

NATURA

HEALTH PRODUCTS®



PRACTITIONER PRODUCT GUIDE
VOLUME 2, 2025

A close-up photograph of several aloe vera leaves, showing their characteristic pointed, serrated edges and vibrant green color. The leaves are layered, creating a sense of depth and texture. The background is a soft, out-of-focus green, making the foreground leaves stand out.

Natura. The Great Healer.

Forty years ago, Master Herbalist Donnie Yance began exploring ways to integrate ancient plant remedies with modern medical research and science.

Donnie understood, as did practitioners of traditional Chinese Medicine, Ayurveda, Eclecticism, and other ancient healing traditions, that plants, having survived adversity and adapting to resist disease and extinction for billions of years, transfer these properties to human beings through a process called xenohormesis. That is, plants and herbs in the right forms and combinations in botanical and nutritional supplements, when ingested by humans, provide nature's best means of health, vitality, and longevity.

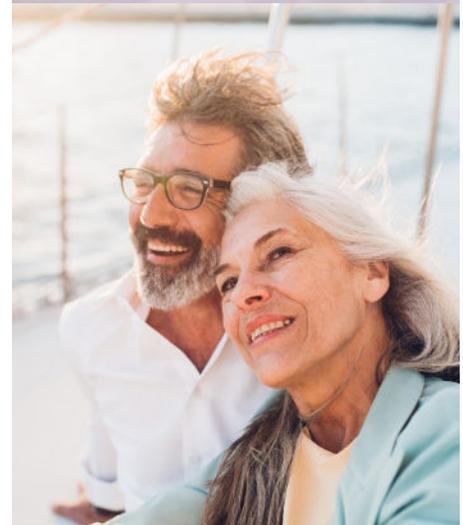
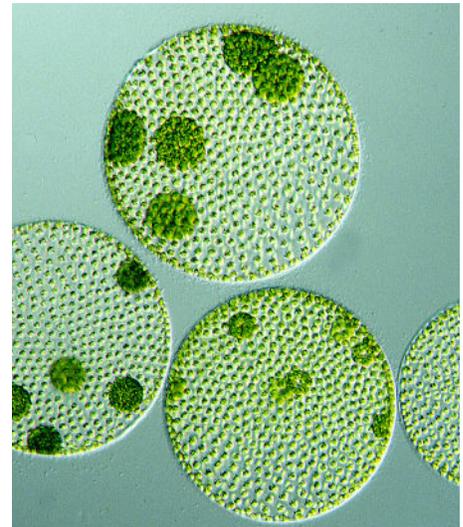
Elegant solutions to complex problems.

After years of practicing at his clinic, the Mederi Center, Donnie recognized a need to offer precise formulas that would meet the therapeutic requirements of his clients. Natura Health Products® grew out of this vision. In 2001, he and his wife founded Natura, “The great healer.” Through Natura, Donnie is able to extend his apothecary to practitioners and their patients around the world, offering an expertly crafted botanical and nutritional toolkit that encourages optimal health, vitality, and resilience across a variety of health concerns, conditions, and categories.

Natura Health Products was formed from Donnie’s conviction that botanical and nutritional supplements are the root of well-being and hold the keys to enhancing human vitality and longevity—and his strong desire to share this knowledge with fellow practitioners.

Natura’s unique role in today’s complex healthcare industry is our ability to curate the most effective formulations for a host of specific health challenges—and share these clinically-tested botanical and nutritional supplements with you.

Welcome to Natura.



A Letter from the Founders

Together for Wellness: Building a Healthier Future with You

In 2001, we founded Natura Health Products with a simple yet profound mission: to improve the health and vitality of all people through the power of botanical and nutritional solutions. Over the years, we have been privileged to partner with practitioners like you, working together to create a healthier future for your patients.

As we continue to evolve, our unwavering commitment to excellence and sustainability remains at the heart of everything we do. Today, our work is not only guided by a deep respect for traditional healing paradigms and advanced clinical research but also by our partnerships in quality and sustainability. Through collaborations with organizations like the American Botanical Council, 4ocean, and NSF for Sport™, we are continuing to ensure that our products are ethically sourced, rigorously tested, and meet the highest standards of purity and potency. These partnerships reflect our dedication to making a positive impact that nurtures both people and planet.

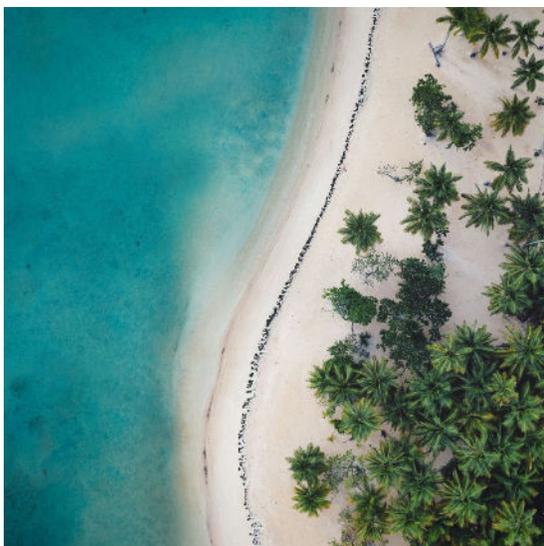
For over two decades, we've had the honor of forming close and meaningful relationships with practitioners who share our vision of integrative, holistic care. Our botanical and nutritional formulas are more than just products; they are tools we offer in partnership with you, crafted to support the well-being of your patients. We believe that together, we can help people live healthier, fuller lives—one patient at a time.



As we look to the future, we remain steadfast in our purpose-driven approach. Natura Health Products will continue to partner with practitioners to provide evidence-based formulations, while upholding our promise to sustainability and ethical corporate responsibility. We believe that by working together, we can create not only better health outcomes for your patients but also a healthier, more sustainable world.

Thank you for your continued trust and partnership. We are deeply grateful to walk this path of healing with you and look forward to what we can achieve together.

Sincerely,
Donnie and Jen Yance



Enduring and Impactful Partnerships for Healthier Tomorrows



Ocean
Plastic
Neutral

At Natura Health Products, we believe that the health of the planet and the health of its people are inextricably linked. That's why we're proud to lead the professional supplement industry in becoming plastic neutral certified, partnering with 4ocean to remove harmful plastics from our oceans, rivers, and coastlines. Since 2017, 4ocean has extracted over 40 million pounds of plastic from these vital ecosystems. With every Natura product you choose, you're actively making a choice for wellness and joining us in our commitment to creating a cleaner, healthier world for generations to come.



For years, our manufacturing facilities have maintained NSF for Sport® certification, ensuring that the supplements practitioners recommend meet the highest standards of safety and purity. This year, we began the additional process of undergoing NSF for Sport® certification for select formulas. This partnership reflects our deep commitment to providing healthcare practitioners like you with supplements you can confidently trust. This gold standard ensures our formulas meet the highest safety and quality benchmarks, free from banned substances and proven for efficacy. With this certification, you can confidently guide your patients toward optimal health and performance, knowing you're offering products built on integrity, purity, and results.

"Healing is a journey that nourishes the body, mind, and spirit. By addressing the root causes and supporting the body's innate wisdom with nutrients, lifestyle choices, and connection to nature, we restore balance, vitality, and joy to the entire system."

- Donnie Yance, MH, CN



Our Mission & Vision

Empowering practitioners to improve the lives of their patients.

The mission of Natura is to make the world a better place by improving the health of all people through the support of health care practitioners and their patients.

We envision a world in which humans live vibrantly and energetically, where healthy nutrition, exercise, and lifestyle are integrated harmoniously, and where prevention is the cornerstone of medical care.

To these ends, we harness the highest quality ingredients from around the world, vetted for their purity and potency. Natura supplements are clinically tested to ensure positive patient outcomes.

With your help, we will spread health, vitality, and longevity to as many people as possible—those struggling with health challenges as well as healthy individuals who want to live life to the fullest. We exist to empower practitioners with these powerful natural solutions and the knowledge to integrate them into their practice.

NIGELLA SATIVA,
FEATURED IN
BOTANICAL TREASURES®



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The Natura Difference

Dedicated to providing superior health solutions.

Natura has been serving healthcare practitioners and their patients for over 20 years, delivering elegant formulations refined by 40+ years of clinical expertise and scientific collaboration. Natura's clinically-proven formulations are developed by Master Herbalist and Certified Nutritionist Donnie Yance to address a variety of health concerns, challenges, and categories.

Natura is a research-driven company.

We utilize ingredients that have been clinically researched and validated for both safety and effectiveness.

We combine knowledge of contemporary clinical nutrition and traditional medical systems with intensive study of the latest research at the molecular, cellular, and genomic levels.

We honor botanical medicine's pleiotropic benefits in formulas that support health and balance.



We're here to improve lives, not stock prices.

In an industry consolidating under conglomerates and large corporations, Natura has remained independent for two decades, dedicated solely to the mission of empowering practitioners to improve their patients' lives.

We operate with a "soul" purpose.

We are committed to protecting our planet and your patients. Our botanicals are ethically sourced, either through regional wild-crafting techniques or sustainable farming practices.

We are committed to implementing regenerative programs that prioritize preserving and nourishing the ecosystems that nourish us.

Relationships are the root of our work.

We honor the relationship between:

-  Plants and humans.
-  Science and ancient wisdom.
-  Traditional and non-traditional healthcare.
-  You - the practitioner - and your patients.

MYHMB® FEATURED
IN AMINO WHEY PRO
ADVANTAGE®





Uncompromising Quality

Dietary supplements you can depend on.

Natura is a science-driven company committed to providing innovative, historically-proven, research-backed health solutions. We utilize ingredients that have been clinically researched and validated for both safety and effectiveness with demonstrable results.

Combining innovative product design, superior standards, and stringent quality control, Natura Health Products' dietary supplements are carefully designed to facilitate and engage a multi-system response to promote optimal health and vitality, and have been trusted by healthcare professionals and their patients for over 20 years.

We monitor quality throughout the entire manufacturing process with continuous testing

and fastidious attention to detail to ensure our dietary supplements exceed industry standards. The result is a consistent, reliable product you and your patients can depend on.

Exceptional products begin with exceptional ingredients.

Our superior raw material standards are uncompromising, with each botanical and nutrient meticulously evaluated and selected for efficacy, purity, and potency, and free of inferior raw ingredient alternatives and fillers that have become ubiquitous in the supplement industry to help improve the bottom line.

Natura Health Products' botanicals are ethically sourced, either through regional wild-crafting techniques or sustainable farming practices. As raw materials, each ingredient is tested to ensure

that our products are free of contaminants and that active ingredients are present at optimum levels.

The Natura Quality Assurance team enforces a stringent vendor qualification program. From regulatory review to sustainability, our extensive evaluation process ensures our values are substantiated and reflected by our choice for suppliers.

Manufacturing partners certified by industry leaders.

In addition to meeting all requirements of the FDA rule for dietary supplement Good Manufacturing Practices (GMPs), all our US-based product manufacturers are carefully vetted with Natura Health Products' rigorous criteria and certified by one or more of the following third-party organizations: NSF, NSF SPORT, UL, Health Canada, and OTC, ensuring our products are made with the highest standards of manufacturing.

Highest levels of finished product quality assurance testing.

Our ingredients are tested utilizing current scientifically validated methods, such as High-Performance Liquid Chromatography (HPLC), to ensure proper identity and potency, and to monitor for potential contaminants such as heavy metals, pesticides, and microbiological organisms.

After we manufacture, we test again.

To ensure every capsule in every formula meets our stringent specifications, we test for potency to validate label claims and purity to ensure no contaminants were introduced during the manufacturing process. Our promise is to deliver efficacious, therapeutic formulations you and your patients can always rely on.



Natura Health Products is a proud sponsor of the Botanical Adulterants Prevention Program.

Practitioner Benefits

The most important Natura difference? You.

From improving patient compliance and outcomes to helping grow and streamline your practice, Natura Health Products is dedicated to developing lifelong relationships with our practitioner partners. We understand that your success depends on the clinical effectiveness of the treatment programs you prescribe. We are here to provide the most effective products on the market and to help your patients flourish while supporting a community of medical innovators, like you.

Product & patient education materials.

Access product resource guides, clinical dosing charts, category protocols, and more, downloadable directly from our website, to support you and provide your patients with educational materials that encourage and empower them to be in charge of their health and wellness journeys.



Exclusive support for healthcare practitioners.

We offer personal education and training to integrate Natura Health Products into your practice. Our in-depth consultations will help you navigate the product suite with advanced clinical applications to layer companion formulas for comprehensive patient support.

To take advantage of our practitioner support and training opportunities, call 541.488.0210 or email productsupport@naturahealthproducts.com.



LEAH PEREZ
CUSTOMER SERVICE
MANAGER



ANA SHRADER
DIRECTOR OF CUSTOMER AND
OPERATIONAL EXCELLENCE



SHAWN FREEDMAN
DIRECTOR OF PRODUCT
DEVELOPMENT



KRISTEN ENGELMAN
DIRECTOR OF SALES



DR. JASON MILLER, DACM, LAC
MEDICAL EDUCATOR

Benefits to Your Practice

Save time and money.

Reduce overhead costs and time spent managing inventory while generating more revenue for your practice with a dispensing solution that meets your needs. *Learn more about Natura's Patient Direct Program on page 14.*

Reach more patients.

Create a trusted practitioner profile on NaturaHealthProducts.com to be included in the Practitioner Locator and receive referrals from our health-seeking patient community in your area or to work with via telemedicine.

Dropship directly.

Ensure your patients get the therapeutic formulas they need and are compliant with recommended protocols by shipping formulas directly to their doorsteps at no extra cost to you. Simply place the order online or by phone, provide payment, and we'll take care of the rest.

Fast and efficient ordering.

Place your order online at your convenience using our Quick Order form or give us a call to speak to one of our knowledgeable customer service representatives.

Friendly and personable customer service.

Our goal is to provide exceptional customer service. We care about your experience and will do our best to ensure your satisfaction.



