



NEW SPIRIT
N A T U R A L S

PREMIUM WELLNESS PRODUCTS

**Let food be thy medicine
and medicine be thy food.**

Hippocrates

NOW IS YOUR TIME!

Changing the Health of the World... One Person at a Time

NUTRITION WITH INTENTION®

At New Spirit Naturals, we are committed to helping you, your family and your friends find a path to optimal health and wellness.

We know that this journey can sometimes be a bumpy one as you are continually trying to navigate through what can often be overwhelming challenges in being healthy, eating right and staying fit.

But know that we are here to provide you with the support you need to succeed. Our Nutrition with Intention® philosophy incorporates continual health based education in combination with science based nutritional products to provide you with the tools to master even the toughest nutritional challenges.

By joining us in this holistic approach to wellness that includes a balanced combination of good nutritional, dietary and lifestyle choices, we know that your health journey has no choice but to be a complete success!

OUR DAILY QUEST

At the forefront of our commitment to you is that every ingredient we use must have the potential to support your body's natural ability to renew, rejuvenate and heal itself...both inside and out. Our daily quest is to unlock the benefits of nature's botanicals and herbs, functional foods and time tested nutritional ingredients to develop easy to use, life changing proprietary formulas and products that support your wellness and beauty goals.

ONLY THE BEST

Only the best ingredients survive our rigorous process to be approved for inclusion in our cutting edge formulations. Every ingredient in our formulations must pass a multi-step approval process that includes a multitude of testing for strength, purity and composition. This process assures you that every product New Spirit Naturals manufactures will be of the highest quality, free of adulteration and contain only the best ingredients available on the market.

WATCH FOR THESE INFORMATIONAL SYMBOLS THROUGHOUT THE CATALOG.



QUALITY YOU CAN TRUST

Our commitment doesn't stop at our testing. New Spirit Naturals strives to be superior in every aspect of Nutritional Supplement Manufacturing. With over 100 years of combined manufacturing knowledge, our quality control team makes sure that every product is given the utmost attention to detail. Our manufacturing facility is FDA registered and audited on a yearly basis to ensure we have the most stringent quality manufacturing standards in the industry.

New Spirit Naturals is also a GMP (Good Manufacturing Practice) certified manufacturing facility. This assures our members that we document and control every ingredient and component in the process of manufacturing, from the auditing of suppliers to the moment you receive the finished product.

Every ingredient... every product... EVERYDAY!

EXPERIENCE THE DIFFERENCE

For over 40 years, with our Member's dedication and support, we have been able to help millions of people in over 25 countries around the world achieve their wellness goals. We give thanks daily for our health and for the health of each other, our families and all of our New Spirit Naturals global family.

We invite you to join us in our mission "To change the health of the world, one person at a time."



NewSpiritNaturalsOfficial



@newspiritnaturals



NewSpiritNaturals



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NEW PRODUCTS

Thank you for choosing New Spirit Naturals as your partner in achieving your health goals. Every single product we offer has been designed to assist in the fight against premature and unnecessary aging (inside and out) and to keep the body functioning at an optimal level. I invite you to explore all that New Spirit Naturals has to offer and let us help you find the best fit for you.



Larry Milam

Dr. Larry Milam
Founder/President

NEW FORMULA!



PROCran+™

- 40+ Type A PAC's+ per serving.
- Contains a standardized blend of two Whole Fruit Cranberry Extracts (525 mg.) including cranberry fiber.
- Includes Hibiscus used in Traditional cultural medicine to support normal bladder and kidney health.
- Probiotics (10 strains) for a healthy microbiome.
- Prebiotics to help support the probiotics.

UTIs are one of the most common infections worldwide resulting in 10.5 million doctor visits per year. Choose ProCran+™ for nutritional support for a normal, healthy urinary tract.

Key Ingredients: Pure Standardized Cranberry, Hibiscus powder, Probiotic Blend and Prebiotic Inulin Complex.

(2012) 60 CAPSULES \$39.95



NEW FORMULA!



PROSTAMEN™

(PROSTATE SUPPORT FOR MEN)

- Natural nutritional prostate support for men.
- Includes Saw Palmetto and Pumpkin seed oil which have been suggested for a normal, healthy prostate.
- Helps support a natural and healthy urinary flow.
- Helps decrease frequency of late night urges to urinate.

Prostate cancer is currently the 3rd leading cause of mortality in men, making it all the more important for men to take care of their prostate. This formula is designed to provide nutritional support a normal, healthy prostate and other issues associated with age.

Key Ingredients: Saw Palmetto, Plant sterols, Pumpkin seed oil, Lycopene, Boron and Zinc.

(2083) 60 SOFTGELS \$36.95



NEW FORMULA!



PROFORM™

- Daily nutritional support for men as they age.
- Helps maintain a youthful vitality and exuberance.
- Contains an essential amino acid blend to support a normal, healthy prostate.

ProForm™ is specifically formulated to provide the nutritional support men need to promote peak performance though optimal nutritional intake. This formula contains essential vitamins, amino acids, herbs and plant-based ingredients that support normal daily male functions.

Key Ingredients: Vitamin A, Vitamin E, Zinc, Plant Sterols, L-Alanine, L-Arginine, L-Glutamic Acid, L-Glycine and Saw Palmetto.

(2080) 60 TABLETS \$34.95



MUSHROOM GREEN TEA

- Supports the immune system and liver.
- Helps to strengthen stamina.
- Fuel for the brain and body.
- Four mushroom beta glucan blend.

Relax and refuel the body with a delicious cup of tea. Our organic mushroom combination provides a premium Organic Green Tea, infused with our special blend of four nutritional mushrooms to fuel your body and prepare you for your next great adventure in life.

Key Ingredients: Organic Green Tea blended with Organic Lions Mane, Organic Reishi, Organic Cordyceps and Organic Chaga Mushroom.

(7003) 15 SACHETS/BOX \$28.95



MUSHROOM COFFEE

- Supports the immune system.
- 500 mg. of beta glucan / 40% serving.
- Delicious, instant nutritional coffee.
- Made only from the fruit body of mushrooms.

Enjoy a fast cup of coffee anywhere, anytime with this delicious blend of Arabica coffee beans and organic mushrooms. Just add hot water and enjoy! For a specialized drink, combine with your choice of milk and serve over ice.

Key Ingredients: Organic Arabica Coffee Beans, Organic Lions Mane, Organic Reishi, Organic Cordyceps, and Organic Chaga Mushroom.

(7002) 15 SACHETS/BOX \$26.95



GREEN MAGIC™

Elevate your daily nutrition with our superior green superfoods! From spirulina and chlorella to nutrient-packed micro-algae, our products harness the power of nature to provide you with essential vitamins, minerals, and antioxidants that promote detoxification, boost energy levels, and contribute to a healthy immune system.

GREEN MAGIC™ THE ULTIMATE SUPERFOOD

- **Optimal Balance of Protein (30%), Carbohydrates (40%) and good fat (30%)**
- **An easily digested and assimilated group of superfoods**
- **Low caloric value (15 calories per serving)**
- **Nutrient dense (Only 3 grams per serving)**
- **Vitamins, minerals, antioxidants, enzymes and phytonutrients**
- **No added sugars, colors or preservatives**



GREEN MAGIC™ CONTAINS SUPERFOODS SELECTED FOR SUPERIOR NUTRITIONAL CONTENT

SPIRULINA

- Contains the most digestible source of protein on the earth (85%–95% digestible).
- A freshwater, single-celled blue/green algae (aquatically cultivated).
- 65–70% protein.
- Highly digestible.
- Best source of vitamin B12.
- Long term source of energy.
- Rich in beta-carotene and chlorophyll.

CHLORELLA — DARK GREEN MICRO-ALGAE

- An aggressive, powerful heavy metal detoxifying agent.
- Feeds heart tissues natural iron.
- Aids in the body's detoxification of radiation and drugs.
- Reduces food cravings and helps promote weight loss.
- Helps detoxify the skin.
- Supports the immune response.
- Improves digestion, strength, stamina and energy.
- Increases mental clarity and concentration.

LECITHIN

- Helps the body emulsify and mix lipids & water.
- Promote healthy cell membranes.
- Helps reduce cholesterol (blood lipids).
- Supports brain health and memory.
- An excellent source of choline.

BARLEY GRASS, WHEAT GRASS AND KAMUT JUICE POWDERS

- Contains over 80 different nutrients, minerals, trace minerals, vitamins, enzymes, phytonutrients and chlorophyll.
- Promotes mobility of the intestinal tract.
- Improves skin color and tone.
- Assists in weight control and management.
- GLUTEN FREE — Plant Juice only — No grains.

JERUSALEM ARTICHOKE POWDER

- Good vegetable source of potassium.
- A beneficial prebiotic — a natural source of inulin.
- Promotes healthy skin & microbiome balance.

HIGH PECTIN APPLE FIBER

- Provides internal fiber with a good taste.
- Helps trap cholesterol & excessive blood lipids.
- Helps improve elimination.

ROYAL JELLY — RICHEST SOURCE OF VITAMIN B5

- Good source oat fiber and B-complex vitamins.
- Enzymes, antioxidants, vitamins and 20 amino acids.
- Promotes healthy skin.

SEA VEGETABLES — KELP AND DULSE

- Contains over 60 trace elements, 28% minerals, enzymes, alginates, polysaccharides.

A MICROBIOME PROBIOTICS BLEND

- Helps build the immune system.
- Helps with detoxification and normalizing toxic bacteria.
- Assists in balancing pH (acid/alkaline) levels.
- Helps the body make natural antibiotics.

RICE KERNEL MEMBRANE POWDER (IN ORIGINAL GREEN MAGIC™)

- Good source of fiber and B-complex vitamins.

RICE KERNEL PROTEIN POWDER (IN ORGANIC GREEN MAGIC™)

- Good source of fiber and protein.

GREEN MAGIC™ ORIGINAL

(2005) 10 OZ. POWDER
(90 SERVINGS)
\$39.95

(2005P) 3 LBS. POWDER
\$175.00

(2005G) 4.5 LBS. POWDER
\$250.00

(2005CL) 300 CAPSULES
(90 SERVINGS)
\$39.95

(200CL) 500 CAPSULES
\$60.00



GREEN MAGIC™ ORGANIC

(2005O) 10 OZ. POWDER
(90 SERVINGS)
\$49.95



TROPICAL VELVET SMOOTHIE RECIPE

1 heaping spoon
Green Magic™

1 scoop
Meal in a Glass™

4 oz. Aloe Papaya
with Acai Concentrate

4 oz. purified water

¼ cup tropical
blend frozen fruit

½ banana

Ice as needed

BERRY MAGIC™

- A super fruit blend of 15 berries.
- An easy, convenient way to add more fruits to your diet.
- Only 1 gram of naturally occurring sugar.
- Packed with antioxidants and phytonutrients for overall health benefits.



Bursting with potent plant compounds and antioxidants including resveratrol, xanthones, carotenoids and flavonoids, Berry Magic™ contains an array of naturally occurring vitamins, minerals, amino acids and fatty acids. Components are dried using patented technologies† that assist in removing the water and sugar content found in regular fruit juices while retaining the nutritional value of the ingredients.

Key Ingredients: AcaiVida® Acai, Goji fruit juice, Pomegranate juice arils, Acerola fruit juice, Mangosteen Super ORAC whole fruit, Strawberry juice, Cranberry juice fruit, Maqui Forza™ Maqui berries whole fruit, Amla fruit, JabuVital® Jabuticaba fruit pulp, Apple juice powder, Blueberry fruit, Raspberry fruit, Bilberry fruit.

(1515) 180 G. POWDER (30 SERVINGS) \$59.95



ORGANIC GOLDEN MAGIC

- Great tasting, nightly rejuvenation beverage.
- Organic Ashwagandha to manage stress levels.
- Calms the mind and supports the immune response.
- Keto friendly — MCT to support weight management.



This modern blend of traditional Golden Milk has been used in Ayurvedic practices. Organic Golden Magic's delicious proprietary blend contains energy dense ingredients combined with a powerful blend of other traditional herbs to provide nutritional support for total body rejuvenation.

Key Ingredients: Organic turmeric, ginger, cinnamon, reishi mushroom.

(4005) 180G. POWDER \$49.95



ORGANIC ALPHA GREENS™

- Great for naturally boosting energy.
- Assists the body in maintaining a neutral pH Balance.
- A rich source of chlorophyll, amino acids, vitamins, minerals and phytonutrients.



A balanced blend of concentrated, certified organic plant-based superfoods. These alkalizing plants are synergistically combined to retain their naturally occurring phytonutrients, chlorophyll, live enzymes and bioavailable vitamins and minerals.

Key Ingredients: Organic Alfalfa Grass, Organic Wheatgrass, Organic Barley Grass, Organic Lemon Juice, Organic Kale, Astragalus Extract, Organic Spirulina, Organic Oat Grass, Organic Chlorella.

(2002) 200 G. POWDER (40 SERVINGS) \$49.95



OCEAN'S HARVEST™

- Contains Astaxanthin, Fucoidan and Watercress.
- Aquatic blend of sustainable microalgae and sea vegetables.
- Contains phytonutrients that boost dietary nitrates to increase nitric oxide production.



Ocean's Harvest™ is a balanced blend of sea vegetables and micro-algae ingredients. These nutrient and mineral rich sea plants were synergistically combined to provide the body nutritional support to promote natural energy, purification, and detoxification. Made with Organic ingredients.

Key Ingredients: Organic Spirulina, Organic Chlorella, Organic Kelp, Watercress Extract, Organic Bladderwrack, Organic Mentapiperita.

(2007) 150 CAPSULES (30 SERVINGS) \$59.95



DIGESTIVE SUPPORT

The gut microbiome plays a crucial role in digestion, nutrient metabolism, and immune function. Maintaining a balanced and diverse gut microbiome is essential for overall health to ensure your digestive system operates at its best.

MICROBIOME PROBIOTIC COMPLEX

- Protects against E.Coli infection.
- Boosts digestion.
- Supports immune function.



Optimize digestion and maintain a healthy pH with this unique blend of 10 beneficial probiotic strains with TWO BILLION organisms to restore beneficial microflora to the digestive tract.

Key Ingredients: Proprietary Microbiome Probiotic Blend (Lactobacillus Acidophilus, Bifidobacterium bifidum, L. plantarum, L. salivarius, L. bulgaricus, L. casei, L. rhamnosus, L. brevis, B. lactis, B. longum) Prebiotic Vegetable Based Blend.

(3000) 60 CAPSULES \$39.95
(3000PRO) 110 G. POWDER \$49.95
(10 BILLION PER SERVING)
(3000P) 200 CAPSULES \$124.65



PARATOX™

- Designed to encourage the health of the intestinal environment with cleansing, eliminating and detoxifying properties.



Unwanted organisms, like parasites, can be a deterrent to health. They can manifest as skin irritation, diarrhea, gas or IBS symptoms. Paratox™ is formulated with ingredients to cleanse, nourish and support a healthy intestinal tract.

Key Ingredients: Black Walnut, Wormwood herb, Clove bud, Slippery Elm, K, Senna pods, Bromelain (from pineapple stem), Cats Claw, Papain, Garlic, Cascara sagrada bark, Olive leaf extract.

(3007) 60 CAPSULES \$39.95



YEAST X™

- Reduce bloating and constipation.
- Gentle and effective.



Excess yeast formation in the body can lead to digestive issues, fatigue, brain fog, skin problems, mood swings and more. It includes a targeted blend of nutrients including Jerusalem Artichoke Flour, Olive leaf extract and Goldenseal to support the body's ability to strike out yeast and

maintain an overall healthy balance.

Key Ingredients: Jerusalem artichoke, Olive leaf ext., Goldenseal root, Oregano leaf, Cranberry ext.

(2097) 60 CAPSULES \$39.95



GUT RENEW

- Support for Leaky Gut, IBS, Chronic Fatigue and other related issues.



Natural ingredients formulated to help support and repair the lining of the gastrointestinal tract.

Key Ingredients: Digestant resistant fiber, Glucosamine sulfate, Slippery elm powder, Peppermint powder leaf, Licorice powder root.

(2096) 240 G. POWDER \$49.95



NUTRICLEANSE™

- Over 112 grams of cleansing fiber per bottle.
- Promotes healthy elimination.
- Helps maintain regularity.



