the thyroid gland. An antioxidant for the maintenance of good health.

#0811 · 60 vegetable capsules  
NPN 80056805 · V0212-R6

✓ Energy · ✓ Glandular Extracts  
✓ Hair/Skin/Nails  
✓ Weight Management

#### Each vegetable capsule contains

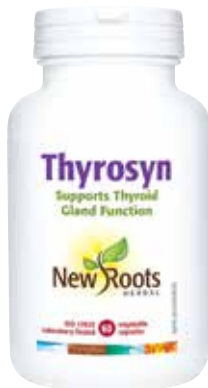
L-Tyrosine . . . . . 125 mg  
Vitamin E (D-alpha-tocopheryl acid succinate) from sunflower . . . . . 67 mg AT (100 IU)  
Adrenal gland 3:1 concentrate (from pork [*Sus scrofa*]) . . . . . 60 mg  
Spleen (organ), from bovine source (*Bos taurus*) . . . . . 40 mg  
Potassium (from potassium citrate) . . . . . 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.



## Tingsation Essential Oil for Tingling Toes and Fingers

For sensitive or tingling toes and fingers.

#1929 · 15 ml · LM0002-R1

✓ Blood Glucose Management  
✓ Herbs and Herbal Extracts (Essential Oils)  
✓ Neurological/Memory Health

#### 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

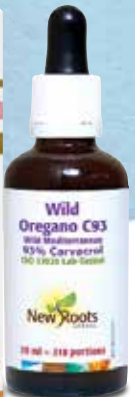
Adults: For topical use only; not for oral use. Apply to the affected area (toes and fingers) up to 4 times per day. Massage into skin until solution is completely absorbed. Do not use on broken skin. Do not tightly bandage. Do not apply with external heat, such as an electric heating pad, as this may result in excessive skin irritation or burning sensation.

#### Duration of use

For occasional use only; consult a health-care practitioner for prolonged use.



# WHEREVER YOU TRAVEL, WE'VE GOT YOU COVERED



Inspired by Nature, Driven by Science to **Make Life Better!**

[newrootsherbal.com](http://newrootsherbal.com)

To ensure these products are right for you,  
always read and follow label directions.



Tested in our state-of-the-art  
**ISO 17025**  
Accredited Laboratory

**PROUDLY**

The Only Canadian-Branded Natural Supplement Manufacturer That Tests All Products in an On-Site, State-of-the-Art, ISO 17025-Accredited Lab



## Travelers' Probiotic Protection · 21 Billion + Live Active Probiotics Delivered Safely to the Intestines

12 Strains · Natural Water-Based 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.

#1679 · 30 vegetable capsules · NPN 80034369 · V0463-R2  
✓ Digestive Health · ✓ Immune Health · ✓ Probiotics

Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 12 strains of live active healthy whole cells (21 billion) to the intestines

### Human Strains

<i>Lactobacillus acidophilus</i> R0418	619 million CFU
<i>Bifidobacterium breve</i> R0070	338 million CFU
<i>Bifidobacterium longum</i> ssp. <i>infantis</i> R0033	338 million CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> R0175	338 million CFU

### Plant Strains

<i>Saccharomyces boulardii</i>	10 billion CFU
<i>Lactobacillus plantarum</i> R1012	450 million CFU

### Dairy Strains

<i>Lactobacillus rhamnosus</i> R0011	4.5 billion CFU
<i>Lactobacillus rhamnosus</i> R1039	3.375 billion CFU
<i>Lactobacillus helveticus</i> R0052	563 million CFU
<i>Lactobacillus casei</i> R0215	450 million CFU
<i>Streptococcus salivarius</i> ssp. <i>thermophilus</i> R0083	225 million CFU
<i>Lactobacillus delbrueckii</i> ssp. <i>bulgaricus</i> R9001	56 million CFU

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

### Other ingredients

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

### Directions of use

Children 6–12 years, adolescents, and adults: Take 1 capsule once or twice daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them. For travelers' diarrhea risk reduction: Start 5 days prior to traveling and continue during the entire duration of the trip. Finish remaining capsules after return.

*Probiotics with GPS™ Enteric Coating* p. 163–169  
*Other Probiotics* p. 169–170

## Tribulus Terrestris 300 mg

### Boosts Vitality

Source of saponins with tonic properties

#0277 · 90 vegetable capsules  
NPN 80041605 · V0181-R4

✓ Digestive Health  
✓ Herbs and Herbal Extracts  
✓ Men's Health (Sexual Health)

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.

## Curcumin Plus Piperine 95% Curcuminoids · 500 mg Anti-Inflammatory

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

Provides antioxidants.

Used in herbal medicine

to help relieve joint inflammation.

#1154 · 90 vegetable capsules  
NPN 80093664 · V0328-R3

✓ Antioxidants · ✓ Cardiovascular Health  
✓ Digestive Health  
✓ Herbs and Herbal Extracts · ✓ Immune Health  
✓ Muscle/Bone/Joint Health · ✓ Neurological/Memory Health

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.

## Fermented Turmeric Organic

### Whole-Food Powder

10 Calories per Portion

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.

#2281 · 150 g / 50 portions · P0760-R1

✓ Digestive Health · ✓ Functional Foods (Fermented Products)  
✓ Functional Foods (Teas / Herbal Teas) · ✓ Keto Diet

### 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*
Calories 10		
Fat 0 g	0 %	
Saturated 0 g + Trans 0 g	0 %	
Carbohydrate 2 g		
Fibre 1 g	4 %	
Sugars 0 g	0 %	
Protein 0.2 g		
Cholesterol 0 mg		
Sodium 0 mg	0 %	
Potassium 100 mg	2 %	
Calcium 10 mg	1 %	
Iron 1.75 mg	10 %	

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

## Ultimate Bromelain

500 mg • 2,400 UDG/g

Extra Strength Digestive Enzyme

Digestive enzyme.

#0238 • 90 vegetable capsules  
NPN 80034028 • V0198-R4

✓ Digestive Health • ✓ Enzymes

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.