Benefits to Your Practice

Patient Direct Program.

Natura's Patient Direct Program (PDP) allows you to dispense Natura's professional-grade supplements without the need for physical inventory and gives your patients optimal flexibility so that they can fulfill their protocols with our evidence-based formulas where and when is most convenient for them.

Simplified logistics and inventory management: The connection between you and your patients is kept confidential. You'll have visibility into your earnings via your personal dashboard, with built-in reporting functions you can use for your business without needing to deal with logistics and in-house inventory, enabling you to focus on what matters most - helping your patients.

Greater convenience: Your patients can place orders online 24/7 and conveniently have their protocols delivered directly to their doors.

Improved patient compliance: Optimal outcomes occur when Natura formulations are used under the guidance of trained and licensed healthcare professionals. You'll be able to track what your patients have ordered to ensure they're compliant with their prescribed protocols, helping you remain connected.

Generate revenue: We offer three commission structures to help you achieve your business goals.

All patients receive free standard shipping.





Practitioner education in botanical & nutritional medicine.

Natura EDU is Natura's educational arm dedicated to advancing the knowledge and clinical application of botanical and nutritional medicine to practitioners at the forefront of innovative integrative care.

Providing healthcare professionals with tools and research on utilizing botanicals and nutrients to achieve improved outcomes and lifetime wellness care for patients, NaturaEDU.com offers a wide array of educational resources including white papers, research review papers, topical focus papers, and an extensive library of free on-demand webinars on topics ranging from mitochondrial health to performance and recovery.

Practitioner webinar series: by practitioners, for practitioners.

The Natura EDU Practitioner Webinar Series is facilitated by medical experts with deep knowledge of Natura's approach to care. Each month, we delve into the clinical applications of nutritional and botanical medicine via an integrative approach that bridges the time-honored theories and practices of traditional medicine with modern biomedical therapies and diagnostic tools.

In the Fall of 2022, Natura Founder and Formulator, Donnie Yance, MH, CN, launched the Mederi Academy, an online training

Discover More at NaturaEDU.com



Our apothecary is less than 30 years old
but 4.5 billion years in the making.

Welcome
to
Natura



Elegant solutions to
complex problems.

Amino Whey Pro Advantage™



Categories:
Active Lifestyle, Antioxidant/Cellular Health, Blood Sugar/Body Composition, Brain & Cognitive Health, Cardiovascular Support, Musculoskeletal Support, Vitamins/Minerals/Proteins

466 grams powder

- Promotes lean muscle development and healthy body composition*
- Builds energy, strength, stamina, and endurance*
- Supports healthy immune, metabolic, and digestive function*
- Optimizes recovery from exercise or stress*
- Encourages bone and skeletal health*

Amino Whey Pro Advantage™ is expertly formulated to enhance the health and performance of athletes, fitness enthusiasts, and individuals maintaining an active lifestyle as they age. It features high-quality grass-fed non-denatured whey protein and a blend of scientifically-validated ingredients including myHMB®, creatine magnesium chelate, L-Glutamine, and L-Citrulline. This formula is designed to improve strength, stamina, and recovery, offering comprehensive health benefits that optimize metabolic, immune, skeletal, and digestive health. *

Supplement Facts

Serving Size: 1 scoop (15.55 grams)
Servings Per Container: 30

	Amount Per Serving	%Daily Value*
Calories	40	
Total Fat	0.5 g	1%†
Saturated Fat	0 g	0%†
Trans Fat	0 g	*
Cholesterol	10 mg	3%†
Total Carbohydrate	1 g	1%†
Dietary Fiber	0 g	0%†
Total Sugars	1 g	*
Includes 0g Added Sugars		0%†
Protein	8 g	16%†
Calcium	230 mg	18%†
Magnesium (as creatine magnesium chelate)	120 mg	29%†
Potassium	80 mg	2%†
Proseum™ Native Whey Protein Concentrate	10 g	*
Creatine Magnesium Chelate (Creatine MagnaPower™)	1500 mg	*
L-Citrulline	1000 mg	*
L-Glutamine	1000 mg	*
myHMB® (Calcium 3-Hydroxy-3MethylButyrate), Monohydrate	1000 mg	*
Fructooligosaccharides (NutraFlora®)	400 mg	*

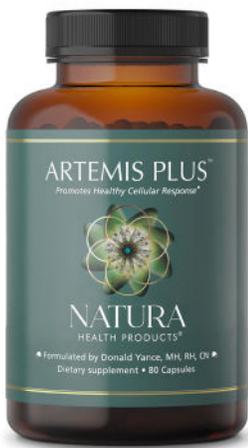
† Percent Daily Values are based on a 2,000 calorie diet.
* Daily Value Not Established.

Other Ingredients: Organic Natural Vanilla Flavor, Sunflower Lecithin, Monk Fruit Extract

Contains milk.

DOES NOT CONTAIN: Wheat, gluten, soy, eggs, fish, crustacean shellfish, tree nuts, peanuts, sesame

Artemis Plus®



Categories:
Cell Life Regulation

80 capsules

- Encourages healthy cellular response*
- Promotes healthy cellular defense*
- Modulates healthy immune response*
- Supports healthy detoxification activity*

Artemis Plus® is an advanced herbal formulation carefully designed to encourage healthy cellular response, promote healthy cellular defense systems, and modulate healthy immune function. Artemis Plus® features a full spectrum 8:1 extract of *Artemisia annua* along with purified artemisinin isolated from the whole herb. The focused activity of artemisinin combined with the whole herb extract creates a potentized Artemisia compound with enhanced beneficial influence. *

Supplement Facts

Serving Size: 2 capsules
Servings Per Container: 40

	Amount Per Serving	%Daily Value*
Artemisinin (<i>Artemisia annua</i>) Stem and Leaf Ext.	300 mg	*
Sweet Wormwood (<i>Artemisia annua</i>) Whole Herb Ext.	200 mg	*
Burdock Seed (<i>Articum lappa</i>) Ext. 40% Arctiin and Arctigenin	100 mg	*
Red Clover (<i>Trifolium pratense</i>) Aerial Parts Ext. 40% Isoflavones	99 mg	*
Celandine (<i>Chelidonium majus</i>) Whole Herb Ext.	99 mg	*
BioPerine® Black Pepper (<i>Piper nigrum</i>) Fruit Ext. 95% Piperine	2 mg	*

* Daily Value Not Established

Other Ingredients: Vegetable Capsule (HPMC, water), Microcrystalline Cellulose, Stearic Acid, Silicon Dioxide.

DOES NOT CONTAIN: Wheat, gluten, soy, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, sesame

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

Give your patients the Amino Whey Pro Advantage™

Proserum® Native Whey Protein Concentrate

Non-denatured, grass-fed whey protein with balanced profile of essential amino acids and BCAAs, enhancing muscle mass and bone density.*

Creatine MagnaPower®

Patented magnesium creatine chelate with improved bioavailability, enhancing ATP synthesis and muscle performance.*

L-Glutamine

Essential during recovery, supporting healthy immune response and muscle synthesis, especially during stress, exercise, and post-surgery.*

NutraFlora® FOS

Prebiotic that selectively increases beneficial bifidobacteria in the colon, supporting digestive health and healthy immune function.*

myHMB®

Derived from leucine and more effective than leucine or BCAAs alone in stimulating muscle protein synthesis. Enhances muscle mass and strength and supports recovery.*

L-Citrulline

Enhances ATP production, supports muscle endurance, reduces fatigue, and optimizes overall exercise performance and recovery.*



Botanabol®



Categories:

Active Lifestyle, Adrenal/Endocrine, Blood Sugar/Body Composition, Cardiovascular Support, Healthy Aging, Men's Health, Musculoskeletal Support, Sleep, Mood, & Stress Support, Women's Health

100 capsules

- Promotes lean muscle development and healthy body composition*
- Enhances strength, stamina, and endurance*
- Optimizes recovery from exercise, athletic performance, or stress*
- Supports bone density and skeletal health*

Supplement Facts

Serving Size: 2 capsules
Servings Per Container: 50

	Amount Per Serving	%Daily Value
<i>Rhaponticum carthamoides</i> Root Ext.	350 mg	*
Shilajit Ext.	50 mg	*
<i>Cissus quadrangularis</i> Aerial Parts Ext. (ActiCissus®)	50 mg	*
<i>Epimedium</i> spp. Stem and Leaf Ext.	50 mg	*
<i>Cordyceps sinensis</i> Mycelium Ext.	25 mg	*

* Daily Value Not Established

Other Ingredients: Microcrystalline Cellulose, Vegetable Capsule (Hydroxypropyl Methylcellulose, Water), Magnesium Stearate, Silicon Dioxide.

DOES NOT CONTAIN: Wheat, gluten, soy, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, sesame

Botanabol® features select herbal extracts known for their profound anabolic metabolism enhancing qualities. This activity optimizes recovery from stress or exercise, supports healthy aging, and exerts restorative effects by promoting healthy lean muscle mass and bone density. When combined with a foundation of healthy nutrition and appropriate exercise, this unique botanical combination supports metabolic health, encourages musculoskeletal health, enhances physical performance, and shortens recovery time.*

Supporting Anabolic Metabolism and Restoration

As we age, the balance between catabolic (breaking down) and anabolic (building up) activity slowly shifts toward a more catabolic dominant metabolism, initiating the many physical and energetic changes we associate with later stages of life.*

The body becomes less efficient, losing the ability to keep pace with the rate of breakdown that occurs. This shift results in decreased energy levels, physical deterioration, increased susceptibility to illness and injury, and longer recovery times. While this is a natural process that everyone experiences, the choices we make over the course of our lives can greatly improve our body's ability to age gracefully. A healthy lifestyle that includes proper diet, regular exercise, and good rest is essential.*

In conjunction with a healthy lifestyle, nutrients and botanicals that specifically promote anabolic activity can be highly effective tools for strengthening the body's ability to regenerate and repair itself. Amino acid mineral chelates, ecdysterone rich herbal extracts, and superfood concentrates have all been shown to support anabolic metabolism.*

Supporting the body in this way is core to the formulation philosophy of many of Natura's formulas. Our anabolic support formulas provide synergistic combinations of ingredients to encourage anabolic restoration in your patients and help them maintain their health and vitality for years to come.*

Key Anabolic Support Formulas:

Amino Whey Pro Advantage™, Botanabol®, Power Adapt®, Night Gain®

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Botanical Treasures®



Categories:
Antioxidant/Cellular Health, Detoxification/Liver Support, Foundational Wellness, Healthy Aging, Inflammation, Cell Life Regulation

180 capsules

- Provides antioxidant activity and scavenges free radicals*
- Promotes healthy cellular function and proper life cycle*
- Modulates healthy inflammatory response*
- Supports cardiovascular and neurological health*
- Features Curcumin C3 Complex® Turmeric and Nigellin® Black Cumin Seed Extract*

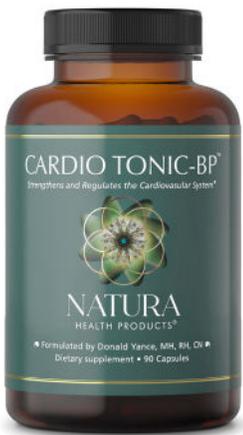
Botanical Treasures® delivers broad-spectrum antioxidant activity to effectively quench free radicals, thereby normalizing gene behavior and supporting healthy aging. This highly concentrated herbal formula features Curcumin C3 Complex®, a state-of-the-art extract of turmeric standardized to 95% curcuminoids, blended with carefully selected synergistic herbs which are abundant in polyphenols. Plant polyphenols promote cellular health through a wide range of influence and are well known to encourage healthy inflammatory, cardiovascular, neurological, and cellular function.*

Supplement Facts		
Serving Size: 2 capsules Servings Per Container: 90		
	Amount Per Serving	%Daily Value
Turmeric (<i>Curcuma longa</i>) Rhizome Ext. 95% Curcuminoids (Curcumin C3 Complex®)	350 mg	*
Green Tea (<i>Camellia sinensis</i>) Leaf Ext. (<2% caffeine)	200 mg	*
Black Cumin (<i>Nigella sativa</i>) Seed Ext. (Nigellin®)	130 mg	*
Grape (<i>Vitis vinifera</i>) Seed Ext.	70 mg	*
Trans-Resveratrol (from <i>Polygonum cuspidatum</i> Root Ext.) (Resvernox®)	50 mg	*
Holy Basil (<i>Ocimum sanctum</i> L.) Leaf Ext.	50 mg	*
Rosemary (<i>Rosmarinus officinalis</i>) Leaf Ext.	50 mg	*
Ginger (<i>Zingiber officinale</i>) Rhizome Ext.	50 mg	*
Amla (<i>Embilca officinalis</i>) Fruit Ext. (Saberry®)	50 mg	*
Black Pepper (<i>Piper nigrum</i>) Fruit Ext. (BioPerine®)	2.5 mg	*
* Daily Value Not Established		
Other Ingredients: Rice Flour, Magnesium Stearate, Silicon Dioxide, Vegetable Capsule (Hydroxypropyl Methylcellulose)		

DOES NOT CONTAIN: Wheat, gluten, soy, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, sesame



Cardio Tonic-BP®



Categories:
Cardiovascular Support

90 capsules

- Maintains healthy blood pressure already in the normal range*
- Strengthens heart muscle function*
- Promotes cardiovascular health*
- Modulates cardio-related inflammatory response*

Cardio Tonic-BP® provides select botanical extracts with cardio-specific nutrients to strengthen healthy heart function and maintain healthy blood pressure already in a normal range. Hawthorn, arjuna, and olive leaf supply essential flavonoids, glycosides, and phenolic compounds to nourish and strengthen the heart, while L-carnitine and magnesium support cellular energy production through increased mitochondrial efficiency. MegaNatural®-BP grape seed extract works synergistically with the other ingredients to support the body's ability to regulate arterial, capillary, and venous blood flow.*

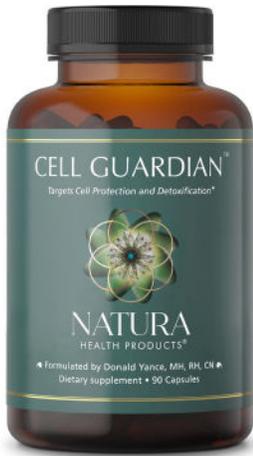
Supplement Facts		
Serving Size: 3 capsules Servings Per Container: 30		
	Amount Per Serving	%Daily Value
Vitamin C (from magnesium ascorbate)	50 mg	56%
Magnesium (from magnesium bisglycinate chelate and magnesium ascorbate)	54 mg	13%
L-Citrulline	200 mg	*
L-Taurine	200 mg	*
Hawthorn (<i>Crataegi folium</i>) Leaf and Flower Ext.	100 mg	*
<i>Terminalia arjuna</i> Bark Ext.	90 mg	*
Olive (<i>Olea europaea</i>) Leaf Ext.	60 mg	*
Grape (<i>Vitis vinifera</i>) Seed Ext. (MegaNatural®-BP)	50 mg	*
L-Carnitine Tartrate	50 mg	*
Rauwolfia (<i>Rauwolfia</i> spp.) Root	50 mg	*
<i>Coleus forskohlii</i> Root Ext. (ForsLean®)	40 mg	*
Green Coffee (<i>Coffea arabica</i>) Bean Ext.	30 mg	*
Ginger (<i>Zingiber officinale</i>) Rhizome Ext.	15 mg	*
Celery (<i>Apium graveolens</i>) Seed Ext.	15 mg	*
* Daily Value Not Established		
Other Ingredients: Hydroxypropyl Methylcellulose, Microcrystalline Cellulose, Silica, Maltodextrin, Magnesium Stearate, Citric Acid, Dextrin.		

