

The Willner Window

Catalog & Newsletter • Summer 2017

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(1 block south of Grand Central Terminal)

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Store Hours: Mon-Fri: 8:45 AM to 7 PM; Sat: 9 AM to 5 PM

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Now On Sale at Willner Chemists . . .

Phyto-Tech™ Herbal Supplements

Adrenal Adaptogen Complex

Supports healthy adrenal gland function, optimizing the body's handling of stress induced fatigue, immune deficiency and debility.

90 Veggie Caps - Prod Code: 67452

Allergy Complex

This supplement supports healthy sinus and respiratory systems function by exerting an anti-histamine, decongestant type action.

1 fl oz - Product Code: 56983

Bacopa

Bacopa has been used in Ayurvedic medicine as a brain tonic, sedative and anti-epileptic. It enhances cognitive function while, at the same time, reducing anxiety.

90 Veggie Caps - Product Code: 67469

Glucosamine Plus

A synergistic blend of Glucosamine, Chondroitin, MSM plus Devil's Claw—for effective relief of arthritic and joint discomfort. Devil's Claw sets this formula apart due to its proven anti-inflammatory action.

120 Veggie Caps - Product Code: 67473

Glycemic Support Complex

A blend of herbs designed to normalize blood sugar metabolism

90 Veggie Caps - Product Code: 67453

Liver Support Caps

Standardized Powder Veggie Caps

This herbal blend has a systemic detox action, supporting liver function and blood cleansing, protecting the body from environmental and dietary toxins.

90 Veggie Caps - Product Code: 67454

Willner Chemists
Phyto-Tech™

30% OFF

*Selected Items

July 3 - Aug.11

Maca Enhanced

An enhanced form of Maca, valued for its effect on Libido, Male and Female Hormonal Balance, Stress and Fatigue.

90 Veggie Caps - Product Code: 67456
4 oz Powder - Product Code: 67457

Moving On

A natural, effective herbal laxative formula for those occasions when constipation or need for detoxification calls for stronger measures.,

90 Veggie Caps - Product Code: 67472

Red Yeast Rice Q10

A naturally fermented yeast strain shown to be especially supportive to cardiovascular health.

90 Veggie Caps - Product Code: 67464

Saw Palmetto Berry 1:3

Perhaps the most researched, most effective herb for treating an enlarged prostate (BPH).

60 Liquid Veggie Caps - Product Code: 67450

Thyroid Complex

A blend of herbs, vitamins and minerals that support thyroid function.

90 VeggieCaps - Product Code: 67455


**WILLNER
CHEMISTS**

The Nutritional Supplement
Professionals

**Select Phyto-Tech™ Herbal Supplements
on Sale at 30% off list
July 3rd through August 11th, 2017**

The Willner Window

Catalog & Newsletter • Summer 2017

Welcome To Willner Chemists

*... the Oldest and Largest
Nutritionally Oriented Pharmacy
in North America
Featuring the Largest Selection of
Nutritional Supplements,
at Discount Prices.*

Willner Chemists - Midtown Manhattan

100 Park Ave, New York NY 10017

(1 block south of Grand Central Terminal)

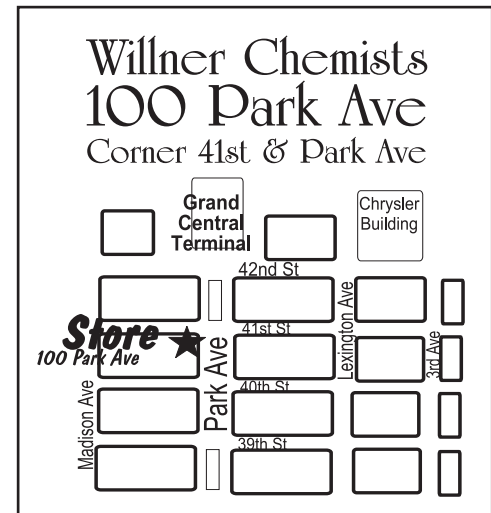
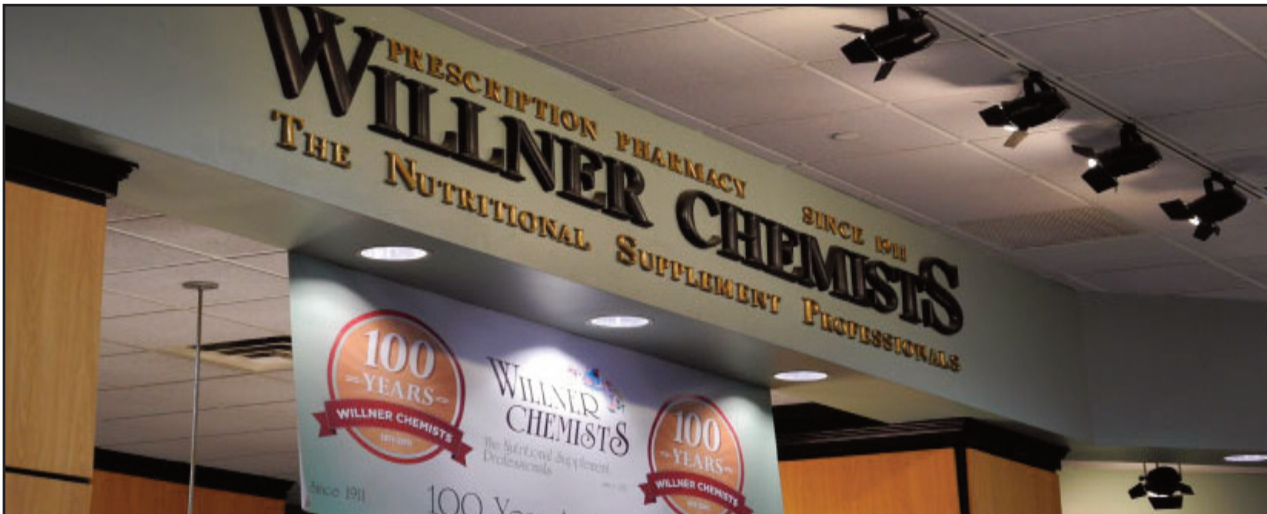
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Store Hours: Mon-Fri: 8:45 AM to 7 PM; Sat: 9 AM to 5 PM

Pharmacy Hours: Mon-Fri: 8:45 AM to 4:45 PM; (Closed Saturday & Sunday)

Come Visit us at

Willner Chemists



Welcome to Willner Chemists

The oldest and largest nutritionally oriented pharmacy in North America, featuring the largest selection of nutritional supplements at discount prices.

News & Store Events

Samples, demos, book signings and more! Visit our website for a schedule of upcoming events at our Park Avenue location.

Request a Free Consultation

Willner Chemists features a staff of nutritionally trained Pharmacists to answer your health and supplement questions.

Visit Us Online

Visit www.willner.com for more product information and easy online ordering!



Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements



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Billberry	23	Fenugreek 1:3	50	Lobelia 1:2	70	Schisandra Berry	90
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Black Walnut Hull	24	Feverfew 1:2	51	Lymphatic Complex	70	Sinus Allergy Blend	92
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BPH Complex	26	Fo Ti Root	52	Maca Enhanced	70	Skullcap 1:2	93
Brain Bio Boost Complex	28	Garlic	52	Male Virility	72	Sleep Complex	93
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The Nutritional Supplement Professionals

The Willner Window

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THE PROBIOTIC FOR WOMEN

CLINICALLY TESTED + PATENTED

Jarro-Dophilus® Women contains four clinically documented, vaginal probiotic *Lactobacilli* strains: *L. crispatus* LbV 88, *L. jensenii* LbV 116, *L. gasseri* LbV 150N and *L. rhamnosus* LbV 96.*

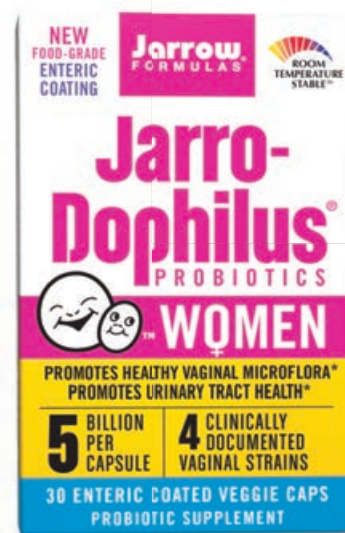
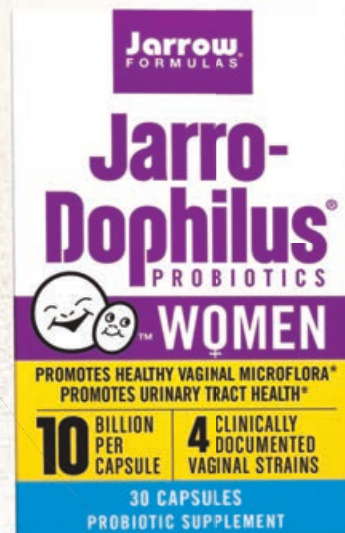
All four strains were originally isolated from the vaginal tracts of pregnant women and are the dominant *lactobacilli* of healthy vaginal microbiota. They have been clinically tested for efficacy in helping maintain protective, healthy vaginal flora and promote urinary tract health.*

When choosing an effective probiotic, documented strains matter.™

Choose science.

Choose Jarro-Dophilus® Probiotics.

JARRO-DOPHILUS® WOMEN 10 BILLION, 30 CAPS - JRW67416 JARRO-DOPHILUS® WOMEN 5 BILLION, 30 V CAPS - JRW67422



FOUR CLINICALLY DOCUMENTED LACTOBACILLUS STRAINS*

CONTAINS THE PREVALENT AND DOMINANT SPECIES OF THE HEALTHY VAGINAL MICROBIOTA*

PROMOTES URINARY TRACT HEALTH*

PROMOTES HEALTHY VAGINAL MICROFLORA*

AVAILABLE IN EITHER ENTERIC-COATED (SHELF-STABLE, 5 BILLION) OR NON-COATED (REQUIRES REFRIGERATION, 10 BILLION) OPTIONS

Jarro-Dophilus® Women provides the clinically tested Astarte® strains which are protected by U.S. Patent 8,846,027 and European Patent 2,509,610. Astarte® is owned by HSO Health Care GmbH, Vienna, Austria, and licensed in the U.S. to Jarow Formulas, Inc. Other international patents pending.



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

Visit us at www.jarow.com for more product information.

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NEW

MIGHTY- CHONDRIA™

Nicotinamide Riboside Enhances NAD+ Levels and
Supports Mitochondrial Energy Production*



Turn Back the Cellular Clock*

Nicotinamide Riboside (NR) (NIAGEN®) is a highly efficient, naturally occurring vitamin B3 metabolite whose range of aging-related health benefits are legitimizing its reputation as a “fountain of youth.” Nicotinamide Riboside (NR) enhances cellular NAD+ levels, supports the generation and vitality of mitochondria, promotes longevity and healthy metabolism.*

By enhancing cellular NAD+ levels, NR supports optimal mitochondrial function and generation, thereby promoting healthy aging, longevity, healthy metabolism and much more.*

NIAGEN®

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Nicotinamide Riboside, 100 mg, 60 Tablets - JRW66622

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

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Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements



Adaptogen Complex

**An excellent anti-stress formula;
a Chi or energy tonic.**

1 fl oz - Product Code: 57083

Who would benefit from this supplement?

- Those suffering from fatigue, overexertion, stress, chemotherapy, depression. Best used on a daily basis.

Ingredients:

Phyto-Tech™ Adaptogen Complex contains the following herbs: Red Reishi Mushroom, Eleuthero Root, Ashwagandha Root, Vanuatu Kava Root, Licorice Root.

Complimentary Formulas:

- Phyto-Tech™ Ginseng Energy Blend
- Phyto-Tech™ Immune Complex

Adrenal Adaptogen Complex

**Supports healthy adrenal gland function,
optimizing the body's handling of stress induced
fatigue, immune deficiency and debility.**

90 VeggieCaps - Product Code: 67452

Who might benefit from this supplement?

- Those suffering from fatigue, burnout, stress, debility, Immune Deficiency
- Those with poor immune function brought on by stress, mental and physical weakness.

Ingredients:

Phyto-Tech™ Adrenal Adaptogen Complex contains, in each veggie capsule, 465 mg of the following fresh ground herbs: Organic Eleuthero Root 155mg, Organic Ashwagandha Root 155mg, Organic Schizandra Berry 40mg, Imported Cordyceps Mushroom 40mg, American Ginseng Root 25mg, Rhodiola Root Extract (5% Resaving) 25mg, Red Chinese Ginseng Root 20mg, Organic Aralia mandshurica Root 5mg.

The vegetarian capsule contains modified vegetable cellulose.

Properties:

Traditionally, this combination of herbs can be thought to exert the following properties: Adaptogen, Adrenal Tonic, Immuno-Modulating, Mood Enhancing, Anti-Depressant

Indications:

Adrenal Adaptogen Complex is a balancing adaptogenic formula indicated for those who are overworked, overstressed, and find themselves feeling tired, overwhelmed and burnt-out most or all of the time. It is also helpful for those who haven't hit the wall yet, but live fast-paced, high-stress lifestyles and want to avoid breakdown and burnout. Adrenal Adaptogen Complex will increase the body's resistance to physical, mental, and environmental stress, and help to defend against diseases and disorders caused by over-stress. The herbs used in the formula are highly adaptogenic and work synergistically to moderate the stress response, not by blocking it altogether but by balancing it out. In other words, they enable the body to respond more appropriately to stress without over-exaggerating the response. This prevents adrenal overstimulation and protects the adrenals from breakdown and exhaustion. Adaptogens act positively on glucose metabolism as they stimulate the liver to convert glycogen to glucose, enhance entry of glucose into the cell, and enhance utilization of glucose within cells. Regular use of Adrenal Adaptogen Complex will help normalize stress hormone levels, lessening ones predisposition to stress, decrease over-reactions during the stress response, and provide protection against the effects of long-term stress. In addition, energy and vitality will be restored, and mood and emotional well-being will improve.

Eleuthero (*Eleutherococcus senticosus*) has been used in Traditional Chinese Medicine for thousands of years and is indicated for those with fatigue, physical weakness, compromised immunity, and poor work capacity and concentration. Pharmacologically, Eleuthero tonifies, displays

anti-stress activity, increases lymphocyte count, and has an immunomodulatory effect on the cellular immune system. Studies show that Eleuthero increases endurance, reduces the alarm phase of the stress response, prevents stress-induced illness and disease, supports adrenal function, and enhances T-cell activation and immune system function. Formerly known in the U.S. as Siberian Ginseng, Eleuthero is not a true ginseng, but it does belong to the same family of plants. Compared to true ginseng, Eleuthero is non-heating and milder in its stimulatory effects.

Ashwagandha is used preventively to avoid burnout and breakdown and restoratively to help strengthen those who are already mentally and/or physically depleted. It has positive effects on chronic fatigue syndrome, depression, debility, and recovery from wasting diseases. Ashwagandha is one of the most important herbs of Ayurveda and is known as "Ayurvedic" Ginseng. It is indicated for similar conditions as Ginseng, but it is not heating, Yang, or stimulating like Ginseng. Many scientific studies have been conducted that support Ashwagandha's adaptogenic and anti-stress activity. It's been found to be effective at increasing physical endurance, preventing gastric ulcers brought on by stress, and reducing the rise of stress hormone levels in the blood. Ashwagandha also has cognitive effects and can increase intellect and memory. Several studies indicate it slows stops and reverses neuritic atrophy and synaptic loss, and thus has been used in the treatment of neurodegenerative diseases such as Alzheimer's, Parkinson's, and Huntington's. Ashwagandha also displays GABA-mimetic, anxiolytic and anti-depressant properties and can help stabilize mood in those with anxiety and depression.

American Ginseng (*Panax quinquefolius*) is native to North America and was used in traditional indigenous medicine by tribes such as the Cherokee, Creek, Iroquois, Menominee,

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Important Notice: The information given here is designed to help you make informed decisions about your health, and the proper use of dietary supplements. It is not intended as a substitute for medical advice, nor a substitute for any treatment that may have been prescribed by your doctor. If you have a medical problem, you should seek medical help. Products described herein are not intended to diagnose, treat, cure or mitigate disease.



Breathe Easier: Nutrients Reduce Pneumonia, Improve Asthma

Vitamin E Reduced Pneumonia in Smokers

In this study, 7,469 males, age 50 to 69, who began smoking at age 21 or later, took a placebo or 75 IU of vitamin E per day. Over a follow-up period of five to eight years, among those who smoked between 5 and 19 cigarettes per day-"light" smokers-and who exercised casually, chances for developing pneumonia were 69 percent lower for vitamin E compared to placebo.

About one-third of participants quit smoking at some point during the study period. For these former smokers, chances for developing pneumonia were 72 percent lower compared to placebo, even among those who had been "heavy" smokers-20 or more cigarettes per day-or those who did not exercise.

Doctors said the evidence that vitamin E can prevent pneumonia in older male smokers is strong, and suggest more study in non-smokers.

(Reference: Clinical Interventions in Aging; 2016, Vol. 2016, No. 11, 1379-85)

Black Cumin Helps Control Asthma

Doctors know that people with asthma often have difficulty being consistent with conventional asthma medications. Earlier studies showed black cumin seed oil has benefits in inflammatory conditions such as asthma. In this study, 60 people with asthma took a placebo or 500 mg of black cumin seed oil twice per day.

After four weeks, asthma control test scores had improved more for those taking black cumin seed oil compared to placebo. Doctors also measured levels of eosinophils, the white blood cells that increase as the body fights inflammatory conditions. Eosinophil counts were more than three times lower in the black cumin group compared to placebo, a result doctors said was "a remarkable normalization."

(Reference: Phytotherapy Research; 2017, Vol. 31, No. 3, 403-9)

Additional Comments from Don Goldberg

The pharmacists and nutritionists at Willner Chemists are available to help you select the appropriate supplements for your particular needs. We stock the following **Black Cumin Seed Oil** products, from Life Extension:

Black Cumin Seed Oil 500mg
60 Softgels
Product Code: 62496

Black Cumin Seed Oil w/ Bio Curcumin
60 Softgels
Product Code: 62521



**Willner Chemists
Phyto-Tech™
Herbal Supplements**

30% OFF

**Selected Products*
July 3 - August 11**

- Adrenal Adaptogen Complex
- Allergy Comple
- Bacopa
- Glucosamine Plus
- Glycemic Support Complex
- Liver Support Caps
- Maca Enhanced
- Moving On
- Red Yeast Rice Q10
- Saw Palmetto Berry 1:3
- Thyroid Complex



The Nutritional Supplement Professionals

Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements

Ojibwa, Pawnn, and Seneca. Its primary uses include enhancing blood sugar metabolism in both healthy individuals and those with type 2 diabetes, improving cardiorespiratory endurance during activity, boosting mood and reducing fatigue. It has a systemic effect to increase vigor, energy and vitality, and is especially helpful for individuals feeling overworked and rundown.

Red Chinese Ginseng (Panax ginseng) is more warming and stimulating than American. Studies have shown it to have positive effects on quality of life, physical and mental stress, and intellectual skills. Traditional Chinese Medicine believes that it replenishes vital essence and promotes blood circulation. It acts through both the hypothalamus-pituitary-adrenal axis and through its immunomodulatory activity.

Schizandra increases endurance and mental performance, and has an adaptogenic, tonifying, and stimulating effect during extreme fatigue. Studies indicate daily use of Schizandra helps prevent increases in cortisol, nitric oxide and stress activated protein kinase. It also exhibits anti-depressant activity and is indicated for depressions related to excessive fatigue and nervous exhaustion.

Cordyceps have been traditionally used as a tonic to improve energy, endurance, stamina, appetite and sleep patterns. Research indicates they have biological and pharmacological actions in diseases of the liver, kidneys and cardiovascular system, and effects on immunological disorders. Cordyceps stimulate production of T helper cells, TNF-alpha and interleukin 1 production, increase natural killer cell activity, and prolong lymphocyte survival.

Rhodiola increases resistance to chemical, biological, and physical stressors and protects the body from stress-induced breakdown. It stimulates the activity of the neurotransmitters serotonin, dopamine and norepinephrine, helps normalize

mood in depressed individuals, and improves cognitive function.

Aralia mandshurica is an adaptogen native to the eastern regions of Russia, northern China, and Korea and has been traditionally used to treat stress, fatigue, debility, depression, immune weakness and headache. It's also been studied for its positive effects on lipid metabolism.

Rhaponticum, native to Russia, is used to restore strength and energy, improve mood, and increase mental focus and alertness, especially in stressful conditions. It has a wide-range of properties that include cardiac tonic, nervine, immune stimulant, antioxidant, and liver protector.

Contra-indications and Cautions:
Pregnancy; Possibly high blood pressure

Complimentary Formulas & Single Herbs:

- B-Complex Vitamins (nutritional support for stress and fatigue)
- Immune Acute Complex (if immune system is weak)
- St. John's Wort (for depression)
- Ginkgo (to increase memory and cerebral circulation)

Dosage:
Take 1capsule, 1-3 times per day or as needed.

These statements have not been evaluated by the FDA. This product is not intended to diagnose, cure, treat or prevent any disease.

Adrenal Stress Complex

Supports healthy adrenal gland function, optimizing the body's handling of stress.

1 fl oz - Product Code: 57037

Phyto-Tech™ Adrenal Stress Complex is a blend of adrenal-normalizing, adaptogenic herbs especially valuable for those

suffering the stressful effects of a fast paced lifestyle. This formula can be considered an "adrenal tonic." This formula also helps maintain healthy blood sugar levels by supporting liver function.

Who would benefit from this supplement?

- Those suffering from stress related to a fast-paced, demanding lifestyle.
- Those who have problems with blood sugar regulation, including hypoglycemia and adult onset, type 2 diabetes.
- Those with adrenal dysfunction leading to blood sugar swings, water imbalance, mood swings, and thyroid dysfunction.

Ingredients:

Phyto-Tech™ Adrenal Stress Complex contains the following herbs: Licorice Root, Eleuthero Root, Devil's Club Root Bark, Dandelion Root, Sarsaparilla Root, Ginger Root.

Dosage:

20-40 drops in water or juice, 2-3 times daily, or as needed.

Complimentary Formulas:

- Phyto-Tech™ Adaptogen Complex, when fatigue and burn out present
- Phyto-Tech™ Ginseng Energy Blend, when extreme fatigue, low passion present
- Phyto-Tech™ Holy Basil 20-8-8-5 liquid veggie caps to counteract stress and control cortisol levels.

Allergy Complex

This supplement supports healthy sinus and respiratory systems function by exerting an anti-histamine, decongestant type action.

1 fl oz - Product Code: 56983

Alcohol Free - Product Code 57041

Child Friendly - Product Code 57013

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The exclusive line of BioPerine® enhanced formulas in fast-acting liquid soft-gels

For over 20 years, Irwin Naturals® has formulated "best-in-class" supplements that address a wide spectrum of health needs. Our extensive line uses an all liquid soft-gel delivery that offers superior advantages over hard-to-digest tablets and capsules. Plus, our signature BioPerine Complex enhances nutrient absorption and potency. **Check out some of the latest additions to our family of products below** and if you are not yet familiar with the entire breadth of this amazing health conscious brand, then check us out at www.IrwinNaturals.com and put yourself on the path to a happier, healthier you.

ALL IRWIN NATURALS® PRODUCTS ON SALE
July 3rd – August 11th, 2017 at Willner Chemist's



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WILLVITE (with Iron) 120 Tablets

SUPPLEMENT FACTS:

Serving Size: 4 Tablets

Servings per container: 30 (for 120 Tab Size)

Ingredient	Per 4 tabs	% DV
Vitamin A (25% (5,000 IU) from acetate, 75% (15,000 IU) from natural D. salina beta carotene)	20,000IU	400%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	750 mg	1250%
Vitamin D3 (as Cholecalciferol)	800IU	200%
Vitamin E (as d-Alpha Tocopheryl Succinate)	300IU	1000%
Vitamin K2 (as MK7)	60 mcg	75%
Vitamin B1 (as Thiamine Mononitrate)	30mg	2000%
Vitamin B2 (as Riboflavin)	30 mg	1764%
Niacin (as Niacinamide)	50 mg	250%
Vitamin B6 (as Pyridoxine HCl)	30 mg	1500%
Folic Acid	400 mcg	100%
Vitamin B12 (as Methylcobalamin)	200 mcg	3333%
Biotin	300 mcg	100%
Pantothenic Acid (from d-calcium pantothenate)	50 mg	500%
Calcium (from Carbonate & Citrate)	800 mg	80%
Iron (from Rice Chelate)	9 mg	50%
Iodine (from Kelp)	150 mcg	100%
Magnesium (from Oxide & Aspartate)	600 mg	150%
Zinc (from AA Chelate)	20 mg	133%
Selenium (from L-Selenomethionine)	100 mcg	143%
Copper (from AA Chelate)	2 mg	100%
Manganese (from Manganese Gluconate)	5 mg	250%
Chromium (as Picolinate)	100 mcg	83%
Molybdenum (from Chelate)	150 mcg	200%
Potassium (from AA Chelate)	50 mg	1%
Choline Bitartrate	50 mg	*
Inositol	25 mg	*
Grapeseed Extract (Vitis vinifera)	25 mg	*
CoEnzyme Q 10	20mg	*
PABA (para-aminobenzoic acid)	10 mg	*
Lutein	2 mg	*
Lycopene	2 mg	*
Boron (from citrate, aspartate, glycinate)	1 mg	*
Silicon (horsetail)	350 mcg	*
Vanadium (sulfate)	10 mcg	*

* Daily value not established.

Other ingredients: Cellulose, Stearic Acid, Croscarmellose Sodium, Magnesium Stearate, Silica, HPMC and PEG.

WILLNER CHEMISTS

The Nutritional Supplement Professionals

... from Willner Chemists A Complete Multi-Vitamin and Multi-Mineral Formula

A complete, balanced multi-vitamin and multi-mineral formula that contains not only all of the essential vitamins, antioxidants and trace minerals, but also a full days requirement of calcium and magnesium.

Calcium and magnesium, as well as the other minerals, are no less important to your health than the vitamins. Do not make the critical mistake of only taking a vitamin supplement. It is impossible to get your daily calcium and/or magnesium requirements from any one-a-day or two-a-day multi-vitamin supplement. A balanced multi-vitamin / multi-mineral formula should be the cornerstone, or foundation, of your supplement regimen. Additional supplements can be added to your program, depending on your particular health needs and concerns.

Willvite is best taken two tablets, twice a day. This will provide for maximum utilization, especially for the water-soluble vitamins and minerals. It is impossible to include the daily requirement of calcium and magnesium in one or two tablets or capsules. This makes it necessary to take at least two separate products, a multi-vitamin along with a calcium-magnesium supplement, to get a full dosage of vitamins, trace minerals, calcium, and magnesium. An alternative is to take one product that contains that amount of calcium and magnesium. To accommodate this, the daily dose must be a minimum of four tablets or six capsules. The advantage is that a full day's requirement of all essential vitamins and minerals can be obtained from only one product.

Products meeting this requirement are intended to serve as a balanced, broad-spectrum basic multi-vitamin / multi-mineral supplement, and are an ideal foundation product upon which a personalized program can be designed.

Willvite has been revised and reformulated to reflect the latest developments in nutritional research. The amount of calcium has been reduced, for example, and the amount of magnesium has been increased. We have increased the vitamin D levels. The amounts of selenium and chromium have been lowered, to accommodate those who take additional supplements along with Willvite. Important nutrients such as lycopene have been added, and the CoQ10 level has been increased. The most active, co-enzyme forms of vitamins and chelated minerals have been utilized.*

Willvite is available in a regular and iron-free version. Recommended dosage: 2 tablets, twice a day. 120 Tablets per bottle.

Available Now: Willvite Regular & Iron-Free

Willvite, 120 Tabs, Product Code: 30439

Willvite, Iron Free, 120 Tabs, Product Code: 44384

**Now with added CoQ10,
Lycopene, Phytoantioxidants
and Lutein!
Regular, and Iron-Free!**

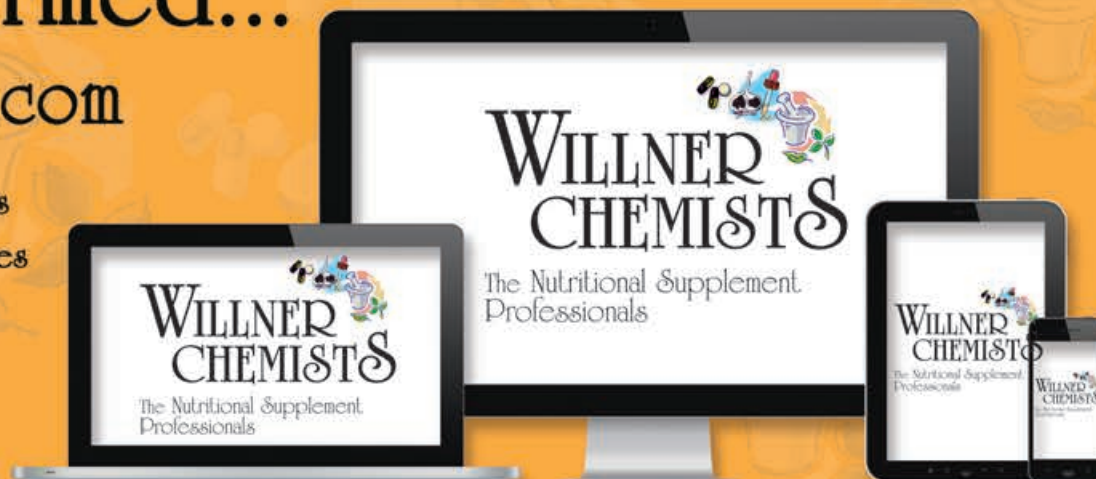


*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat cure or prevent any disease.

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Daily Multivitamins for 20 Years Resulted in 44% Less “Major Cardiovascular Events”

Multivitamins Over the Long-Term

In this large, long-term study, 18,530 male physicians were at least 40 years of age and free from cardiovascular disease and cancer when they entered the trial. Over the course of 20 years of follow-up, men who were regularly taking multivitamins when they entered the study, and who continued to take multivitamins during this time, were 44 percent less likely to have had a major cardiovascular event compared to men who were not taking multivitamins at the start of the study.

Although the men reported a wide range of lifestyles, diets, and dietary supplements, as well as a number of clinical health factors, taking a daily multivitamin over the long term still demonstrated a clear heart-health benefit. Doctors also said there was no evidence of any safety concerns in long-term use of multivitamins.

Reference: *Journal of Nutrition*; April, 2016, Published Online

Additional Comments from Don Goldberg

Those of you who have followed me for the past 24 years, you know that I have always emphasized the importance of anchoring your supplement program with a good, broad spectrum, balanced multivitamin multimineral supplement. In fact, I often advise, regardless of the collection of health problems presented to me, that if you are going to take only one supplement, it should be a good multivitamin multimineral. *This study is just one more justification of that position.*

This is also the reason we have devoted so much effort into the development of our multivitamin multimineral supplement, **Willvite**.

For those of you who may not be familiar with Willvite, I am attaching a copy of an article, *The Perfect Multivitamin Supplement*, from a previous publication.

Ordering Information:

Willvite (Regular) -
120 Tablets
Product Code: 30439

Willvite (Iron Free) -
120 Tablets
Product Code: 44384

The Perfect Multivitamin Supplement

If we were to design the perfect multivitamin supplement, what features would we look for?

1. We would want it to be a “general purpose” supplement, appropriate for the majority of people.
2. We would want it to contain a full, comprehensive selection of nutrients, designed to insure optimal intake of all the essential and important nutrients, in the proper ratios and quantities.
3. With that in mind, we would want it to provide minerals as well, including the “macrominerals,” calcium and magnesium, in proper ratio and meaningful quantities.
4. We would want it to be flexible, so that the dosage could be tailored to each individual’s needs.
5. We would want to keep it reasonably priced, making sure we avoided unnecessarily expensive but only marginally beneficial ingredients.
6. We would want to set the potencies so that additional supplements could be added to the individual’s daily regimen without danger of exceeding safe levels of any individual nutrient.
7. We would want to avoid adding any undesirable ingredients, such as artificial colors, flavors, preservatives, etc.
8. We would use natural ingredients wherever possible.
9. We would include as many phytonutrients and accessory food factors as possible.
10. We would want it to be the perfect “nucleus” or “foundation” product upon which an individualized supplement program, tailored to an individual’s specific health concerns, could be designed.

We think we have achieved this at Willner Chemists with the release of our new, improved **Willvite Multivitamin Multimineral Formula**.

It has always been our belief that your multivitamin supplement is the most important component of your daily regimen. Nutrients work in concert with each other, synergistically. Too many people make the mistake of either taking an inadequate multivitamin, or trying instead to satisfy their perceived needs by taking a selection of individual supplements. They risk missing various essential nutrients altogether, or inadvertently creating an imbalance.

We recommend using a broad spectrum multivitamin multimineral supplement such as **Willvite** as a starting point, or foundation, upon which your supplement program can be built.

Common Mistakes

1. *Once A Day.* Many of the vitamins and minerals are water soluble. This can mean that they remain available to the body for only a limited time (four to six hours) before they are excreted.

What happens during the rest of the day? You will get much greater benefit from your daily vitamin and mineral intake if you divide the dose into, at least, two servings. Taking your multi twice a day is much better than once a day. And, remember that your body is designed to obtain these essential nutrients from food so do not be misled into thinking certain nutrients should be taken all at once, at certain times of the day. Willvite, with its recommended dosage of 2 to 4 per day, is easily taken twice a day.

2. *Overlook Important Minerals.* Many multivitamin supplements fail to provide the required amount of calcium and magnesium. These two important minerals are required in higher dosages than most vitamins and trace minerals. They take up a lot of space in the tablet or capsule. For this reason, they cannot be fit into a one a day or two a day formula. This is one major advantage of Willvite a full daily dose of calcium and magnesium is included in the full four tablet per day recommended dosage.

3. *Letting Marketing Hype Overshadow What’s Really Important.* It’s easy to be swayed by marketing claims that imply various features of multivitamin supplements create a superiority of one product over another. Focus on a form of calcium utilized in a product should not make you lose sight of the fact that it might contain little if any magnesium. Talking about “bioavailability” should not make you lose sight of the fact that even 100% of a fraction of what is actually needed remains just a fraction. Adding a pinch of saw palmetto to a multivitamin supplement does not really turn it into a “mens” multi. What is important is that the multi provides a broad spectrum of all the nutrients you need, in the proper ratios, in a stable, flexible dosage format.

Flexible Dosage

For those who do not want to take four tablets a day, even a two per day dosage is better than most other formulations. Ideally, it would be one tablets twice a day, but two tablets once a day is better than most “one a day” formulas. Note the content of two tablets daily from the following table, including the fact that you will get 400 mg calcium and 300 mg magnesium.

Features & Improvements

- Includes actual pre-formed vitamin A (25%) along with natural Beta Carotene (75%) for enhanced immune and mucous membrane support.
- Vitamin C is present in partially buffered form.

- Vitamin D is the preferred D3 form for greater potency
- Vitamin E is in the natural, d-alpha tocopherol form.
- Vitamin K is present in the preferred K2 (MK7) form.
- The B Vitamins are present in high enough levels to ensure tissue saturation, yet allows the additional use of additional B-Complex supplements if desired.
- In response to the most recent research, the Folic Acid level remains at 400 mcg.
- Vitamin B12 is present in the active, methylcobalamin form for enhanced bioavailability.
- The full U.S. Daily Value (300 mcg) of Biotin is provided.
- The daily dose of Calcium has been reduced from 1000 mg to 800 mg to reflect the most recent guidelines and concerns over excess levels. This allows for those who require extra calcium to take additional supplementation without potential over dosage. Also, this facilitates the adjustment of the calcium:magnesium ratio to better favor magnesium.
- The consensus of opinion among experts is that the ratio of magnesium to calcium should be higher than 1:2. The level of Magnesium in Willvite has been increased from 500 mg to 600 mg, thus altering the magnesium to calcium ratio from 1:2 to 3:4.
- There are two versions of Willvite, with Iron and without Iron. The version containing Iron only provides 9 mg per day, which is 1/3 of the daily recommended dose. Much of the advice to avoid iron is unfounded, and it should be remembered that iron is an essential and extremely important mineral. To accommodate those who truly require an iron-free version, we have made it available.
- To facilitate the absorption of the macro minerals, calcium and magnesium, while, at the same time allowing for the full 800 mg and 600 mg doses, we have utilized a blend of organic (citrate and aspartate) and inorganic forms (carbonate and oxide). The trace minerals (zinc, copper, selenium, etc) are in organic (chelated) forms. For optimal absorption, take Willvite with meals.
- Zinc has been reduced from 30 mg to 20 mg, to comply with the latest recommendations.
- Likewise, Selenium has been reduced from 200 mcg to 100 mcg. Chromium has been reduced from 200 mcg to 100 mcg. These adjustments address concerns about higher dose levels, and allow for additional supplementation when necessary.
- Lycopene, has been added, at a level of 2 mg.
- The level of Lutein has been increased from 1 mg to 2 mg.
- The level of CoQ10 has been increased from 5 mg to 20 mg.

Written by: Don Goldberg

Be Prepared with Boiron Medicines.



Arnicare® temporarily relieves muscle pain and stiffness due to minor injuries, overexertion and falls, and reduces pain, swelling and discoloration from bruises.*

Cream: Lubricating texture is ideal for massaging sore areas.

Gel: Non-greasy, quickly absorbed, water-based gel has a cooling effect for fast pain relief.

Ointment: Heavier, water-proof texture is best for injuries that require a longer time to heal since it stays in contact with the skin longer.

Tablets: Provides widespread pain relief without any known interaction with other medications, herbs or supplements. Recommended for everyone 2 years of age and older.

Arnicare Arthritis temporarily relieves minor aches and pains associated with arthritis.*

Calendula helps promote healing of cuts, scrapes, chafing, minor burns and sunburn.*

Cream: Creamy texture is best for soothing and moisturizing dry or chafed skin and after sun exposure.

Gel: Quickly-absorbed, cooling, water-based gel is best for razor burn, brush burns, insect bites and stings.

Ointment: Moisturizing emollient adheres to skin longer for prolonged action on chafed or chapped skin, scrapes, cuts, minor burns and blisters.

Optique 1 temporarily relieves minor eye irritation due to fatigue, computer work or airborne irritants such as ragweed, other pollens and dust.* The preservative-free, single-use liquid drops soothes red, dry, itchy and burning eyes.*

Sabadil® temporarily relieves symptoms of hay fever or other upper respiratory allergies such as itchy and watery eyes, sneezing, runny nose, and itchy throat and nose.*

Sabadil and **Children's Sabadil®** are non-drowsy and have no known drug interactions.

Jet Lag Relief Care Pack contains three homeopathic medicines to relieve nausea, stiffness and muscle pain, and drowsiness associated with travel.*

Leg Pain Care Pack contains three homeopathic medicines to relieve restless legs, leg cramps and shooting pain.*



BoironUSA.com



*These "Uses" have not been evaluated by the Food & Drug Administration.



POWERFUL PROBIOTICS BY THE BILLIONS

TO PROMOTE DIGESTIVE BALANCE
AND SUPPORT IMMUNE HEALTH*

**SHELF STABLE
NO REFRIGERATION**



**GLUTEN FREE
DAIRY FREE**

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

Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements

Who would benefit from this supplement?

- Those suffering from allergic rhinitis, hay fever, asthma, and sinus congestion.

Ingredients:

Phyto-Tech™ Allergy Complex contains the following herbs: Nettle Leaf, Eyebright Herb, Yerba Santa Leaf, Turmeric Root, Lobelia Herb, Ambrosia Herb.

Dosage: Preventative:

Begin use 2-4 weeks before the onset of the allergy season by taking Allergy Complex 2 times per day. This will increase resistance to pollens before they even start. Keep taking throughout the allergy season. Results can vary from a percentage decrease in reactivity to complete eradication of symptoms.

Complimentary Formulas:

- Many herbalists feel that allergies are a symptom of liver deficiency, and recommend taking Phyto-Tech™ Liver Support along with Allergy Complex.
 - Eyebright, Nettle and Ambrosia are anti-histamine in action. Yerba Santa helps decongest. Turmeric treats liver deficiency which almost all hay fever is a symptom of. By treating the underlying constitutional predisposition, Phyto-Tech™ Allergy Complex can work deeper.
- (Note: Ambrosia is also known as ragweed. The leaf extract inhibits histamines caused by the pollen of this plant. One is not allergic to the leaf)

American Ginseng

American Ginseng is an adaptogenic, immune-system modulating herb, enhancing stamina and energy.

American Ginseng 1:3 - 1 fl oz - Product Code: 56981
60 Veggie Caps - Product Code: 60122

Ingredients:

Phyto-Tech™ American Ginseng 1:3 contains certified organic

American Ginseng (Panax quinquefolium), 333 mg/ml. Also available in a vegetarian capsule form. Each Phyto-Tech™ American Ginseng veggie cap contains 400 mg of certified organic American Ginseng Root.

American Ginseng is a classic adaptogen herb with systemic action. It increases resistance to illness and environmental stresses, improving vigor, vitality, and energy.

American Ginseng does not treat disease directly, but strengthens the body's ability to adapt to stress and therefore may help to avoid acute episodes from manifesting when one is dealing with a chronic disease.

American Ginseng is especially helpful during the later stages in life, the effects of years of stress, wear and tear on the body begin to manifest themselves.

Who would benefit from this supplement?

- Those who are beginning to notice the signs of aging.
- Those who feel depleted and are low on passion or vital energy.
- Those who fear working too hard and burning out.
- Those who feel that they are under too much stress, and it is affecting their general health.
- Those who participate in athletics, and want to boost energy and stamina.
- Those who want to fight the aging process. Those who are elderly, and feel rundown and mildly depressed.

Dosage:

20-40 drops, 2-3 times per day It is best used as a long term tonic (1-3 months and longer).

Complimentary Formulas:

- For the elderly, Phyto-Tech™ Ginkgo Biloba Leaf 1:1.5 works well with American Ginseng, especially if mild depression is a problem.

Antiox Phyto Blend

Some of the most powerful, broad-spectrum antioxidants are those found in plants. This supplement contains a blend of several of the most potent plant-derived phyto-antioxidants available, in a convenient liquid extract.

1 fl oz - Product Code: 57551

Who might benefit from this supplement?

- Anyone needing antioxidant protection as well as those looking for enhanced immunity, those with cardiovascular problems, stress, and concerns about environmental pollution. It is also an essential component of any "anti-aging" supplement regimen.
- More specifically, this herbal supplement might benefit:**
- Those who desire protection against everyday toxins—dietary, environmental and chemical.
 - Those with current health problems, those under high amounts of stress, smokers or those exposed to second-hand smoke, and anyone who lives or is exposed to a toxic lifestyle.
 - Those who are at risk to the various degenerative diseases associated with aging, including cancer, cardiovascular disease, cognitive impairment, Alzheimer's disease, immune dysfunction, cataracts, and macular degeneration.
 - Those who want to live a longer, healthier life.
- Phyto-Tech™ Antiox Phyto Blend is a mixture of powerful plant-derived (phyto) antioxidants. Most health problems are either directly or indirectly related to oxidative (free-radical) damage. While vitamins and minerals (vitamin C, vitamin E and selenium, for example) are antioxidants, it is now recognized that phytoantioxidants, rich in a broad spectrum of flavonoids, polyphenols, anthocyanidins, etc are the most powerful.

Ingredients:

... continued on page 15

Important Notice: The information given here is designed to help you make informed decisions about your health, and the proper use of dietary supplements. It is not intended as a substitute for medical advice, nor a substitute for any treatment that may have been prescribed by your doctor. If you have a medical problem, you should seek medical help. Products described herein are not intended to diagnose, treat, cure or mitigate disease.

healthnotes

Ashwagandha, Anti-Aging and Cognitive Performance

Ashwagandha is a traditional Ayurvedic medicine that helps the body maintain metabolic balance. It has been shown to be of value in many areas: Anxiety, Insomnia, Infertility, Sexual Function, Cognitive Performance, Physical Performance and Stamina, Anti-inflammatory and Analgesic Properties, Immune Function, etc.

New studies appear on a regular basis. It seems that "Anti-Aging" can be added to the above listing. One of the primary factors in cell aging is the length of telomeres; the protective end-caps on each strand of DNA. Each time the cell reproduces, telomeres shorten, eventually leading to improper reproduction and cell death.

Telomerase is the naturally occurring protein that slows or stops telomere shortening, an anti-aging effect. In the lab, doctors exposed human cells to ashwagandha root extract and saw a 45 percent increase in telomerase activity.

(Reference 2: Scientific Research; 2016, Vol. 7, No. 4)

In addition, another recent study seems to confirm the beneficial action of Ashwagandha on mental function. It significantly improved cognitive performance and reaction times compared to placebo.

(Pingali, Pharmacognosy Res 2014).

In this study, among men and women with mild cognitive impairment (average age of 50) they found that taking 300 mg of ashwagandha root extract twice daily (providing a total daily dose of 600 mg containing 30 mg of withanolides) for 8 weeks significantly improved many aspects of immediate and general memory, executive function, sustained attention, and information processing speed compared to placebo (which showed lesser improvements). Most improvements were not significant relative to placebo after 4 weeks and required 8 weeks. There was no significant effect on visuospatial processing, i.e., drawing images from memory and comparing rotated images

(Choudhary, J Diet Supp, 2017)



Additional Comments from Don Goldberg

Ashwagandha Root is available from Willner Chemists in the Phyto-Tech™ line, as a standardized powder and a liquid extract:

Phyto-Tech™ Ashwagandha Root Liquid Extract contains the following:

Fresh Organic Ashwagandha Root (Withania somnifera), Grain Alcohol, Deionized Water. Ashwagandha Root
1:1.5 - 1 fl oz - Product Code: 57008

Phyto-Tech™ Ashwagandha Root Veggie Caps contain, in each capsule:

Organic Ashwagandha Root, 380 mg and selectively imported Ashwagandha Root Extract (1.5% Withanoloids), 95 mg.
The capsule contains modified vegetable cellulose. Certified organic.
90 Veggie Caps - Product Code: 67465

Coq10 Reduced Metabolic Syndrome

In this study, 60 adults with metabolic syndrome who were overweight or obese, or who had type 2 diabetes, took a placebo or 100 mg of CoQ10 per day. After eight weeks, insulin levels had declined for CoQ10 while increasing for placebo. Insulin resistance—when the body does not use insulin efficiently to metabolize glucose—decreased for CoQ10 while increasing for placebo. And the cells responsible for producing insulin functioned better in those who took CoQ10. Total antioxidant capacity in the CoQ10 group improved significantly while the placebo group had declined.

Discussing the findings, doctors said compared to placebo, people with metabolic syndrome who took 100 mg of CoQ10 per day had better insulin levels, less insulin resistance, greater antioxidant capacity, and fewer signs of chronic inflammation.

(Reference: European Journal of Nutrition; 2016, Vol. 55, No. 8, 2357-64)

 **Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements** 

Phyto-Tech™ Antiox Phyto Blend contains the following: Acai Berry 4:1, Mangosteen Extract, Goji Berry Extract, Pomegranate 40%, Glycerin Vegetable, Water Pure Deionized, Raspberry Flavor Natural.

References:

Acai Berry (*Euterpe oleracea*) is the fruit of a palm tree native to South America. The pulp and skin of acai are rich in anthocyanins, proanthocyanidins, and other fatty acids. Studies have shown that acai has anti-inflammatory, antioxidant, and apoptic (programmed cell death). effects A study published in *The Journal of Agricultural and Food Chemistry*, showed extracts of Acai berries triggered apoptosis in up to 86 percent of leukemia cells tested.

Mangosteen (*Garcinia magostana*) is a plant native to Southeast Asia. Studies reveal that xanthones from the fruit hulls of mangosteen have antioxidant, antibacterial, antifungal, and anti-inflammatory properties. In one study mangosteen's xanthones significantly inhibited the growth of leukemia cells. One xanthone in particular, alpha-mangostin, showed complete inhibition of leukemia cells through the induction of apoptosis (programmed cell death). Other studies indicate xanthones from mangosteen inhibit the activities of COX-1 and COX-2 enzymes, prevent oxidative damage of LDL cholesterol, have cytotoxic effects on liver cancer cells, and are antiproliferative, antioxidative, and apoptic against breast cancer cells.

Goji Berry (*Lycium barbarum*) polysaccharides exhibit anti-tumor, immune enhancing and liver-protective properties. Studies suggest that Goji polysaccharides have positive effects when used with conventional cancer treatments. A 1994 study done in China on patients with a variety of cancers revealed that patients who were given Goji Berry polysaccharides along with their conventional cancer treatment had a 40.9 percent response rate to the treatment, while patients who received conventional treatment without

the Goji Berry supplement had only a 16.1 percent response rate. Additionally the Goji Berry supplemented patients experienced longer remissions and had a significant increase in natural killer cell activity. Goji berries contain high levels of Zeaxanthin, a carotenoid necessary for healthy vision that is present in high amounts in the macula of the human eye. The Zeaxanthin in Goji berries is a naturally esterified zeaxanthin which has been proven to cause a higher increase in plasma levels than the non-esterified form contained in many supplements. Researchers have concluded that Goji is one of the best antioxidants to promote healthy aging.

Pomegranate (*Punica granatum*) contains thousands of phytochemicals including anthocyanins, ellagic acid derivatives, catechins and procyanidins, flavonols, fatty acids and sterols. Human studies show that pomegranate polyphenols and their metabolites offer protection against various diseases. Pomegranate increases nitric oxide production in the endothelial cells of the vascular system protecting against cardiovascular disease. Studies show consumption of the juice benefits patients with carotid artery stenosis, those with hypertension, and those with coronary heart disease. Pomegranate has been heavily studied in the treatment of prostate cancer. In one study when men with aggressive prostate cancer were given pomegranate juice daily after treatment by surgery or radiation, there was over a four-fold prolonged delay in prostate specific antigen (PSA) doubling time, and the rate of PSA rise was reduced by 50% over the course of just one year. Numerous other studies demonstrate pomegranate inhibits inflammation, slows cartilage loss in arthritis, improves sperm health, and increases the overall antioxidant capacity of the blood.

Antiox Phyto Complex II

Some of the most powerful, broad-spectrum antioxidants are those found in plants.

This supplement contains a blend of several of the most potent plant-derived phyto-antioxidants available, in a high potency, professional strength Veggie Cap.

*New, High Potency 375 mg Veggie Caps
90 Veggie Caps - Product Code 63745*

Phyto-Tech™ Antiox Phyto Complex II is a blend of powerful plant-derived (phyto) antioxidants. Most health problems are either directly or indirectly related to oxidative (free-radical) damage. While vitamins and minerals (vitamin C, vitamin E and selenium, for example) are antioxidants, it is now recognized that phytoantioxidants, rich in a broad spectrum of flavonoids, polyphenols, anthocyanidins, etc are the most powerful.

Who might benefit from this herbal supplement?

- Those who desire protection against everyday toxins—dietary, environmental and chemical.
- Those with cardiovascular problems, those under high amounts of stress, smokers or those exposed to second-hand smoke, and anyone who lives or is exposed to a toxic lifestyle.
- Those who are at risk to the various degenerative diseases associated with aging, including cancer, cardiovascular disease, cognitive impairment, Alzheimer's disease, immune dysfunction, cataracts, and macular degeneration.
- Those who want to live a longer, healthier life.

Ingredients:

Acai Berry Extract 4:1, 75 mg; Mangosteen Fruit Extract, 75 mg (10% Mangostin); Goji Berry Extract 75 mg (40% Polysaccharides); Pomegranate 75 mg, (40% Ellagic Acid); Green Tea Leaf Extract 30 mg (98% Polyphenols, 50% EGCG); Grape Skin Extract, 30 mg (50% Polyphenols); Grape Seed Extract, 15 mg (95% Proanthocyanidin); Cellulose Modified Vegetable.

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Magnesium and Longevity

Can one nutrient can reduce your risk of stroke, heart failure, diabetes, and, last but not least, death?

We have talked about the importance of magnesium supplementation frequently over the years. We have urged you to take magnesium along with calcium rather than calcium alone. We have modified the ratio of calcium to magnesium in our broad spectrum multivitamin-multimineral supplement, Willvite.

Were We Right?

Doctors measured magnesium in the diets of more than 1 million participants in 40 studies covering follow-up periods from four to 30 years. Here is what they found: overall, those with higher levels of magnesium were less likely to develop several health conditions, as follows:

Because of the many studies and conditions, doctors used a standard increment of 100 mg per day to measure health changes in response to magnesium levels.

For stroke, each 100 mg increase in magnesium per day reduced chances for this condition by 7 percent. For heart failure, each 100 mg increase reduced chances by 22 percent. For type 2 diabetes, chances were 19 percent lower, and chances of dying from

any cause decreased 10 percent for each 100 mg increase in magnesium per day.

(Reference: BMC Medicine; December, 2016, Published Online)



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Social Media**

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Subscribe to Us, Pin Us

#WillnerChemists

Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements

Cautions: Pregnancy, Nursing

Dosage:

Take one 375 mg veggie capsule once or twice a day.

References:

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experienced longer remissions and had a significant increase in natural killer cell activity. Goji berries contain high levels of Zeaxanthin, a carotenoid necessary for healthy vision that is present in high amounts in the macula of the human eye. The Zeaxanthin in Goji berries is a naturally esterified zeaxanthin which has been proven to cause a higher increase in plasma levels than the non-esterified form contained in many supplements. Researchers have concluded that Goji is one of the best antioxidants to promote healthy aging.

Pomegranate (*Punica granatum*) contains thousands of phytochemicals including anthocyanins, ellagic acid derivatives, catechins and procyanidins, flavonols, fatty acids and sterols. Human studies show that pomegranate polyphenols and their metabolites offer protection against various diseases. Pomegranate increases nitric oxide production in the endothelial cells of the vascular system protecting against cardiovascular disease. Studies show consumption of the juice benefits patients with carotid artery stenosis, those with hypertension, and those with coronary heart disease. Pomegranate has been heavily studied in the treatment of prostate cancer. In one study when men with aggressive prostate cancer were given pomegranate juice daily after treatment by surgery or radiation, there was over a four-fold prolonged delay in prostate specific antigen (PSA) doubling time, and the rate of PSA rise was reduced by 50% over the course of just one year. Numerous other studies demonstrate pomegranate inhibits inflammation, slows cartilage loss in arthritis, improves sperm health, and increases the overall antioxidant capacity of the blood.

The powerful antioxidants in Green Tea may help fight the free radicals that contribute to skin, lung, and stomach cancer as well as contribute to lowered blood pressure and LDL cholesterol. Green Tea is rich in a type of polyphenol called catechin. Catechins are 40 to 200 times more effective in seeking out and destroying free radicals than Vitamin A, C

and E. These catechins include four major polyphenols including epigallocatechin gallate (EGCG), epicatechin gallate (ECG), epigallocatechin (EGC) and epicatechin (EC). Of these compounds EGCG is the most abundant in green tea and has generated the most interest. Peer-reviewed scientific research has consistently shown that EGCG is a potent antioxidant, deactivating health-damaging free-radicals. By virtue of its antioxidant effects EGCG has been shown to exert a number of beneficial activities, such as reducing inflammation, and normalizing cell and tissue functions. In promoting cardiovascular health EGCG has been shown to inhibit free-radical activity in the arteries, improving coronary circulation. Other studies have shown that EGCG has a benefit in normalizing blood glucose and protecting the pancreas from oxidative damage, as well as in boosting metabolism and burning fat. Green tea catechins and EGCG in particular have also been shown to naturally support detoxification and the elimination of toxic substances from the body while protecting the liver.

Grape skin and grape seed extracts are anti-inflammatory and radioprotective. They are abundant in a group of polyphenols called procyanidins. Procyanidins are strong antioxidants, lipid peroxidation inhibitors, and free radical scavengers. Procyanidins have antimutagenic effects, meaning they can counteract environmental mutagens, which are thought to be one of the causes of chronic degenerative diseases. Procyanidins also increase circulation making them helpful for conditions such as venous insufficiency (a condition in which the veins have trouble sending blood from the legs back to the heart). A placebo controlled study showed that treatment with procyanidins improved venous functionality and reduced pain, cramps, edema and paresthesias (tingling). Due to procyanidins positive effects on circulation, grape skin and seed extracts are helpful for numerous vision disorders. Studies show treatment with procyanidins from the extracts

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healthnotes

Can Vitamin Supplements Enhance Brain Function in Older Adults?

Some would have you believe that taking nutritional supplements is akin to flushing your money down the toilet. It is fascinating to see how often such nonsense is stated by "experts" on TV. Why fascinating? Because such statements ignore the facts. They ignore the studies showing that so many Americans are deficient in one or more essential nutrients. And they ignore the constant stream of studies, such as those that follow, showing benefits related to optimal nutrient intake.

The following research, for example, supports the potential connection between vitamin supplementation and brain function in older adults.

Folate and Dementia

At the beginning of this long-term study, 1,321 older adults were free from dementia. The study was in France, where manufacturers are not required to fortify foods with folate. Participants filled out a dietary questionnaire, took a psychological test, and interviewed with doctors to determine socio-economic, lifestyle, and health characteristics. After 7.4 years, people who consumed the most folate were half as likely to have developed dementia compared to those who consumed the least folate.

(Reference: *Nutrients*; 2016, Vol. 8, No. 12, 761)

Vitamin B6 and Cognition

At the start of this study, 155 healthy adults, age 60 to 88, had normal cognitive function test scores. Three-quarters of the participants regularly consumed foods fortified with B-vitamins. After four years, cognitive test scores had decreased slightly, by the amount doctors had expected to see. But, in one out of four participants (27 percent), the rate of cognitive decline was greater than doctors had expected. Doctors found those with lower vitamin B6 levels were 3.5 times more likely to have accelerated cognitive decline.

(Reference: *Nutrients*; 2017, Vol. 9, No. 1, 53)



Lutein, Zeaxanthin, and Brain Function

One way the body compensates for the natural age-related decline in cognitive function is to use more energy to fuel brain processes. In this study, doctors asked 43 adults, average age 72, to memorize and recall pairs of unrelated words.

People with lower levels of the carotenoids lutein and zeaxanthin had to use more brain power to complete the memory task, while those with higher levels of lutein and zeaxanthin did not require as much brain activity to complete the memory task.

(Reference: *International Journal of Preventive Medicine*; July, 2016, Published Online)

Conclusion

Now this is not to say everyone, as we get older, has to gulp down handfuls of vitamin supplements. But it does support the idea that, at least, basic multivitamin-multimineral supplementation is justified. This is especially true in that we know that older people, for various reasons, fail to maintain optimal diets. A broad spectrum multivitamin, multimineral, with vitamin D, antioxidants, etc. is certainly justified.

Vitamin K2 and Heart Disease

Many people are deficient in vitamin K2, and low levels may contribute to heart disease as much as smoking. Doctors examined data from 168 countries and compared levels of vitamin K2 in the diet and early death from cardiovascular disease (CVD).

Overall, low levels of vitamin K2 were just as likely to cause early cardiovascular disease (CVD) death as smoking tobacco. Men and women in countries where diets provided less than 5 mcg of vitamin K2 per 2000 calories per person per day were more than twice as likely to die early from CVD as those from countries where vitamin K2 exceeded 24 mcg per 2000 calories per person per day.

Reference: *Cureus*; August, 2016, Vol. 8, No. 8: e748



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Healthy Values from Reliable Origins



Willner Code	Description		Retail	Sale Price
67644	UC•II 40mg	60 Vcaps	\$ 34.99	\$ 22.74
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with Undenatured Type II Collagen
 Supports Healthy Joint Comfort, Mobility and Flexibility
 Just One, Small Capsule Daily
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Discover **Zyflamend™** for an herbal approach to pain relief**

Our clinically studied, patented 10-herb blend supports a whole-body healthy inflammation response and overall joint health.*

Herbal Pain Relief

Zyflamend Whole Body is a holistic, herbal approach to pain relief.** Zyflamend helps balance your healthy inflammation response, which is essential for maintaining whole-body health.* Zyflamend is also a holistic joint supplement, supporting healthy joint function and overall joint health.* Discover our #1-selling multi-herbal blend!

Discover the Power of 10!

Preclinical lab tests demonstrate Zyflamend's powerful herbal synergy and ability to protect healthy cells from damage.* We tested Zyflamend's whole 10-herb blend in laboratory studies that measure cellular markers of inflammation and stress. We also tested each herb acting on its own. The results showed the Zyflamend blend of 10 herbs worked better together than the sum of the action of its single herbs.

Non-GMO Project Verified

New Chapter® is firmly committed to using sustainable, Non-GMO ingredients, because we believe in doing what's best for the earth and everyone on it. That's why we spent years researching the ideal quality, 100% vegetarian, Non-GMO capsules for our herbals. These improved capsules deliver the same great formula, while keeping herbs pure and potent. The capsules also dissolve quickly so the herbs are rapidly available for absorption. Zyflamend is Non-GMO Project Verified—meaning ingredients are carefully reviewed for GMO risk going all the way back to the seeds.

Zyflamend™ Whole Body			
30 Capsules	Item # 61155	Retail \$27.95-	Willner Chemists \$20.96
60 Capsules	Item # 67026	Retail \$44.95-	Willner Chemists \$33.71
120 Capsules	Item # 66444	Retail \$72.95-	Willner Chemists \$54.71
180 Capsules	Item # 66523	Retail \$100.95-	Willner Chemists \$75.71
Zyflamend™ Nighttime			
60 Capsules	Item # 66639	Retail \$44.95-	Willner Chemists \$33.71
Zyflamend™ Prostate			
60 Capsules	Item # 66440	Retail \$48.95-	Willner Chemists \$36.71



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

† With Ginger for occasional pain relief after exercise

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Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements

increase resistance to glare, decrease ocular stress from prolonged activity at a computer and improve contrast sensitivity, retinal function and sensitivity in myopia (nearsightedness).

Complimentary Products:

- Phyto-Tech™ Antiox Phyto Blend, liquid herbal extract
- Phyto-Tech™ Green Tea Guo, regular and peach flavored

Anxiety Complex

This is a calming, soothing and relaxing formula that focuses on emotional stress.

1 fl oz - Product Code: 57014

Phyto-Tech™ Anxiety Complex is a blend of herbs with anti-anxiety properties, including Kava Kava, Pulsatilla and Lobelia, which helps to reduce anxiety, nervous irritability, and panic attacks. Anxiety Complex will calm and soothe the mind when going through difficult times emotionally and mentally, but it does not interfere with cognitive function, allowing you to stay alert and think clearly.

Who would benefit from this supplement?

- Those who suffer from anxiety, too much stress, insomnia due to an overactive mind, worry, and mild depression.
- Those who need to remain clear headed, but also need a calming and soothing effect.
- Those who suffer from panic attacks and performance anxiety. Those whose mild depression is related to anxiety or severe stress.

Ingredients:

Phyto-Tech™ Anxiety Complex contains the following herbs: Night Blooming Cereus, Vanuatu Kava Root, St. John's Wort Flowers, Lobelia Herb, Pulsatilla Herb.

Dosage:

Acute short-term need: 2-4 squirts every hour as needed. Anxi-Ease can be increased to 1 tsp. (6 squirts) for short-term strong anxiety reducing doses. Tonic long-term need: 30-60 drops 2-3 times per day.

Complimentary Products:

These other Phyto-Tech™ herbal formulas can be used along with Anxiety Complex under the following conditions:

- If mild depression accompanies anxiety, consider St. John's Complex or St. John's Wort.
- If an over-all calming, sedating action is needed, consider Phyto-Tech™ Relax PM.
- If exhaustion is present, consider Phyto-Tech™ Adaptogen Complex or Phyto-Tech™ Ginseng Energy Blend.
- If body pain is present, consider Phyto-Tech™ MuscleGestic.

Arnica Oil 1:6 Topical

A popular first-aid remedy for trauma, injuries.

1 fl oz - Product Code: 57082

Arnica is the pre-eminent remedy for trauma, injuries, and accidents and is a common part of first aid kits and home medicine cabinets. This topical oil is massaged into painful tissue that has been traumatized from an accident, athletic event and overexertion. Massage Therapists and Chiropractors commonly use arnica oil on muscle and joints that are problematic in order to disburse congested fluids in a painful area.

It is thought that Arnica works as a fluid transport stimulating herb. It moves interstitial fluids through ischemic tissue. Ischemic tissue is tissue that has diminished oxygen content because of restricted blood and fluid flow. This action by Arnica on the painful tissue helps it heal and stop the pain cycle. As a result of the increased circulation, cellular waste is removed, bruises clear up, pain diminishes, tissue heals, tissue oxygenates and recovery time is significantly reduced. Athletes find arnica reduces potential for injury, reduces recovery time from injury and bruising.

Arnica Topical Oil is great for the daily bumps and bruises inevitable in life and especially childhood. It is safe for kids.

Ingredients:

Phyto-Tech™ Arnica Oil 1:6 Topical contains the following: Arnica montana Flowers (Wild Harvested), Sage Essential Oil, Extra Virgin Cold Pressed Olive Oil, Note: First extracted in alcohol and oil to maximize potency, then the alcohol is removed.

Special Note: Most Arnica on the market is "Mexican" Arnica. This is commonly Heterotheca inuloides, an adulterant and is not true Arnica. The Vitality Works Arnica products are made from the true European Arnica montana.

Cautions: Do not apply to open wounds, ulcerations or on areas prone to bleeding; Do not take internally; Discontinue use if very sensitive skin results in a rash.

Complimentary Formulas and Single Herbs:

- Phyto-Tech™ MuscleGestic, an oral formula for muscle and general body pain, inflammation
- Phyto-Tech™ Comfrey Root 1:3 (to promote healing of breaks, fractures, sprains, cuts, lesions)
- Phyto-Tech™ Valerian Root 1:2 (for severe pain)
- Phyto-Tech™ St. John's Wort 1:2 (if nerves are very sensitive or painful)

Dosage:

Massage into effected areas as needed. Repeat 2-3 times per day or as needed.

Arnica works best if applied in full concentration to the problematic area. It is less effective if applied all over the body as massage oil. Use a different oil for a massage (i.e. almond oil) and arnica on the painful area.

Ashwagandha Root

Known as "Ayurvedic Ginseng," Ashwagandha supports stamina, endurance, and energy. Fresh ground vegetarian capsule and liquid herbal extract.

... continued on page 22

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healthnotes

Herbal Supplements Improve Blood Sugar Control

Ginseng Reduced Elevated Glucose Levels. Strongest Effects Above Blood Levels of 110.

Healthy people have fasting blood sugar levels between 80 and 100 milligrams per deciliter of blood (mg/dL). Impaired levels run from 101 to 125, with diabetes at 126 or above.

In this study, 63 people with fasting blood sugar levels between 100 and 140 mg/dL took a placebo or 1,000 mg of ginseng berry extract per day, divided equally before breakfast and dinner.

After 12 weeks, while the placebo group had not improved, those in the ginseng group who had started the study with fasting blood sugar levels of 110 mg/dL or more saw fasting glucose levels decline by 3.7 percent. In a glucose tolerance test, those in the ginseng group saw blood sugar levels decline by 10.7 percent one hour after ingesting 75 grams of glucose, while the placebo group did not improve.

Doctors said the findings suggest ginseng is safe and may help reduce elevated glucose levels.

(Reference: *Journal of Ginseng Research*; 2017, S1226-8453)

Resveratrol Improved Blood Sugar

In the lab, four groups of mice ate a regular diet with or without resveratrol, or a high-fat, high-sugar diet with or without resveratrol. Those on the high-fat, high-sugar diet with resveratrol had significantly improved glucose tolerance compared to those without resveratrol.

Doctors then transferred gut microbes from the healthy-weight group on resveratrol to the obese group without resveratrol and found improvements in glucose balance in the obese group.

(Reference: *Diabetes Journals*; 2017, Vol. 66, No. 2, 418-25)



Phyto-Tech™ Green Tea Guo

A rich source of phyto-antioxidants, including EGCG, the list of research-proven health benefits of Green Tea continues to grow.

The Phyto-Tech™ Green Tea Guo formulas contain Whole Green Tea Leaf and Green Tea Extract, standardized at 90% polyphenols, 50% EGCG. such that one dropper full has the same antioxidant content as 10 cups of regular green tea. In addition, the product is sweetened with natural stevia and the popular Chinese herb, Luo Han Guo. Luo Han Guo is considered a longevity booster, and is commonly used for numerous health problems in China.

Who can benefit from this supplement?

The easy answer is everyone. As a healthy beverage, just squirt one dropperful into a glass of hot or cold water. The powerful antioxidants will exert a protective effect against free radical damage. It is felt that free radicals contribute to cancer risk, aging, inflammation damage, cardiovascular damage, and immune system deterioration. In addition, green tea has been shown in numerous studies to assist in weight loss.

Please note that one dropperful of Phyto-Tech™ Green Tea Guo contains less than 2 mg caffeine. A regular cup of coffee contains from 100 to 150 mg of caffeine. All Phyto-Tech™ Green Tea Guo preparations are alcohol free. One is naturally peach flavored.



Also available in a veggie cap.

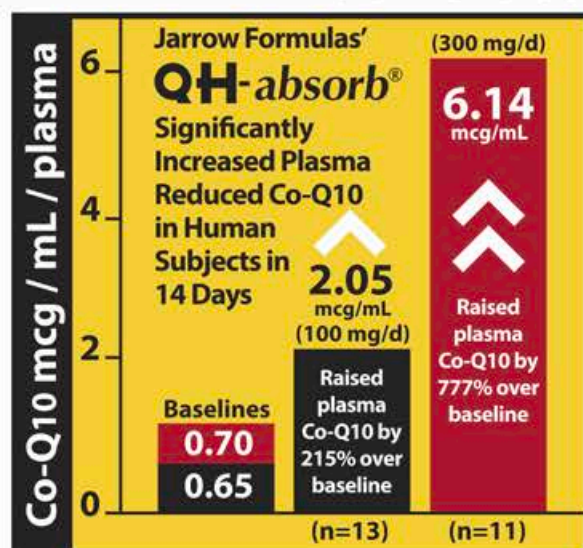
Each Phyto-Tech Green Tea capsule contains Green Tea Extract (98% polyphenols, 50% EGCG) 250 mg, and full spectrum Green Tea Leaf, 200 mg.

- 1 fl oz ~ Regular Flavor - Code: 56944
- 2 fl oz ~ Regular Flavor - Code: 57098
- 1 fl oz ~ Peach Flavor - Code: 56998
- 90 Veggie Caps - Code: 60126

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QH-absorb® delivers Co-Q10 benefits in **LESS** time and at **HIGHER** levels!



Our clinical studies confirm that 300 mg of our proprietary QH-absorb® per day raised plasma Co-Q10 levels by 777% over baseline in humans. This represents the greatest increase in Co-Q10 levels ever achieved.*

Co-Q10 plays an essential role in the production of energy in every cell in the human body, but standard Co-Q10, ubiquinone, must be reduced to ubiquinol to be physiologically active.*

Jarrow Formulas® QH-absorb® is the "reduced" – antioxidant-form of Co-Q10 that is proprietary, stabilized and ready for absorption!*

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- QH-ABSORB®, 100 MG, 120 SOFTGELS - JRW59922
- QH-ABSORB®, 200 MG, 30 SOFTGELS - JRW55162
- QH-ABSORB®, 200 MG, 60 SOFTGELS - JRW59935
- QH+PQQ, 30 SOFTGELS - JRW63121

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Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements

Ashwagandha Root 1:1.5 - 1 fl oz - Product Code: 57008
90 Veggie Caps - Product Code: 67465

Who would benefit from this supplement?

- Those suffering from fatigue, stress, immune system problems, chronic fatigue syndrome, recovery from illness and auto-immune disorders.

Ashwagandha is an adaptogenic herb, similar to ginseng, but it is less heating, “yang” or stimulating than Panax ginseng. Ashwagandha is known as the “Ayurvedic” Ginseng. It is indicated for the same types of conditions as Ginseng, but Ashwagandha is not heating, Yang or stimulating like Ginseng (Panax varieties). It is used preventatively for those who have difficulty replenishing the energy they expend, and want to avoid burn out. Burnout from unrelenting stress can take the form of immune breakdown (colds, flu), headaches, irritable bowel, blood sugar swings and any other genetic, predispositional or constitutional weakness. Ashwagandha gives additional life force or Chi to help adapt to the stresses at hand.

It can also be used as a restorative for those who have already burned out. Ashwagandha, as part of a rejuvenation treatment plan is effective in chronic fatigue syndrome, depression, debility, recovery from wasting diseases, chemotherapy and helps while one is in emotional recovery therapy.

Ashwagandha is also indicated specifically in autoimmune disorders. It helps immunity to self modulate. It also has an affinity to help chronic neuro-muscular disorders such as fibromyalgia and multiple sclerosis (MS).

Ingredients:

Phyto-Tech™ Ashwagandha Root Liquid Extract contains the following: Fresh Organic Ashwagandha Root (Withania somnifera), Grain Alcohol, Deionized Water. Phyto-Tech™ Ashwagandha Root Veggie Caps contain, in

each capsule, Organic Ashwagandha Root, 380 mg and selectively imported Ashwagandha Root Extract (1.5% Vithanalooids), 95 mg. The capsule contains modified vegetable cellulose. *Certified organic.*

Dosage:

Liquid Extract: 30 drops, 1-3 times per day or as directed in juice or water. Capsule: 1 veggie cap, 1-3 times a day. The fluid extract may contain a small amount of herbal precipitate due to the strength of the preparation.

Complimentary Formulas:

- Phyto-Tech™ Adaptogen Complex
- Phyto-Tech™ Ginseng Energy Blend

Astragalus Root

As a long term tonic, Astragalus helps boost deep immunity and resistance.

Astragalus Root 1:3 - 1 fl oz - Product Code: 56949
Astragalus Root, 460 mg
90 Veggie Caps - Product Code: 60340

Who would benefit from this supplement?

- Those who get sick easily or suffer from chronic health problems. It is especially useful for those undergoing chemotherapy.

“You may already be accustomed to taking echinacea at the first sign of a cold or flu, or when people around you are getting sick. How is astragalus different? Like echinacea, Astragalus not only helps prevent colds and flu but shortens the course of a bug once it has set in. Astragalus can also be used as a long-term preventive and restorative herb, both to prevent illness and to renew energy and vitality once an acute illness has passed. Scientific evidence also suggests that astragalus may be one of the most important herbs for strengthening the immune system against serious diseases, including cancer.” (McCaleb, Robert, et al, *The Encyclopedia*

of Popular Herbs, The Herb Research Foundation, Prima Health, 2000)

The indications listed for Astragalus include the following:

- Colds and flu, chronic respiratory problems such as bronchitis, digestive ailments, susceptibility to infectious disease, recovery after illness, general weakness and fatigue, cancer.

The active constituents include polysaccharides (glucans), saponins (astragalosides), flavonoids and phytosterols, all of which contribute to the positive actions of Astragalus. It increases the number of stem cells in bone marrow and lymph tissue and encourages their development into active immune cells. It appears to help trigger immune cells from a “resting” state into heightened activity. One study showed Astragalus root helps promote and maintain respiratory health. It also enhances the body’s production of immunoglobulin and stimulates macrophages. Astragalus can help activate T-cells and natural killer (NK) cells. Astragalus stimulated NK-cell activity of human peripheral blood lymphocytes and restored steroid-inhibited NK-cell activity in another study.

Traditionally, many herbalists feel Astragalus is best used when not acute. In other words, use it in between acute episodes in order to boost immunity and avoid frequent acute episodes. Astragalus is indicated for those who get sick frequently, for illnesses that do not resolve in a reasonable time, for those who get sick time after time. It is also indicated for those using antibiotics frequently. Think of it as an herbal flu shot, so take it before the immune season begins, especially for the elderly, the young and the immune suppressed.

Dosage:

20-60 drops, 2-3 times per day or as needed in juice or

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healthnotes

Phyto-Antioxidants Reduce Inflammation and Enhance Recovery After Exercise

Inflammation and oxidation can slow recovery after intense exercise. In this study, 16 members of the Polish Rowing Team took a placebo or 1,200 mg of cranberry extract for six weeks. The team performed a strenuous 1.24-mile rowing test before and two weeks after taking the supplements.

Why choose a cranberry extract? Cranberries, like most highly colored fruit, are rich in antioxidants—polyphenols, proanthocyanidins, anthocyanins, flavonols, etc. Even though the actual color may differ, they are similar in this regard to blueberries, acai berry, mangosteen, goji berry, pomegranate, grape skin extract, green tea, etc. These plant derived antioxidants can significantly reduce inflammation after exercise.

After the second test, several types of inflammation had increased only for placebo, including signs of systemic inflammation, muscle cell damage, and excess levels of a hormone in the liver that can interfere with iron stores in the blood.

Doctors also measured antioxidant levels and found those taking cranberry extract had significantly higher total antioxidant capacity at rest, after exercise, and after recovery.

Taking cranberry extract before strenuous exercise can boost total antioxidant capacity, help control inflammation, and reduce

oxidative stress during and after recovery.

(Reference: *Journal of the International Society of Sports Nutrition*; 2017, Published Online)

Additional Comments from Don Goldberg

There are several Phyto-Tech™ Supplements that might be of interest for this purpose:

Antiox Phyto Complex II

Some of the most powerful, broad-spectrum antioxidants are those found in plants. This supplement contains a blend of several of the most potent plant-derived phyto-antioxidants available, in a high potency, professional strength veggie cap.

New, High Potency 375 mg Veggie Caps
90 Veggie Caps - Product Code 63745

Antiox Phyto Blend

Some of the most powerful, broad-spectrum antioxidants are those found in plants. This supplement contains a blend of several of the most potent plant-derived phyto-antioxidants available, in a convenient liquid extract.

1 fl oz - Product Code: 57551

Cranberry 4:1

Cranberry is widely used to prevent urinary tract infections.

90 Veggie Caps - Product Code: 60121
Each 400 mg veggie cap contains the equivalent of 1600 mg of raw Berry.

The pharmacists and nutritionists at Willner Chemists will be happy to assist you in choosing the appropriate supplements to suit your specific needs.





Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements



water.

Phyto-Tech™ Astragalus Root 1:3 contains Astragalus membranaceus, 333 mg/ml, certified organic.

Complimentary Formulas:

- Phyto-Tech™ Immune Complex

Attention Complex

This “Child Friendly” supplement supports healthy attention and concentration.

1 fl oz - Product Code: 57030

Who would benefit from this supplement?

- Children who suffer from ADHD, ADD, poor concentration and focus, stress, fatigue and mental exhaustion.

Phyto-Tech™ Attention Plus is effective for increasing cognitive ability, helping attention, memory and focus, increasing concentration capacity, reducing mental fog and alleviating stress and fatigue. It can be helpful for those who have Attention Deficit Hyperactivity Disorder (ADHD), which affects one’s ability to pay attention, stay still, and/or control their impulses.

Ingredients:

Phyto-Tech™ Attention Complex contains the following herbs Ginkgo biloba Leaf, Gotu Kola Leaf, Licorice Root, Lobelia Herb and Rhodiola Root.

Dosage:

See label for age-adjusted dosage guidelines.

Bacopa

Bacopa has been used in Ayurvedic medicine as a brain tonic, sedative and anti-epileptic. It enhances cognitive function while, at the same time, reducing anxiety.

90 Veggie Caps - Product Code: 67469

Who might benefit from using this supplement?

- Those who suffer from poor mental function, memory problems, learning disabilities
- Those who also suffer from anxiety and depression

Ingredients:

Each veggie cap contains the following: Organic Bacopa Herb (Bacopa monnieri) - 300mg, and Selectively Imported Bacopa Herb Extract (20% Bacosides) - 100mg
The vegetarian capsule contains: Modified Vegetable Cellulose

Properties:

Traditionally, Bacopa exerts the following actions:
• Antioxidant, Adaptogenic, Nervine

Indications:

Bacopa, also known as Brahmi, has been used in Ayurvedic medicine for hundreds of years as a brain tonic, sedative, and anti-epileptic. Bacopa is unique in that it enhances cognitive function, while simultaneously reducing anxiety. This makes it an ideal herb for students, those with mentally challenging jobs, children and adults with learning disabilities, and the elderly experiencing mental decline. Current research on Bacopa supports its ability to enhance memory, learning and concentration and to reduce anxiety and depression. Its constituents are lipophilic and have the ability to cross the blood brain barrier, which accounts for its actions on cognition. Bacosides have been identified as the main active constituents of the herb responsible for its positive influences on brain function. Bacosides enhance nerve impulse transmission and help repair damaged neurons by increasing kinase activity, neuronal synthesis, and synaptic activity. The antioxidant activity of Bacopa plays a key role in its influence on cognition. Research shows it appears to prevent DNA damage in the brain and modulate expression of enzymes that fight reactive oxygen species. Bacopa also has a stimulatory effect on thyroid function and

has been shown to increase production of T4 (thyroxine), a thyroid hormone. This can positively affect fatigue issues.

Complimentary Formulas & Single Herbs:

- B-Complex Vitamins (Nutritional support and energy)
- Brain Bio Boost Complex (formula to support cognitive function)
- Turmeric Root 1:1.5 (Antioxidant support)

Dosage:

Take 1 cap, 1-2 times per day.

Bilberry

Bilberry is a powerful antioxidant, and is traditionally used to support eye health and visual function.

Liquid Extract - 1 fl oz - Product Code: 57043

Bilberry Standardized & Full Spectrum

Also available as a standardized (25% Anthocyanidin) extract, 50 mg, in a base of full spectrum 250 mg Bilberry Leaf (Wild Harvested) in a Veggie Cap formulation

60 Veggie Caps - Product Code: 60119

Who would benefit from taking this herbal supplement?

- Those who are concerned about possible eye or vision problems, including macular degeneration, cataracts.

Bilberry contains potent antioxidants that protect and improve micro-circulation, that is, the circulation of blood through the capillaries. These antioxidant pigments, called anthocyanosides or anthocyanins, are similar to those found in red grape skins. Anthocyanosides protect cells in the

... continued on page 24

Important Notice: The information given here is designed to help you make informed decisions about your health, and the proper use of dietary supplements. It is not intended as a substitute for medical advice, nor a substitute for any treatment that may have been prescribed by your doctor. If you have a medical problem, you should seek medical help. Products described herein are not intended to diagnose, treat, cure or mitigate disease.

Willner Chemists Phyto-Tech™ Herbal Supplements

Stevia Extracts

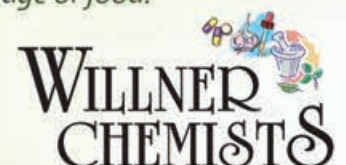
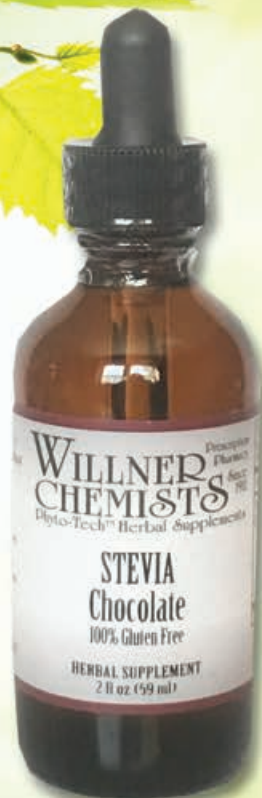
New Flavors Now Available!

Extracts of leaves from *Stevia rebaudiana* have been used for many years in traditional treatment of diabetes in South America. Various compounds in stevia has been concentrated, and used as natural sweeteners. These compounds possess up to 250 times the sweetness intensity of sucrose, and they are noncaloric and noncariogenic. Stevioside, a natural plant glycoside isolated from the plant *Stevia rebaudiana*, has been commercialized as a non-caloric sweetener in Japan for more than 20 years. Some studies have shown that stevia may be beneficial to those with hypertension, and those with type-2 diabetes. Dosage: Add 2-8 drops, as needed. Each ml is equivalent to 300 mg of Stevia.

These new Stevia liquids are 100% Gluten Free, and contain only organic stevia leaf extract, vegetable glycerin, purified water and natural flavors/essential oils.

Suggested Use:
As a dietary supplement, add 5-8 drops to a beverage or food. Shake well before using.

Visit our website for more information or to place an order: www.willner.com



The Nutritional Supplement Professionals

Willner Chemists has offered stevia as a liquid herbal concentrate, providing Stevia Leaf Extract, standardized to 90% Steviosides, in 1, 2 and 4 oz sizes:

- Phyto-Tech™ Stevia Extract 90
1 fl oz - Product Code: 56943
- 2 fl oz - Product Code: 56940
- 4 fl oz - Product Code: 56942

Now, Willner Chemists is pleased to offer six new stevia leaf extracts, in flavored form:

- Phyto-Tech™ Stevia Extract - Chocolate
2 oz, Alcohol Free - Product Code: 60140
- Phyto-Tech™ Stevia Extract - Cinnamon
2 oz, Alcohol Free - Product Code: 60139
- Phyto-Tech™ Stevia Extract - Lemon
2 oz, Alcohol Free - Product Code: 60141
- Phyto-Tech™ Stevia Extract - Orange
2 oz, Alcohol Free - Product Code: 60144
- Phyto-Tech™ Stevia Extract - Peppermint
2 oz, Alcohol Free - Product Code: 60143
- Phyto-Tech™ Stevia Extract - Vanilla
2 oz, Alcohol Free - Product Code: 60142

These new Stevia liquids are 100% Gluten Free, and contain only organic stevia leaf extract, vegetable glycerin, purified water and natural flavors/essential oils.

Suggested Use: As a dietary supplement, add 5-8 drops to a beverage or food. Shake well before using.

To listen to an interview on stevia and other therapeutic herbal supplements, go to www.willner.com and look up the May 22, 2011 Willner Window Radio Program

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



Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements



circulatory system, keeping them more flexible to provide better blood flow and oxygen to capillary-rich organs such as the retina of the eye. Researchers have also found that bilberry affects enzymes responsible for energy production in the eye, which is especially important to good vision under poor light conditions, including night vision.

“Bilberry extract and bilberry constituents appear to improve circulation in young and elderly people alike. Bilberry extract may be helpful in preventing many of the vision problems associated with aging. In combination with vitamin E, it can prevent cataracts; it can also prevent retinopathies (diseases of the retina), including diabetic retinopathy, and possibly even ordinary nearsightedness (myopia). Bilberry’s ability to strengthen capillary circulation helps those who bruise easily, and bilberry extracts are even used before elective surgery to minimize bruising and excessive bleeding. Increasing capillary strength also helps in treating spider veins, varicose veins, and hemorrhoids.” (McCaleb, Robert, et al., *The Encyclopedia of Popular Herbs*, The Herb Research Foundation, Prima Health, 2000)

Ingredients:

Each 30 drops contains 500 mg of certified organic Bilberry berry.

Black Cohosh Root

This herb helps normalize the menstrual cycle and promote a healthy menopause.

1 fl oz - Product Code: 56969

90 Veggie Caps - Product Code: 60120

Who would benefit from taking this supplement?

- Women experiencing the following problems may find this herb helpful: PMS, menstrual cramps, uncomfortable menopausal symptoms.

Black Cohosh is considered by herbalists to be a distinctive woman’s remedy. It stimulates delayed menses as an

emmenagogue while relaxing the muscles around the uterine area to help decrease menstrual cramps. It can help PMS symptoms and help to regulate a woman back into a more normal cycle. It can also help amenorrhea and dysmenorrhea. It is commonly combined with Chaste Tree Berry and Dong Quai Root.

It is also a famous remedy in menopause. German studies show that Black Cohosh will diminish the negative side effects of menopause by improving symptoms such as hot flashes, perspiration, heart palpitations, nervousness and irritability, sleep problems and depression. Research suggests estrogenic activity in the alcoholic extract, inhibiting LH but not follicle stimulating hormone. Some research refutes estrogen activity and suggests neurotransmitter interference. It either fools the pituitary from looking for leutinizing hormone or actually inhibits LH. This results in a decrease in the above-mentioned symptoms and exerts a most positive effect on menopause.

Ingredients:

Each 30 drops of Phyto-Tech™ Black Cohosh contains 333 mg certified organic Black Cohosh Root. Also available in a veggie cap formulation. Each capsule contains 500 mg of Wild Harvested Black Cohosh Root.

Cautions: Pregnancy, Nursing. No known drug interactions. Since Black Cohosh is not actually estrogenic, it is NOT contraindicated in estrogen sensitive cancer.

Dosage:

15-30 drops 2-3 times per day or as needed in juice or water. Increase serving to 30-60 drops for acute cramping and lack of period during menses.

Complimentary Formulas:

- Phyto-Tech™ Chaste Tree Berries (to increase progesterone)
- Phyto-Tech™ Menopause Complex (menopause formulas with black cohosh)
- Phyto-Tech™ Menses Complex (PMS and cycle regulating formula with black cohosh)

Black Walnut Hull

This herb is traditionally used to support intestinal health.

1 fl oz - Product Code: 56987

The Black Walnut used in this supplement is derived from the hulls while in their green state. This is when they are most potent.

Who would benefit from this supplement?

- Those who are concerned about possible parasite, fungal or bacterial infections, including candidiasis;
- Those with gastrointestinal problems such as indigestion, diarrhea and constipation.

Fresh Black Walnut Hulls are harvested in their green state (before they blacken) where they are more potent. Black Walnut’s two main active chemicals are juglone and tannins. Juglone is antibiotic and antifungal and has a normalizing effect on intestinal tissue Tannins are astringents that reduce secretions, relieve irritation and tighten tissues by shrinking the top layers of the skin. These properties led to the use of Black Walnut Hull for treating gastrointestinal problems such as indigestion, diarrhea and constipation. It is also considered a strong killer of fungal infections such as athletes’ foot, Candida Albicans and other internal and topical fungal infections. It is a great addition to a Candida treatment protocol.