## Ultra B Complex 50 mg

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.

#0892 • 60 vegetable capsules  
#0893 • 90 vegetable capsules  
#0600 • 180 vegetable capsules  
NPN 80071452 • V0243-R4

✓ Detoxification • ✓ Keto Diet  
✓ Stress/Mood/Sleep • ✓ Vitamins/Minerals

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.

## Ultra B Complex 100 mg

Advanced Flush-Free Formula

B-Complex supplement for maintenance of good health.

#0897 • 60 vegetable capsules  
#0898 • 90 vegetable capsules  
#0899 • 180 vegetable capsules  
NPN 80070564 • V0244-R3

✓ Detoxification • ✓ Keto Diet  
✓ Stress/Mood/Sleep  
✓ Vitamins/Minerals

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.



## Ultra Iron 30 mg

Advanced Formula  
with Vitamins C and B12

Helps to prevent iron deficiency. Helps to form red blood cells and helps in their proper function.

#0971 • 90 vegetable capsules  
NPN 80047902 • V0485-R2  
✓ Energy • ✓ Vitamins/Minerals  
✓ Women's Health

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.

## Ultra Max

### Daily Care Probiotic

**36 Billion Live Active Probiotics**

**11 Strains plus Inulin**

**Helps Support Intestinal  
and Gastrointestinal Health**

**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.

#0056 • 45 g / 45 doses • NPN 80030361 • PM0113-R2

✓ Digestive Health • ✓ Immune Health • ✓ Probiotics

✓ Stress/Mood/Sleep

#### 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> R0125 .....	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 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.**



## Ultra Purifiant Cleanse 500 mg

### Cleansing • 21-Day Supply

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.

#0133 • 210 vegetable capsules

NPN 80034526 • V0162-R4

✓ Detoxification • ✓ Herbs and  
Herbal Extracts



#### 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 <b>extract</b> ..	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 <b>extract</b> .....	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.

#### Duration of use

Not for prolonged use. For occasional use only. Effects  
observed between 12–24 hours after first dose, and may take  
2–3 days.

#### Important

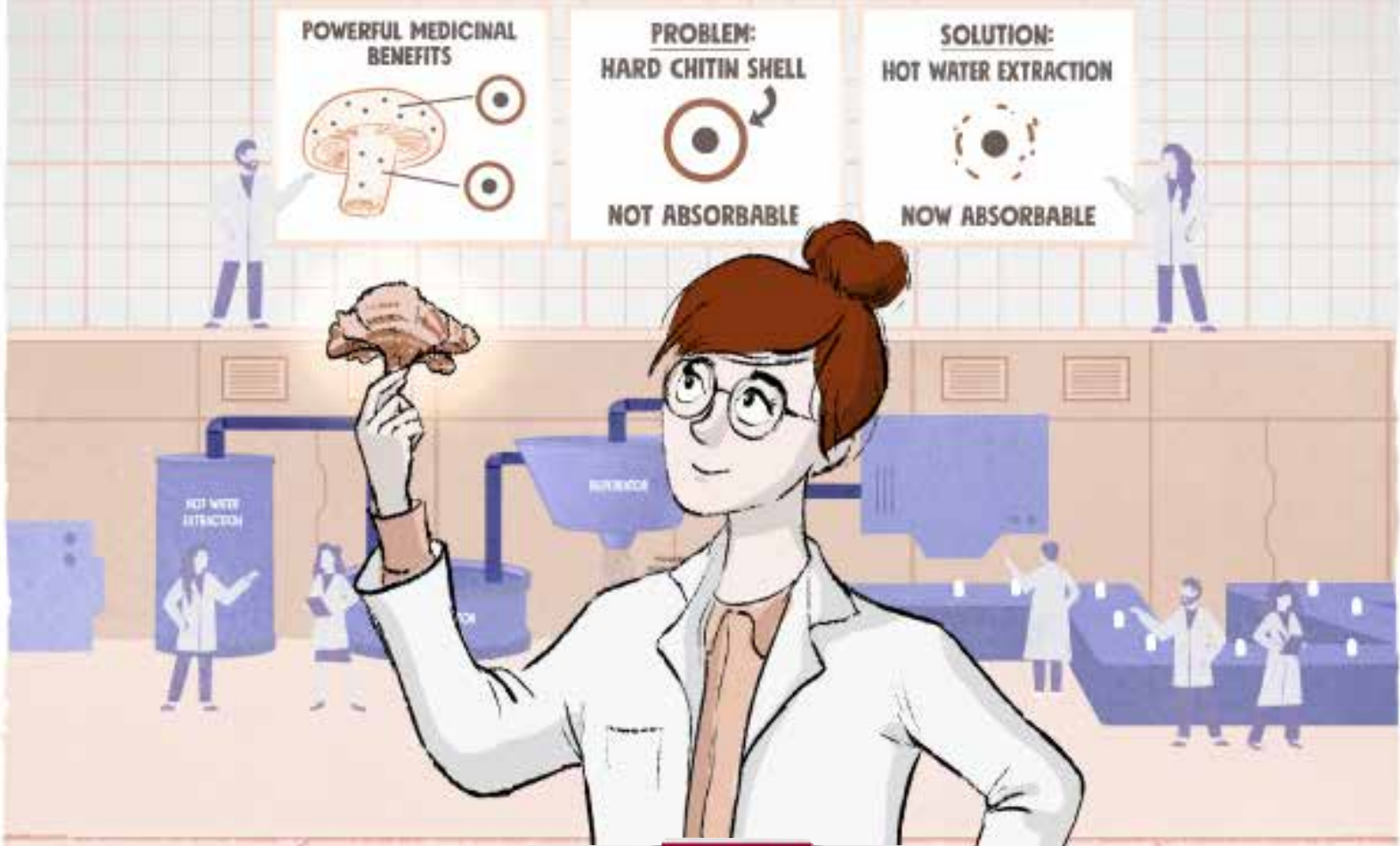
Take 1 capsule of **Acidophilus Ultra** each time. As you kill  
and remove bad bacteria from the space it occupied in your  
body, it is important to take over this space with friendly  
microorganisms (probiotics) like **Acidophilus Ultra**. This  
guards against the reinvasion of bad bacteria. The 11-culture  
**Acidophilus Ultra** capsules have a special protective enteric  
coating, which is very important because it protects the  
capsule from the stomach acid. The *acidophilus* capsule must  
be delivered to the small intestine in order to work for you.  
Any *acidophilus* capsule that does not have an enteric coating  
will be destroyed in the stomach by stomach acid.