DOES NOT CONTAIN: Wheat, gluten, soy, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, sesame



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

Cell Guardian™



Categories:
Antioxidant/Cellular Health, Cell Life Regulation, Detoxification/
Liver Support, Women's Health

90 capsules

- Activates hepatic (phase I and II) detoxification pathways*
- Encourages cellular health and genomic integrity*
- Supports production of antioxidant enzymes*
- Modulates beneficial estrogen ratios*
- Features Quatrefolic® 5-MTHF folate and BroccoRaphanin® Broccoli Seed Extract.*

Cell Guardian™ delivers an advanced blend of botanicals and nutrients to promote healthy cellular function and gene expression. It features potent natural compounds known for their role in enhancing healthy detoxification and antioxidant activity. Cell Guardian® promotes both cellular and hepatic detoxification, and enhances the body's ability to metabolize estrogen (and xenoestrogens) and modulate beneficial estrogen ratios.*

Supplement Facts

Serving Size: 3 capsules
Servings Per Container: 30

	Amount Per Serving	%Daily Value
Vitamin B6 (as pyridoxal-5-phosphate)	17.7 mg	1041%
Folate (as [6S]-5-methyl-tetrahydrofolic acid, glucosamine salt) (Quatrefolic®)	680 mcg DFE	170%
Vitamin B12 (as cyanocobalamin from <i>S. cerevisiae</i>) <<	100 mcg	4167%
Selenium (from <i>S. cerevisiae</i>) <<	100 mcg	182%
BroccoRaphanin® Broccoli (<i>Brassica oleracea L. var. italica</i>) Seed Ext.	300 mg	*
Cabbage Sprouts (<i>Brassica oleracea var. capitata</i>)	300 mg	*
Diindolylmethane (DIM)	230 mg	*
Wasabi (<i>Wasabia japonica</i>) Rhizome	150 mg	*
Calcium D-Glucarate	100 mg	*
N-Acetyl L-Cysteine	50 mg	*
Ellagic Acid from Pomegranate (<i>Punica granatum</i>) Rind of Fruit Ext.	45 mg	*

* Daily Value Not Established

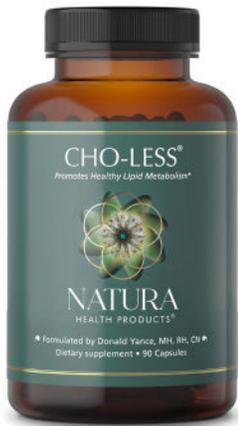
Other Ingredients: Vegetable Capsule (Hydroxypropyl Methylcellulose, Water), Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.

<< Naturized® Food-Grown Nutrient

Quatrefolic® is a registered trademark of Gnosis S.p.A. US Patent No. 7,947,662

DOES NOT CONTAIN: Wheat, gluten, soy, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, sesame

Cho-Less®



Categories:
Cardiovascular Support

90 capsules

- Promotes healthy lipid metabolism*
- Encourages proper blood circulation and viscosity*
- Modulates cardio-related inflammatory response*
- Supports cardiovascular health*

Cho-Less® delivers effective botanical and nutritional support to promote healthy lipid metabolism and cardiovascular health. Organic red yeast rice has been combined with cardio-specific nutrients and herbal extracts to promote healthy blood circulation, improve vascular integrity, encourage healthy lipid and triglyceride balance, and normalize cardio-related inflammatory response. Together with a proper diet and regular exercise, Cho-Less® can play a major role in supporting the body's ability to maintain healthy cholesterol levels already in a normal range.*

Supplement Facts

Serving Size: 2 capsules
Servings Per Container: 45

	Amount Per Serving	%Daily Value
Niacin (as inositol nicotinate)	90 mg NE	563%
Red Yeast Rice (<i>Monascus purpureus</i>)	505 mg	*
Artichoke (<i>Cynara scolymus L.</i>) Aerial Parts Extract	100 mg	*
Pantethine	100 mg	*
Guggul (<i>Commiphora mukul</i>) Gum Extract	95 mg	*
Beta-Sitosterol (from plant sterols)	90 mg	*
Policosanol (from rice bran wax)	20 mg	*

* Daily Value Not Established

Other Ingredients: Hydroxypropyl Methylcellulose, Rice Bran, Silica, Maltodextrin, Microcrystalline Cellulose, Magnesium Carbonate, Magnesium Stearate.

DOES NOT CONTAIN: Wheat, gluten, soy, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, sesame

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

Complete Omega Essentials®



Categories: Brain & Cognitive Health, Cardiovascular Support, Digestion & GI Health, Foundational Wellness, Healthy Aging, Immune Health, Inflammation, Musculoskeletal Support, Sleep, Mood, & Stress Support, Women's Health

120 softgels

- Supports heart and cardiovascular health*
- Promotes neurological health and cognitive function*
- Supports a healthy inflammatory response*
- Encourages bone density and skeletal health*
- Contains omega-7 palmitoleic acid to support skin and eye health*

Complete Omega Essentials® combines the renowned health benefits of fish oil with that of select botanical oils to offer a perfectly balanced, comprehensive fatty acid supplement. It features premium quality fish oil concentrate combined with sea buckthorn and borage seed oils to provide optimal ratios of omega-3, -6, -7, and -9 fatty acids, along with a full spectrum of naturally-occurring carotenoids. Complete Omega Essentials® supports healthy function of the cardiovascular, neurological, skeletal, and immune systems, while promoting a healthy inflammatory response.*

Supplement Facts

Serving Size: 4 softgels
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Calories	40	
Total Fat	3.5 g	5%*
Protein	<1 g	2%*
Proprietary Blend	3680 mg	**
Fish Oil Concentrate, Organic Borage Seed Oil, Sea Buckthorn (<i>Hippophae rhamnoides</i>) Berry Ext.		
Omega 3		
EPA (Eicosapentaenoic Acid)	750 mg	**
DHA (Docosahexaenoic Acid)	550 mg	**
Omega 6		
GLA (Gamma Linolenic Acid)	300 mg	**
Omega 7		
Palmitoleic Acid	40 mg	**
Omega 9		
Oleic Acid	270 mg	**

* Percent Daily Values are based on a 2000 calorie diet.
** Daily Value Not Established

Other Ingredients: Softgel Shell (fish gelatin, glycerin, purified water), Vitamin E (from mixed tocopherols).
Contains fish (anchovy, sardine, mackerel, tilapia) and non-GMO soy.

DOES NOT CONTAIN: Wheat, gluten, milk, eggs, crustacean shellfish, tree nuts, peanuts, sesame

Refrigerate after opening.

Features of Our Premium Fish Oil

Advanced Support

The fish oil in Complete Omega Essentials® is always provided in true triglyceride molecular form (never ethyl esters) to encourage maximum absorption and provide advanced support.*

Purity and Quality Guarantee

Our fish oil is molecularly distilled to produce an ultra-pure, refined oil with virtually zero contaminants and a superior taste. It is pharmaceutical grade and produced in facilities approved for the manufacturing of cGMP active pharmaceutical ingredients (APIs) to ensure freshness, purity, and potency.*

Stability Ensured

Complete Omega Essentials® contains vitamin E and carotenoids (from sea buckthorn) providing antioxidant protection against rancidity.*

Sustainably Sourced

Our oil is derived from anchovy, sardine, and mackerel, fish naturally low in toxins that are certified sustainably harvested by Friend of the Sea, a non-profit organization dedicated to the conservation of the marine habitat.

Superior Third-Party Testing for Quality Assurance:

- Full fatty acid profile to verify potency
- Heavy metals contamination
- Microbiology contamination
- Peroxide and Acid Value (rancidity markers)



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

Digest Mend®



Categories:
Digestion & GI Health

180 capsules

- Promotes gastrointestinal health and function*
- Maintains healthy gastrointestinal tissue permeability*
- Encourages healthy gastric microbiome*
- Supports gastric and oral mucosal natural repair processes*
- Soothes digestive discomfort*

Digest Mend® provides comprehensive support for digestive health and function. Soothing herbs such as licorice and aloe vera encourage healthy inflammatory response in tissues and support the natural healing processes in the epithelial and mucosal lining. Glutamine and zinc carnosine promote the integrity of gastrointestinal tissues to support proper permeability of the lining of the gut. Chamomile and lemon balm provide nervous system support to harmonize the digestive processes. Many of the herbs and natural compounds in this formula help normalize the stomach microbiome.*

Supplement Facts

Serving Size: 6 capsules
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Zinc (as zinc carnosine)	5 mg	45%
Potassium (as potassium bicarbonate)	190 mg	4%
Deglycyrrhizinated Licorice (<i>Glycyrrhiza glabra</i>) Root Extract	500 mg	*
Marshmallow (<i>Althaea officinalis</i>) Root (Organic)	500 mg	*
Potassium Bicarbonate	500 mg	*
Sodium Alginate (from Ocean Harvested Kelp)	300 mg	*
L-Glutamine	250 mg	*
Mastic Gum (<i>Pistacia lentiscus</i> Sap) Complex	225 mg	*
D-Limonene (from Orange Peel Oil)	120 mg	*
Chamomile (<i>Matricaria recutita</i>) Flower Extract	120 mg	*
Aloe Vera (<i>Aloe barbadensis</i>) Inner Leaf (BioAloe®) (Organic)	100 mg	*
Papaya (<i>Carica papaya</i>) Leaf (Organic)	90 mg	*
Bee Propolis Extract	90 mg	*
Ginger (<i>Zingiber officinale</i>) Root Extract	50 mg	*
Lemon Balm (<i>Melissa officinalis</i> L.) Aerials Extract	50 mg	*
Zinc Carnosine	40 mg	*

* Daily Value Not Established

Other Ingredients: Vegetarian Capsule (Hypermillose, Water), Microcrystalline Cellulose, Silicon Dioxide, and Magnesium Stearate.

DOES NOT CONTAIN: Wheat, gluten, soy, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, sesame

Dual-Mag Complex®



Categories:
Active Lifestyle, Antioxidant/Cellular Health, Blood Sugar/
Body Composition, Brain & Cognitive Health, Cardiovascular
Support, Foundational Wellness, Healthy Aging, Immune Health,
Inflammation, Musculoskeletal Support, Sleep, Mood, & Stress
Support, Vitamin/Minerals/Proteins

90 capsules

- Promotes cardiovascular, neurological, and immune health*
- Encourages healthy inflammatory response*
- Supports metabolic health*
- Promotes a healthy musculoskeletal system*
- Supports cellular energy production*
- Enhances relaxation, restful sleep, and positive mood*

Dual-Mag Complex™ offers two unique forms of magnesium, buffered bisglycinate and lysinate glycinate chelates, that are broad-spectrum in activity, well-tolerated, and highly bioavailable. This provides an efficacious, synergistic blend with numerous benefits. The magnesium lysinate glycinate chelate is featured due to its enhanced ability to optimize recovery time from exercise or stress and its targeted support for the cardiovascular, nervous, and immune systems.*

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

Supplement Facts

Serving Size: 3 capsules
Servings Per Container: 30

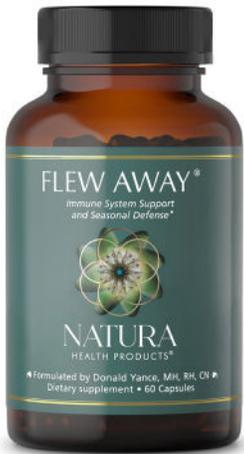
	Amount Per Serving	% Daily Value
Magnesium (as Magnesium Bisglycinate Chelate, Magnesium Lysinate Glycinate Chelate, Magnesium Oxide†) (TRAACS®)	300 mg	71%

Other Ingredients: Vegetable Capsule (Hydroxypropyl Methylcellulose, Water), Calcium Laurate.

† Amino Acid Chelates Supplied by Albion Human Nutrition. The Albion Minerals logo is a registered trademark of Albion Laboratories, Inc.

