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THE PRESCRIPTION FOR SUCCESS

Medical leaders in cultures around the world have been asked for their guidance in helping to restore and maintain health. Joining the best of tried and true old world knowledge with new research and clinical studies, physician founded Natural Connections brings you the **finest formulas** available including **unique patented ingredients** and **exclusive, proprietary combinations** of herbs and nutrients . Physicians, biochemists, pharmacists and other scientists have designed these synergistic blends based on years of research and development. People around the world have seen first hand what a fantastic difference our comprehensive health promoting nutritional formulas can make.

Only the freshest, quality assured and tested all-natural nutrients and herbal extracts are used. These are balanced and blended to **exacting specifications** using the expensive and preferred **cold-processing technology** to **maximize natural potency**. The **Chemical Analysis Lab** uses pH and USP dissolution testing to **ensure optimum bioavailability** and **liquid chromatography** or **emission spectrometry to verify potency**. The **Physical Analysis Lab** verifies batch to batch consistency of each formulation and the **Microbiology Lab** makes certain that products meet or exceed USP XXIII requirements. The manufacturing facilities are regularly **inspected by the FDA** and meet or exceed all U.S. manufacturing standards for the industry. We want you to know that we attend to every detail thus bringing you superior products. We do not perform any animal testing and are confident that you want and deserve only the **very best for you health..**

People are asking which nutritionals are right for them. Join the exploding world interest in nutritional and herbal supplementation and make informed choices. Our physicians have gone to great lengths to provide you with **special formulas** and recent **scientific information** to share with others in an authoritative yet easy to understand manner. Naturally, your vibrant health and excitement about our nutritional prescriptives will stimulate interest in your community. Natural Connections offers an income opportunity which may be appropriate for those seeking to supplement their current earnings.

Everyone knows that **mother nature always has her way**. But this time **she's on your side**. Choose Natural Connections nutritional prescriptives where conventional and alternative medicine join.

Richard E. Buckley, MD

President

How to Use This Catalogue

Are you prepared for the year 2000 and beyond?

Natural Connections has created a comprehensive selection of formulas using vitamins, minerals, herbals, enzymes and other nutrients each uniquely blended to assist your body's needs. For example, if you suffer from arthritis you may consider Joint Specific; Concerned about your heart health, read about Heart Smart and the Heart Pack; You want your memory to be at its peak, see Memory Max. Review the product descriptions and find out how these supplements can help your body with fatigue, stress, PMS, energy, sports, rehabilitation, bone and much more.

*Many of the Natural Connections formulas contain not only ingredients targeted to your specific concerns but also our natural *Base Formula.*

***Base Formula:**

Each Four Tablets Contains:..... %DV

Contains NO yeast, wheat, soy, corn, dairy products, salt, sugar, artificial coloring, preservatives or flavoring.

*This is one of the most comprehensive multi vitamin blends available and is found as part of the overall formula in: **Bone Special, Heart Smart, Energy Support, Executive Stress Special, Fatigue Special, KNCR Special, Memory Max, Rehab Special and Women's Special.***

Choose **one** of the following as your daily central vitamin (see individual product information sheets for detailed descriptions): Bone Special (four tablets daily), Energy Support (four tablets daily), Executive Stress Special (four tablets daily), Fatigue Special (four tablets daily), Heart Smart (four tablets daily), Kids Daily, Memory Max (four tablets daily), Rehab Special (four tablets daily), Ultra Vigor Daily (for those who only want to take one tablet per day), Vita Plus (our most potent general formula-six capsules per day) and Women's Special (four tablets daily) are all full complements of daily nutrition each with a different emphasis.

Review the remaining products and descriptions (you will find brief product statements on the pricing sheet and longer statements on the individual product pages). Find those that interest or pertain to you. Everyone could consider Vitamin E, Echinacea Zinc Lozenges, Orange Chew etc. If you suffer from arthritis see Joint Specific; Allergies, see Allergy Specific; Insomnia, see Melatonin etc. If you are undecided and an adult, consider the Heart Pack, otherwise choose what sounds as though it would suit you best. You may order and or use products individually if you prefer.

-Heart Pack (order 11101): Heart Smart + Vitamin E200 IU + Flax Seed Oil Caps +Coenzyme Q10 (with Lipoic acid)+Ultra Anti Oxi

-Memory Pack (order 11102): Memory Max + Vitamin E200 IU + Flax Seed Oil Caps+Coenzyme Q10 (with Lipoic) + Ultra Anti Oxi

-Allergy Pack (ORDER 11104): Vita Plus + Allergy Specific + Ultra Anti Oxi + Vitamin E 200mg + Multiprobiotic

-Arthritis Pack (order 11103): Rehab Special + Joint Specific + Cal 5 with Mg + Flax Seed Oil Capsules + Yucca root + Aloe Vera Juice Tabs

-Diet Pack (ORDER 11105): Weigh Less (Dual Pack) + Natural Diet Caps with Herbs + Ultra Anti Oxi + Vit. E 200 mg + American Ginseng

-PMS Pack (ORDER 11106): Womens Special + Cal 5 with Mag. + Ultra Anti Oxi + Vit. E 200 mg + Multiprobiotic

-Back Pack (ORDER 11107): Rehab Special + Joint Specific + Cal 5 with Mag + Ultra Anti Oxi + Flax Seed Oil Capsules + E200 IU

-Fatigue Pack (ORDER 11108): Fatigue Special + Allergy Specific + Yeast Specific + Multiprobiotic + Phytonutritional + E200 IU

Vitamin A 20,000 I.U.
(25% Palmitate 75% as Beta-Carotene)..... 400%

Vitamin C 1,000 mg... 1667%

Vitamin D-3 50 I.U..... 13%

Vitamin E 200 I.U..... 667%

Thiamine 50 mg..... 3333%

Riboflavin 25 mg..... 1471%

Niacin/Niacinamide 120 mg..... 600%

Vitamin B-6 25 mg.... 1250%

Folate 800 mcg..... 200%

Vitamin B-12 100 mcg..... 1667%

Biotin 300 mcg..... 100%

Pantothenic Acid 200 mg..... 2000%

Calcium 300 mg..... 30%

Magnesium 300 mg..... 75%

Zinc 20 mg..... 133%

Selenium 200 mcg..... 286%

Manganese 15 mg..... 750%

Chromium 200 mcg..... 167%

Molybdenum 50 mcg..... 67%

Potassium 75 mg..... 2%

Choline Citrate/Bitartrate 50 mg..... N/A

Inositol 25 mg..... N/A

Citrus Bioflavonoid Complex 100 mg..... N/A

PABA (Para-Aminobenzoic Acid) 50 mg..... N/A

Vanadium (amino acid complex) 25 mcg..... N/A

Boron (Aspartate/Citrate complex) 1 mg..... N/A

Trace elements (sea vegetation) 100 mcg.... N/A

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ORDER # 81601 Allergy Specific

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Support your body's fight against allergies!

Put mother nature on your side!

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· **Maintain normal cholesterol levels and healthy vision**

· **Enhance the body's response mechanisms to allergies and asthma**

Recommended Dosage: One - two capsules daily or as otherwise directed by a physician.

Description: *Allergy Specific* is a combination of 333 mg. of **Quercitin** 100 mg. **Bromelain** and 20 mg. **Magnesium** in a capsule form.

Actions: **Quercitin** works synergistically with bromelain to provide the body with bioflavonoids which the body cannot produce alone. When used with **vitamin C**, the **Bioflavonoids** act synergistically to maximize the distribution and uptake of the **vitamin C**. **Quercitin** (a bioflavonoid) and **Bromelain** have been used to improve circulation, regulate cholesterol levels, maintain healthy vision, and enhance the body's response mechanisms to allergies and asthma.

Bioflavonoids are a special class of nutrients important in diminishing capillary fragility, preserving blood cell integrity, enhancing circulation and anti-bacterial activity. When capillaries lose their physical integrity, the body is more susceptible to bruising and hemorrhaging. When tissues have become weakened, the body is vulnerable to allergies and immune system breakdown.

Our bodies cannot produce bioflavonoids naturally, however, supplementation has been shown to be very beneficial for the following:

· reduction of capillary bruising

· increased protection against rheumatoid arthritis

- decrease symptoms of asthma
- decrease inflammation after injury
- reduce ulcers
- protection against oral herpes
- decrease risk of diabetic cataract

ORDER # 76132 Aloe Vera Juice Tabs

- Nutritionally supports the skin, stomach and intestinal tract
- Detoxify-Cleanse

Recommended Dosage: One to two tablets daily in divided doses

Description: Each Tablet Contains: Pure Aloe Vera Juice Concentrate.....750 mg.

A popular herbal tonic which has detoxifying and cleansing properties. Contains glycosides and other constituents which assist purging the bowel. Aloe is also an important tonic which can assist the body in cleansing the liver.

Historical Uses (both oral capsule and topical gel uses are noted here)-(cure or treatment not implied): Abrasions, abscess, acne, AIDS (carrisyne may work like AZT without the side effects), allergies, anemia, arthritis, athlete's foot, bedsore, blemishes, blisters, body odor, boil, bruise, burns, bursitis, chapped lips, chapped skin, chemical burns, chloasma (brown and white "liver spots"), chronic ulcer, cirrhosis, cold sore, colitis, conjunctivitis, constipation, contusion, corneal ulcer, cracked nipples, Crohn's disease, cuts, dandruff, denture sores, dermatitis, diabetes mellitus, diaper rash, diverticulitis, duodenal ulcer, eczema, essential pruritus, fistula, food allergies, fungal infections, gastritis, gingivitis, hair loss, halitosis, headache, heartburn, heat rash, hemorrhoids, herpes simplex, herpes zoster, hiatal hernia, HIV-1 viral infections, hyperacidity, hypertension, hyperglycemia, immunodeficiency, impetigo, indigestion,

infections, ingrown toenail, insect bites, insomnia, irritable bowel syndrome, itching, lacerations, lesions, mouth diseases, muscle spasms, nephritis, parasites, pendunculated fibromas, peptic ulcer, periodontal disease, pinworms, polyps, prostatitis, pruritus ani, psoriasis, radiation burns, rectal itching, rheumatism, rhus dermatitis, ringworm, scald, scaly skin, skin cancer, skin disorders, skin rash, skin ulcer, sore throat, soreness, sores, Staphylococcal infections, stings, stomach

disorders, strain, sty, sunburn, swelling, swollen feet, tapeworms, tendonitis, tonsillitis, ulcer, urinary tract infection, urticaria, vaginal itching, vaginal yeast infections, vaginitis, varicose veins, venereal sores, warts, wrinkles

Reported Actions (cure or treatment not implied): Anodyne, antifungal, anti-HIV, antihyperglycemic (decreases the absorption rate of glucose by the small intestines), antihypertensive, anti-inflammatory, antimicrobial, antiseptic, antitumor, antiulcer, antiviral, deodorant, detoxifier, immunoenhancer (enhances T-Cell production, stimulates the production of interferon), moisturizer, vulnerary

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ORDER # 80070 American Ginseng

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- An adaptogen supporting your **endurance and stamina**.
- The American Indians used American Ginseng as a general tonic and natural restorative for the weak and wound and also to help the mind.