NutriCleanse™ allows you to easily increase dietary fiber plus add key nutrients to assist the body's natural process of elimination without harsh, habit forming laxatives.

Key Ingredients: Psyllium husk seeds, Chlorella, Capsicum fruit, Black Walnut Hull Powder bark, Senna Pod leaf, Garlic fruit, Rosehips fruit, Dunaliella powder, Wormwood, Aloe vera leaf, Cascara Sagrada Powder, Lactobacillus Acidophilus.

(5000C) 180 CAPSULES \$34.95
(5000CL) 500 CAPSULES \$86.50
(5000) 16 OZ. POWDER \$35.95
(5000G) 5 LBS. POWDER \$156.95



MAGIC FIBER®

- Over 200 grams of soluble, clear, tasteless dietary fiber per bottle.
- Does not thicken when mixed with water.
- Enhanced by a complex of over 70 natural trace minerals (Great Salt Lakes).



Columbia University Institute of Human Nutrition reports that the average American barely consumes half of the recommended amount of fiber needed per day! Fiber helps maintain normal, healthy intestinal

regularity. Magic Fiber® contains two different types of fructooligosaccharides that arrive in the large intestine undigested and serve as prebiotics.

Key Ingredients: Digestion Resistant Maltodextrin (soluble dietary fiber), Short Chain Fructooligosaccharides, Inulin/ Fructooligosaccharides, and Trace Mineral Complex.

(5003) 10 OZ. POWDER \$29.95
(5003P) 2 LBS. POWDER \$89.25



PHYTO OPTI-ZYMES™ BIOFILM BUSTER

- May help relieve symptoms of gas and bloating.
- Breaks down food for better digestion.
- Assists absorption of nutrients.
- Protein & carbohydrate digesting enzymes.



Protein & carbohydrate digesting enzymes for maximum benefit. Diets rich in cooked and processed foods are often deficient in natural enzymes. This multi-enzyme complex composed of plant based enzymes can assist in the digestion of protein, fat,

sugar and starches.

Key Ingredients: Amylase, Amylase II, Protease I, Protease II, Protease III, Peptizymes SP® (peptidase), Lipase, Cellulase, Lactase, Maltase, Invertase, Bromelain, HemiSeb®, FOS (fructose-oligosaccharides).

(2069) 60 CAPSULES \$39.95
(2069P) 200 CAPSULES \$125.05
(2069CL) 600 CAPSULES \$359.55



JERUSALEM ARTICHOKE FLOUR (JAF)

- Beneficial for those dealing with Candida Albicans.
- Blend of fructooligosaccharides (FOS), inulin and probiotics to help balance the digestive tract.



A plant based digestive enzyme blend formulated for more complete digestion over a broader range of pH. Ease your body's digestive burden and help prevent bloating and other symptoms of indigestion.

Key Ingredients: Lactobacillus acidophilus (DDS-1), Bifidobacterium bifidum, L. plantarum, L. salivarius, L. bulgaricus, L. casei, L. rhamnosus, L. brevis, B. lactis, B. longum, Amylase I & II, Protease I, II, & III, Peptidase, Lipase, Cellulase, Lactase, Maltase, Invertase, Bromelain, Hemicellulase, FOS (Fructo-oligosaccharide), Olive leaf ext.

(5002) 171 G. POWDER \$39.95
(53 SERVINGS)



ANTI-AGING SUPPORT

A wellness plan that includes antioxidants is crucial for maintaining good health and longevity. Our Anti-Aging support products are formulated to address not just the external signs of aging but also the underlying factors that contribute to overall well-being.

ORAC+™ 10,000+ (THE ULTIMATE ANTI-AGING PRODUCT)

- 15 highly concentrated fruits, seeds, skins, and plant extracts from natural sources.
- Two capsules provide 10,000 ORAC units (approx. 200% of the USDA recommended level).
- Reduces oxidative stress (the precursor of many chronic diseases).



An amazing blend of 15 natural ingredients rich in polyphenols and other naturally occurring antioxidant compounds that have been laboratory tested to contain over 10,000 free radical neutralizing ORAC units in an easy to use 2 capsule serving.

Key Ingredients: Proprietary ORAC Blend: Vitamin C, Grape extract, Proprietary ORAC Fruit Blend: Grape extract, Cranberry, Pomegranate Skin, Blueberry, Apple Skin, Mangosteen Skin, Bilberry, Chokeberry, Goji berry, Raspberry powder, Green Tea Extract Leaf, Resveratrol extract.

(6000C) 90 CAPSULES \$39.95



ACAI PURE™

- Contains Vitamin C and E — powerful antioxidants with anti-inflammatory properties.
- Increases energy levels and stamina.
- Supports the immune system.
- Improves mood, stress response and sleep patterns.



Acai, a powerful superfood from the Amazon rainforest, is widely considered one of the most nutritious fruits on the planet. Abundant in natural

antioxidants, vitamins, essential fatty acids (Omega 3, 6 & 9), fiber and amino acids, New Spirit Naturals Organic Acai Pure™ is a convenient and delicious addition to your daily smoothie or wellness regimen.

Key ingredient: Organic Acai powder

(6010) 90 G. POWDER \$49.95



MEGA PRO PLUS

- Provides nutrition support to combat free radicals.
- Helps reduce inflammation and cell damage.
- Helps restore normal liver levels of glutathione.



A powerful antioxidant complex that helps combat the consistent barrage of free radicals that are working to accelerate the aging process.

Key Ingredients: Muscadine, Green Tea extract, Alpha Lipoic Acid, Grape seed extract, Broccoli Extract, Cranberry extract, Citrus Bioflavonoids, Wheatgrass, Curcumin extract, Lutein, and Lycopene.

(2058) 60 CAPSULES \$39.95

(2058P) 200 CAPSULES \$124.95



ALPHA PURE™

- Detoxifies and protects the liver.
- Boosts natural assimilation of other antioxidants.
- Combats premature cellular aging.



Alpha Lipoic Acid is described as the "Universal" antioxidant because of its ability to neutralize free radicals in both the lipid and watery regions of cells. It is also able to recycle and extend the metabolic lifespan of vitamin C, Glutathione and CoQ10, and indirectly renew vitamin E.

Key Ingredient: Alpha Lipoic Acid.

(6003) 60 SOFTGELS \$32.95



GLUTA-PLUS™

(THE MASTER INTERNAL ANTIOXIDANT)

- Immune booster.
- Detoxifier of chemicals & toxins in the body.
- Anti-aging & longevity properties.



Glutathione is known as the body's master antioxidant, it attacks free radicals in the body which cause premature aging. Gluta-Plus™ is excellent for your daily health maintenance. Each capsule contains 250 mg. of stabilized, Non-GMO reduced Glutathione with 90% oral bioavailability.

Key Ingredients: Glutathione, Vitamin C, Green Tea, Milk Thistle, Whey Protein.

(6012) 60 CAPSULES \$44.95



TIMELESS TELO'S™

- Contains Telos95®, clinically shown to reduce telomere cellular aging by up to 8.52 years.
- Dr. Milam's Tree of Life/Immortality, Vitality and Longevity botanical blend.
- Supports immune health and protects the body from the damaging effects of oxidative stress and toxins.



Environmental stressors such as smoking, inflammatory disease, lack of modest exercise, excessive drinking, chronic stress, lifestyle factors, nutrition and sleep quality can lead to increases in oxidative damage and premature telomere shortening.

Telomeres are repetitive DNA sequences at the ends of linear chromosomes that help maintain the integrity of chromosomal DNA with each cell division. Telomeres length varies from about 8,000-13,000 base pairs DNA letters in length. By age 35, we may lose up to 30-40% of our base pairs and by age 65 as much as 50-60%. As such telomeres length is now recognized as a marker of biological age.

There is increasing evidence that short telomeres correlate with age-associated disease by limiting the ability of tissues to regenerate.

Research also shows that certain nutrients play a key role in protecting and even increasing the length of telomeres in the body. Short telomeres decrease the ability of healthy cells in the body to divide and function properly resulting in accelerated aging and disease. TimeLess Telo's™ contains patent pending, natural compounds shown to help maintain telomere health including Moringa — the most nutrient-dense plant on the planet.

Key Ingredients: Telo95®, Dr. Milam's Longevity & Vitality Blend: Moringa extract leaves, Gynostemma whole herb, Astragalus root, Schizandra berries, Ashwagandha extract root, L-Glutathione reduced, Resveratrol root.

(3010) 30 CAPSULES \$79.95

SAVE \$50!

(30102) PACK OF 2 \$129.95



DAILY NUTRITION/VITAMINS

Nutrition forms the foundation of a healthy lifestyle, providing the body with the vital nutrients it needs to function optimally. Our commitment to your wellness extends to offering a range of meticulously crafted daily vitamins, each designed to fill potential nutritional gaps and support your body's unique needs.

VITA BALANCE 2000+

(ADVANCED DAILY MULTI-VITAMIN)

- Provides not only major minerals, but a full spectrum of 70+ trace minerals in their natural ionic state.
- Can be taken on an empty stomach or with a meal.
- Contains all eight water soluble B vitamins.
- Optimized balance of minerals to provide superb absorption.



Over 125 ingredients in Vita Balance 2000+ provide a comprehensive nutritional foundation for good health and wellness by featuring an optimized blend of all essential vitamins, chelated macro minerals, amino acids, trace minerals and a bio botanical complex of 20 plus natural herbs.

Key Ingredients: Citrus Bioflavonoid Complex, All 8 water soluble B Vitamins, Vitamins A, C, E, Folic Acid, Zinc, Biotin, L-Arginine, Choline.

(2000) 90 TABLETS \$29.95

(2000P) 270 TABLETS \$84.95

(2000CL) 600 TABLETS \$179.95



CHILDREN'S ABC'S™

- Great tasting natural strawberry, pineapple and orange flavor.
- Contains all the essentials for children: Vitamins A, B₁, B₆, B₁₂, C, D, E & Folic Acid.
- Designed for children to meet their nutritional requirements.



Teach kids the fundamentals of good health and begin developing habits that can keep them healthy throughout their lives.

Key Ingredients: Vitamin A, Vitamin C, Vitamin D3, Vitamin E, Thiamine (B₁), Riboflavin (B₂), Niacin, Pyridoxine (B₆), Folic Acid, Vitamin B₁₂.

(33) 90 CHEWABLE TABLETS \$24.95



VITA-B12 SPRAY

(THE ENERGY VITAMIN)

- Convenient, metered spray provides 60 mcg. of Vitamin B₁₂ per spray.
- Stimulant free.
- Natural breath freshening peppermint flavor.



Keep your energy up with Vitamin B₁₂. Deficiency of this essential vitamin can lead to fatigue, decreased sensory reception, mood changes and a slower metabolism.

Key Ingredients: Vitamin B₁₂.

(2050S) 30 ML. \$24.95

(150 SERVINGS)



BEE POLLEN

- Contains a myriad of nutrients, including enzymes, trace minerals, prostaglandins, phytosterols and essential fatty acids.
- Anti-aging properties.
- Strengthens the immune system against infections and disease while increasing endurance and energy levels.



A superfood formula for energy, vitality and endurance. A combination of Bee Pollen, Royal Jelly and Propolis make this a great source of minerals, B vitamins, and amino acids important to everyday nutritional needs.

Key Ingredients: Bee Pollen, Royal Jelly Powder, Ginseng Powder, Bee Propolis.

(2053) 60 CAPSULES \$32.95



VITAMIN E+

- Natural Vitamin E (mixed tocopherols) 400IU's per softgel.
- Helps with blood pressure maintenance and improves circulation.
- Assists in balancing the endocrine and nervous systems.
- May help reduce the risk of allergies, skin conditions and anxiety.



Damage to cells over time can increase the chances of the body developing chronic diseases. New Spirit Naturals natural Vitamin E is an important fat soluble antioxidant which protects cells from the damaging effects of free radicals. Vitamin E also helps balance the endocrine

and nervous systems and may reduce the risk of allergies, skin conditions and anxiety. Our Vitamin E contains d-Alpha tocopherol as well as gammatocopherol, beta tocopherol and delta tocopherols.

Key ingredient: Natural, mixed tocopherols (Vitamin E).

(2050) 90 SOFTGELS \$34.95

(2050P) 270 SOFTGELS \$98.00



PREMIUM DE-OILED LECITHIN

- Helps emulsify fats and keeps them circulating in the bloodstream in balance.
- Important for the synthesis of the important neurotransmitter **Acetylcholine**, which may help slow cognitive decline.
- Can help reduce total bad (LDL) cholesterol.
- De-oiled to concentrate the benefits without the oil.



Lecithin contains phospholipids (more than 97%) which are key structured and functional components of cell membranes. Our special de-oiled lecithin contains more than 23%

phosphatidylcholine which is a good source of Choline (approximate 230 mgs. per serving). Choline is also very important in breaking down homocysteine, supporting cardiovascular health naturally. Individuals with choline deficiency are more susceptible to liver damage.

Key Ingredient: PCR-Negative De-Oiled Lecithin.

(5001) 300 G. \$29.95

(5001G) 3.5 LBS. \$129.95



M-U TENE (VITAMIN A) (BETA CAROTENE)

- Each softgel delivers the equivalent of 25,000 IU's of Vitamin A.
- Research has proven that beta carotene can fight oxidative stress that can damage brain cells over time.
- Adequate levels of beta carotene in combination with other nutrients have proven promising for slowing down the progression of age related macular degeneration.



Beta Carotene, the precursor to Vitamin A, is a very powerful antioxidant that is beneficial for your entire body including your eyes, circulatory and cardiovascular systems. It may also help to boost the immune system by neutralizing free radicals and slowing the aging process.

Key Ingredient: Vitamin A (as Beta Carotene).

(2010) 120 SOFTGELS \$29.95



20•20 VISCLEAR™

- Improves the structure & function of the eye.
- Contains 9-CIS Beta Carotene, a highly fat soluble, non-crystallized carotenoid.
- Lutein levels equivalent to or higher than that found in fresh vegetables and fruits.



Formulated to work with the body enhancing its ability to maintain eye health and avoid degenerative disorders including cataracts and macular degeneration, 20•20 Visclear™ is a powerhouse combination of synergistic ingredients and antioxidants.

Key Ingredients: Vitamin A, Dunaliella Salina, Zinc, Selenium, Copper Taurine, L-Glycine, L-Glutathione, Proprietary Blend: Citrus Bioflavonoids, Eyebright, Bilberry Ext., Alpha Lipoic Acid, Spirulina algae, Lutein Ext. flower, Lycopene, Ginkgo Biloba Ext., Grape Seed Ext.

(2020) 60 CAPSULES \$39.95

(2020P) 200 CAPSULES \$125.00



IONIC TRACE MINERALS

- Immune booster.
- Protects the body from free radicals.
- Helps to transport oxygen to all tissues in the body.



Studies show approximately 90% of Americans suffer from the effects of mineral imbalance and deficiency. This concentrated solution contains over 70 bioavailable minerals and trace minerals responsibly sourced from the Great Salt Lakes in Utah. Just 20 drops per day are recommended to maintain optimum health.

Key Ingredient: Ionic Sea Minerals.

(2040) 4 FL. OZ. \$36.95



OLIVO BOOST

- Supports a healthy immune system.
- Helps to flush toxins.
- Assists in balancing the glycemic index.
- A powerful tool in addressing issues related to candida.



Our modern environment has become increasingly more toxic to our health. This liquid concentrate combines olive leaf, oregano, milk thistle, lemon and honey which have been used for centuries to support natural cleansing, cellular and immune health and vitality restoration.

Key Ingredients: Olive leaf extract, oregano, ginger, milk thistle, lemon juice and honey.

(1516) 2 FL OZ. 60 SERVINGS \$34.95



ULTIMATE IRON-PRO™

- Excellent absorption without unpleasant side effects.
- Improves muscle function.
- Helps to reduce the risk of anemia.



Ultimate Iron-Pro™ is a proprietary form of ferric iron (FE+++), bound with a chemically modified protein by a process called succinylation. Clinical study results of Iron protein succinylate show a 23% increase in percentage of red blood cells (hematocrit), 30% increase in oxygen carrying capacity of blood (hemoglobin) and 6% increase in total number of red blood cells.

Key Ingredients: Iron, Folic Acid, Vitamin C (Ascorbic Acid).

