



2024
Product
CATALOG

- Organic Bulk Foods
- Essential Oils
- Minerals
- Vitamins
- Natural Body Wash & Shampoo
- Cleaning Supplies

440-632-0316

15005 SPRINGDALE AVENUE, MIDDLEFIELD, OH 44062
MONDAY - FRIDAY: 9 AM - 5 PM | SATURDAY: 9 AM - 2 PM

Greetings to all our Customers!

Greetings to all our customers!

Welcome to our new 2024 catalog! This gets to be more of a chore & expense to get all products and prices correct! We hope we got it correct as of now. Prices just keep going up all the time. We plan on keeping you updated on price increases in the Quarterly Newsletter. So, if you have not or are not getting our newsletter than call or write the store.

We have again added a lot of new items and deleted a lot of discontinued items. We hope you can still find everything that you liked in the past. We try real hard to research the items to replace discontinued items. So, if something is discontinued, just ask what we are replacing it with.

We are still using the cards to have you tell what you liked or disliked with your order experience. We really appreciate those of you who fill these cards out and return them. Thank you!

Local Delivery; We now do local deliveries 6 days a week! Have your order in by 10 AM and receive same day. Orders up to \$50.00 is a \$15.00 fee, orders from \$50 to \$100.00 is \$10.00 fee, orders from \$100.00 to \$150.00 is \$7.50 fee, orders from \$150.00 to \$200.00 is a \$5.00 fee and orders over \$200.00 is FREE delivery.

Thank you for being our LOYAL CUSTOMERS! May the LORD Bless you & Yours with Health.

Daniel & Susan Fisher & the Staff at Heritage Naturals LLC

PHONE: 440-632-0316

15005 Springdale Avenue, Middlefield, OH 44062

Mailing: P.O. Box 249C, Middlefield, OH 44062

STORE HOURS:

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The following symbols will appear throughout the catalog so you can easily tell which products are Organic, Gluten-Free, and/or Non-GMO.

 = Organic Product

 = Gluten Free Product

 = Non-GMO Product

TERMS & CONDITIONS Please call us within 24 hrs if you receive an order that was damaged or if we made any mistakes. We do accept returns on unopened products within 30 days of purchase date, excluding foods. **But please, always give us a call before sending product back.** All prices are subject to change without notice.

These products are not FDA approved. Will not diagnose, prevent, or cure disease. All prices subject to change without notice.

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JUST A FEW OF THE TRUSTED BRANDS YOU WILL FIND

in Our Catalog and so much more!





Family Wellness 4x4 Plan

4 Steps to get the family started by 4 ways to monitor your family's Health.

STEP 1

The Body Foundations Kit (70+ minerals, 16 vitamins, and 12 Amino Acids in 1 kit), Complete Omega, Vit. D3 and drinking water, 1/2 your weight in ounces, preferably RO Water.

STEP 2

Complete Cleanse Kit (product for first 5 cleanses in this kit minus some food products). #1 Colon & Liver Cleanse, #2 Gall Cleanse, #3 Fat Cell Cleanse, #4 Toxic Sludge Cleanse, #5 Immune Boost Cleanse, (#6 and #7 not in kit), #6 Heart Valve & Arteries Cleanse, #7 Heavy Metal Cleanse.

STEP 3

Monitor these three things from home:

1. Blood Pressure with Pulse Blood Pressure numbers should be 120/80 with a pulse rate of 78-80 for ladies and 60-70 for men. The best time to check is just before lunch (after sitting quiet for 5-10 minutes with deep breathing, as far in as you can and as far out as you can).

2. Blood Sugar Blood Sugar numbers should be 80 to 95 everybody, also checking just before lunch.

3. PH Also just before lunch.

STEP 4

Target any specific issues using Water Divine protocols provided for you by your Water Diving Wellness Leader.

**Heritage Naturals LLC takes this statement seriously.
So if you want to avoid Dr. & Hospital visits, give Water Divine a try.**

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Hair Mineral Analysis **\$175.00 Each**

Hair Mineral Analysis is a screening test to measure the levels of up to 60 essential minerals and toxic metals. With correct testing and interpretation, one can construct a comprehensive metabolic profile of the human body.

Benefits of Hair Mineral Analysis

Hair is an excellent biopsy material. It's easy to sample, easily preserved and transported, represents a soft tissue of the body, and is storage and eliminative tissue. As hair grows, it forms a permanent record of the body's nutritional deficiencies or excesses.

This information, along with dietary and nutritional evaluations, will provide the bases for a nutritional balancing program to establish and maintain optimal levels of wellness. By correcting tissue mineral levels and ratios with proper diet, supplementary nutrients and lifestyle modifications, many physical and behavioral health conditions can be prevented or reversed.

Minerals screened include:

Electrolytes - Calcium, Magnesium, Sodium, Potassium and Phosphorus

Trace Minerals - Copper, Manganese, Chromium, Selenium, Iron, Molybdenum, Lithium, Cobalt and Zinc

Elevated Readings can have different reading depending upon:

1. The symptomatology of the Patient
2. The elevated concentrations of the mineral in question.
3. Whether a specific treatment, regimen or diet is being followed.
4. Relationships to other elemental readings.

Toxic metal screening includes lead, mercury, cadmium, arsenic, nickel and aluminum.

A very high reading of toxic amount of the mineral in the hair, and/or in the body tissue in general. In the case of a toxic metal, and deposition or accumulation in the hair indicates some degree of toxicity.

High levels of toxic metals inhibit the body's ability to process and assimilate specific nutritional elements that are essential to good health and have a proven link to many types of diseases.

Hair Vs. Blood Analysis

"Data have been compiled from the available world literature on the accumulation and bio-concentration of selected toxic metals in human hair and nails and other mammalian hair, fur, nails, claws and hoofs. The toxic trace metals and metalloids include antimony, arsenic, boron, cadmium, chromium, cobalt, copper, lead, mercury, nickel, selenium, tin, and vanadium. These have been tabulated by toxic metal, geographical areas, subjects, sex, age, exposure gradient, analyses in ppm, and authority, from over 400 references... The various uses of hair for biological monitoring are reviewed for correlating with environmental exposure gradients, diseases associated with excesses and deficiencies, geographic distribution and historic trends. .. It appears to be that if hair and nail samples are collected, cleaned, and analyzed properly, the data are valid. Human hair and nails have been found to be meaningful and representative tissues for biological monitoring for most of these toxic metals."

Jenkins, D. TOXIC TRACE METALS IN MAMMALIAN HAIR AND NAILS, U.S. Environmental Protection Agency, Washington D.C. EPA/600/4-79 (NTIS PB80102997). 1979

- **Research shows that trace minerals and metals are accumulated at concentrations that are 10-50% higher in hair.**
- **Blood and urine give an instantaneous reading that may be affected by many detoxification/chelation treatments.**
- **Hair analysis gives a long-term reading that is unaffected by recent meals, activities such as exercise, or emotional status.**
- **Toxic metals rarely remain in the blood or urine for long, but often deposit in the hair where they can be measured over a three-month period.**

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Water Divine Complete Body Foundation Kit

70+ Angstrom sized, water soluble and naturally ionized minerals. Plus all vitamins and amino acids derived by squeezing fruits. Add a good omega for a complete balanced supplement.

Kit contains: 1 - 32 oz. Potassium Zinc, 1 - 32 oz. Mag./Cal., 1 - 32 oz. Complete Essentials, 1 - 10 oz. 60 day Multi-Vit.

WD01 2 Month Supply.....\$180.00



Water Divine Complete Cleanse Kit

The minerals needed to do 5 cleanses and directions for 7 different cleanses. #1 colon & liver, #2 gall and bile ducts, #3 fat cell cleanse, #4 toxic sludge, #5 immune boost, #6 heart valve and artery, #7 heavy metal. Call for the complete directions.

Kit contains: 1 Bottle of Complete Cleanse-O, 1 - 32 oz. Copper, 1 - 32 oz. Silver, 1 - 32 oz. Zinc.

WD02..... \$148.00

Water Divine Boron

Boron plays a vital role with the body's own hormones to convert Vitamin D to an active form. It helps maintain bone density, good bone health, and is necessary for cartilage formation and repair. Boron benefits Calcium absorption up to 40% into the bones, and will assist with ligament health. It also helps regulate estrogen in women, testosterone in men, maintain brain function and memory capability, helps with muscle pain and heart tissue health.

WD03 - 32 oz. \$36.00

Water Divine Cobalt

A fascinating mineral, the body cannot make use of Vitamin B-12 without Cobalt, as one is used to energize and metabolize the other. A part of your energy cycle, the lack of Cobalt can result in slow growth. Other deficiencies include fatigue, digestive disorders, nerve damage (insulated coating on nerve endings).

WD06 - 32 oz. \$36.00

Water Divine Calcium

Calcium is known as the "knitting" mineral because the body is held together with Calcium. Adults have about two pounds of pure calcium in the body, however, Calcium by itself is not that great, as the body can become toxic with calcium excess, but with Magnesium Calcium is great with itself. A Calcium deficiency could mean a deficiency as well. It is a reactive mineral to give a good heartbeat (reacts to Potassium around the heart), and regulates and controls proper heart rhythm. Blood clotting is regulated to a degree with Calcium (and Magnesium). Strong bones and teeth can be a result of proper Calcium, however, the lack of Calcium can cause osteo-arthritis (where you lose cushion between bones, and the bone itself), enlarged heart (congestive heart failure), white spots on nails, gallstones, high blood pressure, slow wound healing, cavities, hormone production, a weak immune system, and acidosis (low body pH). The body uses Calcium when try to adjust the pH, but when the pH is low over a period of time, the body will draw Calcium from the bones in order to adjust the pH of the bones and the body, leading to bone spurs, and osteoporosis.

WD04 - 32 oz. \$36.00

Water Divine Chromium

Chromium aids the diabetic and pre-diabetic community in lowering blood sugar, and is quite effective. It helps increase the body's sensitivity to insulin, therefore, with Chromium in the bloodstream the insulin has a lot stronger chance of being able to remove the excess sugar by getting the cells to open up and take the sugar in and convert it into energy. It can also be used effectively in lowering the cholesterol levels in the bloodstream. It works with the liver to burn fat out of the body. It builds muscles, regulates sugar, and it helps to stimulate enzymes activity. Chromium is knocked down out of the body by white sugar, white flour, white rice, white pasta, etc. The lack of the ability to process sugar out of the body (Chromium deficiency) may result in diabetes, pre-diabetes, depression, high cholesterol, anxiety, ADD/ADHD, high blood pressure, and heart disease.

WD05 - 32 oz. \$36.00

Water Divine Copper

A very powerful, wonderful, and essential mineral. Copper should never be taken with any other mineral, as it will attach to the mineral and weaken it, therefore, it is recommended that you take it 30 minutes before or after other minerals. Copper holds elasticity and tensile strength in the flesh and tissues so that when it expands, and is flexible it does not rupture. When tensile strength is lost, it can cause varicose veins, hardening of the arteries, aneurysms, hemorrhoids, wrinkles, and skin eruptions. It is also necessary for proper functioning of parasitic (there are 8,000 species of parasites that can live in the body), and anti-mold. It will also kill parasites in the brain. Copper is found largely in the aorta artery in the heart, and the second largest place of storage is in the liver, as it is used to detoxify the liver. An indicator of Copper deficiency is anemia, cirrhosis of the liver, hernias, baldness, parasite caused allergies, and white, gray, or silver hair.

WD07 - 32 oz. \$36.00

Water Divine Enzymes

Enzymes are required to break down the food so that the nutrition can be properly delivered to the cells. Once the cells have this nutrition they deliver it to the entire body. People can die due to malnutrition even when they are eating a lot because they have low enzymes. Low enzymes cause things like food allergies, acid reflux, heartburn, irritable bowel syndrome, and lactose intolerance. Enzymes are destroyed because of processed salt, fluoride in our water, antibiotics, solvents, nitrate fertilizer, pesticides, and over 500 different chemicals we are exposed to daily.

WD08 - 32 oz. \$36.00

Water Divine Germanium

Germanium is a very important nutrient needed in the body. It builds oxygen in the blood, encourages the body to build a lot more killer T. Cells (which builds the body's immune system), protects red blood cells, eliminates toxins and heavy metals in the body, and enhances the body's energy level. Germanium is also known as an incredible conductor, which means it has the strong potential to correct neurological problems, thereby, lowering hypertension, eliminate numbness in the body, and assist greatly with diabetic neuropathy.

WD09 - 32 oz. \$36.00

Water Divine Gold

Unique in character, anti-viral and anti-bacterial. Gold stimulates the glandular system, allowing all parts of the body to work better. It can reduce the chance of arthritis because it knocks down inflammation in joints. Gold has the tendency to put you into a deeply relaxed state, and make you dream in color, therefore, it can greatly enhance chronic sleep disorders. The presence of Gold can benefit brain dysfunctions, hot flashes, depression, and circulatory disorders. It neutralizes fluoride poisoning, and will help with drug type addictions. It is recommended that you take Gold at night before bedtime as it will slow you down otherwise. Never mix Gold with any other mineral because it will attach itself to that mineral and weaken it. Always take 30 minutes before or after any other mineral.

WD10 - 32 oz. \$36.00

Water Divine Indium

A remarkable mineral. Indium encourages (stimulates) the master gland in the body (pituitary gland) to excrete more hormonal stimulating secretions. It has very beneficial effects on anti-aging, has a positive neurological effect, helps with weight loss and gain, and assists the immune system in becoming better and stronger. Also, when taken with any other mineral. Indium will intensify that mineral. Indium may assist the body in depression, anxiety and fears, unstable sugar levels, Parkinson's Disease, and bowel problems.

WD11 - 32 oz. \$36.00

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Water Divine Lithium

Angstrom sized lithium is a nutritional supplement form of lithium, used in micro doses much like zinc or selenium. Most people, when they hear “lithium”, think of the medication used to treat bipolar disorder. That is available only by prescription, and is a different form of lithium called lithium carbonate. Its is used in much, much higher doses, in the range of 1000 mg per day, vs. 10-20 mg per day of angstrom sized lithium. Lithium is a mineral that has completely unique properties in terms of how it works in the brain and its impact on mood.

WDL – 16 oz. \$36.00

Water Divine Iron

Iron, the metal that mankind has used for centuries to build tools, machinery, vehicles, buildings and even skyscrapers is also used to build us. Iron is the leading component to building red blood cells in the human body. Are red blood cells important? Only to the point that we die immediately without them! The life cycle of a red blood cell is 120 days. When it dies, the iron that’s in it is so precious that our ceator designed a way to recapture the iron and other nutrients. The dead blood cells are sent to the spleen where they are taken apart and the iron and nutrients are removed and recycled back to make new blood. Iron as a supplement can be a problem if it’s not the softer more porous variety. Obviously the better softer version broken into super small particle size and in a liquid is going to be much better. Iron can and will constipate a person if you’re not taken a fair amount of vitamin C. The vitamin C is required to properly oxidize the iron to finish its ability to travel into the bone marrow to be used with other nutrients to produce blood. Red blood cells are called the nutrient carriers of the body. They also properly transport water to hydrate tissue and especially the human brain. Iron deficiency is more likely in ladies than men for the simple reason of the monthly cycling and losing of blood. Iron is certainly life blood for the human body, the lack of it means not enough blood cells, that means you are low in everything: nutrients, water, sugar, oxygen, energy, and quality of life.

WDI3 – 32 oz. \$36.00

Water Divine Iodine

Iodine stimulates the thyroid gland, the thyroid gland regulates the body’s metabolism, and Iodine is an absolute essential part of that regulation. It is called the “metabolizer” because it regulates how your food will burn, quickly or slowly, therefore it is also very important in weight loss and gain. It also regulates the body’s thermostat, and blood vessels. Thyroid problems stem from an over abundance of fluoride, and fluoride dominates Iodine, so our cleanse program is needed to cleanse the thyroid; otherwise, depression, hypothyroidism, hyperthyroidism, hormone imbalance, dry skin, scaly skin, goiter problems, and dwarfism could mean an Iodine deficiency. Iodine is excreted out of the body when we sweat.

WDI2 – 32 oz. \$36.00

Water Divine Magnesium

Magnesium is known as the “miracle” mineral because it is a relaxing, calming, and anti-stress mineral. A Calcium blocker (it keeps Calcium from building up in parts of the body), it delegates where Calcium can go in the body, therefore, it works well with Calcium, and is required for Calcium to do its job in the human body. It dilates blood vessels for proper blood flow, thereby, allowing pain, headaches, and heart weakness of all sorts to diminish. The lack of Magnesium can cause wrinkles, gall and kidney stones, leg cramps, enlarged prostate, and growth failure. Vertigo, which is calcification of the inner ear (a mountain of Calcium growing inside the ear); over a period of time will melt away with the use of Magnesium. Also, Magnesium is great for over excited and hard to control teens.

WD14 – 32 oz. \$36.00

Water Divine Molybdenum

Also an essential mineral. Molybdenum is a helpmate to Sulfur, as it is needed for Sulfur to do its complete job in the body. It is an essential micro nutrient, and not a lot is needed. Use daily unless you are taking extra Sulfur, then 1 tsp. For every 1 oz. of extra Sulfur. Molybdenum is known to help fight cavities, help carry oxygen to the cells, assists in carbohydrate and fat metabolism, and in iron utilization. Lack of it may cause prostate infections, gout, impotency in men, bladder infections, canker sores, allergies, and Bell’s palsy.

WD16 – 32 oz. \$36.00

Water Divine Manganese

Very powerful and much needed, Manganese is vital and essential to our body’s makeup. Called “the brain mineral”, it has the effect to deliver nutrition, and oxygen in and out of the brain. It is required for formation of connective tissues; therefore, it helps with repetitive movement type disorders such as carpel tunnel syndrome, tennis elbow, and stiff tendons. It plays an important role in neurological type effects, digestion of proteins, carbohydrates, and transports glucose in the body. A deficiency could mean hearing problems, deafness, lack of concentration, stillbirths, miscarriages, Multiple Sclerosis, stuttering, infertility, loss of libido in both sexes, ringing in the ears, PMS, depression, memory loss, gout, and tremors

WD15 – 32 oz. \$36.00

Water Divine Platinum

Unique in character, Platinum should never be taken with any other mineral, as it will attach to the mineral and weaken it, therefore, it is recommended that you take it 30 minutes before or after other minerals. It gives the ability to focus and concentrate and possibly able to repair nerve damage because it sticks to the nerves. It is anti-viral, antibacterial, and has been found to have a stimulating effect on the body, so it should be taken early in the morning. Chronic fatigue, PMS, back pain, and headaches could be benefited by the use of Platinum.

WD18 – 32 oz. \$54.00

Water Divine Potassium

A deficiency in potassium is the number one cause of irregular heartbeat. It surrounds the outer cellular fluids of the heart and gives the heart the ability to evenly fire or keeps the heart evenly beating. One of the primary purposes of potassium is to help the cells pick up water molecules so that the cells can carry water to all parts of the body. When this does not happen, the body can become dehydrated thus leading to heat strokes. Potassium drives out or removes “bad” salts (which could result in water retention, slows reflexes, chronic fatigue, and weaken muscles) and brings in “good” salt, which can correct these situations. Potassium is great in raising your PH levels because it drives out the bad salt, a great natural source is found in potato peelings.

WD19 – 32 oz. \$36.00

Water Divine Selenium

Research shows that there is a very high content of Selenium in heart tissue, therefore, it may help with cardiomyopathy (degeneration of heart muscles, muscle tissue, weak) heart disease. It is the greatest super antioxidant of all minerals. It removes rancid fats, and trans fats from the body, and may be responsible for stopping an organ from going into cancer mode if it is on the borderline. Selenium is an essential mineral because it builds the immune system, works with the heart to get it strong, and can correct heart palpitations to a degree. It is a protecting mineral that works along with Vitamin E to protect against radiation poisoning (radiation can break down red blood cells). A deficiency in Selenium can be responsible for muscular dystrophy, hot flashes, age spots, premature aging, Alzheimer’s, fatigue, and sickle cell anemia.

WD20 – 32 oz. \$36.00



Water Divine Humic

Humic acids are big molecules, ranging in molecular size from 10,000 to 100,000. They’re dark in color and combine mixtures of carbon chains and carbon rigs. (In addition to carbon, they also contain oxygen, nitrogen, hydrogen, and phosphorus.) The exact composition of Humic molecules varies by source. They’re not soluble in water in acid conditions, but are soluble in alkaline in alkaline solutions. Humic acids work best in the soil, where they readily unlock nutrients and bind to them, making them available for uptake into plants. Ans they chelate toxic metals, preventing harmful material from entering the plant. Further, they stimulate microbial activity in the soil, increase water retention, and simulate root and shoot growth. They also act as a dilator, increasing the cell well permeability of plants so that nutrients can be absorbed. They’re all-start of soil, an essential component of every soil environment that help to make the whole system work better. Humic acids can be thought of as the roads, bridges, and tunnels that allow for essential exchanges between the plant and soil.

WD32 – 32 oz. \$54.00

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Water Divine Silica

Silica as a mineral supplement is better known in our daily lives as sand. So you may say why don't I just eat sand. Eating sand has the same problem as eating any other dirt blend trying to get your minerals. The particle is and always will be too large to absorb into bloodstream and into cell walls. Remember to be real as a supplement, it needs to be small enough to go through a root system of a plant. Silica is strangely unique in the body because we do not store it as we do with all the other minerals. Because of its abundance in soil, it appears the decision was made for no need to store in the body. Because of modern lifestyles and food choices, the average American loses 85% of their stored Silica from early growth muscles by the age of 35. By age 60 and 65, 95% of our youthful silica load is lost. This loss makes our muscles tight and rigid, causing us to lose our flexibility. In later life, the body can only use the silica it takes in on a daily basis, any more will be secreted out through the kidneys. Being consistent with a small amount such as 1Tbsp daily is the most effective. If you consider what does Silica do in and for the human body, it's fairly important. Silica is called the Matrix builder for all tissue in the body. For example if you were building a house and you have the wood framing put up, this would be equal to the Matrix of that home. So the matrix of the Human body is the framework of any and all tissue. On bone tissue, the Silica creates the framework and Calcium, Magnesium, and Boron create the wall with Vitamin D3 as the glue to hold all of it to the Silica matrix structure. Silica is also very well known to pull heavy metals from the body especially Aluminum. This is why Silica is a great daily supplement in later life, but also protects us from an aluminum buildup which can lead to things like Alzheimer's.

WD21 – 32 oz. \$36.00

Water Divine Vanadium

Vanadium is best known for its ability to imitate insulin in the bloodstream and to control sugar effectively. A very powerful mineral, it can prevent the formation of cataracts, and assist with metabolic functions. When taken with Chromium, it helps to reduce blood sugar, and cholesterol levels. A deficiency could result in infertility, diabetes, obesity, cardiovascular disease, and chronic thirst type symptoms.

WD24 – 32 oz. \$36.00

Water Divine Sulfur

Called the "healing" mineral in the body, Sulfur is needed in abundance, and can be found in the darker green leafy vegetables. It was the first antibiotic, and the first antibiotic drugs were made from Sulfur. For skeletal disorders, it will bring healing and repair to muscle and joint pain, help inflammation of all sorts, and is great for general muscle and skeletal pain. For optimum results it should be taken in the food grade type. Circulatory problems, migraines, stress, skin disorders, constipation/and back pain could be a sign of a Sulfur deficiency.

WD23 – 32 oz. \$36.00

Water Divine Silver

In lab tests, Silver is know to kill every virus known to mankind, and there are 650 known viruses. Silver should never be taken with any other mineral, as it will attach to the mineral and weaken it, therefore, it is recommended that you take it 30 minutes before or after other minerals. It is anti-viral, anti-bacterial, but it does not harm good bacteria in the body. Bad bacteria breathes nitrogen, and good bacteria breathes oxygen, therefore, Silver works by carrying a valance charge, physically electrocuting bad bacteria, but is compatible with good bacteria in the body. When Silver loses its charge-ability, it will turn acid salt in the body into high alkaline salt, which will raise the body's pH level. For this reason, it acts as a secondary immune system.

WD22 – 32 oz. \$36.00

Water Divine Tin

Tin (Sn) is a metal. IT can exist by itself as a pure compound, or as part of organic compounds. Inorganic compounds from when tin combines with other elements such as chloride, fluoride, sulfur, or oxygen. Organic tin compounds form when tin binds to carbon. People take tin by mouth for cancer. People apply tin to the skin for bad breath, dental cavities, sensitive teeth, gingivitis, plaque and hair care, but little is know about the functions of tin in humans. Natural sources of tin are some canned foods, seaweed, licorice and some toothpaste. People use tin as a mouth rinse or toothpaste for conditions such as sensitive teeth and gingivitis. It is also used for conditions such as bad breath, cavities, dry mouth, and plaque, but there is no good scientific evidence to support these uses. Although tin has not been found to be essential for humans (Neilsen FH, 1974), symptoms of tin deficiency may be similar to that found in rats and may contribute to hearing loss. The processing of tin in the human body is connected to iodine in the same manner as calcium is linked to magnesium.

WDT – 32 oz. \$36.00

Water Divine Zinc

This mineral is important to the body that it is allowed to freely travel anywhere it desires. The reason it is allowed to freely travel is because it stops viral and bacterial growth on contact thus protecting the entire body. When a virus or bacteria is no longer replicating it allows the body's immune system time to begin working. The Immune system is able to overtake the virus and bacteria if they are not reproducing quicker than the immune system can respond. It is considered to be the "base" mineral according to the Chain Dependency because so many other minerals and enzymes are dependent on it to be carried throughout the body. It's a super antioxidant that donates electrons to cells who have become "free radicals" to stabilize them so that they no longer cause damage in the body. It is also necessary for maturing of reproductive organs, proper vision, healthy skin, reduces body odor, enhances libido, and in large quantity helps with male prostate issues.

WD25 – 32 oz. \$36.00

Water Divine Phosphorus

Next to calcium, phosphorus is the most abundant mineral in the body. These 2 important nutrients work closely together to build strong bones and teeth. About 85% of the body's phosphorous is in bones and teeth. Phosphorus is also present in smaller amounts in cells and tissues throughout the body. Phosphorus helps filter out waste in the kidneys and plays an essential role in how the body stores and uses energy. It also helps reduce muscle pain after a workout. Phosphorus is needed for the growth, maintenance, and repair of all tissues and cells, and for the production of the genetic building blocks, DNA and RNA. Phosphorous is also needed to help balance and use other vitamins and minerals, including vitamin D, iodine, magnesium, and zinc.

WD22 – 32 oz. \$54.00



Water Divine Fulvic

Fulvic acids are much smaller molecules than Humic acids, ranging in molecular size from 1,000 to 10,000. They're soluble in water at all pH levels, unlike Humic acids, which are only soluble in alkaline solutions. There are two types of fulvic acids – fulvates, which are molecules bound to minerals, and free-form fulvic acids. Fulvic acids consist mostly of carbon, hydrogen, oxygen, and nitrogen. Like Humic acids they're formed through microbial decay. They are golden in color and are more biologically active than Humic acids, due to an oxygen content that is nearly twice that of Humic acids. The principal benefit of fulvic acids is their ability to bind to nutrients and transfer those nutrients into plants. In fact, fulvic acids are the most effective carbon containing chelating compound known. This is due to fulvic acid's small molecular size and electrical charge. (Although they're small, they can carry many times their own weight in minerals.) Fulvic acids can be thought of as the railcars that carry vital nutrients from the soil into the plant.

WD33 – 32 oz. \$54.00



Water Divine MCB Divine

Bone, muscle, cartilage, brain, and heart for men and women.

WD27 5 fl. oz. \$40.00

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440-632-0316 | 15005 SPRINGDALE AVENUE, MIDDLEFIELD, OH 44062



Water Divine Vita Divine

Complete nutrition. Balance and energize your body. Multi-vitamin.

WD30 10 fl. oz. \$59.00



Water Divine PH Testing Strips

WD26 \$14.00



Water Divine Sports Divine

Electrolyte liquid minerals.

WD29 30 vials \$40.00



Water Divine Cleanse O Plus Powder

A specially formulated magnesium based compound which has been ozonated and stabilized to release nascent oxygen when used as directed. Has a stool softening effect which eliminates the digestive tract of unwanted fecal debris and aids in digestion by slowly releasing beneficial nascent oxygen which good aerobic bacteria needs to digest properly.

WD32 - 150 grams \$40.00



Water Divine Painless Divine

Cellular absorption for cell utilization. Relieve joint pain and muscle aches to rebuild muscle.

WD28 30 vials..... \$40.00



Water Divine Liq B6-B-12

Folate Energy boost liq. vit. are cell ready and bio-available. Supports good cognitive neurological eunction. Vital energy helps metabolize. carbs, fats, proteins, supports immune system.

WD-34 - 5 fl. oz. \$40.00

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*Thank you for making Water Divine available. They are a God sent.
~ Miriam*

*Thank you, Heritage Naturals, for your prompt service and trust in pay-
ment! We're overwhelmed with the results of our Water Divine products!
~ David B. · Clymer, NY*





Keto Machine
.....\$40.40



Thermometer
Digital, touchless.
TM.....\$14.30



Keto Mojo Glucose Strips
60 Ct.....\$20.50



Blood Pressure Monitor
BPM.....\$44.70



Ketone Oral Test Strips
KTS.....\$11.50



Keto Mojo Glucose & Ketone Strips
60 Ct.....\$80.75



Blood Sugar Monitor
BSM.....\$28.55



Keto Twist Lancets
KTS.....\$9.95



Hot Water Bottle
HWB - Big \$7.95
HWB - Small..... \$6.90



Finger Pulse Ox
Check your oxygen level and pulse right from home!
FPO\$21.35



Keto & Glucose Monitor
KTS.....\$64.30



Hot Water Bottle Cover
HWBC.....\$1.50

Not All Grounding Products Are Created Equal

Ground Therapy® products are exclusively created for Ultimate Longevity by Clint Ober, the innovator behind the Grounding (aka earthing) movement.

Grounding Therapy, Therapy Grounding, Grounding Brand, Grooni, Vital Reaction, Bio Energy Products, and the many other knock-off brands on Amazon.com and various websites online are imitation brands that produce inferior, poor quality products that are missing important components and may contain toxic materials.

In many cases, these brands have no customer support and are not reachable by phone or email.

One knock-off company boldly advertises a 30-day money back guarantee, but in small print on a different page they tell you that they will only give you your money back if your product has never been opened.

As time passes, more and more knock-off companies enter the marketplace, making it impossible to give you a complete list of all the knock-offs. They steal our images, our website copy, and in some cases they've even stolen Clint's book. One knock-off company went so far as to call themselves "The Official Earthing Store."

In the beginning, they had ugly websites and Amazon listings with broken English and misspelled words. As they made money, they corrected their spelling mistakes, created better images and built nicer websites and Amazon listings – making it harder for the average person to tell what is real and what is not. One knock-off company corrected numerous grammatical and spelling errors, but left the sentence "Come join us in our scheme," on one page of their website.

With Ultimate Longevity's Ground Therapy products, you can rest assured you're getting authentic, quality grounding products designed & produced by Clint Ober, an unconditional 30-day money back guarantee, and access to a highly trained team of grounding advisors available by phone and mail to P.O. Box 249, Middlefield, OH 44062.

NOTE: The many knock-off grounded sleeping products on the market are cheap, poor quality imitations of Clint's previous product designs. None of them offer anything that resembles his patent pending NEW 2020 DESIGN that is thinner, softer, lighter and more conductive.

High levels of toxic metals inhibit the body's ability to process and assimilate specific nutritional elements that are essential to good health and have a proven link to many types of diseases.

Hello and I wanted to let you know that my grounding mat and pillowcases are a dream come true. My husband John said he hasn't slept that well in years! I want to thank you for your great help with me on the phone. Daniel, your suggestions were right to the point. Consider me a lifelong customer.

~ Regina M. • Cashton, WI



Ground Therapy Sleep Mat

The most important time to ground is when you sleep. Grounded sleeping was an integral part of the protocol used in most of the scientific research on grounding the human body for health. Designed and produced by Clint Ober, the Ground Therapy Sleep Mat provides...

- 6-8 hours of uninterrupted grounding
- Full-body grounding maximizes the electron transfer (more surface area contact equals more electrons)

- Healing electrons at the time when your body does most of its healing & repair

Enjoy the seemingly miraculous benefits that nature provides when you use your Ground Therapy Sleep Mat to connect to the continual stream of beneficial electrons from the Earth's surface.

Once inside your body, the stream of electrons work as an anti-inflammatory, pain-relieving, anti-aging antioxidants – squelching inflammation, all night long.

GTSM-02\$189.00 | 2 for \$299

Full \$320.00

Queen \$238.00



Earthing Book

320 pages.

EB\$19.95



Ground Therapy Pillowcase

Complete your grounded sleeping experience and get the ultimate full-body coverage (from head to toe) when you couple our Ground Therapy Sleep Mat with the Ground Therapy Pillowcase / Pillow Cover.

The Ground Therapy Pillowcase / Pillow Cover delivers the Earth's healing electrons directly to your head and neck. Excellent for stress reduction, improved mood, better sleep, depression, anxiety, headaches, neck pain, tinnitus and much more.

GTP-03\$129.00

2 Pack \$172.00



Ground Therapy Throw Blanket

Envelope yourself in Earth's powerful healing with the luxurious Ground Throw Blanket. Small enough to be used as a comfy throw during the daytime, but just large enough to cover one person as a mini-blanket at night while sleeping.

GTTB-04\$239.00



Ground Therapy Accessories

Buy accessories for your Grounding products. Ground rod chords, Continuity testers and extension chords can enhance your products effectiveness and increase ease of use.

GTA-07 – Tester\$35.00

GTA-08 – Ground Rod \$30.00



Ground Therapy Universal Mat

The Ground Therapy Universal Mat is the perfect all-purpose mat. Place it under your desk; then connect by putting your bare feet on it. But don't stop there; you can use this mat for 'everything'!

Enjoy the flow of electrons by placing the Ground Therapy Universal Mat on the floor in front of your kitchen sink and stand barefooted on the mat while doing dishes or rinsing produce. Then, move it to the floor in front of your favorite chair to enjoy a health-giving barefoot connection while reading, watching TV, or simply relaxing. Made of 100% conductive carbon leatherette

GTUM-09 \$69.00



Whisper Organic Sheets & Linen Sheets

Full \$54.10

Queen\$65.70



Now Organic Whole Psyllium Husk 0

Soluble fiber from foods such as psyllium seed husks, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving of Whole Psyllium Husks supplies 6 grams of the 7 grams soluble fiber necessary per day to have this effect.

5968 – 12 oz. \$11.15



Now Betaine HCl 648mg

Formulated to support proper digestive conditions in the stomach. HCl production tends to decline with age, so supplementing with HCl and pepsin may help to maintain normal digestive function.

2938 – 120 v caps \$15.70



Now Papaya Enzyme Chewable

Have a refreshing taste and support digestion when taken after meals. Our lozenges are made with whole, unripe, spray dried papaya powder, and have 40 mg of papaya per lozenge. In addition, protease, lipase and cellulase have been included for a full spectrum of enzymatic activity. This tablet is also useful as a mint breath freshener.

2970 – 180 loz. \$9.30



Now Super Enzymes

NOW® Super Enzymes is a comprehensive blend of enzymes that supports healthy digestion. Formulated with Bromelain, Ox Bile, Pancreatin and Papain, Super Enzymes helps to optimize the breakdown of fats, carbohydrates and protein.

2960 – 90 caps \$17.15



Now Pancreatin

Pancreatin is a preparation of porcine pancreatic enzymes. Pancreatin has naturally occurring protease (protein digesting), amylase (carbohydrate digesting), and lipase (fat digesting) enzymes.

2945 – 250 caps \$19.95



Now DGL with Aloe Vera

Licorice has been extensively researched for its ability to support healthy digestive function.* DGL, or deglycyrrhinated licorice, is a form of licorice root that has been specially processed to remove glycyrrhizin, an undesirable compound, thereby enriching the biologically active compounds that help maintain a healthy lining in the stomach and intestines.

100 v caps \$18.85



Now Berry Dophilus

Provides 2 billion CFU from a combination of 10 clinically validated probiotic bacterial strains designed to support gastrointestinal health and healthy immune system function.* Healthy intestinal flora also helps to create a favorable environment for the absorption of nutrients.* BerryDophilus™ can be used by both adults and children. Sweetened with xylitol, BerryDophilus™ won't harm teeth and it tastes great.

60 Chewables \$10.70

120 Chewables \$12.69



Enzymedica Lypto Gold for Fat Digestion (Keto Friendly)

Keto companion. Powerful meal digestion breaks down fats, fiber and carbs to unlock the powder of your food, provides digestive support for these without a gallbladder, supports cardiovascular health, when taken between meals.

LG0323 – 120 ct. \$41.65

60 ct. \$21.45



Digest Gold with AT Pro (NEW)

Most advanced enzyme formula that breaks down carb fats fiber and protein, improves concentration and increases vitality.

DG0324 – 180 caps \$69.30



Digest Gold & Probiotics (NEW)

Probiotics provide additional digest support by boosting enzyme production and promoting regularity.

32422 – 180 caps \$76.10



Repair Gold (NEW)

Contains Serrapeptase with Bromelain papain and additional enzymes known to support fatigued muscles and joints. The enzymes work with the body's own mechanisms of renewal and may support the body's natural response to overexertion and strenuous activities.

RG0321 – 120 caps \$53.55



Serra Gold

Contains high-potency serrapeptase combined with a blend of proteolytic enzymes known to support mobility, immune function and cardiovascular sinus health.

SG0322 – 120 caps \$41.10



Blue Bonnet Super Bromelain

Blue Bonnet's Super Bromelain 500 mg caps contain 2400 GDU/gm of pure bromelain from pineapple. Bromelain assists in digestion of protein and scar tissue when taken away from food. Should be taken with Serra Gold & Repair Gold.

0895 – 120 caps \$28.26



Pharm Aloe Freeze Dried Aloe Vera Leaf Juice

An aloe supplement. Supports the immune system. Aids in balancing stomach acidity. Soothes the digestive system. Increases assimilation of nutrients. Supports normal joint function.

PAC – 64 cap. \$27.85



Pharm Aloe Aloe Vera Leaf Juice **GF**

Aloe Vera Leaf Juice 128 oz by Pharm Aloe is a 99.7% organic, high-polysaccharide aloe juice for digestive, immune, detoxification & joint support. Gluten free.

PHAE2 – 1 gal. \$34.40



Pharm Aloe Aloe Vera Leaf Juice 4x Concentrate

an all-natural dietary supplement devised to maintain good general health, create high energy levels, boost immune system and aid with digestion. It works to hinder the development of degenerative conditions.

PHAR1 – 32 fl. oz \$27.15



Pharm Aloe 96% Aloe Vera Gel

Intended for use topically on your entire body.

8 fl. oz \$10.00



Aloe Life Aloe Gold

Better choice for low sugar and yeast protocols.

ALG-16 oz. \$14.55

ALG-32 oz. \$24.55



Allegany Nutrition Digestive Enzymes HP90V

Can help with: Heartburn, Constipation, Bloating, Chronic Illness, Lactose Intolerance, Acid Reflux, Food Allergies, Overall Health, Weight Loss, Energy.