The things you do for yourself are gone when you are gone, but the things you do for  
others remain as your legacy.

—Kalu Ndukwe Kalu



# LOOKING FOR REAL MEDICINAL BENEFITS IN MUSHROOMS? YOU NEED A HOT-WATER EXTRACT



Inspired by Nature, Driven by Science to ***Make Life Better!***

[newrootsherbal.com](http://newrootsherbal.com)

To ensure these products are right for you,  
always read and follow label directions.



Tested in our state-of-the-art  
**ISO 17025**  
Accredited Laboratory

**PROUDLY** 

The Only Canadian-Branded Natural Supplement Manufacturer That Tests All Products in an On-Site, State-of-the-Art, ISO 17025-Accredited Lab



## Ultra Stress

### 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.

#0900 · 60 vegetable capsules • #0901 · 90 vegetable capsules

#0902 · 180 vegetable capsules • NPN 80072064 · V0443-R2

✓ Keto Diet · ✓ Stress/Mood/Sleep · ✓ Vitamins/Minerals

#### 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.



#### 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.

## Ultra Zinc 50 mg

### 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.

#0976 · 90 vegetable capsules

NPN 80025243 · V0268-R3

✓ Immune Health · ✓ Men's Health (Fertility)

✓ Vitamins/Minerals

#### 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.



## Ultra Zinc 30 mg

### 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.

#0975 · 90 vegetable capsules

NPN 80025625 · V0267-R3

✓ Immune Health

✓ Men's Health (Fertility)

✓ Vitamins/Minerals

#### Each vegetable capsule contains

Zinc (from zinc citrate) .....	30 mg
L-Taurine (2-aminoethanesulfonic acid) .....	200 mg
Green tea ( <i>Camellia sinensis</i> ) leaf extract, 50% polyphenols .....	55 mg
Vitamin B6 (pyridoxine hydrochloride and pyridoxal-5'-phosphate) .....	50 mg
Vitamin B2 (riboflavin and riboflavin-5'-phosphate) .....	12 mg
Butternut squash ( <i>Cucurbita pepo</i> var. <i>moschata</i> ) seed 4:1 extract .....	10 mg
Inositol hexanicotinate, flush-free (vitamin B3) .....	6 mg
Vitamin B1 (thiamine hydrochloride) .....	4 mg
Molybdenum (from molybdenum citrate) .....	150 mcg



**Residual solvents from extraction processes rank among the critical quality-control concerns for natural health products. The GC-Headspace (image, p. 209) is employed to guarantee the purity of all New Roots Herbal products.**

## Uva Ursi 435 mg

*Helps relieve symptoms of urinary tract infections*

Traditionally used in herbal medicine as a mild diurectic to help relieve symptoms associated with minor urinary tract infections, such as burning sensation and/or frequent urination.

#0820 • 100 vegetable capsules  
NPN 80027708 • V0132-R3

✓ Herbs and Herbal Extracts  
✓ Immune Health • ✓ Women's Health

**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.



## Valerian Root 470 mg Made with Organic Valerian

*Relieves Nervousness*

*Promotes Sleep*

Traditionally used as a sleep aid and to relieve nervousness.

#0819 • 100 vegetable capsules  
NPN 80019254 • V0133-R2

✓ Herbs and Herbal Extracts  
✓ Stress/Mood/Sleep

**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.



## 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.

#1498 • 50 ml • #1499 • 95 ml  
NPN 80024817 • LM0059-R4

✓ Herbs and Herbal Extracts  
✓ Stress/Mood/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.



## New Product! Since March 2021

## Vegan Glucosamine 750 mg

*Joint Health and*

*Cartilage Support*

Helps to maintain cartilage/  
joint health.

#2533 • 60 vegetable capsules  
NPN 80101263 • V0697-R2

✓ 50+ Health  
✓ Muscle/Bone/Joint Health  
✓ Sport Nutrition

**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.



## Vegetarian Strong Bones

*Builds Stronger Bones*

*Reduces Risk of Osteoporosis*

Calcium, vitamin C, vitamin D, magnesium, manganese, and phosphorus help in the development and maintenance of bones. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis. Vitamin D also helps



in the absorption and use of calcium and phosphorus. Vitamin K2 also helps in the maintenance of bones. Copper helps to produce and repair connective tissue. Provides antioxidants for the maintenance of good health. This formula is suitable for vegetarian diets, as it contains no animal byproducts.

#2121 · 270 vegetable capsules · NPN 80071671 · V0529-R4

✓ 50+ Health · ✓ Muscle/Bone/Joint Health

✓ Vitamins/Minerals

#### 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 <b>extract</b> ,	
80% oligomeric proanthocyanidins . . . . .	60 mg
Green tea ( <i>Camellia sinensis</i> ) leaf <b>extract</b> ,	
75% epigallocatechin-3-gallate (EGCG) . . . . .	42 mg
Field horsetail ( <i>Equisetum arvense</i> )	
aerial part <b>extract</b> , 7% silica . . . . .	30 mg
Turmeric ( <i>Curcuma longa</i> ) root <b>extract</b> , 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.