(2041) 60 CAPSULES \$34.95

(2041P) 200 CAPSULES \$110.00



GOLDEN GINKGO

- Studies show Ginkgo to be effective for increasing the number of receptor sites for neural transmissions to improve brain function.
- Beneficial for the heart, liver, kidneys, lungs and spleen.
- Clinically shown to provide benefit for headaches, hearing loss, depression, allergies and eczema.



Ginkgo Biloba has gained the reputation as a brain and memory tonic and a powerful antioxidant. The special bioflavonoids in Ginkgo Biloba have a stronger biological activity than most other bioflavonoids and seem to have a specific affinity for the capillary beds of the brain.

Key Ingredients: Ginkgo Biloba Extract (Leaf) Containing: Ginkgo Flavoglycoside 24%, Aloe Vera (Bardadensis Miller 200:1).

(2054) 60 CAPSULES \$32.95



OMEGA-3s (3–6–9)

Omega-3s should be a part of your everyday health routine. Research shows that they can benefit your overall health by helping reduce chronic inflammation, preventing premature aging of the skin, supporting healthy blood pressure, triglycerides and good (HDL) cholesterol levels.[†]

NEW LIFE 1000™

- One serving contains EPA (540 mg.), DHA (360 mg.)
- Omega's can assist the body by lowering LDL (bad cholesterol) and increasing HDL (good cholesterol) levels.
- Helps improve brain function.
- Naturally reduces inflammation.



Derived from deep, cold water fish oil, New Life 1000™ provides beneficial fatty acids referred to as Linoleic (Omega 6), Alpha-Linolenic (Omega 3) and Gamma Linolenic (GLA).
(1000) 90 SOFTGELS \$29.95
(1000P) 200 SOFTGELS \$61.25



NEW LIFE XTRA™

- One serving contains EPA (800 mg.), DHA (400 mg.)
- Sourced from wild Norwegian cod, anchovy, sardines and/or tuna.
- Helps to balance healthy cholesterol levels.



Research points to the consumption of omega 3 fatty acids as playing a vital role in reducing the risk of coronary heart disease. Just two to three servings of fish a week can protect against many diseases including arthritis, stroke, certain cancers and a host of inflammatory related disorders.

New Life Xtra™ is a pharmaceutical grade, molecularly distilled, concentrated, scentless Omega fish oil with patented, clear enteric coating technology to reduce the repeat associated with most other fish oils on the market.

Key Ingredients: Molecularly distilled fish oil, natural tocopherols, and Natural citrus flavor.

(1004) 90 SOFTGELS \$34.95
(1004P) 200 SOFTGELS \$73.50



WELLNESS TIP

Doing 30 minutes of cardio exercise daily contributes heavily to your overall health. With just 30 minutes of walking, running or biking you can boost your cardiovascular endurance, regulate your cholesterol, lower your blood pressure and improve your mood.

NEW LIFE PRO™

- One serving contains EPA (740-825 mg.), DHA (460-550 mg.)
- Vital for skin and brain function.
- Helps minimize inflammation.
- Delicious lemon flavor.



A pharmaceutical grade liquid Omega 3 imported from the pristine seas of Norway is second to none in quality, purity and stability. Molecularly distilled to remove harmful PBC's and other toxins with an added antioxidant blend of rosemary, Vitamin C and natural tocopherols, it can be used directly from the bottle or mixed with your favorite food. Supportive

but not conclusive research shows the consumption of EPA & DHA omega 3 fatty acids may reduce the risk of coronary heart disease. EPA & DHA also play a critical role during pregnancy and infant development.

Key Ingredients: Molecularly distilled Omega-3 fish oil, Natural lemon flavor, Antioxidant blend: (rosemary ext., ascorbyl palmitate, natural tocopherols).

(1002) 7 FL. OZ. \$42.95



LIFE ESSENTIALS (EFA'S)

(BLACK CURRANT SEED OIL WITH GLA)

- Helps control inflammation.
- Promotes proper skin hydration, elasticity and health.
- Vascular and immune support.



There are only a few sources of GLA. One is mother's milk, which science credits with helping infants develop a strong immune system. Blackcurrant Seed Oil is another natural source that, in addition to Gamma Linolenic Acid (GLA), also contains 45–50% Linoleic Acid and 25–30% Linolenic Acid.

Key ingredients: blackcurrant Oil seed oil containing: Gamma Linolenic Acid, Safflower seed oil.

(1001) 90 SOFTGELS \$32.95



IMMUNE SUPPORT

MAGNUM C

- Immune boosting support.
- Non Acidic and pH neutral.
- Immune supporting ingredients including Bioflavonoids, Botanicals, Rosehips and Turmeric.



Provides a bioavailable form of patented vitamin C known as NutraC® that is shown to be effectively absorbed and retained by the body without the stomach discomfort some experience with other forms.

Key Ingredients: Vitamin C (from NutraC®), Immune Support Blend Citrus Bioflavonoids, Rosehips fruit, Wild Lettuce leaf, Black Walnut, Burdock root, Sarsaparilla Ext. root, Turmeric Ext. root.

(2006) 60 TABLETS (500 MG.) \$29.95
(2006P) 200 TABLETS (500 MG.) \$93.75
(2006CL) 500 TABLETS (500 MG.) \$224.50



DEFENSE™

- Provides nutritional support to defend against invaders of the immune system.
- Useful detoxifying agent for the body.
- Exhibits cortisone-like activity that can account for its reputation for anti-inflammatory activity.



An immune factor nutritional support formula that incorporates some of the best known herbs in Chinese and Western Medicine.

Key Ingredients: Proprietary Blend: Reishi Extract, Reishi Mycelia Extract, Echinacea, Astragalus Root, Cat's Claw Powder Bark, Golden Thread Extract, Aloe Vera Concentrate.

(2055) 90 CAPSULES \$34.95
(2055P) 200 CAPSULES \$69.95



NATURCIDIN™

- Formula targets the intestines and supports digestion as well as systemic immune function.
- Antimicrobial, antifungal and anti-parasitic properties.
- Helps eliminate biofilms.



A high potency broad spectrum easy to use liquid concentrate of plant based nutrients and essential oils designed to be used as an early immune defensive measure.

Key Ingredients: Bilberry ext., Grape Seed ext., Cordyceps sinensis, Golden seal root, Shitake mushroom, Noni pwd., Garlic pwd., White willow bark, Milk thistle, Echinacea purpurea root, Black walnut, Oregano essential oil, Lavender essential oil, Tea tree oil, Beet juice.

(290) 1 FL. OZ. \$39.95



RESPONSE FACTOR™

(COLOSTRUM)

- Helps support normal growth, regeneration and repair of muscle, collagen, bone, cartilage and nerve tissue.
- Lactoferrin has been shown to transport essential iron to red blood cells.
- Strengthens the immune system with antibacterial, antiviral, antifungal, anti-inflammatory, antioxidant and immunomodulating activities.



Response Factor™ concentrates key immune-boosting Transfer Factors from colostrum to boost your immune system. This powerful product offers a rich profile of immunoglobulins (IgG), vitamins, minerals, immun-enhancing molecules, transfer factors, lactoferrin and proline-rich polypeptides (PRP).

Key Ingredients: Colostrum Powder.

(6011) 60 G. POWDER \$39.95



INTENSE DEFENSE

(MEDICINAL MUSHROOM CONCENTRATE)

- Helps balance the immune response.
- Lowers cholesterol and triglycerides.
- Helps improve memory to ward off dementia.



A comprehensive immune support product with specific benefits to the cardiovascular, liver, digestive, urinary, nervous and immune systems. It contains 1,000 mg's. of six

organic medicinal mushroom extracts along with Beta Glucan to promote active immune function quickly and powerfully producing effects within hours of consumption.

Key Ingredients: Immulink™ Mushroom Beta Glucan Immune boosting blend: Organic Cordyceps, organic Hericium erinaceus mushroom, Organic Maitake mushroom, Organic Reishi mushroom, Organic Shiitake, Organic Chaga mushroom, Lo Han Guo fruit.

(2092) 60 G. POWDER \$89.95



Vitamin D is a fat soluble vitamin that plays a role in many important functions. While it's best known for working with calcium in your body to help build and maintain strong bones, it also is involved in regulating the immune system and cells.



- Maintains calcium balance for normal function of the nervous system, bone growth and maintenance of bone density.
- Facilitates absorption of calcium from the small intestine, its re-absorption in the kidneys and its role in regulating blood serum levels of calcium.
- Valuable immune system supporter.

Key Ingredient: Vitamin D (as D3 Cholecalciferol).



VITAMIN D3

(5,000 IU'S PER SOFTGEL)
(2089) 90 SOFTGELS \$32.95



VITA-D™

(1,000 IU'S PER SOFTGEL)
(2049) 100 SOFTGELS \$24.95



VITA-D3 SPRAY

(1,000 IU'S OF VITAMIN D3 PER SPRAY)

- Stimulant free.
- Natural breath freshening peppermint flavor.



Studies have pointed to more than 70% of the US population is deficient in Vitamin D. A deficiency in Vitamin D can lead to increased risk of heart disease and brittle bones.

Key Ingredients: Vitamin D3.

(2049S) 30 ML. \$24.95
(150 SERVINGS)



VITAMIN D3 & K2

- Supports proper calcium metabolism in vascular structures.
- Highly stable and highly bioavailable.
- Vitamin D3 promotes calcium transport and absorption.
- Vitamin K2 is critical for the formation of a healthy, strong bone matrix.



Studies have shown that the combined therapy of Vitamin D3 and Vitamin K2 helps increase bone turnover, promotes bone formation and calcification resulting in marked increases in bone mineral density and improvement in bone quality.

Key Ingredients: Vitamin K2 (from Natto), Vitamin D3, Magnesium Citrate.

(2044) 60 CAPSULES \$39.95



THE WELLNESS STARTER PACK

7 NUTRITIONAL PRODUCTS DESIGNED TO:

- Neutralize free radicals
- Promote normal intestinal tract health
- Support healthy, daily elimination
- Provide heart healthy omegas and macronutrients
- Rebuild with easy, digestible proteins and amino acids
- Maintain a healthy diet and lifestyle
- Create abundant, long lasting energy

GREEN MAGIC™

(DAILY GREEN SUPERFOOD)

- **Less than 15 calories per serving.**
- **Excellent source of fiber and protein.**
- **Optimal balance of protein, carbohydrates and good fat.**
- **Promotes detoxification.**

A great tasting, total body rejuvenation blend of nutrient rich superfoods. Green Magic™ provides a full complex of natural enzymes, minerals, amino acids, vitamins, antioxidants and phytonutrients. It is the ULTIMATE GREEN SUPERFOOD in a concentrated, alkalizing and energizing form.

Key Ingredients: Micro-Aquatic Plant Blend (Spirulina, Chlorella, Kelp, Dulse, DNA Negative De-Oiled Lecithin) Terrestrial Plant Blend (Spirulina, Barley, Wheatgrass, KAMUT™ Khorasan Grass Juice, Rice Membrane Powder, Wheat Sprouts) Fiber Blend (Apple Fiber, Apple Pectin) Microbiome Probiotic/Prebiotic Blend (Jerusalem Artichoke Powder, Lactobacillus acidophilus, Bifidobacterium bifidum, Bifidobacterium Longum, Lactobacillus bulgaricus) Royal Jelly, Coenzyme Q10.

For more details on this amazing product, see page 4.

(2005I) 120 GRAMS POWDER



MEAL IN A GLASS™

(METABOLICALLY BALANCED PROTEINS PLUS FIBER COMPLEX, VITAMINS AND MINERALS)

- **12 grams of protein per serving.**
- **75 calories per serving.**
- **Great for weight management.**
- **Vanilla flavor.**

A full spectrum of valuable essential and nonessential amino acids that allow the body to build additional proteins.

Key Ingredients: Isolated soy protein, Whey protein, Calcium caseinate De-oiled Lecithin, Natural Vanilla Flavor, Soybean oil, Soy fiber, Organic oat fiber, Xanthan gum, Vitamin C, E, A, B1, B2, B3, B6, B12, Iron, Magnesium amino acid chelate, Rice bran, Apple pectin, Flaxseed, Zinc, Calcium and more.

(4012) 320 GRAMS POWDER

(30 SERVINGS)



VITA BALANCE 2000+

(ADVANCED DAILY MULTI-VITAMIN)

- **Provides not only major minerals, but a full spectrum of 70+ trace minerals in their natural ionic state.**
- **Can be taken on an empty stomach or with a meal.**
- **Contains all eight water soluble B vitamins.**
- **Optimized balance of minerals to provide superb absorption.**

Over 125 ingredients in Vita Balance 2000+ provide a comprehensive nutritional foundation for good health and wellness by featuring an optimized blend of all essential vitamins, chelated macro minerals, amino acids, trace minerals and a bio botanical complex of 20 plus natural herbs.

Key Ingredients: An optimized Citrus Bioflavonoid Complex, All 8 water soluble B Vitamins, Vitamins A, C, E, Folic Acid, Zinc, Biotin, L-Arginine, Choline.

(2000) 60 TABLETS



MEGA PRO PLUS

(A POWERFUL ANTIOXIDANT COMPLEX)

- **Provides nutrition support to combat free radicals.**
- **Helps reduce inflammation and cell damage.**
- **Helps restore normal liver levels of glutathione.**

A powerful antioxidant complex that helps combat the consistent barrage of free radicals that are working to accelerate the aging process.

Key Ingredients: Muscadine, Green Tea extract, N-Acetylcysteine, Alpha Lipoic Acid Grape seed extract, Broccoli, Cranberry extract, Citrus Bioflavonoids, Wheatgrass, Curcumin extract, Lutein, and Lycopene.

(2058) 30 CAPSULES





Total Retail Value of
The Wellness
Starter Pack

\$134.99

**SPECIAL
RETAIL
PRICE
\$85.00**

THE WELLNESS STARTER PACK
IS VALID FOR NEW MEMBER
ENROLLMENT ONLY

NEW LIFE 1000™

(OMEGA-3 FATTY ACIDS, ESSENTIAL EPA & DHA)

- One serving contains EPA (540 mg.), DHA (360 mg.)
- Omega's can assist the body by lowering LDL (bad cholesterol) and increasing HDL (good cholesterol) levels.
- Helps improve brain function.
- Naturally reduces inflammation.

Derived from deep, cold water fish oil, New Life 1000™ provides beneficial fatty acids referred to as Linoleic (Omega 6), Alpha-Linolenic (Omega 3) and Gamma Linolenic (GLA).

(1000) 60 SOFTGELS



NUTRICLEANSE™

(ALL NATURAL COLON CLEANSING FIBER)

- 2.5 grams of cleansing fiber per serving.
- Promotes healthy elimination.
- Helps maintain regularity.

NutriCleanse™ allows you to easily increase dietary fiber plus add key nutrients to assist the body's natural process of elimination without harsh, habit forming laxatives.

Key Ingredients: Psyllium husk seeds, Chlorella powder, Capsicum fruit, Black Walnut Hull Powder bark, Senna Pod leaf, Garlic fruit, Rosehips fruit, Dunaliella powder, Wormwood, Aloe vera, Cascara Sagrada Powder bark, Lactobacillus Acidophilus.

(5000I) 50 CAPSULES



PHYTO OPTI-ZYMES™ BIO-FILM BUSTER

(A COMPLETE, PLANT BASED, MULTI-ENZYME COMPLEX)

- May help relieve symptoms of gas and bloating.
- Breaks down food for better digestion.
- Assists absorption of nutrients.
- Protein & carbohydrate digesting enzymes.

Protein & carbohydrate digesting enzymes for maximum benefit. Diets rich in cooked and processed foods are often deficient in natural enzymes. This multi-enzyme complex composed of plant based enzymes can assist in the digestion of protein, fat, sugar and starches.

Key Ingredients: Amylase, Amylase II, Protease I, Protease II, Protease III, Peptizymes SP® (peptidase), Lipase (acid stable), Cellulase, Lactase, Maltase, Invertase, Bromelain, HemiSeb®, FOS (fructose-oligosaccharides).