AL90 – HP 90 veg. caps \$27.15

AL270 – HP 270 veg. caps \$68.95



Allegany Nutrition Digestive Enzymes MF90V

Can help with: Heartburn, Constipation, Bloating, Chronic Illness, Lactose Intolerance, Acid Reflux, Food Allergies, Overall Health, Weight Loss, Energy

MF90 – 90 caps \$27.15



Allegany Nutrition Digestive Enzymes AL-90

Can help with: Heartburn, Constipation, Bloating, Chronic Illness, Diverticulitis, Gluten Free, Gas, Food Allergies, Sensitive Stomach, Weight Loss, Lactose Intolerance, Energy, Celiac Disease, Crohn's Disease.

AL901 – AL90 veg. caps \$28.60



Allegany Nutrition Probiotic

A full spectrum formulation with 14 essential probiotic strains along with 6 different enzymes, trace minerals and Inulin (FOS). Probiotic Aids in: Candida Yeast, Lactose Intolerance, Diarrhea, Constipation, Allergies, Fatigue, Irregularity, Bloating, Gas, Travelers Diarrhea, Irritable Bowel Syndrome.

ANPro – 60 v caps \$25.70



Allegany Nutrition Natto LP

Ultra high activity. Proteolytic and Lipolytic Enzyme Formulation.

120 Veg. Caps \$34.40



MicroLyn Prebiotic Liquid

Cherry, grape or orange flavors. Aids in absorbing calcium, immune booster, Pre/Probiotic Digestive Fiber.

16 oz. \$39.95



MicroLyn Probiotic Powder

Cherry, grape, orange, unflavored Flavors. Immune booster.

..... \$39.95



MicroLyn Prebiotic Drops for Babies & Toddlers

Aids in absorbing Calcium. Grape, cherry, orange flavors.

2 oz. \$20.00



MicroLyn Prebiotic Cough Syrup

Liquid prebiotic. Peppermint, cherry flavors.

8 oz. \$14.80

2 oz. drops for Babies & Toddlers \$20.00



Yerba Prima

Supports digestive health. Premium dietary fiber supplement.

02614 - 180 Caps..... \$13.95



Inspired Nutrition Bio-Fibrin

5 of the best Proteolytic Enzymes. Dissolves Fibrin Protein. Effective with internal Scar Tissue. Dissolves Biofilms and Cysts.

IS105 - 105 V. Caps \$51.50



PB-8 Probiotic

8 Strains of Beneficial Bacteria, No milk, Gluten or soy.

120 Caps \$16.00



ViTal Nutrients Pancreatic Enzymes

Pancreatic Enzymes support healthy digestion by supplying natural enzymes that are secreted by the pancreas. These pancreatic enzymes are essential to the breakdown and absorption of food and its nutrients, helping to promote the normal digestion of proteins, fats and carbohydrates.

41711 - 1500 mg. \$29.35



Organic Smooth Move Tea Original with Senna

16 Tea Bags \$6.70



L-Glutamine

Glutamine is a precursor to the important inhibitory neurotransmitter Gaba also plays a role in ammonia disposal.

50 Veg. Caps..... \$7.10



Lemon Ginger Chews & Vitamin B6 **GF**

The digestive support of ginger root in a delicious gummy.

60 Ct. \$21.40



Now Slippery Elm

It's known for its mucilage constituents which helps to coat & soothe the tissues of the GI Tract.

100 Caps \$8.50



Now ChewyZymes

ChewyZymes is a broad spectrum digestive enzyme formulation in a natural berry-flavored, vegetarian chewable tablet for adults and children. It is designed to support optimal digestion of meals. Digestive enzymes are essential to the body's absorption and full use of food

2957 - 90 v caps \$13.35



Now Gluten Digest

Gluten dig includes proteases & amylases that address other protein & carbs components.

60 Veg. Caps \$21.49



Bio Trust Collegan

Flavors: Unflavored, Chocolate, Vanilla, Fruit Punch.

8 oz. \$44.30



Bio Trust Eternal Reds Beets & Berries

Circulation & energy collagen.

9 oz. \$62.90



Ancient Nutrition Bone Broth Collagen

Flavors: Pure, Vanilla, Chocolate. 13g protein. Supports a healthy gut, skin, joints, and immunity. Featuring collagen type I, II, and III from real food sources. Also featuring glucosamine, chondroitin and hyaluronic acid. From non-GMO, hormone free, cage free and cruelty free sources.

ANBBC - 30 servings \$42.80



Ancient Nutrition Bone Broth Protein

Flavors: Pure, Vanilla, Chocolate. 20g protein. Supports healthy joints and skin. Features Collagen type II. Features glucosamine, chondroitin, hyaluronic acid and 19 amino acids. From non-GMO, pasture-raised, hormone-free, cage-free and cruelty-free sources.

ANBBPI-20 - 20 servings \$42.80

ANBBPI-40 - 40 servings \$115.70



Ancient Nutrition Multi Collagen Protein

Pure, vanilla, chocolate, or strawberry lemonade. An all-in-one, premium collagen supplement with a potent, high-quality blend of hydrolyzed collagen peptides from grass-fed beef, collagen from chicken bone broth, hydrolyzed collagen peptides from wild fish, clinically studied eggshell membrane and clinically studied ashwagandha extract. Supports Healthy: Tendons, Ligaments, Muscles, Digestion, Skin.

ANCP-40 - 45 servings \$61.00

ANCP-90 - 90 capsules \$45.40



Dynamic Health Liquid Vitamin C 1,000 mg.

Liquid Vitamin C from Dynamic Health is naturally citrus-flavored and delivers 1000 mg per serving. This maximum absorption formula features natural rose hips and bioflavonoids. Quicker and easier to digest than tablets or capsules.

DY0044 - 16 fl. oz. \$15.00



Med Free Living Factor 5

MF5 - 120 cap. \$62.40

New Hope Naturals Inflain

(try this instead of Factor 5)

NHNI - 120 cap. \$26.15



Joseph's Herbs Complete Tissue & Bone

Bone, Flesh, Cartilage System Support.

JH001 - 300 cap. \$20.00



Joseph's Herbs Complete Tissue & Bone Syrup

Bone, Flesh, Cartilage System Support.

JH002 - 8 oz. \$13.00



Joseph's Herbs Night Vision

Blend of Bilberry berries, ginkgo, eyebright herbs, etc.

JH005 - 300 ct. cap \$22.00



Joseph's Herbs Herbal Calcium

For the muscular and nervous system.

JH004 - 300 ct. cap \$20.00



Joseph's Herbs Complete Tissue & Bone Salve

Bone flesh cartilage system support.

JH003 - 8 oz. \$14.00



Joseph's Herbs Cold Season

Good for preventative care. Boost your immune system.

JH006 - 300 ct. cap \$20.00



Joseph's Herbs Dandelion Root

Good liver function support.

JH007 - 300 ct. cap \$21.00



Ester - C Chewable

Ester-C® is a breakthrough patented Vitamin C formula supported with naturally occurring metabolites. It is a potent antioxidant that works to support our immune system by fighting free radicals. The damaging effects of free radicals are responsible for the premature aging of metabolic cells. White blood cells are an important part of the immune system, and use Ester-C® as a key nutrient in this mechanism.

26872125 -90 Caps \$22.75



Harris Herbs Artery Cleanse

HHAC – 4 oz. \$22.15



Lymphatic & Lung

HHLL – 4 oz. \$18.40



Essiac Herbal Tea

ESSIAC® is an herbal formula which helps support the immune system.

1.5 fl. oz. \$35.95



Essiac Herbal Extract

ESSIAC® is an herbal formula which helps support the immune system.

EH – 10.14 fl. oz. \$35.70



Essiac Herbal Powder

ESSIAC® is an herbal formula which helps support the immune system.

EHP – 1.5 oz. \$34.20



McNess Aromatic Compound

The traditional supplement that contains ginger and other natural extracts commonly used to support your digestive system. Ingredients: Extracts of Blackberry, Rhubarb and Ginger. Alcohol 10%, Cinnamic Aldehyde, Glycerin, Oils of Anise and Clove, Sodium Benzoate, Sugar, Water.

McNAC – 4 oz. \$11.75



Satori Invigorating Voice Restorative

Amazing product made with organic - oils etc. Delivers a positive response to effects of pollution, dryness and simple overuse of the throat.

402500 – 1 fl. oz. \$13.25



Honeycomb Industries Expello-C

The Expello-C combination of herbs work together to Detox the body of harmful toxins and provide food to the healthy bacteria in your gut. Our bodies deal with many harmful toxins that can cause cell damage, weight gain and other health conditions if not taken care of. Damaged cells and/or free radicals can cause a chain reaction that can eventually lead to more serious conditions.

HIEC – 16 oz. \$28.95



DopaTropic Powder

A homeopathic product is a derivative of Gaba, a naturally occurring inhibitory neurotransmitter. Good product that works on the nervous system. Parkinson neurological function.

7890 – 5 oz. \$18.60



Vitamin O

Vitamin O is a special supplemental oxygen taken in liquid form, produced through electrical activation with saline solution from the ocean.

4 oz. \$25.75

16 oz. \$39.85



Acidil Meltaway Tablets Heartburn Relief

Boiron, plant based actives, no drug

0092 \$10.75



Diaralia Diarrhea Relief

Intestinal Pain, Bloating, Gas.

0093 \$10.00



Hylands Seasonal Allergy Relief

Natural relief for allergy symptoms. Works gently & naturally. All natural drowsy free formula.

215120 – 60 tab. \$9.95



Hyland's Motions Sickness

Non-drowsy, safe and effective for adults and kids. 50 quick-dissolving tabs.

--- -50 tabs \$9.50



Allercetin Allergy & Sinus

Homeopathy product that works by stimulating your own natural defenses to fight allergies with histamine & quercetin.

2619 – 48 tab. \$10.20



Inspired Nutrition Artery Clear

Designed to support artery health by adding known support nutrients such as Guar Gum, Garlic Extract, L-Lysine, Alpha Lipoic Acid, L-Proline, Pantethine, and Choline to our powerful advanced blend.

IS100 – 180 cap. \$49.90



Inspired Nutrition Monolaurin

Our body adds glycerol to other coconut acids, as well, and converts them into monoglycerides of MonoCaprin and MonoMyristin. We wanted to combine them together as a family and offer a little fuller spectrum of the coconut monoglycerides than others. So, we have included our exclusive "MonoCaprin Plus"™ to provide: Minimum: 95% MonoLaurin plus up to: 2% MonoMyristin and 2% Mono-Caprin.

IS140 – 21 oz.\$54.30



Jarrow Formula Curcumin 95 500 mg.

Highly concentrated in polyphenols known as curcuminoids, which are lipid soluble antioxidants found in the spice turmeric. Curcumin and its metabolites support antioxidant status to minimize oxidative stress. Curcumin supports joint function.

CUR95 – 120 cap.\$57.85



Micro Health Solutions Glyco Balance Aloe Immune Matrix

Benefits may include: Accelerated Wound Healing, Reduced Inflammation, Improved Bowel Movements, Increased Cognition, Better Joint Mobility, Reduced Swelling, Positive Moods, Sound, Healthy Sleep, Skin Lesion Improvements, Better Memory, Less Side Effects From Chemotherapy, Release From Constant Colds And Flu, Reduction of Autistic Behaviors, Reduced Discomfort, Improved Muscle Movements. 30 day supply.

MicroHGB – 110g.\$52.10



Boiron Oscilloccinum

Oscilloccinum works with your body to help temporarily relieve fatigue, headache, body aches, chills & fever. Safe for ages 2 & up, take at the first sign of flu-like symptoms.

225204 – 30 doses\$35.45

225205 – 6 doses\$10.20



North American Herb & Spice OrgeRESP

This is the original desiccated multiple spice oil complex. Ultra-potent support for the immune and respiratory systems.

231502 – 30 veg cap.\$24.10

231207 – 90 veg cap.\$56.75



Wellness Oil of Oregano

Dietary Supplement for a Healthy Immune System.

60 cap.....\$50.00



Boiron Throat Calm

Throatcalm is a medicine cabinet must-have for every teacher singer or coach. It is recommended for everyone ages 12 & up and is available in a box of 60 quick-dissolving tablets.

330250 – 60 tabs\$13.25



Natural Blessings Fungal Buster

Olive leaf with oregano essential oil added to provide an extra boost to fight fungus, infections, (including yeast, tooth infection, etc.)

NBFB – 240 caps\$17.95



NatureWorks Swedish Bitters

A mixture of aloe blended with different herbs produces a "bitters" for overall health and well-being.

SL0006 – 8.45 oz.\$19.60

SL0005 – 3.38 oz.\$10.95



Natrol Melatonin (Fast Dissolve) 5 mg.

Assists with occasional sleeplessness and helps you fall asleep faster, stay asleep longer and wake up feeling refreshed. Natrol's unique fast dissolve form enables faster absorption and can be taken anytime, anywhere. No water needed.

101865 – 90 tab.\$14.40



Natrol Melatonin (Time Release) 5 mg.

Combined with Vitamin B6, provides an initial dosage of melatonin to help you fall asleep fast, then slowly releases additional melatonin throughout the night to help you stay asleep so you can wake up refreshed.

1014837 – 100 tab.\$10.20



Natrol Melatonin (Liquid) 2.5 mg.

Assists with occasional sleeplessness and helps you fall asleep faster, stay asleep longer and wake up feeling refreshed. It is great tasting and an ideal alternative to taking pills before bed.

190230 – 8 fl. oz.\$11.35

1 mg 2 fl oz.\$6.90



Natural Vitality Natural Calm Gummies

VY0025 – 120 ct. \$24.95



Nature's Answer UT Answer with D-Mannose

Supports Healthy Urinary Tract Function, Powerful 1,955 mg Blend of Cranberry & D-Mannose to support Urinary Tract Wellness, Fast Acting Concentrated 3 day Regimen.

NA0751 – 90 caps \$23.50



Nature's Answer Echinacea & Goldenseal Extract

Supports a Healthy Immune System, Made from 1000 mg pure herb per serving, Bio-chelated Cold Process.

2 oz. \$11.85

1 oz. \$8.80



Nature's Answer Mullein Leaf

Is known to help with lung diseases, coughs, respiratory, etc.

NA0623 – 1 oz. \$10.00



Nature's Sunshine Bilberry Fruit

Bilberry contains strong antioxidants that, in addition to supporting vision, it also sustain the circulatory system.

74-8 – 60 tab. \$28.90



Nature's Sunshine Balance B Complex

Get your B vitamins! Support digestion and nervous system health with this vegetarian- friendly supplement. Vegetarian- Friendly Formula. Provides a Full Array of B Vitamins. Supports Nervous System Function. May Improve Mood.

1625-4 – 120 tab. \$27.00



Natures Sunshine Chlorophyll

Chlorophyll helps support the body's blood-cleansing functions and strengthens the immune and intestinal systems. Benefits: Digestive tract detoxifier, Supports detoxification, Upregulates Phase II enzymes, Fresh mint flavor

1689 – 32 oz. \$30.15



Nordic Naturals Arctic Cod Liver Oil Lemon

Made exclusively from 100% wild Arctic cod. Promotes heart and brain health, and supports the immune and nervous systems.

57785 – 90 ct. \$20.50



Nordic Naturals Complete Omega

Lemon flavor. 565 mg total omega-3s (soft gels); 1270 mg total omega-3s (liquid). The perfect balanced combination of omegas 3, 6, and 9. With added GLA from borage oil. Supports heart, brain, joint, and skin health. Combines pure, fresh omega-3 fish oil with sustainably sourced borage oil.

01775 – 180 ct. \$42.80

01777 – 120 ct. \$29.10

01776 – 60 ct. \$15.85



Nordic Naturals Ultimate Omega

Ultimate Omega® delivers the #1 omega-3 in the U.S.—for heart, brain, and wellness support—in every delicious daily serving. With all the health benefits of pure, fresh, high-quality concentrated fish oil, it gives you more omega-3s in every serving.

03790 – 180 ct. \$59.95

02790 – 120 ct. \$42.85

02791 – 60 ct. \$21.45



Nordic Naturals Arctic Cod Liver Oil Lemon

Lemon flavor. 750 mg total omega-3s (soft gels); 1060 mg total omega-3s (liquid). Made exclusively from 100% wild Arctic cod. Promotes heart and brain health, and supports the immune and nervous systems.

58185 – 8 oz. \$23.95



Nordic Naturals Vitamin D-3 Gummies 1000 I.U.

Vitamin D3 Gummies gives you a delicious daily serving of the vit. D3 you need for bone, mood, and immune support. A delicious, convenient way to get your expert-recommended daily vitamin D3—the form of vitamin D your body naturally makes from sunlight.

31140 – 60 ct. \$12.80



Nature's Herbsals Bone-Flesh- Cartilage Powder

This is an aid for malfunction in bone, flesh & cartilage, and is also excellent for varicose veins, sprains, curvature of the spine, tremors, skin eruptions, pulled muscles, blood clots, calcium spurs, and etc.

NHBCP – 15 oz. \$26.45



Nature's Herbals Bone-Flesh-Cartilage

This is an aid for malfunction in bone, flesh & cartilage, and is also excellent for varicose veins, sprains, curvature of the spine, tremors, skin eruptions, pulled muscles, blood clots, calcium spurs, and etc.

NHBFC – 190 ct. \$20.00



Nature's Herbals Dental Health

Black walnut contains iodine which helps fight infection. It is also high in natural fluoride which may help strengthen tooth enamel.

NHDH-8 – 8 oz. \$30.00

NHDH-4 – 4 oz. \$16.45



Nature's Herbals Infection Aid

This formula kills infections, clears toxins from the lymph system and is a natural infection fighter.

NHIA – 190 ct. \$32.85

Herbal Calcium - Plus for the Muscular & Nervous System

NHHC-16 – 16 oz. \$49.95

NHHC-8 – 8 oz. \$30.00

NHHC-2 – 2 oz. \$17.15



Total Amino Solution

A complete blend of all the amino acids your body needs to repair itself. Taking a single amino acid can improve a single symptom. But that one symptom stresses an entire system – your body. This means that total repair of your body may require “total” blend of all the amino acids to refuel your body’s natural repair system.

TAS – 180 cap. \$42.20

Nature's Herbals Super Vit C - Plus

Colds, flu and immune enhancer.

NHVC – 120 cap. \$31.45

Nature's Herbals Children Liq Vit C

Colds, flu and immune enhancer.

NHLC – 4 oz. \$18.60

Nature's Herbals V-Vein

Cleanses, feeds and rebuilds the vascular system of the body.

NHVV – 190 cap. \$24.30

Essential Oxygen Peroxide

Hydrogen peroxide 3%. Food grade.

615505 – 32 oz. \$14.50

615750 – 16 oz. \$10.00

615751 – 8 oz. \$7.90

Epsom Salt

ES10 – 10 lb. \$15.50

ES5 – 5 lb. \$7.75

ESI – 1 lb. \$3.50

Nature's Herbals Elderberry Immune Tonic

Immune Builder this tonic is rich in Vit C., flavonoids and antiviral proteins.

NHET-4 – 4 oz. \$18.60

NHET-2 – 2 oz. \$10.00



100% Beeswax Ear Candles

440324 – 2 pk. \$8.00



Li-Zyme Forte

Li-Zyme Forte™ supplies the trace mineral lithium as a whole food, phytochemically bound vegetable culture source. It may be used where a higher concentration of lithium is indicated. Typical dietary intakes of lithium range from 200 to 600 mcg per day, however certain population groups consume levels that are significantly higher. While not considered an essential trace mineral, animal studies have documented detrimental effects of lithium deficiency. Each tablet supplies 150mcg of plant sourced lithium.

00190 – 100 tab. \$24.95



Veg. Glycerin

1 Gallon \$37.50



Now Glycerin

7698 - 32 oz. \$17.50

7700 - 16 oz. \$8.65

7684 - 8 oz. \$7.70



Lypo-Spheric Vit C

Vitamin C is one of the most powerful nutrients. After taking Lypo-spheric Vitamin C, liposomes filled with Vitamin C are transported into the bloodstream and into the cells.

LSC2 – 1,000 mg, 30 packets \$52.80



Triple 000 Vegetable Caps

Approx. 200 \$13.55



NOW Veg Capsules

Veg Clear Capsules "00"

VC1 – 250 ct.\$10.00

Veg Clear Capsules "0"

VC2 – 250 ct. \$6.00

Larger amounts available.

VC3 – 1,000 ct.\$17.50



Now Wheat Germ Oil

A variety of benefits. Not bleached, deodorized or hydrogenated. In addition, each tablespoon of NOW® Wheat Germ Oil may have over 1000 mcg of naturally occurring octacosanol.

1880 – 16 oz. \$12.00



Now Wheat Germ Oil 1130mg

A broad spectrum of nutrients, including vitamins, minerals, essential fatty acids (EFAs), phytosterols, and policosanols. Among its most notable naturally occurring bioactive nutrients are Vitamin E, the omega-3 fatty acid alpha-linolenic acid (ALA) and dietary waxes, such as octacosanol.

1870 – 100 gels \$14.30



Now Ultra B-12

Has a key role in the normal functioning of the brain and nervous system, as well as in the metabolic utilization of fats and proteins and the cellular production of energy. Vitamin B-12 is also essential for proper red blood cell production, homocysteine metabolism, and the maintenance of a healthy gastrointestinal tract.

0454 – 16 fl. oz.\$28.60



Now Slippery Elm Powder

Reportedly used by native North Americans and early settlers as a survival food. Its bark is known for its mucilage constituents, which can help to coat and soothe the tissues of the GI tract.

5060 – 4 oz.\$13.35



Now Slippery Elm 400mg

Reportedly used by native North Americans and early settlers as a survival food. Its bark is known for its mucilage constituents, which can help to coat and soothe the tissues of the GI tract.

4750 – 100 v caps\$8.50



Now B-100

B-100 Caps provide a full complement of B-vitamins plus choline and inositol. These vitamins work to support energy production, maintain healthy homocysteine metabolism, and promote the health of the nervous system.

0438 – 100 cap. \$18.50



Now B-6 100 mg.

A cofactor in numerous enzymatic reactions and is required for the metabolism of fats, carbohydrates, and proteins. It facilitates the conversion of amino acids from one to another as needed, and is necessary for normal synthesis of hemoglobin, as well as for normal function and production of red blood cells. B-6 plays an important role in regulating homocysteine metabolism in the body. B-6 is also critical for the maintenance of a healthy nervous system.

0456 – 100 cap. \$5.45



Now Niacinamide (B-3) 500 mg.

A derivative of Niacin that does not cause the "flush" normally associated with taking high doses of Niacin. Niacinamide is readily converted into the bioactive forms of Niacin, NAD+, NADH, NADP, and NADPH, which are vital cofactors in cellular energy production and are critical for the maintenance of DNA stability.

0478 – 100 caps \$8.55



Now Liquid Vitamin D-3 - Extra Strength

NOW® Vitamin D-3 Extra Strength liquid supply this key vitamin in a highly absorbable liquid form. As more people avoid sun exposure, vitamin D supplementation becomes even more necessary to ensure that your body receives an adequate supply.

0371 – 1 oz.\$10.00



Now Vitamin C Crystals

Vitamin C is needed for amino acid metabolism, neurotransmitter synthesis, and the utilization of many nutrients, such as folic acid and iron. It is also a highly effective antioxidant that can help maintain healthy tissues.

0790 – 8 oz.\$10.70



Now C-1000

Vitamin C is a water soluble nutrient well known for its vital role in the immune system. This product includes bioflavonoids, which work synergistically to support vitamin C utilization.

0690 – 100 v caps\$10.00

0692 – 250 v caps \$21.40

0693 – 500 v caps\$35.20



Now Elderberry Liquid

Elderberry (*Sambucus nigra*) is a multipurpose fruit used widely throughout Europe. As a centuries old tradition, it has been used by herbalists as a tonic to maintain health and well-being.

4852 – 8 oz. \$14.30



Now Vitamin D-3 1000 IU Chewable

NOW® Chewable Vitamin D-3 supplies this key vitamin in a tasty chewable form. Vitamin D supplementation becomes more necessary to ensure that your body receives an adequate supply.

0365 – 180 ct. \$8.95



Now Taurine 1000 mg.

Taurine helps to generate and regulate nerve impulses and aids in the maintenance of fluid balance; it is also used by the body in visual pathways, as well as in the brain and nervous system, where it works together with glycine and GABA as a neurotransmitter.

0142 – 100 v. cap. \$9.30



Now Oregano Oil

Oregano Oil may help to maintain healthy intestinal flora balance. NOW® Oregano Oil is standardized to ensure a minimum of 55% Carvacrol and the softgels are enteric coated so that the contents are released in the intestine.

4732 – 90 gels \$12.05



Vitamin E - 400 Mixed TOC

0892 – 100 gels \$8.55



Now Super Omega EPA

Twice the EPA (360 mg per softgel) as in our regular strength product (180 mg per softgel). This natural fish oil concentrate is manufactured under strict quality control standards. It is tested to be free of potentially harmful levels of contaminants such as PCBs, dioxins, mercury and other heavy metals.

1682C – 120 gels \$15.79



Now Flax Oil 1000mg

Flax oil is a natural reservoir for the omega-3 fatty acid alpha-linolenic acid (ALA). ALA is considered an essential fatty acid because the body cannot make it from other fats and must obtain it from the diet.

1770 – 120 gels \$14.30



Now Beef Gelatin 550 mg.

Beef Gelatin is approximately 90% protein. This hydrolyzed form of Beef Gelatin has been enzymatically predigested to enhance absorption.

6505 – 200 cap. \$13.55



Now Candida Support

A combination of traditional herbal ingredients, biotin and caprylic acid that may help to support a healthy balance of intestinal bacteria. Although it is not meant to clear *Candida albicans* from the gut, it can help to support a healthy balance of intestinal flora.

3308 – 90 v caps \$13.35



Now Vitamin D-3 5000 IU

NOW® Vitamin D-3 softgels supply this key vitamin in a highly-absorbable liquid softgel form. Vitamin D supplementation becomes even more necessary to ensure that your body receives an adequate supply.

0372 – 120 gels \$9.30

Vit D-3 10,000 IU \$12.15

Vit D-3 10,000 240 caps \$21.50



Now Cayenne 500 mg.

Has been used as a food and by traditional herbalists for thousands of years. The hot and spicy taste of cayenne pepper is primarily due to a component known as capsaicin. Modern scientific studies have indicated that consumption of Cayenne may help to support cardiovascular and digestive functions.

4625 – 100 cap. \$6.45



Now Vitamin K-2 100 mcg.

Although Vitamin K is historically known for its role in normal blood clotting function, we now know that Vitamin K is also essential to bone, cardiovascular, and nervous system health.

0990 – 100 v caps \$12.15

0994 – 300 mg 60 caps \$25.00



Now Ultra Omega-3

Natural fish oil concentrate. Those who experience nausea or reflux from other fish oil should find this enteric coated, odor-controlled, soft gel easier to tolerate

1661 – 90 soft gels \$18.60



Now Ashwagandha 450mg

Ashwagandha is used as a general tonic and “adaptogen”, helping the body adapt to temporary normal stress. In addition, preliminary data suggest that Ashwagandha supports a healthy immune system.

4603 – 90 v caps \$18.60



Now Hyaluronic Acid 50mg

An important constituent of joint fluid, where it serves as a lubricant and plays a role in resisting compressive forces. MSM was added to the product to form and maintain connective tissues in the human body including articular cartilage.

3157 – 60 caps \$14.30



Now L-Lysine 500mg

An essential amino acid that must be obtained through the diet or through supplementation Lysine is necessary for the production of all proteins in the body, and is required for the maintenance of the structural proteins collagen and elastin, which form all connective tissue such as skin, tendon, and bone. May help to support a healthy immune system and proper cardiovascular function.

0110 – 100 v caps \$8.55



Now GABA 750mg

Promote relaxation and a positive mental outlook with NOW® GABA 750 mg Tablets. Helps to promote relaxation and ease nervous tension. GABA Sustained Release (Amino SR™) Tablets allow for steady release and more gradual, sustained utilization.

0129B – 200 cap. \$22.95



Now American Ginseng 500 mg.

Has been used by traditional herbalists for centuries. Recent scientific data confirm the presence of bioactive compounds in American Ginseng, known as Ginsenosides, which confer this herb’s adaptogenic properties.

4004 – 100 cap. \$14.30



Now Apple Pectin 700 mg.

Apple Pectin is a water soluble fiber which has a gel-forming effect when mixed with water. As a dietary fiber, Apple Pectin may be helpful in supporting good intestinal health.

6425 – 120 cap. \$15.70



Now Echinacea & Goldenseal

Immune system support. 225/225 mg Blend.

4665 – 100 caps \$21.40



Now Black Cohosh Root 80 mg.

Current scientific research shows that Black Cohosh Root may help support a healthy response to the natural changes occurring during menopause.

4607 – 90 cap. \$10.00



Now Calcium Hydroxyapatite

A highly absorbable source of microcrystalline hydroxyapatite (MCHA), which includes calcium, phosphorus, magnesium, protein, minerals and amino acids normally found in bone tissue. Calcium and phosphorus are essential for healthy bone formation.

1253 – 120 cap. \$15.50



Now D-Mannose 500 mg.

A naturally occurring simple sugar that your body utilizes to help cleanse the urinary tract and maintain a healthy bladder lining. Clinical studies have demonstrated that, when taken regularly, D-mannose promotes normal urinary tract function by cleansing and maintaining the health of the bladder lining.

2811 – 120 cap. \$22.85



Now Golden Seal Root

Herbal supplement.

4690 – 50 v caps 500mg \$15.75



Now Extra Strength Apple Cider Vinegar 750mg

Apple Cider Vinegar is derived from the natural fermentation of sweet apple cider. Vinegar has been used worldwide for more than 2000 years for various culinary purposes. More recently, it has been recognized for its acidic properties.

3376 - 180 Ct. \$17.15



Now Methyl B-12

Essential for energy production

0505 - 90 veg caps 5,000 mcg \$20.10



Now Burdock Root

Burdock Root is a biennial plant native to Europe and Asia Herbal supplement

4608 - 100 veg caps 430 mg \$6.70



Now Graviola

The active constituents of graviola can support healthy cell growth and function.

4703 - 100 Veg Cap, 500 mg \$11.40



Now 5-HTP

Supports a positive mood neurotransmitter support.

0105 - 60 veg caps 100mg \$10.20



Now L-Tyrosine

Main actors in the body's response to acute stress and along with dopamine help to support a positive mood and mental alertness critical for normal function of the thyroid gland.

4608 - 120 caps 500 mg \$10.75



Now Dairy Digest Complete

Is a unique enzyme with specific activity against the characteristic proline bonds found in cereal grain proteins, also includes proteases and amylases

2956 - 90 veg caps..... \$14.30



Now P-5-P

Form of B-6 acts primarily as an enzyme catalyst in many body processes - including energy metabolism.

0461 - 90 veg caps 50 mg \$13.50



Now Saw Palmetto Extract

Supports healthy urinary tract and prostate functions.

4742-B - 120 soft gels 430 mg \$15.75



Now Bromelain

Bromelain is designed by Nature to support proper gastrointestinal function and may also help to promote the comfort of muscle and joints

2943 - 60 veg caps \$10.65



Now Citrus Bioflavonoids

Citrus Bioflavonoids are powerful polyphenolic compounds, found tropical fruits - serves as cellular function and healthy immune system

0610 - 100 caps \$10.25



Now Respir-All

Respir-All is a combination of key vitamins, minerals and herbal extracts that support healthy respiratory functions with Quercetin, Vit C, Nettle Extract and Bromelain.

32826 - 60 tabs \$15.45



Now CoQ10 100 mg. w/ 400 mg. Hawthorn Berry

Coenzyme Q10 (CoQ10) is a compound that plays a central role in cellular energy production. CoQ10 works as a potent free radical scavenger in cell membranes, as well as within blood vessels.

3212 – 90 v caps \$25.70



Now Hawthorn Berry 540 mg.

Hawthorn Berries have a long history or traditional use in Europe and North America as an herbal tonic. Modern scientific studies have identified a number of bioactive constituents, including OPCs (Oligomeric Procyanidins). Many of the compounds have been found to possess powerful free radical scavenging activity.

4715 – 100 cap. \$6.65



Now Nattokinase 100 mg. 2000 FU

Recently, both clinical and non-clinical studies have demonstrated that nattokinase can help to promote heart and circulatory health by supporting normal blood clotting functions.

3140 – 60 v caps \$21.45



Now Cod Liver Oil 1000 mg.

NOW® Cod Liver Oil abounds in omega-3 fatty acids, EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). It is also an excellent source of vitamins A and D-3. Cod liver oil has a long history of traditional use for the support of overall health and well-being.

1743 – 90 softgels \$10.00



Now Vitamin A 25,000 IU

Vitamin A is essential for the maintenance of the tissues that line the internal and external surfaces of the body, including the eyes, skin, respiratory, GI and urinary tracts.

0340 – 100 gels \$7.15

0330 – 100 gels 10,000 IU \$5.70



Now Red Yeast Rice 600 mg.

Also includes Alpha Lipoic Acid an CoQ10 for free radical protection, as well as Silymarin to support healthy liver function. CoQ10 is also known for its cardiovascular supporting properties.

3500 – 60 caps \$11.45



Now Cranberry

Cranberries are packed with polyphenols, tannins, and other phytonutrients that have been researched for their role in urinary tract health. Also rich in vitamin C.

4632 – 90 v. cap. \$12.85



Now L-Arginine 500 mg.

Arginine is a conditionally essential basic amino acid involved primarily in urea metabolism and excretion, as well as in DNA synthesis and protein production. It is an important precursor of nitric oxide (NO) and thus plays a role in the dilation of blood vessels.

0030 – 100 cap. \$8.60



Now Olive Leaf Extract 500 mg.

Although traditional herbalists have primarily used its leaves in teas, they have also been used in foods. Olive leaves have the highest free radical scavenging power among the different parts of the Olive tree.

4723 – 60 v caps \$8.55



Now Garlic 5,000

This Garlic product is standardized to yield allicin precursors, which convert to allicin when ingested. Enjoy the benefits of this odor-controlled garlic tablet!

1814 – 90 tab. \$14.30



Now Pumpkin Seed Oil 1000 mg.

Pumpkin seed oil is a nutritional oil with essential fatty acids (EFAs) and phytosterols. NOW Pumpkin Seed Oil is cold pressed without the use of solvents, and derived only from the highest quality non-GMO pumpkin seeds.

1840 – 100 softgels \$12.15



Now Rutin 450 mg.

Rutin is a powerful combatant of free radicals and is best known for its role in vascular health. Rutin helps to maintain the structural integrity of blood vessels, such as veins and capillaries. May help to support vascular function and promote healthy circulation. NOW® Rutin is vegetarian and derived from a non-citrus source.

0735 – 100 v. cap. \$10.05



Now Activated Charcoal 280 mg.

Its porous texture gives it the ability to attract and trap toxins that are typically present in the GI tract and carry them out of the body. Can also help to alleviate uncomfortable gas and bloating caused by gas-producing foods.

2915 - 200 caps \$14.30



Now Alpha Lipoic Acid 600 mg.

ALA promotes the production of glutathione and can also recycle vitamins C and E, thereby enhancing their antioxidant activities. In addition, ALA may help to maintain healthy neural tissues, promote proper glucose metabolism and support healthy cardiovascular function.

3046 - 60 v caps \$16.70

120 v caps \$22.00



Now L-Theanine 200 mg. + Inositol

Theanine promotes relaxation while maintaining alertness and promotes healthy cognitive function. Theanine may also support healthy vascular function through this relaxing effect.

0147 - 60 v caps \$18.65



Now NAC

A stable form of non-essential amino acid cysteine.

0085B - 100 v caps \$15.70



Now B-1

Also known as thiamin.

0446 - 100 tabs, 100 mg \$15.70



Now 7 Keto

Weight management Lean Gels.

120 gel caps \$53.55

60 gel caps \$31.40



Now Stinging Nettle Root Extract

Supports prostate health.

47198 - 90 Cap. \$12.10



Source Naturals Wellness Herbal Resistance Liquid

Contains a powerful combination of herbs designed to help support your immune system. Echinacea and coptis to promote well-being while Yin Chiao helps our bodies maintain a sense of balance.

SN1045 - 4 oz. \$13.80



Source Naturals Euro Pure Silymarin 200 mg.

Studies have shown that silymarin acts as a free radical scavenger to support the body's own antioxidant defense system. Preliminary research indicates that silymarin also stimulates RNA and DNA transcription in liver cells, which supports protein synthesis and cellular regeneration.

SN2226 - 60 cap. \$28.30



Source Naturals Silymarin Plus

Supports liver health, also used to pull heavy metal.

SN0461 - 120 tab. \$23.60



Source Naturals Life Force Multiple (No Iron)

A scientifically Bio-Aligned Formula® designed to deliver essential cellular energy and balance to vital systems and organs. For lifelong support to your brain, skin, eyes, immune, circulatory, antioxidant and energy systems.

SN0044 - 180 tab. \$40.95

SN1422 - 120 tab. \$17.20

SN0385 - 90 tab. \$32.15



Source Naturals St. John's Positive Thoughts

Combines mood-soothing herbs, calming factors, and uplifting amino acids. It contains the standardized herbal extract of St. John's wort yielding 0.3% hypericins.

SN0349 - 90 tab. \$21.90



Source Naturals Wellness Immune Chewable

Designed to mobilize immune defenses during the cold weather season. A powerful herbal-nutrient blend-including echinacea, elderberry, marshmallow root, mushroom extracts, and zinc-is combined with advanced special ingredients such as beta-glucan and transfer factor.

- SN2362 – 120 tab.**\$29.75
- SN2361 – 60 wafers**\$13.65
- SN2360 – 30 wafers**\$10.70



Source Naturals Womens Life Force (No Iron)

Additional ingredients address women's specific health concerns, including bone density, vein strength, menstrual comfort, breast health, and more. Designed for women of all ages.

- SN1953 – 180 tab.** \$47.50



Natural Sources Natural Elderberry

Current research supports the long held beliefs about elderberry's health benefits on the body. Elderberry syrup has been traditionally used to help support the immune system, especially during the winter season or when experiencing extra stress.

- 320398 – 16 oz.** \$18.30



Source Naturals Wellness Formula

Designed to support the immune system when under physical stress. Contains a powerful combination of herbs, antioxidants, vitamins and minerals to boost your well-being.

- SN1425 – 120 cap** \$13.40
- SN0022 – 90 cap.** \$22.05
- SN1424 – 60 cap.** \$22.05
- SN0021 – 45 cap.** \$11.60



Source Naturals Hi-Stress B&C w/ Herbs

Periods of heightened stress may deplete the body's nutrient stores. This depletion may impede the system's ability to cope and perform effectively. High Stress B&C™ helps restore nutrient levels during times of stress, bringing the body back to balance.

- SN0523 – 120 tab.**\$21.90
- 60 tab.**\$11.60



Planetary Herbals Old Indian Syrup for Kids

Combines potent botanicals from North American and Chinese herbal traditions for this comprehensive seasonal health supplement. This formula supports immune system response, easy breathing, healthy respiratory function and clear sinuses. It has a delicious natural cherry flavor kids like.

- PH0607-4 – 4 oz.**\$10.00
- PH0607-8 – 8 oz.** \$18.85



Source Naturals Niacinamide 1,500 mg.

Also known as vitamin B-3. Its bioactive forms play important roles as catalysts in the energy production process in the cells, the breakdown of proteins and fatty acids, the synthesis of fatty acids, and the formation of steroid hormones/red blood cells.