DOES NOT CONTAIN: Wheat, gluten, soy, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, sesame

Flew Away®



Categories:
Immune Health

60 capsules

- Supports healthy immune system function*
- Promotes diaphoresis*
- Maintains a healthy microbial environment*
- Provides short-term support during seasonal challenges*

Flew Away® offers potent and effective support during the changing seasons by supporting immune function, while working to maintain a healthy microbial environment in the body and simultaneously relieving discomfort. The body naturally defends itself against environmental challenges through diaphoresis (sweating), which helps the body deactivate and remove microorganisms, as well as maintain homeostasis. Flew Away® contains high quality, concentrated herbal extracts that promote diaphoresis, thereby facilitating the safe removal of harmful organisms from the body.*

Supplement Facts

Serving Size: 2 capsules
Servings Per Container: 30

	Amount Per Serving	%Daily Value
Calories	5	
Total Fat	0.5g	1%*
Proprietary Formula†	792 mg	**
Propolis Gum Ext.		
Elderberry (<i>Sambucus nigra</i>) Fruit Ext.		
Forsythia (<i>Forsythia suspensa</i>) Fruit Ext.		
Japanese Honeysuckle (<i>Lonicera japonica</i>) Flower Ext.		
Elder (<i>Sambucus nigra</i>) Flower Ext.		
Yarrow (<i>Achillea millefolium</i>) Leaf and Flower Ext.		
Boneset (<i>Eupatorium perfoliatum</i>) Herb Ext.		
White Willow (<i>Salix alba</i>) Bark Ext.		
Ginger (<i>Zingiber officinale</i>) Root EO		
Peppermint (<i>Mentha piperita</i>) Leaf EO		
Eucalyptus (<i>Eucalyptus globulus</i>) Leaf EO		

* Percent Daily Values are based on a 2,000 calorie diet
** Daily Value Not Established
† Certified organic, ethically wild-harvested, or imported

Other Ingredients: Sunflower Lecithin, Medium Chain Triglycerides, Modified Vegetable Cellulose (capsule), Chlorophyll.

DOES NOT CONTAIN: Wheat, gluten, soy, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, sesame



IG Sensitizer®



Categories:
Blood Sugar/Body Composition

90 capsules

- Supports healthy metabolic processes*
- Enhances efficient nutrient utilization*
- Promotes pancreatic beta-cell health*
- Encourages healthy body composition*

IG Sensitizer® supports healthy metabolism, efficient energy utilization, and optimal body composition. This unique formula includes key ingredients like Momordicin® Bitter Melon Extract and Salaretin®, which promote metabolic activity, aiding in the efficient breakdown of stored fats. Alpha Lipoic Acid (ALA) enhances cellular efficiency and supports antioxidant activity. Chromium and vanadium work synergistically to support healthy metabolic processes and optimal energy use, contributing to an overall balanced approach to maintaining healthy body composition.*

Supplement Facts

Serving Size: 2 capsules
Servings Per Container: 45

	Amount Per Serving	%Daily Value
Thiamin (Vitamin B1 from <i>S. cerevisiae</i>) †	5 mg	417%
Riboflavin (Vitamin B2 from <i>S. cerevisiae</i>) †	2 mg	154%
Niacin (as Niacinamide from <i>S. cerevisiae</i>) †	10 mg NE	63%
Vitamin B6 (from <i>S. cerevisiae</i>) †	4 mg	235%
Vitamin B12 (from <i>S. cerevisiae</i>) †	100 mcg	4167%
Pantothenic Acid (Vitamin B5 from <i>S. cerevisiae</i>) †	10 mg	200%
Zinc (from from <i>S. cerevisiae</i>) †	2 mg	18%
Chromium (as nicotinate glycinate chelate)†	200 mcg	571%
Momordica charantia Fruit Ext. (Momordicin®)	270 mg	*
Alpha Lipoic Acid	150 mg	*
Salacia reticulata Bark Ext. (Salaretin®)	140 mg	*
Gymnema sylvestre Leaf Ext. (GS4 Plus®)	140 mg	*
Berberine Sulfate	100 mg	*
Fenugreek (<i>Trigonella foenum-graecum</i>) Seed Ext. (Fenufibers®)	100 mg	*
Pterocarpus marsupium Trunk Ext. (Silbinol®)	100 mg	*
Cinnamon (<i>Cinnamomum cassia</i>) Bark Ext.	100 mg	*
Vanadium (as nicotinate glycinate chelate)†	10 mcg	*

* Daily Value Not Established

Other Ingredients: Vegetable Capsule (Hydroxypropyl Methylcellulose, Water), Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.† Naturalized® Food-Grown Nutrient.

DOES NOT CONTAIN: Wheat, gluten, soy, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, sesame



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ImmuCare®



Categories:
Adrenal/Endocrine, Immune Health

180 capsules

- Taken daily, promotes healthy immune system function*
- Nourishes bone marrow & builds blood*
- Encourages endocrine system health*
- Optimizes recovery, restores energy reserves*

ImmuCare® is a concentrated herbal tonic designed to build and nourish the blood while supporting healthy immune system function. By promoting blood circulation and removing blood stasis, the herbs in ImmuCare® increase immune surveillance. ImmuCare® helps the body adapt by regulating the responses of the adrenal cortex, thereby increasing the production and life span of the white and red blood cells. It also supports the normal release of immune-modulating interferons, interleukins, T-cells, and immuno-globulins.*

Supplement Facts

Serving Size: 2 capsules
Servings Per Container: 90

	Amount Per Serving	%Daily Value
<i>Astragalus membranaceus</i> Root Ext.	180 mg	*
<i>Milletia reticulata</i> Stem Ext.	90 mg	*
Organic <i>Cordyceps militaris</i> Fruiting body Ext.	80 mg	*
Bai Zhu (<i>Atractylodes macrocephala</i>) Rhizome Ext.	76 mg	*
<i>Echinacea purpurea</i> Aerial Parts Ext.	74 mg	*
<i>Ligustrum lucidum</i> Fruit Ext.	60 mg	*
Asian Ginseng (<i>Panax ginseng</i>) Root Ext.	60 mg	*
Cat's Claw (<i>Uncaria tomentosa</i>) Root Ext.	60 mg	*
Chinese Peony (<i>Paeonia lactiflora</i>) Root Ext.	44 mg	*
Fo-Ti (<i>Polygonum multiflorum</i>) Root Ext.	44 mg	*
Rehmannia (<i>Rehmannia glutinosa</i>) Root Cured Ext.	41 mg	*
Licorice (<i>Glycyrrhiza glabra</i>) Root Ext.	35 mg	*
Goji (<i>Lycium barbarum</i>) Fruit Ext.	35 mg	*
Dong Quai (<i>Angelica sinensis</i>) Root Ext.	31 mg	*
Deer (<i>Cervus spp.</i>) Antler Velvet	30 mg	*
Tangerine (<i>Citrus reticulata</i>) Peel Ext.	30 mg	*
Cassia (<i>Cinnamomum cassia</i>) Bark Ext.	9 mg	*
MSM (Methylsulfonylmethane)	7 mg	*
Black Pepper (<i>Piper nigrum</i>) Fruit Ext. (BioPerine®)	5 mg	*

* Daily Value Not Established

Other Ingredients: Vegetarian Capsule (Hypromellose and Water), Microcrystalline Cellulose, Magnesium Stearate, and Silicon Dioxide.

DOES NOT CONTAIN: Wheat, gluten, soy, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, sesame



InflamAway®



Categories:
Inflammation, Musculoskeletal Support

90 capsules

- Modulates healthy inflammatory response*
- Relieves minor pain*
- Supports cellular health and homeostasis*



Supplement Facts

Serving Size: 2 capsules
Servings Per Container: 45

	Amount Per Serving	%Daily Value
Boswellin® Super (<i>Boswellia serrata</i>) Gum Resin Exudate Ext. 30% AKBA	290 mg	*
Feverfew (<i>Tanacetum parthenium</i>) Aerial Parts Ext.	180 mg	*
Magnolia (<i>Magnolia officinalis</i>) Bark Ext.	150 mg	*
Andrographis (<i>Andrographis paniculata</i>) Whole Plant Ext.	100 mg	*
Chinese Skullcap (<i>Scutellaria baicalensis</i>) Root Ext.	90 mg	*
Ginger (<i>Zingiber officinale</i>) Rhizome Ext.	40 mg	*
Bromelain, as Pineapple (<i>Ananas comosus</i>) Stem Ext. 2400 GDU/gram	40 mg	*
Black Pepper (<i>Piper nigrum</i>) Fruit Ext. (BioPerine®)	2.5 mg	*

* Daily Value Not Established

Other Ingredients: Vegetable Capsule (Hydroxypropyl Methylcellulose, Water), Calcium Laurate.

DOES NOT CONTAIN: Wheat, gluten, soy, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, sesame



InflamAway® supports healthy activity of the inflammatory response function by encouraging the normal and natural processes of cytokines and prostaglandins. It features Boswellin Super®, a select extract of frankincense (*Boswellia serrata*) which is standardized to 30% AKBA and 50% B-boswellic acid. AKBA is a natural compound that reduces LOX-5 and COX-2, as well as other activators. Additionally, InflamAway® works at the cellular level to modulate important pathways that protect the body from the buildup of cellular by-products generated by the normal inflammatory response function.*

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Iron Synergy®



Categories:
Cardiovascular Support, Foundation Wellness, Women's Health, Vitamins/Minerals/Proteins

90 capsules

- Promotes healthy iron levels*
- Supplies food-grown, bioavailable iron*
- Encourages iron assimilation*
- Builds blood to support overall health*

Iron Synergy® is a blend of Naturized® food-grown iron and select botanicals that offers a whole food alternative to iron supplementation. Naturized® iron is supplied in a food matrix of the postbiotic *Lactobacillus bulgaricus*, which is found to be an ideal delivery vehicle for minerals due to its ability to improve absorption and utilization. Beet root helps nourish and build healthy blood, while vitamin c and yellow dock enhance iron uptake. This unique combination provides a synergistic effect with the Naturized® iron to help build blood and support overall health.* *To learn more about Naturized® nutrients, see page 39*

Supplement Facts

Serving Size: 1 capsule
Servings Per Container: 90

	Amount Per Serving	%Daily Value
Vitamin C (from <i>Citrus spp.</i> (Biogrown®))	20 mg	22%
Iron (from <i>Lactobacillus bulgaricus</i> (Biogurt®)◀◀)	30 mg	167%
Beet (<i>Beta vulgaris</i>) Root Ext.	150 mg	*
Yellow Dock (<i>Rumex crispus</i>) Root Ext.	100 mg	*

* Daily Value Not Established

Other Ingredients: Vegetable Capsule (Hydroxypropyl Methylcellulose, Water), Rice Extract Blend (Rice Bran Extract, Rice Hulls, Gum Arabic, Sunflower Oil).
◀◀ Naturized® Food-Grown Nutrient.

DOES NOT CONTAIN: Wheat, gluten, soy, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, sesame



JTL Mobility®



Categories:
Active Lifestyle, Healthy Aging, Inflammation, Musculoskeletal Support

90 capsules

- Nourishes joints, tendons, and ligaments*
- Supports healthy joint function, mobility, flexibility, and comfort*
- Encourages cartilage synthesis and joint integrity*
- Modulates healthy inflammatory response*

JTL Mobility® combines specialized nutrients with powerful herbal extracts to support healthy function of joints, tendons, and ligaments. These natural compounds encourage cartilage synthesis and joint integrity, provide building blocks for connective tissue, and modulate healthy inflammatory response. This premier formulation enhances the natural repair processes and supports joint strength and lubrication thus encouraging mobility, flexibility, and comfort.*

Supplement Facts

Serving Size: 3 capsules
Servings Per Container: 30

	Amount Per Serving	%Daily Value
Collagen (from fish)	350 mg	*
Glucosamine Sulfate (as Glucosamine Hydrochloride Potassium Sulfate)	250 mg	*
Green Lipped Whole Mussel (<i>Perna canaliculus</i>) Powder (no shell)	250 mg	*
Devil's Claw (<i>Harpagophytum procumbens and/or zeyheri</i>) Root Ext.	200 mg	*
White Willow (<i>Salix spp.</i>) Bark Ext.	200 mg	*
Yucca (<i>Yucca spp.</i>) Trunk Ext.	165 mg	*
Chondroitin Sulfate (as Chondroitin Sulfate Sodium)	75 mg	*
Black Pepper (<i>Piper nigrum</i>) Fruit Ext. (Biperine®)	2.5 mg	*

* Daily Value Not Established

Other Ingredients: Vegetable Capsule (Hydroxypropyl Methylcellulose, Water), Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.

Biperine® is a registered trademark of Sabinsa Corp.

Contains fish (salmon, bass, cod, perch) and shellfish (shrimp and crab shell, mussel).

DOES NOT CONTAIN: Wheat, gluten, soy, milk, eggs, tree nuts, peanuts, sesame



Not recommended for use during pregnancy.

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

Lung & Bronchial Tonic™



Categories:
Immune Health

4 fluid ounces

- Soothes and relaxes the respiratory system*
- Promotes clear and free breathing*
- Supports healthy lung and bronchial function*
- Maintains a healthy microbial environment*

Lung & Bronchial Tonic™ is composed of therapeutic and highly concentrated botanical extracts that support healthy lung and bronchial function. Featuring a synergistic blend of herbs traditionally utilized to address seasonal challenges, it is designed to soothe, nourish, tonify, and relax the respiratory system. In addition, Lung & Bronchial Tonic™ encourages healthy immune system function to help maintain a healthy microbial environment.*

Supplement Facts

Serving Size: 1 teaspoon (5 ml)
Servings Per Container: About 24

	Amount Per Serving	%Daily Value
Calories	15	
Total Carbohydrate	4 g	1%*
Total Sugars	<1 g	**
Includes <1g Added Sugars	<1 g	1%*

Proprietary Blend: 5 ml** (2,751 mg Herb Weight Equivalence)

Elecampane (<i>Inula helenium</i>) Root Ext.
Sundew (<i>Drosera burmannii</i>) Herb Ext.
Plantain (<i>Plantago major</i>) Leaf Ext.
Mullein (<i>Verbascum spp.</i>) Leaf Ext.
Fresh Lobelia (<i>Lobelia inflata</i>) Herb Ext.
Horehound (<i>Marrubium vulgare</i>) Herb Ext.
Licorice (<i>Glycyrrhiza glabra</i>) Root Ext.
Ginger (<i>Zingiber officinale</i>) Root Ext.
Fenugreek (<i>Trigonella foenum-graecum</i>) Seed Ext.
Malabar Nut Tree (<i>Justicia adhatoda</i>) Leaf Ext.
Thyme (<i>Thymus vulgaris</i>) Herb Ext.
Nutmeg (<i>Myristica fragrans</i>) Seed Ext.
Cayenne (<i>Capsicum annuum</i>) Fruit Ext.