(2069) 30 CAPSULES



DR. MILAM'S SIGNATURE SHAKE

1 heaping spoon Green Magic™

1 scoop Meal in a Glass™

1 Tbsp. Premium De-Oiled Lecithin

8 oz. purified water

½ apple • ½ banana

¾ tsp. cinnamon

Ice as needed

HEART HEALTH

No matter your age, it is important that you have a solid nutritional foundation coupled with good lifestyle choices. New Spirit Naturals' premium products are designed to provide your cardiovascular system the necessary nutrients to support a healthy and active lifestyle at all ages.

SYTRINOL™ PLUS

- 40-60 times more potent in antioxidant activity than natural Vitamin E.
- Supports lowering of LDL cholesterol levels.
- Increases heart healthy HDL cholesterol levels.



The extraordinary ingredients in Sytrinol™ Plus provide powerful antioxidant and anti-inflammatory properties for our bodies. This patented, clinically studied ingredient has over 25 years of documented research which supports heart healthy benefits.

Key Ingredient: Sytrinol™.

(5004) 60 SOFTGELS \$39.95



PHYTOSTEROL COMPLEX (RED YEAST RICE EXTRACT & NIACIN)

- Red Yeast Rice – A natural remedy to help lower cholesterol levels and promote heart health.
- Niacin (Nicotinic Acid) – B Vitamin historically used to increase HDL (good cholesterol) and help remove low density lipoprotein (LDL bad cholesterol).
- Helps keep the nervous system, digestive system and skin healthy.
- A good alternative formula for those who can't tolerate statins.
- Studies have shown that plant sterols help assist with hyperproliferation of vascular smooth muscle cells that play a role in atherosclerosis development.



According to the CDC, approximately 31 million American adults have elevated levels of LDL (bad cholesterol). High LDL cholesterol is one factor that may increase the risk of heart disease. Plant sterols, when consumed in sufficient quantities, can interfere with the intestinal absorption of cholesterol

thereby lowering cholesterol levels. Plant sterol esters consumed as part of a diet low in saturated fat and cholesterol may reduce the risk of coronary heart disease.

Key Ingredients: Phytosterol Complex Providing (Beta Sitosterol, Campesterol, Stigmasterol) equivalent to 1,000 mg. of plant sterols, Niacin and Red Yeast Rice.

(3001) 60 CAPSULES \$39.95



COQ-10 & CINNAMON

- CoQ-10 for natural energy production.
- Improves exercise performance.
- Helps support enzymes in their various biochemical functions.



Coenzyme Q-10 is a substance that is found naturally in the body and helps convert food into energy. As we age, our body's level of CoQ-10 tends to decrease. Maintaining proper levels assists in oxygen utilization and energy production particularly in heart cell muscles. This CoQ-10 is

combined with cinnamon to boost mental concentration and alertness.

Key Ingredients: Coenzyme Q-10 125 mg., Cinnamon 1000 mg. (Cinnamomum cassia) bark.

(2099) 30 CAPSULES \$39.95

(2099P) 120 CAPSULES \$150.25



CARDIOPLEX™

- Heart health balance and support.
- Assists in fat metabolism to strengthen the body's natural stress mechanisms.
- Powerful antioxidants to assist with oxidative damage.



Heart disease remains the leading cause of death in the United States. Research is conclusive that cardiovascular disease can be avoided with a healthy lifestyle and the addition of supplements that reduce risk factors. Cardioplex™ is aimed at supporting optimal cardiovascular health.

Key Ingredients: Vitamin B6, Vitamin B12, Magnesium Amino Acid Chelate, Folic Acid, Proprietary Blend: Alpha Lipoic Acid, Hawthorn Fruit, Citrus Bioflavonoids, Apple Pectin.

(2070) 60 CAPSULES \$39.95

(2070P) 200 CAPSULES \$125.00



BIO-AVAIL COQ-10

- Improves energy production and cardiovascular function.
- Supports healthy immune system with anti-oxidants.
- Anti-aging effects.



CoQ-10 is the cellular component that synthesizes ATP (Adenosine-Triphosphate), the basic energy molecule of the cell. As we age, our ability to synthesize CoQ-10 declines. New Spirit Naturals patented CoQ-10 was designed to be easily absorbed to provide

maximum benefits for support of a heart healthy lifestyle. Note: CoQ-10 is recommended for those taking statin drugs. Contact your physician or health care provider for supplement guidelines.

Key Ingredients: Co Q-10, Vitamin A (natural carotenoids), Vitamin E (natural mixed tocopherols).

(265) 60 SOFTGELS \$29.95

(265P) 300 SOFTGELS \$140.75



VASUFLEX™

- Helps memory and behavior by transmitting information between nerve cells in the brain.
- Assists the immune system at fighting off bacteria and reduces inflammation.
- Increases blood flow throughout the body.



Nitric oxide is a molecule that our body produces to help its 50 trillion cells communicate with each other by transmitting signals throughout the entire body. Nobel Prize winning science

had identified L-Arginine as an essential precursor of Nitric Oxide (NO). VasuFlex™ combines L-Arginine and taurine along with other supportive amino acids and nutrients further enhance the synthesis of and help to prevent the breakdown of NO and enables the arterial system to retain its youthful elasticity.

Key Ingredients: L-arginine, L-Citrulline, Taurine, Vitamin C Supportive blend of Maltodextrin (Dietary Fiber) Trace Minerals Complex (70+ Minerals), Grapeseed Extract, Silica, Stevia Rebaudiana, Malic Acid, Beet Juice (Beta vulgaris), Natural Flavor.

(2075) 90 CAPSULES \$39.95

(2075CP) 300 CAPSULES \$124.25

(2075CL) 500 CAPSULES \$199.00

(2075P) 330 G. POWDER \$59.90



WOMEN'S HEALTH

BPW (BLOOD PRESSURE WELLNESS)

- Contains a special standardized Olive leaf extract and celery seed.
- Magnesium to help support the relaxation of blood vessels keeping the lining of blood vessels small and elastic.



High blood pressure has become known as the "silent killer" as many of its symptoms go unidentified until disaster strikes. This all natural formula is shown to be effective in helping to keep blood pressure in a healthy range for those with mildly elevated values.

Key Ingredients: Magnesium Citrate, Olive Leaf Extract, Arterial Wellness Blend: L-Arginine HCl, Celery seed, Gynostemma.

(3011) 60 CAPSULES \$39.95



HERBAEST BALANCE™

- Increases mental awareness and energy levels.
- Clinically shown to reduce hot flashes, night sweats and vaginal dryness.
- Significantly improves the symptoms of menopause without affecting the female hormone levels in the body.



A blend of botanical extracts that have been clinically shown to be effective in the maintenance of a healthy menopause. HerbaEST Balance™ supports the natural transition before, during and after menopause and has been clinically proven to be safe for women.

Key Ingredients: Balancing blend of standardized extracts of Phlomis umbrosa, Cynanchum wilfordii, and Angelica gigas nakai. Proprietary blend: Cranberry Ext., Pomegranate Ext. and Blueberry Ext.

(2085) 60 CAPSULES \$39.95



NATURAL BALANCE™ WILD YAM CRÈME

(STANDARDIZED WILD YAM CRÈME)

- Helps maintain healthy estrogen and progesterone levels.
- Commonly used to help relieve the uncomfortable symptoms of menopause such as hot flashes, night sweats and mood changes.
- Often used to relieve menstrual cramps.



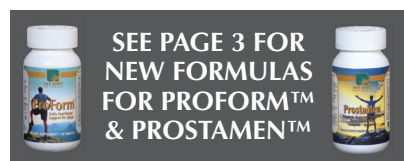
A decline in progesterone is the first hormonal change to cause symptoms in a woman approaching menopause. This luxurious lotion contains a standardized extract of Wild Yam known as a precursor to the body's natural progesterone production.

Key Ingredients: Aloe barbadensis, Stearic Acid, Wild Yam Liquid Extract, Glycine, Alanine, Lysine, Arginine, Threonine, Proline, Dong Quai Liquid Extract, Evening Primrose Oil, Vitamin E, Chamomilla Recutita (Matricaria) Flower Extract, Cucumis Sativus (Cucumber) Fruit Extract, Macrocystis Pyrifera Extract, Sambucus Nigra Flower Extract, Achillea Millefolium Extract, Citrus Aurantium Dulcis (Orange) Peel Extract, Rosa Centifolia Flower Extract, Jojoba Oil.

(315) 100 ML. \$39.95



MEN'S HEALTH



SEE PAGE 3 FOR
NEW FORMULAS
FOR PROFORM™
& PROSTATEMEN™

BETTER MAN

- Boosts and supports the body's own natural production of testosterone.
- Provides sustained energy.
- Enhances sport performance.
- Increase sexual desire and performance.



With a clinical studied ingredient LJ100®, Better Man is designed to increase your body's natural testosterone production without the need to turn to prescription testosterone replacements that may carry many risks and side effects. Low testosterone presents itself with a myriad of symptoms which include increased body fat, decreased energy, fatigue, poor sleep, reduced muscle mass, mood problems, poor memory, brain fog, low libido and reduced sexual activity, desire and performance.

Key Ingredients: LJ100® Eurycoma Longifolia Extract, Male Power Blend of Horny Goat Weed Extract, Bulgarian Tribulus terrestris, Catuaba, Organic Maca, Lepidium meyenii pervianum, Shilajit Extract, Asphaltum, L-Arginine HCl.

(2090) 30 CAPSULES \$45.95



NUTRIFEM™

(A VITAMIN DESIGNED FOR WOMEN)

- Boosts the immune system.
- Nourishes the nervous system.
- Minerals to focus on balancing the body's water and electrolytes.



Nutritional support and balance for a woman's complex hormonal systems. Recommended where there are conditions of excess (PMS, fluid imbalance, and nervousness) and estrogen deficiency (menopause and menstrual problems).

Key Ingredients: Sarsaparilla, Licorice Root, Pau d'Arco, Cranberry, Echinacea, Juniper Berries, Barberry, Buchu leaf, Marshmallow, Nettle, Raspberry Leaf, Kelp, Don Quai, Peppermint, Blessed Thistle, Hops.

(2082) 60 TABLETS \$34.95
(2082P) 200 TABLETS \$109.25



SUPER INDOLES-CVB™

- Indoles promote healthy estrogen metabolism.
- Concentrated, proprietary, Cruciferous vegetable blend in capsule form.



Members of the Crucifer family and its genus Brassica are thought to be particularly protective against estrogen driven cancers, including breast, prostate and colon cancer. These vegetables include Broccoli, Brussels Sprouts, Cauliflower, Cabbage, Bok Choy, Kale, Kohlrabi, Rutabaga, Turnips and Watercress.

Key Ingredients: Vitamin C, Brox-25™, Diindolymethane, Indole-3 Carbinol (I3C), Proprietary cruciferous vegetable blend: (CVB™), Cabbage (Leaf), Cauliflower Flower, Carrot Root, Broccoli.

(1502) 60 CAPSULES \$39.95
(1502P) 200 CAPSULES \$124.50



ACTIVE NUTRITION

PERFORM

PRE-AMINO

(PRE-WORKOUT DRINK MIX)

- **Complete profile of Amino Acids including BCAA.**
- **Clean, sustained energy for maximum endurance.**
- **Nitric Oxide (NO) powerhouse.**
- **Results you can feel.**
- **Delicious raspberry lemonade flavor.**



If you are looking for a partner to motivate your workouts or exercise routines, then Pre-Amino will be your best friend. Packed with science based amino acids and muscle building

ingredients, Pre-Amino will assist you in maximizing your energy, strength and endurance to achieve the result you desire.

Key Ingredients: Free Form Complete Amino Acid Blend Muscle Performance Blend: Beta-Alanine, Creatine Monohydrate, Betaine HCL Blood Flow blend: Arginine AKG 2:1, Citrulline, Taurine, Beet Juice Powder, Natural Caffeine (from Green Tea).

(2089) 300 G. POWDER \$44.95



Fuel your active lifestyle with products tailored for individuals who prioritize physical activity and peak performance. From performance-boosting pre-workouts to muscle-repairing post-workout blends, our products are designed to optimize your exercise routine. Whether you're a dedicated athlete or someone who enjoys staying active, let New Spirit Naturals be your partner on the journey to achieving and exceeding your fitness goals.



ENDURE

COCOAMINO

(ENDURANCE/PERFORMANCE DRINK)

- **A functional sport drink mix that is easy to use.**
- **Provides the energy required to achieve the benefits you desire while keeping you hydrated throughout increased physical exertion.**
- **3 grams of Muscle Enhancing Creatine per serving.**



Use CoCoAmino to replenish needed amino acids, trace minerals and natural electrolytes before, during or after a workout. Each serving provides the equivalent of 50 ml. of pure Organic Coconut Water

and a complete blend of 21 essential and non-essential free form Amino Acids plus Creatine to improve endurance and performance.

Key Ingredients: Creatine Monohydrate, Organic Coconut Water, Complete blend of Free Form Amino Acids including BCAAs, Trace Mineral Complex.

(2093) 270 G. POWDER \$44.95



RECOVER

RESTORE™

(ENERGY RECOVERY DRINK)

- **Helps speed recovery time.**
- **Reduces DOMS—Delayed Onset Muscle Soreness.**
- **Helps improve cardiovascular health and wellness.**
- **Maintains healthy cellular energy pools.**



Clinically-studied and patented BioEnergy Ribose™ and L-Carnitine Fumarate combine in this energy building and recovery formula. These ingredients help increase the body's natural

energy production by helping cells rebuild the volume of energy substrates which may help improve cardiovascular health and enhance recovery time after exercise. Easy to use tasteless powder can be added to any beverage.

Key Ingredients: BioEnergy Ribose™, L-Carnitine Fumarate.

(6007) 160 G. POWDER \$39.95



HYDRATE

ELECTROLYTE CHARGE™

(ELECTROLYTES/HYDRATION LIQUID)

- **Boosts workout performance and enhances endurance.**
- **Easily replenishes lost electrolytes after exercise.**
- **Helpful in reducing muscle cramps.**



Replenish, hydrate and balance your system effectively. Electrolyte Charge™ contains the minerals the body needs to function. It provides the electrolyte benefit of sports drinks without the calories, carbohydrates and sugar. Easy to add to water or any beverage.

Key Ingredients: Sea Water, Low-Sodium Sea Mineral Concentrate, Potassium Chloride, Zinc Sulfate.

(2039) 4 FL. OZ. \$34.95



PROTEIN

Protein is an important source of energy as it works in the cells of the body for the structure, function and regulation of our tissues and organs. Proteins provide support for your immune system, your brain, your bones, your heart and even your mood. It's also known for helping maintain and build muscles that keep the body mobile and active.

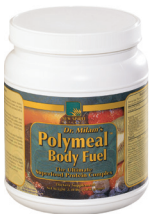


FUEL

POLYMEAL™

THE HISTORY:

The Polymeal™ concept originated as a diet-based approach for healthier living. In 2003, a group of researchers at the University Medical Center in Rotterdam isolated six key foods (red wine, dark chocolate, garlic, omega-3, fruits and vegetables) that they found to be a helpful part of one's diet.



NEW SPIRIT NATURALS TAKES THE POLYMEAL CONCEPT TO NEW HEIGHTS.

Based on the research of these six foods, Dr. Milam formulated a product called Polymeal™. The concept

was expanded to include more than 100 ingredients. These ingredients including whole foods, amino acids, botanical extracts, juice powders, enzymes, electrolytes, omega fatty acids (EFA), nutraceuticals, proanthocyanidins, flavonoids, carotenoids, phytoestersols, polyphenols, natural fibers, antioxidants, vitamins, prebiotics and probiotics, mineral and trace minerals.

(4025) 150 G. POWDER \$125.00
(90 SERVINGS)



ENERGIZE

MEAL IN A GLASS™

(YOUR WEIGHT MANAGEMENT
COMPANION)

- 12 grams of protein per serving.
- 75 calories per serving.
- Great for weight management.



A full spectrum of valuable vitamins, minerals, amino acids and multi protein sources to allow the body to build additional proteins.

Key Ingredients: Isolated soy protein, Whey protein, Calcium caseinate De-oiled Lecithin, Natural Vanilla Flavor, Soybean oil, Soy fiber, Organic oat fiber, Vitamin C, E, A, B1, B2, B3, B6, B12, Iron, Magnesium amino acid chelate, Rice bran, Apple pectin, Flaxseed, Zinc, Calcium.