- SN0506 – 100 tab.**\$15.20



Source Naturals Activated Quercetin

Activated quercetin is a unique bioflavonoid derived from plant sources. In human cell cultures studies, quercetin has been shown to inhibit histamine release. A Zinc Isothiopyranes which is to take up to 10x more into the cellular level. Which is what we need to stop virus from replicating. Put in by other source Naturals Products.

- SN0747 – 1500 mg. 100 caps**\$33.40



Olba's Cough Syrup

Five herbal extracts, six essential oils and wildflower honey are masterfully blended into this highly effective yet pleasant tasting herbal formula that helps support healthy bronchial activity.

- 22469 – 4 oz.**\$7.95



Source Naturals Mens Life Force

Addresses men's specific health concerns, including prostate function, reproductive health, hormonal regulation, libido, and more. Designed to meet the nutritional needs of men of all ages.

- SN1920 – 180 tab.** \$52.20



Planetary Herbals Old Indian Wild Cherry Bark Syrup

Great for coughs, but not so tasty. Supports healthy respiratory function. Supports healthy immunity. Supports free, easy breathing.

- PF0098 8 oz.**\$18.25
- PF0098 4 oz.**\$10.00



Pines Alfalfa

Pines alfalfa tablets are green. Only bright green alfalfa can provide the kind of nutrition discovered in the research by Charles Schnabel and other scientists.

- PI0043 – 500 tab.**..... \$26.00



Herbal Blessings Ear Oil

Fast-acting deep-penetrating power for: earache, ear infection, yeast itchininess and fungus in private areas, canker/ cold sores, cuts and wounds, sunburns, burns, sore feet, bleeding/ sore gums, insect bites/stings, sore varicose veins, toothache, dried/ chapped hands, baby rashes/ thrush, athletes foot.

HBEO - 2 oz.\$10.70



Olive Nol

A proprietary extract from the juice of organic olives. Oli-phenol is a natural antioxidant immune activator. Sugar, gluten free, non-gmo. A good product for anyone with colitis.

20192 - 2 fl. oz.\$29.30



Frontier Co-Op Powdered Dandelion Root

A sunny, subtle, yet incredibly healing plant used for thousands of years in China and long prized by herbalists for its cleansing action. It is also packed with essential vitamins and minerals. Almost every herbal tradition has noted it as a useful tonic for the liver and gallbladder.

FPDR-2560 - 16 oz. \$24.80



Frontier Co-Op Powdered Alfalfa Leaf

Part of the legume family and originally comes from South and Central Asia. It's a green colored powder with a grassy, hay-like aroma and a peanut-like flavor. Powdered alfalfa is convenient to add to foods and beverages.

FPAL-773 - 16 oz.\$13.35



Frontier Co-Op Powdered Slippery Elm Bark (Inner)

Slippery Elm bark is tough, yet flexible, and has a fibrous texture. Frontier® Slippery Elm Inner Bark Powder smells similar to Fenugreek and has a very mucilaginous consistency when mixed with water. The soothing mucilage can be made as tea or used in ointments, poultices, throat lozenges and skin care products. Try the powder added to cereal, oatmeal and apple sauce. Our organic bulk slippery elm powder is kosher certified and non-irradiated.

16 oz. \$48.30



Frontier Co-Op Wormwood Herb

Wormwood is one of the bitterest herbs known and provides the bitter flavor in vermouth. Its essential oil contains thujone as a major constituent; thujone is harmful in large amounts. Wormwood is used in closet and drawer sachets, as a bitter aromatic and as an ingredient in liniments.

16 oz. \$48.30



Blackseed Oil

Cold pressed, supports immune health and overall well being.

8 fl. oz.\$20.50

60 veg caps\$24.30



Natures Way Chlorofresh with Mint Liquid

A liquid chlorophyll complex extracted from a premium botanical that is used as an internal deodorant. Chlorophyll is the pigment that gives plants and algae their green color. Nature's Way® chlorophyll is derived from white mulberry leaves.

NW0356 - 16 oz.\$12.50



Natures Way Chloro Fresh

Chlorophyll concentrate Internal Deodorant Chlorofresh is a liquid chlorophyll complex is derived from white mulberry leaves.

NW0357 - 90 gels\$9.20



Nature's Way Nettle Leaf

Vegan dietary supplement, offers traditional urinary support.

TAS - 100 cap. \$8.75



Nature's Way Fenugreek

Fenugreek is an herb similar to clover whose pods contain seeds that have been used for centuries. Traditionally, fenugreek seed has been used to support lactation and soothe digestion

12800- 100 caps \$12.00



Speichers Formula 717

A powerful formula to help boost the body's Natural Defenses.

5717 - 56 cap.\$28.60



Speichers Worm & Parasite

If you eat bacon or ham, 100% certain you need this! 80% of people have parasites. Parasites can remain in your body for 10, 20 and even 30 years. One famous Healer claims -- 'the People who are the sickest -- they have the most parasites.' Another health expert said -- 'Everyone, rich, poor, the whole population has parasites.' Why take a chance? THIS could be the reason you can't get well.

SWP - 100 cap.\$28.60



Speichers Allergy Formula

'For the first time in my life, NO allergies! I am 72 years old.' Many readers claim this is great for Asthma, Bleeding Nose, Mucus, Sneezing, Migraines, Watery Eyes, Sinus Congestion. Sneezing gone. No more congestion. 'I haven't sneezed in years -- thanks to this formula.'

SAF - 56 caps\$52.80



Vitacost Alpha Lipoic Acid

Cardiovascular health support. Higher Quality

3001279 - 120 caps\$22.00



NOW Sunflower Liquid Lecithin

Liquid.

16 oz. \$17.15



Foods Alive Sunflower Lecithin

Lecithin aids in emulsifying & enabling fats & water to stay together.

8 oz. \$14.65



Now Organic MCT Oil

Weight management. Keto friendly, thermogenic energy.

2236N - 32 oz. \$36.85

2235N - 16 oz. \$21.40



L- Glutamine

Glutamine is a precursor to the important inhibitory neurotransmitter Gaba, also plays a role in ammonia disposal.

50 Caps..... \$7.10



Ener-C

Flavors: Orange or Raspberry. Ener-C Multivitamin Drink Mix is a deliciously effervescent and all natural product flavoured with real fruit juice powders, and contains no artificial flavours or colours. Take 1-2 packets daily to improve immunity, and live better every day. Each time you drink an Ener-C, you're getting the benefits of consuming real fruits along with your vitamins and minerals for immunity, hydration, travel and everyday activities.

631100 - 30 pk. \$14.50



Nature's Herbs Elderberry Immune Tonic

Immune Builder this tonic is rich in Vit C., flavonoids and antiviral proteins.

NHET-4 - 4 oz.\$14.70

NHET-2 - 2 oz. \$8.00

It is good to cure an illness, but better to prevent it. The former shows more skill, the latter shows more wisdom.

~ William Penn

We appreciate the good service and quality of the minerals and vitamins. We are seeing and feeling good results!

~ JW, • MO



Natural Blessings Respiratory Salve

Helps thin and bring up mucus contains essential oils in an olive oil/beeswax base.

NBRS4-4 – 4 oz.\$13.16



Natural Blessings Slipelia Goldfrey

Natural alternative to antibiotic salve for use on burns, wounds, impetigo, and to draw slivers, impurities and infection.

NBG4-4 – 4 oz.\$12.45

NBG4-125 – 1.25 oz.\$8.45



McKess Krestol Eucalyptus

Good for sore muscles.

MKEG – 1.8 oz.\$6.90



Smith's Rosebud Salve

Helps prevent lips from chapping and heal cuts, while soothing cuticles and aiding in moisturizing elbows and knee.

SRS-C – Cream\$6.80

SRS-T – Tube\$5.95



B&W Ointment for Burns and Wounds

B+WD-32 – 32 oz.\$112.50

B+WD-16 – 16 oz.\$62.25

B+WD-12 – 12 oz.\$52.90

B+WD-4 – 4 oz.\$15.30

B+WD-2 – 2 oz.\$10.50



Sprigs Deep Tissue Salve

625076 – 1.5 oz.\$19.30



Mentholated Wintergreen Oil

A good product for sore over used muscles

MNWGO – 1.8 oz.\$10.15



Herbal Blessings Foot Deodorant Powder

Good for athlete's foot, yeast, itchiness and rashes.

HB001 – 3 oz.\$8.00



Herbal Blessings Throat & Cough

Fast-Acting, all natural, very soothing lemon honey flavor.

HB002 – 3 oz.\$11.60



Herbal Blessings Hair Detangler

A smooth & silky, non-oily spray that lets you comb out hair tangles with ease. All Natural, no more tear drops or ouches.

HB003 – 3 oz.\$10.35



Oleavicin Shingles Gel

Soothing relief for pain and itch associated with shingles and chickenpox. All-natural organic ingredients. Fast-acting, deep-penetrating formula to relieve itchy dry skin. Antibacterial - nerve pain relief, rash, and anti-itch treatment.

710410 – 1 oz.\$24.65



Oleavicin Lip Gel

Protect, comfort, and moisturize with our Natural Cold Sore Treatment. This medicated maximum strength Soothing Gel Promotes Healing and Relief with the power of natural high-potency Olive Leaf Extract.

701405 – 6 ml.\$10.95



Ticks N All Tick Repellent

Formulated by our team of Vector-Borne Disease specialists using 14 of the finest organic ingredients, synergistically offering several modes of action against ticks, making Ticks- N-All the best tick repellent Mother Nature has to offer. Made with Organic ingredients. Formulated by a Lyme doctor. No Deet, PABA, or Paraben. Formulated specifically for best efficacy against Ticks and other insects.

373501 – 4 oz.\$6.85



Ticks N All Insect Repellent Towelettes

formulated by our team of Vector-Borne Disease specialists using 15 of the finest organic ingredients, synergistically offering several modes of action repelling more than 3500 different species of mosquitoes and pesky insects, making Ticks-N-All the best insect repellent Mother Nature has to offer for convenience while on the go! Made with Organic ingredients. Formulated by a Lyme doctor. No Deet, PABA, or Paraben. Formulated for best efficacy against mosquitoes, ticks, gnats, biting flies, black flies, fleas, chiggers and no-see-ums.

373508 Single\$0.80 ea.

373508 50 ct.\$36.00



Tea Tree Therapy Foot Powder

Absorbs moisture, deodorizes, helps keep feet dry, comfortable, and free from odors. Prevents excess moisture, fights odor-causing bacteria, contains tea tree oil: a proven natural antiseptic.

923200 – 3 oz. \$8.95



Tea Tree Therapy Foot Spray

Relieves ringworm and athlete's foot symptoms. Tea tree oil has anti-fungal and antibacterial properties which aid in the treatment of ringworm and athlete's foot. Lavender and eucalyptus radiata have similar properties and help deodorize and calm itching and burning. Peppermint cools the skin and leaves feet feeling refreshed. Provides all-day relief.

920040 – 4 oz. \$9.00



Stop the Itch Poison Ivy Soap

Soap for the prevention of the rash of Poison Ivy, Oak and Sumac, and to stop the itch after the rash has started due to the exposure to Poison Ivy, Oak or Sumac. Made with the best possible ingredients that will prevent and stop the itch caused by the rash of Poison Ivy, Oak and Sumac, at a fair price.

IPI5 – 1 bar \$8.95



Naturally Back to Basics Garlic Schmiah (Ointment)

Garlic is well known for its proposed antibacterial, anti-fungal, and antiviral properties which may help symptoms of congestion, colds and viruses. In a salve form it allows your young child to experience the benefits of garlic by massaging it into their chest, back and soles of feet every couple hours as needed. It can also be very beneficial for use on infected cuts and wounds. This salve is designed for better penetration.

NBB29 – 4 oz. \$12.45



Naturally Back to Basics Vapotratre Scmiah

A powerful penetrating menthol ointment! Menthol ointment is used for muscle pain & tight muscles, congestion, & sunburns.

NBB30 – 4 oz. \$8.75



Inspired Nutrition C-A-Y Defense Skin Cream

Contains Monolaurin and Colloidal Silver. Help support the body's natural defense against Candida yeast, bacteria and fungus on the skin. Many of our customers are also using it as moisturizing skin cream because of the abundant natural skin nutrients and softeners.

INSC – 5 oz. \$32.95



Nature's Herbs Essential Massage & Inhalant Oil

RSV, pneumonia, relaxes respiratory muscles, calms cough, soothes the throat, relaxes sore and tired muscles. #1 Put 10-15 drops of this oil in a bowl of hot water and inhale the vapor for 10- 15 mins. #2 Put 1-2 drops of this oil along with 1 oz. of water in a nebulizer and inhale the vapor. #3 Put 5-10 drops on essential oil absorbing pads in your waterless diffuser and smell the aroma.

NHMIO – 2 oz. \$17.15



Nature's Herbs Deep Tissue Oil

NHDT01 – 4 oz. \$20.00

NHDT02 – 2 oz. \$11.45



Natures Herbs Lung & Bronchial Salve

Sinus, coughs, chest congestion. Rub on forehead and around ears for sinus. Rub on chest for congestion. Keep area warm with a warm cloth.

NHLBS – 5 oz. \$14.40



Nature's Herbs Lung & Bronchial

NHLBS2 – 190 caps. \$24.00



Nature's Herbs Garlic Salve

Colds, croup, RSV, pneumonia, and bad bacteria.

NHGS – 5 oz. \$11.45



Nature's Sunshine Silver Shield Cosmetic Gel

Silver Shield Daily Purifying and Cleansing Gel Dirt and grime surround us as we go about our daily routines. Silver Shield Daily Purifying and Cleansing Gel helps cleanse, purify and moisturize skin with 20 ppm of bioavailable silver.

4950-1 – 3 oz. \$8.35



Canker Sores Be Gone

Immediately soothes and cools the ulcer.

5001 – .15 oz. \$6.39



Cold Sores Be Gone

Zap your cold sores at the tingle!

5002 - .15 oz.\$6.85



All Terrain Herbal Armor Natural Insect Repellent

Keep your family safe and protected with All Terrain's effective DEET-free insect repellent formula, while feeling good about how it is non-toxic and is not harmful to the environment. Herbal Armor Insect Repellent is perfect for active/adventurist people and families on the go.

208206 - 2 fl. oz. \$9.27



All Terrain Poison Ivy/Oak Spray

A paraben-free, natural skin protectant that soothes itchy and irritated skin caused by poison ivy, oak and sumac. It temporarily protects and helps to relieve minor skin irritations and itching due to rashes, eczema, insect bites and poison ivy/oak and sumac.

229123 - 2 fl. oz. \$11.15



All Terrain Poison Ivy/Oak

Kaolin & zinc oxide skin protection. Made with 95% naturally derived ingredients

5022 - Cream 2 fl. oz.....\$7.70

5020 - Spray 2 fl. oz.\$7.70

5021 - Bar Soap\$7.28



Unkers Salve

The natural wonder rub-on ointment for all aches and pains, joint and muscle soreness as well as a number of other ailments from burns and bruises to coughs, colds, sore throat and flu.

UKS-35 - 3.5 oz\$8.20

UKS-7 - 7 oz.\$12.50

UKS-135 - 13.5 oz. \$27.75



Unkers Spray

The same powerful formula as our Therapeutic Rub, only in a more powerful, highly concentrated form. It's a natural, pure Essential Oils spray. Grease-less. Fast acting. Deep penetrating and absorbing, so no massaging in is necessary.

UKSpray - 2 oz.\$18.95



Unkers Fresh Scent Sanitizing Mist

One spray sanitizes and disinfects, cleanses and purifies the air, masks odors, fights against bacteria, viruses and fungus — while repelling insects of all types. Leaves a fresh, clean, natural Eucalyptus scent.

UKFSM - 2 oz.\$8.45



Olbas Pastilles Herbal Cough Drops

Provides instant, cool, soothing relief for sore throats and fights coughs. Powerful, soothing vapors quickly cool your nasal passages. An effective formula made from soothing herbs and chlorophyll. Also helps freshen your breath! Suitable for use by those on gluten free diets as well as vegetarians.

22471 - 27 drops \$6.00



Olba's Inhaler

Breathe in relief the natural way with this potent blend of six pure essential oils; Helps you breathe by invigorating nasal passages. Fast-acting penetrating vapors provide an immediate, fresh, clean feeling in the nose, sinuses and lungs.

22470 \$6.00



Xlear Nasal Spray

A combination of Xylitol and saline that soothes and moisturizes the sinus and nasal passages. The patented solution is all-natural and contains xylitol, purified water, salt, and grapefruit seed extract. Our xylitol and saline solution is hyper-osmotic, which draws moisture and keeps the nasal passages and sinuses more moist and clean than saline alone.

ADX12 - 1.5 oz.\$12.90



Xlear Sinus Spray w/ Capsicum

Nasal spray with xylitol will gently clean and moisturize the sinus tissues with providing congestion relief. Unlike other normal saline nasal sprays our homeopathic nasal saline spray acts as a nasal decongestant for severe sinus pressure and congestion by targeting the primary causes of nasal congestion. Our nose spray will help reduce tissue swelling from pollen, pollution, bacteria and all other irritants. With added Capsicum our nasal decongestant spray features antimicrobial and antihistamine properties to help off sickness. Xylitol's powerful oral and upper respiratory health benefits come from its unique five-carbon structure. Xylitol helps to reduce swelling and allergy symptoms by reducing bacterial adhesion on you nasal tissue.

ADX13 - 1.5 oz.\$12.90



AllerCleanse Extra Strength Nasal Spray

Manuka Honey.

MHA..... \$14.50

NEW



Sinol All Natural Nasal Spray

Fast allergy & sinus relief.

15013 **\$12.00**

NEW



Sinol Fast Headache Relief

15014 **\$13.35**



Plain Naturals Pain Points Miracle Salve

PPI - **\$27.50**



Puremedy Ancient Remedy Poison Ivy/Oak Cream

1 oz. **\$15.00**



Ouchie Shmiah

Ointment for young and young at heart with comfrey, calendula extract and tea tree essential oil.

NBB31 **\$7.30**

NEW



Two Trees Magnesium Cream

Natural sleep aid, reduces stress and anxiety. Reduces muscle, joint pain and restless legs.

4 oz. **\$21.85**

NEW



Thieves Chest Rub

A very good product that goes a long way.

1.76 oz. **\$33.85**



Arnicare Cream

Pain relief. Muscle pain and stiffness, swelling from injuries, bruising. Helps your body the natural way.

3069 - 2.5 fl. oz. **\$11.50**





Amber Glass Spray Bottle
 2 oz.\$1.85



Roller Bottle\$1.25



Clear Foaming Soap Bottle
 8 oz.\$2.45



Blue Plastic Spray Bottle
 WD434 oz. \$1.10



Lipstick Tubes\$0.50



Plastic Squirt Bottles
 4-2 oz.\$0.70



Amber Glass Dropper Bottle
 WD44 4 oz.\$2.00
 WD44 2 oz.\$1.75



Large Order Discounts Empty Bottles
Hand Sanitizer
 Large\$0.95
 Small\$0.70
Deodorant\$1.95



Pumps
 Fit on Water Divine Bottles.
WD41\$1.75 ea.



Caps
 Fit on Water Divine Bottles
WD42\$0.70 ea

Thank you for your prompt delivery. I greatly appreciate it!
 ~WI





Sprigs Super Greens

Eat like a nutritionist, feel like an athlete, and get your daily fruits and veggies all before breakfast. Imagine a great tasting drink with a super blend of superfoods, enzymes, probiotics, fiber, trace minerals, and tons of phytonutrients! Daily Super Greens is a ready-to-mix green powder that can help you detox, cleanse your body, and have you feeling your best every day.

- 624624 – Tropical 9.5 oz. \$32.15**
- 624627 – Berry 9.5 oz. \$32.15**
- 624629 – Peach..... 9.5 oz. \$32.15**



Sprigs Super Greens Kids!

Chocolate flavor. Kids don't ask for more broccoli, but they will ask for more Kids Daily Super Greens. Kids Daily Super Greens is packed with 48 different superfoods (including broccoli) with a chocolate taste your kids will love (or your money back). Kids love the taste, moms love the nutrition that comes from superfoods like Acai, Maca, Baobab, Elderberry, Nettles, Goji, and more. But we didn't stop at superfoods.

- 624631 – 10.6 oz. \$32.15**



Sprigs Dental Health

It's never fun to schedule a dentist appointment. Dentists are expensive but failing to take care of your teeth can be a real pain. Dental Health helps to support healthy teeth and gums so that you don't have to go to the dentist. Brushing and flossing isn't enough, you should be supplementing your teeth and gums with nutrients that help keep them mineralized and healthy.

- 625021 – 4 oz. \$21.45**
- 625031 – 8 oz. \$35.70**



Sprigs Lil' Ones Shoo!

You love that they explore the world. Children tend to touch and taste everything, unfortunately that means things like dirt, mud, animals, and whatever else they find too. This gentle microbial cleanse was designed especially for your little explorer.

- 625035 – 2 oz. \$14.30**



Sprigs Shoo!

The traveler's microbial cleanse, Shoo!, was created to help promote balance for intestinal microorganisms and to fit with your body's unique internal needs. A good microbial cleanse should be done once or twice a year, especially if you have been traveling or working around animals.

- 625036 – 4 oz. \$17.15**



Sprigs Morning Joy

Don't let morning sickness ruin your day. Morning Joy helps settle the occasional nausea and mild discomfort that often begins your day if you are expecting a new little one.

- 625040 – 2 oz. \$14.50**



Sprigs Immuno-X

Our #1 Immune Support supplement. Immuno-X is made with 2 different kinds of Echinacea, Elderberry, and more to provide optimal immune system support.

- 625046 – 4 oz. \$21.45**



Sprigs Super Tonic

You are a thrill seeker at the top of your game. You need a supplement that can keep up with you. Super Tonic is immune support with a kick! Experience the power of whole foods like garlic, ginger, horseradish, habanero pepper and onion as they work to keep your immune system in top shape all day long.

- 625052 – 4 oz. \$21.45**
- 625051 – 2 oz. \$14.55**



Sprigs Immuno Care Throat Spray

One of our favorite products in an easy to use spray. Immuno Care Throat Spray is made with echinacea, an herb known for its immune support properties and widespread use. One bottle is enough to last one month.

- 626225 – 2 oz. \$10.00**



Sprigs Deep Tissue Oil

After a long day's work, nothing is more relaxing for your muscles than a massage. Treat yourself to an herbal oil that will leave you feeling refreshed and relaxed after a hard day at work. You will love Deep Tissue Oil.

- 625075 – 1 oz. \$14.30**



Sprigs Echinacea & Throat Syrup

Echinacea+ Throat Syrup is as simple as it gets if you are looking for an immune support supplement that supports the immune system and upper respiratory system including the nose, sinuses, throat, and lungs.

- 625082 – 4 oz. \$21.45**



Sprigs Echinacea & Goldenseal Glychol

A combination more dynamic than peanut butter and jelly, stronger than garlic and onions, and easier to use than a mop and bucket. Echinacea and goldenseal have been used for hundreds of years to help support a healthy immune system response. This special blend includes glycol, to make it easier to take for picky kids and adults.

625091 – 4 oz. \$21.45



Sprigs Bone and Body

Bone & Body is our favorite product for supporting healthy skin, bones, joints, tendons, and ligaments. When you are sore from a hard day at work or pushing yourself at the gym, Bone & Body works with your body's natural recovery system to have you feeling your best sooner.

3604 – 4 oz. \$17.85



Sprigs Lil' Ones Breathe Easy

This herbal blend helps to support their sinuses, breathing, immune system, and lung function making sure they are always ready to explore. Mamas love this synergistic blend of echinacea, nettle, and more!

4702 – 2 oz. \$14.25



Sprigs Respiratory Aid

Breathe deeply all year long with Respiratory Aid! This new and improved formula works on the lower respiratory tract which includes the lungs, bronchi, bronchioles, and alveoli in order to provide a more comprehensive support.

625062 – 4 oz. \$21.45



Sprigs Daily Digestive Bitters

Curb sugar cravings and balance your appetite with Daily Digestive Bitters. Stimulate your body's natural digestion response with Daily Digestive Bitters. The "bitter" flavor profile is a key component of a balanced diet along with sweet, sour, salty, umami.

4502 – 2 oz. \$14.25



Sprigs Breathe Easy

Don't let anything prevent you from stopping to smell the roses. Make sure your body has a healthy response to these irritants with Breathe Easy. This herbal blend helps to support your sinuses, breathing, immune system, and lung function making sure you can handle anything. You will love this synergistic blend of echinacea, nettle, and more!

4754 – 4 oz. \$25.00



Sprigs Honey Herbal Syrup

Honey Herbal Syrup is a soothing combination of honey, peppermint, and menthol. This blend of ingredients was made to help support immune health and upper respiratory function.

625096 – 4 oz. \$14.30

625097 – 8 oz. \$21.45



Sprigs Lil' Ones Bone & Body

Lil' Ones Bone & Body is our favorite product for supporting healthy skin, bones, joints, tendons, and ligaments. Made with herbs such as Solomon's Seal and Black Walnut, the naturally occurring nutrients in these plants are vital to supporting overall health. This formula is similar to Bone & Body, but made tastier for children.

3704 – 4 oz. \$14.25



Sprigs Lil' Ones Calcium Combo

Kids need strong bones. Strong bones help make a healthy body. Lil' Ones Calcium Combo formula contains herbs known to help support bone health.

4904 – 4 oz. \$21.40



Sprigs Raw Elderberry & Honey Syrup

Elderberry is one of the best foods for getting antioxidants that you can find. As the berry with the second highest antioxidant capabilities, this delicious fruit is a great place to start having a balanced diet full of free radical fighting antioxidants.

625201 – 4 oz. \$14.30



Sprigs Calcium Combo Adult

Calcium is essential to bone health, but we don't always get the calcium our bodies need! This plant based calcium supplement is made from herbs to be easy for the body to assimilate in order to help build strong bones and teeth and to support hair and nail growth.

4906 – 4 oz. \$17.85



Sprigs Lil' Ones Calm & Focus

Does your child have a hard time settling down? Lil' Ones Calm & Focus may be able to help. Parents who have used Lil' Ones Calm and Focus experienced this formula to be effective in concentration and saw an increase in calmness in their child.

4954 – 4 oz. \$28.60



Sprigs Lil' Ones Sleepy Time

We all love to sleep, but if your little one isn't getting to sleep, you won't be sleeping either. Lil' Ones Sleepy Time is an herbal formula that helps to keep your little one calm and relaxed so that they can sleep restfully through the night and during their naps.

8402 - 2 oz. \$14.30



Sprigs Lil' Ones Motion Aid

There is so much to worry about when you travel, a little one with an upset tummy is the last thing you should have to worry about. Lil' Ones Motion Aid is a blessing for occasional motion sickness.

7602 - 2 oz. \$14.25



Sprigs Lymph Release Caps

Your lymphatic system is the number one way your body stays healthy. A healthy lymphatic system transports infection-fighting white blood cells to where you need them most. Keep your lymphatic system healthy with Lymph Release.

626235 - 100 ct. \$14.25



Sprigs Lacti-Milk

You give them everything you have and more. Low milk supply should be the last thing you have to worry about when you are nursing. Lacti-Milk is a nutrient-rich formula that helps to stimulate milk production. The herbs in this formula help to reduce occasional stress and occasional anxiety.

6504 - 4 oz. \$21.45



Sprigs Mama Bear Prenatal Capsules

The search is over, you've found the perfect prenatal with everything you and your growing baby need. Made with whole food ingredients, Mama Bear Prenatal is an herbal blend you will love. Mom-to-be, this prenatal has all of the recommended vitamins and minerals you are looking for in a more natural form, making them easier for your body to process.

626215 - 120 ct. \$28.95



Sprigs Facial Clear Caps

Your body needs all the support it can get to keep your skin looking fresh and blemish free. Facial Clear helps you to discover your skin's natural clarity. This formula is designed to work with your body to cleanse the skin and help eliminate blemishes.

626125 - 100 ct. \$23.55



Sprigs Black Walnut

Pure black walnut (Green Hull) and distilled water.

4404 - 4 oz. \$21.45



Sprigs Herbal Lactation Support Caps

Breastfeeding can be a stressful time for both mama and baby. Herbal Lactation Support helps support breast milk production, helping new mothers and their babies during feeding.

626105 - 100 ct. \$14.25



Sprigs Reset & Go Caps

Reset & Go helps relieve occasional constipation and support the digestive system. Unlike other fiber supplements, Reset & Go takes a unique 3-part approach to cleansing that is made to be gentle without causing unnatural urges to go.

626250 - 120 ct. \$17.85



Sprigs Lobelia

Lobelia has been called an herb of many uses. It works well for breaking up chest congestion and relieving muscle tension. Lobelia may be used externally by rubbing on the chest, temples and down the spine.

7102 - 2 oz. \$16.25



Sprigs Replenish Bone & Tissue Caps

The results are in, plant-based supplements are the healthiest. Replenish Bone & Tissue Liquid Extract is perfect for supporting tissue health as well as helping ease sore muscles resulting from working hard or playing hard. This product is great for short and long term use.

626200 - 100 ct. \$14.25



Sprigs Dr. Mom Gripe-Ease

Your poor baby has an uncomfortable tummy. As a parent, watching them suffer is worse than having a tummy ache yourself. Babies Gripe Ease can help ease occasional stomach discomfort and gas associated with colic, hiccups, teething, and fussiness.

625350 - 2 oz. \$11.45



Sprigs Dr. Mom Stay Dry

Every kid has accidents, so little bladders need all of the support they can get. Kids Stay Dry was created with herbs to support healthy bladder strength and function and to be calming and soothing to help support a good night's sleep. Kids Stay Dry works best for children ages 2-10.

625355 - 2 oz. \$11.45



Sprigs Dr. Mom Life Focus

You've got big plans for their future, and you want to make sure that their growing minds have the best natural support available. This tasty herbal blend is perfect for promoting focus and concentration, calmness, and helping with occasional sleeplessness.

625370 - 2 oz. \$11.45



Sprigs Dr. Mom Active Labor

Active Labor makes use of herbs to help increase the frequency and strength of contractions and bring your little one into this world. Active Labor is a must have for home or hospital birth to have an easier, shorter, and more comfortable labor.

626100 - 2 oz. \$16.25



Sprigs Dr. Mom Ear Cheer

This classic recipe for ear oil has been passed down from parent to parent for generations. This ear oil is an extract of the well-known combination of garlic and mullein that you can place directly into your child's ears as often as needed.

625360 - 2 oz. \$11.45



Sprigs Dr. Mom Immuno-X

Making sure that your child gets what's best is a full time job. One of the best ways to make sure they are ready to take on anything is to make sure that they have full immune system support. When they feel their best, they can be their best, that's why parents trust Kids Immuno-X to provide the best Immune System support everyday.

625380 - 2 oz. \$14.30

625382 - 4 oz. \$21.45



Sprigs Dr. Mom Pregnancy Tea Box

This blend is full of a variety of herbs and essential nutrients that help support a healthy pregnancy and prepare your womb for childbirth. Pair this with Mama Bear Prenatal for even better results.

626220 - 3 oz. \$14.30



Sprigs Dr. Mom Reg-Ease

Children struggle with occasional constipation more often than we think and unfortunately their tummies pay for it. Kids Reg Ease can help to relieve occasional constipation, cleanse the bowels, and support a normal digestive system with regular bowel movements.

625365 - 2 oz. \$11.45



Sprigs Dr. Mom Cardio-Force

A strong, healthy heart is absolutely vital for overall wellness. Cardio-Force helps to keep your heart going strong every day. The combination of herbs in Cardio-Force have been used for decades to support strong, healthy hearts.

626135 - 4 oz. \$17.85



Sprigs Dr. Mom Comfrey+ Salve

Looking for a naturally soothing salve? Look no further than Comfrey+. Comfrey, along with herbs like Black Walnut Hull, Lavender, and Calendula are combined in this soothing, refreshing salve. Your family will love this salve that works as a natural moisturizer for all skin types.

626210 - 4 oz. \$17.85



Sprigs Dr. Mom Calm Tummy

Calm tummies are happy tummies. Kids Calm Tummy is a special blend of Peppermint, Ginger and Chamomile for occasional upset stomachs. Kids Calm Tummy tastes great and can help mom and dad feel great too.

625375 - 2 oz. \$11.45



Sprigs Dr. Mom Actidraw Charcoal Herbal Salve

The hull of the black walnut is used medicinally and herbally for its anti-bacterial and anti-parasitic properties: parasite cleanses, wounds, canker sores.

626115 - 1.5 oz. \$12.15



Sprigs Hardwood Act. Charcoal

Remove poisons, toxins, and infection from your body with Hardwood Activated Charcoal. Also is known as a natural and safe teeth whitener.

1004 - 4 oz. \$14.30

1008 - 8 oz. \$21.40



Sprigs First Response Cream

Mamas love First Response Cream! This soothing cream can help reduce the appearance of red spots on your skin. Made with Honeysuckle, Plantain leaf, Teatree oil and Vitamin E oil help to moisturize dry, red skin patches.

6805 – 2 oz. \$14.30



Sprigs Belly Balm

This lavender herbal balm is designed to be used everyday on your growing belly and more. Belly Balm smells great and feels great too. Babies love Belly Balm.

6810 – 4 oz..... \$14.55



Sprigs Sustain

Complete Plant Based Protein. For energy, Focus and Weight Management .22 oz.

624700 – Berry Cream \$35.70

624705 – Chocolate \$35.70



Sprigs Bone & Body Salve

One of our favorite formulas in an easy to use salve! Bone & Body Salve is handcrafted with the same herbs as our original formula. Made with Solomon's Seal Root and Calendula Flowers, this product has been a customer favorite for years.

3603 – 3.5 oz. \$21.45



Sprigs Hormonal Stage 1

As our bodies change over time, our body's hormones change too. Specially formulated for women as they enter their menopause years, this herbal formula may help with irregular cycles, hot flashes, and occasional sleeplessness.

625211 – 4 oz. \$28.60



Sprigs Hormonal Stage 2

As our bodies change over time, our body's hormones change too. Specially formulated for women as they enter their menopause years, this herbal formula may help with irregular cycles, hot flashes, and occasional sleeplessness.

625221 – 4 oz. \$28.60



Sprigs Hormonal Stage 3

As our bodies change over time, our body's hormones change too. Specially formulated for women as they enter their menopause years, this herbal formula may help with irregular cycles, hot flashes, and occasional sleeplessness.

625231 – 4 oz. \$28.60



Sprigs Rest Aid

Everybody loves a good night's sleep. Rest Aid can help relieve the occasional anxiety and sleeplessness that prevents you from having a good night's sleep. This product is non-habit forming and people who have used this product experienced an increase in rest, and wake up feeling refreshed. If you are looking for a night of natural, healthy sleep, let Rest Aid help.

8102 – 2 oz. \$17.15



Sprigs Natural Motivation

Your adrenal glands control the majority of your body's responses with hormones and this affects everything from energy to weight gain and has a big impact on your overall health. Your adrenal glands and hormones are an often overlooked factor in how you feel, so the best thing you can do to support a natural hormone response is to support your adrenal glands. *With Natural Motivation you will be providing your body with the herbs and nutrients it wants to help support your adrenal glands throughout the day and in every situation.*

626255 – 120 ct. \$15.75



Sprigs Mama Bear Magnesium Complex

For calming & vitality. Supports skeletal & brain health.

223400 \$21.45



Sprigs Dr. Mom Black Salve

626115 – 4 oz..... \$15.70



Tasty Echinacea

Pleasant tasting immune system support. Tasty Echinacea is a simple combination of echinacea flower, root, and leaf and peppermint leaf in a glycol base.

NH5 – 2 oz. \$12.85



Healthy Veins

Healthy Veins is a combination of vein tonic herbs used to support vein health and normal circulation.

NH24 – 4 oz. \$25.00



Wild Cherry Honey Syrup

While many conventional cough syrups are loaded with artificial colors, artificial flavors & chemical preservatives, more and more people are turning towards simple, clean ingredients. Now you can too, with our blend of Wild Cherry Bark, Mullein Leaf, Horehound, along with Tart Cherry Juice Concentrate, Organic Wildflower Honey, and a touch of Elderberry.

NH12 – 4 oz. \$17.00



Tasty Para Cleanse

Junior version of Para-Cleanse for gentle cleansing of digestive system. Fennel, ginger and cinnamon help to prevent tummy discomfort while the other herbs help show unwanted guests to the door. Tasty Bowel Reg may be used with Tasty Para-Cleanse to support normal bowel function.

NH6 – 2 oz. \$13.56



Elderberry Honey Syrup

Treat your taste buds while you treat your immune system. Thick and fruity, made with concentrated organic elderberry juice, honey and a proprietary blend of potent herbal extracts Elderberry Honey Syrup is sure to please. Elderberry with its longstanding reputation for supporting a healthy immune system is a must have for every home herbal cabinet.

NH9 – 4 oz. \$14.25



Lymph Move

Lymph Move is a combination of herbs that support normal flow of lymph throughout the body, healthy lymphatic drainage, and elimination of metabolic wastes. Healthy lymph flow is essential for normal immune function as immune cells hang out in lymph nodes and move throughout the lymphatic system.

NH13 – 4 oz. \$25.70



Tasty Calm

Junior version of Calm/Nerve since adults aren't the only ones who occasionally stress out and worry. Tasty Calm is a low alcohol extract made with gentle herbs generally considered safe for children.

NH7 – 2 oz. \$13.56



Super Tonic

Popular traditional formula of spicy, pungent, and hot herbs extracted with organic apple cider vinegar, Super Tonic, has been used by common folk for centuries to support a healthy immune system.

NH10 – 4 oz. \$20.70

NH – 2 oz. \$8.55



Yeast Candida

A thoughtful combination of favorite herbs used to support normal balance of the microbiota and yeast in the mouth, intestines, and genitourinary tracts.

NH14-2 – 2 oz. \$13.56



Tasty Herb Calc

Delightful combination of tonic herbs generally known to contain a broad spectrum of minerals with a pinch of ginger and organic orange essential oil to stimulate healthy digestion. Herbs in this formula are famous for nourishing a healthy nervous system and musculoskeletal system.

NH8 – 2 oz. \$12.85



Respiratory Aid

Popular blend of traditional herbal favorites to support healthy lung and immune function. Try it and find out for yourself why people love this bitter and pungent formula for supporting a healthy respiratory system.

NH10 – 4 oz. \$26.65



Kidney/Bladder

Popular blend of 11 herbs used to support normal kidney, bladder and urinary tract function. The cornsilk, parsley, burdock and goldenrod are all grown or wildcrafted on our farm and processed fresh.

NH16 – 2 oz. \$13.75

4 oz. \$25.70



Adrenal Support

Tired and stressed out? Give your adrenals a lift and improve your daily energy levels with Adrenal Support. Adrenal Support contains herbs known as adaptogens which support your body's stress response, nervines which nourish

the nervous system, and alteratives which support healthy elimination of toxins.

NH154 - 4 oz. \$29.00



Elderberry Immune Tonic

This tonic is rich in Vit C, flavonids & antiviral proteins. Great tasting blend of elder berry and other immune tonic herbs to support and maintain a healthy immune system, now with delicious orange flavor.

NHET-4 - 4 oz. \$14.70

NHET-2 - 2 oz. \$8.00



Chickweed Salve

General all-purpose salve for old and young alike. Gardeners, construction workers, elderly folk, and others with rough, dry, or chapped hands like to use this salve.