... continued on page 26

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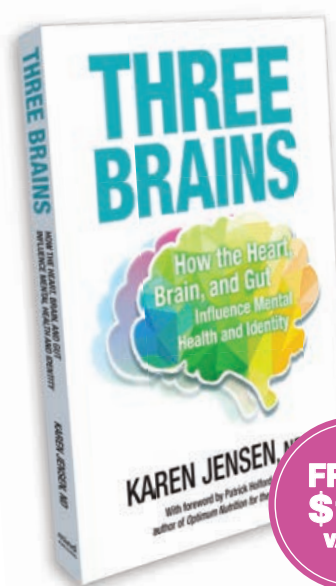


Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)



A.C. GRACE				ADORATHERAPY				ALBA				ALL ONE NUTRITECH				ALLERGY RESEARCH													
53451	GRACE E UNIQUE 400 IU	120	SGC	42.95	38.65	66369	AWAKE MOOD BOOST SPRAY	10M	SPY	20	18	66937	AFTER SUN ALOE LOTION	8Z	LOT	7.99	6.39	33801	ALL 1 CALCIUM COMPLEX	8.5	PWD	26.69	21.35	27217	CAL MAG CITRATE	100	CAP	14.84	11.87
53450	GRACE E UNIQUE 400 IU	30	SGC	11.95	10.75	66370	BALANCED MOOD BOOST	10M	SPY	20	18	66934	SUNSCREEN FACIAL SPF30	4Z	LOT	11.49	9.19	25988	ALL 1 GRN PHYTO 15.9Z	15	PWD	53.69	42.95	10027	CALCIUM CITRATE 150 MG	180	CAP	21.94	17.55
55962	GRACE E UNIQUE LIQ 400	1Z	LIQ	21.75	19.57	66240	CLEAR AWAY GOOD MOOD	4Z	SPY	16	14.4	59964	SUNSCREEN KIDS SPF 30	4Z	LOT	10.99	8.79	28844	ALL 1 POWDER ACT SEN	15Z	PWD	60.39	48.31	27949	CATS CLAW 3X	60	CAP	38.54	30.83
54938	GRACE E UNIQUE TOCOTR G	60	SGC	39.5	35.55	66248	I AM TRANQUILIT CHAKRA	10M	SPY	16	14.4	66930	SUNSCREEN KIDS SPF 45 A	4Z	LOT	11.49	9.19	39778	ALL 1 POWDER SENIOR	2LB	PWD	105.99	84.79	28971	CELLULOSE 250 GMS	250	PWD	13	10.4
ABSORBAID				ADV. ORTHOMOLECULAR				ALBA				ALL ONE NUTRITECH				ALLERGY RESEARCH													
29436	ABSORBAID	240	VCAP	39.99	31.99	67167	BONE PROTECT ADV + STR	60	VCA	32	25.6	66935	SUNSCREEN KIDS SPF 50	6Z	SPY	15.99	12.79	18077	ALL 1 PWD 15.90Z	5.9	PWD	53.69	42.95	21530	CHRONOSEF MELATON 1.3	100	CAP	15.99	12.79
29431	ABSORBAID	90	VCAP	19.99	15.99	66244	I CAN MOTIVATION CHAKR	10M	SPY	16	14.4	18076	ALL 1 PWD 5.29 OZ	5.2	PWD	19.89	15.91	10033	COPPER SEBACATE	75	CAP	12.75	10.2	25475	COQ10 100 TOCOTRIENOL	60	SGC	75.71	60.56
29432	ABSORBAID PWD 300 GMS	300	PWD	44.99	35.99	66245	I LOVE JOY CHAKRA BST	10M	SPY	16	14.4	59890	SUNSCREEN MIN FF SPF30	4Z	CRM	10.99	8.79	29033	COQ10 100 TOCOTRIENOL	200	SGC	228.19	182.55	20363	COQ10 50 MG VCA	75	VCA	61.29	49.03
ACTIVZ				ADV. ORTHOMOLECULAR				ALL ONE NUTRITECH				ALL ONE NUTRITECH				ALL ONE NUTRITECH													
63672	BEEF JUICE PWD ORG	207	PWD	22.99	20.69	66246	I SPEAK COMMUNICATION	10M	SPY	16	14.4	33801	ALL 1 CALCIUM COMPLEX	8.5	PWD	26.69	21.35	54516	COQH CF 100 UBIO CO10	60	SGC	65.50	52.46	61505	CULTURELLE KIDS	30	PAK	37.19	37.19
65646	COCONUT WATER ORGANIC	NIC	PWD	24.99	22.49	66373	PEACEFUL MOOD BOOST	10M	SPY	20	18	25988	ALL 1 GRN PHYTO 15.9Z	15	PWD	53.69	42.95	32822	CULTURELLE LACT G G	30	VCA	33.59	26.87	58975	D3 COMPLETE 2000 IU K2	60	SGC	27.5	22
64970	COCONUT WATER STPK BX	24	PWD	29.99	26.99	66374	SEDUCTIVE MOOD BOOST	10M	SPY	20	18	28844	ALL 1 POWDER ACT SEN	15Z	PWD	60.39	48.31	42079	D3 SUPER	60	CAP	16.25	13	38107	DHA	90	SGC	20.99	16.79
65137	SILVER GEL LARGE	4Z	GEL	24.95	22.45	66375	SMART MOOD BOOST SPRAY	10M	SPY	20	18	39778	ALL 1 POWDER SENIOR	2LB	PWD	105.99	84.79	39289	DIM 75 MG	120	CAP	57.12	45.69	39451	DIM PALMETTO PROSTATE	60	SGC	95.89	76.71
63673	WHEATGRASS JUICE PWD	114	PWD	15.99	14.39	67167	BONE PROTECT ADV + STR	60	VCA	32	25.6	18077	ALL 1 PWD 15.90Z	5.9	PWD	53.69	42.95	10038	E 400 NAT SOURCE	120	SGC	63.44	50.75	22480	E P O 500 MG	120	SGC	33.35	26.68
ACURE ORGANICS				ADV. ORTHOMOLECULAR				ALL ONE NUTRITECH				ALL ONE NUTRITECH				ALL ONE NUTRITECH													
61817	ARGAN OIL MOR 100% ORG	1Z	OIL	12.99	12.99	45663	CARDIO MAG 50 MG	120	VCA	50	40	59658	ACETYL L GLUTATHIONE 100	60	TAB	99.99	79.99	61945	ENERGY LIPIDS PWD NT F	150	PWD	88.3	70.64	43891	EPA SUPER	200	SGC	56.97	45.57
65302	BODY LOT COCOA BUTTER	8Z	GEL	9.99	9.99	41452	CHANCA PIEDRA	90	VCA	28	22.4	24355	ACETYL L CARNITINE 500	100	CAP	85.5	68.4	26822	EPD MULTIVITAMIN BASIC	150	CAP	39.66	31.72	28223	EPD TRACE MINERALS	75	CAP	10.6	8.48
64843	BODY LOT FIRING LEMON	8Z	LOT	9.99	9.99	45434	PEAK K2 15 MG	90	VCA	52	41.6	62446	ADRENAL 100 MG VCAP	150	VCA	24.68	19.74	10041	ESTEROL CAP	200	CAP	53.4	42.72	10040	ESTEROL CAP	100	CAP	35.45	28.36
62436	BODY LOT ORANGE + ARGAN	8Z	LOT	9.99	9.99	54116	STRONTIUM SUPPORT II	60	VCA	24	19.2	60071	ADRENAL CORTEX	100	CAP	87.66	70.12	52445	FIBROBOOST	75	VCA	52.95	42.36	10040	ESTEROL CAP	100	CAP	35.45	28.36
67377	BODY SPRAY DRY CIT GIN	2Z	SPY	12.99	12.99	50779	T 100	60	TAB	30	24	60072	ADRENAL MEDULLA	100	CAP	45.2	36.16	57590	FLAVINOX	90	VCA	66.5	53.2	28368	FLAXSEED POWDER	16Z	PWD	24.63	19.7
67376	BODY SPRAY DRY COCONUT	2Z	SPY	12.99	12.99	45476	TLC 3.0 PWD	240	PWD	36	28.8	66801	ADV NEUROPLUS BRAIN	90	TAB	78.5	62.8	10043	FOR WOMEN ONLY CAL	180	CAP	30.27	24.21	65978	FULL SPECTRUM DIGEST	90	VCA	57.25	45.8
67374	BODY SPRAY DRY ROSE	2Z	SPY	12.99	12.99	43726	2 AEP CAL 500 MG	200	VCA	36.52	29.22	60072	ADRENAL MEDULLA	100	CAP	45.2	36.16	16903	FOS 100G	100	PWD	14.79	11.83	10044	FREE AMINO 750	100	CAP	35.23	28.18
66354	BODY WASH SENSIT SKIN	8Z	LIQ	9.99	9.99	27021	2 AEP CAL 500 MG	100	VCA	17.59	14.07	66801	ADV NEUROPLUS BRAIN	90	TAB	78.5	62.8	51153	FULL SPECTRUM K	90	SGC	53.19	42.55	10046	G 1 FLORA	90	CAP	15.7	12.56
66917	CGF REPAIR SERUM	1Z	LIQ	19.99	19.99	26510	CAL OROTATE 612 MG	100	CAP	34.49	27.59	51398	ARGENTYN 23	8Z	LIQ	55.99	44.79	10047	GASTROCLEANSE	100	CAP	17.16	13.72	10052	GERMANIUM	66M	PWD	50.1	40.08
67555	COND SMOOTH + MINGBL COCO	8Z	LIQ	9.99	9.99	27022	LITHIUM OROTATE	200	TAB	19.99	15.99	58836	ARGENTYN 23	16Z	LIQ	93.59	74.87	10053	GERMANIUM 150	50	CAP	56.99	45.59	10055	GLA 320 BORAGE OIL NEW	30	CAP	26.25	21
61823	CONDIT ARGAN OIL + STM	8Z	LIQ	9.99	9.99	26514	MAG OROTATE 500 MG	200	TAB	62.59	50.07	62390	ARGENTYN 23 FIRST AID	2Z	GEL	28.97	23.17	16904	GLUTAMINE 500	100	CAP	20.07	16.05	10107	GRAPE PIPS 100 MG	90	CAP	31.63	25.3
61825	CONDIT ARGAN OIL LEAVE	4Z	LIQ	9.99	9.99	26512	MAG OROTATE 500 MG	50	TAB	17.19	13.75	54729	ARGENTYN 23 SPRAY	2Z	SPY	22.99	18.39	61946	HEALTHY AGING INT FACT	120	TAB	40	32	60076	HYPOTHALAMUS	100	CAP	96.27	77.01
61822	CONDIT LEMONGRASS + ARG	12Z	LIQ	9.99	9.99	26513	MAG OROTATE 500 MG	100	TAB	32.39	25.91	66592	ARGENTYN 23 VERT NASAL	2Z	SPY	22.99	18.39	38920	IMM KINE	60	CAP	62.5	50	10062	IMMUNO GLAND PLEX 500	60	CAP	17.46	13.96
61824	CONDIT MINT + ECHIN STM	8Z	LIQ	9.99	9.99	27020	MEMBRANE CMP 2 AEP CAL	100	CAP	21.56	17.24	10064	ARGININE 500 MG	100	CAP	17.3	13.84	50565	IMMUNOPRO PWD	300	PWD	51.8	41.44	39455	IVC MAX	90	CAP	67.5	54
63668	DAY CRM GOTU KOLA STM A	1.7	CRM	16.99	16.99	39502	POT OROTATE 175 MG	200	VCA	33.77	27.02	10015	ARTEMESIA 500	250	CAP	46.88	37.5	60077	KIDNEY BEEF	100	CAP	19.8	15.84	53651	KING CHOLRELLA	600	TAB	43.3	34.64
65823	DEEP ROOT CONDITIONER	4Z	CRM	12.99	12.99	26516	ZINC OROTATE 60 MG	200	TAB	12.76	10.2	10114	C BUFFERED 500 MG CAP	120	CAP	15.07	12.05	28896	LACTOBACILLUS PLNT SAL	100	CAP	33.23	26.58	26709	LAKTOFERRIN W COLOSTRU	90	CAP	52.77	42.21
63581	EYE CREAM CHLORELLA	1Z	CRM	16.99	16.99	27020	MEMBRANE CMP 2 AEP CAL	100	CAP	21.56	17.24	10003	C PURE CAP 1000 CORN	100	CAP	21.62	17.29	10087	LIVER BEEF 500 NATURAL	125	CAP	20.07	16.05						

When it comes to mental health, it's not all in your head



3 BRAINS™ is a NEW line of supplements designed to support the critical relationship between the HEART, the BRAIN, and the GUT. Together these three “brains” influence mental, emotional, and physical health. The Three Brains™ line of supplements is designed to help maintain optimal brain health by supporting that critical relationship.

DISCOVER MORE ABOUT YOUR “THREE BRAINS”

“Nutrients from whole foods, exercise, and supplements are effective, non-invasive ways to support the ‘three brains’ interaction and optimize mental health and cognition.”
– Karen Jensen, ND

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Alicia Silverstone

INTRODUCES

mykind ORGANICS GUMMIES



ALICIA SILVERSTONE

Actress, *NY Times* Best-Selling
Author, Health Advocate



30% OFF • 7/3-8/11/17

The *mykind* Organics line of gummies is a true health crusader, ditching the conventional vitamin gummy course by steering clear of processed sugars and syrups, artificial colors and flavorings, animal products, and GMOs. With our clean gummy technology, there are no “candy” ingredients, no pig gelatin or corn starch. You can rest assured you are receiving a true, whole food vitamin fruit chew that not only is good for you, but is great-tasting! They are Certified USDA Organic, Non-GMO Project Verified, Certified Vegan, Certified Gluten Free and Kosher.

- 9 Organic whole fruits in every bottle
- No synthetic ingredients, artificial flavors or colorings
- Certified USDA Organic and Non-GMO Project Verified
- Certified Vegan, Certified Gluten Free and Kosher
- Great-tasting organic berry chews made with organic pectin

It's your skin!

XYNDET®


Xyndet® Skin Care Line aids in the care of

- Acne
- Atopic Eczema
- Psoriasis
- Dandruff
- Itching

& takes care of dry, scaly and sensitive skin.



XYNDET® SKIN CARE LINE

 XYNDET® Sensitive Skin Formula Cleansing Bar	XYNDET® Hair & Body Wash	XYNDET® Balm	
Acne	very good	good	good
Atopic eczema	very good	very good	very good
Psoriasis		very good	very good
Sensitive Skin	very good	very good	very good
Dandruff	good	very good	good
Itching	good	good	very good
Red Scalp		very good	very good

What are the differences between XYNDET® and regular soaps?

Soaps are based on fatty acids, mostly animal fat. XYNDET® does not contain fatty acids or other animal products. Our washing products contain fatty alcohols. Fatty alcohols foam up nicely at any water harshness. XYNDET® Sensitive Skin Formula Cleansing Bar removes surface residues of make up and helps open up pores for deeper cleaning.

What are the special features of XYNDET® Balm?

XYNDET® Balm is a very fine structured oil in a water emulsion. It transfers moisture as well as oils into skin. It goes through hard and scaly skin. In extreme cases of hard and scaly skin we recommend to apply a thick layer of XYNDET® Balm and wrapping it with a plastic foil for a maximum of 2 hours. The balm will not leave any greasy residues, provided the skin was not treated prior with any other product.

Why is XYNDET® Balm recommended for itching?

XYNDET® Balm should be kept in a cool place in order to apply a cooling effect to the itchy skin. XYNDET® Balm transports moisture and oils into the skin. XYNDET® contains Dead Sea salt and Dead Sea silt, which have a balancing effect on the skin.

What about XYNDET® Hair & Body Wash?

XYNDET® Hair & Body Wash, a Sensitive Skin Formula Cleansing Liquid is composed of products containing Dead Sea minerals. Like the other XYNDET® products it is completely free of fragrances and coloring agents.

XYNDET® Sensitive Skin Formula Cleansing bar and XYNDET® Hair & Body Wash have a skin neutral ph value of 5.7.



Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements



Burdock Root

Burdock root is a gentle liver and blood cleanser, especially useful for toxic skin disorders. Recent evidence supports its historic role in treating diabetes. It is an ingredient in various popular cancer remedies.

1 fl oz - Product Code: 57061

Who would benefit from this product?

• Those with skin conditions such as eczema, acne, and psoriasis. Historically, Burdock has been used to treat diabetes, and it is a common ingredient of several popular cancer remedies (*EssiacR* and *HoxseyR*). Burdock Root has been widely recommended to diabetic patients by healthcare professionals.

Burdock Root is considered safe. In Japan, burdock is considered a "vegetable," and consumed as such.

Dosage:

30-60 drops 2-3 times per day or as needed in juice or water. Phyto-Tech™ Burdock Root contains 667 mg certified organic burdock root per 30 drops.

California Poppy 1:3

California poppy has been used as a sedative to relieve insomnia and nervousness.

1 fl oz - Product Code: 57643

In an article by Abascal K, Yarnell E., *Nervine herbs for treating anxiety* (*Altern Compliment Ther.* 2004 December:309-315.), the authors discussed California poppy. They first pointed out that "anxiety disorders are common in many Western countries, and conventional drugs like benzodiazepines are often prescribed to relieve anxiety. However, these drugs have worrisome short-term and long-term side effects. Nervine herbs (herbs that quiet nervous excitement) have a long history of traditional use in relieving

anxiety, insomnia, and mild depression. With the exception of St. John's wort (*Hypericum perforatum*), kava (*Piper methysticum*), and valerian (*Valeriana officinalis*), there is little published research on the safety and efficacy of nervine herbs. The purpose of this article was to review the available research and explain how the lesser-known nervine herbs are commonly used in practice." One of those "lesser-known nervine herbs" was California poppy. They made the following observation: "California poppy (*Eschscholzia californica*) is used for its mild analgesic and calming effects. Unlike the opium poppy (*Papaver somniferum*), it has no narcotic effects. Animal studies indicate California poppy tea reduces anxiety, acts as a mild analgesic, and helps prevent drug-induced memory loss. Most herbal practitioners combine lower doses of California poppy with other nervines to relieve anxiety. Researchers studied a combination of California poppy, hawthorn flower (*Crataegus laevigata*), and magnesium in 264 people with mild to moderate anxiety. Those taking the herb mixture had significantly improved anxiety symptoms after three months compared to those taking placebo. Hawthorn is primarily used for heart conditions and is not usually considered a nervine. However, it may help alleviate anxiety symptoms such as heart palpitations and increased blood pressure."

Calming Complex

This supplement, "designed for children", exerts a sedative and calming action appropriate for daytime use. It can also be used at night to help induce sleep.

1 fl oz - Product Code: 56996

Who would benefit from this supplement?

• Children who are hyperactive, anxious, obsessive compulsive, ADHD or insomnia.

Phyto-Tech™ Child Friendly Calming Complex contains the

following herbs: Chamomile Flower, Valerian Root, Hops Strobiles, Lobelia Herb, Vegetable Glycerin, Pure Dionized Water.

Phyto-Tech™ Child Friendly Calming Complex can be used during the day to help calm down an excitable child. It can be used as a daily tonic or on an as needed basis. It can also be used at night (10-30 minutes before bed time) to help bring on sleep. Typically, it will not make a child sleepy when used in the daytime. It is a strong yet gentle central nervous system and adrenaline calmer. It will help slow down a hyperactive child to increase focus in the day. It can also be used for situations that create anxiety and stress, ranging from airline flights and car trips to difficult family situations to performance anxiety. Phyto-Tech™ Child Friendly Calming Complex will also function as a mild analgesic, and take the edge off muscle pain and tension. It will help spasms, cramping, colic pain and gas pain.

Dosage (by Weight):

10-30 lb. Use 10-20 drops; 31-60 lb. Use 20-40 drops; 61-100 lb. Use 40-60 drops; Over 100 lb. Use 60-90 drops. Administer 2-3 times per day or as needed in juice or water. Direct dosing in the mouth is OK.

Cautions: If a child is taking a prescription sedative, consult with the doctor, and take lower herbal doses.

Candida Complex

An Alternative Formula, with Anti-Fungal and Anti-Infective Properties. Clinically developed specifically for those with chronic candida and yeast infections.

1 fl oz - Product Code: 57730

Please Note: Chronic Candidiasis is not commonly recognized

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Important Notice: The information given here is designed to help you make informed decisions about your health, and the proper use of dietary supplements. It is not intended as a substitute for medical advice, nor a substitute for any treatment that may have been prescribed by your doctor. If you have a medical problem, you should seek medical help. Products described herein are not intended to diagnose, treat, cure or mitigate disease.



Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)



41933	ROCK WATER 20 ML	20	LIQ	19.99	15.99	35138	COUGH RELIEF REBOOST	4.2	SRP	12.59	11.33	61970	TESTOSTERONE WELLNESS	60	TAB	27.99	22.39	45598	KIDNEY TONIC 1	2Z	LIQ	21.9	19.71
43040	SCLERANTHUS 20ML	20M	LIQ	19.99	15.99	20536	DECONGEST NASAL SPRAY	20	SPY	12.59	11.33	51364	KIDNEY TONIC II	2Z	LIQ	21.9	19.71	51365	KIDNEY TONIC I	2Z	LIQ	21.9	19.71
42587	STAR OF BETHLEHEM	20	LIQ	19.99	15.99	15103	DIARRHEA	100	TAB	11.99	10.79	43920	LYMPH I	2Z	LIQ	21.9	19.71	43570	LYMPH II	2Z	LIQ	21.9	19.71
42073	SWEET CHESTNUT 20 ML	20	LIQ	19.99	15.99	15111	FLU PLUS	100	TAB	11.99	10.79	51102	B6 FOLIC ACID B12 METH	100	CAP	23	20.7	42461	LYMPH III	2Z	LIQ	21.9	19.71
17212	VERVAIN 20ML	20M	LIQ	19.99	15.99	15116	HEMORRHOID	100	TAB	11.99	10.79	52112	CARNITINE 400 MG	100	CAP	64	57.6	50408	MENTOX HP	1Z	LIQ	20.12	18.11
42074	WALNUT 20 ML	20	LIQ	19.99	15.99	15115	MIGRAINE (HEADACHE II)	100	TAB	11.99	10.79	14778	CESIUM 500	100	CAP	68	61.2	67177	MOLD MIX	1Z	LIQ	19	17.1
41780	WATER VIOLET 20ML	20	LIQ	19.99	15.99	15094	MUCUS RELIEF BRONCHIT	100	TAB	11.99	10.79	58713	CRM CHROM POLINICOT	100	CAP	13.6	12.24	44855	NEUROTOX	1Z	LIQ	16.25	14.63
41882	WHITE CHESTNUT 20ML	20	LIQ	19.99	15.99	15128	NAUSEA	100	TAB	11.99	10.79	51254	D 3 50	100	CAP	30	27	44540	OCCULOPLEX G	1Z	LIQ	16.25	14.63
42339	WILD OAT 20 ML	20	LIQ	19.99	15.99	15158	REBOOST IMMUNE ENGYSTL	100	TAB	11.99	10.79	44893	D MANNNOSE CAP	100	CAP	35	31.5	44165	OCCULOPLEX I	1Z	LIQ	16.25	14.63
17224	WILD ROSE 20ML	20	LIQ	19.99	15.99	15134	SINUS	100	TAB	11.99	10.79	38251	D MANNNOSE PWD 100 GRAM	100	PWD	50	45	50140	OSTEOFORCE	1Z	LIQ	16.25	14.63
17227	WILLOW 20ML	20	LIQ	19.99	15.99	15135	SKIN	100	TAB	11.99	10.79	35590	D MANNNOSE PWD 50 GRAMS	50	PWD	32	28.8	62253	PARA THYROPLEX	1Z	LIQ	16.25	14.63
						15137	SPASM-PAIN	100	TAB	11.99	10.79	58573	D3 1000 IU	250	CAP	14.5	13.05	56650	PNEUMOTOX	1Z	LIQ	16.25	14.63
						20439	T RELIEF (TRAUMEEL)	100	TAB	12.59	11.33	59990	D3 5 000 IU	250	CAP	15.7	14.13	44980	PRE/POST SURGERY	1Z	LIQ	16.25	14.63
						65627	T RELIEF (TRAUML OINT)	50G	ONT	12.59	11.33	51183	D3 50	12	CAP	18	16.2	54201	RADIATION	1Z	LIQ	16.25	14.63
						20531	T RELIEF ARTHRITIS OINT	50	ONT	12.59	11.33	54671	DHEA 5 MG	100	CAP	10	8	51716	RENA FORCE	1Z	LIQ	16.25	14.63
						20537	T RELIEF ORAL DROPS	50	LIQ	12.59	11.33	42223	FOLIC ACID 20 MG	100	CAP	14	12.6	45201	REUNTOX	1Z	LIQ	16.25	14.63
						15179	T RELIEF TRAUMEEL OINT	100	ONT	24.19	21.77	55858	FOLIC ACID 5 MG	100	CAP	12	10.8	51965	SCIATICA HP	1Z	LIQ	20.12	18.11
						53119	T RELIF ARTHRIT (ZEEL)	100	TAB	12.59	11.33	14729	LACTO PECTIN	100	CAP	19.7	17.73	51022	SOLIPLX	1Z	LIQ	18.25	16.43
						41589	THROAT RELIEF REBOOST	20M	SPY	12.59	11.33							51731	SOMNIZEE	1Z	LIQ	16.25	14.63
						67558	TRAUMEEL GEL	100	GEL	12.59	11.33							53168	STOMAPLEX	1Z	LIQ	14.4	12.96
						67557	TRAUMEEL OINTMENT RX	100	ONT	30	27							44542	THYROPLEX	1Z	LIQ	16.25	14.63
						31379	TRAUMEEL TAB RX	90	TAB	30	27							52976	UNIVERSALTOX	1Z	LIQ	16.25	14.63
						15152	URI CONTROL RX	100	TAB	22.99	20.69							43902	VERMEX	1Z	LIQ	16.25	14.63
						53402	WELLMIND MENTAL FOCUS	100	TAB	12.59	11.33							43289	VIROTOX	1Z	LIQ	16.25	14.63
						66790	WELLMIND TENSION REL BH	100	TAB	28.49	25.64												
						66790	WELLMIND VERTIGO RX ON	100	TAB	28.49	25.64												

For Springtime Support

AllerStrength™ delivers Enzymatically Modified Isoquercitrin (EMIQ), which was demonstrated in a clinical study to be 17x more bioavailable than quercetin itself. Offering quick absorption, this advanced springtime support product stands out for its ability to help maintain eye health during periods of seasonal discomfort.*

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Advanced Health Solutions

For a Restful Sleep

Melatonin Serene Night™ features clinically studied doses of melatonin and L-theanine to promote a healthy sleep-wake cycle and relaxation, which helps the body transition to sleep more easily.*



For Days Filled with Screen Time

Screen Time Stamina™ was designed to support those who spend a lot of time on computers and other digital gadgets. Clinically backed ingredients and traditional herbs support physical endurance and healthy memory. The advanced eye ingredients lutein and zeaxanthin were added to support long-term eye health.*



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Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements



as a medical condition by conventional medicine; any diagnosis and/or treatment of this condition should be supervised by a health professional. This product is not intended to treat, cure or mitigate disease.

James Duke, Ph.D., in his book "The Green Pharmacy", makes the following comment on Black walnut (*Juglans nigra*). "Kathi Keville, author of *The Illustrated Herb Encyclopedia and Herbs for Health and Healing*, a California Herbalist whom I admire, recounts one impressive study showing that the fresh husk of the black walnut destroyed candida better than a commonly prescribed antifungal drug." "Recurrent or chronic infections, including chronic candidiasis, are characterized by a depressed immune system. A repetitive cycle makes it difficult to overcome chronic candidiasis: a compromised immune system leads to infection, and infection leads to damage to the immune system, further weakening resistance." (Murray and Pizzorno, *Encyclopedia of Natural Medicine*). Enhanced immune system function may be the most important component of treating this condition.

Dosage:

Take 30 drops 3 times a day in water before meals. Each serving (30 drops) contains the following: Fresh Black Walnut Hull 150 mg, Fresh Spilanthes Flower 75 mg, Usnea Lichen 67 mg, Pau D'Arco Bark 67 mg, Oregon Grape Root 50 mg, Gentian Root 33 mg, Fennel Seed 17 mg, Tea Tree Oil 3 mg, Oregano Oil 1 mg, Grain Alcohol, Deionized Water.

Cascara Sagrada

Cascara sagrada, obtained from the dried bark of *Rhamnus purshianus* (Rhamnaceae), is traditionally used as a laxative and detoxification agent.

90 Veggie Caps - Product Code: 60124

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Who would benefit from this supplement?

• Those suffering from occasional constipation. Like any "stimulant" laxative, it is not intended for long term or chronic use.

Dosage:

Traditional dosage of the dried bark is 300 to 1000 mg taken at bedtime. This is equivalent to one or two capsules. Start with one capsule. The appropriate amount of cascara is the smallest dose that is necessary to maintain soft stools.

Ingredients:

Each capsule contains 420 mg of full-spectrum, wildcrafted Cascara sagrada bark.

Complimentary Formulas:

• Moving On (Product Code: 67472)

Cayenne 1:5

Cayenne is a spice derived from various species of *Capsicum*. As such, it adds color, pungency and aroma to foods consumed throughout the world.

1 fl oz - Product Code: 57054

Chamomile Flowers

Chamomile is traditionally used for its mild relaxing effect. It calms, soothes and supports the nervous system.

1 fl oz - Product Code: 57067

Who would benefit from this supplement?

• Those with stress, anxiety, stomach upset due to nervousness, and mild insomnia.

Phyto-Tech™ Chamomile Flower is traditionally used as a mild relaxing herb for mild insomnia, anxiousness and stomach upset from nervousness. It is a gentle sedative to the central nervous system and can calm one down. It is best

when one wants a gentle relaxing herb to gently help them to sleep or to simply relax during the day. It will not make one sleepy like Valerian can, nor will it reduce pain as well as skullcap. It is suitable for children, those who are very sensitive to sedatives and for the elderly. It is especially soothing in a warm cup of water at bedtime.

Chamomile can be used for digestive upset from nervous eating or overeating. It can soothe upset tummies from overeating junk foods.

It has also been used for teething infants and children who need a little pain relieving action. Dilute amounts are added to water, milk or juice in amounts suitable to the weight of the child.

Dosage:

Use 10-20 drops for a 30 pound child, 25-30 drops for a 60 pound child and an adult dose above these weights.

Ingredients:

Phyto-Tech™ Chamomile Flowers contains 333 mg certified organic Chamomile in 30 drops.

Chaste Tree Berry

Chaste Tree helps to balance the female cycle and supports proper progesterone levels.

1 fl oz - Product Code: 56989

Who would benefit from this supplement?

• Women with progesterone deficiency, PMS, menopause related problems, and infertility.

Dosage:

20-60 drops, 2-3 times per day or as needed in juice or water. Phyto-Tech™ Chaste Tree Berry contains 500 mg of certified organic chaste tree berry in 30 drops.

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Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)

BIOTICS				DE STRESS				BLUEBONNET				STAMINA CAP											
65122	5 HTP PLUS FORTE	90	CAP	47.5	42.75	44114	DOPATROPIC PWD	30	CAP	28.3	25.47	21452	STAMINA CAP	100	CAP	22.6	20.34	43930	CAL CITRATE W/D 250	180	CPL	22.5	18
25477	A D P	120	TAB	43.3	39.97	60489	DYSBIOCIDE	132	PWD	26	23.4	21414	TAURINE	100	CAP	15.9	14.31	43327	CAL CITRATE W/MAG & D	180	CPL	27.95	22.36
21280	A D P	60	TAB	22.6	20.34	57199	FC CIAL	120	CAP	28.5	25.65	21455	THYROSTIM	90	TAB	19.5	17.55	42224	CAL CITRATE W/MAG & D	90	CPL	14.95	11.96
45560	ADBS PLUS	90	TAB	24.8	22.32	34690	FE ZYME	100	CAP	27.9	25.1	51331	THYROSTIM	270	TAB	53.5	48.15	50221	CAL MAG 1:1 125/125	180	CAP	29.95	23.96
53469	ADHS	240	TAB	43	38.7	21379	FOLATE 5 PLUS	100	TAB	13.5	12.15	66986	TMG PWD	8 Z	PWD	29.5	26.55	42226	CAL MAG CITR LIQ BLUE	16Z	LIQ	14.5	11.6
45474	ADHS	120	TAB	23.5	21.15	58677	FOLIC ACID 800	120	TAB	24.9	22.41	21415	TYROSINE	100	CAP	26.8	24.12	42298	CAL MAG CITR LIQ LEMN	16Z	LIQ	14.5	11.6
35869	B VITAL	60	CAP	27.9	25.11	43552	GINKGO BILOBA	180	TAB	16.9	15.21	31914	ULTRA VIR X	90	CAP	28.9	26	40494	CAL MAG CITR LIQ ORNGE	16Z	LIQ	14.5	11.6
21287	B12 2000 LOZ	60	LOZ	21.7	19.53	21387	GLUCO SYN AMINE	60	TAB	18	16.2	21456	VHP	90	CAP	17.9	16.1	54992	CAL MAG CITRATE LIQ RS	16Z	LIQ	14.5	11.6
28140	B12 FOLATE PLUS	100	CAP	22.9	20.6	51143	GLUCOBALANCE	90	CAP	28.9	26.01	21459	ZN ZYME FORTE	100	TAB	14.9	13.4	54991	CAL MAG CITRATE LIQ RS	16Z	LIQ	14.5	11.6
21286	B6 PHOSPHATE 20 MG	100	TAB	16.9	15.2	37207	GLUCOBALANCE	180	CAP	64.5	58.05							50476	CAL MAG LIQ STRAW	16Z	LIQ	14.5	11.6
65851	BERBERINE HCL	90	CAP	38.5	34.65	21389	GLUCOBALANCE	90	CAP	36.5	32.85							45271	CAL MAG PLUS BORON	180	CAP	27.95	22.36
21290	BETA PLUS	90	TAB	16.5	14.85	61758	GLUTAMINE PWD 500 GRAM	500	PWD	52.5	47.25							60333	CAL MAG W/D3 RAINFORST	90	CHW	12.95	10.36
41089	BETA TCP	180	TAB	29.7	26.73	31577	GTA	90	CAP	23.9	21.5	66902	5 HTP 100 MG VCAP	60	VCA	16.95	13.56	54993	CAL MAG ZINC 333/155/5	120	SGC	19.5	15.6
31530	BETAINE PLUS HP 700 MG	90	CAP	17.9	16.1	38092	GTA FORTE	90	CAP	39.8	35.82	45070	A&D 25000/1000 IU	100	SGC	12.95	10.36	42335	CAL MAG ZINC SGC	60	SGC	11.5	9.2
36993	BIO 3B G	180	TAB	19.5	17.55	51330	GTA FORTE II	90	CAP	39.8	35.82	42336	ACETYL L CARNITINE 500	30	VCA	15.95	12.76	41848	CANTALOUPE MLN EXT 100	60	VCA	31.95	25.56
21295	BIO AE MULSEION	1 Z	LIQ	12.5	11.25	21390	HCI +	90	TAB	12.9	11.6	55374	AGE LESS SKIN FORMULA	250	VCA	53.5	42.8	53592	CANTALOUPE MLN EXT 250	60	VCA	58.95	47.16
21297	BIO AE MULSEION FORTE	1 Z	LIQ	19.5	17.55	33538	HISTOPLEX	90	CAP	34.5	31.05	41625	AGE LESS SKIN FORMULA	100	VCA	25.5	20.4	55019	CARNITINE 500 MG	60	VCA	29.95	22.36
21301	BIO B 100	180	TAB	17.9	16.1	52204	HISTOPLEX AB	90	CAP	34.5	31.05	55374	AGE LESS SKIN FORMULA	3 Z	PWD	25.5	20.4	45241	CARNITINE LIQ RASPBERRY	8 Z	LIQ	18.5	14.8
21302	BIO B COMP	90	TAB	17.9	16.1	21392	HYDROZYME	250	TAB	30.5	27.45	55374	AGE LESS SKIN FORMULA	120	VCA	49.5	39.6	51321	CELADRIIN 350 MG	90	SGC	25.95	20.76
21305	BIO C + 1000	100	TAB	24.9	22.41	30263	I A G (ARA) 100GM	100	PWD	30.9	27.81	56794	AGELESS CHOICE MEN 50 +	90	CPL	37.95	30.36	55064	CHERRY FRUIT EXTRACT	60	VCA	17.5	14
63436	BIO CARDIO SIRT BP	8 Z	PWD	47.5	42.75	21395	INTENZYME FORTE	100	TAB	21.9	19.71	56794	AGELESS CHOICE WOM 50 +	90	CPL	37.95	30.36	50831	CHOLESTRICE	90	VCA	47.5	38
21307	BIO CARDIOZYME FORTE	120	CAP	24.5	22.05	21396	INTENZYME FORTE	500	TAB	99.9	89.91	54999	AMINO ACID CAPS 750 MG	120	VCA	36.95	29.56	55008	CHROMIUM PICOL 200 MCG	100	VCA	13.5	10.8
21312	BIO D MULSEION	1 Z	LIQ	12.9	11.7	60336	IODIZYME HP	120	TAB	33.5	30.15	42875	ANTIOXIDANT FORM SUPER	60	VCA	35.5	28.4	50832	CINNULIN PF EXT	60	VCA	26.95	21.56
45031	BIO D MULSEION FORTE	1 Z	LIQ	19.9	17.91	28340	IPS INTESTINAL PRM SUP	90	CAP	27.9	25.11	55000	ARGININE 1000 MG	100	CPL	22.95	18.36	54104	CITRUS BIOFLAV 750 MG	90	VCA	18.95	15.16
40456	BIO FCTS	90	CAP	22.9	20.6	21399	K ZYME	100	TAB	12.5	11.25	50463	ARGININE 500 MG	100	VCA	18.95	15.16	41542	CLA TONALIN 1000	90	CAP	23.95	19.16
60021	BIO K FORTE	60	CAP	25.5	22.95	62980	LIPID SIRT	240	CAP	89.9	80.9	51856	B 100 COMPLEX CAP	100	VCA	26.5	21.2	50557	COQ10 100 MG SGC	60	SGC	28.5	22.8
42681	BIO K MULSEION	1 Z	LIQ	24.9	22.41	65192	LIPID ACID PLUS	90	CAP	23	20.7	51858	B 50 COMPLEX	100	VCA	15.5	12.4	52872	COQ10 200 MG SGC	60	SGC	44.5	35.6
21320	BIO MULTI +	90	TAB	23.5	21.15	66189	LIQ IODINE 75 MCG	2 Z	LIQ	11.9	10.71	51627	B12 & FOLIC ACID RASB	2 Z	LIQ	18.95	15.16	43812	COQ10 60 MG SGC	90	SGC	28.5	22.8
21321	BIO MULTI +	270	TAB	60.9	54.8	42324	LIVOTRIT PLUS	180	TAB	35.5	31.95	53589	B12 5000 MCG CHW METHY	60	CHW	24.95	19.96	60867	CYRTEINE 500 MG	60	VCA	20.95	16.76
21398	BIO MULTI + FE/CU FREE	90	TAB	23.5	21.15	29214	MEDA STIM	100	CAP	29.9	26.9	57962	B12 METHYLCOB 1000 CHW	60	CHW	9.5	7.6	57504	D3 1000 CHW RASP	90	CHW	10.95	8.76
34014	BIO MULTI + FE/CU FREE	270	TAB	60.9	54.8	21416	METHIONINE 200	100	TAB	17.9	16.11	58377	B6 50 MG	90	VCA	10.95	8.76	55067	D3 1000 IU	250	SGC	18.5	14.8
21324	BIO PROTECT	90	CAP	24.9	22.4	65174	MG OROTATE 500	90	CAP	26.9	24.21	52057	B6 B12 FOLIC ACID	60	CHW	15.5	12.4	55066	D3 1000 IU	100	SGC	9.95	7.96
61930	BIO PROTECT	270	CAP	68	51.2	21417	MG ZYME	100	CAP	16.9	15.2	59074	BCAA VCAP	120	VCA	33.95	27.16	59495	D3 1000 IU DROPS	1 Z	LIQ	15.95	12.76
21311	BIOCTASOL FORTE	90	TAB	16.9	15.21	21421	MO ZYME	100	TAB	11.9	10.7	55007	BETAINE HCL PLUS PEPSN	90	VCA	24.95	19.96	51586	D3 1000 LANOLIN	180	VCA	18.5	14.8
53027	BIODOPH 7 PLUS	60	CAP	33.9	30.5	21422	MO ZYME FORTE	100	TAB	14.9	13.41	42295	BILBERRY FRIT EXT 80 MG	60	VCA	28.95	23.16	51585	D3 1000 LANOLIN	90	VCA	10.5	8.4
21327	BROMELAIN + CLA	100	TAB	19.8	17.82	21423	MULTI MINS	120	TAB	14.5	13.05	66689	BIOTIN 1000 MCG VCAP	90	VCA	11.5	9.2	57503	D3 2000 CHW RASP	90	CHW	14.5	11.6
42239	CAL D GLUCARATE	120	CAP	47	42.3	21424	MULTI MINS	360	TAB	34.5	31.05	55017	BIOTIN 5000 MCG VCAP	60	VCA	10.5	8.4	59496	D3 2000 IU DROPS	1 Z	LIQ	19.95	15.96
21333	CAL MAG +	60	TAB	15.9	14.31	43793	N A C	180	CAP	29.9	26.91	67502	BLOOD PRESSURE SUPPORT	60	VCA	22.95	18.36	55006	D3 2000 IU SGC	100	SGC	10.95	8.76
21331	CAL MAG ZYME CAP	90	CAP	17.5	15.75	60487	NEUPERZYNE	90	CAP	28.9	26	53630	BREWERS YEAST POWDER	16Z	PWD	20.95	16.76	60868	D3 2000 IU SGC	250	SGC	20.95	16.76
60914	CARBAMIDE PLUS	90	CAP	18.7	16.83	54205	NITRO GREENS 240 GRAMS	240	PWD	45.9	41.3	60	VCA	33.95	27.16	55005	D3 2000 IU VCAP	90	VCA	13.95	11.16		
44103	CHLORELLA	180	CAP	22.5	20.25	27032	NUTRI CLEAR PEA PROTEIN	24Z	PWD	62.9	56.3	54309	C 1000 BUFFERED CAPLET	90	CPL	19.5	15.6	55068	D3 400 IU	250	SGC	16.95	13.56
21340	CHLOROCAPS	90	CAP	26.9	24.21	51140	OPTIMAL EFA CAP	120	CAP	29.9	26.9	41381	C 1000 MG OPTIMUM	90	VCA	30.5	24.4	53315	D3 400 IU VCAP	90	VCA		



Nutrients Delay Onset and Reduce Chances of Kidney Disease

Folic Acid

People with chronic kidney disease (CKD) often have elevated levels of homocysteine, an inflammatory factor linked to folate deficiency. In this study, 15,104 participants with moderate or chronic kidney disease continued to take enalapril to slow its progress, with or without 800 mcg of folic acid per day.

Over an average 4.4 years of follow-up, those taking folic acid were 21 percent less likely to see the condition progress compared to those who took enalapril alone. Among those who began the study with chronic kidney disease, 3.3 percent of those taking folic acid saw the condition progress compared to 6.8 percent for enalapril alone.

The greatest folic acid benefit appeared in those who started the study with mild to moderate chronic kidney disease, where chances of the condition progressing were reduced by 56 and 44 percent, respectively.

(Reference: JAMA Internal Medicine; 2016, Vol. 176, No. 10, 1443-50)

Vitamins and Minerals

A Mediterranean-type diet contains health-protecting nutrients and antioxidants. In this study, doctors measured the diets of 1,692 people, average age 43, all of whom began the study without kidney disease.

After 3.6 years of follow-up, those who consumed the most vitamin B12, vitamins C, D, or E, magnesium, or potassium individually, were 43 to 62 percent less likely to have developed chronic kidney disease (CKD) compared to those who consumed the least of these nutrients. Those who consumed good amounts of all these nutrients combined saw 50 to 60 percent lower chances of developing CKD.

Doctors did not find any other nutrients delayed progress of the condition, but higher levels of sodium increased chances for CKD.

(Reference: Nutrients; 2016, Vol. 8, No. 4, 217)



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Selected Products*
July 3 - August 11

- Adrenal Adaptogen Complex
- Allergy Comple
- Bacopa
- Glucosamine Plus
- Glycemic Support Complex
- Liver Support Caps
- Maca Enhanced
- Moving On
- Red Yeast Rice Q10
- Saw Palmetto Berry 1:3
- Thyroid Complex



www.willner.com

The Willner Chemists web site is a valuable resource for information on nutritional supplements how to choose them, and how to use them.
... and remember to visit Don's Blog
www.dongoldberg.com

New
Lower Price!

Take the Gut Back to Where It All Began...

UltraGI Replenish™ is a medical food formulated to provide specialized macro- and micronutrient support for patients challenged by compromised gut function with digestive disorders, including malabsorption.



Notice: This product is to be used under the direct supervision of a physician or other licensed healthcare practitioner. Do not engage in any diet supplying less than 800 calories per day without medical supervision.



Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements



Complimentary Formulas:

- Phyto-Tech™ Menses Complex (for PMS related problems)
- Phyto-Tech™ Menopause Complex (for Menopausal symptoms)
- Phyto-Tech™ Fertility Complex (if infertile, trying to become pregnant)
- Phyto-Tech™ Dong Quai Root (if estrogen deficient)
- Phyto-Tech™ Black Cohosh Root (for hot flashes, cramps)

Chinese Red Ginseng

Ginseng is the premier adaptogenic, immune-modulating herb. Chinese Red Ginseng (Panax ginseng) is more “stimulating” or warming than American Ginseng.

1 fl oz - Product Code: 57023

Who would benefit from this supplement?

- Those suffering from fatigue, burn-out, frequent illness, depression. Red Chinese Ginseng is thought to increase vigor, energy, vitality and resistance to illness and environmental or external stress. It is often the preferred adaptogenic herb for the elderly.

Supplemental Information:

Phyto-Tech™ Chinese Red Ginseng increases vigor, energy, vitality and resistance to illness and environmental stresses. It is best for those who are depleted and are low on passion in life. It is also indicated for those working too hard and are afraid of burn out. Red Chinese Ginseng will increase the stress hormone ACTH from the pituitary that helps the body adapt to stress. When stress is initiating the breakdown on one's innate weakness (genetic, constitutional, predispositional tendencies), Red Chinese Ginseng will help the body to cope and therefore assist in many chronic diseases, especially if debilitating and wasting.

Phyto-Tech™ Chinese Red Ginseng is not for those in their prime of life who are full of fire, the Type-A personality. It is

for those who used to be that way and are now not what they used to be. It helps in the aging process to stay alert, youthful, energetic and adaptive to environmental changes. It is immunomodulating and keeps the immune system firing on all levels.

Phyto-Tech™ Chinese Red Ginseng is a tonic for the 21st century with the fast paced life style that creates accelerated wear and tear. It gives more mileage to the body. Phyto-Tech™ Chinese Red Ginseng should be considered for depression in the elderly who might not be chemically depressed in a St. John's Wort way (serotonin), but need some energy to process life with more passion and enjoyment. It is synergistic with Ginkgo for the elderly. Phyto-Tech™ Chinese Red Ginseng is a more yang or warming and stimulating ginseng than the American. Eleuthero Root (sometimes referred to as Siberian Ginseng) is not a true Ginseng and is considered neutral, not warming or cooling.

Dosage:

15-45 drops, 2-3 times per day It is best used as a long term tonic (1-3 months and longer). Phyto-Tech™ Chinese Red Ginseng contains 333 mg of imported Chinese Red Ginseng per 30 drops.

Chlorophyll Extract

Often considered the “blood” of plants, chlorophyll is structurally similar to hemoglobin. It has a protective and detoxification action.

1 fl oz - Product Code: 56977

Who would benefit from this supplement?

- Those with heavy metal toxicity and those looking for cleansing and detoxification properties.
- Those with bad breath and body odor.
- Those suffering from fatigue and those with slow healing wounds.

Dosage:

15-30 drops in water or juice, 1-2 time daily, or as needed Phyto-Tech™ Chlorophyll provides 100 mg Chlorophyll, from Mulberry leaf, per 30 drops.

Supplemental Information:

Chlorophyll is the sunlight collecting molecule in plants that gives them their green pigment. Plants use chlorophyll to collect light needed for photosynthesis. Through photosynthesis Chlorophyll molecules have the ability to convert solar energy into chemical energy by manufacturing carbohydrates from carbon dioxide and water.

Chlorophyll is often referred to as the “blood” of plants. Interestingly, Chlorophyll molecules are structurally very similar to human hemoglobin molecules. The difference between the two being that Chlorophyll carries Magnesium at its center and hemoglobin carries iron at its center. Like iron, Chlorophyll helps the body build red blood cells and thus increases oxygen availability. It energizes and revitalizes the body and is helpful for fatigue, shortness of breath, asthma, altitude sickness and intense physical exertion.

Chlorophyll acts as an internal deodorizer and is helpful for people with halitosis (bad breath) and body odor. It can be used as an aid to reduce digestive tract odor from a colostomy or ileostomy and also fecal odor caused by incontinence. It can also help for foul smelling gas.

Chlorophyll cleanses and nourishes the intestinal tract and is healing to the mucosal lining. It can also be helpful for constipation.

Chlorophyll is an excellent whole body cleanser. It not only detoxifies the digestive tract, but also facilitates cleansing of the blood and liver and assists in the chelation of heavy metals. It is capable of neutralizing harmful oxidants and may

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Important Notice: The information given here is designed to help you make informed decisions about your health, and the proper use of dietary supplements. It is not intended as a substitute for medical advice, nor a substitute for any treatment that may have been prescribed by your doctor. If you have a medical problem, you should seek medical help. Products described herein are not intended to diagnose, treat, cure or mitigate disease.



Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)



55778	EGGC GREEN TEA LF EXT	60	VCA	13.5	10.8	54107	MULTI ONE VCAP	90	VCA	36.95	29.56	56492	WHEY PROT ISOLATE CHOC	2.2	PWD	60.95	48.76	55399	ARNICARE ARTHR TAB	60	TAB	11.99	10.79
43786	ELEUTHERO ROOT 500 MG	60	VCA	15.95	12.76	54998	MULTI ONE VCAP	120	VCA	46.95	37.56	61042	WHEY PROTEIN ISO STRAW	2LB	PWD	60.95	48.76	57297	ARNICARE CREAM ARN 30C	2.5	CRM	15.59	14
52685	EYE ANTIOXIDANT FORM	120	VCA	50.5	40.4	55012	N A C 500 MG	60	VCA	17.5	14	56336	WHEY PROTEIN ISOL CHOC	1LB	PWD	35.95	28.76	51705	ARNICARE CREAM ARNICA	2.5	CRM	11.98	10.78
55003	EYE ANTIOXIDANT FORM	60	VCA	26.5	21.2	45593	NUCLEOTIDE COMPLEX	60	VCA	49.95	39.96	53590	WHEY PROTEIN ISOL ORIG	1.1	PWD	35.95	28.76	31940	ARNICARE GEL ARNICA	2.5	GEL	12.29	11.07
63093	FENUGREEK SEED EXT 300	60	VCA	14.5	11.6	42877	OLIVE LEAF EXT 300 MG	60	VCA	14.95	11.96	55897	WHEY PROTEIN ISOL ORIG	2.2	PWD	60.95	48.76	38130	ARNICARE GEL ARNICA 30	2.5	GEL	15.59	14
41728	FLAXSEED OIL 1000 MG	100	SGC	12.95	10.36	43477	OMEGA 3 1000 BRAIN FRM	60	SGC	21.95	17.56	55022	ZEAXANTHIN PLUS LUTEIN	3.0	SGC	15.95	12.76	40812	AVENOC OINTMENT	1.7	CRM	8.99	7.19
42913	FOLIC ACID 400 MCG	90	CAP	9.95	7.96	41352	OMEGA 3 1000 MG	90	SGC	18.95	15.16	62925	ZEAXANTHIN PLUS LUTEIN	60	SGC	29.95	23.96	25658	AVENOC SUPPOSITORIES	10	SUP	15.75	14.18
62049	FOLIC ACID 800 MCG	180	VCA	19.95	15.96	54112	OMEGA 3 1000 SALMON	180	SGC	34.95	27.96	55020	ZINC 30 MG CHELATED	90	VCA	13.95	11.16	51704	CALENDULA CREAM	2.5	CRM	12.29	11.07
66156	GARCINIA CAMBOGIA 900	90	VCA	24.5	19.6	40592	OPTIMUM ENZYMES	90	CAP	19.95	15.96	58736	ZINC PICOLINATE 50 MG	50	VCA	10.95	8.76	31942	CALENDULA GEL	2.5	GEL	12.29	11.07
51412	GLUCOS CELADRINE MSM	120	CAP	52.5	42	55115	OSTEO BONE FORMULA	180	VCA	45.5	36.4							15083	CALENDULA GEL 1.5 OZ	1.5	GEL	7.75	6.98
55024	GLUCOS CHOND 500/400	60	VCA	31.5	25.2	61243	PHANTHONIC ACID 250 MG	60	VCA	9.5	7.6							15081	CALENDULA LOTION 6.7OZ	6.7	LIQ	18.59	16.73
43303	GLUCOS CHOND MSM	120	CAP	40.5	32.4	57736	PHOS SERINE COMPLE 500	60	SGC	37.95	30.36							25065	CALENDULA OINTMENT	1.7	ONT	7.75	6.98
55013	GLUCOS MSM VEG SHEL FR	60	VCA	17.5	14	62541	PLANTS STEROLS 500 MG	90	VCA	26.95	21.56							60568	CAMILLA BABY TEETHING	30	LIQ	14.69	13.28
55010	GLUTAMINE 500 MG VCAP	100	VCA	18.95	15.16	53211	POWER THOUGHT	90	CPL	44.95	35.96							65981	CHESTAL ADULT HONEY	6.7	LIQ	11.99	9.59
61595	GLUTATHIONE RED 100 MG	30	VCA	14.5	11.6	44193	POWER THOUGHT	60	CPL	34.95	27.96							66079	CHESTAL CHILDREN HONEY	6.7	LIQ	11.6	10.44
64202	GREENS ORGANIC SUPER	14	PWD	46.95	37.56	40498	POWER ZYME	60	CAP	21.95	17.56							64918	CHESTAL COLD AND COUGH	6.7	LIQ	11.4	10.26
52686	HEART ANTIOXIDANT FORM	120	VCA	40.5	32.4	59066	PROTEIN DUAL ACT FR VN	1.0	PWD	34.95	27.96							15071	COLD CALM	60	TAB	13.19	10.55
40377	HOMOCYSTEINE FORMULA	60	CAP	14.5	11.6	53999	PYCNOGENOL 100 MG	60	VCA	99.95	79.96							56001	COLD CALM CHILDREN	80	PEL	14.39	12.96
62719	IPRFLAVONE 300 MG	60	VCA	25.5	20.4	52365	PYCNOGENOL 50 MG	60	VCA	59.95	47.96							50437	CYCLEASE CRAMP	60	TAB	13.19	10.55
43650	IRON 18 MG CHELATED	90	VCA	11.95	9.55	44811	QUERCETIN SUPER	60	VCA	30.95	24.76							64276	CALENDULA OIL PUMP ORG	3.3	OIL	16.5	16.5
55002	IRON CHELATED 27 MG	90	VCA	13.5	10.8	43931	QUERCETIN SUPER	30	VCA	16.95	13.56							64278	CALENDULA SALVE ORG	ORG	SLV	15.95	15.95
56791	LADIES CHOICE	90	CPL	35.95	28.76	60011	RED YEAST RICE 600 MG	120	VCA	30.95	24.76							45390	NEROLI ORANGE TOWER	2.2	SPY	15.95	15.95
51296	LECITHIN 1365 MG	90	SGC	10.95	8.76	58296	RESVERATROL 500 MG TR	30	VCA	43.5	34.8							64548	ROSE DEW TONER	2.2	SPY	15.95	15.95
50475	LECITHIN GRANULES	16Z	PWD	18.95	15.16	58526	RESVERATROL TRANS 500	60	VCA	84.95	67.96												
42334	LIPIDIC ACID 200 MG	60	VCA	19.95	15.96	55027	RHODIOLA ROSEA EXT 200	60	VCA	18.5	14.8												
42443	LUTEIN 20 MG	60	SGC	29.95	23.96	54316	RUTIN 500 MG	50	VCA	13.95	11.16												
54110	LYCOPENE 20 MG	60	SGC	39.95	31.96	55026	SAW PALMETTO EXT 320	30	SGC	18.95	15.16												
55004	LYSINE 500 MG VCAP	100	VCA	18.95	15.16	55023	SELENIUM 200 MCG YF	90	VCA	13.5	10.8												
45034	MAG 200 CHEL ALBION	60	VCA	16.95	13.56	66904	SLEEP SUPPORT VCAP	30	VCA	14.95	11.96												
62703	MAG 200 CHEL ALBION	120	VCA	30.5	24.4	66905	SLEEP SUPPORT VCAP	60	VCA	28.95	23.16												
43932	MAG ASPARTATE 400 MG	100	VCA	16.95	13.56	51857	STRESS B COMPLEX	100	VCA	26.5	21.2												
55001	MAG POT ASPAR W/BROM	120	VCA	26.5	21.2	67371	STRESS RELIEF VCAP	60	VCA	35.95	28.76												
54109	MAGNESIUM CITRATE 200	120	CPL	19.95	15.96	67370	STRESS RELIEF VCAP	30	VCA	18.95	15.16												
45492	MANGANESE 10 MG	90	VCA	12.95	10.36	55924	SUPER EARTH MULTI LIQ	32Z	LIQ	35.95	28.76												
44307	MAXI ONE IRON FREE	60	CPL	25.95	20.76	40496	SUPER EARTH NO IRON	90	CPL	32.95	26.36												
44305	MAXI ONE W/IRON	60	CPL	25.95	20.76	56012	SUPER EARTH NO IRON	180	CPL	60.95	48.76												
55009	MEGA BIO C FORM 500 MG	90	VCA	21.5	17.2	41847	SUPER EARTH WITH IRON	90	CPL	32.95	26.36												
66909	MELATONIN 3 MG CHW RSP	120	CHW	10.95	8.76	54105	THEANINE 150 MG	30	VCA	20.95	16.76												
66910	MELATONIN 5 MG CHW RSP	60	CHW	7.95	6.36	54106	TRYPTOPHAN 500 MG	30	VCA	13.95	11.16												
55025	MILK THISTLE EXT 175	60	VCA	19.5	15.6	55105	TURMERIC ROOT EXTRACT	60	VCA	13.95	11.16												
40276	MPX 1000 MENS PROSTATE	120	CAP	41.5	33.2	53140	UBIQUINOL COQ10 100 MG	60	VSC	56.5	45.2												
42631	MSM 1000 MG	120	VCA	27.5	22	58429	UBIQUINOL COQ10 200 MG	60	SGC	99.95	79.96												
67329	MSM POWDER	4Z	PWD	9.95	7.96	53139	UBIQUINOL COQ10 25 MG	60	SGC	19.5	15.6												
67388	MULTI MIN CHEL BORON	90	VCA	16.5	13.2	52596	UBIQUINOL COQ10 50 MG	60	SGC	31.5	25.2												
54108	MULTI MIN CHEL FE FREE	120	CPL	26.95	21.56	40495	ULTIMATE HAIR AND NAIL	90	CAP	30.5	24.4												
54997	MULTI MIN CHEL HI POT	180	VCA	31.95	25.56	67372	WELLNESS SUPPORT	30	CPL														



Green Tea Antioxidant Improves Metabolism and Boosts Energy Efficiency

Results May Explain Green Tea's Role in Weight Loss

In a recent study, doctors examined the role of EGCG, a powerful antioxidant substance found in green tea, on metabolism.

Now, green tea has long been used as a beverage. In recent years, however, it is increasingly recognized that green tea may also exert powerful medical and therapeutic properties. In addition to being sold as a beverage, it is now widely available as a nutritional supplement, in capsule, tablet and liquid extract form.

Before discussing the specific actions and benefits looked at in this study, let's take a quick overview of the various conditions green tea is currently used for:

"Orally, green tea is used to improve cognitive performance and mental alertness. It is also used to treat stomach disorders, vomiting, diarrhea, and headaches. Green tea is also used for depression, non-alcoholic fatty liver disease (NAFLD), ulcerative colitis, weight loss, osteoporosis, breast cancer, cervical cancer, prostate cancer, colon cancer, gastric cancer, liver cancer, lung cancer, leukemia, and skin cancer related to ultraviolet (UV) radiation (e.g., sunburn) and other environmental causes. It is also used for human papilloma virus (HPV), genital warts, perianal warts, cervical dysplasia, Crohn's disease, Parkinson's disease, cardiovascular disease, diabetes, hypotension, chronic fatigue syndrome (CFS), dental caries, kidney stones, and skin damage.

"Gargling with green tea is used for the prevention of colds and flu. Green tea extract is used in a mouthwash for postoperative pain associated with tooth extraction. Topically, green tea bags are used as a wash to soothe sunburn, as a poultice for bags under the eyes, as a compress for headache or tired eyes, and to stop the bleeding of tooth sockets. Green tea in chewable candy is used for gingivitis. Green tea is also used topically to prevent skin damage and cancer related to ultraviolet (UV) radiation (e.g., sunburn) and other environmental causes. A green tea footbath is used for athlete's foot."

(Natural Medicines Database, Online)

That's quite an impressive list, and it goes a long way towards explaining the current popularity of green tea as a supplement. In this study, the focus is on improving metabolism, and enhancing energy—certainly an important function. I think, however, that this may support another important role of green tea, and I will elaborate on this after the following recap of the study on metabolism and energy:

"In this review, doctors analyzed eight placebo-controlled studies covering 268 people who took epigallocatechin gallate (EGCG), a powerful antioxidant polyphenol in green tea. Doses ranged from 300 mg to 800 mg per day, in studies lasting from two days to 12 weeks.

Overall, compared to placebo, people who took EGCG saw an increase in metabolic rate; meaning more efficient energy conversion. Discussing the findings, doctors said EGCG can increase the metabolic rate, even at doses as low as 300 mg per day."

(Reference: Journal of Nutritional Biochemistry; May, 2017, Vol. 43, In Progress, 1-10)

When I was associated with a large and reputable herbal supplement company in France, years ago, I was impressed with the research and clinical evidence they had accumulated showing that green tea extract was effective for weight loss. It was marketed by many companies, and gained a reputation as an effective weight loss supplement. Additional research as been published, but not every study has been positive,

perhaps because of variations in the types of preparations used.

Typically, you will see statement such as the following in the scientific literature: "There is conflicting evidence about the effectiveness of green tea for obesity and weight loss. . ." There is also the question of exactly what the mechanism of action might be.

Well, maybe this current study sheds some light on that question. This study seems to show that the EGCG in green tea increased the metabolic rate, and enhanced the conversion to energy. Perhaps this is the reason green tea extracts promote weight loss?

Here are some examples of Green Tea extract supplements in the PhytoTech™ line:

PhytoTech™ Green Tea Guo

A rich source of phyto-antioxidants, including EGCG, the list of research-proven health benefits of Green Tea continues to grow.

1 fl oz - Regular Flavor
Product Code: 56944

2 fl oz - Regular Flavor
Product Code: 57098

1 fl oz - Peach Flavor
Product Code: 56998

90 Veggie Caps
Product Code: 60126

The **Phyto-Tech™ Green Tea Guo** formulas contain Whole Green Tea Leaf and Green Tea Extract, standardized at 90% polyphenols, 50% EGCG. such that one dropper full has the same antioxidant content as 10 cups of regular green tea. In addition, the product is sweetened with natural stevia and the popular Chinese herb, Luo Han Guo.

Luo Han Guo is considered a longevity booster, and is commonly used for numerous health problems in China

“To sustain life, the body converts digested food into energy to fuel the cells, build proteins and other essential molecules, and eliminate waste. This conversion cycle is called metabolism. An efficient, well-regulated metabolism keeps the body in energy balance.”



Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements



reduce oxidative damage from certain carcinogens. It also has the ability to form tight molecular complexes with carcinogens and in doing so blocks the body's absorption of them. In a placebo controlled study conducted in China Chlorophyll supplementation was found to decrease DNA damage caused by aflatoxin, a liver carcinogen produced by fungus in moldy grains and legumes. Scientists hope that in populations with unavoidable dietary aflatoxin exposure Chlorophyll supplementation could significantly reduce the risk of developing liver cancer.

Cinnamon Bark 40

This is a standardized Cinnamon Bark complex in a liquid filled veggie cap.

60 Liquid Filled Capsules - Product Code: 57092
90 Veggie Caps - Product Code: 60118

Historically, Cinnamon has been used for various gastrointestinal problems. More recently, interest has centered on the research showing that Cinnamon can help normalize blood sugar control. This is of major interest to those with type 2 diabetes.

Who would benefit from this supplement?

- Those with blood sugar regulation problems, including type 2 diabetes, pre-diabetes, and cholesterol related conditions.

Ingredients:

Each two liquid filled veggie caps contain 250 mg of Cinnamon Bark (alcohol extract), 75 mg of Cinnamon Bark (supercritical carbon dioxide extract, standardized to 40 mg Cinnamaldehydes).

According to the Natural Standard Integrative Medicine database, "Cinnamon may be used for various medical conditions (77;78). In a survey of parents in Germany determining the use of complementary and alternative medicines in children with type 1 diabetes in four pediatric

diabetes centers (located in Leipzig, Berlin, Stuttgart, and Bonn), 5.6% reported using cinnamon for this indication (79). Cinnamon has been touted as having a positive effect on postprandial glucose metabolism (80). Its ability to lower blood sugar in individuals with diabetes has been discussed (81). Naturally occurring compounds found in cinnamon (Cinnamomum cassia), including chromium and polyphenols, may improve insulin sensitivity (82). Human data suggest that cinnamon exhibits "sweet" properties and may be used in strategies for reduction of sugar intake (83).

Ingredients:

Each two liquid filled veggie caps contain 250 mg of Cinnamon Bark (alcohol extract), 75 mg of Cinnamon Bark (supercritical carbon dioxide extract, standardized to 40 mg Cinnamaldehydes).

Also available in a vegetarian capsule form. Each veggie capsule contains 410 mg of certified organic Cinnamon Bark. The Cinnamon used in Phyto-Tech™ Cinnamon supplements is Cinnamomum cassia, the species utilized in research. It is certified organic and vegetarian.

Cleanse Complex 1:2

A herbal formula based on traditional concepts of a rapid, systemic (full body) cleansing.

4 fl oz - Product Code: 57073

Many of the herbs used in Phyto-Tech™ Cleanse Complex have a long tradition of use in naturopathic medicine for many toxic conditions. The theory behind using Phyto-Tech™ Cleanse Complex is that it will result in blood and tissue cleansing through stimulating the organs that do this innately, including the liver, urinary tract, skin, lymph and bowels.

Herbs do not really actually cleanse the blood and tissues directly, but instead, stimulate the organs to increase the rate

in which they do this naturally. Phyto-Tech™ Cleanse Complex will help in the elimination of cellular metabolic waste, dietary toxemia and environmental toxins. It is indicated for internally and externally generated toxins. Detoxification is thought to help stimulate organs that eliminate the toxemia from drug usage. It can be used in smaller more moderate doses if a slower cleanse is desired. Faster cleanses can result in more uncomfortable acute healing symptoms that might not be desired, but are usually harmless (i.e., loose stool, nausea, headaches, skin discharges). These symptoms can be avoided by decreasing the dose or pace.

Phyto-Tech™ Cleanse Complex works best in conjunction with other cleansing protocols, such as dietary changes, increasing water consumption and exercise.

Ingredients:

Phyto-Tech™ Cleanse Complex contains the following herbs: Oregon Grape Root, Red Clover Blossoms, Fresh Burdock Root, Fresh Dandelion Root, Alfalfa Leaf, Yerba Mansa Root, Red Root, Vegetable Glycerin, Deionized Water, Natural Flavors

Dosage:

Pour entire contents into 1 gallon of pure water and drink over 3 hours.

Cautions and Contraindications: Do not use if pregnant or nursing; do not use if using other detoxification protocols unless under physician direction; may affect metabolism of some medications, so advise your physician.

Complimentary Formulas:

- Phyto-Tech™ Liver Support
- Phyto-Tech™ Digest Stim Complex
- Phyto-Tech™ Menses Complex

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Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)



64897	ANTIBIOTIC ALTERNATIVE	EA	BOK	16.95	14.4	63917	GREAT CHOLESTERAL MYTH	EA	BOK	24.99	21.24	65532	SUPER IMMUNITY PPBK	EA	BOK	15.99	13.59	64490	REVITAL CARE ROSE BLOS	50M	LIQ	37.99	30.39	
36618	APPLE CIDER VINEGAR	EA	BOK	9.95	8.45	21911	GUESS WHAT CAME TO DIN	EA	BOK	14.95	12.7	60751	TAKING CHRG FERT 10TH	EA	BOK	25.99	22.09							
44617	AROMATHERAPY FOR EVERY	EA	BOK	12.95	11	59771	HANDBK CHIN HEAL HRB	EA	BOK	24.95	21.2	63160	TAO OF MEOW	EA	BOK	12	10.2							
52029	ARTHRITIS 2ND EDITION	EA	BOK	18.95	16.1	67189	HAPPY GUT	EA	BOK	25.99	22.09	62484	THRIVE FITNESS	EA	BOK	15.95	13.55	26640	CASTILE SOAP ALMOND	16Z	LIQ	9.99	7.99	
63679	AUTOIMMUNE CAUSE/CR 3R	EA	BOK	25.95	22.05	64829	HEALING ADD	EA	BOK	17	14.45	67328	THYROID CONNECTION	EA	BOK	28	23.8	35038	CASTILE SOAP ALMOND	32Z	LIQ	16.99	13.59	
39784	AYURV LIFE OF BALANCE	EA	BOK	24.95	21.2	66882	HEALING LYME 2ND EDIT	EA	BOK	24.95	21.2	39171	THYROID SOLUTION	EA	BOK	18	15.3	40291	CASTILE SOAP BABY MILD	32Z	LIQ	16.99	13.59	
65392	AYURVEDA BIBLE	EA	BOK	19.95	16.95	66957	HEALING OILS	EA	BOK	14.95	12.4	57576	TOOTH FROM TIGER MOUTH	EA	BOK	17	14.45	36119	CASTILE SOAP EUCALYPT	16Z	LIQ	9.99	7.99	
65393	AYURVEDIC COOK SELF HL	EA	BOK	15	12.75	32928	HEALING W/WHOL FOOD SF	EA	BOK	35	29.75	61317	ULTIM PCOS HANDBOOK	EA	BOK	21.95	18.65	29677	CASTILE SOAP EUCALYPT	32Z	LIQ	16.99	13.59	
67568	BACK TO EDEN LARGE PR	EA	BOK	18.95	16.1	64706	HERB BOOK	EA	BOK	19.95	16.95	65211	UTERINE HEALTH COMPAN B	EA	BOK	16.99	14.44	27296	CASTILE SOAP LAVENDER	16Z	LIQ	9.99	7.99	
29922	BACK TO EDEN REV ED	EA	BOK	9.95	8.45	62559	HERBAL ANTIBIOTICS	EA	BOK	24.95	21.2	61318	VEGAN BITE BY BITE	EA	BOK	24.95	21.2	37425	CASTILE SOAP LAVENDER	32Z	LIQ	16.99	13.59	
64380	BALANCE HORM BALAN LIF	EA	BOK	18	15.3	64047	HERBAL ANTIVIRALS	EA	BOK	24.95	21.2	65533	VEGITERANEAN DIET	EA	BOK	17.99	15.29	27547	CASTILE SOAP PEPPERMINT	32Z	LIQ	16.99	13.59	
65016	BECOMING VEGAN EXPRESS	EA	BOK	19.95	16.95	64831	HOLISTIC BEAUTY BOOK B	EA	BOK	21.95	18.65	65085	VET GUIDE NAT REM CATS	EA	BOK	16	13.6	27267	CASTILE SOAP PEPPERMINT	16Z	LIQ	10.59	8.47	
63948	BEING VEGAN	EA	BOK	16.95	14.4	64210	HW COME THEY HAPP I NT	EA	BOK	16.95	14.4	34844	WEB THAT HAS NO WEAVER	EA	BOK	18.95	16.1	67357	CASTILE SOAP PEPPERMINT	128	LIQ	63.99	51.19	
60746	BODY ECOLOGY DIET PPBK	EA	BOK	15.95	13.55	66008	INSPIRALIZED	EA	BOK	19.99	16.99	64630	WHEAT BELLY PPBK	EA	BOK	16.99	14.44	42301	CASTILE SOAP TTO	16Z	LIQ	9.99	7.99	
65737	BRAIN MAKER	EA	BOK	28	23.8	32278	JOY OF JUICING 3RD ED	EA	BOK	18	15.3	56754	WHOLE FD GO STRONG BO B	EA	BOK	21.95	18.65	44533	CASTILE SOAP TTO	32Z	LIQ	16.99	13.59	
66147	BREAK FAT GIRL HABITS	EA	BOK	13.95	11.85	67191	KETOGENIC COOK QUICK	EA	BOK	34.95	29.7	65979	WHOLE PET DIET	EA	BOK	16.99	14.44	66336	HAND & BODY LOT LAVEN	8Z	LOT	9.99	7.99	
58692	BUILDING BONE VITALITY	EA	BOK	16.95	14.4	66710	KETOGENIC COOKBOOK	EA	BOK	39.95	33.45	67334	WILD FERMANTATION 2ND	EA	BOK	29.95	25.45	54267	HAND BODY LOT DRAN LV B	8Z	LOT	9.99	7.99	
61765	CANCER A SECOND OPTION	EA	BOK	16.95	14.4	64048	KISS YR DENTIST GOOBY	EA	BOK	14.95	12.7	58055	WOMENS HORMON WHT KNOW	EA	BOK	17.95	15.25							
60224	CANCER DEFIN GUID PPBK	EA	BOK	25	21.25	54669	LIVER GALLBLADDER MIRA	EA	BOK	14.95	12.7	26864	YEAST CONNECT HANDBOOK	EA	BOK	14.95	12.7							
67382	CANCER FIGHTING KITCH	EA	BOK	32.5	27.62	67041	LOW FODMAP AND VEGAN	EA	BOK	17.95	15.25	65574	YOGA AND WISDOM MENOP	EA	BOK	14.95	12.7							
64890	CANDIDA CLEANSE	EA	BOK	14.95	12.7	67042	LOW FODMAP COOKBOOK	EA	BOK	22.99	19.54	63660	YOUR BLOOD NEVER LIES	EA	BOK	16.95	14.4							
67295	CHICKPEA FLOUR COOKBK	EA	BOK	17.95	15.25	56033	MACULAR DEGENERATION	EA	BOK	12.95	11													
61126	CHINESE MEDICINE BIBLE	EA	BOK	14.95	12.7	59399	MAGNESIUM MIRACLE	EA	BOK	16	13.6													
33989	CLAY CURE NAT HEALING	EA	BOK	9.95	8.45	65465	MEDITAT FOR YOUR LIFE	EA	BOK	16.99	14.44	56300	BEAUTY FLUID SYST ABS	1.7	LIQ	92.99	74.39							
65199	COCONUT KETOGENIC DIET	EA	BOK	16.95	14.4	29949	MENOPAUSAL YEARS	EA	BOK	19.99	16.99	36998	BLOSSOM DEW GEL REGEN	5.0	GEL	49.99	39.99							
51468	COMP BK AYUR HOME REM	EA	BOK	15.95	13.55	58967	MIGRAINES VITAMIN CURE	EA	BOK	14.95	12.7	64489	CERAMIDE VITAL FLUID	50M	LIQ	84.99	67.99							
59221	COMPLETE BOOK JUICING B	EA	BOK	14.95	12.7	67569	MIND OF YOUR OWN	EA	BOK	26.99	22.94	59289	CLEANS MILK ZZ SENSIT	150	LIQ	29.99	23.99	59881	DEEP PORE SCRUB PEACH	4Z	CRM	7.99	7.19	
45041	COMPLETE CANCER CLEANS	EA	BOK	14.99	12.74	64224	MIRACLE KIDNEY CLEANSE	EA	BOK	14.95	12.7	52037	CLEANSING MILK REGENER	5Z	LIQ	43.99	35.19	63234	DIAPER OINTMENT BABY	3Z	ONT	8.99	8.09	
65576	COMPLETE HERBAL TUTOR	EA	BOK	24.99	21.24	43633	MOOD CURE	EA	BOK	17	14.45	52032	COSMETIC SPONGES	2PK	MIS	7.99	6.39	65414	EYE CRM W/ ROYAL JELLY	.5Z	CRM	29.95	26.6	
65213	COOK WITH COCONUT FLOUR	EA	BOK	14.95	12.7	65429	NAT REMED FOR INFLAMM	EA	BOK	14.95	12.7	64178	CREME SORBET HYALURON	1.6	CRM	58.99	47.19	42320	FACIAL CLEANSER ORANGE	4Z	CRM	8	7.2	
63540	COPING WITH LYME DIS	EA	BOK	16.99	14.44	66973	NAT REMED LOW TESTOST	EA	BOK	14.95	12.7	65257	DAY ACTIVE CRM NATUR	50M	CRM	239.99	191.99	42129	FOOT CREME W/ E	4Z	CRM	9	8.1	
64827	DENTAL HERBALISM	EA	BOK	19.95	16.95	65958	NETI HEAL SECRETS YOGA	EA	BOK	9.95	8.45	61267	DAY CREAM ZZ SENSITIVE	50M	CRM	36.99	29.59	41748	HAND CRM BEESWAX ALMND	2Z	CRM	8.99	8.09	
62889	DETOX BOOK 3RD EDITION	EA	BOK	19.95	16.95	67659	NEW ITEMS	EA	BOK	39.95	33.45	64480	DAY CRM LIGHT SYST ABS	50M	CRM	109.99	87.99	59882	HAND REPAIR CREAM SHEA	3Z	CRM	12.99	11.69	
63942	DIABETES & HYPOLYCEM	EA	BOK	12.95	11	66211	NONTOXIC HOUSECLEANING	EA	BOK	9.95	8.45	67544	DAY CRM REGEN ZZ SENS	50M	CRM	44.99	35.99	41740	HAND SALVE	3Z	CRM	8.99	8.09	
67335	DIGESTIVE HLTH REAL FD	EA	BOK	34.95	29.7	59611	OIL PULLING THERAPY	EA	BOK	15.95	13.55	55247	DAY CRM REGENERATION BOR	1.6	CRM	59.99	47.99	35904	INSECT REPELLENT HERB	4Z	SPY	7.99	7.19	
59129	DISEASE PREV AND TREAT	EA	BOK	69.95	59.45	64662	OPTIMAL DETOX	EA	BOK	14.95	12.7	37000	DAY CRM SYS ABSLT	1.7	CRM	109.99	87.99	60175	NOURISH LOT BABY BEE	6Z	LOT	7.99	7.19	
67089	DR FIFE'S KETO COOKERY	EA	BOK	18.95	16.1	63551	PALEO INDULGENCES	EA	BOK	29.95	25.45	65260	EYE & LIP CONTOUR NAT	15M	LIQ	159.99	127.99	55277	SHAMPOO & WASH BABY	12Z	LIQ	8.99	8.09	
67223	DR KIDDS GD HERB CAT C	EA	BOK	14.95	12.7	66522	PLANET HEAL THYSELF	EA	BOK	16.99	14.44	67545	EYE CREAM ZZ SENSITIVE	15M	CRM	34.99	27.99	59316	SHAMPOO & WASH BABY FF	12Z	LIQ	8.99	8.09	
58162	EMBRAC MENOPAUSE NATUR	EA	BOK	14.95	12.7	65461	PRACTICAL RAW DESSERTS	EA	BOK	19.95	16.95	64482	EYE CRM SYSTEM ABSOL	15M	CRM	59.99	47.19	55268	SHAVE CREAM	6Z	CRM	7.99	7.19	
62460	ENCYCLO NAT MED 3RD ED	EA	BOK	29.99	25.49	59143	PRESCR NUTRIT HEAL 5TH	EA	BOK	30	25.5	64177	EYE WRINKLE CRM AQUANT	.5Z	CRM	54.99	43.99	41967	TONER GARDEN TOMATO	8Z	LIQ	11.99	10.79	
67240	END OF DIABETES PPBK	EA	BOK	15.99	13.59	51597	PRESCR NUTR HEAL PPBK	EA	BOK	16	13.6	61266	EYE WRINKLE CRM REG LL	30M	CRM	54.99	43.99	42801	TONER ROSEWATER GLYC	7Z	LIQ	10.99	9.89	
62600	ENZYMES FOR AUTISM AND	EA																						

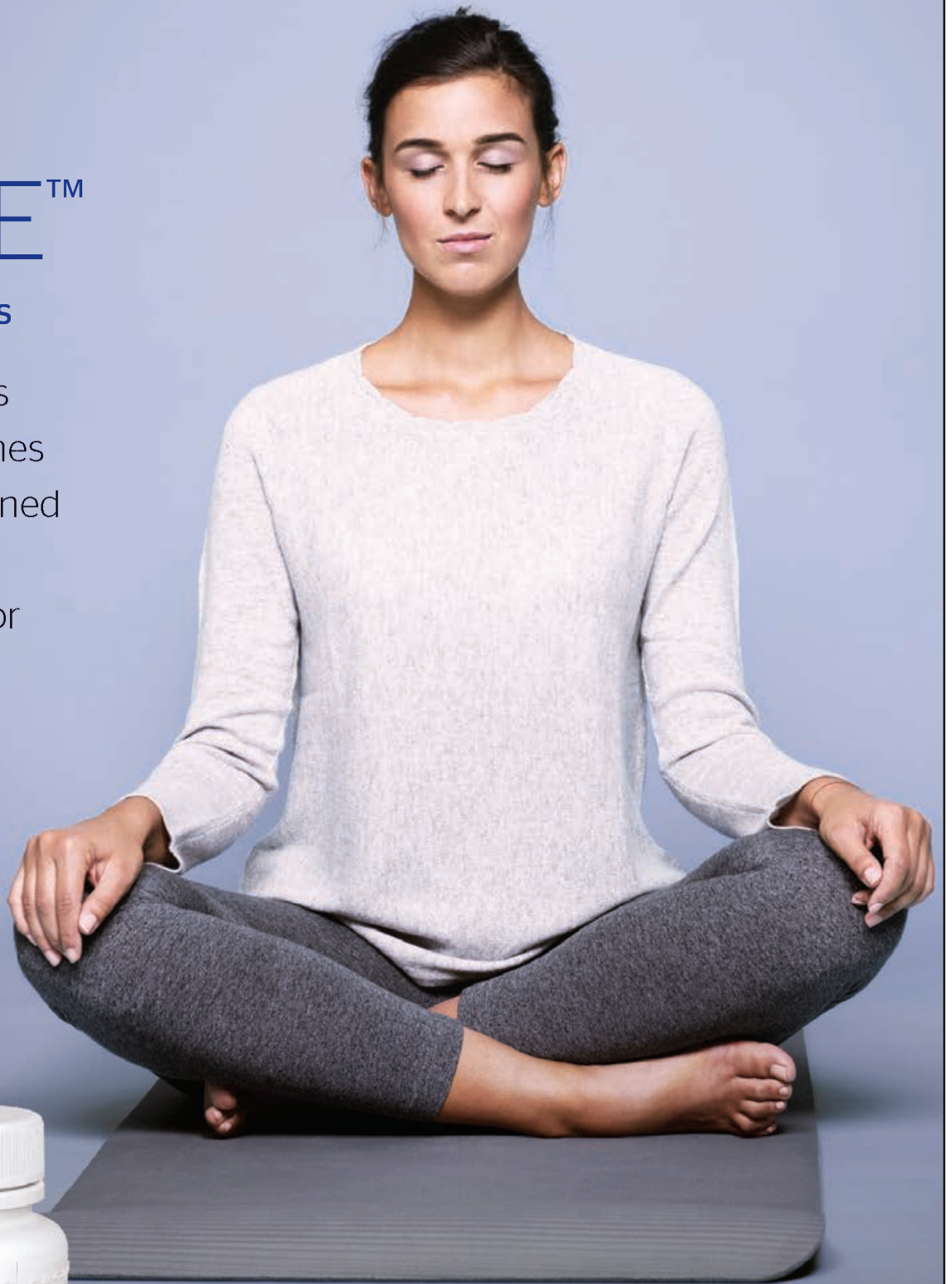


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†Dr. Greenblatt has been retained as a consultant in advising Pure Encapsulations.

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Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements



Clove 1:4

Clove is a source of the volatile oil, Eugenol.

1 fl oz - Product Code: 57062

Clove has been shown to exert an antimicrobial and anti-inflammatory actions. It also is an effective dental analgesic and helpful in conditions associated with inflammation of the mouth and pharynx. It has been used internally for stomach ulcers.

The expert panel German Commission E has approved the use of clove as a topical antiseptic and anesthetic.

Comfrey Root 1:3

Comfrey has been used for centuries as a way to promote healing.

1 fl oz - Product Code: 57080

Comfrey is used for burns, surgery, cuts, ulcerations in the gastrointestinal tract (ulcers, ulcerations, bowel surgery), breaks and fractures to bones, for poorly healing bones, and for osteoporosis. Comfrey was so widely used by herbalists to promote more rapid repair of broken bones, it earned the common names boneset and knitbone.

Comfrey is the preeminent herb to promote healing of tissue ranging from skin, soft tissue, broken bones, fractures and it promotes calcium re-uptake into the bones.

Controversy surrounds Comfrey because of its' content of pyrrolizidine alkaloids (PA). This potentially liver toxic substance is in minimal concentration in this dry plant extract (it is higher in fresh plant Comfrey) It is for short-term use (up to 2 months) and does not normally present a problem unless liver pathology exists (see contraindications below).

Ingredients:

Phyto-Tech™ Comfrey Root 1:3 contains Comfrey Root (Symphytum officinale), Grain Alcohol, Deionized Water.

Certified Organic.

Dosage:

20-30 drops, 2-3 times per day or as needed in juice or water

Contraindications and Cautions: Pregnancy; Nursing; Do not use if liver enzymes are elevated or with liver pathology; Do not use over 2 months in a row because of the pyrrolizidine alkaloid content.

Cordyceps

Traditional medicinal "mushroom" (parasitic ascomycete fungi), Cordyceps sinensis, also known as Caterpillar Mushroom or Caterpillar Fungus, from China, Nepal and Tibet.

60 Veggie Caps, Product Code: 67468

Who might benefit from this product?

• Those looking to boost longevity, enhance immune function, boost athletic performance.

Ingredients:

Each veggie cap contains 500 mg Organic Cordyceps Mushroom Mycelia. Other Ingredients: Pullulan (capsule), Organic Myceliated Brown Rice, Vegetable Cellulose. It should be noted that our Cordyceps are cultivated in the U.S. and cultured on organic brown rice, so they are indeed vegetarian.

Orally, cordyceps is used for strengthening the immune system, improving athletic performance, reducing the effects of aging, promoting longevity, treating lethargy, and improving liver function in people with hepatitis B. Other traditional uses include treating coughs, chronic bronchitis, respiratory disorders, kidney disorders, frequent nocturia, male sexual dysfunction, anemia, heart arrhythmias, high cholesterol, liver disorders, dizziness, weakness, tinnitus, wasting, and opium addiction. It is also used as a stimulant, a

tonic, and an adaptogen which is used to increase energy, enhance stamina, and reduce fatigue.

Dosage:

One capsule, 2 times a day or as needed.

Cough Complex

A traditional Chinese formula for immediate respiratory system support; relieves coughs and congestion.

1 fl oz - Product Code: 57036

Who would benefit from this supplement?

• Those with acute or chronic cough, especially wet, or phlegm producing coughs.

According to Traditional Chinese medicine, this formula can be helpful to those with cough due to the common cold, acute or chronic bronchitis, emphysema, pertussis and smoker's cough.

Ingredients:

Phyto-Tech™ Cough Complex contains the following herbs: Houttuynia Herb, Poria Cocus, Platycodon Root, Skullcap Root, Bitter Orange Fruit, Fritillaria Bulb, White Mulberry Root Bark, Tangerine Peel, Licorice Root, Pinellia Root, Ginger Root.

Pinyin Names: Yu Xing Cao, Fu Ling, Jie Geng, Zhi Shi, Chuan Bei Mu, Sang Bai Pi, Chen Pi, Gan Cao, Ban Xia, Gan Jiang

Dosage:

Adults: 60-90 drops (2 to 3 squirts) in water or juice, 3 to 4 times per day or as needed.

Children: half the dosage.

Most effective away from food by at least 20 minutes.

Caution: Do not use when pregnant; not as effective for dry cough.

... continued on page 40

Important Notice: The information given here is designed to help you make informed decisions about your health, and the proper use of dietary supplements. It is not intended as a substitute for medical advice, nor a substitute for any treatment that may have been prescribed by your doctor. If you have a medical problem, you should seek medical help. Products described herein are not intended to diagnose, treat, cure or mitigate disease.



Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)



CARLSON LABORATORIES

12554	A 10 000 NAT	250	SGC	14.5	12.32	65140	DHA SUPER GEMS 60 + 20	80	SGC	24.9	21.16	56507	SUPER D OMEGA 3	250	LIQ	27.9	23.71	16350	ANTIOXIDANT SUPER 10	60	TAB	26.99	21.59
12555	A 25000 NAT	100	SGC	11.5	9.77	12504	E 200 GEMS PLUS MIXED	250	SGC	50	42.5	37308	TOCOTRIENOL CMP W/E	90	SGC	59.9	50.91	29833	ARTHRO JOINT MUSCLE RF	60	SGC	29.79	23.83
12556	A 25000 NAT	250	SGC	23.9	20.31	12503	E 200 GEMS PLUS MIXED	100	SGC	21.5	18.27	12793	ZINC 15 MG	100	TAB	7.5	6.37	16249	B 50 ACTION CAP	100	CAP	17.59	14.07
12568	A&D 25000/1000	100	SGC	11.9	10.11	12485	E 400 GEMS	90	SGC	33.9	28.81	12842	ZINC 30 CHEL	250	TAB	14.9	12.66	16248	B BASIC 25 MG B COMP	90	CAP	14.99	11.99
12569	A&D 25000/1000	250	SGC	23.5	19.97	36224	E 400 GEMS ELITE	120	SGC	64.9	55.16	12841	ZINC 30 CHEL	100	TAB	7.9	6.71	16238	B1 100 W/RICE BRAN	100	TAB	9.99	7.99
12744	ACES	90	SGC	29.9	25.41	35969	E 400 GEMS ELITE	60	SGC	34.9	29.66							22634	B12 1000 T/R	60	TAB	12.99	10.39
12746	ACES + ZN	60	SGC	19.9	16.91	12507	E 400 GEMS PLUS MIXED	250	SGC	100	85							16244	B12 3000 FOLIC SUBL	60	LOZ	19.59	15.67
22287	ACES + ZN	180	SGC	52	44.2	12506	E 400 GEMS PLUS MIXED	100	SGC	58	49.3							16247	B12 500 W/FOLIC SUBL	100	LOZ	9.99	7.99
27049	ALOE GOLDEN 100 MG COM	60	SGC	12.9	10.96	12494	E 800 GEMS	100	SGC	52	44.2	41615	ALLER CARE	4 Z	LIQ	16.95	13.56	56057	B12 SUPERIOR 3000 MCG	120	LOZ	38.99	31.19
12922	ARGININE 100G	100	PWD	17.95	15.25	44018	E GAMMA GEMS 500 MG	60	SGC	34.9	29.66	45242	C L O OIL STRAWBERRY	8 Z	LIQ	19.95	15.96	38419	B12 SUPERIOR 3000 MCG	50	LOZ	19.99	15.99
12594	B 50 GEL	100	SGC	19.9	16.91	12544	E GEM OIL DROPS	2 Z	LIQ	14.9	12.66	57419	CAL MAG LIQ	16 Z	LIQ	19.95	15.96	16239	B2 100 W/RICE BRAN	100	TAB	13.99	10.71
12588	B COMPLETE 50 B CMP	250	TAB	47.5	40.37	58227	ECOSMART OMEGA 3 CALAM	120	SGC	32.5	27.62	65376	COUGH SYRUP FORM 3 BERR	4 Z	LIQ	14.99	11.99	16241	B6 100 TAB	100	TAB	10.99	8.79
31400	B COMPLETE W/C	180	TAB	26.5	22.52	27512	EYE RITE	60	CAP	39.9	33.91	65377	D3 400 IU DROPS ORG	10M	DRP	16.99	13.59	16240	B6 50 TAB	100	TAB	9.99	7.99
12600	B1 100	100	TAB	11.5	9.77	56743	FISH OIL FIN KIDS ORAN	200	LIQ	27.9	23.71	58687	D3 LIQ MIXED BERRY	1 Z	LIQ	7.99	6.39	16178	BEE PROPOLIS	100	CAP	20.59	16.47
12620	B12 1000 SUBL	180	TAB	21.5	18.27	56508	FISH OIL FINEST LEMON	120	SGC	27.9	23.71	64269	DHA PURE	90	SGC	12.99	10.39	63269	BENFOTIAMINE 150 MG	60	VCA	20.59	16.47
12619	B12 1000 SUBL	90	LOZ	13.5	11.47	44369	FISH OIL MULTI	60	SGC	27.7	23.54	34350	ECHINACEA	1 Z	LIQ	8.95	7.16	53366	BERRIES & WHEY	11.	PWD	26.99	21.59
12603	B2 100	250	TAB	22.2	18.87	44370	FISH OIL MULTI	120	SGC	52.5	44.62	34351	FIRST DEFENSE	4 Z	LIQ	21.95	17.56	23953	BETAINE HCL PEPSIN 600	100	TAB	11.99	9.59
12622	BIOTIN 1000	250	TAB	12.5	10.62	42824	FISH OIL OMEGA 3 LIQ	16 Z	LIQ	54.5	46.32	67546	GRUPE WATER ORGANIC	2 Z	LIQ	14.99	11.99	22161	BIO RUTIN CMP 500/500	90	TAB	26.99	21.59
12950	BUFFALO LIVER	180	CAP	62.5	53.12	41730	FISH OIL OMEGA 3 LIQ	6.7	LIQ	27.9	23.71	34346	MULTI VIT & MIN	8 Z	LIQ	16.95	13.56	61601	BIOTIN 10 MG VCAP	60	VCA	20.59	16.47
50286	C L O 1000 LEMON	300	SGC	39.9	33.91	52214	FISH OIL OMEGA 3 ORANG	16.	LIQ	54.5	46.32	65382	PRENATAL DHA 500 MG	30	SGC	21.99	17.59	61602	BIOTIN 10 MG VCAP C	120	VCA	29.79	23.83
50285	C L O 1000 LO A LEM	150	SGC	22.2	18.87	52213	FISH OIL OMEGA 3 ORANG	6.7	LIQ	27.9	23.71	67248	PROBIOTICS + COLOS CHW	90	CHW	23.99	19.19	16260	BIOTIN 1000	100	TAB	11.99	9.59
12580	C L O 370	100	SGC	8.9	7.56	51625	FISH OIL ORANGE 120 + 30	120	SGC	27.9	23.71	64227	INFLAMMATION BALANCE	180	SGC	55.9	47.51	55711	BIOTIN 5 MG	120	VCA	27.79	22.23
12581	C L O 390	250	SGC	15.9	13.51	60023	K2 VITAMIN MK 4	180	CAP	69	58.65	60023	K2 VITAMIN MK 4	180	CAP	69	58.65	25952	BIOTIN 5 MG	60	CAP	15.99	12.79
32682	C L O LEMON FLV 500ML	500	LIQ	55	46.75	53486	KEY E SUPPOSITORIES	60	CAP	24.9	21.16	53486	KEY E SUPPOSITORIES	60	CAP	24.9	21.16	16259	BIOTIN 500 MCG	100	TAB	9.99	7.99
23226	C L O LEMON FLVR	8.4	LIQ	29.9	25.41	12537	KEY E SUPPOSITORIES	12	SUP	8.88	7.54	44358	MYONIN	120	CAP	45	45	16107	BONE DENSITY FACTORS	100	TAB	18.59	14.87
50543	C L O LEMON KIDS	250	LIQ	29.9	25.41	40696	KEY E SUPPOSITORIES	24	SUP	14.4	12.24	55500	PSORICOID	120	CAP	40	40	22902	BONE DENSITY FACTORS	200	TAB	35.99	28.79
12574	C L O LIQ REG 250ML	250	LIQ	29.9	25.41	35120	LIPOIC ACID 300 MG	90	TAB	55	46.75	51877	VEIN LITE	120	CAP	45	45	57518	BONE SOLID	180	CAP	30.99	24.79
12575	C L O LIQ REG 500ML	500	LIQ	55	46.75	40199	LUTEIN 15 MG W/KALE	180	CAP	83.4	70.89							62704	BONE SOLID	240	VCA	36.99	29.59
12578	C L O SUPER 1000	100	SGC	15.9	13.51	40198	LUTEIN 15 MG W/KALE	60	CAP	27.9	23.71							16224	BROMELAIN 500 2000 GDU	60	TAB	19.99	15.99
12579	C L O SUPER 1000	250	SGC	32.5	27.62	41241	LYCOPENE 15 MG	60	SGC	19.9	16.91	56587	B12 METHYL 1000 LIQ	1 Z	LIQ	12.95	12.95	16223	BROMELAIN 500 2000 GDU	30	TAB	11.99	9.59
67169	CAL CHELATED 250 MG	60	TAB	10.9	9.26	12907	LYSINE 500	300	CAP	27.7	23.54	56588	B12 METHYL 1000 LIQ	4 Z	LIQ	23.95	23.95	53781	BUFFER C 500 MG PH CNT	60	VCA	16.99	13.59
12823	CHROMIUM 200	100	TAB	7.75	6.58	12934	Lysine PWD 100G	100	PWD	9.9	8.41	62675	COQ10 150 MG	60	CAP	34.95	34.95	53782	BUFFER C 500 MG PH CNT	120	VCA	22.59	18.07
27354	COQ10 100 MG	90	SGC	39.9	33.91	12807	MAG 400 MG LIQ SGC	250	SGC	29.9	25.41	67345	HA LOZENGES	30	LOZ	44.95	44.95	16279	C 1000 CAP MAXI W/BIO	90	CAP	18.59	14.87
31571	COQ10 100 MG	30	SGC	14.9	12.66	12831	MAG GLYCINATE 200 CHEL	90	TAB	19.9	16.91	67012	HA SERUM HYALURONIC	1 Z	SER	59.95	59.95	16280	C 1000 CAP MAXI W/BIO	180	CAP	30.99	24.79
12878	COQ10 30	120	SGC	23.9	20.31	53436	MEDOMEGA FISH OIL 2800	100	LIQ	39.9	33.91	65450	IODOX RX 12.5 MG	90	TAB	22.95	22.95	16282	C 1000 RH T/R	90	TAB	12.99	10.39
41122	D 2000	120	SGC	12.9	10.96	28095	MOISTURE EYES	180	SGC	52.9	44.96	62219	LIPOIC ACID 100 MG	60	CAP	11.95	11.95	16292	C 1000 RH/RF 150 BUF	250	TAB	30.99	24.79
54500	D 2000 SOLAR GEMS	120	SGC	12.5	10.62	39608	MSM 1000 MG	90	CAP	12.5	10.62	55501	LITHIUM OROTATE	120	CAP	14.95	14.95	16291	C 1000 RH/RF 150 BUFF	100			

Better B12, Better Absorbed



Many people are aware of the health benefits of Vitamin B12. They've heard that it can boost energy, enhance metabolism, promote better sleep and support nerve tissue and brain cells.* However, most people are probably supplementing with the traditional form of Vitamin B12, known as cyanocobalamin.

Jarrow Formulas® innovative Vitamin B12 features Methylcobalamin, a form of Vitamin B12 that is not only better absorbed by the body, but is also more efficiently retained within its cells.* That means enhanced benefits. **Jarrow Formulas®** Methyl B-12 is entirely vegetarian and comes in great tasting lemon, tropical and cherry dissolvable lozenges. With 1000, 2500 or 5000 mcg sizes, this Methyl B-12 is the superior Vitamin B12 supplement.

B-Right® is a carefully balanced, low-odor B-Complex formula. B-Right contains methylcobalamin, pantethine and pyridoxal 5-phosphate (P-5-P), since these forms are more readily utilized as coenzymes than other forms of vitamin B12, vitamin B5 and vitamin B6 respectively.*

Methyl B-12, 5000 mcg 60 Lozenges - JRW34918
Methyl B-12, 1000 mcg 100 Lozenges - JRW34453
B-Right®, 100 Vegetarian Capsules - JRW23418

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

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Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements



Cramp Bark 1:3

Traditionally used for menstrual cramps, due to its smooth muscle relaxant action.

1 fl oz - Product Code: 57059

The bark has traditionally been used for cramps, including menstrual cramps and cramping associated with arthritis. While research is limited, a laboratory study found that viopudial isolated from Viburnum opulus (cramp bark) had antispasmodic effects on smooth muscle.

Who might benefit from this supplement?

- Women suffering from difficult periods, dysmenorrhea and PMS; It may also be helpful to those with intestinal cramps.

Ingredients:

Phyto-Tech™ Cramp Bark 1:3 contains Cramp Bark (Viburnum opulus), Grain Alcohol, Deionized Water. Wild Harvested.

Dosage:

General: 30-60 drops, 2-3 times per day or as needed in juice or water; Acute Cramping: Take 60 drops to 1 teaspoon as needed.

Cranberry 4:1

Cranberry is widely used to prevent urinary tract infections.

90 Veggie Caps - Product Code: 60121

Ingredients:

Each 400 mg veggie cap contains the equivalent of 1600 mg of raw Berry.

Cranberry is widely used to prevent urinary tract infections, and has been used for this purpose for many years. There is research that supports this, although they may not be perfect. The key thing to note, however, is that the evidence supporting cranberry's ability to "prevent" UTI is much more

convincing than any evidence supporting its ability to "treat" UTI's.

For treatment, it can be used as an adjunct to other therapy, but it may not be wise to rely on it as the main agent. In the past, it was thought to work by acidifying the urine, but now we know that there is a substance, a proanthocyanidin, that prevents the adhesion of bacteria to the cells lining the urinary tract.

There is another caution regarding cranberry juice. Some women make the mistake of going out and buying cranberry juice, rather than using a cranberry extract. The problem with the juice is that it has a high sugar content. Thus, the benefit of using a supplement where the active constituents of cranberry are concentrated, leaving the sugar behind. Phyto-Tech™ Cranberry 4:1 is ideal for this purpose.

Dosage:

One to two Capsules daily, or as directed. Drink plenty of water.

Complementary Product:

- Phyto-Tech™ Urinary Kidney Complex.

Cranberry Mannose

An herbal nutrient blend designed for those with frequent urinary tract infections.

60 Veggie Caps, Product Code: 67467

Who might benefit from this product?

- Those suffering from urinary tract infections.

Ingredients:

Each two veggie caps contains vitamin C, 30 mg, D-Mannose 1000 mg, and Cranberry Fruit 37:1 (min. 4% Proanthocyanidins) 400 mg.

Indications:

Cranberry is used for prevention and treatment of urinary tract infections and kidney stones. D-mannose has also been used for this purpose. Many feel that the combination of these two ingredients results in a synergistic effectiveness

greater than either ingredient by itself. Preliminary research suggests supplemental d-mannose might interfere with the adhesion of Escherichia coli bacteria to the urinary tract, theoretically protecting from some urinary tract infections (UTIs). Bacteria such as Escherichia coli produce lectins, which bind the organism to sugar residues, such as d-mannose, on host epithelial cells. Theoretically, giving supplemental d-mannose can bind the bacteria and prevent attachment to the vaginal and urinary tract lining. Cranberry is thought to work in a similar manner. In vitro tests indicate that d-mannose can partially or completely inhibit binding of around 50% of Escherichia coli strains to epithelial cells. The effect of d-mannose on urinary tract infections in humans remains to be studied.

Dosage:

Two capsules, up to three times daily, or as directed.

Damiana 1:3

Traditionally used as an aphrodisiac, for women, especially in Central America, since ancient times. It may also exhibit mood elevating action.

1 fl oz - Product Code: 57641

Damiana is traditionally used as a general tonic for the nervous, endocrine, and reproductive systems. In addition, specific historical uses include coughs, gastrointestinal disorders, diuresis. It has been used as an aphrodisiac in Africa and the Americas.

Dandelion Root 1:1.5

Dandelion Root has long been considered a liver and gallbladder tonic, and digestive stimulant.

1 fl oz - Product Code: 56966

90 Veggie Caps - Product Code: 60117

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healthnotes

Vitamin D and Autism During Pregnancy and Childhood

Deficiency During Pregnancy

Earlier studies have found impaired language and motor development, and general intelligence, in children whose mothers were deficient in vitamin D while pregnant. In this study of 4,229 children and their moms, doctors measured mothers' vitamin D levels halfway through pregnancy and in umbilical cord blood at birth.

At age six, parents completed behavioral questionnaires. Mothers whose vitamin D levels were lower than 10 nanograms per milliliter of blood (ng/ml) during pregnancy were more likely to have a child with autistic traits compared to mothers whose vitamin D levels were sufficient, which doctors defined as at or above 20 ng/ml. Children whose moms were deficient in vitamin D mid-pregnancy were 3.8 times more likely to exhibit autistic traits compared to kids of mothers with sufficient vitamin D levels.

The number of women deficient in vitamin D more than doubled from mid-pregnancy to birth; 16 percent to 36 percent. This finding is particularly important because the developing baby depends entirely on mother for its vitamin D supply. Doctors said supplementing with vitamin D while pregnant is a safe, accessible, and inexpensive way to reduce chances of children developing autism spectrum traits.

Autism Scores Improved

In the first placebo-controlled study to measure the effects of vitamin D supplements on autism symptoms, 85 boys and 24 girls, age 3 to 10, took a placebo or up to 5,000 IU of vitamin D3 per day. Doctors defined normal vitamin D levels at or above 30 ng/ml; insufficiency from 20 ng/ml, and deficiency below 20 ng/ml.

After four months, vitamin D levels had increased from 26 to 46 ng/ml in the vitamin D group, and from 27 to 28 ng/ml for placebo. Autism symptom scores decreased 17.7 percent for vitamin D and 1.9 percent for placebo. The vitamin D group also improved in social responsiveness compared to placebo.

(Reference: *Molecular Psychiatry*; November, 2016, Published Online)-



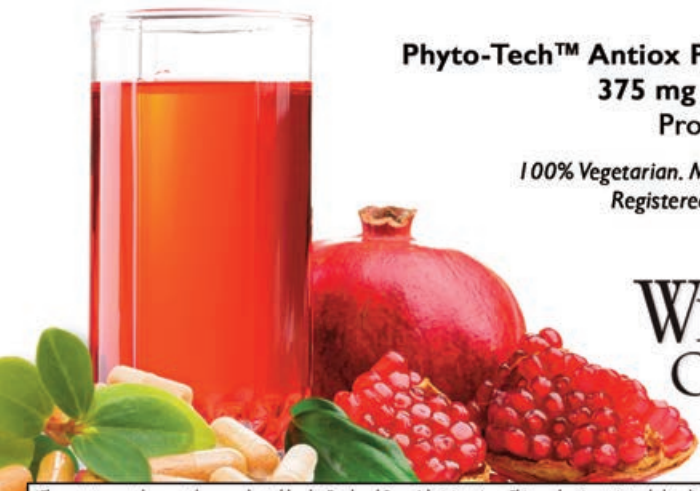
New Formula! Higher Potency, Vegetarian Capsule

Phyto-Tech™ Antiox Phyto Complex II

Some of the most powerful, broad-spectrum antioxidants are those found in plants. This supplement contains a blend of several of the most potent plant-derived phyto-antioxidants available, in a high potency, professional strength vegetarian capsule.


Phyto-Tech™ Antiox Phyto Complex II is a blend of powerful plant-derived (phyto) antioxidants. Most health problems are either directly or indirectly related to oxidative (free-radical) damage. While vitamins and minerals (vitamin C, vitamin E and selenium, for example) are antioxidants, it is now recognized that phytoantioxidants, rich in a broad spectrum of flavonoids, polyphenols, anthocyanidins, etc are the most powerful.

Ingredients: Each 375 mg Capsule contains the following: Acai Berry Extract 4:1, 75 mg; Mangosteen Fruit Extract, 75 mg (10% Mangostin); Goji Berry Extract 75 mg (40% Polysaccharides); Pomegranate 75 mg, (40% Ellagic Acid); Green Tea Leaf Extract 30 mg (98% Polyphenols, 50% EGCG); Grape Skin Extract, 30 mg (50% Polyphenols); Grape Seed Extract, 15 mg (95% Proanthocyanidin); Cellulose Modified Vegetable.



Phyto-Tech™ Antiox Phyto Complex II
375 mg - 90 Veggie Caps
Product Code: 63745

100% Vegetarian. Manufactured in an FDA Registered, GMP Certified facility.



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



MULTIVITAMINS | CALCIUM | HERBALS | FISH OIL

Discover **Zyflamend™** for an herbal approach to pain relief**†

Our clinically studied, patented 10-herb blend supports a whole-body healthy inflammation response and overall joint health.*

Herbal Pain Relief

Zyflamend Whole Body is a holistic, herbal approach to pain relief.**† Zyflamend helps balance your healthy inflammation response, which is essential for maintaining whole-body health.* Zyflamend is also a holistic joint supplement, supporting healthy joint function and overall joint health.* Discover our #1-selling multi-herbal blend!

Discover the Power of 10!

Preclinical lab tests demonstrate Zyflamend's powerful herbal synergy and ability to protect healthy cells from damage.* We tested Zyflamend's whole 10-herb blend in laboratory studies that measure cellular markers of inflammation and stress. We also tested each herb acting on its own. The results showed the Zyflamend blend of 10 herbs worked better together than the sum of the action of its single herbs.

Non-GMO Project Verified

New Chapter® is firmly committed to using sustainable, Non-GMO ingredients, because we believe in doing what's best for the earth and everyone on it. That's why we spent years researching the ideal quality, 100% vegetarian, Non-GMO capsules for our herbals. These improved capsules deliver the same great formula, while keeping herbs pure and potent. The capsules also dissolve quickly so the herbs are rapidly available for absorption. Zyflamend is Non-GMO Project Verified—meaning ingredients are carefully reviewed for GMO risk going all the way back to the seeds.

Zyflamend™ Whole Body			
30 Capsules	Item # 61155	Retail \$27.95-	Willner Chemists \$20.96
60 Capsules	Item # 67026	Retail \$44.95-	Willner Chemists \$33.71
120 Capsules	Item # 66444	Retail \$72.95-	Willner Chemists \$54.71
180 Capsules	Item # 66523	Retail \$100.95-	Willner Chemists \$75.71
Zyflamend™ Nighttime			
60 Capsules	Item # 66639	Retail \$44.95-	Willner Chemists \$33.71
Zyflamend™ Prostate			
60 Capsules	Item # 66440	Retail \$48.95-	Willner Chemists \$36.71



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† With Ginger for occasional pain relief after exercise

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The Nutritional Supplement Professionals
Prescription Pharmacy
Since 1911



Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements



Who might benefit from this herbal supplement?

• Those with liver disease, upset stomach, loss of appetite, heartburn; those in need of liver and gallbladder detoxification; those suffering from constipation. Dandelion is commonly used as a food. The leaves are used in salads and teas. The roots are sometime used as a coffee substitute. The leaves and roots have been used traditionally to treat liver, gallbladder, kidney and joint problems. Dandelion is categorized by many herbalists as a blood purifier, or "alterative."

Ingredients:

Phyto-Tech™ Dandelion Root 1:1.5 contains Fresh Dandelion Root (*Taraxacum officinale*) 667 mg/ml, Grain Alcohol, Pule Deionized Water. Certified Organic.

Dosage:

30-60 drops 2-3 times per day or as needed in juice or water. Also available in a veggie capsule, with each Phyto-Tech™ Dandelion capsule containing 500 mg of certified organic Dandelion Root (*Taraxacum officinale*).

Cautions: Contraindicated in blockage of the bile ducts, acute gallbladder inflammation, and intestinal blockage.

Complimentary Formulas:

- Phyto-Tech™ Liver Support, Liquid or Vegicaps
- Phyto-Tech™ Burdock Root 1:1.5
- Phyto-Tech™ Milk Thistle Seed 1:3

Devil's Claw

This herb, wild harvested from the Kahalari desert of Africa, has been shown to exert significant anti-inflammatory and analgesic action.

1 fl oz - Product Code: 57029

Who could benefit from this supplement?

- Those with arthritis, rheumatism, fibromyalgia, joint and muscle pain.

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Ingredients:

Phyto-Tech™ Devil's Claw 1:4 provides 250 mg of Devil's Claw secondary tubers per 30 drops. Devil's claw (*Harpagophytum procumbens*) originates from the Kalahari and Savannah desert regions of South and Southeast Africa. The part used is the secondary tubers. Currently, the major uses of devil's claw are as an anti-inflammatory and pain reliever for joint diseases, back pain, and headache. Devil's Claw enjoys widespread popularity as a treatment for mild joint pain throughout Europe. This use is supported by several clinical studies. Devil's Claw also increases gastric digestive enzymes, thus aiding in protein and fat digestion. It has been known to help reduce cholesterol and uric acids in the blood, which can lead to gout.

Dosage:

20-40 drops, 2-3 times per day or as needed in juice or water. Best used long term (over 1 month continual use).

Contraindications: Gastric and duodenal ulcers. Do not use during pregnancy or if breastfeeding.

Digest Stim Complex

This formula promotes optimal digestive enzyme balance for proper digestive function. It can be categorized as a bitter digestive tonic.

Digest Stim Complex - 1 fl oz - Product Code: 56999

Digest Slim Complex - Alcohol Free
1 fl oz - Product Code: 57040

Who can benefit from using this supplement?

- Those who are deficient in digestive enzyme secretion or gastric function. Helpful in cases of indigestion, gas, sluggish bowels, bloating.
- Phyto-Tech™ Digest Stim is available in a regular, and an alcohol-free version. Most commonly, it is taken before meals.

Ingredients:

Phyto-Tech™ Digest Stim contains the following herbs: Gentian Root, Fennel Seed, Oregon Grape Root, Ginger Root, Licorice Root, Prickly Ash Bark, Blue Flag Root, Peppermint Spirits, and Potassium Carbonate. Phyto-Tech™ Digest Stim will stimulate the body to secrete more digestive enzymes (HCl, bile, pancreatic enzymes, pepsin, lipase, and saliva) which will enhance digestion. This makes absorption more possible. This formula actually makes the body secrete its own digestive enzymes if deficient instead of taking digestive enzymes by themselves. The goal is to get the body to function normally and to not rely on external enzymes.

It can be used as needed for meals that cause indigestion. Phyto-Tech™ Digest Stim can be used as a tonic for those with chronic indigestion, before or after a meal, but is best when used before the meal.

Phyto-Tech™ Digest Stim also contains fennel and peppermint to soothe digestive upset and keep the digestive tract calm while digesting efficiently. This formula can be especially helpful to the elderly, where poor digestion is common.

Many herbalists recommend Phyto-Tech™ Digest Stim for *Candida albicans*. *Candida* thrives in a digestive tract that under secretes, thus becoming too alkaline (digestive pH is acidic, blood pH is alkaline). Phyto-Tech™ Digest Stim is thought to increase HCl in the stomach, thus keeping it very acidic which kills parasites, bacteria, germs and keeps *Candida* in check. Insufficient digestive enzymes result in leaky gut syndrome and the *Candida*/parasite/germ hypothesis that cannot be healed without increasing digestive enzymes.

Contraindications: Pregnancy; Ulcers, Irritable Bowel (Phyto-Tech™ Digest Stim may help or worsen this condition—use caution)

... continued on page 44



Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)



21167	CAL MAG CAP TM	90	CAP	11.99	9.59	20775	E 400 COMPLEX	180	SGC	61.99	49.59	65088	METHYL FOLATE 800 MELT	60	TAB	20.59	16.47	25924	WATER FACTORS MAX	90	TAB	18.59	14.87	
34509	CAL MAG CITRATE MAXISB	200	SGC	28.99	23.19	16311	E 400 COMPLEX	90	SGC	33.99	27.19	16337	MULTI 100 TR W/TM	90	TAB	32.99	26.39	31896	WHEY PRO PWD NAT	24Z	PWD	47.99	38.39	
16142	CAL MAG POT 500/500/99	90	TAB	13.99	11.19	20393	E P O 500	60	SGC	11.99	9.59	65353	MULTI ADULT CHEW WAF	120	CHW	39.99	31.99	31746	WHEY PRO PWD NAT	12Z	PWD	26.99	21.59	
16143	CAL MAG POT 500/500/99	180	TAB	20.59	16.47	60595	FLEX-ABLE ADVANCED	90	CAP	43.59	34.87	23989	MULTI ADULT CHEW WAF	60	CHW	19.99	15.99	65855	WHEY PROT COCOA COC SF	11.	PWD	26.99	21.59	
43338	CAL MAG W/D CMP TM	240	VCA	25.79	20.63	65853	FOLATE 800 CHW ORANGE	100	CHW	15.99	12.79	51643	MULTI LIQ FOOD BASE	32Z	LIQ	43.59	34.87	44685	WHEY PROT PWD CH FD	14Z	PWD	26.99	21.59	
43337	CAL MAG W/D CMP TM	120	VCA	15.99	12.79	16263	FOLIC ACID 800	100	TAB	7.99	6.39	31865	N A C 750 MG	30	CAP	13.99	11.19	62425	WHEY PROT PWD CH SG FR	15.	PWD	26.99	21.59	
52093	CAL MAG W/D3 LIQ	32Z	LIQ	27.79	22.23	24505	GARLIC NATURE 500	180	SGC	19.99	15.99	16344	N A C 750 MG	60	CAP	23.59	18.87	65856	WHEY PROT PWD COCON SF	11.	PWD	26.99	21.59	
16157	CAL MAG ZINC TM	250	TAB	19.59	15.67	29816	GLUCOS CHOND 500/400	90	CAP	32.99	26.39	16149	NERVE & OSTED SUPP	180	TAB	24.79	19.83	62426	WHEY PROT PWD VN SG FR	15.	PWD	26.99	21.59	
16145	CAL MAG ZINC TM	180	TAB	20.59	16.47	16066	GLUTAMINE 500 W/B6 CAP	100	CAP	15.99	12.79	33223	OLIVE LEAF EXT 300 MG	60	CAP	13.99	11.19	63139	WHEY PROTEIN NAT ORG	10.	PWD	39.99	31.99	
16139	CAL SNACK	120	CHW	24.79	19.83	23986	GLYCEMIC FACTORS	100	TAB	29.99	23.99	58698	OMEGA 3 1000	300	SGC	36.99	29.59	51344	WHEY PROTEIN PWD VAN	10	PAK	27.99	22.39	
16138	CAL SNACK	60	CHW	15.99	12.79	16101	GLYCEMIC FACTORS	50	TAB	17.99	14.39	52461	OMEGA 3 6 9 COMPLETE	180	SGC	49.99	39.99	44906	WHEY PROTEIN PWD VAN	12Z	PWD	26.99	21.59	
20736	CAL W/BORON TM 1000	90	CAP	14.99	11.99	23988	GRAPE SEED EXT 100 MG	50	CAP	29.99	23.99	43828	OMEGA 3 6 9 ULTRA	90	SGC	27.99	22.39	54829	WOMENS HER DAILY NUTRI	60	TAB	38.99	31.19	
16061	CARNITINE 500 W/B6 CAP	30	CAP	24.99	19.99	26081	GRAPE SEED EXT 200 MG	60	CAP	57.59	46.07	16197	OMEGA 3 F B O 1000	200	SGC	26.99	21.59	16170	ZINC 50	100	TAB	9.99	7.99	
16233	CAROTENE 25000 SGC	100	SGC	21.99	17.59	36438	GREEN TEA EXT 1000 MG	90	TAB	20.59	16.47	16196	OMEGA 3 F B O 1000	100	SGC	17.99	14.39	16153	ZINC 50 TM	90	TAB	9.99	7.99	
28802	CAROTENOID COMPLEX	30	SGC	19.99	15.99	16265	INOSITOL PWD 1100 MG	4Z	PWD	28.79	23.03	43842	OMEGA 3 MOOD	90	SGC	34.99	27.99	32600	ZINC LOZ CHERRY W/C	60	LOZ	9.99	7.99	
29834	CAROTENOID COMPLEX	60	SGC	30.99	24.79	16160	IRON AID	60	TAB	12.99	10.39	34051	OMEGA ULTRA	120	SGC	26.39	21.11	54581	ZINC PICOLINATE	100	TAB	11.99	9.59	
16180	CHARCOAL 260	100	CAP	14.99	11.99	53886	IRON EASY 25 MG	90	VCA	13.99	11.19	24514	PANTOTH A 500 RR W/RB	60	TAB	12.99	10.39							
31883	CHARCOAL 260	40	CAP	9.99	7.99	16314	K1 100	100	TAB	7.99	6.39	27245	PANTOTHENIC AC 1000 TR	60	TAB	20.59	16.47							
16261	CHOLINE 293 W/RICE BRN	100	TAB	15.99	12.79	64248	K2 500 MCG VEGAN MELTS	60	TAB	27.79	22.23	16227	PAPAYA 25 CHW	500	CHW	17.59	14.07							
22669	CHROMIUM PICOL 200	200	CAP	20.59	16.47	16187	KELP 225 MCG	300	TAB	11.99	9.59	16198	PHOS CHOL 1200 MG	100	SGC	20.59	16.47							
16304	CITRUS BIOFLA CMP 1000	100	TAB	17.99	14.39	67592	KIDS CARE PROB 5BL CHW	30	CHW	15.99	12.79	50998	PHOS SERINE (NEURO PS)	60	SGC	55.59	44.47							
16305	CITRUS BIOFLA CMP 1000	250	TAB	38.59	30.87	16189	LECITHIN GRAN 160Z	16	PWD	19.99	15.99	16164	POTASSIUM 99 MG	250	TAB	14.99	11.99							
24510	COENZYMINE ACTIVE B6 50	30	CAP	9.99	7.99	16102	LIGA TEND RR	50	TAB	20.59	16.47	16175	POWER DOPHILUS	200	CAP	35.99	28.79							
62836	COENZYMINE B CMP ADV	60	VCA	30.99	24.79	22226	LIGA TEND RR	100	TAB	32.99	26.39	61603	PRENATAL REAL FOOD	90	TAB	39.99	31.99							
62837	COENZYMINE B CMP ADV	120	VCA	49.39	39.51	29812	LIVER SUPPORT FACTORS	100	TAB	38.99	31.19	16109	PROSTA MAX FOR MEN	100	TAB	32.99	26.39							
43981	COENZYMINE B COMPLEX CAP	120	VCA	30.99	24.79	39381	LUTEIN 20 MG	60	SGC	30.99	24.79	29811	PROSTA MAX FOR MEN	200	TAB	57.59	46.07							
22673	COENZYMINE B COMPLEX CAP	60	VCA	20.59	16.47	16076	LYSINE 1000 W/B6 TAB	100	TAB	13.99	11.19	23859	PSYCOGENOL 100 MG CAP	30	CAP	58.79	47.03							
24168	COQ10 100 MG	60	VCA	30.99	24.79	16075	LYSINE 500 W/B6 CAP	250	CAP	25.79	20.63	16120	PSYCOGENOL 50 CAP	50	CAP	51.59	41.27							
53779	COQ10 100 MG VEG SGC	60	SGC	29.99	23.99	44922	MAG 300 W/SILICA	120	CAP	17.99	14.39	16119	PSYCOGENOL 50 CAP	24	CAP	30.99	24.79							
58351	COQ10 100 MG VEG SGC	120	SGC	46.39	37.11	16161	MAG CHELATED 250 MG	180	TAB	18.59	14.87	41650	Q10 ENHANCED VCAP	60	VCA	30.99	24.79							
35154	COQ10 30 MG MAXI SORB	120	SGC	51.39	41.11	20741	MAG CHELATED 250 MG	90	TAB	9.99	7.99	44014	R LIPOIC ACID 100 MG	60	VCA	28.79	23.03							
53778	COQ10 60 MG VEG SGC	60	SGC	19.59	15.67	67590	MAG GLYCINATE CHEL 400	90	TAB	18.99	15.19	58121	RESVERATROL PLUS	60	VCA	25.79	20.63							
16183	COQ10 60 XTRA SUPER	60	CAP	26.79	21.43	22734	MAG POT ASPAR T/MINS	180	TAB	23.59	18.87	16306	RUTIN 500	100	TAB	25.99	20.79							
59794	CORE DAILY 1 MEN	60	TAB	23.59	18.87	16147	MAG POT ASPARTATE TM	90	TAB	13.99	11.19	29002	SAW PALM PYGEUM	90	CAP	26.99	21.59							
59795	CORE DAILY 1 WOMEN	MEN	TAB	23.59	18.87	54580	MAGNESIUM CITRATE/CAL	120	TAB	18.59	14.87	16167	SELENIUM 100 YEAST FR	180	TAB	14.99	11.99							
59797	CORE DAILY 1 WOMEN 50+	60	TAB	32.99	26.39	16096	MAX AMINO CAPS W/B6	90	CAP	20.59	16.47	16168	SELENIUM 200	90	TAB	13.99	11.19							
30211	CREATINE MONOHY PWD	325	PWD	20.49	16.39	41661	MAX FOR MEN MULTI VCAP	120	VCA	32.99	26.39	20394	SHARK CARTILAGE 800	100	CAP	35.99	28.79							
16237	D 1000 DRY	100	TAB	8.99	7.19	16332	MAX FOR MEN TR	60	TAB	23.59	18.87	52804	SHARP THOUGHT	30	VCA	32.99	26.39							
16236	D 400	100	SGC	8.99	7.19	16333	MAX FOR MEN TR TAB	120	TAB	40.99	32.79	57841	STRESS SHIELD	60	VCA	24.79	19.83							
55556	D3 1000 IU SGC LANOLIN	200	SGC	14.59	11.67	62217	MAXI HAIR FOR MEN SGC	60	SGC															

Healthy Origins®

Healthy Values from Reliable Origins



Willner Code	Description		Retail	Sale Price
67644	UC•II 40mg	60 Vcaps	\$ 34.99	\$ 22.74
67645	UC•II 40mg	180 Vcaps	\$ 62.99	\$ 40.94

with Undenatured Type II Collagen
 Supports Healthy Joint Comfort, Mobility and Flexibility
 Just One, Small Capsule Daily
 Non-GMO & Soy Free
 Sourced and Manufactured in the USA
 UC•II is a registered trademark of InterHealth, N.I.

Willner Code	Description		Retail	Sale Price
67639	Curcumin Phytosome™	60 Vcaps	\$ 32.99	\$ 21.44
67640	Curcumin Phytosome™	180 Vcaps	\$ 84.99	\$ 55.24

Featuring Meriva® SF
 Supports Joint & Muscle Health.*
 Supports Eye Health*
 Promotes Healthy Mood Balance*
 Supports Cognitive Function*
 Suitable for Vegetarians and Vegans
 Non-GMO & Soy Free
 Sourced from Italy
 Manufactured in the USA
 Meriva® is a registered trademark of Indena S.p.A,
 Milano

**35% Line Drive
 Every Month**

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



Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements



Dosage:
In general, it is best before a meal but can be used afterward. Daily use: 15-60 drops, 2-3 times per day or as needed in juice or water. Use before or after meals. Occasional use: 30-60 drops before or after meals that create indigestion or digestive upset.

Dong Quai Root 1:3

A highly regarded, well known Chinese herb widely used for various menstrual and menopausal problems.

1 fl oz - Product Code: 57001

Who might benefit from this supplement?

- Women suffering from various menstrual irregularities;
- Women seeking to lessen the symptoms of menopause (hot flashes, mood swings, irritability)
- Women with premenstrual disorders (PMS) to decrease the discomfort of cramps, slow onset, dull ache, mood swings, bloating and irritability).

Ingredients:

Phyto-Tech™ Dong Quai Root 1:3 contains Dong Quai Root, Alcohol Pure Grain, Water Pure Deionized; 333 mg/ml.

Herbalists consider Dong Quai to be an estrogen synergist. It sensitizes the binding or absorption sites where estrogen is absorbed into the body and will increase levels of estrogen. In menopause where estrogen is decreasing, it helps satisfy the bodies craving and diminishes symptoms. In PMS, Dong Quai accentuates the estrogen phase or phase from menses to ovulation. It is especially indicated for cycles longer than 28 days. It is contraindicated for cycles less than 28 days, which is estrogen excess (use Chaste Tree Berries here). Dong Quai will help bring a longer cycle back to a 28-day cycle, help bring on a crampy slow onset period and possibly help alleviate a dry vagina.

Contraindications: Pregnancy; Menses that have a cycle shorter than 28 days.

Dosage:

15-45 drops, 2-3 times per day or as needed in juice or water.

Complimentary Formulas:

- Phyto-Tech™ Chaste Tree Berry (if cycle is shorter than 28 days or if progesterone deficient)
- Phyto-Tech™ Menopause Complex (menopausal formula)
- Phyto-Tech™ Menses Complex (if PMS)
- Phyto-Tech™ Black Cohosh Root 1:3 (hot flashes, slow onset period)

Ear Drops

Soothes aches, promotes comfort and circulation, and supports immunity, as an external ear oil.

Phyto-Tech™ Ear Drops - Product Code: 56953

Phyto-Tech™ Ear Oil - Child Friendly - Product Code: 57011

Who can benefit from this supplement?

- Children and adults with ear infections.

Ingredients:

Phyto-Tech™ Ear Drops contains the following herbs: Mullein Flower Oil, Coptis Root Oil, Garlic Bulb Oil, Arnica Montana Flower Oil, Cold Pressed Extra Virgin Olive Oil.

This product comes in two versions:

- Phyto-Tech™ Ear Drops (Code 56953)
 - Child Friendly version, Phyto-Tech™ Ear Oil (Code 57011)
- Both come in 1 fl oz bottles.

Echina Acute Complex

Liquid Herbal Extract

Designed for “acute” immune support, i.e. when an infection is imminent or active. A broad spectrum anti-infective, immune support formula.

- Echina Acute Complex Liquid Drops
1 fl oz - Product Code: 56946
- Echina Acute Complex Liquid Drops
2 fl oz - Product Code: 56979
- Echina Acute Complex, Alcohol Free
1 fl oz - Product Code: 56974

Who can benefit from this supplement?

- Those who sense the onset of a cold or flu;
- Those who are struggling with an active bacterial, viral, parasitic or other microbial infection, especially those affecting mucosal linings (respiratory, urinary, digestive and reproductive).

Ingredients:

Phyto-Tech™ Echina Acute Complex Herbal Liquid contains the following herbs: Echinacea angustifolia Root, Goldenseal Root, Yerba Mansa Root, Oregon Grape Root, Licorice Root, Red Root, Myrrh Gum, Wild Indigo Root

Echina Acute Complex

Liquid Veggie Caps

Designed for “acute” immune support, i.e. when an infection is imminent or active. A broad spectrum anti-infective, immune support formula.

60 Liquid Filled Veggie Caps - Product Code: 57093

Who can benefit from this supplement?

- Those who sense the onset of a cold or flu;
- Those who are struggling with an active bacterial, viral, parasitic or other microbial infection, especially those affecting mucosal linings (respiratory, urinary, digestive and reproductive).

Ingredients:

Phyto-Tech™ Echina Acute Complex Herbal Liquid contains the following herbs: Echinacea purpurea Herb, Goldenseal

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Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)



42193	CHOLESTURE	90	VCA	39.2	31.36	54445	K2 PLUS MK 7	60	CAP	24.4	19.52	50086	SPECTRA MULTI AGE	17	PWD	42.4	33.92	58783	CLEANS ORG GENTLE NOUR	6.7	LIQ	13.99	11.19
33288	CHROMEMATE	90	CAP	13.2	10.56	50592	LIBIDO	90	SGC	29.2	23.36	27736	SPECTRA NO CU/FE	120	TAB	29.6	23.68	51436	CONDITION RED GRAP ORG	8.7	LIQ	8.99	7.19
42121	CLA 1000 MG TONALIN	90	SGC	38	30.4	59941	LIPIC ACID 300 MG ALP	60	CAP	26.4	21.12	52730	SPECTRA ORANGES	9.9	PWD	45.6	36.48	57821	CONDITIONER COCONUT	8.7	LIQ	8.99	7.19
41842	CLEARLY FIBER	5.8	PWD	15.2	12.16	60288	LIPOSOMAL C LIQ	10.	LIQ	36.4	29.12	51484	SPECTRA PURPLES	11.2	PWD	46.4	37.12	42058	CONDITIONER JOJOBA	12.2	LIQ	7.99	6.39
64119	COCOA HGH 16.4 OZ	16.	PWD	67	53.6	58262	LUTEIN 10 MG	60	VCA	21.2	16.96	45887	SPECTRA REDS	1.4	PWD	45.6	36.48	58784	EYE CREAM DEPUFFING	1.7	CRM	15.99	12.79
41188	COLOSTRUM 600 MG	60	CAP	26	20.8	42742	MAG CITRATE 140 MG	90	CAP	10	8	29722	SPECTRA SENIOR	180	CPL	44.4	35.52	67056	FACE OIL BALANCING	.96	LIQ	17.99	14.39
43334	COQ10 100 MG CHEW MELT	60	CHW	55.6	44.48	59050	MAG CITRATE EFFERV PWD	375	PWD	47.2	37.76	26664	SPECTRA WOMAN	120	TAB	36	28.8	67057	FACE OIL RESTORATIVE	.96	LIQ	17.99	14.39
35173	COQ10 100 MG TAB	60	CHW	51.2	41.16	61585	MANGO PLEX W/ RASP KET	10.	CAP	36	28.8	38136	SPECTRA WOMAN	240	TAB	64.8	51.84	29332	FACE WASH TTO	3.22	LIQ	17.99	14.39
56338	COQ10 DMG 300 300	60	CHW	90	72	41929	MAXI HGH	10.	PWD	63.6	50.88	64118	STRESS B CAP	90	CAP	31.6	25.28	23238	FACE WASH TTO	8.7	SDP	10.09	8.07
67510	COQ10 LIPOSOMAL LIQ	10.	LIQ	43.6	34.88	54889	MEGA PROBIOT ND DG ENZ	90	CHW	41.2	32.96	65757	TELOMERE BENEFITS	60	VCA	148	118.4	23995	FACIAL CLEANSING PADS	50	PAD	7.99	6.39
41180	CRANBERRY 400 MG	60	CAP	9.2	7.36	61283	MEGA PROBIOTIC 50 + D/FR	60	CAP	62	51.6	45272	THEANINE 200 MG	60	VCA	34.4	27.52	23241	FACIAL MOIST JOJO ALDE	4.7	CRM	7.99	6.39
59048	CURCUMIN C3 COMPLEX	60	CAP	33.6	26.88	50019	MEGA PROBIOTIC ND	120	VCA	35.6	28.48	54339	THYROID BASICS	120	CAP	39.6	31.68	23242	FACIAL SCRUB	4.7	CRM	7.99	6.39
67509	CURCUMIN LIPOSOMAL LIQ	10.	LIQ	42	33.6	59569	MELATONIN LIPOSOMAL	30	LIQ	16.8	13.44	57259	UT SUPPORT CATS CHW	60	CHW	16.4	13.12	52467	FOOT REPAIR CRM PISTAC	3.5	CRM	8.99	7.19
45589	CX 2 SOLUTIONS	180	VCA	74.4	59.52	66275	METABOLIC ARTHRI BENEF	30	CAP	39.95	31.96	53753	A & GREEN TEA CREAM	2.2	CRM	21.99	17.59	62365	HAIR DEFREZ HEAT PROT	8.5	SPY	9.99	7.99
59382	D MAINTOSE COMPLEX PWD	30	PWD	40.4	32.32	65758	METABOLIC MULTI	180	VCA	64.4	51.52	53194	A OIL REFINING (WRINK)	2.2	OIL	12.79	10.23	51435	HAND BODY LOT ALM ORG	8.7	LOT	8.99	7.19
55417	D3 1000 IU	250	TAB	11.6	9.28	66976	METHYL BENEFITS	60	CAP	47.95	38.36	64765	ACNE CLEANSER VERY CL	6.7	LIQ	15.5	12.4	51672	HAND BODY LOT LAVENDER	8.7	LOT	8.99	7.19
60289	D3 1000 IU SPRAY	1.7	SPY	15.6	12.48	41167	MILK THISTLE 300 MG	90	CAP	22	17.6	64767	ACNE SCRUB VERY CLEAR	4.2	CRM	13.95	11.16	51788	HAND BODY LOTION COCO	8.7	LOT	8.99	7.19
56280	D3 5000 IU	120	CAP	25.6	20.48	57121	MITO FUEL	10.	PWD	62.8	50.24	65844	ANTI WRINKLE A GLYCOLI	6.2	LIQ	13.75	11	52466	HAND REPAIR CREAM PUMP	4.7	CRM	8.99	7.19
64024	DAILY BEST ULTRA	60	CAP	32.4	25.92	42208	MSM 1000 MG TAB	180	TAB	26.4	21.12	30253	ANTI WRINKLE CRM A RET	4.2	CRM	14.99	11.99	57817	HAND WASH COCONUT	8.7	LIQ	8.99	7.19
56279	DHEA 25 MG	60	CAP	11.6	9.28	62673	MULTIPHASE DETOX	90	CAP	42	33.6	62360	BRIGHT SERUM EVENLY RD	6.2	LIQ	14.99	11.99	17257	JOJOBA OIL 100% PURE	4.7	LIQ	13.99	11.19
59049	DHEA SPRAY 5 LIPO MICR	1.7	SPY	18.8	15.04	51337	N A C 500 MG	90	VCA	17.6	14.08	39539	CLEAR VEIN CRM	2.2	CRM	26.99	21.59	67054	MOIST REVITALIZ OILS	2.2	OIL	16.99	13.59
50087	DIGENZYME	90	VCA	42.4	33.92	52648	NATTOKINASE PLUS	60	VCA	34	27.2	62361	DARK CIRCLE EYE CRM	.52	CRM	29.99	23.99	67331	MORINGA JOJOBA & ROSE	2.2	OIL	13.95	11.16
67511	DIM LIPOSOMAL LIQ	10.	LIQ	44	35.2	66701	NATURAL FLEX	90	CAP	36	28.8	52065	DEEP WRINK PEPTIDE SER	2.2	SER	43.5	34.8	29331	MOUTHWASH TTO SPRMINT	16.2	LIQ	8.59	6.87
45078	DIMPPO 75 MG	120	VCA	52	41.6	67554	NITRO BENEFITS PWD	10.2	PWD	45.96	36.78	56817	DEEP WRINK REV EYE CRM	.52	CRM	29.99	23.99	64234	MOUTHWASH TTO ULT MINT	16.2	LIQ	7.99	6.39
39273	DIMPPO 75 MG	60	VCA	28.8	23.04	35624	OLIVIR OLIVE EXT TAB	90	TAB	44	35.2	52566	DEEP WRINKLE MOIST PPT	2.2	CRM	43.5	34.8	67055	OIL CLEANS FACE CREAMY	6.4	CRM	14.95	11.96
10387	DISC DISCOVERY	180	TAB	29.2	23.36	43678	OLIVIR OLIVE EXT VCAP	45	VCA	23.2	18.56	60365	DMAE ALPHA LIPOI ESTER	6.2	LIQ	15.59	12.47	57820	SHAMPOO COCONUT	8.7	LIQ	8.99	7.19
26573	DL PHENYLALANINE 750	60	CAP	19.6	15.68	41207	OLIVIR OLIVE EXT VCAP	90	VCA	44	35.2	32302	E OIL 140001 U DERMA D	2.2	LIQ	11.59	9.27	55659	SHAMPOO FRAGRANCE FREE	8.7	LIQ	8.99	7.19
10388	DLM GLUCONIC 125	60	TAB	21.6	17.28	16981	OMEGA 3 1000 ENT COAT	90	SGC	26.8	21.44	31735	E SKIN DRY CRM 12000	4.2	CRM	14.99	11.99	51433	SHAMPOO ITAL RD GR ORG	8.7	LIQ	8.99	7.19
19728	DMG GLUCONIC 125	90	TAB	30.4	24.32	57596	OMEGA 3 HP D	120	SGC	39.2	31.36	64766	FACIAL VERY CLEAR	25	MIS	7.99	6.39	52464	SHAMPOO LEMON TTO ORG	8.7	LIQ	8.99	7.19
36772	DMG GLUCONIC 250 CHW	90	CHW	49.2	39.36	43304	OMEGA 3 SUPREME	90	SGC	24.8	19.84	55123	FIRMING CLEANSER	6.2	LIQ	15.59	12.47	52462	SHAMPOO RASPBERRY ORG	8.7	LIQ	8.99	7.19
43532	DMG GLUCONIC 500 MG CH	60	CHW	59.6	47.68	10391	OMNI	90	TAB	28.4	22.72	43444	FIRMING MOIST DMAE ALA	2.2	CRM	22.49	17.99	17261	SHAMPOO TTO	12.2	LIQ	8.99	7.19
39866	DMG LIQ 300 MG	2.7	LIQ	38.4	30.72	44135	PARA SHIELD	120	VTAB	33.6	26.88	64789	FIRMING SERUM DMAE	2.2	LIQ	22.5	18	29380	SKIN OINTMENT TTO	1.7	CRM	7.99	6.39
61724	E 400 MIXED TOCOPHEROL	60	SGC	28	22.4	10395	PERNA	180	CAP	36.4	29.12	67343	HYDRAT SCRUB HYAL ACID	4.2	CRM	15.5	12.4	29333	SOAP CASTILE TTO LIQ	3.22	LIQ	17.99	14.39
61282	ENZ FLAME	270	PWD	60	48	36903	PERNA PLUS	90	TAB	34.4	27.52	55126	HYDRATING EYE CRM HYAL	.52	CRM	21.59	17.27	26829	TEA TREE OIL LAVENDER	.62	LIQ	12.99	10.39
40912	FLAXSEED OIL 1000 SGC	90	CAP	12.8	10.24	38708	POTAS PLUS	180	TAB	63.6	50.88	59464	MICRODERMABRASIN SCRUB	2.2	CRM	32.49	25.99	17258	TTO 100% PURE	1.7	LIQ	11.5	9.2
56513	GI BENEFITS	384	PWD	64.8	51.84	52370	POT ASPARTATE +	90	CAP	13.6	10.88	29504	MOIST SOOTH OIL FR PVC	2.2	GEL	29.95	23.96	17259	TTO 100% PURE	2.2	LIQ	19.5	15.6
34420	GINKGO BILBOBA 60 MG	90	CAP	13.6	10.88	10397	POTEN C 1000 TR	90	TAB	21.6	17.28	29503	MOIST SOOTHING CRM PVC	2.2	CRM	29.95	23.96	26107	TTO 100% PURE	.52	LIQ	7.59	6.07
66274	GLUCO BENEFITS	90	CAP	55.95	44.76	20272	POTEN C 1000 TR	250	TAB	54.4	43.52	42012	MICRODERMABRASIN SCRUB	2.2	CRM	19.49	15.59	32544	TTO 20% PURE KIND SKIN	4.7	OIL	9.99	7.99
40522	GLUCO SYNERGY	60	CAP	36.4	29.12	42765	PROSTATE HEALTH VCAP	60	VCA	52	41.6	39361	PSORZEMA PSORIASIS CRM	4.2	CRM	19.95	15.96	33679	TTO ECO HARVEST	1.7	LIQ	13.59	10.87
41165	GLUCOS SULF 500 MG	120	CAP	26	20.8	34218	PYCNOGENOL 50	60	CAP	59.6	47.68	33915	SCAR GEL	2.2	GEL	19.95	15.96	23294	TTO ECO HARVEST	2.7	LIQ	21.95	17.56
41184	GRAPE SEED 100 MG	90	CAP	27.2	21.76	43862	RAPID BALANCE G I	90	CAP	27.6	22.08	31529	SKIN LITE SPOT CREAM	2.2	CRM	24.95	19.96						



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- Flora is committed to providing pure, plant-based goodness in each and every supplement we manufacture.
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Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements



Root, Echinacea angustifolia Root, Oregon Grape Root, Fresh Yerba Mansa Root, Myrrh Gum, Fresh Wild Indigo Root.

Echinacea Root 1:2

One of the most popular immune system stimulating herbs.

1 fl oz - Product Code: 56945

2 fl oz - Product Code: 56980

1 fl oz, Alcohol Free - Product Code: 56968

90 Veggie Caps - Product Code: 60129

Who can benefit from this herbal supplement?

- Those who need to stop an oncoming cold, flu or other infection.

Echinacea can also be helpful to those needing a long-term tonic, either due to chronic health problems or a tendency to get ill easily. "Contrary to popular myth, Echinacea is safe for long term use and will not decrease immune response over time. That myth was [based on] a misinterpretation of a [foreign language] study done about 40 years ago."

Ingredients:

Phyto-Tech™ Echinacea Root 1:2 contains 500 mg of certified organic Fresh Echinacea angustifolia Root per 30 drops. Also available as a veggie capsule, with each Phyto-Tech™ Echinacea capsule containing 420 mg of certified organic Echinacea Root (Echinacea angustifolia).

Echinacea Triple 1:2.1

A blend of three forms of Echinacea, helpful to those with colds, flu, immune deficiency and infections.

1 fl oz - Product Code: 56994

1 fl oz Alcohol Free - Product Code: 57052

Who will benefit from this supplement?

The indications for Phyto-Tech™ Echinacea Triple are basically the same for Echinacea. This product is designed for those who prefer a combination of the three different forms of Echinacea to maximize the efficacy and "diversify" some of the active constituents.

Echinacea, of course, is best known as an immune builder for immune deficiency and for its ability to prevent or ameliorate an upcoming cold, flu or infection when used at the first sign of the condition. The larger doses shown below reflect this purpose.

Echinacea is not thought to kill microbes by itself. Instead, it stimulates the immune system to do it. It supports the healthy innate immune response. This is why one does not need to be apprehensive about taking Echinacea in the presence of auto-immune disorders.

Ingredients:

Phyto-Tech™ Echinacea Triple contains fresh Echinacea angustifolia Root, fresh Echinacea purpurea flowers, dry Echinacea angustifolia root, fresh Ginger root, pure grain alcohol and purified water.

Dosage:

Acute: 3-5 dropperfuls and up to 1 teaspoon (5-6 dropperfuls) every 2-3 hours when on the edge of illness. Long Term Tonic: 30-90 drops, 1-3 times per day or as needed, in juice or water.

Elderberry

Recent research shows this herb may be especially effective for those with influenza virus infections.

1 fl oz - Product Code: 57026

Who can benefit from this supplement?

- Those who suffer from influenza and similar viral infections, as well as those with cardiovascular disease and vision problems. Elderberry is rich in flavonoids, anthocyanins and other phyto-antioxidants.

Phyto-Tech™ Elderberry supplies one of the most effective herbs to use against the flu. Studies suggest this herb shortens the duration of flu symptoms, such as fever, fatigue, headache, sore throat, cough and body aches. Elderberry has proven to be effective against numerous strains of influenza. Elderberry can be used during an active flu episode (combined, perhaps, with Oregon Oil, Echinacea-Goldenseal, or Phyto-Tech™ Immune Acute Complex). It can also be used as a preventative to avoid getting sick during the flu season.

Elderberry 1:2 liquid extract is a very concentrated source of anthocyanins, the purple pigments that function as powerful antioxidants, along with the flavonoids quercetin and rutin, vitamin A and vitamin C.

The extract can be taken on a long term basis to increase one's resistance to illness and help rebuild a strong immune response.

Elderberry also benefits the cardiovascular system. Those with poor night vision will be helped by Elderberry, as it is thought to help regenerate rhodopsin, the pigment in the retina that is responsible for both the formation of the photoreceptor cells and the perception of light, enabling the eyes to adapt to darkness.

Dosage:

20-40 drops, 2-3 times per day in juice or water. Phyto-Tech™ Elderberry 1:2 contains 500 mg of certified organic Elderberry berries in each 30 drops.

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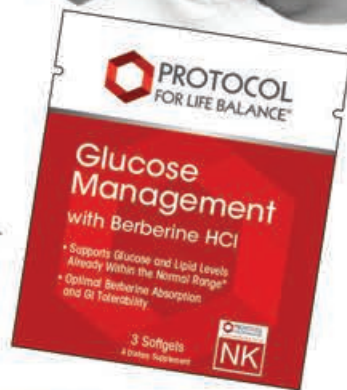


Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)



50054	B SUPREME	60	VCA	20.5	20.5	54150	METABOLIC SYNERGY D	180	CAP	69	69	42773	ZINC SUPREME CAP	90	CAP	16	16	60570	CARNITINE BEST 500 MG	180	CAP	64.99	51.99
66403	BRAIN POWER SOURS	10	BAG	59.8	59.8	61756	METAL X SYNERGY	90	CAP	48	48	64462	CARNOSINE 500 MG BEST	90	VCA	49.99	39.99	64462	CARNOSINE 500 MG BEST	90	VCA	49.99	39.99
65843	BRAIN VITALE	120	VCA	110.4	110.4	55121	MINERAL COMPLETE	90	CAP	19	19	50397	CELADRIN	90	CAP	24.99	19.99	50397	CELADRIN	90	CAP	24.99	19.99
44372	BRAIN VITALE CAP	60	VCA	61	61	55081	MSM PWD UNFLAV	400	PWD	20	20	45204	CINNAMON EXT BEST	60	VCA	18.99	15.19	45204	CINNAMON EXT BEST	60	VCA	18.99	15.19
57226	BROCCOPROTECT	90	CAP	73	73	64268	NEUROMAG	90	CAP	52	52	61301	COLLAGEN TYPE 1 & 3 CP	240	CAP	20.99	16.79	61301	COLLAGEN TYPE 1 & 3 CP	240	CAP	20.99	16.79
67634	BUFF VITAMIN C PWD	240	PWD	32	32	56582	NIACIN CRT 500 MG	60	TAB	21.2	21.2	58038	COLLAGEN TYPE 1&3 PWD	7 Z	PWD	19.99	15.99	58038	COLLAGEN TYPE 1&3 PWD	7 Z	PWD	19.99	15.99
52153	C + B10 FIZZ PWD	5 Z	PWD	29.9	29.9	54722	OCUFORCE	60	CAP	41.5	41.5	58037	COLLAGEN TYPE 1&3 TAB	180	TAB	21.99	17.59	58037	COLLAGEN TYPE 1&3 TAB	180	TAB	21.99	17.59
56876	C3 CURCUMIN COMPLEX	60	CAP	41.8	41.8	50307	OMEGAVAIL	8 Z	LIQ	28.5	28.5	57598	COQ10 100 MG HI ABSORP	120	VCA	33.99	27.19	57598	COQ10 100 MG HI ABSORP	120	VCA	33.99	27.19
60419	CAL MAG 1:1	180	CAP	31	31	56472	OMEGAVAIL ULTRA	120	SGC	46	46	55490	COQ10 100 MG HI ABSORP	60	SGC	18.99	15.19	55490	COQ10 100 MG HI ABSORP	60	SGC	18.99	15.19
64229	CAL MAG 2:1	180	CAP	31	31	60620	OMEGAVAIL ULTRA	240	SGC	79.9	79.9	54710	COQ10 100 MG SGC HI AB	120	SGC	33.99	27.19	54710	COQ10 100 MG SGC HI AB	120	SGC	33.99	27.19
37571	CARNITINE SYNERGY	120	CAP	57	57	51413	OREGANO OIL SGC	60	SGC	14.9	14.9	28409	COQ10 100 MG VCA HI AB	30	VCA	10.99	8.79	28409	COQ10 100 MG VCA HI AB	30	VCA	10.99	8.79
38339	CARNITINE TARTRATE PWD	100	PWD	46	46	64230	OSTEOBEN	120	CAP	44.9	44.9	35706	COQ10 100 MG VCAP	60	VCA	18.99	15.19	35706	COQ10 100 MG VCAP	60	VCA	18.99	15.19
53635	CATECHOLACALM	90	CAP	42	42	38135	OSTEOFORCE	120	TAB	28.5	28.5	42104	COQ10 200 MG HI ABSORP	60	VCA	29.99	23.99	42104	COQ10 200 MG HI ABSORP	60	VCA	29.99	23.99
37572	CHROMIUM SYNERGY	90	CAP	15	15	53865	PALEOFIBER PWD DRINK	318	PWD	39	39	51572	COQ10 400 MG HI ABSORP	60	VCA	51.99	41.59	51572	COQ10 400 MG HI ABSORP	60	VCA	51.99	41.59
59056	CRAVE ARREST	120	CAP	47.5	47.5	41723	PALEOMEAL CHOC PWD	540	PWD	51.9	51.9	62958	COQ10 600 MG HI ABSORP	/60	VCA	69.99	55.99	62958	COQ10 600 MG HI ABSORP	/60	VCA	69.99	55.99
67114	CURCUM EVAIL	60	SGC	49	49	63311	PALEOMEAL D/F VAN	540	PWD	51.9	51.9	41079	CORDYCEPS ULTRA	60	CAP	19.99	15.99	41079	CORDYCEPS ULTRA	60	CAP	19.99	15.99
51692	D 2000 MG MG SYNERGY	120	CAP	17.8	17.8	67444	PALEOMEAL PLUS LEAN	KIT	KIT	147	147	38612	CORDYCEPS ULTRA PLUS	60	CAP	20.99	16.79	38612	CORDYCEPS ULTRA PLUS	60	CAP	20.99	16.79
61065	D COMPLEX W/A E K1 & K2	60	CAP	29	29	66892	PALEOMEAL PWD VAN	900	PWD	72.5	72.5	56393	CURCUMIN C3 COMPL 1000	120	TAB	99.99	79.99	56393	CURCUMIN C3 COMPL 1000	120	TAB	99.99	79.99
56878	D SUPREME	60	CAP	29.8	29.8	38643	PALEOMEAL VANILLA PWD	540	PWD	51.9	51.9	41886	CURCUMIN FROM TURM 500	120	CAP	59.99	47.99	41886	CURCUMIN FROM TURM 500	120	CAP	59.99	47.99
66057	D SUPREME	180	CAP	81.8	81.8	57666	PALEOREDS PWD	270	PWD	59	59	56665	D PHENYLALANINE 500 MG	60	VCA	27.99	22.39	56665	D PHENYLALANINE 500 MG	60	VCA	27.99	22.39
60043	D3 2000 IU EMULSI	1 Z	LIQ	22.5	22.5	67339	PHARMA GABA CHW	60	CHW	39.9	39.9	55509	D RIBOSE 850 MG	120	VCA	35.99	28.79	55509	D RIBOSE 850 MG	120	VCA	35.99	28.79
65631	DHEA 5 MG	180	VCA	23.6	23.6	59497	PHOS CHOLIN 420 MG SGC	180	SGC	44.9	44.9	53108	D RIBOSE PWD	8 Z	PWD	49.99	39.99	53108	D RIBOSE PWD	8 Z	PWD	49.99	39.99
42189	DIGESTYMES	90	CAP	33	33	40431	PHOS CHOLINE PWD	300	PWD	41	41	57294	D3 1000 IU	180	SGC	9.99	7.99	57294	D3 1000 IU	180	SGC	9.99	7.99
52741	DIM EVAIL	60	SGC	27.5	27.5	64628	PLANT ENZYME DIGESTIVE	90	CAP	19	19	57295	D3 2000 IU	180	SGC	10.99	8.79	57295	D3 2000 IU	180	SGC	10.99	8.79
60180	DOPABOOST	60	CAP	29.7	29.7	41333	POLICOSANOL + GUGULIP	60	VCA	44	44	58042	D3 5000 IU	180	SGC	11.99	9.59	58042	D3 5000 IU	180	SGC	11.99	9.59
50517	EGCG GREEN TEA 500 MG	60	VCA	19.8	19.8	61236	PREGNENOLONE CRT	60	TAB	19	19	60236	D3 5000 IU SGC	360	SGC	20.99	16.79	60236	D3 5000 IU SGC	360	SGC	20.99	16.79
50306	FERRICHEL IRON CHELATE	120	CAP	15.3	15.3	67186	PROBIOPHAGE DF	60	CAP	48	48	62796	DHA 200 MG VEG ALGAE	60	SGC	39.99	31.99	62796	DHA 200 MG VEG ALGAE	60	SGC	39.99	31.99
55015	FLORAMYCES	60	CAP	38	38	60514	PROBIOTIC SUPREME CAP	60	CAP	67.9	67.9	60238	DHA 500 SGC CALAMARI	60	SGC	27.99	22.39	60238	DHA 500 SGC CALAMARI	60	SGC	27.99	22.39
52384	FORESTEROL SGC	90	SGC	33	33	44026	PROBIOTIC SYNERGY	60	TAB	37.9	37.9	60272	DHA 500 SGC CALAMARI	180	SGC	69.99	55.99	60272	DHA 500 SGC CALAMARI	180	SGC	69.99	55.99
54200	GASTROMEND HP	60	CAP	45	45	54690	PROBIOTIC SYNERGY PWD	120	PWD	45.9	45.9	33352	DIGESTIVE ENZYME BEST	90	CAP	39.99	31.99	33352	DIGESTIVE ENZYME BEST	90	CAP	39.99	31.99
54096	GI MICROB X	60	CAP	45.8	45.8	51272	PROSTATE SUPREME	60	CAP	36	36	53624	EPICOR 500 MG	60	VCA	34.99	27.99	53624	EPICOR 500 MG	60	VCA	34.99	27.99
52115	GI REVIVE PWD	225	PWD	67.8	67.8	43823	PS 150 SOY FREE	60	VCA	59.9	59.9	62920	ESTRO G 100	30	VCA	26.99	21.59	62920	ESTRO G 100	30	VCA	26.99	21.59
43699	GLUTAMINE PWD	500	PWD	71	71	58902	Q EVAIL 200 MG	60	SGC	81.8	81.8	61972	FISETIN 1000 W/COGNES	30	VCA	27.99	22.39	61972	FISETIN 1000 W/COGNES	30	VCA	27.99	22.39
44381	GLUTATHIONE PWD	506	PWD	92	92	50632	QUERCETIN + NETTLES	90	VCA	30	30	60481	FOLATE 400 FULLY ACTIV	90	VCA	13.99	11.19	60481	FOLATE 400 FULLY ACTIV	90	VCA	13.99	11.19
51992	GMMA E ULTRA SGC	60	SGC	39.9	39.9	58689	RED YEAST RICE RYR ORG	180	VCA	35	35	52551	FUCODAN 70% BEST	60	VCA	55.99	44.79	52551	FUCODAN 70% BEST	60	VCA	55.99	44.79
44809	GPC 300 MG	30	CAP	58	58	58688	RED YEAST RYR SYNERGY	120	VCA	46	46	43714	GINKGO EXTRA STRENGTH	120	CAP	14.99	11.99	43714	GINKGO EXTRA STRENGTH	120	CAP	14.99	11.99
43336	GRAPE SEED SUPREME	60	CAP	29	29	54893	RIBO CARNICLEAR LIQ	8 Z	LIQ	70	70	34445	GLUCOS CHOND MSM	120	CAP	25.99	20.79	34445	GLUCOS CHOND MSM	120	CAP	25.99	20.79
66075	H S N SKIN & JOINT PWD	360	PWD	50	50	50105	R-LIPOIC ACID SUPR STB	60	CAP	44	44	34446	GLUCOS CHOND MSM	240	CAP	46.99	37.59	34446	GLUCOS CHOND MSM	240	CAP	46.99	37.59
61829	HEPATATONE PLUS	120	CAP	45	45																		

GLUCOSE MANAGEMENT WITH BERBERINE HCl



JUST ASK!
FREE GLUCOSE MANAGEMENT
SAMPLE WITH ANY WILLNER
CHEMISTS ORDER

DISCOVER THE MANY BENEFITS OF BERBERINE*

Berberine is a natural constituent of herbs such as goldenseal, Oregon grape, and barberry. Clinical studies have demonstrated that berberine helps to support already normal glucose and lipid metabolism.*

Berberine is, however, known for its limited bioavailability; therefore, this product includes capric acid (C10, a medium chain triglyceride) to promote optimal absorption and maintenance of gastrointestinal comfort during berberine supplementation.*

Supports Glucose and Lipid Levels Already
Within the Normal Range*

Optimal Berberine Absorption and
GI Tolerability

Supports Healthy Glucose Metabolism*

Supplement Facts

	Amount Per Serving	% Daily Value
Serving Size 1 Softgel		
Calories	5	
Total Fat	0.5 g	< 1%*
Saturated Fat	0.5 g	3%*
Berberine HCl (from <i>Berberis aristata</i> bark)	400 mg	†
MCT (Medium Chain Triglycerides) Oil	700 mg	†
Capric Acid (C10) (from MCT Oil)	238 mg	†

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

Other ingredients: Softgel Capsule (bovine gelatin, glycerin, water, caramel color), Beeswax and Sunflower Lecithin.

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.



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



Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements



Elderberry Pelargonium Complex

For the common cold? or the flu?

With this formula, a combination of Elderberry and Pelargonium (Umckaloabo), you are covered either way!

90 Veggie Caps, Product Code: 67462

Who might benefit from this product?

- Those suffering from the common cold or the flu
- Those exhibiting the following symptoms: sore throat, cough, sinusitis, bronchitis, congestion, headache, body aches, fever, scratchy throats.

Ingredients:

Each 2 vegetarian capsules contains the following:
Organic Elderberry Fruit 750 mg, Wildcrafted Elderberry Flower 100 mg, Selectively Imported Pelargonium sidoides Root (Umckaloabo) 100 mg.

The vegetarian capsule contains: Modified Vegetable Cellulose

Properties:

These two herbs have been shown to exert the following properties:
Anti-Viral, Anti-Bacterial, Immuno-Protective, Immuno-Stimulating, Immuno-Modulating, Antioxidant

Indications:

Elderberry Pelargonium Complex is a unique formula that combines both Elderberry and Elderflower with Umckaloabo Root. It helps strengthen the immune system and provides immediate and effective immune support. Elderberry Pelargonium Complex can be used as a preventative to increase resistance to illness and help rebuild a strong immune response, or it can be taken when already ill to reduce symptoms and shorten the duration of the illness. Elderberry is one of the most effective herbs to use for flu. Studies report the herb shortens the duration of flu

symptoms, such as fever, fatigue, headache, sore throat, cough and body aches. Elderberry has proven to be effective against numerous strains of influenza. The herbs constituents neutralize the activity of the hemagglutinin spikes found on the surface of several viruses, causing the viruses to deactivate so they are unable to infect cells. Elderberry can be used during an active flu, or used as a preventative to avoid getting sick during the flu season.

Elderberry is a very concentrated source of anthocyanins, purple pigments that serve as powerful antioxidants. These anthocyanins enhance immune function and protect the body against disease by boosting the production of cytokines (proteins that regulate immune response), including tumor necrosis factor-alpha and interleukins. Elderberry also contains the flavonoids quercetin and rutin, and is high in vitamins A and C.

Umckaloabo is indicated for reducing the symptoms and shortening the duration of upper respiratory ailments, such as colds, bronchitis, sinusitis, coughs, sore throat, congestion, muscle aches, headaches and fever. It is a safe and effective herbal formula that can be used by both adults and children as an alternative to over the counter cold and sinus medications. Umckaloabo is made from an extract of the Pelargonium sidoides root. P. sidoides was first cultivated in South Africa where it has a long history of use in treating coughs, upper respiratory infections and throat irritations. Umckaloabo can provide fast relief from the uncomfortable symptoms of viral illnesses such as colds and most bronchial infections. A study published in 2007 tested P. sidoides effects on 207 patients aged 18-55 years who presented common cold symptoms. The patients in the P. sidoides treatment group had a significant reduction in symptoms such as nasal drainage, sore throat, nasal congestion, sneezing, scratchy throat, hoarseness, cough, headache, muscle aches and fever. Clinical trials in adults and children diagnosed with acute

bronchitis show that treatment with P. sidoides reduces the severity of symptoms, such as coughing, expectoration, chest pain, shortness of breath and wheezing, and shortens the duration of sick leave from work or school by 2 days. In 2008 a meta-analysis of 4 randomized clinical trials showed P. sidoides to be superior in efficacy compared with placebo in the treatment of acute bronchitis. Researchers concluded that P. sidoides offers an effective alternative to antibiotics.

Extracts of the P. sidoides root are antibacterial and immunomodulating. Studies have identified gallic acid and its methyl ester to be the prominent immunomodulatory constituents of P. sidoides, with both compounds demonstrating significant macrophage (white blood cell) activity. Numerous other studies document P. sidoides' antibacterial activity and confirm the roots' efficacy in treating the common cold, sore throat and bronchitis. Coumarins, phenolics and unsaturated fatty acids, especially linoleic acid, from P. sidoides demonstrate direct antibacterial activity and significant immune stimulation of the host.

A 2007 study published in Phytomedicine examined the impact of P. sidoides on the activity of human peripheral blood phagocytes and found several important components contributing to the roots' biological activity. The study reported P. sidoides increased phagocytosis (a major mechanism used by the immune system to remove pathogens from the body), increased oxidative bursts (the rapid release of reactive oxygen species from immune cells to destroy foreign bacteria), and increased intracellular killing of test organisms.

Complimentary Formulas & Single Herbs:

- Echinacea-Goldenseal (active infections)
- Respiratory Complex (to decongest and clear the respiratory)

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Important Notice: The information given here is designed to help you make informed decisions about your health, and the proper use of dietary supplements. It is not intended as a substitute for medical advice, nor a substitute for any treatment that may have been prescribed by your doctor. If you have a medical problem, you should seek medical help. Products described herein are not intended to diagnose, treat, cure or mitigate disease.



Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)



55156	LUMBROKINASE 20 MG	60	VCA	79.99	63.99	59169	ADRENO MEND	120	VCA	55.8	44.64	60411	E 400 IU D APLHA	100	SGC	35	28	22144	MOLYBDENUM 500	60	CAP	12.8	10.24
55355	LUTEIN 20 MG FLORAGLO	60	SGC	23.99	19.19	35007	ADRENPLUS 300	120	CAP	34.8	27.84	34219	EFFER C 240GMS	240	PWD	26.1	20.88	40062	MOVE ACTIVE W/UC II	30	CAP	34.8	27.84
67395	LUTEIN LUTEMAX & MESO	60	SGC	19.99	15.99	10207	AMINO IRON 18	100	TAB	9.4	7.52	61550	EPA DHA PLUS D QUELL	60	SGC	55.8	44.64	57481	MSM 750 MG CAP	100	CAP	24.6	19.68
23739	MAG HIGH ABSORPTION	120	TAB	16.99	13.59	25582	AMINO MAG 200 CHEL	100	TAB	14.8	11.84	60530	EPA ULTRA QUELL 800	60	SGC	38.1	30.48	60900	MULTI PROBIOTIC 15 BIL	60	CAP	40.2	32.16
35270	MAG HIGH ABSORPTION	240	TAB	29.99	23.99	27327	ASCORBPLEX 1000 BUFF	180	TAB	39.2	31.36	27673	FLAVONALL	60	TAB	65	52	65197	MULTI PROBIOTIC 40 BIL	60	VCA	34.8	27.84
58527	MERIVA PHYTOSOME CURCU	60	VCA	26.99	21.59	40790	ATP 20	60	TAB	20.9	16.72	43953	FRUITEA MAX	60	VCA	40.3	32.24	30101	MULTI PROBIOTIC 4000	100	CAP	31.8	25.44
62063	MERIVA PHYTOSOME CURCU	180	VCA	72.99	58.39	35073	AYUR CURCUMIN	90	CAP	27	21.6	26371	G F S 250MG	250	PWD	67.6	54.08	24222	N A C 500 MG	90	VCA	25.8	20.64
30005	MSM 1000 MG	180	CAP	18.99	15.19	60500	B COMPLEX W/MEATFOLIN	60	VCA	23.6	18.88	26925	GABA 500 MG	60	CAP	19.2	15.36	55695	NEUROMINS	60	SGC	31.5	25.2
42860	MSM 1500 BEST TABS	120	TAB	14.99	11.99	43521	B12 2500	60	LOZ	17.2	13.76	54423	GARLIC ODORLESS 500MG	100	TAB	15.2	12.16	32716	NEUROTONE	120	TAB	84	67.2
33018	MSM BEST PWD 250 GMS	250	PWD	16.99	13.59	44536	B12 500 MCG	100	TAB	8.5	6.8	19056	GLA ULTRA	90	SGC	51	40.8	66810	NEUROTRANSMITT BALANCE	60	VCA	48	38.4
63717	MULTIPLE BEST	90	VCA	39.99	31.99	40145	B6 100 MG	100	TAB	7.7	6.16	28843	GLUCOSAMINE PLUS 250	120	CAP	39	31.2	57475	NIATAB 500	100	TAB	14	11.2
61454	N A C 600 DETOX REGUL	60	VCA	10.99	8.79	10182	BASIC PREV 1 + CU/FE	180	TAB	42.4	33.92	39450	GLUCOSET	60	CAP	34.2	27.36	40762	NOPAL CACTUS	60	CAP	24.3	19.44
63616	NATOKINASE 2000 FU	270	VCA	65.99	52.79	10178	BASIC PREV 2 NO CU/FE	180	TAB	34.2	27.36	28087	GLUTATHIONE PLUS W/NAC	60	CAP	34.2	27.36	57359	NUTRI E 400 FORTE	60	SGC	38.2	30.56
44740	NATOKINASE 2000 FU	90	VCA	23.99	19.19	10181	BASIC PREV 3 + FE/CU	180	TAB	39	31.2	58023	GLYCINE 500 MG	60	CAP	14	11.2	32715	OCUTONE	90	CAP	55	44
36551	NONI CONIC BEST 650 MG	150	CAP	30.99	24.79	10180	BASIC PREV 4 NO CU/FE	180	TAB	42	33.6	62438	GREENS & REDS ORGANIC	240	PWD	48.8	39.04	50659	OLIVE LEAF EXT 500 MG	120	CAP	39.8	31.84
52597	PHOS SERINE 100 MG BST	60	SGC	39.99	31.99	43527	BASIC PREV 5 NO FE	270	VCA	43.6	34.88	27055	GSH 250	90	CAP	90.8	72.64	20945	OPTI EPA 500	250	SGC	100.2	80.16
58040	PHOS SERINE 100 MG BST	120	VCA	54.99	43.99	43594	BASIC PREV 5 NO FE TAB	180	TAB	35.4	28.32	55548	GTF CHROMIUM 200	100	VCA	10.4	8.32	54564	OPTI ZINC 30 MG	90	VCA	14	11.2
62919	PQQ 20 MG BIOPOQ	30	VCA	35.99	28.79	19067	BETAINE + 650 MG	250	CAP	46.2	36.96	36533	HAIR SKIN NAILS PLUS	100	CAP	27.5	22	29330	P 5 P	100	CAP	20.3	16.24
64463	PROBIOTIC 20 BIL BEST	30	VCA	29.99	23.99	10186	BETAINE HCL 648 MG	250	CAP	31.3	25.04	31788	HAWTHORNE MAX V	60	VCAP	17.4	13.92	56275	PABA 500 MG	100	CAP	15.5	12.4
34981	PROSTATE COMPREN FORM	120	VCA	34.99	27.99	10185	BIOFLAVONOID CMP 1000	100	TAB	16.2	12.96	38371	HOMOCYSTROL + TMG	90	VCAP	31.6	25.28	43402	PANTHETHINE 500 MG	50	TAB	60.2	48.16
54659	PROTEOLYTIC ENZYMES BES	EST	VCA	42.99	34.39	10190	BORAGE OIL GLA 240	90	SGC	31	24.8	63487	HYALURONIC ACID VEG 70	60	TAB	40.2	32.16	23446	PANTOTHENIC ACID 500	100	CAP	14.6	11.68
55508	PUREWAY C 500 MG S/R	60	TAB	13.99	11.19	53444	BRAIN CALM	60	VCA	26.3	21.04	58581	HYP0 SELENIUM 200 MCG	90	TAB	12	9.6	35196	PHENYLALANINE 500 MG	90	CAP	19	15.2
17265	QUERCETIN BROMELAIN	180	CAP	39.99	31.99	43503	BRAIN ENERGY	60	CAP	29	23.2	33578	IMMU SUPPORT FORM	120	TAB	43.6	34.88	67704	PHOS SERINE 100 MG	30	CAP	47.7	38.16
59341	R LIPOIC ACID 100 MG	180	VCA	89.99	71.99	51113	BRAIN MEMORY	60	VCA	44	35.2	44122	INDOSTOL 650 MG	100	CAP	26.5	21.2	63851	PQQ PLUS	30	VCA	65.6	52.48
43807	R LIPOIC ACID 100 MG	60	VCA	33.99	27.19	43502	BRAIN MOOD	60	CAP	56.4	45.12	26576	INTESTAMINE 360 GMS	360	PWD	73.4	58.72	52356	PREGNENOLONE 25 MG	60	TAB	23.6	18.88
30003	RED WINE EXT FRN GR 60	90	CAP	12.99	10.39	19068	BROMELAIN 5000 M.C.U.	60	CAP	10	8	36225	IPRIFLAVONE 300 MG	60	CAP	23.9	19.12	31395	PREGNENOLONE 5 MG SUB	100	TAB	13.2	10.56
54703	RESVERATROL 100 MG	60	VCA	24.99	19.99	26251	C + 500 NATURAL	250	TAB	24.6	19.68	39295	IRON TIME RELEASE	90	TAB	11.8	9.44	62592	PRENATAL	60	VCA	24.4	19.52
58203	RESVERATROL 200 TRANS	60	VCA	34.99	27.99	50654	C 1000 MG	250	CAP	31.4	25.12	28867	ISOFLAVONE 250 W/GENES	60	CAP	36.5	29.2	55086	PROGESTO MEND	120	VCA	54	43.2
57385	SAM E 200	60	TAB	39.99	31.99	38470	CAL CITRATE 250 MG	250	TAB	19	15.2	60999	K2 VITAMINE 90 MCG	60	VCA	28.6	22.88	42707	PROLINE 500 MG	60	CAP	32.4	25.92
51053	SAM E 400 DOUB STR	30	TAB	39.99	31.99	24127	CAL MAG 2001	180	TAB	22.4	17.92	40223	LICORICE RT V W/GLYC	60	VCA	20.4	16.32	27162	PYCNOGENOL 25 MG	120	CAP	61.2	48.96
60235	SAM E 400 DOUB STR	60	TAB	71.99	57.59	35127	CAL MICROCRYST 1000 MG	90	TAB	17.4	13.92	34925	LIPOIC ACID 100 MG	60	CAP	24.3	19.44	26456	PYCNOGENOL 50 MG	90	TAB	80	64
40935	SAW PALM 320 MG	60	SGC	25.99	20.79	53445	CAPRYLATE + (CANDISTA)	90	TAB	20.3	16.24	27304	LIPOIC ACID 100 MG	60	TAB	18.1	14.48	34297	QUERCETIN BROMELAN CMP	100	TAB	29.6	23.68
51739	SERRAPEPTASE BEST	90	VCA	24.99	19.99	60928	CARNITINE 250 MG	60	CAP	22.9	18.32	29668	LIPOIC ULTRA FORTE	60	CAP	94.6	75.68	19053	QUERCIPLEX	100	CAP	39.8	31.84
58720	SERRAPEPTASE BEST	270	VCA	69.99	55.99	55930	CARNOSINE 500 MG	30	CAP	29.6	23.68	51906	LYCOPENE 5 MG	90	SGC	25.8	20.64	56841	RESVERATROL 200 MG	30	VCA	59.6	47.68
58722	SERRAPEPTASE HI POTENC	90	VCA	51.99	41.59	66442	CHLORELLA PLUS	90	CAP	23	18.4	31483	LYSINE 500 MG	100	CAP	12.2	9.76	32967	RIBOFLAVIN B2 100 MG	60	CAP	12.2	9.76
62647	SPIRULINA 500 MG ORG	180	TAB	13.49	10.79	23583	CHOLINE BITARTRATE	100	CAP	14	11.2	19058	MAG ASPARTATE 100	100	CAP	11.8	9.44	67019	SAM E 200 MG	60	VCA	60.1	48.08
56481	SUNTHEANINE 150 MG	90	VCA	29.99	23.99	23448	CHROM PICOL 250 MCG	100	CAP	16.8	13.44	19059	MAG ASPARTATE 100	250	CAP	23.2	18.56	56935	SAW PALMETTO MAX V	60	VCA	32.4	25.92
45188	SYNTRINOL 150 MG	60	SGC	31.99	25.59	55546	CITRUS D10 100 MG	60	TAB	57.4	45.92	41912	MAG CHELATED 500 MG	100	TAB	8	6.4	53127	SEDITOL PLUS	30	VCA	27.8	22.24
62649	TOCOTRIENOLS 50 TOCOMN	60	SGC	24.99	19.99	61747	CMA	120	SGC	30.4	24.32	34902	MAG CITRATE 150 MG	90	CAP	12.6	10.08	30239	SELENO METHIONINE	100	CAP	15.2	12.16
52210	TRYPTOPHAN 500 MG	90	VCA	33.99	27.19	56276	CO MO CETYL MYRISTOLEATE	60	CAP	55.4	44.32	32743	MAG GLYCINATE 100 MG										



A Guide to Immune Enhancing Herbal Supplements

Whether it is simple issues, such as colds and flu, to more complex problems like allergies, auto-immune disease and cancer, a properly functioning immune system is of paramount importance.

There are many things we can do. We can try to avoid exposure to pathogens. We can eat healthy, avoid temperature extremes and too much stress. But these measures, and others, often fall short. Some of us get colds and/or the flu every season, for example, while others seem to have an inherent resistance.

Our immune system protects us from these problems when working properly. Repeated, or chronic infections, including mild cases of colds and flu, can be signs of a weakened or compromised immune system.

Equally concerning is an immune system that runs out of control, attacking our own cells as if they are the enemy. We call this "auto-immune" disease, and an example is rheumatoid arthritis.

To address this problem, we look to herbal supplements and other measures that exert "immune-modulating" actions rather than "immune-enhancing" action. Adaptogenic herbs fall in this category.

In this short article, I am going to list some of my favorite "herbal remedies" for enhancing and modulating immune function. Choosing herbal supplements, when so many choices are available, can be daunting. I will break them down into categories, such as "prevention," "treatment," and specific health conditions. (Please note that my use of the terms "prevention" and "treatment" are not intended to imply medical actions. Only drugs, as per the FDA regulations, can be said to cure, treat, prevent or otherwise mitigate disease. I am using the terms only to clarify the nature of their effect on the immune system).

I will provide several choices, when appropriate, and you choose the supplements that seem best for you. In general, I will list combination products first, and then single herbs afterwards. For more information on each supplement, please refer to the more detailed information provided in the Phyto-Tech™ Product Reference Guide. Located in the Willner Chemists Product Reference Catalog or willner.com web site..

The products will be arranged in the following groups:

- Immuno-Modulators & Prevention
- Treatment
- Common Cold
- Flu (Influenza)
- Cough, Sore Throat, Nasal Congestion
- Miscellaneous
- Children
- Traditional Chinese Medicine

• Prevention / Immunomodulators •

These herbal supplements are designed to enhance or optimize immune system function, supporting your body's ability to fight off infections. Such products often contain adaptogenic herbs and non-specific immune enhancing action.

Immune Complex

Supports healthy immune system function, especially on a long-term and preventive basis.

1 fl oz - Product Code: 57003
90 Veg Caps - Product Code: 60340

Contains: Fresh Echinacea angustifolia Root, Astragalus Root, Red Root, Suma Root, Licorice Root, Eleuthero Root.

Mushroom Extract Complex

Dual Extraction Blend; A powerful combination of immune enhancing, adaptogenic mushroom extracts.

1 fl oz - Product Code: 57002

Contains: Shiitake Mushroom, Reishi Mushroom, Maitake Mushroom, Fresh Ashwagandha Root, Licorice Root.

Astragalus Root

As a long term tonic, Astragalus helps boost deep immunity and resistance.

1 fl oz - Product Code: 56949

Astragalus membranaceus, 333 mg/ml, certified organic.

Astragalus Root Veggie Caps 460 mg

90 Caps - Product Code: 60340

Reishi Mushroom 1:3

A powerful adaptogenic herb with proven immune enhancing activity.

1 fl oz - Product Code: 57063

Contains Red Reishi Mushroom, 250 mg/ml (30 drops).

• Treatment •

This category includes those products designed for use at the onset, or during, a challenge to the immune system, i.e. at the first sign of a cold or flu.

ZincImmune Plus

A blend of immune enhancing herbs and zinc specifically designed for the cold and flu season.

4 fl oz - Product Code: 66271

A pleasant tasting liquid that contains the following, per teaspoon (5 ml): Zinc, 15 mg (as Zinc Glycinate); Elderberry Fruit, Organic, 350 mg; Umckaloabo Root (Pellargonium), 100 mg; Echinacea angustifolia Root, Organic, 50 mg; Stevia Leaf Extract, 0.5 mg. Other: Vegetable Glycerine, Deionized Water, Organic Elderberry and Blackberry Juice

Conc, Citric Acid.

Immune Acute Complex

A blend of herbs that are thought to exert a direct, stimulating effect on immune function. The formula designed for treatment, rather than prevention.

1 fl oz - Product Code: 57728

90 Veggie Caps - Product Code: 67470

Contains: Astragalus Root 50 mg, Maitake Mushroom 50 mg, Shiitake Mushroom 50 mg, Fresh Echinacea angustifolia Root 75 mg, Forsythia Fruit 45 mg, Honeysuckle Flower 46 mg, Isatis Root 45 mg, Licorice Root 13 mg, Colloidal Silver 15 ppm, 0.05 ml, Garlic Bulb 13 mg, Beta-Glucan 5 mg, Eucalyptus Oil 0.6 mg, Menthol Crystals 1.5 mg,

Echina Acute Complex

Designed for "acute" immune support, i.e. when an infection is imminent or active. broad spectrum anti-infective, immune support.

1 fl oz - Product Code: 56946

Alcohol Free - 1 fl oz - Product Code: 56974

60 Liquid Filled Veg Caps
Product Code: 57093

Phyto-Tech™ Echina Acute Complex Herbal Liquid contains: Echinacea angustifolia Root, Goldenseal Root, Yerba Mansa Root, Oregon Grape Root, Licorice Root, Red Root, Myrrh Gum, Wild Indigo Root

Mushroom Immune Complex

A synergistic blend of 14 powerful organic mushroom mycelia specifically chosen for their powerful action on the immune system.

90 Veggie Caps - Product Code: 67461

Ginger Immune Tonic

A Blend of Ginger and other Immune Modulating Herbs

4 fl oz - Product Code: 57012

Each 1/2 Teaspoon contains Ginger Root 271 mg, Elderberry Fruit 90 mg, Fresh Ginger Root 44 mg, Fresh Echinacea angustifolia Root 27 mg and Vitamin C 60 mg, in a base of vegetable glycerine, honey, purified water. Each serving is equivalent to 6,000 mg of fresh Ginger. All herbs are certified organic.

Oregano Plus

A broad-spectrum formula that provides powerful anti-microbial action and immune support.

90 Veggie Caps - Product Code: 67465

Each veggie cap contains: Organic Oregano Leaf – 285mg, Organic Garlic Bulb – 66mg, Organic Onion Bulb – 66mg, Organic Ginger Root – 25mg, Organic Cayenne Fruit – 10mg; The vegetarian capsule contains Modified Vegetable Cellulose

Oregano Oil 70

It provides immediate, broad spectrum immune support and anti-microbial action. It also helps regulate candida.

1 fl oz - Product Code: 56939

60 Liquid Filled Veggie Caps
Product Code: 57047

120 Liq Filled Veggie Caps
Product Code: 57046

Guaranteed true Wild Oregano, from Turkey. Steam distilled for highest purity and potency, standardized to not less than 70% Carvacrol

Echinacea Triple 1:2:1

A blend of three forms of Echinacea, helpful to those with colds, flu, immune deficiency and infections.

1 fl oz - Product Code: 56994

Alcohol Free: 1 fl oz - Product Code: 57052

Phyto-Tech Echinacea Triple contains fresh Echinacea angustifolia Root, fresh Echinacea purpurea flowers, dry Echinacea angustifolia root, fresh Ginger root.

• Common Cold •

In addition to those previously mentioned under "Treatment," consider the following:

Pelargonium

Pelargonium sidoides, also known as umckaloabo, is a member of the Geranium family; of benefit to those suffering from bronchitis, acute pharyngitis, or colds.

4 fl oz Cherry Flavor - Product Code: 57729

Each serving (one teaspoonful or 5 ml) contains the following: Selectively Imported Pelargonium sidoides Root 1X 500 mg

Elderberry Pelargonium Complex

For the common cold? . . . or the flu? With this formula, a combination of Elderberry and Pelargonium (Umckaloabo), you are covered

90 veggie Caps- Product Code: 67462

Ingredients: Each 2 vege caps contains the following: Organic Elderberry Fruit – 750 mg, Wildcrafted Elderberry Flower – 100 mg, Selectively Imported Pelargonium sidoides Root (Umckaloabo) – 100 mg.

ZincImmune Plus

A blend of immune enhancing herbs and zinc specifically designed for the cold and flu season.

4 fl oz - Product Code: 66271

A pleasant tasting liquid that contains the following, per teaspoon (5 ml): Zinc, 15 mg (as Zinc Glycinate); Elderberry Fruit, Organic, 350 mg; Umckaloabo Root (Pellargonium), 100 mg; Echinacea angustifolia Root, Organic, 50 mg; Stevia Leaf Extract, 0.5 mg. Other

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Important Notice: The information given here is designed to help you make informed decisions about your health, and the proper use of dietary supplements. It is not intended as a substitute for medical advice, nor a substitute for any treatment that may have been prescribed by your doctor. If you have a medical problem, you should seek medical help. Products described herein are not intended to diagnose, treat, cure or mitigate disease.



Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements



The mucilage in Fenugreek seeds helps soothe the gastrointestinal tract by coating the lining of the stomach and intestines. This makes it helpful for a variety of digestive disorders including indigestion, constipation, and gastritis (inflammation of the stomach).

According to Nutrition Focus, "Fenugreek seeds contain alkaloids (mainly trigonelline) and protein high in lysine and L-tryptophan. Its steroidal saponins (diosgenin, yamogenin, tigogenin, and neotigogenin) and mucilaginous fiber are thought to account for many of the beneficial effects of fenugreek. The steroidal saponins are thought to inhibit cholesterol absorption and synthesis, while the fiber may help lower blood sugar levels. One human study found that fenugreek can help lower cholesterol and blood sugar levels in people with moderate atherosclerosis and non-insulin-dependent (type 2) diabetes. Preliminary and double-blind trials have found that fenugreek helps improve blood sugar control in patients with insulin-dependent (type 1) and non-insulin-dependent (type 2) diabetes. Double-blind trials have shown that fenugreek lowers elevated cholesterol and triglyceride levels in the blood, This has also been found in a controlled clinical trial with diabetic patients with elevated cholesterol. Generally, fenugreek does not lower HDL ("good") cholesterol levels.

Fenugreek is commonly used as a food, spice and source of dietary fiber throughout the world.

Dosage:

For the liquid extract, 30 drops up to three times per day, in water or juice, or as directed. For the veggie cap, take one capsule, 1 or 2 times daily, or as directed..

Caution: Do not use during pregnancy. Possible interaction with blood-thinning medications. Take 2 hours before of after taking medications. Keep out of the reach of children.

Complimentary Formulas & Single Herbs:

- Thyroid Complex (Product Code: 67455, Formula for low thyroid)

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- B-Complex Vitamins and/or Vitamin B-12
- Antiox Phyto Blend (Additional antioxidant support)
- Antiox Phyto Complex II

Fertility Complex

Support for a healthy and successful pregnancy

1 fl oz - Product Code: 57000

Who can benefit from this supplement?

- Women who are trying to become pregnant and those who are already pregnant; especially those with a history of difficult pregnancies.

Ingredients:

Phyto-Tech™ Fertility Complex, Alcohol Free, contains the following herbs: Red Raspberry Leaf, Red Clover Blossoms, Nettles Leaf, Yellow Dock Root.

Feverfew 1:2

Traditionally, an antipyretic (reducing fever); now, best know for the prevention of migraine headache.

1 fl oz - Product Code: 57065

Who can benefit from this supplement?

- Those who suffer from chronic migraine headaches. It is also indicated for fever, pain, and conditions involving inflammation, such as arthritis.

According to traditional herbalists, "Feverfew is the pre-eminent headache remedy. It is for both regular headaches and migrained headaches. It is anti-inflammatory and reduces pain. Feverfew inhibits platelet aggregation and therefore thins blood. The parthenolide compound that does this in Feverfew also reduces inflammation throughout the body. Feverfew works best at the initial onset of a headache. Take hourly if one suspects a migraine is coming on the help ward it off. It may help arthritis and inflamed joints as well. Feverfew cools the body and is indicated for those who run

warm to hot. It can help reduce a fever." (Coven, Herbal Handbook)

Ingredients:

Phyto-Tech™ Feverfew 1:2 contains Certified Organic Feverfew herb (Chrysanthemum parthenium or Tanacetum parthenium), grain alcohol, purified water. 30 drops contain 500 mg.

Caution: Do not use during pregnancy.

Dosage:

Acute Headache: 30-60 drops, every hour, in juice or water until headache subsides; Long Term Use: 30-90 drops, 2-3 times per day in juice or water.

FibroGestic

Soothing to muscle and nerve discomfort, while supporting joint and connective tissue integrity.

1 fl oz - Product Code: 57031

Who can benefit from this supplement?

- Those with chronic body, muscle and joint pain (fibromyalgia). The herbs in this formula have been shown to decrease muscle pain and inflammation, and to increase circulation into the muscle tissue. It is most effective when used long-term.

This formula was designed specifically for those with fibromyalgia. It contains herbs known to help decrease muscle pain and inflammation, and to increase circulation into the muscles. It can be used not only by those with fibromyalgia, but also by those with injuries, muscle soreness, etc, as well as general body pain. Obviously, Phyto-Tech™ FibroGestic is not as strong as prescription pain medications, but it is nontoxic, safe and non-addictive. Fibromyalgia requires a mult-faceted approach to management, and FibroGestic is designed to be a part of that regimen.

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A Guide to Immune Enhancing Herbal Supplements (continued)

ingredients: Vegetable Glycerine, Deionized Water, Organic Elderberry and Blackberry Juice Concentrates, Citric Acid.

Respiratory Complex

A blend of antimicrobial, decongestant, bronchopulmonary healing herbs.

Liquid, regular and alcohol free, similar to caps (see below), but with no Oregano Oil.

1 fl oz - Product Code: 56955

Alcohol Free: 1 fl oz - Product Code: 57027

Child Friendly: 1 fl oz - Product Code: 56956

60 Liquid Filled Veg Caps
Product Code: 57089

Liquid Caps contain Fresh Osha Root, Fresh Yerba Santa Leaf, Lomatium Root, Garlic Bulb, Mullein Leaf, Thyme Herb, Licorice Root, Oregon Grape Root, Echinacea purpurea Flowering Tops, Wild Cherry Bark, Ginger Root, Oregano Oil.

Osha Root 1:1/5

Phyto-Tech Osha Root is considered by many Herbalists to be the best American herb for lung and throat infections. It is especially beneficial for infections where one is already congested and inflamed.

1 fl oz - Product Code: 56955

Contains Fresh Osha Root (Ligusticum porteri)

Mushroom Immune Complex

A synergistic blend of 14 powerful organic mushroom mycelia specifically chosen for their powerful action on the immune system.

90 Veggie Caps - Product Code: 67461

Sinus Decongest

A blend of herbs that exert an immediate, dramatic effect on the sinus area. These herbs are pungent and aromatic, producing vapors that open and dilate the sinus passageways.

1 fl oz - Product Code: 56941

Contains: Horseradish Root Fresh, Spilanthes Herb Fresh, Echinacea angustifolia Root, Elderberry, Peppermint Oil, Olive Leaf, Horehound Herb, Garlic, Licorice Root, Cayenne Fruit, Boneset Herb, Osha Root Fresh, Andrographis Herb, Onion, Yarrow Herb, Goldenseal Root, Wild Cherry Bark, Water Pure Deionized, Alcohol Pure Grain, Glycerin Vegetable, Honey.

Throat Spray

A soothing, healing spray for sore and irritated throats. Alcohol Free.

1 fl oz - Product Code: 56957

Contains: Fresh Osha Root, Echinacea angustifolia Root, Propolis, Thyme Herb, Fresh Spilanthes Flower, Fresh Ginger Root, Licorice Root, Aloe Vera, Vegetable Glycerin, Deionized Water, Organic Honey, Natural Flavors (Raspberry and Mint)

Ginger Cough Tonic

A blend of Ginger and other herbs especially useful for soothing coughs

4 fl oz - Product Code: 56985

Each 1/2 teaspoon provides Ginger Root 268 mg, Fresh Osha Root 100 mg, Fresh Ginger Root 43 mg, Wild Cherry Bark 33 mg, Licorice Root 33 mg in a base of Vegetable Glycerine, Hoeny, Purified Water. Each serving is equivalent to 6,000 mg of fresh Ginger. Herbs are certified organic or wild harvested.

Echinacea Goldenseal

"Each Phyto-Tech Echinacea Goldenseal Veg capsule contains the following: Echinacea angustifolia Root, 150 mg; Echinacea purpurea Herb, 100 mg; Echinacea purpurea Root, 100 mg; Goldenseal Root, 100 mg. 100% Vegetarian. Certified Organic"

90 Veg Caps - Product Code: 60125

Flu (Influenza) •

In addition to those previously mentioned under "Treatment," consider the following:

Elderberry

Recent research shows this herb may be especially effective for those with influenza virus infections

1 fl oz - Product Code: 57026

Phyto-Tech™ Elderberry 1:2 contains 500 mg

of certified organic Elderberry berries in each 30 drops.

Elderberry Pelargonium Complex

For the common cold? . . . or the flu?

With this formula, a combination of Elderberry and Pelargonium (Umckaloabo), you are covered either way!

90 Veggie Caps - Product Code: 67462

Ingredients: Each 2 vege caps contains the following: Organic Elderberry Fruit – 750 mg, Wildcrafted Elderberry Flower – 100 mg, Selectively Imported Pelargonium sidoides Root (Umckaloabo) – 100 mg.

ZincImmune Plus

A blend of immune enhancing herbs and zinc specifically designed for the cold and flu season.

4 fl oz - Product Code: 66271

A pleasant tasting liquid that contains the following, per teaspoon (5 ml): Zinc, 15 mg (as Zinc Glycinate); Elderberry Fruit, Organic, 350 mg; Umckaloabo Root (Pellargonium), 100 mg; Echinacea angustifolia Root, Organic, 50 mg; Stevia Leaf Extract, 0.5 mg. Other ingredients: Vegetable Glycerine, Deionized Water, Organic Elderberry and Blackberry Juice Concentrates, Citric Acid.

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Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements

Phyto-Tech™ Fibrogesic is best considered a long-term tonic. It will help “take the edge off” the discomfort, allowing for relaxation and faster healing.

Ingredients:

Phyto-Tech™ Fibrogesic contains the following herbs: Fresh Skullcap Herb, Fresh St. John’s Wort Flowers, Devil’s Claw Tuber, Fresh Ginger Root, Fresh Pulsatilla Herb.

Dosage:

General: 40-60 drops, 2-3 times per day, or as needed, in juice or water; Acute Pain: 60-120 drops, 2-3 times per day, or as needed, in juice or water.

Fo Ti Root

Considered in Chinese Medicine as a rejuvenating plant, thought to prevent aging, enhance fertility and promote longevity.

1 fl oz - Product Code: 57642

It has been recommended, by both Eastern and Western herbalists, as a tonic to maintain vigor, increase energy, tone the kidneys and liver, and purify the blood. It is said to lower cholesterol, improve immune function, and correct hypertension.

Garlic

Each Phyto-Tech™ Garlic capsule contains 500 mg of certified organic Garlic Bulb (Allium sativum).

90 Veggie Caps - Product Code: 60130

Gentian Root 1:3

A classic “bitter” herb, used for centuries as a digestive aid.

1 fl oz - Product Code: 57640

Who can benefit from this herbal supplement?

- Those with indigestion, dyspepsia, and difficulty digesting dietary fat and protein.

Ingredients:

Phyto-Tech™ Gentian Root 1:3 contains Certified Organic Gention (Gentiana lutea), grain alcohol, purified water, in a 1:3 ratio.

As defined by herbalists, “Gentian can be considered the perfect bitter herb to stimulate digestion in numerous ways. The bitter compounds in Gentian stimulate the bitter taste buds on the tongue. this sends a message to the brain to increase bile from the liver, which emulsifies or digests fat. In a lesser way, the bitter stimulation also sends a message to increase hydrochloric acid from the stomach, which increases protein digestion. In other words, bitters stimulate the body’s ability to digest and therefore assimilate fat and protein. . .” (Coven, Herbal Handbook)

Caution: Do not use if you have ulcers.

Dosage:

10-30 drops, 2-3 times per day or as needed, in juice or water. Can be taken on an “as needed” basis or daily, for chronic indigestion.

Gentle Movement

A “Child Friendly” gentle, mild laxative formula designed to normalize bowel function, especially for children or the elderly.

1 fl oz - Product Code: 57022

Who can benefit from this supplement?

Children, the elderly, or anyone with a sensitive digestive system suffering from mild constipation or sluggish bowel.

Ingredients:

Phyto-Tech™ Gentle Movement, Child Friendly, Alcohol Free contains the following herbs: Yellow Dock Root, Licorice

Root, Fresh Marshmallow Root.

Ginger Cough Tonic

A blend of Ginger and other herbs especially useful for soothing coughs

4 fl oz - Product Code: 56985

Ingredients:

Each 1/2 teaspoon provides Ginger Root 268 mg, Fresh Osha Root 100 mg, Fresh Ginger Root 43 mg, Wild Cherry Bark 33 mg, Licorice Root 33 mg in a base of Vegetable Glycerine, Hoeny, Purified Water. Each serving is equivalent to 6,000 mg of fresh Ginger. Herbs are certified organic or wild harvested.

Suggested Dose:

1/2 to 1 teaspoon as needed. Can be diluted in hot water. Shake well before using.

Warning: Keep out of the reach of children; do not use while pregnant or nursing.

Ginger Energy Tonic

A formula that increases circulation, energy, vitality, and resistance to illness and environmental stresses.

4 fl oz - Product Code: 57055

Who might benefit from this supplement?

- Those who suffer from fatigue and stress
- Those with low energy and those who are engaged in taxing or strenuous pursuits; those with poor circulation; those with poor digestion.

Ingredients:

Phyto-Tech™ Ginger Energy Tonic contains the following: Ginger Root Dry, Ginger Root Fresh, Ginseng American, Ginkgo Leaf, Rhodiola Rosea 5% Rosavin, Schisandra Berry, Glycerin Vegetable, Honey, Water Pure Deionized.

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Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)

19734	C 1000 FROM TAPIOCA	90	CAP	18.95	16.1	10385	ZINC PICOL 25	60	CAP	9.95	8.45	57144	COMPLETEGEST 40 + RENW	60	CAP	25.95	20.76	20111	MILK THISTLE X	60	CAP	22.5	18		
53031	C PWD FROM TAPIOCA	150	PWD	28.95	24.6							57073	COMPLETEGEST MEALTIME	180	CAP	39.95	31.96	20104	OSTEOPRIME CAP	120	CAP	22.95	18.36		
10273	CAL MAG LIQ	12Z	LIQ	9.95	8.45							38265	COQ10 100 MG	60	SGC	39.95	31.96	51616	OSTEOPRIME PLUS	120	TAB	29.5	23.6		
10276	CAPRYSTATIN	90	TAB	15.95	13.55							52657	COQ10 100 MG SGC	120	SGC	74.95	59.96	32663	OSTIVONE	90	CAP	34.5	27.6		
25022	CARNOSINE (ANTI OX)	60	CAP	17.95	15.25	64189	DOMATCHA PACKETS	24	PAK	45.99	41.39	41413	COQ10 100 MG W/E CHW	30	CHW	29.95	23.96	64777	PEARLS 50+ PROBIOTIC	30	PRL	19.95	15.96		
10278	CHONDROITIN 4 SULPHATE	60	CAP	15.95	13.55	59684	DOMATCHA POWDER ORG	2.8	PWD	41.99	37.79	41549	COQ10 100 W/E CHW CHOC	30	CHW	29.95	23.96	58621	PEARLS ELITE ACIDOP 5B	30	PRL	29.95	23.96		
41973	CHROMIUM CRUCIFERATE	30	CAP	13.95	11.85	59683	DOMATCHA POWDER ORG	30G	PWD	33.99	31.59	41548	COQ10 100 W/E CHW MAPL	30	CHW	29.95	23.96	56845	PEARLS YB YEAST BALANC	30	SGC	19.95	15.96		
16960	CO ENZYME A	60	TAB	17.95	15.25	59448	FUNGAL FREE NAILS	.22	LIQ	39.95	35.95	50155	COQ10 200 MG CHW MAPLE	30	CHW	59.95	47.96	20138	PEPPERMINT PLUS	60	SGC	17.5	14		
10280	CO ENZYME B YEAST FR	100	CAP	15.95	13.55							20037	DERMA KLEAR AKNE SOAP	3Z	BAR	8.5	6.8	43376	PERIMENOPAUSE FORM	60	TAB	24.49	19.59		
41361	COQ10 200 MG SGC	30	SGC	37.95	32.25	62048	ADRENAL HEALTH VCAP E	60	VCA	32.95	26.36	20133	DGL	100	CHW	14.49	11.59	40501	PETADOLEX PROACTIVE	60	SGC	52.99	42.39		
10286	CORTOL ACE	60	CAP	11.95	10.15	62051	B HEALTHY VCAP RIV COEN	60	VCA	24.95	19.96	56846	DGL ULTRA FF CHOC	90	CHW	14.49	11.59	45376	PROATATE ADVANTAGE	180	SGC	41.95	33.56		
10289	DIABETROL	90	CAP	13.95	11.85	62625	JOINT HEALTH VCAP	90	VCA	32.95	26.36	31870	DGL ULTRA GERMAN CHOC	90	CHW	14.49	11.59	50921	PROTECTIVE BREAST FORM	60	TAB	69.99	55.99		
66001	ELLAGIC 500 MG	60	CAP	15.95	13.55	62053	THYROID HEALTH VCAP	60	VCA	34.95	27.96	19847	DGL W/O FRUCTOSE CHW	100	TAB	14.49	11.59	40500	REMEMBER	60	CAP	31.5	25.2		
10296	FERRITIN IRON 5	60	CAP	13.95	11.85							20095	DMG B15 +	60	CAP	22.99	18.39	50955	REMIFEMIN	120	TAB	34.95	27.96		
54817	FORSKOLIN	60	CAP	15.95	13.55							31326	DR CHOICE 45 PLUS WOM	180	TAB	34.95	27.96	57143	REMIFEMIN GOOD NIGHT	21	TAB	19.95	15.96		
10300	GASTRAMET	60	CAP	13.95	11.85	40169	NATURAL LUBRICANT	2Z	CRM	11.59	9.27	30401	DR CHOICE 50 PLUS MEN	120	TAB	34.95	27.96	36121	SAVENTARO UNCARIA TOM	30	CAP	17.5	14		
16962	GLUCOSTABIL	180	CAP	29.95	25.45	50214	OH WARMING LUBRICANT	2Z	CRM	11.59	9.27	32464	DR CHOICE FOR DIABETIC	90	TAB	33.95	27.16	36122	SAVENTARO UNCARIA TOM	90	CAP	48.49	38.79		
10338	GTE NON YEAST	120	CAP	15.95	13.55	53121	PERSONAL MOIST LUBRIC	4Z	LIQ	18.39	14.71	26955	DR CHOICE FOR TEEN F	90	TAB	24.95	19.96	23991	SAW PALM SUPER 160 MG	120	SGC	36.95	29.56		
10306	HYPOGLYFORM	100	CAP	16.95	14.4	31244	PERSONAL MOISTUR LUBRI	2Z	CRM	11.59	9.27	31985	DR CHOICE FOR TEEN M	120	TAB	30.95	24.76	40716	SAW PALM SUPER 160 MG	180	SGC	52.5	42		
28329	IGA +	60	CAP	17.95	15.25	31245	PHYTOESTROGEN CRM	2Z	CRM	24.09	19.27	31984	DR CHOICE FOR TEEN M	120	TAB	30.95	24.76	32400	SILYBIN ADVANCED	60	CAP	27.99	22.39		
44180	INOSINE	60	CAP	14.95	12.7	51765	PROGEST CRM PARABEN FR	4Z	CRM	49.19	39.35	43645	E 400 IU MIXED	100	SGC	21.99	17.59	44728	SLEEP FORM REVITALIZ	90	CAP	39.99	31.99		
10310	ISOTONIC MIN FORM 1	75	CAP	10.95	9.3	50213	PROGEST CRM PARABEN FR	2Z	CRM	32.49	25.99	44042	ENERGY REVITAL SYS BER	21Z	PWD	52.99	42.39	40599	SLEEP FORM REVITALIZ	30	CAP	15.99	12.79		
10321	MAGNESIUM TAURATE 125	60	CAP	11.95	10.15	51835	PROGEST CRM PARABEN FR	48	PAK	33.49	26.79	33030	ESBERITOX CHW	100	CHW	20.49	16.39	59813	SLEEP TONIGHT	28	TAB	24.99	19.99		
44513	MAGNESIUM TAURATE 125	180	CAP	28.95	24.6	40993	RESPONSE CREAM	1Z	CRM	31.69	25.35	42766	ESBERITOX CHW	200	CHW	33.99	27.19	65859	SLEEP TONIGHT MELAT CH	2Z	LIQ	17.95	14.36		
21765	MALIC ACID 600	90	CAP	15.95	13.55							53686	ESKIMO 3 1000 MG SGC	90	SGC	29.95	23.96	29598	ST JOHNS WORT EXT 0.3%	120	TAB	25.99	20.79		
10324	MANGANESE PICOL 20	60	CAP	10.95	9.3							43354	ESTROBALANCE W/ DIM	60	TAB	50.99	40.79	41714	STINGING NETTLE	90	CAP	29.5	23.6		
10327	MEGABIOTIN 7500	60	CAP	16.95	14.4	31779	7 KETO DHEA 25 MG	60	CAP	23.99	19.19	42781	FIBER FUSION + FORMULA	120	CAP	12.99	10.39	66082	TART CHERRY ULTRA GUMM	75	GUM	24.95	19.96		
10331	MONOLAURIN 300 MG	90	CAP	16.95	14.4	35665	7 KETO NATURA LEAN	30	CAP	47.99	38.39	44716	FIBER FUSION REGULAR	6Z	PWD	15.99	12.79	63815	TART CHERRY ULTRA VCAP	90	VCA	24.99	19.99		
57479	MONOLAURIN 600 MG	90	CAP	27.95	23.75	20040	ACID A CAL	100	CAP	20.99	16.79	24752	FORSKOLHI COLEUS 18%	60	CAP	25.5	20.4	41404	THEANINE	60	CAP	20.49	16.39		
56331	NADH 5 MG	120	TAB	37.95	32.25	33722	ACID EASE DIGEST FORM	180	CAP	36.99	29.59	34928	GABA 250 MG	60	CAP	16.49	13.19	54643	THEANINE 100 MG CAP	180	CAP	54.99	43.99		
40687	NADH 5 MG	60	TAB	25.95	22.05	25370	ACID EASE DIGEST FORM	90	CAP	21.49	17.19	29498	GARLINAZE	100	TAB	36.99	29.59	52250	THYMULUS	60	CAP	27.99	22.39		
45216	NEUROMINS	50	SGC	19.95	16.95	40502	ACIDOPHILUS PEARLS	30	PRL	16.5	13.2	24038	GARLINAZE	30	TAB	13.49	10.79	52558	THYMUPLUX IMM BOOS CP	50	CAP	21.99	17.59		
59810	NORIVAL	120	CAP	25.95	22.05	42364	ACIDOPHILUS PEARLS	90	SGC	39.95	31.96	22428	GASTROSOOTHE	100	CHW	21.5	17.2	28928	VARICARE	90	TAB	28.99	23.19		
10339	NORIVAL	60	CAP	16.95	14.4	56719	ACTIVLIFE Q10 100 MG	60	SGC	56.99	45.59	29462	GINKGO PHYTOSOME	120	SGC	38.5	30.8	24653	YEAST BALANCE	90	SGC	30	24		
26901	OMNICHOLINE	120	CAP	18.95	16.1	53685	ACTIVLIFE Q10 50 UBHQ	60	SGC	34.99	27.99	23062	GINSENG PANAX PHYTO	60	CAP	26.5	21.2	51603	YOUTHFUL YOU DHEA 5 MG	60	CAP	8.99	7.19		
23610	ONCOTONIN 10 MG	30	CAP	20.85	17.72	43219	ADRENAL STRESS END	60	CAP	25.99	20.79	55349	GLUTEN DEFENSE	90	CAP	28.99	23.19								
10343	ORTHORUSH D	8Z	LIQ	11.95	10.15	20127	ADRENERGIZ HRB ADR CMP	60	CAP	22.99	18.39	29463	GRAPE SEED PHYTO 100	120	CAP	57.5	46								
10363	P 5 P	100	TAB	9.95	8.45	20061	AIR POWER	100	TAB	18.49	14.79	30260	GS 500 NEW & IMPROVED	180	CAP	41.95	33.56	59483	ACID SOOTHE	90	CAP	24.99	22.49		
10349	PAN 8 SUPREME	90	CAP																						



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Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements



Ginger Immune Tonic

A Blend of Ginger and other Immune Modulating Herbs

4 fl oz - Product Code: 57012

Ingredients:

Each 1/2 Teaspoon contains Ginger Root 271 mg, Elderberry Fruit 90 mg, Fresh Ginger Root 44 mg, Fresh Echinacea angustifolia Root 27 mg and Vitamin C 60 mg, in a base of vegetable glycerine, honey, purified water. Each serving is equivalent to 6,000 mg of fresh Ginger. All herbs are certified organic.

Suggested Dose:

1/2 to 1 teaspoonful as needed. Can be diluted in hot water. Shake well before using.

Ginger Root 1:1.5

This herb supports the digestive and circulatory systems, and has been shown to be especially helpful in alleviating nausea and equilibrium problems.

1 fl oz - Product Code: 56995

90 Veggie Caps - Product Code: 60127

Who can benefit from this supplement?

• Those who suffer from nausea (pregnancy, motion sickness), digestive insufficiency and poor circulation.

Ingredients:

Phyto-Tech™ Ginger Root 1:1.5 provides 667 mg of certified organic Fresh Ginger Root per 30 drops. Also available as a veggie cap, with each Phyto-Tech™ Ginger capsule containing 500 mg of certified organic Ginger Root (Zingiber officinalis). (Product code: 60127)

Ginger Tonic

A soothing ginger formula, especially valuable for conditions involving nausea, digestive problems, and inflammation.

4 fl oz - Product Code: 57015

Who might benefit from this supplement?

• Those suffering from nausea due to motion sickness or pregnancy;
• Those with digestive discomfort and those with arthritis and other inflammatory problems.

Ginger is well known for alleviating nausea due to motion sickness, pregnancy, surgery, chemotherapy and other reasons. It can be taken before a nauseating event or on an ongoing basis if nauseous all the time. Several studies in humans have shown positive results for ginger's effectiveness in reducing nausea and vomiting.

Ginger Tonic is also a useful digestive aid that will increase digestive enzymes and speed up the transit time of food that is slow.

Ginger also has the ability to inhibit nuclear factor-kB (NF-kB), cyclooxygenase (COX) and lipoxygenase (LOX) enzymes and as a result helps reduce pain and inflammation in arthritic joints. In three placebo-controlled clinical trials for the treatment of osteoarthritis, ginger rhizome showed significant efficacy compared to placebo. For pain and inflammation, ginger can be used as an alternative to NSAIDs like ibuprofen without the damaging gastrointestinal side effects that NSAIDs commonly have. Ginger has anti-ulcer effects and can help protect the intestinal mucosa from damage.

Ginger Tonic has a vasodilating action, and will increase circulation and warm one up.

Ingredients:

Phyto-Tech™ Ginger Tonic contains Ginger Root Dry, Ginger

Root Fresh, Glycerin Vegetable, Honey, Water Pure Deionized.

Ginkgo Biloba Leaf

One of the most widely researched herbs in recent years, Ginkgo biloba has been associated with memory, increased cerebral and peripheral circulation.

1 fl oz - Regular - Product Code: 56961

Alcohol Free - Product Code: 57024

90 Veggie Caps - Product Code: 60131

Who can benefit from this supplement?

• Those suffering from memory loss, early stage dementia (Alzheimer's disease), tinnitus, vertigo, inability to concentrate, circulatory problems.

Ingredients:

Phyto-Tech™ Ginkgo Biloba Leaf 1:1.15 contains 667 mg of ethically wild harvested Fresh and Dry Ginkgo biloba Leaf per 30 drops, in both alcohol and alcohol-free versions. Also available in a vegetarian capsule form. Each Phyto-Tech™ Ginkgo veggie cap contains 60 mg of standardized Ginkgo biloba Leaf Extract (24% ginkgo flavonglycosides and 6% terpene lactones) and 400 mg of certified organic Ginkgo biloba leaf. This provides for an optimal standardized and full spectrum phytotherapeutic approach.

Ginseng, American

See American Ginseng

Ginseng, Chinese Red

See Chinese Red Ginseng

... continued on page 55

Important Notice: The information given here is designed to help you make informed decisions about your health, and the proper use of dietary supplements. It is not intended as a substitute for medical advice, nor a substitute for any treatment that may have been prescribed by your doctor. If you have a medical problem, you should seek medical help. Products described herein are not intended to diagnose, treat, cure or mitigate disease.



Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)



57588	ENZYME DEFEN (VIRA 2X)	90	CAP	72.99	65.69
59417	ENZYME DEFENSE	60	CAP	30.99	27.89
50294	ENZYME DEFENSE	120	CAP	52.99	47.69
65797	ENZYME NUTR WOMEN 50 +	60	VCA	29.99	26.99
67500	ENZYME NUTRI MULTI TWO	60	VCA	29.99	26.99
53831	GLUTENASE	60	CAP	30.99	27.89
67279	GLUTENASE EXTRA STREN	30	VCA	22.99	20.69
57183	LACTO	30	CAP	22.99	20.69
57573	LYPO GOLD	120	VCA	47.99	43.19
45197	MUCOSTOP	48	CAP	33.99	30.59
50114	NATTO-K	90	CAP	58.99	53.08
57149	REPAIR	60	CAP	35.99	32.39
58810	REPAIR GOLD	120	CAP	72.99	65.69
67281	REPAIR GOLD EMA	30	VCA	20.99	18.89
57146	SERRA GOLD	60	CAP	29.99	26.99
67280	TELOMERE PLUS	30	CAP	39.99	35.99
52310	VEGGIE GEST GASTRO	90	CAP	39.99	35.99

EO PRODUCTS					
63360	BATH SALTS EUCAL ARNIC	22Z	SLT	12.99	10.39
63361	BATH SALTS FRNCH LAVEN	22Z	SLT	12.99	10.39
63209	BODY LOT COCO VAN TANG	8 Z	LOT	8.99	7.19
63290	BODY LOT FRENCH LAVEND	8 Z	LOT	8.99	7.19
63291	BODY LOT GRAPEFR MINT	8 Z	LOT	8.99	7.19
63251	BODY LOT ROSE CHAMOMIL	8 Z	LOT	8.99	7.19
67315	EVERYONE LOT 3 IN 1	12Z	LOT	10.99	8.79
51964	HAND SOAP FRENCH LAVEN	32Z	LIQ	8.99	7.19
53896	HAND SOAP LEMON EUCAYP	12Z	SOP	8.99	7.19

ESSENTIAL FORMULAS					
65994	CARDIO WELLNESS REGACT	60	CAP	55.5	49.95
65993	DETOX LIVER HLTH REGAC	60	VCA	50.8	45.72
58412	ESSENTIAL LIVING OILS	60	VCA	36.25	32.63
65995	IMMUNE & VITAL REGACT	60	CAP	50.8	45.72
55566	MAGOROKU SKIN CARE	1.7	CRM	38.45	34.6
54093	PROBIOTIC KAMPUKU SOAP	80G	BAR	12.05	10.84
42709	PROBIOTICS ORIG FORM	30	CAP	36.25	32.63
44650	PROBIOTICS ORIG FORM	60	CAP	59.35	53.41
57224	PROBIOTICS PROF FORM	60	CAP	69.25	62.25

ETHICAL NUTRIENTS					
18998	BONE BUILDER	220	TAB	31.25	28.13
52966	BONE BUILDER CAP	220	CAP	32.75	26.2
17576	BONE BUILDER W/BORON	220	TAB	31.25	25
35155	BONE BUILDER W/MAG GLY	220	TAB	36.2	28.96
34204	MAXI PROS PLUS	225	TAB	49.95	39.96

EXTREME EDGE SPORTS					
60621	POST WORKOUT PWD CHOC	1.3	PWD	33.95	27.16
60503	POST WORKOUT PWD VAN	1.3	PWD	33.95	27.16
60200	PRE WORKOUT PWD GRAPE	.66	PWD	24.95	19.96
60201	PRE WORKOUT PWD SAV LM	.66	PWD	24.95	19.96

FLORA					
62769	7 SOURCES OMEGA 3 6 9	8.5	LIQ	19.99	16.99
62770	7 SOURCES OMEGA 3 6 9 F	17Z	LIQ	35.99	30.59
51776	ADULT ENZY BLN ADV UDO	60	CAP	30.49	25.91
51775	ADULT ENZYME BLND UDO	60	CAP	24.49	20.81
61963	ADULT PROBIOTIC ADV	60	CAP	40.49	34.41
44692	ADULT PROBIOTIC ADV UDO	30	CAP	21.49	18.26
61961	ADULTS PROBIOTIC BLEND	120	CAP	40.49	34.41
51780	ADULTS PROBIOTIC UDDS	60	CAP	20.99	17.84
66708	BAOBITES BLOOD ORANGE	6.1	SNK	12.5	10.62
66707	BAOBITES PEACH MANGO	6.1	SNK	12.5	10.62
66706	BAOBITES POMEGRANATE	6.1	SNK	12.5	10.62
51779	CHILDRENS PROBIOTC UDO	60	CAP	16.49	14.01
60186	DHA 250 MG VEG ALGAE	60	SGC	31.49	26.76
51771	ENZYME BLEND DIGESTIVE	60	CAP	21.49	18.26
51769	FLAX OIL	32Z	LIQ	33.79	28.72
30299	FLAX OIL	17Z	LIQ	21.49	18.26
51903	FLAX OIL HIGH LIGN ORG	17Z	LIQ	21.49	18.26
57541	FLAX OIL HIGH LIGNAN	8.5	LIQ	10.99	9.34
22607	FLOR ESSENCE DRY 2.20Z	2.2	PWD	37.99	32.29
22518	FLOR ESSENCE LIQ 17OZ	17Z	LIQ	37.99	32.29
52319	FLOR ESSENCE LIQUID	32Z	LIQ	59.49	50.56
52374	GOJI BERRIES	8 Z	MIS	12.49	10.61
51778	INFANT PROBIOTC BL UDO	2.6	PWD	19.49	16.56
27194	OLIVE OIL ORGANIC	17Z	LIQ	17.79	15.12
37692	PET ESSEN FOR DOGS UDO	16Z	PWD	21.99	18.69
35668	PUMPKIN SEED OIL	8.5	LIQ	20.99	17.84
65568	RED BEET CRYSTALS SALU	7 Z	PWD	26.49	22.51
56123	SAMBU ELDERBERRY CONC	5.9	LIQ	17.49	14.86
56124	SAMBU GUARD KIDS	5.9	LIQ	20.49	17.41
54100	SAMBU GUARD LOZENGES	40	LOZ	12.99	11.04
42098	SESAME OIL	8.5	LIQ	9.99	8.49
40789	SILICA VEGETAL	90	CAP	19.49	16.56
40788	SILICA VEGETAL	180	CAP	35.49	30.16
53198	SUNFLOWER	17Z	LIQ	14.79	12.57
32345	SUPER 5 PROBIOTC UDO'S	60	CHW	18.99	16.14
41935	SUPER 8 PROBIOTC UDO'S	30	CAP	22.49	19.11
61962	SUPER 8 PROBIOTIC UDDS	60	CAP	41.99	35.69
53394	SUPER BIFIDO + PROBIOT	30	CAP	46.49	39.51
15546	SWEDISH BITTERS ALC FR	3.3	LIQ	11.49	9.76
15547	SWEDISH BITTERS ALC FR	8.5	LIQ	24.49	20.81
52969	UDO'S CHOICE DHA OIL	17Z	LIQ	36.49	31.01
53393	UDO'S CHOICE DHA OIL	8.5	LIQ	20.99	17.84
43947	UDO'S CHOICE HIGH LIGN	17Z	LIQ	28.99	24.64
51770	UDO'S CHOICE HIGH LIGN	8.5	LIQ	17.49	14.86
23862	UDO'S CHOICE OIL BLEND	8.5	LIQ	17.49	14.86
53392	UDO'S CHOICE OIL BLEND	32Z	LIQ	47.49	40.36
24061	UDO'S CHOICE OIL BLEND	17Z	LIQ	28.99	24.64
26794	UDO'S CHOICE OIL BLEND	90	CAP	20.49	17.41
26795	UDO'S CHOICE OIL BLEND	180	CAP	35.49	30.16

FLORADIX					
51300	ALPENKRAFT HERBAL	8.5	LIQ	20.99	16.79
41088	CAL MAG ZN/D/HRB LIQ	17Z	LIQ	45.79	36.63
22978	CAL MAG ZN/D/HRB LIQ	8.5	LIQ	26.79	21.43
15531	CALCIUM LIQ 8.5Z	8.5	LIQ	26.79	21.43
15536	CHILD MULTIVITAMIN OZ	8.5	LIQ	24.49	19.59
15534	EPRESAT ADULT MULTI	8.5	LIQ	33.79	27.03
15535	EPRESAT ADULT MULTI	17Z	LIQ	50.49	40.39
15529	FLORAVITAL FE/HRB YF	8.5	LIQ	26.79	21.43
15530	FLORAVITAL FE/HRB YF	17Z	LIQ	45.79	36.63
15538	HERBAL BITTERS	8.5	LIQ	26.79	21.43
15525	IRON + HERBS 17OZ	17Z	LIQ	45.79	36.63
15524	IRON + HERBS 8.5OZ	8.5	LIQ	26.79	21.43
61333	IRON TABS 10 MG	80	TAB	25.79	20.63
15533	MAGNESIUM LIQ 8.5Z	8.5	LIQ	26.79	21.43

FOOD SCIENCE					
55959	DIM PRO 75 MG	60	VCA	29.19	23.35
39484	DMG 125 MG AANGAMIK	90	TAB	34.79	27.83
66870	LIPOSOMAL D LIQUID	225	LIQ	12.99	10.39
66871	PROSTATE LIPOSOMAL LIQ	225	LIQ	24.99	19.99

FOUR SIGMATIC					
66881	CHAGA MUSHROOM ELIX MX	20	PAK	35	35
66879	MUSHRM COFF CORDYCEPS	10	PAK	15	15
66878	MUSHRM COFF LIONS MANE	10	PAK	15	15
66880	REISHI MUSHRM ELIX MX	20	PAK	35	35

FREEDA VITAMINS					
22741	A PALMITATE 15	100	TAB	9.45	7.56
26426	ANTI ALLERGY	100	TAB	13.95	11.16
14630	B 50 SUPER QUINTS	100	TAB	16.8	13.44
14247	B COMPLEX NO PABA/FOL	250	TAB	23.8	19.04
14246	B COMPLEX NO PABA/FOL	100	TAB	11.9	9.52
14203	B1 100	100	TAB	9.8	7.84
14239	B12 500	100	LOZ	11.45	9.16
14240	B12 500	250	LOZ	23.9	19.12
14221	B6 50	250	TAB	17.6	14.08
22279	BETAIN HCL 300	100	TAB	10.9	8.71
20253	BETAIN HCL 300	250	TAB	21.8	17.44
26428	BIOITHN 2.5 MG	100	TAB	13.8	11.04
23674	BROMELAIN 500 MG	100	TAB	13.9	11.12
14299	BUFF C PWD CAL ASCORB	16Z	PWD	47.9	38.32
14295	BUFF C TAB CAL ASCORB	100	TAB	12.95	10.36
14296	BUFF C TAB CAL ASCORB	250	TAB	26.9	21.52
14278	C 1000	100	TAB	13.45	10.76
14293	C 1000 T/R	250	TAB	31.9	25.56
14292	C 1000 T/R	100	TAB	15.95	12.76
14274	C 250	500	TAB	23.95	19.16
14273	C 250	100	TAB	7.6	6.08
14276	C 500	250	TAB	17.6	14.08

14275	C 500	100	TAB	8.8	7.04
14289	C 500 T/R	100	TAB	12.4	9.92
14269	C CRYSTALS 4 OZ	4 Z	PWD	12.2	9.76
14268	C PWD DULL C 16 OZ	16Z	PWD	38.75	31
38593	CAL CITRATE W/D	100	TAB	12.7	10.16
14310	CAL GLUCONATE	1#	PWD	25.2	20.16
14312	CAL GLUCONATE 500	500	TAB	29.9	23.92
39842	CAL MAG 800/400 CHW	100	CHW	10.9	8.71
14318	CAL MAG SUPER 1000/500	500	TAB	32.	



Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements



Ginseng Energy Blend

A combination of adaptogenic herbs resulting in a synergistic blend enhancing emotional, physical and mental energy.

1 fl oz - Regular Formula - Product Code: 56962

2 fl oz - Regular Formula - Product Code: 57087

1 fl oz - Alcohol Free - Product Code: 57068

Each type of ginseng, Red Chinese and American, and other adaptogenic herbs, such as Eleutherococcus, have traditionally different properties. The combination, along with complimentary herbs such as Licorice, Ginkgo, Fo Ti and Codonopsis, results in an energy blend for all purposes.

Who can benefit from this supplement?

- Those who are under stress, suffering from fatigue, mental "burn out," adrenal fatigue, poor immune system function.

This blend of adaptogenic herbs supports the adrenal glands, the immune system, and the nervous system.

Ingredients:

Phyto-Tech™ Ginseng Energy Blend is available in an alcohol and an alcohol free version. It contains the following herbs: Red Chinese Ginseng Root, American Ginseng Root, Eleuthero Root, Licorice Root, Ginkgo Leaf, Fo Ti Root, Codonopsis Root, Ginger Root.

Glucosamine Plus

A synergistic blend of Glucosamine, Chondroitin, MSM plus Devil's Claw for effective relief of arthritic and joint discomfort. Devil's Claw sets this formula apart due to its proven anti-inflammatory action.

120 Veggie Cap - Product Code: 67473

Who might benefit from using this product?

- Those suffering from osteo and rheumatoid arthritis

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- Those with muscle and joint pain and stiffness
- Those who participate in athletic or strenuous physical work

Ingredients:

Two veggie caps provide: Selectively Imported Glucosamine Sulfate 750mg, Selectively Imported Chondroitin Sulfate 600mg, Selectively Imported MSM (Methylsulphonylmethane) 250mg, Selectively Imported Devils Claw Root (5% Harpagosides) 50mg. Other ingredients: Modified Vegetable Cellulose, Omega 3 (Flax Seed), Natural Silica.

Indications:

Phyto-Tech™ Glucosamine Plus caps provide important nutritional support for healthy joints and connective tissue. Both glucosamine and chondroitin are major structural components found naturally in the body that promote optimal joint and connective tissue health. This unique formula combines glucosamine and chondroitin with MSM and devil's claw to provide fast and effective pain relief, while simultaneously nourishing cartilage, ligaments, and tendons, and enhancing joint lubrication flexibility, and mobility. It can be used to provide relief for conditions such as arthritis, osteoarthritis, and physical overuse or as a preventative to help maintain healthy joints and connective tissues.

Glucosamine is an amino sugar, consisting of an amino acid (glutamine) and a simple sugar (glucose), that the body uses as the structural basis for connective tissue and lubricating fluids. Amino sugars are the building blocks for molecules called glycosaminoglycans (GAGs), which are large molecules that form the glue-like matrix that holds the body together. While the body uses approximately 20 different amino sugars, the GAG's produced by glucosamine specifically are used to make cartilage, ligaments tendons, and bones. Because connective tissue is constantly being broken down by normal everyday use, the body requires a continuous supply of glucosamine to replace or restructure the broken

down tissue. Severe stress, major injuries, and aging can all reduce GAG synthesis from glucosamine. In addition, certain diseases such as osteoarthritis are associated with low GAG production. In osteoarthritis, cartilage begins to thin and breakdown causing stiffness, friction, and joint pain. Research indicates that supplementation with glucosamine sulfate may help the body make more GAG's, increasing the amount of cartilage and fluid around the joints, helping to prevent further breakdown. A clinical trial comparing the use of glucosamine sulfate and ibuprofen for pain relief in patients with TMJ osteoarthritis, reported that glucosamine provided greater relief from the pain caused by function during daily activities.

Chondroitin, found naturally in the body, is a major component of cartilage where it helps absorb fluid into the connective tissue, provides the building blocks for cartilage production, and may also help prevent cartilage break down. In osteoarthritis research, Chondroitin has been shown to reduce joint pain, swelling, and stiffness and improve joint function. A double-blind, placebo-controlled study evaluating the symptomatic effects of chondroitin in patients with osteoarthritis of the hand reported patients treated with chondroitin sulfate showed a significant increase in hand function and decrease in pain and morning stiffness compared to placebo. Studies evaluating the effects of glucosamine and chondroitin combination therapy show mixed results. However, one of the largest studies, the 2008 Glucosamine/Chondroitin Arthritis Intervention Trial (GAIT), reported that glucosamine combined with chondroitin provided statistically significant pain relief compared to placebo in patients experiencing moderate to severe pain.

MSM (Methylsulphonylmethane), a metabolite of DMSO, is a naturally occurring sulfur compound found in humans that is anti-inflammatory, analgesic, and protects cells against

... continued on page 56



A Guide to Immune Enhancing Herbal Supplements (continued)

• Cough, Sore Throat, Nasal Congestion •

Whatever the underlying cause, certain supplements already mentioned can be valuable when these symptoms present themselves:

- Sinus Decongest
- Respiratory Complex
 - Throat Spray
- Ginger Cough Tonic

For those who have an interest in Traditional Chinese Medicine, the product Phyto-Tech™ Cough Complex, described below, should be of interest.

Traditional Chinese Medicine

Cough Complex

A traditional Chinese formula for immediate respiratory system support; relieves coughs and congestion.

1 fl oz - Product Code: 57036

Phyto-Tech™ Cough Complex contains the following herbs: Houattuyenia Herb, Poria Cocus, Platycodon Root, Skullcap Root, Bitter Orange Fruit, Fritillaria Bulb, White Mulberry Root Bark, Tangerine Peel, Licorice Root, Pinellia Root, Ginger Root.

Yin Chiao Plus

A traditional Chinese Liquid Herbal Formula, traditionally used at the first sign of the common cold or flu. Can also be helpful as a preventive measure after suspected exposure to cold or flu.

1 fl oz - Product Code: 56993

Contains: Isatis indigota Root, Ilex asprella Root, Chrysanthemum morifolium Flower, Forsythia suspensa Fruit, Lonicera japonica Flower, Lophatherum gracile Herb, Pueraria lobata Root, Schizonepeta tenuifolia Herb, Grain Alcohol, Deionized Water

• Miscellaneous •

There are other immune stimulating and immune modulating herbs, and many others with anti-microbial properties.

Silver Colloid Complex

A combination containing Colloidal Silver 15ppm, Olive Leaf, and Wild Oregano Oil

1 fl oz - Product Code: 56972

Spray: 1 fl oz - Product Code: 57021

Phyto-Tech™ Silver Colloid Complex contains the following: Colloidal silver 15ppm, Olive Leaf, Wild Oregano Oil (70% Carvacrol), Deionized Water, Pure Grain Alcohol, Non-GMO Soy Lecithin

Olive Leaf 1:2

Increasingly recognized for its value as an immune system stimulant, antimicrobial agent, hypoglycemic agent and antihypertensive.

1 fl oz - Product Code: 56958

Contains Olive Leaf (Olea europaea), 250 mg/ml.

Goldenseal Root 1:5

Used by Native Americans for colds, flu, sore throat and intestinal problems.

1 fl oz - Product Code: 56950

60 Veggie Caps - 250 mg
Product Code: 60128

Each Phyto-Tech Goldenseal Veg cap contains 250 mg of certified organic Goldenseal Root.

Echinacea Root 1:2

1 fl oz - Product Code: 56945

2 fl oz - Product Code: 56980

Alcohol Free: 1 fl oz - Product Code: 56968

Contains 500 mg of certified organic Fresh Echinacea angustifolia Root per 30 drops.

90 Veg Caps - Product Code: 60129

Contains 420 mg of certified organic Echinacea Root (Echinacea angustifolia).

• For Children •

Stay Well Complex

Child Friendly. A great family immune booster for use at the first sign of cold or flu. The addition of Elderberry and Vitamin C to two forms of Echinacea enhances efficacy.

1 fl oz - Product Code: 56976

Contains Fresh Echinacea angustifolia Root, Fresh Echinacea purpurea Flower, Elderberry Berry, Vitamin C (ascorbic acid) 20 mg./ml., Vegetable Glycerin, Pure Water, Honey.

Revised April, 2017

Important Notice: The information given here is designed to help you make informed decisions about your health, and the proper use of dietary supplements. It is not intended as a substitute for medical advice, nor a substitute for any treatment that may have been prescribed by your doctor. If you have a medical problem, you should seek medical help. Products described herein are not intended to diagnose, treat, cure or mitigate disease.



Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements



oxidative damage. It helps reduce joint pain, improve joint movement, and prevent muscle damage. A clinical trial evaluating the effects of MSM on patients with osteoarthritis reported that MSM supplementation reduced pain and improved physical function compared to placebo. Another study comparing the efficacy of glucosamine, MSM, and their combination on pain relief in knee osteoarthritis found that combination therapy reduced swelling and provided greater pain relief and improved joint function than individual therapy.

Devil's Claw, a tuber from Africa contains harpagosides, glycosides that reduce inflammation in the joints. It is used to alleviate arthritic and overuse symptoms, and is effective for both chronic and acute joint pain. It acts as an analgesic in joints and seems to calm down inflammatory conditions in the connective tissue. It can also help reduce chronic muscle pain, such as is found in fibromyalgia. Published studies have shown Devil's Claw to be as effective as certain popular arthritis drugs.

Contra-indications and Cautions: Pregnancy, Nursing. Those allergic to shellfish

Dosage:

Take 2 capsules, 2 times per day with water.

Glycemic Support Complex

A blend of herbs designed to normalize blood sugar metabolism

90 Veggie Caps - Product Code: 67453

Who might benefit from using this herbal blend?

- Those with hypoglycemia, insulin resistance, sugar cravings,
- Those with energy and mood swings related to blood sugar levels

Ingredients:

Important Notice: The information given here is designed to help you make informed decisions about your health, and the proper use of dietary supplements. It is not intended as a substitute for medical advice, nor a substitute for any treatment that may have been prescribed by your doctor. If you have a medical problem, you should seek medical help. Products described herein are not intended to diagnose, treat, cure or mitigate disease.

Each veggie capsule contains the following fresh ground herbs: Organic Cinnamon Bark - 200mg, Ethically Wild Harvested Nopal Opuntia Cactus - 100mg, Selectively Imported Gymnema Herb (25% Gymnemic Acid) - 45mg, Selectively Imported Bitter Melon Fruit - 45mg, Organic Fenugreek Seed - 45mg, Chromium (as nicotinate) - 240 mcg (200% DV), Stevia Leaf Extract - 5mg, in a vegetarian capsule consisting of Modified Vegetable Cellulose

Dosage:

Serving Size: 1 Veggie Cap

Properties:

Traditionally, this combination of herbs would be thought to exert the following properties: Hypoglycemic, Hypolipidemic, Digestive, Stomachic, Antioxidant, Anti-Inflammatory

Indications:

In simple terms, Glycemic Support Complex supports healthy glucose metabolism and insulin activity. It is indicated for those with adult onset type 2 diabetes and those with pre-diabetes to assist in controlling elevated glucose and lipid concentrations. It can also be used by healthy individuals to maintain normal blood sugar levels and avoid future problems.

Cinnamon has been extensively researched for its potential treatment of blood sugar swings and type 2 diabetes. In type 2 diabetes, insulin made by the pancreas can no longer get into cells to produce energy. Since the cells are not getting the insulin they need, the pancreas continues making more and more. Abnormally high levels of insulin that accumulate in the blood lead to many complications including cardiovascular disease, stroke,, hypertension, hyperlipidemia, kidney disease, and blindness. Extracts of Cinnamon have been found to increase glucose uptake, glycogen synthesis and phosphorylation of the insulin receptor. In addition, Cinnamon also has antioxidant activity important for the

prevention of diabetes related complications.

Nopal Opuntia Cactus, also known as prickly pear cactus, is believed to have anti-diabetic, anti-inflammatory and antioxidant activity. Traditionally the plant was used as both a medicine and as a source of nourishment. Its chemical composition is similar to that of a vegetable and it has been used as a food in the Mexican diet for centuries. It contains an abundant amount of mucilage and fiber which very likely play a role in its ability to delay glucose absorption. A study investigating its hypoglycemic effects in humans found a significant reduction of serum glucose and insulin concentration in diabetic patients treated with Nopal. Another study's findings suggest that Nopal can reduce postprandial blood glucose, serum insulin and plasma GIP peaks, as well as increase antioxidant activity in healthy people and patients with type 2 diabetes.

Gymnema has been used for centuries in India for the treatment of type 2 diabetes. It increases insulin secretion and utilization of glucose, inhibits glucose absorption from the intestine, and helps regenerate pancreatic islet cells. The gymnemic acid molecules found in Gymnema promote lowered blood sugar by attaching to the external layers of the intestine and preventing sugar molecules from being absorbed. In addition, these molecules also bind to taste buds in the mouth, which is why Gymnema is believed to prevent sugar cravings.

Bitter Melon's steroidal glycosides, alkaloids and insulinomimetic lectins are believed to be responsible for its anti-diabetic effects. In studies, Bitter Melon extracts have been found to significantly improve glucose tolerance and fasting blood glucose levels. It has also been reported to stimulate insulin secretion and prevent glucose absorption.

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Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)



14477	INOSITOL 650 TAB	250	TAB	31.9	25.52
14476	INOSITOL 650 TAB	100	TAB	15.95	12.76
63186	K2 VITAMIN 40 MCG	90	TAB	13.8	11.04
14482	KALA SOY BEAN ACIDOPH	250	TAB	18.95	15.16
14487	KELP PACIFIC	100	TAB	7.65	6.12
14488	KELP PACIFIC	250	TAB	15.3	12.24
63185	LUTEIN 6 MG	100	TAB	17.95	14.36
14506	LYSINE 500 TAB	100	TAB	10.7	8.55

Please Note: The prices in this listing are the normal, day-to-day Willner Chemists discounts. Be sure to check the Sale listings for additional discounts! See back page, or www.willner.com

14507	LYSINE 500 TAB	250	TAB	20.95	16.76
14509	MAG CARBONATE PWD	1#	PWD	21.7	17.36
14341	MAG CHELATED 100 MG	100	TAB	10.8	8.64
23491	MAG CITRATE 100 MG	250	TAB	23.2	18.56
14511	MAG GLUCONATE 500	500	TAB	29.95	23.96
14510	MAG GLUCONATE 500	100	TAB	8.95	7.16
14513	MANGANESE GLUCONATE 50	100	TAB	7.75	6.2
14518	MONOCAPS	100	TAB	15.45	12.36
14519	MONOCAPS	250	TAB	30.9	24.72
14531	NIACIN 100 TAB	100	TAB	7.95	6.36
26437	NIACIN 500 MG	100	TAB	12.6	10.08
30114	NIACINAMIDE 500 MG	500	TAB	34.8	27.84
14538	NIACINAMIDE 500 TAB	100	TAB	9.8	7.84
62834	OXI FREEDA	60	TAB	22.9	18.32
14562	PAN C 500	250	TAB	27.8	22.24
14581	PARVENZYME	250	TAB	21.9	17.52
14580	PARVENZYME	100	TAB	10.95	8.76
14592	POT 80 MG GLUCONATE	250	TAB	17.6	14.08
41514	PRENATAL ONE DAILY	100	TAB	16.9	13.52
14595	QUERCETIN 250	100	TAB	26.95	21.56
14596	QUERCETIN 250	250	TAB	52.9	42.32
14593	QUERCETIN 50	100	TAB	10.5	8.4
14598	QUIN B STRONG 25	250	TAB	23.9	19.12
14600	QUIN B STRONG W/C/ZINC	100	TAB	17.95	14.36
14601	QUIN B STRONG W/C/ZINC	250	TAB	35.95	28.76
14606	QUINTABS M	100	TAB	18.45	14.76
38222	QUINTABS M IRON FREE	100	TAB	18.2	14.56
38318	QUINTABS M IRON FREE	250	TAB	36.4	29.12
14611	QUINTABS M	100	TAB	8.25	6.6
51728	SCD MULTIVIT HI PD	180	TAB	39.95	31.96
14549	SELENIUM OCEANIC 200	250	TAB	33.2	26.56
14548	SELENIUM OCEANIC 200	100	TAB	16.6	13.28
14542	SELENIUM OCEANIC 50	100	TAB	9.6	7.68
14631	SUPER QUINTS B 50	250	TAB	33.6	26.88
14632	SUPER QUINTS B 50	500	TAB	54.8	43.84

14653	ULTRA FREEDA	270	TAB	56.4	45.12
14654	ULTRA FREEDA IRON FREE	90	TAB	25.2	20.16
14656	ULTRA FREEDA IRON FREE	270	TAB	56.3	45.04
14655	ULTRA FREEDA IRON FREE	180	TAB	40.8	32.64
14662	YELETS TEENAGE MULTI	100	TAB	12.75	10.2
14353	ZINC 22.5 CHELATED	100	TAB	9.5	7.6
14664	ZINC ELEMENTAL 30	100	TAB	9.8	7.84
14669	ZINC LOZ 10	100	LOZ	13.3	10.64

FRUITRIENTSX					
67439	IRVINGIA GABON 150 MG	60	VCA	25.95	20.76
62056	IRVINGIA GABON 150 MG	60	VCA	25.95	20.76
62058	MORINGA 800 MG	60	VCA	16.95	13.56
62059	SEA BUCKTHORN 500 MG	60	VCA	18.95	15.16

FUNGI PERFECTI					
57925	AGARIKON 500 HOST DEF	60	VCA	34.95	31.45
65337	BREATHE VCAP HOST DEF	60	VCA	31.95	28.75
65336	BREATHE VCAP HOST DEF	30	VCA	19.95	17.95
57929	CHAGA 500 HOST DEFENSE	60	VCA	31.95	28.75
67052	CHAGA EXT	1 Z	LIQ	19.95	17.95
57926	CORDYCEPS 500 HOST DEF	60	VCA	31.95	28.75
57934	CORDYCEPS 500 HOST DEF	120	VCA	59.95	53.35
57927	CORDYCHI 500 HOST DEF	60	VCA	31.95	28.75
65340	CORDYCHI EXT HOST DEF	1 Z	LIQ	19.95	17.95
57923	LIONS MANE 500 HOST DEF	60	VCA	31.95	28.75
65960	LIONS MANE 500 MG HOST	120	CAP	59.95	53.95
57932	MAITAKE 500 HOST DEF	60	VCA	31.95	28.75
62482	MYCO SHIELD PEPP SPRAY	1 Z	SPY	19.95	17.95
59185	MYCOMMUNITY EXTRACT	2 Z	LIQ	39.95	35.95
65334	MYCOMMUNITY EXTRACT	1 Z	LIQ	19.95	17.95
57931	MYCOMMUNITY HOST DEF	120	VCA	69.95	62.95
57930	MYCOMMUNITY HOST DEF	60	VCA	39.95	35.95
57935	REISHI 500 HOST DEF	120	VCA	59.95	53.95
57924	REISHI 500 MG HOST DEF	60	VCA	31.95	28.75
65339	REISHI LIQ HOST DEF	1 Z	LIQ	19.95	17.95
66669	REISHI LIQ HOST DEFENS	2 Z	LIQ	36.95	33.25
57928	STAMETS 7 HOST DEFENSE	60	VCA	37.95	34.15
65961	STAMETS 7 HOST DEFENSE	120	CAP	59.95	53.95
61625	TURKEY TAIL 500 HOST	120	VCA	59.95	53.99
57922	TURKEY TAIL 500 HST DF	60	VCA	31.95	28.75

FUTUREBIOTICS					
33198	CHOLESTA LO TAB	120	TAB	17.95	14.36
51837	CRANBIOTIC	60	TAB	26.99	21.59
17581	HAIR SKIN NAILS WOMEN	135	TAB	23.99	19.19
27358	MULTI VIT + F/WOMEN	120	TAB	21.99	17.59
28122	PRESSURE LO	270	TAB	39.99	31.91
51095	STRESS ASSIST	60	VCA	24.99	19.99
25390	VITAL K + GINSENG	16Z	LIQ	15.99	12.79

GAIA HERBS					
51025	ADRENAL HEALTH	60	CAP	29.99	26.99
63936	ADRENAL HEALTH	120	CAP	49.99	44.99
66742	ADRENAL HLTH JUMP STRT	60	LVC	34.99	31.49
66741	ADRENAL HLTH NIGHT RST	60	LVC	29.99	26.99
62702	ASHWAGANDHA ROOT	60	CAP	24.99	22.49
43585	ASTRAGALUS SUPREME	60	CAP	29.99	26.99
27342	ASTRAGALUS SUPREME	1 Z	LIQ	12.99	11.69
44281	BLACK COHOSH EXT 80 MG	60	CAP	27.99	25.19
40123	BLACK ELDERBERRY	60	CAP	27.99	25.19
60640	BLACK ELDERBERRY KIDS	3 Z	LIQ	19.99	17.99
56192	BLACK ELDERBERRY NIGHT	3 Z	LIQ	21.99	19.79
56193	BLACK ELDERBERRY NIGHT	5.4	LIQ	32.99	29.69
56191	BLACK ELDERBERRY SYRUP	5.4	LIQ	32.99	29.69
56190	BLACK ELDERBERRY SYRUP	3 Z	LIQ	21.99	19.79
56189	BRONCHIAL WELLNESS SYR	5.4	LIQ	24.99	22.49
60215	BRONCHIAL WELLNESS TEA	20	BAG	7.99	7.19
67087	CAT CLAW GAH	1 Z	LIQ	12.99	11.69
51861	CHASTE TREE BERRY	1 Z	LIQ	12.99	11.69
51958	CINNAMON BARK	60	GEL	25.99	23.39
65071	CINNAMON BARK G	1 Z	LIQ	12.99	11.69
67665	CORDYCEPS + MUSHR + HERBS	60	VCA	31.99	28.79
63501	COUGH SYRUP KIDS A/F	3 Z	LIQ	19.99	17.99
66743	DAILY WELLBEING WOMEN	60	VCA	39.99	35.99
45615	DANDELION ROOT	1 Z	LIQ	13.99	12.59
31146	DONG QUAI SUPR CHINE	2 Z	LIQ	26.99	24.29
24017	ECHIN GOLDENSEAL GLYC.	1 Z	LIQ	12.99	11.69
38149	ECHIN GOLDENSEAL SUPREME	60	CAP	29.99	26.99
37482	ECHIN GOLDENSEAL SUPREME	1 Z	LIQ	12.99	11.69
39601	ECHIN RED ROOT SUPR	1 Z	LIQ	12.99	11.69
38148	ECHIN SUPREME	60	SGC	29.99	26.99
23168	ECHIN SUPREME	1 Z	LIQ	13.99	12.59
37481	ECHIN SUPREME	2 Z	LIQ	25.99	23.39
24900	ECHIN/GOLDE/PROP/SPRAY	1 Z	LIQ	13.99	12.59
57425	ECHINACEA SUPREME	30	CAP	17.99	16.19
28438	ELDERBERRY EXTRACT	2 Z	LIQ	23.99	21.59
38167	ELEUTHERO ROOT	60	SGC	27.99	25.19
38150	ENERGY VITALITY	60	SGC	29.99	26.99
67669	EVERYDAY IMMUNE MUSH +	60	VCA	34.99	31.49
60638	FRESH BREATH SPRAY	.5Z	SPY	7.5	6.75
57208	GAS & BLOATING CAP	50	CAP	24.99	22.49
55203	GINGER SUPREME	60	CAP	34.99	31.49
38152	GINKGO LEAF	60	SGC	29.99	26.99
24221	GINSENG WILD SUPREME	1 Z	LIQ	21.99	19.79
67623	GOLDEN MILK 105GM	105	PWD	19.99	17.99
24678	GOLDENSEAL ROOT	1 Z	LIQ	14.99	13.49
56099	GREEN TEA	60	VCA	27.99	25.19
31150	HAWTHORN BERRY A/F	2 Z	LIQ	24.99	22.49
24011	HAWTHORN BERRY A/F	1 Z	LIQ	12.99	11.69
38153	HAWTHORN SUPREME	60	SGC	29.99	26.99
38572	HAWTHORN SUPREME	2 Z	LIQ	25.99	23.39

54421	HOLY BASIL	1 Z	LIQ	13.99	12.59
51194	HOLY BASIL	60	CAP	29.99	26.99
63502	HOLY BASIL LEAF	120	VCA	49.99	44.99
62886	IRON LIQ PLANTFORCE	8.5	LIQ	25.99	23.39
38154	KAVA KAVA	60	LIQ	29.99	26.99
43695	KAVA KAVA ROOT	1 Z	LIQ	14.79	13.31
62273	KAVA KAVA ROOT XTRA ST	2 Z	LIQ	51.99	46.79
44282	LACTATION SUPPORT	60	SGC	26.99	24.29
62555	LACTATION SUPPORT TEA	20	BAG	7.99	7.19
30410	LEMON BALM	1 Z	LIQ	12.99	11.69
29766	LICORICE ROOT	1 Z	LIQ	12.99	11.69
67668	LIVER DEFENSE MUSH + HRB	60	VCA	34.99	31.49
38482	LIVER HEALTH LP	60	CAP	29.99	26.99
64072	MACA	60	CAP	19.99	17.99
63503	MACA PWD ORG GELAT	16Z	PWD	29.99	26.99
65413	MACA PWD ORG GELATINZ	8 Z	PWD	17.99	16.19
65706	MACABOOST CACAO GINGER	8 Z	PWD	24.99	22.49
38155	MALE LIBIDO	60	SGC	27.99	25.19
40130	MENTAL ALERTNESS	60	CAP	29.99	26.99
67667	MENTAL CLARITY MSH + HRB	60	VCA	34.99	31.49
38157	MILK THISTLE SEED	60	SGC	29	

Jarrow
FORMULAS

NEW



Jarro-Dophilus® ORAL PROBIOTIC

PROMOTES HEALTH OF THE GUMS & TEETH & BETTER BREATH*

Jarro-Dophilus® Oral Probiotic lozenges contain *Lactobacillus brevis* CECT 7480 and *Lactobacillus plantarum* CECT 7481, two documented strains that have been shown in scientific studies to help promote the health of the gums and teeth and promote better breath.*



Jarro-Dophilus® Oral Probiotic
Natural Pineapple Flavor - JRW67392

Jarro-Dophilus® Oral Probiotic
Natural Fresh Peppermint Flavor - JRW67391

Jarro-Dophilus® Oral Probiotic
Natural Green Apple Flavor - JRW67442

The use of *Lactobacillus brevis* CECT 7480 and *Lactobacillus plantarum* CECT 7481 for oral health is protected by US Patent No. 9,192,634 B2.

VISIT US AT WWW.JARROW.COM FOR MORE PRODUCT INFORMATION

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

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Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements



Fenugreek seed has been shown in studies to reduce blood glucose, serum cholesterol and carbohydrate-induced hyperglycemia. It is high in fiber, saponins, and alkaloids, which are believed to be responsible for its beneficial effects on blood sugar. It has also been found to have anti-inflammatory and diuretic properties

The trace mineral Chromium assists the body in utilizing insulin. Reports indicate that Chromium deficiency may cause metabolic abnormalities such as insulin-resistance and hyperlipidemia. Studies have found niacin-bound chromium (Chromium nicotinate) to be effective in improving insulin resistance, reducing cholesterol levels, and improving body composition.

Stevia is an herb that is 250-300 times sweeter than table sugar, however it does not negatively alter blood glucose and thus can be used as a sweetener for those with blood sugar swings, diabetics and anyone wanting to avoid sugar. Research has shown it may be effective in regulating blood sugar levels and lowering blood pressure.

Contra-indications and Cautions: Allergy to Cinnamon or Peruvian Balsam; Pregnancy; Nursing

Complimentary Formulas & Single Herbs:

- Adrenal Stress Complex (liquid formula to help the body regulate sugar and energy)
- B-Complex vitamins

Dosage:

Take 1 veggie cap 1-3 times per day or as directed by health care professional..

Goldenseal Root 1:5

Used by Native Americans for colds, flu, sore throat and intestinal problems.

1 fl oz - Product Code: 56950
60 Veggie Caps - Product Code: 60128

Who can benefit from taking this herbal supplement?

- Those with infections of any mucosal tissue, including the respiratory tract, urinary tract, digestive tract, reproductive tract and gum infections.

The anti-microbial activity of Goldenseal may be due to two alkaloids, hydrastine and berberine.

Ingredients:

Goldenseal is in serious danger of over-harvesting in the wild, so only organically cultivated goldenseal should be used. This is what is used in Phyto-Tech™ Goldenseal Root 1:5. Also available in a vegetarian capsule form. Each Phyto-Tech™ Goldenseal veggie cap contains 250 mg of certified organic Goldenseal Root.

Echinacea Goldenseal

90 Veggie Caps - Product Code: 60125

Ingredients:

Each Phyto-Tech™ Echinacea Goldenseal veggie capsule contains the following: Echinacea angustifolia Root, 150 mg; Echinacea purpurea Herb, 100 mg; Echinacea purpurea Root, 100 mg; Goldenseal Root, 100 mg. 100% Vegetarian. Certified Organic.

Gotu Kola 1:1.5

1 fl oz - Product Code: 57010

Green Tea Guo

A rich source of phyto-antioxidants, including EGCG, the list of research-proven health benefits of Green Tea continues to grow.

1 fl oz - Regular Flavor - Product Code: 56944
2 fl oz - Regular Flavor - Product Code: 57098
1 fl oz - Peach Flavor - Product Code: 56998
90 Veggie Caps - Product Code: 60126

The Phyto-Tech™ Green Tea Guo formulas contain Whole Green Tea Leaf and Green Tea Extract, standardized at 90% polyphenols, 50% EGCG. such that one dropper full has the same antioxidant content as 10 cups of regular green tea. In addition, the product is sweetened with natural stevia and the popular Chinese herb, Luo Han Guo. Luo Han Guo is considered a longevity booster, and is commonly used for numerous health problems in China.

Who can benefit from this supplement?

- The easy answer is everyone. As a healthy beverage, just squirt one dropperful into a glass of hot or cold water. The powerful antioxidants will exert a protective effect against free radical damage. It is felt that free radicals contribute to cancer risk, aging, inflammation damage, cardiovascular damage, and immune system deterioration. In addition, green tea has been shown in numerous studies to assist in weight loss.

Ingredients:

Please note that one dropperful of Phyto-Tech™ Green Tea Guo contains less than 2 mg caffeine. A regular cup of coffee contains from 100 to 150 mg of caffeine. All Phyto-Tech™ Green Tea Guo preparations are alcohol free. One is naturally peach flavored. Also available in a veggie cap. Each Phyto-Tech™ Green Tea capsule contains Green Tea Extract (98% polyphenols, 50% EGCG) 250 mg, and full spectrum Green Tea Leaf, 200 mg.

Green Walnut Complex

1 fl oz - Product Code: 57034

Hawthorn Berry 1:3

1 fl oz - Product Code: 56964
90 Veggie Caps - Product Code: 60132

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Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)



54287	STRESS REPOSE	30	CAP	17.99	16.19	61478	FIBER RAW	200	PWD	19.99	16.99	65292	PLANT PROT ORG VAN SMT	9 Z	PWD	30.99	26.34	64566	WOMENS MULTI KIND ORG	60	TAB	51.99	44.19	
29543	SWEETISH BITTER ELIXIR	2 Z	LIQ	17.99	16.19	59354	FIBER RAW	600	PWD	35.99	30.59	65291	PLANT PROT ORG YERBA MT	9 Z	PWD	30.99	26.34	64567	WOMENS MULTI KIND ORG	120	TAB	83.99	71.39	
38369	THYROID SUPPORT	60	SGC	29.99	26.99	66480	FITBIOTIC 50 BILL PAK	20	PAC	46.99	39.94	57495	PRENATAL DHA OCEAN MOM	30	SGC	19.99	16.99	64571	WOMENS ONCE DAILY KIND	30	TAB	30.99	26.34	
61903	THYROID SUPPORT	120	CAP	46.99	42.29	63708	FLORA CLEANSE RAW	60	CAP	49.99	42.49	64561	PRENATAL MULTI KIND ORG	180	TAB	83.99	71.39	64570	WOMENS ONCE DAILY KIND	60	TAB	51.99	44.19	
65701	TURMERIC BOOST RESTORE	5.2	PWD	29.99	26.99	53607	FUCO THIN	90	SGC	56.99	48.44	64560	PRENATAL MULTI KIND ORG	90	TAB	46.99	39.94	66122	WOMENS PROB ONCE DAILY	30	VCA	41.99	35.69	
65700	TURMERIC BOOST UPLIFT	5.2	PWD	29.99	26.99	62782	FUCO THIN GREEN	90	CAP	54.99	46.74	66093	PRENATAL ONCE DAILY OG	30	TAB	41.99	35.69	62235	ZINC 30 MG RAW VIT COD	60	VCA	13.6	11.56	
56313	TURMERIC EXTRA STRENG	60	CAP	29.99	26.99	38726	GOATEIN PWD	450	PWD	69.99	59.49	66094	PRENATAL ONCE DAILY OG	90	TAB	104.99	89.24							
66483	TURMERIC SUPR IMM ASAP	20	LVC	29.99	26.99	57655	GROW BONE	KIT	KIT	61.99	52.69	67203	PRENATAL PRB SHLF ONCE	30	CAP	25.99	22.09							
64292	TURMERIC SUPREME ALLER	60	VCA	29.99	26.99	62233	HEALTHY BLOOD VIT CODE	60	VCA	16.75	14.23	67204	PRENATAL PROB ZOB ONCE	30	CAP	25.99	22.09	24297	ALOE HEAVENLY CHERRY	33	LIQ	36.95	33.25	
64289	TURMERIC SUPREME EXTRA	120	VCA	49.99	44.99	66095	IRON + HERBS PLNT LIQ	5 Z	LIQ	30.99	26.34	60716	PRENATAL RAW VIT CODE	180	VCA	65.99	56.09	39199	ANTIOXIDANT SUPER	90	CAP	65.4	58.86	
64295	TURMERIC SUPREME JOINT	60	VCA	29.99	26.99	57744	IRON 22 MG RAW VIT COD	30	VCA	16.99	14.44	57920	PRENATAL RAW VIT CODE	90	VCA	44.99	38.24	66100	BERRY POWER BLAST	500	PWD	119.99	107.99	
64290	TURMERIC SUPREME PAIN	60	VCA	29.99	26.99	62234	K COMPLEX RAW K1/K2	60	VCA	30.99	26.34	62524	PRENATAL RAW VIT CODE	30	CAP	22.99	19.54	23457	CAL MAG SUPER	120	CAP	16.4	14.76	
26098	VALERIAN POPPY SUPREME	1 Z	LIQ	12.99	11.69	59002	KIDS MULTI VITAM CODE	30	CHW	17.99	15.29	51694	PRIMAL DEFENS ULTRA	90	CAP	56.99	48.44	67292	CARDIO STUFF PWD	500	PWD	99.99	89.98	
38170	VALERIAN ROOT EXT 100	60	SGC	27.99	25.19	59001	KIDS MULTI VITAM CODE	/60	CHW	29.99	25.49	38886	PRIMAL DEFENSE IMM PWD	2.8	PWD	51.99	44.19	34519	FIBER STUFF	.99	PWD	34.95	31.45	
56103	VALERIAN ROOT LIQ ORG	1 Z	LIQ	13.99	12.59	67378	KIDS + PROBIOT ORG CHW	30	CHW	24.99	21.24	38252	PRIMAL DEFENSE IMMUNE	90	CPL	51.99	44.19	38494	FRESH BRATH MOUTH MINT	16 Z	LIQ	11.99	10.79	
38410	VISION ENHANCEMENT	60	SGC	29.99	26.99	56785	LOVELY LEGS	30	VCA	33.99	28.89	50192	PRIMAL DEFENSE IMMUNE	180	CPL	89.99	76.49	23780	GARLIC COMPLEX SUPER	60	TAB	14.4	12.96	
63993	VITEX BERRY	60	CAP	19.99	17.99	67197	MAG RELAX REST ORANGE	196	PWD	22.95	19.5	59645	PROBIOTICS KIDS ORG RW	96	PWD	29.99	25.49	64414	MUSCLE STUFF VANILLA	1.5	PWD	39.99	35.99	
28934	VITEX ELIXIR FOR WOM	2 Z	LIQ	14.99	13.49	67197	MAG RELAX REST ORANGE	391	PWD	39.95	33.45	59988	PROBIOTICS MEN 50 & RW	90	CAP	54.99	46.74	32922	PROSTATE CARE	60	CAP	29.95	26.95	
52379	WHOLE BODY DEFENSE	60	CAP	29.99	26.99	67200	MAG RELAX REST ORIG	190	PWD	22.95	19.5	59351	PROBIOTICS MEN RAW	90	CAP	54.99	46.74	44688	RED STUFF PWD	500	PWD	111.4	100.26	
59915	WILD OATS MILKY SEED	1 Z	LIQ	13.99	12.59	67201	MAG RELAX REST ORIG	381	PWD	39.95	33.45	59987	PROBIOTICS WOMEN 50 &	90	CAP	54.99	46.74	62296	SHAMPOO NATURAL HAIR	16 Z	LIQ	29.99	26.99	
38161	WOMENS BALANCE	60	SGC	29.99	26.99	67198	MAG RELAX REST STR LEM	230	PWD	22.95	19.5	59350	PROBIOTICS WOMEN RAW	90	CAP	54.99	46.74	58936	SUPREMA C ADVANCED CAP	240	CAP	83.95	75.55	
38171	WOMENS LIBIDO	60	SGC	27.99	25.19	67199	MAG RELAX REST STR LEM	461	PWD	39.95	33.45	67206	PROSTATE PROBIOTIC	60	CAP	46.99	39.94	25601	SUPREMA C CHERRY	180	CHW	29.4	26.46	
22985	WORMWOOD BLACK WALNUT	1 Z	LIQ	15.99	14.39	56811	MEN MULTI RAW ONE	75	VCA	39.99	33.99	65180	RAW FIT POWDER CHOC	450	PWD	47.99	40.79	14682	SUPREMA C PWD STRAWBRY	24 Z	PWD	53.4	48.06	
						64565	MENS 40 + MULTI KIND ORG	120	TAB	83.99	71.39	63197	RAW FIT POWDER ORG	16 Z	PWD	47.99	40.79	67234	TOTAL BODY MOIST	4.5	CRM	48.99	44.09	
						64564	MENS 40 + MULTI KIND ORG	60	TAB	51.99	44.19	63887	RAW FIT PWD ORG COFFEE	16 Z	PWD	47.99	40.79	38137	TPST CLEAN TEETH	5 Z	TUB	9.99	8.99	
						64562	MENS MULTI KIND ORG	60	TAB	51.99	44.19	65181	RAW FIT PWD VAN ORG	420	PWD	47.99	40.79							
						64563	MENS MULTI KIND ORG	120	TAB	83.99	71.39	58031	RAW MEAL POWDER	2.6	PWD	62.99	53.54							
						58013	MENS MULTI RAW VIT COD	120	TAB	44.99	38.24	64529	RAW MEAL POWDER ORG	1.3	PWD	33.99	28.89							
						64469	MENS ONCE DAILY KIND OG	30	TAB	30.99	26.34	64282	RAW MEAL POWDER VAN	17 Z	PWD	33.99	28.89	59937	GENACOL COLLAGEN 1200	90	CAP	19.99	17.99	
						64557	MENS ONCE DAILY KIND OG	60	TAB	51.99	44.19	61558	RAW MEAL PWD CHOC	2.6	PWD	62.99	53.54	60209	GENACOL COLLAGEN 1200	180	CAP	29.99	26.99	
						66123	MENS PROB ONCE DAILY	30	VCA	41.99	35.69	64283	RAW MEAL PWD CHOC COC	21 Z	PWD	33.99	28.89	59936	GENACOL INST TOPIC GEL	4 Z	GEL	19.99	17.99	
						66118	MOOD PLUS PROBIOTICS	60	CAP	46.99	39.94	64281	RAW MEAL PWD VAN CHAI	21 Z	PWD	33.99	28.89	64724	GENACOL PLUS GLUCOSAM	90	CAP	24.99	22.49	
						67205	MOOD PROBIOTIC	60	CAP	46.99	39.94	61559	RAW MEAL PWD VANILLA	2.5	PWD	62.99	53.54							
						59000	MULTI LIQ VITAMIN CODE	30 Z	LIQ	51.99	44.19	63202	RAW MEAL CRE VBN CHI OG	2.5	PWD	62.99	53.54							
						57204	OMEGA 3 BEYOND	60	SGC	33.99	28.89	63203	RAW PROT PWD VN CHI OG	22 Z	PWD	46.99	39.94	63052	CINNAMON 500 MG ORG	60	CAP	17.99	14.39	
						40345	OMEGA ZYME	90	CPL	43.99	37.39	61556	RAW PROTEIN CHOC ORG	650	PWD	46.99	39.94	63049	COQ10 100 24 HR MICRO	60	VCA	31.99	25.59	
						51695	OMEGA ZYME ULTRA	90	CAP	51.99	44.19	58032	RAW PROTEIN ORGANIC	568	PWD	46.99	39.94	63063	PTEROSTILBENE 100 MG	60	VCA	29.99	23.99	
						67135	ONCE DAILY ULTRA	30	CAP	51.99	44.19	61557	RAW PROTEIN VAN ORG	631	PWD	46.99	39.94	63046	R LIPOIC ACID 300 MG	60	VCA	49.99	39.99	
						38079	PERFECT FOOD	150	CPL	51.99	44.19	60675	RESVERATROL RAW VT CD G	60	CAP	54.99	46.74	63053	TURMERIC 300 MG ORG	60	CAP	19.99	15.99	
						63954	PERFECT FOOD ALKAL DTX	285	PWD	44.99	38.24	39990	RM # 10	60	CPL	46.99	39.94							
						61560	PERFECT FOOD PWD CH RW	285	PWD	44.99	38.24	6232												

are your
digital
devices

helpful OR hurtful



We are addicted to digital devices, but you may not know how harmful they are to your eyes.

Blue light from digital devices causes eye strain, headaches, dry eye, fatigue and contributes to long term damage. Blutein™ Protection is formulated to shield you from the damaging effects of blue light.[§] Text, email, play and work without technology slowing you down.

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TWINLAB®

you
need
this



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

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Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)



GET REAL NUTRITION

60972	SUPERFRUIT 3 6 7 9 BLN	90	SGC	24.99	24.99
66541	OMEGA BRAIN REAL ORG	90	CAP	39.95	33.45
66536	PROBIOTIC BRAIN RL OG	90	CAP	46.95	39.9
66537	PROBIOTIC CLEANSE RL O	90	CAP	46.95	39.9
66534	PROBIOTIC FIT REAL ORG	90	CAP	46.95	39.9
66545	SUPERJUICE BRAIN FERM	120	PWD	34.95	29.7
66543	SUPERJUICE IMMUNE FERM	120	PWD	34.95	29.7

GIOVANNI

31176	CONDIT DIRECT LEAVE IN	8 Z	LIQ	8.95	7.16
29532	CONDIT SMOOTH AS SILK	8 Z	LIQ	8.95	7.16
29531	CONDITONER 50/50 BAL	8 Z	LIQ	8.95	7.16
31178	Hair Thickener	8 Z	MIS	8.95	7.16
31180	L.A. HOLD HAIR SPRAY	8 Z	SPY	8.95	7.16
29529	SHAMPOO 50/50 BALANCED	8 Z	LIQ	8.95	7.16
67449	SHAMPOO ANTI DANDRUFF G	8.5	LIQ	11.99	9.59
61087	SHAMPOO SMOOTH AS SILK	8.5	LIQ	8.95	7.16

GODDESS GARDEN ORGANIC

65762	SUNSCREEN BABY SPF 30	3.4	LOT	12.99	10.39
67177	SUNSCREEN EVERY SPF 30	8 Z	SPY	17.99	14.39
65765	SUNSCREEN EVRDY SPF 30	6 Z	LOT	17.99	14.39
66848	SUNSCREEN EVRDY SPF30	3.4	LOT	12.99	10.39
65763	SUNSCREEN FACE SPF 30	3.4	LOT	14.99	11.99
67178	SUNSCREEN KIDS SPF 30	3.4	CRM	12.99	10.39
65764	SUNSCREEN KIDS SPF 30	6 Z	LOT	17.99	14.39
66847	SUNSCREEN SPORT SPF 30	6 Z	SPY	22.99	20.69
65766	SUNSCREEN SPORT SPF 30	30	SPY	17.09	15.38
65768	SUNSCREEN SPRAY SPF 30	6 Z	SPY	22.99	20.69

GREEN FOODS

58269	CHLORELLA 200 MG ORG	300	TAB	18.99	15.19
40195	GREEN MAGMA PWD	11Z	PWD	54.99	43.99
17479	GREEN MAGMA USA PWD OZ	5.3	PWD	32.99	26.39
17480	GREEN MAGMA USA TAB	250	TAB	27.55	22.04
30057	MAGMA PLUS 10.5 OZ	10.	PWD	43.99	35.19
64753	MATCHA GREEN TEA PWD	2 Z	PWD	20	16

GREENS +

61487	GREENS PLUS PWD ORG BR	8.4	PWD	27.89	22.31
59182	GREENS PLUS PWD ORG CH	240	PWD	30.99	24.79
23479	MULTI ADV RAW SUPERFD	9.4	PWD	51.69	41.35
62409	MULTI ADV VAN CHAI	9.4	PWD	49.99	44.99
61493	OMEGA 3 CHIA SEED ORG	11B	SED	22.69	18.15
59183	SUPERFOOD RAW PWD OP	240	PWD	30.99	24.79

HEALTH AID AMERICA

61070	ADRENO MAX A/F SPRAY	1 Z	SPY	20.49	18.44
64181	FEMPROBIO 50 BILL VAGN	30	CAP	39.99	35.99
63626	GARLIC BLACK ODORLESS	30	CAP	20.99	18.89
63590	HAIR VIT ONE A DAY	30	SGC	25.99	23.39
58926	IMMUPROBIO 50 BILLION	30	VCA	37.99	34.39
62274	IMMUPROBIO 50 BILLION	60	VCA	67.99	61.19
65505	ORALPROBIO 2 BILL CHW	30	CHW	26.99	24.29
64182	SENIORPROBIO 30 BILL	30	CAP	31.49	28.34
43952	SIBERGIN SIBER ELEUT	30	SGC	31.99	28.79

HEALTH CONCERNS

30080	8 TREASURERS	90	TAB	21.5	21.5
29321	ASTRA 18 DIET	90	TAB	21.5	21.5
15515	ASTRA 8	90	TAB	21.5	21.5
26545	ASTRA 8	270	TAB	49.95	49.95
27975	ASTRA C	90	TAB	21.5	21.5
26546	ASTRA ESSENCE	270	TAB	49.95	49.95
24439	ASTRA ESSENCE	90	TAB	21.5	21.5
24945	ASTRA ISATIS	270	CAP	49.95	49.95
24944	ASTRA ISATIS	90	CAP	21.5	21.5
50069	BIO STRONG	90	TAB	21.5	21.5
40384	CALM SPIRIT	270	TAB	49.95	49.95
36316	CHANNEL FLOW	60	TAB	21.5	21.5
27938	CLEAR AIR	90	TAB	21.5	21.5
26548	CLEAR HEAT	90	TAB	21.5	21.5
38209	COLD AWAY	90	TAB	19.95	19.95
37726	COLOSTROPLEX	60	TAB	19.95	19.95
31434	COPTIS PURGE FIRE	90	TAB	21.5	21.5
36773	CORDYCEPS PS	50	TAB	21.5	21.5
59285	EASE 2	270	TAB	49.95	49.95
31433	EASE PLUS	90	TAB	21.5	21.5
27155	FERTILE GARDEN	90	TAB	21.5	21.5
32791	FORMULA H	90	TAB	21.5	21.5
50631	FORMULA V	90	TAB	21.5	21.5
39749	GASTRODIA RELIEVE WIND	90	TAB	21.5	21.5
34175	HEAD Q 715 MG	90	TAB	21.5	21.5
26420	ISATIS GOLD	90	TAB	21.5	21.5
35815	MARROW PLUS	90	TAB	21.5	21.5
43440	NASAL 2 TABS	90	TAB	21.5	21.5
56422	NINE FLAVOR TEA	270	TAB	49.95	49.95
35072	NINE FLAVOR TEA	90	TAB	21.5	21.5
21186	QUIET DIGESTION	90	TAB	21.5	21.5
25478	REHMANNIA 8	90	TAB	21.5	21.5
40089	RESINALL K	1 Z	LIQ	21.5	21.5
41667	SHEN GEM	90	TAB	21.5	21.5
36789	SKIN BALANCE	90	TAB	21.5	21.5
41680	SPZM	90	TAB	21.5	21.5
39482	THREE IMMORTALS	90	TAB	21.5	21.5
38901	THREE IMMORTALS	270	TAB	49.95	49.95
21184	WOMANS BALANCE	90	TAB	21.5	21.5
33101	WOMANS BALANCE	270	TAB	49.95	49.95
36507	XANTHIUM RELIEVE SURF	90	TAB	21.5	21.5
33951	YIN CHAO JIN 750 MG	90	TAB	21.5	21.5

HEALTH FROM THE SUN

20328	BLACK CURRANT OIL 1000	60	CAP	30.99	24.79
20325	BLACK CURRANT OIL 500	90	CAP	27.79	22.23
20326	BLACK CURRANT OIL 500	180	CAP	50.99	40.79
58672	BLACK CURRANT OIL VEG	60	SGC	31.89	25.51
20321	BORAGE OIL 300 1300 HF	30	SGC	17.99	14.39
20322	BORAGE OIL 300 1300 HF	60	SGC	30.69	24.55
58585	BORAGE OIL VEG 1000 VC	60	VCA	34.59	27.67
58353	E P O 1000 MG ORG VEG	90	SGC	30.69	24.55
51248	E P O 1300 MG	60	SGC	14.09	11.27

55041	E P O 1300 ORGANIC OIL	60	SGC	19.19	15.35
50898	E P O 500 HEXANE FREE	180	SGC	19.59	15.67
25267	E P O LIQ GOLD	4 Z	LIQ	38.89	31.11
23297	FIPRO FLAX	15	PWD	9.99	7.99
20331	FLAX OIL 1000 ORGANIC	90	SGC	13.49	10.79
24119	FLAX OIL 1000 ORGANIC	180	CAP	23.99	19.19
57791	FLAX SEED OIL 1000 VEG	90	SGC	18.19	14.55
36517	MYGRASTIC	3ML	TUB	10.59	8.47
58664	PUMPKIN SD OIL VG 1000	90	SGC	29.09	23.27
45479	PURE FISH OIL LIQ PFO H	8 Z	LIQ	25.79	20.63
26084	TOTAL EFA SGC	90	SGC	25.39	20.31
28199	TOTAL EFA SGC	180	SGC	46.89	37.51
59626	TOTAL EFA VEG	90	SGC	33.39	26.71

HEALTHY ORIGINS

59373	5 HTP 100 MG	120	VCA	38.29	30.63
59372	5 HTP 100 MG	60	CAP	21.65	17.32
61262	7 KETO DHEA 100 MG	60	VCA	39.99	31.99
61263	7 KETO DHEA 100 MG H	120	VCA	69.99	53.99
65151	ASTAXANTHIN 12 MG 3X	150	SGC	149.99	119.99
61277	ASTAXANTHIN 12 MG 3X	60	SGC	69.99	55.99
59696	ASTAXANTHIN 4 MG	150	SGC	64.99	51.99
59695	ASTAXANTHIN 4 MG	60	SGC	29.99	23.99
66307	ASTAXANTHIN 4 MG VEGAN	150	VSG	54.99	43.99
66306	ASTAXANTHIN 4 MG VEGAN	60	VSG	24.99	19.99
65983	BIOTIN 10000 MCG	360	VCA	55.99	44.79
64825	BIOTIN 10000 MCG	150	VCA	29.99	23.99
60910	BIOTIN 5000 MCG	60	VCA	9.99	7.99
60911	BIOTIN 5000 MCG	150	VCA	19.99	15.99
65489	C 250 MG ORG TAB	60	TAB	29.99	23.99
65490	C 250 MG ORG TAB	120	TAB	54.99	43.99
59699	CHIA SEEDS WHITE	16Z	SED	22.99	18.39
66297	CHIA SEEDS WHITE ORG	16Z	SED	27.99	22.39
66989	CHLORELLA 500 MG ORG	180	TAB	19.99	15.99
57508	CHOLESTENE 600 RD YST	120	CAP	29.99	23.99
63703	COCONUT OIL EXTRA VIRG	54Z	OIL	44.99	35.99
64520	COCONUT OIL EXTRA VIRG	16Z	LIQ	19.99	15.99
65155	COCONUT OIL LIQ VIRGIN	10Z	LIQ	16.65	13.32
60546	COENZYNE CITICOLINE	150	VCA	84.99	67.99
43027	COQ10 100 MG SGC	60	SGC	23.29	18.63
60089	COQ10 100 MG SGC	300	SGC	94.99	75.99
57509	COQ10 100 MG SGC	150	SGC	52.99	42.39
57510	COQ10 200 MG SGC	60	SGC	37.99	30.39
58279	COQ10 200 MG SGC	150	SGC	85.99	68.79
59378	COQ10 300 MG SGC	150	SGC	117.79	94.23
43029	COQ10 300 MG SGC	60	SGC	51.99	41.59
57511	COQ10 400 MG SGC	60	SGC	64.99	51.99
59545	COQ10 400 MG SGC H	150	SGC	149.99	119.99
63422	COQ10 600 MG SGC	150	SGC	179.99	143.99
63421	COQ10 600 MG SGC	60	SGC	79.99	63.99
67639	CURCUMIN PHYTOS MERIVA	60	VCA	32.99	26.39
67640	CURCUMIN PHYTOS MERIVA	180	VCA	84.99	67.99
57133	D RIBOSE PWD 300MG HO	10.	PWD	59.99	47.99
66991	D RIBOSE VCAP	180	VCA	45.99	36.79
62653	D3 1000 IU	180	SGC	9.49	7.59
62654	D3 1000 IU	360	SGC	15.99	12.79
58288	D3 10000 IU	360	SGC	34.99	27.99
54439	D3 10000 IU	120	SGC	16.65	13.32
66800	D3 10000 IU SGC	30	SGC	9.99	7.99
63804	D3 2000 IU SGC	240	SGC	14.99	11.99
63699	D3 2000 IU SGC	360	SGC	19.99	15.99
57862	D3 2400 IU	120	SGC	8.99	7.19
58285	D3 2400 IU	360	SGC	19.99	15.99
58286	D3 5000 IU	360	SGC	24.99	19.99
57863	D3 5000 IU	120	SGC	11.65	9.32
64518	DIGESTIVE ENZYMES	90	VCA	34.99	27.99
64519	DIGESTIVE ENZYMES	180	VCA	59.99	47.99
59365	E 1000 MIXED SGC	120	SGC	45.99	36.79
59361	E 400 MIXED SGC	90	SGC	16.99	13.59
59362	E 400 MIXED SGC	180	SGC	29.99	23.99
64940</					



Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements



Headache Complex

A blend of herbs designed to provide optimal relief to the pain and inflammation associated with headaches.