1.05 LBS. (30 SERVINGS) \$39.95
(4012) VANILLA POWDER
(4012C) CHOCOLATE POWDER
(4012S) STRAWBERRY POWDER

4.5 LBS. \$140.00
(4012G) VANILLA POWDER
(4012CG) CHOCOLATE POWDER
(4012SG) STRAWBERRY POWDER



NOURISH

RSVP™

(YOUR VEGAN PROTEIN SOURCE)

- 15 grams protein / 90 calories per serving.



A vegan protein formula consisting of a blend of concentrated fractions of brown rice, pea protein and hemp protein. It is the perfect choice for vegans, vegetarians or anyone who is looking for a vegetable based protein

source. Along with protein, RSVP™ includes the New Spirit Naturals green food blend which aids in digestion, boosts the immune system and benefits the liver, kidneys and adrenal glands.

Key Ingredients: Organic Pea Protein, Organic Sprouted Brown Rice Protein, Organic Hemp Protein, Organic Erythritol, Organic Soy Lecithin, Natural Vanilla Flavor, Organic Green Food Blend [Organic Parsley leaf, Organic Wheat Grass, Organic Barley Grass, Organic KAMUT® Khorasan Grass Juice], Stevia leaf, Bromelain, Papain, Probiotics.

(4014) 1.3 LBS. VANILLA POWDER \$39.95
(25 SERVINGS)

(4014G) 4 LBS. VANILLA POWDER \$98.00



STRENGTHEN

ULTRA WHEY-PRO™ PROTEIN

(YOUR WORKOUT PARTNER)

- 24 grams of whey protein per serving.
- 100 calories per serving.
- Less than 1 carb per serving.



A complete complex of bioavailable amino acids, the building blocks required to sustain peak performance. Ultra Whey-Pro™ Protein offers the highest content of BCAA's (branched-chain amino acids) (53%), as compared to 20% in regular

whey. This delicious protein can assist in tissue repair, growth and recovery. It's a great way to get your protein on the go. It is easily mixed with water and is great throughout the day. Whether you are looking to build muscle or just have a great source of protein, this product is for you!

Key Ingredients: Ultrafiltered whey protein, De-oiled Lecithin, fructooligosaccharide, natural vanilla flavor, L-glutamine, vitamin B6, ColostrumMune™, NSN's Dark Fruit Blend containing cranberry fruit powder, blueberry fruit powder, raspberry fruit powder, Cocoa Powder, Natural Chocolate (chocolate flavor only).

1.4 LBS. (20 SERVINGS) \$39.95
(4013) VANILLA POWDER
(4013C) CHOCOLATE POWDER

3.4 LBS. \$89.95
(4013G) VANILLA POWDER
(4013CG) CHOCOLATE POWDER



FUNCTIONAL FOODS

New Spirit Naturals offers a great way for you to keep wellness a part of your everyday routine with functional foods and natural juices loaded with vitamins, minerals and amino acids.

ALOE PAPAYA WITH ACAI CONCENTRATE

- Each concentrated bottle makes 4.3 liters of 100% juice.
- ACTiValoe™ is the only guaranteed biologically active aloe product available.
- Aloe is a natural healer and detoxifier for the entire body.

This delicious, 100% Juice Concentrate contains ACTiValoe™, Papaya Nectar and Acai from the Amazon rain forest. Papaya has long been recognized for its digestive enzyme properties. Acai is a naturally harvested bright purple berry that has been shown to contain essential fatty acids and have 10 to 30 times the antioxidant power of resveratrol from red wine!

Key ingredients: ACTiValoe™ Aloe Vera Extract, Papaya Nectar Concentrate, Acai Pulp and Juice Powder.

(110) 18.5 FL. OZ. (473 ML.) \$34.95



ALOE CRANBERRY CONCENTRATE

- Make a glass at a time or use the whole bottle for 1 gallon of juice.
- Rich in antioxidants to boost your immune system.
- Assists in relief of urinary tract infections and detoxification.†

Combines the extraordinary benefits of ACTiValoe™ with a nutritious cranberry concentrate and a touch of apple to give a zesty invigorating taste.

Key ingredients: ACTiValoe™ Aloe Vera Extract, Concentrated Cranberry Fruit Extract, Natural Cranberry.

(105C) 8 FL. OZ. (236 ML.) \$34.95



MEDITERRANEAN BLISS™ BALSAMIC VINEGAR

- Aged over 10 years in Modena, Italy.
- Healthy alternative to high fat dressings.
- Contains polyphenols to benefit the cardiovascular system.

Mediterranean Bliss™ Balsamic Vinegar, sourced directly from Modena, Italy, is truly one of the top grade Balsamic Vinegars available on the market.

Key ingredient: 100% Balsamic Vinegar.

(7001) 8.5 FL. OZ. (250 ML.) \$29.95



LET FOOD BE THY MEDICINE
AND MEDICINE BE THY FOOD.

— Hippocrates —

MEDITERRANEAN BLISS™ EXTRA VIRGIN OLIVE OIL

- Eating 2 tablespoons of olive oil a day may reduce the risk of heart disease.†
- Rich in polyphenols to reduce oxidative stress in the body.†
- Olive oil can help reduce joint pain and swelling from rheumatoid arthritis.

Not all olive oils are the same. Dr. Milam's select blend of oils from organic olives, ripened by the Mediterranean sun, can truly be called Extra Virgin (containing less than 0.9 percent pre-fatty acids). Mediterranean Bliss™ yields a smooth, mildly nutty oil with no bitterness or acid after taste and a healthy polyphenol content.

Key ingredients: 100% Extra Virgin Organic Olive Oil selected from one or more of the following Mediterranean countries: Tunisia, Turkey, Greece, Spain, or Italy.

(7000) 17 FL. OZ. (500 ML.) \$22.95



SUPER-LIFE™ ALOE VERA CONCENTRATE

- Excellent for digestive health issues.
- Natural anti-inflammatory properties.†
- One 8 oz. container makes 1 gallon of delicious juice.

Aloe Vera Concentrate with ACTiValoe™ plus natural lemon provides the full benefits of Aloe Vera and in an easy to use drink concentrate.

Key ingredients: ACTiValoe™ Aloe Vera Extract, Lemon Flavor.

(105) 8 FL. OZ. (236 ML.) \$34.95
(30 SERVINGS)



POMEGRANATE RED CONCENTRATE WITH MANGOSTEEN

- Rich in ellagic acid to protect the body against oxidative stress.
- Natural anti-inflammatory and immunity properties.†
- No artificial flavors, fillers or colors.

A heart-healthy combination of all natural exotic Superfruits, concentrated into a delicious juice blend containing 80% Pomegranate and 20% Mangosteen. Only two tablespoons of concentrate are needed to prepare 5 oz. of delicious 100% juice.

Key ingredients: Pure Pomegranate Juice Concentrate, Whole Fruit Mangosteen Juice.

(106) 21 FL. OZ. (473 ML.) \$39.95



WHITE CHIA™

- Over 2,200 mg. of Omega's per serving.
- Dietary Fiber (3 g.) and Protein (2 g.) per serving.
- Aids in hydration/electrolyte balance.†
- Great source of Omega's 3 & 6.

Since 3500 B. C. Chia has served as a valuable food source for the ancient Aztecs, Mayans, and Incans. Chia seeds have long been called the "Endurance Food" because they release energy steadily, provide a feeling of fullness and help maintain blood sugar levels — all of which are helpful in maintaining a healthy body weight. Add to your Green Magic™ Shake, yogurt, cereal or acai bowl for sustained energy.

Key ingredient: Organic White Chia™ Seeds.

(1015V2) 8 OZ. \$19.95





NUTRI-GRAND™

(PREMIUM MILLED FLAX SEED)

- Prepared using special flax seeds that have undergone special selection and processing techniques to insure a high content of Omega-3 Fatty Acids.
- Contains natural lignans revered for their health benefits.
- Rich in antioxidants to help neutralize free radical compounds often associated with aging.†

Take advantage of the warm nutty flavor of golden milled flax seed while providing your diet with health benefits that have made this fiber an important component to an effective wellness program. New Spirit Naturals draws on a proprietary, patented technology to provide an unprecedented, two year shelf life under ambient storage conditions.

Key ingredient: Milled Golden Flaxseed.

(1014) 1 LB. 5 OZ. \$39.95
(45 SERVINGS)



NEW SPIRIT SALAD RECIPE

1 bag
baby spinach leaves
lightly tossed with:

**Mediterranean Bliss™
Extra Virgin Olive Oil**

**Mediterranean Bliss™
Balsamic Vinegar**

Toasted almonds

Pinch of black pepper

THREE TREASURES TEA™

Indulge in the centuries-old tradition of Chinese medicine with our exquisite Three Treasures Tea products. These harmonious blend of herbs are carefully crafted to balance the body, mind, and spirit and formulated to embody the essence of the Three Treasures – Jing, Qi, and Shen – promoting vitality, energy, balance and tranquility.

LIVER CHI™

- Nurturing polysaccharides standardized from edible mushrooms.
- Helps to strengthen the digestive system.
- Traditional Chinese Medicine believes that the liver-energy controls and balances the spleen/stomach energy. The spleen plays a major role in the immune function.

(270) The liver is responsible for over 500 known biochemical reactions in the body! Take this formula to nurture and detoxify your liver and protect it from damage associated with autoimmunity, inflammation, oxidation, poor diet and infections.

Key Ingredients: Plant Based Concentrated extracts of Ganoderma (Reishi), Lentinus (Shitake), Grifola (Maitake), Schisandra, Poria, Cordyceps, Hericium, Lycium, Milk Thistle, Rubus Sauvissimus, and Luo Han Guo (Momordica).



KIDNEY ENHANCER™

- Herbs used for thousands of years to improve kidney/sexual energy.
- Helps to lower blood pressure by increasing circulation.
- Influences clarity of thinking.

(272) Medical journals indicate that by age 40 the average adult has cumulatively lost approximately 40% of their kidney function. Kidney Enhancer™ is a Traditional Chinese formula used to improve kidney energy, naturally balance sexual hormones and promote longevity.

Key Ingredients: Plant based concentrated extracts of Dong Quai (Angelica Sinensis), Knotweed (Polygonum aviculare), Fo-Ti (Polygonum multiflorum), Horny Goatweed (Epimedium sagittatum) Luo Han Guo (Momordica grosvenori), Panax ginseng, Schisandra chinensis.



LONGEVITY HEART CHI™

- The most comprehensive anti-aging formula available.
- Detoxifying antioxidant.
- Polyphenols to support the immune system and encourage body fat cleansing.

(278) Support heart health and the body's detoxification systems as you enjoy a great tasting, traditional herbal formula. Each dropper full (30 drops) provides as much antioxidant power as 10-20 cups of regular caffeine-free green tea (in tea bags).

Key Ingredients: Green Tea Extract (98% Polyphenols), Plant based Blend of: Wolfberry, Jujube, Citrus Sinensis, Ginger, Astragalus, Momordica (Luo Han Guo), Rehmannia.



THERAPEUTICA™

- Reduces inflammation and balances the immune system.
- A great cleansing tonic that may be used during your detox program.
- Helps the body with relieving aches and pains.

(280) Wei Chi Tea. This powerful tea concentrate delivers the maximum benefits of Cassia tora and Chinese kudzu to supply cooling energy to the liver, kidneys, lungs, gallbladder, large intestine and small intestine which protects them from infection.

Key Ingredients: Plant based blend of: Concentrated extracts of Cassia tora, Chinese kudzu, Chinese skullcap, Luo Han Guo, Knotweed, Licorice.



ALLER-EASE™

- Helps combat inflammation and allergies.
- Boosts energy, immunity and sexuality.
- Relieves “stagnant chi”, disharmonies and congestion that block the body's natural healing mechanisms.

(279) Aller-ease™ combines Traditional Chinese herbs to balance and energize the body's digestive energy. Poor digestion has been linked to indigestion, asthma, sinusitis, hay fever, irritable bowel syndrome, parasites, colitis and more.

Key Ingredients: Plant Based Concentrated extracts of Bitter orange, panax ginseng, Chinese kudzu, Ginger, Chinese blackberry.



JUBILEE TEA™

- Includes St. John's Wort to nurture kidney energy and restore homeostasis.
- Increases both Qi and blood circulation.
- Improves mood and mental focus.

(282) A cup of Jubilee™ can improve your mood and restore focus in just minutes. Throughout the world, St. John's Wort, with its powerful antioxidant properties, has been used to protect and balance the brain and nervous system and boost vitality.

Key Ingredients: Plant Based Concentrated extracts of St. John's Wort, Horny Goat Weed, He Sho Wu, Schisandra, Chinese Knotweed, Ginkgo Biloba, Astragalus, Lycium, Bupleurum, Dong Quai, Rehmannia and Momordica grosvenori.



2 FLUID OUNCES
\$34.95 EACH

ENERGIZING TEA™

- Improve circulation, enhance metabolism and balance energy.
- Caffeine-free.
- Herbs to help increase Qi circulation in the body.

(285) Take time for a natural energy boost both physically and mentally every day while improving the body's ability to handle stress.

Key Ingredients: Plant Based Concentrated extracts of Panax ginseng, Schisandra Chinensis, Radix astragalus, Zingiber officinale, Radix Glyrrhizae, Pueraria lobata, Citrus aurantium and Rubus sauvissimus.



MAGIC FRUIT™

- Balances excess yang (heat) and stress.
- Calms the digestive tract.
- Great for sore throats and coughs.
- Does not affect blood sugar.

(283) To tone the digestion, begin each day with this extraordinary sweet tonic. It has a natural sweet taste (250 times sweeter than refined sugar, but with no calories!) and can be used to naturally sweeten or enhance the taste of any beverage.

Key Ingredient: Concentrated Lo Han Kuo (Momordica Grosvenori).



NEW SPIRIT NATURALS THREE TREASURES TEA™ FOUNDATION PACK

- Energizing Tea™
- Kidney Enhancer™
- Liver Chi™
- Longevity Heart Chi™

TOTAL RETAIL VALUE \$144.95

SPECIAL RETAIL COST
\$130.00



BONE & JOINT SUPPORT

Taking care of our body's structural foundation is the key to living an active and mobile lifestyle. New Spirit Naturals time tested nutritional products provide the necessary nutrients to maintain and strengthen bone, joint and muscle function so we can not only survive, but thrive, on a daily basis!

SUPER CURCUMIN™ COMPLEX

- Beneficial for balancing cholesterol.
- Protects the body against estrogen-mimicking chemicals neutralizing harmful free radicals, and promoting normal cell cycle growth.
- Contains Bioperine® for superior nutrient absorption.



Curcumin C3 Complex is an extract derived from the Rhizomes (roots) of the Curcumin longa, also known as turmeric. Super Curcumin is a natural antioxidant containing three forms of curcuminoids enhanced with Boswellia serrata and Bioperine® for superior absorption. Curcumin is

a natural compound used for centuries in Ayurvedic medicine and is used in foods such as curry. Regular use may help provide nutritional support for joints and musculoskeletal health.

Key Ingredients: Standardized Curcumin Longa C3 complex 95%, Boswellia serrata, Bioperine®, Magnesium Amino Acid Chelate.

(1503) 60 CAPSULES \$39.95

(1503P) 200 CAPSULES \$125.00



PROCELL COLLAGEN & HYALURONIC ACID

- Supports joint health and protects cartilage from degeneration.
- Improves the appearance of skin, hair and nails.
- Enhances wound healing.
- Assists in retaining moisture within the skin.



Collagen is literally the glue that weaves throughout the body providing strength and support. As we age, we feel the effects of its deficiency in our joints, skin, hair and nails. ProCell Collagen provides key nutrients to support collagen synthesis and reduce oxidative damage to joints, connective tissue and skin.

Key Ingredients: Collagen (hydrolyzed) Type I, II, & III, Chondroitin Sulfate, Hyaluronic Acid, OptiMSM™.

(1510) 90 CAPSULES \$39.95

(1510P) 200 CAPSULES \$83.25



HIGH GRADE CALCIUM COMPLEX

- Naturally supports the structural and nervous systems.
- Helps to regulate cardiovascular physiology.
- Rapid release technology to enhance absorption.
- Contains Vitamin D for added bone support.