Recommended Dosage: One capsule one to three times daily

Description: American Ginseng 200mg

Historical Uses (cure or treatment not implied): Anti stress, anti-psychotic, anti-tumor- anti-fatigue, hypotensive, tranquilizing, sedative , relaxant, increase vitality, anti-inflammatory, immune system stimulant, regulate blood sugar and lipid levels

Reported Actions (cure or treatment not implied): American ginseng has been used for fatigue and stress with insomnia, nervousness, poor appetite and or restlessness. It has been used to elevate immunity and help the body counteract debility due to chronic disease.

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ORDER # 97560 B12/Folic (90Tablets)

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Essential nutrients for all of the cells of the body, especially blood and nerve cells.

Delicious Natural Cherry Flavor

Recommended Dosage: One daily

Description: Each Tablet Contains: Vitamin B-12 1000 mg., Folic Acid 400 mcg.

Folic acid should be taken with Vitamin B12 and this formula provides the combination.

Actions: Vitamin B12 participates in red blood cell maturation. It is the key component in synthesizing hemoglobin, increases energy, elevates resistance to infection, important in reproduction and lactation, helps reduce the effects of bruising and black eyes, and promotes growth. Helps reduce homocysteine levels (amino acid that encourages arterial plaque buildup). **Historical Uses** (cure or treatment not implied): Adrenal exhaustion, alcoholism, allergies, aluminum toxicity, anemia, angina pectoris, arteriosclerosis, asthma, atherosclerosis, atrophy of cerebellum, backache, breast cancer, bulimia, bursitis, cancer, candidiasis, canker sores, celiac disease, chronic fatigue syndrome, circulatory problems, cirrhosis, Crohn's disease, cystic fibrosis, depression, diabetes, drug addiction, epilepsy, fatigue, gall bladder disorders, gastritis, hangovers, hemorrhoids, hepatitis, hiatal hernia, hypoglycemia, hypothyroid, improves growth rate in children, inability to concentrate, indigestion, insomnia, lack of balance, leg paralysis, mental depression, mild impairment in memory, multiple sclerosis, muscular dystrophy, nervous irritability, neuritis, obesity, osteoarthritis, osteoporosis, pellagra, peptic ulcer, pernicious anemia, psoriasis, shingles (herpes zoster), sprue, tuberculosis, ulcers (skin), vertigo, worms. . Folic acid, a member of the B-complex vitamins and is a water-soluble vitamin. **Functions:** Acts as a coenzyme with vitamins C and B12 in numerous essential metabolic reactions. It acts as a carbon carrier in the formation of heme (iron containing protein in hemoglobin) and is necessary for the formation of red blood cells. Folic acid is involved in the synthesis of nucleic acids, is essential for proper growth. **One half (1/2) of all women are deficient in folic acid.** Women of child-bearing years should consider folic acid supplementation to avoid the possibilities of bearing children with neural tube defects. Helps reduce homocysteine levels (amino acid that encourages arterial plaque buildup). Helps prevent spina bifida. Antidepressant, hematogenic. **Historical Use** (cure or treatment not implied): Abdominal pain, adrenal exhaustion, alcoholism, anemia, anorexia, arteriosclerosis, arthritis, atherosclerosis, baldness, bruises, cancer, canker sores, celiac disease, cheilitis, circulatory problems, cirrhosis, cleft palate, depression, diarrhea, diverticulitis, dropsy, dyspepsia, emphysema, epilepsy, fatigue, gastritis, gingivitis, glossitis, gout, graying hair, Kwashiorkor disease, leg ulcers, leukemia, mastitis, menstrual problems, mental illness, nail problems, neuropathy, pellagra, peptic ulcers, periodontitis, psoriasis, scurvy, skin ulcers, sore mouth and tongue, sprue, stress, tonsillitis, ulcers. **Signs of deficiency:** Abdominal pains, anemia, bleeding gums, chronic liver disease, constipation, epilepsy, forgetfulness, gas, GI disturbances, glossitis, graying hair, irritability, lesions at the corners of the mouth, mental sluggishness, neural tube defects, poor growth, premature birth, red blood cells do not develop properly, sore throat, sore tongue, sporadic diarrhea, toxemia, weight loss. Elderly people are deficient in folic acid, either because a poor diet or poor absorption. Chronic liver disease sufferers and epileptics on sodium phenytoin are deficient in folic acid.

RDA: Infants-100.0 mcg/day, children under 4 years of age-200.0 mcg/day, adults and children more than 4 years of age-400.0 mcg/day, pregnant or lactating women-800.0 mcg/day.

Contraindications: Cancer patients using methotrexate.

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ORDER # 67045 Black Current Capsules, (60 capsules)

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Recommended Dosage: One capsule daily:

Description: Each Softgel Capsule Contains:

Essential fatty acids with a minimum fatty acid profile of: Linoleic Acid 320 mg., Gamma Linoleic Acid 40 mg. and Alpha Linoleic Acid 75 mg.

Historical Use (cure or treatment not implied):: Support of kidney function.

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ORDER # 14544 Bone Special

The US Department of Agriculture has proven that ingredients in Bone Special (includes calcium and magnesium) promote your body's ability to fight bone loss. Working together, these ingredients help our bodies reject toxins, fight pollution, neutralizes free radicals and inhibit the formation of bad cholesterol. Add Bone Special to your regular exercise and healthy diet to promote bone strength and control the risk of osteoporosis!

Uses: To supplement a nutrient deficient diet and, with proper diet and exercise, reduce the risk of osteoporosis.

Actions: These ingredients provide supplementation to a daily food diet which rarely supplies the adequate amounts of vitamins and minerals. **Hesperidin, Rutin and Proanthocyanidins** from red wine grapes are all from the bioflavonoid complex which support joints and connective tissues. **Bromelain** from pineapples is a proteolytic enzyme which lessens bone degeneration. **Calcium Citrate** and **Ascorbate complex** and **Magnesium Aspartate Complex, Boron** and **HCL** all synergistically work together to strengthen bone matrix. **Dong Quai, Fennel, Black Cohosh, and Liquorice** are aids against bone degeneration and possess anti aging properties. These specific nutrients work synergistically with the well balanced base formula; **Vitamins A, C, and E, beta carotene** as well as the trace elements **selenium, manganese, potassium, zinc** and **methionine** are the main nutrient immune system stimulants. **Vitamin A** is supplied in part by **beta carotene** that assists the body's natural defenses against free radicals and is one of the most important antioxidants. Along with **beta carotene, Vitamin E** can neutralize the free radicals as well as inhibit the formation of bad cholesterol. The **B complex vitamins** are important to activate the antioxidants. **Vitamin C** and the

bioflavonoids also work together to fight damage by free radicals. Studies have shown that increased consumption of **vitamin C** helped to boost immunity, and protect against pollution, smoke and other sources of free radicals. **Calcium, magnesium** and **potassium** are vital for cell stabilization and proper functioning. **Vitamin D** helps the body to absorb **calcium** and **molybdenum** assists in **iron** utilization. Working together, **vitamins C, E** and the amino acids help our bodies to reject toxins.

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ORDER # 97015 Cal-5 + Mg

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- **Nutritional support for bone health.**
- **Highly bioavailable, Ideally balanced**
- **Includes the co-factor magnesium**

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ORDER # 67100 Coenzyme Q10 + Lecithin

· **Sustain normal cardiac health.**

· **Help your body maintain normal cholesterol levels**

· **Essential dietary components of optimal nutrition**

Dosages: This formula contains 100 mg. of **CoQ 10** in a base of **Lecithin** for optimal absorption promoting better health and preventing the complications that accompany aging. Take this formula along with a healthy diet and regular exercise habits to achieve optimal health and wellness.

Description: CoEnzyme Q10 with Lecithin is a chewable, emulsified and each tablet supplies **pure** coenzyme Q10, 100 mg., emulsified with 250 mg. of Lecithin in a base of **natural** sweeteners including fructose. (Approximately 2 1/2 calories per tablet: 2 1/4 calories from Lecithin; 1/4 calorie from natural sweeteners.)

Coenzyme Q-10, also known as Ubiquinone, is a nutrient which is abundant in human cells. It was discovered in 1957 in the United States, and then was later the subject of Nobel Prize research in Edinburgh, Scotland. **Lecithin** is a source of **Choline** and **Inositol**

Actions: **CoQ 10** is important for cell health as well as energy production. One of the main focuses of research with **CoQ 10** is with cardiovascular patients. Studies have found that levels of **CoQ 10** are low in people with heart disease because **CoQ 10** is heavily concentrated in the mitochondria cells in the heart. This also explains how vital the role of Ubiquinone is in overall health. The body's levels of **CoQ 10** decline with age, therefore it is necessary to supplement the diet. Food does not contain significant amounts of **CoQ10** and the body does not produce enough **CoQ 10** on its own, so supplementation is imperative in order to have adequate amounts of it. Recent research has shown that **Lecithin** and **Choline** are essential dietary components of optimal nutrition. Essential liver function is supported by **Lecithin** and its phosphatidyl choline component. **Lecithin** emulsifies fat, breaks down cholesterol and

Description: Each Capsule Contains:

Coenzyme Q-10..... 60 mg. Plus alpha-Lipoic Acid50 mg.

In a base of red wine proanthocyanidins.

Contains NO yeast, wheat, soy, corn, milk, salt, sugar, artificial coloring, preservatives or flavoring

Coenzyme Q-10, also known as Ubiquinone, is a nutrient which is abundant in human

cells. It was discovered in 1957 in the United States, and was later the subject of Nobel Prize research in Edinburgh, Scotland. The antioxidant **Lipoic acid** is both water and fat-soluble and so can be delivered and used throughout the body. Antioxidants defend the body from so called free radical scavengers which are substances capable of inflicting severe damage to cells. Lipoic acid acts as an antioxidant, coenzyme and chelator (with the ability to remove toxic metals) and helps other antioxidants withstand the rigors of oxidation while enhancing their effect. Studies have shown that Lipoic acid may be effective against heart disease and diabetes. Lipoic acid is essential for efficient energy production.

Actions: **CoQ 10** is important for cell health as well as energy production. One of the main focuses of research on **CoQ 10** is with cardiovascular patients. Studies have found that levels of **CoQ 10** are low in people with heart disease because **CoQ 10** is heavily concentrated in the mitochondria cells of the heart. This also explains how vital the role of Ubiquinone is in overall health. The body's levels of **CoQ 10** decline with age, therefore it is necessary to supplement the diet. Food does not contain significant amounts of **CoQ10** and the body does not produce enough **CoQ 10** on its own, so supplementation is imperative in order to have adequate amounts.

ORDER # 83050 DHEA 25mg

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Nutritional support, found in the wild yam, for general well being and youthful mental, immune and cardiovascular functions.

Recommended dosages: One half to one tablet daily as directed by a physician. May be used sublingually.

Description: Each capsule contains **DHEA 25mg**. **DHEA**, also known as "the mother hormone", is produced by the adrenal glands and is the most dominant hormone in the body. The body converts **DHEA** into whatever hormone it needs (i.e. estrogen, testosterone, progesterone, and corticosterone) In both sexes, blood levels of **DHEA** peak at 20. Thereafter, the levels steadily decline throughout aging, more dramatically with child bearing and with menopause. By eighty years old, the body only has 5% of the **DHEA** levels it had at 20! Many age-related conditions appear associated with lower than average levels of **DHEA**. A recent study conducted at Stanford found dramatic clinical results in lupus patients

adding **DHEA** to their diet.