NH18-4 - 4 oz. \$16.45

NH18-1 - 1 oz. \$6.45



Mullein/Garlic Ear Oil

Olive oil infused with garlic clove, mullein flower, calendula flower and St. John's wort flower comprise the base of this gentle formula. Rosemary leaf and vitamin E oil are added to help preserve the herbal oil.

NH20 - 1 oz. \$9.99



Ladies Formula

Popular women's formula used to support healthy hormonal balance and nourish the female reproductive, endocrine and nervous system.

NH22 - 2 oz. \$13.56



Jewelweed Spray

The perfect product to accompany Ivy Oaky. Jewelweed, the inspiration for this formula, is one of the most popular herbs for soothing summertime rashes. To the fresh jewelweed extract we added extracts of three other well-known herbs used to support healthy skin; burdock leaf, calendula flower, and aloe vera to create a winning Jewelweed Spray that you will love.

NH17 - 1 oz. \$13.10



Thyroid Support

If you're feeling tired and lacking energy your thyroid might appreciate some attention. Thyroid Support is a combination of tonic herbs rich in nutrients that nourish and support healthy thyroid and HPA axis function.

NH23 - 4 oz. \$25.70



Natural Hope Herbs Deep Tissue Oil

Popular warming massage oil for the relief of minor muscle discomfort. We make our Deep Tissue Oil by infusing olive oil with the herbs and then adding wintergreen oil, peppermint oil, and menthol crystals to create a product packed with herbal goodness.

NHDTO - 4 oz. \$21.45



Tea Tree Herbal Salve

This Tea Tree Herbal Salve uses the valued essential oil of Tea Tree, along with the leaves and roots of the common Burdock, a treasure trove of herbal goodness. Combined with Mullein and Lobelia to bring you this dark green, all-purpose salve.

2013-002 - 1 oz. \$7.15

2013-004 - 16.45 \$17.10



Prostate Health

Decreased prostate function is a normal part of a man's aging process. Prostate Health is the perfect choice to support healthy prostate function.

NH21 - 4 oz. \$26.35



Garlic Salve

Made with fresh garlic, gently-infused in organic olive oil, and lightly scented with lavender essential oil. Can be rubbed on chest, back, and soles of feet.

NH19 - 1 oz. \$6.45



Tasty Attention

A formula that is designed to nourish & calm the nervous system.

NHTA - 4 oz. \$27.15



Dry Bed

A blend to support the nerve & urinary tract.

NHDB- 2 oz. \$9.55



Skullcap Herb

Agent for restlessness tremors, spasms, twisting of the muscle & hipperness.

2 oz. \$14.30



Dental Health

Black Walnut Hull is a star of this popular formula in supporting healthy teeth.

NHDH- 4 oz. \$23.60



Ivy Oaky

Formulated for poison ivy & oak, etc.

4 oz. \$28.55



Shepherd's Purse

Supports normal blood clotting to slow blood loss. Has helped to regulate blood pressure.

2 oz. \$14.10





Natural Blessings Fever Reliever

May be used topically to gently relieve the discomforts of fever when used as directed

NBFR – 4 oz. \$10.75



Planetary Herbals Old Indian Syrup for Kids

Combines potent botanicals from North American and Chinese herbal traditions for this comprehensive seasonal health supplement. This formula supports immune system response, easy breathing, healthy respiratory function and clear sinuses. It has a delicious natural cherry flavor kids like.

PF0607 – 4 oz. \$19.70

PF0608 – 8 oz. \$34.30



Buried Treasure Added Attention

(Try for ADD or ADHD). Shake well before each use. As a dietary supplement, take two tablespoons 1-2 times daily, preferably with meals. May be taken undiluted or mixed with your favorite beverages (for ages 4 years and older).

BU004 – 16 oz. \$38.60



Natural Blessings Ear Soother Oil

Helps relieve earache and may help in bringing fevers down. Ingredients include: olive oil infused with lavender, mullein & arnica, organic essential oils of lavender, tea tree, and oregano.

NBES01 – 2 oz. \$9.30

NBES02 – 4 oz. \$13.25



Buried Treasure Stress B Gone

Buried Treasure Stress B Gone liquid formula provides a full range of B Vitamins with an additional Pantothenic Acid (Vitamin B-5) for adrenal support during stress. Stress B Gone is formulated with 1,000 mg of Vitamin C with Citrus Bioflavonoids.

BU0028 – 16 oz. \$28.10



Buried Treasure Liquid Vitamins

High potency liquid vitamin provides your body with a complete spectrum of vital nutrients. They are easier to absorb and work faster than any tablet. They are blended with apple, raspberry, grape and cherry to provide a great tasting product without any added sugars or sweeteners.

BU008 – 16 fl. oz. \$24.40



Buried Treasure Sleep Complete

A healthy person spends over one third of their life sleeping. Restful sleep might be one of the keys to health and longevity. Buried Treasure Sleep Complete provides the most advanced sleep support formula available.

Enjoy a restful night's sleep and awake refreshed with Sleep Complete.

BU0027 – 16 oz. \$25.45



Kyo-Dophilus Kids Pro-biotic

Promotes regularity and immune health. Gluten-Soy-Dairy Free. Vanilla Flavored chew-ables

557 – 60 tabs. \$10.95



Child Life Multi Vitamins Soft Melts

The non-gummy gummies. Natural orange flavor, no sugar, gluten free, great taste

122220 – 27 tabs \$17.06



Child Life Multi- Vitamin & Mineral

ChildLife Multi Vitamin & Mineral formula provides all of the essential vitamins with minerals and trace elements in a good tasting, easy to use, liquid formula for infants & children of all ages.

320300 – 8 oz. \$13.85



Child Life Organic Vitamin D-3

The best Vitamin D drops for infants are certified organic because only the purest liquid should enter your delicate newborn's body. What also makes ChildLife the best Vitamin D drops for infants and newborns is ease of use. One drop contains the American Academy of Pediatrics' minimum daily amount.

320900 – 10ml \$13.60



Child Life First Defense (Immune Formula)

Childlife First Defense Immune Formula is a unique formula that supports child's natural defenses and immune strength.

320150 – 4 oz. \$17.60



Nature's Answer Bubble B-Gone

Bubble-B-Gone offers a combination of comforting* child-friendly herbs*, expertly combined to offer gentle support. Bubble-B- Gone brings together Chamomile, Catnip, Fennel and Lemon Balm. Pure vegetable glycerin provides a sweet flavor with no sugar or arti sweeteners.

NA0266 – 1 oz. \$7.00



Source Naturals Wellness Children's Immune - Chewable

Berry Flavor. A powerful cold weather blend, designed to support children's immune defenses. It is carefully formulated with safe dosages of herbs and nutrients-including echinacea, elderberry, astragalus, marshmallow, mushrooms, and zinc-plus advanced special ingredients such as beta-glucan and transfer factor. Offered in kid-friendly wafers.

SN2139 – 30 wafers\$10.25

N2138 – 60 wafers \$19.30



Hyland's Baby Mucus & Cold Relief

Hyland's Baby Mucus + Cold Relief, Natural Relief of Congestion, Runny Nose & Cough 4 Ounces Temporarily relieves symptoms of colds, including accumulation of mucus in chest, throat and nose; cough with expectoration of thick, discolored mucus; runny nose, sneezing and nasal congestion.

HY0312 – 3 oz. \$12.30



Hyland's Baby Cough Syrup

Hyland's Baby Cough Syrup, Natural Relief of Coughs Due to Colds, 4 Ounces Temporarily relieves the symptoms of simple, dry, tight or tickling coughs due to colds in children.

HY0288 – 4 oz. \$10.65



Hyland's Baby Colic Tablet

Babies suffering from colic respond incredibly well to Hyland's Baby Colic Tablets. They relax and fall asleep. Their parents relax, too.

HY0319 – 125 Quick-Dissolving Tabs \$10.65



Hyland's Baby Tiny Cold Tablets

Dissolves instantly in mouth, No artificial flavors, dyes or parabens, Natural relief, Homeopathic, The uses for our products are based upon traditional homeopathic practice. They have not been reviewed by the Food and Drug Administration.

HY0289 – 125 Quick-Dissolving Tabs\$12.45



Hyland's 4 Kids Natural Calm/Stress Relief

50 Quick dissolving tabs..... \$12.00



Hyland's Kids Complete Allergy Daytime

A non-drowsy formula providing natural, active relief for indoor and outdoor allergy symptoms

821– 4 oz. \$10.20



Hyland's 4 Kids Complete Cold-N-Mucus

When the flu flies in, you can minimize the early symptoms fast before they go full blast. This medicine helps shorten the life of the flu if you catch it in its early stages. If the flu takes hold, Hyland's Complete Cold 'n Flu safely relieves fever, headache, body aches and chills.

HY0299 – 4 oz. \$9.35



Hyland's 4 Kids Oral Pain Relief

Oral Pain Relief tablets, perfect for gentle pain relief of tooth pain, swelling gums and sensitivity. These small, soft tablets dissolves quickly in their mouth, making them easy to take for fast, soothing relief. Let your kid get back to what they do best... being a kid!

HY0311 – 125 Quick-Dissolving Tabs\$8.45



Nordic Naturals Complete Omega Jr.

283 mg total omega-3s. The balanced blend of omegas 3, 6, and 9, with GLA. Supports optimal brain function and a healthy mood. Supports healthy social, emotional, and behavioral development. Delicious natural lemon flavor.

01798 – 90 ct.\$17.10



Nordic Naturals Omega Focus Jr.

Omega Focus Junior is a unique blend of nutrients that benefits attention and learning by supporting overall brain health.

02785 – 120 mini soft gels..... \$34.25



Nordic Naturals Melatonin Gummies

1.5 mg. Fall asleep faster, and stay asleep longer with Melatonin Gummies. Melatonin helps synchronize the sleep-wake cycle to a normal, circadian rhythm to facilitate deep sleep throughout the night. Melatonin also acts as a potent antioxidant, helping to reduce oxidative stress throughout the body. Sweetened with xylitol, these vegetarian gummies have a great raspberry taste with zero sugar.

30188 – 60 ct. \$17.10



Nordic Naturals Vit. D-3 Gummies Kids 400 I.U.

Watermelon flavor. Vitamin D3 Gummies KIDS are a tasty and effective way to help give your kids the vitamin D3 they need to build strong bones and healthy immune systems.

01778 – 60 ct. \$14.35



Little Monkey's Teething Formula

8 oz. \$58.00

4 oz. \$34.00



Nordic Naturals Nordic Berries Multi- vitamin Gummies

Rich in vitamins, minerals, and antioxidants, this delicious multivitamin supports good nutrition and wellness as part of a healthy diet. Each serving provides your growing child with ten of the most essential nutrients, including zinc and vitamins A, C, D3, and E.

30126 – Cherry Berry – 120 ct. \$23.10

30124 – Citrus – 200 ct. \$34.25



Nordic Naturals Vitamin C Gummies 250 mg.

Vitamin C Gummies pack a tart, delicious, and generous amount of vitamin C for immune support into every serving, with no artificial ingredients.

30161 – 120 ct. \$19.70

30160 – 60 ct. \$12.15



Jack N' Jill Teething Gel

Jack N' Jill Teething Gel temporarily relieves the symptoms of simple restlessness, irritability and sore gums due to the emergence of teeth.

234250 – 0.5 oz. \$8.60



Nordic Naturals Probiotic Gummies Kids

This go-anywhere gummy carries a research-supported amount of "good" gut bacteria for digestive and immune health—perfect for smaller tummies.

30170 – 60 ct. \$17.10



Now Vitamin C-500 Chewable

Cherry-Berry flavor. Vitamin C is a water soluble nutrient well known for its vital role in immune system function. It is also a potent antioxidant that can protect the body's cells and molecules from damage by free radicals and reactive oxygen molecules generated during normal metabolism and typical environmental exposures. This great tasting chewable Vitamin C supplement is naturally sweetened and naturally flavored.

0630 – Citrus – 100 tab. \$11.40



Hyland's Baby Oral Pain Relief

Baby Oral Pain Relief tablets, perfect for soothing sore, swollen gums and relieving oral discomfort. Our small, soft tablets dissolve instantly, to make taking them easier for your baby. You can get on with your day, and your baby can get back to being her smiling self.

HY0318 – 125 tab \$8.45



Nordic Naturals Ultimate Omega Jr.

Strawberry Flavor (if chewed). Offers a potent, kid-sized serving of omega-3s to benefit brain health, mood, and learning, in a smaller, strawberry-flavored soft gel that's easy to swallow or chew.

01790 – 90 mini soft gels \$25.70



Planetary Herbals Calm Child

May help in maintaining calmness and improving focus, attention and alertness in children.

PF0119 – 4 oz. \$19.70

PF0110 – 8 oz. \$34.30



Boiron Camilia Teething Relief

Camilia Teething Relief can be used as a first-line of treatment for baby teething. The tasteless solution is absorbed sublingually without numbing the gums or affecting the gag reflex. The active ingredients act on the different components of the symptomatology to provide quick and safe relief.

330009 – 30 doses \$11.75



Little Tummys

Support for babies & children with upset stomachs.

4 oz. \$34.00



Similasan Kid's Cold & Mucus Relief

Natural Grape Flavor. Relieves cough and fever Use for chest and head congestion 100% natural active ingredients We created this cough expectorant syrup to stimulate the body's natural ability to relieve the symptoms of the common cold. This syrup makes it easier for your child to cough up mucus with less irritation.

459615 - 4 oz. \$8.25



Baby's Only Sensitive Pea Protein

Created for conscious parents, Hug More uses natural, safe and simple ingredients that nurtures your baby's sensitive skin. Made without harsh cleansers and additives, multi-tasking formulas contain plant-powered ingredients that are gentle and cuddle-approved.

12.7 fl. oz. \$14.00



Baby's Only Gentle & Premium Infant Formula

With iron. 0-12 mo. Closest formula to breast milk. Tested every time.

Can..... \$26.65

Case \$159.90



Baby's Only Pea Protein

12.7 fl. oz. \$14.00



Baby's Only Goat Milk

Can..... \$22.00

Case..... \$132.00



Baby's Only Gentle Formula

12.7 fl. oz. \$14.00



Whole Goat Milk Powder

1# - \$30.00



HiPP Baby Formula

0-6 mo. development formulated for infants with delicate tummies. Helps develop growth in infants.

..... \$50.00



Baby's DHA

HBHD - 2 oz..... \$15.00

DHA Extra - 2 oz..... \$25.65



Attentive Child Source Natural

120 Tabs..... \$15.85

60 Chewables..... \$17.80



Seventh Generation Pampers

40 Ct..... \$18.75

36 Ct..... \$16.30

27 Ct..... \$13.49



Seventh Generation Overnight Protection

..... \$19.30



Thieves Wipes

30 Ct. \$10.95



These products are not FDA approved. Will NOT diagnose, prevent or cure a disease.

Anise Star

NF001 – 15 ml.\$10.25

Basil

NF003A – 15 ml. \$11.50

Bergamot

NF002 – 15 ml. \$14.50

Birch

NF003 – 15 ml.....\$14.00

Calming Core (Digestive)

NF027 – 15 ml. \$15.50

Cedarwood

NF004 – 15 ml.\$9.50

Cinnamon (True)

NF005 – 15 ml..... \$21.75

Clary Sage

NF006 – 15 ml..... \$18.50

Clove

NF007 – 15 ml..... \$10.00

Copaiba

NF54 – 15 ml. \$15.00

Eucalyptus (Radiata)

NF008 – 15 ml.\$7.85

Frankincense

NF025 – 5 ml..... \$30.00

NF025A – 15 ml. \$54.00

Geranium

NF009 – 15 ml..... \$19.50

Ginger

NF010 – 15 ml.\$10.00

Grapefruit

NF011 – 15 ml.\$8.90

Helichrysum

NF0511 – 5 ml. \$50.00

Lavender

NF012 – 15 ml.\$26.50

Lemon

NF013 – 15 ml.\$5.60

Lemon Eucalyptus

NF014 – 15 ml..... \$7.75

Lemongrass

NF015 – 15 ml..... \$7.10

Marjoram

NF016 – 15 ml.....\$13.25

Orange

NF017 – 15 ml..... \$8.00

Oregano

NF018 – 15 ml.....\$10.60

Peppermint

NF019 – 15 ml.....\$11.80

Pine

NF020 – 15 ml..... \$10.50

Rose Absolute

NF026 – 5 ml.\$33.75

Rosemary

NF021 – 15 ml.....\$10.00

Tea Tree

NF022 – 15 ml.\$13.50

Wintergreen

NF023 – 15 ml. \$11.50

Ylang Ylang

NF024 – 15 ml.\$17.50

Product Comparison Chart

ALL NATURE'S FUSIONS' FUSIONS ARE 15 ML, DOTERRA & YOUNG LIVING ARE 15 ML UNLESS NOTED

Blend Type	Nature's Fusions'	doTerra***	Young Living***
Alertness/Invigorating	Refreshing Wind	InTune* 10ml	Clarity*, En-R-Gee*, Harmony*
Calming/Purifying/Uplifting	Lemon-Aid	Elevation*, Purify*, Peace*	Gratitude
Digestive	Calming Care	DigestZen	DiGize
Extreme Protective	Nature's Sword**		
Extreme Sinus Protection	Strength		
First Aid	Soothing	Immortelle* 10ml	
Focus/Alertness	External Flame	InTune* 10ml	
Holiday/Mountain/Spice	Holiday Cheer	Holiday Joy	Christmas Spirit
Insect Repellant	Nature's Shield	Terra Shield	
Massage	Earthly Calm	Aroma Touch	Relieve It
Monthly Feminine/Cramping	Pink Flowers	Clary Calm 10ml	Dragon Time, Sclar Essence*, Lady Sclareol
Muscle/Deep Tissue	Fire & Ice	Deep Blue 5ml, Past Tense 10ml	Deep Relief Roll-on, M-Grain, Pan Away* 5ml, Relieve It*
Nausea/Equilibrium	Vertigo	Balance	
Oral Health	GreenX		
Protective	Dragon's Breath	OnGuard	Thieves
Redness/Swelling	Cooling Water	Deep Blue 5ml	Deep Relief
Relaxing/Harmony	Eye Of The Storm	Balance	Peace & Calming* 5ml, Peace & Calming II* 5ml, Release, Inspiration*, Stress Away*
Respiratory/Sinus	Crystal Breath	Breathe	Breathe Again*, Raven*, RC* 5ml
Skin Cooling	Icicle		Cool Azul
Skin Warming	Volcano		
Sleep/Relaxation	Lullaby	Serenity	Gentle Baby* 5ml, Peace & Calming
Uplifting/Purifying	Citrus Dreams	Citrus Bliss, Purify	Citrus Fresh

* Blends marked are similar type with significantly different ingredients and/or smell profiles.

** Nature's Sword has an aroma that is significantly more potent than ImmuPower.

*** Registered trademark of doTerra and/or Young Living.



These products are not FDA approved. Will NOT diagnose, prevent or cure a disease.

Citrus Dreams (Uplifting)
NF028 – 15 ml.\$14.00

Cooling Water (Anti-inflammatory)
NF029 – 15 ml.\$22.00

Crystal Breath (Respiratory/ Sinus)
NF030 – 15 ml.\$25.75

Crystal Breath Roll-on, Respiratory Blend
NF050 – 10 ml. \$11.50

Dragon's Breath (Protective)
NF031 – 15 ml. \$15.75

Earthy Calm (Anti-Spasmotic)
NF032 – 15 ml. \$18.75

Eternal Flame (Alertness/ Memory)
NF033 – 15 ml. \$16.25

Eye Of The Storm (Relaxing)
NF034 – 15 ml.\$18.00

Fire & Ice (Muscle)
NF035 – 15 ml.\$18.00

Fractionated Coconut Oil
NF053 – 4 oz.\$9.40

Green X (Oral Health)
NF036 – 15 ml.\$19.00

Holiday Cheer (Spice)
NF037 – 15 ml. \$15.00

Icicle (Skin Cooling)
NF038 – 15 ml. \$15.75

Lemon-Aid (Uplifting)
NF039 – 15 ml. \$14.00

Lullaby (Sleep/Relaxation)
NF040 – 15 ml.\$16.00

Nature's Shield (Insect Repellent)
NF041 – 15 ml. \$10.50

Nature's Sword (Extreme Protective)
NF042 – 15 ml. \$18.50

Pink Flowers (Monthly Feminine)
NF043 – 15 ml. \$16.75

Refreshing Wind (Alertness)
NF044 – 15 ml. \$15.75

Soothing (First-Aid/Bruises & Cuts)
NF045 – 15 ml. \$19.50

Soothing Roll-on, Skin Health Blend
NF052 – 10 ml. \$11.50

Strength (Extreme Sinus)
NF046 – 15 ml.\$14.00

Vertigo (Nausea/Equilibrium)
NF047 – 15 ml. \$15.00

Volcano (Skin Warming/ Circulation)
NF048 – 15 ml. \$14.75



These products are not FDA approved. Will NOT diagnose, prevent or cure a disease.

Basil Oil

7516 - 1 oz.\$10.40

Neem Oil

7733 - 1 oz.\$7.20

Balsam Fir Needle

(Abies balsamea) 100% Pure

7513 - 1 oz.\$9.60

Cedarwood Oil

(Juniperus virginiana) 100% Pure

7525 - 1 oz. \$5.15

Chamomile Oil

(Anthemis nobilis) 100% Pure

7621 - 1 oz.\$30.85

Cinnamon Cassia Oil

(Cinnamomum cassia) 100% Pure

7530 - 1 oz..... \$4.60

Citronella

(Cymbopogon winterianus) 100% Pure

7535 - 1 oz. \$5.15

Clove Oil

(Eugenia caryophyllus) 100% Pure

7540 - 1 oz. \$6.90

Eucalyptus Oil

(Eucalyptus globulus) 100% Pure

7545 - 1 oz..... \$7.25

Lemon Eucalyptus

(Eucalyptus citriodora) 100% Pure

7638 - 1 oz.\$3.60

Frankincense Oil

(Boswellia carterii) 100% Pure

7542 - 1 oz. \$24.00

Geranium Oil

(Pelargonium graveolens) 100% Pure

7552 - 1 oz. \$8.50

Grapefruit Oil

(Citrus papradisi) 100% Pure

7553 - 1 oz. \$8.60

Lavender Oil

(Lavandula angustifolia) 100% Pure

7560 - 1 oz. \$12.00

7561- 4 oz.\$34.30

Lemon Oil

(Citrus limon) 100% Pure

7565 - 1 oz. \$11.10

7565A - 4 oz.\$15.45

Lemongrass Oil

(Cymbopogon flexuosus) 100% Pure

7582 - 1 oz.\$4.45

Lime Oil

(Citrus aurantifolia) 100% Pure

7567 - 1 oz. \$6.00

Myrrh Oil

(Commiphora myrrha) 100% Pure & Natural

7568 - 1 oz..... \$32.70

Orange Oil

(Citrus sinensis) 100% Pure

7570 - 1 oz.\$3.75

Peppermint Oil

(Mentha piperita) 100% Pure

7585 - 1 oz. \$6.55

Pine Needle Oil

(Pinus sylvestris) 100% Pure

7590 - 1 oz. \$9.25

Rosemary Oil
 (Rosmarinus officinalis) 100% Pure
7600 – 1 oz. \$8.60

Sage Oil
 (Salvia officinalis) 100% Pure
7610 – 1 oz. \$10.00

Spearmint Oil
 (Mentha Spicata) 100% Pure
7620 – 1 oz. \$6.00

Tangerine Oil
 (Citrus reticulata) 100% Pure
7623 – 1 oz. \$4.30

Tea Tree Oil
 (Melaleuca alternifolia) 100% Pure
7625 – 1 oz. \$7.70

Thyme Oil, White
 (Thymus vulgaris/zygis) 100% Pure
7635 – 1 oz. \$14.15

Wintergreen Oil
 (Caultheria procumbens) 100% Pure
7640 – 1 oz. \$10.30

Ylang Ylang Extra Oil
 (Cananga odorata genuina) 100% Pure
7650 – 1 oz. \$25.45

Cheer-Up Buttercup Uplifting Blend
7604 – 1 oz. \$10.40

Clear the Air Purifying Blend
7605 – 1 oz. \$10.50

Vetiver Oil
7584 – 1/3 oz. \$13.10

Lavender & Tree Tea Blend
7585 – 15 ml. \$10.45

Good Morning Sunshine Uplifting Blend
7631 – 1 oz. \$8.25

Lemon & Eucalyptus Blend
7729 – oz. \$7.70

Mental Focus Oil Blend
7606 – 1 oz. \$10.00

Eucalyptus Radiata
1 oz. \$7.25

Nature's Shield Protective Blend
 (compares to Thieves)
7612 – 1 oz. \$15.45

Oil of Oregano
 100% Pure & Natural
7577 – 1 oz. \$10.30

Peace & Harmony Oil Blend
7608 – 1 oz. \$8.25

Peace, Love, Flowers Balancing Blend
7634 – 1 oz. \$11.55

Peaceful Sleep Blend
7607 – 1 oz. \$10.00

Smiles For Miles Oil Blend
7633 – 1 oz. \$10.39

Rose Hip Seed Oil
 100% Pure & Natural
7595 – 1 oz. \$7.19



Essential Oils Ancient Medicine
 Has recipes on lotions, shampoo, oil blends, etc.
(By: Dr. Josh Axe) \$29.99



Daily Diffusing Calendar
 365 essential oil recipes by: Mary Ellen Miller
110521 \$17.75

AERA HYL A AIR FRESHENER

More than just an air freshener... the HYL A Water Air Freshener!

The stylish, sleek design as well as its petite size allows this accessory to complement any setting of your choice. Use the HYL A Area during cooking, cleaning, relaxing, and even at work, as it allows you to take a deep breath of “fresh air” whenever you would want to. The water contained will also humidify the air inside your home and help reduce static electricity, as well as relieve dry skin during the winter season. The assortment of HYL A Fragrances and the HYL A Air Freshener & Deodorizer will give you a variety of aromas to refresh the air and help you relax and breathe freely.

Breathe with ease.

IT JUST **MAKES** SCENTS



MSR:..... \$219.95
Sale Price:..... \$ 199.00
 post paid

REVOLUTIONIZE YOUR HOME
ASK ABOUT OUR INVERTERS
HYL A FRAGRANCES & DEODORIZER

All Fragrances
\$ 10.00 post paid

Refresh Kit

- Fresh Apple**
- Fresh linen**
- Summer Sorbet**
- Eucalyptus**

Relax Kit

- Strawberry**
- Lemon**
- Orange**
- Eucalyptus**

Revitalize Kit

- Vanilla**
- Gardenia**
- Lavender**
- Eucalyptus**



L.A. Naturals

Single Herbs

These products are not FDA approved.
Will NOT diagnose, prevent or cure a disease.

Cayenne

A good blood cleanser & will help to clot blood.

1133901 – 1 oz. \$12.00

Dandelion

A good blood cleanser and used for support liver function.

1133981 – 1 oz. \$12.00

ElderBerry

Elderberry is one of the most effective herbs to use for flu. Elderberry has proven to be effective against numerous strains of influenza. The herbs constituents neutralize the activity of the hemagglutinin spikes found on the surface of several viruses, causing the viruses to deactivate so they are unable to infect cells. Elderberry can be used during an active flu (optimally combined with Oregano Oil or Echinacea Goldenseal), or used as a preventative to avoid getting sick during the flu season.

11336631 – 1 oz. \$12.00

Ginger

Also a blood cleanser and used to alleviate nausea associated with motion.

1134101 – 1 oz. \$12.00

Milk Thistle

A detox and restore.

1134271 – 1 oz. \$12.00

Red Clover

Also a blood cleanser.

1134431 – 1 oz. \$12.00

Oregano

Immediate immune system support; regulates candida. Oregano Oil naturally offers the following properties: Anti-Bacterial, Anti-Microbial, Anti-Fungal, Anti-Candida and Vermifuge (kills parasites). Oregano Oil from L.A. Naturals is available in both a 1 oz. liquid extract and liquid extract oil caps as well.

1135141 – 1 oz. \$22.00



Sunny Days Blend Headache Relief

(made w/ Essential Oils)

EFHR - Roller Bottle \$12.85



Sunny Days Blend Monthly Mender

(made w/ Essential Oils)

EFMM - Roller Bottle \$12.85



Sine Relief

(made w/ Essential Oils)

SR12 - Roller Bottle \$11.95



True Essentials RC-C RC Oil

Good for colds, cough, congestion, sore throat & sinuses.

TERC – 15 ml \$16.60



NOW Vitamin E Oil

Vitamin E is a well-known antioxidant vitamin and one of the body's primary free radical-fighting nutrients.

0912 – 4 oz. \$15.40



Castor Oil

100% Pure. While its use is applicable to many other areas of wellness, castor oil is considered by many to be one of the finest natural skin emollients available today. Also known as Palma Christi (the "palm of Christ"), castor oil celebrates a history of use that dates back to biblical times. Since then, it has been used to help moisturize and soften healthy skin and hair, and is commonly used in some of today's most popular cosmetic and beauty formulas.

7675 – 16 oz. \$9.00



Jojoba Oil Organic O

Most commonly used to promote softer hair and skin.

7717 – 4 oz. \$12.05



Sweet Almond

Promotes Healthy-Looking Skin, Easily Absorbed & Won't Clog Pores.

7658 – 8 oz. \$18.50



Vegetable Glycerin, Organic O

Multi-purpose & Versatile Skin Care

7684 – 8 oz. \$7.20

Also available in gals, ask for price



Pure, Fractionated Coconut Oil

NOW® Solutions Liquid Coconut Oil is a versatile cosmetic oil that's pleasingly light and easily absorbed for comprehensive moisturization without clogged pores.

7699 – 16 oz. \$16.30

7698 – 7 oz. \$7.30



Comforting Massage Oil

Comforting Massage Oil is an advanced blend of natural oils specifically formulated for relaxation and skin rejuvenation.

7664 - 16 oz. \$12.85



Natural Blessings Lavlein Massage Oil w/ Arnica

Herbal massage oil to help relieve growing pains, sore muscles, sprains and bug bites. Ingredients include: Olive oil infused with lavender, mullein and arnica (not to be used on broken skin).

NBLO - 2 oz. \$6.95

10 oz. \$10.95



Berkley Filters & Parts Pending On Availability



We have in stock:
 1- 1 Qt, 4- 2.25 Gal.,
 2 - 3.25 Gal., 2- Berkley Light



Berkey Sight Glass Spigots

The Berkey Sight Glass Spigots are designed to fit the stainless steel Berkey systems from the Travel Berkey to the Crown Berkey. Constructed of high quality materials and made in the USA, the Berkey Sight Glass Spigots are a welcome addition to any double chambered water purification system.

- BK321 – 7.5” Sight Glass Spigot (Travel/Big) \$38.55**
- BK322 – 10” Sight Glass Spigot (Royal/Imperial) \$46.85**
- BK323 – 13” Sight Glass Spigot (Crown) \$50.95**



Royal Berkey

The versatile Royal Berkey system is the ideal system for use during travel and any outdoor activities or during unexpected emergencies.

- BK324 – w/ 2 filters \$271.00**
- BK325 – w/ 4 filters \$365.55**



Big Berkey

The versatile Big Berkey system is the ideal system for use at home with small or medium-sized families, travel, and outdoor activities, or during unexpected emergencies.

- BK329 – w/ 2 filters \$245.60**
- BK330 – w/ 4 filters \$340.00**



Black Berkey Purification Elements

No need for expensive disposable filters. Black Berkey purification elements are cleanable. When the flow rate decreases simply brush the Black Berkey purification elements with a ScotchBrite pad under running water, reinstall and your system is again ready to purify water.

- BK336 – 2 filters per set \$105.15**

Crown Berkey

The versatile Big Berkey system is the ideal system for use with medium to large groups, at home, churches, hospitals, orphanages, outdoor activities or during unexpected emergencies.

- BK331 – w/ 2 filters.....\$316.25**
- BK332 – w/ 4 filters.....\$410.70**
- BK333 – w/ 6 filters.....\$505.20**
- BK334 – w/ 8 filters\$599.65**



Berkey PF-2 Fluoride and Arsenic Reduction Elements

PF-2 reduction elements are designed for use in conjunction with Black Berkey water purification elements to “absorb” the following unwanted elements found in drinking water: fluoride, arsenic V and pre- oxidized III, and other residual heavy metal ions.

- BK335 – 2 filters per set..... \$55.85**



Imperial Berkey

The versatile Imperial Berkey system is the ideal system for use at home with small or medium-sized families, travel, and outdoor activities, or during unexpected emergencies.

- BK326 – w/ 2 filters \$297.35**
- BK327 – w/ 4 filters \$391.80**
- BK328 – w/ 6 filters..... \$486.25**



Berkley Light Plastic System

-\$26.05**



Mill Creek Hair Spray Extra Hold

Incredible shine and hold from the powerful combination of jojoba oil and witch hazel. Non-sticky formula that will not dry hair. Extra hold hair spray offers a long-lasting strong

9366100 - 8 oz. \$9.85



Now Lanolin 100% Pure

Pure Lanolin is a powerful, natural moisturizer that can promote the smoothness and translucency associated with healthy, youthful skin. Derived from the wool of sheep, lanolin is remarkably close to our own natural skin oils. Its thickness has been compared to petroleum jelly, but lanolin is a natural alternative that has more moisturizing properties and is similar to our own skin lipids. It is perfect for use on very dry or rough skin.

7725 - 7 oz. \$11.15



Sukin Australian Natural Shampoo

Oil balancing Shampoo. Paraben Free. Cleanse and purify hair with moringa extract and jojoba oil to help balance excess sebum. No synthetics. For Oily hair.

4327693 - 16.9 oz. \$8.35



The Grandpa Soap Company Pine Tar Conditioner

Enriched with pure vegetable pine tar oil, Grandpa's Wonder Pine Tar Conditioner moisturizes hair, leaving it soft and manageable. It's gentle enough for daily use.

250711 - 8 oz. \$9.05



The Grandpa Soap Co. Pine Tar Shampoo (scalp therapy)

Cleanses hair of impurities with natural essential fatty oils leaving your hair dapper clean, soft and manageable.

250710 - 8 oz. \$9.05



Millcreek Biotene H-24

A natural conditioner with biotin & peptides. Thicker-Fuller hair naturally.

8.5 oz. \$9.85

8.5 oz. Conditioner \$7.25



Farms Jojoba Conditioner

Mill Creek Botanicals jojoba hair conditioner, balancing formula, Natural & organic ingredients. Paraben Free. Beautiful hair naturally. With Pantheon, keratin and comfrey improves movement. Balancing formula. Locks in moisture. No Sodium Lauryl sulfate. Ph balanced.

MC0006 - 14 oz. \$10.55



Farms Jojoba Shampoo

Mill creek botanicals jojoba shampoo. The Best of Nature for Nourished Beauty. Our Balancing formula rehydrates and nourishes your hair with pure Jojoba Oil, Keratin Protein and Comfrey Extract

MC0005 - 14 oz. \$9.85



Millcreek Jojoba Bal Shampoo

Provides relief for annoying scalp problems.

233124 - 16 oz. \$7.95



Mill Creek Dandruff Shampoo

Our treatment formula provides relief from annoying dandruff. This proprietary blend of Coal Tar topical solution, Aloe Vera Gel and Nettle extra soothers scalp irritations and helps eliminate flaking.

233123 - 16 oz. \$10.55



Pharm Aloe Shampoo

A shampoo with 50% Aloe Vera (nature's own beauty aid) that will moisturize and cleanse your hair leaving it with a shiny full-bodied look.

PhA1 - 8 oz. \$15.40



Tea Tree Therapy Shampoo

With tea tree oil & herbal extracts. Removes build-up. Tea tree therapy shampoo, Tea Tree Therapy Shampoo, with Tea Tree Oil and Natural Herbal Extracts, gently and completely removes build-up from hair and adds moisture to dry flaking scalps. Continued use will leave hair and scalp in natural condition.

92480 - 16 oz. \$8.00



Tea Tree Therapy Conditioner

Tea Tree Therapy Conditioner, with Tea Tree Oil and Herbal Extracts, conditions the hair and scalp by helping to capture natural oils and moisture, leaving the hair silky smooth and tangle-free.

92483 – 16 oz. \$8.55



Aura Cacia Bubble Bath Bedtime Lavender

Available in: Comforting Geranium or Tranquil Chamomile. Paraben Petroleum Free. No Synthetic Fragrances. No Synthetic Colors or Stabilizers. No Animal Testing. 100% Pure Essential Oils. Pure Botanical Ingredients. Paraben Free

AC0570 – 13 oz. \$8.50



Jason Glowing Apricot & White Tea Body Wash

Nourish your skin with botanical surfactants plus Vitamin E and Pro-Vitamin B5 for a gentle, healthy feeling clean. Infused with Apricot Oil and Sunflower Seed Oil, this body wash gives your skin a youthful, radiant glow.

30 oz. \$15.45



Kirks 3 in 1 Head to Toe Nourishing Cleanser

Available in: Juniper & Lime or Original Fresh Scent. Our nourishing, multi-tasking cleanser gently shampoos your hair and cleanses your face and body. Enhanced with our premium Coconut Oil for a creamy lather and infused with soothing Aloe Vera, it leaves hair healthy and skin moisturized. KS0045 – 32 oz. \$9.40 Inspired Nutrition Scalp Defense Conditioner & Skin Care Monolaurin, Silver & Essential Oil

00019 – 32 oz. \$7.50



Jason Apple Cider Vinegar Body Wash

Nourish your skin with botanical surfactants and oils for a gentle, healthy feeling clean. Infused with Apple Cider Vinegar and Purple Prairie Barley, this body wash leaves skin feeling purified, conditioned and smooth. Give your skin a natural glow while the exhilarating sweet apple scent brightens your day.

30 oz. \$15.45



Jason Invigorating Rosewater Body Wash

Infused with nutrient rich vitamin E and pro vitamin B5. Features rosewater and calendula extract to help soften and smooth skin. Free of parabens, harsh sulfates, phthalates and petrolatum

SC0221 – 30 oz. \$15.45



Jason Jojoba Castor Oil Shampoo

Helps promote healthy hair.

SC0221 – 30 oz. \$14.10



Jason Calming Lavendar Body Wash

Nourish your skin with botanical surfactants plus Vitamin E and Pro-Vitamin B5 for a gentle, healthful cleanse. Calming Lavender and Marigold Extracts soothe the skin, and give your body a smoother, petal-soft touch.

SC0222 – 30 oz. \$15.45



Jason Moisturizing Herbs & Shea Butter Body Wash

Nourish your skin with botanical surfactants plus Vitamin E and Pro-Vitamin B5 for a gentle, healthy feeling clean. Infused with Sage, Avocado Oil & Passion Flower Extract, this body wash leaves your skin with a “morning dew” freshness.

30 oz. \$15.45



Aura Cacia Body Soak Recover

With essential oils, red clay, and pink salt. Paraben Petroleum Free. No Synthetic Fragrances. No Synthetic Colors or Stabilizers. No Animal Testing. 100% Pure Essential Oils. Pure Botanical Ingredients. Paraben Free. GC/MS Tested for Purity

AC721 – 18.5 oz. \$12.15



Jason De-Stress Hemp Seed Oil Body Wash

Balance your dry, stressed out skin with botanical surfactants and Hemp Seed Oil for a relaxing, healthy feeling clean. Infused with Oatmeal, Lavender and Aloe Extracts, this body wash leaves skin feeling hydrated, smooth and pampered.