High Grade Calcium Complex contains one of the most absorbable forms of calcium, Hydroxyapatite, plus supportive nutrients needed to ensure bone health. Part of its secret is the microcrystalline structure that helps attract and hold in reserve Potassium, Magnesium, Boron, Zinc, Silica and Chromium — all

ingredients included in this powerful formula.

Key Ingredients: Calcium, Magnesium Amino Acid Chelate, Zinc, Vitamin C, Vitamin D3, Manganese, GTF Chromium, Chondroitin Sulfate Complex, Silica, Boron.

(2065) 90 CAPSULES \$26.95

(2060) 180 CAPSULES \$39.95

(2060CL) 500 CAPSULES \$99.95



RELIEVE

(NATURAL FACTORS FOR PAIN)

- Natural pain management.
- Key ingredients to help reduce inflammation and stiffness.
- Helps stabilization of the connective tissue matrix of cartilage, tendons and ligaments.



Let these five natural, powerful compounds provide the nutritional factors to help reduce pain, inflammation, improve mood and reduce cravings without the gastro-intestinal complications associated with the overuse of NSAIDS. The key ingredient DL-Phenylalanine (DLPA) according to research, can

inhibit the enzymes that are responsible for the breakdown of endorphins and enkephalinase enzymes. This appears to allow the natural pain relieving attributes of endorphins a longer time span for their pain relieving action.

Key Ingredients: DL-Phenylalanine (DLPA) Supportive blend: MSM, White Willow Bark, Curcumin C3 Complex® rhizome, Bioperine® black pepper fruit, Ginger rhizome.

(2095) 60 CAPSULES \$39.95



JOINT MAGIC

- Supports joint tissue & can help relieve joint pain.
- Collagen supports strengthening of bones.
- Improves flexibility of joints.
- Helps support Hyaluronic Acid — a natural component of joints.



A great tasting, easy to use drink mix designed to keep you active with a blend of two important Hydrolyzed Collagens (Type I & III) along with Hyaluronic Acid to support those that are physically active or want to remain so.

Key Ingredients: Hydrolyzed Collagen (Type I & III), Hyaluronic Acid, OptiMSM™, Glucosamine Sulfate, Ginger, Bioflavonoids, Vitamin D, Curcumin, White Willow Bark, Trace Minerals, Bromelain, Vitamin C & D.

(108) 150 G. POWDER \$39.95



MSM COMPLEX (METHYLSULFONYLMETHANE)

- Enhances the body's detoxification mechanisms by activating glutathione.
- Important in enzyme reactions & protein synthesis.
- Helps reduce pain & soreness following exercise.
- Contains Bioperine® for enhanced absorption.



MSM Complex contains a clinically studied OptiMSM™ which is nationally recognized as the purest form of sulfur available. Sulfur is an important nutrient for the maintenance of healthy joints, tendons, ligaments and other connective tissue to improve function and mobility.

Key Ingredients: Methylsulfonylmethane, Spirulina, Ginger root, Curcumin C3 Complex Turmeric Extract root, Bioperine® fruit.

(2062P) 180 CAPSULES \$39.95



AM/PM OSTEO-FLEX

- Natural anti-inflammatory & anti-aging properties.
- Reduces joint pain and tenderness.
- Assists the body in rebuilding tissue and stronger bones following injuries.



Today, more than 50 MILLION Americans have arthritis which can be a daily challenge. AM/PM Osteo-Flex addresses this challenge by supporting your bone and cartilage health while improving joint mobility.

Key Ingredients: Glucosamine Sulfate, Chondroitin Sulfate, Vitamin B6, Vitamin B5 Vitamin D3, Magnesium, Potassium, Anti-inflammatory Support Blend: Fennel Seed, Celery Seed, Ginger Seed, Uva Ursi, White Willow Bark, Alfalfa, Bromelain, Corn Silk, Hydrangea, Yucca, Curcumin, Boswellin Extract.

(1501) 90 CAPSULES \$34.95

(1500) 180 CAPSULES \$55.95

(1500CL) 500 CAPSULES \$139.45



SPECIALIZED NUTRITION

In today's fast-paced world, it's important to take care of both your physical and mental health. Our specialized nutrition products are designed to support you on your wellness journey, focusing on key areas such as stress management, sleep enhancement, weight control, blood sugar balance, brain health, and longevity.

ADRENAL PRO™

- Helps the body recover from the energy loss and mood-altering effects of chronic stress.
- Has an adaptogenic effect on systems related to cognition, motivation, sensory and motor function.†
- Improves focus, attention and aspects of learning and memory.†



Sustained stress has been acknowledged as a key driver of many of today's psychological and physical health complaints. The body is always naturally trying to maintain balance or "homeostasis" during times of stress. Adrenal Pro™ contains some natural adaptogenic plants that may provide nutritional support in times of stress.

Key ingredients: Adaptogenic blend: Cordyceps mycelium, Bacopa ext., Holy Basil ext., Ashwagandha ext., Astragalus ext., Jiaogulan, Schisandra fruits, Noni ext., Licorice root.

(2073) 60 CAPSULES \$39.95
(2073P) 200 CAPSULES \$125.00



SUPER LUNG SUPPORT

- Increases glutathione, the body's most potent antioxidant to help with proper lung function.
- Beneficial for those with breathing difficulties, asthma and allergies.
- Helps lung function.
- Protective aid against environmental pollution factors.



As we age, our lung cells die off faster than they are replaced. Super Lung Support provides support for healthy lungs with a proprietary blend of Cordyceps, Mullein Leaf, Marshmallow Root, Astragalus, Licorice, and Ginger. NAC is essential for pulmonary and renal protection according to the World Health

Organization.† Along with cordyceps which support epithelial cells in the lungs and the herbal blend providing anti-viral, anti-inflammatory, and anti-microbial benefits for lung support.

Key ingredients: Super Lung Support Blend: Cordyceps mycelium, Mullein leaf, Marshmallow root, Astragalus root, Licorice root, Ginger root.

(3005) 60 CAPSULES \$39.95



SLEEP REFRESH

- For restful and relaxing sleep.
- Helps restore normal sleep patterns.†
- Helps promote mental clarity.†



Sleep restores the body and mind and helps us maintain our mental and physical health. Sleep Refresh helps rebalance an over active central nervous system to restore normal sleep patterns.

Key ingredients: L-Theanine, Melatonin, Sleep Refresh Blend: Valerian root, Chamomille Flowers, Passion Flower.

(3006) 60 CAPSULES \$39.95



NERVE PRO™

- Provides nutritional support for healthy nerves.
- Contains Quatrefolic® — a patented, water-soluble form of folate which has high bioavailability.
- Natural pain management to support a healthy nervous system.



Neuropathy is a form of nerve damage that is estimated to affect more than 20 million Americans. Nerve Pro™ combines "neurotropic vitamins" that provide nutritional support to the nervous system and other nutrients that work together to support a healthy body.

Key Ingredients: Vitamin B6, Folate (from Quatrefolic®), Vitamin B12, Acetyl-L-Carnitine, Alpha Lipoic Acid and Benfotiamine.

(3016) 60 CAPSULES \$59.95



NEUROBALANCE (BRAIN & FOCUS FORMULA WITH PHOSPHATIDYLSERINE)

- Boosts memory function and ability to focus.†
- Increases physical energy.†
- Improves mental clarity and alertness.



A powerful, advanced and comprehensive brain support formula scientifically formulated to help support optimum memory levels, mental focus, concentration, alertness and recall while helping balance energy and mood levels.

Key ingredients: New Spirit Naturals Proprietary Brain Booster Blend of DMAE, L-Glutamine, Green Tea extract, Bacopa Extract, Choline, Inositol, N-Acetyl L-Tyrosine, Gaba, Grape Seed Extract, Phosphatidylserine, Huperzine A.

(2064) 60 CAPSULES \$49.95



INNER CALM

- Supports the body's natural ability to reduce stress and relax.
- Provides nutritional support to relieve anxiety.†



Use Inner Calm when you feel your body reacting to stress to help it achieve its natural balance. Stress can trigger numerous responses in the body and chronic stress can carry physical

and mental risks. Seven out of ten adults in the US reported experiencing stress almost daily and that it often caused stressed induced sleep problems.

When you feel your stress level increase, it's a good time to take a deep breath—and try Inner Calm.

Formulated with Myo-Inositol, Amino Acids (GABA, L-Theanine & Taurine) and a patented form of Organic DiMagnesium Malate, Beet Root Powder.

(3003) 240 G. POWDER \$44.95
(CHERRY FLAVORED)

(3003U) 240 G. POWDER \$44.95
(UNFLAVORED)



COLLOIDAL SILVER

- Pure, natural, tasteless and non-toxic.



Silver is a naturally occurring element that is widely present (albeit at low concentrations) in drinking water and in foods such as milk, wheat, mushroom and sea water. Colloidal Silver is a suspension of tiny silver particles suspended in water. Use only as directed by your health care practitioner.

Key Ingredients: Deionized water, Colloidal Silver

(266) 4 FL. OZ. \$36.95



FIBRO-PRO™

- Support for tendons, ligaments & muscles.
- Helps relieve pain and inflammation.†
- Increases energy and normal brain function.
- Enhances natural muscle function.†



Stress, over exertion, lack of exercise, grief, trauma, illness or lack of sleep can affect the body's energy metabolism. Fibro-Pro™ is designed to assist the body in harmonizing metabolic, joint and muscle health.

Key ingredients: Magnesium, Malic Acid, Vitamin B6, Methylsulfonylmethane, Olive Leaf Extract, Boswellin, Alpha Lipoic Acid.

(1550) 90 CAPSULES \$39.95



NMN+ (A NAD+ BOOSTER)

- A great way to take a more proactive approach to aging.
- Experience more energy.
- Sharpen your brain power.
- May help delay cognitive and physical decline.†



NAD+, or Nicotinamide Adenine Dinucleotide, is a critical coenzyme found in every cell in the body. Among its many functions, is creating cellular energy, supporting mitochondrial health and working as a helper molecule for proteins and NAD+ dependent enzymes (such as sirtuins) that assist hundreds of other metabolic processes.

Unfortunately, the body does not have an endless supply of NAD+. Some of the latest research has determined that the levels of NAD+ in the body have fallen to half of youthful levels with age. Fortunately, science has made available natural compounds that act as NAD+ boosters such as NMN (Nicotinamide Mononucleotide). Our unique formula contains 250mg (NMN) as well as powerful antioxidants such as Resveratrol, Quercetin and highly concentrated Seaberry extract.

Key ingredients: NMN, Vitamin B3, organic sea buckhorn, resveratrol and quercetin.

(3015) 60 CAPSULES \$79.95



NATURE'S RELEAF CBD LOTION



New Spirit Naturals Nature's Relief Lotion includes a high amount (600mg per bottle) of CBD (cannabidiol) which is a natural compound of industrial Hemp. CBD works with the body's endocannabinoid system, a network of cellular receptors to assist the body in achieving balance and homeostasis. Nature's Relief CBD Lotion is fortified with a penetrating combination of Arnica, MSM and Aloe Vera along with

a blend of invigorating Eucalyptus and Peppermint Essential oils that provide a great way to treat tired, stressed and fatigued muscles, joints and skin.

Key ingredients: Hemp (Cannabidiol) Oil, Aloe Barbadensis, MSM, Arnica Montana.

(216) 100 ML. \$69.95



DETOX PLUS™

- Power packed combination of antioxidants, vitamins, amino acids and minerals.
- Helps eliminate heavy metals.
- Immune booster.



Detox Plus™ is designed to gently clear the body's natural detoxification channels, allowing the elimination of toxins created by poor dietary choices, poor digestion, environmental toxins, and metabolic waste.

Key ingredients: Calcium D-Glucarate, Taurine, Broccoli Extract, Trimethylglycine, Rosemary, Carnosic Acid, Glycine, Pomegranate, Glutamine, Glutathione.

(6004) 60 CAPSULES \$39.95



CBD MULTI-COMPLEX HEMP OIL CONCENTRATE

- CO₂ Extracted from Hemp.
- THC-free. • Non-addictive.



Cannabidiol (CBD) has been used for centuries as a safe and natural alternative to addictive prescription drugs. Recent studies show CBD can be effective in the management of inflammation/pain and as tool to control stress/anxiety and promote a restful sleep.†

Key Ingredients: MCT Oil (coconut derived), CO₂ Extracted CBD (from industrial hemp), terpenes.

(750) 30 ML. 300MG \$49.95
(CINNAMON ESSENTIAL OIL & TURMERIC)

(753) 30 ML. 300MG (Peppermint) \$49.95

(752) 30 ML. 500MG (Unflavored) \$69.95

(756) 30 ML. 150MG (FOR ANIMALS) \$29.95



GLUCOFIT™

(BLOOD SUGAR SUPPORT)

- Strong antioxidant activity to scavenge free radicals and reduce lipid peroxidation.
- May support normal kidney function and help prevent damage to blood vessels.
- Helps control appetite and cravings.
- Supports healthy glucose metabolism.



An herbal answer for those who are seeking blood sugar and weight loss management. Clinically studied GlucoFit™ contains Corosolic Acid which has proven to effectively lower blood sugar even in non-insulin dependent (Type II) diabetics.†

Key ingredients: Banaba (Langerstroemia speciosa L.) standardized to 18% Corosolic Acid.

(2009) 30 SOFTGELS \$36.95

(2009P) 200 SOFTGELS \$221.75



BETA GLUCAN

(IMMUNE BOOSTER)

- Support the body's natural defenses.
- Immune system balancer.
- Provides support to the body's natural allergic responses.
- Each capsule contains 300 mg. of highly purified concentrated Beta-Glucan.



Our unique, highly concentrated and highly purified Beta Glucan (1-3, 1-6D) derived from mushrooms has been designed to support and nutritionally prime the body's natural defense — its immune system.

Key ingredients: Beta 1,3/1,6-D-Glucan Powder, Immune Boosting Blend: cordyceps sinensis ext., Hericium erinaceus, ext., Maitake powder mushroom, Poria powder mushroom sclerotia, Shiitake ext. sporophore.

(3002) 60 CAPSULES \$39.95



ALLERBLAST

- Formulated to provide support to the body's natural allergic responses.†
- Reduces inflammatory response and histamine production.†
- Fights cellular attacks that cause the body to over react and produce allergic responses.†



AllerBlast provides important nutrients to strengthen the immune system, the ultimate answer to chronic allergic reactions.

Key ingredients: Quercetin, Green tea extract, Bromelain, Papain, Licorice Root.

(911) 60 CAPSULES \$34.95



ORGANIC MACA MACA™

- Helps the body adapt to stress and boost energy by supporting the adrenals.†
- Some studies have supported Maca's ability to be effective in reducing low density lipoproteins, total serum cholesterol and triglyceride levels.†
- Enhances fertility and libido in men and helps balance hormone levels in women.†



An ancient root like vegetable, Maca has a long reputation as being a powerful energy enhancer with additional support for strength, vitality and stamina. This Peruvian superfood also contains valuable protein, amino acids and minerals.

Key ingredient: Maca Root.

(6008) 120 G. POWDER \$39.95



NEUROEXCEL™

- Clinical levels of phosphatidylserine plus alpha lipoic acid (a special antioxidant for protecting fatty brain tissue).
- Helps improve attentive function and social interest.†
- Helps support brain function that declines with age.†
- For mild cognitive loss.†
- Improves memory, recall, mood & behavior.†



Thirty million Americans over the age of 65 will experience a decline in their mental abilities over time. This loss can begin in the late 40's and 50's. Phosphatidylserine (PS) has been shown to help improve memory and neural function, particularly cognitive dysfunction in the elderly.

Key ingredients: Phosphatidylserine (PS), Alpha Lipoic Acid.

(2063) 118 G. POWDER \$69.95



WEIGHT MANAGEMENT

Maintaining a healthy weight is an everyday struggle for many people. With low quality, nutrient deficient and sugar laden food so easily available, it is no wonder we struggle to maintain a healthy diet. New Spirit Naturals line of weight management products are designed to be your partner to help you succeed in achieving your weight management goals.

VITA TRIM PRO™

- Effectively lowers appetite and reduces carb cravings.
- Garcinia Cambogia to help control cholesterol and weight management.
- Hoodia Gordonii to assist in feeling full and satisfied.