1 fl oz - Product Code: 57088

Who can benefit from this supplement?

- Those with migraine or other types of headaches.

Ingredients:

Phyto-Tech™ Headache Complex contains the following herbs: White Willow Bark, Feverfew Herb, Meadowsweet Herb, Fresh Ginger Root, Fresh Pulsatilla Herb. Aspirin was initially synthesized from salicin extracted from white willow bark and/or meadowsweet. The white willow bark used in this product has a very high salicin content.

Herbal Biotic Complex

Child Friendly

1 fl oz - Product Code: 56973

Herp Ease Formula

A blend of herbs designed for use during the acute outbreak of any type of herpes infection.

1 fl oz - Product Code: 57099

Who might benefit from this herbal supplement?

- Those suffering an acute outbreak of genital herpes, cold sores (oral herpes), or shingles (herpes zoster.) While there is no cure for herpes, this formula will help to quiet the attack and reduce the inflammation. The Ayurvedic herb Neem is a very strong anti-bacterial and anti-viral that limits the viral attack. Licorice and Turmeric are strong anti-inflammatory herbs that reduce the outbreak. They limit prostaglandin-induced inflammation. The anti-viral actions of St. John's Wort are being discovered and used for many viral

conditions. St. John's Wort is also a nerve ending sedative, which helps in pain. Since herpes lives in the nerve endings and tends to erupt when under stress (stress hyper stimulates the nerve endings), St. John's Wort is of obvious value. St. John's Wort is calming under stress, is a nerve ending sedative and has anti-viral implications.

Ingredients:

Phyto-Tech™ Herp Ease Formula contains: Neem Herb, Licorice Root, St. John's Wort Flowers Fresh, Turmeric Root Fresh, Alcohol Pure Grain, Water Pure Deionized.

Holy Basil 20-8-8-5 Standardized

Holy Basil is a powerful adaptogen that helps the body overcome stress while calming the mind, uplifting the spirit, and restoring tranquility. It eases anxiety and nervous irritability and helps those with stress related health conditions. It also promotes healthy glucose levels, acts as a powerful antioxidant and fights inflammation.

60 Veggi Caps (Liquid Fill) - Product Code: 57051

Phyto-Tech™ Holy Basil liquid filled veggie caps is standardized to 20 mg Eugenols, 8 mg Caryophyllene, 8 mg Rosparinic Acid and 5 mg Ursolic Acid.

Ingredients:

Each liquid filled veggie cap contains the following: Holy Basil Leaf Alc Extract (certified organic), 300 mg; Holy Basil Supercritical Extract, 150 mg; Lecithin Soy Non GMO, Cellulose Mod Vegetable, Chlorophyll. The usual dosage is one capsule 2 times daily.

Who can benefit from this supplement?

- Those suffering from anxiety, irritability or mild depression; those living a fast-paced, high stress lifestyle
- Those who need help maintaining normal glucose and cortisol levels
- Those suffering from various types of inflammation.

Holy Basil (*Ocimum sanctum*), also known as Tulsi, is one of the most highly regarded plants in Ayurvedic medicine. It has been used for centuries in India to treat an array of conditions such as inflammation, digestive complaints, asthma, arthritis, and skin conditions. In the West it is most well known for its ability to counteract stress, calm the mind and lift the spirit. According to herbalists, Holy Basil is an adaptogen that promotes a healthy stress response and can protect one from breakdown due to chronic stress, emotional turmoil or work overload. Research shows that Holy Basil counteracts stress-induced changes in neurotransmitters and enzymes. It normalizes and brings balance to biochemicals in the body's stress center such as cortisol, epinephrine and dopamine. Holy Basil is helpful for individuals with stress-related conditions, such as anxiety, irritability, depression, irritable bowel, digestive disorders, hormonal fluctuations, adrenal fatigue, insomnia, and immune deficiency. Holy Basil encourages emotional well-being and restores homeostasis to individuals who feel like stress has gotten the best of them. Research supports the traditional claims for Holy Basil's role in glucose metabolism, and hypoglycemic effects. A 1996 study involving patients with type 2 diabetes reported a significant decrease in the patients' fasting blood glucose levels when treated with holy basil compared to treatment with placebo. Total serum cholesterol levels were also reduced. A more recent 2006 study found that Holy Basil stimulates insulin secretion from the pancreas, which contributes to the plants anti-diabetic action. In addition, Holy Basil decreases the stress hormone cortisol, which rises when one is exposed to chronic stress. Elevated cortisol levels trigger the body to produce more glucose causing an unhealthy increase in blood glucose levels. This can also result in weight gain. Holy Basil can be helpful for those with type-2 diabetes, pre-diabetes, or rapid blood sugar swings.

... continued on page 62

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Whey Protein Improves Blood Pressure, Lipids and Heart Health

In a study published in the American Journal of Clinical Nutrition; October, 2016, 38 healthy, non-smoking men and women with mildly elevated blood pressure, age 30 to 77, took a whey protein shake or a calcium caseinate shake, or a placebo. The whey and caseinate shakes each containing 28 grams of protein, twice per day. The participants were not taking antihypertensive or cholesterol medications.

After eight weeks, compared to placebo, those in the whey protein group saw a decline of 3.9 mmHg in systolic blood pressure, and 2.5 mmHg in diastolic blood pressure. Also for whey protein, systolic blood pressure at the extremities and centrally had declined by 5.4 and 5.7 mmHg, respectively. Blood vessel flexibility increased for both whey and calcium caseinate compared to placebo.

Total cholesterol levels in the whey group declined to 188.7 from 195.2 mg/dL, while increasing for placebo, and triglycerides dropped to 102.7 from 116.0 mg/dL, while the placebo group increased.

Thus, it seems that we can add improved cardiovascular health to the other benefits of dairy protein supplementation, especially for whey protein.

Additional Comments from Don Goldberg

Whey Protein Supplements

An example of quality whey protein powder supplements is the "Whey To Go" Protein line from Solgar. Here is a list of flavors and sizes:

Solgar Whey to Go Pro Vanilla Powder
12 oz Powder - Product Code: 24970

Solgar Whey to Go Pro Vanilla Powder
32 oz Powder - Product Code: 24971

Solgar Whey to Go Protein Chocolate
16 oz Powder - Product Code: 28034

Solgar Whey to Go Protein Chocolate
41 oz Powder - Product Code: 28033

Solgar Whey to Go Protein Strawberry
16 oz Powder - Product Code: 59194

The pharmacists and nutritionists at Willner Chemists will be happy to assist you in choosing the appropriate supplements to suit your specific needs.

Sea Buckthorn Reduces Cholesterol

Doctors combined results from 11 studies covering 900 people who took sea buckthorn berries or extract. Some participants were healthy, some had fatty liver disease, and others had high lipid levels.

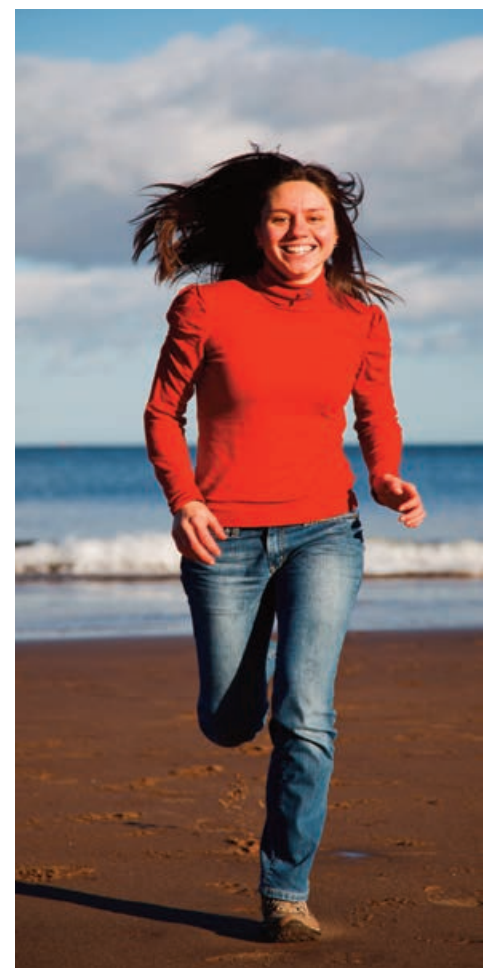
Overall, sea buckthorn reduced total cholesterol by an average of 24.3 mg per deciliter of blood (mg/dL); triglycerides by 40.7 mg/dL, and LDL cholesterol by 23.9 mg/dL. Those taking sea buckthorn who had higher chances of developing heart or circulatory diseases saw HDL, the "good" cholesterol, increase by 10.4 mg/dL.

Discussing the findings, doctors said the heart-protective effects of sea buckthorn may be due to the antioxidant phytochemicals, especially flavonoids and beta-sitosterol.

(Reference: *Trends in Food Science & Technology*; March, 2017, Vol. 61, 1-10)

Sea Buckthorn is available from many companies at Willner Chemists, including **Source Naturals** and **New Chapter**.

To see a quick list, type "Buckthorn" in the keyword "Product Quick Search" box in the upper left corner of our website, www.willner.com.





Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements



Why is the Phyto-Tech™ Holy Basil liquid filled veggie cap standardized to 20-8-8-5?

Holy Basil contains numerous polyphenols such as eugenol, ursolic acid and rosmarinic acid that act as powerful antioxidants to fight free radicals and protect cells from oxidative damage. These compounds also fight inflammation and inhibit production of cyclooxygenase-2 (COX-2) enzymes. A study published in Phytomedicine measured the activity of Holy Basil's phenolic compounds and found the COX-2 inhibitory activity of the compounds to be comparable to ibuprofen, naproxen and aspirin. Holy Basil is therefore indicated for relieving inflammation and pain caused by arthritis, tendonitis, bursitis, sports injury and physical overuse.

Hoodia Gordonii 1:4

Tested Authentic

A South African herb thought to support healthy weight by decreasing food cravings.

1 fl oz Liquid drops - Product Code: 57017
60 Liquid Filled Veggie Caps - Product Code: 57050
60 Veggie Caps - Product Code: 60133

According to many experts, many products now on the market claiming to contain Hoodia may be mislabeled. Here is advice from Mitch Coven, Medical Herbalist: "Consumers should use caution when purchasing products that claim to be true Hoodia Gordonii. Several Hoodia products on the market are made of cactus-like material and contain no P57 [P57 is a steroidal glycoside thought to be the active ingredient of Hoodia] or any other active appetite suppressing substance. The 20:1 claims that many companies use for their Hoodia products are false. These products are not concentrated extracts. Their claim of 20:1 is a fresh to dry down ratio of raw material. Their 20:1 claims are just dry raw material. Additionally, many 20:1 Hoodia claims are actually adulterated material with prickly pear cactus, maltodextrin

and sand. Many fail independent lab tests. Consumers should demand to see 3rd party authentic test results on the current lot numbered batch. Authentic Hoodia must also be accompanied by an international CITES certificate for validation. Since Hoodia is endangered, the South African government carefully allows only a small amount of Hoodia to be harvested in order to protect it. The CITES certificate with a current date shows that the batch is authentic and not an illegally harvested batch. Consumers should insist on seeing this document which responsible manufacturers will always have and gladly show." Willner Chemists Phyto-Tech™ Hoodia Gordonii 1:4 is tested authentic and certification to this effect is available on request.

Who can benefit from this supplement?

- Those who are overweight and suffer from excessive food cravings.

Complimentary Formulas:

- Phyto-Tech™ Green Tea Guo.

Ingredients:

Phyto-Tech™ Hoodia Gordonii 1:4 is available in liquid herbal form (drops) and in liquid filled veggie caps. Each capsule or 30 drops of liquid contains 250 mg of Hoodia gordonii Aerial Parts, tested authentic. Also available in a veggie cap, with each Phyto-Tech™ Hoodia capsule containing 250 mg of "selectively imported South African Hoodia gordonii Aerial Parts." (Product code: 60133)

Immune Acute Complex

A blend of herbs that are thought to exert a direct, stimulating effect on immune function. The formula designed for treatment, rather than prevention

Liquid Herbal Formula - 1 fl oz - Product Code: 57728

Fresh Ground Veggie Caps
90 Veggie Caps - Product Code: 67470

Who might benefit from this herbal supplement?

- Those who sense the onset a cold, flu or similar condition.
- Those who need an immediate boost to their immune system.

Ingredients & Dosage (Liquid Herbal Formula):

Each serving of Phyto-Tech™ Liquid Immune Acute Complex (30 drops) contains the following: Astragalus Root 50 mg, Maitake Mushroom 50 mg, Shiitake Mushroom 50 mg, Fresh Echinacea angustifolia Root 75 mg, Forsythia Fruit 45 mg, Honeysuckle Flower 46 mg, Isatis Root 45 mg, Licorice Root 13 mg, Colloidal Silver 15 ppm, 0.05 ml, Garlic Bulb 13 mg, Beta-Glucan 5 mg, Eucalyptus Oil 0.6 mg, Menthol Crystals 1.5 mg, Deionized Water, Grain Alcohol.
Dosage: 30 drops, 1-2 times per day or as needed in juice or water. Increase frequency when needed. Shake well before using.

Ingredients & Dosage (Veggie Cap):

Each serving (2 veggie caps) of Phyto-Tech™ Immune Acute Complex Capsules provides the following: Veggie Cap: 250mg Organic Astragalus Root, 150 mg Organic Echinacea angustifolia Root, 140 mg Organic Garlic Bulb, 80mg Organic Maitake Mushroom, 80mg Organic Shiitake Mushroom, 50mg Forsythia Fruit, 50mg Honeysuckle Flower, 50mg Isatis Root, 10mg Beta Glucan 3/6/9.
Dosage: 2 veggie capsules, 1-2 times per day or as needed. Increase frequency when in need

Indications:

This formula is designed to address all aspects of deep immunity. Deep immunity references that not only does it strengthen initial immune response via circulating white blood cells in the blood, but it also stimulates white blood cells in the lymph which are secondary and a deeper

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Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)



55143	SOLMON SEAL	2Z	LIQ	21.7	18.45	27376	CRAN BLADDER RELEAF	1Z	LIQ	14.98	12.73	29469	LAXACARE	50	CAP	20.95	16.76
HERBASWAY						41366	DEEP HEALTH SGC	60	SGC	27.98	23.78	29479	LEANCARE	120	CAP	25.95	20.76
50803	BLUEBERRY MAGIC	2Z	LIQ	26.69	21.35	44213	DEEP HEALTH SGC	120	SGC	48.98	41.63	54089	LIVERCARE	180	VCA	44.95	35.96
29028	HERBAGREEN TEA	2Z	LIQ	26.69	21.35	34681	DEEP SLEEP	1Z	LIQ	13.98	11.88	29470	LIVERCARE	90	CAP	27.95	22.36
58084	HERBAGREEN TEA HON LEM	LEM	LIQ	26.69	21.35	40594	DEEP SLEEP	60	SGC	27.98	23.78	67313	LIVERCARE PWD PAK BOX	30	PAK	51.69	41.35
53829	HERBAGREEN TEA MANGO	2Z	LIQ	26.69	21.35	21682	DEEP SLEEP	2Z	LIQ	25.98	22.08	63227	MENO CARE	120	VCA	25.95	20.76
50082	HERBAGREEN TEA PEACH	2Z	LIQ	26.69	21.35	50131	DEEP SLEEP	120	SGC	48.98	41.63	66778	MENSTRICARE	120	VCA	30.95	24.76
30034	LIVER ENHANCER	2Z	LIQ	27.35	21.88	21681	DEEP SLEEP A/F	1Z	LIQ	14.98	12.73	29471	MINDCARE	60	TAB	22.95	18.36
HERBATINT						29006	ECHIN TRIPLE SOURCE	2Z	LIQ	25.98	22.08	39457	MINDCARE	120	TAB	39.95	31.96
65885	APPLICATION KIT HERB HB	KIT	MIS	9.99	7.99	21686	ESSIAC TONIC	2Z	LIQ	25.98	22.08	39458	MINDCARE JR	120	TAB	20.95	16.76
65815	CONDITIONER ROYAL CRM	8.7	CRM	15.99	12.79	23799	ESSIAC TONIC	4Z	LIQ	46.98	39.93	45275	MUCUNA	60	TAB	18.95	15.16
36845	HAIR COLOR ASH BLND 7C	4.5	LIQ	17.99	14.39	43966	ESSIAC TONIC SGC	120	SGC	48.98	41.63	45220	NEEM	60	CAP	16.95	13.56
36846	HAIR COLOR ASH CHST 4C	4.5	LIQ	17.99	14.39	33547	HB PRESSURE TONIC	2Z	LIQ	25.98	22.08	29475	PROSTACARE	120	TAB	27.95	22.36
36847	HAIR COLOR BLACK 1N	4.5	LIQ	17.99	14.39	37559	IMMUNE ALERT EARLY	2Z	LIQ	25.98	22.08	38473	RESPI CARE HP	120	TAB	25.95	20.76
36848	HAIR COLOR BLONDE 7N	4.5	LIQ	17.99	14.39	17760	IMMUNO BOOST	1Z	LIQ	13.98	11.88	51178	SHATAVARI	60	CAP	18.95	15.16
36849	HAIR COLOR BROWN 2N	4.5	LIQ	17.99	14.39	28968	IVY ITCH RELEAF	1Z	LIQ	13.98	11.88	54090	STRESSCARE	240	VCA	44.95	35.96
36850	HAIR COLOR CHESTNT 4N	4.5	LIQ	17.99	14.39	51766	KIDNEY TONIC	60	SGC	27.98	23.78	29468	STRESSCARE	120	VCA	27.95	22.36
36853	HAIR COLOR COP BLND 7R	4.5	LIQ	17.99	14.39	21680	KIDNEY TONIC	2Z	LIQ	25.98	22.08	64992	TRIBULUS	60	CPL	25.95	20.76
36852	HAIR COLOR COP CHST 4R	4.5	LIQ	17.99	14.39	17758	LIVER TONIC(MILK THISL)	1Z	LIQ	13.98	11.88	65842	TRIKATU	60	CPL	15.95	12.76
36855	HAIR COLOR DK BLNDE 6N	4.5	LIQ	17.99	14.39	28146	LIVER TONIC(MILK THISL)	2Z	LIQ	25.98	22.08	51179	TRIPHALA	60	CAP	18.95	15.16
36856	HAIR COLOR DK CHNT 3N	4.5	LIQ	17.99	14.39	59443	LOWIRAL	1Z	LIQ	14.98	12.73	65230	TRIPHALA 250 MG	30	CPL	10.95	8.76
36866	HAIR COLOR GLD CHNT 4D	4.5	LIQ	17.99	14.39	26627	LUNG TONIC	1Z	LIQ	13.98	11.88	62583	TURMERIC	60	VCA	29.95	23.96
36858	HAIR COLOR GOLD BLN 7D	4.5	LIQ	17.99	14.39	45193	LUNG TONIC	60	SGC	27.98	23.78	65231	TURMERIC 250 MG	30	VCA	18.95	15.16
45578	HAIR COLOR HENN RD FF1	4.5	GEL	17.99	14.39	31801	LUNG TONIC	2Z	LIQ	25.98	22.08	29467	URICARE	120	VCA	20.95	16.76
36859	HAIR COLOR HNEY BLN 9N	4.5	LIQ	17.99	14.39	33936	LUNG TONIC A/F	1Z	LIQ	14.98	12.73	67340	URICARE	240	VCA	35.95	28.76
36862	HAIR COLOR LT BLNDE 8N	4.5	LIQ	17.99	14.39	43976	LUNG TONIC SGC	120	SGC	48.98	41.63	29476	VEINCARE	60	TAB	20.95	16.76
36863	HAIR COLOR LT CHEST 5N	4.5	LIQ	17.99	14.39	50578	LYMPHATONIC	60	SGC	27.98	23.78	37436	VIGOR CARE MEN	60	CAP	25.95	20.76
36871	HAIR COLOR MAH BLDE 7M	4.5	LIQ	17.99	14.39	21692	LYMPHATONIC	1Z	LIQ	13.98	11.88	HOBON					
36872	HAIR COLOR MAH CHNT 4M	4.5	LIQ	17.99	14.39	21693	LYMPHATONIC	2Z	LIQ	25.98	22.08	21460	ADAPTOSODE FOR STRESS	4Z	LIQ	19	15.2
36854	HAIR COLR DK ASH BN 6C	4.5	LIQ	17.99	14.39	33937	LYMPHATONIC A/F	1Z	LIQ	14.98	12.73	21461	ADAPTOSODE RR	4Z	LIQ	19	15.2
36857	HAIR COLR DK GO BLN 6D	4.5	LIQ	17.99	14.39	21700	MOUTH TONIC	1Z	LIQ	13.98	11.88	54610	ADAPTOSODE RR ACUTE STR	8Z	LIQ	29	23.2
36860	HAIR COLR LT ASH BL 8C	4.5	LIQ	17.99	14.39	21701	MOUTH TONIC	2Z	LIQ	25.98	22.08	21465	ALLERGENS ANTIGENS	4Z	LIQ	19	15.2
36861	HAIR COLR LT ASH CT 5C	4.5	LIQ	17.99	14.39	28004	MULLEIN GARLIC EAR DRP	1Z	LIQ	13.98	11.88	21466	BACTERIA	4Z	LIQ	19	15.2
36865	HAIR COLR LT COP BN 8R	4.5	LIQ	17.99	14.39	21703	NERVINE TONIC	1Z	LIQ	13.98	11.88	28941	BIOSODE SUPPORT	8Z	LIQ	29	23.2
36867	HAIR COLR LT COP CT 5R	4.5	LIQ	17.99	14.39	20940	NERVINE TONIC	2Z	LIQ	25.98	22.08	21462	BIOSODE SUPPORT	4Z	LIQ	19	15.2
36868	HAIR COLR LT GO BND 8D	4.5	LIQ	17.99	14.39	21705	OSHA ROOT	1Z	LIQ	14.98	12.73	21467	CHEMICALS	4Z	LIQ	19	15.2
36869	HAIR COLR LT GO CHT 5D	4.5	LIQ	17.99	14.39	21706	OSHA ROOT COUGH SYRUP	2Z	LIQ	9.98	8.48	21473	FUNGI YEASTS	4Z	LIQ	19	15.2
36870	HAIR COLR LT MAH CT 5M	4.5	LIQ	17.99	14.39	21706	OSHA ROOT THROAT SYR	4Z	LIQ	14.98	12.73	21474	FUNGI YEASTS	4Z	LIQ	19	15.2
36873	HAIR COLR PLTN BLN 10N	4.5	LIQ	17.99	14.39	21710	RESPIRATONIC	1Z	LIQ	13.98	11.88	21475	NEMATODES	4Z	LIQ	19	15.2
36874	HAIR COLR SWED BLN 10C	4.5	LIQ	17.99	14.39	21711	RESPIRATONIC	2Z	LIQ	25.98	22.08	21475	NEMATODES	4Z	LIQ	19	15.2
38763	SHAMPOO NORMAL	8.7	LIQ	12.99	10.39	54631	RESPIRATONIC	60	CAP	27.98	23.78	59061	OS	8Z	LIQ	29	23.2
HERBS ETC						50143	SINGER SAV GRC CIT HON	1Z	LIQ	14.98	12.73	21463	OS	4Z	LIQ	19	15.2
53578	ALLERGY RELEAF SYSTEM	KIT	KIT	46.98	39.93	50144	SINGER SAV GRC PRF AF	1Z	LIQ	14.98	12.73	21476	PARASITES	4Z	LIQ	19	15.2
44255	ALLERTONIC	60	SGC	27.98	23.78	28969	SINGER'S SAV GCE CINN	1Z	LIQ	13.98	11.88	21477	POLLUTION AIR	4Z	LIQ	19	15.2
31761	ALLERTONIC	2Z	LIQ	25.98	22.08	17767	SINGER'S SAV GCE EXTRA	1Z	LIQ	13.98	11.88	21478	POLLUTION ENVIRONS	4Z	LIQ	19	15.2
21135	CHLOROXYGEN A/F	1Z	LIQ	13.32	11.32	28972	SINGER'S SAV GCE LEMON	1Z	LIQ	13.98	11.88	21479	RADIATION	4Z	LIQ	19	15.2
55839	CHLOROXYGEN MINT A/F	1Z	LIQ	13.32	11.32	55842	SMOKE FREE SPRAY A/F	1Z	SPY	14.98	12.73	21480	RICKETTSIA	4Z	LIQ	19	15.2
60102	CHLOROXYGEN SGC	60	SGC	14.98	12.73	21677	STOMACH TONIC CHAM/CAT	1Z	LIQ	13.98	11.88	21482	VIRUSES	4Z	LIQ	19	15.2
52831	CRAN BLADDER RELEAF	60	SGC	27.98	23.78	66931	STRESS RELEAF LIQ	1Z	LIQ	14.98	12.23	HOFFMAN					
						63045	STRESS RELEAF SGC	60	SGC	27.98	23.78	31462	FOUNDATION FORMULA	120	TAB	33.99	33.99
												42354	GREEN TEA EGCG 70% ULT	90	CAP	36.49	36.49

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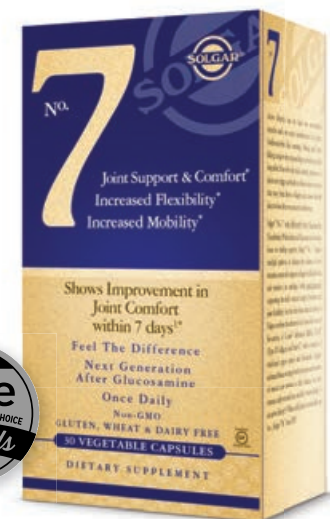
Looks like somebody's been taking their Solgar® No. 7

They increased their flexibility, mobility, and range of motion.*

Even better, their joint comfort showed real improvement... in just 7 days.1*

Finally, the next generation in joint comfort, mobility, flexibility, and range of motion.* Solgar® No. 7 brings together bio-active nutrients that work to create a fast-acting approach for occasional "tweaks" and joint stresses brought on by exercise, sports, or physical activity.1* Start to get back on track fast — when stiff joints occasionally say no... Solgar® No. 7 says YES!*

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1. Based on two human studies with 5-LOXIN Advanced® where subjects rated their joint health over time, subjects' joint health improved within 7 days and continued to improve throughout the duration of the studies. 5-LOXIN ADVANCED® is a registered trademark of PL Thomas-Laila Nutra, LLC U.S. Patent #8,551,496 and patents pending.

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



Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements



immune response. It strengthens the immune system, protects against microbial invasion and attacks microbes that have taken residence in the body. Immune Acute Complex can be used for those wanting to avoid getting sick or those trying to push an illness out of the body. It has broad-spectrum effects that stimulate immune activity, modulate the immune system, fight bacterial and viral conditions, and open up nasal passages. It is also an excellent tonic for those who are prone to getting colds and flu, and can be used in acute situations when the immune system needs an extra boost. It can also be used by those with chronic infections to strengthen and rebuild the immune system and protect against further immune breakdown.

Astragalus, Maitake, and Shiitake are well known for their ability to stimulate deep immunity. They are great for those prone to getting sick or those who have chronic immune deficiency that needs support. Astragalus contains polysaccharides, saponins, flavonoids, and phytosterols which contribute to its immune enhancing affects. It increases the number of stem cells in bone marrow and lymph tissue and encourages their development into active immune cells. One of the most active constituents in Maitake and Shiitake mushroom is believed to be a beta glucan polysaccharide that powers up the immune system. Beta glucan, which can also be derived from yeast, acts as a "biological defense modifier" to stimulate and modulate various immune responses. It has been heavily researched for its immune enhancing properties and its ability to activate macrophage immune cells, NK-Cells, T-Cells, B-Cells, and cytokines. A study from Harvard Medical School found animals treated with beta glucan were more resistant to bacterial, viral, and fungal inundation. Beta glucan treatment stimulated proliferation of white blood cells and increased phagocytic macrophage activity. A concentrated beta glucan extract is added to Immune Acute Complex to further increase the formula's immune enhancing properties.

Echinacea excites the immune system to fight off microbes before they dominate an organ system and create illness. Numerous studies show Echinacea to have positive effects for colds, flu, and upper respiratory tract infections. It stimulates phagocytosis and helps ward off oncoming infections. As a long-term tonic it can boost immunity and help rebuild a healthy immune response.

Forsythia Fruit, Honeysuckle Flower, and Isatis Root are traditional Chinese herbs used to help the body to resolve illness and clear toxins. These herbs are powerful anti-virals and are extremely effective in the early stages of colds and flu.

Licorice is added as an expectorant to thin mucus in the lungs to clear congestion. It brings down inflammation and soothes sore throats.

Colloidal Silver has been used throughout history as an antibiotic and disinfectant. It destroys the enzymes responsible for oxygen metabolism in bacteria, viruses, and fungi, thus cutting off oxygen to these harmful pathogens and suffocating them. Colloidal Silver kills bacterial, viral, and fungal organisms upon contact, yet leaves the good bacteria in the body unharmed.

Garlic also acts as a natural antibiotic and antiviral agent. It fights chronic or recurrent infections and is indicated for those with low resistance to infection. It has a long history of relieving the symptoms of upper-respiratory illnesses, and can bring down inflammation in the mucus membranes of the nose and throat.

Eucalyptus Oil and Menthol Crystals are airborne aromatics added to the formula to clear the sinuses and open up breathing. Their soothing vapors stimulate the opening of respiratory and nasal passages, improving airflow and encouraging the release of mucus.

Contra-indications and Cautions: Pregnancy and Nursing, High blood pressure, Prescriptions blood thinners

References:

For more information on this product, go the reference library section of the Willner Chemists web site, www.willner.com, under "Articles & Reprints." Look for "Immune Acute Complex", or use this url: <http://www.willner.com/article.aspx?artid=239>

Immune Complex

Supports healthy immune system function, especially on a long-term and preventive basis.

1 fl oz - Regular - Product Code: 57003

1 fl oz - Alcohol Free - Product Code: 57033

Who can benefit from this product?

- Those who have a tendency to catch whatever "bug" is going around
- Those who have frequent and long-lasting bouts of cold and flu, and those with any chronic immune deficiency problem.

Description:

Phyto-Tech™ Immune Complex is a blend of immune system stimulating and adaptogenic herbs. When used long term, before symptoms are present it can decrease your risk of becoming ill. During illness, it helps prevent the spread of infections. Astragalus and Echinacea directly simulate immune function, while Red Root enhances lymphatic function. Suma, Eleuthero and Licorice are adaptogenic herbs that enhance immune function through strengthened stress response. This adaptogenic component makes Immune Complex an ideal supplement to use during chemotherapy. This is not intended for use after you have come down with the cold, flu or similar condition. In that case, use one of the "acute" formulas, such as Phyto-Tech™ Echina Acute

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Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)

41403	OLIVE LEAF EXT 500 MG	120	CAP	44	44	67581	NEW ITEMS	EA	28.6	28.6	57401	NERVE TONIC	100	TAB	10.79	8.63	56394	CLINICAL NUTRIEN WOMEM	90	TAB	24	20.4	
31461	PHYTOGUARD	60	CAP	34.99	34.99	67580	NEW ITEMS	EA	17.2	17.2	35156	POISON OAK IVY	50	TAB	8.69	6.95	54799	CLINICAL NUTRIEN MEN	90	TAB	24	20.4	
HOME HEALTH						27500	PERFORMANCE DROPS	1 Z	LIQ	10.95	9.86	55324	RESTFUL LEGS	50	TAB	10.89	8.71	57788	COQ10 100 MG SGC	60	SGC	40	34
30858	ALMOND GLO SK LOT ALM	8 Z	LOT	9.99	7.99	28565	POTASSIUM COLLOIDAL	100	LIQ	11.97	10.77	51916	SILICA 6X 1000	100	TAB	22.29	17.83	52529	COQ10 200 MG CHW MAPLE	30	CHW	60	51
30859	ALMOND GLO SK LOT COCO	8 Z	LOT	9.99	7.99	27499	SMOKING WITHDRAWAL	1 Z	LIQ	10.95	9.86	26540	SILICEA 6X	500	TAB	12.49	9.99	56816	CORTISOL MANAGER	90	TAB	65	55.25
30860	ALMOND GLO SK LOT JASM	8 Z	LOT	9.99	7.99	27482	WEIGHT CONTROL DROPS	1 Z	LIQ	10.95	9.86	57403	SINUS	100	TAB	11.79	9.43	54865	CORTISOL MANAGER	30	TAB	24.4	20.74
30861	ALMOND GLO SK LOT LAVE	8 Z	LOT	9.99	7.99	HYLANDS HOMEOPATHIC						66084	SLEEP TABS	100	TAB	11.79	9.43	63538	CURCUMAX PRO	60	TAB	46	39.1
30863	ALMOND GLO SK LOT UNSC	8 Z	LOT	9.99	7.99	59439	ALLERGY 4 KIDS LIQ CMP	4 Z	LIQ	10.59	8.47	57404	SNIFFLES N SNEEZES 4 KD	125	TAB	9.39	7.51	54257	D3 1000 IU	90	TAB	8.3	7.05
30869	ANTIFUNGAL LOTION	4 Z	LOT	10.99	8.79	57406	ALLERGY RELIEF 4 KIDS	125	TAB	9.39	7.51	55581	TEETHING GEL BABY	.33	GEL	7.99	6.39	52398	DETOXICATION FACTORS	120	CAP	64	54.4
63953	BODY LOTION EVERCLEN	8 Z	LOT	12.99	10.39	57405	ALLERGY RELIEF TAB	60	TAB	9.19	7.35	61041	TEETHING TABS BABY	135	TAB	10.29	8.23	52417	E H B	60	CAP	21.8	18.53
30875	CASTOR OIL	32Z	LIQ	15.49	12.39	57232	ARNICA 30X TAB	50	TAB	8.39	6.71	22281	UPSET STOMACH	100	TAB	11.79	9.43	66166	ENTEROGENIC INTENS 100	30	CAP	50	42.5
30874	CASTOR OIL	16Z	LIQ	9.99	7.99	27798	ARNICA MONTANA 30X	250	TAB	9.49	7.59	INNATE RESPONSE FORMULAS						52249	ESKIMO 3 SGC	105	SGC	19.9	16.91
30877	DEODORANT ROLL ON JASM	3 Z	ROL	7.99	6.39	24232	ARNICA SPRAY LOT	4 Z	LIQ	12.99	10.39	62064	ADRENAL RESP COMP CARE	90	TAB	79.95	67.95	53372	ESKIMO PUREFA 1000 MG	150	SGC	40	34
30878	DEODORANT ROLL ON UNSC	3 Z	ROL	7.99	6.39	24455	BIOPLASMA	000	TAB	20.89	16.71	62832	ADRENAL RESPONSE	60	TAB	36.95	31.9	52240	FOLIPEX W/B12	60	TAB	22.1	18.78
67369	E OIL 45000 IU	2.5	LIQ	13.99	11.19	57497	BUG BITE OINTMENT	.26	STK	9.19	7.35	61974	B COMPLEX	90	TAB	38.95	33.1	54416	GABA 750 MG	60	CAP	19.2	16.32
55166	EYE CRM GOJI BERRY	1 Z	CRM	18.99	15.19	24940	C 25 MG BABY TAB H	125	TAB	10.99	8.79	67636	BABY & ME	120	TAB	69.96	59.46	53447	GARLIC TEND	100	CAP	35	29.75
63958	FACE CREAM EVERCLEN	1.6	CRM	19.99	15.99	25032	CALM 'N' RESTFUL 4 KIDS	500	TAB	12.49	9.99	64264	C COMPLETE POWDER	81G	PWD	30.95	26.3	65874	GINGERMAX ITI	90	SGC	42	35.7
63957	FACIAL CLEANS EVERCLEN	5.8	LIQ	14.99	11.99	45284	CALC FLUOR 6X	000	TAB	22.29	17.83	64262	D3 5000 IU CAP	60	CAP	34.95	29.2	64357	GLYCATION MANAGER	60	CAP	46	39.1
55168	FACIAL CRM GOJI BERRY	4 Z	CRM	19.99	15.99	25483	CALC PHOS 6X	500	TAB	12.49	9.99	64261	FLORA 200-14 7 DAY INT	/7	CAP	31.95	27.15	58841	GLYCEMIC MANAGER	60	TAB	24	20.4
63960	FACIAL TONER EVERCLEN	4 Z	LOT	14.99	11.99	45286	CALC PHOS 6X	000	TAB	22.29	17.83	64421	FLORA 20-14 ULTR STREN	60	CAP	41.95	35.66	52248	GLYCO KINETIC COMPLEX	90	CAP	27.8	23.63
63959	HAND CREAM EVERCLEN	2 Z	CRM	9.99	7.99	26535	CALC SULF 6X	500	TAB	12.49	9.99	66736	FLORA 5 14 COMPLE CARE	60	CAP	20.96	17.81	52239	INDOLEX	60	CAP	45.8	38.93
51548	HYALURONIC ACID MOIST	4 Z	CRM	19.99	15.99	22470	CALM'NDOLA OINTMENT 1X	3.5	CRM	18.19	14.55	64900	FLORA 50 14 CLIN STREN	60	VCA	67.95	57.75	57382	IRON COMPLEX	90	SGC	22	18.7
30899	LAVENDER WATER MIST	8 Z	SPY	8.99	7.19	63431	CALM 'N' RESTFUL 4 KIDS	125	TAB	9.39	7.51	64254	ONE DAILY CAP	60	CAP	40.95	34.8	57353	IRON ENERGIZING	90	SGC	20	17
30857	PSORIASIS BODY WASH	8 Z	LIQ	13.99	11.19	18559	CALMS	100	TAB	10.79	8.63	64255	RENEWAL GREENS PWD	300	PWD	51.95	44.15	61165	IRON LIQ CINNAMON FLAV	6 Z	LIQ	18.5	15.72
30864	PSORIASIS CRM	2 Z	CRM	15.49	12.39	18561	CALMS FORTE	100	TAB	11.19	8.95	62248	THYROID RESPONSE COMPLE	90	TAB	56.95	48.4	67338	K PAX MITONUTRIENTS	120	TAB	69.5	59.07
30900	ROSE WATER FLOWER MIST	8 Z	SPY	8.99	7.19	66167	CALMS FORTE SLEEP	50	TAB	9.19	7.35	65191	VITAMIN C 400	180	TAB	73.95	62.95	61704	LAVELA WS 1265	60	SGC	35	29.75
30884	SHAMPOO EVERCLEN DAND	8 Z	LIQ	9.99	7.99	57399	COLD N COUGH 4 KIDS	4 Z	LIQ	11.19	8.95	62655	WOMENS ONE DAILY	60	TAB	38.95	33.1	59016	LAXATIVE FORMULA	60	TAB	14	11.9
30889	WOOL FLANNEL SMALL	EA	PAD	10.99	8.79	18558	COLD TABS TINY BABY	125	TAB	14.29	11.43	INTEGRATIVE THERAPY						53236	LIPASE CONCENTRATE HP	90	CAP	22.5	19.12
HOMEOLAB						61422	COLIC TABS BABY	125	TAB	12.19	9.75	55436	7 KETO LEAN	30	CAP	45	38.25	53751	LIPOTROPIC COMPLEX CAP	90	CAP	20.5	17.42
27473	ALLERGY DROPS	1 Z	LIQ	10.95	9.86	59623	COUGH COLD NIGHT KIDS	4 Z	LIQ	11.69	9.35	55353	ADREN PLUS	60	CAP	21	17.85	52663	MAG MALATE 100 MG	90	CAP	17.6	14.96
28538	ARNICA + PAIN RELIEF	50G	CRM	8.99	7.19	61288	COUGH COLD NIGHT KIDS	4 Z	LIQ	11.69	9.35	53184	ADRENAL COMPLEX	180	CAP	53.1	45.13	53771	MERCURY DETOX	60	CAP	33.4	28.39
27485	ARTHRITIS DROPS	1 Z	LIQ	10.95	9.86	61289	COUGH COLD NIGHT KIDS	4 Z	LIQ	11.69	9.35	60629	ADRENAL CORTEX FRACT	60	CAP	21	17.85	53322	MILK THISTLE X SUPER	120	CAP	39.9	33.91
28545	CALENDULA + FIRST AID	50G	CRM	8.99	7.19	57443	DEFEND COUGH	4 Z	LIQ	9.39	7.91	53813	ADRENAL STRESS END	50	CAP	25	21.25	52473	MULTIPLY 2 NO IRON CP	240	CAP	50.9	43.26
27480	CANDIDA YEAST DROPS	1 Z	LIQ	10.95	9.86	61287	DIAPER OINTMENT BABY	2.5	ONT	9.79	7.83	63205	ALPHA GLYCOSYL ISOQUER	60	VCA	29.5	25.07	53498	N A C 600 MG	60	CAP	16.7	14.19
28546	CAPSICUM + ARTHRI	50	CRM	8.99	7.19	26542	EARACHE DROPS ADULT	.33	DRP	12.49	9.99	52395	ARTHRO COMPLEX	90	CAP	37.9	32.21	54196	NIACIN NO FLUSH FREE	60	CAP	21	17.85
67282	COLD SORE CRM 7 GRAM	7 G	CRM	9.79	8.81	66351	EARACHE DROPS INFANT	.33	DRP	11.19	8.95	64149	B COMPLEX ACTIVE	60	VCA	17.8	15.13	50533	NUTRIVITAMIN NO FE CAP	180	CAP	42	35.7
28549	COPPER COLLOIDAL	100	LIQ	11.97	10.77	26538	FERRUM PHOS 6X	500	TAB	12.49	9.99	56659	B COMPLEX END FATIGUE	30	CAP	9	7.65	55984	OSTEOPRIME FORTE CAP IT	120	CAP	22	18.7
27475	COUGH & COLD DROPS	1 Z	LIQ	10.95	9.86	26539	GAS	100	TAB	11.79	9.43	56591	B12 ACTIVE CHERRY FLAV	30	CHW	9.5	8.07	52985	OSTEOPRIME ULTRA	120	TAB	28	23.8
67183	DIARRHEA REAL RELIEF	60	CHW	8.99	7.19	26536	KALI MUR 6X	500	TAB	12.49	9.99	67571	BERBERINE 500 MG	60	VCA	27	22.95	53026	OXYPERM	90	CAP	43.1	36.63
27487	GAS/INDIGESTION DROPS	1 Z	LIQ	10.95	9.86	24233	KALI PHOS 6X	500	TAB	12.49	9.99	53192	BETAINE HCL 650 MG	250	CAP	36.2	30.77	52056	PANPLEX 2 PHASE	180	TAB	43.4	36.89
65788	HYPERICUM PERF CRM	100	CRM	22.95	20.65	44994	KALI SULPH 6X	500	TAB	12.39	9.91	54958	BIO ZYME	200	TAB	40	34	52281	PARA GARD	120	CAP	60.3	51.25
27495	INSOMNIA DROPS	1 Z	LIQ	10.95	9.86	58345	LEG CRAMPS #22	50	TAB	13.29	10.63	55114	BIOTIN FORT 3MG W/ZINC	60	TAB	12	10.2	54689	PERMEABILITY FACTORS	90	SGC	40.7	

Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements

Complex.

Ingredients:

Phyto-Tech™ Immune Complex contains the following herbs: Fresh Echinacea angustifolia Root, Astragalus Root, Red Root, Suma Root, Licorice Root, Eleuthero Root.

Complimentary Formulas:

- Phyto-Tech™ Ginseng Energy Blend, when fatigue and low energy present.
- Phyto-Tech™ Astragalus Root 1:3, for added immune support.
- Phyto-Tech™ Oregano Oil 70, for added immune support in acute conditions.
- Phyto-Tech™ Respiratory Complex, when congestion is present.
- Phyto-Tech™ Echina Acute Complex, for added immune support in acute conditions and when thick, discolored mucus is present.
- Phyto-Tech™ Elderberry 1:2, especially for viral infections.
- Phyto-Tech™ Immune Complex comes in a regular (alcohol) version and an alcohol free version.

Kava Root 1:2

Kava Root 75 Standardized

Long known around the world as an inducer of deep physical and mental relaxation, Kava is now considered a useful herb for calming and anxiety.

- 1 fl oz - Regular Liquid Herbal - Product Code: 56947
- 1 fl oz - Alcohol Free Liquid - Product Code: 56975

Kava Root 75

- 60 Liquid Filled Veggi Caps - Product Code: 57049
- Phyto-Tech™ Kava - 90 Veggie Caps - Product Code: 60341

Who can benefit from this supplement?

- Those with anxiety, mild depression, ADHD and insomnia related to an over active mind.

Ingredients:

Phyto-Tech™ Kava Root 1:2 is available as a liquid extract, alcoholic and alcohol free, as well as a standardized liquid filled Veggie Cap. The liquid contains 500 mg of Kava per 30 drops. The liquid filled Veggie Cap is standardized to 75 mg Kavalactone per capsule (approximately 1,500 mg Kava). Also available in a vegetarian capsule form. Each Phyto-Tech™ veggie cap contains 380 mg selectively imported Vanuatu Kava Root.

Lemon Balm 1:2

1 fl oz - Product Code: 57057

Licorice Root 1:3

Licorice is best known as a tonic for the adrenal gland, useful for those with fatigue or under stress.

1 fl oz - Product Code: 56986

Who can benefit from this supplement?

- Those suffering from adrenal fatigue, stress, inflammatory conditions, gastric ulcers and lung congestion.

Licorice helps a stressed adrenal gland maintain its' production of adrenaline, cortisone and aldosterone, the hormones normally secreted by the adrenal gland. Aldosterone affects the body's ability to hold more water, and maintains normal hydration. Licorice also increases cortisol levels, thus helping to reduce inflammation. This can be helpful in conditions as varied as asthma, psoriasis, hepatitis, lupus, MS, arthritis, eczema and other auto immune disorders. Licorice is also thought to have a synergistic action in herbal mixtures, and is commonly used, in small quantities, in herbal blends, especially in traditional Chinese medicine.

Ingredients:

Phyto-Tech™ Licorice Root 1:3 contains 333 mg/ml (30 drops) of certified organic licorice root, along with pure grain

alcohol and deionized water.

Dosage:

20-40 drops, 2-3 times per day or as needed, in juice or water.

Cautions: Do not use during pregnancy or nursing; long term use might possible cause water retention and/or edema; theoretically, could increase blood pressure at higher doses and over long term use.

Liver Support

This herbal blend has a systemic detox action, supporting liver function and blood cleansing, protecting the body from environmental and dietary toxins.

- 1 fl oz - Regular (alcoholic), Product Code: 56948
- 1 fl oz - Alcohol Free, Product Code: 56971

Who can benefit from this supplement?

- Those who feel they would benefit from:
 - a systemic cleansing stimulant
 - a specific liver function stimulant
 - protecting the liver from exposure to toxins
 - skin cleansing via liver detox
 - bile stimulation

In many medical approaches, the liver is central to a myriad of health problems.

Phyto-Tech™ Liver Support comes in a liquid herbal form, regular and alcohol free, as well as a standardized liquid filled Veggie Cap. The latter is standardized to Silymarin content, and will be discussed in the next monograph.

Ingredients:

The liquid supplement contains the following herbs: Fresh Dandelion Root, Red Root, Oregon Grape Root, Milk Thistle Seed, Yellow Dock Root, Fresh Ginger Root, Fringe Tree Bark.

... continued on page 68

Important Notice: The information given here is designed to help you make informed decisions about your health, and the proper use of dietary supplements. It is not intended as a substitute for medical advice, nor a substitute for any treatment that may have been prescribed by your doctor. If you have a medical problem, you should seek medical help. Products described herein are not intended to diagnose, treat, cure or mitigate disease.

On-the-Go Immune Support ~

JUST A SPRAY AWAY!*

Introducing Maitake D-Fraction® EZ Spray!

The well-researched Maitake D-Fraction PRO 4X is now available as a spray, making it "EZ" to administer throughout the day no matter where you are or what you are doing.*

**Continuous immune support is "EZ"!
ON SALE NOW at Willner Chemists!**



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

Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)

53844	RF PLUS	180	CAP	48.8	41.48	61854	COCONUT OIL ORGANIC	32Z	LIQ	20.5	16.4	56807	JOINT BUILDER ULT JRW/	90	TAB	27.95	22.36	27728	SELENIUM SYNERGY	60	CAP	14.95	11.96
61863	SAMBUCUS BLACK ELDER	4 Z	LIQ	15.5	13.17	33211	COCONUT OIL ORGANIC	16Z	LIQ	11.95	9.55	67162	K RIGHT K1/MK4/MK7/D3	60	SGC	47.95	38.36	61459	SHILAJIT FULVIC ACID	60	VCA	23.95	19.16
52525	SIMILASE	180	CAP	43.7	37.14	45669	COCONUT OIL XTRA VIRGN	16Z	LIQ	16.95	13.56	42727	KRILL OIL 600 K REAL	30	SGC	17.95	14.36	55621	SLEEP OPTIMIZER	30	VCA	12.95	10.36
52399	SIMILASE	90	CAP	23.5	19.97	67419	COLLAGEN FISH TYPE I	180	TAB	24.95	19.96	42728	KRILL OIL 600 K REAL	60	SGC	33.95	27.16	58987	SLEEP OPTIMIZER	60	VCA	21.95	17.56
53818	SIMILASE BV	90	CAP	28.1	23.88	66721	COLLAGEN OPTIMIZER PWD	5.8	PWD	29.95	23.96	37427	LACTOFERRIN 250 MG	60	CAP	49.95	39.96	66652	SLIM WHEY PROT GRN TEA	16Z	PWD	33.95	27.16
55786	SIMILASE GFCCF	120	CAP	25	21.25	56676	COLLAGEN TYPE II	60	CAP	20.95	16.76	26684	LIPOIC ACID 100 MG	60	TAB	11.95	9.55	38973	TAURINE 1000	100	CAP	12.95	10.36
53750	SIMILASE JR	90	CAP	25.4	21.59	34792	COLOSTRUM PRIME LIFE	120	CAP	26.95	21.56	39618	LIPOIC ACID 100 MG	60	CAP	16.95	13.56	66838	THEANINE 100 GUMM APPL	60	CHW	24.95	19.96
52600	SIMILASE LIPO	90	CAP	27.5	23.37	23886	COQ10 100 MG	60	CAP	21.95	17.56	29423	LIPOIC ACID 100 MG	180	TAB	23.95	19.16	39098	THEANINE 100 MG	60	CAP	15.95	12.76
60356	SIMILASE SENSIT STOM	180	VCA	39.8	33.83	35972	COQ10 100 MG Q ABSORB	30	SGC	19.95	15.96	59190	LIPOIC ACID 300 MG S/R	120	TAB	39.95	31.96	54932	THEANINE 200	60	CAP	25.95	20.76
52416	SIMILASE SENSITIV STOM	90	VCA	20.7	17.59	34562	COQ10 100 MG Q ABSORB	60	SGC	35.95	28.76	32968	LIPOIC ACID 300 S/R	60	TAB	24.95	19.96	37034	TMG 500 TAB	120	TAB	14.95	11.96
54534	SLF FORTE	120	CAP	29.1	24.73	52583	COQ10 100 MG Q ABSORB	120	SGC	49.95	39.96	52813	LIVER OPTIMIZER PF TAB	90	TAB	33.95	27.16	29221	TMG TRI METHYL G CRYST	50G	PWD	9.95	7.96
52716	SPECTRA 303 T	180	TAB	49.9	42.41	41343	COQ10 200 MG	30	CAP	17.95	14.36	36602	LUTEIN 20 MG SGC	30	SGC	9.95	7.96	41315	TOCO SORB (TOCO LIFE)	60	SGC	25.95	20.76
52011	SPECTRA PROBIOTIC W/CO	90	CAP	30.5	25.92	41344	COQ10 200 MG	60	CAP	31.95	25.56	36603	LUTEIN 20 MG SGC	60	SGC	17.95	14.36	34437	TRIBULUS COMPLEX	60	TAB	19.95	15.96
54095	SPECTRIENT W/D IRON	180	CAP	47.7	40.54	23414	COQ10 30 MG	60	CAP	11.95	9.55	67163	LUTEIN 20 MG SGC	120	SGC	33.95	27.16	55329	TRYPTOPHAN 500 MG	60	VCA	21.95	17.56
52533	SPECTRUM 2C NO IRON	240	CAP	42.5	36.12	23415	COQ10 30 MG	150	CAP	21.95	17.56	27065	LYCO SORB 10 MG PRLIPS	60	SGC	21.95	17.56	24563	TYROSINE 500 MG CAP	100	CAP	13.5	10.8
62885	SUPER IMMUNO TONE	60	CAP	26.5	22.52	34684	COQ10 30 MG Q ABSORB	120	SGC	25.95	20.76	24567	LYSINE 500 MG	100	CAP	9.95	0	52225	VENOUS OPTIMIZER PF	90	TAB	29.95	23.96
54535	TESTOSTERONE FORMULA	90	CAP	29.2	24.82	23416	COQ10 60 MG	60	CAP	17.95	14.36	61392	MAGMIND MAG L THREON	90	VCA	38.95	31.16	39490	VINPOCTINE 5 MG	100	CAP	14.95	11.96
57141	THEANINE	60	CAP	19.5	16.57	38843	CRAN CLEARANCE	100	CAP	18.95	15.16	38052	MAGNESIUM OPTIMIZER	100	TAB	11.95	9.55	36604	VISION OPTIMIZER	90	CAP	32.95	26.36
65876	THERACURMIN HP	60	VCA	53	45.05	54661	CREATINE 800 CAP J	120	CAP	12.95	10.36	39862	MASTIC GUM	60	CAP	31.95	25.56	57148	VISION OPTIMIZER	180	CAP	56.95	45.56
56531	THYROSINE COMPLEX	100	CAP	21	17.85	34794	CREATINE MONO POWDER	1KL	PWD	41.95	33.56	25931	MAX DHA 505 MG	90	SGC	21.95	17.56	66360	WHEY PROT ISOLATE VIRG	16Z	PWD	33.95	27.16
56619	TOTAL FORMULA 3 NO FE I	60	TAB	14.6	12.41	34502	CREATINE MONO POWDER	1LB	PWD	26.95	21.56	34494	MAX DHA 505 MG	180	SGC	37.95	30.36	65406	WHEY PROT UNFL GRSS FD	12	PWD	29.95	23.96
54415	TRI MAGNESIUM	90	VCA	19.8	16.83	25042	CREATINE MONO POWDER	325	PWD	15.95	12.76	25010	MELATONIN 3 MELLOWTON	60	CAP	7.95	6.36	52846	WHEY PROTEIN CHOCOLATE	1LB	PWD	23.95	19.16
58144	UBOH 100 MG	60	SGC	55	46.75	23121	CURCUMIN 95 500 MG	60	CAP	25.95	20.76	67164	MELATONIN 300 FAST MLT	100	LOZ	13.95	11.16	37752	WHEY PROTEIN UNFLAV	2LB	PWD	34.95	27.96
67027	VASOPHIL SACHETS	30	SGC	57	48.45	51698	CURCUMIN 95 500 MG	120	CAP	43.95	35.16	24584	MELATONIN SUSTAIN 1 MG	120	TAB	11.95	9.55	52847	WHEY PROTEIN UNFLAVOR	1LB	PWD	23.95	19.16
64117	ZINC CATNOSINE	60	VCA	35.8	30.43	62875	CURCUMIN PHYTOS MERIVA	60	CAP	27.95	22.36	26310	MELATONIN SUSTAIN 1 MG	60	TAB	7.95	6.36	29410	WHEY PROTEIN VANILLA	2LB	PWD	34.95	27.96

IRWIN NATURALS

57338	3 IN 1 CARB BLK PHAS 2	75	SGC	21.99	17.59
57332	3 IN 1 JOINT FORM SGC	90	SGC	32.99	26.39
65150	BRAIN AWAKE	60	SGC	22.99	18.39
63492	CLA LEAN	80	SGC	24.99	19.99
62658	COLLAGEN PURE DEEP TIS	80	SGC	29.99	23.99
57336	GINKGO SMART FOCUS MEM	60	SGC	20.99	16.79
57341	GREEN TEA FAT METABOL	75	SGC	21.5	17.2
57345	IMMUNO SHIELD SGC	100	SGC	20.99	16.79
57340	LIVING GREEN MEN'S MULTI	90	SGC	23.99	19.19
57337	PROSTA STRONG SGC	90	SGC	26.99	21.59
57335	SKIN HAIR NAILS HEALTH	75	SGC	16.99	13.59
64437	STEEL LIBDO FOR WOMEN	75	SGC	29.99	23.99
61171	STEEL LIBDO RED	90	SGC	28.95	23.99
57333	STEEL LIBIDO	75	SGC	29.95	23.99
62788	SUNNY MOOD	75	SGC	27.99	22.39
64168	SYSTEM SIX	100	SGC	26.99	21.59
63129	TESTOSTERONE UP	60	SGC	39.99	31.99
57334	TRIPLE BOOST CAFF FR IR	75	SGC	21.5	17.2
57344	TRIPLE TEA FAT BURNER	75	SGC	21.99	17.59
57342	YOHIMBE PLUS	100	SGC	22.95	18.36

JARROW FORMULAS

31838	5 HTP 100 MG	60	CAP	27.95	22.36
31837	5 HTP 50 MG	90	CAP	20.95	16.76
56423	7 KETO DHEA 100 MG	30	CAP	21.95	17.56
56805	ACEYL CARNITINE 500	120	CAP	38.95	31.16
29951	ACEYL L CARNITINE 250	60	CAP	15.95	12.76
40671	ACEYL L CARNITINE 250	120	CAP	23.95	19.16
53177	ADRENAL OPTIMIZER	120	TAB	25.95	20.76
67159	AHFLOWER OIL 750 VEGN	60	VSG	22.95	18.36
51313	ALCA 500 W/LIP ACID	100	CAP	39.95	31.96
42173	ALPHA GPC 300 MG	60	VCA	39.95	31.96
23113	ANTIOXIDANT OPTIMIZER	90	VIT	23.95	19.16
67420	APPLE CIDER VINEGAR OG	16Z	LIQ	7.95	6.36
36755	ARGININE 1000	100	TAB	17.95	14.36
38642	ARTICHOKE 500 MG	180	CAP	30.95	24.76
50091	ASHWAGANDHA EXT 225 MG	120	VCA	22.95	18.36
61020	ASTAXANTHIN 12 MG	30	SGC	27.95	22.36
59891	ASTAXANTHIN 4 MG	60	SGC	21.95	17.56
23418	B RIGHT	100	CAP	24.95	19.96
67226	BEAUTYSIL HAIR & NAILS	60	TAB	23.95	19.16
51304	BETA GLUCAN 250 MG	60	CAP	39.95	31.96
67103	BEYOND BONE BRO	10	PWD	31.95	25.56
67102	BEYOND BONE BRO CHICK	10	PWD	31.95	25.56
24809	BIFIDUS BALANCE	100	CAP	17.95	14.36
31318	BILBERRY80 + GRAPESKIN2	120	CAP	39.95	31.96
40435	BILE ACID FACTORS	90	CAP	32.95	26.36
41945	BIOTIN 5 MG	100	CAP	15.95	12.76
66124	BITTER MELON EXT WILD	60	TAB	24.95	19.96
55410	BLACK CURRANT + LUTEIN	60	SGC	29.95	23.96
56141	BLACK CURRANT 200 VCAP	60	VCA	21.95	17.56
23114	BONE UP	120	CAP	16.95	13.56
23115	BONE UP	240	CAP	28.95	23.16
59191	BONE UP	360	CAP	39.95	31.96
65831	BONE UP PWD ORANGE	13	PWD	39.95	31.96
61851	BONE UP THREE PER DAY	90	CAP	19.95	15.96
67656	BONE UP THREE PER DAY	180	CAP	36.95	29.56
34368	BONE UP ULTRA	120	TAB	31.95	25.56
54418	BONE UP ULTRA	240	TAB	45.95	36.76
24803	BONE UP VEGETARIAN	120	TAB	18.95	15.16
23128	BORAGE OIL GLA 240	60	CAP	16.5	13.2
30155	BORAGE OIL GLA 240	120	SGC	29.95	23.96
58178	BRAIN BOOST	60	VCA	25.95	20.76
39507	BRANCH CHAIN AMINO ACD	120	CAP	15.95	12.76
50465	BROCCOMAX 250 MG CAP	60	CAP	26.95	21.56
30012	BROMELAIN 1000 GDU 500	60	TAB	16.95	13.56
45674	BROWN RICE PROT VAN	1LB	PWD	22.45	17.96
40562	CAL MAG CITRATES	90	TAB	10.95	8.76
50302	CARNITALL 600 +	90	VCA	28.95	23.16
56706	CARNITINE 500 LIQUICAP	100	CAP	32.95	26.36
43844	CARNITINE 500 MG TARTR	180	CAP	58.95	47.16
23392	CARNITINE 500 TARTRATE	100	VCA	41.95	33.56
23391	CARNITINE 500 TARTRATE	50	CAP	22.95	18.36
38261	CARNITINE LIQ 1000 LL	16Z	LIQ	22.95	18.36
39090	CARNOSINE 500 MG	90	CAP	52.95	42.36
43873	CAROTENALL	60	SGC	27.95	22.36
33664	CHLORELLA PWD(YAEYAMA)	100	PWD	15.95	12.76
27504	CHLORELLA YAEYAMA CAP	150	CAP	16.95	13.56
37751	CHRYSIN 500	30	CAP	29.95	23.96
36488	CITICOLINE 250 MG	60	CAP	33.95	27.16
59585	CITICOLINE 250 MG	120	CAP	57.95	46.36
62629	CITRUS BERGAMOT EXT	60	CAP	42.95	34.36
36248	CLA 750 TONALIN	100	SGC	22.95	18.36
35028	CMO TRUE 380 MG	60	CAP	25.95	20.76
58065	COCONUT OIL EXTRA VIRG	120	SGC	16.95	13.



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Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements



Note: Phyto-Tech™ Liver Support formula is available in four different forms:

- Liquid Fluid Extract - 1 fl. oz.
Product Code: 56948 (see Liver Support)
- Alcohol Free Fluid Extract - 1 fl oz
Product Code: 56971 (see Liver Support)
- Liquid Filled Veggie Caps - 60 Caps
Product Code: 57048 (see Liver Support Caps)
- Fresh Ground Powder filled VeggieCaps
90 Caps - Product Code: 67454 (see Liver Support Caps)

Liver Support Caps

Standardized, Liquid Veggie Caps

This herbal blend has a systemic detox action, supporting liver function and blood cleansing, protecting the body from environmental and dietary toxins.

60 Liquid Filled Veggie Caps - Product Code: 57048

This formula is a modification of the liquid herbal Liver Support product already described. In a normal liquid extract, it is not possible to get levels of Silymarin, the active component of Milk Thistle, at the high levels called for in some of the clinical research. Therefore, this modified formula, in a liquid filled Veggie Cap was developed, with added standardized Silymarin content.

Ingredients:

Each Phyto-Tech™ Liver Support Standardized liquid filled Veggie Cap contains the following: Silymarin, Standardized, from Milk Thistle) 80 mg., with Oregon Grape Root, Milk Thistle Seed, Yellow Dock Root, Burdock Root, Dandelion Root, Red Root, Fringe Tree Bark

Cautions: see next Liver Support Capsules monograph.

Liver Support Caps

Standardized Powder Veggie Caps

This herbal blend has a systemic detox action, supporting liver function and blood cleansing, protecting the body from environmental and dietary toxins.

90 Veggie Caps - Product Code: 67454

This formula is a modification of the liquid herbal Liver Support product already described. In a normal liquid extract, it is not possible to get levels of Silymarin, the active component of Milk Thistle, at the high levels called for in some of the clinical research. Therefore, this modified formula, in a fresh ground, powder filled Veggie Cap was developed, with added standardized Silymarin content.

Ingredients:

Each Veggie Cap contains: Oregon Grape Root, 100 mg, Milk Thistle Seed & Extract, 100 mg, providing 40 mg Silymarin, Yellow Dock Root, 75 mg, Dandelion Root, 75 mg, Burdock Root, 50 mg, Red Root, 25 mg. The veggie cap contains Modified Vegetable Cellulose (The herbs are organic or ethically wild harvested. 100% gluten free.

Dosage:

Take one capsule with water, 1-3 times per day, depending on the pace of the cleanse desired.

Indications: Phyto-Tech™ Liver Support can be used as a systemic (all over) cleansing stimulant, a specific liver stimulant to increase all liver function, a liver protectant, a treatment for liver stagnation or deficiency, skin cleanser via liver cleansing and a bile stimulant that will increase fat digestion and protein synthesis.

The amount of the active part of Milk Thistle, called Silymarin, is concentrated to a significant amount beyond what can be achieved in liquid extracts. Silymarin has been researched in numerous studies which show it protects the liver and helps regenerate healthy liver cells.

The liver is responsible for a majority of blood cleansing. By stimulating the liver with Liver Support, all the blood moving through the liver will get cleaned out on an accelerated level. At the same time Liver Support will help to prevent the liver from degenerating by arresting liver necrosis and bringing down elevated liver enzymes if elevated. It is a specific for hepatitis C.

Liver Support will decrease how the liver breaks down naturally occurring cortisone, thereby systemically decreasing inflammation.

It will also decrease hepatic portal congestion that occurs from too much fat in the diet (Red Root) and thereby decrease sticky blood and lymph. It can help decrease hemorrhoids, pelvic congestion, fatty sticky stools and all the symptoms that result from thick blood.

As a treatment for liver deficiency or liver stagnation, Liver Support can facilitate a healing on a constitutional level for an array of symptoms including, PMS, headaches, indigestion, hayfever, poor fat and protein digestion, fatigue or chronic fatigue syndrome.

Leaky gut syndrome is a combination of events. Liver Support can help by increasing gut digestive acidity and antibacterial function to help remove some causative factors behind leaky gut syndrome.

Contra-indications and Cautions: Pregnancy; Alcohol or drug addiction (be careful as an acute healing crisis can manifest); Do not use if already acutely detoxing, especially if acutely detoxing from addictions such as alcohol. Be careful if liver enzymes are elevated by going slowly.

Aggressive detoxification and herbal liver stimulants may increase the rate of metabolic breakdown of some medications, especially those medications that are broken down in the liver. This can create an undesirable situation where medications are not working (i.e. beta blockers, anti-depressants) and detoxification would be contraindicated.

... continued on page 70

Important Notice: The information given here is designed to help you make informed decisions about your health, and the proper use of dietary supplements. It is not intended as a substitute for medical advice, nor a substitute for any treatment that may have been prescribed by your doctor. If you have a medical problem, you should seek medical help. Products described herein are not intended to diagnose, treat, cure or mitigate disease.

Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)

53063	SOD 3 ENTRIC COATED	100	TAB	24.09	19.27	11913	MICEL A 5 000	1 Z	LIQ	17	15.3	59027	KYO DOPHILUS + CRANBRY	60	CAP	22.99	18.39	67475	OCUVITE PRESERV LUTEIN	50	SGC	19.49	19.49
41675	STEVIA PURE EXT PWD	1.3	PWD	16.99	13.59	39386	MULTI VITAMIN CMP EPD	90	CAP	27.95	25.15	42366	KYO DOPHILUS 9	90	CAP	29.45	23.56	67474	OCUVITE PRESERV LUTEIN	120	SGC	33.19	33.19
KARE N HERBS																							
24170	ENERGY KARE	40	TAB	19.95	15.96	11937	P 5 P	250	CAP	41.95	37.75	17798	KYO DOPHILUS ACIDOPH	45	CAP	12.95	10.36	LIDDELL					
24171	KARE N LIVER	40	TAB	17.95	14.36	11936	P 5 P	100	CAP	19.5	17.55	17799	KYO DOPHILUS ACIDOPH	90	CAP	21.45	17.16	45362	BL BLADDER + UTI	1 Z	SPY	14.99	11.99
24172	KOLD KARE COLD/FLU	40	TAB	15.95	12.76	11938	P 5 P PLUS W/MAG	100	CAP	22.95	20.65	43066	KYO DOPHILUS ONE DAY	30	CAP	14.99	11.99	29969	INSOMNIA	1 Z	LIQ	14.99	11.99
33533	TRANQUILITY KARE	40	TAB	18.49	14.79	39387	PRO 5	60	CAP	28.9	26.01	26471	KYO DOPHILUS W/ENZYZME	60	CAP	17.49	13.99	33661	MALE ENERGY	1 Z	LIQ	21.59	17.27
KARUNA																							
20197	CAL PLEX	90	TAB	21.7	17.36	24757	PRO BIOTIC COMPLEX	2 Z	PWD	22.9	20.61	17801	KYO GREEN DRINK PWD SM	2.8	PWD	20.45	16.36	33662	VITAL HGH	1 Z	LIQ	39.95	31.96
67270	PREGNENOLONE 50 MG	120	CAP	24	19.2	24758	PRO BIOTIC COMPLEX	100	CAP	19.9	17.91	17804	KYOLIC 100 GARLIC CAP	200	CAP	25.45	20.36	LIFE EXTENSION					
38543	PROGESTERONE PURE	2 Z	CRM	32.9	26.32	57441	SACCHAROMYCES BOULARDI	60	VCA	31	27.9	31207	KYOLIC 100 GARLIC CAP	300	CAP	34.45	27.56	61056	5 LOX INHIB 100 APRESF	60	VCA	22	17.6
65236	ZINC PICOL PLUS	60	CAP	10	8	11942	SELENO MET	100	CAP	12.9	11.61	17803	KYOLIC 100 GARLIC CAP K	100	CAP	13.99	11.19	58721	7 KETO DHEA 25 MG	100	CAP	28	22.4
KING BIO																							
39949	ALLERGIES AND HAYFEVER	2 Z	LIQ	19.99	15.99	11908	TAURINE 500	100	CAP	11.9	10.71	17805	KYOLIC 100 GARLIC TAB	100	TAB	12.99	10.39	52660	ACETYL L CARNIT ARGIN	90	VCA	52	41.6
64686	EARACHE RELIEF	2 Z	SPY	19.99	15.99	62434	THER BIOTIC CHILDR CHW	60	TAB	37.95	34.15	17806	KYOLIC 100 GARLIC TAB K	200	TAB	21.99	17.59	61932	ADRENAL ENERGY FORMULA	60	VCA	24	19.2
39968	LUNGS BRONCHIAL RELIEF	2 Z	LIQ	19.99	15.99	44391	THER BIOTIC COMPLETE	60	VCA	42.9	38.61	52850	KYOLIC 100 GARLIC VCA	200	CAP	25.45	20.36	67570	AGELESS CELL GEROPROTE	30	SGC	40	32
63825	PROBIOTIC RESTOR AQUAF	2 Z	LIQ	25.99	20.79	66720	THER BIOTIC COMPLETE	120	VCA	79.95	71.95	17808	KYOLIC 101 STRESS FAT C	200	CAP	27.45	21.96	65175	AMPK ACTIVATOR	90	VCA	48	38.4
63840	SKIN TAG REMOVER	.5Z	CRM	16.99	13.59	56645	THER BIOTIC COMPLETE PW	2.1	PWD	71.95	64.75	17812	KYOLIC 102 W/ENZ VCAP	200	VCA	27.45	21.96	65887	ANTI AGING SCALP SERUM	2 Z	SER	46	36.8
39975	SNORE CONTROL	2 Z	LIQ	19.99	15.99	51772	THER BIOTIC DETOXIF	60	VCA	51.9	46.71	17815	KYOLIC 103 W/C/ASTRAG	100	CAP	14.49	11.59	67404	ANTI ALCOHOL W/HEPTOPR	60	CAP	22	17.6
66900	SORE THROAT & LARYNGIT	2 Z	SPY	19.99	15.99	54950	THER BIOTIC FACTOR 1	60	VCA	34.9	31.41	17816	KYOLIC 103 W/C/ASTRAG	200	CAP	25.95	20.76	63930	APPETITE SUPPRESS NATU	60	VCA	38	30.4
KISS MY FACE																							
64386	KIDS DEFESE SPY SPF 50	6 Z	SPY	16.99	13.59	62672	THER BIOTIC FACTOR 6	60	VCA	79.99	71.95	17817	KYOLIC 104 W/LECITHIN	100	CAP	13.99	11.19	61573	APPLEWISE POLYPHEN EXT	30	CAP	21	16.8
30408	MOIST HONEY CALENDULA	16Z	CRM	10.09	8.07	55684	THER BIOTIC INFANT FOR	2.1	PWD	30.95	27.86	17818	KYOLIC 104 W/LECITHIN	200	CAP	25.45	20.36	66692	ARTERIAL PROTECT	30	VCA	48	38.4
30407	MOIST OLIVE ALOE FR F	16Z	CRM	10.09	8.07	66317	THER BIOTIC METABOL FM	60	VCA	39.95	35.95	17819	KYOLIC 105 W/SEL/A/E	100	CAP	15.49	12.39	58772	ARTHO IMMUNE JOINT	60	VCA	32	25.6
30642	MOISTRE OLIVE & ALOE	16Z	LIQ	10.09	8.07	65043	THER BIOTIC SENIOR FORM	60	VCA	39.95	35.95	32266	KYOLIC 106 CIRCULATION	300	CAP	40.45	32.36	60988	ARTHROMAX ADV UC II	60	CAP	36	28.8
42327	SHAMPOO WHENEVER	11Z	LIQ	7.95	6.36	60522	THER BIOTIC WOMEN FORM	60	CAP	35	31.5	17820	KYOLIC 106 CIRCULATION	100	CAP	16.49	13.19	67427	ARTHROMAX HERBAL JOINT	60	VCA	40	32
50120	SHAVE MOIST FRAG FREE	11Z	CRM	7.95	6.36	55131	VITA SPECTRUM	180	CAP	32.95	29.65	21610	KYOLIC 106 CIRCULATION	200	CAP	28.95	23.16	56168	ASHWAGANDA EXT OPTIM	60	VCA	10	8
30610	SHV MOIST KEY LIME	11Z	CRM	7.95	6.36	28358	VITAL 10	100	CAP	21.9	19.71	43218	KYOLIC 108 HEART	100	CAP	16.49	13.19	63897	ASIAN ENERGY BOOST	90	VCA	24	19.2
59648	SHV MOIST POMGRAN GRAPE	11Z	CRM	7.99	6.39	32447	VITAL 10 PWD	2 Z	PWD	26.9	24.21	56546	KYOLIC 109 BLOOD PRESS	80	CAP	27.45	21.96	63127	ASTAXANTHIN PHOSLI 4 MG	30	SGC	16	12.8
KLAIRE VITAL LIFE																							
11901	ALPHA KETO 300	60	VCA	14.5	13.05	29560	VITAL IMMUNE BIOTIC	100	CAP	19.95	17.95	65989	KYOLIC 109 FORMULA	160	CAP	46.95	37.56	63856	B COMPLEX COMPLETE	60	VCA	12	9.6
11864	AMINO ACID COMPLETE	150	CAP	31.9	28.71	11934	VITAL PLEX	100	CAP	19.9	17.91	51734	KYOLIC 110 W/COQ10	100	CAP	30.95	24.76	54044	BENFOTIAMINE MEGA 250	120	VCA	30	24
11877	BI CARB FORMULA	250	CAP	21.95	19.75	11933	VITAL PLEX PWD	2 Z	PWD	25.9	23.31	61659	KYOLIC CURCUMIN	50	CAP	31.95	25.56	54043	BENFOTIAMINE W/THIAMIN	120	VCA	19.95	15.96
58554	BIOTAGEN	120	VCA	23.95	21.55	51359	VITAL ZYMES COMPLETE	120	VCA	32.95	29.65	17823	KYOLIC LIQ GAR	4 Z	LIQ	29.95	23.96	61875	BIO COLLAGEN W/ UC II	60	CAP	36	28.8
39235	CALCIUM COMPLEX 200 MG	90	CAP	16.8	15.12	11935	VITAL ZYMES FORTE	120	CAP	27.95	25.15	17824	KYOLIC LIQ GAR	2 Z	LIQ	16.99	13.59	59824	BIOACTIVE MILK PEPTIDE	30	VCA	18	14.4
11885	CHROMIUM PICOL + 100	100	CAP	14.95	13.45	11932	VITALDOPHILUS +	100	CAP	19	17.1	22943	KYOLIC OMEGA 3	90	SGC	25.95	20.76	62496	BLACK CUMIN SD OIL 500	60	SGC	16	12.8
67271	CINNAMON EXT 125 MG	60	VCA	17.95	16.15	31324	ALOE VERA GEL	32Z	LIQ	12	10.8	44680	KYOLIC ONE PER DAY	30	CAP	13.99	11.19	62521	BLACK CUMIN W/BIO CURM	60	SGC	32	25.6
60586	ENDO ZIN	60	CAP	37.95	30.36	67119	ARSENICUM	1 Z	LIQ	13	13	67227	LIVER FORMULA	50	VCA	19.95	15.96	67293	BLOOD PRESS 3X ACTION L	60	TAB	44	35.2
51286	FACTOR 4 THERA BIOTIC	60	VCA	33.9	30.51	24313	BLOOD FLUKES	1 Z	LIQ	8	8	65686	LUCKY 7 MENS PERFORM	60	VCA	29.95	23.96	67294	BLOOD PRESSUR DUAL ACT	60	TAB	44	32.5
65804	GALACTOMUNE	120	VCA	35.95	32.15	24157	CANDIDA FORMULA #2	100	CAP	13.99	11.19	29201	NEURO LOGIC	120	CAP	33.95	27.16	59402	BLUEBERRY EXT W/POMEGR	60	VCA	30	24
67421	GLUTAMINE PWD	10.	PWD	39.95	35.95	15451	CIRCU FLOW	270	CAP	34.99	27.99	31895	PROSTA LOGIC	60	CAP	39.45	31.56	52165	BLUEBERRY EXTRACT CAPS	60	VCA	22.5	18
58018	INTERFASE	120	VCA	48	43.2	28339	EMU MU OIL	1 Z	LIQ	13.49	13.49	LANE LABS											
58061	INTERFASE PLUS	120	VCA	31.95	28.75	67118	HEALTHY GUT	100	CAP	15	15	58491	ADVA CAL 1000	150	CAP	40.69	36.62	52167	BONE RESTORE	120	CAP	22.5	18
61612	LACTOPRIME PLUS	60	CAP	37.95	34.15	36328	OLIVE LEAF	100	CAP	12.49	11.24	58115	ADVA CAL ULTRA 1000	120	CAP	37.69	30.15	62932	BONE RESTORE W/ K2	120	CAP	24	19.2
51760	LDA TRACE MINERAL CMP	30	VCA	8.5	7.65	15476	RASCAL	100	CAP	12.99	10.39	58115	ADVA CAL ULTRA 1000										



NATURAL BORN ATHLETE

CLEAN TESTED PROVEN

For more than 45 years NOW® Sports has been supporting the goals of professional fitness trainers with high quality sports nutrition supplements that are pure, simple, and free of adulterants. Our award-winning sports nutrition products support optimal performance and provide the natural results your trainees are striving for.*



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



Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements



One may need to adjust the dosage of such medications while working with their health care professional.

Lobelia 1:2

Medically, Lobelia is known as a **parasympathomimetic. It stimulates the parasympathetic nervous system, countering the effect of adrenal stimulation and stress.**

1 fl oz - Product Code: 56988

Who can benefit from this herbal supplement?

• Those suffering from excess adrenal stimulation and stress, including anxiety, panic attacks, insomnia, ADHD and nervousness.

Lobelia contains an alkaloid called lobeline that is chemically similar to nicotine. Lobelia will decrease the physical craving for cigarettes as lobeline fools the binding sites that are looking for nicotine. Lobelia has historically been used to help one who wants to quit smoking. It also calms the stress one goes through and opens the lungs to help expectorate. It is perfect in its action for smoking cessation.

Ingredients:

Phyto-Tech™ Lobelia 1:2 contains fresh lobelia inflata herb, (500 mg/ml, or 30 drops), pure grain alcohol, and pure deionized water.

Dosage:

General and long term dosage is 10-30 drops, 2-3 times daily in juice or water. For acute, short term needs, one can take 10-30 squirts every hour as needed.

Use caution if you have low blood pressure, and do not use during pregnancy.

Lustrous Hair

A herbal blend based on Traditional Chinese Medicine that stimulates hair growth and healthy, lustrous hair.

2 fl oz - Product Code: 57733

Who might benefit from this herbal supplement?

• Those who suffer from hair loss or thinning, brittle, dull hair.

Ingredients:

Phyto-Tech™ Lustrous Hair contains Fo-Ti Root 230 mg, Rehmannia Root 220 mg, Astragalus Root 110 mg, Dong Quai Root 90 mg, White Peony Root 90 mg, Safflower Flower 70 mg, Chinese Salvia Root 60 mg, Liguisticum wallichii Rhizome 60 mg. Alcohol Pure Grain, Water Pure Deionized

Cautions: Do not take during pregnancy or while nursing. Keep out of the reach of children.

Dosage:

30 drops, 1-2 times a day, in juice or water. Shake well before using.

References:

For more information on this product, go the reference library section of the Willner Chemists web site, www.willner.com, under "Articles & Reprints." Look for "Lustrous Hair."

Lymphatic Complex

A blend of herbs affecting the lymphatic system.

1 fl oz - Product Code: 56997

Ingredients:

Phyto-Tech™ Lymphatic Complex contains: Red Root, Fresh Ocotillo Bark, Stillingea Root, Fresh Astragalus Root, Fresh Ginger Root, Grain Alcohol, Deionized Water

Dosage:

General: 20-40 drops, 2-3 times per day or as needed in juice or water.

Acute: 60-90 drops, 3-4 times per day until symptoms reduce.

Maca Root

A native Peruvian herb, Maca's traditional use for enhancing overall vigor and fertility has been confirmed by animal studies showing it promotes libido, sexual potency and energy.

1 fl oz (500 mg per 30 drops) - Product Code: 57076

Who can benefit from this supplement?

• Those with age-related sexual dysfunction, low libido, lack of energy and vigor.

According to Dr. Arthur Presser's book, Pharmacist's Guide to Medicinal Herbs, the "modern day uses" for Maca "are probably no different than Maca's ancient uses. They include:

- Aphrodisiac
- Fertility
- Impotence
- Vitality
- Mental clarity
- Menopause & Menstruation
- Chronic Fatigue Syndrome
- Erectile dysfunction
- Anabolic steroid alternative
- General immunity

Maca Enhanced

An enhanced form of Maca, valued for its effect on Libido, Male and Female Hormonal Balance, Stress and Fatigue.

90 Veggie Caps - Product Code: 67456

4 oz Powder - Product Code: 67457

... continued on page 72

Important Notice: The information given here is designed to help you make informed decisions about your health, and the proper use of dietary supplements. It is not intended as a substitute for medical advice, nor a substitute for any treatment that may have been prescribed by your doctor. If you have a medical problem, you should seek medical help. Products described herein are not intended to diagnose, treat, cure or mitigate disease.



Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)



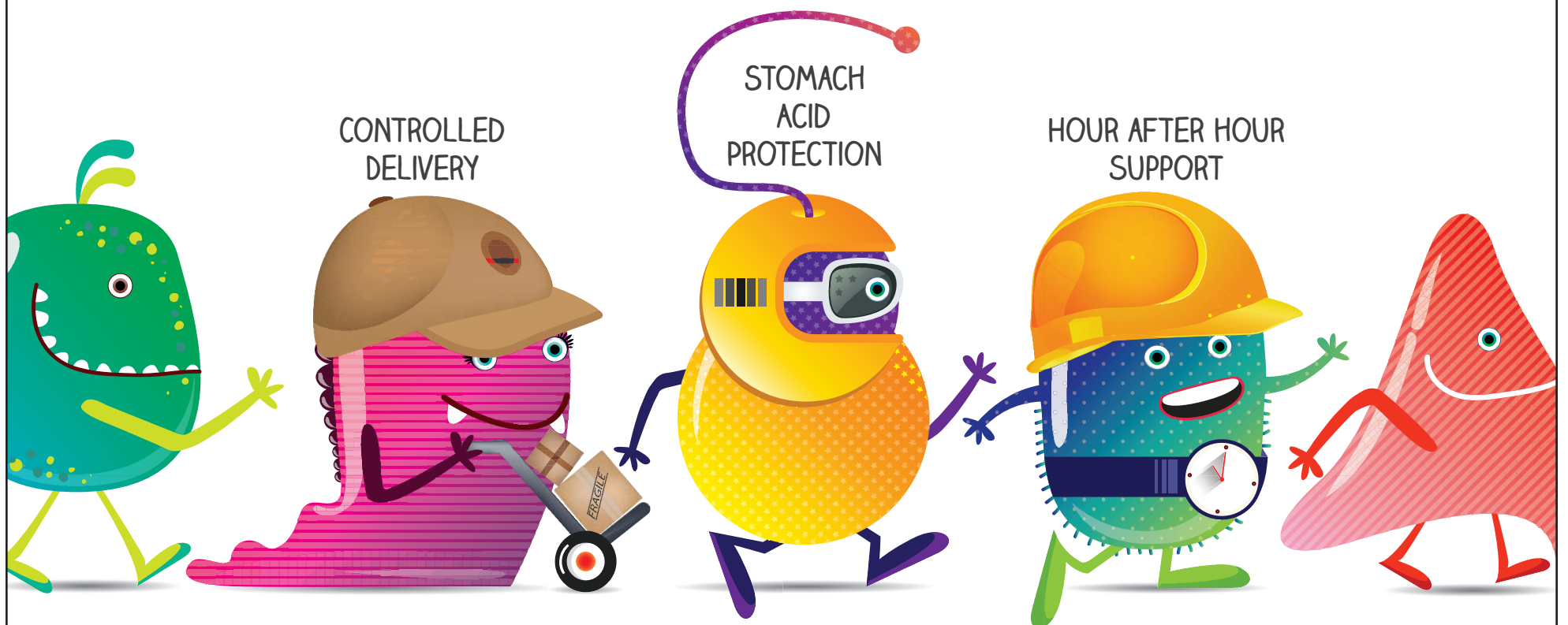
52185	CLA BLEND 1000 W/GUAR	120	SGC	42	33.6	57227	FLORASSIST ORAL HYGIEN	30	LOZ	20	16	66076	NITROVASC W/CORDIART LE	30	VCA	18	14.4	52188	TPST LIFE EXTENTION	4	Z	TUB	9.5	7.6
60860	COFFEENIC 400 GRN CF	90	VCA	38	30.4	66208	FLORASSIST THROAT HEAL	30	LOZ	20	16	65178	NK CELL ACTIVATOR	30	TAB	45	36	65790	TRANQUIL TRACT VCAP	60	VCA	52	41.6	
63852	COGNITEX W/ BRAIN SHLD	90	SGC	60	48	65973	FOLATE OPTIM 5000 MCG	30	TAB	25	20	61230	OLIVE LEAF VASCULR ADV	60	VCA	36	28.8	63765	TRI SUGAR SHIELD MULBR	60	VCA	36	28.8	
52194	COGNITEX W/ PREGNENOL L	90	SGC	62	49.6	57354	FOLATE OPTIMIZED	100	TAB	19	15.2	67151	OLIVE OIL EXTRA VIRGIN	16	LIQ	33	26.4	66353	TRIPLE ACTION THYROID	60	VCA	36	28.8	
61834	COGNIZIN CDP CHOLINE	60	CAP	36	28.8	64782	FORSKOLIN 10 MG	60	VCA	16	12.8	58490	OMEGA 3 SUPER SESM ENT	120	SGC	34	27.2	62861	TRYPTOPHAN 500 MG	90	CAP	33	26.4	
53962	COQ10 100 MG UBIQ SUP	60	SGC	56	44.8	60097	FUCOIDAN OPTIMIZED	60	VCA	36	28.8	58680	OMEGA 3 SUPR SES LG OF	120	SGC	32	25.6	61221	TWO PER DAY CAP	120	CAP	22	17.6	
63764	COQ10 100 UBIQ BIOPQQ	30	SGC	54	43.2	62630	GAMMA E TOCOPHER/TOCOT	60	SGC	40	32	64680	OMEGA W/ KRILL & ASTAX	120	SGC	45	36	59196	TWO PER DAY TABLETS	60	TAB	10.5	8.4	
52163	COQ10 100 W/ D LIMON	100	SGC	46	36.8	52178	GAMMA E TOCOPHEROLS	60	SGC	32	25.6	64194	PALMETTOGUARD SAW PLM	30	SGC	15	12	52159	TWO PER DAY TABLETS	120	TAB	20	16	
62414	COQ10 200 MG UBIQUINOL	30	SGC	62	49.6	67346	GASTRO EASE	60	VCA	44	35.2	55373	PEAK ATP W/GLYCOCARN	60	TAB	54	43.2	57901	UBIQUINOL 100 MG W/MITO	60	SGC	62	49.6	
52172	COQ10 50 MG ENHAN SUP	60	SGC	25	20	58954	GLA MEGA W/SESAME LIGM	60	SGC	19.5	15.6	64294	PEONY IMMUNE	60	VCA	36	28.8	58016	UBIQUINOL 50 MG W/MITO	100	SGC	58	46.4	
67498	CORTISOL BALANCE NATURA	/30	VCA	45	36	66727	GLUCOSAM CHOND 400 400	100	CAP	38	30.4	58828	POMEGRANATE COMPLETE	30	SGC	24	19.2	66598	URI ACID CONTROL	60	VCA	24	19.2	
59594	CR MIMETIC LONGEVITY	60	VCA	39	31.2	67346	GLUTATHIONE C & CYSTEN	100	CAP	20	16	62413	PQQ 20 MG W/BIOPQQ L	/30	CAP	40	32	67360	VENOFLOW	30	VCA	52	41.6	
58501	CRANMAX 500 MG L	60	VCA	17.5	14	63871	GLYCINE 1000 MG	100	VCA	12	9.6	58678	PQQ CAPS W/BIOPQQ 10	30	VCA	24	19.2	56311	VENOTONE 250 MG	60	CAP	18.95	15.16	
58511	CRANMAX OPTIMIZED	60	VCA	18	14.4	52198	GRAPE SEED EXT 100 MG	60	VCA	36	28.8	52216	PREGNENOLONE 100 MG CP	100	CAP	30	24	64441	VINPOCTINE 10 MG	100	TAB	18	14.4	
62382	CREATINE WHEY GLUTAMIN	16Z	PWD	30	24	52201	GREEN TEA EXT MEGA DEC	100	CAP	30	24	64578	PREGNENOLONE 50 MG	100	CAP	26	20.8	65426	WAIST LINE CONTROL	120	VCA	42	33.6	
58251	CRUCIFEROUS TRIPLE ACT	60	VCA	32	25.6	52202	GREEN TEA EXTRACT 725	100	CAP	30	24	58257	PRELOX NAT SEX FOR MEN	60	TAB	52	41.6	63587	WHEY PROTEIN CHOC	600	PWD	30	27	
58534	CRUCIFEROUS VEG TRIPLE	10N	VCA	24	19.2	66569	HAIR SKIN NAILS REJUV	90	TAB	24	19.6	65529	PROSTA POLLEN 3X STREN	60	SGC	28	22.4	63586	WHEY PROTEIN VAN	520	PWD	30	27	
54588	CURCUMIN SUPER BIO 400	60	VCA	38	30.4	65814	HEALTH BOOST ONCE DAIL	60	SGC	54	43.2	54896	PROSTATE FORM ULTRA	60	SGC	38	30.4	66209	X R SHIELD	90	VCA	15	12	
63870	CURCUMIN W/GINGER &TUR	30	SGC	30	24	53288	HEPATAPRO 900 MG	60	SGC	50	40	67152	PROSTATE PM MIKE DITKA	30	VCA	39.99	31.99	64653	ZINC 50 MG HIGH POTENY	90	VCA	7.95	6.36	
63889	CYTOKINE SUPPES W/EGCG	30	VCA	30	24	65176	IMMUNE SENESCENCE PROT	60	VCA	40	32	64411	PROVINAL PURIF OMEGA 7	30	SGC	27	21.6	65179	ZINC LOZ 18.75 ENHA VG	30	LOZ	12	9.6	
58681	D AND K W/SEA IODIN	60	CAP	24	19.2	56188	INTEGRA LEAN IRVINGIA	60	VCA	28	22.4	54961	PS 100 PHOS SERINE	100	CAP	54	43.2							
53683	D RIBOSE PWD 150 GRAMS	150	PWD	27.5	22	53066	JOINT FORMULA FAST ACT	30	VCA	39	31.2	67629	PTEROPURE 50 MG	60	VCA	32	25.6							
53661	D RIBOSE TAB	100	TAB	32	25.6	52193	K SUPER W/ K2 ADVANCE	90	SGC	30	24	56037	PUMPKIN SEED EXT W/O SO	60	VCA	20	16	60936	ARGAN OIL PURE ORGANIC	4	Z	LIQ	32.99	26.39
58922	D VITAMIN LOTION	4	LOT	36	28.8	57513	K2 45 MCG LOW DOSE	90	SGC	18	14.4	61940	PYCNODENOL 100 MG	60	VCA	64	51.2	59211	BI ESTRO CARE BODY CRM	4	Z	CRM	36.39	29.11
52560	D3 1000 IU SGC	250	SGC	12.5	10	60828	KRILL HEALTHY JOINT	30	SGC	32	25.6	66674	PYRIDOXAL 5 PHOS 100MG	60	VCA	22	17.6	67601	BOSWELLIA CRM UNSCENTED	4	Z	CRM	17.49	13.99
52488	D3 5000 IU	60	SGC	11	8.8	64058	LACTOFERRIN	60	CAP	48	38.4	57172	QUERCETIN OPTIMIZED	60	VCA	22	17.6	59346	DHEA FOR MEN CREAM	4	Z	CRM	41.89	33.51
58872	D3 7000 IU	60	CAP	14	11.2	52180	LIFE EXTENSION MIX	490	CAP	110	88	55363	R LIPOIC ACID SUPER	60	VCA	49	39.2	37804	DHEA PLUS	2	Z	CRM	18.19	14.55
62412	D3 W/SEA IODIN 5000 IU	60	CAP	14	11.2	52181	LIFE EXTENSION MIX	315	TAB	80	64	62384	REISHI EXT MUSHRM CMP	60	VCA	30	24	59040	E 25000 SUPER CREAM	2	Z	CRM	17.29	13.83
52196	DHEA 100 MG	60	VCA	24	19.2	52182	LIFE EXTENSION MIX PWD	14	PWD	98	78.4	58126	RESVERATROL 100 PTER	60	VCA	36	28.8	59172	ESTRIOL CARE	2	Z	PUM	18.29	14.63
54735	DHEA 15 MG	100	CAP	14	11.2	56680	LIPID CONTROL ADVANCED	60	VCA	30	24	59023	RESVERATROL 250 OPT GB	60	VCA	46	36.8	36830	ESTROCARE	2	Z	CRM	21.09	16.87
52316	DHEA 25 MG CAP	100	CAP	18	14.4	61055	LIVER EFFECIENCY FORM	30	VCA	18	14.4	65223	RESVERATROL OPT W/NAD L	30	VCA	42	33.6	59254	IODINE PLUS LIQUID	2	Z	LIQ	7.59	6.07
52315	DHEA 25 MG CHW	100	CHW	14	11.2	67021	MACUGUARD W/AST SAFFRON	60	SGC	44	35.2	53947	RHODIOLA EXT 250 MG	60	VCA	11.75	9.4	64919	MAGNESIUM GEL UNSCENTED	16Z	GEL	17.79	14.23	
61357	DHEA 50 MG	60	CAP	19	15.2	67068	MACUGUARD OCULAR SUP	60	SGC	25	20	65224	RIBOGEN 200 MG OAK WOD	30	VCA	36	28.8	64920	MAGNESIUM OIL PURE UNS	8	Z	SPY	11.19	8.95
62984	DHEA COMPLETE	60	VCA	48	38.4	57758	MAG CITRATE 160 MG	100	CAP	9	7.2	64201	RNA 500 MG	100	CAP	17.95	14.36	54596	MELATONIN CREAM	2	Z	CRM	17.89	14.31
52520	DIGEST RC	30	TAB	14	11.2	67318	MAGNESIUM 250 EXT REL	60	VCA	13	10.4	59087	SAFFRON W/SATIREAL	60	CAP	36	28.8	38044	OLIVE LEAF PLUS LFO	60	CAP	24.99	19.99	
66946	DIGESTIVE ENZY W/ PROB	60	VCA	28	22.4	52419	MAGNESIUM 500 MG	100	VCA	12	9.6	55499	SAM E 200 MG	30	TAB	25	20	34755	PREGNENOLONE CREAM	2	Z	CRM	18.69	14.95
52191	DIGESTIVE ENZYMES SUPR	60	CAP	22	17.6	62478	MELATONIN 10 MG	60	CAP	28	22.4	55498	SAM E 400 MG	30	TAB	36	28.8	44125	PROGESTA CARE BODY CRM	4	Z	CRM	36.39	29.11
66345	DOPAMIND WILD GREN OAT	60	TAB	48	38.4	61010	MELATONIN 3 MG	60	CAP	8	6.4	64998	SE METHYL L SELENOCYST	100	VCA	11	8.8	59798	PROGESTA CARE COMPLETE	4	Z	CRM	39.29	31.43
63574	EFFERVESCENT VIT C MAG	180	PWD	20	16	56449	MELATONIN 300 MCG T/R																	

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Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements



Who might benefit from this herbal preparation?

- Those low in energy and stamina
- Those looking to increase libido, enhance fertility
- Support adrenal function, normalize hormonal balance

Ingredients:

Liquid: 500 mg/ml
 Veggie Cap: Each two capsules contain the following:
 Organic Maca (Lepidium meyenii) (Raw) 800mg, Organic Maca (Gelatinized) 200mg. Total: 1000 mg.
 Powder: Organic Maca powder, in the same 4:1 ratio of raw to gelatinized. One teaspoon full provides 3 grams of organic, raw/gelatinized Maca Root. The vegetarian capsule contains Modified Vegetable Cellulose.
 Blending raw and gelatinized Maca is thought to enhance the bioavailability and potency of Maca.

Properties:

Traditionally, Maca has been shown to exhibit the following properties: Adaptogenic, Aphrodisiac, Antioxidant

Indications:

Maca is a root plant native to Peru where it grows in harsh environments at very high altitudes. It is known for its resiliency, being able to survive in the most extreme conditions of freezing temperatures, intense sunlight, and strong winds. Maca has been used for thousands of years by Peruvians as both a food and a medicinal tonic to promote energy and stamina, increase libido and enhance fertility. It contains amino acids, carbohydrates, fatty acids, fiber, minerals and phytonutrients.

Maca is a powerful adaptogen that helps the body deal with biochemical, physiological, and psychological stressors. It has a revitalizing effect on those who are feeling low in energy and vitality. Used as a tonic it can help reduce stress, increase energy levels and mental focus, and restore strength and vigor. It can help improve athletic performance by improving stamina and helping the body recover faster.

Maca is a member of the Brassicaceae family (the same family

as cabbage, cauliflower, and broccoli). Maca is unique however in that it contains much higher amounts of glucosinolates, which are believed to contribute to its ability to enhance fertility. Aromatic isothiocyanates in Maca are thought to be primarily responsible for Maca's aphrodisiac properties. Prostaglandins, sterols and amides are also thought to have a contributing role.

Maca does not appear to affect blood levels of testosterone, estradiol, and luteinizing hormone, follicle stimulating hormone or prolactin; however it has a balancing effect on these hormones, enhancing sexual function, and increasing libido in both men and women. This is thought to be due in part to the effect of alkaloids in Maca that act on the hypothalamic-pituitary axis. For perimenopause and post menopause, Maca can help reduce hot flashes and night sweats, improve mood, lessen irritability and anxiety, decrease sexual dysfunction, and increase energy levels. Maca can also help reduce the sexual dysfunction and lowered libido often experienced by those taking selective serotonin reuptake inhibitors (SSRI's) for depression.

Complimentary Formulas & Single Herbs:

- B-Complex Vitamins (For nutritional support)
- Ginseng Energy Blend (Formula for energy)
- Adrenal Adaptogen Complex (Adaptogen formula)

Dosage:

Veggie Cap: Take 2 caps, 1-2 times per day.
 Powder: One teaspoonful, once per day, or as directed by a health care professional.

Who might benefit from this herbal supplement?

- Those men who suffer from decreased libido or impaired sexual function.

Ingredients:

Phyto-Tech™ Male Virility contains Maca Root 97 mg, Epimedium Herb 75 mg, Fresh Wild Oat Seed 75 mg, Tribulus Seed 75 mg, Yohimbe Bark 50 mg, Saw Palmetto Berry 17 mg, American Ginseng Root 17 mg, Vitamin B12 60 mcg, L-Arginine 20 mg, Pine Park Extract 5 mg.

Cautions: There may be serious underlying medical problems that could contribute to, or cause, male sexual dysfunction. Consult with a physical to determine if such problems exist. Use this product under the supervision of a health professional.

Dosage: 30 drops, once per day in juice or water.

Complimentary Formulas:

- Phyto-Tech™ BPH Complex.

References:

For more information on this herbal blend, go to www.willner.com and look for the article in the Reference Library section.

Menopause Complex

Support for the hormonal transition of menopause.

1 fl oz - Product Code: 57084

Who can benefit from this supplement?

- Those women experiencing menopausal symptoms, include hot flashes and mood swings.

Ingredients:

Phyto-Tech™ Menopause Complex contains the following herbs: Chaste Tree Berries, Black Cohosh Root, Lobelia Herb,

... continued on page 74

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Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)



67490	DIGESTIVI T VCAP	90	VCA	39.99	33.49	66427	CREAM CLEANS NORM DRY	118	CRM	15.99	14.39	39271	SKIN HAIR & NAILS	60	TAB	35.96	32.36	53465	CAL APAT BONE BLD FORT	180	CAP	54.5	---
67709	ENERGY VCAP	60	VCA	39.99	33.49	66423	EXFOLIATING SERUM	30M	LIQ	34.99	31.49	63612	TENSION RELEASE	30	TAB	31.76	28.58	44340	CAL APAT BONE BLD FORT	90	CAP	29.5	---
67486	HYPER T VCAP	120	VCA	34.99	29.74	66424	EYE CRM PEPTIDES CERAM	15M	CRM	24.99	22.49	60904	THYROID STRENGTH	60	TAB	44.16	39.74	59980	CAL APAT BONE BLD MAG	180	TAB	48.5	---
67481	MASCULINI T VCAP	90	VCA	39.99	33.49	66422	FACE CRM PEPTIDE ARGAN	30M	CRM	25.99	23.39	64668	TURMERIC DAILY PWD	59G	PWD	24.96	22.46	30405	CAL APAT BONE BLD W/MG	90	TAB	27.5	---
67494	MOBILI T VCAP	100	VCA	34.99	29.74	66426	FACE OIL ANTIOX ARGAN	30M	LIQ	24.99	22.49	67514	TURMERIC STRENGTH JNTS	60	TAB	51.96	45.76	22286	CAL APAT BONE BLD XTRA	90	TAB	28.25	---
67495	PAIN BLOC R VCAP	45	VCA	27.99	23.79	67014	FACIAL SPF 30 SKIN	2.1	CRM	25.09	22.58	67513	TURMERIC STRENGTH LIVR	60	TAB	43.96	39.56	43921	CAL APAT BONE BLD XTRA	180	TAB	52.25	---
67488	PROS T VCAP	60	VCA	43.99	37.39						67512	TURMERIC STRENGTH WHOL	60	TAB	33.56	30.2	33546	CAL APATITE + IPRIFLAV	270	TAB	75.5	---	
67491	PROSPERI T VCP THYROID	60	VCA	34.99	29.74						10590	UN STRESS	90	TAB	44.76	40.28	31730	CAL APATITE + IPRIFLAV	90	TAB	29.25	---	
67489	PURI T VCAP LIVER SUPP	60	VCA	34.99	29.74						60471	WOMEN OVER 40 ONE DAIL	60	TAB	44.56	40.1	36568	CANDIBACTIN AR	60	SGC	39.95	---	
67485	REST ZZZ VCAP	60	VCA	29.99	25.49						62481	WOMEN OVER 55	60	TAB	34.96	31.46	55991	CANDIBACTIN AR	120	SGC	71.5	---	
67496	URINARI X VCAP	90	VCA	34.99	29.74						62763	WOMENS ONE DAILY	30	TAB	27.96	25.16	36569	CANDIBACTIN BR	90	TAB	39.95	---	
67492	VISIBILI T VCAP	60	VCA	39.99	33.49						35631	WOMENS ONE DAILY	90	TAB	63.16	56.84	55992	CANDIBACTIN BR	180	TAB	71.5	---	
																		50005	CARDIOGENIC INTEN CARE	90	TAB	38.75	---
																		13722	CARNITINE 250 W/CHR 50	30	TAB	24.95	---
																		38341	CELAPRO (CELL PROTECT)	60	SGC	39.95	---
																		38897	CENITOL 30 SERVINGS	7.8	PWD	36.95	---
																		52958	CERALIN FORTE	90	CAP	55.25	---
																		64845	CERIVA TAB	30	TAB	35.95	---
																		33719	CHASTE BERRY PLUS	60	TAB	24.25	---
																		43922	CHOLAREST SC	180	TAB	67.5	---
																		41257	CHOLAREST SC TAB	60	TAB	26.95	---
																		54816	CHONDRO CARE	240	TAB	80.75	---
																		35733	CHONDRO CARE	120	TAB	45.25	---
																		13724	CHROMIUM PICOL	60	TAB	12.95	---
																		36112	CLA ULTRA	60	CAP	41.95	---
																		13830	COLLAGENICS	180	TAB	54.75	---
																		61959	COQ10 300 MG NUTRAGEMS	30	CHW	69.95	---
																		36412	COQ10 ST 100 MG	60	SGC	51.95	---
																		43923	COQ10 ST 100 MG	120	SGC	98.75	---
																		62002	CORATIN	60	TAB	33.95	---
																		13727	CORTICO B5B6	60	TAB	24.95	---
																		13831	CORTICO B5B6	180	TAB	59.75	---
																		51711	D3 1000	120	TAB	18.75	---
																		63274	D3 10000 W/K2 SGC	60	SGC	26.95	---
																		50000	D3 2000 CMP ISOFLAVONE	90	TAB	23.95	---
																		57094	D3 5000 SGC	120	SGC	21.95	---
																		63080	D3 LIQ 1000 IU DROPS	2.7	DRP	25.95	---
																		59843	DHA CHILDRENS 100 TUTT	120	SGC	24.75	---
																		13729	E 400 SELENIUM	60	TAB	21.95	---
																		33810	E COMPLEX 1:1	60	CAP	23.75	---
																		43924	E COMPLEX 1:1	180	CAP	60.5	---
																		13755	E P O OMEGAG META EPO	90	CAP	20.95	---
																		39727	ENDEFEN	142	PWD	49.5	---
																		51197	EPA 500 DHA 6:1 EC *DIS	90	SGC	41.95	---
																		65699	EPA DHA 1000 OMEGAGEN	120	SGC	79.95	---
																		44534	EPA DHA 1200 LIQ BAL	7.2	LIQ	30.5	---
																		66818	EPA DHA 2400 LIQ OMEGA	5.2	LIQ	44.25	---
																		13736	EPA DHA 300	90	SGC	15.5	---
																		61827	EPA DHA 720 LEMON	240	SGC	80.95	---
																		44847	EPA DHA 720 LEMON SGC	120	SGC	43.95	---
																		59844	EPA DHA 750 TRIGLYCER	60	SGC	32.95	---
																		13834	EPA DHA COMPLEX	270	SGC	39.5	---

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Over time, ultraviolet exposure will take a toll on your skin. Help is on the way ... with Shade Factor™.

Shade Factor™ is an oral supplement that uses three unique ingredients to support the body's natural immune response to UV exposure: Red Orange Complex®, nicotinamide, and *polypodium leucotomos* extract. Together, they promote healthy DNA function and the production of ATP, the body's main source of cellular energy — both of which can be affected by UV exposure.

By encouraging the body's natural response to UV exposure, Shade Factor™ helps support and revitalize your skin at the cellular level. So try Shade Factor™ today ... and safeguard your skin from the inside out.

This product is not a substitute for topical sunscreens.

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Offer expires August 11, 2017.



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WSRAAV170201



Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements



Wild Yam Root, Dong Quai Root, Milk Thistle Seed, Motherwort Herb.

Menses Complex

A female tonic that helps regulate the menstrual cycle and relieve PMS symptoms.

1 fl oz - Product Code: 57053

Who can benefit from this supplement?

• Those women who have PMS, irregular cycles, discomfort. Phyto-Tech™ Menses Complex needs to be taken for from one to three months to see full and lasting effects.

Ingredients:

Phyto-Tech™ Menses Complex contains the following herbs: Chaste Tree Berry, Wild Yam Root, Dong Quai Root, Red Raspberry Leaf, Licorice Root, Oregon Grape Root, Fresh Garrya Leaf, Cramp Bark, Nettles Leaf.

Milk Thistle Seed

Supports and protects healthy liver function.

1 fl oz - Regular (alcohol) - Product Code: 56952

1 fl oz - Alcohol Free - Product Code: 56954

90 Veggie Caps - Product Code: 60134

Who can benefit from this supplement?

• Those with liver disease, hepatitis, alcoholism, drug users, elevated liver enzymes, exposure to toxins in the environment.

Ingredients:

Phyto-Tech™ Milk Thistle Seed 1:3 contains certified organic Milk Thistle Seed, 333 mg per 30 drops.

Also available in a veggie cap, with each Phyto-Tech™ Milk Thistle capsule containing 250 mg of Milk Thistle Seed (standardized at 80% silymarin) and 200 mg of certified organic Milk Thistle Seed. (Product Code: 60134)

Mint Breath Spray Concentrate

New, Stronger Formula; A natural, refreshing breath spray to combat bad breath.

1 fl oz - Product Code: 57732

Phyto-Tech™ Mint Breath Spray Concentrate is a new stronger formula. containing Peppermint, Cinnamon, Lo Han Guo Fruit Extract and Chlorophyll in a Vegetable Glycerine Base.

Mint Breath Spray Concentrate is a convenient herbal remedy to quickly combat bad breath. Bad breath or halitosis can be caused by numerous circumstances, including spicy and pungent foods, poor dental hygiene, dry mouth, tobacco use, infection in the respiratory tract or sinuses and poor digestion.

Peppermint is an herb that is helpful for many conditions including indigestion, irritable bowel, nausea, congestion, headaches and body aches. Peppermint and its active constituent menthol have significant antiviral and antibacterial activity. Studies support peppermint's use to enhance gastric emptying and reduce nausea. It will increase saliva in the mouth and facilitate healthy digestion.

Mint Breath Spray Concentrate also contains Chlorophyll, which is known for its deodorizing properties. Chlorophyll cleanses and detoxifies the digestive tract while promoting digestion. It is an effective remedy for those with chronic bad breath or digestive tract odor.

Mint Breath Spray Concentrate can be used for occasional or chronic bad breath. It will deodorize the breath from smoking or tobacco use, illness, infection and eating offending foods such as garlic and onions.

Dosage:

Holding spray nozzle close to the mouth, spray 2-3 times into the mouth as needed. Spray more frequently when desired.

Motherwort 1:3

1 fl oz - Product Code: 57070

Moving On

A natural, effective herbal laxative formula for those occasions when constipation or need for detoxification calls for stronger measures.

90 Veggie Caps - Product Code: 67472

Who might benefit from using this herbal supplement?

• Those with severe constipation, where more gentle measures are not sufficient
• Those who are participating in a limited time cleansing or detoxification program
• Those suffering from irregularity and sluggish bowel due to traveling

Ingredients:

Two veggie caps contain the following: Wildcrafted Aged Cascara Sagrada Bark 450mg, Wildcrafted Yellow Dock Root 150mg, Organic Triphala Fruit 100mg, Wildcrafted Oregon Grape Root 100mg, Organic Licorice Root 50mg, Organic Gentian Root 50mg, Organic Ginger Root 50mg, and the veggie capsule contains Modified Vegetable Cellulose

Indications:

Phyto-Tech™ Moving On encourages healthy bowel movements and restores tone to weakened bowels. It will help to increase digestion by increasing digestive enzymes, improve assimilation, and stimulate elimination to provide fast and effective relief of constipation and underactive bowels. The formula increases peristalsis (the wave-like contraction that pushes contents through the bowel or colon). Moving On stimulates bile and digestive enzyme production, which strengthens the gastrointestinal tract. It also enhances

... continued on page 75

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Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)



41940	EPA DHA EXTRA ENTRIC	60	SGC	21.5	---	13757	META SITOSTEROL 2.0	90	TAB	42.25	---	52530	TRANCOR	120	CAP	46.25	---	44054	ULTRAMEAL PLUS VAN	25Z	PWD	45.95	---
51169	EPA DHA X STR ENT COAT	120	SGC	38.95	---	10597	META FIBER 380GM	380	PWD	25.75	---	10595	ULTRA BALANCE PROTEIN	14	PWD	39.95	---	40742	ULTRAMEAL RICE CHOC	28Z	PWD	39.75	---
63208	EPA DHA X STR ENT COAT	240	SGC	69.95	---	55216	METALLO CLEAR	180	TAB	55.25	---	66595	ULTRA CADR 360 VAN SOY	11B	PWD	54.95	---	50413	ULTRAMEAL RICE VAN	22Z	PWD	39.75	---
58663	EPA DHA XTRA STR LEMON	60	SGC	19.95	---	13759	MG K ASPARTATE	60	TAB	16.75	---	67560	ULTRA CALM BAR CHOC	12	BAR	35.95	---	41095	ULTRAMEAL VAN NEW	23Z	PWD	35.75	---
51204	EPA DHA XTRA STR LEMON	120	SGC	31.75	---	43637	MULT INT CAR NO FE ACT	180	TAB	36.95	---	66590	ULTRA CARD 360 CHC PEA	11B	PWD	54.95	---	45215	ULTRAMEAL WHEY CHOC	23Z	PWD	42.75	---
63206	EPA DHA XTRA STR LEMON	240	SGC	57.95	---	13766	MULTI MIN CHELATE	90	TAB	26.25	---	66591	ULTRA CARDI 360 VAN PEA	11B	PWD	54.95	---	45214	ULTRAMEAL WHEY VAN	23Z	PWD	42.75	---
38316	ESTRIUM TROPICAL MANGO	23Z	PWD	53.25	---	13843	MULTIGENICS	180	TAB	41.5	---	66594	ULTRA CARDIO 360 CHOC S	11B	PWD	54.95	---	58938	ULTRAMEAL PL 60 RICE CH	28Z	PWD	54.95	---
40316	ESTRO FACTORS	90	TAB	62.75	---	13760	MULTIGENICS	90	TAB	22.95	---	13860	ULTRA CLEAR 21 SERV	32Z	PWD	76.95	---	44742	VASOTENSIN	120	TAB	57.25	---
50877	ESTRO FACTORS	180	TAB	110.5	---	28638	MULTIGENICS INT CARE	180	TAB	36.95	---	51773	ULTRA FLORA PLS PH VAN	34Z	PWD	81.95	---	35272	VENAPLEX (HORSE CHEST)	60	TAB	32.95	---
64066	ESTROVERA TAB	90	TAB	94.95	---	13761	MULTIGENICS NO FE	90	TAB	22.95	---	23971	ULTRA CLEAR PLUS	32	PWD	80.95	---	67249	VESSEL CARE CAP	120	CAP	37.95	---
64104	ESTROVERA TAB	30	TAB	34.95	---	13844	MULTIGENICS NO FE	180	TAB	41.5	---	51677	ULTRA CLEAR PLUS PN BN	32Z	PWD	80.95	---	61637	WELLNESS ESS HEALTH BAL	30	PAK	69.95	---
36314	EXHILARIN	60	TAB	23.75	---	13763	MULTIGENICS ORANGE FLV	90	CHW	28.25	---	67153	ULTRA CLEAR RENEW VAN	11B	PWD	84.95	---	43235	WELLNESS ESS JOINT FOC	30	PAK	71.95	---
29800	FEM ESTROPLEX	90	TAB	46.95	---	51864	MYCOTAKI	90	CAP	46.95	---	67499	ULTRA FLORA BABY LIQ	.19	LIQ	29.95	---	61721	WELLNESS ESSEN PREGNC	30	PAK	64.75	---
51290	FEM PRENATAL 1 DAY	30	PAK	47.25	---	13770	MYOCALM (MYOPLEX)	60	TAB	11.25	---	61128	ULTRA FLORA BALANC D/F	120	CAP	70.25	---	62001	WELLNESS ESSEN WOM PRM	30	PAK	68.95	---
34619	FENUGREEK PLUS	60	TAB	29.95	---	21979	MYOCALM (MYOPLEX)	180	TAB	29.95	---	67116	ULTRA FLORA CONT 10 BL	30	CAP	39.95	---	61531	WELLNESS ESSENT WOMEN	30	PAK	58.75	---
21242	FIBROPLEX	120	TAB	30.95	---	13771	MYOCALM P M (MYOPX PM)	60	TAB	14.25	---	45603	ULTRA FLORA IB	30	CAP	57.75	---	50351	WELLNESS ESSENTIAL MEN	30	PAK	68.95	---
43925	FOLAPRO	120	TAB	35.75	---	21980	MYOCALM PM MYOPLEX PM	180	TAB	33.75	---	65288	ULTRA FLORA IMMUNE BST	30	CAP	32.95	---	35046	ZINC A.C.	60	TAB	12.95	---
40222	FOLAPRO	60	TAB	20.25	---	53224	NANO CELL Q COQ10	5Z	LIQ	38.25	---	53407	ULTRA FLORA INT LACT F	60	CAP	44.95	---	13849	ZINC A.C.	180	TAB	29.75	---
21981	GARLIC SUPER 6000	90	TAB	31.95	---	39499	NAZANOL	30	TAB	27.95	---	66571	ULTRA FLORA RESTORE	30	CAP	49.95	---	13812	ZINC DRINK 140ML	140	LIQ	28.95	---
63272	GI SUSTAIN	29	PWD	71.95	---	59195	NIATRAIN NIACIN 500 MG	120	TAB	26.95	---	61999	ULTRA FLORA SPECTRUM	30	CAP	41.25	---	13813	ZINC TALLY LIQ 120ML	120	LIQ	25.95	---
32850	GINKGO ROSE	60	TAB	34.5	---	59276	NUSERA	30	CHW	31.95	---	67317	ULTRA GLUC CONTCHOC MTG	27Z	PWD	69.95	---	43018	ZINLORI 75 ZINC CARN	60	TAB	51.95	---
13835	GLA 240 OMEGAGEN FORTE	90	CAP	58.5	---	45383	OMEGA EFA NEW	60	SGC	23.95	---	65521	ULTRA GLUCOSE CONT VAN	3.1	PWD	119.95	---						
31911	GLUCOS SULF 500 MG	90	TAB	30.5	---	64153	OSTEOANTIV	60	TAB	53.95	---	65518	ULTRA GLUCOSE CONT VAN	7PK	PAK	39.95	---						
61331	GLUTA CLEAR	120	TAB	41.95	---	56581	OSTERA	60	TAB	53.95	---	67572	ULTRA GLUCOSE CONTROL V	27Z	PWD	69.95	---						
36595	GLUTAGENICS PWD	9Z	PWD	63.95	---	41668	PERIMINE	60	TAB	35.95	---	13809	ULTRA POTENT C 1000	90	TAB	30.95	---						
13741	GLYCOGENICS	60	TAB	20.5	---	61172	PHYTO MULTI KIDS	60	CHW	29.95	---	13808	ULTRA POTENT C 500	90	TAB	20.5	---						
13836	GLYCOGENICS	180	TAB	53.75	---	61179	PHYTO MULTI NO IRON	60	TAB	36.5	---	13786	ULTRA POTENT C PWD	8Z	PWD	39.5	---						
13742	HEMAGENICS	60	TAB	16.75	---	61178	PHYTO MULTI W/IRON	60	TAB	36.5	---	67561	ULTRA PRO BAR DOU CHOC	12	BAR	35.95	---						
13837	HEMAGENICS	180	TAB	42.75	---	66589	PHYTO MULTI W/O IRON	60	CAP	34.5	---	52715	ULTRA PROSTAGEN CONC	60	TAB	44.95	---						
62099	HERBULK ULTRA BALANCE	8Z	PWD	25.95	---	57115	PHYTOGANIX SUPERFRUIT	150	PWD	55.25	---	54322	ULTRA PROSTAGEN ACUTE CARE	APS	CAP	34.25	---						
65320	HISSYNERGY	60	TAB	23.75	---	13785	PNEUMO CAROTENE	60	TAB	20.95	---	30746	ULTRAFLORA BALANCE MTG	CAP	CAP	38.25	---						
52889	IMMUCORE	90	TAB	35.75	---	13776	PRO GAIN VANILLA	3LB	PWD	49.95	---	64857	ULTRAFLORA CHILDRENS	60	CHW	29.95	---						
13839	INFLAVONOID	180	TAB	40.95	---	24043	PROBIOPLEX INT CARE PW	150	PWD	49.5	---	25087	ULTRAFLORA SYNERGY MTG/	50G	PWD	39.95	---						
33800	INFLAVONOID INTEN CARE	90	TAB	57.75	---	44695	RENAGEN DTX	60	CAP	34.95	---	64856	ULTRAFLORA WOMENS	30	CAP	31.95	---						
51950	INSINASE	90	TAB	64.95	---	44056	SELESTRO	60	TAB	40.95	---	67286	ULTRAGI REPLENISH CHOC	20Z	PWD	69.95	---						
39515	INTESOL	60	SGC	42.95	---	61530	SERENAGEN	60	TAB	20.5	---	67707	ULTRAGI REPLENISH CHOC	41	PWD	99.95	---						
13747	INTRINSI B12 FOLATE	60	TAB	19.25	---	67083	SEROSYN	30	CAP	28.95	---	67708	ULTRAGI REPLENISH VAN	41	PWD	99.95	---						
13840	INTRINSI B12 FOLATE	180	TAB	50.95	---	64123	SEROSYN	90	CAP	68.95	---	67285	ULTRAGI REPLENISH VAN	11B	PWD	69.95	---						
51476	KAPREX AI	90	TAB	57.25	---	13792	SILYMARIN 80	90	TAB	22.95	---	53512	ULTRAIPL PLUS 360 "D	25	PWD	71.95	---						
53323	KAPREX NEW IMPROVED	60	SGC	56.25	---	44238	SINUPLEX	120	TAB	36.75	---	67628	ULTRAIPLAMX CHOC ORG	22	PWD	69.95	---						
32750	LICORICE PLUS	60	TAB	24.95	---	65583	SPECTRA ZYME COMPLETE	60	CAP	21.95	---	53513	ULTRAIPLAMX + 360 MANG	25	PWD	73.95	---						
13750	LIPO GEN	90	TAB	22.95	---	43927	SPECTRA ZYME COMPLETE	180	CAP	59.25	---	53514	ULTRAIPLAMX + 360 PINE	25	PWD	73.95	---						
35191	LIPOTAIN NO FLUS NIACIN	60	TAB	41.75	---	13712	SPECTRA ZYME PAN 9X	90	TAB	26.95	---	32813	ULTRAIPLAMX 25.7 OZ	25	PWD	71.95	---						
13752	MAG CITRATE 200 MG	1																					



Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplement



liver function and helps retain moisture in the intestines. Moving On is a non-cramping, gentle formula.

Cascara is a predictable laxative that increases peristalsis. It softens the stool by helping it to move out more quickly and can assist in painful bowel movements. Yellow Dock stimulates bile production and is often used as a digestive bitter for those with poor digestion. Increasing bile output causes peristalsis to increase which helps assist in normal healthy bowel function. Yellow Dock contains small amounts of anthraquinone glycosides, which give it mild laxative effects. Yellow Dock also promotes the absorption of nutrients by the ileum.

Triphala has been used in the Ayurvedic system of medicine for thousands of years as a bowel tonic and whole body rejuvenator. The formula consists of the three fruits: amalaki, haritaki, and bibhitaki. The combination balances the system by enhancing digestion, drawing stagnated wastes out of the intestines, and gently encouraging healthy and complete elimination.

Similar in action to Yellow Dock, Oregon Grape and Gentian are bitters that stimulate the liver to produce more bile and other liver enzymes. They essentially increase liver function and are indicated for those with constitutional deficiency patterns in the liver and digestive system. They will increase fat digestion (by increasing bile) and protein digestion (by increasing HCl and pepsinogen), and speedup the rate in which the liver detoxifies the blood as it passes through the liver.

Licorice increases the hormone aldosterone, which increases water retention slightly. It will help hydrate and soften dry stools and acts as a mild laxative. Licorice is soothing to the digestive tract and is known for healing stomach and duodenal ulcers.

Ginger will increase digestive enzymes and speed up the transit time of food that is slow. It essentially increases the fire of digestion. It has a history of use in foods to help digest and move them through the digestive tract. It also helps reduce gas and can help prevent and alleviate nausea. Contra-indications and Cautions: Pregnancy, Nursing; Colitis, inflammatory bowel, irritable bowel. It is not advisable to use stimulant laxatives regularly over a long period of time follow the advice of your health care professional. Warning: Do not use this product if you have abdominal pain, nausea, vomiting or diarrhea. Discontinue if use leads to diarrhea or watery stools. Do not exceed recommended dosage. Keep out of the reach of children.

Dosage:

Take 2 capsules, 1-2 times per day, between meals or just before bedtime. This too shall pass!

Mullein 1:3

1 fl oz - Product Code: 57201

MuscleGestic

A blend of herbs designed to help reduce muscle and nerve pain, and inflammation.

1 fl oz - Product Code: 57035

Who might benefit from this herbal supplement?

- Those suffering from muscle pain; those suffering from fibromyalgia
- Those who wish to shorten recovery time after athletic workouts; those recovering from injuries or accidents.

Ingredients:

Phyto-Tech™ MuscleGestic contains the following: Fresh Skullcap Herb, Fresh St. John's Wort Flowers, Devil's Claw Tuber, Black Cohosh Root, Fresh Lobelia Herb, Fresh Betony Herb, Pure Grain Alcohol, Deionized Water.

MuscleGestic has many uses. It helps diminish muscle and nerve pain and inflammation. Skullcap and St. John's Wort decrease the frequency the nerve sends a pain signal to the brain while Devil's Claw decreases inflammation. It can be used as a preventative, for immediate acute pain and for chronic pain.

Unlike a prescription pain medication (potentially addictive and toxic), this non-toxic and non-addictive approach will diminish pain but not paralyze the pain signal completely. This allows for enough pain relief so one can relax and heal rapidly.

Chronic pain can lead to depression and that is addressed with the St. John's Wort in the formula.

As a specific for fibromyalgia and chronic pain disorders, MuscleGestic helps diminish pain and connective tissue inflammation.

Dosage:

Preventative: Before a painful event (dental visit, deep muscle massage, workout, athletic event) 30 drops minimum and up to 120 drops 1/2 to 1 hour before the event.

Acute dosage: 60-90 drops in water every 2-3 hours until pain subsides. Then 2-3 times daily until not needed.

Chronic pain: 60-90 drops 2-3 times daily in water.

Note: Phyto-Tech™ Arnica Oil 1:6 can be used topically for local muscle pain and inflammation along with MuscleGestic.

Mushroom Extract Complex

Dual Extraction Blend; A powerful combination of immune enhancing, adaptogenic mushroom extracts.

Liquid Extract: 1 fl oz - Product Code: 57002

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Probiotics Ease Allergy in Peak Pollen Season

In this double-blind, placebo-controlled, parallel, randomized clinical trial, doctors studied the effects of probiotics on seasonal allergy.

They gave 173 people with seasonal allergies a placebo or a probiotic containing L-gasseri, bifidobacterium bifidum, and b-longum at three-billion colony forming units per day total, during peak pollen season. The actual product used was **Kyo-Dophilus**, by **Wakunaga**.

After eight weeks, while there were no changes for placebo, but the probiotics group reported fewer symptoms of runny nose and watery eyes, and an improvement in quality of life.

(The study was published in the American Journal of Clinical Nutrition; February, 2017, No. 140012)

In the introduction to the study, the researchers emphasized the importance of evaluating "quality of life" in this study. "Medical practice often focuses on treating diseases and alleviating symptoms of disease, but quality of life is also an important aspect that is sometimes overlooked. Secondary effects of a disease or its consequent treatment can negatively impact well-being and the ability of an individual to continue a daily routine, diminishing quality of life. Allergic rhinitis, commonly known as seasonal

allergies or hay fever, has been associated with a lack of sleep, reduced productivity at work or school, emotional distress, and embarrassment (1). A steady increase in the prevalence of allergic diseases has been observed over the past 50 y (2). Current medications for allergies may have undesirable side effects depending on the individual (e.g., dry mouth, drowsiness, sleeplessness) (3), some of which may affect quality of life. It is of interest to continue to search for alternatives."

This is another of those "win-win" situations. Not only has **Kyo-Dophilus** now been shown to be helpful in treating seasonal allergies, but it also, of course, will provide other benefits—supporting healthy intestinal and digestive function and immune health.

Kyo-Dophilus is available at Willner Chemists. It is guaranteed stable throughout the indicated shelf-life indicated, is dairy free, and does not need to be refrigerated. It is available in the following sizes: 45 capsule (Willner code 17798), 90 capsules (Willner code 17799) and 180 capsules (Willner code 31686).

In addition to a probiotic supplement like **Kyo-Dophilus**, there are two Phyto-Tech™ supplements that can be utilized as well:

Phyto-Tech™ Sinus Decongest is a blend of herbs that exert an immediate, dramatic effect

on the sinus area. These herbs are pungent and aromatic, producing vapors that open and dilate the sinus passageways. This facilitates breathing, drainage and helps fight microbial growth. It produces a short term intensity that is followed by a more mellow, warming sensation in the sinus area. Sinus Decongest will open even the most stubborn and clogged sinus cavity. It can be used many times during the day to help maintain breathing and sinus drainage.

Ordering Information:
1 fl oz, Product Code: 56941

It is best to inhale deeply right after taking Phyto-Tech™ Sinus Decongest. The deeper one inhales, the more effective the result.

General Dosage: Take 15-30 drops directly in mouth, or in water or juice as soon as is needed. Take 1-3 times per day and up to every 3 hours when needed.

Phyto-Tech™ Sinus Decongest contains: Horseradish Root Fresh, Spilanthes Herb Fresh, Echinacea angustifolia Root, Elderberry, Peppermint Oil, Olive Leaf, Horehound Herb, Garlic, Licorice Root, Cayenne Fruit, Boneset Herb, Osha Root Fresh, Andrographis Herb, Onion, Yarrow Herb, Goldenseal Root, Wild Cherry Bark, Water Pure Deionized, Alcohol Pure Grain, Glycerin Vegetable, Honey.

How does it work? Peppermint Oil and Fresh Organic Horseradish pulls the action up and

into the sinus while the pungency of Cayenne, Garlic Onion and Horseradish increase circulation. Since the sinus cavity has poor circulation in general, this increase allows immune compounds in the blood to fight infection. The additional Immuno-Stimulating action of Echinacea, Spilanthes, Goldenseal, Elderberry, Garlic, Olive and Fresh Osha help stimulate the body to fight off microbial inundation and assist in healing. Decongesting herbs like Horehound, Licorice, Wild Cherry and Osha also help clean the lungs. Sinus Decongest helps to thin, thick and infected mucus and expectorate it out. In this way, it can help resolve an unproductive cough. Fever managing herbs like Boneset, Yarrow, Osha, Andrographis and Peppermint also help reestablish immune homeostasis.

The other product is **Phyto-Tech™ Allergy Complex**. This herbal supplement supports healthy sinus and respiratory systems function by exerting an anti-histamine, decongestant type action. Phyto-Tech™ Allergy Complex contains the following herbs: Nettle Leaf, Eyebright Herb, Yerba Santa Leaf, Turmeric Root, Lobelia Herb, Ambrosia Herb.

Ordering Information:
1 fl oz - Product Code: 56983
Alcohol Free - Product Code 57041
Child Friendly - Product Code 57013

Don Goldberg



Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements



Who might benefit from this herbal supplement?

- Those with a weakened immune system; those who frequently catch cold or flu
- Those undergoing chemotherapy; those with serious conditions such as HIB and AIDS.

Ingredients:

Phyto-Tech™ Mushroom Extract Complex contains: Shiitake Mushroom, Reishi Mushroom, Maitake Mushroom, Fresh Ashwagandha Root, Licorice Root, Deionized Water, Pure Grain Alcohol.

Many claims are made concerning the immune enhancing activity of various herbs and nutrients. Few such claims are as well documented and supported by clinical evidence as are those surrounding the mushrooms and their constituents. For those in need of immune support, and those suffering from serious health conditions, a mushroom extract should definitely be at the top of the list when it comes to herbal and nutritional support.

Mushroom Extract Complex is indicated for immune deficiency and is considered especially valuable as a long-term tonic. It can be used as a preventative when one either wants to avoid or one already finds they are getting weaker and becoming more prone to getting sick and fatigued. This is especially true when stress is great and immune inundation is heavy. This formula helps when one has debility and lethargy of body, mind and spirit.

Mushroom Extract Complex is a specific for chemotherapy where the white blood cell count and activity (phagocytosis) is impaired or threatened. While the questions of whether or not it is beneficial to take supplementation during cancer treatment remains controversial, the consensus of opinion is moving towards the positive, and the benefits of adaptogenic and immune enhancing herbs during such treatments is gaining acceptance. Side effects are diminished and efficacy

of treatment is actually enhanced. However, it is recommended to consult with your physician before using products of this type.

These organic mushrooms are a glucoaminoglycan extracts (GAG) whereby the immuno-modulating polysaccharides are first extracted in a water extraction process. The herb then goes through an alcohol extraction process to remove other immuno-modulating compounds that the water cannot extract. The two liquids are combined to create a full spectrum mushroom extract.

Dosage:

General usage: 20-60 drops, 2-3 times per day or as needed in juice or water.

More severe immune deficiency: 60-120 drops 2 times per day in juice or water.

Mushroom Immune Complex

A synergistic blend of 14 powerful organic mushroom mycelia specifically chosen for their powerful action on the immune system.

90 Veggie Caps - Product Code: 67461

Who might benefit from using this product?

- Those with health problems that will benefit from enhanced and optimized immune function
- Those who are suffering from stress, fatigue, debility; those affected by the stress of cancer therapy, recovery programs, etc.
- Those with auto-immune disorders

Ingredients:

Each 525 mg Phyto-Tech™ Mushroom Immune Complex vegetarian capsule contains the following: Certified Organic Mushroom Mycelium of: Maitake, Reishi, Turkey Tail (Coriolus), Chaga, Cordyceps, Shiitake, Lions Mane, Poria cocos, Fomes fomentarius, Agaricus blazei, Mesima, Tremella,

Velvet Foot, Zhu Ling (Polyporus umbellatus) in Vegetable Capsules (pullulan).

Properties:

This blend of mushroom mycelium can be characterized as having the following properties: Immuno-Modulating, Antioxidant, Anti-tumor, Anti-Inflammatory, Antidiabetic, Antiviral, Antibiotic, Hepatoprotective

Indications: Mushroom Immune is a synergistic blend of 14 powerful organic mushroom mycelia. The formula can be used as both a preventative to maintain a strong immune system and protect one from immune breakdown, and as a treatment for those in the midst of immune deficiency, chronic stress and fatigue, debility, illness, and disease.

Many diseases are linked to immune dysfunction, including cancer, AIDS/HIV, hepatitis, chronic fatigue syndrome, and autoimmune disorders. Medicinal mushrooms are believed to have approximately 125 therapeutic effects including, immunomodulating, antioxidant, antitumor, antiviral, antibacterial, antiparasitic, hepatoprotective, and antidiabetic properties. Many of the medicinal benefits of mushrooms are derived from glucan polysaccharides and polysaccharide-peptides found in their cell walls. Polysaccharides are long molecule chains that have antitumor and immunostimulating properties. They have been shown to activate the immune response and potentiate a variety of immune cells including host cells, such as monocytes, neutrophils, dendritic cells, natural killer (NK) cells, and macrophages, plus chemical messengers, such as interferons, cytokines, and interleukins. Some polysaccharides act as immune system enhancers and some have direct cytotoxic effects on cancer cells. Certain immune cells have specific receptors for specific polysaccharides present in mushrooms, such as Dectin-1, TLR and CR3, which explains why mushrooms have such a profound effect on immunity. Research has reported that

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Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)



32617	CITRACAL PETITE	100	TAB	8.55	8.55
32615	CITRACAL PETITES	200	TAB	16.39	16.39

MONTIFF

55802	ALANINE 500 MG	50	CAP	18	14.4
37191	ALL BASIC 677 MG	200	CAP	63.78	51.02
52207	ALL BASIC PLUS	100	CAP	39.95	31.96
37198	ATP 25 MG ENTERIC PREP	90	TAB	32	25.6
43682	B LONG SR	120	TAB	38.72	30.98
42589	GABA PURE 500 MG	100	CAP	21	16.8
67080	GLUTATHIONE RED 250 MG	60	CAP	48	38.4
44097	HISTIDINE 600 MG	50	CAP	32	25.6
61073	LEUCINE 500 MG	50	CAP	18	14.4
42209	LIVER PROTECT	180	CAP	88	70.4
37549	LYSINE HCl 500 MG	100	CAP	20	16
42597	N ACETYL L CARNITIN 500	90	CAP	34	27.2
37204	PROLINE 500 MG PURE	100	CAP	31	24.8
45667	PROSTA PROTECT	100	CAP	48	38.4
52145	TAURINE 500 MG	100	CAP	18	14.4
39751	TRI PHOS B 25	90	TAB	28	22.4
55132	TRYPTOPHAN 500 MG	120	CAP	64	51.2

MOTHERLOVE HERBAL

63994	GOATS RUE	60	CAP	24.95	22.45
62810	GREEN SALVE	1 Z	SLV	8.95	8.05
60536	MORE MILK PLUS VCAP	60	VCA	23.95	21.55
60540	NIPPLE CREAM	1 Z	CRM	9.95	8.95
60541	SITZ BATH CONCENTRATE	4 Z	LIQ	17.95	16.15
63995	TATTOO CARE	1 Z	CRM	9.95	8.96

MUSHROOM WISDOM

52653	AQUAMELLA CRM PARAB FR	2 Z	CRM	49.99	39.99
39597	COBZYCEPS SUPER	120	VTAB	39.95	31.96
39599	CORIOLUS SUPER (TURKY)	120	VTAB	32.95	26.36
39593	LIONS MANE SUPER	120	VTAB	29.95	23.96
67608	MAITAKE D FRACT EZ SPR	1 Z	SPY	49.95	39.96
27776	MAITAKE D FRACTION	360	CAP	79.95	63.96
27775	MAITAKE D FRACTION	120	CAP	29.95	23.96
55819	MAITAKE D FRACTION 4X	120	TAB	99.95	79.95
29604	MAITAKE D FRACTION GRF	4 Z	LIQ	39.95	31.96
29605	MAITAKE D FRACTION GRF	2 Z	LIQ	22.95	18.36
34053	MAITAKE D FRACTION PRO	2 Z	LIQ	89.95	71.96
25581	MAITAKE D FRACTION PRO	1 Z	LIQ	49.95	39.96
59975	MAITAKE GRIFRON MUSHRO	120	CPL	34.95	27.96
28159	MAITAKE MAI GREEN TEA	20B	TEA	8.95	7.16
59450	MESHIMA SUPER	120	TAB	39.95	31.96
34974	MUSHROOM EMPERORS	120	CAP	39.99	31.99
29678	PROST MATE W/MAITAKE	120	CAP	29.95	23.96
39595	REISHI SUPER	120	VTAB	29.95	23.96
39596	SHIITAKE SUPER	120	VTAB	24.95	19.96
59560	SKIN MATE PEARL SX FRAC	120	TAB	34.99	27.99
41910	SX FRACTION MAITAKE	270	VTAB	129.95	103.96

39598	TREMELLA SUPER	120	VTAB	29.95	23.96
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NATRA BIO

17989	ADRENAL SUPPORT	1 Z	LIQ	10.99	8.79
26950	ADRENAL SUPPORT	60	TAB	10.19	8.15
53626	ALLERGY & SINUS	60	TAB	9.79	7.83
22894	ALLERGY RELIEF	1 Z	LIQ	9.99	7.99
51346	ALLERGY RELIEF	60	TAB	10.39	8.31
22885	ANIMAL HAIR DANDER DR	1 Z	LIQ	12.59	10.07
60552	ARNICA CREAM THE RUB	4 Z	CRM	12.79	10.23
17957	CANDIDA YEAST RELIEF	1 Z	LIQ	10.39	8.31
34363	COLD & FLU CHILDRENS	1 Z	LIQ	10.29	8.23
38681	COLD & SINUS W/ZINC	.8Z	SPY	12.19	9.75
50890	COLD AND FLU RELIEF	60	TAB	9.99	7.99
50939	COUGH SYRUP CHILDRENS	4 Z	LIQ	9.69	7.75
22882	DAIRY ALLERGIES	1 Z	LIQ	12.69	10.15
22359	GRASS POLLEN	1 Z	LIQ	12.59	10.07
36068	INDOOR ALLERGY	60	TAB	10.39	8.31
17978	INSOMNIA	1 Z	LIQ	10.79	8.63
51699	INSOMNIA RELIEF	60	TAB	10.49	8.39
51310	LEG CRAMPS	60	TAB	9.99	7.99
22884	MOLD YEAST DUST 70Z	1 Z	LIQ	12.59	10.07
36069	OUTDOOR ALLERGY	60	TAB	10.39	8.31
18014	PAIN RELIEF	60	TAB	9.99	7.99
36070	PET ALLERGY	60	TAB	9.79	7.83
22883	POLLEN HAYFEVER 701	1 Z	LIQ	12.09	9.67
17985	SCIATICA NEURALGIA RLF	1 Z	LIQ	10.39	8.31
18001	SINUS	1 Z	LIQ	9.99	7.99
32413	SINUS ALLERGY SPY 24ML	24	LIQ	12.59	10.07
51832	SMOKING WITHDRAWAL	60	TAB	9.99	7.91
51131	THYROID SUPPORT	60	TAB	9.99	7.99
22356	TREE POLLEN	1 Z	LIQ	12.59	10.07

NATREN

21819	BIFIDO FACTOR	4.5	PWD	49.95	39.95
24470	BIFIDO FACTOR DF	60	CAP	35.95	28.76
24655	BIFIDO FACTOR DF	3 Z	PWD	45.95	36.76
37562	BIFIDO FACTOR DF CAP	90	CAP	51.95	41.56
36817	DIGESTALAC BULGARC D/F	60	VCAP	35.95	28.76
18019	DIGESTALAC BULGARC PWD	4.5	PWD	49.95	39.96
24498	GYNATREN VAGINAL KIT	EA	KIT	31.95	25.56
39272	HEALTHY TRINITY CAPS	30	CAP	69.95	55.96
53100	LIFE START II ADUL VCA	60	VCA	49.99	39.99
24845	MEGADOPH DAIRY CAPS	90	CAP	51.95	41.56
18029	MEGADOPH DAIRY PWD	4.5	PWD	49.95	39.96
24401	MEGADOPH DF PWD	3 Z	PWD	46.95	37.56
24429	MEGADOPH DF PWD	.75	PWD	29.99	23.99
26628	MEGADOPHILUS D/F CAP	90	VCA	45.99	36.79
26394	YOGURT STARTER	1.7	PWD	16.95	13.56

NATROL

55963	5 HTP 100 MG T/R	45	TAB	19.29	15.43
60574	5 HTP 200 MG TIME RELE	30	TAB	24.49	19.59
53046	ACAI 1000 MG	60	VCA	12.29	9.83
59618	ACAI BERRY 1200 MG	60	VCA	15.79	12.63
41306	ACIDOPHILUS	100	CAP	10.49	8.39
55922	ARGININE 3000 MG	90	TAB	19.29	15.43
10722	BILBERRY 40	60	CAP	13.99	11.19
59679	BIOTIN 10000 MCG MAX	100	TAB	16.99	13.59
50346	BRAINSPEED MEMORY	60	TAB	23.99	19.19
44177	CARB INTERCE W/PHASE 2	120	CAP	31.49	25.19
40609	CARB INTERCE W/PHASE 2	60	CAP	25.09	20.07
36699	CETYLPURE	120	CAP	31.49	25.19
10730	CHROMEMATE 200	90	CAP	12.29	9.83
56362	CINNAMON EXT 500 MG	80	TAB	9.99	7.99
28960	CLA TONALIN 1200 MG	90	SGC	27.19	21.75
29650	CLA TONALIN 1200 MG	60	SGC	19.39	15.51
67603	COGNUM	60	TAB	32.99	26.39
26508	DHEA 25 MG	90	CAP	23.59	18.87
38818	DHEA 25 MG	300	TAB	28.89	23.11
65206	DHEA 25 MG TAB	180	TAB	19.29	15.43
41373	DHEA 50 MG	60	TAB	10.99	8.79
44342	DHT BLOCKER	60	TAB	45.49	36.39
54520	EASY C 500 VTAB	90	TAB	10.49	8.39
54517	EASY C 500 W/BIO VCAP	60	VCA	10.49	8.39
54518	EASY C 500 W/BIO VCAP	120	VCA	17.49	13.99
54519	EASY C 500 W/BIO VCAP	240	VCA	33.29	26.63
58378	EASY C REGENERATING	180	VCA	33.29	26.63
28433	GINKGO BILOBA 120 MG	60	CAP	16.49	13.19
65204	GINKGO BILOBA EXT 60	200	CAP	20.99	16.79
45208	GLUCOS CHOND MSM	90	TAB	29.99	23.99
32540	GREEN TEA 500 MG.	60	CAP	11.99	9.59
10761	GUARANA 200	90	CAP	10.49	8.39
50982	HYAL ACID MSM GLUCOS	90	CAP	20.99	16.79
31135	ISOFLAVONES SOY	60	CAP	7.89	6.31
67604	KRILL OIL 1000 ODOBLES	30	SGC	27.09	21.67
40591	LIPOIC ACID 100 MG	100	CAP	10.49	8.39
30170	LIPOIC ACID 300 MG	50	CAP	12.29	9.83
50061	LIPOIC ACID 600 MG	30	CAP	12.29	9.83
57171	LIPOIC ACID 600 T/R	45	TAB	15.79	12.63
25632	MELATONIN 1 MG	90	TAB	7.89	6.31
67049	MELATONIN 1 MG T/R	90	TAB	8.79	0
65202	MELATONIN 10 FAST DISS	60	TAB	12.99	10.39
53746	MELATONIN 2.5 MG LIQ	8 Z	LIQ	13.19	10.55
24706	MELATONIN 3	60	TAB	9.99	7.99
24707	MELATONIN 3	120	TAB	16.69	13.35
54000	MELATONIN 5 MG T/R	100	TAB	10.49	8.39
41211	MSM GLUCOS DBL STR.	90	TAB		



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Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements



mushrooms used in combination with each other have a multitude of beneficial effects, including increased longevity and reduced side effects in advanced cancer patients undergoing chemotherapy. There are fourteen different mushrooms utilized in Phyto-Tech™ Mushroom Immune Complex. Following, you can find more detailed information, including its connection to immune system health, for each of them.

Maitake stimulates regulation of interleukin-1, NK-cells, cytotoxic T-cells, and superoxide anions. The polysaccharides it contains have a unique structure and have been extensively researched for their immunomodulating activity. Maitake's primary polysaccharide, beta-D-glucan is well absorbed orally. It has been shown to enhance immune function and has been studied for its benefits in cancer treatment and blood sugar support. Maitake is considered to be anti-HIV, antihypertensive, antidiabetic, and antiobesity. It is used for prevention and treatment of flu, diabetes, hypertension, hypercholesterolemia, urinary tract infections, and HIV.

Reishi contains numerous polysaccharides as well as triterpenes and amino acids that increase immunity and provide cardiovascular and blood sugar support. It stimulates circulation and helps lower blood pressure. Its water-soluble polysaccharides have been shown to have antitumor and immunostimulating activity. Studies report Reishi helps reduce cholesterol, blood pressure, and blood sugar levels, inhibits platelet aggregation, and alleviates altitude sickness. It is analgesic, anti-inflammatory, antibacterial, antioxidant, antiviral, and demonstrates anti-allergic activity.

Turkey Tail, also called Coriolus, has a multicolored cap resembling a turkey tail. It has been heavily researched for its anti-cancer properties and its ability to support immunity. PSK, a water-soluble protein-bound polysaccharide and PSP, a polysaccharide-peptide are two key compounds in Turkey

Tail that have been the focus of much research. PSK acts both directly (stimulates immunity) and indirectly (cytotoxic) on tumor cells, and also enhances interferon production to destroy viruses. PSP stimulates the immune system and has anti-cancer properties. Studies report that when used along with traditional cancer treatment, PSK and PSP can increase patient longevity.

Chaga is known by in Siberia as the "Mushroom of Immortality." They consumed it on a daily basis to increase stamina, prevent disease, and promote longevity. It is unlike other mushrooms in that it isn't soft, but very hard like wood, and looks less like a mushroom and more like a large tree growth. It protects itself from harsh climates by concentrating natural compounds in order to survive, making it extremely nutrient dense and powerful in its health benefits. It is high in B vitamins, minerals, enzymes, flavonoids, and phenols. It contains a unique pigment-like phenolic compound called chromogenic complex, which exerts a protective effect on tissues. Chaga is also rich in superoxide dismutase (SOD), a potent antioxidant enzyme that scavenges tissue-damaging free radicals. It is considered to be a powerful adaptogen that strengthens the body's resistance to stress. Its active constituents are believed to be polysaccharides, triterpenes, and sterols. It has anti-inflammatory, anticancer, antimutagenic, antiviral, analgesic, hepatoprotective, immuno-stimulating, and hypoglycemic effects. It is also a rich source of beta glucans that possess immunomodulating activity.

Cordyceps contains polysaccharides, sterols, peptides, fatty acids, vitamins, minerals, and nucleotides, and have been found to support the heart, lungs, kidneys, adrenals, and immune system. They are commonly used to increase energy, endurance, and sexual vitality. Cordyceps has antioxidant, free radical-scavenging, anticancer and hypoglycemic properties.

Shiitake demonstrates anticancer benefits not by directly attacking cancer cells, but by enhancing the immune system. It is used in Japan to help support immune function in cancer patients. It also has immunomodulating, antibacterial, antiviral, anti-parasitic, hepatoprotective, and cardiovascular effects.

Lions Mane is used in traditional Chinese medicine to increase strength and vigor, and to improve digestion. Its polysaccharides have been shown to have cytotoxic effects in cancer cells. Lions Mane is unique in that it supports brain health. It contains nerve growth factors (NGF's), which are involved in the growth of neurons.

Poria cocos demonstrates anti-cancer and immunomodulatory activities. Its main chemical constituents include triterpenoids, polysaccharides, ergosterol, caprylic acid, undecanoic acid, lauric acid, dodecenoic acid, and palmitic acid. In Chinese medicine it is used to treat conditions of the heart, lungs, kidneys, and spleen. In cancer therapy it is used to lessen the side effects of chemotherapy, strengthen the body, increase appetite, and improve body weight.

Fomes fomentarius has a long history of use as a styptic to stop bleeding and as a vulnerary to heal wounds. In China it has been used to treat cancers of the stomach, uterus, and esophagus. It exhibits antibacterial, antiviral, and antitumor properties, which are believed to be primarily attributed to its iodine content and to a substance it contains called fomentariol.

Agaricus blazei, native to Brazil, is widely cultivated in Japan for its medicinal properties. It has been used to treat many diseases including cancer, chronic hepatitis, diabetes,

... continued on page 79

Important Notice: The information given here is designed to help you make informed decisions about your health, and the proper use of dietary supplements. It is not intended as a substitute for medical advice, nor a substitute for any treatment that may have been prescribed by your doctor. If you have a medical problem, you should seek medical help. Products described herein are not intended to diagnose, treat, cure or mitigate disease.

Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)

NATURAL DENTIST				NATURAL FACTORS				NATURAL FACTORS (cont.)				NATURAL FACTORS (cont.)				NATURAL FACTORS (cont.)				NATURAL FACTORS (cont.)															
56839	ANTINGINGWITIS RINSE	16Z	LIQ	10.99	8.79	57577	5 HTP 100 MG ENTERIC	60	TAB	29.95	23.96	57577	5 HTP 100 MG ENTERIC	60	TAB	29.95	23.96	57577	5 HTP 100 MG ENTERIC	60	TAB	29.95	23.96	57577	5 HTP 100 MG ENTERIC	60	TAB	29.95	23.96	57577	5 HTP 100 MG ENTERIC	60	TAB	29.95	23.96
58011	HEALTHY GUM ORANGE ZWT	16Z	LIQ	10.99	8.79	58019	5 HTP 50 MG ENTERIC	60	CAP	19.95	15.96	58019	5 HTP 50 MG ENTERIC	60	CAP	19.95	15.96	58019	5 HTP 50 MG ENTERIC	60	CAP	19.95	15.96	58019	5 HTP 50 MG ENTERIC	60	CAP	19.95	15.96	58019	5 HTP 50 MG ENTERIC	60	CAP	19.95	15.96
58010	HEALTHY GUM RINSE PEP	16Z	LIQ	10.99	8.79	63279	ACEYL L CARNITIN 1000	120	VCA	35.95	28.76	63279	ACEYL L CARNITIN 1000	120	VCA	35.95	28.76	63279	ACEYL L CARNITIN 1000	120	VCA	35.95	28.76	63279	ACEYL L CARNITIN 1000	120	VCA	35.95	28.76	63279	ACEYL L CARNITIN 1000	120	VCA	35.95	28.76
53873	TPST PEPPERMINT TW ORIG	5.2	TUB	7.99	6.39	43276	ACIDOPH BIFIDUS DS	180	CAP	37.95	30.36	43276	ACIDOPH BIFIDUS DS	180	CAP	37.95	30.36	43276	ACIDOPH BIFIDUS DS	180	CAP	37.95	30.36	43276	ACIDOPH BIFIDUS DS	180	CAP	37.95	30.36	43276	ACIDOPH BIFIDUS DS	180	CAP	37.95	30.36
53738	TPST WHITENING PEPP TW	5.2	TUB	7.99	6.39	43275	ACIDOPH BIFIDUS DS	90	CAP	21.95	17.56	43275	ACIDOPH BIFIDUS DS	90	CAP	21.95	17.56	43275	ACIDOPH BIFIDUS DS	90	CAP	21.95	17.56	43275	ACIDOPH BIFIDUS DS	90	CAP	21.95	17.56	43275	ACIDOPH BIFIDUS DS	90	CAP	21.95	17.56
						64286	ADRENAESENSE	60	VCA	19.95	15.96	64286	ADRENAESENSE	60	VCA	19.95	15.96	64286	ADRENAESENSE	60	VCA	19.95	15.96	64286	ADRENAESENSE	60	VCA	19.95	15.96	64286	ADRENAESENSE	60	VCA	19.95	15.96
						44846	ADRENAESENSE	120	VCA	34.95	27.96	44846	ADRENAESENSE	120	VCA	34.95	27.96	44846	ADRENAESENSE	120	VCA	34.95	27.96	44846	ADRENAESENSE	120	VCA	34.95	27.96	44846	ADRENAESENSE	120	VCA	34.95	27.96
						66006	ANDROSENSE T CORRECT	60	VCA	29.95	23.96	66006	ANDROSENSE T CORRECT	60	VCA	29.95	23.96	66006	ANDROSENSE T CORRECT	60	VCA	29.95	23.96	66006	ANDROSENSE T CORRECT	60	VCA	29.95	23.96	66006	ANDROSENSE T CORRECT	60	VCA	29.95	23.96
						40901	ANTI V ECHINAMIDE	1.7	LIQ	15.95	12.76	40901	ANTI V ECHINAMIDE	1.7	LIQ	15.95	12.76	40901	ANTI V ECHINAMIDE	1.7	LIQ	15.95	12.76	40901	ANTI V ECHINAMIDE	1.7	LIQ	15.95	12.76	40901	ANTI V ECHINAMIDE	1.7	LIQ	15.95	12.76
						40898	ANTI V ECHINAMIDE	3.4	LIQ	28.95	23.16	40898	ANTI V ECHINAMIDE	3.4	LIQ	28.95	23.16	40898	ANTI V ECHINAMIDE	3.4	LIQ	28.95	23.16	40898	ANTI V ECHINAMIDE	3.4	LIQ	28.95	23.16	40898	ANTI V ECHINAMIDE	3.4	LIQ	28.95	23.16
						57843	ANTI V FORM ECHINAMIDE	120	SGC	35.95	28.76	57843	ANTI V FORM ECHINAMIDE	120	SGC	35.95	28.76	57843	ANTI V FORM ECHINAMIDE	120	SGC	35.95	28.76	57843	ANTI V FORM ECHINAMIDE	120	SGC	35.95	28.76	57843	ANTI V FORM ECHINAMIDE	120	SGC	35.95	28.76
						43254	ANTI V FORM ECHINAMIDE	60	SGC	19.95	15.96	43254	ANTI V FORM ECHINAMIDE	60	SGC	19.95	15.96	43254	ANTI V FORM ECHINAMIDE	60	SGC	19.95	15.96	43254	ANTI V FORM ECHINAMIDE	60	SGC	19.95	15.96	43254	ANTI V FORM ECHINAMIDE	60	SGC	19.95	15.96
						40881	ANTIOXIDANT ULTIMATE	60	CAP	24.95	19.96	40881	ANTIOXIDANT ULTIMATE	60	CAP	24.95	19.96	40881	ANTIOXIDANT ULTIMATE	60	CAP	24.95	19.96	40881	ANTIOXIDANT ULTIMATE	60	CAP	24.95	19.96	40881	ANTIOXIDANT ULTIMATE	60	CAP	24.95	19.96
						43278	APPLE CIDER VINEGAR CP	180	CAP	15.95	12.76	43278	APPLE CIDER VINEGAR CP	180	CAP	15.95	12.76	43278	APPLE CIDER VINEGAR CP	180	CAP	15.95	12.76	43278	APPLE CIDER VINEGAR CP	180	CAP	15.95	12.76	43278	APPLE CIDER VINEGAR CP	180	CAP	15.95	12.76
						63286	ARGININE 1000 (PER 2 CP	180	VCA	19.95	15.96	63286	ARGININE 1000 (PER 2 CP	180	VCA	19.95	15.96	63286	ARGININE 1000 (PER 2 CP	180	VCA	19.95	15.96	63286	ARGININE 1000 (PER 2 CP	180	VCA	19.95	15.96	63286	ARGININE 1000 (PER 2 CP	180	VCA	19.95	15.96
						45021	B 100 COMPLETE TABS	90	TAB	24.95	19.96	45021	B 100 COMPLETE TABS	90	TAB	24.95	19.96	45021	B 100 COMPLETE TABS	90	TAB	24.95	19.96	45021	B 100 COMPLETE TABS	90	TAB	24.95	19.96	45021	B 100 COMPLETE TABS	90	TAB	24.95	19.96
						43265	B12 1000 MCG METHYL	90	TAB	14.95	11.96	43265	B12 1000 MCG METHYL	90	TAB	14.95	11.96	43265	B12 1000 MCG METHYL	90	TAB	14.95	11.96	43265	B12 1000 MCG METHYL	90	TAB	14.95	11.96	43265	B12 1000 MCG METHYL	90	TAB	14.95	11.96
						58290	B12 1000 METHYL DUO	90	TAB	19.99	19.99	58290	B12 1000 METHYL DUO	90	TAB	19.99	19.99	58290	B12 1000 METHYL DUO	90	TAB	19.99	19.99	58290	B12 1000 METHYL DUO	90	TAB	19.99	19.99	58290	B12 1000 METHYL DUO	90	TAB	19.99	19.99
						58291	B12 5000 METHYL DUO	60	TAB	26.99	26.99	58291	B12 5000 METHYL DUO	60	TAB	26.99	26.99	58291	B12 5000 METHYL DUO	60	TAB	26.99	26.99	58291	B12 5000 METHYL DUO	60	TAB	26.99	26.99	58291	B12 5000 METHYL DUO	60	TAB	26.99	26.99
						55337	B12 5000 METHYL SUBL	60	TAB	21.95	17.56	55337	B12 5000 METHYL SUBL	60	TAB	21.95	17.56	55337	B12 5000 METHYL SUBL	60	TAB	21.95	17.56	55337	B12 5000 METHYL SUBL	60	TAB	21.95	17.56	55337	B12 5000 METHYL SUBL	60	TAB	21.95	17.56
						44777	BEE PROPOLIS EXT	90	CAP	19.95	15.96	44777	BEE PROPOLIS EXT	90	CAP	19.95	15.96	44777	BEE PROPOLIS EXT	90	CAP	19.95	15.96	44777	BEE PROPOLIS EXT	90	CAP	19.95	15.96	44777	BEE PROPOLIS EXT	90	CAP	19.95	15.96
						41270	BEE PROPOLIS THROAT SP	1.2	SPY	15.95	12.76	41270	BEE PROPOLIS THROAT SP	1.2	SPY	15.95	12.76	41270	BEE PROPOLIS THROAT SP	1.2	SPY	15.95	12.76	41270	BEE PROPOLIS THROAT SP	1.2	SPY	15.95	12.76	41270	BEE PROPOLIS THROAT SP	1.2	SPY	15.95	12.76
						66573	BERBERINE 500 WELLBETX	60	VCA	27.95	22.36	66573	BERBERINE 500 WELLBETX	60	VCA	27.95	22.36	66573	BERBERINE 500 WELLBETX	60	VCA	27.95	22.36	66573	BERBERINE 500 WELLBETX	60	VCA	27.95	22.36	66573	BERBERINE 500 WELLBETX	60	VCA	27.95	22.36
						43262	BETACAREALL 25000 IU	90	SGC	15.95	12.76	43262	BETACAREALL 25000 IU	90	SGC	15.95	12.76	43262	BETACAREALL 25000 IU	90	SGC	15.95	12.76	43262	BETACAREALL 25000 IU	90	SGC	15.95	12.76	43262	BETACAREALL 25000 IU	90	SGC	15.95	12.76
						40880	BETAINE HYDROCHL 500	180	CAP	21.95	17.56	40880	BETAINE HYDROCHL 500	180	CAP	21.95	17.56	40880	BETAINE HYDROCHL 500	180	CAP	21.95	17.56	40880	BETAINE HYDROCHL 500	180	CAP	21.95	17.56	40880	BETAINE HYDROCHL 500	180	CAP	21.95	17.56
						67221	BIG FRIENDS MULT VIT	60	CHW	15.95	12.76	67221	BIG FRIENDS MULT VIT	60	CHW	15.95	12.76	67221	BIG FRIENDS MULT VIT	60	CHW	15.95	12.76	67221	BIG FRIENDS MULT VIT	60	CHW	15.95	12.76	67221	BIG FRIENDS MULT VIT	60	CHW	15.95	12.76
						57648	BIOGCEL BUFF C BERRYRC	90	SGC	19.95	15.96	57648	BIOGCEL BUFF C BERRYRC	90	SGC	19.95	15.96	57648	BIOGCEL BUFF C BERRYRC	90	SGC	19.95	15.96	57648	BIOGCEL BUFF C BERRYRC	90	SGC	19.95	15.96	57648	BIOGCEL BUFF C BERRYRC	90	SGC	19.95	15.96
						58730	BIOSIL 5 MG	120	VCA	62.99	50.39	58730	BIOSIL 5 MG	120	VCA	62.99	50.39	58730	BIOSIL 5 MG	120	VCA	62.99	50.39	58730	BIOSIL 5 MG	120	VCA	62.99	50.39	58730	BIOSIL 5 MG	120	VCA	62.99	50.39
						55191	BIOSIL 5 MG	30	VCA	19.99	15.99	55191	BIOSIL 5 MG	30	VCA	19.99	15.99	55191	BIOSIL 5 MG	30	VCA	19.99	15.99	55191	BIOSIL 5 MG	30	VCA	19.99	15.99	55191	BIOSIL 5 MG	30	VCA	19.99	15.99
						55192	BIOSIL 5 MG	60	VCA	35.99	28.79	55192	BIOSIL 5 MG	60	VCA	35.99	28.79	55192	BIOSIL 5 MG	60	VCA	35.99	28.79	55192	BIOSIL 5 MG	60	VCA	35.99	28.79	55192	BIOSIL 5 MG	60	VCA	35.99	28.79
						61334	BIOSIL BONE COLLAGENIZ	40	VCA	24.95	19.96	61334	BIOSIL BONE COLLAGENIZ	40	VCA	24.95	19.96	61334	BIOSIL BONE COLLAGENIZ	40	VCA	24.95	19.96	61334	BIOSIL BONE COLLAGENIZ	40	VCA	24.95	19.96	61334	BIOSIL BONE COLLAGENIZ	40	VCA	24.95	19.96
						60526	BIOSIL HEALTHY BONES +	KIT	KIT	39.95	31.96																								

Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements

cardiovascular disease, and AIDS. It supports the immune system and has shown immunomodulating and antitumor activity.

Mesima, also known as Phellinus Linteus, contains beta D-glucan and lectin, which enhance immune activity, and a compound called interfungins A, which has been reported to help balance blood sugar levels. It also exhibits antioxidant, anticancer, and antibacterial effects. It has been used to treat gastroenteric dysfunction, and can help in conditions of constipation, diarrhea, and irritable bowel.

Tramella is thought of as a tonic to the immune system and has been traditionally used in Chinese medicine as a treatment for exhaustion and debility. It enhances immune function and leukocyte activity and is anticancer. It contains the acidic polysaccharide glucuronoxylomannan. Clinically, Tramella has been shown to be an effective treatment for chemotherapy-induced leukopenia.

Velvet Foot, known in China and Japan as Enokitake, is traditionally used in Chinese medicine to treat liver disease and gastric ulcers. It is anticancer and antitumor, and contains the beta-glycoprotein Proflamin, which has been used as a combination therapy in cancer treatment.

Zhu Ling (Polyporus umbellatus) has been traditionally used to treat edema, urinary problems, vaginal discharge, jaundice, and diarrhea. It possesses diuretic activities and has been used in the treatment of kidney diseases. It has anticancer, immuno-enhancing, and hepatoprotective properties.

Complimentary Formulas & Single Herbs:

- B-Complex Vitamins (for nutritional support)
- Oregano Oil (powerful antimicrobial)
- Immune Acute Complex (herbal formula for immune support)

- Adrenal Adaptogen Complex (adaptogen formula)

Dosage:

Veggie Cap: Take 1 capsule, 1-3 times per day or as needed. Made with U.S. Grown Certified Organic Mushrooms.

Myrrh Gum 1:4

1 fl oz - Product Code: 57079

Neem

1 fl oz - Product Code: 57074

Nerve Calmplex

Nerve Calmplex is a blend of herbs designed to help those with overactive minds, resulting in insomnia at night, and mental stress during the day. More gentle than other sedating formulas, it is very useful for stress, mild insomnia and nervousness, especially during the day.

1 fl oz - Product Code: 56984

1 fl oz - Alcohol Free, Product Code: 57069

Ingredients:

Phyto-Tech™ Nerve Calmplex contains Fresh Milky Wild Oat Seed, Fresh St. John's Wort Flowers, Fresh Skullcap Herb, Passion Flower Herb, Hops Strobiles, Fresh Lobelia Herb, Fresh Pulsatilla Herb, Grain Alcohol, Deionized Water. (The alcohol-free version contains no Grain Alcohol) All of the herbs are either certified organic or ethically wildharvested.

Nettles 1:2

Nettles has traditionally been used by herbalists for urinary tract infections, edema, allergic rhinitis and general anti-inflammatory action.

1 fl oz - Product Code: 56991

75 Veggie Caps - Product Code: 60135

Who might benefit from this herbal supplement?

- Those with inflammatory diseases of the lower urinary tract; those with kidney stones;
- Those with hayfever and similar allergic conditions.; those with edema.

Nettles is also rich in minerals, and is often used as a nutritional supplement, i.e. a source of calcium, potassium, silicon and other trace minerals.

Ingredients:

Phyto-Tech™ Nettles 1:2 contains Nettles herb (Urtica dioica), Pure Grain Alcohol, Deionized Water. Certified Organic. Also known as Stinging Nettle. Also available in vegetarian capsule form. Each Phyto-Tech™ Nettle veggie cap contains 500 mg of certified organic Nettles Herb.

Note:

Nettles "Herb" refers to the above ground parts of the plant. Nettles "Root" consists of the underground parts of the plant. The constituents are different. It is the root that has been shown to be useful in treating benign prostatic hyperplasia (BPH) not the herb.

Dosage:

30-60 drops, 2-3 times per day or as needed in juice or water

Neutralizing Cordial

A traditional herbal formula for digestive distress.

1 fl oz - Product Code: 57060

Who might benefit from this herbal supplement:

- Those with heartburn, acid reflux, indigestion, irritable bowel, ulcers and any digestive discomfort exacerbated by too much stomach acid;
- Those with overactive bowel peristalsis and gas; those with digestive upset.

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healthnotes

Nutrients Improve Health In Obesity

Prebiotics

In an earlier study by these doctors, the prebiotic oligofructose reduced the desire for food, increased satiety, and promoted safe weight loss in obese participants.

In this follow-up study, 37 obese people from the earlier trial took a placebo or 7 grams of oligofructose three times per day. After 12 weeks, levels of an inflammatory bacterial toxin linked to gut imbalance and obesity were 40 percent lower in the oligofructose group while increasing 48 percent for placebo. Doctors also saw levels of a blood clotting factor decrease nearly twice as much in the oligofructose group compared to placebo.

Doctors believe this is the first study to show that prebiotics may enhance circulation, and may help rebalance the gut microbiome to reduce chances for obesity and its complications.

(Reference: *Obesity Research Journal*; 2017, Vol. 25, No. 3, 510-13)

Omega-3s

Chronic low-grade inflammation usually accompanies obesity, increasing chances for health complications. In this study, 59 women with obesity were on a calorie-controlled diet while taking a placebo or 1,800 mg of EPA with DHA per day.

After three months, while the placebo group had not changed, women in the omega-3 group had significantly higher circulating levels of EPA and DHA, far fewer signs of low-grade inflammation, and lower fasting levels of triglycerides and insulin.

Omega-3 fatty acids appear to combat chronic low-grade inflammation by combining with cellular enzymes to reduce pro-inflammatory proteins. Doctors said the findings suggest a role for EPA and DHA in managing obesity, maintaining a healthy metabolism, and reducing chances of health conditions related to inflammation.

(Reference: *Molecular and Cell Biology of Lipids*; 2016, Vol. 1861, No. 11, 1746-55)

Synbiotics and Regularity

The rate at which waste moves through the digestive tract is dictated by the rate of muscular contractions in the large intestine. When these contractions are slow—a condition called slow transit-waste can accumulate, causing constipation.

To investigate treatment for this condition, this study looked at 100 people with slow transit time. They took a prebiotic and a probiotic, together called "synbiotics," twice daily, or a placebo.

You may be familiar with the term probiotic, knowing that it refers to "friendly bacterial," such as lactobacillus acidophilus. But what is a "prebiotic?" A prebiotic is a food substance, that in itself is nondigestible (like dietary fiber) that promotes the growth of beneficial microorganisms in the intestines. Thus, a prebiotic enhances the activity and effectiveness of the probiotic. Many products on the market, now, combine the two—probiotics and prebiotics—and the combination is called a synbiotic. I assume the name derives from the "synergy" resulting from the combination.

Did it work? The synbiotic group had begun to improve by week four. After 12 weeks, 45.8 percent of those taking synbiotics had normalized transit times compared to 16.7 percent for placebo, and 64.6 percent of those in the synbiotic group showed clinical improvement compared to 29.2 percent for

placebo, including increased stool frequency and consistency, decreased transit time, and fewer constipation symptoms.

(Reference: *Nutrients*; 2016, Vol. 8, No. 10, 605)



The pharmacists and nutritionists at Willner Chemists will be happy to assist you in choosing the right synbiotic supplement that fits your individualized needs.



Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements



Ingredients:

Phyto-Tech™ Neutralizing Cordial contains the following: Turkey Rhubarb Root, Cinnamon Bark, Goldenseal Root, Peppermint Spirits, Potassium Carbonate, Simple Syrup, Grain Alcohol, Deionized Water.

Neutralizing Cordial can be used for chronic digestive upset or on an as need basis. The effect can be felt quickly and can be repeated safely. It helps digestive upset when eating new foods while traveling.

Neutralizing Cordial is a "Pepto Bismol"-like formula that can be part of a household medicine cabinet. It is safe for children and has a very agreeable taste.

Dosage:

General: 30-60 drops, 2-3 times per day or as needed in juice or water.

Acute: 60-90 drops every 1 hour until feel better.

Olive Leaf 1:2

Increasingly recognized for its value as an immune system stimulant, antimicrobial agent, hypoglycemic agent and antihypertensive agent.

1 fl oz - Product Code: 56958

Who might benefit from this herbal supplement?

- Those in need of enhanced immune support;
- Those with hypertension (high blood pressure);
- Those with blood sugar swings;
- Those with bacterial or viral infections.

Olive leaf extract contains flavonoids that possess strong antioxidant activity. There is some evidence that this explains its protective action in diabetes.

Caution: Do not use if suffering from gallstones.

Ingredients:

Phyto-Tech™ Olive Leaf 1:2 contains Olive Leaf (*Olea europaea*), 250 mg/ml, Pure Grain Alcohol, Deionized Water.

Certified Organic.

Dosage:

20-40 drops, 2-3 times per day or as needed in juice or water.

Oral Tonic Complex

A therapeutic herbal mouthwash concentrate.

1 fl oz - Product Code: 56992

Who might benefit from this herbal supplement?

- Those with periodontal disease; those with gum infections, abscess, or bleeding gums
- Those with halitosis (bad breath).

Ingredients:

Phyto-Tech™ Oral Tonic Complex contains the following: Goldenseal Root, Bayberry Root Bark, Prickly Ash Bark, Myrrh Gum, Coptis Root, Grain Alcohol, Deionized Water.

Phyto-Tech™ Oral Tonic Complex is excellent as a preventative or curative for periodontal (gum) disease (pyorrhea). As a mouthwash in water, it helps to kill bacteria in the mouth and gums, it will tighten gums that are puffy and it will decrease gum bleeding. It will also increase saliva that will inhibit bacterial formation.

Oral Tonic Complex also makes ones mouth feel clean and fresh even though the formula is bitter initially.

It can be used as a preventative before and after oral surgery.

Dosage:

General: 30-90 drops in a little water and swish around vigorously in the mouth after brushing once per day.

Acute infections: Repeat 3 times per day or massage directly into gums with ones finger.

Oregano Oil 70

Contains only true wild Mediterranean Origanum vulgare, the most powerful Oregano nature offers.

It is standardized to 70% carvacrol, the active component of the herb. It provides immediate immune support and has a broad spectrum effect.

It also helps regulate candida.

1 fl oz - Liquid, Product Code: 56939

60 Liquid Filled Veggie Caps - Product Code: 57047

120 Liquid Filled Veggie Caps - Product Code: 57046

Ingredients:

Guaranteed true Wild Oregano, from Turkey. Steam distilled for highest purity and potency.

Who can benefit from this supplement?

- Those with bacterial, fungal, viral (cold and flu) and parasitic infections. Travelers.

Phyto-Tech™ Oregano Oil 70 is standardized to not less than 70% Carvacrol. It is available in liquid form (43 mg oregano oil equivalent to 30 mg carvacrol per four drops) and in a liquid filled veggie cap (45 mg oregano oil equivalent to 32 mg carvacrol per capsule).

Dosage:

Veggie Caps: 1 capsule 1-3 times per day is a typical dose. Go up to 2 caps if necessary when ill or severe parasites.

Liquid: Internal Acute: 2-6 drops in water or juice up to every 2 hours until symptoms subside plus a few days. Can go up to 10 drops when necessary per serving.

Internal Long Term: 1-4 drops in water or juice 1-3 times per day. Long term use is OK.

Topical: Use enough to cover the area desired. If a warming sensation occurs that is unpleasant, dilute in a little lotion or vegetable oil first.