30 oz. \$15.45



Jason Pampering Himalayan Pink Salt Body Wash

Soothe your mind with an elegantly fragrant and luxuriously nourishing lather for your bath or shower. Himalayan Pink Salt helps promote a feeling of relaxation to ease your tensions away. A delicate blend of calming Lavender, Sage and Bergamot Oils helps you tackle the day or wind down for the evening.

30 oz. \$15.45



Jason Purifying Tea Tree Body Wash

Nourish your skin with botanical surfactants plus Vitamin E and Pro-Vitamin B5 for a gentle, healthy feeling clean. Infused with Tea Tree Oil and Aloe Vera, this body wash leaves you with a feeling of inner peace.

30 oz. \$15.45



Jason Smoothing Coconut Body Wash

Nourish your skin with botanical surfactants, unrefined Coconut Oil, Vitamin E and Shea Butter for a gentle, healthy feeling clean. This luscious body wash leaves your skin feeling soft, smooth and deliciously renewed.

30 oz. \$15.45



Schmidts Bergamot & Lime Natural Deodorant

231880 – 3.25 oz. \$12.05



Jason Relaxing Chamomile Body Wash

Contains chamomile extract and avocado oil. Vitamin E and pro-vitamin B5 nourishes skin. Pure and natural

SC0220 – 30 oz. \$15.45



Jason Smoothing Aloe Vera Body Wash

Nourish your skin with botanical surfactants plus Vitamin E and Pro-Vitamin B5 for a gentle, healthy feeling clean. Enriched with Aloe Vera and Sunflower Seed Oil. Helps to hydrate skin and give you an overall sense of well-being.

30 oz. \$15.45



Schmidts Jasmine Tea Deodorant (Sensitive Skin)

The inviting aroma of Geranium Flower is relaxing, floral, and rosy while Lavender Tips provides a clean, floral aroma that is tranquil and soothing.

20231 – 3.25 oz. \$12.05



Jason Revitalizing Citrus Body Wash

Contains Natural Lemon Extract and Orange Peel Oil. Vitamin E and Pro-Vitamin B5 nourishes skin. Pure and natural

JC0219 – 30 oz. \$15.45



Schmidts Charcoal + Magnesium Natural Deodorant

Luxurious, long-lasting scent made with natural fragrances. A proprietary blend of all natural essential oils, plant extracts, and isolates. Nothing artificial in Schmid's aluminum free deodorant

231880 – 3.25 oz. \$12.05



Schmidts Rose + Vanilla Natural Deodorant

Helps neutralize odor and keep you fresh. Free of aluminum salts, propylene glycol, parabens, and phthalates, and artificial fragrance.

20241 – 3.25 oz. \$12.05



Jason Sensitive Skin Body Wash

Leave your dry, sensitive skin feeling hydrated with our Sensitive Skin Body Wash. Enriched with Oat and Aloe extracts, this formula gently cleanses and leaves skin feeling smooth*

30 oz. \$15.45



Schmidts Lavender & Sage Natural Deodorant

231880 – 3.25 oz. \$12.05



Schmidts Hemp Seed & Sage Natural Deodorant

231113 – 3.25 oz. \$12.05



Schmidts Lilly of the Valley Natural Deodorant
231113 - 3.25 oz. \$9.55



Lavilin
 Underarm deodorant cream and roll on. The "Single Application Revolution" Odor free up to 7 days. A unique herbal deodorant. Alcohol, Aluminum and Paraben Free! No need to re-apply after bathing, exercise or strenuous activity - Water resistant. Ideal for Athletes.
110121 - .44oz \$16.60
110122 - 80 ML. \$17.80



Naturally Back to Basics Vanilla/Almond Goat's Milk Lye Soap
 Experience why goats milk soap is so popular for general use! A richly foaming soap for luxurious and smooth feel, along with a nice scent.
NBB4 - 3.75 oz. bar \$4.80



Crystal Deodorant Body Spray
 Unscented. Delivers a gentle wet formula to your underarm area. Instead of interfering with the natural sweat process, this combats the bacteria that causes underarm odor.
522009 - 4 oz. \$5.15



Naturally Back to Basics Lovely Lavender Lye Soap
 You will love this calming and relaxing lavender scent after a full day of work! The included lavender petals also give this bar a pleasing appeal.
NBB1 - 3.75 oz. bar \$4.65



Naturally Back to Basics Exfoliating Oatmeal/Lemongrass Lye Soap
 This soap has quickly become a favorite for its gentle cleansing and moisturizing affect with its included soothing and nourishing properties of oatmeal.
NBB5 - 3.75 oz. bar \$4.80



Crystal Mineral Deodorant Roll-On, Pomegranate
 Fresh, fruity Pomegranate, this mineral active liquid roll-on prevents body odor by creating an invisible protective barrier to block odor before it starts.
522661 - 2.25 oz. \$5.60



Naturally Back to Basics Herbal Lye Soap
 Bothered with skin conditions and poison ivy? This is the soap to use as it's loaded with herbal powders and oils beneficial to irritated skin.
NBB2 - 3.75 oz. bar \$4.20



Naturally Back to Basics Mighty Clean Pumice Lye Soap
 Farmers, gardeners, mechanics, and dirty hands in general will love this hardworking soap to remove dirt, grease, grime, and even odors! Hint of Mint scent.
NBB6 - 3.75 oz. bar \$3.65



Crystal Solid Deodorant Unscented
 CRYSTAL™ Unscented Invisible Solid Deodorant eliminates odor while absorbing excess moisture with a touch of baking soda.
522075 - 2.5 oz. \$4.65



Naturally Back to Basics Flora Rose Lye Soap
 Treat yourself to silky foam and a delightful scent that will remind you of a springtime flower garden.
NBB3 - 3.75 oz. bar \$4.80



Naturally Back to Basics Bar Soap Box
 Lemongrass & unscented. Heavy duty cleaning power with moisturizing properties to leave your skin looking and feeling refreshed! Specially formulated for a longer lasting bar. Also works great as a shampoo.
NBB7 - Three 4 oz. bar \$8.75



Naturally Back to Basics Bulk Bar Soap
NBB9 – Twelve 4 oz. bars\$34.20



SoF Cherry Blossom Bar Soap
 Infused with: Sweet cherry, mimosa petals and warm vanilla. Makes you imagine: The gentle sway of cherry blossoms delicately perfuming the air on a cloudless spring afternoon.
6 oz. bar \$4.40



SoF Lavender Fields Bar Soap
 Infused with: Calming lavender, eucalyptus and herbal notes. Makes you imagine: Gathering fresh lavender under the warming late-morning sun.
6 oz. bar \$4.40



SoF Lavender Fields Bar Soap
 Infused with: Calming lavender, eucalyptus and herbal notes. Makes you imagine: Gathering fresh lavender under the warming late-morning sun.
6 oz. bar \$4.35



Naturally Back To Basic Alcohol Free Hand & Surface Sanitizer
NBB13-8 – 8 oz.\$5.00
NBB13-2 – 2 oz.\$2.90



Naturally Back to Basics Quilters & Sewer's Lotion
 This lotion quickly became a favorite after introducing it a couple years ago. Some included moisturizing ingredients are Shea butter, Aloe Vera, Jojoba oil, and extra virgin olive oil.
NBB10 – 8 oz.\$9.00



Naturally Back to Basics All Natural Hand & Body Lotion
 Available in: Citrus Delight, Lovely Lavendar, Vanilla Almond. Skip commercial lotions full of harmful chemicals and experience for yourself this premium all natural lotion! Moisturizing ingredients include: Shea Butter, Aloe Vera, Jojoba Oil and Extra Virgin Olive Oil. Scented with essential oils.
NBB11 – 8 oz.\$9.00



Naturally Back to Basics All Natural Hand & Body Lotion
 Available in: Citrus Delight, Lovely Lavendar, Vanilla Almond. Skip commercial lotions full of harmful chemicals and experience for yourself this premium all natural lotion! Moisturizing ingredients include: Shea Butter, Aloe Vera, Jojoba Oil and Extra Virgin Olive Oil.
NBB12 – 2 oz.\$3.90



Naturally Back to Basics Shampoo
 Scented w/ Hint of Mint. An enriching and conditioning shampoo for all hair types that is made from natural raw ingredients and does not contain any detergents like SLS & ect. Bring back the feel, shine and bounce you will love while enjoying the refreshing and stimulating scent coming from essential oils of Mint, Melaleuca, Lavender, and Eucalyptus.
NBB14 – 8 oz. \$5.50



Kirks Castol with Aloe
 Natural Fragrance with Essential Oils, Premium Coconut Oil and Soothing Aloe Vera. Available in Original Fresh Scent and Fragrance Free as well.
KS0013 – 4 oz. \$2.20
3 Pk.\$4.50



Naturally Back to Basics Lip Balm

Peach Custard, Spearmint, Honeycomb Citrus Blossom, Peppermint

NBB15 - 0.15 oz. \$1.65



Naturally Back to Basics Natural Deodorant Sticks

Tina's Blend, Tropical Breeze, Almond Spice

NBB16 - 3 oz. \$5.55



Now Nature's Deodorant Stick (Stone)

100% Pure & Natural Nature's Deodorant Stick leaves a thin layer of odor-controlling mineral salts to offer long-lasting, natural protection. Free of harmful forms of aluminum (chlorohydrate, chloride, tetrachlorohydrate and octachlorohydrate).

8077 - 3.5 oz. \$6.85



Now Long Lasting Deodorant Stick

Unscented or Lavendar. NOW® Solutions long-lasting deodorant is scientifically formulated, using the odor-fighting properties of zinc oxide. It offers amazing protection that you can count on to feel fresh throughout the day. Aluminum free.

8067 - 2.2 oz. \$7.70



Now Berryfull Shampoo

Volume boost for fine hair. Berry Full™ Shampoo combines Biotin, Panthenol, Rosemary and Algae Extract to boost volume, add body and generate beautiful shine. It cleans fine hair and delivers nutrients to the scalp, creating a fuller, more beautiful head of hair. Berry Full™ Shampoo is formulated with a unique herbal blend to protect and naturally nourish your hair and scalp.

8214 - 16 oz. \$7.70

8214 - 16 oz. Conditioner \$7.70



Attitude Shampoo

Nourishing and strengthening grape seed oil & olive leaves.

11093 - 16 oz. \$9.40

Conditioner 11093 - 8 oz. \$11.25



Quinoa & Jojoba Nourishing and strengthening grape seed oil & olive leaves.

11007 - 16 oz. \$9.40

Conditioner 11007 - 8oz. \$11.25



Giovanni Shampoo

This sulfate free shampoo has no surfactants that dull, strip color, or damage your hair. It's 100% color safe, paraben free, and cruelty free. Balances the art of clean with moisture and protection.

18957 - 24 oz. \$17.15



Giovanni Conditioner

For Damaged Hair, infuses deep moisture for smooth manageability. Cruelty Free, Color-Safe, No Animal Testing. Contains vegetable protein to help soothe dry, damaged hair, control frizz & add shine.

18601 - 8 oz. \$5.55



Giovanni Ultra Sleek Shampoo

Clarifying & Calming Bring out your hair's natural beauty. Clarify, balance and calm each tress with our exclusive Dual Purifying Complex consisting of refreshing wintergreen and blue tansy to help soothe hair and scalp of irritation while naturally helping to alleviate a dry, flaky scalp.

18959 - 24 oz. Conditioner \$17.15

18959 - 8.5 oz. Shampoo \$8.60



Pineapple & Ginger

For dry & unruly hair. Restores shine and smooths. Nurture, cleanse and embellish your tresses with ingredients that help bring out your hair's radiance.

18958 - 8.5 oz. \$6.40

18958 - 8.5 oz. Conditioner \$6.40



Now Natural Progesterone Unscented

20 mg of Natural Progesterone Per Pump, No Artificial Colors, No Artificial Fragrances, Paraben Free, Gluten Free, Vegan, Non GMO

3338 - 3 oz. \$14.80



Now Natural Progesterone Lavender

20 mg of Natural Progesterone per Pump, No Artificial Colors, No Artificial Fragrances, Paraben Free, Gluten Free, Vegan, Non GMO

3346 – 3 oz..... \$6.85



Shikai Moisturizing Shower Gel

Rich in aloe and oatmeal to soothe dry skin

Sandalwood YUZU36307 – 12 oz..... \$8.25



Now Vitamin E Cream 28,000 IU

Nourishes skin. Vitamin E 28,000 IU Cream is formulated with one of the highest concentrations of natural vitamin E. It is designed to replenish skin's natural moisture. To boost the effects of natural vitamin E, wheat germ oil is added to aid in fighting free radicals. Rhodiola extract is also included to aid in protecting the skin from environmental stressors.

8199 – 4 oz. \$11.60



Canna Cell Botanical Shower Gel

With hemp stem cells, organic hemp seed oil & pure plant essential oils to smoothe balance & uplift your body, mind and spirit.

Chamimile & Myrtle leaf Harmony 725 – 8 oz. \$8.05

Joyful Rosemary & Lemon Balm 726 – 8 oz. \$8.05



Everyone's Soap 3 in 1 Shampoo/Body wash

/Bubble bath Gentle coconut cleanser's aloe, provitamin b5 and pure essential oils.

32 oz. \$11.15

2 oz. \$3.40



Now Vitamin C & Sea Buckthorn Lotion

Nourishes and renews dry, dull skin. Vitamin C & Sea Buckthorn Lotion has been formulated to provide a nourishing layer of moisture to dry skin.

8002 – 8 oz. \$11.15



Now Coca Butter Multi-Purpose Moisturizer

Safe for use on sensitive skin

9680B – 7 oz..... \$7.70



Canna Cell Botanical Body Lotion

112320 Joyful Rosemary & Lemon Balm – 8 oz. \$8.90

112320 Harmony Chamomile & Myrtle Leaf – 8 oz. \$8.90



Now Shea Butter

Emollient. Seals in Moisture. Organic, 100% pure. Natural shea butter has a rich, luxurious texture that is well absorbed by the skin to condition and moisturize every type of skin. Can also be used as a scalp moisturizer.

7764 – 7 oz. \$11.15

Jewel Pads are infused with Nobel Prize Winning material “Graphene”. The infused Graphene

strip may provide various health benefits that potentially:

- Help relieve painful abdominal cramps
- Help balance the body's PH
- Help Eliminate harmful bacteria
- Help with aroma
- Help fight fatigue
- Boost metabolism
- Boost Immune system
-Graphene moves heat away from your core and contains vibrational energy



Jewel Sanitary Napkins, Super Heavy

Jewel Sanitary Napkins offer a Super Heavy Flow ultra thin, super absorbent design with wings. Combined with a 3-dimensional layer with added leak guard sides for extra protection.

JSN-SH – 7 ct. \$8.00



Reign = Jewel Sanitary Napkins, Heavy

Jewel Sanitary Napkins offers a Heavy Flow ultra thin, super absorbent design with wings. Combined with a 3-dimensional layer with added leak guard sides for extra protection.

JSN-H – 8 ct. \$8.00



Reign = Jewel Sanitary Napkins, Moderate

Jewel Sanitary Napkins offers a Moderate Flow ultra thin, super absorbent design with wings. Combined with a 3-dimensional layer with added leak guard sides for extra protection.

JSN-M – 10 ct. \$8.00



Jewel Sanitary Napkins, Liners

Jewel Sanitary Napkins offers an ultra thin, panty liner.

JSN-L – 30 ct. \$8.00



Jewel Very Light Panty Liner

Jewel Sanitary Napkins offers a Very Light Panty Liner with wings for everyday use. The Jewel Innovative design offers a Nobel Prize Winning “Graphene” material. The infused Graphene strip may provide health benefits to potentially help with circulatory health, cell activity, and metabolic health. In addition, it may prevent growth of harmful bacteria. We recommend purchasing our models based on your feminine flow type.

JSN-PL – 20 ct. \$8.00



2 Chic Ultrashine Shampoo & Conditioner

1311-K - 8.5 oz \$8.60

8.5 oz Conditioner \$8.60



2chic Shampoo & Conditioner Ultra Volume

Energizes each tress to boost volume.

Shampoo - 8.5oz..... \$8.60

Conditioner - 8.5oz..... \$6.35



2chic Repair Conditioner & Shampoo

Cleanses & hydrates for youthful vibrancy. Lauryl & Laureth sulfate free.

Shampoo - 8.5oz..... \$8.60

Conditioner - 8.5oz..... \$6.65



2chic Ultra Sleek Conditioner

1309-K. - Shampoo..... \$8.60

1309-K. - Conditioner - 24 oz..... \$17.15



Attitude Super Leaves Shampoo & Conditioner

Grape seed oil & olive leaves. Restores & strengthens dry & damaged hair. 32 oz.

1441-K..... \$16.20



Nubian Raw Shea Butter Body Wash

Age defying & revitalizing.

1501-K. \$9.00



Nubian Raw Shea Butter Body Wash

Age defying & revitalizing.

..... \$9.00

Thank you for your prompt service and the free gift. It is much appreciated.

-Martha · OH





Honestly Phresh Deodorant Stick

Hero Herb Spice. Aluminum free. Non-irritating. Non-staining. Vegan.

228646 – 2.25 oz. \$8.00



Honestly Phresh Natural Deodorant

Bold Wild Oak. No aluminum or parabens. Propylene glycol and gluten free. Lasting protection without harsh chemicals.

228648 – 2.25 oz. \$8.05



American Provenance Men's Natural Deodorant

Firepits & Flannels, Wintergreen, Fir & Cedar. Handmade at our production facility Wisconsin, our all-natural, aluminum-free deodorant.

232411 – 2.65 oz. \$7.40



Desert Essence Tropical Breeze Deodorant

Tropically scented deodorant formulated with pure Australian Tea Tree Oil, Grapefruit Seed Extract and Aloe. Aluminum-free formula provides long-lasting odor protection.

226017 – 2.5 oz. \$5.25



Andalou Naturals Botanical Deodorant - Highland Pine

This long lasting solid deodorant neutralizes odor with CannaCell® super antioxidants, organic hemp seed oil, and vegan probiotics. Made with bioavailable vegan ingredients to be gentle and effective for all skin types.

234158 – 2.65 oz. \$9.45



Andalou Naturals Herbal Deodorant - Mountain Sage

This long lasting solid deodorant neutralizes odor with CannaCell® super antioxidants, organic hemp seed oil, and vegan probiotics. Made with bioavailable vegan ingredients to be gentle and effective for all skin types.

234157 – 2.65 oz. \$9.45



Now Nutri Shave, Natural Shave Cream

Most Skin Types. Removes Pore Clogging Residue. Nutri-Shave™ is a unique skin care product specially formulated to reduce the irritation that shaving can cause, leaving skin smooth, healthy and well nourished.

8204 – 8 oz. \$6.50



Andalou Naturals Comforting Face Lotion

This high-performance face lotion combines nature's nourishing ingredients, CannaCell® antioxidants, organic hemp seed oil, and soothing aloe vera. Made with bioavailable vegan ingredients to be gentle and effective for all skin types.

234150 – 3.1 oz. \$9.95



Andalou Naturals Shave Cream

This lubricating shave cream is a game-changer with CannaCell® antioxidants, organic hemp seed oil and soothing aloe vera for effortless glide against nicks, cut and irritation.

234147 – 6 oz. \$9.45



Andalou Naturals Energizing Body Lotion - 3in1

High performance, energizing body lotion formulated especially for men with CannaCell® antioxidants, organic hemp seed oil, soothing aloe vera, and nourishing botanical moisturizers for real results.

234154 – 8.5 oz. \$8.00



Andalou Naturals Grooming Style Balm

This shaping and conditioning balm is formulated especially for men with CannaCell® antioxidants, organic hemp seed oil, and nourishing botanical butters to smooth, soften, and enhance manageability for a well-groomed appearance.

234156 – 4.2 oz. \$7.70



Andalou Naturals Invigorating Body Wash

3in1 Face, Hair, and Body. This high performance, all-over invigorating body wash is formulated especially for men with CannaCell® antioxidants, organic hemp seed oil, soothing aloe vera and gentle, effective botanical cleansers for real results.

234153 – 8.5 oz.\$8.85



Andalou Naturals Fortifying Shampoo & Conditioner

This high performance, fortifying hair care is formulated especially for men with CannaCell® antioxidants, organic hemp seed oil, moisturizing aloe vera, and botanical conditioners for flexible strength and smooth manageability.

234155 – 8.5 oz. \$8.00



Preston Body Wash

Clean up with this moisturizing body wash. Plant-based, sulfate-free cleansers get the job done without messing with your skin. Natural essential oils add a fresh scent.

75118 – 8 oz \$8.00



Preston Shampoo

This sulfate-free and non- toxic shampoo dissolves dirt and oil while volumizing and moisturizing your hair. Plant-based cleansers help remove product build-up while restoring your scalp pH.

75119 – 8 oz. \$8.60



Pinetar Bodywash

Skin therapy.

00713\$9.05



Every Man Jack Cedar Wood Body Wash

16.9 oz.....\$12.85



Every Man Jack Eucalyptus & Mint Body Wash

Coconut derived with Eucalyptus & Spearmint. Refresh.

16.9 oz.....\$12.85



Every Man Jack Sandalwood Body Wash

Cleanse & hydrate in one easy step. Smells earthy & woody.

16.9 oz..... \$10.30



Every Man Jack Activated Charcoal Face Wash

Removed dirt & oil that can cause breakouts.

5 oz..... \$8.60



Every Man Jack Sandalwood Beard & Face Wash

Plant based Aloe, Essential oils. Cleans & washes naturally.

6.7 oz.....\$12.50



The Grandpa Soap Co. Pine Tar Shampoo

8 oz.\$9.05



The Grandpa Soap Co. Pine Tar Conditioner

8 oz.\$9.05



Giovanni Mens 2 in 1 Shampoo & Conditioner

16.9 oz. Shampoo \$7.75

16.9 oz. Conditioner \$7.75



Giovanni Mens 2 in 1 Body Wash & Face Cleaner

16.9 oz. Shampoo \$7.75

16.9 oz. Conditioner \$7.75



Now Xyliwhite Strawberry Kid's Toothpaste

Fluoride & SLS-Free (sodium lauryl sulfate). Kid Tested, Kid Approved. Products made without gluten and naturally sweetened.

8097 - 3 oz. \$3.85



Now Xyliwhite Bubblegum Kid's Toothpaste

Fluoride & SLS-Free (sodium lauryl sulfate). Kid Tested, Kid Approved. Products made without gluten and naturally sweetened.

8088 - 3 oz. \$3.85



Now Xyliwhite Orange Kid's Toothpaste

Fluoride & SLS-Free (sodium lauryl sulfate). Kid Tested, Kid Approved. Products made without gluten and naturally sweetened.

8089 - 3 oz. \$3.85



Earth Friendly Ecos Stain & Odor Remover

Perfect for everyday use! ECOS™ Stain + Odor Remover easily eliminates stains, smudges and spills.

226746 - 22 oz. \$3.75



Grab Green Baby Witch Hazel Soothing Wipes

We formulated these wipes to soothe a variety of skin irritations on baby's delicate skin. Made with soothing witch hazel, they perfectly travel in any diaper bag and are clinically proven non-irritating.

640710 - 32 wipes \$6.80



Attitude Baby's Shampoo & Body Wash Unscented

16 oz. \$9.87



Attitude Baby Bubble Wash Good Night

16 oz. \$8.50



Grab Green Baby Lotion

Available scents: Calming Chamomile & Dreamy Rosewood. Crafted with essential oils cedarwood, citronella java, geranium, orange, patchouli & petitgrain. Daily moisturizer for baby's delicate skin. Contains several hydrating ingredients such as chamomile flower, oat and cucumber; its lightly scented with essential oils and made WITHOUT parabens, phthalates or dyes.

640706 - 8 oz. \$9.20



Burt's Bees Baby Bee Shampoo & Wash Calming Tear-Free

Bath time is a good time with this tear-free Shampoo and Wash. Our gentle, plant-based formula will naturally cleanse your baby's soft skin from head to tiny toe so there's no fussing—just fun.

227025 - 12 oz. \$8.30



Burt's Bees Baby Bee Nourishing Lotion, Original & Calming

Keep your baby's skin soft-as-can-be all day with this smoothing, hydrating lotion. The formula, made with Shea Butter, Sunflower Seed Oil and a hint of Buttermilk, absorbs quickly and moisturizes deeply in the gentlest way, so your little one's skin is supple and soft.

224136 - 6 oz. \$7.00



Hug More Safe & Gentle Shampoo (Unscented)

HMS - 8 OZ. \$8.00



Hug More Soft & Soothing Lotion (Unscented)

Created for conscious parents, Hug more uses natural, safe and simple ingredients that nurtures your baby's sensitive skin. Made without harsh cleansers and additives, multi-taking formulas contain plant-powered ingredients that are gentle and cuddle approved.

HML- 8 oz. \$8.00



**Back to Basics All Natural Baby & Bath Powder
Tina's Blend - Lovely Lavender**

NBB117 - 2 oz. \$4.55

NBB117 - 4 oz. \$6.50



Redmond Baby Powder

RBP - 3 oz. \$6.30



Attitude Vanilla Blossom 30 SPF Sunscreen

5.2 oz. \$29.40





Now Coconut Oil (for skin & hair)

Natural Coconut Oil is rich in skin-friendly saturated fats, making it perfect for use on all complexions. This unique oil goes on smooth to leave skin feeling silky and refreshed. It also serves as a natural alternative to chemically formulated commercial moisturizers, oils and scalp conditioners.

7683 – 7 oz.\$5.40



Redmond Bentonite Clay

RBC-1 – 20 oz\$28.60

RBC-2 – 12 oz.\$12.40



Now Charcoal Detox Cleanser

Purifying System. Works for most skin types. Helps remove skin impurities. Paraben free. Vegan.

8026 – 8 oz.\$8.60



Now Charcoal Detox Mask

Purifying System, Most Skin Types, Helps Remove Skin Impurities, GMP Quality Assured: NPA A-rated GMP certification means that every aspect of the NOW manufacturing process has been examined, including our laboratory/testing methods (for stability, potency, and product formulation). Packaged in the USA by a family owned and operated company since 1968.

8027 – 4 oz.\$8.60



Now Charcoal Detox Moisturizer

Purifying System, Paraben Free, Vegan.

8028 – 2 oz.\$11.15



Now Vitamin C & Manuka Honey Gel Cleanser

Most Skin Types, Promotes Healthy-Looking Skin, Brightening System, GMP Quality Assured: NPA A-rated GMP certification means that every aspect of the NOW manufacturing process has been examined, including our laboratory/testing methods (for stability, potency, and product formulation). Packaged in the USA by a family owned and operated company since 1968.

7997 – 8 oz.\$8.60



Now Vitamin C & Sea Buckthorn Moisturizer

Most Skin Types, Brightens & Rejuvenates, Condition: Combination or dry skin with minor color imbalances, dull appearance, uneven tone, or minor imperfections caused by problem skin. Uneven skin in need of additional moisture and brightening. GMP Quality Assured: NPA A-rated GMP certification means that every aspect of the NOW manufacturing process has been examined, including our laboratory/testing methods (for stability, potency, and product formulation). Packaged in the USA by a family owned and operated company since 1968.

8000 – 8 oz.\$11.15



Now Vitamin E Cream

4 oz.\$12.00



Thayer's Rose Petal Witch Hazel

Flower Power. Make your skin bloom with THAYERS® Rose Petal Facial Toner. This gentle toner is derived from a time-honored formula, developed by Thayers to cleanse, tone, moisturize, and balance the pH level of skin. In addition to containing pore-cleansing Rose Water and certified organic Aloe Vera, this unique, proprietary blend also contains certified organic, non-distilled Witch Hazel that's grown exclusively for Thayers on a family farm in Fairfield County, Connecticut. By avoiding distillation of our Witch Hazel, we're able to preserve the naturally-occurring, beneficial tannins, which are known to offer antioxidant and antibacterial benefits, and bring about a natural glow. Thayers elixirs have been a fixture in medicine cabinets for generations – once you use them, you'll know why.

599576 – 12 oz.\$11.25



Burt's Bee-Facial Cleansing Towelettes

With Cotton extract, for sensitive skin, 98.5% Natural.

1677 – 30 ct\$5.30



Thyme Out

For any skin issue. Premium eczema, psoriasis, ringworm, cold sore, rosacea, acne, foot fungus, and skin rash remover. This anti-inflammatory treatment heals fast. Best skin rash therapy for instant relief from itching. All natural and organic with no side effects. Safe on men, women, children and even for pets. Includes small spray bottle for travel (passes airport regulations) "on the go" itch inhibitor.

667222 – 8 oz.\$15.00



Desert Essence Activated Charcoal Toothpaste

Keep your mouth clean and your smile bright with Desert Essence Carrageenan Free Charcoal Toothpaste. Infused with an exclusive blend of Country Life Vitamins' Activated Coconut Shell Charcoal, this smooth, cool gray colored formula (not black!) uses sustainably sourced ultra fine charcoal powder to beautifully polish and deeply clean your teeth.

DE0364 - 6.25 oz.\$6.60



Now Xyliwhite Platinum Mint with Baking Soda

XyliWhite is a remarkable fluoride-free toothpaste gel that uses natural xylitol as its main ingredient.

8091 - 6.4 oz.\$5.10



Now Xyliwhite Refreshmint Toothpaste

Cleanses, Whitens, Fresh taste, Formulated with the purest ingredients, Uses vegetarian/vegan ingredients, Whiter Teeth, Contains 25% Xylitol, one of the highest contents available, For adults and Children.

809D - 6.4 oz.\$5.15



Now Xyliwhite Cinnamon Toothpaste

Cleanses, Whitens, Fresh taste, Formulated with the purest ingredients, Uses vegetarian/vegan ingredients, Whiter Teeth, Contains 25% Xylitol, one of the highest contents available, For adults and Children.

6.4 oz.\$5.15



Spry Xylitol Cinnamon Toothpaste

Contains natural, teeth-whitening ingredients like xylitol, sodium methyl cocoyl taurate from coconut oil, and soothing aloe vera. Spry cinnamon xylitol toothpaste also contains natural cinnamon flavor sourced from organic cinnamon oil.

SXTPC - 4 oz.\$5.60



Spry Xylitol Peppermint Toothpaste

Natural Peppermint flavor delivers a crisp splash of cool and refreshing flavor that will last all day. Sweetened with 100% xylitol to more effectively clean teeth and hydrate dry tissues. Fluoride-free formula is safe to swallow.

SXTPP - 5 oz.\$7.00



Spry Spearmint Oral Rinse

A great tasting fresh breath rinse designed to keep your mouth and teeth refreshingly clean. When used in combination with proper brushing and flossing, Spry mouth rinse helps to eliminate the build-up of bacterial biofilm. Our oral rinse is formulated with just the right amount of germ killing alcohol so you won't experience an over-powering burning sensation.

ORSP - 16 oz.\$8.60



Spry Cool Mint Oral Rinse

A great tasting fresh breath rinse designed to keep your mouth and teeth refreshingly clean. When used in combination with proper brushing and flossing, Spry mouth rinse helps to eliminate the build-up of bacterial biofilm. Our oral rinse is formulated with just the right amount of germ killing alcohol so you won't experience an over-powering burning sensation.

ORCM - 16 oz.\$8.60



Spry Alcohol-Free Mouth Wash

Available Flavors: Mountain Mint, Island Grape, Herbal Mint. Alcohol-Free for a clean you can feel, without getting burned. Natural non-GMO ingredients so you can feel great about what you put in your mouth. Rich in xylitol to fight bacterial buildup. Balanced formula rinses out harmful bacteria without destroying your mouth's microbiome. Anti-Plaque formula means a healthier mouth and better dental checkups.

QX0055 - 16 oz.\$8.60



Kids Spry Bubblegum Mouthwash

No burn. Safe to swallow.

16 oz.\$9.05



Mouth Watchers Adult Toothbrush

Antimicrobial Silver Technology* -99.9% of bacteria is eliminated from bristles within 6 hours after brushing due to our proprietary silver bristle technology.

MW001\$4.30 ea.



Mouth Watchers Youth Toothbrush

Antimicrobial Silver Technology* -99.9% of bacteria is eliminated from bristles within 6 hours after brushing due to our proprietary silver bristle technology.

MW002.....\$4.30 ea.



Mouth Watchers Folding Travel Toothbrush

Foldable design for easy packing. Antimicrobial Silver Technology* -99.9% of bacteria is eliminated from bristles within 6 hours after brushing due to our proprietary silver bristle technology.

MW003.....\$5.15 ea.



Eco-Dent Mint Dental Floss

Reduces tooth decay, Helps Eliminate Plaque, Freshens Breath.

DF2 – 100 yds..... \$5.15



Secure Cleansing Tablets

16-1 – 32 tab.\$10.00



Waterproof Denture Adhesive Comfort Strips

16-3 – 1.4 oz.\$7.50



Thieves AromaBright Toothpaste

Thieves AromaBright Toothpaste offers a smooth texture while brushing and fresh breath all day long.

3039 – 4 oz.\$13.50



Thieves Dentarome Ultra Toothpaste

Made with pure safe ingredients, this toothpaste removes stains for whiter- looking teeth and boasts a fresh, minty flavor that helps freshen breath.

20194 – 4 oz.....\$8.50



Thieves Dentarome Plus Toothpaste

Combines Thieves, Peppermint and Wintergreen essential oils to gently lift stains for brilliantly clean teeth.

3738 – 4 oz..... \$11.30



Thieves Fluoride Free Teeth Whitening

4 oz.\$9.50



Thieves Fresh Essence Plus Mouthwash

Keep Thieves mouthwash on hand to ensure a deep, whole-mouth clean for the entire family.

3683 – 8 oz..... \$14.30



Spry Whitening

Fluoride free. Fresh Mint.

00139.....\$5.60



Xyli White Charcoal Refresh

8105 \$6.00



Boka Ela Mint Toothpaste

Natural Toothpaste Nano-Hydroxyapatite For Remineralizing and Sensitivity.

4 oz. \$17.15



Boka Coco Ginger Toothpaste

Gently remineralizes whitening anti-sensitivity.

4 oz. \$17.15



Boka Kids Orange Cream Toothpaste

Healthy enamel, brighter smile, fluoride free, safe to swallow.

4 oz. \$17.15



Nature's Answers Perio Brite

Natural mouth wash. Cinnamon.

1657.....\$9.45



Nature's Answers Perio Brite

Gluten free. Fluoride free. Coolmint.

1643\$9.40



Surgilast Tubular Elastic Dressing Retainer

25 yards per box. Recommended for almost all burn and wound care. This dressing seems to hold its elasticity much better than other brands we've tried.

- EDR1 – Fingers, Toes, Wrist Size 1 \$14.75**
- EDR3 – Medium: Hand, Arm, Leg, Foot, Size 3 ... \$19.25**
- EDR5 – Medium: Head, Shoulder, Thigh Size 5.5... \$27.30**
- EDR7 – Small: Chest, Back, Perineum, Axilla Size 7 \$42.35**
- EDR9 – Large: Chest, Back, Perineum, Axilla Size 9 \$56.95**



Dynarex Underpad (Chairpad)

17"x24". Recommended for B&W care.

- DUC1 – 1 pad \$20**
- DUC12 – 12 pads \$2.00**
- DUC100 – 100 pads \$12.95**



McKesson Surgical Tape

Transparent. Recommended for B&W care.

- MST1 – 1/2" x 0" - 1 roll \$9.95**
- MST2 – 1/2" x 10" - 12 rolls \$16.15**
- MST3 – 1" x 10" - 1 roll \$2.15**
- MST4 – 1" x 10" - 12 rolls \$18.50**



Dukal 4x4 Gauze 4-Ply New Sponge

4"x4". Soft and absorbent. Recommended for B&W care.

- DG20 – 20 gauze pads \$1.50**
- DG200 – 200 gauze pads \$6.95**



Dukal Conforming Stretch Gauze

Unique weave construction and finished edges prevent unraveling and linting. Specifically designed not to slip while in use. Soft and conforming. Recommended for B&W care.

- DCSG2 – 2" - 12 Rolls \$4.35**
- DCSG4 – 4" - 12 Rolls \$6.35**



Dukal Latex Free Premium Elastic Bandages

2" x 5 yards. Designed with hook and loop closure at both ends; eliminates the need for clips and provides pressure from the first wrap.

- PEB1 – 1 bandage \$1.50**
- PEB2 – 10 bandages \$10.40**



All Terrian Sheer Bandages

Latex free.

- 031020 – 40 ct. \$3.75**
- 031020 – 30 ct. \$3.75**
- 031020 – 20 ct. Heavy Duty Protection ... \$3.70**



All Terrian Neon Kids Bandages

Latex & Gluten free. Non stick pad.

- 20 Asst. \$4.20**



Senior Tongue Depressors

- 10 ct. \$2.00**
- 5 ct. \$1.00**
- 1 ct. \$0.75**



B&W Ointment for Burns and Wounds

- B+WD-32 – 32 oz. \$112.50**
- B+WD-16 – 16 oz. \$62.20**
- B+WD-12 – 12 oz. \$52.90**
- B+WD-8 – 8 oz. \$18.75**
- B+WD-4 – 4 oz. \$15.30**
- B+WD-2 – 2 oz. \$10.50**



Forces of Nature Skin Tag

Non-scarring & Painless, Extra Strength Formula, No Salicylic Acid or Harmful Chemicals, No-mess, Roll-on Applicator Option.

- .37 oz. \$16.80**



Burdock Leaves

- .5 oz. \$3.75**
- 1 oz. \$5.95**



Now Hot Cocoa Mix - Instant

Kids and adults alike love the delicious, decadent flavor and comfy-cozy warmth you get from a piping hot cup of cocoa.

6671 - 14 oz. \$10.50



Organo Gold Hot Mocha

A delicious and decadent specialty coffee. It's a smooth tasting black coffee blended and balanced with a creamer and cocoa powder. It's enhanced with a mild, nutty back note of flavor from the amazing Organic Ganoderma lucidum mushroom. Ganoderma mushrooms are 'adaptogens' and provide triterpenoids and amino acids.

OGM - 15 servings\$30.45



Café Ceps Organic Instant Coffee - Ganoderma



CaféCeps is a premium, certified organic 3-in-1 instant coffee beverage, containing a full -spectrum blend of cordyceps & reishi mushrooms, making it one of the most innovative instant coffee beverages available.

CCOIC - 45 servings \$24.00



Equal Exchange

Rich & extra decadent, a comfy & cozy warmth you get from a piping hot cup of cocoa

Dark Hot Chocolate Mix - 12oz\$8.30

Organic Hot Chocolate Mix - 12oz\$8.30



Organo Gold Latte

A delicious coffee latte in an instant is at your fingertips with Organo Gourmet Cafe Latte. Our finest quality robusta and arabica coffee beans and organic Ganoderma lucidum are blended with cream and sugar for a creamy coffee latte minus the wait in line! Flavorful, fast and delightfully uplifting — Our Gourmet Cafe Latte is how you'll want to start out every morning.

OGLC - 20 servings \$30.00



Lacoffio Black Coffee Colombian Instant Ganoderma

New Healthy Ganoderma Coffee formulation has a great dark/ bold flavor with approx. 120mg of caffeine per serving. Drinking one or two cups of this coffee should give you a great jolt of energy!