Formulated with Garcinia Cambogia along with other key ingredients that play a key role in addressing metabolic issues critical to long term weight management. Vita Trim Pro™ can be your partner to assist you in controlling hunger and craving that can derail any weight management program.

Key Ingredients: Garcinia Cambogia

(fruit), Hoodia Gordonii plant, Gymnema Sylvestre (leaf), L-Carnitine, Vanadium, Weight management blend: Fucoxanthin brown seaweed, Selenium, Chromium Poly Nicotinate, Magnesium, Potassium.

(2008PRO) 90 CAPSULES \$36.95



CARBMATE™ PHASE 2 CARB CONTROLLER

- All natural, non-stimulant starch neutralizer/carb controller.
- Each serving has the potential to neutralize the digestion of 2000 or more carb calories.
- Digestive resistant fiber and prebiotics, including FOS and inulin.



Insure the success of your weight loss program with this clinically tested, all-natural starch neutralizer extracted from a Non-GMO white bean extract. Adding CarbMate™ to “starch foods” like bread, pasta and rice, has

been clinically proven to lessen their effect on blood sugar levels plus neutralize their impact on caloric intake.

Key Ingredients: Phase 2 White Bean Extract, Chromium GTF, Magic Fiber™ CLR, Weight support blend of Trace mineral complex (70+ natural trace minerals, Inulin, Short chain fructooligosaccharides).

(6021) 120 G. POWDER \$39.95



REJOICE™ (TWO DAY DETOX & CLEANSING FAST)

- Digestion-resistant fiber to help with satiety.
- Effective weight loss tool.
- Garcinia Cambogia to assist in weight management.
- Natural Aloe to help rejuvenate the digestive tract.
- Intermittent fasting.



Fasting is a time tested practice that helps remove excess waste and toxins that accumulate in the body. Rejoice™ is formulated with delicious, all natural superfruit juice concentrates, plus essential vitamins & minerals to help reduce calories, cleanse, detoxify and rejuvenate the digestive system.

Key Ingredients: Superfruit juice blend: White Grape, Apple, Red Raspberry, Strawberry, Boysenberry, Cranberry, Blueberry, Black Currant, Wolfberry and Aloe Vera Concentrates

with other juice concentrates (WJC) and with other Natural Flavors, Ascorbic Acid, Vitamin E Acetate, Biotin (Vitamin B7), Pyridoxine HCl (Vitamin B6), Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Vitamin D3, Folic Acid (Vitamin B9), Cyanocobalamin (Vitamin B12), water, digestion-resistant fiber, Garcinia Cambogia.

(4019) 336 ML. \$39.95



PURE ESSENTIAL OILS

CINNAMON LEAF

(716) This organic, food grade oil has traditionally been used to ease constipation, exhaustion and stress conditions.

EUCALYPTUS

(704) Soothes tired muscles when applied topically and invigorates the airways and room when diffused.

GRAPEFRUIT

(701) Revered by aromatherapists for its spiritual uplifting properties and ability to ease nervous exhaustion.

LAVENDER BULGARIAN

(702) Promotes restful sleep and ultimate relaxation.

LEMON

(703) Great for a quick moment of clarity.

LEMONGRASS

(700) Can be used for the soothing of tired muscles, nerves and minor discomforts.

ROSEMARY

(712) Promotes energy and restores mental alertness.

PEPPERMINT

(715) This organic, naturally cooling oil can be used to ease tension and muscular aches while promoting alertness and stamina.



INDIVIDUAL OILS

0.50 FL. OZ.
EACH: \$24.00



SWEET ORANGE

(706) Invigorating and refreshing, providing a fresh clean fragrance to any space.

CLOVE

(717) A versatile sweet-spicy oil to help with everything from bad breath to nausea.

FOR YOUR WELL BEING

ONDRE' SACRED SAGE

- Clears away the negative energy in any room.
- Relaxing, rejuvenating, balancing, revitalizing and stimulating while strengthening mental clarity.

The precise combination in this energetic spray has been carefully balanced and harmonized by Ondré using the principles of FEM™ to maximize their bio energetic frequencies.

Key Ingredients: PURE Therapeutic Essential Oils of Clary Sage, Rosemary Verbenone, Myrrh Pure, Frankincense, Natural Earth Element Colloidal Gold and Ondré's Protective Blessing.

(215) 80 ML. SPRAY \$29.95



SEA CLEAR™ LAUNDRY DETERGENT

- Provides greater than 95% biodegradability in seven days and 100% in 30 days.
- Phosphate, enzyme and filler free.
- Super concentrated.

Recommended for all types and colors of clothes, particularly for baby clothes or those with sensitive skin. Sea Clear™ contains a built-in fabric softener which reduces static cling and tea tree oil — a natural bactericide and fungicide.

Key Ingredients: Sodium carbonate, Sodium sulphate, Sodium percarbonate, Sodium alkylaryl sulfonate and Linear alcohol ethoxylate, Tea tree oil.

(6051) 3 LBS. \$29.95



ALPHA SR™ FREQUENCY WAVE MACHINE

(RE-BALANCE ENERGY. REDUCE PAIN. RESTORE SLEEP.)

- Promotes relaxation, restful sleep patterns and helps eliminate pain.
- Enjoy a relaxed, Alpha meditative state.

The Alpha SR™ Frequency Wave Machine allows you to re-balance your energy and counter the effects of Stress and electromagnetic (EMF) environmental pollution. In just 10-15 minutes you can restore a sense of wellbeing. Contact us for more information and benefits.

(ALPHA) \$699.95

KLEANHOUSE™

(NON TOXIC, HARD SURFACE HOME CLEANER)

- Removes pet odors.
- Refreshes as it cleans.

A clean and pure cleaning product for your home without the use of toxic, industrial chemicals. Contains Organic Vegetable Glycerin, Pure White Distilled Organic Vinegar, a CleanGredient cleaning agent and a blend of natural Essential oils.

(608) 16 FL. OZ. \$12.95 CITRUS

(606) 16 FL. OZ. \$12.95 LAVENDER

(607) 16 FL. OZ. \$12.95 LEMONGRASS



UPLIFT

(1430) Created to relax your body and soul and allow you to let go of anxiety and sadness.

UPLIFT Blend includes: Bergamot, Sweet Orange, Lemon and Ylang Ylang II.

RELAX

(1340) Slide into relaxation anytime you feel the need to take it easy!

RELAX Blend includes: Lavender, Lemon, Mandarin, Rosewood and Sweet Orange.

BLENDS

0.50 FL. OZ.

EACH: \$30.00



WELL BEING

(1450) Restore mental alertness, balance and harmony.

WELL BEING Blend includes: Sweet Basil, Cypress, Eucalyptus, Ginger, Lavender, Lemon, Sweet Orange, Peppermint and Ravensara.

ENERGY

(1170) Invigorate the spirit when you need a quick burst of energy.

ENERGY Blend includes: Pink Grapefruit, Lemon, Lime, Litsea, Mandarin and Sweet Orange.

FRESH

(1460) This vibrant combination of mint oils, cinnamon and clove, balanced with the spicy fresh scent of Tea Tree will delight the senses.

FRESH Blend includes: Spearmint Oil, Peppermint Oil, Tea Tree Oil, Cinnamon and Clove Bud.

Our chronological age advances every minute of the day. The good news is that it doesn't have to show! Dr. Milam's Anti-Aging treatment grade formulations have the benefit of incorporating popular herbs, a new generation of botanicals, nutraceuticals, skin vitamins and antioxidants in economical age-defying products. Now you can look as young as you feel by turning back the clock to more youthful facial contours with the PentaCare™ skin program.

STEP 1: CLEANSE

The key to rejuvenating your skin is to cleanse it twice daily. PentaCare™ daily cleansers gently remove stubborn makeup and refine pores as they release environmental & endogenous toxins.

PURIFYING CRÈME CLEANSER

(WITH SKIN RESTORE® COMPLEX)

- Gentle coconut based cleanser.
- Protects the cutaneous ecosystem of the skin while gently washing away dirt, pollutants, makeup and perspiration.
- Skin Restore® Complex – skin calming and soothing botanicals including Aloe, Chamomile, Cucumber, Seaweed broth, Citrus and Rose.
- Formulated with arginine to keep skin firm, plump and smooth while reducing the appearance of wrinkles.
- Recommended for normal to dry/sensitive skin.

Key ingredients: Coconut based cleanser and Skin Restore® Complex.

(342v2) 100 ML. \$30.00

OR

DEEP FOAMING CLEANSER

(WITH MFA COMPLEX)

- A soap free, non-ionic foaming coconut based cleanser.
- Natural moisturizing amino acids (serine, alanine, lysine and arginine) to help calm and soothe dry or irritated skin.
- Formulated with MFA complex to exfoliate dead skin cells, remove excess oils, skin waste products and makeup.
- Recommended for normal to oily skin.

Key ingredients: MFA Complex, gentle fruit acids (Apple, Lemon, Orange & Sugar Cane).

(341V2) 100 ML. \$30.00

STEP 2: LIFT, TONE & TIGHTEN

Restore freshness and reenergize tired skin. Used daily following your PentaCare™ cleanser. Your skin will love you.

PHYTOFRESH FIRMING GEL

(WITH VITAMARINE SKIN LIFT™)

- Designed to give immediate lifting and toning effect with marine and plant polymers.
- Helps restore bloom (a rapid cosmetic action) an instantaneous 'MIRACLE EFFECT' imparting a new freshness to tired and slack skin through its tightening and lifting effect.
- After application, leave on skin (no need to rinse off).
- Recommended for all skin types.

Key ingredients: VitaMarine Skin Lift™ (seaweed broth, magnesium, zinc, copper, green tea, Niacinamide, Vitamin A, and Vitamin E).

(343v2) 100 ML. \$30.00

STEP 3: HYDRATE & NOURISH

HydraBalance MicroCollagen Moisturizer replenishes moisture, providing a layer of protection against dry skin. If you desire the best, your wishes have been granted!

HYDRABALANCE MICROCOLLAGEN MOISTURIZER

- Pentapeptides and Tetrapeptides to improve firmness, elasticity and suppleness.
- Seaweed broth extract to protect collagen and elastin and provide natural protection against sun damage.
- Helps boost the skin's production of natural structural proteins, including elastin and collagen to reduce the appearance of fine lines and wrinkles.
- Super hydration throughout the day.
- Achieve a velvety, soft and glowing complexion.

Key ingredients: Tetrapeptides, Pentapeptides (microcollagen), aloe, green tea extract, algae and seaweed broth extracts, and Vitamin C.

(349) 50 ML. \$45.00

PENTACARE™ EUCALYPTUS MINT EXFOLIATING FACIAL & BODY SCRUB

- Nourishes and moisturizes cells to create beautiful, soft & smooth skin.
- Gently removes dead skin to help restore a youthful glow.
- Made with Essential Oils and an Amino Acid complex.



This combination of exfoliating minerals and amino acids will help unclog pores and gently remove dead skin while allowing new, healthy skin cells the chance to shine. The soothing antioxidant properties of essential oils help to bring a calming effect to the skin while you enjoy the fresh scents of eucalyptus and peppermint.

Key Ingredients: Aloe Vera, Natural Coconut Oil, Clay mineral oxides, Peppermint essential oil, Eucalyptus Essential Oil, Amino Acid complex (Betaine & Sodium PCA & Water & Sorbitol & Serine & Glycine & Glutamic Acid & Alanine & Lysine Arginine & Threonine & Proline), Vitamin E.

(353) 6.5 OZ (195 G.) \$30.00



PENTACARE™ AGELESS BEAUTY (YOUR "DRINKABLE BEAUTY" PRODUCT)

- Packed with anti-oxidants to combat free radical which cause premature aging.
- Helps reduce fine lines and wrinkles.
- Promotes healthy hair and nails.



Skin is the primary indicator of health and presents external aging symptoms. Research shows that nutri-cosmetics and food based ingredients can promote younger looking skin. Collagen and Hyaluronic Acid are two keys to beautiful skin, hair & nails. Collagen alone makes up approximately 30% of the protein of the living body and 70% of the protein that makes up skin. These key factors serve as important building blocks for the skin to help maintain healthy looking skin.

Key Ingredients: Sodium, protein, Vitamin C, Hydrolyzed Collagen (Type I & III), hyaluronic Acid, Proprietary Blend L-Glutamine, L-Glycine, L-Lysine, L-Proline, Proprietary Blend Green tea Extract, Pomegranate Extract, Olive Leaf Extract, Resveratrol Extract.

(351) 180 G. \$49.95





PENTACARE™ SYSTEM

INCLUDES STEPS 1-5



WITH PURIFYING CRÈME CLEANSER (346V2)

OR

WITH DEEP FOAMING CLEANSER (347V2)

RETAIL VALUE: \$195.00

SPECIAL RETAIL PRICE: \$175.00

PENTACARE™ DELUXE SYSTEM

INCLUDES STEPS 1-5



PLUS

PENTACARE™ SKIN TRANSFORMING SERUM

WITH PURIFYING CRÈME CLEANSER (346SV2)

OR

WITH DEEP FOAMING CLEANSER (347DV2)

RETAIL VALUE: \$294.95

SPECIAL RETAIL PRICE: \$250.00

STEP 4: RE-ENERGIZE

The skin around the eye is very delicate and requires gentle care to reduce the signs of aging. Our eye contour serum is formulated with Ceramides and Peptides to give extra care that supports, energizes & protects its ecosystem from stress.

EYE CONTOUR SERUM

WITH CERAMIDES & PEPTIDES

- Daily treatment to de-stress the skin around the eye and reinforce its vital protein structure.
- Addresses aging issues with ingredients to help reduce the appearance of fine lines and wrinkles, improve firmness and maintain collagen levels.
- Provides extra moisturizing support.
- Helps lessen dark spots and circles around the eyes.

Key ingredients: Ceramides, Peptides, Phospholipids, Sphingolipids, Arginine, Niacinamide, Hyaluronic Acid, and Solar Complex™ (botanicals to help guard against UVA & UVB radiation).

(344v2) 30 ML. \$40.00

STEP 5: RENEW

An amazing complexion begins with a strong, healthy foundation. This serum uses Peptides, Ceramides and Probiotics to renew your skin throughout the night.

NIGHT REPAIR SERUM

WITH CERAMIDES, PEPTIDES AND POSTBIOTICS

- Restores and maintains firmness and elasticity.
- Peptides, Ceramides and Postbiotics supplement the skin's natural production of youthful collagen and elastic.
- Slows the aging of skin by protecting against naturally occurring enzymes that break down cell structure.

Key ingredients: Ceramide Complex, Peptide Complex, seaweed broth, Postbiotic Complex, Vitamin A, Vitamin E, green tea, aloe and Hyaluronic Acid.

(345v2) 50 ML. \$50.00

PENTACARE™ ALOE NON-SURGICAL FACE LIFT

- Rejuvenating mask that calms inflammation and minimizes enlarged pores.
- Loosens dead skin cells that can cloud your complexion.
- Reduces the appearance of wrinkles.



People go to expensive spas and pay thousands of dollars to tighten their skin and reduce wrinkles, but you don't have to. Now you can get the same effect at home with this easy to use facelift that revitalizes, gently lifts and renews your skin. Combine this rich protein complex with PhytoFresh Firming Gel & Activator for a deep beauty treatment with results you will feel and see immediately.

Key Ingredients: Albumen, aloe barbadensis leaf ext. power (200:1) Papain, Bromelain.

(306) 28.5 G. POWDER \$30.00



PENTACARE™ SKIN RADIANCE (EXFOLIATOR)

- Assists the skin's natural renewal process without causing irritation.
- Improves texture, tone and hydration.
- Incorporates mixed fruit acids and alpha hydroxy acid (AHA) in a rich moisturizing formula.



This plant based formula gently removes skin's dull, damaged surface layer and uncovers a smoother, more radiant complexion.

Key Ingredients: Alpha hydroxy acid & citrus ext. & sugar cane ext. & apple & green tea leaf ext., chamomile flower ext. & cucumber fruit ext. & macrocystis pyrifera ext. & sambucus nigra flower ext. & achillea millefolium ext., & citrus aurantium dulcis peel ext., & rose flower ext., Vitamin E, aloe, Vitamin A.

(321) 50 ML. \$40.00

PENTACARE™ SKIN TRANSFORMING SERUM

- Lift & tighten.
- Reduce inflammation and fine lines.
- Hydration balance.
- Anti-aging & anti-wrinkle.
- Supports Collagen production.
- Increased elasticity.