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Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)



64116	UBIQUINOL 200 QH CQD10	30	SGC	49.95	39.96
52375	ULT PROB 12/12 FORM	60	VCA	29.95	23.96
60692	ULT PROBIOTIC 24 BILL	60	VCA	49.95	39.96
52377	ULTIMATE PROBIOT WOMEN	60	VCA	29.95	23.96
44850	URISENS W/CAN MAX	90	VCA	29.95	23.96
65559	VEGAN PROT CHOC RW ORG	172	PWD	32.95	26.36
63904	VEGAN PROT SATIS STRW	525	PWD	34.95	27.96
52982	VEINSENSE BEAUTIF LEGS	60	VCA	26.95	21.56
43261	VITEX EXT FOR WOMEN	90	CAP	15.95	12.76
43855	WELLBETX PGX	180	VCA	34.95	27.96
64449	WHEY FACTOR MATCHA GRE	122	PWD	26.95	21.56
55971	WHEY FACTORS CHOC	218	PWD	59.95	47.96
52156	WHEY FACTORS DOUB CHOC	122	PWD	26.95	21.56
52155	WHEY FACTORS FR VANILL	122	PWD	26.95	21.56
56413	WHEY FACTORS FRENCH VN	122	PWD	59.95	47.96
52158	WHEY FACTORS UNFLAVOR	122	PWD	26.95	21.56
56913	WHEY FACTORS UNFLAVOR	218	PWD	59.95	47.96
67219	WHOLE BODY OPTIM CURC	60	SGC	34.95	27.96
64966	WOMENS 50+ WHLE EARTH	60	TAB	39.95	31.96
64964	WOMENS MULTI WHLE EART	60	TAB	39.95	31.96
40859	WOMENS PLUS MULTISTART	180	TAB	34.95	27.96
43274	ZYMACTIVE REG STRENGTH	90	TAB	24.95	19.96
40874	ZYMACTIVE SUPER ENZYME	90	TAB	37.95	30.36

NATURAL HEALTH INTERNATIONAL					
57612	HERBATONIN .3 MG MELAT	90	VCA	13.99	13.99
57611	HERBATONIN 3 MG MELAT	60	VCA	23.99	23.99
55301	MACAHARMONY WOMEN FEMM	120	VCA	34.99	34.99
55299	MACALIFE PERIMENO FEMM	120	VCA	34.99	34.99
55300	MACAPAUSE 50+ FEMMENESS	120	VCA	34.99	34.99
55302	REVOLUTION MACALIBRIUM	120	VCA	37.99	37.99

NATURAL PATH SILVER WINGS					
66754	COLLOID SILV 250 PPM	2Z	SPY	15.99	15.99
66770	COLLOID SILV 500 PPM	2Z	LIQ	21.59	21.59
66759	COLLOID SILV HERB LIQ	1Z	LIQ	13.99	13.99
66756	COLLOIDAL SILV 500 PPM	2Z	SPY	21.59	21.59
66757	COLLOIDAL SILV 500 PPM	4Z	LIQ	36.99	36.99

NATURAL SOURCES					
27312	ADRENAL ALL	60	CAP	11.99	9.59
65897	ADRENAL RAW	60	CAP	11.99	9.59
20369	BLACK CHERRY CONC NAT	16Z	LIQ	13.29	10.63
20370	CRANBERRY CONC NAT	8Z	FLO	12.19	9.75
43118	ELDERBERRY CONC	16Z	LIQ	21.19	16.95
39775	FEMALE RAW	60	CAP	11.99	9.59
55146	KIDNEY RAW	60	CAP	11.99	9.59
38882	PITUITARY RAW	60	TAB	11.99	9.59
50642	THYMUS ALL	50	TAB	11.99	9.59
27322	THYROID RAW	60	TAB	20.49	16.39

NATURAL VITALITY					
56648	CALM KIDS MULTIVITAMIN	30Z	LIQ	34.99	27.99
58196	CALM PLUS CAL RASP LEM	8Z	PWD	25.95	20.76
52496	CALM PLUS CALCIUM PWD	8Z	PWD	25.95	20.76
52497	CALM PWD	8Z	PWD	22.95	18.36
58910	CALM PWD	16Z	PWD	39.95	31.96
67685	CALM PWD ORANGE	8Z	PWD	23.95	19.16
52498	CALM PWD RASP LEMON	8Z	PWD	23.95	19.16
58655	CALM PWD RASPBERRY LEM	16Z	PWD	40.95	32.76
63512	CALM PWD SWEET LEMON	8Z	PWD	23.95	19.16
52707	ORGANIC LIFE VIT LIQ	32Z	LIQ	36.95	29.56

NATURALLY VITAMINS					
52140	FIBROZYM	200	TAB	50.99	40.79
44212	NATOKINASE 75 MG	120	TAB	48.99	39.19
42472	RUTOZYM	120	TAB	60.95	48.76
67193	RUTOZYM TABS	240	TAB	100.95	80.76

NATURANECTAR					
65370	BEE PROPOLIS TRIO	60	CAP	27.99	22.39
59356	EASEFEMIN MENOPAUSE	30	CAP	30.99	24.79
65441	GASTRO GUARDIAN	60	CAP	26.99	21.59
65371	IMMUNE GUARDIAN	30	CAP	22.99	18.39
65373	NASAL GUARDIAN	1Z	SPY	22.99	18.39
65372	THROAT GUARDIAN SPRAY	20M	SPY	20.99	16.79

NATURES ANSWER					
62177	ADRENAL STRESS AWAY	90	VCA	34.99	27.99
14963	ALFALFA A/F	1Z	LIQ	11.5	9.2
31403	ASHWAGANDA A/F	2Z	LIQ	23	18.4
14801	ASTRAGALUS	1Z	LIQ	12.7	10.16
14964	ASTRAGALUS A/F	1Z	LIQ	12.7	10.16
45550	B COMPLEX LIQUID	8Z	LIQ	16.99	13.59
45547	B12 1000 MCG LIQUID	2Z	LIQ	19.99	15.99
62034	BACOPA 500 MG	90	VCA	16.99	13.59
42868	BIO EAR	.5Z	LIQ	15.99	12.79
25669	BIOFLAV CITRUS W/RH	8Z	LIQ	29.89	23.91
14965	BLACK COHOSH A/F	1Z	LIQ	13.8	11.04
14809	BLACK WALNUT	1Z	LIQ	12.7	10.16
28702	BLACK WALNUT & WORMWD	1Z	LIQ	15	12
14967	BLACK WALNUT HULL A/F	1Z	LIQ	13.8	11.04
37855	BLADDERWRACK EXT 250	90	CAP	11.99	9.59
14813	BLUEBERRY LEAF	1Z	LIQ	13.8	11.04
15016	BRAINSTORM COMBO A/F	1Z	LIQ	15	12
37914	BURDOCK ROOT	90	GEL	9.49	7.59
14821	BURDOCK ROOT	2Z	LIQ	20.7	16.56
14968	BURDOCK ROOT A/F	1Z	LIQ	13.8	11.04
45548	C 1000 MG LIQUID	8Z	LIQ	12.99	10.39
51754	C L O LIVER OIL NORWEG	16Z	LIQ	26.99	21.59
67181	CAL MAG PLANT BASED CP	120	CAP	34.99	27.99
67182	CAL MAG PLANT BASED LQ	16Z	LIQ	34.99	27.99

51755	CARNITINE LIQ 1200 MG	16Z	LIQ	24.99	19.99
24766	CAT'S CLAW A/F	2Z	LIQ	24.99	19.99
14825	CAYENNE	2Z	LIQ	20.7	16.56
14824	CAYENNE (CAPSICUM)	1Z	LIQ	11.5	9.2
14973	CORN SILK A/F	1Z	LIQ	12.7	10.16
27768	CRANBERRY A/F	1Z	LIQ	13.8	11.04
54513	D3 4000 IU DROPS	.5Z	LIQ	17.95	14.36
14845	DANDELION ROOT	2Z	LIQ	20.7	16.56
14975	DANDELION ROOT A/F	1Z	LIQ	12.99	10.39
14977	DONG QUAI A/F	1Z	LIQ	17.99	14.39
28712	ECHIN A/F W/MANDA DRAG	1Z	LIQ	12.99	10.39
23132	ECHIN GLDSEAL COMB A/F	2Z	LIQ	21.99	17.59
15021	ECHIN GOLDENSEAL A/F	1Z	LIQ	12.99	10.39
28707	ECHIN GOLDENSEAL ORGAN	1Z	LIQ	12.99	10.39
14850	ECHIN PURPUREA WHOLE	2Z	LIQ	22.69	18.15
28711	ECHIN W/GRAPE FLAV A/F	1Z	LIQ	12.99	10.39
14978	ECHINACEA A/F	1Z	LIQ	16.09	12.87
14980	EYEBRIGHT A/F	1Z	LIQ	13.8	11.04
14860	FENUGREEK SEED	2Z	LIQ	20.7	16.56
14861	FO TI	1Z	LIQ	12.7	10.16
14981	GINGER ROOT A/F	1Z	LIQ	16.99	13.59
50940	GINKGO BILOBA A/F	2Z	LIQ	25.3	20.24
14982	GINKGO BILOBA A/F	1Z	LIQ	13.8	11.04
14869	GINSENG AMERICAN ROOT	1Z	LIQ	23.99	19.19
45542	GLUCOS CHOND LIQ	16Z	LIQ	27.99	22.39
15031	GLYCERINE	4Z	LIQ	10.99	8.79
14985	GOLDENSEAL ROOT A/F	1Z	LIQ	21.9	17.52
14873	GOTU KOLA HERB	1Z	LIQ	12.7	10.16
14986	GOTU KOLA HERB A/F	1Z	LIQ	12.99	10.39
14987	GREEN TEA EXT A/F	1Z	LIQ	13.8	11.04
44116	GREEN TEA EXT SUP A/F	2Z	LIQ	18.99	15.19
61252	GREENS TODAY RAW	300	PWD	37.99	30.39
14877	HAWTHORN BERRIES	2Z	LIQ	22.9	18.32
14988	HAWTHORN BERRY A/F	1Z	LIQ	13	10.4
14878	HOPS	1Z	LIQ	12.99	10.39
14989	HORSERAIL A/F	1Z	LIQ	12.7	10.16
37991	KAVA 6	90	VCAP	34.99	27.99
67078	KAVA 6 A/F LIQ	1Z	LIQ	19.99	15.99
37953	LICORICE ROOT	90	GEL	9.99	7.99
14991	LICORICE ROOT A/F	1Z	LIQ	13.8	11.04
59595	MAG MAL/BIS-GLYCINATE L	16Z	LIQ	17.99	14.39
67180	MAG PLANT BASED CAP	90	CAP	19.99	15.99
67179	MAG PLANT BASED LIQ VG	16Z	LIQ	29.99	23.99
14992	MARSHMALLOW ROOT A/F	1Z	LIQ	13.8	11.04
23131	MILK THISTLE	1Z	LIQ	13.99	11.19
23002	MILK THISTLE A/F	1Z	LIQ	13.8	11.04
14898	MOTHERWORT	1Z	LIQ	11.5	9.2
15032	MULLEIN FLOWER OIL A/F	1Z	LIQ	11.5	9.2
14993	MULLEIN LEAVES A/F	1Z	LIQ	13.8	11.04
45545	MULTIPLE MINERALS LIQ	8Z	LIQ	11.99	9.59
14994	NETTLES A/F	1Z	LIQ	12.7	10.16
33167	OREGANO OIL A/F	1Z	LIQ	32.99	26.39



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Find relief with **Aller-Aid™ L-92®***

#76910 • 60 vegetarian capsules

- L-92® helps balance Th1/Th2 and other immune cytokines*
- Supports nasal and ocular health during pollen season*
- Consistently shown to support quality of life*
- *Lactobacillus acidophilus* L-92® is a specific well studied strain
- L-92® is a sterilized immunobiotic dry cell powder*
- With Boswellia, Luteolin, and non-GMO vitamin C

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800.545.9960
info@allergyresearchgroup.com
www.allergyresearchgroup.com





Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements



Parasite Complex

1 fl oz - Product Code: 57058

A blend of herbs know to kill parasites. It can be used as a preventive, when traveling, camping, etc., or for treatment of acute infestations.

1 fl oz - Product Code: 56960

Who might benefit from this herbal supplement?

- Those who have parasite infestation or those who anticipate being exposed to parasites (travel, camping, etc.)

Dosage:

For Prevention: Use 60 drops, 2 times per day for a few days before travel and throughout the travel time. Continue for a few days after returning.

For acute parasitic infection: 60 - 90 drops 3-4 times per day for 1 month, or until symptoms stop and then for a few more days. Commonly, one can go into a dormant phase of parasitic infection and one needs to continue taking Parasite Complex during this phase. It is common to need to take this for at least one full month in order to kill all parasites in all their phases (eggs to maturity).

Ingredients:

Phyto-Tech™ Parasite Complex contains Quassia Wood, Black Green Walnut Hulls, Garrya Herb Fresh, Clove Bud, Bayberry Root Bark, Alcohol Pure Grain, Water Pure Deionized

Phyto-Tech™ Parasite Complex can be used along with Phyto-Tech™ Oregano Oil 70.

Complimentary Formulas:

- Phyto-Tech™ Oregano Oil 70.

Passion Flower 1:3

Passion Flower has historically been used as a mild sedative. It's effectiveness as a treatment for anxiety seems to be supported by modern research.

Who might benefit from this herbal supplement?

- Those who suffer from stress and anxiety
- Those who are overly restless; those who have trouble sleeping; those suffering from muscle pain due to conditions such as fibromyalgia, overexertion, or accidents.

Ingredients:

Phyto-Tech™ Passion Flower 1:3 contains Passion Flower Herb (Passiflora incarnata), Grain Alcohol, Deionized Water, at a strength of 333 mg/ml (30 drops).

Passion Flower is a wonderful relaxing herb to the mind and musculature. It can facilitate sleep for those who have insomnia. It can help relieve muscle pain. It will calm a nervous individual and help them to become more centered. Passion Flower is also mildly antidepressant and mood elevating.

Dosage:

30-60 drops 2-3 times per day or as needed in juice or water.

Pau D'Arco Bark 1:3

Most often used today as a treatment for systemic Candida yeast infections.

1 fl oz - Product Code: 57004

Who might benefit from this supplement?

- Those suffering from Candida yeast infections
- Those suffering from weak immune function.

Ingredients:

Phyto-Tech™ Pau D'Arco Bark 1:3 contains Pau D'Arco Bark (Tabebuia impetiginosa), Pure Grain Alcohol, Deionized Water, 200 mg/ml (30 drops).

Dosage:

20-40 drops, 2-3 times per day or as needed in water.

Pelargonium

Pelargonium sidoides, also known as umckaloabo, is a member of the Geranium family and is native to South Africa.

4 fl oz - Cherry Flavor - Product Code: 57729

Who would benefit from this herbal supplement?

- Those suffering from bronchitis, acute pharyngitis, or the common cold.

The use of Pelargonium sidoides extract is based on traditional use by Zulu healers in the Eastern Cape province of South Africa, and has been known to modern science since the 1890s. The word "umckaloabo" is derived from the two Zulu words, "umkhuhlane" (fever and cough-related illnesses) and "uhlabo" (chest pain related to pleurisy) (16). In the early 1920s, the Englishman Charles Stevens traveled to South Africa for the treatment of his tuberculosis. He turned to a Basuto tribal healer who gave him a medicine derived from umckaloabo. He eventually recovered from his illness. Extracts of the root have been available in German pharmacies since 1983 without prescription and have found widespread usage against infections of the sinus, throat, and respiratory tract.

Ingredients:

Each serving (one teaspoonful or 5 ml) contains the following: Selectively Imported Pelargonium sidoides Root 1X 500 mg. Dosage: Take one teaspoonful 2 times a day; can be taken every 2-3 hours when needed.

Reference:

Natural Standard. The Authority on Integrative Medicine. (www.naturalstandard.com)

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Important Notice: The information given here is designed to help you make informed decisions about your health, and the proper use of dietary supplements. It is not intended as a substitute for medical advice, nor a substitute for any treatment that may have been prescribed by your doctor. If you have a medical problem, you should seek medical help. Products described herein are not intended to diagnose, treat, cure or mitigate disease.



Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)



18164	CHAMOMILE	100	CAP	9.49	7.59	29732	GINSENG ELEUTHERO EXT	60	CAP	20.99	16.79	39771	PROSTOL	120	SGC	39.99	31.99
29682	CHAMOMILE EXT STANDZ	60	CAP	13.49	10.79	18234	GINSENG ELEUTHERO SIBE	100	CAP	9.99	7.99	18293	RED CLOVER BLOSSOM HRB	100	CAP	9.49	7.59
18167	CHARCOAL ACTIVATED	100	CAP	12.79	10.23	18235	GINSENG ELEUTHERO SIBE	180	CAP	14.49	11.59	18294	RED CLOVER COMBO	100	CAP	10.99	8.79
18170	CHLORELLA	100	CAP	20.79	16.63	29725	GINSENG KOR ASIAN EXT	60	VCA	34.99	27.99	18295	RED RASPBERRY LEAVES	100	CAP	10.49	8.39
18171	CHLOROFRESH	90	CAP	19.19	15.35	18236	GLUCOMANNAN	100	CAP	17.99	14.39	29736	REISHI MUSHR EXT STANZ	100	CAP	15.49	12.39
18172	CHLOROFRESH LIQ MINT	16Z	LIQ	13.39	10.71	18238	GOLDENSEAL HERB	100	CAP	13.99	11.19	43693	RHODIOLA ROSEA EXT	60	VCA	16.99	13.59
18173	CHLOROFRESH LIQ NAT	16Z	LIQ	12.49	9.99	18237	GOLDENSEAL HERB	180	CAP	19.99	15.99	18299	SARSAPARILLA ROOT	100	CAP	11.49	9.19
51919	CINNAMON EXT STANDZ	60	VCA	14.49	11.59	18239	GOLDENSEAL ROOT	50	CAP	19.49	15.59	29737	SAW PALM EXT STANDARDZ	60	SGC	18.49	14.79
44271	CORDYCEPS EXT STAND	60	VCA	19.99	15.99	18240	GOLDENSEAL ROOT	100	CAP	30.99	24.79	24508	SAW PALMETTO BERRY CAP	100	CAP	15.99	12.79
39936	CRANBERRY EXT TAB	120	TAB	19.99	15.99	18241	GOTU KOLA	100	CAP	9.99	7.99	24509	SAW PALMETTO BERRY CAP	180	CAP	24.99	19.99
40532	CRANBERRY EXT VCAP	60	VCA	11.49	9.19	18242	GOTU KOLA HERB	180	CAP	14.49	11.59	18300	SCHIZANDRA FRUIT	100	CAP	11.49	9.19
40461	CRANBERRY EXT VCAPS	120	VCA	21.99	17.59	58141	GRAPE SEED EXT STD	60	VCA	20.99	16.79	18301	SCULLCAP HERB	100	CAP	12.79	10.23
18177	CRANBERRY FRUIT CAP	100	CAP	15.99	12.79	44272	GRAPEFRUIT SEED	60	VCA	18.99	15.19	18302	SENNA LEAVES	100	VCA	9.49	7.59
18178	DAMIANA LEAVES	100	CAP	9.49	7.59	55891	GREEN TEA EXT STAND	60	VCA	28.99	23.19	33415	SHIITAKE MAITAKE STD	60	CAP	17.99	14.39
18179	DANDELION ROOT	100	CAP	9.99	7.99	29723	GYMNETEMA EXT STANDARDZ	60	CAP	20.49	16.39	18308	SLIPPERY ELM BARK	100	CAP	9.99	7.99
60488	DANDELION ROOT	180	VCA	17.59	14.07	56017	HAWTHORN BERRIES	180	CAP	16.49	13.19	33964	ST JOHNS WORT	180	CAP	17.49	13.99
18180	DEVILS CLAW ROOT TUBE	100	CAP	12.29	9.83	18246	HAWTHORN BERRIES	100	CAP	9.99	7.99	29683	ST JOHNS WORT 300 STD	90	CAP	17.99	14.39
29720	DEVILS CLAW STANDARDZ	90	CAP	19.99	15.99	29735	HAWTHORN EXT STANDARDZ	90	CAP	16.99	13.59	30262	ST JOHNS WORT PERIKA	60	TAB	15.99	12.79
18183	DONG QUAI ROOT	100	CAP	15.49	12.39	26550	HEART CARE	120	TAB	14.99	11.99	18313	SUMA	100	CAP	15.49	12.39
29734	ECHIN EXT STANDARDZ	60	CAP	25.49	20.39	51876	HORNY GOAT WEED	60	CAP	22.99	18.39	18315	THISILYN	60	CAP	25.99	20.79
18186	ECHIN GOLDENSEAL COMP	100	CAP	18.99	15.19	29728	HORSECHESNUT EXT STAN	90	CAP	13.99	11.19	18316	THISILYN	100	CAP	36.99	29.59
24366	ECHIN GOLDSEAL ROOT	180	CAP	30.39	24.31	18253	HORSETAIL GRASS	100	CAP	9.99	7.99	44734	THISILYN CLEANSE MIN	KIT	KIT	31.99	25.59
37821	ECHIN HERB AVF	1Z	LIQ	7.99	6.39	40297	HYDRANGEA ROOT	100	CAP	8.49	6.79	44874	THISILYN DAILY CLEANSE	90	VCA	29.39	23.51
18188	ECHIN ROOT COMPLEX	100	CAP	17.49	13.99	30424	HYSSOP HERB	100	CAP	11.19	8.95	44873	THISILYN DIGEST CLEAN	90	VCA	15.59	12.47
24525	ECHIN ROOT COMPLEX	180	CAP	25.49	20.39	18255	JUNIPER BERRIES	100	CAP	9.99	7.99	44872	THISILYN SUPER	60	VCA	37.09	29.67
18184	ECHIN/ASTRAG/REISHI	100	CAP	11.99	9.59	18259	KELP	100	CAP	9.59	7.67	57683	TRPHALA	90	VCA	18.99	15.19
18185	ECHINACEA	180	CAP	17.99	14.39	18258	KELP	180	CAP	13.89	11.11	64071	TURMERIC EXT 750 MG	60	VCA	30.99	24.79
18187	ECHINACEA HERB	100	CAP	12.49	9.99	18257	KIDNEY BLADDER FORM KB	100	CAP	12.49	9.99	45252	TURMERIC EXT STAND	120	TAB	42.99	34.39
31428	ELDERBERRY BLACK	100	CAP	13.89	11.11	24518	KUDZU CAP	50	CAP	13.99	11.19	29727	TURMERIC EXT STANDARDZ	60	TAB	23.99	19.19
18205	EYEBRIGHT HERB	100	CAP	11.49	9.19	31466	LEG VEINS W/TRU OPC	60	CAP	12.99	10.39	29726	UVA URSI EXT STANDARDZ	60	CAP	14.99	11.99
18248	EYEBRIGHT HERB BLEND	100	CAP	14.99	11.99	55740	LEG VEINS W/TRU OPC	120	VCA	23.49	18.79	18317	UVA URSI LEAVES	100	CAP	9.99	7.99
18208	FENNEL SEED	100	CAP	9.49	7.59	18263	LICORICE ROOT	100	CAP	9.49	7.59	29733	VALERIAN EXT STAND 110	90	CAP	11.99	9.59
18209	FENU THYME	100	CAP	9.99	7.99	33414	MACA EXTRACT STAND	60	CAP	20.99	16.79	24039	VALERIAN NIGHTTIME	100	TAB	19.99	15.99
18210	FENUGREEK	100	CAP	9.99	7.99	18265	MARSHMALLOW ROOT	100	CAP	10.49	8.39	18318	VALERIAN ROOT 530 MG	100	CAP	9.99	7.99
18211	FEVERFEW	180	CAP	17.99	14.39	24519	MELISSA LEMON BALM CAP	100	CAP	9.49	7.59	18319	VALERIAN ROOT 530 MG	180	CAP	14.49	11.59
29681	FEVERFEW EXT STANDZ	60	CAP	10.69	8.55	55637	MILK THISTLE EXT 175	120	VCA	31.99	25.59	18322	VITEX AGNIUS-CASTUS	100	CAP	8.49	6.79
18215	FO TI	100	CAP	10.99	8.79	31966	MILK THISTLE STAND	60	CAP	18.49	14.79	62599	WHITE KIDNEY BEAN EXT	60	VCA	19.99	15.99
62927	FORSYTHIA 250 MG EXT	60	VCA	30.99	24.79	41469	MYCO DEFENSE	60	CAP	12.99	10.39	18324	WHITE OAK BARK	100	CAP	9.49	7.59
18216	GARLIC BULB	100	CAP	10.69	8.55	18267	MYRRH GUM	100	CAP	10.49	8.39	18325	WHITE WILLOW BARK	100	CAP	9.99	7.99
18218	GARLIC/PARSLEY	100	CAP	10.49	8.39	18271	NATURALAX 3	100	CAP	10.69	8.55	29685	WHITE WILLOW BARK EXT	60	CAP	23.99	19.19
18219	GARLICIN 350 MG	90	TAB	20.45	16.36	31430	NEEM CAPS	100	CAP	9.49	7.59	24292	WILD YAM	100	CAP	10.69	8.55
18227	GINGER ROOT	100	CAP	9.49	7.59	18272	NETTLE LEAF	100	CAP	9.99	7.99	18328	YELLOW DOCK ROOT	100	CAP	9.49	7.59
18228	GINGER ROOT	180	CAP	14.99	11.99	44274	NONI EXT STAND	60	VCA	20.99	16.79	18329	YUCCA	180	CAP	15.49	12.39
31432	GINKGO EXTRACT 60 MG	60	CAP	19.49	15.59	55636	OLIVE LEAF EXT 20% OLE	60	VCA	22.99	18.39						
62026	GINKGO EXTRACT 60 MG	120	VCA	33.99	27.19	32591	OLIVE LEAF STANDARDZED	60	CAP	12.99	10.39						
67081	GINKGOLD 60 MG BONUS	75	TAB	22.99	18.39	42259	OREGANO OIL STAND	60	VCA	17.99	14.39	32596	5 HTP 50 MG ENT COAT	60	TAB	16.99	13.59
42260	GINKGOLD 60 MG BONUS	150	TAB	40.49	32.39	37441	OREGON GRAPE ROOT	90	CAP	8.49	6.79	24559	A 10000 SGC	100	SGC	9.09	7.27
42263	GINKGOLD EYES	60	TAB	33.99	27.19	18278	PARSLEY HERB	100	CAP	10.69	8.55	60799	ALIVE ADULT MULTI GUMM	90	CHW	17.75	14.2
42262	GINKGOLD MAX 120 MG	60	TAB	39.49	31.59	18280	PAU D'ARCO	180	CAP	13.99	11.19	65283	ALIVE B CMP GUMMIES	60	GUM	12.99	10.39
42261	GINKGOLD MAX 120 MG	30	TAB	22.49	17.99	18279	PAU D'ARCO INNER BARK	100	CAP	9.49	7.59	54056	ALIVE C	120	VCA	26.99	21.59
18233	GINSENG 550 AMERICAN	50	CAP	22.99	18.39	31429	PMS 5 HTP	100	CAP	11.99	9.59	54055	ALIVE C PWD ORGANIC	120	PWD	24.99	19.99
18232	GINSENG ASIAN KOREAN	100	CAP	24.99	19.99	44276	POMEGRANATE EXT STAND	60	VCA	19.99	15.99	61452	ALIVE CALCIUM BONE FRM	60	TAB	22.99	18.39

NATURES WAY VITAMIN

32596	5 HTP 50 MG ENT COAT	60	TAB	16.99	13.59
24559	A 10000 SGC	100	SGC	9.09	7.27
60799	ALIVE ADULT MULTI GUMM	90	CHW	17.75	14.2
65283	ALIVE B CMP GUMMIES	60	GUM	12.99	10.39
54056	ALIVE C	120	VCA	26.99	21.59
54055	ALIVE C PWD ORGANIC	120	PWD	24.99	19.99
61452	ALIVE CALCIUM BONE FRM	60	TAB	22.99	18.39



Propolis Resin 1:5

Lead Free

1 fl oz - Product Code: 57072

Who might benefit from this herbal supplement?

- Those suffering from microbial infections.

Propolis is a tree resin that the bees use to coat their hive. It prevents bacterial infection in the hive and keeps the bees healthy.

Propolis is a very strong anti-microbial, bacterial and viral. It is important for the Propolis to be pretreated to remove lead toxicity as it naturally contains lead. Our Propolis is lead-free. Propolis is primarily an acute and first aid remedy. It is best in the acute mode of a cold or any other infection. Herbalists recommend Propolis for bronchitis, pneumonia and other respiratory infections.

Dosage:

General: 10-25 drops, 2-3 times per day or as needed in juice or water.

Acute: 20-30 drops every 2 hours to fight infection.

Red Yeast Rice Q10

A naturally fermented yeast strain shown to be especially supportive to cardiovascular health.

90 Veggie Caps - Product Code: 67464

Who might benefit from the use of this product?

- Those with high cholesterol, high triglycerides and other heart conditions.

Ingredients:

Each vegetarian capsule contains Certified Organic Red Yeast Rice (*Monascus purpureus*) 600mg, CoQ10 (Ubiquinone) 30mg. The capsule contains Modified Vegetable Cellulose.

Indications:

Red Yeast Rice is produced by fermenting yeast (*Monascus purpureus*) over rice. It has a long history of use in Chinese medicine to lower cholesterol, improve blood circulation, and help digestion. Studies report that Red Yeast Rice can lower low-density lipoprotein (LDL) cholesterol, total cholesterol, and triglycerides by inhibiting the enzyme HMG-CoA reductase, which helps the body make cholesterol. Red Yeast Rice naturally contains similar compounds (monacolins) as those contained in statin medications (pharmaceuticals used to lower cholesterol). The difference is that statins are synthetically manufactured drugs, whereas the compounds found in Red Yeast Rice are naturally occurring. Researchers are uncertain as to whether Red Yeast Rice is effective because of its natural statin-like compounds or if it is other constituents in it, such as sterols, isoflavones, and monounsaturated fatty acids, that are responsible.

It is important to avoid Red Yeast Rice products that may be low quality and may contain citrinin, a contaminant that can cause kidney failure and genetic damage to cells. Citrinin is formed when Red Yeast Rice is not fermented properly. In addition, much of the Red Yeast Rice on the market, especially imported Red Yeast Rice, is processed with heat, which diminishes its activity. Phyto-Tech™ uses a high quality Organic Red Yeast Rice produced in the United States that is cold-processed in order to maintain purity, potency, safety, and a high activity level. Every batch is tested to insure no citrinin is present and monacolins are consistent as a natural product.

Because Red Yeast Rice is a natural type of statin and inhibits the enzyme in the body that is needed to make cholesterol, like statins drugs, it blocks the body's ability to produce Coenzyme Q-10 (Co-Q10). If one is taking statin drugs or Red Yeast Rice, Co-Q10 should also be taken to avoid depletion. Co-Q10 is required for the production of energy

within every cell of our body and is critical for the health of all tissues and organs. It acts as a catalyst to the electron transport chain in the mitochondria of our cells where ATP (adenosine triphosphate) energy is produced. Co-Q10 is especially important for the health of the heart due to the organ's high-energy demands. It can benefit anyone experiencing cardiovascular problems such as high blood pressure, high cholesterol, angina, arrhythmias or congestive heart failure. Co-Q10 improves overall heart function by enhancing energy production, inhibiting blood clot formation, improving the heart's pumping action, and preventing the oxidation of LDL (bad cholesterol).

Contra-indications and Cautions: Pregnancy and Nursing

Dosage:

Take 1 capsule, 1-2 times per day, or as directed.

Reishi Mushroom 1:3

A powerful adaptogenic herb with proven immune enhancing activity.

1 fl oz - Product Code: 57063

Who might benefit from this herbal supplement?

- Those under constant, daily stress; those who suffer from frequent illness, those undergoing chemotherapy.

Ingredients:

Phyto-Tech™ Reishi Mushroom 1:3 contains Red Reishi Mushroom, Pure Grain Alcohol, Deionized Water, 250 mg/ml (30 drops).

Reishi Mushroom is for those under daily stress and want to avoid break down. Stress can bring on irritability, fatigue, weakened immune function, headaches, poor digestion, and elimination problems. Stress does not directly cause disease, but brings it on faster, usually along the lines of one's genetic, constitutional, predispositional or inherited weakness.

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Nutrients Improve Cognition Scores in Alzheimer's Disease and Protect Against Cognitive Decline

Probiotics Improved Mental State Scores

In one of the first studies to link gut health to mental function, probiotics improved cognition scores in those with Alzheimer's disease (AD). In this recent study, 52 people with Alzheimer's disease took a placebo or a daily probiotic including *L. acidophilus*, *L. casei*, *bifidobacterium bifidum*, and *L. fermentum* at a concentration of two-billion colony forming units each.

After 12 weeks, those taking the probiotics saw significant improvement in standard mini-mental state exam scores, to 10.6 from 8.7, on a maximum scale of 30, while the placebo group declined.

Those in the probiotics group also saw lower triglycerides, very-low-density lipoprotein (vLDL) cholesterol, and high-sensitivity C-reactive protein; an inflammatory factor. Probiotics also reduced insulin resistance and insulin-producing cell activity improved.

While the results were modest and participants remained severely cognitively impaired, doctors said the study is important because it provides evidence that the gut microbiome plays a role in neurological function and that probiotics can improve human cognition. And, of course, there are

other benefits to taking broad spectrum probiotic supplements as well, including improved digestion, immune function, etc.

(Reference: *Frontiers in Aging Neuroscience*; November, 2016, Published Online)

Vitamins C and E Protect Cognition

At the start of this cognition study, 5,269 older men and women reported what vitamin supplements they were taking. Doctors tested cognition then, and twice more at five-year intervals. About one in six developed some form of dementia over the 12-year study period.

Comparing those taking vitamins C and E to those who did not revealed chances for developing Alzheimer's disease were 40 percent lower in the vitamin group, 38 percent lower for any kind of dementia, and 23 percent lower for any cognitive impairment other than dementia. The results were similar for vitamins C or E separately.

Discussing the findings, doctors said it may be that these antioxidant vitamins reduce nerve damage and death due to oxidative stress, both of which play a role in dementia.

(Reference: *Annals of Pharmacotherapy*; 2017, Vol. 51, No. 2)



Resveratrol and Colitis

This is the first placebo-controlled trial to test the effects of resveratrol on oxidative stress levels in ulcerative colitis (UC), an inflammatory condition of ulcers or sores in the lining of the large intestine. While doctors don't know the cause, they believe oxidative stress plays a role.

In this study, 56 people with active mild to moderate UC took a placebo or 500 mg of resveratrol per day. After six weeks, levels of the important antioxidant, superoxide dismutase (SOD), had decreased for placebo while increasing for resveratrol. Total antioxidant capacity and signs of oxidative stress deteriorated in the placebo group but improved for resveratrol.

While there were no improvements for placebo, measurements of disease activity decreased and quality of life test scores improved for those taking resveratrol. Doctors concluded resveratrol can reduce oxidative stress in those with ulcerative colitis, and improve quality of life.

(Reference: *Archives of Medical Research*; 2016, Vol. 47, No. 4, 304-9)



Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements



Conversely, the release of stress promotes healing. Reishi Mushroom is best used over the long-term (one month or more). It can be valuable to those suffering from chronic fatigue syndrome.

Dosage:

20-60 drops, 2-3 times per day or as needed in juice or water.

Relax AM

A blend of Kava Kava and other anti-anxiety, relaxing herbs that calm and sooth the mind without inducing drowsiness or mental fog. This is the perfect herbal supplement to use during the day, therefor, during periods of emotional stress.

1 fl oz - Product Code: 56963
2 fl oz - Product Code: 57019

Who might benefit from this herbal supplement?

- Those with anxiety, nervous irritability, panic attacks and over-active minds
- Those under emotional stress.
- Those with insomnia due to over-activity and stress during the day.
- Those with performance anxiety, ranging from public speaking to sex.
- Those with mild depression associated with anxiety or severe stress.
- For those with insomnia, Phyto-Tech™ Relax PM is a perfect supplement to use along with this, in the evening.

Ingredients:

Phyto-Tech™ Relax AM contains Kava Kava Root Vanuatu, Kava Kava Root Hawaiian, Passion Flower, St. John's Wort Flowers, Lobelia Herb Fresh, Pulsatilla Herb Fresh, Alcohol Pure Grain, Water Pure Deionized

Relax AM synergistically combines the wonderful benefits of

Kava Kava with the potentiating benefits of the powerful anti-anxiety herbs Pulsatilla and fresh Lobelia extract. This formula reduces anxiety, nervous irritability, compulsive thinking and panic attacks. Similar in action to benzodiazepine drugs (valium, xanax, klonopin, halcion) Relax AM will calm and soothe the mind and soul when going through difficult times emotionally and mentally, yet does not interfere with cognitive function for staying alert and clear.

Relax AM helps insomnia when the mind will not calm down, yet one is tired or exhausted. It will help light sleepers by helping one go beyond REM sleep and into deeper sleep stages where rest and healing occur.

Relax AM is calming, and appeals to those needing a safe way to relax.

Relax AM may help reduce depression if associated with anxiety or severe stress.

Relax AM can help performance anxiety from activities ranging from public speaking to sex

Complimentary Formulas:

- Phyto-Tech™ St. John's Complex (a blend of Fresh St. John's Wort Flowering Tops, Vanuatu Kava Kava Root, Damiana Herb, Ginkgo Leaf, and Fresh Pulsatilla Herb (if depression accompanies the anxiety)
- Phyto-Tech™ St. John's Wort 1:2 (if depression accompanies the anxiety)
- Phyto-Tech™ Relax PM (to help sedate the whole nervous system)
- Phyto-Tech™ Ginseng Energy Blend (if exhaustion and deficiency is present)

Relax PM

A blend of Valerian and other herbs designed to promote sleep, relaxation and pain relief, especially in the evening and at night.

1 fl oz - Product Code: 56959
Alcohol Free - 1 fl oz - Product Code: 57025

Who might benefit from this herbal supplement?

- Those with insomnia will find this supplement very helpful. It induces relaxation, lessens anxiety, and can reduce pain. It has a muscle relaxant action.
- Relax PM slows mental activity, and thus is best used at night. For daytime use, the Phyto-Tech™ Relax AM formula is recommended.

Ingredients:

Phyto-Tech™ Relax PM contains Valerian Root, Fresh, Hops Strobiles, Kava Kava Root, Vanuatu, Passion Flower, Chamomile Flowers, Lobelia Herb, Fresh, Pulsatilla Herb, Fresh, Alcohol, Pure Grain, Water, Pure Deionized

Dosage:

Sleep: 60 - 120 drops in water or juice every 30-60 minutes, 1/2 hour before bed time until asleep. Can repeat if wake up. OK with other sleeping aids or protocols. Acute Pain: 60 - 120 drops in water or juice every hour or as needed to control pain. General Use: 30 - 60 drops in water or juice 2-3 times per day or as needed

Complimentary Formulas:

- Phyto-Tech™ Relax AM or Phyto-Tech™ Anxiety Complex (if anxious or mind races, toss and turn)
- Phyto-Tech™ Valerian Root 1:2 (if need more sedation)
- Phyto-Tech™ Kava Root 1:2 (if anxious or mind races)
- Phyto-Tech™ St. Johns Wort (for depression, pain)

Respiratory Complex

A blend of antimicrobial, decongestant, bronchopulmonary healing herbs.

1 fl oz, Product Code: 5695
Alcohol Free - 1 fl oz - Product Code: 57027
Child Friendly - 1 fl oz - Product Code: 56956
60 Veggie Caps (Liquid Fill) - Product Code: 57089

... continued on page 88

Important Notice: The information given here is designed to help you make informed decisions about your health, and the proper use of dietary supplements. It is not intended as a substitute for medical advice, nor a substitute for any treatment that may have been prescribed by your doctor. If you have a medical problem, you should seek medical help. Products described herein are not intended to diagnose, treat, cure or mitigate disease.



Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)



61408	ALIVE CALCIUM BONE FRM	120	TAB	39.99	31.99	40400	COMPLETIA DIABETIC MUL	90	TAB	29.99	23.99	37871	PRIMADOPHILUS KID CHW	30	CHW	9.99	7.99	36279	HAIR GOLDEN BLONE 7G	4.5	LIQ	17.99	14.39
64077	ALIVE CALCIUM GUMMIES	60	GUM	13.35	10.68	56789	CRAN RX	30	VCA	14.99	11.99	56930	PRIMADOPHILUS KIDS ORA	30	CHW	9.99	7.99	36273	HAIR HAZELNT BLONDE 7N	4.5	LIQ	17.99	14.39
60797	ALIVE CHILDREN GUMMIES	90	CHW	16.89	13.51	65036	CRAN RX GUMMIES	60	CHW	19.99	15.99	18287	PRIMADOPHILUS/CHILDREN	5Z	PWD	17.99	14.39	36275	HAIR HONEY BLONDE 9N	4.5	LIQ	17.99	14.39
60798	ALIVE CHILDRENS CHW	120	CHW	16.05	12.84	65284	CRAN RX LIQUID	16Z	LIQ	23.49	18.79	56506	RED YEAST RICE 1200 MG	60	TAB	33.49	26.79	36271	HAIR LIGHT CSNT BRN 5N	4.5	LIQ	17.99	14.39
64776	ALIVE IMMUNE GUMMIES	90	GUM	20.45	16.36	61425	CURICA PAIN RELIEF	100	TAB	42.99	34.39	66233	SAMBUCUS FIZZY W/C PAK	10	PAK	10.69	8.55	36276	HAIR LT DAWN BLNDE 10N	4.5	LIQ	17.99	14.39
58862	ALIVE MENS 50+ ONCE DL	60	TAB	23.09	18.47	65864	CURICA TURMERIC DROPS	2Z	LIQ	31.99	25.59	60704	SAMBUCUS FLU CARE LOZ	30	LOZ	15.49	12.39	36283	HAIR MAHOGANY CHTNT 4M	4.5	LIQ	17.99	14.39
62668	ALIVE MENS GUMMY	75	CHW	17.79	14.23	65863	CURICA TURMERIC VCAP	60	VCA	47.99	38.39	32589	SAMBUCUS FOR KIDS	4Z	LIQ	15.59	12.47						
57537	ALIVE MENS MULTI	90	TAB	26.65	21.32	53263	DHA NEUROMINS 200 MG	60	SGC	43.49	34.79	55966	SAMBUCUS FOR KIDS BER	8Z	LIQ	28.99	23.19						
58861	ALIVE MENS ONCE DAILY	60	TAB	23.09	18.47	38689	DIM PLUS	60	CAP	22.99	18.39	64773	SAMBUCUS GUMMIES ELDER	60	GUM	19.99	15.99						
53891	ALIVE MULTI LIQ CITRUS	32Z	LIQ	38.39	30.71	38688	DIM PLUS	120	CAP	41.99	33.59	43720	SAMBUCUS IMMUNE FORM	8Z	LIQ	30.99	24.79						
58860	ALIVE MULTI ONCE DAILY	60	TAB	25.99	20.79	44939	E P D 1300 MG EFA GOLD	120	SGC	30.49	24.39	32590	SAMBUCUS IMMUNE FORM	4Z	LIQ	16.59	13.27						
39489	ALIVE NO IRON ADDED	90	TAB	24.89	19.91	43697	FISOL SUPER FISH OIL	180	SGC	34.69	27.75	34353	SAMBUCUS IMMUNE FRM LZ	30	LOZ	14.59	11.67						
42512	ALIVE NO IRON ADDED	180	TAB	44.45	35.56	38748	FISOL FISH OIL	90	SGC	16.99	13.59	35075	SAMBUCUS LOZ BLACK ELD	30	LOZ	14.59	11.67						
65404	ALIVE PRENATAL GUMMIES	75	CHW	20.45	16.36	51688	FISOL SUPER FISH OIL	90	SGC	22.99	18.39	60705	SAMBUCUS ORGANIC LIQ	4Z	LIQ	18.99	15.19						
67242	ALIVE PRENATAL VSG	60	VSG	34.99	27.99	60028	FISOL SUPER FISH OIL	180	SGC	42.49	33.99	43698	SAMBUCUS ORIGINAL	7.8	LIQ	28.99	23.19						
39488	ALIVE W/IRON	90	TAB	24.89	19.91	32005	GLUCOSAMINE HCL	90	CAP	19.49	15.59	30130	SAMBUCUS ORIGINAL	4Z	LIQ	15.59	12.47						
42508	ALIVE W/IRON	180	TAB	44.49	35.59	33968	HAIR AND SKIN W/MSM	100	CAP	15.99	12.79	30183	SAMBUCUS SUGAR FREE	4Z	LIQ	15.59	12.47						
66804	ALIVE WHEY PRT MNG CRM	13.	PWD	39.99	31.99	45046	HEMP POWDER NON GMO	16Z	PWD	18.99	15.19	43719	SAMBUCUS SUGAR FREE	8Z	LIQ	28.99	23.19						
62671	ALIVE WOMENS 50+ GUMMY	75	CHW	17.79	14.23	50176	HYDRAPLENISH	60	VCA	24.99	19.99	24626	SELENIUM 200 Y/F	100	CAP	10.15	8.12						
58863	ALIVE WOMENS 50+ ONCE	60	TAB	23.09	18.47	58210	HYDRAPLENISH SERUM ULT	1Z	SER	41.99	33.59	39668	SYSTEM WELL ULT IMMUN	180	TAB	37.99	30.39						
62670	ALIVE WOMENS GUMMY	75	CHW	17.79	14.23	58211	HYDRAPLENISH SERUM W/C	1Z	SER	41.99	33.59	39540	SYSTEM WELL ULT IMMUN	90	TAB	20.59	16.47						
57538	ALIVE WOMENS MULTI	90	TAB	26.65	21.32	65499	IMMUNABLES PAK KIDS	30	PAK	29.99	23.99	50174	SYTRINOL 150 MG	60	SGC	27.99	22.39						
58864	ALIVE WOMENS ONCE DAIL	60	TAB	23.09	18.47	24575	INOSITOL 500	100	CAP	13.49	10.79	29054	TRU OPC 75 MG	90	TAB	29.49	23.59						
24588	B 100 COMPLEX	100	CAP	23.45	18.76	31437	ISOFLAVONE SOY	100	CAP	15.99	12.79	53876	UMCKA CHERRY CHEWABLE	20	CHW	15.59	12.47						
24586	B 50 COMPLEX	100	CAP	14.95	11.96	44945	KRILL OIL 500 MG	60	SGC	41.49	33.19	52289	UMCKA CHERRY SYRUP	8Z	LIQ	28.99	23.19						
24570	B12 2000 LOZ	100	LOZ	20.25	16.2	60029	KRILL OIL 500 MG EFA	30	SGC	21.99	17.59	42690	UMCKA CHERRY SYRUP A/F	4Z	LIQ	15.59	12.47						
24568	B6 100	100	CAP	9.05	7.24	52521	LACTASE ENZYME	100	CAP	21.35	17.08	54051	UMCKA COLD & FLU BERRY	20	CHW	16.49	13.19						
60435	BORAGE OIL 1300 MG	60	SGC	25.49	20.39	24623	MAG 500	100	CAP	10.15	8.12	54053	UMCKA COLD FLU BER SYR	4Z	LIQ	16.49	13.19						
24628	BORON 3 MG CHEL	100	CAP	8.55	6.84	66083	MCT OIL 100% FRM COCON	16Z	LIQ	21.99	17.59	62186	UMCKA COUGH SYRUP	4Z	LIQ	16.99	13.59						
59232	C 1000 W/BIOFLAV	100	VCA	13.49	10.79	42626	MSM 1000 MG	120	TAB	16.99	13.59	52287	UMCKA GRAPE SUGAR FREE	4Z	LIQ	15.59	12.47						
24602	C 1000 W/RH	100	CAP	14.39	11.51	24580	NIACINAMIDE 500 NO FLS	100	CAP	7.99	6.39	53961	UMCKA LEMON HOT DRINK	10	PWD	10.59	8.47						
24604	C 1000 W/RH	250	CAP	30.95	24.76	38336	PEPOGEST	60	SGC	13.99	11.19	42682	UMCKA MENTHOL SYRUP	4Z	LIQ	15.59	12.47						
24600	C 500 W/BIOFLAV	100	CAP	11.19	8.95	26367	PHOS SERINE	60	SGC	51.99	41.59	42670	UMCKA ORIGINAL A/F DRP	1Z	LIQ	15.59	12.47						
24601	C 500 W/BIOFLAV	250	CAP	22.99	18.39	65858	PRIMAD OPT 50B HDS IMM	30	VCA	39.99	31.99	52285	UMCKA ORIGINAL DROPS	2Z	LIQ	28.99	23.19						
24596	C 500 W/RH	250	CAP	20.99	16.79	65857	PRIMAD OPT HDS 50+ 50B	30	VCA	39.99	31.99	42664	UMCKA ORIGINAL DROPS	1Z	LIQ	15.59	12.47						
24635	CAL MAG W/D	100	CAP	12.29	9.83	64447	PRIMADO OPT 50 BIL DIG	30	VCA	42.65	34.12	56048	UMCKA PWD BERRY	10	PWD	11.99	9.59						
24633	CAL MAG ZINC	100	CAP	12.29	9.83	64446	PRIMADO OPT 50 BIL WOM	30	VCA	42.65	34.12	65037	UMCKA THROAT SPR CH MT	1.9	SPY	11.99	9.59						
24630	CALC COMPLEX BONE FORM	250	CAP	30.99	24.79	65403	PRIMADOPH OPT INT 200B	30	VCA	102.35	81.88												
24617	CALCIUM CITRATE 250 MG	250	CAP	21.99	17.59	51631	PRIMADOPH OPTIMA	30	VCA	30.99	24.79												
24616	CALCIUM CITRATE 250 MG	100	CAP	11.75	9.4	50910	PRIMADOPH OPTIMA	60	VCA	59.49	47.59												
61409	CALM AID SGC	30	SGC	19.99	15.99	60652	PRIMADOPH OPTIMA 100 B	30	VCA	49.99	39.99												
26200	CHARCOAL ACT CAP	100	CAP	10.69	8.55	60650	PRIMADOPH OPTIMA 60 BL	30	VCA	39.99	31.99												

Licorice: The Good And The Bad

(This article was originally published on Don Goldberg's Blog (www.dongoldberg.com) on April 19, 2017)

Almost everyone knows about licorice as a food and candy. What many people do not know, however, is that licorice is also a potent and valuable herbal medicine, widely used as a therapeutic agent.

According to Natural Medicines database, licorice (*Glycyrrhiza glabra*) can be used for the following conditions: "Orally, licorice is used for gastric and duodenal ulcers, sore throat, bronchitis, chronic gastritis, dyspepsia, colic, menopausal symptoms, Addison's disease, cough, osteoarthritis, osteoporosis, systemic lupus erythematosus (SLE), and for bacterial and viral infections. It is also used orally for cholestatic liver disorders, nonalcoholic fatty liver disease, hyperkalemia, hypertonionia, malaria, tuberculosis, abscesses, food poisoning, diabetes insipidus, chronic fatigue syndrome (CFS), postoperative recovery, contact dermatitis, and hypercholesterolemia." And, in Traditional Chinese Medicine, licorice is included in nearly all herbal formulas for the purpose of "harmonizing" the various herbs incorporated in the mixture.

That's the good news.

The bad news is that any substance, herbal or otherwise, that exerts a therapeutic (or pharmacologic) action, will also exhibit the potential for adverse effects as well.

If you suffer from low blood pressure, a natural substance that increases blood pressure can be considered beneficial, but if you suffer from high blood pressure, that same natural substance's hypertensive action can be considered an "adverse effect."

Whole licorice, whether from food or in supplements, can theoretically raise blood pressure. It contains a substance called glycyrrhizin which, when taken in large enough quantities, exerts an action in the body similar to the hormone aldosterone. This hormone causes fluid retention, loss of potassium, and increased blood pressure.

How concerned should you be about this?

The answer, for most people, is less concerned than you might initially think. For one thing, much of the food or candy we buy it not really licorice at all - it contains an oil, which imparts the characteristic smell and taste we call "black licorice."

In addition, much of the licorice used in supplements has had the glycyrrhizin removed. This results in a product called "DGL," which stands for deglycyrrhizinated licorice. Supplements containing DGL, for example, are widely used for treating gastric and duodenal ulcers.

Does that mean there are no products that contain "whole" licorice? No, not at all. Whole licorice is still used in various products. It may still be found, for example, in liquid cough and asthma remedies, functioning as an expectorant. As mentioned above, it is widely used in Chinese herbal remedies. And, licorice root is in the supplement, **Phyto-Tech™ Mushroom Extract Complex**.

The question, then, is how much whole licorice is too much?

Dosages of whole licorice in the range of 5 to 15 grams per day is generally thought to be acceptable for no more than a few weeks. For long-term use, about 0.3 grams (300 mg) of licorice root daily should be safe for most adults.

"Current evidence indicates that individuals who wish to take whole licorice on a long-term basis without any risk of these side effects should not consume more than 0.2 mg of glycyrrhizin per kilogram of body weight daily. For a person who weighs 130 pounds, this works out to 12 mg of glycyrrhizin daily. Based on a typical 4% glycyrrhizin content, this is the equivalent of 0.3 grams of licorice root." (reference: ConsumerLab.com) For a person weighing 184 lbs, the safe amount of whole licorice, or licorice root, would be 427 mg.

It is understood that "small amounts" of licorice is not a problem for those with high blood pressure. The question, of course, is what does "small amount" mean. Based on the above calculation, we can say that for an adult, levels below 300 to 427 mg per day should not be a problem.

Another reference source, *Natural Medicine*, presents the following information: "... long-term use (months to years) or intake of large amounts (up to 20-30 grams) can increase the risk of adverse effects such as hypertension and hypokalemia. In people with hypertension, cardiovascular or kidney conditions, or a high salt intake, intake of as little as 5 grams [per] day can cause these problems." They also point out that "... when used orally in amounts commonly found in foods. Licorice has Generally Recognized as Safe (GRAS) status in the US " (Note: 5 grams is equal to 5,000 mg.)

How much is in **PhytoTech™ Mushroom Extract Complex**? The label states the content is 44 mg per serving of licorice root, and the recommended dose is 2-3 servings per day—well within the safe range.

It is noteworthy, by the way, to point out that the **PhytoTech™ Mushroom Extract Complex** label provides the actual quantitative information of all five herbal ingredients. Not all products provide this information, often presenting only qualitative listings, under the heading "proprietary blend."

In summary, for those concerned about licorice and hypertension, small amount of whole licorice, or licorice root, even when used long term, should not be a problem. Small amounts can be defined as less than 500 mg per day. The amount in products such as **PhytoTech™ Mushroom Extract Complex** (44 mg, 2-3 times a day), is only one-tenth that level.

Additional References:

(1) Comments from Dr. Alan Gaby, published in his book: *Gaby, Alan R., M.D.. Nutritional Medicine (Second Edition)*. Alan R. Gaby, M.D., 04/2017

"... Compounds present in *Glycyrrhiza glabra* (licorice root) potentiate the effects of glucocorticoids and mineralocorticoids by slowing the rate of their catabolism.4-8 Thus, in non-adrenalectomized patients, glucocorticoid and mineralocorticoid activity can be increased by administering licorice root extracts. Prior to the introduction of synthetic steroids, licorice root was one of the standard treatments for Addison's disease.9 Licorice root is also a viable alternative to cortisol in patients with mild hypoadrenalism.

I have seen about 15 patients with a clinical picture suggestive of mild hypoadrenalism in whom treatment with a licorice tincture led to improvements in symptoms such as fatigue, hypotension, and poor stress tolerance. The usual dosage was 2-6 drops twice a day of a 1:1 or 1:2 tincture, or 6-10 drops 2-3 times per day of a 1:3 tincture.

Potential adverse effects of licorice root include hypokalemia and hypertension. These side effects are extremely unlikely with the low doses I have used. Nevertheless, I advise patients taking licorice root to consume abundant amounts of fruits and vegetables (or to supplement with 200-300 mg/day of potassium) and to monitor their blood pressure. Patients taking glucocorticoids or mineralocorticoids should, in most cases, not take licorice root. The dosages of licorice I have used are unlikely to interact with dehydroepiandrosterone (DHEA), although a much larger dose of licorice (100 g/day for 9 weeks) was found to decrease serum DHEA-sulfate levels in healthy men but not in women."

(2) Selected references from *Natural Medicines database*:

Mechanism of Action

"General: The applicable part of licorice is the root. Although licorice contains saponins, flavonoids, isoflavonoids, flavones, and chalcones, the main active constituent is considered to be glycyrrhizin, otherwise known as glycyrrhizic acid or glycyrrhizinic acid (59755, 59773, 59806, 59854, 59891). Glycyrrhizic acid content of licorice preparations is typically around 2-3 mg/gram (0.2% to 0.3% w/w), but can vary from 0.026-98 mg/gram (15598, 15600). . . .

"Anti-cancer effects: Licorice is used in combination with other herbs to treat prostate cancer. In human research, a combination product including licorice was used to reduce prostate specific antigen (PSA) levels (6286). Licorice may also be useful for other types of cancer. In an animal model, licorice extract inhibited colon cancer growth (59763). A mechanism of action is not clear. However, the metabolite glycyrrhetic acid has been shown to reduce cellular adhesion and induce cell death in tumor cells in laboratory research (59804). Also, the licorice flavonoid glabridin has been shown to inhibit cellular migration, invasion, and angiogenesis in laboratory research (59813). . . .

"Immunomodulatory effects: In human research, consumption of a licorice herbal tincture stimulated immune cells, as quantified by CD69 expression on CD4 and

CD8 T cells (32825). In animal research, an herbal product containing licorice increased the number of leukocytes in the spleen and liver and increased splenic natural killer toxicity. However, in this study, the product did not affect the production of inflammatory cytokines or other agents (59710). Furthermore, in laboratory research, the aglycone derivative of glycyrrhizin, beta-glycyrrhetic acid, inhibited human complement activity (59904). . . ."

(*Natural Medicines*, Somerville, MA 02144 USA)

Phyto-Tech™ Mushroom Extract Complex

Dual Extraction Blend; A powerful combination of immune enhancing, adaptogenic mushroom extracts.

Liquid Extract: 1 fl oz
Product Code: 57002

Ingredients:

Phyto-Tech™ Mushroom Extract Complex contains: Shiitake Mushroom, Reishi Mushroom, Maitake Mushroom, Fresh Ashwagandha Root, Licorice Root, Deionized Water, Pure Grain Alcohol.

Many claims are made concerning the immune enhancing activity of various herbs and nutrients. Few such claims are as well documented and supported by clinical evidence as are those surrounding the mushrooms and their constituents. For those in need of immune support, and those suffering from serious health conditions, a mushroom extract should definitely be at the top of the list when it comes to herbal and nutritional support.

Mushroom Extract Complex is indicated for immune deficiency and is considered especially valuable as a long-term tonic. It can be used as a preventative when one either wants to avoid or one already finds they are getting weaker and becoming more prone to getting sick and fatigued. This is especially true when stress is great and immune inundation is heavy. This formula helps when one has debility and lethargy of body, mind and spirit.

These organic mushrooms are a glucoaminoglycan extracts (GAG) whereby the immuno-modulating polysaccharides are first extracted in a water extraction process. The herb then goes through an alcohol extraction process to remove other immuno-modulating compounds that the water cannot extract. The two liquids are combined to create a full spectrum mushroom extract.

Dosage:

General usage: 20-60 drops, 2-3 times per day or as needed in juice or water. More severe immune deficiency: 60-120 drops 2 times per day in juice or water.



Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements



Who might benefit from this herbal supplement?

- Those suffering from acute colds, flue, sinus infections, asthma, bronchitis, pneumonia, and general lung congestion;
- Those who smoke; those with excess mucous in the lungs;
- Those who get sick easily and are exposed to sources of infection.

Ingredients:

Phyto-Tech™ Respiratory Complex Veggie Caps contains Fresh Osha Root, Fresh Yerba Santa Leaf, Lomatium Root, Garlic Bulb, Mullein Leaf, Thyme Herb, Licorice Root, Oregon Grape Root, Echinacea purpurea Flowering Tops, Wild Cherry Bark, Ginger Root, Oregano Oil. Phyto-Tech™ Respiratory Complex Liquid, regular and alcohol free, is similar, but does not contain the Oregano Oil. Oregano Oil add some additional antimicrobial action to the blend.

Respiratory Complex is a great respiratory remedy for acute colds, flu, sinus infections, asthma, bronchitis, pneumonia, smokers' lung, pneumocystis and general lung congestion. It is a powerful lung macrophage (white blood cell) stimulant to help the lung powerfully address viral and bacterial conditions. It helps clear the lungs of congestion in order to resolve lingering mucus that wants to be expelled. Herbalists believe that if mucus stays in the lungs too long, it becomes a breeding ground for viruses and bacteria to continually live, thus prolonging recovery from colds and flues.

For colds and flu, Respiratory Complex is a powerful and immediate lung white blood cell stimulant (Osha, Lomatium). Phlegm is loosened with Licorice, the chest cavity is opened with Lobelia, lungs relax with Wild Cherry and Mullein and Yerba Santa excites the lung cilia to remove the phlegm. This is especially good for spastic cough.

The formula is very effective as a preventive for those who get sick easily and/or anticipate exposure to others who are

sick. Taking Respiratory Complex, along with Echinacea, at the initial onset of a respiratory illness can be very effective in reducing the severity and duration of the condition.

Rhodiola 5 (Standardized)

Used for centuries in traditional Russian and Scandinavian medicine to increase physical endurance, work productivity, longevity, resistance to high altitude sickness, and to treat fatigue, depression, anemia, impotence, infertility, gastrointestinal complaints, infections and nervous system disorders.

Standardized Liquid Extract - 1 Fl oz - Product Code: 57032
Standardized Fresh Ground Capsule
60 Veggie Caps - Product Code: 67460

Who might benefit from this herbal supplement?

- Those suffering from low energy or fatigue;
- Those who suffer from mental fog, poor memory, or learning problems;
- Those who are looking to increase their stamina, endurance and athletic performance;
- Those who are under high stress; those with sexual or fertility problems.

Ingredients:

Phyto-Tech™ Rhodiola 5 liquid extract contains Rhodiola Rosea standardized to 5% Rosavin, Alcohol Pure Grain, Water Pure Deionized, per 1 ml (30 drops). Phyto-Tech™ Rhodiola veggie caps contains Imported Rhodiola Root Extract standardized to a minimum of 5% rosavins, 500 mg per capsule. The veggie cap contains modified vegetable cellulose, natural silica. Rhodiola as been associated with the following properties: Adaptogenic, Adrenal Tonic, Mood Enhancing, Anti-Depressant

Indications:

Rhodiola rosea, also known as golden root, arctic root or roseroot, has been used for centuries in traditional Russian and Scandinavian medicine to increase physical endurance, work productivity, longevity, resistance to high altitude sickness, and to treat fatigue, depression, anemia, impotence, infertility, gastrointestinal complaints, infections and nervous system disorders. Numerous studies have proved Rhodiola to be a powerful adaptogen that increases ones resistance to chemical, biological, and physical stressors and protects the body from breakdown due to chronic stress. Rhodiola stimulates the activity of serotonin, dopamine, and norepinephrine in the cerebral cortex, brain stem and hypothalamus, and increases the permeability of the blood brain barrier to precursors of dopamine and serotonin. This enhances the effects of these neurotransmitters on the brain and improves cognitive functions (thinking, analyzing, evaluating, calculating and planning), learning, attention span, and memory and work productivity. Rhodiola also relieves fatigue and normalizes mood in depressed individuals, and has antioxidant properties that help protect the nervous system from oxidative damage. By stimulating cognitive function, improving resistance to stress and fighting free radicals, Rhodiola can have immediate effects on cognitive function and memory and can also provide long-term support to help preserve future brain functions.

A study involving 56 healthy male and female physicians working the night shift (age 24-35) were given 170 mg of Rhodiola extract for 6 weeks. Their mental performance was evaluated using tests to determine speed of visual and auditory perception, attention capacity, and short-term memory. A significant improvement in mental performance tests was observed in the treatment group during the first two-week period. Another double-blind, placebo controlled study involving 60 foreign students at a Russian high school

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Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)



34395	C VIT FOOD CMP 250 MG	180	TAB	65.95	52.76	59552	PERFECT ENERGY	36	TAB	39.95	31.96	NORDIC NATURALS		53375	OMEGA 3 FORM 1000 MG	180	SGC	43.45	34.76										
34394	C VIT FOOD CMP 250 MG	90	TAB	49.95	39.96	67605	PERFECT HAIR SKIN NAIL	60	VCA	56.95	45.56	64945	C GUMMIES TANGERINE	60	CHW	13.49	10.79	45318	OMEGA 3 FORM 1000 MG	120	SGC	29.95	23.96						
65820	CINNAMON FORCE LVCAP	60	LVC	50.95	40.76	65400	PERFECT POSTNATAL	96	TAB	48.95	39.16	96	TAB	48.95	39.16	40948	OMEGA 3 FORM 1000 MG	60	SGC	17.95	14.36								
65819	CINNAMON FORCE LVCAP	30	LVC	30.95	24.76	58559	PERFECT PRENATAL NEW	96	TAB	48.95	39.16	96	TAB	48.95	39.16	58427	OMEGA 3 GUMMY WORMS	30	CHW	24.95	19.96								
36006	COENZYME B FOOD CMP	180	TAB	70.95	57.76	58558	PERFECT PRENATAL NEW	48	TAB	28.95	23.16	48	TAB	28.95	23.16	50415	OMEGA 3 LIQ LEMON	8 Z	LIQ	25.95	20.76								
34393	COENZYME B FOOD CMP	90	TAB	50.95	40.76	66179	PROSTATE 5LX LIQVDCP	60	LVC	37.95	30.36	60	LVC	37.95	30.36	53376	OMEGA 3 LIQUID LEMON	16 Z	LIQ	45.95	36.76								
36137	COQ10 22 MG FOOD CMP	60	VCA	79.95	63.96	65980	PROSTATE 5LX LVCAP	120	LVC	62.95	50.36	120	LVC	62.95	50.36	67233	OMEGA 3 PET	180	SGC	35.95	28.76								
35393	ESTROTONE	60	SGC	33.95	27.16	66356	PROSTATE TAKE CARE LVC	60	LVC	37.95	30.36	60	LVC	37.95	30.36	53114	OMEGA 3 PET	90	SGC	19.95	15.96								
38719	ESTROTONE	120	SGC	47.95	38.36	58098	REISHI LIFESHIELD	60	CAP	37.95	30.36	60	CAP	37.95	30.36	59816	OMEGA 3 PET LG/VERY LG	16 Z	LIQ	41.95	33.56								
58449	EVERY MAN II 40+	96	TAB	75.95	60.76	50067	RHODIOLA FORCE 100 MG	30	VCA	27.95	22.36	30	VCA	27.95	22.36	59815	OMEGA 3 PET MED LG DOG	8 Z	LIQ	23.95	19.16								
58448	EVERY MAN II 40+	48	TAB	44.95	35.96	45520	RHODIOLA FORCE 300 MG	30	CAP	37.95	30.36	30	CAP	37.95	30.36	50300	OMEGA 3 W/ FISH GELAT	60	FSG	19.95	15.96								
58434	EVERY MAN NEW FORM	120	TAB	81.95	65.56	61109	SEA BUCKTHORN FORCE	30	LVC	33.95	27.16	30	LVC	33.95	27.16	61740	OMEGA ALGAE VEG	60	SGC	27.99	22.39								
58433	EVERY MAN NEW FORM	72	TAB	51.95	41.56	67133	SEA BUCKTHORN FORCE LV	60	VCA	62.95	50.36	60	VCA	62.95	50.36	62151	OMEGA ALGAE VEG	120	SGC	49.95	39.96								
61496	EVERY MAN ONE DAILY 40+	48	TAB	49.95	39.96	36138	TINY TABS MULTIPLE	192	TAB	44.95	35.96	192	TAB	44.95	35.96	56885	OMEGA BLOOD SUGAR	60	SGC	26.95	21.56								
64214	EVERY MAN ONE DAILY 40+	96	TAB	89.95	71.96	67664	TURMERIC BOOST PWD FRM	63G	PWD	46.95	37.56	63G	PWD	46.95	37.56	65251	OMEGA BOOST TROP MANGO	6 Z	LIQ	19.95	15.96								
61497	EVERY MAN ONE DAILY 40+	72	TAB	69.95	55.96	67697	TURMERIC FORCE DET ACT	60	VCA	53.95	43.16	60	VCA	53.95	43.16	50070	OMEGA COMPLETE JUNIOR	90	SGC	19.95	15.96								
61495	EVERY MAN ONE DAILY 40+	72	TAB	27.95	22.36	64853	TURMERIC FORCE LIQVCP	120	LVC	63.95	51.16	120	LVC	63.95	51.16	55707	OMEGA COMPLETE JUNIOR	180	SGC	35.95	28.76								
64215	EVERY MANS ONE DAILY 40+	96	TAB	76.95	61.56	64852	TURMERIC FORCE LIQVCP	60	LVC	36.95	29.56	60	LVC	36.95	29.56	66713	OMEGA CURCUMIN	60	SGC	44.95	35.96								
67607	EVERY MANS ONE DLY 55+	48	TAB	61.95	49.56	57365	WHOLEMEGA 1000 MG	60	SGC	31.95	25.56	60	SGC	31.95	25.56	59822	OMEGA DAILY W/D3 SGC	30	SGC	15.95	12.76								
58447	EVERY MANS ONE NEW FRM	72	TAB	59.95	47.96	59837	WHOLEMEGA 1000 MG	180	SGC	83.95	67.16	180	SGC	83.95	67.16	58658	OMEGA JOINT EXTRA	90	SGC	51.95	41.56								
58445	EVERY MANS ONE NEW FRM	24	TAB	24.95	19.96	57438	WHOLEMEGA 1000 MG	120	SGC	59.95	47.96	120	SGC	59.95	47.96	55708	OMEGA LDL	60	SGC	29.95	23.96								
58446	EVERY MANS ONE NEW FRM	48	TAB	39.95	31.96	57366	WHOLEMEGA 500 TINY	90	SGC	31.95	25.56	90	SGC	31.95	25.56	67257	OMEGA MEMORY W/CURCUM	60	SGC	49.95	39.96								
58443	EVERY WOMAN II 40+ NEW	48	TAB	44.95	35.96	35737	ZINC 30 MG FOOD CMP	60	TAB	29.95	23.96	60	TAB	29.95	23.96	67574	OMEGA ULTIM 2X D3 MINI	60	SGC	35.95	28.76								
58444	EVERY WOMAN II 40+ NEW	96	TAB	75.95	60.76	66639	ZYFLAMEND NIGHT LIQVCP	60	LVC	44.95	35.96	60	LVC	44.95	35.96	67573	OMEGA ULTIM 2X D3 SGC N	60	SGC	51.95	41.56								
58437	EVERY WOMAN NEW FORM	72	TAB	51.95	41.56	66440	ZYFLAMEND PROSTATE LVC	60	LVC	48.95	39.16	60	LVC	48.95	39.16	50093	OMEGA ULTIMATE	120	SGC	49.95	39.96								
58436	EVERY WOMAN NEW FORM	48	TAB	36.95	29.56	67134	ZYFLAMEND WHOLE BD LVC	30	LVC	27.95	22.36	30	LVC	27.95	22.36	42307	OMEGA ULTIMATE	60	SGC	27.75	22.2								
58435	EVERY WOMAN NEW FORM	24	TAB	21.95	17.56	66523	ZYFLAMEND WHOLE BD LV	180	LVC	100.95	80.76	180	LVC	100.95	80.76	53378	OMEGA ULTIMATE	180	SGC	69.95	55.96								
61503	EVERY WOMAN ONE DLY 40+	72	TAB	69.95	55.96	67026	ZYFLAMEND WHOLE BODY	60	LVC	44.95	35.96	60	LVC	44.95	35.96	55117	OMEGA ULTIMATE + COQ10	60	SGC	38.95	31.16								
61502	EVERY WOMAN ONE DLY 40+	48	TAB	49.95	39.96	66444	ZYFLAMEND WHOLE LVCAP	120	LVC	72.95	58.36	120	LVC	72.95	58.36	67254	OMEGA ULTIMATE + COQ10	120	SGC	69.95	55.96								
61501	EVERY WOMAN ONE DLY 40+	24	TAB	27.95	22.36	NEWTON LABORATORIES						66137	DHA PRENAT 500 W/D STR	90	SGC	28.95	23.16	66138	OMEGA ULTIMATE 2X	60	SGC	49.95	39.96						
67606	EVERY WOMAN ONE 55+	48	TAB	61.95	49.56	61978	ADREANL 15X	1 Z	LIQ	19	17.1	61978	ADREANL 15X	1 Z	LIQ	19	17.1	53377	DHA PRENATAL 500 MG	90	SGC	28.95	23.16	54587	OMEGA ULTIMATE 500 MIN	60	SGC	34.95	27.96
64217	EVERY WOMANS ONE DLY 40	96	TAB	89.95	71.96	58695	BACTERIAL INFECT PRO	1 Z	LIQ	19	17.1	58695	BACTERIAL INFECT PRO	1 Z	LIQ	19	17.1	59726	DHA XTRA 1000 SGC	60	SGC	31.95	25.56	55874	OMEGA ULTIMATE D3	60	SGC	28.95	23.16
58442	EVERY WOMANS ONE NEW	72	TAB	59.95	47.96	61299	BREAST CARE FIBROCYSTIC	1 Z	LIQ	17	13.6	61299	BREAST CARE FIBROCYSTIC	1 Z	LIQ	17	13.6	41007	EPA FORMULA LEMON	60	SGC	29.95	23.96	61840	OMEGA ULTIMATE D3	120	SGC	51.95	41.56
58441	EVERY WOMANS ONE NEW	48	TAB	39.95	31.96	59616	BRONCHITIS ASTMA RX	1 Z	LIQ	19	17.1	59616	BRONCHITIS ASTMA RX	1 Z	LIQ	19	17.1	52919	EPA XTRA	60	SGC	39.95	31.96	59725	OMEGA ULTIMATE FISH GL	60	FSG	29.95	23.96
58439	EVERY WOMANS ONE NEW	24	TAB	24.95	19.96	58401	CATARACTS	1 Z	LIQ	16	14.4	58401	CATARACTS	1 Z	LIQ	16	14.4	67255	NORDIC BERR MULTI CHER	120	CHW	24.95	19.96						
66231	GARLIC FORCE LIQVDCP	30	VCA	39.95	31.96	60256	CONVOLVULUS AVENS 10 X	1 Z	LIQ	16	14.4	60256	CONVOLVULUS AVENS 10 X	1 Z	LIQ	16	14.4	51989	NORDIC BERRIES MULTI	120	CHW	23.95	19.16						
65674	GINGER FORCE LIQVDCP	60	LVC	35.95	28.76	39804	COUGH & ASTHMA # 2	1 Z	LIQ	16	14.4	39804	COUGH & ASTHMA # 2	1 Z	LIQ	16	14.4	62152	NORDIC BERRIES MULTI	200	CHW	36.95	29.56						
60414	GRAPE SEED FORCE 300	30	VCA	34.95	27.96	44001	DRAINER PRO	1 Z	LIQ	19	15.2	44001	DRAINER PRO	1 Z	LIQ	19	15.2	57752	NORDIC OMEGA 3 FISHIES	30	CHW	34.95	27.96						
43328	GREEN & WHITE TEA FORC	60	VCA	36.95	29.56	58182	ECZEMA SKIN CARE	1 Z	LIQ	16	14.4	58182	ECZEMA SKIN CARE	1 Z	LIQ	16	14.4	62035	NORDIC OMEGA 3 FISHIES	36	CHW	21.25	17						
67069	HOLY BASIL FORCE LVCAP	120	LVC	72.95	58.36	65434	EYE FLOATERS	1 Z	LIQ	19	17.1	65434	EYE FLOATERS	1 Z	LIQ	19	17.1	66173	NORDIC OMEGA 3 GUMMIES	60	CHW	22.95	18.36						
67166	HOLY BASIL FORCE LVCAP	60	LVC	44.95	35.96	59035	GLAUCOMA PRO INW	1 Z	LIQ	19	17.1	59035	GLAUCOMA PRO INW	1 Z	LIQ	19	17.1	62150	OMEGA 3 6										

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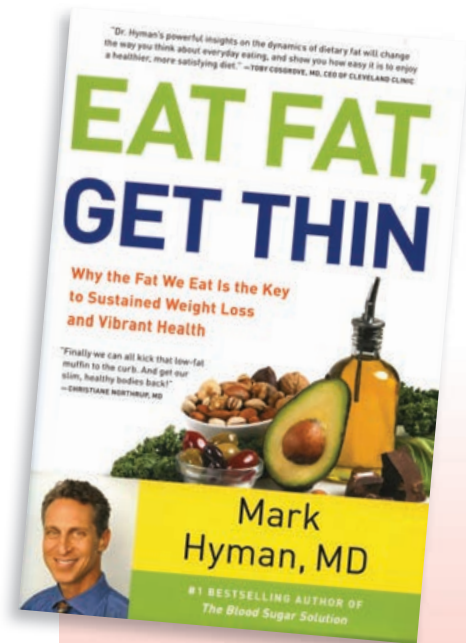
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Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements



showed that supplementation by the students with Rhodiola resulted in a decrease of mental fatigue and situational anxiety and an increase in physical work capacity, coordination, kinesthetic sensitivity, and general well-being.

For athletes or anyone seeking to enhance physical performance, Rhodiola has been shown to improve strength, endurance, cardiovascular measures, coordination and recovery time. In one study, 42 master level competitive skiers were given either Rhodiola rosea extract or placebo 30-60 minutes before a 20 km race on skies that involved carrying a rifle and shooting targets at stops. The athletes receiving Rhodiola showed a significant increase in shooting accuracy, less arm tremor, better coordination, and their heart rates returned to normal more quickly.

Rhodiola has also been found to have cardio protective and anticancer benefits and can increase fertility in both men and women.

In 1986 it was discovered that the chemical composition that sets Rhodiola rosea apart from other species of Rhodiola are three cinnamyl alcohol-vicianosides identified as rosavin, rosin and rosarin. The term rosavins is used to include all three of these chemical compounds. Rosavins are known as the marker compound that differentiates true Rhodiola rosea extract from other Rhodiola species.

Contra-Indications and Cautions: Pregnancy; Nursing

Complimentary Formulas & Single Herbs:

- Ginseng Energy Blend (Ginseng formula for energy)
- Ginkgo biloba (to increase memory and cerebral circulation)
- St Johns Wort (for depression)

Dosage:

Liquid: 30 drops in juice or water 1-3 times per day or as needed; Veggie Cap: 1 capsule, 1-3 times per day or as

needed.

Note: The liquid formula may contain small amounts of herbal precipitate (small particles) due to strength of preparation. The taste is very astringent, slightly bitter.

Saw Palmetto Berry 1:3

Perhaps the most researched, most effective herb for treating an enlarged prostate (BPH).

Liquid - 1 fl oz - Product Code: 57006
60 Liquid Veggie Caps - Product Code: 67450

Who might benefit from this herbal supplement?

- Men with an enlarged prostate, or benign prostatic hyperplasia (BPH).

Ingredients:

Phyto-Tech™ Saw Palmetto Berry 1:3 contains Certified Organic Saw Palmetto Berries (*Serenoa repens*), Pure Grain Alcohol, Deionized Water. Each 30 drops contains 333 mg. Phyto-Tech™ Saw Palmetto Liquid Veggie Caps contains, per one capsule, Saw Palmetto Berry, 160 mg (*Serenoa repens*) as a CO2 Supercritical Extract (standardized to minimum 85%, Essential Fatty Acids, 136 mg), Soy Lecithin (PCR Negative), Modified Vegetable Cellulose.

Saw Palmetto is the well known herb for swollen or enlarged prostate, commonly called benign prostatic hyperplasia (BPH). Symptoms of BPH range from difficult urination, dull ache, impotence, difficulty maintaining an erection, waking to urinate, urgency to urinate and precancerous blood chemistry such as elevated PSA's. It is thought that Saw Palmetto inhibits dihydrotestosterone, the compound that causes prostate cells to multiply excessively. * Many herbalists consider Saw Palmetto to be a valuable male tonic to help maintain prostate health as men age. Prostate inflammation is common in men over 50, especially those with a diet high in animal products and trans fatty acids. Prostate cancer is the second most common cancer in

men. Prostate cancer is the male equivalent to uterine and ovarian cancer in women. Some believe that chronic BPH is a precursor to prostate cancer in some men. Saw Palmetto can be used as a preventative mens' tonic herb to help avoid the swelling in the first place. If one has BPH already, Saw Palmetto can reduce the inflammation to normalize the prostate.

Saw Palmetto is nontoxic and can be used long term.

Dosage:

General preventative tonic: 30-60 drops, 2 times per day or as needed in juice or water; Stronger dose: 60-90 drops, 2-3 times per day in juice or water. Liquid Veggie Caps: One capsule, 1-2 times per day, or as directed.

Note: Phyto-Tech™ Saw Palmetto Berry 1:3 is a full spectrum hydroalcoholic liquid extract, not a "standardized" liposterolic extract. It is not possible to make a direct dose comparison to "160 mg liposterolic extract." Clinical and traditional evidence, however, would suggest the recommended 60 drop dosage, above, is equivalent to the 160 ml liposterolic dose.

*Saw Palmeto contains several types of active compounds: sterols (such as beta-sitosterol), flavonoids (such as Isoquercitrin), water soluble polysaccharides, and fatty oils. This combination of botanicals exert antiandrogenic, antiestrogenic and antiinflammatory effects, all of which contribute to its action against BPH. Ethanolic (alcohol) extracts contain all of the above. For this reason, many prefer a full spectrum extract.

Schisandra Berry

An adaptogenic herb thought to fight stress, improve immune function and increase energy and endurance.

Liquid Extract - 1 fl oz - Product Code: 67466

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Important Notice: The information given here is designed to help you make informed decisions about your health, and the proper use of dietary supplements. It is not intended as a substitute for medical advice, nor a substitute for any treatment that may have been prescribed by your doctor. If you have a medical problem, you should seek medical help. Products described herein are not intended to diagnose, treat, cure or mitigate disease.

Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)

55601	OMEGA VISION DHA EYE	60	SGC	49.95	39.96	54036	APPLE CIDER VINGAR 450	180	CAP	13.99	11.19	51425	C 1000 CMP BUFF S/R	90	TAB	15.99	12.79	63816	CLEAR THE AIR OIL BLND	1 Z	LIQ	12.99	10.39	
41536	OMEGA WOMAN E P O	120	SGC	29.99	23.99	37491	APRICOT KERNEL OIL	16Z	LIQ	11.99	9.59	53286	C 1000 SR ROSE HIPS	100	TAB	11.99	9.59	63086	CLINICAL GI PROBIOTIC	60	VCA	29.99	23.99	
67256	PRENATAL DHA 500 D FSG	180	FSG	51.95	41.56	61610	ARGAN OIL ORGANIC	2 Z	LIQ	16.99	13.59	39532	C 1000 SR ROSE HIPS	250	TAB	25.99	20.79	36194	COCOA BUTTER	7 Z	LIQ	8.99	7.12	
63716	PROBIOTIC 12 BILL + PRE	60	CAP	29.95	23.96	45264	ARGININE 1000 MG	120	TAB	27.99	22.39	33110	C 1000 W/BIO	100	CAP	12.99	10.39	52290	COCOA BUTTER LOTION	8 Z	LOT	8.99	7.19	
66854	PROBIOTIC GUMMIES KIDS	60	CHW	19.95	15.96	53604	ARGININE 500 MG	250	CAP	23.99	19.19	36649	C 1000 W/BIOFLAV 100	250	CAP	27.99	22.39	27256	COCOA BUTTER W/JOJOBA	6.5	CRM	9.99	7.99	
NORTH AMERICAN HERB																								
67700	BLACK SEED OIL LIQUID	8 Z	LIQ	34.99	27.99	57139	ARGININE ORNITHINE	100	CAP	17.99	14.39	51276	C 500 COMPLEX	100	TAB	9.99	7.99	51216	COCOA PWD ORGANIC	14Z	PWD	9.99	7.99	
67699	BLACK SEED OIL SGC	90	SGC	34.99	27.99	39344	ARGININE PWD	11B	PWD	39.95	31.96	54553	C CRYSTALS ASC AC PWD	8 Z	PWD	14.99	11.99	66642	COCONUT OIL LIQ PURE	16Z	OIL	16.99	13.59	
67394	BONEACTIV	120	CAP	39.99	31.99	56214	ARTICHOKE EXT 450 MG	90	VCA	16.99	13.59	36646	C CRYSTALS ASCORBIC AC	11B	PWD	27.99	22.39	38670	COLOSTRUM 500 MG	120	CAP	23.99	19.19	
33895	CILANTRO OIL	1 Z	LIQ	39.99	31.99	44239	ASCORBYL PALMITATE 500	100	VCA	17.99	14.39	39485	CAL CITRATE 300 MG	250	TAB	25.99	20.79	38258	COQ10 100 MG HAWTHORN	90	VCA	35.99	28.79	
67154	CLOVANOL	1 Z	LIQ	39.99	31.99	56216	ASHWAGANDA EXT 450 MG	90	VCA	16.99	13.59	36652	CAL CITRATE PURE PWD	8 Z	PWD	11.99	9.59	38253	COQ10 100 MG W/E 30	50	GEL	21.99	17.59	
67066	HEMPANOL	1 Z	LIQ	49.99	39.99	67120	ASTAXANTHIN 10 MG	60	SGC	39.99	31.99	35620	CAL MAG 1000 500	100	TAB	9.99	7.99	38458	COQ10 100 MG W/E 30	150	SGC	55.99	44.79	
28002	OREGAMAX	90	CAP	29.99	23.99	60039	ASTAXANTHIN 4 MG	90	SGC	29.99	23.99	38109	CAL MAG CITRATE POWDER	8 Z	PWD	12.99	10.39	35759	COQ10 100 MG W/HAWTH	180	VCAP	61.99	49.59	
28001	OREGANO OIL .45 OZ	.45	LIQ	29.99	23.99	59246	ASTAXANTHIN 4 MG VEG	60	VSG	19.99	15.99	54432	CAL MAG DK	180	CAP	23.99	19.19	42730	COQ10 150 MG W/LECIT	100	VCA	47.99	38.39	
43390	OREGANOL CRM	2 Z	CRM	34.99	27.99	61609	AVOCADO OIL	16Z	LIQ	15.99	12.79	42510	CAL MAG W/D SGC	240	SGC	25.99	20.79	59021	COQ10 200 MG VCAP	60	VCA	39.99	31.99	
37098	OREGANOL OIL SUPER	1 Z	LIQ	49.99	39.99	50391	B 100 CAPS	100	CAP	19.99	15.99	34668	CALCIUM ASCORBATE	8 Z	PWD	18.99	15.19	27302	COQ10 30 MG	120	CAP	18.99	15.19	
37097	OREGANOL OREGANO JUICE	12Z	LIQ	19.99	15.99	43416	B 50 CAP	250	CAP	43.99	35.19	43013	CALCIUM CARBONATE PWD	12Z	PWD	9.99	7.99	50878	COQ10 400 MG	30	SGC	39.99	31.99	
65128	OREGANOL SUPER STRENGTH	60	SGC	39.99	31.99	36644	B 50 CAP	100	CAP	12.99	10.39	41389	CALCIUM CITRATE NOW/10	100	TAB	11.99	9.59	38456	COQ10 50 MG E SELENIUM	100	SGC	29.99	23.99	
38413	OREGANOL WILD	60	SGC	29.99	23.99	36645	B 50 CAP	250	CAP	27.99	22.39	41983	CALCIUM CITRATE 150	120	VCA	13.99	11.19	52292	COQ10 60 MG VCAP	60	VCA	17.99	14.39	
52592	OREGARESP	90	VCA	69.99	55.99	53018	B12 1000 MCG CHW W/F A	100	LOZ	7.99	6.39	43233	CANDIDA SUPPORT	90	VCA	19.99	15.99	51284	COQ10 60 MG W/OMEGA 3	120	SGC	33.99	27.19	
41972	OREGARESP OREGACYN VCA	30	VCA	29.99	23.99	53013	B12 1000 MCG LIQ FRUIT	2 Z	LIQ	9.99	7.99	59125	CANDIDA SUPPORT	180	VCA	35.99	28.79	52877	COQ10 AGE DEFYING SER	1 Z	LIQ	19.99	15.99	
57398	ROYAL OIL	2 Z	OIL	34.99	27.99	38990	B12 1000 W/FOLIC ACID	250	LOZ	15.99	12.79	36199	CARNITINE 500 MG	180	CAP	65.99	52.79	52876	COQ10 ANTI OX CRM AGE	2 Z	CRM	19.99	15.99	
54619	SINUOREGA	1 Z	SPY	19.99	15.99	65965	B12 10000 METHYL LOZ	60	LOZ	34.99	27.99	36149	CARNITINE 500 MG	60	CAP	25.99	20.79	52471	COQ10 LIQ 100 MG ORANG	4 Z	LIQ	21.99	17.58	
NOW FOODS																								
35400			VCAP	9.99	7.99	41993	B12 5000 METHYLCOBAL	6 Z	LOZ	25.99	20.79	39915	CARNITINE LIQ 1000 MG	16Z	LIQ	22.99	18.39	41981	CORAL CALCIUM W/ MAG + D	100	VCA	15.99	12.79	
38807	5 HTP 100 MG	120	VCAP	35.95	28.76	54185	B12 ULTRA LIQ 5000 MCG	4 Z	LIQ	15.99	12.79	61779	CARNITINE LIQ 1000 TRP	16Z	LIQ	22.99	18.39	38595	CRANBERRY CONC	100	CAP	16.99	13.59	
61031	5 HTP 100 MG CHW	90	CHW	27.99	22.39	54186	BALSAM FIR NEEDLE OIL	1 Z	LIQ	11.99	9.59	51498	CARBSINE 500 MG	50	VCA	29.99	23.99	61162	CRANBERRY MANNOSE + PR	24	PAK	32.99	26.39	
53697	5 HTP 200 MG + TAUR	60	VCA	33.99	27.19	41471	BASIL OIL	1 Z	LIQ	12.99	10.39	32995	CAROTENE 25000	180	SGC	29.99	23.99	60912	CREATINE KRE ALKAL 750	120	CAP	26.99	21.59	
44403	5 HTP 50 MG	90	CAP	17.99	14.39	60598	BCAA PWD	12Z	PWD	43.99	35.19	59059	CASTOR OIL	16Z	LIQ	8.99	7.19	64942	CURCUBRAIN 400 LONGVID	60	VCA	39.99	31.99	
61433	7 KETO 100 MG	120	VCA	69.99	55.99	59593	BENTONITE CLAY POWDER	11B	PWD	19.99	15.99	54180	CASTOR OIL 650 MG SGC	120	SGC	13.99	11.19	67578	CURCUMIN 450 MG SGC	120	SGC	49.99	39.99	
59104	7 KETO 100 MG LEANGEL	60	SGC	39.99	31.99	41058	BERGAMOT OIL	1 Z	LIQ	14.99	11.99	51007	CELADOLINE LIPDS CRM	4 Z	CRM	19.95	15.96	56218	CURCUMIN 700 MG	120	VCA	49.99	39.99	
62621	7 KETO 100 MG LEANGELS	120	SGC	69.99	55.99	66279	BERRYDOPHILUS 10B CHW	50	CHW	24.99	19.99	63817	CHEER UP BUTTERCUP OIL	1 Z	LIQ	12.99	10.39	59324	CURCUMIN BIO PHYTOSOME	60	VCA	31.99	25.59	
41974	7 KETO DHEA 25 MG	90	CAP	21.99	17.59	65422	BETA ALANINE PWD	120	CAP	29.99	23.99	65330	CHEST RUB RELIEF	2 Z	CRM	8.99	7.19	52111	CURCUMIN EXT	60	VCA	27.99	22.39	
43758	A 25000 IU	250	SGC	17.99	14.39	56469	BETA ALANINE POWDER	500	PWD	44.99	35.99	55512	CHEWZYMES BERRY	90	CHW	19.99	15.99	67471	CYRESSS OIL NOW	1 Z	LIQ	9.99	7.99	
56470	AAKG 3500 ARGIN ALP K	180	TAB	49.99	39.99	42170	BETA GLUCAN 1 3 100 MG	90	VCA	19.99	15.99	39923	CHITOSAN 500 MG CHROM	120	CAP	19.99	15.99	50507	D MANNOSE 500 MG	120	CAP	31.99	25.59	
64297	ACACIA PWD ORGANIC PUR	12Z	PWD	14.99	11.99	59925	BETA GLUCANS 250 XTRA	60	VCA	24.99	19.99	41818	CHLORELLA 1000 MG	120	TAB	23.99	19.19	50508	D MANNOSE PWD	3 Z	PWD	31.99	25.59	
43813	ACETYL L CARNIT 500 MG	50	CAP	16.99	13.59	61950	BETA SITOSTEROL PLANT	90	SGC	24.99	19.99	51830	CHLOROPHYLL LIQ MINT	16Z	LIQ	17.99	14.39	55594	D RIBOSE 1500 MG CHW	90	CHW	35.99	28.79	
55743	ACETYL L CARNITINE 500	100	CAP	29.99	23.99	40706	BETAINE HCL 648 MG	120	CAP	19.99	15.99	60562	CHOLESTEROL PRO	60	TAB	54.99	43.99	53019	D RIBOSE 750 MG CAP	60	CAP	18.99	15.19	
43946	ACIDOPH BIFIDUS	120	CAP	27.99	22.39	63386	BIOTIN 10 MG XTRA STR	120	VCA	23.99	19.19	60247	CHOLESTEROL PRO	120	TAB	29.99	23.99							
39256	ACIDOPHILUS 4X6	120	CAP	23.99	19.19	4199																		



Healthy Babies, Healthy Children

Good nutrition, and the right nutritional supplements, can contribute to healthy children. This starts during pregnancy. It is well known that proper nutrition, and supplementation with nutrients such as folic acid and omega-3 oils, are of crucial importance. But there are other nutrients that are important as well, and recent research supports this. Here are a collection of recent studies dealing with healthy children, starting with pregnancy.

Probiotics Lead to Healthier Moms and Babies.

When the amniotic sac ruptures—when the “water breaks”—prematurely; before 37 weeks, chances for poor pregnancy outcomes increase, including serious infection in the womb. In this study, 106 women hospitalized with amniotic sac rupture at 24 to 34 weeks gestation took standard antibiotics alone or with a probiotic vaginal suppository for 10 days.

Women taking the probiotic suppositories gave birth at an average of 35.49 weeks compared to 32.53 weeks for antibiotics alone, with an average increased time in the womb of 5.06 weeks vs. 2.48 weeks. Babies weighed 5.38 pounds for probiotics vs. 4.42 pounds for antibiotics alone.

Babies born to moms in the probiotic group were also less likely to be admitted to neonatal intensive care for oxygen or mechanical ventilation, and had shorter hospital stays. Doctors said probiotics may help prevent vaginal bacterial infection and improve pregnancy outcomes.

(Reference: *Fetal Diagnosis and Therapy*; 2017, 450995, Published Online)

Less Pregnancy Gingivitis Reduced Chance of Preterm Birth.

During pregnancy, hormonal changes increase blood flow to gum tissues, cause inflammation, suppress the immune response to oral bacteria, and allow plaque to form and develop into gingivitis. Untreated, gingivitis can cause periodontitis, an infection that raises chances for preterm birth.

In this study, 45 healthy women with pregnancy gingivitis at the start of the third trimester took a placebo or the probiotic *L. reuteri* in a lozenge that delivered five-hundred-million colony-forming units, twice per day until birth.

After the women delivered their babies, gingival symptoms and plaque build-up in the probiotic group were significantly lower compared to placebo. Doctors concluded *L. reuteri* reduces harmful oral microbes without harming teeth, and may be a valuable new tool to help control pregnancy gingivitis.

(Reference: *Journal of Clinical Periodontology*; 2016, 12606, Published Online)

Mothers’ Omega-3’s Reduce Asthma in Children.

Childhood asthma in the United States is increasing and at historically high levels. Doctors believe one factor is low levels of omega-3s in the Western diets consumed by mothers during pregnancy. In this study, 663 women in the 24th week of pregnancy began taking 2,400 mg of omega-3 fish oil per day, or a placebo, through birth.

Doctors followed the children for five years and found kids born to moms in the omega-3 group were 31 percent less likely to have developed asthma compared to kids whose moms had taken the placebo. Kids of the omega-3 moms were also 28 percent less likely to develop persistent wheeze, and were less likely to have respiratory infections. Results were greatest for children of mothers who began the study with the lowest levels of EPA and DHA. They were 54 percent less likely to have developed asthma compared to kids of moms in the placebo group.

(Reference: *New England Journal of Medicine*; 2016, Vol. 375, No. 26, 2530-9)

Vitamin D for children with IBS

In irritable bowel syndrome (IBS), the intestine looks normal, but does not function normally. In this study, doctors reviewed 55 cases of IBS in children and young adults, age 6 to 21, and compared them to 116 healthy children and young adults.