**Vitamin B** 212–218

**Vitamin C** 219–221

**Vitamin D** 222–223

## Vitamin E<sup>®</sup> 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.

#1092 · 90 softgels

NPN 80065157 · V0315-R4

✓ Antioxidants · ✓ Cardiovascular Health

✓ Hair/Skin/Nails · ✓ Vitamins/Minerals

#### 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.

## Vitamin E<sup>®</sup> 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.

#1093 · 60 softgels · #1096 · 120 softgels

NPN 80065165 · V0316-R5

✓ Antioxidants · ✓ Cardiovascular Health

✓ Hair/Skin/Nails · ✓ Vitamins/Minerals

#### Each softgel contains

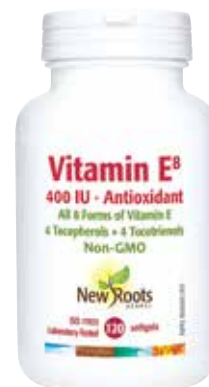
Natural vitamin E (D-alpha-tocopherol)

(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.

**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.



#2235 · 15 ml / 525 drops / 131 doses · NPN 80080203 · OM0132-R1

✓ Immune Health · ✓ Muscle/Bone/Joint Health  
 ✓ Vitamins/Minerals

**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.

**White Willow**  
**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.

#0818 · 50 vegetable capsules

NPN 80024331 · V0135-R1

✓ Herbs and Herbal Extracts  
 ✓ Muscle/Bone/Joint Health

**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.



**Wild Omega 3**  
**180 mg EPA · 120 mg DHA**

**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.

#1000 · 60 softgels · #1001 · 120 softgels

#1002 · 180 softgels

NPN 80020862 · V0062-R1

✓ Cardiovascular Health · ✓ Essential Fatty Acids (Fish Oils)  
 ✓ Keto Diet · ✓ Neurological/Memory 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

**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.



**Easy-Swallow Size**

**Wild Omega 3**  
**EPA 330 mg · DHA 165 mg**

**Cognitive/Brain Function**

**Cardiovascular Health**

**Lemon Flavour**

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.**

#2194 · 60 softgels · NPN 80077104 · V0608-R2

✓ Cardiovascular Health · ✓ Essential Fatty Acids (Fish Oils)  
 ✓ Keto Diet · ✓ Neurological/Memory Health

**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

Our omega-3 oils are 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.



# B-COMPLEX VITAMINS

## 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.

#1900 • 60 vegetable capsules • NPN 80095778 • V0518-R1

✓ Vitamins/Minerals • ✓ Women's Health (Fertility/Maternity)

**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.



## 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.

#2275 • 15 ml / 85 doses • NPN 80083590 • LM0140-R1

✓ Energy • ✓ 50+ Health

✓ Neurological/Memory Health

✓ Vitamins/Minerals • ✓ Women's Health

**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.



## 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.

#2038 • 60 tablets • NPN 80070154 • V0563-R1

✓ Vitamins/Minerals • ✓ Women's Health (Fertility/Maternity)

**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.



## Benfotiamine 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.

#2352 • 60 vegetable capsules

#2354 • 120 vegetable capsules

NPN 80086082 • V0626-R1

✓ Blood Glucose Management

✓ Detoxification • ✓ Digestive Health •

✓ Energy • ✓ 50+ Health

✓ Muscle/Bone/Joint Health • ✓ Neurological/Memory Health

✓ Stress/Mood/Sleep • ✓ Vitamins/Minerals

**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.



# B-COMPLEX VITAMINS

## Niacinamide

### Vitamin B3 • 500 mg

#### 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.

#2191 • 90 vegetable capsules • NPN 80077106 • V0611-R1

✓ Digestive Health • ✓ Stress/Mood/Sleep • ✓ Vitamins/Minerals

#### 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.



## Ultra B Complex 50 mg

### 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.

#0892 • 60 vegetable capsules

#0893 • 90 vegetable capsules

#0600 • 180 vegetable capsules

NPN 80071452 • V0243-R4

✓ Detoxification • ✓ Keto Diet

✓ Stress/Mood/Sleep • ✓ Vitamins/Minerals

#### 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.



## P-5-P

### Active Form Vitamin B6

### 50 mg

Helps in energy metabolism and in tissue formation, to form red blood cells, to prevent vitamin B6 deficiency, and to maintain the body's ability to metabolize nutrients.

#2549 • 30 vegetable capsules

NPN 80082116 • V0545-R1

✓ Cardiovascular Health • ✓ Energy

✓ Neurological/Memory Health

✓ Stress/Mood/Sleep • ✓ Vitamins/Minerals

✓ Women's Health (Fertility/Maternity)

#### 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.



## Ultra B Complex 100 mg

### Advanced Flush-Free Formula

B-Complex supplement for maintenance of good health.

#0897 • 60 vegetable capsules

#0898 • 90 vegetable capsules

#0899 • 180 vegetable capsules

NPN 80070564 • V0244-R3

✓ Detoxification • ✓ Keto Diet

✓ Stress/Mood/Sleep • ✓ Vitamins/Minerals

#### 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





# B-COMPLEX VITAMINS

## Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, 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.

## Ultra Stress

### 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.

#0900 • 60 vegetable capsules

#0901 • 90 vegetable capsules • #0902 • 180 vegetable capsules  
NPN 80072064 • V0443-R2

✓ Keto Diet • ✓ Stress/Mood/Sleep • ✓ Vitamins/Minerals



## 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.

## Vitamin B1

### Thiamine 100 mg

#### 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.

#0917 • 90 vegetable capsules

NPN 80025950 • V0260-R3

✓ Detoxification • ✓ Energy • ✓ Neurological/Memory Health  
✓ Stress/Mood/Sleep • ✓ Vitamins/Minerals



## 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.

## Vitamin B2

### Riboflavin • 100 mg

A factor in the maintenance of good health. Helps the body to metabolize nutrients. Helps in tissue formation. Helps to prevent riboflavin deficiency.

#0905 • 60 vegetable capsules

NPN 80060894 • V0540-R1

✓ Antioxidants • ✓ Energy  
✓ Hair/Skin/Nails • ✓ Vitamins/Minerals



## 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.

Do what you feel in your heart to be right—for you'll be criticized anyway.