Cautions: The best form of **DHEA** for optimal absorption is a sublingual tablet. **DHEA is NOT for use by pregnant women nor is it recommended for men with known or suspected prostate cancer.**

ORDER # 17875 E-200IU

Vitamin E is the **main antioxidant** protecting cell membranes from damage. Nutritionally supports the **heart and cardiovascular health.**

Recommended Dosage: One capsule daily

Description: Each Softgel Contains:

Vitamin E (165 mg. dl-alpha Tocopheryl Acetate) 200 I.U.

Vitamin E is a fat-soluble vitamin which is stored in adipose tissue, liver, muscle, adrenal and pituitary glands, red blood cells and platelets, testes, and ovaries. Vitamin E is unstable to heat, light, and oxygen. The 1990 **Harvard** School Public Health study of nearly 40,000 male health professionals and a 1993 Nurses Health Study conducted at **Brigham and Womens** Hospital in Boston involving 87,000 women came up with the same results: Vitamin E clearly **enhances heart health!**

Actions: Vitamin E plays an important role in protecting the body tissues from damaging reactions caused by free-radicals, which arise from many normal metabolic functions, become energetic and unstable and will react with any other molecule to acquire another electron. Free-radicals are responsible for many types of cancer, DNA damage, and blood clots. Vitamin E is a strong antioxidant, helps prolong the life of red blood cells and plays an essential role in cellular respiration. It protects biological membranes including those found in the cardiovascular system, nerves and muscles. Vitamin E helps the body effectively use and store vitamin A and protects B-complex and vitamin C from oxidation reactions. Vitamin E has been used successfully in the therapy of progressive neuromuscular disease in children with liver and bile dysfunction. It is a vasodilator and plays an important role in intermittent claudication, thrombotic disease, immune function, protection of lipoproteins from oxidation, cardiovascular disease prevention, cancer prevention, and helps protect against environmental pollutants and cigarette smoke. Vitamin E is important for fertility, helps prevent: muscle degeneration, encephalomalacia and exudative diathesis is thought to reduce the risk of prostate cancer is an anticoagulant and improves capillary permeability.

Historical Uses: Abrasions, abscess, acne, age spots, aging, AIDS, aids healing of burned tissue, alcoholism, allergies, Alzheimer's disease, anemia, angina pectoris, anorexia nervosa, antioxidant, arteriosclerosis, arthritis, asthma, atherosclerosis, athlete's foot, autism, backache, bedsores, bedwetting, boil, breast cancer, bronchitis, bruises, bruising, bulimia, burns, bursitis, cancer, cardiovascular disease, cataracts, celiac disease, chicken pox, chlamydia, chronic fatigue syndrome, circulatory problems, cold

extract, providing 10 mg. phenolic compounds and 37.5 mg. polysaccharides.

Historical Uses: Abscess, acne, adrenal disorders, asthma, bacterial infection, bedsore, blood dyscrasia, boil, breast cancer, bronchitis, burns, cancer, candidiasis, carbuncle, cervicitis, chlamydia, chronic fatigue syndrome, chronic viral infections, cirrhosis, cold sore, colic, common cold, cough, Crohn's disease, croup, cystic fibrosis, dog bite, eczema, encephalomyocarditis, endometritis, fever, fibrocystic disease of the breast, fibrositis, furunculosis, gastritis, headache, herpes simplex, influenza, laryngitis, lymphadenitis, mild septicemia, mononucleosis, myalgic encephalomyelitis, nasopharyngeal catarrh, peritonitis, pharyngitis, poliovirus, polyarthritis, prostatitis, psoriasis, pyorrhea, septic processes, septicemia, shigellosis, skin disorders, snakebite, sore throat, stomatitis, teething, tendonitis, tonsillitis, ulcer cruris (indolent leg ulcers), urticaria, uterine inflammation, vaginitis, vesicular stomatitis.

Reported Actions: Alterative, antibacterial, anti-inflammatory, antiseptic, antiviral, aphrodisiac, bacteriostatic, common cold preventative, depurative, diaphoretic, digestive, fungistatic, immunostimulant, influenza preventative, interferon-like activity, lymphatic alterative, peripheral vasodilator, sialagogue, skin alterative, vulnerary.

ORDER # 76121 Echinacea

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- Nutritionally support the body's fight against viral respiratory illnesses.
- Promotes well being during the cold and flu season
- Boost Immune System

Recommended Dosage: one to two lozenges dissolved in mouth every two hours as needed

Description: Each lozenge contains:

Zinc 15 mg. (Gluconate/Ascorbate/Glycinate complex), Vitamin C (Buffered Ascorbate) 45 mg.

In an 80 mg base of Echinacea, Eucalyptus, Citrus fruit Extract and Natural Orange Flavoring (Pulp and Peel).

Contains NO sucrose, dextrose, artificial colors, flavors or preservatives. Flavored with natural lemon concentrate.

Historical Uses: Zinc (cure or treatment not implied): Abscess, acne, allergies, Alzheimer's disease, anemia, arteriosclerosis, atherosclerosis, athlete's foot, bedsores, bedwetting, bronchitis, bruxism, bulimia, burns, cadmium toxicity, canker sores, cataracts, celiac disease, chicken pox, chlamydia, chronic fatigue syndrome, circulatory problems, cirrhosis, cold sores, colitis, common cold, confusion, conjunctivitis, copper toxicity, croup, cystic fibrosis, cystitis (bladder infection), dandruff, depression,

dermatitis, ear infection, environmental toxicity, epilepsy, fatigue, fractures, frequent infections, frigidity, fungus, gangrene, gout, growth problems, hair loss, hay fever, herpes simplex, hiatal hernia, high cholesterol, hypertension, hypoglycemia, hypothyroid, impotence, lethargy, mouth sores, prostatitis, slow or poor wound healing, stress, xerophthalmia. **Echinacea** :Alterative, antibacterial, anti-inflammatory, antiseptic, antiviral, aphrodisiac, bacteriostatic, common cold preventative, depurative, diaphoretic, digestive, fungistatic, immunostimulant, influenza preventative, interferon-like activity, lymphatic alterative, peripheral vasodilator, sialagogue, skin alterative, vulnerary.

Actions: **Zinc** is important for absorption and action of B-complex vitamins. It is required for protein synthesis, collagen formation, healthy immune system, and the ability of the body to heal from wounds. Zinc is absorbed in the small intestine and is stored in the liver, eyes, kidney, pancreas, bones, muscles, prostate gland, sperm, nails, skin, hair, and white blood cells. Zinc inhibits 5-alpha reductase from converting testosterone into dihydrotestosterone (DHT) a form of testosterone that promotes prostate growth. Zinc increases testosterone, and sperm count. If a zinc deficiency exists sex drive is reduced in order to conserve the zinc (zinc is concentrated in semen). Zinc is involved in protein synthesis, muscle contraction, formation of insulin, maintaining acid-base balance, synthesis of DNA, brain functions, excessive sweating leads to loss of up to 3 mg per day. Zinc helps form insulin to help stabilize energy, keeps prostate healthy, prevents cancer, prostatitis prophylactic, may raise testosterone levels, sperm count, improve potency, can make cadmium less toxic (cigarettes have Cd) and slow its absorption. Zinc helps form insulin, helps synthesize proteins, takes part in metabolism of carbohydrates, essential for production of key enzymes, helps muscles contract smoothly, helps absorb vitamins, particularly B vitamins, crucial for proper development of reproductive organs, helps normal functioning of prostate, helps build cell membranes and DNA, and helps wounds heal faster. It is an immunostimulant, antifungal, improves bladder function, and stimulates hair growth. Zinc reduces prolactin levels (prolactin is linked to production of DHT) thus helping reduce BPH, also inhibits 5-alpha reductase helping reduce BPH. Zinc aids in the production of testosterone.

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ORDER # 14543 Energy Support

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Nutritionally support your body' energy and sports demands. Release your natural stamina, strength and endurance through this proprietary formula of multiple vitamins, minerals and herbs designed for high energy and sports. Metabolic enhancers help the body combat fatigue and optimize performance. Work hard, enjoy life and feel more alert with all day vitality. Reach for Energy Support!

Recommended Dosage: Four tablets daily with meals.

Description: Energy Support is a synergistically balanced multiple vitamin and mineral formula with additional high energy nutrients for active lifestyles. This supplement includes a blend of vitamins, minerals and important nutrients which have revealed in research their natural ability to assist the body's optimal performance.

Uses: To support an active lifestyle with energizing nutrients which help the body resist fatigue and optimize performance.

Actions: These ingredients are synergistically blended to supplement an active lifestyle. **Panax Ginseng** is energy producing and an adaptogen. **Royal Jelly** and **Gamma Oryzanol** from rice bran oil are natural ergogenic food concentrates. DOG (dimethylglycine) is naturally found in our cells and many foods. It is a metabolic enhancer and increases oxygen uptake which combats fatigue. Amino acids **L--Camitine**, **Inosine**, **N Acetyl L Cysteine**, **DL Methionine**, **Glutamic Acid** and **L--Aspartic Acid** all contribute to physical endurance and recovery. In conjunction with the specially formulated base formula, **Vitamins A, C, and E**, **beta carotene** as well as the trace elements **selenium**, **manganese**, **potassium**, **zinc** and **methionine** are the main nutrient immune system stimulants. **Vitamin A** is supplied in part by **beta-carotene** that assists the body's natural defenses against free radicals and is one of the most important antioxidants. Along with **beta-carotene**, **Vitamin E** can neutralize free radicals and inhibit the formation of bad cholesterol. The **B complex vitamins** are important to activate antioxidants. **Vitamin C** and the **bioflavonoids** also work together to fight damage by free radicals. Studies have shown that increased consumption of **Vitamin C** helps to boost immunity, and protect against pollution, smoke and other sources of free radicals. **Calcium**, **magnesium** and **potassium** are vital for cell stabilization and proper functioning. **Vitamin D** helps the body to absorb **calcium** and **molybdenum** assists in iron utilization. Working together, **Vitamins C, E** and the amino acids help our bodies reject toxins and battle free radical damage.

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ORDER # 14541 Executive Stress Special

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Recommended Dosage: Four tablets daily with meals.

Description: Research strongly supports the findings that the human body depletes its levels of nutrients when it is under mental and/or physical stress.

Mental and physical stress deplete the levels of vital nutrients. Executive Stress Special includes essential detoxifying nutrients and bioflavonoids to fight damage by free radicals and assist the body's defenses. These powerful ingredients play crucial roles in supporting and maintaining overall health and vitality, complimenting daily relaxation and regular exercise. **Start each day with Executive Stress Special!** This daily multivitamin is enhanced with ingredients focusing on stress.

Uses: To supplement a body which undergoes both mental and physical stress and needs nutritional support. Recommended Dosages: Four tablets daily with meals.