BCCG-D - Dark - 40 servings\$24.85

BCCG-M - Medium - 40 servings\$24.85

BCCG-C - Columbia - 40 servings\$26.60



Organo Gold Hot Chocolate

ORGANO's Gourmet Hot Cocoa provides a comforting warm and silky instant chocolate drink enhanced with Ganoderma lucidum that Rich in flavor and antioxidants. It can be enjoyed hot or iced for a decadent cocoa treat. Contains Ganoderma lucidum - also known as the red Reishi mushroom.

OGHC - 15 servings\$30.45



Organo Gold Black Coffee

Organo Gold's Gourmet Black Coffee is sure to attract and awaken your senses. Its dark smooth taste and deep aroma infused with 100% Organic Ganoderma introduces coffee lovers to a healthy alternative. With OG's Black Coffee, instantly enjoy the taste of freshly brewed coffee.

OGB - 30 servings\$31.45



Simply Truth Organic Instant Coffee

A high quality and delicious instant coffee. Formulated without GMO's - 1 Teaspoon serving, Fair Trade Certified.

STOC - 3.53 oz. \$9.70



Hot Chocolate Mix..... \$12.00



Ganoderma 2 in 1 Black Coffee

If you like your coffee black and strong, you are sure to like the ganoderma 2-in-1 black coffee. Ganoderma 2-in-1 black coffee combines the great taste you have come to expect from a high end coffee beverage and the perfect blend of Ganoderma Lucidum.

GBC - 20 sachets\$12.05



Tyler's Acid Free Chemical Free Organic Reg-Decaf Coffee

724618
Decaf - 12oz\$18.10
Regular - 12oz\$20.00



Cafe Altura

The First Organic Coffee Co. Rain Washed, Sun Dried, Fire Roasted. Non GMO Project Verified. KSA Certified Kosher. Certified Organic by CCOF. Fair Trade Certified.

CA-3 Instant - 3.53 oz.\$9.45



Dandy Blend

Made from the water soluble extracts of barley, rye, chicory roots, beet roots, and dandelion roots. Has the consistency of instant coffee and can be served hot, cold, or in your favorite recipe. Used as a coffee substitute or complete replacement for coffee as it tastes like a full bodied cup of coffee. No caffeine, acidity, or bitterness. No withdrawal headaches.

15016 - 3.53 oz.\$16.80
15017 - 2 lb.\$36.65
15022 - 11 oz.\$23.50
15023 - 7.05 oz.\$13.75
15044 - 25 pack\$10.00



Traditional Medicine Echinacea Plus Tea

Fires up the immune system. Non-GMO verified. All Ing. Certified Organic. Kosher. Caffeine Free. Consistently high quality herbs from ethical trading partnerships. Taste: Mildly minty, with a twist of citrus.

1713 - 18 Bags\$5.75



Traditional Medicine Healthy Cycle Tea

Supports a healthy menstrual cycle. Pleasantly herbal, with hints of citrus and mint.

1722 - 16 Bags\$5.75



Traditional Medicine Organic Smooth Move

Relieves occasional constipation.

1716 - 16 Bags\$6.70



Traditional Medicine Organic Mother's Milk

Promotes Healthy Lactation.

1714 - 16 Bags\$6.00



Organic Throat Coat

Supports Throat Health, Boosts immune system.

1715 - 16 Bags\$5.75



Throat Bliss Blend Tea

Combined with throat calming herbs. Ginger root not only provides its bold flavor, but also works as a powerful restorative.

BTTB - 18 Bags\$6.65



Sleepy Temple Blend Tea

Comfort and calm come together in this exclusive bed time tea.

BTSTB - 18 Bags\$6.65



Elderberry Tea

Earthy and smooth, with a lingering full berry flavor. This fortifying tea just feels good going down. Enjoy with some honey.

BTEBT - 18 Bags\$6.65



Echinacea Tea

This tea delivers a mellow, sweet flavor that you can enjoy anywhere and anytime.

BTECT - 18 Bags\$6.65



Crown Chakra Tea

The seventh chakra is known as the crown of spiritual understanding. Support the crown energy center.

BTCT - 18 Bags\$8.60



Lavender Tea **O** **GMO**
 Lavender tea can help promote regular and healthy sleep. Feel the stress melt away!
BTLT - 18 Bags\$6.65



Licorice Root Tea **O** **GMO**
 Best known for its ability to support digestive health. Anti-inflammatory.
BTLRT - 18 Bags\$6.65



Budda Mullein Leaf Tea **O** **GF**
 Buddha Teas Mullein Leaf Tea has a lovely and naturally sweet, herbal flavor. It's a tea for everyone seeking easier and deeper breathing. A true partner and assist for your body and one of its most vital functions.
24 tea bags\$9.30



Cat's Claw Tea **O**
 Cat's Claw boasts wellness properties. Helps inflammation.
BTCC - 18 Bags\$7.60



Buddha European Peppermint Tea **O**
 Indigenous to Europe, mentha x piperita commonly known as peppermint, boasts an invigorating, cool, refreshing taste. Buddha Teas European Peppermint Tea provides the smoothest, mintiest peppermint flavor available anywhere.
234762 - 18 Bags\$7.65



Budda Pau d' Arco Tea **O** **GF**
 Pau d'Arco Tea, a powerful bark tea, whose ancient South American origins have spread far and wide, is enjoyed today across the globe for its smooth, unique flavor, and remarkable benefits.
24 tea bags\$9.30



Nettle Leaf Tea **O** **GMO**
 A good tea to support prostate health.
BTNL - 16 Bags\$6.55



Alvita Fenugreek Seed Tea **O** **GF**
 Fenugreek's (Trigonella foenum-graecum) aroma and flavor have given rise to its popularity as a culinary spice.
AE0220 - 24 tea bags\$7.45



Matcha Green Tea Powder **O**
 A perfect alternative to coffee with strong flavor. Energy boosting capabilities - a good add-on to smoothies.
BTMGT - 3 oz - 85 Servings\$16.30



Budda Chamomile Tea **O** **GF**
 Alvita Tea herbal Chamomile. Organic.
AE219 - 24 tea bags\$5.70



Budda Ginkgo Biloba Tea **O** **GF**
 One of the oldest species of trees in the world, ginkgo biloba is esteemed in its native habitat of China, and has become a popular herbal tea to support various systems of the body.
24 tea bags\$9.30



Cranberry Comfort Blend **O**
 Good for kidney relief.
BTCCB - 18 Bags\$6.65



Budda Parsley Tea **O** **GF**
 Best known as a garnish in restaurants, parsley (Petroselinum crispum) is a deep green herb known for its chlorophyll content. It is often eaten to counter the odor of strong smelling foods. Originally from the Mediterranean region, it is traditionally used to support a healthy urinary tract.
AE0221 - 24 tea bags\$9.30



Alvita Uva Ursi Tea **O** **GF**
 Traditionally used to Support Urinary Tract Health, Distinct Earthy Flavor & Aroma, Naturally Caffeine Free. Gluten Free.
AE0120 - 24 tea bags\$7.45

Liver Detox Teas

Simple natural liver detox with 4 teas. 1 gallon of water. Mix with all 4 and drink 1 to 2 cups a day until gone.



Alvita Milk Thistle Tea

Milk Thistle (Silybum marianum) is indigenous to both western and central Europe, An annual or biennial herb growing up to 10 feet tall. Reported to have protective effects on the liver and to greatly improve its function.

AE0227 - 24 tea bags \$6.95



Alvita Dandelion Root Tea O GF

Food & beverage, Coffee & tea, Alvita Teas Organic Herbal Dandelion Tea - 24 tea bags per pack, English pillow style tea bags that are oxygen bleached, not chlorine treated. No strings, No staples.

AE0090 - 24 tea bags \$7.45



Alvita Ginger Root Tea O GF

A staple in Asian cooking and has earned an equally impressive reputation for its traditional use to alleviate nausea associated with motion.

AE0224 - 24 tea bags \$7.40



Budda Red Clover Tea O GF

Alvita Red Clover Tea's flavor is reminiscent of dried sweet grass with a subtle floral finish. Red Clover (Trifolium pratense) blossoms have a long history of use in Europe and North America.

AE0220 - 24 tea bags \$6.95



Prince of Peace Green Tea O

Green tea is known for its antioxidant properties which have many natural health benefits. A typical cup of green tea has about 20-30mg of caffeine, and a cup of coffee ranges from 100-180mg.

217487 - 20 tea bags \$2.40



Boneset Tea

Very good to loosen up mucus, croup, etc.

0012 - 2 oz. \$3.65



Now Organic Pomegranate Slender Sticks O

All the benefits of green tea with a flavorful pinch of pomegranate. Sugar Free drink sticks with electrolytes. Keto friendly. Flavors: Berry, Lemonade, Tropical Punch, Grape.

4234 - 24 bags \$4.00



Lemon Ginger & Mixed Berry Sugar Free

30 packets \$16.00



Ener-C Health -

Energy Boost Immune Support - Electrolytes, peach, mango, raspberry.

090321 - 30 packets \$14.50



PowerPak

Energy, immunity, and hydration. Flavors: Citrus, grape, mixed berry. Sugar Free flavors: Citrus, orange, mango.

30 Packets \$22.70

30 Packets Sugar Free \$17.65



Santa Cruz Lemon Juice

Gluten Free, 100% Juice, USDA Organic.

BEV51071 16 oz. \$6.00



R.W. Knudsen Cranberry Juice

Made with the finest all-natural ingredients. No preservatives and no artificial flavors... For Goodness Sake! Each 8 fl. oz cup Provides a 1 Cup Serving of Fruit.

51078 - 32 oz. \$12.00



R.W. Knudsen Apple Juice

Each 8 FL OZ Cup Provides a 1 Cup Serving of Fruit. No Sugar Added. Not a Low Calorie Food, 100% Juice, USDA Organic, Non-GMO Project Verified

BEV51024 - 32 oz. \$6.50

These products are not FDA approved. Will not diagnose, prevent, or cure disease. All prices subject to change without notice.



R.W. Knudsen Pineapple Juice (O)

Each 8 FL OZ Cup Provides a 1 Cup Serving of Fruit. No Sugar Added. Not a Low Calorie Food, 100% Juice, USDA Organic, Non-GMO Project Verified.

BEV51025 – 8 oz.\$8.30



R.W. Knudsen Grapefruit Juice

Each 8 FL OZ Cup Provides a 1 Cup Serving of Fruit. Unsweetened, All Natural Ingredients, No Preservatives, No Artificial Flavors, USDA Organic, Non-GMO Project Verified.

BEV51000 – 32 oz..... \$6.95



R.W. Knudsen Black Cherry Juice Concentrate

Each 8 FL OZ Cup Provides a 1 Cup Serving of Fruit. Unsweetened. All Natural Ingredients, No Preservatives, No Artificial Flavors, 100% Premium Juice From Ripe Whole Black Cherries. Non- GMO Project Verified.

BEV51001 – 32 oz..... \$7.85



Celsius

Flavors: Sparkling Cosmic Vibe, Sparkling Green Apple Cherry, Sparkling Lemon Lime, Sparkling Strawberry Lemonade, Sparkling Tropical Vibe, Sparkling Peach Vibe, Sparkling Orange, Sparkling Wild Berry, Sparkling Grape Rush, Sparkling Acai Green Tea.

12 oz. \$2.60





Simply Organic Cilantro

Our cilantro is pure, organic dried cilantro leaves (Coriandrum sativum), and nothing else. Fragrant and herbaceous, parsley-like with subtle citrus notes. (But nothing like coriander, which is the seed of the same plant.)

18601 - .78 oz. \$4.60



Simply Organic Sage

Simply Organic® Sage's woody aroma and warm, earthy flavor is popular in stuffing and teas. This Mediterranean herb is pungent and slightly buttery with a musty-mint taste and aroma.

18611 - 1.41 oz. \$5.40



Simply Organic Garlic Pepper

Simply Organic® Garlic Pepper is an organic blend of garlic, black pepper, sea salt and onion for plentiful, robust flavor. Use this blend to perk up everything from pasta to poultry or on any dish you'd normally season with garlic.

18515 - 3.73 oz. \$7.40



Simply Organic Ginger

Don't let its mellow yellow color fool you. There's nothing mellow about the taste of our Ground Ginger. It's warm, aromatic and spicy-sweet, yet earthy. real ginger that packs a real, potent bite of flavor.

18518 - 1.64 oz. \$5.90



Simply Organic Basil

Our dried basil is nothing more than pure, extra-fancy grade, whole organic Egyptian basil leaves (Ocimum basilicum). And that's a good thing. Pungent, aromatic, woody and herbaceous. Sweet, with slightly minty notes. This is real basil.

18512 - .54 oz. \$4.75



Simply Organic Garlic Salt

We get serious about flavor. This is real garlic salt. Made with real Allium sativa for pure, potent, true garlic flavor and aroma, with sea salt and a touch of parsley. Get some, and make all your dishes pop.

18517 - 4.7 oz. \$ \$6.40



Simply Organic Nutmeg

Pure, high-oil-content, organic ground nutmeg (Myristica fragrans). Aromatic, subtly spicy-sweet, with distinctive flavor notes you only get from real nutmeg.

18766 - 2.34 oz. \$7.90



Simply Organic Cinnamon

Nothing but pure, organic ground Vietnamese cinnamon (Cinnamomum loureirii). Warm and radiant aroma. True, vibrant color. Intense, sweet, hot-cinnamon-candy-like flavor. This is what real Vietnamese cinnamon tastes like.

18513 - 1.90 oz. \$5.60



Simply Organic Garlic Powder

Our Garlic Powder is nothing but pure, A-Grade organic garlic (Allium sativum), dried and then ground into powder. Provides pure, pungent, true garlic flavor and aroma. It's like fresh garlic without the hassle.

18516 - 3.64 oz. \$8.50



Simply Organic Black Pepper

Nothing but pure, organic black pepper — medium ground for your dining pleasure. Carefully selected from the world's premier pepper-producing regions for the most potent, satisfying, true black pepper taste.

18523 - 2.31 oz. \$7.45



Simply Organic Chili Powder

Use the kick of chili pepper to create lively Mexican or Tex-Mex fare. Our organic chili powder is made with authentic New Mexico cultivar chili peppers that feature zesty (but not overwhelming) heat, earthy smokiness and rich- fruity nuances reminiscent of sun-dried tomato, raisin, prune and licorice.

18760 - 2.89 oz. \$5.55



Simply Organic Italian Seasoning

A blend of six high-quality organic herbs, and nothing else. Pungent, earthy and aromatic. All the great, classic Italian-herb flavors in a single shake. And in just the right balance. Let us introduce you to real, potent flavor.

18606 - .95 oz. \$5.90



Simply Organic Lemon Pepper

Simply Organic® Lemon Pepper is a zesty blend of lemon peel, black pepper, sea salt and garlic. Use to perk up seafood, chicken, pasta and veggies.

18519 – 3.17 oz.\$6.50



Simply Organic Oregano

Extra Fancy Grade, organic Mediterranean oregano, with a high oil content for real, potent flavor. Robust, strongly and complexly aromatic. Earthy taste with pungent herbal overtones.

18521 – .75 oz.\$4.95



Simply Organic Cayenne Pepper

Simply Organic Cayenne Pepper contains nothing but pure, organic, ground cayenne peppers (Capsicum annuum). Rich, earthy color. Drool-worthy aroma. Lively taste that packs a POW at 35,000 heat units.

18761 – 2.89 oz.\$4.95



Simply Organic Mustard

Our ground mustard is pure, organic, ground yellow mustard seed (Sinapis alba), and nothing else. Packing robust, pungent, warm yellow mustard bite (think bottled mustard without the vinegar).

18607 – 3.07 oz.\$5.70



Simply Organic Parsley

Real, fresh, green-leafy taste and vibrant color. Most suppliers sell the weaker-flavored curly leaf parsley because it's easier to bottle. We take the trouble to fill our bottles with the most flavorful organically grown parsley available.

18522 – .26 oz.\$4.05



Simply Organic Pumpkin Spice

Our Pumpkin Spice is a perfectly balanced blend of four premium organic spices, and nothing else. No sugar. Warm, richly flavored, pleasingly aromatic. A drool-worthy mix of your favorite pumpkin-enhancing spices.

19535 – 1.94 oz.\$5.60



Simply Organic Minced Onion

Convenient and easily dispersible Simply Organic® Onion adds pungent flavor to seasoning blends, dips, sauces and meats as well as canned and frozen foods. Add to mashed potatoes, deli salads, stuffings, or any recipe needing onion flavor.

18520 – 2.21 oz.\$5.40



Simply Organic Paprika

Our Ground Paprika contains nothing but pure, organic ground paprika. It's that simple. Warm, mildly tangy, with subtle notes of tomato and just a hint of sweetness. Bright, sassy color and an easy, enticing aroma.

18765 – 2.96 oz.\$6.10



Spice right All Purpose Salt Free Blend

1.8oz.\$5.40



Simply Organic Peppercorn Ranch

1.8oz.\$6.80



Simply Organic Onion Powder

Convenient and easily dispersible Simply Organic Onion Powder add pungent flavor to seasoning blends, dips, sauces and meats as well as canned and frozen foods. Add to mashed potatoes, deli salads, stuffings, or any recipe that needs onion flavor.

18608 – 3 oz.\$5.90



Simply Organic Turmeric

Our ground turmeric (Curcuma longa) root contains a minimum of 4% curcumin – the key component people look for. Deep, golden-yellow hue. Pungent, distinctive aroma. This is the spice that gives curry powder its signature color. Taste that's warm, earthy and simply hard to describe.

18525 – 2.38 oz.\$5.10

NEW



Simply Organic Cinnamon Sugar Trio
1.8oz. \$6.80

NEW



Simply Organic Salt Free Savory
1.8oz. \$6.05

NEW



Ballpark Style Popcorn Salt
6 oz. \$2.25

NEW



Simply Organic Pepper & More
1.8oz. \$6.80

NEW



Simply Organic Org Salt Free
1.8oz. \$6.05

NEW



Frontier Cheddar Cheese Popcorn Seasoning
16 oz. \$15.60

NEW



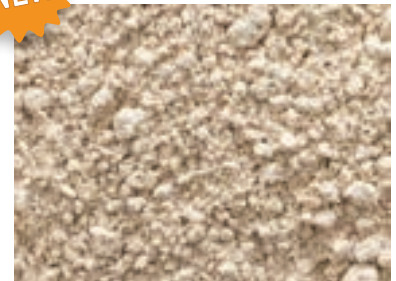
Simply Organic Garlic Herb
1.8oz. \$6.80

NEW



Simply Organic Salt Free Spicy
1.8oz. \$6.05

NEW



Slippery Elm Inner Bark
16 oz. \$18.30

NEW



Simply Organic Salt Free Citrus
1.8oz. \$6.50

NEW



Simply Organic Rosemary
1.8oz. \$4.90

NEW



Simply Organic Vegetable
1.8oz. \$4.55

NEW



Simple Organic Thyme
1.8oz. \$3.35



Simply Organic Savory Steak Marinade

Infuse fresh, vibrant flavor into meat, plant-based proteins and vegetables in as little as 15 minutes with our Savory Steak Marinade Mix.

15765 – 0.70 oz.\$2.00



Simply Organic Peppercorn Garlic Marinade

Infuse fresh, vibrant flavor into meat, plant-based proteins and vegetables in as little as 15 minutes with our Peppercorn Garlic Marinade Mix.

15768 – 1.00 oz.\$2.00



Simply Organic French Onion Dip Mix

Rich, creamy and bursting with the flavor fusion of onion, garlic and a hint of black pepper, our French Onion Soup Mix makes entertaining easy.

18841 – 1.1 oz.\$2.00



Simply Organic Fajita Seasoning Mix

There's nothing generic about a fajita made with Simply Organic Fajita Mix. Just the right amount of spices, including chili pepper, garlic, cumin and coriander, to make your fajitas come alive.

18535 – 1.0 oz.\$1.70



Simply Organic Sloppy Joe Mix

Simply Organic® Sloppy Joe Mix features a tangy, robust mix of organic spices like garlic, onion, paprika and chili powder for simply scrumptious Sloppy Joes.

18538 – 1.41 oz.\$2.45



Simply Organic Italian Dressing Mix

Enjoy the wonderful flavors of Italy -- basil, thyme, and oregano -- on your salad every night -- turn the simplest salad into an Italian sensation.

18531 – 0.70 oz.\$1.60



Simply Organic Mild Taco Seasoning Mix

Organic, Mexican-inspired seasonings for creating a full flavored, yet family- friendly meal in no time.

15758 – 1.0 oz.\$2.00



Simply Organic Southwest Taco Seasoning Mix

Simply Organic® Southwest Taco Mix provides a mildly hot seasoning to enhance Mexican and Tex-Mex fare alike. Organic chili pepper, paprika, garlic, onion and cumin create that authentic taco flavor.

18533 – 1.13 oz.\$2.00



Simply Organic Spicy Taco Seasoning Mix

Put some Tex in your Mix. This fiery organic blend includes red chilies, paprika, cayenne, onion, and garlic and is perfect for rice, ground beef, tofu and whatever else fits in a tortilla.

18959 – 1.13 oz.\$2.00



Simply Organic Mild Chili Seasoning Mix

Mild Chili Seasoning Mix keeps the flavor, but kicks the heat! Seasoned with favorites like cumin, paprika, cloves and allspice, the warm hearty taste melds with your favorite chili meat and vegetables.

18958 – 1.0 oz.\$2.80



Simply Organic Ranch Dip Mix

Rich and creamy ranch mix made with top-notch organic ingredients for delectable dipping.

18833 – 1.5 oz.\$2.00



Simply Organic Spicy Chili Mix

Add a little spice to your life with Simply Organic® Spicy Chili Mix. This lively mix of organic spices easily creates a wholesome chili with a serious kick.

18537 – 1.00 oz.\$2.00



Simply Organic Brown Gravy Mix

For simple, yet satisfying brown gravy, Simply Organic®'s old-fashioned Brown Gravy Mix is the perfect time saver.

18539 - 1.00 oz. \$2.00



Simply Organic Chicken Flavored Gravy Mix

With its aromatic aroma and delectable taste, Simply Organic Chicken Gravy makes the perfect accompaniment to meat, biscuits or veggies.

18540 - 0.85 oz. \$2.00



Simply Organic Turkey Flavored Gravy Mix

For instant, foolproof turkey gravy, Simply Organic® Roasted Turkey Gravy Mix is as close to homemade as it gets.

18545 - 0.85 oz. \$2.00



Simply Organic Mushroom Sauce

This easy-to-use seasoning mix makes classic mushroom gravy or sauce, depending on your needs. A creamy, organic and delicious addition to dinner.

18541 - 0.85 oz. \$2.00



Simply Organic Guacamole Dip Mix

Simply Organic® Guacamole Dip Mix features a lively combination of organic ingredients to mix with fresh avocados for quick, creamy guacamole.

18842 - 0.80 oz. \$2.00



Simply Organic Onion & Chive Dip Mix

Delicious on baked potatoes or as a creamy substitute for cheese in a sandwich wrap.

15750 - 1.00 oz. \$2.00



Simply Organic Garlic Vinaigrette Dressing Mix

Simply Organic® Garlic Vinaigrette Salad Dressing Mix dresses up your greens with the robust flavors of garlic, onion, lemon peel and red pepper flakes.

18835 - 1.00 oz. \$2.00



Simply Organic Enchilada Sauce Mix

Blended with garlic, paprika, and cumin, our roasted red chilies provide maximum flavor without the heat that can drown out a chili's flavor.

18744 - 1 oz. \$2.00



Simply Organic Ranch Dressing Mix

Rich and creamy ranch mix made with top-notch organic ingredients for delectable dipping.

18840 - 1.00 oz. \$2.00



Simply Organic Garlic & Herb Vegetable Seasoning Mix

Simply Organic Crazy Awesome Veggies are seasoning mixes designed to pair perfectly with all kinds of fresh or frozen vegetables.

15732 - 0.71 oz. \$2.00



Simply Organic Spinach Dip Mix

Use Simply Organic® Spinach Dip Mix for a quick, cool and creamy dip. Add our organic seasoning mix, featuring spinach, garlic, carrot and tomato powder, to sour cream or plain yogurt to whip up a tasty spinach dip.

15715 - 1.41 oz. \$2.00



Simply Organic Creamy Dill Dip Mix

Simply Organic® Creamy Dill Dip Mix features the full, fresh flavor of organic dill, celery seed, garlic and onion.

18843 - 0.70 oz. \$2.00



Frontier Co-Op Beet Powder

Made from the red, fleshy root portion of the beet plant. One pound of beet powder is approx. equivalent to ten pounds of fresh beets.

2525 - 16 oz. \$23.50



Frontier Co-Op Ranch Dip & Dressing Mix

Rich and creamy ranch mix made with top-notch organic ingredients for dipping.

2926 - 16 oz. \$11.20



Frontier Co-Op Cheddar Cheese Popcorn

Seasoning

Healthful popcorn, cheesy flavor.

2143 – 16 oz. \$14.30



Frontier Co-op Low- Sodium Vegetable Broth Powder

A convenient, low-sodium powder for creating scrumptious, veggie-flavored broth in minutes.

2780 – 16 oz. \$15.10



Frontier Co-Op Cornstarch

Organic. A reliable thickener, but it also gives texture to baked goods and helps distribute the heat in custards and fillings.

2594 – 16 oz. \$8.15



Frontier Co-Op Carob Powder

Light roast. A nutritious substitute for cocoa or chocolate. The taste and look is similar to cocoa, yet contains higher amounts of sugar, much less fat, several minerals and no caffeine.

2593 – 16 oz. \$11.25



Let's Do Organic Cornstarch

112621 – 10 oz. \$ \$4.30



Redmond Real Salt Pouch (Kosher)

26 oz. pouch makes it easy to refill your shakers. Real Salt is unlike any salt on earth. It's subtly sweet, never bitter sea salt that makes every bite delicious. NATURAL – Unrefined, unprocessed and ancient sea salt with trace minerals and no additives.

157160 – 16 oz. \$12.10



Redmond Real Salt Pouch (Fine)

26 oz. pouch makes it easy to refill your shakers. Real Salt is unlike any salt on earth. It's subtly sweet, never bitter sea salt that makes every bite delicious. NATURAL – Unrefined, unprocessed and ancient sea salt with trace minerals and no additives.

157250 – 26 oz. \$13.00



Redmond Season Salt

Our Organic Season Salt is a combination of Real Salt and organic spices. Now you can enjoy the great taste of Real Salt together with a zesty seasoning flavor you'll love!
 Ingredients: Real Salt, Organic Garlic, Organic Onion, Organic Corriander, Organic Mustard, Organic Black Pepper, Organic Paprika, Organic Celery Seed, Organic Turmeric, & Organic Parsley. (Kosher Certified by OU)

157241 – 8.25 oz. \$12.00



Redmond Real Salt (Fine)

Real Salt is unlike any salt on earth. It's subtly sweet, never bitter sea salt that makes every bite delicious. First try Real Salt, then try any other salt. The difference will amaze you! NATURAL Unrefined, unprocessed and ancient sea salt with trace minerals and no additives. Natural sea salt just the way nature made it, with nothing added and nothing removed.

157109 – 10 oz. \$6.10



Redmond Garlic Salt

Organic Garlic Salt is a combo of Real Salt and organic garlic. Now you can enjoy the great taste of Real Salt together with a hearty garlic flavor you'll love! (Kosher Certified by OU)

157201 – 8.25 oz. \$9.28



Celtic Sea Salt

Fine Ground Celtic Sea Salt is the perfect all-purpose salt with a more subtle flavor than our coarse salts and is convenient for use in a salt shaker, as an ingredient, or in baking. Kosher Certified, Paleo.

28060 – 8 oz. \$6.45



Redmond Onion Salt

Organic Onion Salt is a combo of Real Salt and organic onion. Now you can enjoy the great taste of Real Salt together with a robust onion flavor you'll love! (Kosher Certified by OU)

157231 – 8.25 oz. \$7.25



Redmond Real Popcorn

Salt (Very Fine)

112621 – 10 oz. \$6.00



Redmond Real Salt

Granulated Real Salt, perfect for everyday use. Unrefined sea salt. Beneficial trace minerals. Amazing taste. Real Salt is real, authentic salt. Unrefined, full of flavor and naturally-occurring minerals, Real Salt is salt exactly as nature made it.

RRS-25 – 25 lb. \$110.40

RRS-10 – 10 lb. \$49.10

RRS-5 – 5 lb. \$27.92

RRS-2 – 2 lb. \$10.06



Frontier Co-op Grey Sea Salt

Fine grind.

16 oz. \$11.50



Frontier Co-op Coarse Grind Himalayan Pink Salt

6 oz. \$6.40



Frontier Maple Flavor

2 Fluid Ounce Bottle, Rich maple taste for flavoring baked beans, sweet potatoes, beverages and baked treats, Kosher, Alcohol Free, Frontier is a member owned co-op, responsible to people and planet

23081 – 2 oz. \$5.20



Simply Organic Lemon Flavor

Organic Lemon Flavor adds non- alcoholic, tart citrus flavor to your baked goods, smoothies, candies, frostings, sauces, sorbets, ice creams or teas. Our pure lemon flavor is stronger than lemon juice, so use in very small amounts.

18528 – 2 oz..... \$6.28



Simply Organic Orange Flavor

Organic Orange Flavor is non- alcoholic and derived from pure orange oil with sunflower oil to help carry and preserve the flavor. Our orange flavor gives a stronger taste to recipes than orange juice and is more convenient than squeezing an orange. Use orange flavor to add brightness to smoothies, cookies, muffins, breads, ice cream, puddings and icings.

18529 – 2 oz..... \$4.55



Simply Organic Almond Extract

Almond Extract adds a warm, mellow, almond flavor to baked goods and desserts like pies, pastries, turnovers, Bear Claws and croissants. Add the sweet essence of nut to frostings and fillings or even rice pudding or curry.

18526 – 2 oz.\$5.00



Simply Organic Vanilla Extract

Organic Vanilla Extract is made from the Bourbon variety of vanilla beans and has no added sugar. Buttery smooth, extra-sweet flavor and subtle floral notes make this vanilla extract great for desserts and sauces. But don't stop there – vanilla is also now commonly used in smoothies, savory dishes and even DIY home care.

18532 – 4 oz.\$21.45

18533 – 2 oz. \$12.60



Simply Organic Peppermint Flavor

Organic Peppermint Flavor is non-alcoholic and a best friend to chocolate, holiday baking and sinful drinks. For a minty and refreshing twist, add a few drops to cupcakes, scones, brownies, frostings, coffee, milkshakes, puddings or homemade ice cream.

18530 – 2 oz. \$5.05



Plant Boss Meatless Crumbles

Made from organic grown in flavors.

Unseasoned \$5.65

Sausage \$5.65

Italian Sausage..... \$5.65

Burger Mix..... \$5.65

Meatball Mix..... \$5.65

All Purpose \$5.65

Taco.....\$7.05

Mild Taco.....\$7.05

Southwest Taco\$7.05

Chili.....\$7.05



NEW

Trim Healthy Momma Naturals Super Sweet Blend

Erythritol And stevia free. Diabetic friendly, zero calorie sweetener.

16 oz..... \$16.15



NEW

Trim Healthy Momma Naturals Creamy Dreamy Plant Protein

Plant protein is organic. High protein, daily free, vegan. hemp seed. It stabilizes sugar while building a calorie burner.

16 oz..... \$37.70



NEW

Trim Healthy Momma Naturals Feminine Balance

Herbally infused, Full spectrum, Cannabinoid rich.

1 oz..... \$57.15



NEW

Trim Healthy Momma Naturals Baobab Boost Powder

Boosts your nutrition in every area. Ultra low net carbs. 5 times the fiber then oats.

11 oz..... \$12.85



NEW

Trim Healthy Momma Naturals Integral Collagen

Dairy Free protein it is also a natural energy booster and promotes healthy joints.

16 oz..... \$33.00



Native Forest Organic Jackfruit **GF**

Native Forest® Organic Young Jackfruit are grown in lush organic orchards on the beautiful island country of Sri Lanka. Big and prickly on the outside, young jackfruit's fleshy interior has a mild flavor and meaty texture. Native Forest® Organic Young Jackfruit is an excellent vegan, soy and gluten free alternative to meat in numerous recipes.

CON58935 – 14 oz. \$5.00



Native Forest Unsweetened Organic Coconut Milk **O**

We press the meat of fresh organic coconuts, yielding an oil-rich extract we blend with pure, filtered water- nothing more. Delicious in soups, curries, sauces, desserts and beverages, it lends its creamy goodness to smoothies, non-dairy treats and classic regional dishes.

CON58936 – 13.5 oz \$3.95



Native Forest Organic Pineapple Slices & Chunks **O**

We select the best ripe organic pineapples, then cut and pack the fruit in its own juice at the peak of freshness. You will love their great taste: consistently sweet, tart and delicious. The quality that you taste is only a hint of the care behind this and every Native Forest product.

CON58938 – 15 oz. Chunks \$7.35

CON58938 – 15 oz. Slices..... \$7.35



Native Forest Organic Tropical Fruit Salad **O**

We hand select ripe organic fruits, cut them into bite sized pieces and pack them in organic juice at the peak of freshness. You and your family will love the great flavor of Native Forest Organic Tropical Fruit Salad: consistently sweet, tender and delicious.

CON58937 – 14 oz. \$5.80



Crown Prince Natural Smoked Oysters

Crown Prince Natural Smoked Oysters are naturally smoked over oak and are packed in pure olive oil. These delicious oysters are harvested in South Korea and are considered to be of the highest quality available. They provide an excellent source of protein and iron.

NSO – 3 oz. \$5.15



Sun Rise Farms Homemade Noodles

Family owned & Operated. 1/4" and 1 1/4" size Egg, Einkorn and Spelt Noodles

Spelt - \$11.40

Einkorn - \$11.40

Egg - in 3 different sizes \$4.80



Nature's Hollow Sugar Free Hickory Maple BBQ Sauce

Our unique barbeque sauces add a hearty flavor to red meats, chicken and fish. Unlike most barbeque sauces that are filled with corn syrups and sugars, Hickory Maple Barbeque Sauce is sugar-free and gluten-free. You'll savor the smokey taste of maple on all meats and find it especially mouth-watering when cooking on the grill.

PFNthick – 12 oz. \$6.70



Now Quinoa Pasta, Elbow Macaroni **GF O**

Made with three simple organic ingredients – rice, quinoa and amaranth – our gluten-free pasta offers the delicious flavor and texture you expect from traditional pasta. Made without GMOs, allergens and additives and is produced in a dedicated allergy-friendly facility, so your family can enjoy their favorite pasta dishes without sacrificing quality or flavor.

6321-8 oz. \$4.80



Stevia Sugar Free Maple Flavored Syrup

Our delicious syrups are designed for individuals and families who want rich flavor without added sugars and corn syrups. Gluten Free

DFMFS – 12 oz. \$4.95



Now Quinoa Pasta, Spaghetti **GF O**

Made with three simple organic ingredients - rice, quinoa and amaranth - our gluten-free pasta offers the delicious flavor and texture you expect from traditional pasta. Made without GMOs, allergens and additives and is produced in a dedicated allergy-friendly facility, so your family can enjoy their favorite pasta dishes without sacrificing quality or flavor.

6325 – 8 oz. \$4.80



Now Cauliflower Rotoni **O**

Gluten free. No dairy, wheat and soy.

OSN70 – 8 oz. \$4.75



Now Cauliflower Elbows **O**

Gluten free. No dairy, wheat and soy.

OSS60 – 8 oz. \$4.75



Frankferd Farms Baking Yeast

BAK22040 – 1lb. \$11.15

BAK22-4 – 4 oz. \$5.90



Vegan Marshmallows Mini & Reg

No Gelatin. Ing. Tapioca syrup, Cane sugar, Starch, Filtered water.

97581 – 10 oz. \$5.80



Lily's White Chocolate Premium Baking Chips

White Chocolate Chips Stevia Sweetened.

VCLWC – 9 oz. \$11.15



Lily's Dark Chocolate Premium Baking Chips **GMO**

When you need bold (and not too sweet) dark chocolate baking chips that hold their shape but still get melty, gooey and all that other good stuff your desserts crave. Less Sugar.

9 oz. \$12.55



Lily's Semi-Sweet Baking Chips

When you need bold (and not too sweet) dark chocolate baking chips that hold their shape but still get melty, gooey and all that other good stuff your desserts crave. Less Sugar.

9 oz. \$11.15

Lily's Milk Chocolate Chips \$10.25



Bragg's Liquid Aminos **Gf O**

Natural & organic soy-free option to traditional soy sauce with great flavor! Made from non-GMO, organic coconut tree nectar and sea salt. Excellent gourmet replacement for Tamari, Worcestershire & Soy Sauce.

32 oz. \$12.10

16 oz. \$6.50



Bragg's Organic Vinegar

BV-1 – 1 gal. \$32.30

BV-2 – 1 qt. \$10.20

BV-3 – 1 pt. \$5.10



Eden Red Wine Vinegar

Naturally fermented raw W Mother.

16 oz. \$3.80



Nature's Herbals Organic Apple Cider Vinegar

1 gal. \$23.00



Bob's Red Mill Gluten Free 1 to 1 Flour **Gf**

Allows substitution cup for cup with wheat flour, allowing you to only replace your flour, and not recipes! Acting as a direct replacement for all purpose baking, this special flour blend works well for recipes like quick breads, cakes, cookies, muffins, and even your brownies.

153369 – 22 oz. \$6.40



Bob's Red Mill Golden Flaxseed Meal **Gf O**

Organic Golden Flaxseed Meal is ground on cool mills which both preserves the healthful oils and increases bioavailability of nutrients. Very mild-flavored, sprinkle over just about any dish to add omega-3 fatty acids and fiber to your diet.

153655 – 16 oz. \$6.95



Bobs Red Mill Millet Flour

Millet Flour is stone ground and whole grain. It has a subtle flavor, lots of vitamins and minerals, and adds a lovely creamy color to baked goods. This is a popular flour for gluten free baking.

153654 – 23 oz. \$4.40



Bob's Red Mill Buckwheat Flour **O**

Pick up a bag of Bob's Red Mill Organic Whole Grain Buckwheat Flour if for no other reason than to try out the delicious, hearty pancake and waffle recipes on the back of the bag. Bob's buckwheat flour is ground whole grain buckwheat and nothing else.

- 232881 – 22 oz.** **\$6.80**
- 2# –** **\$7.85**
- 5# –** **\$18.30**
- 10# –** **\$34.70**



Bob's Red Mill Pizza Crust **GF**

Gluten Free Pizza Crust Mix makes a light, crispy, delicious pizza crust. Specially designed for those sensitive to wheat or gluten and delightfully easy, this whole grain pizza crust bakes up to two 12-inch gluten free pizza crusts! Contains whole grain brown rice flour.

- 1 lb.**..... **\$4.75**



Bob's Red Mill Gluten-Free Sorghum Flour **GF**

Our Sorghum Flour, also known as jowar flour, is stone ground from 100% whole grain sorghum. It has a light color and texture and a mild, sweet flavor, making our white sorghum flour a popular alternative to wheat flour and a wonderful ingredient for gluten free baking.

- 153171 – 22 oz.** **\$6.00**



Bob's Red Mill Gluten-Free Tapioca Flour/Starch **GF**

Tapioca Flour is one of our most versatile gluten free flours. This starchy, slightly sweet flour is a staple in gluten free baking and a fantastic thickening agent in soups, sauces and pie fillings.