*Percent Daily Values based on a 2,000 calorie diet
**Daily Value Not Established

Other Ingredients: Vegetable Glycerin, Deionized Water, Honey, Anise Essential Oil and Peppermint Essential Oil.

DOES NOT CONTAIN: Wheat, gluten, soy, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, sesame

Meno-Breeze®



Categories:
Adrenal/Endocrine, Women's Health

90 capsules

- Enhances female endocrine balance*
- Eases the transition through menopause*
- Supports female reproductive health*
- Nourishes bone and tissue health*

Meno-Breeze® is a nourishing female tonic that enhances female endocrine balance through all stages of life. It combines herbs from Western, Ayurvedic, and Chinese herbal traditions that are found to support the specific health needs of women. It is formulated to promote a healthy balance of progesterone and estrogen, which results in an improvement in the luteal phase of the menstrual cycle. In younger women, Meno-Breeze® can help regulate the menstrual cycle and support reproductive health. During the menopausal transition, Meno-Breeze® can be beneficial to help relieve vasomotor symptoms, moisten tissue dryness, support bone health, and encourage hormonal balance.*

Supplement Facts

Serving Size: 3 capsules
Servings Per Container: 30

	Amount Per Serving	%Daily Value
Shatavari (<i>Asparagus racemosus</i>) Root Ext.	270 mg	*
Chinese Yam (<i>Dioscorea oppositifolia</i>) Root Ext.	240 mg	*
Chaste (<i>Vitex agnus-castus</i>) Berry Ext.	240 mg	*
Rehmannia (<i>Rehmannia glutinosa</i>) Root Ext.	240 mg	*
Black Cohosh (<i>Cimicifuga racemosa</i>) Root and Rhizome Ext.	240 mg	*
Hops (<i>Humulus lupulus</i>) Flower Ext.	60 mg	*
Eucommia (<i>Eucommia ulmoides</i>) Bark Ext.	60 mg	*
Red Clover (<i>Trifolium pratense</i>) Flower Ext.	60 mg	*
<i>Polygonum multiflorum</i> Root Ext.	60 mg	*
Licorice (<i>Glycyrrhiza glabra</i>) Root Ext.	30 mg	*

* Daily Value Not Established

Other Ingredients: Vegetable Capsule (Hydroxypropyl Methylcellulose, Water), Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.

DOES NOT CONTAIN: Wheat, gluten, soy, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, sesame

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



Categories:
Antioxidant/Cellular Health, Brain & Cognitive Health,
Cardiovascular Support, Healthy Aging

60 softgels

- Enhances mitochondrial health and function*
- Provides antioxidant activity, quenches free radicals*
- Promotes healthy cellular function and genetic integrity*
- Supports cardiovascular and neurological health*
- Encourages healthy aging and longevity*

Mito-Gevity® offers a variety of health benefits to encourage longevity and healthy aging. Its ingredients improve mitochondrial function, regulate gene behavior, assist in the control of free radicals, modulate inflammatory response function, and impart a redox-cycling effect (to reduce oxidative stress). Mito-Gevity® features Resvenox®, a state-of-the-art stabilized extract of Japanese Knotweed (*Polygonum cuspidatum*) standardized to 95% trans-resveratrol.*

Supplement Facts

Serving Size: 2 softgels
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Calories	5	
Total Fat	0.5g	1%*
Selenium (as L-selenomethionine)	50 mcg	91%
trans-Resveratrol (from <i>Polygonum cuspidatum</i> Root Ext.)	72 mg	**
Ubiquinol (CoQ10) (Kaneka Q10™)	50 mg	**
Hawthorn (<i>Crataegus monogyna</i>) Leaf and Flower Ext.	50 mg	**
<i>Pterocarpus marsupium</i> Wood Ext. (Silibinol®)	40 mg	**
R-Lipoic (as BioEnhanced® Na-RALA)	40 mg	**
Quercetin Dihydrate (from <i>Sophora japonica</i> Bud Ext.)	40 mg	**
Grape (<i>Vitis vinifera</i>) Pomace Ext. (MegaNatural GSKE®)	30 mg	**
Ginkgo (<i>Ginkgo biloba</i>) Leaf Ext.	20 mg	**
Ginger (<i>Zingiber officinale</i>) Rhizome Ext.	10 mg	**
Black Pepper (<i>Piper nigrum</i>) Fruit Ext.	2.5 mg	**

* Percent Daily Values are based on a 2000 calorie diet.
* Daily Value Not Established

Other Ingredients: Softgel Shell (non-GMO Corn Starch, Carrageenan, Glycerin, Sorbitol, Purified Water, Caramel Color), Organic Olive Oil, Yellow Beeswax, Sunflower Lecithin.

DOES NOT CONTAIN: Wheat, gluten, soy, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, sesame



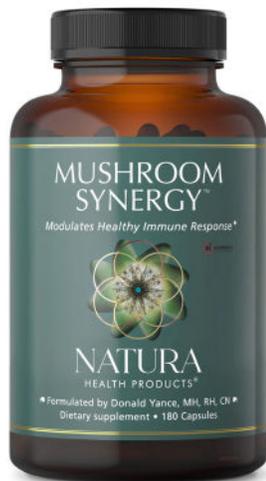
Resveratrol from Japanese Knotweed

Mito-Gevity® features an extract of Japanese Knotweed standardized to 95% trans-resveratrol in a highly purified, stable form. Resveratrol's therapeutic actions include gene stabilization and regulation, providing antioxidant activity, and encouraging healthy cell behavior. It also encourages healthy inflammatory response function. These synergistic actions effectively promote neurological and cardiovascular health, whole body wellness, and graceful aging.*

JAPANESE KNOTWEED (*POLYGONUM CUSPIDATUM*),
FEATURED IN MITO-GEVITY®.

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Mushroom Synergy®



Categories:
Adrenal/Endocrine, Antioxidant/Cellular Health, Cell Life Regulation, Detoxification/Liver Support, Healthy Aging, Immune Health

180 capsules

- Modulates healthy innate & adaptive immune response*
- Enhances cellular defenses*
- Promotes healthy cell behavior*
- Encourages healthy hepatic, cardiovascular, neurological, and kidney function*
- Potentiates restorative healing processes*

Mushroom Synergy's® advanced formulation promotes healthy immune and cellular response while encouraging healthy function of the hepatic, cardiovascular, neurological, and kidney systems. It features a proprietary blend of premier quality medicinal mushrooms whose benefits have been enhanced with select herbal extracts. Mushroom Synergy® is well-indicated for all phases of health as a protective, modulatory, and restorative tonic.*

Supplement Facts		
Serving Size: 2 capsules Servings Per Container: 90		
	Amount Per Serving	%Daily Value
Red Reishi Mushroom (<i>Ganoderma lucidum</i>) Fruiting Body Extract (Organic)	200 mg	*
Chaga Mushroom (<i>Inonotus obliquus</i>) Sclerotia Extract (Organic)	160 mg	*
Turkey Tail Mushroom (<i>Trametes versicolor</i>) Fruiting Body Extract (Organic)	130 mg	*
Ashwagandha (<i>Withania somnifera</i>) Root Extract	70 mg	*
<i>Rabdosia rubescens</i> Herb Extract	70 mg	*
Shiitake Mushroom (<i>Lentinula edodes</i>) Fruiting Body Extract (Organic)	60 mg	*
Chinese Skullcap (<i>Scutellaria baicalensis</i>) Root Extract	60 mg	*
<i>Poria</i> (<i>Wolfiporia extensa</i>) Sclerotium Extract (Organic)	50 mg	*
Milk Thistle (<i>Silybum marianum</i>) Seed Extract	50 mg	*
Chinese Skullcap (<i>Scutellaria baicalensis</i>) Root Extract 95% Baicalin	40 mg	*
<i>Schisandra chinensis</i> Berry Extract	30 mg	*
Chinese Salvia (<i>Salvia miltiorrhiza</i>) Root Extract	30 mg	*
MSM (Methylsulfonylethane)	30 mg	*
Ginger (<i>Zingiber officinale</i>) Root Extract	20 mg	*
* Daily Value Not Established		
Other Ingredients: Vegetarian Capsule (Hydroxypropylmethylcellulose and Water), Microcrystalline Cellulose, Magnesium Stearate, and Silicon Dioxide.		

DOES NOT CONTAIN: Wheat, gluten, soy, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, sesame 

REDEFINING MUSHROOM EXTRACT QUALITY

Organic whole fruiting body mushrooms cultivated on natural substrates

At Natura, we utilize whole fruiting body, certified organic Nammex® mushrooms grown on natural substrates, such as hardwood logs, that offer the precursors for growing truly full-spectrum medicinal mushrooms.

Most mushroom products in the market today are produced from mycelium grown on cereal grain because it is economical. However, these products generally do not contain the same therapeutic constituents found in naturally grown medicinal mushrooms.^{1,2} Mushrooms and mycelium produced on cereal grains may show a high polysaccharide content, but this is reflective of a high alpha-glucan content and little to no beta-d-glucans.^{1,2,3} Polysaccharide tests are not accurate since they also measure alpha-glucans such as starch which is abundant in cereal grains.

Nammex® mushrooms thrive in natural sunlight and fresh air and are watered from deep wells. Through all stages of growth, the mushrooms are carefully tended and go through a rigorous testing process to ensure the highest quality. After being hand-harvested, the mushrooms are carefully dried and tested for purity and for the ideal fungal beta-d-glucans profile, the primary marker for medicinal mushroom quality.

Nammex® mushrooms are carefully selected cultivars developed over centuries of use as traditional food and medicine. Their extracts are produced exclusively from the whole fruiting bodies of the mushrooms which are sustainably grown on nutritious, natural substrates to ensure the same index of beneficial compounds found in wild grown mushrooms.

Mushroom extracts from whole fruiting bodies, grown on natural substrates are consistently high in beta d-glucans, very low in starch, and have the necessary precursors to produce important secondary metabolites, such as the triterpenoids in chaga and the ganoderic acids in reishi. The chitins and other cell-wall compounds add to their activity, especially as prebiotic fiber.

1. Beta-glucan Paper Confirms Nammex White Paper Findings. <https://www.nammex.com/beta-glucan-paper-confirms-nammex-findings/>
2. Chilton, J. Redefining Medicinal Mushrooms: A new scientific screening program for active compounds. www.nammex.com/defining-medicinal-mushrooms/
3. What's the difference between mushroom, mycelium and mycelium on grain? Video. www.nammex.com/difference-between-mushroommycelium-grain/

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Categories:
Active/Lifestyle, Antioxidant/Cellular Health,
Detoxification/Liver Support, Foundational Wellness

6.35 ounces

- Delivers an array of phytonutrients including polyphenols, chlorophyll, and carotenoids*
- Optimizes whole-body health at the genetic, cellular, and organ system levels*
- Provides antioxidant activity and supports effective redox cycling*
- No added sweeteners, artificial colors, or flavors*

N-Liven™ is a premier blend of certified organic greens, berries, fruits, and coconut powders, delivering an abundance of naturally occurring micronutrients and phytochemical compounds. These include polyphenols, flavonoids, carotenoids, and chlorophyll which provide antioxidant activity and support effective redox cycling, enhancing the nutritional impact of the formula. N-Liven is a full-spectrum, nourishing, and protective formula designed for whole-body health.*

Supplement Facts

Serving Size: 1 scoop (6 grams)
Servings Per Container: 30

	Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value	
Calories	25		Celery (<i>Apium graveolens var. dulce</i>)	100 mg	**
Total Fat	1 g	2%	Steak†		
Saturated Fat	0.5 g	3%	Broccoli (<i>Brassica oleraceae</i>) Whole Head†	100 mg	**
Carbohydrates	4 g	3%	Carrot (<i>Daucus carota sativus</i>) Root†	100 mg	**
Sugars	1 g	**	Kale (<i>Brassica oleracea acephala</i>)	100 mg	**
Vitamin C	25 mg	28%	Leaf†		
Sodium	10 mg	**	Acerola (<i>Malpighia glabra</i>) Fruit†	100 mg	**
Potassium	125 mg	4%	Pumpkin (<i>Cucurbita spp</i>) Fruit†	100 mg	**
Coconut (<i>Cocos nucifera</i>) Water (CocOrganic®)	2000 mg	**	Blueberry (<i>Vaccinium angustifolium</i>)	100 mg	**
Coconut (<i>Cocos nucifera</i>) Milk	1000 mg	**	Raspberry (<i>Rubus idaeus</i>) Fruit†	75 mg	**
Whole Food Leafy Greens Blend (Spinach and Kale) (Terasante™)	600 mg	**	Strawberry (<i>Fragaria x ananassa</i>) Fruit†	75 mg	**
Barley (<i>Hordeum vulgare</i>) Grass*	500 mg	**	Blackberry (<i>Rubus fruticosus</i>) Fruit†	75 mg	**
Chlorella (<i>Chlorella vulgaris</i>) Algae (cracked cell wall)	250 mg	**	Wolfberry (<i>Lycium barbarum</i>) Fruit†	50 mg	**
Spirulina (<i>Arthrospira platensis</i>) Algae*	250 mg	**	Pomegranate (<i>Punica granatum</i>) Fruit†	50 mg	**
Beet (<i>Beta vulgaris</i>) Root*	150 mg	**	Apple (<i>Malus pumila</i>) Fruit†	50 mg	**

Other Ingredients: Organic Maltodextrin, Maltodextrin, Silicon Dioxide (Silica), Organic Acacia Gum, and Organic Rice Flour
Contains: Tree Nuts.