—Eleanor Roosevelt

# B-COMPLEX VITAMINS

## Vitamin B3

### Inositol Hexanicotinate

**375 mg**

#### Flush-Free Niacin

Helps the body metabolize carbohydrates, fats, and protein.

#0906 • 60 vegetable capsules  
NPN 80059222 • V0532-R1

✓ Energy • ✓ Stress/Mood/Sleep  
✓ Vitamins/Minerals

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

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



## Vitamin B3 Niacin • 100 mg

### Advanced Formula

A factor in the maintenance of good health. Helps to prevent niacin deficiency.

#0980 • 90 vegetable capsules  
NPN 80027828 • V0430-R2

✓ Energy • ✓ Stress/Mood/Sleep  
✓ Vitamins/Minerals

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.



## Vitamin B3 Niacin • 500 mg

Helps the body to metabolize nutrients.

#0908 • 60 vegetable capsules  
NPN 80059091 • V0539-R1

✓ Energy • ✓ Stress/Mood/Sleep  
✓ Vitamins/Minerals

Each vegetable capsule contains  
Vitamin B3 (niacin) . . . . . 500 mg

#### Other ingredients

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

#### Directions of use

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



## Vitamin B5

### Calcium D-Pantothenate

**500 mg**

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

#1407 • 100 vegetable capsules  
NPN 80019683 • V0387-R2

✓ Energy  
✓ Neurological/Memory Health  
✓ Stress/Mood/Sleep  
✓ Vitamins/Minerals

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.



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.



# B-COMPLEX VITAMINS

## Vitamin B5 Synergistic

### Advanced Formula • 500 mg

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.

#2584 • 180 vegetable capsules • NPN 80107848 • V0703-R1

✓ Energy • ✓ Neurological/Memory Health  
✓ Stress/Mood/Sleep • ✓ Vitamins/Minerals

#### Each vegetable capsule contains

Vitamin B5 (from calcium D-pantothenate).....	500 mg
Vitamin C (ascorbic acid) .....	75 mg
D-Ribose .....	15 mg
Organic spirulina ( <i>Spirulina platensis</i> ).....	10 mg
Astragalus ( <i>Astragalus membranaceus</i> ) root extract, 16% polysaccharides .....	4 mg
alpha-Amylase .....	62.99 FCC DU
Bromelain (from pineapple [ <i>Ananas comosus</i> var. <i>comosus</i> ] stem) .....	3,839 FCC PU
Cellulase .....	6.71 FCC CU
Dipeptidyl-peptidase IV .....	10.93 FCC HUT
alpha-Galactosidase.....	0.1013 FCC GaU
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.

#### Directions of use

Consult a health-care practitioner for prolonged use.



## Vitamin B6

### With 5 mg of P-5-P • 25 mg

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

#2161 • 60 vegetable capsules

NPN 80074174 • V0593-R1

✓ Cardiovascular Health • ✓ Energy  
✓ Neurological/Memory Health  
✓ Stress/Mood/Sleep  
✓ Vitamins/Minerals  
✓ Women's Health (Fertility/Maternity)

#### 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.



## Vitamin B6 Synergistic

### 100 mg

#### 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.

#0911 • 90 vegetable capsules • NPN 80042343 • V0487-R6

✓ Cardiovascular Health • ✓ Energy  
✓ Neurological/Memory Health • ✓ Stress/Mood/Sleep  
✓ Vitamins/Minerals • ✓ Women's Health (Fertility/Maternity)

#### 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





# B-COMPLEX VITAMINS

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.

## Vitamin B12

### 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.

#0915 • 90 vegetable capsules

NPN 80045023 • V0258-R4

✓Energy • ✓50+ Health

✓Neurological/Memory Health

✓Vitamins/Minerals • ✓Women's Health

#### Each vegetable capsule contains

Red beet ( <i>Beta vulgaris</i> ) root.....	300 mg
Pau d'arco ( <i>Tabebuia heptaphylla</i> ) inner bark.....	50 mg
Dandelion ( <i>Taraxacum officinale</i> )	
root extract, 3% flavonoids.....	40 mg
Vitamin B12 (methylcobalamin).....	500 mcg

#### Plant digestive enzymes

alpha-Amylase.....	157.5 FCC DU
Bromelain (from pineapple	
[ <i>Ananas comosus</i> var. <i>comosus</i> ] stem).....	9,600 FCC PU
Cellulase.....	16.8 FCC CU
Dipeptidyl-peptidase IV.....	27.33 FCC HUT
alpha-Galactosidase.....	0.2533 FCC GalU
Glucoamylase.....	0.666 FCC AGU
Hemicellulase.....	0.453 FCC HCU
Invertase.....	1.05 FCC INVU
Lactase.....	7.253 FCC ALU
Lipase.....	40 FCC LU
Maltase.....	1.73 FCC DP
Papain (from papaya [ <i>Carica papaya</i> ] fruit)....	4,000 FCC PU
Pectinase.....	0.8 FCC endo-PG
Phytase.....	0.0333 FCC FTU



Fungal protease.....	552.5 FCC HUT
Acid protease.....	0.76 FCC SAP
Neutral protease.....	60 FCC HUT

## Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, 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.