Actions: The ingredients in *Executive Stress Formula* provide supplementation to a daily food diet which rarely supplies the body with adequate amounts of vitamins and minerals. The essential nutrients are included in this formula to support the body's defense systems as well as overall health and vitality. Reports and studies reveal **Ginkgo Biloba Extract, Coenzyme Q 10, and red wine grapes** to have properties which support blood circulation and heart health as well as possess antioxidant

properties to battle free radicals. **Silymarin** and **L Glutathione** are two of the essential detoxifying nutrients which assist removal of the free radicals the body produces when under stress. In conjunction with this base formula: **Vitamins A, C, and E, beta carotene** as well as the trace elements **selenium, manganese, potassium, zinc and methionine** are the main nutrient immune system stimulants. **Vitamin A** is supplied in part by **beta carotene** that assists the body's natural defenses against free radicals and is one of the most important antioxidants. Along with **beta carotene, Vitamin E** can neutralize the free radicals as well as inhibit the formation of bad cholesterol. The **B complex vitamins** are important to activate the antioxidants. **Vitamin C** and the **Bioflavonoids** also work together to fight damage by free radicals. Studies have shown that increased consumption of **Vitamin C** helped to boost immunity, and protect against pollution smoke and other sources of free radicals. **Calcium, magnesium and potassium** are vital for cell stabilization and proper functioning. **Vitamin D** helps the body to absorb **calcium** and **molybdenum** assists in **iron** utilization. Working together, **Vitamins C, E** and the **amino acids** help our bodies to reject toxins and battle free radical damage.

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CDC Definition of Chronic Fatigue Syndrome (Fudada et al., 1994):

Part 1. Clinically evaluated unexplained persistent or relapsing chronic fatigue that

- is of new or definite onset
- is not the result of ongoing exertion
- is not substantially alleviated by rest
- results in substantial reduction in previous levels of occupational, educational, social or personal activities

Part 2. The concurrent occurrence of 4 or more of the following symptoms, all of which must have persisted or recurred during 6 or more consecutive months of illness and must not have predated the fatigue:

- impairment in short-term memory or concentration
- sore throat
- tender cervical or axillary lymph nodes
- muscle weakness
- multijoint pain/artralgias (without swelling or redness)
- headaches (of new type, pattern or severity)
- sleep disturbance
- postexertional malaise (lasting more than 24 hours)

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ORDER # 67047 Flax Seed Oil Capsules

- Heart and Immune System Health
- Support normal cholesterol and triglyceride levels
- Support immune system function
- Excellent bulking agent and provides essential fatty acids.

Recommended Dosage: One capsule daily

Description: Each Softgel Capsule Contains:

Pure Cold Pressed Flax Seed Oil 1,000 mg.

Flaxseed oil contains linoleic acid, an essential fatty acid needed for survival. It also contains significant amounts of the essential fatty acid alpha linoleic acid (ALA) . ALA is an omega-3 oil.

Uses (cure or treatment not implied): Flax seed oil appears to have anti-inflammatory activity and may lower blood pressure as well as total cholesterol and triglycerides.

Actions: Provides essential fatty acids and is the most powerful natural normal cholesterol support. Our bodies are unable to produce the essential fatty acids (EFA) contained in Flax Seed Oil and therefore we must supply this natural substance. Flax seed oil is the richest source of omega-3 essential fatty acids. The modern diet is likely border line in EFAs and enzymes which are needed to utilize EPAs can be damaged through alcohol consumption, aging and diets that are high in cholesterol, sugars or saturated fat. Omega-3 fatty acids play essential roles in nervous system, reproductive and circulatory (heart and blood vessel) health.

Flax seed oil with its omega-3 fatty acids promotes the production of good prostaglandins and reduces bad prostaglandins production such as those involved in the inflammatory process (arthritis).

Hormone-like in nature, prostaglandins regulate many of the body's systems including immune, cardiovascular and reproductive. The EFAs in Flax seed oil help form the membranes surrounding every cell.

ORDER # 76128 Ginger

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Nutritionally help your body maintain stomach function and normal orientation (anti nausea) during motion.

Recommended Dosage: One or two capsules daily

Description: Each Capsule Contains:...Ginger 250 mg.

Historical Uses (cure or treatment not implied): Abdominal pain, anorexia, arthritis, atonic dyspepsia, bleeding, cancer, chest congestion, chicken pox, cholera, chronic bronchitis, cold extremities, colic, colitis, common cold, cough, croup (bath), cystic fibrosis, diarrhea, difficulty breathing, diverticulosis, dropsy, fever, flatulent indigestion, gallbladder disorders, hair loss, hot flashes, hyperacidity, hypercholesterolemia, hyperglycemia, inappetence, indigestion, malaria, menstrual cramps, morning sickness, motion sickness, mushroom poisoning, nausea, opacity of the cornea, pancreatitis, painful menstruation, rheumatism, snakebite, sore throat, stomachache, toothache, vertigo, vomiting.

Reported Actions (cure or treatment not implied): Alexeteric, antiemetic, anthelmintic, anti-arteriosclerotic, antibacterial, anticoagulant, antidotal to mushroom poisoning, antihypercholesterolemic, antihyperglycemic (fresh juice), anti-inflammatory, antimicrobial, antiseptic, antispasmodic, antiulcer, aperient, aphrodisiac, aromatic, bactericide, bowel cleanser, cardiogenic, carminative, catalyst and synergist with other herbs, cholagogue, circulatory stimulant, diaphoretic, digestive, expectorant, hypertensive, mild purgative, peripheral vasodilator, positively inotropic, sialagogue, spasmolytic, stimulant, stomachic, tonic, vasodilator.

ORDER # 76138 Golden Seal

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- Nutritionally supports the immune system
- Supports the healing of mucous membrane inflammation and digestive problems.

Recommended Dosage: One capsule one to two times daily

Description:

Each Capsule Contains: Golden Seal Root Powder 8 grains

Historical Uses (cure or treatment not implied): Acne, AIDS, allergies, anal fissures, anorexia, anxiety, asthma, athlete's foot, atonic dyspepsia, bedsore, boil, canker sores, catarrh, catarrhal deafness, cervicitis, chicken pox, chlamydia, cholecystitis, chronic fatigue syndrome, circulatory disorders, cirrhosis, cold sore, colitis, common cold, conjunctivitis, constipation, cough, Crohn's disease, croup, cystic fibrosis, cystitis, dandruff, diabetes mellitus, diarrhea, digestive disorders, diphtheria, dog bite, eczema, excessive menstruation, fever, fibrocystic disease of the breast, gallstones, gangrene, gastritis, gastroenteritis, headache, hemorrhoids, hepatitis, hiatal hernia, hypercholesterolemia, hypoglycemia, impetigo, influenza, keratitis, leukorrhea, metrorrhagia, morning sickness, mucosal inflammations postpartum hemorrhaging, night sweats, obesity, otorrhea, painful menstruation, peptic ulcer, periodontal disease, PMS, pruritus, rhinitis, ringworm, sinusitis, sore throat, stress, thrush, tinnitus aurium, tonsillitis, trichomoniasis, tumor, upper respiratory catarrh, urethritis, uterine inflammation, vaginitis.

Reported Actions (cure or treatment not implied): Alterative, anti-inflammatory, antibacterial, anticatarrhal, antihemorrhagic, antihistaminic, antihyperglycemic, antimicrobial, antiperiodic, antiseptic, antiviral, astringent, bitter, choleric, digestive, digestive system alterative, diuretic, emmenagogue, expectorant, hemostyptic, hepatic, hypertensive, immune system alterative, laxative, oxytocic, reproductive alterative, respiratory alterative, sedative, stomachic, tonic, uterine stimulant, vasoconstrictor.

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ORDER # 76144 Green Tea Extract

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- Boost Immune function- Supports gums, bones
- Support Liver Health
- Potent Antioxidant-200X More Potent than Vitamin E
- Free Radical Fighter
- Metal Chelating Agent

Recommended Dosage: One to six capsules one to two times daily between meals

Make Heart Smart a regular part of your everyday nutrition!

Uses: To supplement a nutrient deficient food diet and avoid the cardiovascular complications which occur with age.

Actions: These ingredients provide a well balanced multiple vitamin/ mineral formula providing all of the synergistic nutrients for cardiovascular health. **Vitamins A, C, and E, beta carotene** as well as the trace elements **selenium, manganese, potassium, zinc** and **methionine** are the main nutrient immune system stimulants. **Vitamin A** is in part by **beta carotene** that assists the body's natural defenses against free radicals and is one of the most important antioxidants. Along with **beta carotene, Vitamin E** can neutralize the free radicals as well as inhibit the formation of bad cholesterol. The **B complex** vitamins are important to activate the antioxidants. **Vitamin C** and the **bioflavonoids** also work together to fight damage by free radicals. Studies have shown that increased consumption of **vitamin C** helped to boost immunity, and protect against pollution, smoke and other sources of free radicals. **Calcium, magnesium** and **potassium** are vital for cell stabilization and proper functioning. **Vitamin D** helps the body to absorb **calcium** and **molybdenum** assists in **iron** utilization. Working together, **vitamins C, E** and the amino acids help our bodies to reject toxins. Abnormally located **iron, copper** and **lead** assist distribution of free radicals. Therefore, it is necessary to eliminate these metals. **Lecithin** and **Choline** are phospholipials which metabolize fat. **L Carnitine**, an amino acid, strengthens the muscles of the heart as well as being a fat metabolizer. **CoQ 10**, an antioxidant, fights free radicals. **Ginkgo Biloba**, an herb, increases circulation. **EDTA** clears clogged arteries for greater cardiovascular health.

ORDER # 17080 Immu Specific

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- Immune system nutritional support
- Help your body fight disease all year long.
- Nutritionally supports the body's healthy immune function and inflammatory response against harmful germs (bacteria, viruses and other microorganisms)

Recommended Dosage: One capsule daily

Description: Each capsule contains: Vitamin C 200 mg., Pantothenic Acid 10 mg., Vitamin A 10,000 I.U. , Vitamin B-12 10 mcg., Calcium Chelate 60 mg. , Zinc Chelate 10 mg. , RNA 60 mg., Thymus 50 mg., Lemon Bioflavonoids 40 mg., Lymph 25 mg., Spleen 25 mg., Bromelain 20 mg.

In a base of bee pollen and dehydrated pineapple.

ORDER # 82891 Joint Specific

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Research has shown that these all-natural ingredients have the ability to nutritionally assist joint repair, healing and the natural maintenance of normal joint motion. Includes **Glucosamine sulfate** which has demonstrated the ability to restore the lubricating consistency of fluids and tissues surrounding joints and vertebrae. Helps **maintain healthy cartilage, ligaments and tendons**. Isn't it time you asked for Joint harmw0 ech habent physician. 1 Tf 9.6369 0 Td88: One capsule daily

nutrients including **mucopolysaccharides** and **chondroitins** that are lubricating substances absent in people with arthritis and connective tissue disorders. [2] **Shark cartilage**, a mucopolysaccharide, supports joint cartilage improving mobility and increasing the viscosity of synovial fluid. **Bromelain** from pineapple is a proteolytic enzyme that helps reduce inflammation. **Chondroitin sulfate/mucopolysaccharides** assist in expediting the healing process.

ORDER # 17054 Kids Daily

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Full spectrum children's chewable multi-vitamin and mineral plus trace elements.

Protect your children naturally with Kids Daily chewable daily multiple vitamin and mineral supplement.