- 153281 – 16 oz.** **\$5.15**

Available in bigger amounts



Bob's Red Mill Gluten-Free Brown Rice Flour **GF**

One, 24 oz. bag (1.5 lbs.), Gluten Free; Vegan; Vegetarian; 100% Whole Grain; Stone Ground; Kosher Pareve, Manufactured in a dedicated gluten free facility; R5-ELISA tested gluten free, 100% whole grain, Stone ground on slow-turning quartz millstones

- 153140 – 24 oz.** **\$4.20**



Bob's Red Mill Gluten-Free Potato Starch **GF**

Potato Starch is used as a thickener for sauces, soups, and stews. Potato starch tolerates higher temperatures than cornstarch when used as a thickener. It's a natural way to add moistness to many baked goods.

- 153276 – 22 oz.** **\$5.10**



Bob's Red Mill Pure Baking Soda **GF**

One, 16 oz. Resealable stand up bag (1 lbs.), Gluten Free; Vegan; Vegetarian; Paleo Friendly; Kosher Pareve, Manufactured in a dedicated gluten free facility; R5-ELISA tested gluten free, Harvested from natural deposits of sodium bicarbonate, No added chemicals

- 153280 – 1 lb.** **\$3.95**



Bob's Red Mill Coconut Flour

Coconut flour is one of our most popular gluten free flours. Made without sweeteners or sulfates, it's also a good source of fiber.

- 1815 – 16 oz.**..... **\$6.70**



Pomona's Universal Pectin

Sugar-free, preservative-free, low-methoxyl citrus pectin specially formulated for making low-sugar jams & jellies.

- BAK22050 – 1.1 oz** **\$8.30**



Bob's Red Mill Double Acting Baking Powder **GF**

Baking Powder is the go-to leavener for quick breads, biscuits, cakes and other no-yeast baking recipes. It has no aluminum added and no bitter aftertaste.

- 153282 – 1 lb.**..... **\$4.75**



Bob's Red Mill Gluten-Free White Rice Flour **GF**

Bob's Red Mill White Rice Flour is carefully ground to a fine consistency on cool and slow turning, millstones.

- 153145 – 24 oz.** **\$5.10**



NuNaturals Oat Fiber **GMO**

NuNaturals Oat Fiber is an easy way to increase the fiber in your diet. Oats are one of the best natural sources of fiber available.

- 20252 – 16 oz.** **\$7.30**



Health Garden Ketchup - Sweetened with Xylitol

UNIQUE XYLITOL KETCHUP: Enjoy Health Garden's xylitol tomato ketchup, a delicious, sugar-free product with the rich, savory flavor and thick consistency of real ketchup. The perfect alternative for people with diabetes, allergies and ADHD, this versatile ketchup substitute is a great addition to your favorite dishes. Kids and adults love xylitol ketchup!

362629 - 12 oz. \$8.40



Eden Organic Spaghetti Sauce w/ Salt

Organic Eden Spaghetti Sauce is versatile on pasta, in casseroles, soups, stews, Spanish Rice, barbecue sauces, over organic polenta (corn grits), or as a sauce over baked enchiladas. It is good chip dip too, add some good hot sauce.

1635 - 1# 9 oz. \$6.60



Eden Organic Spaghetti Sauce No Salt

This No Salt sauce is 5th generation family farm, heirloom tomatoes - Roma and Napoli. Superior flavor, aroma, and nutrients with organic extra virgin olive oil, organic herbs, and organic spices.

1636 - 1# 9 oz. \$6.60



Eden Organic SauerKraut

This is authentic sauerkraut made solely using old-world methods. U.S.A. family organic cabbage is hand harvested at its peak, cored, washed, sliced, and fermented with sea salt for at least six weeks. Generations of experience, traditional methods, and one family growing, making, and packing this kraut creates its traditional, beneficial character. A centuries old health food. No additives or preservatives of any kind. Glass jar packed. Refrigerate after opening.

1633 - 2# \$7.75



Eden Organic Apple Sauce

Taster's Choice Hall of Fame inductee noted for a "very good sweet-tart balance." A blend of family orchard Great Lakes Apples, over one and a half pounds per jar. No sugar or anything else ever added. A delicious, good for you dessert or snack anytime, anywhere.

1634 - 25 oz. \$7.50



Organic Better Than Boullion Chicken Base

00280 - 8 oz. \$8.25



Organic Better Than Boullion Beef Base

22773 - 8 oz. \$8.30



Organic Better Than Boullion Vegetable Base

8 oz. \$7.65



Eden Maitake Dried Mushroom Sliced

Good for soups, sauces, etc.

1632 - .88 oz. \$13.80



Eden Maitake Dried Mushroom Sliced

Dried, sliced or whole. Good for soups, sauces, etc.

1631 - .88 oz. Sliced \$13.80

1631 - .88 oz. Whole..... \$11.90



Now Golden Flax Seed Meal

NOW Real Food® Organic Golden Flax Seed Meal has a mild, nutty flavor similar to wheat germ, and it's often added to cereals, pancakes, muffins, breads, meatloaf, meatballs, and even yogurt.

6257

16 oz. \$5.70



Bulk Shredded Coconut

NOW Real Food® Coconut has naturally occurring essential fatty acids. Our medium-cut unsweetened Coconut is a great addition to many popular recipes.

5675 - 10 oz. \$4.30

Bulk Shredded & Unsweetened 2# - \$9.95

#1 - \$5.10 Bulk Macaroon Coconut -

#1 - \$4.00

#2 - \$7.15



Now Non-Fat Dry Milk Powder 

Dehydrated milk with only the cream and water removed. It's ideal for baking since it has a much longer shelf life than liquid milk, typically several months at room temperature. Properly stored in a cool, dry place Non-Fat Dry Milk Powder can last even longer.

5832 - 12 oz. \$9.05



Now Dry Powder Coconut Milk

NOW Real Food® Organic Non-Fat Dry Milk Powder is dehydrated milk with only the cream and water removed. It's ideal for baking since it has a much longer shelf life than liquid milk, typically several months at room temperature. Properly stored in a cool, dry place non-fat dry milk powder can last even longer.

12 oz. \$10.45



Now Oat Milk Powder

Our Organic Oat Milk Powder is produced from organic, non-GMO oats to be the perfect alternative for lactose intolerant individuals or anyone who wants to avoid cow's milk or soy milk. Oat milk powder is also a high-quality vegetable protein.

12 oz. \$9.60



Now Golden Flax Meal GF

Has a mild, nutty flavor similar to wheat germ, and it's often added to cereals, pancakes, muffins, breads, meatloaf, meatballs, and even yogurt. Golden flax is typically lighter in color and more flavorful than dark flax. Flax is abundant in essential fatty acids and is a good source of fiber.

6257 - 22 oz. \$6.45



Now Coconut Flour GF O

Say goodbye to overly processed, grain-based flours and replace them with a wholesome, flavorful flour that's free of gluten and other common allergens. Our Organic Coconut Flour is dried, defatted coconut meat and ground into a fine powder. It's also an excellent source of fiber.

6917 - 1 lb. \$5.35



Now Beef Gelatin

100% pure, unflavored beef gelatin powder. Mix with cold juice for a supplement or mix with hot water for gelatin-style desserts

6509 - 16 oz. \$12.00



Foods Alive Sunflower Lecithin GMO

NOW® Sunflower Lecithin has phosphatidyl choline, the most abundant phospholipid in the cell membrane, where it plays a key role in cellular signaling and synaptic function.

2314 - 8 oz. \$14.65



Now Guar Gum GF GMO

Guar Gum is a natural thickening agent used extensively in the commercial food industry. At the consumer level it's most commonly used when baking with whole grain flours that typically don't rise due to their lack of gluten.

5040 - 8 oz. \$6.85



Now Citric Acid

If you're into sprouting then you're already familiar with Citric Acid, a natural preservative typically found in citrus fruits such as lemons and limes. Citric Acid helps to inhibit the formation of mold and other bacterial growth, an all-too-common occurrence when sprouting in a jar due to high temperatures and humidity. Citric Acid is also useful for canning vegetables and fruit preserves.

7321 - 1# \$10.70

4 oz. \$4.30



Now Egg White Protein

An excellent natural source of high quality protein - good substitute for egg whites in baking

2040 - 1.2# \$ \$27.50



Now Manuka Honey

Delightfully sweet, rich and creamy, our manuka honey comes from hardworking bees collecting nectar in New Zealand's pristine forests. The creaming process creates a smooth, thick, robust honey that's a superb addition to tea, smoothies, granola or a tasty spread on toast or an apple.

7140 - 8.8 oz. \$23.85



Spectrum Grape Seed Oil

Refined - Med-High Heat

285 - 16 oz. \$14.70



Now MCT Oil GMO

Medium Chain Triglycerides (MCT's) are fats that are naturally found in coconut and palm kernel oil. MCT's are more easily and rapidly digested than other types of fats, as they require lower amounts of enzymes and bile acids for intestinal absorption.

2199 - 32 oz. \$20.05

16 oz. \$12.40



No. 1 Crushed Wheat Flour

10#..... \$47.15
5#..... \$22.65



No. 2 Crushed Wheat Flour

3.5#..... \$15.85



Whole Cell Crushed Oats

8#..... \$41.50
4#..... \$20.85



Whole Cell Crushed Nicaragua Coffee

1#..... \$27.05



Brownie Mix.....\$9.10



Chocolate Cake Mix.....\$8.85



Chocolate Sandwich Cookies..... \$8.00



Cup for Cup..... \$9.95



Frosting Mix..... \$10.50



Gluten Free - Sugar Free Products



Coconut Sugar Chocolate Chips\$11.00



Pancake Mix.....\$10.00



Powdered Simple Sweet..... \$13.00



Quick Mix.....\$12.15



Simple Sweet..... \$13.00



Yellow Cake Mix..... \$8.00



White Cake Mix..... \$8.00



Spice Cake Mix..... \$8.00



Now Whey Protein Isolate **GMO**

NOW® Whey Protein Isolate is a high quality protein that is both bioavailable and easily digested. Whey protein has naturally occurring branched-chain amino acids (BCAAs). NOW® Whey Protein Isolate is ideal for active individuals.

2172 – 1.2 lbs..... \$29.95



Now Glucomannon **GMO**

Glucomannan is a soluble, bulk-forming fiber derived from the konjac root (Amorphophallus konjac) that can help to maintain intestinal regularity. Glucomannan may also help to maintain serum lipid levels already within the healthy range.

6513 – 8 oz. \$17.15



Dr. Bronner's Regenerative Organic Coconut Oil

Expeller-pressed from carefully-dried coconuts, our Regenerative Organic Certified Coconut Oil has a rich and nutty flavor. Use it to moisturize skin, deep condition hair and soothe sunburns!

228671 – 30 fl. oz..... \$20.40



Foods Alive Cacao Powder **0**

Our cacao powder comes from cacao beans that are grown on the island of the Dominican Republic under a dense forest canopy basking in the shade of tropical fruit trees and the Caribbean sun. They are grown in nutrient-rich island soil, which gives it a unique flavor profile that is unlike any other.

591056 – 8 oz..... \$10.65



Now Oat Bran **0**

Excellent source of fiber. A good natural additive to most baked goods and is primarily used to boost fiber content. Adds texture and imparts a subtle nutty flavor that's ideal for breads and muffins.

5951 – 14 oz. \$3.15



Barney Crunchy Almond Butter

358 – 16 oz..... \$14.30



Foods Alive Nutritional Yeast

Our Non-Fortified Nutritional yeast provides the great cheesy flavor you're looking for without the use of synthetic additives. With a nutty cheesy flavor, our nutritional yeast is a favorite among many vegans because of its unique flavor and similarity to cheese when added to foods.

591047 – 6 oz..... \$10.60

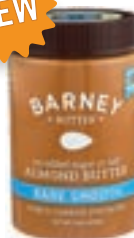
32 oz..... \$49.15



Now Chia Seeds **0**

While most of us know Chia from the popular and peculiar Chia Pets, Chia is far more than a humorous ornamental plant. Chia (Salvia hispanica) is one of the best-known plant sources of essential fatty acids, which account for almost two-thirds of Chia's total fatty acid make-up. Chia Seeds are also an excellent source of fiber.

6241 – 12 oz \$5.70



Barney Smooth Almond Butter

359 – 16 oz. \$14.30



Now Xanthan Gum **GF**

With Xanthan Gum, a little goes a long way. NOW Real Food Xanthan Gum is an excellent addition to your favorite sauces and dressings due to its ability to prevent oil separation and to keep solid particles, such as spices, suspended. It lends a smooth texture to many foods, making it a desirable addition to recipes.

6199 – 6 oz..... \$7.70



Now Virgin Coconut Oil - Cold Pressed & Unrefined **0**

Unrefined, premium-grade organic. Has a rich, exotic taste that complements almost any dish and brings out hidden flavors you never knew existed! With a high smoke point (approximately 375°), our coconut oil is perfect for cooking and baking. Also makes a great spread.

12 oz. \$8.30

1726 – 20 oz. \$11.60

1735 – 54 oz..... \$26.65



Nutiva Shortening **0**

Our blend of organic red palm and coconut oils creates an exceptional non-hydrogenated plant based Organic Shortening for both baking and frying.

230251 – 15 oz. \$7.80



Ghee Clarified Butter

Grass fed. A good butter sub.

232 - 9 oz.\$10.80



Now Avocado Oil **GMO**

has a high smoke point (approximately 520° F), making it ideal for high- heat cooking such as sautéing and stir-frying. It has a pleasant, buttery- smooth flavor that complements a variety of dishes, and it makes a tasty finishing drizzle for salads and other dishes. Our avocado oil is expeller pressed and has naturally occurring essential fatty acids, making it one of the best cooking oils available.

7100 - 16.9 oz \$12.90



Nutiva Organic Avocado Oil Extra Virgin

7101 - 12 oz \$6.40



Spectrum Coconut Oil Cooking Spray **GMO**

Spectrum® Coconut Spray Oil brings its fresh coconut aroma and clean, natural flavor to your favorite tropical entrees and baked treats...from coconut shrimp to banana muffins to homemade granola.

13807 - 6 oz.\$8.30



Spectrum Shortening **0**

Made with palm fruit oil

OIL54552 - 24 oz.\$14.75



Mama Francesca Extra Virgin Olive Oil - First Cold Pressed

We bring you Mama's Pamesan Perfetto. It's got a point of view - it's bold and adds passion to every dish: seafood, pasta, popcorn, or a good crusty bread and extra virgin olive oil. So you, like Mama, can cook for your family and friends with your heart.

EVOO - 3 liters\$39.30



Plantation Blackstrap Molasses **0**

Thick viscous syrup with a distinct taste. Byproduct of refining sugar cane. Third boiling or crystallization of sugar syrup. Source of minerals that promotes your health. Energy giving iron and calcium

POM - 15 fl. oz. \$9.25



Sweet Cloud Brown Rice Syrup **0**

Has a subtle, balanced sweetness that is a perfect alternative to refined sugar. The complex carbohydrates of the whole grain metabolize slowly, providing a prolonged source of energy that is calming and soothing.

XWC56350 - 16 oz..... \$11.00



Hershey's Gluten Free Syrup

All natural ingredients.

31273 - 21.8 oz. \$5.50

Bob's Red Mill Flour's

25 lb. bags - Available in upon request.

White Sorgham Flour

WS-25 - 25#..... \$72.85

WS-4 - 4#..... \$11.75

WS-2 - 2#..... \$6.00

Organic Cornstarch **0**

54842 1# - 1.40

White Quinoa **0**

54020-2 - 2 lb..... \$8.60

54020-1 - 1 lb.\$4.70

Black Eyed Beans **0**

5 lb.\$8.60

2 lb.\$4.70

Black Beans **0**

53042-5 - 5 lb.\$14.55

53042-2 - 2 lb..... \$6.50

Pinto Beans **0**

53049-5 - 5 lb.\$16.50

53049-2 - 2 lb..... \$7.10

Navy Beans **0**

54409-5 - 5 lb.\$21.65

54409-2 - 2 lb..... \$9.70

Light Red Kidney Beans **0**

52125-5 - 5 lb \$13.45

52125-2 - 2 lb.\$6.25

Dark Red Kidney Beans

54522-5 - 5 lb. \$17.05

54522-2 - 2 lb. \$8.20

Great Northern Beans **0**

54264-5 - 5 lb..... \$13.00

54264-2 - 2 lb..... \$6.95

Lima Beans **0**

52115-5 - 5 lb.\$20.50

52115-2 - 2 lb..... \$9.60

Cranberry Beans **0**

419215-5 - 5 lb.\$15.50

419215-2 - 2 lb.\$7.20

Green Split Peas **0**

420130 - 2 lb.\$4.50

Green Lentils 

416130-5 - 5 lb.	\$12.45
416130-2 - 2 lb.	\$6.00

Long Grain Brown Rice 

403302-5 - 5 lb.	\$18.75
403302-2 - 2 lb.	\$9.50

Natural Beef Gelatin (Unflavored) 

51009-1 - 1 lb.	\$10.50
51009-.5 - .5 lb.	\$5.75

Orange Gelatin Sweetened with Xylitol 

288410 - 1 lb.	\$12.80
10# -	\$125.00

Strawberry Gelatin Sweetened with Xylitol 

288405 - 1 lb.	\$12.80
10# -	\$125.00

Sorghum Grain

5#	\$6.00
2#	\$3.00

Dates 

1#	\$5.15
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Raisans

.5#	\$3.05
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Apricots

5#	\$5.95
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Cranberries

1#	\$6.35
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Banana Chips

1/2#	\$3.05
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Cane Sugar

50#	\$71.45
10#	\$15.90
5#	\$8.40
2#	\$3.45

Organic Light Brown Sugar

50#	\$105.70
10#	\$23.50
5#	\$12.40
2#	\$5.10

Palm Sugar 

1#	\$7.30
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Powdered Sugar 

5#	\$9.50
1#	\$2.00

Xylitol 

55#	\$242.50
10#	\$50.00
5#	\$27.80
2#	\$12.60
1#	\$5.45

Erythritol

55#	\$227.50
10#	\$45.95
5#	\$24.20
2#	\$9.95
1#	\$5.10

Stutzman Whole Einkorn

25#	\$65.35
10#	\$29.05
5#	\$15.30

Stutzman All Purpose Einkorn

5#	\$25.75
10#	\$48.90
25#	\$110.00

Stutzman Whole Corn Meal

25#	\$21.10
5#	\$4.45
2#	\$1.80

Stutzman Honey Puffed Spelt

10#	\$57.60
5#	\$30.30
1#	\$6.20

Stutzman Puffed Spelt

6#	\$27.60
1#	\$4.70

Stutzman Honey Puffed Corn

7#	\$37.40
3#	\$10.95
1#	\$3.75

Stutzman Puffed Corn 

3.5	\$10.10
1#	\$2.95

Stutzman Honey Puffed Rice

9#	\$55.40
4#	\$22.75
1#	\$5.85

Stutzman Puffed Rice

5#	\$24.65
1#	\$5.05

Stutzman Puffed Millet

5#	\$24.65
1#	\$5.05

Stutzman 7 Grain Puffed

5.5#	\$29.40
1#	\$5.50

Stutzman Spelt Berries

25#	\$28.20
5#	\$5.95
2#	\$2.45

Stutzman Sprouted Spelt Berries

25#	\$63.95
5#	\$13.45
2#	\$5.70

Stutzman Einkorn Berries

25#	\$61.80
5#	\$13.00
2#	\$5.35

Stutzman Wheat Berries 

25#	\$23.20
5#	\$4.90
2#	\$2.00

Stutzman Einkorn Grate Nuts.....\$7.20**Stutzman Spelt Maple Crunch** **Medium Rye Flour** 

10#	\$9.45
5#	\$5.00

Dark Rye Flour 

10#	\$9.10
5#	\$4.80

Rye Flour 

10#	\$11.00
5#	\$5.80

Bob's Red Mill Gluten Free Brown Rice Flour

10#	\$40.55
5#	\$21.35
2#	\$8.75

Natural Almond Flour

5#.....	\$24.10
2#.....	\$9.70
1#.....	\$4.70

Blanched Almond Flour

5#.....	\$27.35
2#.....	\$10.95
1#.....	\$5.50

Org. Buckwheat

25#.....	\$44.55
2#.....	\$3.80

Aluminum Free Baking Soda

50#.....	\$42.15
10#.....	\$8.30
5#.....	\$4.40
2#.....	\$1.80

Aluminum Free Baking Powder

1#.....	\$3.50
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Stutzman Whole Spelts

25#.....	\$32.50
10#.....	\$14.45
5#.....	\$7.60

Stutzman Local White Spelt

25#.....	\$57.15
10#.....	\$25.40
5#.....	\$13.40

Stutzman Spelt Bran

1#.....	\$1.25
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Stutzman Golden White Spelt

25#.....	\$38.95
10#.....	\$17.30
5#.....	\$9.10

Stutzman Sprouted Whole Spelt

25#.....	\$68.20
10#.....	\$30.30
5#.....	\$16.00

Bobs Red Mill Tapica Flour

2#.....	\$6.50
1#.....	\$3.90

Stutzman Farms Rolled Oats

25#.....	\$28.60
10#.....	\$12.70
5#.....	\$6.70

Stutzman Farms Whole Wheat

25#.....	\$27.00
10#.....	\$12.00
5#.....	\$6.30
2#.....	\$2.75

Stutzman Farms Sprouted Rolled Oats

25#.....	\$62.50
8#.....	\$24.50
4#.....	\$13.50

Stutzman Ladyfinger Popcorn

25#.....	\$57.50
10#.....	\$25.55
5#.....	\$13.45
2#.....	\$5.50

Stutzman Org. Popcorn

25#.....	\$45.35
10#.....	\$20.15
5#.....	\$10.60
2#.....	\$4.35

Stutzman White Baby Popcorn

10#.....	\$13.50
5#.....	\$6.75
2#.....	\$2.80

Org Cocoa

OC-2 - 1 lb.	\$5.80
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Stutzman Local Wh Pastry

25#.....	\$27.50
10#.....	\$12.20
5#.....	\$6.45

Stutzman Golden Pastry

25#.....	\$25.70
10#.....	\$11.40
5#.....	\$6.00

Prairie Gold

10#.....	\$12.20
5#.....	\$6.45
2#.....	\$2.65

Epsom Salt

50#.....	\$42.40
10#.....	\$9.40
5#.....	\$4.95
2#.....	\$2.05

Redmond Real Salt

25#.....	\$110.40
10#.....	\$49.05
5#.....	\$25.85
2#.....	\$10.60

Sir Galahad

50#.....	\$37.90
10#.....	\$8.40
5#.....	\$4.45

King Arthur

50#.....	\$99.30
10#.....	\$22.10
5#.....	\$11.60

Org. Quick Oats

50#.....	\$77.15
8#.....	\$17.15
4#.....	\$9.00

Sweetened Coconut

5#.....	\$16.50
2#.....	\$6.75

Unsweetened Coconut

2#.....	\$6.90
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Gluten Free Quick Oats & Rolled Oats

50#.....	\$70.05
25#.....	\$38.95
8#.....	\$16.00
4#.....	\$8.20

Organic Sprouted Rolled Oats

SR-01 #25 -	\$62.85
SR-02 5#-.....	\$13.30
SR-03 2# - 5 lb.	\$5.70

Organic Quick Oats Gluten Free

GFO-1 #25 -	\$32.50
GFO-2 8#-	\$11.25
GFO-3 4# -	\$6.10

Potato Starch

5#.....	\$16.00
2#.....	\$7.50

Arrowroot Powder

2#.....	\$6.60
1#.....	\$3.40

Bobs Red Mill White Rice NEW

- 5# \$12.00
- 2# \$5.25
- 1# \$3.25

Bobs Red Mill Millet Flour

- 5# \$14.90
- 2# \$6.20

Naturally Akalized Cocoa 0

- 51528 - 1 lb. \$4.90

Unsweetened Carob Chips \$4.50

Sweetened Carob Chips

- 1# \$3.65

Health Garden Erythritol Sweetener GF

Erythritol All Natural Sweetener Health Garden is proud to bring this high-quality, 100% all-natural kosher Erythritol. There are no other ingredients or additives in here; only honest-to-goodness natural Erythritol! Add it to coffee or tea, cakes or cookies, and to just about anything else you want to sweeten! One taste and you will understand

- HGE55 - 55 lb. \$270.70
- HGE10 - 10 lb. \$51.80
- HGE05 - 5 lb. \$27.35
- HGE82 - 2 lb. \$11.60
- HGE1 - 1 lb. \$9.86

Health Garden Real Birch Xylitol

Health Garden Real Birch Xylitol All Natural Sweetener provides sweetness for your food or beverage. It's low in calories and an excellent alternative to sugar. This sweetener is also vegan. It can be an ideal alternative for diabetics and will help keep glucose levels in a safe range. The 1-lb bag of Health Garden Real Birch Xylitol All Natural Sweetener will keep well.

- HGX55 - 55 lb. \$242.50
- HGX10 - 10 lb. \$49.00
- HGX05 - 5 lb. \$25.80
- HGX02 - 2 lb. \$10.60
- HGX01 - 1 lb. \$5.45



Simple Delish - Natural Jello Dessert Mix Sugar Free GF GMO

Nut Free, Lactose Free, Sugarfree.

SMIJ - 7 oz.

- Strawberry \$3.00
- Orange \$3.00
- Peach \$3.00
- Raspberry \$3.00



Simple Delish - Instant Pudding Mix GF GMO

Nut Free, Lactose Free, Sugarfree.

SMIPM - 7 oz.

- Strawberry \$3.00
- Vanilla \$3.00
- Chocolate \$3.00
- Butterscotch **NEW** \$3.00



Sweet Leaf Sugar Free Stevia Maple Flavored Syrup

- 12 oz. - \$6.00



Sweet Leaf Sugar Free Stevia Blueberry Syrup

- 12 oz. - \$6.00



Sweet Leaf Water Drops GF GMO

Flavors: Strawberry Kiwi, Raspberry Lemonade, Mixed Berry, Tropical Punch. Zero calories, zero carbs, zero sugars, and no artificial ingredients. Transform your still or sparkling water from boring to WOW and help your body, brain, and skin get their needed nourishment to function at their best!

- 233071 - 48 servings \$5.10



Sweet Leaf Sweet Drops & Monk Fruit

Caramel or unflavored. Tasty and convenient way to flavor water, yogurt, oatmeal, smoothies, coffee, and much more. Zero calories. Comes in a convenient dropper bottle. Requires no waiting for the sweetener dissolve, making it perfect to take on the go. All natural.

- 230084 - 1.7 oz. \$4.75



Now Better Stevia 0 GF

BetterStevia is a zero-calorie, low glycemic, certified organic sweetener, BetterStevia is a zero-calorie, low glycemic, certified organic sweetener. Special measures to preserve Stevia's natural qualities in this unique, pure, better-tasting Stevia.

- 6943 - 4 oz. \$25.75

- 6944 - 1 oz. \$7.75



Sweet Leaf Stevia Sweetener Powder 0

Organic Stevia in Raw (Stevia Extract Powder), 4 Ounce, No Irradiation and Vegan Friendly.

- WS0034 - 3.2 oz. \$11.50



Monk Fruit Drops & Packets

- 2 oz. \$9.50

- 40 Pack \$8.30



Sweet Leaf Sweet Drops - Stevia Clear GMO

Tasty and convenient way to flavor water, yogurt, oatmeal, smoothies, coffee, and much more. Zero calories. Comes in a convenient dropper bottle. Requires no waiting for the sweetener dissolve, making it perfect to take on the go. All natural

- 223507 - 2 oz. \$4.80

- 223508 - 4 oz. \$18.15

- Hazelnut - Lemon-drop - Root-beer 2oz - \$9.00



Now Better Stevia O GF

This Now Foods Better Stevia Powder, 1 lb is ideal for sweetening your favorite foods and drinks. Mix it with your coffee or tea, or add it to your recipes in place of sugar. Certified USDA organic, it is non-GMO verified, vegan/vegetarian. Gluten-free.

6961 - 1 lb. \$65.55



Now Better Stevia O GF

Total Extract Packets: 200, Calorie-free, No aftertaste, Great natural herb taste, Consumer's choice, Aspartame-free

6942 - 75 pkt. \$8.00



Now Better Stevia French Vanilla GF

NOW® BetterStevia™ is a zero-calorie, low glycemic, natural sweetener that makes a perfectly healthy substitute for table sugar and artificial sweeteners. Unlike chemical sweeteners, NOW® BetterStevia™ contains pure Stevia extract; easily-utilized by the body and metabolized in the same way nutrients are.

6863 - 75 pkt. \$9.60



Now Better Stevia O GF

(Liquid Stevia Extract - 2 oz., Serving Size: 4 Drops (0.13 mL, Servings Per Container: 461, BetterStevia is a zero-calorie, low glycemic, certified organic sweetener. Contains pure Stevia extract. Special measures to preserve Stevia's natural qualities in this unique, pure, better-tasting Stevia.

6980 - 2 fl. oz. \$8.65

6991 - 8 fl. oz. \$24.60



Now Better Stevia (Liquid) GMO

English Toffee, Chocolate Dark, French Vanilla, Hazelnut, Maple, Peppermint Cookie.

6966 - 2 fl. oz. \$9.45



Now Confectioner's Erythritol O

Replaces Powdered Sugar, Great for Reduced-Calorie and Sugar-Free Recipes, Zero Calories

6902 - 1 lb \$8.60



100% Pure Honey

PH050-2 - 2 lb. \$ 10.50



Maple Syrup

Try some good Geauga Co Maple Syrup.

MSP - Pint \$9.15

MSQ - Quart \$13.15

MSHG - Half Gallon \$25.75

MSG - Gallon \$51.45



Wholesome Sweeteners Blackstrap Molasses O

Wholesome Fair Trade Organic Molasses has a rich, full-bodied robust flavor and adds natural color and opulent caramel molasses tones to recipes. It is especially good in gingerbread, molasses cookies, bran muffins, quick breads, chili, BBQ sauces and in marinades. Our molasses is un sulphured, organic blackstrap- style molasses.

SWT56610 - 32 fl. oz. \$9.80



Wholesome Sweeteners Sucanat O

Use as a 1-for-1 replacement for refined white sugar or brown sugar. Perfect in hot or cold beverages, and delicious in baked goods. The least refined cane sugar you'll find.

54013-50 - 50lb \$134.85

54013-10 - 10lb \$14.30

54013-5 - 5lb \$7.05

54013-2 - 2lb \$3.00



Organic Coconut Palm Sugar

622 - 1# \$6.40



Wholesome Sweeteners Cane Sugar O

High-quality, unrefined blond sugar retains a bit of molasses in every crystal. Produced from freshly squeezed sugar cane juice.

54011-50 - 50lb \$58.50

54011-10 - 10lb \$14.30

54011-5 - 5lb \$7.05

54011-2 - 2lb \$3.00



Wholesome Organic Powered Sugar

Use 1 for 1 replacement of refined powdered sugar, captures a tiny bit of natural molasses in the extra fine powder making it delightfully sweet and flavor-able.

320 1# - \$2.20

5# - \$11.00

Sweeteners

Healthy sweeteners that don't spike your blood sugar have saved many from falling back to unhealthy habits. Erythritol and Xylitol are sugar alcohols that are helpful to keep treat tasting good and fill in the "bulk" that sugar would in recipes.

A good pure stevia extract will help make it go farther. We like to mix all three. There are three forms of stevia... liquid (which comes in many flavors), glycerite, and powder. As you get familiar with them you can find out what works best in each kind of food. Personally, I don't care for straight stevia in chocolate recipes so I always use Sweet Mix. I do like it in most drinks that don't have chocolate or coffee in them. It is very easy to get things too sweet with stevia, so always, always go easy with it.

Xylitol is derived from birch or corn. Many folks can't tell a difference in taste but we have been able to detect a slight "burn" with the corn. Corn Xylitol is often GMO as well, so if you are concerned about that, you will want the birch. Xylitol measures cup for cup with sugar. Xylitol is poisonous to dogs, so keep it and treats made with it out of reach. It can also cause digestive issues in some people. It does not bother my husband at all as it does me. Mixing it with other sweeteners is the solution for me. The taste of xylitol balances out the coolness of straight erythritol and the aftertaste of stevia.

Erythritol is fairly equal across the board in taste. Although, again, if you stay away from GMOs you will want to check the labels carefully. Erythritol is 75% as sweet as sugar and tends to leave a cooling taste in the mouth. Mixing it with stevia helps with that as well as making it go further. For the first year of using these healthy sweeteners I made my own "Truvia" by mixing 1 cup of erythritol and ½ teaspoon pure stevia extract powder. We liked it okay but there was still a bit of an aftertaste. I finally figured out that by adding some xylitol we got a balanced sweet taste.

Other sweeteners that are helpful in keeping blood sugars are (this list is not inclusive):

Gentle Sweet (THM): ½ c. Gentle Sweet = 1 c. sugar

Super Sweet Blend (THM): ¼ c. Super Sweet Blend = 1 c. sugar

Truvia (not the Baking Blend, it has sugar in it): 1/3 c. Truvia = 1 c. sugar Swerve: measures the same as sugar

ZSweet: measures the same as sugar

Monk Fruit Extract/Luo Han (make sure it is the extract and not the fruit itself) What about honey?

Honey is fine for medicinal purposes, for children and for those adults who have difficulty gaining weight.

Powdered Sweet Mix

Perfect for food and drinks that are not heated.

4 c. erythritol
2 c. xylitol, we prefer birch
1 Tbsp. pure stevia extract

Mix all ingredients in a bowl. In batches, using a coffee grinder, powder until ground fine. Store in an airtight container. I use a glass half gallon jar.

I have used a Ninja blender, a single serve blender and a coffee grinder to powder sweetener. The coffee grinder works the best by far. I found one at a garage sale for cheap and use that one only for sweetener. A high-end blender such as a Vitamix or Blendec will also work well.

If you need the full bulk of sweetener for frostings etc., grind xylitol or erythritol as they measure cup of cup with sugar. Although, I have never needed to do that because we like cream cheese frostings and they hold up just fine without so much sweetener.

1/3 cup Powdered Sweet Mix = 1 cup powdered sugar.

Yield: 6 cups

Sweet Mix

A pleasant "sugar sweet" taste...

8 c. erythritol
4 c. xylitol, we prefer birch
2 Tbsp. pure stevia extract, we use THM brand

In a large jar or container mix all ingredients well to combine. Make sure there are no clumps of any sweeteners. Store in an airtight container. I use a gallon glass container.

For the most part, this sweetener measures like store-bought Truvia.

1/3 cup Sweet Mix + 1 cup sugar
Chocolate tends to "eat up" sweetness so I always use more. After mixing up the batter taste it. You want it to be sweet enough. For chocolate things I figure ½ cup Sweet Mix = 1 cup sugar but still taste as I go.

If you and your family tolerate xylitol well you can use more xylitol than erythritol or equal amounts of both.

Yield: 1 gallon

Brown Sweet Mix

Brown sugar taste without the blood sugar spike? Yes please!

4 c. erythritol
2 c. xylitol, we prefer birch
1 Tbsp. pure stevia extract.
2 Tbsp. blackstrap molasses*
optional drop or two of caramel or butter-scotch extract

In a bowl combine ingredients with a fork. The consistency should be just like brown sugar. Store in an airtight container. I use a glass half gallon jar.

*Using blackstrap molasses is important. First, blackstrap has many more nutrients than regular. Second, it mixes in much better than other kinds, from my experience.

1/3 cup Brown Sweet Mix = 1 cup Brown Sugar

Yield: 6 cups



Simple Foods

By Tina Hershberger. Recipes for recovery and long-term wellness. Unlock the natural healing God designed for you with simple, wholesome foods. Of course, we know a healthy diet promotes healing. The difficulty lies in getting a reliable plan in place and making it work. Simple, easy, no-flour, no-sugar, nutrient-rich, and tasty.

SF100 - **\$21.75**



Convenient Food

More traditional favorites made healthy, from Briana's Kitchen. In this book you'll find traditional Mennonite favorites made healthy, but you'll also find Briana's unique take on ethnic cuisines – and a healthy dose of ice cream, of course! All recipes are free of refined sugar and white flour, separated by carbs and fats, and suited for a low-glycemic diet.

CF300 - **\$23.95**



Keto Cookbook

Tons of Keto-friendly recipes.

..... **\$25.75**



Keto 360 Blueprint

..... **\$25.75**



Simple Cooking Cook Book (NEW)

Wholesome recipes to inspire you in the kitchen. Rediscover the benefits of food bursting with vitality and refreshing goodness in the sequel to Simple Foods. Gluten free menu, dairy free menu grocery lists and other healthy choices included.

SF101 - **\$23.20**



Wholesome Dining

From Gilead Balm Wellness Center. Explores the possibilities of cooking sugar-free in addition to using practically no grain. Each recipe, from Almond Biscuits to Strawberry Pudding, is simple and easy to follow. You'll find recipes to accommodate almost any health-restricted diet, day-in, day-out, promoting all things homemade and wholesome.

WD400 - **\$22.95**



Einkorn Cookbook

All about Einkorn. 260 delicious & nutritious recipes.

..... **\$25.75**



Necessary Food

From Briana Thomas's Kitchen. Briana has set out to provide healthy versions of her favorite foods, many inspired by dishes common to her Mennonite heritage. All recipes are free of refined sugar and white flour, separated by carbs and fats, and suited for a low-glycemic diet.

NF200 - **\$25.95**



Food for Life

By Margaret Raber. Recipes from Mennonite ladies across North America who have discovered the joy of healthy cooking. They have worked hard at creating recipes that reflect the richness of our traditional Mennonite cooking style while staying true to a lifestyle of health from the inside out.

FL500 - **\$22.10**



Amazingly Simple

By Ruth Shirk. Do you or your children suffer from ADHD, autism, allergies, asthma, Crohn's Disease, IBS, SIBO or some other inflammatory or autoimmune disorder? Are you looking for an alternative to medication? Diet can be a large contributing factor to many of the conditions listed above and can also be a means of reversing many of these conditions.

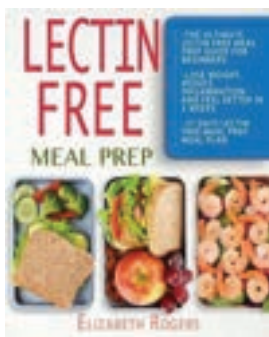
AS600 - **\$22.95**



The Plant Paradox

By Steven R. Gundry, MD. In The Plant Paradox Cookbook, Dr. Gundry breaks down lectin-free eating step by step and shares one hundred of his favorite healthy recipes. Dr. Gundry will offer an overview of his Plant Paradox program and show readers how to overhaul their pantries and shopping lists to make delicious, simple, seasonal, lectin-free meals.

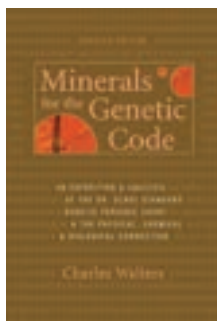
FL500 - \$24.00



Lectin Free Meal Prep

By Elizabeth Rogers. With our previous works we have helped thousands like you out there, so for sure this is going to be fruitful for you too. The lectin free diet will have tremendous positive impacts on your health and will provide you with a better, nutritious and healthy lifestyle.

FL501 - \$22.10



Minerals for the Genetic Code

Charles Walters was the founder and executive editor of Acres U.S.A. and penned thousands of articles on organic and sustainable agriculture. He authored (or co-authored) dozens of books on this subject including- Eco-Farm: An Acres U.S.A. Primer, Weeds, Control Without Poisons, Unforgiven, Fertility From the Ocean Deep, Grass, the Forgiveness of Nature, Dung Beetles, and more.