## Vitamin B12

### 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.

#0916 • 90 vegetable capsules

NPN 80076041 • V0259-R5

✓Energy • ✓50+ Health

✓Neurological/Memory Health

✓Vitamins/Minerals • ✓Women's Health

#### Each vegetable capsule contains

Red beet ( <i>Beta vulgaris</i> ) root.....	374 mg
Pau d'arco ( <i>Tabebuia heptaphylla</i> ) inner bark.....	50 mg
Dandelion ( <i>Taraxacum officinale</i> )	
root extract, 3% flavonoids.....	40 mg
Vitamin B12 (methylcobalamin).....	1,000 mcg

#### Plant digestive enzymes

alpha-Amylase.....	157.5 FCC DU
Bromelain (from pineapple	
[ <i>Ananas comosus</i> var. <i>comosus</i> ] stem).....	9,600 FCC PU
Cellulase.....	16.8 FCC CU
Dipeptidyl-peptidase IV.....	27.33 FCC HUT
alpha-Galactosidase.....	0.2533 FCC GalU
Glucoamylase.....	0.666 FCC AGU
Hemicellulase.....	0.453 FCC HCU
Invertase.....	1.05 FCC INVU
Lactase.....	7.253 FCC ALU
Lipase.....	40 FCC LU
Maltase.....	1.73 FCC DP
Papain (from papaya [ <i>Carica papaya</i> ] fruit)....	4,000 FCC PU
Pectinase.....	0.8 FCC endo-PG
Phytase.....	0.0333 FCC FTU
Fungal protease.....	552.5 FCC HUT
Acid protease.....	0.76 FCC SAP
Neutral protease.....	60 FCC HUT

## Other ingredients

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

## Directions of use

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

## Duration of use

Consult a health-care practitioner for prolonged use.



# B VITAMINS

## Vitamin B12 Methylcobalamin

**15,000 mcg** (sublingual tablets)

**Active Form of B12**

**Fast-Melting · Grape Flavour**

Helps in the function of the immune energy metabolism, and to form red b

#2245 · 30 sublingual tablets

NPN 80075860 · V0622-R2

✓ **Energy** · ✓ **50+ Health**

✓ **Neurological/Memory Health**

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

**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.



## Wild Omega 3

**EPA 660 mg DHA 330 mg**

**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.**

#2007 · 60 softgels · #2006 · 120 softgels

NPN 80064643 · V0411-R3

✓ **Cardiovascular Health** · ✓ **Essential Fatty Acids (Fish Oils)**

✓ **Keto Diet** · ✓ **Neurological/Memory Health**

**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

Our omega-3 oils are 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.



## Wild Omega 3

**EPA 660 mg · DHA 330 mg**

**Cognitive / Brain Function**

**Cardiovascular Health**

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.

#1253 · 60 fish softgels

#1280 · 120 fish softgels

NPN 80009414 · V0320-R3

✓ **Cardiovascular Health** · ✓ **Essential Fatty Acids (Fish Oils)**

✓ **Keto Diet** · ✓ **Neurological/Memory Health**

**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

Our wild omega-3 oils are 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.



## Wild Oregano C93

**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.**

#1233 · 15 ml / ≈ 109 doses · #1255 · 30 ml / ≈ 218 doses

#1476 · 50 ml / ≈ 364 doses

#1267 · Display 27 bottles × 15 ml

#1268 · Display 24 bottles × 30 ml

NPN 80033637 · OM0016-R6

✓ **Immune Health**

**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.



# Vitamin C

## Time Release Vitamin C 1,000 mg

*With Citrus Bioflavonoids and Rose Hips · Immune Support*

Helps to maintain/support immune function. Vitamin C is a factor in the maintenance of good health. Helps the body to metabolize fats and proteins. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps in connective tissue formation. Helps in wound healing. An antioxidant for the maintenance of good health.

#0270 · 60 tablets · #0933 · 120 tablets · #0934 · 250 tablets  
NPN 80041930 · V0077-R3

✓ Cardiovascular Health · ✓ Hair/Skin/Nails · ✓ Immune Health  
✓ Muscle/Bone/Joint Health · ✓ Vitamins/Minerals

### Each tablet contains

Vitamin C (ascorbic acid) .....	1,000 mg
Citrus bioflavonoids (from bitter orange [Citrus × aurantium]), 50% hesperidins .....	150 mg
Rose hips (Rosa canina) .....	50 mg

### Other ingredients

Hypromellose, dicalcium phosphate, croscarmellose sodium, 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.



### 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.

## 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.

#0030 · 150 g / ≈135 doses · #0159 · 227 g / ≈205 doses  
#0031 · 454 g / ≈415 doses · NPN 80066047 · P0023

✓ Muscle/Bone/Joint Health · ✓ Vitamins/Minerals

### Each ¼ teaspoon (1,090 mg) contains

Calcium ascorbate .....	1,090 mg
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### Providing:

Vitamin C (from calcium ascorbate) .....	894 mg
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Calcium (from calcium ascorbate) .....	109 mg
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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.



## 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.

#0239 · 60 vegetable capsules · NPN 80102991 · V0207-R1

✓ Muscle/Bone/Joint Health · ✓ Vitamins/Minerals

### 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





# 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.

#0027 · 150 g / ≈ 250 doses

#0162 · 227 g / ≈ 378 doses

#0028 · 454 g / ≈ 756 doses

#0029 · 908 g / ≈ 1513 doses • NPN 80106954 · P0106

✓ Cardiovascular Health · ✓ Hair/Skin/Nails · ✓ Immune Health

✓ Muscle/Bone/Joint Health · ✓ Vitamins/Minerals

### Ingredient

100% pure vitamin C (ascorbic acid). Each ⅛ teaspoon contains 600 mg of vitamin C.

### Directions of use

**Adolescents 14–18 years:** As a dietary supplement, stir ⅛ teaspoon into juice, water, or food once to twice daily, or as directed by your health-care practitioner. **Adults:** As a dietary supplement, stir ⅛ teaspoon into juice, water, or food one to three times daily, or as directed by your health-care practitioner.



Cranberry (*Vaccinium macrocarpon*)

fruit 107× concentrate . . . . . 20 mg

Grape (*Vitis vinifera*) seed **extract**,

95% proanthocyanidins . . . . . 20 mg

Quercetin . . . . . 20 mg

Rutin . . . . . 20 mg

Magnesium (from magnesium ascorbate) . . . . . 17.5 mg

Bilberry (*Vaccinium myrtillus*) European fruit **extract**,

25% anthocyanosides . . . . . 10 mg

Japanese knotweed (*Fallopia japonica*) 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 4 weeks.