DOES NOT CONTAIN: Wheat, gluten, soy, milk, eggs, fish, crustacean shellfish, peanuts, sesame

Night Gain®



Categories:
Active Lifestyle, Adrenal/Endocrine, Blood Sugar/Body Composition, Cardiovascular Support, Healthy Aging, Men's Health, Musculoskeletal Support, Sleep, Mood, & Stress Support

90 capsules

- Maintains hormonal balance to support youthful vigor*
- Encourages healthy libido and sexual function in men and women*
- Enhances anabolic processes, promotes lean muscle development, density, and strength*
- Supports healthy blood circulation and heart health*

Night Gain® combines select amino acids, vitamins, and trace minerals with standardized herbal extracts to encourage neuroendocrine harmonization and restoration. Taken before bed, Night Gain® supports the body's natural restorative processes during sleep that promote cellular repair, rebuild muscle tissue, and balance the hormonal system. Its unique combination of ingredients augments anabolic reserves and supports the building of muscle mass along with reduction of body fat. This state-of-the-art formula also enhances blood circulation through promoting vascular health and relaxation.*

Supplement Facts

Serving Size: 4 capsules
Servings Per Container: 22.5

	Amount Per Serving	%Daily Value
Horny Goat Weed (<i>Epimedium spp.</i>) Stem and Leaf Ext.	300 mg	*
<i>Tribulus terrestris</i> Aerial Parts Ext.	300 mg	*
L-Citrulline	250 mg	*
<i>Mucuna pruriens</i> Seed Ext.	250 mg	*
L-Arginine	200 mg	*
<i>Eurycoma longifolia</i> Root Ext.	200 mg	*
Maca (<i>Lepidium meyenii</i>) Root Ext.	200 mg	*
L-Lysine (as L-Lysine Hydrochloride)	50 mg	*
Chrysin	50 mg	*

* Daily Value Not Established

Other Ingredients: Vegetable Capsule (Hydroxypropyl Methylcellulose, Water), Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.

DOES NOT CONTAIN: Wheat, gluten, soy, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, sesame

Best taken before bed.

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Peps-Aid®



Categories:
Digestion and GI Health

2 fluid ounces

- Soothes digestive discomfort*
- Neutralizes excess stomach acidity*
- Promotes healthy stomach, liver, gall bladder function*
- Calms smooth muscle spasms of the gastrointestinal tract*
- Supports digestion and aids nutrient assimilation*
- Promotes healthy microbial balance*

Peps-Aid® provides fast, therapeutic relief for a range of digestive discomforts. Most of the herbs in Peps-Aid™ encourage healthy inflammatory response and microbial balance to support healthy gastric and intestinal tissues. Both chamomile and lemon balm soothe nervous system-related digestive upsets. The trio of peppermint, fennel, and ginger essential oils provide multi-faceted digestive support. Potassium bicarbonate offers stable neutralizing action for excess stomach acids. A medicine cabinet staple, this formula is beneficial for chronic or acute conditions.*

Supplement Facts

Serving Size: 2 ml (2.5 dropperfuls)
Servings Per Container: About 29

	Amount Per Serving	%Daily Value
Calories	5	
Total Carbohydrate	1g	<1%*

Proprietary Blend: 2 ml** (173 mg Herb Weight Equivalence)

Chamomile (*Matricaria chamomilla*) Flower Ext. (Organic)

Turkey Rhubarb (*Rheum palmatum* or *officinale*) Root Ext. (Organic)

Cinnamon (*Cinnamomum cassia* and/or *burmannii*) Bark Ext. (Organic)

Lemon Balm (*Melissa officinalis*) Herb Ext. (Organic)

Goldenseal (*Hydrastis canadensis*) Root Ext.

Luo Han Guo (*Siraitia grosvenorii*) Fruit Ext.

*Percent Daily Values are based on a 2,000 calorie diet
**Daily Value Not Established

Other Ingredients: Vegetable Glycerin, Deionized Water, Grain Alcohol (15%-25% by volume), Potassium Bicarbonate, Peppermint Essential Oil, Fennel Essential Oil, Ginger Essential Oil.

DOES NOT CONTAIN: Wheat, gluten, soy, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, sesame

Phyto-Cyto™



Categories:
Cell Life Regulation, Detoxification/Liver Support

4 fluid ounces

- Increases biological response modifiers*
- Promotes healthy lymphatic drainage*
- Encourages proper cellular function*
- Modulates healthy immune response*
- Promotes healthy inflammatory response*
- Provides antioxidant activity*

Phyto-Cyto™ activates cellular defense mechanisms to promote normal cell function. This unique herbal compound contains natural biologic response modifiers that increase internal defense responders, including cytotoxic T lymphocytes and natural killer cells. These plant extracts help control microtubule stability as well as normalize mitochondrial and cytoplasmic production of ATP (cellular energy). In addition, by promoting processes of elimination, it naturally assists the body in the disposal of cellular debris.*

Supplement Facts

Serving Size: 2 ml (2.5 dropperfuls)
Servings Per Container: About 59

	Amount Per Serving	%Daily Value
Proprietary Formula: 2ml* (614 mg Herb Weight Equivalence)		
Pacific Yew (<i>Taxus brevifolia</i>) Fresh Leaf and Bark Ext.		
Madagascar Periwinkle (<i>Catharanthus roseus</i>) Aerial Ext.		
Camptotheca acuminata Seed Ext.		
Mistletoe (<i>Viscum album</i>) Thallus Ext.		
Paw Paw (<i>Asimina triloba</i>) Seed and Bark Ext.		
Poke (<i>Phytolacca americana</i>) Fresh Root Ext.		
May Apple (<i>Podophyllum peltatum</i>) Root Ext.		
Luo Han Guo (<i>Siraitia grosvenorii</i>) Fruit Ext.		
Ginger (<i>Zingiber officinalis</i>) Essential Oil		
Sweet Orange (<i>Citrus sinensis</i>) Essential Oil		
* Daily Value Not Established		
Other Ingredients: Organic Cane Ethanol (57-59% by Volume), Distilled Water, Organic Vegetable Glycerin.		

Proprietary Formula: 2ml* (614 mg Herb Weight Equivalence)

Pacific Yew (*Taxus brevifolia*) Fresh Leaf and Bark Ext.

Madagascar Periwinkle (*Catharanthus roseus*) Aerial Ext.

Camptotheca acuminata Seed Ext.

Mistletoe (*Viscum album*) Thallus Ext.

Paw Paw (*Asimina triloba*) Seed and Bark Ext.

Poke (*Phytolacca americana*) Fresh Root Ext.

May Apple (*Podophyllum peltatum*) Root Ext.

Luo Han Guo (*Siraitia grosvenorii*) Fruit Ext.

Ginger (*Zingiber officinalis*) Essential Oil

Sweet Orange (*Citrus sinensis*) Essential Oil

* Daily Value Not Established

Other Ingredients: Organic Cane Ethanol (57-59% by Volume), Distilled Water, Organic Vegetable Glycerin.

DOES NOT CONTAIN: Wheat, gluten, soy, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, sesame

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Power Adapt®



Categories:
Active Lifestyle, Adrenal/Endocrine, Brain & Cognitive Health, Healthy Aging, Men's Health Sleep, Mood, & Stress Support, Women's Health

4 and 16 fluid ounces or 60 capsules

- Provides deep adrenal and endocrine restoration*
- Improves energy, stamina, and endurance*
- Optimizes recovery time after prolonged stress*
- Enhances cognitive function and mental performance*
- Promotes lean muscle strength, improves physical performance*

Power Adapt® is a dynamic, deep-acting adaptogenic tonic with a strong focus on restoration and recovery. The unique combination of herbal extracts improves energy, stamina and endurance while enhancing both mental and physical performance. Power Adapt® maximizes the benefits of physical exercise and is the perfect choice for athletes and individuals that demand peak performance.*

Supplement Facts

Serving Size: 2 capsules or 2 ml (2.5 dropperfuls)
Servings Per Container: 30 (caps), 59 (4oz), 236 (16oz)

	Amount Per Serving	%Daily Value
Calories	10	
Total Carbohydrate	1g	<1%*

Proprietary Formula: 2 ml** (1184 mg Herb Weight Equivalence)

<i>Eleutherococcus senticosus</i> Root Ext.
<i>Rhaponticum carthamoides</i> Root Ext.
<i>Rhodiola rosea</i> Root Ext.
Fresh Ashwagandha (<i>Withania somnifera</i>) Root Ext.
<i>Schisandra chinensis</i> Berry Ext.
<i>Cordyceps (Cordyceps militaris)</i> Fruiting Body Ext.
American Ginseng (<i>Panax quinquefolius</i>) Root Ext.
Fresh Oat (<i>Avena sativa</i>) Seed Ext.
Licorice (<i>Glycyrrhiza glabra</i>) Root Ext.
<i>Panax ginseng</i> Root Ext.
Pantocrine (antler of <i>Cervus elaphus</i>) Ext.

* Percent Daily Values are based on a 2,000 calorie diet
** Daily Value not established

Other Ingredients: Vegetable Glycerin, Deionized Water, Grain Alcohol (20%-30% by Volume), Luo Han Guo Fruit, Fennel Essential Oil.

DOES NOT CONTAIN: Wheat, gluten, soy, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, sesame



Why Adaptogens?

To live long and healthfully, we must strengthen our body's ability to withstand stress. A balanced lifestyle is fundamental, but to mitigate the demands of modern life, we need more support. That support is available through a unique class of botanical medicines called "adaptogens." Our adaptogenic formulations were the genesis of Natura Health Products and are, to this day, the foundation of our botanical work.*

Stress is an inescapable fact of life. What are its effects on the body?

Because stress has always been an inescapable fact of life, our bodies evolved with built-in responses to help us survive. When we're confronted with a threatening situation, blood pressure and heart rate increase, glucose is dumped into the blood stream, and non-essential systems are suppressed. When the crisis subsides, all systems are designed to return to normal. The problem is that our bodies don't distinguish between a life-endangering situation and the annoying but not life-threatening stressors of traffic, work deadlines, and financial difficulties. When stress is chronic or severe, we lose our ability to bounce back. Our bodies release too much cortisol and adrenaline, leading to tissue damage over time and eventual exhaustion, hormonal depletion, and dysregulated systems. This ultimately leads to a shorten lifespan and diminished quality of life.*

Adaptogens fortify natural stress resistance

Plants don't have the ability to avoid stressors in their environment. Instead, evolution has afforded them the ability to produce protective phytochemical compounds that help them successfully adapt to their changing environment by fortifying their natural stress resistance. Adaptogens then pass along these benefits to us.

Adaptogens help us "adapt" to meet the demands of stressors and return to homeostasis. Adaptogens modulate the neuroendocrine system, which orchestrates the adaptive response to stress, helping to calm the system. Herbal adaptogens buffer the effects of stress by restoring homeostasis (balance), optimizing metabolism, and encouraging healthy immune response. All of these actions help to reestablish physiological balance, allowing health and vitality to flourish.*

Adaptogens are safe and gentle, and provide foundational support for any health-promoting supplementation protocol. Natura's Key Adaptogenic Formulas include: Vital Adapt®, Power Adapt®, Botanabol®.

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Prosta-Palmetto Supreme®



Categories:
Men's Health

60 softgels

- Supports healthy function of the prostate gland*
- Helps maintain normal PSA levels*
- Supports normal urinary flow and nocturnal frequency*
- Encourages healthy prostate-related hormone metabolism*
- Promotes reproductive health*

Prosta-Palmetto Supreme® carefully combines select herbal extracts and nutrients well-known for their tonifying influence on genito-urinary function and prostate health. This synergistic blend combines herbs such as Saw Palmetto, which is plentiful in nourishing lipids and phytosterols, with those that modulate hormonal-receptor binding to promote healthy prostate function. Many of these compounds promote healthy inflammatory response and are found to encourage normal urinary function, flow, and nocturnal frequency.*

Supplement Facts

Serving Size: 2 softgels
Servings Per Container: 30

	Amount Per Serving	%Daily Value
Zinc (as Zinc Bisglycinate Chelate†)	6 mg	55%
Selenium (as Selenium Glycinate Complex)	33 mcg	60%
Saw Palmetto (<i>Serenoa repens</i>) Berry Ext.	346 mg	*
Nettle (<i>Urtica dioica</i>) Root Ext.	200 mg	*
Varuna (<i>Cratogeomomma</i>) Bark Ext. (Cratavin®)	166 mg	*
Pumpkin (<i>Cucurbita pepo</i>) Seed Oil	130 mg	*
Pygeum (<i>Pygeum africanum</i>) Bark Ext.	40 mg	*
Tomato (<i>Lycopersicon esculentum</i>) Fruit 6% Lycopene Ext. (Lyc-O-Mato®)	10 mg	*
Black Pepper (<i>Piper nigrum</i>) Fruit Ext. (BioPerine®)	3 mg	*

* Daily Value Not Established

Other Ingredients: Softgel Shell (Non-GMO Corn Starch, Carrageenan, Glycerin, Sorbitol, Purified Water, Caramel Color), Extra Virgin Olive Oil, Yellow Beeswax, Sunflower Seed Lecithin.

† Chelate supplied by Albion Human Nutrition.

DOES NOT CONTAIN: Wheat, gluten, soy, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, sesame



Quercetin Plus



Categories:
Antioxidant/Cellular Health, Cardiovascular Support, Foundation Wellness, Healthy Aging, Immune Health, Inflammation

90 capsules

- Provides antioxidant activity*
- Promotes cellular health*
- Modulates healthy immune and inflammatory response*
- Supports cardiovascular and neurological health*
- Controls histamine response function*

Quercetin, a prominent member of the polyphenol family, offers a diverse range of health benefits. It provides potent antioxidant activity with the ability to scavenge free radicals and inhibit lipid peroxidation which contributes to quercetin's ability to promote healthy cellular function. Quercetin supports cardiovascular health through its ability to benefit endothelial function, support healthy blood pressure already in a normal range, and promote healthy lipid metabolism. Like many polyphenolic compounds, quercetin is found to support healthy neurological function.*

Supplement Facts

Serving Size: 1 capsule
Servings Per Container: 90

	Amount Per Serving	%Daily Value
Vitamin C (<i>Citrus spp.</i>) ◀	50 mg	56%
Quercetin (as Quercetin Dihydrate from <i>Sophora japonica</i> Bud Ext.)	350 mg	*
Nettle (<i>Urtica dioica</i>) Leaf	50 mg	*
Bromelain from Pineapple (<i>Ananas comosus</i>) Stem Ext. 2400 GDU/Gram	50 mg	*

* Daily Value Not Established

Other Ingredients: Vegetable Capsules (Hydroxypropyl Methylcellulose), Silicon Dioxide, Magnesium Stearate.