Recommended Dosage: Two tablets daily.

Description: *Kids Daily* is a well balanced children's chewable Multi vitamin and mineral supplement.

Uses: A daily multiple to supplement growing bodies in a safe nutrient rich tablet.

Actions: **Vitamins A, C, and E, beta-carotene** as well as the trace elements **selenium, manganese, potassium, zinc** and **methionine** are the main nutrient immune system stimulants. **Vitamin A** is the source of **beta-carotene** that assists the body's natural defenses against free radicals and is one of the most important antioxidants. Along with **beta-carotene, Vitamin E** can neutralize the free radicals as well as inhibit the formation of bad cholesterol. The **B complex vitamins** are important to activate the antioxidants. **Vitamin C** and the **bioflavonoids** also work together to fight damage by free radicals. Studies have shown that increased consumption of **Vitamin C** helped to boost immunity, and protect against pollution, smoke and other sources of free radicals. **Calcium, magnesium** and **potassium** are vital for cell stabilization and proper functioning. **Vitamin D** helps the body to absorb **calcium** and **molybdenum** assists in **iron** utilization. Working together, **vitamins C, E** and the amino acids help our bodies to reject toxins.

ORDER # 83052 Klamath Blue Green Algae

Klamath Blue Green Algae (*Aphanizomenon flos-aqua*) 500 mg

Contains vitamins, minerals, amino acids and essential fatty acids.

Recommended Dosage: One to two capsules daily)

Description: *Klamath Blue Green Algae* is a fresh water algae harvested from the waters of Upper Klamath Lake located in the remote area of the southern Oregon Cascades. The lake is a freshwater lake fed by rivers and underground springs which provide a mineral rich nutrient reservoir for the algae. Extreme care is taken to harvest the *blue green algae* in such a way as not to disrupt the delicate ecosystem of the region and to preserve and protect this precious resource. The algae is harvested fresh from the lake on a daily basis and flash frozen to preserve all the vital nutrients intact and biologically active in a naturally balanced profile. The glycolipoprotein cell wall is disrupted during the freeze-drying making the cell contents available for rapid assimilation.

Actions: *Klamath Blue Green Algae* provides whole food nutrition with its excellent source of essential **amino acids, minerals, vitamins and fatty acids**. Consumers have reported increased energy, decreased fatigue, elevated brain activity, improved memory and concentration, increased muscle mass and tone, and enhanced health (cure or treatment not implied). There are no known toxicity or dangerous side effects with *Klamath Blue Green Algae*.

ORDER # 14551 KNCR

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Can vitamins, minerals and botanicals help reduce the risks of cancer? This is one of the most promising areas of modern research. Studies conclude that taking nutritional supplements may be extremely effective in reducing cancer risk. While whole foods contain many of the recommended nutrients the body needs, supplementation ensures adequate and perhaps even preventive levels .

Recommended Dosage: Four tablets daily with meals.

Actions: Antioxidants are one of the main groups of nutrients being evaluated for the role they play in cancer prevention. The most popular antioxidants include beta carotene, vitamin E, vitamin C and the mineral selenium. And studies show that this group is excellent in protecting against cellular damage and further trials are being conducted on their ability to treat certain types of malignancies.

Carotenoids have been found to interfere with carcinogenesis and are a safe, non toxic preventive nutrient. Numerous studies have been conducted on the effects of beta carotene, alpha carotene, lutein, lycopene and cryptoxanthin. A Japanese a cohort study conducted on 2,300 women and men for 3-6 years found that those with high levels of beta carotene had a “significantly lower risk of dying from cancer.” (Langseth 1995) Mechanisms by which beta carotene may work as a compensator, protector, and immunomodulator are being evaluated.

Vitamin E, a lipid soluble antioxidant, is obtained only in low levels from the typical western diet, levels which are likely not adequate for chemoprevention of cancer. A direct correlation has been found between cancer patients and low levels of vitamin E. Nitrosamine is known carcinogen ingested in some processed foods and Vitamin E can block the production of this harmful substance and assist in the natural production of antibodies. (van Poppel & van den Berg, 1997)

The administration of vitamin C is being extensively explored for its chemopreventative properties. Vitamin C is an essential cell protector. Thousands of studies support the value of vitamin C supplementation. Ascorbate (vitamin C) at high doses has also been found to protect cells from oxidative stress, a known precursor of some malignancies. As an adjunct in the treatment of malignancies, it has especially proven beneficial for the stomach and liver by assisting in the production of enzymes necessary for normal detoxification, an essential part of protection from carcinogen formation. (van Poppel & van dan Berg, 1997) In some cases, high doses of vitamin C have shown the ability to inhibit the progression of certain tumors. Studies have suggested that in order to achieve the maximum benefits from vitamin C as well as the other antioxidants, supplementation should consist of a combination of these nutrients rather than administration of individual components. (Prasad & Kumar 1996)

Selenium, a mineral, offers remarkable protection against oxidative damage. Years of research supports the value of selenium in helping the body prevent some forms of cancer. A recent study published in the Journal of the American Medical Association (JAMA) found that selenium may help reduce the progression of carcinomas in several different sites. (Clark et al, 1996)

ORDER # 81322 Melatonin

- Only one sublingual tablet per day nutritionally supports a restful restorative sleep.
- May help induce a deeper R.E.M. sleep.

Recommended Dosage: One tablet one hour before bedtime

Description: Melatonin 3 mg.

Historical Uses (cure or treatment not implied): Alzheimer's disease (patients have abnormally low melatonin levels), breast cancer, delayed sleep phase syndrome (insomnia characterized by wakefulness past conventional bedtime and the inability to fall asleep before 2 or 3 A.M.), headache, insomnia, jet lag, patients with depression have low melatonin levels, prostate cancer, seasonal depression, skin cancer

Reported Actions (cure or treatment not implied): Anti-aging, anticancer, antifertility, antioxidant, aphrodisiac, boosts the ability of Tamoxifen (cancer recurrence-blocking drug) to inhibit the growth of cancer cells, breast cancer-preventative, helps prevent cataracts, immunoenhancer, immunostimulant, inhibits proliferation of human breast cancer cells in tissue culture, prevents chemically induced mammary tumors in rats, reduces LH levels (possible contraceptive and anovulation action)

Functions: Helps promote sexual maturity in adolescents, coordinates seasonal changes in the body. Melatonin production occurs almost entirely at night, the absence of light stimulates its production. Melatonin levels peak sometime after midnight. Melatonin helps regulate: appetite, balance, immune

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ORDER # 14542 Memory Max

Nutritional support for mental function, clarity and general health. Scientific studies at leading universities have proven that the nutrients in Memory Max can naturally improve brain function, memory, concentration, mental sharpness, circulation and general health. Help your body slow the degenerative process and achieve a lifetime of health. Start vitalizing your mind and body with daily Memory Max!

Recommended Dosages: Four tablets daily with meals.

Description: *Memory Max* is a well balanced multiple vitamin/mineral formula with synergistic nutrients supporting optimal mental performance.

Scientific studies at leading universities have proven that the nutrients in **Memory Max** can naturally improve brain function, memory, concentration, mental sharpness, circulation and general health. Help your body slow the degenerative process and achieve a lifetime of health. **Start vitalizing your mind and body with daily Memory Max!**

Uses: To naturally assist and enhance mental agility and sharpness.

Actions: Natural botanical **Ginkgo Biloba** aids circulation to the brain, increasing cognitive skills and memory. **CoQ 10** is an ergogenic (energy producing) antioxidant which helps product ATP in the cells. **Lemon Bioflavonoids** and **Proanthocyanidins** from red wine grapes increase vascular integrity and circulation. Antioxidants such as **SOD, Glutathione, N-Acetyl L Cysteine** and **DL Methionine** deter degenerative diseases caused by aging. Amino acids **Glutamic acid, L-Glycine** and **L Glutamine** all maximize mental performance. In conjunction with the specially formulated base formula; **Vitamins A, C, and E, beta-carotene** as well as the trace elements **selenium, manganese, potassium, zinc** and **methionine** are the main nutrient immune system stimulants. **Vitamin A** is supplied in part by **beta-carotene** that assists the body's natural defenses against free radicals and is one of the most important antioxidants. Along with **beta-carotene, Vitamin E** can neutralize the free radicals as well as inhibit the formation of bad cholesterol. The **B complex vitamins** are important to activate the antioxidants. **Vitamin C** and the **bioflavonoids** also work together to fight damage by free radicals. Studies have shown that increased consumption of **vitamin C** helped to boost immunity, and protect against pollution, smoke and other sources of free radicals. **Calcium, magnesium** and **potassium** are vital for cell stabilization and proper functioning. **Vitamin D** helps the body to absorb **calcium** and **molybdenum** assists in **iron** utilization. Working together, **vitamins C, E** and the amino acids help our

bodies to reject toxins and battle free radical damage.

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ORDER # 91300 Mineral Bath Salts-Lavender

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· A spa type mineral bath. Soothing, rejuvenating. Lavender aroma.

Recommended Dosage: Relax in a bath of these spa minerals 20-30 minutes two to three times per week.

Description: Natural Composition of Magnesium chloride, Potassium chloride, Sodium Chloride, Calcium Chloride, Bromides and trace elements

Uses: For skin health. Relaxing and soothing. Promotes your skin's natural luster. Formulated to work like the worlds best healing mineral baths.

ORDER # 17497 Multi-Probiotic

· **Assist digestion-Maintain normal cholesterol**

· **Produce natural antibodies**

Recommended Dosage: One capsule daily.

Nutritionally support the body's fight against conditions such as acne, psoriasis, eczema, candidiasis (intestinal yeast), colitis and allergies.

Description: L. Acidophilus 1.15 billion, L. Rhamnosus 1.15 billion, L. Thamnopus (Type B. Bifidus) 775 million, S. Lactis 275 million, Bifidobacterium Longum 275 million, B. Bifidum 275 million, S. Thermophilus 150 million. Each capsule of **Multi-Probiotic** contains the **finest strains** of probiotic bacteria and more than **Four(4) Billion** organisms in the following potencies for a balanced intestinal tract and digestive system (In a base of **Fructooligosaccharides (FOS), enzymes, ulmus fulva and special carbohydrates**):

No Daily Value has been established for the above ingredients.

This product contains NO yeast, wheat, soy, corn, milk, salt, sugar, artificial coloring, preservatives or flavorings .

Uses: To **assist digestion, maintain normal cholesterol, produce natural antibodies** and nutritionally support the body's **fight against conditions such as acne, psoriasis, eczema, candidiasis, colitis and allergies.**

Actions: **Lactic Acid Bacteria** produce proteins that are water soluble, flavorless, antimutagenic, noncarcinogenic and do not cause allergic reactions. Certain strains of lactic acid bacteria have shown amazing results. A recent study at the **Federal Research for Nutrition** found that strains of lactic acid bacteria used to ferment bile provide protective factors against DNA damage and improve nutrition while combating intestinal problems (Both **L. Acidophilus** and **Bifido** bacterium yielded positive results.). **Lacto Bacillus Acidophilus** produces lactase which helps digest lactose. **B. Bifidum** increases the colon's fermentation of cellulose. Studies conducted on lactose malabsorbers using these strains have shown improved digestion along with **the elimination of intolerance symptoms such as bad breath, bloating, gas and stomach cramps.** Drugs including antibiotics may kill desirable colon bacteria. Multi-probiotic supplementation **can help restore and maintain healthy intestinal flora.**

ORDER # 17090 Natural C 500 Mg Plus

- Antioxidant.
- Nutritionally supports connective tissues
- Aids in healing.