## Vitamin C<sup>8</sup>

### Immune Antioxidant Complex

527 mg of Vitamin C (capsules)

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.

#1284 · 45 vegetable capsules • #1229 · 90 vegetable capsules

#1231 · 180 vegetable capsules • NPN 80041263 · V0347-R8

✓ Antioxidants · ✓ Cardiovascular Health · ✓ Energy

✓ Immune Health · ✓ Keto Diet · ✓ Vitamins/Minerals

### 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% hesperidins . . . . . 20 mg



## Vitamin C<sup>8</sup>

(powder)

### Immune Antioxidant Complex

1,165 mg of Vitamin C per Dose

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.

#1030 · 250 g / ≈ 50 doses

#1686 · Box of 30 sachets × 5 g

NPN 80040818 · PM0167-R9

✓ Antioxidants

✓ Cardiovascular Health · ✓ Energy · ✓ Immune Health

✓ Keto Diet · ✓ Vitamins/Minerals

### Each dose (5 grams or 1 teaspoon)

### or sachet contains

Sweet orange (*Citrus × sinensis*) crystals . . . . . 1,605 mg



# Vitamin C

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% hesperidins ..... 465 mg

Sea buckthorn (Hippophae rhamnoides) fruit juice ..... 400 mg

Green tea (Camellia sinensis) leaf **extract**, 75% epigallocatechin-3-gallate (EGCG) ..... 35 mg

Blend of berry and fruit **extracts**, 20% anthocyanidins ..... 29 mg

Calcium (from calcium ascorbate) ..... 28 mg

Cranberry (Vaccinium macrocarpon) fruit 107× concentrate ..... 23 mg

Grape (Vitis vinifera) seed **extract**, 95% proanthocyanidins ..... 23 mg

Quercetin ..... 23 mg

Rutin ..... 23 mg

Magnesium (from magnesium ascorbate) ..... 20 mg

Bilberry (Vaccinium myrtillus) European fruit **extract**, 25% anthocyanosides ..... 12 mg

Japanese knotweed (Fallopia japonica) root, 50% resveratrol ..... 12 mg

Potassium (from potassium ascorbate) ..... 11 mg

Zinc (from zinc ascorbate) ..... 11 mg

Bromelain (from pineapple [Ananas comosus] var. comosus) stem ..... 5.8 mg (208,800 FCC PU)

Manganese (from manganese ascorbate) ..... 2 mg

Black pepper (Piper nigrum) fruit **extract**, 95% piperine ..... 1.165 mg

Papain (from papaya [Carica papaya] fruit) ..... 580 mcg (58,000 FCC PU)

Selenium (from yeast-free L-selenomethionine) ..... 3.5 mcg

## Other ingredients

Natural orange flavour, DL-malic acid, silicon dioxide, sodium bicarbonate, and stevia (Stevia rebaudiana) leaf **extract**.

## 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 12 weeks.

## Vitamin C

### 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.

#0870 · 250 g / ≈ 458 doses

NPN 80020857 · P0205

✓ Antioxidants · ✓ Cardiovascular Health · ✓ Immune Health  
✓ Muscle/Bone/Joint Health · ✓ Vitamins/Minerals

## Ingredients

100% Sodium ascorbate. Each gram contains 1000 mg of sodium ascorbate equivalent to 889 mg of ascorbic acid. ½ tsp. contains 545 mg of sodium ascorbate or 484.5 mg of ascorbic acid. No fillers or excipients. 100% pure.

## Directions of use

**Adolescents 14–18 years:** As a dietary supplement, stir ½ teaspoon into juice, water, or food one to three times daily or as directed by your health-care practitioner.

**Adults:** As a dietary supplement, stir ½ teaspoon into juice, water, or food up to four times daily or as directed by your health-care practitioner.



*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 D Products

## Children's Vitamin D3

400 IU per Drop • 1,050 Doses

***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.

#1930 • 30 ml • NPN 80054011 • LM0128-R1

✓ **Children's Health** • ✓ **Vitamins/Minerals**

**Each drop contains**

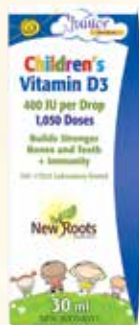
Vitamin D3 (cholecalciferol) ..... 10 mcg (400 IU)

**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.



## Vitamin D3 Oil Emulsification

1,000 IU per Drop

***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.

#1490 • 15 ml / 525 doses • #0171 • 30 ml / 1,050 doses

NPN 80101455 • LM0111-R1

✓ **Immune Health** • ✓ **Keto Diet** • ✓ **Muscle/Bone/Joint Health**  
✓ **Vitamins/Minerals**

**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.



## 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.

#1441 • 180 vegetable capsules • NPN 80024707 • V0405-R2

✓ **Immune Health** • ✓ **Keto Diet** • ✓ **Muscle/Bone/Joint Health**  
✓ **Vitamins/Minerals**

**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.



**New product!**

**Since March 2021**

## 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.

#2586 • 180 softgels • #2909 • 360 softgels • #2910 • 600 softgels

NPN 80103409 • V0701-R2

✓ **Immune Health** • ✓ **Keto Diet** • ✓ **Muscle/Bone/Joint Health**  
✓ **Vitamins/Minerals**

**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.



## Essential Year-Round!



# Vitamin D Products

**New Product!**  
Since July 2021

## **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.

#2731 · 90 vegetable capsules  
#2732 · 180 vegetable capsules  
#2733 · 360 vegetable capsules • NPN 80110402 • V0733-R1

✓ Immune Health · ✓ Keto Diet · ✓ Muscle/Bone/Joint Health  
✓ Vitamins/Minerals

**Each vegetable capsule contains**

Vitamin D3 (cholecalciferol) ..... 62.5 mcg (2,500 IU)

**Other ingredients**

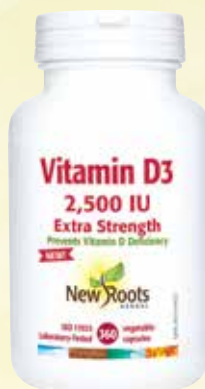
Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