◀ Naturized® Food-Grown Nutrient

DOES NOT CONTAIN: Wheat, gluten, soy, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, sesame



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S-Clear™



Categories:
Immune Health

2 fluid ounce spray

- Supports nasal and sinus health*
- Promotes free and clear breathing*
- Controls the histamine response function*
- Encourages healthy microbial balance*
- Relieves discomfort*

S-Clear™ features potent herbal extracts and aromatic essential oils that address nasal and sinus challenges to promote free and clear breathing. S-Clear™ modulates the healthy inflammatory response function of mucous membranes and promotes proper drainage of mucus and lymph to encourage sinus tissue health. It also supports a healthy immune system response and microbial balance. The vapors from the featured essential oils provide immediate relief by opening nasal passages.*

Supplement Facts

Serving Size: 2 sprays (about 0.33 ml)
Servings Per Container: About 177

	Amount Per Serving	%Daily Value
Proprietary Formula* 175 mg Herb Weight Equivalence		
Nettle (<i>Urtica dioica</i>) Leaf Ext.		
Eyebright (<i>Euphrasia stricta</i>) Herb Ext.		
Goldenrod (<i>Solidago spp.</i>) Herb Ext.		
Red Root (<i>Ceanothus americanus</i>) Ext.		
Fresh Osha (<i>Ligusticum porteri</i>) Root Ext.		
Licorice (<i>Glycyrrhiza glabra</i>) Root Ext.		
Bayberry (<i>Morella cerifera</i>) Root Ext.		
Fenugreek (<i>Trigonella foenum-graecum</i>) Seed Ext.		
Fresh Horseradish (<i>Armoracia rusticana</i>) Root Ext.		
Thuja <i>plicata</i> Leaf Ext.		
Ginger (<i>Zingiber officinale</i>) Root Ext.		
Thyme (<i>Thymus vulgaris</i>) Herb Ext.		
Wasabi (<i>Wasabia japonica</i>) Root Ext.		
Luo Han Guo (<i>Siraitia grosvenorii</i>) Fruit Ext.		
Peppermint (<i>Mentha piperita</i>) Leaf Essential Oil		
Cinnamon (<i>Cinnamomum cassia</i>) Bark Essential Oil		
Star Anise (<i>Illicium verum</i>) Seed Essential Oil		

* Daily Value Not Established

Other Ingredients: Deionized Water, Grain Alcohol (20-25% by Volume), Vegetable Glycerin.

DOES NOT CONTAIN: Wheat, gluten, soy, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, sesame

Throat & Gland™



Categories:
Immune Health

2 fluid ounce spray

- Supports throat tissue health*
- Encourages healthy immune response*
- Promotes healthy microbial balance*
- Supports lymphatic drainage*

Throat & Gland™ is a potent herbal throat spray that provides support when exposed to environmental challenges during the changing seasons. Its unique combination of propolis, herbal extracts, and essential oils is designed to support the immune and lymphatic systems, particularly when it is used prior to, or at the onset of, feelings of discomfort. Throat & Gland™ can be used for both symptomatic relief in acute situations and for general immune system support.*

Supplement Facts

Serving Size: 2 sprays (about 0.33 ml)
Servings Per Container: About 177

	Amount Per Serving	%Daily Value
Proprietary Formula: 2 sprays* (156 mg Herb Weight Equivalence)		
Propolis Gum Ext.		
Fresh Echinacea (<i>Echinacea angustifolia</i>) Root Ext. (Organic)		
Fresh Wild Indigo (<i>Baptisia tinctoria</i>) Root Ext.		
Licorice (<i>Glycyrrhiza glabra</i>) Root Ext. (Organic)		
Red Root (<i>Ceanothus americanus</i>) Ext.		
Thuja <i>plicata</i> Leaf Ext.		
Fresh Poke (<i>Phytolacca americana</i>) Root Ext. (Organic)		
Hyssop (<i>Hyssopus officinalis</i>) Herb Ext. (Organic)		
Echinacea (<i>Echinacea ang. and purp.</i>) Leaf & Seed Ext. (Organic)		
Barberry (<i>Berberis vulgaris</i>) Root Ext.		
Usnea spp. Lichen Ext.		
Lomatium (<i>Lomatium dissectum</i>) Root Ext.		
Luo Han Guo (<i>Siraitia grosvenorii</i>) Fruit Ext.		
Myrrh (<i>Commiphora spp.</i>) Gum Ext.		
Arnica (<i>Arnica montana</i>) Flower Ext.		
Peppermint (<i>Mentha piperita</i>) Leaf Essential Oil		
Fennel (<i>Foeniculum vulgare</i>) Seed Essential Oil		
Clove (<i>Syzygium aromaticum</i>) Seed/Bud Ext. (Organic)		

* Daily Value Not Established

Other Ingredients: Grain Alcohol (50% by volume), Deionized Water, Vegetable Glycerin.

DOES NOT CONTAIN: Wheat, gluten, soy, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, sesame

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Tranquility™



Categories:
Brain & Cognitive Health, Sleep, Mood, & Stress Support

90 capsules

- Calms and nourishes the nervous system with no pronounced sedative effect*
- Promotes mental and physical relaxation*
- Supports healthy levels of GABA (gamma-aminobutyric acid)*
- Encourages restful sleep*

Tranquility™ features a powerful blend of traditional tonic and relaxant nervines that work synergistically to calm and nourish the nervous system. Nervine herbs promote relaxation to support sustained calm energy in the face of stress. Many herbs in Tranquility, along with the amino acid glycine, promote healthy levels of GABA (gamma-aminobutyric acid) which facilitates relaxation and clarity. Tranquility™ provides support to the nervous system's ability to relax, enhances restorative sleep and promotes healthy mood, cognitive function, and mental performance.*

Supplement Facts

Serving Size: 2 capsules
Servings Per Container: 45

	Amount Per Serving	%Daily Value
Glycine	250 mg	*
Passion Flower (<i>Passiflora incarnata</i>) Aerial Parts Ext.	150 mg	*
Jujube (<i>Zizyphus spinosa</i>) Seed Ext.	150 mg	*
Kava (<i>Piper methysticum</i>) Root Ext.	100 mg	*
Skullcap (<i>Scutellaria latiflora</i>) Aerial Parts Ext.	75 mg	*
Lemon Balm (<i>Melissa officinalis</i>) Leaf and Stem Ext.	75 mg	*
L-Theanine (Suntheanine®)	50 mg	*
Saffron (<i>Crocus sativus L.</i>) Stigma Ext.	50 mg	*
Lavender (<i>Lavandula officinalis</i>) Flower Ext.	50 mg	*
Magnolia (<i>Magnolia officinalis</i>) Bark Ext.	30 mg	*

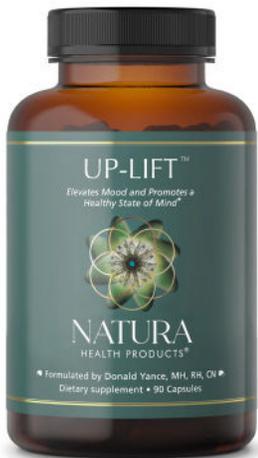
* Daily Value Not Established

Other Ingredients: Microcrystalline Cellulose, Vegetable Capsule (Hydroxypropyl Methycellulose, Water), Magnesium Stearate, Silicon Dioxide.

Suntheanine® is a registered trademark of Taiyo International, Inc.

DOES NOT CONTAIN: Wheat, gluten, soy, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, sesame

Up-Lift™



Categories:
Brain & Cognitive Health, Sleep, Mood, & Stress Support

90 capsules

- Encourages positive mood and mental outlook*
- Maintains healthy neurotransmitter levels*
- Promotes neurological health*
- Supports healthy neuroendocrine function*

Up-Lift™ provides a synergistic blend of ingredients to significantly improve mood, cognition, and mental productivity through supporting clear functioning of the neurological system. It supports healthy levels of neurotransmitters including dopamine, serotonin, and GABA by providing their natural precursors from herbal extracts, amino acids, and nutrients. By combining the building blocks for neurotransmitters with the guiding influence of the herbs, a comprehensive approach to mood support is achieved.*

Supplement Facts

Serving Size: 3 capsules
Servings Per Container: 30

	Amount Per Serving	%Daily Value
Vitamin B6 (from <i>S. cerevisiae</i>) \llcorner	4.7 mg	276%
Folate (from <i>S. cerevisiae</i>) \llcorner	167 mcg DFE	42%
Vitamin B12 (as Cobalamin from <i>S. cerevisiae</i>) \llcorner	200 mcg	8333%
St. John's Wort (<i>Hypericum perforatum</i>) Aerial Parts Ext.	600 mg	*
N-Acetyl-L-Tyrosine	400 mg	*
L-Tryptophan	200 mg	*
Ashwagandha (<i>Withania somnifera</i>) Root Ext.	200 mg	*
Magnolia (<i>Magnolia officinalis</i>) Bark Ext.	100 mg	*

* Daily Value Not Established

Other Ingredients: Vegetable Capsule (Hydroxypropyl Methycellulose, Water), Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.

\llcorner Naturized® Food-Grown Nutrient.

DOES NOT CONTAIN: Wheat, gluten, soy, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, sesame

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

Vibrant Mind®



Categories:
Brain & Cognitive Health, Healthy Aging

90 capsules

- Enhances memory recall and concentration*
- Promotes healthy cognitive function*
- Supports neurological health*
- Encourages healthy cerebral blood flow*

Vibrant Mind® contains an array of highly concentrated botanical extracts and advanced nutrients that work to promote healthy neurological function and mental acuity. Premium standardized extracts of classic brain tonic herbs such as *Bacopa monnieri*, *Ginkgo biloba*, and Gotu Kola have been combined with the neuro-enhancing compounds phosphatidylserine, huperzine A, vinpocetine, and acetyl-L-carnitine. These select ingredients provide multi-targeted mechanisms to support healthy brain oxygenation, mitochondrial function, and cholinesterase activity, while encouraging proper oxidant and cytokine balance.*

Supplement Facts

Serving Size: 3 capsules
Servings Per Container: 30

	Amount Per Serving	%Daily Value
<i>Bacopa monnieri</i> Whole Plant Extract (Bacopin®)	300 mg	*
<i>Ginkgo biloba</i> Leaf Extract	250 mg	*
Gotu Kola (<i>Centella asiatica</i>) Leaf Extract (Centellin®)	200 mg	*
Rosemary (<i>Rosmarinus officinalis</i>) Leaf Extract	150 mg	*
<i>Tinospora cordifolia</i> Aerial Parts Extract (Tinofolin®)	100 mg	*
<i>Salvia miltiorhiza</i> Root Extract	100 mg	*
Acetyl L-Carnitine (as Acetyl L-Carnitine HCl)	100 mg	*
Phosphatidylserine	50 mg	*
Saffron (<i>Crocus sativus L.</i>) Stigmas Extract	40 mg	*
Vinpocetine	5 mg	*
Black Pepper (<i>Piper nigrum</i>) Fruit Extract (BioPerine®)	2.5 mg	*
Huperzine A (from <i>Huperzia serrata</i> Aerial Parts Extract)	200 mcg	*

* Daily Value Not Established

Other Ingredients: Vegetable Capsule (Hydroxypropyl Methylcellulose, Water), Organic Brown Rice Flour.

DOES NOT CONTAIN: Wheat, gluten, soy, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, sesame

Not for use during pregnancy.

Vital Adapt®



Categories:
Adrenal/Endocrine, Brain & Cognitive Health, Foundational Wellness, Healthy Aging, Men's Health, Sleep, Mood, & Stress Support, Women's Health

4 and 16 fluid ounces or 60 capsules

- Promotes healthy adrenal and endocrine function*
- Improves energy and stamina*
- Optimizes stress protection, resilience, and recovery*
- Enhances mental and physical performance capacity*

Vital Adapt® is a nourishing, broad-spectrum herbal tonic designed to optimize the body's natural resilience and adaptation to stressful influences. Vital Adapt® offers a profoundly potent combination of elite adaptogenic botanicals to promote health, longevity, and well-being. Adaptogenic herbs nourish vital energy and provide a restorative action primarily through modulation of the HPA (hypothalamic-pituitary-adrenal) axis, optimizing neuroendocrine function.*

Supplement Facts

Serving Size: 2 capsules or 2 ml (2.5 dropperfuls)
Servings Per Container: 30 (caps), 59 (4oz), 236 (16oz)

	Amount Per Serving	%Daily Value
Calories	5	
Total Carbohydrate	<1g	<1%*
Proprietary Formula: 2 ml** (1446 mg Herb Weight Equivalence)		
<i>Eleutherococcus senticosus</i> Root Ext.		
Fresh Ashwagandha (<i>Withania somnifera</i>) Root Ext.		
<i>Rhodiola rosea</i> Root Ext.		
Rosehips (<i>Rosa canina</i>) Fruit Ext.		
<i>Schisandra chinensis</i> Berry Ext.		
American Ginseng (<i>Panax quinquefolius</i>) Root Ext.		
Turmeric (<i>Curcuma longa</i>) Root Ext.		
Hawthorn (<i>Crataegus laevigata</i> or <i>monogyna</i>) Leaf, Flower, and Berry Ext.		
Reishi (<i>Ganoderma lucidum</i>) Mushroom Ext.		
<i>Cordyceps</i> Mushroom (<i>Cordyceps militaris</i>) Fruiting Body Ext.		
Licorice (<i>Glycyrrhiza glabra</i>) Root Ext.		
Green Tea (<i>Camellia sinensis</i>) Leaf Ext.		
Elderberry (<i>Sambucus nigra</i>) Fruit Ext.		
Ginger Root (<i>Zingiber officinale</i>)		
Grape (<i>Vitis vinifera</i>) Seed Ext.		
Grape (<i>Vitis vinifera</i>) Skin Ext.		