Recommended Dosage: One to three tablets daily

Description: Vitamin C 500 mg.(from Rose Hips and other natural sources)

Bioflavonoids (Citrus) 100 mg.,Rutin 50 mg., Hesperidin Complex 25 mg. Acerola 1 mg.

Magnesium Sterate (Vegetable source)

In a natural base of Alfalfa Cereal Grass. Natural Film Coated. %DV 833%

Contains NO yeast, wheat, soy, corn, milk, salt, sugar, artificial coloring, preservatives or flavoring.

Uses/Actions:

Bioflavonoids are a special class of nutrients important in diminishing capillary fragility, preserving blood cell integrity, enhancing circulation and anti-bacterial activity.

When capillaries lose their physical integrity, the body is more susceptible to bruising and hemorrhaging. When tissues have become weakened, the body is vulnerable to allergies and immune system breakdown. Our bodies cannot produce bioflavonoids naturally, however, supplementation has been shown to be very beneficial for the following:

- reduction of capillary bruising

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ORDER # 97442 Natural Diet Caps +Herbs

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Lose pounds of fat and inches **with safe natural** weight loss while building lean muscle.

Recommended Dosage: One capsule one hour before each meal.

Description: This dietary supplement is a safe and natural capsule which provides **CitriMax** and **Chromate** *, in a synergistic balance of herbs to assist in weight loss.

Lose pounds and inches naturally. Help your body promote fat loss and build lean muscle. **Curbs appetite**, reduces food intake and inhibits the production of cholesterol and fats while **providing more energy without the “yo-yo” rebound weight gain**. Exceptionally safe. **Look and feel your best with Natural Diet Cap’s + Herbs!**

Uses: For individuals who need to **lose weight**; obesity.

Actions: **CitriMax**, is a standardized, safe, all natural plant extract rich in hydroxycitric acid. **Hydroxycitric acid (HCA)** has shown in studies the ability to curb appetite, reduce food intake and inhibit the production of fats and cholesterol. **HCA** inhibits the enzyme **ATP-citrate lyase** which is the enzyme that converts glucose molecules into fat and cholesterol. **Chromate**, a Polynicotinate form of **chromium** has been found to help insulin metabolize fat, turn protein into muscle and convert sugar into energy. * **Guarana, Kola Nut' Siberian Ginseng, Wood Betony, Beet Powder, Cayenne, American Centaury, Gotu Kola** and **Ho Shou Wu** are herbals which work synergistically to give the body energy and assist in the natural production of caffeine.

* CitriMax and Chrome Mate are trademarks of the InterHealth Company. Cautions: Do not take if pregnant.

ORDER # 17021 NCI Mag

Nutritional support for blood pressure homeostasis.

Normal Dosage: One to two tablets daily in divided doses

Description: Each tablet contains: 585 mg. of Magnesium Chloride yielding 70 mg. of elemental magnesium in a polymeric matrix formulated to release magnesium chloride over an 8 to 10 hour period.

The trace element. Magnesium acts as a cofactor in many of the body's enzyme systems including those involved in bone formation, energy production, and metabolism of protein, carbohydrate, and fat. It is essential for the proper utilization of choline, thiamine, biotin, and vitamins C and E. Magnesium is absorbed in the small intestine and stored in the bones, liver, kidney, pituitary gland, and pancreas. It is required for acetylcholine transfer, enhances smooth muscle relaxation and is naturally calming to muscles and nerves. Magnesium is vital for bone and muscle integrity and proper functioning.

Historical Uses (cure or treatment not implied): Alcoholism and other addictive states, allergies, anemia, anxiety, asthma, attention deficit disorders, backache, cataracts, dermatitis, diabetes mellitus, ear infection, environmental toxicity, epilepsy, fatigue, high blood pressure (hypertension), hyperactivity, hypoglycemia, insomnia, intestinal malabsorption, kidney dysfunction, mastitis, migraines, multiple sclerosis, nausea, obesity, otitis, schizophrenia, stomach problems. Supports the body naturally in the maintenance of normal blood pressure and heart rhythm. Attention deficit and hyperactivity may be linked to low levels of magnesium.

Actions (cure or treatment not implied): Magnesium promotes a healthy nervous system and brain, healthy immune system, blood sugar regulation, blood formation, and reproduction. Magnesium helps the body fight fatigue, keeps muscles in working order, maintains levels of sex hormone, helps build the hormone thyroxin, is essential in blood clotting, important in the manufacture of mother's milk, improves memory, reduces nervous irritability, useful for diabetics, and increases glucose tolerance.

The new wave in heart protection and high blood pressure control may well be the mineral magnesium. Researchers have found that a deficiency in magnesium can lead to atherosclerosis (clogging of arteries). There is even animal evidence that supplemental magnesium reverses embedded arterial plaque (the substance that narrows arteries). Low magnesium has been linked to migraine headaches. Magnesium

Description: A balanced variety of green food sources yielding an abundance of nature's protective nutrients. These ingredients for health work synergistically to assist the body's natural stamina, energy levels, detoxification systems and fight against cell degeneration.

Actions/Uses: The free radicals which can damage tissue, cells and proteins can also increase a person's susceptibility to heart disease. The natural antioxidants in **Phytonutritional** are an optimal natural defense against the damaging effects of free radicals. Additionally, each scoop when added to juice or water, provides natural phytochemicals with known health benefits such as those associated with the green foods broccoli.

Wheat, Barley and Alfalfa Juice Powder

- Chlorophyll content provides carotenoids, minerals, proteins and B vitamins.
- Rich in enzymes such as SOD (superoxide dismutase) providing antioxidant activity.

Blue Green and Dunaliella Salina Algae

- Spirulina and cracked cell chlorella are high in protein and DNA/RNA
- Rich sources of B vitamins and beta carotene

Broccoli, Cauliflower and Spinach/Octacosanol Powder

- Broccoli and cauliflower provide a rich natural source of antioxidants. Antioxidants are strong weapons against free radical damage and degenerative disease.
- Spinach provides octacosanol, a nutrient promoting stamina and energy

Wheat Sprout Powder

Gluten-free sprouts contain catalase, methionine reductase, SOD and glutathione: essential enzymes

Acerola Berry and Beet Juice Powder

- Beets provide iron, calcium and potassium
- Acerola berries provide vitamin C and bioflavonoids

Green Tea Extract

- Since ancient times, green teas have been used to boost immune function
- Supports liver health and contains catechins

Standardized botanicals: Milk Thistle, Ginkgo biloba and Bilberry

- These herbals work synergistically to support detoxification, enhance circulation and antioxidant protection

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ORDER # 82044 Prostate Specific

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(For men over 30) American and European doctors and herbalists recommend the all natural ingredients in this special formula for those suffering from normal benign prostatic enlargement. Clinical studies have demonstrated reduction in prostatic enlargement and inhibition of prostate cell multiplication and swelling. Take affirmative action now with daily Prostate Specific.

Recommended dosage: Two capsules per day or as otherwise directed by a physician.

Description: *Prostate Specific* is a formula specifically designed for men over the age of 30. It is an all natural supplement formulated to maintain strong urine flow and avoid an enlarged prostate.

(For men over 35) **American and European doctors and herbalists recommend** the all natural ingredients in this special formula for those suffering from normal benign prostatic enlargement: Clinical studies have demonstrated reduction in prostatic enlargement and inhibition of prostate cell multiplication and swelling. Take affirmative action now with daily Prostate Specific.

Uses: For male urinary and prostate health.

Actions: Standardized **Saw Palmetto Berry** and **Pygeum Africanum** extracts have been tested in recent trials and shown positive results in reducing prostate enlargement. **Pumpkin Seed powder** provides essential fatty acids, linoleic, linolenic and arachidonic which also have demonstrated support of prostate health. **Glycine, L Alanine** and **L Glutamic Acid** have revealed in several studies to maintain strong urine flow when used together. **Zinc** has been shown to inhibit prolactin secretion and therefore it reduced the dihydrotestosterone content of the prostate causing reduction of prostate enlargement and relief from symptoms as well. **Zinc picolinate** has demonstrated superior absorption properties. **Vitamin B6** assists in the uptake of **zinc**. **Vitamins A, E** and **proanthocyanidins** from red wine grapes have been shown to possess antioxidant and anti aging properties.

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supplementation. **Chondroitin Sulfates** are mucopolysaccharides which expedite healing of sports injuries. Proteolytic enzymes like **Protease, Amylase, Lipase, Trypsin, Chymotrypsin,** and **Bromelain** help connective tissue repair. **Proanthocyanidins** (from red grapes) and **Rutin** are **bioflavonoids** which increase capillary integrity. **Microcrystalline Hydroxyapatite** is a special form of **calcium** which strengthens the bone matrix. **DL Phenylalanine** is an amino acid which reduces pains and aches. **Vitamins A, C, and E, beta carotene as well** as the trace elements **selenium,**

manganese, potassium, zinc and **methionine** are the main nutrient immune system stimulants. **Vitamin A** is the source of **beta carotene** that assists the body's natural defenses against free radicals and is one of the most important antioxidants. Along with **beta carotene, Vitamin E** can neutralize the free radicals as well as inhibit the formation of bad cholesterol. The **B Complex Vitamins** are important to activate the antioxidants. **Vitamin C** and the **bioflavonoids** also work together to fight damage by free radicals. Studies have shown that increased consumption of **Vitamin C** helped to boost immunity, and protect against pollution, smoke and other sources of free radicals. **Calcium, magnesium and potassium** are vital for cell stabilization and proper functioning. **Vitamin D** helps the body to absorb **calcium** and **molybdenum** assists in **iron** utilization. Working together, **Vitamins C, E** and the amino acids also help our bodies to reject toxins and battle free radical damage.

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ORDER # 81352 Skin Specific

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- Healthy Vibrant Skin
 - Radiant Hair

Recommended Dosage: One to two tablets daily

Description:Each two tablets contain: Vitamin A (Beta-Carotene) 5,000 I.U., Vitamin B-1 (Thiamine HCL) 15 mg., Vitamin B-2 (Riboflavin) 50 mg., Vitamin B-6 50 mg. (Pyridoxine HCL), Vitamin B-12 100 mcg. (Cobalamin concentrate), Folic Acid 400 mcg., Pantothenic Acid 200 mg. (d-CalciumPantothenate), Biotin 1,000 mcg., Zinc (Monomethione) 20 mg., Choline (Bitartrate) 200 mg., Inositol 200 mg., PABA 50 mg. (Para-Aminobenzoic Acid), L-Cysteine 100 mg., Methionine 40 mg. (Zinc Monomethionine)

Uses: Nutritional support for healthy skin and hair

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ORDER # 57540 Ultra Anti-Oxi

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A blend of natural ingredients with proven anti-oxidant activity shown to: “Lower the incidence of prostate cancer by 34% and colorectal cancer by 16%” according to the National Cancer Institute; “Decrease the incidence of stroke, heart attack, cardiovascular death and coronary heart disease “by Harvard Medical School.