This revolutionary, signature serum contains a blend of clinically tested, naturally occurring nutrients to create a youthful glow and transform your skin from within to help suspend the signs of aging.

Key Ingredients: Hyaluronic Acid, Matrixyl 3000™, Matrixyl™, Seaweed extract, Algae extract.

(352) 30 ML. \$99.95



PERSONAL CARE

New Spirit Naturals personal care products were designed to bring the luxurious spa feeling right into your home. So when you need some time to rejuvenate, reach for these natural botanical based products to wash away your stress and have you feeling your best in no time.

REVITALIZING SHAMPOO

- High in protein, vitamins A and E and Omega's 3, 6 & 9 to hydrate hair from root to tip.
- Vitamin B to help thicken the hair.
- A unique aromatherapy blend.
- Sulfate free.



This rich, dense foam treatment grade shampoo is formulated to cleanse the hair and scalp of excess oils, gels, sprays, and toxins. Organic Sacha Inchi Oil is added to nourish hair, skin and nails by strengthening the natural barriers of cell walls. This nutrient dense shampoo also contains StimuCap™ – which is effective in the prevention and reduction of premature hair loss by naturally moderating the scalp's inflammatory process.

Key Ingredients include: Aloe Leaf Ext. Chamomilla Recutita Flower Ext. (&) Cucumis Sativus Fruit Ext. (&) Macrocystis Pyrifera Ext. (&) Sambucus Nigra Flower Ext. (&) Achillea Millefolium Ext. (&) Citrus Aurantium Dulcis Peel Ext. (&) Rose Centifolia Flower Ext., StimuCap™ (Potassium CLA Glutathionate (&) Sodium DNA), Organic Sacha Inchi (Plukenetia volubilis) oil, Amino Acid Complex, Panthenol, Essential Oils/Fragrance.

(500) 11 FL. OZ. \$25.95



REVITALIZING CONDITIONER

- Beneficial for detangling, conditioning, thickening and reducing static without buildup.
- Added amino acids to strengthen hair.
- A unique aromatherapy blend.
- Sulfate free.



A perfect companion to the Revitalizing Shampoo to give your hair the nutrients it needs to stay healthy and strong while providing an easy to manage silky texture. This formula is infused with Sacha Inchi oil and Aloe Vera to give your hair natural gloss while keeping your scalp healthy.

Key Ingredients: Aloe Leaf Ext. Chamomilla Recutita Flower Ext. (&) Cucumis Sativus Fruit Ext. (&) Macrocystis Pyrifera Ext. (&) Sambucus Nigra Flower Ext. (&) Achillea Millefolium Ext. (&) Citrus Aurantium Dulcis Peel Ext. (&) Rose Centifolia Flower Ext., Behentrimonium Methosulfate (7) Cetearyl Alcohol, Stearyl Alcohol, Hydrolyzed Wheat Protein, StimuCap™ (Potassium CLA Glutathionate (&) Sodium DNA), Organic Sacha Inchi oil, Jojoba, Sesame Seed, Safflower Oil, Essential Oils/Fragrance.

(501) 11 FL. OZ. \$29.95



MOISTURIZING BODY LOTION

- Avocado Oil, Vitamin E, Jojoba Oil to hydrate dry skin.
- Botanical herbal extract blend to refresh and tone the skin.
- Excellent for all skin types.



Treat yourself to a Ospa day with our Moisturizing Body Lotion. This fragrant lotion includes natural oils and botanicals to pamper and hydrate your skin. Infused with Sacha Inchi (a natural source of Omega 3, 6 & 9). Use in combination with our Moisturizing Body Wash for silky, smooth skin.

Key Ingredients: Aloe, Amino Acid Complex (Sodium PCA, Serine, Glycine, Glutamic Acid, Alanine, Lysine, Arginine, Threonine, Proline, Betaine), Organic Sacha Inchi & Avocado & Vitamin E & Jojoba Oil, Chamomilla Recutita Flower (&) Cucumis Sativus Fruit (&) Macrocystis Pyrifera (&) Sambucus Nigra Flower (&) Achillea Millefolium (&) Citrus Aurantium Dulcis Peel (&) Rose Flower Ext., High Oleic Safflower Oil.

(511) 11 FL. OZ. \$24.95



NEW LOOK! NEW FORMULAS!

MOISTURIZING BODY WASH

- Formulated with Hyaluronic Acid a powerful hydrating ingredient known for its ability to retain moisture, improve elasticity and soothe irritated skin.
- Infused with the scents of lavender and cedar to calm and relax the senses.
- Nourish your skin with a blend of amino acids, panthenol, vitamin E, and aloe vera to calm and soothe skin.
- Sulfate Free, Paraben Free

Moisturizing Lavender Cedar Body Wash with Hyaluronic Acid is a luxurious blend that combines the calming essence of lavender with the earthy notes of cedar. Enriched with hyaluronic acid, this body wash not only cleanses the skin but also provides deep hydration, leaving your skin feeling refreshed and nourished. The soothing lavender scent promotes relaxation, creating a spa-like experience during your daily shower routine. Formulated with care, this body wash is a delightful combination of aromatherapy and skincare, making it a perfect choice for those seeking a rejuvenating and moisturizing cleansing experience.

(512) 16 FL. OZ. \$24.95



ENERGIZING BODY WASH

- Nourish your skin with a blend of amino acids, panthenol, vitamin E, and aloe vera to calm and soothe skin.
- Formulated with Niacinamide (Vitamin B3) to keep skin healthy and hydrated.
- Invigorate your morning routine with the vibrant combination of orange extract and ginger.
- Sulfate Free, Paraben Free.

Energizing Orange Ginger Body Wash is a revitalizing and aromatic shower essential that combines the zesty essence of oranges with the warm, spicy notes of ginger. Formulated with nourishing ingredients, this body wash not only cleanses the skin but also leaves it feeling refreshed and hydrated. The harmonious blend of orange and ginger makes for a delightful and energizing bathing experience.

(513) 16 FL. OZ. \$24.95





HOT STUFF MASSAGE LOTION

- Deep penetrating and therapeutic heat for sore muscles.
- Hydrates the skin with Sacha Inchi oil.
- Contains natural botanicals and essential oils.

A soothing, aroma therapeutic lotion to help melt away stress from over worked and strained muscles while giving your body a sense of well being.

Key Ingredients: Aloe, Methyl Salicylate, Camphor, Hydroxyethyl Acrylate/Sodium Acryloyldimethyl Taurate Copolymer (&) Squalance (&) Polysorbate 60, Vitamin E, Tea Tree Oil, Rose Hip Seed Oil, Dehydroacetic Acid (&) Benzyl Alcohol, Organic Sacha Inchi, Arnica Montana (&) Betula Alba Leaf & Bark Ext., Carbomer, Melissa Officinalis Leaf Ext. (&) Chamomilla Recutita (Matricaria Flower Ext. (&) Thyme Ext. & Quercus Alba Bark Ext., Vitamin A.

(212) 8.1 FL. OZ. \$29.95



ALOE VERA GEL

- Gentle, slightly cooling and natural formula.
- Tea tree oil added to assist with healing.
- Great for the entire family!

New Spirit Natural's Aloe Vera Gel is a plant based restorative gel which can be applied to skin to moisturize, calm and soothe rough or sun damaged skin. Tea Tree Oil, Methylsulfonylmethane (MSM) and Arnica are added to provide additional benefits to relieve skin inflammation that can cause discomfort.

Key Ingredients: Aloe, Glycerine, Methylsulfonylmethane (MSM), Dehydroacetic Acid (&) Benzyl Alcohol, Arnica Montana (&) Betula Alba Leaf & Bark Ext., Carbomer, Bisabolol, Tea Tree Oil.

(214) 8.1 FL. OZ. \$29.95



THAT STUFF ALOE LOTION

- Therapeutic, deep penetrating for joints.
- Can help bring relief from aches and pains.
- Natural oils to hydrate and add moisture back to the skin.
- Fragrance free.

Formulated as a deep penetrating and highly hydrating lotion to soothe and soften your skin without the irritating side effects of harsh chemical and overpowering fragrances.

Key Ingredients: Aloe, Isopropyl Palmitate, Glycerine, Stearic Acid, Cyclomethicone, Cetyl Alcohol, Amino Acid Complex (Sodium PCA, Serine, Glycine, Glutamic Acid, Alanine, Lysine, Arginine, Theonine, Proline, Betaine), MSM (Methylsulfonylmethane), Glyceryl Stearate, Triethanolamine, Arnica Montana (&) Betula Alba, Carbomer, Dimethicone, Avocado Oil, Vitamin E, Jojoba Oil, Chamomilla Recutita Flower (&) Cucumis Sativus Fruit (&) Macrocystis Pyrifera (&) Sambucus Nigra Flower (&) Achillea Millefolium (&) Citrus Aurantium Dulcis Peel (&) Rose Flower Extracts, High Oleic Safflower Oil.

(213) 8.1 FL. OZ. \$29.95



PREMIERE TOOTHPASTE

- No added sugars or artificial dyes.
- Fluoride Free and Gluten Free.
- Safe for the entire family.



A dual action formula that cleans and polishes while gently removing stains. Our FRESH blend of natural essential oils is added along with Tea Tree, Spearmint, Peppermint, Cinnamon and Clove to leave your mouth feeling clean and refreshed.

Key Ingredients: Sorbitol, Aloe Vera Gel, Zeodent (113-165) Dental Hydrated Silica, Sodium Lauroyl Sarcosinate, Fresh™ Essential Oil Blend (Mentha Spicata (Spearmint Oil), Mentha Piperita (Peppermint Oil), Melaleuca Alternifolia (Tea Tree Oil), Cinnamomum Zeylanicum (Cinnamon Oil), Syzygium Aromaticum (Clove Bud Oil), Royal Jelly, Simethicone.

(211) 4 OZ. \$14.95



PURE TEA TREE OIL

- An effective home remedy for acne.
- Anti-parasitic, anti-fungal.
- Soothes inflamed skin and kills bacteria.
- Natural multi-use essential oil.



100% pure natural oil of the Melaleuca Alternifolia (Tea Tree). A product of Australia used throughout the world for its powerful natural antiseptic properties. Tea Tree is safe and effective and handily addresses a long list of maladies, including troubled skin, insect bites, and bad breath.

Key Ingredient: Pure Tea Tree Oil (Melaleuca alternifolia).

(220) 0.50 FL. OZ. \$26.95



VIVA LA DERMA PLUS A

- Botanical ingredients including Retinol A, Vitamin E and GLA (Gamma Linolenic Acid).
- Repairs damaged skin from environmental stress.
- Softens scars and discoloration on the skin.



The ultimate anti-aging botanical blend containing Retinol A. This natural skin care serum has an extraordinary history, restoring health and beauty to damaged and aged skin.

Key Ingredients: Viva La Derma (Rose Hips Oil, Natural Vitamin E and Gamma Linoleic Acid), Retinol (Vitamin A).

(326) 1 FL. OZ. \$99.00



MY PERSONAL NUTRITION/ HEALTH CHECKLIST



THE WELLNESS STARTER PACK

The Wellness Starter Pack is designed as a starting pack to help address most common health issues. Additional products may be recommended for specific health and nutritional needs.

For more information about the seven products in The Wellness Starter Pack, please see pages 12 and 13.

ALLERGY SUPPORT

- ☐ AllerBlast
- ☐ Magnum C
- ☐ Aller-ease™

ANTI-AGING/ ANTIOXIDANT SUPPORT

- ☐ NeuroBalance
- ☐ ORAC+™ 10,000 +
- ☐ NeuroExcel™
- ☐ TimeLess Telo's™
- ☐ Gluta-Plus™
- ☐ NMN+

ANXIETY SUPPORT

- ☐ Inner Calm
- ☐ Adrenal Pro™
- ☐ CBD Multi-Complex Hemp Oil
- ☐ Liver Chi™
- ☐ Jubilee Tea
- ☐ St. John's Wort
- ☐ Alpha SRT™ Frequency Wave Machine

BONE & JOINT SUPPORT

- ☐ High Grade Calcium Complex
- ☐ AM/PM Osteo-Flex
- ☐ Super Curcumin™ Complex
- ☐ ProCell Collagen & Hyaluronic Acid
- ☐ Relieve
- ☐ Vitamin D3 & Vitamin K2

BRAIN/MEMORY SUPPORT

- ☐ NeuroExcel™
- ☐ NeuroBalance
- ☐ New Life Xtra™
- ☐ PolyMeal™
- ☐ Premium De-Oiled Lecithin
- ☐ New Life Pro™
- ☐ Memory Enhancer™
- ☐ NMN+

CANDIDA

- ☐ Microbiome Probiotic Complex
- ☐ Jersalem Artichoke Flour
- ☐ Paratox™
- ☐ Yeast X™
- ☐ Aloe Papaya with Acai Concentrate
- ☐ Therapeutica™
- ☐ Aller-ease™
- ☐ Magic Fiber®
- ☐ Olivo Boost

DETOX SUPPORT

- ☐ Detox Plus™
- ☐ Magic Fiber®
- ☐ Aloe Papaya with Acai Concentrate
- ☐ Super-Life™ Aloe Vera Concentrate
- ☐ Aloe Cranberry Concentrate
- ☐ Microbiome Probiotic Complex
- ☐ Liver Chi™
- ☐ Kidney Enhancer™
- ☐ Rejoice™
- ☐ Olivo Boost

DIGESTIVE SUPPORT

- ☐ Aloe Papaya with Acai Concentrate
- ☐ Magic Fruit™
- ☐ Super-Life™ Aloe Vera Concentrate
- ☐ Longevity Heart Chi™
- ☐ Aller-ease™
- ☐ Aloe Cranberry Concentrate
- ☐ Microbiome Probiotic Complex
- ☐ Magic Fiber®

ENERGY SUPPORT

- ☐ BioAvail CoQ-10
- ☐ Acai Pure™
- ☐ Vita-B12 Spray
- ☐ NMN+
- ☐ Organic Alpha Greens™

HORMONE BALANCE SUPPORT

- ☐ Aloe Papaya with Acai Concentrate
- ☐ Liver Chi™
- ☐ New Life Xtra™
- ☐ Aller-ease™
- ☐ Super Indoles-CVB™
- ☐ Magnum C
- ☐ New Life Pro™
- ☐ High Grade Calcium Complex
- ☐ Nutri-Grand™ Premium Milled Flax Seed
- ☐ Life Essentials
- ☐ Kidney Enhancer™
- ☐ Phyto-Soy Tea
- ☐ Organic Maca Maca™

For Women

- ☐ NutriFem™
- ☐ Natural Balance™ Wild Yam Crème
- ☐ HerbaEST Balance™

For Men

- ☐ Better Man
- ☐ ProForm™
- ☐ ProstaMen™
- ☐ Vitality™

IMMUNE SUPPORT

- ☐ Defense™
- ☐ Intense Defense
- ☐ Naturcidin™
- ☐ Response Factor™
- ☐ M-U Tene
- ☐ Vita-D™
- ☐ Magnum C
- ☐ High Grade Calcium Complex
- ☐ Liver Chi™
- ☐ Acai Pure™
- ☐ Pomegranate Red Concentrate with Mangosteen
- ☐ Olivo Boost
- ☐ Organic Golden Magic

LIVER/KIDNEY SUPPORT

- ☐ Liver Chi™
- ☐ Kidney Enhancer™
- ☐ Premium De-Oiled Lecithin
- ☐ Gluta-Plus™
- ☐ Alpha Pure™
- ☐ MSM Complex
- ☐ Detox Plus™

PREGNANCY SUPPORT

- ☐ High Grade Calcium Complex
- ☐ New Life Xtra™
- ☐ PolyMeal™
- ☐ Magnum C
- ☐ Vitamin E+
- ☐ Life Essentials
- ☐ Nutri-Grand™ Premium Milled Flax Seed
- ☐ New Life Pro™

STRESS RELIEF/ SLEEP SUPPORT

- ☐ Adrenal Pro™
- ☐ Inner Calm
- ☐ Sleep Refresh
- ☐ Organic Golden Magic

This information is not intended as medical advice, but as suggested dietary support to augment your health care providers treatment program.

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