MGC - \$49.50



A Better Weigh To Healthy Cookbook

By: Cindy Mullett. Whether you are hypoglycemic, diabetic, desire to lose weight, or have food allergies or hypothyroidism, or simply enjoy being healthy....this cookbook is for you! Sugar-free and Gluten-free with many Dairy-free options, so no refined sugar or white flour! This cookbook isn't endorsed by Trim Healthy Mama, but each recipe is clearly marked whether it is a fats, carbs, neutral, or combination of fats and carbs-making it effortless to use if you're following the Trim Healthy Mama plan. It contains 400 pages of recipes and also much information about naturally treating many health conditions we've personally experienced like: Multiple Chemical Sensitivities, allergies, Leaky Gut, psoriasis, eczema, adrenal fatigue, low blood pressure and Hashimoto's thyroid disease. Although this cookbook is designed to help you lose stubborn weight, it is also perfect for diabetics or those who are wanting to maintain or gain weight in a healthy way. You will be surprised how delicious and "normal-tasting" these recipes are. From pecan pie and peanut butter pie, to stuffed chicken breasts, soups, biscuits, angel food cake, yeast donuts, easy bars and cookies, creamy no bake cheesecakes, raspberry chiffon pie, soft serve ice creams and many sourdough recipes, this cookbook will work for the novice or gourmet chef. Whether you or a friend is struggling with health issues, trying to lose weight, or just looking for yummy dairy, sugar, or gluten free recipes, this cookbook was created for you!

..... \$23.00



Deliciously Wholesome Cookbook

Written by Marlene Martin, the Deliciously Wholesome Cookbook focuses on healthful eating. The recipes found in this book include wholesome foods with less sugar, no artificial ingredients or hydrogenated vegetable oils. There's an index in the back of the cookbook so you can find recipes quick and easy. She even includes a section full of activities for children!

..... \$14.95



Cooking With Healthy Crushed Grains

By: Mary Byler & Friends. Cookbook using crushed grains with 100% natural & live nutrition.

..... \$18.60



Ecos Organic Fruit & Veggie Wash

Our ECOS™ Organic Fruit + Veggie cleans dirt and wax from even those crinkly, leafy fruits and veggies. Reaches areas that water alone doesn't always penetrate. Certified organic. Does not leave an after taste.

211178 - 22 oz. \$4.80



Attitude Fruit & Veggie Wash

Nature technology, removes wax-chemical residues & wax in those areas where water alone doesn't get. Doesn't leave an after taste.

271 oz. - \$5.55



Stainless Steel Sandwich Pack

Made in the USA. Non- microwavable. 6"x6"x1¼". For easy marking, use dry erase markers.

NBB25 - \$26.70

NBB26 - 1/2 \$13.25



Melitta Unbleached Coffee Filters

These premium cone filters fit 8-12 cup cone-style coffee makers. They're made of all-natural brown paper & designed with a second safety crimp for strength & durability.
213697 - 200 ct. \$3.25



Compo The all Natural Choice Heavy Duty 7" Plates

123-40 ct. - \$4.95



Beyond Gourmet Unbleached Mini Baking Cups

Beyond Gourmet unbleached mini baking muffin cups make muffins and cupcakes easy to remove from bakeware. Made in Sweden from 100-percent unbleached, totally chlorine-free paper, using sustainable manufacturing processes. Prevents baked goods from sticking to muffin pans for easy removal and mess-free serving; fluted sides create beautifully decorative displays. for easy cleanup.
213695 - 96 ct. \$2.64



Beyond Gourmet Unbleached Parchment Papers

Beyond Gourmet's Non-Stick Parchment Paper Sheets keep foods from sticking without greasing baking pans or the use of oils. Proudly made in Sweden from all-natural unbleached paper; naturally non-stick surface for quick release of foods. Foods won't stick; no greasing or oils necessary.
207427 - 71 sq. ft. \$5.70



Beyond Gourmet Unbleached Baking Cups

Beyond Gourmet's Unbleached Baking Muffin Cups make muffins and cupcakes easy to remove from bakeware. Made in Sweden from 100-percent unbleached, totally chlorine-free paper, using sustainable manufacturing processes. Prevents baked goods from sticking to muffin pans for easy removal and mess-free serving; fluted sides create beautifully decorative displays.
213696 - 48 ct. \$2.65



If You Care Aluminum Foil

100% recycled quality with integrity.
50 Sq. Ft. \$5.75



Watkins Food Coloring

No artificial Dyes. 4 colors.
2162 \$10.35



Compo Napkins & Tissue

250 Ct. Napkin \$4.20
250 Ct. Tissue..... \$2.35



Torie & Howard Organic Chewie Fruities

Pomegranate & Nectarine. Sweet freestone Stevita Naturals Hard candy sugar with natural Stevia in a nice tin.

2415 – 1.4 oz. \$2.15



Torie & Howard Organic Chewie Fruities

Lemon & Raspberry. A delicate balance of slightly floral and sweetly tart Meyer Lemon combined with succulent zippy raspberry. Warmed from the sun, bursting with juicy flavor that sparks your senses.

232249 – 10 per pk. \$2.15



Torie & Howard Organic Chewie Fruities

Blood orange & honey. When have you ever heard of Italian Tarocco blood orange being mixed with wildflower honey to make an organic hard candy. Fancy for sure, but also just plain delicious.

232248 – 10 per pk. \$2.15



Torie & Howard Organic Chewie Fruities

Sour berry, bursting with juicy flavor that sparks your senses. So tasty! Enjoy.

232251 – 10 per pk. \$1.75



Prince of Peace 100% Natural Ginger Chews

Mandarin Orange, Mango, Lychee, Blood Orange, Lemon. Everything you love about the Original Ginger Chews with an added fruity flair. Ingredients: Sucrose, Ginger, Tapioca Starch, Natural Mango/Orange Flavor

231839 – 4 oz. \$2.00

8 oz. \$4.50



Prince of Peace 100% Natural Ginger Chews

Original or Lemon. a delightful balance of sweet and spicy ginger taste with a pleasant chewy texture. Each Ginger Chew is individually wrapped for your convenience. Un-wrap, chew and enjoy! Ingredients: Sugar, Tapioca Starch, Ginger, Coconut Oil.

231831 – 4.4 oz. \$2.00



Spry Gum GF

Green Tea, Peppermint, Spearmint, Cinnamon, or Fresh Fruit Gum. Spry Stronger Longer Xylitol Gum will make sure your dental defense is strong, help keep your mouth healthy, and give you fresh breath throughout your day, all in a convenient way. Strengthens Teeth

QX0024 – 100 ct. \$8.60



Spry Mints GF

Peppermint, Cinnamon, Berry Blast, or Lemon Mints. All-Natural. 100% Xylitol. Sugarfree. Spry Dental Defense System. Improving Oral Health

QX035 – 240 ct. \$9.45



Ginger Slices

Gummies.

7 oz. \$3.10



Zand Orange C (Zesty Orange) Herbal Lozenges

Combines a soothing blend of herbal extracts with pure brown rice syrup to make great tasting lozenges that are free of corn syrup, sucrose, and cane sugar. Our naturally delicious lozenges are free from artificial colors, sweeteners and flavors. Each great tasting lozenge is formulated with a proprietary herbal blend and accompanied by Vitamin C, Zinc or Menthol to provide nutritive support for healthy immune function.

1954 – 80 lozenges \$10.90

1955 – 15 lozenges \$3.10



Zand Herbal Organic

Honey & Lemon. Find relief from an irritated throat in these refreshing lozenges. Made with 35% Pure Honey, a cooling hint of Menthol, and a dash of lemon to balance the sweetness, they'll soothe your throat naturally and deliciously.

7647 – 80 lozenges \$9.25

15 lozenges \$3.10



Zand Herbal Lozenges O

Flavors: Elderberry Zinc, Echinacea Zinc, Menthol. Zand Herbalozenge products combine a soothing blend of herbal extracts with pure brown rice syrup to make great tasting lozenges that are free of corn syrup, sucrose, and cane sugar.

126423 – 80 lozenges \$10.90

126423 – 18 lozenges \$3.10

NEW



Fisherman's Friend

A menthol cough suppressant Lozenger in org. - cherry - honey lemon.

120 Lozengers.....\$1.50

NEW



Reed's Ginger Slices

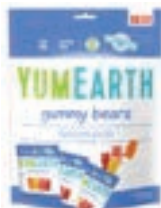
Pocket packs, Non-GMO, Gluten Free, No preservatives.

8 oz. \$2.25



Yum Earth Org. Vit C Drops

3.3 oz.....\$4.55



Yum Earth Gummy Bears

10 Snack Pk. \$10.50



Yum Earth Favorite Fruits Hard Candies

YumEarth Favorite Fruits Hard Candy. Colored with real fruit juice, these lip-smacking treats are available in 3 to 6 assorted fruit flavors: Pomegranate, Mango, Watermelon, Peach, Strawberry, and Cherry.

220403 - 13 oz..... \$10.00

O Gf



Yum Earth Pomegranate Pucker Hard Candies

Our pomegranate is the bomb-egranate. YumEarth Pomegranate Hard Candy is the perfect fruit flavored treat for pomegranate lovers – with no GMOs, gluten, or allergens.

220391 - 3.3 oz. \$5.00

O Gf



Yum Earth Wild Peppermint Hard Candies

YumEarth Peppermint Hard Candy is our refreshing reboot of the old school favorite. Because along with its classic peppermint-y taste, our version is also organic, vegan, kosher pareve, gluten free, and free of the top-8 food allergies.

220393 - 3.3 oz..... \$5.00

O Gf



Yum Earth Sour Pops

3 terrifically tart flavors: Strawberry, Grape, and Cherry. These organic sour candy pops are artificial dye free. Pick up our sour lollipops in the 14-count package for a sour, sweet treat that can't be beat.

221261 - 3 oz. (14 pops) \$4.15

O Gf



Yum Earth Tropical Fruit Snacks

Naturally flavored with pineapple, berry and mango for a tropical twist. Vegan, no high fructose corn syrup and made in a peanut-free facility.

220391 - 3.3 oz. \$7.40



Yum Earth Pops

Allergy friendly, artificial dye free, and come in packs between 4 and 8 lip-smacking flavors that may include: Pomegranate, Watermelon, Strawberry, Grape, Cherry, Peach, Berry, and Mango.

220389 - 3 oz. (14 pops) \$5.00

225945 - 8.5 oz. (40 pops) \$710.50



Yum Earth Giggles

No artificial dyes.

2 oz \$3.40



Yum Earth Giggles Sour

No artificial dyes.

2 oz. \$3.40



Epic Sugar Free Gum

Flavors: Peppermint, fresh fruit, cinnamon, spearmint.

12 Ct..... \$1.95



- Pur Wintergreen Gum**
.....\$2.10
- Pur Spearmint Gum**
.....\$2.10
- Pur Coolmint Gum**
.....\$2.10
- Pur Peppermint Gum**
.....\$2.10
- Pur Cinnamon Gum**
.....\$2.10
- Pur Pomegranate Mint Gum**
.....\$2.10
- Pur Bubblegum**
.....\$2.10



Frankferd Farms Organic Apricots
Dried and sweetened.
DRF08005 - 1/2 # \$3.05



Organic Very Sweet Rasins **O**
OSR-1 - 1 lb. \$3.20
OSR-2 - 2 lb. \$6.00



Frankferd Farms Banana Chips **O**
Sweetened banana chips.
DRF08060 - 1/2 #\$3.40



Frankferd Farms Sweetened Cranberries **O**
Dried and sweetened.
DRF08004 - 1 lb. \$6.35



Pumpkin Seeds - Unsalted **O**
A tasty and crunchy treat, ideal for snacking or as a delicious addition to salads, homemade breads, snack mixes, and desserts. They're big on flavor, and they're an excellent source of protein and iron.
Bulk - 1# - \$5.20
1/2# - \$2.90



Now Roasted Almonds w/ Sea Salt **GF** **GMO**
A good source of protein and fiber, and are abundant in healthy fatty acids. In fact, adding Almonds to your family's diet is a smart and tasty move that can pay dividends for life.
7009 - 16 oz. \$9.00



Now Roasted Pistachios w/ Sea Salt **GMO**
A good source of protein, fiber and essential fatty acids. Not only are great-tasting Pistachios a delicious healthy snack, they're also used in a variety of desserts such as ice cream and biscotti.
7021 - 12 oz. \$8.60



Now Raw Pecans Unsalted **GMO**
naturally free of sodium and are a natural source of essential fatty acids. Pecans are so good that they're one of the few nuts to have their own pie. Now that's good eating!
7001 - 12 oz. \$11.00



Now Raw Walnuts Unsalted **O**
Wonderfully nutritious and a good source of protein. Adding NOW Real Food® Walnuts to your diet is a tasty and nutritious way to improve your health and well-being.
7073 - 12 oz. \$10.65



Now Raw Energy Nut Mix (No Peanuts) **GMO**
NOW Real Food® Raw Energy Nut Mix is a tasty and nutritious combination of raisins, walnuts, pecans, almonds, pumpkin seeds and cashews that's a perfect energy boost.
7030 - 16 oz. \$9.60



Torie & Howard Organic Chewie Fruities Bag

- 231004 Pomegranate – 4 oz.\$4.45**
- 231002 Blood Orange – 4 oz. \$4.45**
- 231003 Lemon Fruit – 4 oz.\$4.45**



Torie & Howard Organic Chewie Fruities Bag Assorted Flavors

- 231005 – 4 oz..... \$4.45**



Bulk Sunflower Seeds

- BSM – 1#\$2.25**



Now Dry Roasted Macadamia Nuts with Sea Salt

Good source of Fiber Tasty & Nutritious snack

- 7019 – 9 oz. \$12.40**



Now Organic Black Chia Seed

A tasty treat with a mild flavor that can be eaten on their own or added to many of your favorites, excellent for salads, yogurt and puddings

- 6244 – 12 oz. \$5.25**



Now Raw Sesame Seeds

A wealth of nutrition & taste rich nutty flavor - Great in salad etc.

- 7035 – 16 oz. \$5.32**



Bulk Organic Pecan

- 7020 – 1# \$13.25**



Now Flax Seeds

Mild, nutty flavor similar to wheat germ, and often added to cereals, pancakes, muffins, breads, meatloaf, meatballs, and even yogurt. Golden flax is typically lighter in color and more flavorful than dark flax. Flax is abundant in essential fatty acids and is an excellent source of fiber.

- 6268 – 16 oz. \$2.95**



Now Honey Roasted Pecans

Deliciously Sweet and Crunchy Pecans Fused with Caramelized Honey. No artificial additives or preservatives, just the delicious taste of caramelized honey and pecans in perfect harmony.

- 7020 – 8 oz. \$9.95**



Unique Sprouted Pretzel Shells

These pretzels are hollow on the inside allowing the crunchy and crispy taste and texture of the outer shell to shine! Pretzel Shells make a great snack and are perfect for pairing with your favorite sweet or savory dips.

- 512542 – 8 oz.\$4.05**



Good Health Kettle Style Sweet Potato Chips

Thick sliced kettle- cooked in small batches, and made from sweet potatoes that are full of great stuff like antioxidant Vitamins A and C so you can... Enjoy Being Good!™

- 514039 – 5 oz..... \$2.80**



Barbara's Baked Cheese Puffs **GF** **GMO**

Made with non-GMO corn. Gluten free, Made with real aged cheddar and blue cheese, Produced with milk free of rBGH/rBST growth hormone³, No yellow dye #6, 0g trans fat⁴

- CCS30070 – 5.5 oz.\$4.70**



Annie's Organic Cheddar Bunnies **O**

Crispy & delicious, the whole family will love Annie's Certified Organic Cheddar Classics. They are perfect right out of the box or topped off with PB&J for after-school snacks. HEX-ceptionally delicious!

11.25 oz. \$7.55



Shar Table Crackers **O GF**

Gluten Free.Organic.

7.4 oz. \$6.30



Bobs Red Mill White Popcorn **GF**

Gluten Free, 100% whole grain. No added salt or oil. Good source of fiber.

1730-K. - 30 oz. \$6.25



Annie's Organic Cheddar Bunnies **O**

Crispy & delicious, the whole family will love Annie's Certified Organic Cheddar Classics. They are perfect right out of the box or topped off with PB&J for after-school snacks. HEX-ceptionally delicious!

12 Pouches \$11.15



Shar Multigrain White Crackers **O GF**

Gluten Free.Organic

7.4 oz. \$6.30



RT 11 Lightly Salted Kettle Chips

8 oz. \$3.60

2 oz. \$1.70



Breton Gluten Free Crackers **GF**

Herb & Garlic.

4.76 oz. \$3.50



Annie's Chewy Granola Bars **GF**

Gluten Free. Double chocolate chips.

5 Bars \$6.80



Suzie's Organic Spelt's Flatbread **GF**

Gluten Free.

6 oz. \$5.65



OCHO Candy Organic Caramel & Peanut Bar **O**

Our Caramel and Peanut bar is a classic combination of organic ingredients – smooth caramel, crunchy peanuts, and a rich peanut butter nougat center covered in milk chocolate for a delicious treat you can't resist.

OCH013 - 1.5 oz. \$2.40



Annie's Organic Honey Grahams

14.4 oz. \$6.05



Suzie's Organic Spelt's Saltines **GF**

Gluten Free.

8.8 oz. \$6.05



OCHO Candy Organic Coconut Bar **O**

Our sweet, creamy organic coconut center is covered in rich organic dark chocolate. At OCHO, we make our own small-batch coconut filling with fresh organic coconut flakes, cane sugar, and vanilla extract for a true (vegan!) delight.

OCH014 - 1.5 oz. \$2.40



OCHO Candy Organic Dark Chocolate Peanut Butter Bar **O**

Our Dark Chocolate Peanut Butter bar is made with organic and dairy free ingredients in small batches. Vegan or not, this bar will be sure to satisfy both palates, with a rich and chunky peanut butter center covered in bold, dark chocolate.

OCHO15 - 1.5 oz.\$2.40



OCHO Candy Organic Peanut Butter Bar **O**

Our smooth & crunchy peanut butter center is covered in creamy organic milk chocolate. At OCHO, we make our own small-batch peanut butter fillings from fresh organic peanuts, cane sugar and sea salt, for a true delight.

OCHO16 - 1.5 oz. \$2.40



Organic Dark Chocolate Covered Almonds

1919 - 7 oz. \$8.00



GF CMO

Lily's Salted Almond Extra Dark Chocolate Bar

So Salted Almonds and Extra Dark Chocolate walk into a bar... Just kidding, we can't tell that bad of a joke when this bar is so good. Crunchy, salty, rich, and totally satisfying, day or night. Less Sugar. Sweet Life.

VC1004 - 2.8 oz. \$5.50



Lily's Creamy Milk Chocolate Bar **GF**

Who can resist the sweet nostalgia of deliciously creamy milk chocolate all shaped up into a bar? Certainly not us, probably not you, and for sure not anyone looking to have a tasty time. Less Sugar. Sweet Life.

VC1006 - 2.8 oz. \$5.50



Lily's Salted Caramel Milk Chocolate Bar **GF**

Did you know salt actually makes things taste sweeter? That's why our Salted Caramel Bar is so darn lucky -- it's got all the sweet, buttery goodness of rich caramel flavors plus that secret sea salt weapon. Less Sugar. Sweet Life.

VC1005 - 2.8 oz. \$5.50



Equal Exchange Chocolates Organic Dark Chocolate Almond Toasted Pieces

VC1002 - 2.8 oz. \$7.65



Alter Eco Organic Chocolate Bar, Dark Quinoa 60% Cocoa **O GF**

Snap and crackle get their pop with a hearty sprinkling of our royal pearl quinoa crisps. This ancient Bolivian grain lends its satisfying crunch and gentle nutty flavor to our deep, malty Ecuadorian dark chocolate. Raw cane sugar and Madagascar bourbon vanilla bean finish a classic recipe with pure flavor.

VC1001 - 2.82 oz. \$3.95



Nature's Bakery Fig Bars Twin Pack

Real fruit, whole grains

Fig -\$1.50

Raspberry -\$1.50

Blueberry -\$1.50

Peach -\$1.50

6 Pk. Twin Pk. -\$7.50



Seventh Generation Dish Liquid

Scent: Lavender & Mint. You'll love the way our premium, plant-based dish soap formula saves you time as it fights grease and powers through tough, dried-on food. Our dish soap formulas help remove dried on foods and are biodegradable.

- 227587 – 50 oz. If Avail. \$11.50**
- 227586 - 25 oz. \$6.40**
- 218099 – 25 oz. Free & Clear \$6.40**



Eco Me Dish Soap Lemon Fresh

- 16 oz. \$6.40**



BioKleen Natural, Dish Liquid

Citrus Essence Dish Liquid with Aloe has extracts of citrus and grapefruit seed to cut through tough grease. Plant-based with citrus extracts. Cuts through grease and baked-on foods. Invigorating citrus scent.

- 21150 – 25 oz. \$7.95**



Earth Friendly Ecos Dish Soap

Scent: Grapefruit Pear. One of our most popular products, Dishmate Grapefruit is concentrated with powerful, plant-powered cleaning agents; a few drops on your sponge can clean a whole sinkful of dishes!

- 218385 – 25 oz. \$4.00**



Grab Green Dish Soap

Scents: Red Pear w/ magnolia, tangerine w/ lemongrass, thyme w/ fig leaf, fragrance-free. The power of conventional dish soap, without harsh chemicals. Our high-sudsing, biodegradable dish soap cuts through grease while staying soft on hands. Our clean-rinse formula results in zero residues left behind, even in hard water.

- 224749 – 16 oz. \$8.00**



Earth Friendly Hand Soap Organic

Scent: Lemongrass. Blended with essential oils, our Hand Soap Lemongrass cleanses and softens your hands with non-drying, plant-powered cleaning agents. Our lemongrass scent is a perfect blend of citrus and garden fresh. Hypoallergenic.

- 223708 – 12.5 oz. \$3.15**
- 223536 – 32 oz. Refill \$5.65**



Earth Friendly Hand Soap Organic

Scent: Lavender. This chic ECOS™ Hand Soap will add a refreshingly unique touch to any countertop. Plus, it's filled with a soothing, hypoallergenic blend of vitamin E, antioxidants, and plant-powered goodness. Free and clear, orange blossom.

- 227537 – 17 oz. \$5.90**
- 227536 – 32 oz. Refill \$15.40**



Attitude - Dish Wash Liquid

(unscented - citrus zest Our unique formula is made with deep-cleansing and antibacterial agents like green tea, and uses only natural, plant-based and hypoallergenic ingredients. Plus, it's ECOLOGO® Certified, sustainable and biodegradable, with foaming action that is tough on grease but soft on hands, so you can use it daily!

- JD0072 – 24 oz. \$5.60**



Kirk's Hydrating Hand Soap

Scents: Lemon & Eucalyptus, Rosemary & Sage or Fragrance-free. Our odor neutralizing hand wash uses a unique, natural vegetable fermentation technology (similar to some natural deodorants) to completely eliminate kitchen prep smells, like fish and garlic. It's also tough on every day pungent odors, dirt and grime. Premium Coconut Oil creates a creamy lather and soothing Aloe Vera ensures that your hands are left feeling soft, healthy and free of bad odors!

- 250022 – 12 oz. \$4.40**



Inspired Nutrition Monolaurin Hand Soap

A good hand soap with essential oils- nutrients & softeners

- INM - 8.5 oz. \$12.80**



Grab Green Hand Soap

Scents: Tangerine w/ lemongrass, thyme w/ fig leaf. Our plant-based, moisturizing hand soap cleans without dyes, harsh chemicals or inauthentic scents. A little goes a long way—one pump is all you need. Scented with essential oils for an aromatherapeutic experience and formulated with aloe to soothe skin leaving hands clean & soft.

- 640245 – 12 oz. \$7.55**



Naturally Back to Basics Foaming Hand Soap

Scents: Mountain Breeze or Sparkling Grapefruit. This soap has natural antibacterial effects and is a pleasure to use! Enjoy peace of mind knowing it does not contain any SLS or other chemical detergents. Experience the skin lubricating and softening benefits of the added cocoa butter. Scented with essential oils.

NBB18 - 8 oz.\$5.80
NBB19 - 32 oz. Refill \$14.80



Thieves Hand Soap

Blending Thieves, Lemon and Orange essential oils with other naturally derived ingredients, a gentle and effective alternative to commercial soaps.

3674 - 8 oz. \$17.70



BioKleen Bac-Out Bathroom Cleaner

Our unique and synergistic blend of live enzyme-producing cultures and extracts of lavender and lime effectively cleans and deodorizes tough bathroom odors. Bac-Out® to the rescue every time.

227432 - 32 oz. \$9.95



Shaklee Basic H

Basic-H is the world's most versatile cleaner, period. Sixteen ounces makes up to 90 gallons to clean hard surfaces, woodwork, walls, floors, glass, mirrors, even cars. Anything you can clean with water, you can clean with Basic-H. No wonder it was named an official Earth Day product.

SBH - 1 Gal. \$41.50



Dr. Bronner's Lavender & Hemp Rose Pure Castile Soap

Scented with pure lavender and lavandin oils to calm the mind and soothe the body! Dr. Bronner's Pure-Castile Lavender Liquid Soap is concentrated, biodegradable, versatile and effective. Made with organic and certified fair trade ingredients, packaged in a 100% post-consumer recycled bottle. Face, body, hair & food, dishes, laundry, mopping, pets & clean your house and body with no synthetic preservatives, detergents or foaming agents.

216581 - 16 oz. \$7.75



Dr. Bronner's Citrus Pure Castile Soap Rose & Lavender

Fresh and bright—with an invigorating blend of organic orange, lemon and lime oils! Our Citrus Pure-Castile Liquid Soap is concentrated, biodegradable, versatile and effective. Made with organic and certified fair trade ingredients, packaged in a 100% post-consumer recycled bottle. Face, body, hair & food, dishes, laundry, mopping, pets & clean your house and body with no synthetic preservatives, detergents or foaming agents.

221479 - 16 oz. \$11.15
32 oz. \$18.10



Dr. Bronner's Baby Unscented Pure Castile Soap

With no added fragrance and double the olive oil, our Baby Unscented Pure-Castile Liquid Soap is good for sensitive skin & babies too (though not tear-free!). Dr. Bronner's soap is concentrated, biodegradable, versatile and effective. Made with organic and certified fair trade ingredients, packaged in a 100% post-consumer recycled bottle. Face, body, hair & food, dishes, laundry, mopping, pets & clean your house and body with no synthetic preservatives, detergents or foaming agents.

216586 - 16 oz. \$11.15
4981 - Gal. \$64.10



Molly's Suds Unscented & Lemon Burst Dish Soap

Fresh Lavender fragrance that calms, soothes and rejuvenates cuts, grease, plant base, gentle to hands MSD -

16 oz. \$9.00



Earth Friendly Ecos Window Cleaner with Vinegar

Cleans without streaking. Made without dyes, parabens, phosphates and phthalates, pH balanced, Readily biodegradable, Never tested on Animals.

211164 - 22 oz. \$4.45



Earth Friendly Ecos All Purpose Cleaner

Plant-derived cleaner, Petrochemical-free cleaning agent, Great for use on counter tops and appliances, Free of synthetic perfumes and dyes, greywater and also septic safe, 1,4 dioxane free, Formaldehyde free, Recognized by the EPA's DfE and USDA's Biopreferred Program.

211168 - 22 oz. \$4.95



E-Cloth General Purpose Cloths

Superior cleaning of all hard surfaces. The General Purpose Cloth is the most versatile of all e-cloths. e-cloths work so well that you will get a lint-free, smear-free clean with just water, without the use of any chemicals. If you take care of them they will last for years!

ECG0004 - 5 cloths \$21.45
ECG0001 - 1 cloth \$6.84



E-Cloth Kitchen Cloth

Use the non-scratch scrubbing pocket to remove hardened messes on any hard surface and on non-stick surfaces without scratching surfaces. True Chemical Free Cleaning - Removes thick dirt, grease, oil, grime and is proven to remove over 99% of bacteria from all hard kitchen surfaces, using just water.

ECK0003 - 2 cloth \$12.80



E-Cloth Dusting Cloth

The E-Cloth High Performance Dusting Cloth has dry dusting and damp cleaning down. Dry, it traps dust, pollen, and other allergens from wood, glass, granite, leather, and more. Dampened with water, it grabs grime and over 99% of bacteria.

22149 - 2 ct. \$6.85



BioKleen All-Purpose Cleaner Concentrate

Clean and degrease dirt and grime in and around your home. Super concentrated, just one ounce per gallon of water.

227431 - 32 oz. \$13.15



E-Cloth Glass & Polishing Cloth

The e-cloth gives the ultimate clean finish to windows, mirrors, chrome & other shiny surfaces. Remove light grease, fingermarks, dirt & over 99% of bacteria, using just water.

ECGP0004 - 1 cloth \$6.85



Grab Green All Purpose Surface Cleaner

Scents: Thyme w/ Fig Leaf and Tangerine w/ Lemongrass. Superior cleaning, floor to ceiling! Our All Purpose Cleaner easily cuts through grease & grime on nearly any surface of your home with the power of plant-based ingredients. Our biodegradable formula works without harsh chemicals or noxious odors and is perfect for cleaning countertops, tile, wood, appliances, floors, and so much more.

224766 - 16 oz. \$7.60



BioKleen Bac-Out

Stain and odor remover. Blend of live enzymes cultures and lime extract. Pets, diaper and more.

227433 - 32 oz. \$11.70



E-Cloth Glasses Cloth

This Glasses Cleaning Cloth removes light grease and finger marks from glasses and lenses using just water and leaves glasses crystal-clear and streak-free with no chemicals.

ECGC0005 - 1 cloth \$3.45



Grab Green Degreaser Cleaner

Scent: Tangerine w/ Lemongrass. Our degreaser is formulated to power through the toughest of built-up kitchen grease and grime without harsh chemicals, solvents or noxious odors. This biodegradable formula is perfect for kitchen hoods, stoves, ovens, microwaves & more!

224747 - 16 oz. \$8.40



E-Cloth Bathroom Pack

The E-Cloth Bathroom Pack has the one-two punch your cleaning routine is missing. With one specialized microfiber cloth for cleaning and another for polishing, all you need is water for spotless, shining ceramic, tile, glass, and chrome.

222153 - 2 ct. \$12.85



Ecover Toilet Bowl Cleaner

Ecover has dedicated over 20 years of research to the development of products which use the inherent power of natural plant and mineral ingredients to bring you effective, safe cleaning.

20126 - 25 oz. \$5.80



Seventh Generation Disinfecting Multi-Surface Cleaner

Kills 99.99% of household germs, specifically: Influenza A virus, H1N1, Rhinovirus type 37 (the Common Cold virus), Staphylococcus aureus, Salmonella enterica, Pseudomonas aeruginosa and Escherichia coli on hard, nonporous surfaces. CleanWell™ patented disinfecting technology based on Thyme Oil.

223112 - 26 oz. \$7.15



Seventh Generation Disinfecting Bathroom Cleaner

Kills 99.99% of household germs, specifically: Influenza A virus, H1N1, Rhinovirus type 37 (the Common Cold virus), Staphylococcus aureus, Salmonella enterica, Pseudomonas aeruginosa and Escherichia coli on hard, nonporous surfaces. CleanWell™ patented disinfecting technology based on Thyme Oil.

223111 - 26 oz.\$6.30



Attitude - Bathroom Cleaner

Unscented is tough of limescale and designed to efficiently eliminate soap scum and grime on surfaces like tiles, shower curtains, countertops and toilet bowls. This effective natural formula, featuring cleansing and antibacterial ingredients like saponin and green tea extract, will keep your washroom looking spotless! Plus, it only uses hypoallergenic, plant- and mineral-based hypoallergenic ingredients.

JD0073 - 27 oz.\$5.70



Bee Naturals Foaming Hand Soap

All natural thieves fragrance.

1520-K.....\$14.65



Better Life Stainless Steel Polish

Plant derived cleaning agents. No harsh fumes. Streak free shine.

.....\$6.55



Naturally Back to Basics Multi Purpose Cleaner

Use this natural soap worry free! Strong enough to clean bathroom fixtures and baked on oven splatters but gentle enough to use (in an extra diluted form) on furniture. Lemon Refresh scent.

NBB17 - 32 oz.\$11.49



Thieves Household Cleaning Soap

A very good soap for mold. Formulated with the power of Young Living's Thieves blend, Thieves Household Cleaner provides a deep clean without dangerous ingredients. Wherever you use it, you'll feel good knowing that this product is safe to use around everyone in your family, including pets. The concentrated, versatile formula makes Thieves Household Cleaner a must-have in any home.

3684 - 14.4 oz.\$28.80

3685 - 64 oz.\$111.50



Gear Hugger

Plant based, non toxic multi purpose, lubricant for your home, garage and any adventure.

11 oz.\$10.20

3 oz.\$6.15



Attitude - Daily Shower Cleaner

Hypoallergenic, vegan and worry-free, it's specially formulated with natural cleansing saponin and Sodium gluconate to help keep soap scum and mildew at bay.

JD0074 - 27 oz.\$4.95





Earth Friendly Ecos Laundry Detergent – Magnolia & Lily & unscented

2X ultra concentrated detergent is tough on dirt yet kind to clothes. Made in USA without dyes, optical brighteners, parabens, phosphates or phthalates. Dermatologist-tested hypoallergenic; pH- balanced. Built-in fabric softener reduces static cling & saves money. Made with plant-powered ingredients & Magnolia & Lily essential oil.

- 211160 – 100 oz.\$19.70**
- 211159 – 50 oz.\$11.10**



Grab Green Bleach Alternative Pods

Chlorine-Free Add-In Laundry Booster: Brightens Whites & Colors, Removes Stains, Neutralizes Odors. Our Bleach Alternative Pods are the perfect laundry booster to tackle difficult stains, dingy colors & whites, and difficult odors. Free of chlorine and other harsh chemicals, simply toss in with one of our detergent pods for the freshest clothing and linens.

- 640204 – 24 loads\$8.30**



Seventh Generation Fabric Softener

Lavender & Blue Eucalyptus. Made with plant-based ingredients, and is a USDA Certified Biobased Product 84%. Softens fabrics and is made without dyes or fragrances. Use a plant-based softening agent, so you can enjoy soft clothes without wondering how they got that way.

- 209946 – 32 oz. \$7.60**



E Cover Fabric Softener Morning Fresh or Sunny Day

Works to soften fabrics and help reduce static while keeping clothes smelling fresh and clean. Made with plant-based and mineral ingredients, our biodegradable formula cares as much for your clothes as it does for the planet.

- 221865 – 32 oz.\$6.65**



Grab Green Wet Dryer Sheets (fragrance free)

Softens Clothing, Reduces Static Cling, Reduces Wrinkles. Our Wet Dryer Sheets naturally soften and reduce static cling, without unnecessary wax or animal-derivatives. Why wet? They are packaged wet so you can use each sheet twice! Sustainably-sourced and compostable, these handy sheets also make perfect dusting cloths after their life in the dryer.

- 640200 – 32 sheets/64 loads\$7.15**



Seventh Generation Laundry Detergent

- Lavender & Blue Eucalyptus Our Laundry Detergent is tough on stains and made with plant-based ingredients. With no dyes, optical brighteners or synthetic fragrances, Seventh Generation Laundry Detergent gives you great results in HE and standard machines, and works in all water temperatures. This Laundry Detergent, made with plant-based ingredients, is a USDA Certified Biobased Product 97%.

- 222548 – 150 oz.\$33.00**
- 222549 – 50 oz. \$12.65**
- Clear & Free – 90 oz.\$21.55**
- Clear & Free – 45 oz.\$12.45**



Attitude Laundry Stain Remover

Eliminates the toughest stains, hypoallergenic, safe for all colorfast washables and works in all temperatures. Cruelty free, vegan and biodegradable.

- SD0002 – 16 oz. \$9.95**



Grab Green Stoneworks Dryer Sheets

These dryer sheets make a perfect companion to our Stoneworks Rain Rose Petal Laundry Detergent Pods and will enhance your clothes with a light & floral scent.

- 640383 – 50 sheets\$6.95**
- 80 sheets \$8.75**



Grab Green Stoneworks Laundry Detergent Pods

Available Scents: Rain and Rose Petal. Cleans Deeply, Eliminates Odors, Fights Stains, Softens Naturally.

- 640371 – 50 loads \$15.00**



Molly's Suds Oxygen Whitener Powder

Our Oxygen Whitener uses sodium percarbonate and other earth derived ingredients to aid in breaking down the hard water minerals to bring back your whites! It is color safe, but it is recommended you test a small spot to ensure fabric compatibility.

- 575603 – 41 oz..... \$14.00**



Molly's Suds Laundry Powder - Unscented or Peppermint

The super-concentrated powder is long-lasting and affordable, with just one tablespoon required per normal sized load. This is one of the purest and most effective laundry powders available as it's formulated without harsh chemicals, toxins, fillers, carcinogens, preservatives or GMO ingredients. It is pure, powerful, and safe for both people and the planet.

- 575616 - 70 loads \$15.00**
- 575616 - 120 loads \$23.10**
- Super Power Lavender - 60 loads \$22.00**



Molly's Suds

Active wear. Sensitive skin, tackle the toughest stains and odors in your active wear fabric.

- 120 loads \$18.60**
- 32 loads Liquid \$16.00**



Attitude Laundry Stain Fighter

Eliminates the toughest of stains. Safe for all colorfast washables and works in all temperatures.

- 234511 - 27 fl. oz. \$7.95**



Naturally Back to Basics Laundry Soap
Scented with Essential Oils

- NBBLS - 1 gal. \$32.75**



Attitude Little One's Laundry Detergent Extra Gentle

- 35 load - \$13.95**



Attitude Baby Natural Laundry Detergent

- 33.8 oz. \$10.00**



Attitude Fabric Softener

- 234513 Citrus Zest \$7.85**
- 234514 Wild Flower - 33.8 oz \$7.85**



Attitude Laundry Detergent, Wildflower

It uses hypoallergenic, plant- and mineral based ingredients to gently get your clothes soft and fresh - no enzymes here! Its formulated to work with both standard and HE washing machines, as well as cold water cycles.

- 234508 - 35.5 oz. \$14.95**
- Sensitive 35.5 oz. \$19.35**



Grab Green Room & Fabric Fresheners

Available scents: gardenia, lavender w/ vanilla, red pear w/ magnolia, immortelle w/ jasmine. Rather than masking odors with perfumes, our Room & Fabric Fresheners neutralize odors, naturally, with zinc ricinoleate. Achieve a naturally- fresh smelling home WITHOUT harmful phthalates. Scented with essential oils, this biodegradable formula is perfect for scenting the air, eliminating unwanted odors from kitchens and bathrooms or refreshing linens!

- 20261 - 7 oz. \$8.30**

Hyland's
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The following symbols will appear throughout the catalog so you can easily tell which products are Organic, Gluten-Free, and/or Non-GMO.

 = Organic Product

 = Gluten Free Product

 = Non-GMO Product

TERMS & CONDITIONS Please call us within 24 hrs if you receive an order that was damaged or if we made any mistakes. We do accept returns on unopened products within 30 days of purchase date, excluding foods. **But please, always give us a call before sending product back.** All prices are subject to change without notice.

These products are not FDA approved. Will not diagnose, prevent, or cure disease. All prices subject to change without notice.



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