Recommended Dosage: Three capsules per day.

Description: *Ultra Anti Oxidant* contains sixteen anti oxidant nutrients which are in a well balanced formula in capsule form.

Uses: To provide the body with extra defense against free radicals in a daily nutritional supplement.

Actions: There is a common denominator that causes aging as well as degenerative diseases such as arthritis, heart disease, Parkinson's, Alzheimer's, and Cancer. It is called "free radical pathology." Free radicals are the result of oxidation resulting from an unpaired electron in the molecular outer orbit. They are impossible to avoid, but not impossible to fight. Free radicals can damage our tissues, cells, proteins, fats and the nucleic acids DNA and RNA. In order to combat these damaging agents, it is necessary for human cells to use antioxidants. Antioxidants are enzymes, vitamins and minerals that inhibit and stabilize the uncontrolled multiplication of free radicals. Without antioxidants, the aging process and susceptibility to Varicose Veins, Arthritis, Rheumatism, Cataracts, Phlebitis, Heart Disease and Stroke will rapidly increase. Nutritional supplements are necessary for optimum antioxidant defense, since these enzymes require certain vitamins and trace elements to be activated. It has been found that **vitamins A, C, and E, beta carotene** as well as the trace elements **selenium, manganese, potassium, zinc** and **methionine** are the main nutrient immune system stimulants. **Vitamin A** is the source of **beta carotene** that assists the body's natural defenses against free radicals and is one of the most important antioxidants. Along with **beta carotene, Vitamin E** can neutralize the free radicals as well as inhibit the formation of bad cholesterol. The **B complex vitamins** are important to activate the antioxidants. **Vitamin C** and the **bioflavonoids** also work together to fight damage by free radicals. Studies have shown that increased consumption of **vitamin C** helped to boost immunity, and protect against pollution, smoke and other sources of free radicals. **Calcium, magnesium** and **potassium** are vital for cell stabilization and proper functioning. **Vitamin D** helps the body to **absorb calcium** and **molybdenum** assists in **iron** utilization. Working together, **vitamins C, E** and the amino acids **cysteine** and **methionine** help our bodies to reject toxic metals. Abnormally located **iron, copper** and **lead** assist distribution of free radicals. Therefore, it is necessary to eliminate these metals.

ORDER # 67921 Ultra Vigor Daily

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- A complete and balanced single tablet multiple vitamin and mineral formula Extra potency with Amino Acid Chelated Minerals.
- Vegetable protein coated tablets.
- In a natural base containing alfalfa, watercress, parsley, lecithin and rice barley.

Recommended Dosages: One tablet daily

Supplementation with *Ultra Vigor Daily* gives a safe and complete compliment of nutrients necessary for the body's defense against disease and ensuring optimal health.

Description: *Ultra Vigor Daily* is a broad spectrum dietary supplement supplying optimal amounts of free radical scavenging nutrients with ample quantities of trace and ultra trace nutrients necessary for healing, immunity, and the manufacture of antioxidant enzymes. This product is a specially designed daily multiple vitamin and mineral supplement to be taken daily.

Actions: *Ultra Vigor Daily* provides protection against free radicals by a blend of potent antioxidants. These antioxidants assist the body's systems to suppress excessive free radical damage and allows healthful processes to occur. *Ultra Vigor Daily* contains the main nutrient immune system stimulants **vitamins A, C and B, beta carotene**, the trace elements **selenium, manganese, potassium, zinc molybdenum and iron** and the sulfur containing amino acids, **cysteine and methionine**. The **B complex vitamins** are important for cell health and potentiate the action of antioxidants. Research has consistently proven that vitamin C and the bioflavonoids increase immune response. Also included in the *Ultra Vigor Daily* are the very important minerals **calcium, magnesium and potassium** which are vital for bone and muscle integrity and proper functioning. The absorption of these minerals is maximized by the **Vitamin D 3**. It has been found that metal toxicity is extremely damaging to the body. However, supplementation of the **Vitamin C and E** as well as the amino acids, **cysteine and methionine**, help rid the body of toxic metals such as **lead** and abnormally located **iron and copper**.

ORDER # 17454 Vitaplus

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Our strongest general purpose supplement!

Recommended Dosage: Six tablets daily.

Description: *Vita Plus* is a broad spectrum nutritional supplement supplying optimal amounts of free radical scavenging nutrients with ample quantities of trace and ultra trace nutrients necessary for nutritional support of healing mechanisms, immunity functions, and the manufacture of antioxidant enzymes.

Uses: As a daily multiple vitamin and mineral supplement.

Actions: Protection against pathologic free radicals is provided by both dietary and endogenous antioxidants. When functioning properly, these antioxidant systems suppress excessive free radicals reactions, allowing healthful biological effects without unwanted cellular and molecular damage. The enzymes **Catalase, Superoxide Dismutase** and **Glutathione Peroxidase** dampen free radical chemical reactions. Supple

mental nutrients reinforce endogenous antioxidant defense since these enzymes require certain vitamins and trace elements to be activated. Free radical quenchers can also improve the immune defense responses of both T cells and B cells. The main nutrient immune system stimulants and anti free radicals are the **vitamins A, C and E, beta carotene**, the trace elements **selenium, manganese, potassium, zinc molybdenum** and **iron** and the **sulfur containing amino acids, Cysteine and Methionine**. The **B complex vitamins** are important for cellular maintenance and potentiate the action of antioxidants. **Vitamin C** and the **bioflavonoids** increase capillary resistance to damage by free radicals. Membrane stabilizers include **PABA, inositol** and **choline**. **Calcium, magnesium** and **potassium** are vital for cell stabilization and proper functioning. **Vitamin D** aids in the absorption of **calcium**. The human body lacks an effective enzymatic defense against the very destructive free radical precursor, excited state singlet oxygen. The most important protection against singlet oxygen is dietary intake of **beta carotene** (pro **vitamin A**). **Beta carotene** deactivates atoms of singlet oxygen and can therefore prevent damage to DNA and other cellular constituents. The trace elements **copper, zinc** and **manganese** are essential to the Superoxide Dismutase; **selenium** is essential to glutathione peroxidase; **iron** is necessary for catalase and in several forms of peroxidase. **Molybdenum** is known to be present in several enzymes and it is also necessary for **iron** utilization. Many antioxidant nutrients vital to free radical protection also serve as natural chelators. **Vitamins C** and **E** and the amino acids, **cysteine** and **methionine**, help rid the body of toxic metals such as **lead** and abnormally located iron and copper, all free radical catalysts. The administration of the **sulfur** containing amino acids, **methionine** and **cysteine**, may ameliorate the toxicity of over 40 compounds.

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Recommended Dosage: One capsule daily

Description: Each capsule contains: Echinacea (purpurea and angustifolia) 175mg,
Golden Seal (Leaf and Root), Red Clover (Blossoms)

In a base of Proanthcyanidins from Grape Seed Extract (OPC 85+) and Standardized Elderberry Extract

Uses: Formulated for those viral seasons to support your body nutritionally. Includes **Echinacea, Golden Seal, Elderberry, OPC-85 /grape.** Together these herbs have been shown to reduce inflammation of the mucus membranes while boosting the body's immune system defenses against viruses and germs.

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ORDER # 14548 Woman's Special

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Recommended Dosage: Four tablets daily with meals.

Description: *Woman's Special* (For women only) is a well balanced multiple vitamin/mineral especially formulated to minimize women's premenstrual tension. Anxiety, mood swings, irritability, bloating, headache, low back pain, skin blemishes and cramps can be associated with the normal menstrual cycle. Help support your body's natural ability to regulate and maintain balanced hormones, hydration and electrolytes, and **make this stressful time easier with daily Women's Special!**

Uses: For women who need balanced nutrition throughout their monthly cycle.

Actions: **Vitamins A, C, and E, beta carotene** as well as the trace elements **selenium, manganese, potassium, zinc** and **methionine** are the main nutrient immune system stimulants. **Vitamin A** is the source of **beta carotene** that assists the body's natural defenses against free radicals and is one of the most important antioxidants. Along with **beta carotene, Vitamin E** can neutralize the free radicals as well as inhibit the formation of bad cholesterol. The **B complex vitamins** are important to activate the antioxidants. **Vitamin C** and the **bioflavonoids** also work together to fight damage by free radicals. Studies have shown that increased consumption of **vitamin C** helped to boost immunity, and protect against pollution, smoke and other sources of free radicals. **Calcium, magnesium** and **potassium** are vital for cell stabilization and

proper functioning. **Vitamin D** helps the body to absorb **calcium** and **molybdenum** assists in **iron** utilization. Working together, **vitamins C, E** and the amino acids also help our bodies to reject toxins and battle free radical damage. **Lactobacillus Acidophilus** and **Bifidus** provide "friendly flora" which maintain proper intestinal balance. **Echinacea**, an herb, boosts the immune system. **Milk Thistle** is a natural detoxifying herb. **Raw Ovarian concentrate** is a purified glandular supportive to women's needs. **Vitamin B** has revealed in studies to be a diuretic which decreases water retention and bloating.

Magnesium Aspartate complex is naturally calming to muscles and nerves.

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ORDER # 97006 Yeast Specific

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- Aids the body in fighting yeast infections
 - Boost the body's defenses
 - Fight damage by combating toxins
 - Nutrient immune system stimulants

Recommended Dosages: One tablet daily or as directed.

Description: Specific nutritional support as provided in this formula, in conjunction with necessary dietary changes recommended by your health care professional are imperative in maintaining a healthy internal environment of friendly flora. Caprylic Acid is one of the key nutrients in this action.

Uses: To naturally assist defenses in a body.

Actions: *Yeast Specific* is specially formulated to provide additional nutritional support and boost the body's defense. **Caprylic Acid**, a medium chained fatty acid helps stop the conversion to yeast overgrowth. **Potassium Sorbate** demonstrates anti fungal properties. **Vitamins C** and **E** as well as the trace elements **zinc** are nutrient immune system stimulants. **Vitamin E** can neutralize the free radicals and **Vitamin C** can also fight damage by combating toxins. Studies have shown that increased consumption of **Vitamin C** helped to boost immunity, and protect against infection. **Calcium** and **magnesium** are vital for cell stabilization and proper functioning.

ORDER # 83009 Yucca Root

Saponins provide anti-inflammatory action

Recommended Dosage: One capsule daily or as directed by your physician

Description: Yucca Root 500 mg.

Ingredients: Yucca root, Cellulose, Gelatin, Silica, Magnesium Stearate

Historical Uses: An Herb found in the North American desert and Western mountains regions which has been known to help with the symptoms of arthritis and rheumatism.

Actions: Rich in steroid-like saponins that elevate the body's production of cortisone to aid anti-inflammatory actions for arthritis and rheumatism relief.