* Percent Daily Values are based on a 2,000 calorie diet
** Daily Value Not Established

Other Ingredients: Vegetable Glycerin, Deionized Water, Grain Alcohol (20%-30% by Volume), Luo Han Guo Fruit, Fennel Essential Oil.

DOES NOT CONTAIN: Wheat, gluten, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, sesame
Capsules contain soy.

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

Vitamin D-A-K



Categories:
Antioxidant/Cellular Health, Foundational Wellness, Healthy Aging, Immune Health, Musculoskeletal Support, Vitamins/Minerals/Proteins

60 capsules

- Supports healthy bone mineralization and density*
- Promotes healthy immune system response*
- Enhances cellular function*
- Encourages healthy inflammatory response*
- Provides antioxidant activity*
- Supports optimal health*



Supplement Facts

Serving Size: 1 capsule
Servings Per Container: 60

	Amount Per Serving	%Daily Value
Vitamin A (as Mixed Carotenoids from Palm (<i>Elaeis guineensis</i>) Fruit)	59.5 mcg (1000 IU)	7%
Vitamin D3 (from <i>S. cerevisiae</i>) †	125 mcg (5000 IU)	625%
Vitamin K1 (from <i>Medicago sativa</i>) †	550 mcg	458%
Vitamin K2 (from <i>Medicago sativa</i>) †	50 mcg	**

** Daily Value Not Established

Other Ingredients: Rice Flour, Vegetable Capsule (Hydroxypropyl Methylcellulose, Water), Magnesium Stearate, Silicon Dioxide.
† Naturized[®] Food-Grown Nutrient.

DOES NOT CONTAIN: Wheat, gluten, soy, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, sesame

Vitamin D-A-K is a premium blend of highly bioavailable, food-based forms of vitamins D, A, and K. Vitamin D, vitamin K, and the carotenoid complex are known for their vast array of health benefits especially in relation to healthy immune system response, cell-cycle functions, and skeletal health. These vitamins also promote a healthy inflammatory response and provide antioxidant activity. Vitamins D and K are found to work synergistically to enhance skeletal health. Regular intake of the carotenoid complex and maintaining optimal serum vitamin D levels correlates with multiple health-protective influences.* *To learn more about Naturized[®] nutrients, see page 39*

Willow Relief[®]



Categories:
Active Lifestyle, Inflammation, Musculoskeletal Support

90 capsules

- Relieves minor pain*
- Enhances muscle relaxation*
- Modulates healthy inflammatory response*
- Supports natural healing processes*
- Promotes healthy blood circulation*

Supplement Facts

Serving Size: 4 capsules
Servings Per Container: 22

	Amount Per Serving	%Daily Value
White Willow (<i>Salix alba</i>) Bark Ext. 15% Salicin	800 mg	*
<i>Corydalis yanhusuo</i> Rhizome Ext.	320 mg	*
Wild Turmeric (<i>Curcuma aromatica</i>) Rhizome Ext.	200 mg	*
Indian Frankincense (<i>Boswellia serrata</i>) Gum Ext. (Boswellin Super [®])	200 mg	*
Hops (<i>Humulus lupulus</i>) Cone Ext. (Perlucan [®])	130 mg	*
Myrrh (<i>Commiphora myrrha</i>) Gum Ext.	120 mg	*
Notoginseng (<i>Panax notoginseng</i>) Root Ext.	60 mg	*
White Peony (<i>Paeonia lactiflora</i>) Root Ext.	60 mg	*
Bromelain (from Pineapple Stem) 2400 GDU/Gram	60 mg	*
Licorice (<i>Glycyrrhiza glabra</i>) Root Ext.	50 mg	*

* Daily Value Not Established

Other Ingredients: Hydroxypropyl Methylcellulose, Microcrystalline Cellulose, Maltodextrin, Food Starch - Modified, Silica, Vegetable Magnesium Stearate.

DOES NOT CONTAIN: Wheat, gluten, soy, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, sesame

Each of the botanicals in Willow Relief[®] has a long history of being used to relieve minor pain and modulate healthy inflammatory response. Willow Relief[®] features white willow bark and corydalis rhizome, combined with several other select botanicals including boswellia, wild turmeric, and Perlucan[®], a proprietary hops resin extract. The result is a comprehensive botanical-based formula for relieving minor pain, modulating healthy inflammatory response, and supporting the body's natural healing processes.*

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

Zinc



Categories:
Antioxidant/Cellular Health, Foundational Wellness, Healthy Aging, Immune Health, Men's Health, Women's Health, Vitamins/Minerals/Proteins

60 capsules

- Supports cellular metabolism*
- Promotes healthy immune system response*
- Encourages reproductive health*
- Promotes healthy inflammatory response*
- Provides antioxidant activity*
- Enhances healthy aging*

Supplement Facts

Serving Size: 1 capsule
Servings Per Container: 60

	Amount Per Serving	%Daily Value
Zinc (from <i>S. cerevisiae</i>) ◀◀	25 mg	227%

Other Ingredients: Vegetable Capsules (Hydroxypropyl Methylcellulose, Water), Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.
◀◀ Naturized® Food-Grown Nutrient

DOES NOT CONTAIN: Wheat, gluten, soy, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, sesame



Zinc is a biologically-essential trace mineral that influences all aspects of human physiology. Zinc is critical for almost every aspect of cellular health and required for metabolic health, immune response, reproductive health, and many other biochemical functions. Because of its profound influence on a large number of important biological processes, zinc supports homeostasis and enhances healthy aging. Natura's Naturized® food-grown Zinc is a highly bioavailable form that offers zinc within a food matrix. This unique form optimizes absorption and utilization by the body and is gentle on the stomach.*

Naturized® Food-Grown Nutrients = Effective Nutrition

Whole Foods Nutrients: Your Body Knows the Difference

Natural food is inherently complex. In whole foods, vitamins and minerals are accompanied by an assortment of macro and micronutrients, enzymes, and other beneficial compounds that play essential roles in maintaining biological function. These include protein and peptide carriers (co-factors) that act as chaperones, delivering them where they are needed in the body. The complex form of food-grown nutrients is what enables the body to recognize, assimilate, and utilize them.*

Most Supplemental Vitamins and Minerals Lack Nutritive Form

Plants play a critical role in changing inorganic material in the soil into compounds that have the ability to support human health. Unfortunately, the majority of United States Pharmacopeia (USP) vitamins and minerals are isolates that don't exist in nature. These isolated synthetic derivatives lack the nutritive form necessary to be biologically active; hence they have a much lower rate of absorption and utilization by the body than food-grown nutrients.*

- ✘ Optimized Absorption
- ✘ Targeted Delivery
- ↻ Enhanced Utilization

Naturized® Food-Grown Nutrients

Naturized® nutrients are created utilizing an all-natural food matrix technology that converts isolated nutrients into an enriched food complex. These nutrients possess the same synergistic co-factors and crucial protein chaperones inherent in whole foods, thus maximizing absorption and utilization by the body. The end result is an effective source of nutrition that provides real results and optimal benefits to your health.*

Naturized® nutrients are indicated with the (†) symbol. Natura products containing Naturized® nutrients: Cell Guardian™, IG Sensitizer®, Iron Synergy®, Quercetin Plus, Up-Lift™, Vitamin D-A-K, and Zinc

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

Products by Category

ACTIVE LIFESTYLE

Amino Whey Pro Advantage™
 Botanabol®
 Dual-Mag Complex®
 JTL Mobility®
 N-Liven™
 Night Gain®
 Power Adapt®
 Willow Relief®

ADRENAL/ENDOCRINE

Botanabol®
 ImmuCare®
 Meno-Breeze®
 Mushroom Synergy®
 Night Gain®
 Power Adapt®
 Vital Adapt®

ANTIOXIDANT/CELLULAR HEALTH

Amino Whey Pro Advantage™
 Botanical Treasures®
 Cell Guardian™
 Dual-Mag Complex®
 Mito-Gevity®
 Mushroom Synergy®
 N-Liven™
 Quercetin Plus
 Vitamin D-A-K
 Zinc

BLOOD SUGAR/BODY COMPOSITION

Amino Whey Pro Advantage™
 Botanabol®
 Dual-Mag Complex®
 IG Sensitizer®
 N-Liven™
 Night Gain®

BRAIN/COGNITIVE HEALTH

Amino Whey Pro Advantage™
 Complete Omega Essentials®
 Dual-Mag Complex®
 Mito-Gevity®
 Power Adapt®
 Tranquility™
 Up-Lift™
 Vibrant Mind®
 Vital Adapt®

CARDIOVASCULAR SUPPORT

Amino Whey Pro Advantage™
 Botanabol®
 Cardio Tonic-BP®
 Cho-Less®
 Complete Omega Essentials®
 Dual-Mag Complex®
 Iron Synergy®
 Mito-Gevity®
 Night Gain®
 Quercetin Plus

CELL LIFE REGULATION

Artemis Plus®
 Botanical Treasures®
 Cell Guardian™
 Mushroom Synergy®
 Phyto-Cyto™

DETOXIFICATION/LIVER SUPPORT

Botanical Treasures®
 Cell Guardian™
 Mushroom Synergy®
 N-Liven™
 Phyto-Cyto™

DIGESTION/GI HEALTH

Amino Whey Pro Advantage™
 Complete Omega Essentials®
 Digest Mend®
 N-Liven™
 Peps-Aid®

FOUNDATIONAL WELLNESS

Amino Whey Pro Advantage™
 Botanical Treasures®
 Complete Omega Essentials®
 Dual-Mag Complex®
 Iron Synergy®
 N-Liven™
 Quercetin Plus
 Vital Adapt®
 Vitamin D-A-K
 Zinc

HEALTHY AGING

Botanabol®
 Botanical Treasures®
 Complete Omega Essentials®
 Dual-Mag Complex®
 JTL Mobility®
 Mito-Gevity®
 Mushroom Synergy®
 Night Gain®
 Power Adapt®
 Quercetin Plus
 Vibrant Mind®
 Vital Adapt®
 Vitamin D-A-K
 Zinc

IMMUNE HEALTH

Complete Omega Essentials®
 Dual-Mag Complex®
 Flew Away®
 ImmuCare®
 Lung & Bronchial Tonic™
 Mushroom Synergy®
 Quercetin Plus
 S-Clear™
 Throat & Gland™
 Vitamin D-A-K
 Zinc

INFLAMMATION

Botanical Treasures®
 Complete Omega Essentials®
 Dual-Mag Complex®
 InflammAway®
 JTL Mobility®
 Quercetin Plus
 Willow Relief®

MEN'S HEALTH

Botanabol®
 Night Gain®
 Power Adapt®
 Serenoa Supreme™
 Vital Adapt®
 Zinc

MUSCULOSKELETAL SUPPORT

Amino Whey Pro Advantage™
 Botanabol®
 Complete Omega Essentials®
 Dual-Mag Complex®
 InflammAway®
 JTL Mobility®
 Night Gain®
 Vitamin D-A-K
 Willow Relief®

SLEEP, MOOD, & STRESS SUPPORT

Botanabol®
 Complete Omega Essentials®
 Dual-Mag Complex®
 Night Gain®
 Power Adapt®
 Tranquility™
 Up-Lift™
 Vital Adapt®

WOMEN'S HEALTH

Botanabol®
 Cell Guardian™
 Complete Omega Essentials®
 Iron Synergy®
 Meno-Breeze®
 Power Adapt®
 Vital Adapt®
 Zinc

VITAMINS/MINERALS/PROTEINS

Amino Whey Pro Advantage™
 Dual-Mag Complex®
 Iron Synergy®
 Vitamin D-A-K
 Zinc

Donnie Yance, MH, CN

As a young man, Donnie Yance joined a monastery with a vision to bring healing to the world.

Growing up, Donnie was impressed with the teachings of St. Francis of Assisi and shared his divine love of nature. He joined a monastery with the intention of serving humanity as a Franciscan monk. But it was when Donnie suffered a bout of pneumonia that he experienced firsthand the power of plants to provide herbal remedies.

This was just the beginning of his calling to learn the secrets of plant medicine, nutrition, and healing, and to devote his life to helping those struggling with serious health challenges. Upon leaving the monastery, he began his quest to unravel the mysteries of natural medicine.

After decades of extensive research and clinical practice, he developed Mederi Care, a diagnostic and therapeutic methodology for patient care, with the goal of significantly improving patient quality of life and longevity—an approach that provides the theoretical and applied framework for his formulation philosophy at Natura.

Today, Donnie continues his mission to heal the world through his daily research, writing, teaching, and dedication to being of service in practice with his clients. And, this year, Donnie is extending his practitioner education. The Mederi Academy launched its first course in the Fall of 2022, educating healthcare practitioners from around the world in the theory and practice of Mederi Care.

Donnie is the author of two books, including his latest work, *Adaptogens in Medical Herbalism*, as well as dozens of articles that have appeared in major industry publications and national journals. His calling as a young man to live a life of service and bring healing and hope to his clients now touches the lives of patients and practitioners around the world.

Donnie received his herbal training through Sequoia College and is a professional member of the American Herbalists Guild. He trained as a Clinical Nutritionist through the National



Donnie is the founder and formulator of Natura Health Products, for which he created a unique line of therapeutic-grade botanical and nutritional supplements. The Natura portfolio consists of over forty formulations derived from botanical and nutritional agents acquired from around the world. These products have made a significant contribution to his and many other practitioners' clinical successes, by providing therapeutic amounts of key ingredients that would otherwise be unattainable anywhere in the world.







THE ROOT OF WELL-BEING



NATURA
HEALTH PRODUCTS