**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.

**Duration of use**

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



**New Product!**  
Since July 2021

## **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.

#2737 · 60 softgels • #2738 · 120 softgels  
#2739 · 180 softgels • #2750 · 360 softgels  
#2893 · 600 softgels • NPN 80110404 • V0734-R1

✓ Immune Health · ✓ Keto Diet · ✓ Muscle/Bone/Joint Health  
✓ Vitamins/Minerals

**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.



**New Product!**  
Since July 2021

## **Vitamin D3** **2,500 IU per Drop** **Extra Strength** (liquid)

**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.

#2735 · 30 ml / 1,050 doses • NPN 80110403 • LM0178-R1

✓ Immune Health · ✓ Keto Diet · ✓ Muscle/Bone/Joint Health  
✓ Vitamins/Minerals

**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.



## **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.

#2235 · 15 ml / 525 drops / 131 doses • NPN 80080203 • OM0132-R1

✓ Immune Health · ✓ Muscle/Bone/Joint Health  
✓ Vitamins/Minerals

**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.



## Wild Oregano C93

**Extra Strong · 1:3 Blend**

**Oregano Oil to Olive Oil**

*Wild Mediterranean · 93% Carvacrol*

**Antioxidant · Extra Strong**

Source of antioxidants.

**1:3 blend of oregano and olive oils.**

#2094 · 15 ml • #2095 · 30 ml

#2150 · Display 27 bottles × 15 ml

#2151 · Display 24 bottles × 30 ml

NPN 80073040 · OM0130-R1

✓ **Immune Health**

**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.



## Wild Oregano C93

**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.**

#1632 · 15 ml • #1633 · 30 ml • #1634 · 50 ml

NPN 80043763 · OM0119-R3

✓ **Immune Health**

**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.



## White Willow

**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.

#0818 · 50 vegetable capsules

NPN 80024331 · V0135-R1

✓ **Herbs and Herbal Extracts**

✓ **Muscle/Bone/Joint Health**

**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.



## Wormwood 270 mg

**(*Artemisia absinthium*)**

**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).

#0249 · 100 vegetable capsules

NPN 80033348 · V0192-R3

✓ **Detoxification** · ✓ **Digestive Health**

✓ **Herbs and Herbal Extracts**

**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.



## Sweet 'n Clean

**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

#2459 · 454 g • P0815-R1

✓ **Blood Glucose Management**

✓ **Functional Foods (Natural Sweeteners)** · ✓ **Keto Diet**

✓ **Weight Management**



## Ingredient

Organic xylitol.

## Directions of use

As sweet as sugar · 1 tsp. Sweet 'n Clean = 1 tsp. sugar

## Nutrition Facts

	Per 1 tsp. (4 g)	% Daily Value*
Calories 10		
Fat 0 g		0 %
Carbohydrate 4 g		0 %

Sugars 0 g

Xylitol 4 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

## Yellow Dock Root · 440 mg

*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.

#0817 · 100 vegetable capsules · NPN 80032886 · V0137-R1

✓ Digestive Health · ✓ Hair/Skin/Nails

✓ Herbs and Herbal Extracts

## 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.

## Ultra Zinc 30 mg

*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.

#0975 · 90 vegetable capsules

NPN 80025625 · V0267-R3

✓ Immune Health

✓ Men's Health (Fertility)

✓ Vitamins/Minerals

## Each vegetable capsule contains

Zinc (from zinc citrate) .....	30 mg
L-Taurine (2-aminoethanesulfonic acid) .....	200 mg
Green tea ( <i>Camellia sinensis</i> ) leaf extract, 50% polyphenols. ....	55 mg



Vitamin B6 (pyridoxine hydrochloride and pyridoxal-5'-phosphate) .....	50 mg
Vitamin B2 (riboflavin and riboflavin-5'-phosphate) ...	12 mg
Butternut squash ( <i>Cucurbita pepo</i> var. <i>moschata</i> ) seed 4:1 extract .....	10 mg
Inositol hexanicotinate, flush-free (vitamin B3) .....	6 mg
Vitamin B1 (thiamine hydrochloride) .....	4 mg
Molybdenum (from molybdenum citrate) .....	150 mcg

## Other ingredients

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

## Directions of use

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

## Duration of use

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

## Ultra Zinc 50 mg

*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.

#0976 · 90 vegetable capsules

NPN 80025243 · V0268-R3

✓ Immune Health

✓ Men's Health (Fertility) · ✓ Vitamins/Minerals

## 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.





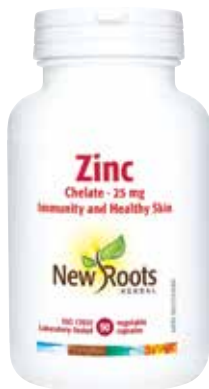
## Zinc Chelate · 25 mg

### 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.

#2545 · 90 vegetable capsules  
NPN 80102846 · V0413-R3

- ✓ Blood Glucose Management
- ✓ 50+ Health · ✓ Immune Health
- ✓ Men's Health (Fertility)
- ✓ Vitamins/Minerals



### 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 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.

## 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](http://newrootsherbal.com/login), by e-mail at [support@newrootsherbal.com](mailto:support@newrootsherbal.com), by fax at 1 800 676-8902, or by phone at 1 800 268-9486. Generally, if you place your order before noon (Eastern Time), it will be shipped the next business day.



# ChoosetoCare

**New Roots Herbal** has given more than \$397,000 worth of donations in 2021! We have contributed over \$1.9 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](http://choosetocare.ca)



# 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

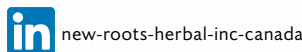
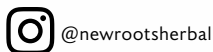
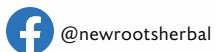


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**F.: 450 424-0130 / 1 800 676-8902**

**[newrootsherbal.com](http://newrootsherbal.com) · [support@newrootsherbal.com](mailto:support@newrootsherbal.com)**

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