*The statements about these products have not been evaluated by the Food and Drug Administration.
These product are not intended to diagnose, treat, cure or prevent any disease.*

- ___ 11103 Allergy Pack
- ___ 11104 Arthritis Pack
- ___ 11107 Back Pack
- ___ 11105 Diet Pack
- ___ 11101 Heart Pack
- ___ 11108 Fatigue Pack
- ___ 11102 Memory Pack
- ___ 11106 PMS Pack
- ___ 81601 Allergy Specific
- ___ 76132 Aloe Vera Juice Tabs
- ___ 80070 American Ginseng
- ___ 97560 B12/Folic Tablets
- ___ 67045 Black Current Capsules
- ___ 14544 Bone Special
- ___ 97015 Cal-5 + Mg
- ___ 67629 Calm Me
- ___ 67100 Coenzyme Q10 + Lecithin
- ___ 37362 Coenzyme Q10 + Lipoic
- ___ 83050 DHEA 25mg
- ___ 17875 E-200IU
- ___ 37562 Echinacea Zinc Lozenge
- ___ 76121 Echinacea
- ___ 14543 Energy Support
- ___ 14541 Executive Stress Special
- ___ 14546 Fatigue Special
- ___ 67047 Flax Seed Oil Capsules
- ___ 76128 Ginger
- ___ 76138 Golden Seal

- ___ 76144 Green Tea Extract
- ___ 14550 Heart Smart
- ___ 17080 Immu Specific
- ___ 82891 Joint Specific
- ___ 17054 Kids Daily
- ___ 83052 Klamath Blue Green Algae
- ___ 14551 KNCR
- ___ 81322 Melatonin
- ___ 14542 Memory Max
- ___ 91300 Mineral Bath Salts-Lav.
- ___ 17497 Multi-Probiotic
- ___ 17090 Natural C 500 Mg Plus
- ___ 97442 Natural Diet Caps +Herbs
- ___ 17021 NCI Mag
- ___ 67955 Orange Chew 500 Mg
- ___ 27703 Phytonutritional
- ___ 82044 Prostate Specific
- ___ 14549 Rehab Special
- ___ 81352 Skin Specific
- ___ 57540 Ultra Anti-Oxi
- ___ 67921 Ultra Vigor Daily
- ___ 17454 Vitaplus
- ___ 18441 Weigh Less
- ___ 81469 Winter Formula
- ___ 14548 Women's Special
- ___ 97006 Yeast Specific
- ___ 83009 Yucca Root
- ___ **1001 Distributor Kit**

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or

1-717-296-2020

9-5 EST

By fax: 24 hours

You may fax your completed order form to :

1-717-296-4767

By mail (credit card, check, money order):

Order Department

Natural Connections, Inc.

301 West Harford Street

Milford, PA 18337

HEART PACK

MEMORY PACK

ALLERGY PACK

ARTHRITIS PACK

DIET PACK

PMS PACK

BACK PACK

FATIGUE PACK

17454 VITAPLUS

81601 ALLERGYSPECIFIC

57470 ULTRA ANTI OXI

17875 E-200 IU

17497 MULTIPROBIOTIC

14542 MEMORY MAX

17875 E-200 IU

67047 FLAX SEED OIL CAPSULES

37362 COENZYME Q10 WITH LIPOIC

57470 ULTRA ANTI OXI

14550 HEART SMART

17875 E-200 IU

67047 FLAX SEED OIL CAPSULES

37362 COENZYME Q10 WITH LIPOIC

57470 ULTRA ANTI OXI

82891 JOINT SPECIFIC

114549 REHAB SPECIAL

97015 CAL-5 + MAG

83009 YUCCA ROOT

76132 ALOE VERA JUICE TABS

97442 NATURAL DIET CAPS + HERBS

18441 WEIGH LESS

57470 ULTRA ANTI OXI

17875 E-200 IU

80070 AMERICAN GINSENG 200 MG

14549 REHAB SPECIAL

82891 JOINT SPECIFIC

97015 CAL-5 + MAG

57470 ULTRA ANTI OXE

17875 E-200 IU

67047 FLAX SEED OIL CAPSULES

14548 WOMEN'S SPECIAL

97015 CAL-5 + AMG

57470 ULTRA ANTI OXE

17875 E-200 IU

17497 MULTIPROBIOTIC

11101

11102

11103

11104

11105

11106

11107

11108

14546 FATIGUE SPECIAL

81601 ALLERGY SPECIFIC

97006 YEAST SPECIFIC

17875 E-200 IU

27703 PHYTONUTRITIONAL

17497 MULTIPROBIOTIC

To Order: Please find the enclosed current price sheet and order form. New order forms are sent with each shipment.

Notes:

NOTES

Why Natural Connections?

- Natural Connections is a full member of the DSA (Direct Selling Association), the organization that keeps the integrity of our industry held to the highest standards.
- Natural Connections and its products are Physician founded and developed. We are able to choose products for you which are supported by clinical studies and research.
- We are continually adding to our comprehensive and industry leading product line.
- The Natural Connections commission structure rewards distributors for sharing their own product success stories and developing connections with others who appreciate taking an active part in their health. Distributors buy their personal products at a discount.
- Our Internet Web Site has product information and will soon offer links to medical databases. This information will help you show your customers where they can find answers to their questions. Orders by distributors and their customers may be placed: over our secured Internet checkout page, by phone, fax or regular mail.
- Be part of an organization that is concerned about people and the environment and looking for ways to contribute towards a global conscience.

You can reach that which you plan for and are willing to work at to achieve. Network Marketing requires a willingness to follow a successful duplicable formula, make a personal action schedule and then continue to work that plan as you watch your success unfold.

Income Opportunity

You care about your health and would like to earn extra income. What do Natural Connections Distributors do? Follow our program and achieve the success you work for!

Natural Connections distributors receive wholesale pricing on our products and have the opportunity of building retail and distributor organizations, both of which can result in substantial income. Should you decide you would like to become a distributor please **order the Distributor Sales and Product Reference Manual (#1001 Distributor Kit-\$19.95)**. Share information about the Natural Connections products and business opportunity and watch your business grow. Those you introduce to the products are going to do the same thing you demonstrate through your actions. In order to be successful, you should have first hand experience with the benefits derived from our nutritional supplements. Natural connections manufactures superior quality products designed to enhance health. The success of our compensation plan is based on distributor members, their families, friends and acquaintances appreciating this value through personal experience. Please take time to review the supplied product information now. Choose, order and begin using the products you feel are best for you. Your body will appreciate your efforts to take care of it and you will then be able to explain to others what you have felt and how your life has changed.

Remember, those you present the opportunity to are going to do what you have shown by example. Don't make the mistake of merely treating this as a business opportunity. Discover first hand the value of the Natural Connections products. You will find that your personal experience will help you explain the product value. Treat this opportunity as a serious business with products that will be as valuable tomorrow as they are today. Natural Connections products are based on science and are not a passing fad.

Rehab Special: These special ingredients have been shown to help maintain healthy connective tissue (muscles, bones, tendons and ligaments), strengthen bone matrix, fight free radical damage and expedite healing. Reach for this complete blend of vitamins, minerals and nutrients to aid in recovery and healing. Request **Rehab Special !**

Women's Special: Anxiety, mood swings, irritability, bloating, headache, low back pain, skin blemishes

and cramps can be associated with the normal menstrual cycle. Help support your body's natural ability to regulate and maintain balanced hormones, hydration and electrolytes and make this stressful time easier with daily **Women's Special** !

Executive Stress Special: Mental and/or physical stress can deplete the levels of vital nutrients. This complete formula is designed to compliment daily relaxation and regular exercise. These powerful ingredients play crucial roles in supporting and maintaining overall health and vitality.

Start with **Executive Stress Special** !

Energy Support: Release your natural energy, stamina, strength and endurance through this proprietary formula of multiple vitamins, minerals and herbs designed for high energy and sports. Metabolic enhancers help the body combat fatigue and optimize performance. Work hard, enjoy life and feel more alert with all day vitality. Take **Energy Support** !

Bone Special: The US Department of Agriculture has proven that the ingredients in **Bone Special** help promote your body's ability to fight bone loss. Add **Bone Special** with its calcium to your regular exercise and healthy diet to promote bone strength and prevent osteoporosis !

Years of clinical experience

combined with knowledge of traditional therapies throughout the world and modern research have led to Natural Connection's proprietary formulas. Our products are made from only the highest quality, fresh materials and undergo strict testing and quality control to assure you the finest in standardized nutritionals.

Our Physician formulated line is a synergistic, comprehensive mix of vitamins, minerals, herbals, enzymes, and/or other nutrients based on clinical studies and laboratory research.

Our products will take you into the 21st century with nutraceuticals designed for your specific needs, such as: **Memory Max, Heart Smart, Fatigue Special, Executive Stress, Women's Special, Energy Support, Rehab Special, Calm Me, Bone Special, Joint Specific, Natural Diet Caps + Herbs** and many more.

Discover our safe, scientifically advanced formulas for your specific needs and quality you can depend on!

*“There are natural
connections between good health and happiness”*

Richard E. Buckley, MD

Years of clinical experience combined with knowledge of traditional therapies throughout the world and modern research have led to Natural Connection's proprietary formulas. Our products are made from only the highest quality, fresh materials and undergo strict testing and quality control to assure you the finest in standardized nutritionals.

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Our products will take you into the 21st century with nutraceuticals designed for your specific needs.

Discover our safe, scientifically advanced formulas for your specific needs and quality you can depend on!

Heart Smart: A Harvard University Physicians Health Study demonstrated that the anti-oxidants in **Heart Smart** have a significant impact on heart health. Help your body maintain heart and overall health, normal cholesterol levels, and youthful activity with this advanced nutritional protection and support. Make **Heart Smart** a regular part of your everyday nutrition !

Memory Max: Scientific studies at leading universities have proven that the nutrients in **Memory Max** can naturally improve brain function, memory, concentration, mental sharpness and general health. Help your body slow the degenerative process and achieve a lifetime of health. Start vitalizing your mind and body with daily **Memory Max** !

Calm Me: Our extraordinarily effective, exclusive formula of nutritional support helps the body counteract anxiety, stress, nervousness, and also provides gentle calmatives that support relaxation of the

nervous system. Naturally soothes muscles. **Calm Me** working for **YOU** !

Natural Diet Caps + Herbs: Lose pounds and inches naturally. Help your body promote fat loss and build lean muscle. Curbs appetite, reduces food intake and inhibits the production of cholesterol and fats while providing more energy without the “yo-yo” rebound weight gain. Exceptionally safe. Look and feel your best with **Natural Diet Caps + Herbs** !

Joint Specific: Research has shown that these all natural ingredients have the ability to nutritionally assist joint repair and the natural maintenance of normal joint motion. Helps maintain healthy cartilage, ligaments and tendons. Isn't it time you asked for **Joint Specific** !

The powerful ingredients in our products play a crucial role in aiding your body's long term fight against pollution, injury, aging and disease.

Natural Connections provides you with the highest quality nutritional formulas available. We are physician directed and blend the best of ancient knowledge with modern science based on clinical studies and laboratory research. Facilities are FDA inspected and meet or exceed all U.S. manufacturing standards.

Natural Connections puts mother nature on your side!

Health and Financial Opportunity

You can make a healthy difference in peoples lives and earn a second income while receiving discounts on product pricing. If you think you might be interested in distributing our products please contact us at 1-800-297-7341.

Our Business is Global Well Being

Thank you for taking the time to learn about
Natural Connections Products and Income Opportunity!

1-717-296-2020 1-800-297-7341

Web Site <http://www.naturalconnections.com>

E-mail info@naturalconnections.com

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