Overall, 90 percent of those with IBS were deficient in vitamin D, which doctors defined as less than 75 nanomoles per liter of blood, or 30 nanograms per milliliter of blood. A majority of the healthy participants-75 percent-also were deficient in vitamin D. Anxiety, depression, and migraine headache often accompany IBS, and those with IBS and migraine had much lower vitamin D levels compared to healthy participants.

Discussing the findings, doctors said children with IBS and low levels of vitamin D are more likely to have decreased bone mass and recommend measuring and supplementing vitamin D levels in those with IBS.

Probiotics reduce strep throat incidence in children.

A variety of viruses and bacteria can cause sore throat (pharyngitis), making it one of the most common infections. In this study, 48 kids with a recent history of acute pharyngitis-strep throat-took the probiotic streptococcus salivarius K12 during a nine-month follow-up period.

Overall, episodes of strep throat decreased from 154 before the study to 16 episodes during the study, or 90 percent fewer episodes of strep throat. Doctors also compared the 48 children with recent strep throat to 76 kids who had relatively few recent incidents and found those taking the probiotic were 75 to 100 percent less likely to experience a range of ear, nose, and throat infections.

(Reference: *PLOS ONE*; 2017, Vol. 12, No. 3, e0172183)

Omega-3 and Omega-6 Oils Improved Reading by Children.

In this reading study, 122 children, ages 9 to 10, took a placebo or 558 mg EPA plus 174 mg DHA and 60 mg GLA per day. After three months, kids taking the omega-3/6 had better reading skills compared to placebo. Doctors saw the greatest benefit when kids had to read a nonsense work aloud, pronouncing it correctly; and to quickly read aloud a series of letters. Children with mild attention problems who took omega-3/6 showed the most improvement. The brain largely relies on omega-3s for nerve cell communication, doctors said.

(Reference: *Journal of Child Psychology and Psychiatry*; 2017, Vol. 58, No. 1, 83-93)



The pharmacists and nutritionists at Willner Chemists will be happy to advise you about appropriate supplementation during pregnancy and during childhood.

www.willner.com

The Willner Chemists web site is a valuable resource for information on nutritional supplements...

how to choose them, and how to use them.

... and remember to visit Don's Blog www.dongoldberg.com



Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements



Who might benefit from this herbal supplement?

- Those suffering from stress and fatigue
- Those who need a boost in energy, mental and physical performance.
- Those with poor immune function.

Ingredients:

Each 30 drops (1 ml) contains Selectively Imported Schisandra Berries (Schisandra chinensis), 333 mg in a base of grain alcohol and deionized water.

Schisandra shrub native to northern and northeast China, as well as areas of Korea and Russia. The berries of Schisandra chinensis are called wu wei zi in Chinese, translated as "five-flavor fruit," based on its salty, sweet, sour, pungent, and bitter flavors.

Indications:

Orally, schisandra is used as an adaptogen for increasing resistance to disease and stress, increasing energy, and increasing physical performance and endurance. Traditionally, including Traditional Chinese Medicine, Schisandra is also used for many other health conditions, including improving vision, boosting muscular activity, improving cellular energy, for hepatitis, liver protection, preventing premature aging, increasing lifespan, for premenstrual syndrome (PMS), stimulating the immune system, speeding recovery after surgery, protecting against radiation, counteracting the effects of sugar, preventing motion sickness, normalizing blood sugar and blood pressure, reducing high cholesterol, preventing infection, improving adrenal health, and energizing RNA-DNA to rebuild cells. Schisandra is also used for coughs, asthma, insomnia, neurasthenia, chronic diarrhea, dysentery, night sweats, spontaneous sweating, involuntary seminal discharge, thirst, impotence, physical exhaustion, excessive urination, depression, irritability, and memory loss. When it comes to evidence for these traditional claims, recent research does seem to support its effect on enhancing cognitive performance and improving liver function on

patients with hepatitis. Work is ongoing in areas from vision improvement to immune enhancement.

Dosage:

30 drops in water or juice, 1-3 times per day, or as needed. Shake well before using.

Silver Colloid Complex

A combination containing Colloidal Silver 15ppm, Olive Leaf, and Wild Oregano Oil

1 fl oz - Product Code: 56972

1 fl oz Spray - Product Code: 57021

Silver Colloid 15 - 4 fl oz - Product Code: 557039

Ingredients:

Phyto-Tech™ Silver Colloid Complex contains the following: Colloidal silver 15ppm, Olive Leaf, Wild Oregano Oil (70% Carvacrol), Deionized Water, Pure Grain Alcohol, Non-GMO Soy Lecithin.

There is an ongoing and unresolved debate over whether colloidal or ionic silver particles are more effective at killing pathogens. Studies show both as begin effective for the conditions discussed here. At the same time, there is some debate over whether or not the marketing claims for Colloidal Silver are overly enthusiastic.

Silver Colloid Complex addressed both of these concerns. It employs a combination of both colloidal and ionic particles with a size of 15 ppm. A small particle size is important for the body to be able to absorb and circulate. With particle sizes larger than 30 ppm, a condition called argyria can occur. Argyria causes a bluish-gray discoloration of the skin, other organs, deep tissues, nails and gums. In addition, Silver Colloid Complex is combined with Olive Leaf and Oregano Oil for added immune power. Olive Leaf is known for its effectiveness in fighting infections and supporting overall immunity. The key active ingredients of Olive Leaf are the iridoide monoterpenes or oleuropein. It is a powerful anti-microbial for bacteria and viral infections.

Oleuropein is converted into elenoic acid in the body which may prevent viruses and bacteria from replicating. Oregano Oil is an anti-microbial that has an immediate impact on acute germ inundation. It is a broad spectrum and powerful. Research has found the phenol Carvacrol to be the active compound in Oregano Oil that gives it its powerful ability to kill bacteria, fungus, candida, and parasites.

Phyto-Tech™ Silver Colloid Complex can be used on a daily basis as a preventative against illness, or it can be used once one is ill to support the body and speed healing. It is a broad-spectrum anti-microbial that can be taken internally for colds, flu, coughs, candidiasis, and parasites. It is also an effective external treatment for sore throats, infected wounds, acne, athlete's foot, diaper rash, gum disease, nail fungus, and psoriasis. It is a great traveling aid, especially when traveling to third world countries.

Sinus Allergy Blend

Traditional Chinese Herbal Formula

1 fl oz - Product Code: 56982

Sinus Decongest

A blend of herbs that exert an immediate, dramatic effect on the sinus area. These herbs are pungent and aromatic, producing vapors that open and dilate the sinus passageways. This facilitates breathing, drainage and helps fight microbial growth. It produces a short term intensity that is followed by a more mellow, warming sensation in the sinus area. Sinus Decongest will open even the most stubborn and clogged sinus cavity. It can be used many times during the day to help maintain breathing and sinus drainage.

... continued on page 93

Important Notice: The information given here is designed to help you make informed decisions about your health, and the proper use of dietary supplements. It is not intended as a substitute for medical advice, nor a substitute for any treatment that may have been prescribed by your doctor. If you have a medical problem, you should seek medical help. Products described herein are not intended to diagnose, treat, cure or mitigate disease.

Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)

58884	D3 5000 IU CHW MINT	120	CHW	14.99	11.99	31250	GELATIN BEEF PWD	1LB	PWD	13.99	11.19	51477	INSTANT ENERGY B12 PAK	75	PAK	14.99	11.99
58883	D3 5000 SGC	120	SGC	12.99	10.39	35760	GELATIN CAPS #3	000	CAP	14.99	11.99	39252	INULIN	8Z	PWD	11.99	9.59
61033	D3 BODY CREAM	4Z	CRM	9.99	7.99	59897	GENTLE SCRUB C & ORYZA	4Z	CRM	8.99	7.19	38887	IPRIFLAVONE 300 MG	90	CAP	19.99	15.99
56538	D3 LIQUID	2Z	LIQ	9.99	7.99	41475	GERANIUM OIL	1Z	LIQ	19.99	15.99	44765	IRON COMPLEX	100	TAB	9.99	7.99
51488	DAIRY DIGEST COMPLETE	90	VCA	19.99	15.99	41476	GINGER OIL	1Z	LIQ	10.99	8.79	36666	ISOFLAVONES SOY 300 MG	120	VCAP	35.99	28.79
63772	DARK SPOT SERUM	1Z	LIQ	15.99	12.79	52884	GINKGO BILOBA 120 MG	200	VCA	36.99	29.59	41060	JASMINE ABSOLUTE OIL	1Z	LIQ	26.99	21.59
61032	DERMAL SOOTHING CREAM	4Z	CRM	14.99	11.99	36667	GLUCOS CHOND 2X	120	TAB	45.99	36.79	39757	JASMINE OIL	1Z	LIQ	7.99	6.39
50041	D-FLAME	90	VCA	25.99	20.79	37659	GLUCOS CHOND 2X	240	TAB	77.99	62.39	36190	JOINT & MUSCLE CRM	4Z	CRM	14.99	11.99
39947	DGL 400 MG	100	LOZ	14.99	11.99	39925	GLUCOS CHOND MSM	90	CAP	23.99	19.19	36197	JOJOBA OIL	4Z	LIQ	12.99	10.39
43312	DHA 250	120	SGC	19.99	15.99	38918	GLUCOS CHOND MSM	180	CAP	43.99	35.19	35806	JOJOBA OIL PURE	16Z	LIQ	39.99	31.99
56539	DHA 500 MG SGC	90	SGC	26.99	21.59	40954	GLUCOS CHOND MSM LIQ	16Z	LIQ	21.99	17.59	64697	JOJOBA OIL PURE ORGANC	4Z	LIQ	14.99	11.99
58272	DIGEST ULTIMATE PLATIN	120	VCA	45.99	36.79	29781	GLUCOS CHOND SULF	120	CAP	31.95	25.56	41398	JUNIPER BERRY OIL	1Z	LIQ	24.99	19.99
58004	DIGEST ULTIMATE PLATIN	60	VCA	25.99	20.79	38854	GLUCOS CHOND SULF 2X	60	TAB	24.99	19.99	54807	K2 100 MCG	100	VCA	14.99	11.99
44957	DMAE 250 MG	100	VCA	13.99	11.19	51424	GLUCOS MSM 500/500 VEG	240	VCA	39.99	31.99	53023	KAVA KAVA EXTRACT250	60	CAP	19.99	15.99
43574	DMG 125 MG	100	CAP	14.99	11.99	42832	GLUCOS MSM 500/500 VEG	120	VCA	21.98	17.58	41901	KELP 325 MCG	250	CAP	15.99	12.79
56760	DOPA MUCUNA 400 MG	90	VCA	19.99	15.99	38132	GLUCOS MSM 550/250	180	CAP	33.99	27.19	50257	KELP PWD	8Z	PWD	8.99	7.19
44101	E 200 ALPHA	100	SGC	11.99	9.59	38105	GLUCOS MSM ARNICA LOT	8Z	GEL	16.99	13.59	54264	LANOLIN LIQUID PURE	4Z	LIQ	9.99	7.99
36650	E 400 MIXED	100	SGC	17.99	14.39	30192	GLUCOS SULF 750 MG	120	CAP	19.99	15.99	51831	LAVILIN UNDERARM DEOD	7Z	OIL	11.99	9.59
36651	E 400 MIXED	250	GEL	39.99	31.99	41553	GLUTAMINE 1000 MG	120	CAP	19.99	15.99	59923	LAVENDER & TEA TREE	1Z	LIQ	9.99	7.99
41977	E 400 MIXED W/SELENIUM	100	SGC	21.99	17.59	36154	GLUTAMINE PURE	6Z	PWD	17.99	14.39	64452	LAVENDER OIL	2Z	LIQ	19.99	15.99
53282	E CREAM 28000 IU	4Z	CRM	14.99	11.99	35305	GLUTATHIONE 250 RED	60	CAP	25.99	20.79	36178	LAVENDER OIL	1Z	LIQ	11.99	9.59
53014	E OIL 2X 32 000 IU	1Z	LIQ	17.99	14.39	59114	GLUTATHIONE 500 MG	60	VCA	43.99	35.19	36179	LAVENDER OIL	4Z	LIQ	34.99	27.99
39059	E OIL 54600 IU	4Z	LIQ	24.99	19.99	54802	GLUTEN DIGEST	60	VCA	19.99	15.99	41055	LAVENDER OIL ORGAN.	1Z	LIQ	22.99	18.39
56142	E P O 500 MG	100	SGC	10.99	8.79	28019	GLYCERINE VEGETABLE	16Z	LIQ	8.99	7.19	36198	LAVILIN FOOT DEO 125 G	125	CRM	18.99	15.19
56178	EASY CLEANSE KIT N	KIT	KIT	23.99	19.19	36157	GLYCINE PWD	1LB	PWD	25.99	20.79	36684	LAVILIN UNDERARM DEOD	EA	CRM	17.99	14.39
37574	ECO GREEN VCAP W/O FE	180	VCAP	37.99	30.39	64405	GPLC GLYCOCARN NO	60	VCA	39.99	31.99	58459	LECITHIN 1200 MG SUNFL	100	SGC	9.99	7.99
65964	ECO GREEN VCAP W/O FE	90	VCA	21.99	17.59	41978	GR 8-DOPHILUS	60	VCA	17.99	14.39	41374	LECITHIN GRAN NON GE	1LB	PWD	15.99	12.79
61702	EFFER C ELDERBERRY PAK	30	PAK	12.99	10.39	36663	GRAPE SEED ANTIOX 60	90	VCA	13.95	11.16	52293	LECITHIN GRAN NON GMO	2LB	PWD	29.99	23.99
45672	EGCG GREEN TEA EXT	100	CAP	14.99	11.99	38951	GRAPE SEED EXT 100 MG	100	VCA	19.99	15.99	41450	LEMON OIL ORGANIC	1Z	LIQ	12.99	10.39
66086	EGGSHELL MEMBRANE 500	60	VCA	49.99	39.99	51373	GRAPE SEED EXT 100 MG	200	VCA	37.99	30.39	65331	LEMONGRASS OIL	4Z	LIQ	16.99	13.19
55542	EGGWHITE PROT PWD PURE	1LB	PWD	34.99	27.99	55311	GRAPE SEED EXT 250 MG	90	VCA	29.99	23.99	66089	LET THERE BE PEACE &	KIT	KIT	22.99	18.39
39535	ELDERBERRY ZINC ECHIN	4Z	LIQ	16.99	13.59	55310	GRAPE SEED EXT 60 MG	180	VCA	25.99	20.79	39916	LIPD TRIM	120	TAB	24.99	19.99
39780	ELDERBERRY ZINC LOZ	90	LOZ	15.99	12.79	31251	GRAPE SEED OIL	16Z	LIQ	10.99	8.79	38329	LIPOIC ACID 100 MG	60	VCAP	10.99	8.79
39922	ENERGY	90	CAP	19.99	15.99	41477	GRAPEFRUIT OIL	1Z	LIQ	9.99	7.99	43551	LIPOIC ACID 250 MG	120	VCA	33.99	27.19
43230	ESIAK 4:1	180	CAP	27.99	22.39	53064	GRAVIOLA 500 MG	100	VCA	13.99	11.19	32821	LIPOIC ACID 250 MG	60	VCA	17.99	14.39
36177	EUCALYPTUS OIL	4Z	LIQ	12.99	10.39	54383	GREEN TEA POM NIGHT CR	2Z	CRM	9.99	7.99	55312	LIPOIC ACID 600 MG	120	VCA	49.99	39.99
59250	EUCALYPTUS OIL	2Z	LIQ	8.99	7.19	54379	GREEN TEA POM PURIFY TO	8Z	LIQ	9.99	7.99	42831	LIPOIC ACID 600 VCAP	60	VCA	25.99	20.79
41054	EUCALYPTUS OIL ORG.	1Z	LIQ	8.99	7.19	54378	GREEN TEA POM CLEANS	8Z	LIQ	9.99	7.99	66698	LIVER DETOXIF & REGEN	180	CAP	43.99	35.91
39497	EVE WOMAN'S MULTI	90	TAB	26.99	21.59	56219	GYMNETA SYLVESTRE 400	90	CAP	14.99	11.99	50044	LIVER DETOXIF & REGEN	90	CAP	23.99	19.19
36579	EVE WOMAN'S MULTIPLE	180	TAB	49.99	39.99	63848	HAIR SKIN NAILS	90	CAP	29.99	23.99	36657	LIVER PWD ARGENTINE	12Z	PWD	19.99	15.99
59591	EVENING PRIMROSE OIL	4Z	OIL	16.99	13.59	53628	HAWTHORN 550 MG	100	CAP	9.99	7.99	36187	LUTEIN 10 MG ESTERS	60	SGC	14.95	11.96
59030	EYE CRM CORRECT 2 IN 1	1Z	CRM	17.99	14.39	53176	HAWTHORN EXT 300 MG	90	VCA	13.99	11.19	57558	LUTEIN 20 MG ESTERS	90	VCA	29.99	23.99
67113	FIT & TONE POWDER	1.8	PWD	49.99	39.99	66635	HMB 500 MG PATENTED	120	CAP	39.99	31.99	36185	LYCOPENE 10 MG	60	SGC	21.99	17.59
41990	FLAX OIL 1000 LIGNAN	120	SGC	12.99	10.39	53283	HYALUR ACID PM WRINK	2Z	CRM	18.99	15.19	58766	LYCOPENE 10 MG	120	SGC	39.99	31.99
54870	FLAX OIL 1000 ORGANIC	100	SGC	10.99	8.79	57117	HYALURONIC ACID 100 MG	60	VCA	29.99	23.99	56211	LYCOPENE 20 MG SGC	50	SGC	29.99	23.99
41392	FRANKINCENSE OIL	1Z	LIQ	9.99	7.99	45066	HYALURONIC ACID 50 MG	60	VCA	19.99	15.99	45254	LYCOPENE 500 MG	250	CAP	18.99	15.19
53275	FULL SPECTRUM MIN CAP	120	CAP	15.99	12.79	52939	HYALURONIC ACID AM	2Z	CRM	18.99	15.19	36153	LYSINE 500 MG CAP	100	CAP	8.99	7.19
67533	FULL SPECTRUM MINERL	240	CAP	29.99	23.99	52875	HYALURONIC ACID SERUM	1Z	LIQ	19.99	15.99	39345	LYSINE PWD	1LB	PWD	21.99	17.59
40480	GABA 500 MG	100	CAP	12.99	10.39	41394	HYSSOP OIL	1Z	LIQ	31.99	25.59	56222	MACA 500 MG	250	CAP	26.99	21.59
55148	GABA 750 MG	100	VCA	17.99	14.39	65146	IGF 1 EXTREME SPRAY	2Z	SPY	59.99	47.99	57500	MACA 500 MG	100	VCA	12.99	10.39
51875	GARLIC OIL 1500 MG	250	SGC	12.99	10.39	51493	IMMUNE RENEW	90	VCA	19.99	15.99	57501	MACA 750 MG EXT VCAP	90	VCA	24.99	19.99
53017	GARLIC SUPER ODORLESS	90	CAP	14.99	11.99	53143	INOSITOL 500 MG	100	CAP	9.99	7.99	57377	MACA POWDER 6:1	7Z	PWD	29.99	23.99

www.willner.com

The Willner Chemists web site is a valuable resource for information on nutritional supplements how to choose them, and how to use them.

... and remember to visit Don's Blog www.dongoldberg.com



Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplement



1 fl oz - Product Code: 56941

2 fl oz - Product Code: 66599

1 fl oz Spray - Product Code: 66588

Who might benefit from this herbal formula?

- Those suffering from sinus infections, sinus headaches, cold and flu, congestion from allergies and environmental toxins.
- Those who snore.
- Those with congestion while flying.

It is best to inhale deeply right after taking Phyto-Tech™ Sinus Decongest. The deeper one inhales, the more effective the result.

Dosage:

General Dosage: Take 15-30 drops directly in mouth, or in water or juice as soon as is needed. Take 1-3 times per day and up to every 3 hours when needed.

Acute infection: Take every 30 minutes to 2 hours until relief maintains.

Ingredients:

Phyto-Tech™ Sinus Decongest contains: Horseradish Root Fresh, Spilanthes Herb Fresh, Echinacea angustifolia Root, Elderberry, Peppermint Oil, Olive Leaf, Horehound Herb, Garlic, Licorice Root, Cayenne Fruit, Boneset Herb, Osha Root Fresh, Andrographis Herb, Onion, Yarrow Herb, Goldenseal Root, Wild Cherry Bark, Water Pure Deionized, Alcohol Pure Grain, Glycerin Vegetable, Honey.

How does it work?

Peppermint Oil and Fresh Organic Horseradish pulls the action up and into the sinus while the pungency of Cayenne, Garlic Onion and Horseradish increase circulation. Since the sinus cavity has poor circulation in general, this increase allows immune compounds in the blood to fight infection. The additional Immuno-Stimulating action of Echinacea, Spilanthes, Goldenseal, Elderberry, Garlic, Olive and Fresh Osha help stimulate the body to fight off microbial inundation and assist in healing. Decongesting herbs like Horehound, Licorice, Wild Cherry and Osha also help clean

the lungs. Sinus Decongest helps to thin, thick and infected mucus and expectorate it out. In this way, it can help resolve an unproductive cough. Fever managing herbs like Boneset, Yarrow, Osha, Andrographis and Peppermint also help reestablish immune homeostasis.

Complimentary Formulas:

Phyto-Tech™ Sinus Decongest is synergistic with other immune formulas to increase immune stimulation.

• Combine with Echinacea Goldenseal (Phyto-Tech™ Echina Acute Complex) or Phyto-Tech™ Oregano Oil 70 to additionally stimulate white blood cell activity.

• For lung congestion or sore throats, combine with Phyto-Tech™ Respiratory Complex.

• For long-term immune weakness, combine with Phyto-Tech™ Immune Complex or Phyto-Tech™ Elderberry 1:2.

• Phyto-Tech™ Respiratory Complex (to clear out lungs);

• Phyto-Tech™ Mushroom Extract Complex/Dual Extraction Blend (rebuild immunity)

• Phyto-Tech™ Sinus Allergy Blend/Chinese Herbal Formula (Chinese formula to balance constitutions)

• Phyto-Tech™ Allergy Complex (if allergies)

• Phyto-Tech™ Oregano Oil 70 (powerful anti-microbial)

• Phyto-Tech™ Echina Acute Complex (colds and Flu)

• Phyto-Tech™ Astragalus Root 1:3 (if chronic weak immunity)

Skullcap 1:2

1 fl oz - Product Code: 57064

Sleep Complex

Phyto-Tech™ Sleep Complex with Melatonin
A sleep aid or deep relaxation formula, useful as a general sedative and analgesic. This formula combines the best herbal sleep aids with Melatonin.

1 fl oz - Product Code: 57028

60 liquid filled Veggie Caps - Product Code: 57045

Who can benefit from this supplement?

- Those who have problems falling asleep and staying asleep throughout the night, including those who cannot sleep or rest due to pain or anxiety.

Ingredients:

Phyto-Tech™ Sleep Complex with Melatonin capsules contains the following herbs: Valerian Root, Hops Strobiles, Fresh Skullcap Herb, Passion Flower Herb, Chamomile Flower, Fresh California Poppy Herb and Melatonin, 3 mg.

Phyto-Tech™ Sleep Complex with Melatonin Liquid Herbal Extract contains the following herbs: Valerian Root, Fresh Skullcap Herb, Hops Strobiles, Passion Flower Herb, Fresh California Poppy Herb, Chamomile Flower, and Melatonin, 3 mg.

Sleep Complex with Melatonin comes in two forms a liquid herbal extract, and a liquid filled Veggie Capsule. The liquid contain 425 mg per 30 drops and 3 mg Melatonin, while the liquid filled Veggie Cap contains 1,000 mg per capsule and 3 mg Melatonin.

Dosage:

For the liquid, take 30 drops in water about 15 minutes before bedtime. This can be repeated every 20 minutes, if necessary. For the liquid filled Veggie Cap, take one capsule about 30 minutes before bedtime. Two capsules can be used if necessary. Repeat if needed, or if you wake up during the night.

This herbal supplement can be used along with other sleeping aids.

... continued on page 94

Important Notice: The information given here is designed to help you make informed decisions about your health, and the proper use of dietary supplements. It is not intended as a substitute for medical advice, nor a substitute for any treatment that may have been prescribed by your doctor. If you have a medical problem, you should seek medical help. Products described herein are not intended to diagnose, treat, cure or mitigate disease.



New Research: Ginger Reduced Inflammation, Improved Lipids

Sometimes, we underestimate things because they do not seem exotic. I think this is a mistake we make with the herb, ginger. Look at this list of what ginger has traditionally (and currently) been used for: "Orally, ginger is used for motion sickness, morning sickness, colic, diarrhea, dyspepsia, flatulence, irritable bowel syndrome, chemotherapy-induced nausea, antiretroviral-induced nausea and vomiting, rheumatoid arthritis (RA), osteoarthritis, loss of appetite, post-surgical nausea and vomiting, dysmenorrhea, migraine headache, and for discontinuing selective serotonin reuptake inhibitor (SSRI) drug therapy. It is also used orally for anorexia, upper respiratory tract infections, cough, respiratory distress, bronchitis, diabetes, as a galactagogue, diaphoretic, and diuretic; and for treating stomachache, nausea, cholera, and bleeding. Fresh ginger is used orally for treating acute bacterial dysentery, baldness, malaria, orchitis, poisonous snake bites, and toothaches. Dried ginger is used for chest pain, low back pain, and stomach pain."

(Natural Medicine Database)

In the Phyto-Tech™ line, we have numerous ginger products. In addition to straight ginger extract, **Ginger Root 1:1.5**, in liquid fluidextract and veggie capsule forms, we have **Ginger Tonic**, **Ginger Immune Tonic**, **Ginger Energy Tonic**, and **Ginger Cough Tonic**.

New research continues to validate many of the benefits of ginger, as well as reveal new uses of this valuable herb. This study shows the value of ginger in preventing and managing heart and circulatory diseases.

Doctors analyzed findings from nine studies covering 449 people who had taken one to three grams of ginger per day for study durations of eight weeks to three months.

Overall, those taking ginger saw the inflammatory factor C-reactive protein decline by an average of 0.84 milligrams per liter of blood, regardless of the dose of ginger in the study. The ginger groups also had lower levels of an enzyme involved in inflammation, and fewer pro-inflammatory proteins.

Average triglyceride levels declined by 1.63 mg/dL, and HDL, the "good" cholesterol, increased by 1.16 mg/dL. Fasting blood sugar levels declined by an average of 1.35 mg/dL, and long-term average blood sugar levels declined by one percentage point, a finding doctors said was quite significant. The phenols, polyphenols, and flavonoids in ginger may provide these blood-sugar lowering effects.

Doctors said supplementing with ginger may be an effective means of preventing and managing heart and circulatory diseases.

(Reference: Food & Nutrition Research; 2016, eCollection, Vol. 60, 32613)

Phyto-Tech™ Herbal Supplements

Phyto-Tech™ Ginger Root 1:1.5

This herb supports the digestive and circulatory systems, and has been shown to be especially helpful in alleviating nausea and equilibrium problems.

1 fl oz - Prod Code: 56995
 90 Veggie Caps - Prod Code: 60127

Phyto-Tech™ Ginger Tonic

A soothing ginger formula, especially valuable for conditions involving nausea, digestive problems, and inflammation.

4 fl oz - Prod Code: 57015

Phyto-Tech™ Ginger Immune Tonic

A Blend of Ginger and other Immune Modulating Herbs

4 fl oz - Prod Code: 57012

Ginger Energy Tonic

A formula that increases circulation, energy, vitality, and resistance to illness and environmental stresses.

4 fl oz - Prod Code: 57055

Phyto-Tech™ Ginger Cough Tonic

A blend of Ginger and other herbs especially useful for soothing coughs

4 fl oz - Prod Code: 56985

For more information on these products, please refer to the Phyto-Tech™ Product Reference Guide monographs.



Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements



Spilanthes 1:2

An herb with a long folk history of use in treating dry mouth, toothache, and various types of gum disease. More recently, it has been investigated for its antibacterial and antifungal action, along with antioxidant and anti-inflammatory activity

1 fl oz - Product Code: 57487

Who might benefit from this herbal supplement?

- Those with dry mouth.
- Those with gum disease, bad breath, an altered sense of taste, thick saliva, cracked lips or split skin at the corners of the mouth.
- Those with fungal infections in the mouth.
- Those with sore throat

Ingredients:

Phyto-Tech™ Spilanthes is composed of Spilanthes Flower Tops Fresh, Alcohol Pure Grain, Water Pure Deionized.

St John's Complex

A synergistic blend of herbs designed to reduce mild depression and elevate mood.

1 fl oz - Product Code: 57075

Who might benefit from this supplement?

- Those with mild depression, mood swings, lethargy
- Those who are "feeling down," those with a depressed libido.

Ingredients:

Phyto-Tech™ St. John's Complex contains a blend of Fresh St. John's Wort Flowering Tops, Vanuatu Kava Kava Root, Damiana Herb, Ginkgo Leaf, Fresh Pulsatilla Herb, Pure Grain Alcohol, Deionized Water.

Those who feel flat or have lowered passion and vital energy can use St. John's Complex. Many people do not have clinical depression, but do feel deflated and a bit down on a

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daily basis. These people can use this safe remedy. While some will feel immediate effects (most likely from the other ingredients besides the St. John's Wort), full benefits are realized after one month of continual use. Effects can take effect in as soon as 2 weeks, but 4 weeks is more common. It is best used as a long-term tonic over 1 month. It can also be used very long term.

Caution: not intended for severe depression; do not take during pregnancy or while nursing; do not combine with prescription antidepressant medication.

Dosage:

Generally: 20-60 drops, 2-3 times per day in juice or water.

St John's Wort 1:2

St. John's Wort is indicated for mild to moderate depression. It is safe and can be used long term.

1 fl oz - Alcohol Free,- Product Code: 57020

1 fl oz - Reg, Product Code: 56967

Also available in a vegetarian capsule form

90 Veggie Caps - Product Code: 60123

Ingredients:

Each Phyto-Tech™ St. John's Wort veggie capsule contains 300 mg of St. John's Wort Herb (standardized at 0.3% Hypericin) in a base of 150 mg of full spectrum, certified organic St. John's Wort Herb.

Stay Well Complex

Child Friendly. A great family immune booster for use at the first sign of cold or flu. The addition of Elderberry and Vitamin C to two forms of Echinacea results in enhanced efficacy.

1 fl oz - Product Code: 56976

Who can benefit from this herbal supplement?

- Children and their family members who want to prevent

the spread and worsening of cold and flu infection.

- Those who frequently catch colds.

At the first threat of the onset of a cold or flu, give large frequent doses over the course of one day for an immediate effect. It is safe to repeat doses every 2 hours when on the edge of getting sick. Contrary to popular myth, Echinacea will remain effective for months with daily use. This is why Echinacea has become famous and is indicated for children who get repeated colds season after season. It is also indicated for adults and the elderly.

The addition of Elderberry increases efficacy for use for symptoms of a cold, flu or influenza. It should help reduce these symptoms and their duration. Phyto-Tech™ Stay Well Complex is not diluted but is instead, a full strength extract suitable for adults as well.

Ingredients:

Contains Fresh Echinacea angustifolia Root, Fresh Echinacea purpurea Flower, Elderberry Berry, Vitamin C (ascorbic acid) 20 mg./ml., Vegetable Glycerin, Deionized Water, Honey.

Caution: Due to the honey content, this product is not recommended for children under two years of age.

Dosage: (by weight)

If 10-30 lb., use 10-20 drops; if 31-60 lb., use 20-40 drops; if 61-100 lb., use 40-60 drops; if over 100 lb. Use 60-90 drops. Take appropriate dose 2-3 times per day or as needed in juice or water. Direct dosing in the mouth is OK, but taste is improved if added to juice.

Stevia Extract 90

Stevia Leaf Extract, standardized to 90% Steviosides. A very pleasant tasting, sweet herb, with no bitter aftertaste.

2 fl oz - Product Code: 56940

... continued on page 96



Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)



44804	MAG CITRATE 166 MG VCP	120	VCA	16.99	13.59	52811	OMEGA 3 1000 MG	100	SGC	8.99	7.19	57804	PSYLLIUM WHOLE HSK ORG	122	PWD	13.99	11.19	67401	SPECIAL TWO VCAP	240	VCA	47.99	38.39
37492	MAG CITRATE 200 MG	100	TAB	13.99	11.19	37110	OMEGA 3 1000 MG	180	SGC	17.99	14.39	36172	PUMPKIN SEED OIL 1000	100	SGC	14.99	11.99	54182	SPIRULINA 500 MG ORG	180	TAB	15.99	12.79
34413	MAG CITRATE 200 MG	250	TAB	27.99	22.39	32789	OMEGA 3 1000 MG	200	SGC	15.99	12.79	66088	PUT SOME PEP IN STEP	KIT	KIT	22.99	18.39	56210	SPIRULINA PWD ORG	11B	PWD	44.99	35.99
42627	MAG CITRATE PWD	8 Z	PWD	12.99	10.39	51456	OMEGA 3 1000 MG ENTER	180	SGC	23.99	19.19	61060	PYCNOGENOL 100 MG	60	VCA	74.99	59.99	38551	STEVIA BALANCE PAKS	100	PAK	10.99	8.79
53208	MAG POT ASPARTATE + TA	120	CAP	19.99	15.99	50423	OMEGA 3 6 9	250	SGC	27.99	22.39	28645	PYCNOGENOL 30 MG	150	CAP	59.99	47.99	53794	STEVIA EXT FRENCH VAN	2 Z	LIQ	10.99	8.79
41377	MAGNESIUM OXIDE PWD	8 Z	PWD	9.99	7.99	41988	OMEGA 3 6 9 SUPER	90	SGC	15.99	12.79	42736	PYGEUM & SAW PALM EXT	60	SGC	16.99	13.59	36682	STEVIA EXT PACKETS	100	PAK	8.99	7.19
52764	MAPLE SYRUP GRADE B	64Z	SRP	44.99	35.99	54868	OMEGA 3 6 9 SUPER 1200	180	SGC	29.99	23.99	61952	QUERCETIN BROMELAIN	240	VCA	59.99	47.99	53493	STEVIA EXT PAK FR VAN	75	PAK	9.99	7.99
52765	MAPLE SYRUP GRADE B	16Z	SRP	12.99	10.39	45094	OMEGA 3 FISH OIL LEMON	7 Z	LIQ	18.99	15.19	36143	QUERCETIN BROMELAIN	120	VCA	31.99	25.59	60728	STEVIA EXT PAK ORGANIC	75	PAK	8.99	7.19
54188	MASSAGE OIL ARNICA WRM	8 Z	LIQ	12.99	10.39	53490	OMEGA 3 ULTRA 750 MG	90	SGC	23.99	19.19	55087	RAW ENERGY NUT MIX	11B	NUT	8.99	7.19	26308	STEVIA EXTRACT PWD	1 Z	PWD	8.99	7.19
56664	MASSAGE OIL COMFORTING	16Z	OIL	14.99	11.99	53491	OMEGA 3 ULTRA 750 MG	180	SGC	43.99	35.19	56756	RED MINERAL ALGAE	180	VCA	19.99	15.99	37322	STEVIA GLYCERITE	2 Z	LIQ	8.95	7.16
53563	MASSAGE OIL LAVEN ALM	16Z	LIQ	14.99	11.99	51923	OPTIMAL DIGESTIVE SYST	90	VCA	19.99	15.99	43747	RED YEAST RICE + COQ10	60	VCA	25.99	20.79	55513	STEVIA LIQ DARK CHOC	2 Z	LIQ	10.99	8.79
61967	MASSAGE OIL VAN CITRUS	8 Z	LIQ	8.99	7.19	58844	ORALBIOTIC BLIS K12 LZ	60	LOZ	23.99	19.19	53106	RED YEAST RICE 1200 MG	60	TAB	25.99	20.79	36145	STEVIA LIQ EXTRACT	2 Z	LIQ	8.99	7.19
61608	MASSAGE OIL TRANQ ROSE	8 Z	LIQ	8.99	7.19	36192	OREGANO OIL	90	SGC	17.99	14.39	56163	RED YEAST RICE 1200 MG	120	TAB	49.99	39.99	66680	STEVIA LIQ ORIGINAL	8 Z	LIQ	25.99	20.79
56467	MCT OIL	32Z	LIQ	24.99	19.99	30545	OREGANO OIL 100% PURE	1 Z	LIQ	16.99	13.59	56161	RED YEAST RICE 600 COQ	120	VCA	49.99	39.99	62523	SUN E 400	60	SGC	19.99	15.99
53021	MELATONIN 3 MG	180	CAP	11.99	9.59	41064	OREGANO OIL XTRA STRN	1 Z	LIQ	11.99	9.59	43423	RED YEAST RICE 600 MG	60	VCA	15.99	12.79	65220	SUNFLOWER LECITHIN PWD	11B	PWD	19.99	15.99
57502	MELATONIN 3 MG LIQ	2 Z	LIQ	9.89	7.91	30036	ORNITHINE 500	120	CAP	25.99	20.79	56162	RED YEAST RICE 600 MG	120	VCA	28.99	23.19	36665	SUPER ENZYMES	90	TAB	18.99	15.19
50513	MELATONIN 3 MG LOZ	180	LOZ	11.99	9.59	56884	PANCREATIN 500 MG 4X	250	CAP	29.99	23.99	41975	RELOA 300 MG VCAP	60	VCA	19.99	15.99	42735	SUPER ENZYMES CAP	180	CAP	36.99	29.59
58849	MELATONIN 5 MG VCAP	CAP	VCA	19.99	15.99	41939	PANTETHINE 300 MG SGC	60	SGC	26.99	21.59	36124	RESPIR ALL	60	TAB	23.99	19.19	61062	T LEAN EXTREME	60	VCA	29.99	23.99
58848	MELATONIN 5 MG VCAP	60	VCA	8.99	7.19	44151	PAPAYA ENZYME	180	CHW	11.99	9.59	67508	RESPIRATORY CARE PROB	60	VCA	29.99	23.99	30180	TAURINE 500 MG	100	CAP	7.99	6.39
39917	MENOPAUSE SUPPORT	90	CAP	19.99	15.99	41063	PATCHOULI OIL	1 Z	LIQ	15.99	12.79	54435	RESVERATROL 200 MG	60	VCA	29.99	23.99	57427	TAURINE PWD	8 Z	PWD	13.99	11.99
63081	MENS EXTREM SPORT MULT	90	SGC	24.99	19.98	65332	PEA PROTEIN ORG UNFLAV	1.5	PWD	26.99	21.59	41482	ROSE ABSOLUTE OIL	1 Z	LIQ	15.99	12.79	41057	TEA TREE OIL ORG.	1 Z	LIQ	12.99	10.39
63819	MENTAL FOCUS	1 Z	LIQ	12.99	10.39	55885	PEA PROTEIN UNFLAVOR N	2LB	PWD	27.99	22.39	66820	ROSE HIP SEED OIL	4 Z	LIQ	19.99	15.99	51490	TESTOJACK 100 MG	60	VCA	26.99	21.59
51397	METHIONINE 500 MG W/B6	100	CAP	15.99	12.79	63818	PEACE & HARMONY	1 Z	LIQ	12.99	10.39	66682	ROSE HIP SEED OIL ORG	1 Z	LIQ	10.99	8.79	62167	TESTOJACK 200 MG	120	VCA	55.99	44.79
59826	MK 7 100 MCG K2	60	VCA	19.99	15.99	63820	PEACEFUL SLEEP BLEND	1 Z	LIQ	12.99	10.39	41065	ROSEMARY OIL	1 Z	LIQ	7.99	6.39	59148	TESTOJACK 200 MG	60	VCA	32.99	26.39
65106	MOUTHWASH NEEM TTO MNT	16Z	LIQ	9.99	7.99	41393	PENNYROYAL OIL	1 Z	LIQ	9.99	7.99	39756	ROSEMARY OIL	4 Z	LIQ	22.99	18.39	53016	THEANINE 200 MG	60	VCA	25.99	20.79
58885	MOUTHWASH XYLWHITE MT	16Z	LIQ	9.99	7.99	38108	PEPPERMINT GELS	90	SGC	14.99	11.99	42076	ROSEMARY OIL ORGANIC	1 Z	LIQ	13.99	11.19	65125	THEANINE 200 MG	120	VCA	45.99	36.79
29706	MSM 1000 MG	120	CAP	13.99	11.19	41515	PEPPERMINT OIL	1 Z	LIQ	7.99	6.39	43142	ROSEWATER CONC	1 Z	LIQ	9.99	7.99	63088	THERMO GREEN TEA	90	VCA	24.99	19.99
36698	MSM 1500 MG	200	TAB	27.99	22.39	65358	PEPPERMINT OIL	2 Z	LIQ	12.99	10.39	39721	ROYAL JELLY 1000 MG	60	SGC	19.99	15.99	41068	THYME WHITE OIL	1 Z	LIQ	14.99	11.99
32433	MSM HEALTHY SKIN LOT	8 Z	LOT	14.99	11.99	56196	PEPPERMINT OIL	4 Z	LIQ	21.99	17.59	60248	SACCHAROMYCES BOULARDI	60	VCA	19.99	15.99	53008	THYROID ENERGY	90	VCA	19.99	15.99
35845	MSM PURE PWD	8 Z	PWD	12.99	10.39	41056	PEPPERMINT OIL ORG	1 Z	LIQ	16.99	13.59	41400	SAGE OIL	1 Z	LIQ	12.99	10.39	59435	THYROID ENERGY	180	VCA	35.99	28.79
51565	MULTI GELS LIQ	180	SGC	47.99	38.39	66281	PHASE 2 500 MG	120	VCA	29.99	23.99	35866	SAM E 100 MG	30	TAB	16.99	13.59	56208	TRIBULUS 1000 MG	90	TAB	21.99	17.59
51564	MULTI GELS LIQ	60	SGC	21.99	17.59	39347	PHENYLALANINE 500 MG	120	CAP	18.99	15.19	65992	SAM E 200 MG	60	TAB	29.99	23.99	65134	TRIBULUS EXTREME	90	VCA	27.99	22.39
50732	MULTI LIQ ORANGE	16Z	LIQ	21.99	17.59	63357	PHOS SERIN 150 SOY FR	60	TAB	47.99	38.39	39398	SAM E 4X 800/400	30	TAB	25.99	20.79	56223	TRIPHALA 500 MG	120	TAB	15.99	12.79
41059	MYRRH OIL	1 Z	LIQ	10.99	8.79	37084	PHOS SERINE 100	120	VCAP	59.99	47.99	40543	SAM E 4X 800/400	30	TAB	45.99	36.79	42740	TRUE CALM	90	CAP	15.99	12.79
39847	N A C 600 MG	100	CAP	19.99	15.99	61161	PINE BARK EXT 240 MG	90	VCA	25.99	20.79	54380	SANDALWOOD OIL BLEND	1 Z	LIQ	25.99	20.79	63628	TRYPTOPHAN 500 MG	120	VCA	39.99	31.99
51956	N A C 600 MG	250	CAP	39.99	31.99																		



Discover **Zyflamend™** for an herbal approach to pain relief^{*†}

Our clinically studied, patented 10-herb blend supports a whole-body healthy inflammation response and overall joint health.*

Herbal Pain Relief

Zyflamend Whole Body is a holistic, herbal approach to pain relief.*† Zyflamend helps balance your healthy inflammation response, which is essential for maintaining whole-body health.* Zyflamend is also a holistic joint supplement, supporting healthy joint function and overall joint health.* Discover our #1-selling multi-herbal blend!

Discover the Power of 10!

Preclinical lab tests demonstrate Zyflamend's powerful herbal synergy and ability to protect healthy cells from damage.* We tested Zyflamend's whole 10-herb blend in laboratory studies that measure cellular markers of inflammation and stress. We also tested each herb acting on its own. The results showed the Zyflamend blend of 10 herbs worked better together than the sum of the action of its single herbs.

Non-GMO Project Verified

New Chapter® is firmly committed to using sustainable, Non-GMO ingredients, because we believe in doing what's best for the earth and everyone on it. That's why we spent years researching the ideal quality, 100% vegetarian, Non-GMO capsules for our herbals. These improved capsules deliver the same great formula, while keeping herbs pure and potent. The capsules also dissolve quickly so the herbs are rapidly available for absorption. Zyflamend is Non-GMO Project Verified—meaning ingredients are carefully reviewed for GMO risk going all the way back to the seeds.

Zyflamend™ Whole Body

30 Capsules	Item # 61155	Retail \$27.95	Willner Chemists \$20.96
60 Capsules	Item # 67026	Retail \$44.95	Willner Chemists \$33.71
120 Capsules	Item # 66444	Retail \$72.95	Willner Chemists \$54.71
180 Capsules	Item # 66523	Retail \$100.95	Willner Chemists \$75.71

Zyflamend™ Nighttime

60 Capsules	Item # 66639	Retail \$44.95	Willner Chemists \$33.71
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Zyflamend™ Prostate

60 Capsules	Item # 66440	Retail \$48.95	Willner Chemists \$36.71
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Certified



Corporation



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

† With Ginger for occasional pain relief after exercise

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WILLNER CHEMISTS
The Nutritional Supplement Professionals
Prescription Pharmacy
Since 1911



Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements



1 fl oz - Product Code: 56943
4 fl oz - Product Code: 56942

Who can benefit from this herb?

- Those with blood sugar swings, diabetes, obesity, hypertension.

Dosage:

Add 2-8 drops as needed.

Each ml. of Phyto-Tech™ Stevia Extract 90 is equivalent to 300 mg of Stevia. All are 100% Gluten Free.

Now Available In Naturally Flavored Versions:

- Lemon Flavor Stevia, 2 fl oz - Product Code: 60141
- Orange Flavor Stevia, 2 fl oz - Product Code: 60144
- Chocolate Flavor Stevia, 2 fl oz - Product Code: 60140
- Peppermint Flavor Stevia, 2 fl oz - Product Code: 60143
- Cinnamon Flavor Stevia, 2 fl oz - Product Code: 60139
- Vanilla Flavor Stevia, 2 fl oz - Product Code: 60142

Systemic Detox

This detoxifying herbal formula facilitates a full body (systemic) cleansing.

1 fl oz - Product Code: 56970

Alcohol Free - 1 fl oz - Product Code: 57078

Who might benefit from this herbal supplement?

- Those who are concerned about exposure to internally and/or environmental toxins;
- Those who are concerned about the toxemia from drug usage.

Ingredients:

Phyto-Tech™ Systemic Detox contains the following: Fresh Burdock Root, Yellow Dock Root, Oregon Grape Root, Fresh Dandelion Root, Red Clover Flowers, Nettles Herb, Red Root, Fresh Ginger Root, Grain Alcohol, Deionized water

This synergistic blend of herbs is designed to affect multiple organ systems, as follows:

- Liver: Oregon Grape, Burdock, Yellow Dock, Dandelion,

and Red Root

- Urinary Tract: Burdock, Dandelion Root
- Lymph: Red Root, Red Clover
- Skin: Red Clover, Burdock, and Yellow Dock
- Small Intestines: Yellow Dock
- Large Intestines (colon): Yellow Dock
- Blood: Red Clover, Nettles
- Circulation: Ginger

Many of these herbs have a long tradition of use in naturopathic medicine for many toxic conditions. Using Systemic Detox will result in blood and tissue cleansing through stimulating the organs that do this innately, including the liver, urinary tract, skin, lymph and bowels. Herbs do not really cleanse the blood and tissues but instead, stimulate the organs to increase the rate in which they do this naturally. Systemic Detox will help in the elimination of cellular metabolic waste, dietary toxemia and environmental toxins. It is indicated for internally and externally generated toxins. Detoxify helps stimulate organs that eliminate the toxemia from drug usage. It can be used in larger more frequent doses if a faster cleanse is desired, or in moderate doses for a slower cleanse.

Caution: Temporary discomfort can occur during "detoxification" protocols. The value and efficacy of "detoxification" is somewhat controversial, and may not be supported by medical evidence.

This product is contraindicated during pregnancy and nursing. This product may affect the rate of metabolic breakdown of certain medications, especially those metabolized in the liver—consult a physician if you are taking such medications.

As these herbs can increase bile from the liver for fat digestion and hydrochloric acid from the stomach for protein digestion, thereby decrease metabolic waste form incomplete digestion. This will assist those who need digestive enzymes. As a consequence of increased innate digestive enzyme

output, peristalsis will increase to help assist normal healthy bowel function. It is not so much a laxative as a regulating agent for sluggish bowels.

Dosage:

Regular cleansing: 15-60 drops 2 to 3 times per day in juice or water; Fast cleanse: Take up to 3 squirts (1 squirt is 30 drops) 4 to 6 times per day in a little water; Overall, adjust the dose to the intensity of the cleansing process and pace desired.

Complementary Formulas:

- For more focus on the liver, add Phyto-Tech™ Liver Support formula.
- For additional digestive system focus, add Phyto-Tech™ Digest Stim Complex.

Throat Spray

A soothing, healing spray for sore and irritated throats.

1 fl oz - Alcohol Free Spray - Product Code: 56957

Who might benefit from this herbal supplement?

- Those with sore and irritated throats due to sickness or over-use; those whose throats are raw and sore from lecturing, yelling, singing, excessive talking, dry air, etc; those with sore throats due to cold or flu.

Ingredients:

Phyto-Tech™ Throat Spray contains the following: Fresh Osha Root, Echinacea angustifolia Root, Propolis, Thyme Herb, Fresh Spilanthes Flower, Fresh Ginger Root, Licorice Root, Aloe Vera, Vegetable Glycerin, Deionized Water, Organic Honey, Natural Flavors (Raspberry and Mint)

Throat Spray can be used as a preventive measure, i.e. before lecturing, flying on airplanes, contact with sick people, etc, or at the first onset of a respiratory illness.

For colds and flu, Throat Spray is a powerful and immediate

... continued on page 100

Important Notice: The information given here is designed to help you make informed decisions about your health, and the proper use of dietary supplements. It is not intended as a substitute for medical advice, nor a substitute for any treatment that may have been prescribed by your doctor. If you have a medical problem, you should seek medical help. Products described herein are not intended to diagnose, treat, cure or mitigate disease.



Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)



55882	UBIQUINOL 100 MG COQ10	60	SGC	49.99	39.99	59528	HEMP PROTEIN PWD	16Z	PWD	20.49	16.39	21801	PB 8 CAP	60	CAP	16.99	13.59	41008	CORAL CALCIUM	270	CAP	53.99	43.19
58845	UBIQUINOL 200 MG	60	SGC	89.99	71.99	60058	HEMP SEED OIL	24Z	OIL	24.09	19.27	22547	PB 8 CAP	120	CAP	27.49	21.99	17181	CORTI CUT	60	CAP	52.99	42.39
54712	UBIQUINOL COQH 50 MG	60	SGC	31.99	25.6	64783	HEMP SEED OIL ORG	16Z	LIQ	19.09	15.27	56742	PB 8 VEG	120	VCA	27.49	21.99	59039	D3 3000 IU	100	CAP	15.99	12.79
57277	UC II JOINT COLLAGEN	60	VCA	32.99	26.39	63921	HEMP SEED RAW SHELLED	13Z	CER	15.99	12.79	22635	PB 8 VEG CAP	60	VCA	16.99	13.59	63606	DIM 150 MG EXTRA STREN	30	CAP	16.99	13.59
66085	UC II JOINT COLLAGEN	120	VCA	59.99	47.99	NUTRAMAX LABORATORIE						60637	PRENATAL ADULT GUMMY	75	CHW	14.99	11.99	57985	GRAPE SEED EXT 120 MG	100	CAP	19.49	15.59
45356	ULCETROL	60	TAB	27.99	22.39	53206	AVOCA ASU GLUCOS HCL	120	TAB	44.29	35.43	NUTRITIONAL FRONTIERS						50502	GRAPE SEED EXT 200 MG	100	CAP	23.99	19.19
66087	ULTRASON OIL DIFF BAMB	EA	MIS	49.99	39.99	56909	COSAMIN ASU 3X CAP	90	CAP	39.99	31.99	64105	CALM DAY VCAP	60	VCA	33	29.7	42536	HERP EEZE SELF HEAL	120	VCA	64.99	51.99
65259	ULTRASON OIL DIFF WOOD	/EA	MIS	49.99	39.99	62614	COSAMIN ASU 3X CAP	150	CAP	59.99	47.99	65148	CANDIKILL VCAP	90	VCA	49.5	44.55	37281	INFLAMERIC	90	VCA	44.99	35.99
66343	ULTRASON USB OIL DIFF	MIS	MIS	26.99	21.59	25659	COSAMIN DS	210	CAP	79.95	79.95	66464	D3 5000 IU	60	VCA	14	12.6	42854	LUTEIN 20 MG VEG	60	CAP	22.99	18.39
63849	ULTRASONIC OIL DIFFUSR	EA	MIS	44.99	35.99	26658	COSAMIN DS	108	CAP	44.95	44.95	66101	ESTROCLEANSE II	90	VCA	59.5	53.55	54540	MAGNESIUM CITRATE 400	100	CAP	16.99	13.59
55140	VANILLA OIL IN JOJOBA	1Z	LIQ	24.99	19.99	41881	COSAMIN DS TAB	150	TAB	63.95	51.16	66102	G1 COMPLETE PWD LEMON	390	PWD	69.5	62.55	50373	OMEGA 3 2000 ENTERIC	120	SGC	30.99	24.79
34123	"VEGICAP ""00"" EMPTY"	250	CAP	10.99	8.79	NUTREX HAWAII						61420	PEA PROTEIN CHOC	27	PWD	37.99	30.39	61420	PEA PROTEIN CHOC	27	PWD	37.99	30.39
34618	"VEGICAP ""00"" EMPTY"	750	VCAP	27.99	22.39	65514	BIOASTIN 12 MG	50	SGC	41.99	33.59	66104	IODINE PLUS	90	CAP	25.5	22.95	65729	PEA PROTEIN CHOC	494	PWD	26.99	21.59
55141	WATER OUT HERBAL DIUR	100	VCA	15.99	12.79	38989	BIOASTIN 4 MG	60	SGC	22.99	18.39	66106	SLEEP TIME	60	VCA	37.75	34	65730	PEA PROTEIN VANILLA	494	PWD	26.99	21.59
61218	WHEAT GERM OIL LIQ	16Z	LIQ	13.99	11.19	65915	BIOASTIN SUPREME 6 MG	60	VSG	29.99	23.99	55229	SLEEP TIME	120	VCA	69.75	63	55229	PEA PROTEIN VANILLA	27	PWD	37.99	30.39
59322	WHEY PROTEIN ORG UNFLA	1LB	PWD	39.99	31.99	22836	SPIRULINA PAC 500	200	TAB	20.99	16.79	66465	SUPER B COMPLETE	60	VCA	28.5	25.65	43874	SELENIUM 200 MCG	100	CAP	15.99	12.79
36184	WINTERGREEN OIL	1Z	LIQ	9.99	7.99	25037	SPIRULINA PAC 50Z	5Z	PWD	20.99	16.79	66135	SUPER CAL PLUS TAB	120	TAB	35	31.5	65783	ULT GREENS 8:1 PROTEIN	18	PWD	38.99	31.19
67114	WOMENS PROB 20 BILLION	50	VCA	33.99	27.19	24359	SPIRULINA PAC POWDER	16Z	PWD	52.99	42.39	66108	SUPER 180 LIQUID	2Z	LIQ	37.75	34	27823	VANADYL SULFATE 20 MG	100	CAP	19.99	15.99
41367	WRINKLE RESCUE	2Z	CRM	14.99	11.99	45280	SPIRULINA PAC TAB	400	TAB	34.99	27.99	64330	X FLAME	120	CAP	59.5	53.55	38789	VITA VITAMIN	90	CAP	37.99	30.39
43548	XYLITOL PLUS PAKS	75	PAK	7.5	6	NUTRIBIOTIC						NUTRITIONAL THERAPEUTICS						OPTICHOICE					
41391	YLANG YLANG OIL EXTRA	1Z	LIQ	27.99	22.39	39427	ASCORBIC ACID	16Z	PWD	24.2	21.78	28955	ALLER AVERT	90	TAB	40.95	32.76	62532	ALIVEL 100 50 MG CT BI	60	CAP	39.99	31.99
55742	ZINC GLUCONATE 50 MG	250	TAB	13.99	11.19	62759	ASCORBIC ACID W/BIOFAV	8Z	PWD	15.49	13.94	42934	BREATHE CLEAR	60	TAB	24.95	19.96	62531	ALIVEL 100 EURYCOMA 50	60	CAP	34.99	27.99
26305	ZINC PICOLINATE 50 MG	120	CAP	14.99	11.99	54372	BODY AND FOOT PWD GSE	4Z	PWD	7.99	7.19	66771	D3/K2 WAFER VAN	30	WAF	33.99	30.59	64821	CHOLESTRAIN HPE 150 2X	60	CAP	34.99	27.99
42286	ZMA	90	CAP	21.99	17.59	39991	DEFENSE PLUS	90	TAB	25.99	23.39	44422	HEALTHY AGING NT FACT	120	TAB	40	32	62536	COQ10 100 MG SGC	60	SGC	34.99	27.99
NOW NUTS AND PWDs						60505	GRAPE SEED GSE 250 MG	60	CAP	12.99	11.69	37817	MAG GLYCINATE 100 MG	100	TAB	14.7	11.76	62538	COQ10 100 PLUS OMEGA 3	60	SGC	39.99	31.99
39042	ALMONDS RAW	16Z	SNK	9.99	9.99	22725	GRAPEFRUIT SD EXT+ VCA	90	VCA	21.99	19.79	66119	NT FACTOR W/COQ10 CHOC	90	TAB	50.4	40.32	62537	COQ10 100 UBIQUINOL QH	60	SGC	49.99	39.99
40402	ALMONDS ROASTED SALT	16Z	SNK	10.99	10.99	23000	GRAPEFRUIT SEED CONC	2Z	LIQ	14.49	13.04	65625	PATENTED ENERGY WAFERS	30	CHW	32.99	26.39	62542	RED YEAST RICE ULTIM	120	CAP	44.95	35.96
45361	BRAZIL NUTS WHOLE RAW	12Z	SNK	8.49	8.49	44530	GRAPEFRUIT SEED CONC	4Z	LIQ	24.99	22.49	66121	PATENTED ENERGY WF BLS	8CT	CHW	9.99	8.99	OPTIMOX					
63484	CHIA SEED ORGANIC	12Z	SED	9.99	9.99	29013	GRAPEFRUIT SEED EXT TB	100	TAB	11.99	9.59	65496	PRO VITES TAB	120	TAB	49.99	39.99	44524	IODORAL 12.5 MG	90	TAB	27.2	21.76
67653	ERYTHRITOL POWDER ORG	1LB	PWD	8.99	8.99	49530	GRAPEFRUIT SEED CONC	4Z	LIQ	24.99	22.49	58274	PROPAX GOLD	30	PAK	59.99	53.99	45130	IODORAL 12.5 MG	180	TAB	50	40
57107	ERYTHRITOL PURE PWD	1LB	PWD	7.99	7.99	24131	NASAL SPRAY	1Z	LIQ	9.99	8.99	58275	PROPAX GOLD	60	PAK	99.99	89.99	58129	IODORAL 50 MG	90	TAB	84	67.2
62156	GOLDENBERRIES ORGANIC	8Z	SNK	9.99	9.99	32483	RICE PROTEIN	31B	PWD	44.79	40.31	38519	PROPAX WITH NT FACTOR	30	PAK	46	41.4	18110	OPTIVITE PMT PMS MULTI	180	TAB	26	20.8
60338	MACADAMIA NUTS ROASTED	9Z	SNK	10.99	10.99	32316	RICE PROTEIN	21Z	PWD	22.5	20.25	41998	PROPAX WITH NT FACTOR	60	PAK	87.5	78.75	ORAL ESSENTIALS					
63483	NUTS ABOUT BERRIES	8Z	SNK	7.99	7.99	40300	RICE PROTEIN CHOC	22Z	PWD	22.5	20.25	38520	PROPAX WITH NT FACTOR	90	PAK	124.99	112.49	67519	MOUTHWASH DRY MOUTH MT	16Z	LIQ	15.99	14.39
63027	PECANS HALVES & PIECES	12Z	SNK	10.99	10.99	40265	RICE PROTEIN MIX BERRY	21Z	PWD	22.5	20.25	OLBAS PRODUCT						67518	MOUTHWASH SENSIT MINT	16Z	LIQ	14.99	13.49
64781	PECANS HONEY ROASTED	8Z	SNK	10.99	10.99	60353	RICE PROTEIN ORG PLAIN	21Z	PWD	25.99	20.79	23484	ANALGESIC OIL	1.6	LIQ	32.99	26.39	67564	MOUTHWASH WHITEN LEMON	16Z	LIQ	15.99	14.39
62157	PINE NUTS ORGANIC	8Z	SNK	14.99	14.99	39304	RICE PROTEIN VAN	31B	PWD	44.79	40.31	18080	ANALGESIC OIL .95 OZ	.95	LIQ	19.99	15.99	67521	TPST ORIGINAL MINT FF	3.5	TUB	13.99	12.59
38045	PISTACHIOS SALTED	12Z	SNK	8.99	8.99	33665	RICE PROTEIN VAN	21Z	PWD	22.5	18	35286	ANALGESIC SALVE	1Z	TUB	9.95	7.96	67522	TPST WHITENING MINT FF	3.5	TUB	15.99	14.39
39992	WALNUTS																						



Nutrients Promote Muscle in Older Adults

L-carnitine, l-leucine, creatine increase protein synthesis and enhance physical performance.

While body-builders and athletes are convinced of the value of nutritional supplements—protein, amino acids, vitamins, etc—conventional medicine remains cautious. Perhaps they are concerned that some of these products are “over-hyped,” and if taken in excess, might be dangerous. This is too bad, because experience, and science, supports their efficacy. Here is an example of some of the science:

Muscle mass and strength naturally decline with age. In this study, 42 healthy adults, age 55 to 70, took a placebo, or 1,500 mg of l-carnitine with or without 2,000 mg l-leucine, 3,000 mg creatine, and 400 IU vitamin D3, per day.

After eight weeks, muscle mass, strength, and mobility were stable in the l-carnitine group while declining slightly for placebo. Those taking the carnitine-leucine-creatine-vitamin D combination saw total lean muscle mass increase by an average of 2.2 pounds, leg lean muscle mass increase by 11.2 ounces and, compared to placebo, lower leg strength 2.2 pounds greater.

Discussing the findings, doctors said the supplements likely built lean muscle mass and lower leg strength by increasing the ability of

the body to synthesize protein, and that taking these nutrients beyond eight weeks may further enhance physical performance in healthy older adults.

(Reference: *Nutrition & Metabolism*; 2017, Published Online)



Nutritional Supplements May Be More Helpful Than You Thought

You may be taking glucosamine and chondroitin supplements for various types of joint pain, arthritis, inflammation, sport injuries, etc. Most people experience benefit, and most research has been positive—but not all. That is only to be expected. Few things—drugs or supplements—work for everybody.

With supplements, however, there are often multiple benefits. Very often, other benefits are unrelated to the initial reason you take the supplement. That, to me, is one of the unique benefits of nutritional supplements, and it should weigh heavily in the debate as to their value. Here is a good example:

Recent evidence suggests glucosamine and chondroitin may reduce chances for colorectal cancer. In this follow-up study, doctors analyzed data from 68,466 women and 27,934 men, all of them health care professionals.

Overall, for men and women who took any glucosamine and chondroitin supplements together, chances for developing colorectal cancer were 23 percent lower than in men and women who did not take glucosamine and chondroitin supplements.

Doctors said the findings were the same regardless of sex and whether participants were physically active or not, or if there were differences in body mass index scores.

(Reference: *International Journal of Cancer*;

2016, Vol. 139, No. 9, 1949-57).

Now, studies like this invite some questions. Was the reduction in colon cancer related to some therapeutic or preventive action of glucosamine and chondroitin? Or, do those people who take supplements such as this also make other healthy lifestyle and dietary choices? Either way, taking supplements seems to be a wise decision, for more reasons than you might realize.



Willner Chemists Phyto-Tech™ Herbal Supplements

Individual Essential Oils:

- Cedarwood (Himalayan) - 1 fl oz, # 63003
- Cinnamon Leaf - 1 fl oz, #62679
- Citronella - 1 fl oz, #66285
- Clove - 1 fl oz, #63004
- Eucalyptus - 1 fl oz, #62680
- Eucalyptus - 4 fl oz, #62681
- Frankincense - 1 fl oz, #66286
- Grapefruit (Pink) - 1 fl oz, #62710
- Jasmine - 1 fl oz, #66287
- Lavender (French) - 1 fl oz, #63005
- Lavender (French) - 4 fl oz, #62787
- Lavender (Bulgarian) - 1 fl oz, #62815
- Lemon - 1 fl oz, #63006
- Lemongrass - 1 fl oz, #66310
- Orange (Sweet) - 1 fl oz, #62820
- Oregano - 1 fl oz, #62821
- Patchouli - 1 fl oz, #62822
- Peppermint - 1 fl oz, #62884
- Peppermint - 4 fl oz, #63007
- Rose - 1 fl oz, #66288
- Rose Geranium - 1 fl oz, #66290
- Rosemary - 1 fl oz, #63008
- Sage - 1 fl oz, #66289
- Sandalwood* - 1 fl oz, #66291
- Tea Tree (Australian) - 1 fl oz, #63009
- Tea Tree (Australian) - 4 fl oz, #63010
- Ylang Ylang - 1 fl oz, #63011

Essential Oils

100% Pure - Sustainably Harvested - Quality Tested
(Gas Chromatography/Mass Spec and Fourier Transform Infrared Spectroscopy)
GMP Certified Facility – Kosher Certified



Essential Oil Blends:

- Bug Shield - 1 fl oz, #66292
- Energy Boost - 1 fl oz, #66293
- Essential Love - 1 fl oz, #66294
- Head Relief - 1 fl oz, #66295
- Sleep Dreams - 1 fl oz, #66296

WILLNER CHEMISTS
The Nutritional Supplement Professionals

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

Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)

63448	ASTRAGALUS REISHI ORG	90	VCA	19.45	17.5	57257	ORTHO B COMPLEX	180	VCA	41.8	37.62	60297	C 500 MG CMP VEG	90	VCA	15.69	12.55	39683	HRPZ	2 Z	SPY	16.2	14.58												
63447	ASTRAGALUS RT 375 ORG	90	VCA	16.95	15.25	51462	ORTHO BIOTIC	60	VCA	64.6	58.14	41433	CAL MAG 250/125 MG	120	TAB	23.49	18.79	21608	KIDNEY LIQUESCENCE	4 Z	LIQ	18	16.2												
63865	CAYENNE PEPPER PWD ORG	4 Z	PWD	14	12.6	66452	ORTHO BIOTIC 100 BILL	30	CAP	63.7	57.33	41628	CAL MAG VCAP	180	VCA	27.29	21.83	21589	LIVER LIQUESCENCE	4 Z	LIQ	18	16.2												
63868	CINNAMON POWDER ORG	4 Z	PWD	15.9	14.31	51978	ORTHO BIOTIC PWD	51G	PWD	31	27.9	41435	CAL MAG VEG 250/125 MG	120	TAB	20.49	16.39	23038	LUNG LIQUESCENCE	4 Z	LIQ	18	16.2												
63449	CINNAMON TRUE 450 ORG	60	VCA	22.95	20.85	54190	ORTHO DIGESTZYME	90	CAP	29.1	26.19	56432	COLD FRONT	60	TAB	22.99	18.39	21757	LYMPH LIQUESCENCE	4 Z	LIQ	18	16.2												
63869	COMFREY ROOT PWD ORG	4 Z	PWD	9.9	8.91	55833	ORTHO DIGESTZYME	180	CAP	50.9	45.81	50018	GLUCOS CHOND JOINT FRM	120	CAP	39.49	31.59	21590	MUCOLYTIC DRAINAGE FRM	4 Z	DRP	18	16.2												
64754	DANDELION RT FLAKES OG	4 Z	FLK	13	11.7	63736	ORTHOMEGA 820 LEMON	180	SGC	77.1	69.39	43037	IPRIFLAVONE CAL MAG	150	TAB	38.09	30.47	23714	MYCOLOGICAL I.S.S.	2 Z	LIQ	16.2	14.58												
63872	ECHIN PURP RT PWD ORG	4 Z	PWD	13	11.7	63741	ORTHOMEGA 820 SGC	60	SGC	35	31.5	42793	MULTI ADULT CHILD FRW	180	CHW	33.99	27.19	64620	MYELIN SHEATH SARCODES	2 Z	LIQ	16.2	14.58												
63450	ECHINACEA TOPS & RT OG	90	VCA	16.45	14.8	50539	ORTHOMEGA FISH OIL 820	120	SGC	54	48.6	44679	ONE PLUS VIT IRON FREE	120	VCA	31.19	24.95	24344	PANCREATIN 8X PLUS	45	TAB	28.2	25.38												
67243	EYE LOVE LUTEN	60	VCA	29.95	26.95	56558	ORTHOMEGA SELECT DHA	60	SGC	41.9	37.71	42795	ONE PLUS VIT MIN VCAP	120	VCAP	31.69	25.35	59230	PINEAL LIQUESCENCE	4 Z	LIQ	18	16.2												
63451	FENUGREEK ROOT 500 ORG	90	VCA	13.95	12.55	51882	OSTEOPREV	120	VCA	52.8	47.52	PLANETARY HERBALS																							
63875	GINGER ROOT PWD ORG	4 Z	PWD	12.7	11.43	51453	PHOS SERINE	90	SGC	82.4	74.16	51353	ANDROGRAPHIS	120	TAB	18.5	14.8	64621	SPINAL SARCODE	2 Z	LIQ	16.2	14.58												
63452	GOLDENSEAL RT 535 ORG	50	VCA	23.45	21.1	51674	PLANT STEROLS	60	CAP	26.6	23.94	51326	ANTLER VELVET 250 MG	60	TAB	50.5	40.4	21599	THYROID LIQUESCENCE	4 Z	DRP	18	16.2												
63453	HAWTHORN FLWR LF BR OG	90	VCA	16.95	15.25	53404	PREGNENOLONE 10 MG	100	TAB	15.1	13.59	58036	BUPLEURUM CALMATIV CMP	60	TAB	10.25	8.2	40274	VIRUS NOSODE	2 Z	SPY	16.2	14.58												
63877	HAWTHORN LF & FLW ORG O	4 Z	PWD	13.9	12.51	65985	PRENATAL COMPLET W/DHA	30	PAK	59.9	53.91	39009	BUPLEURUM LIVER CLEANS	150	TAB	25.5	20.4	PROGENA																	
63454	KELP 600 MG ORG	90	VCA	11.95	10.75	50737	PRO BONO 60 PAKS	60	PAK	103.9	93.51	36249	BUPLEURUM LIVER CLEANS	72	TAB	12.5	10	26845	ALLERGENA SUB ALLERGY	1 Z	LIQ	18	16.2												
63456	MACA ROOT 410 RAW ORG	90	VCA	21.95	19.75	60977	PROBIOTIC 225 STICKS	15	STK	69	62.1	18343	CALM CHILD SYRUP	2 Z	LIQ	15.25	12.2	62801	ALLERGENA SUB ALLERGY	2 Z	LIQ	25	22.5												
66226	MACA ROOT PWD ORG	.25	PWD	17	15.3	51701	PYLORICIL	60	VCA	52.5	47.25	57283	CANDIDA DIGEST	180	TAB	29.5	23.6	34459	COQ10 100 MG HAWTHORN	60	CAP	29	23.2												
67480	MILK THISTLE ORGANIC	180	CAP	44.95	40.45	58888	SACCHAROMYCES BOULARDI	60	VCA	39.5	35.55	50340	CANDIDA DIGEST	90	TAB	15.5	12.4	19250	LIGAMENDON	90	TAB	22	19.8												
63455	MILK THISTLE ORGANIC	90	VCA	29.95	26.95	51147	SINATROL	60	VCA	32.8	29.52	58428	CILANTRO HEAVY METAL	2 Z	LIQ	12.98	10.38	40826	PROMEMORINE	60	CAP	20	18												
63878	MILK THISTLE SEEDS ORG	4 Z	SED	9	8.1	59876	STRONTIUM 300 MG	60	CAP	19.9	17.91	63339	CILANTRO HEAVY METAL	4 Z	LIQ	24.5	19.6	19265	SPASM +	60	TAB	15.5	13.85												
63879	PASSION FLOWER TOP ORG	4 Z	PWD	11.5	10.35	67399	THYROTAIN	120	CAP	37.4	33.66	44609	CINNAMON EXT 200	120	TAB	18.5	14.8	22878	THYRO +	1 Z	LIQ	14.5	13.05												
63457	SAW PALM PYGEUM ORG	90	VCA	23.45	21.1	59603	TRAUMERIC	90	VCA	44.8	40.32	60820	CORDYCEPS 450 FULL SPC	120	TAB	24.98	19.98	45688	THYRO PLUS	120	TAB	27	24.3												
63880	SLIPPERY ELM PWD ORG	4 Z	PWD	17	15.3	66054	UBIQUINOL 100 MG	30	SGC	47.9	43.11	51828	CORDYCEPS POWER CS-4	60	TAB	13.25	10.6	PROGRESSIVE LABS																	
63884	STRESS GUARD VCAP	90	VCA	26.95	24.25	54011	VASCIZYME	180	TAB	56.7	51.03	45571	DGL LICORICE CHW	100	CHW	13.25	10.6	15256	ACIDA ZYME	90	CAP	20.5	16.4												
65966	TURMERIC 450 MG ORG	60	VCA	30.95	27.85	51678	VESSEL MAX	90	VCA	45.9	41.31	54363	ELDERBERRY SYRUP	4 Z	LIQ	17.5	14	15254	ACIDOPH DR HP 2.8 BILL	90	VCA	24	19.2												
63881	TURMERIC ROOT PWD ORG	4 Z	PWD	9.58	8.66	64001	VITACIN	60	CAP	35.9	32.31	57552	GINSENG REVITALIZER	90	TAB	29.5	23.6	15259	ADRENO TROPHIC	250	CAP	41.5	33.2												
63882	VALERIAN ROOT PWD ORG	4 Z	PWD	15	13.5	65500	VITAMIN D3 K2 LIQ	1 Z	LIQ	29.5	26.55	43508	HORSE CHESTNUT CRM	4 Z	CRM	23.5	18.8	15258	ADRENO TROPHIC	100	CAP	21.5	17.2												
ORGANIX SOUTH												44452	HORSE CHESTNUT CRM	2 Z	CRM	12.25	9.8	58225	INFLAMA CARE	60	TAB	32.5	26	15260	ALLER B	90	CAP	20	16						
60096	CLEANS BAR MAX STRENG	4 Z	BAR	7.89	6.31	58225	INFLAMA CARE	60	TAB	32.5	26	58225	INFLAMA CARE	60	TAB	32.5	26	15261	AMINO BLEND 750 CAP	90	CAP	27.5	22												
56224	CONDITIONER THERA NEEM	12Z	LIQ	14.89	11.91	56560	LOQUAT RESPIR KIDS SYR	4 Z	LIQ	10.25	8.2	55815	LOQUAT RESPIRATORY SYR	4 Z	LIQ	10.25	8.2	22769	ATP PLUS W/PEAK ATP	90	CAP	36	28.8												
57703	FACIAL COMPLEXION BAR	4 Z	BAR	8.39	6.71	55815	LOQUAT RESPIRATORY SYR	4 Z	LIQ	10.25	8.2	66866	LOWER BACK SUPPORT LIQ	2 Z	LIQ	14.5	11.6	15263	B12 LINGUAL 1000 MCG	60	TAB	16	12.8												
60467	MOUTHWASH NEEM CINNAM	16Z	LIQ	15.29	12.23	64936	MULLEIN LUNG COMPLEX	180	TAB	29.98	23.98	65319	MULLEIN LUNG COMPLEX	90	TAB	15.75	12.6	20289	B6 100 CAP	100	CAP	13	10.4												
57483	MOUTHWASH THERA NEEM	16Z	LIQ	15.29	12.23	54766	BANABA LEAF	60	VCA	19.99	15.99	42583	MYELIN SHEATH SUPPORT	90	TAB	35.98	28.78	15265	BIFIDO COMPLEX	90	CAP	23.5	18.8												
67058	NEEM CRM ORANGE YLANG	2 Z	CRM	17.59	14.07	65900	BANABA LEAF	180	VCA	49.99	39.99	58045	NECK AND SHOULDERS SUP	60	TAB	13.5	10.8	22060	BRAIN CONCENTRATE	90	CAP	19	15.2												
55953	SHAMPPO THERA NEEM	12Z	LIQ	14.79	11.83	55032	BROMELAIN JOINT DIGEST	60	VCA	34.99	27.99	55817	OLD INDIAN SYRUP KIDS	4 Z	LIQ	10.75	8.6	60600	BRIGHT VISON	90	VCA	72	57.6												
55951	THERA NEEM CRM LF OIL	2 Z	CRM	17.79	14.23	51782	COLEUS FORSKOLI	60	VCA	39.99	31.99	55201	REHMANNIA VITALIZER	150	TAB	28.5	22.8	PLEASE NOTE:																	
56610	THERA NEEM EXTRACT	1 Z	LIQ	15.89	12.71	62914	GARCINIA CAMBOGIA 500	60	VCA	16.99	13.59	60052	SCHISANDRA ADRENAL CMP	120	TAB	21.5	17.2	For a variety of reasons, certain companies ask us																	
55950	THERA NEEM GEL CAP	30	SGC	27.29	21.83	52436	GOJI 12:1 400 MG	60	VCA	24.99	19.99	57463	SINUSFREE	4 Z	LIQ	14.5	11.6	not to include a listing of their products, or our																	
55952	THERA NEEM GEL LF ALDE	8 Z	GEL	13.29	10.63	51069	HODDIA	60	VCA	29.99	23.99	50519	STINGING NETTLE 420 MG	120	TAB	28.5	22.8	discount pricing, in this reference catalog or web																	
56854	THERA NEEM LOTION	8 Z	LIQ	14.69	11.75	58242	JIAOGULAN 12:1	60	VCA	19.99	15.99	39510	STONE FREE 820 MG	90	TAB	14.98	11.98	site. We honor those requests.																	
59231	TPST NEEM MINT	4 Z	TUB	8.69	6.95	60230	MACA UP VANILLA	45Z	PWD	39.99	31.99	66531	STONE FREE LIQUID	8 Z	LIQ	50.5	40.4	If you do not see the products you are interested																	
56609	TPST THERA NEEM CINNAM	4.2	TUB	8.69	6.95	53724	MANGOSTEEN	60	VCA	29.99	23.99	66531	STONE FREE LIQUID	2 Z	LIQ	13.5	10.8	in, that does not mean we do not carry them.																	
ORTHO MOLECULAR PRODUCTS												66532	STONE FREE LIQUID	4 Z	LIQ	25.5	20.4	44445	STRESS FREE TABS	60	TAB	13.5	10.8	Please call our toll free number, 1-800-633-1106.											
54259	4 SIGHT	120	VCA	124.3	111.87	62404	MULTI ONE NO IRON ADD	60	VCA	29.99	23.99	44299	TRI CLEANS CMP INT CLN	10Z	PWD	18.98	15.18	Thank you.																	
54246	4 SIGHT	60	VCA	71	63.9	62407	MULTI ONE W/IRON	60	VCA	29.99	23.99	56584	TRIPHALA CAP	90	CAP	11.5	9.2	22767	C 1000 + BIOFLAV	250	CAP	35	28												
56534	ADAPTEN ALL	120	VCA	52.3	47.07	58240	OMEGASURE FISH OIL	30	VCA	19.99	15.99	58802	TRIPHALA GOLD 1000 MG	120	TAB	23.5	18.8	56418	C BUFF W/BIOFLAVONOIDS	90	VCA	21	16.8												
54144	ADREN ALL	120	CAP	52.3	47.07	58703	ORAC ENERGY GREEN CAP	120	VCA	34.99	27.99	18412	TRIPHALA INTERNAL CLNS	90	TAB	13.5	10.8	15271	CAPRYLATE COMPLEX	100	CAP	22	17.6												
55406	ADRENE VIVE	60	VCA	49.9	44.91	53911	ORAC ENERGY GREENS	18Z	PWD	59.99	47.99	42700	TRIPHALA INTERNAL CLEAN	180	TAB	26.5	21.2	36757	CARDIO FLOW	180	CAP	48	38.4												
51647	ALOE SUPER 450	100	CAP	20.4	18.36	55598	ORAC ENERGY GREENS	364	PWD	99.99	79.99	44298	TRIPHALA INTERNAL CLENS	6 Z	PWD	14.5	11.6	15278	CHROMIUM PICOL + 500	60	CAP	19	15.2												
67237	ALPHA BASE PAK	30	PAK	47.9	43.11	55035	ORAC ENERGY GREENS PAK	15	PAK	29.99	23.99	55735	TRIPHALA LAXATIVE TABS	60	TAB	13.98	11.18	54741	COQ10 400 MG SGC	30	SGC	44	35.2												
55232	ALPHA BASE W/O IRON	240	VCA	49.5	44.55	57270	PROTEIN GREENS ORAC EN	454	PWD	49.99	39.99	66530	TRIPHALA LIQUID	4 Z	LIQ	24.5	19.6	15280	CORYZA FORTE	90	CAP	24.5	19.6												
51922	BALANCE (FEM CARE)	60	VCA	24.7	22.23																														

Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)

PROTOCOL FOR LIFE

67085	5 HTP 100 MG	90	VCA	35	29.75
65278	A BIOTIC ENTERIC	60	SGC	22	18.7
65279	ADRENAL CORTISOL SUPP	90	VCA	30	25.5
67579	ALLER ALL	60	TAB	26	22.1
65265	BIFIDO DIGEST VCAP	60	VCA	30	25.5
67013	BORAGE OIL 240 MG GLA	60	SGC	17	14.45
65913	BRAIN REGAIN	90	VCA	30	25.5
65266	COGUMIN SCLP CURCUMIN	50	VCA	40	34
66637	COQ10 100 LIQ ORANGE	4 Z	LIQ	21.99	18.69
65264	D3 5000 SGC OLIVE BASE	120	SGC	13	11.05
67389	GLUCOSE MANAGEMENT	90	SGC	35	29.75
65669	IMMUNE RENEW	90	VCA	20	17
65268	MCT OIL LIQUID	16Z	LIQ	18	15.3
66171	MELATONIN 10 MG EXTRA	100	VCA	18	15.3
65501	METHYL B12 5000 MCG PFL	60	LOZ	25	21.25
65269	MK 7 K2 160 MCG TAB	60	TAB	36	30.6
65270	MYO INOSITOL POWDER	1LB	PWD	50	42.5
66836	ORTHOFLORA YEAST SUPP	90	VCA	20	17
65271	PLANT PROTEIN COMPLETE	2LB	PWD	35	29.75
67641	PRODOPHILUS RESPI CARE	60	VCA	30	25.5
65275	PRODOPHILUS 50 BILL	50	VCA	50	42.5
65276	PROTOSORB MAGTEIN MAG	90	VCA	38	32.3
65277	SACCHAROMYCES BOULARDI	60	VCA	20	17
65833	SERRAZIMES 33 MG	90	VCA	20	17
65416	UBIQUINOL 100 MG	60	SGC	50	42.5

PURE ENCAPSULATIONS

19168	+CAL + IMPROVED FORMULA	210	CAP	40.3	---
39786	+CAL + IMPROVED FORMULA	350	CAP	64.6	---
39673	5 HTP 100 MG	60	CAP	49.1	---
37512	5 HTP 100 MG	180	CAP	123.9	---
29322	5 HTP 50 MG	60	CAP	34.4	---
29323	5 HTP 50 MG	180	CAP	85.5	---
42960	7 KETO DHEA 100 MG	60	VCA	68.4	---
60980	7 KETO DHEA 25 MG	60	VCA	22.4	---
43121	7 KETO DHEA 25 MG	120	VCA	40.6	---
44038	7 KETO DHEA 50 MG	120	VCA	69.8	---
64535	7 KETO DHEA 50 MG	60	VCA	39.1	---
67092	A + CAROTENOIDS	90	VCA	21.8	---
61693	A 10000 IU	120	SGC	7.5	---
60990	A C FORMULA II	120	VCA	34.1	---
38522	A I ENZYMES	120	CAP	54.4	---
22136	A I FORMULA	120	CAP	51.5	---
42181	ACETYL L CARNITINE 250	60	CAP	33.3	---
36970	ACETYL L CARNITINE 500	60	CAP	59.7	---
66277	ADENOSYL HYDROXY B12	90	CAP	21.1	---
30082	ADR FORMULA	120	CAP	57.5	---
19141	ADRENAL	60	CAP	14.1	---
53096	ANTI FATIGUE COMPLEX	120	VCA	34.6	---
23794	ANTIOXIDANT FORMULA	120	VCA	50.3	---
64624	ARABINOGALACTAN	90	VCA	34.9	---
38888	ARABINOGALACTAN	180	CAP	62.8	---
58259	ARGININE 700 MG	90	VCA	20.7	---
45616	ARGININE 700 MG	180	VCA	36.5	---
19185	ASCORBIC ACID PURE 1000	250	CAP	40.6	---
44492	ASCORBIC ACID PURE 1000	90	VCA	16.6	---
29101	ASCORBIC ACID BUFF C	90	CAP	18.7	---
19188	ASCORBIC ACID BUFF C	250	CAP	47.4	---
22143	ASCORBIC ACID BUFF PWD	227	PWD	28.3	---
37743	ASCORBYL PALMIT 500 MG	180	CAP	36.2	---
31576	ASCORBYL PALMITATE	90	CAP	19.5	---
57213	ASHWAGANDHA 500 MG	120	VCA	36.5	---
50895	ASHWAGANDHA EXT 500 MG	60	VCA	20.2	---
44866	ASTAXANTHIN 4 MG	120	SGC	67.7	---
54687	ASTAXANTHIN 4 MG	60	SGC	38.3	---
58599	ATHLETIC NUTRIENTS	180	VCA	58.2	---
19179	B COMPLEX PLUS	60	CAP	20.1	---
40524	B COMPLEX PLUS	120	CAP	33.7	---
59487	B COMPLEX ULTRA W/PQQ	60	VCA	67.5	---
58266	B12 5000 MCG LIQ	1 Z	LIQ	29.9	---
19180	B12 FOLATE 800/800	60	CAP	16.1	---
53095	B12 LIQUID 1000 MCG	1 Z	LIQ	17.1	---
22142	B6 COMPLEX	60	CAP	20.4	---
59944	BACOPA MONNIERA	180	VCA	39.6	---
51292	BCAA PWD	227	PWD	47.3	---
43951	BCAA VCA	90	VCA	21	---
54012	BCAA VCA	250	VCA	49.9	---
57988	BEST REST FORMULA	120	VCA	46.9	---
52039	BETA SITOSTEROL	90	VCA	14.9	---
43816	BETA SITOSTEROL 68 MG	270	VCA	39.2	---
19154	BETAINE HCL PEPSIN 520	250	CAP	38.5	---
42315	BILBERRY 160 MG	120	VCA	88.5	---
39324	BIOFLAVONEX	120	CAP	55.8	---
62904	BIOTIN 8 MG	60	VCA	10.5	---
52909	BIOTIN 8 MG	120	VCA	18.6	---
39310	BLACK COHOSH	120	CAP	39.1	---
19161	BLACK CURRANT OIL 500	100	CAP	33.4	---
57109	BORAGE OIL 1000 MG SGC	60	SGC	25.6	---
19196	BORDON 2 (GLYCINATE)	60	CAP	9.7	---
40677	BOSWELLIA 300 MG	120	CAP	26.2	---
53210	BOSWELLIA AKBA	120	VCA	42.5	---
41106	BROMELAIN 2400 500	60	CAP	30.4	---
38060	BROMELAIN 2400 500 MG	180	CAP	75	---
51670	CAL D GLUCARATE 500 MG	60	VCA	60.1	---
29386	CAL MAG CITRATE	180	CAP	22.8	---
19197	CAL MAG CITRATE 80/80	90	CAP	12.8	---
61582	CAL MAG MALATE 2:1	180	VCA	26.2	---
52743	CAL MAG PWD W/CO FACT	315	PWD	28.5	---
63209	CALCIUM CITRATE 150 MG	180	CAP	21.6	---
66309	CALCIUM K D	180	VCA	26.8	---
40548	CALCIUM MCHA 250 MG	180	VCA	48.4	---
64092	CALCIUM MCHC W/ MAG	180	VCA	38.1	---
53511	CALCIUM W/D3	180	VCA	23.9	---
59954	CAPRLIC ACID	240	VCA	36.5	---
56158	CAPRYLIC ACID	120	VCA	19.9	---
19190	CARNITINE 340 MG	60	CAP	39.9	---
34513	CARNITINE 340 MG	120	CAP	73.2	---
43872	CARNITINE FUMARATE	120	VCA	66.8	---
44851	CARNOSINE 500 MG	120	VCA	115.2	---
64126	CARNOSINE 500 MG	60	VCA	63.8	---
19178	CAROTENE CAP	90	CAP	27.1	---

43789	CATS CLAW	180	VCA	62.4	---
53878	CHASTE TREE VITEX	60	VCA	12.3	---
41437	CHOLESTEPURE	180	CAP	38.1	---
60898	CHOLESTEPURE PLUS	120	CAP	62.7	---
37224	CHONDROITIN SULF BOVIN	180	CAP	78.4	---
41238	CHROMATE GTF 600	60	CAP	14	---
61322	CHROMENATE GTF 600	180	VCA	34.7	---
40180	CHROMIUM PICOL 200	180	CAP	27.5	---
19198	CHROMIUM PICOL 200	60	CAP	11	---
40448	CHROMIUM PICOL 500 MCG	180	CAP	37	---
44879	CINNAMON WS	120	VCA	41.9	---
52913	CLA 1000 MG	180	SGC	90.6	---
62226	COGNI MAG	120	VCA	62.4	---
50042	COGNITIVE AMINOS PE	EA	VCA	42.9	---
58532	COLLAGEN JS	60	VCA	33.2	---
58555	COLLAGEN JS	120	VCA	60.7	---
40116	COLOSTRUM 40 % IgG	180	CAP	56.9	---
19200	COPPER 2 GLYCINATE	60	CAP	8.9	---
59127	COPPER 2 MG CITRATE	60	VCA	8.9	---
30081	COQ10 120 MG	120	VCAP	96.6	---
38062	COQ10 120 MG	60	CAP	55.2	---
34243	COQ10 250 MG	60	CAP	110.3	---
42819	COQ10 30 MG	120	VCA	33.1	---
38537	COQ10 60 MG	250	CAP	106.6	---
59479	CORTISOL CALM	60	VCA	40.1	---
56090	CRANBERRY D MANNOSE	90	VCA	44.6	---
65825	CRANBERRY D MANNOSE	180	VCA	81.6	---
29562	CRANBERRY NS 500 MG	90	VCA	28.5	---
67361	CRANBERRY NS 500 MG	180	VCA	51.3	---
60713	CURCUMA SORB (MERIVA)	180	VCA	46.5	---
67715	CURCUMASORB MIND	60	VCA	50.9	---
56553	CURCUMIN 500 MG W/BIO	120	VCA	64.3	---
44244	CURCUMIN 97	120	VCA	43.9	---
58914	D MANNOSE POWDER	100	PWD	82.3	---
39061	D MANNOSE PWD	50	PWD	47.1	---
51277	D3 1000 IU	60	VCA	11.6	---
50549	D3 1000 IU	120	VCA	19.8	---
60345	D3 1000 IU	250	VCA	35.9	---
65327	D3 10000 IU	60	VCA	24.4	---
58007	D3 10000 IU	120	VCA	41.1	---
51895	D3 5000 IU	60	VCA	15.4	---
51927	D3 5000 IU	120	VCA	27.7	---
64702	D3 5000 IU	250	VCA	49.5	---
66283	D3 LIQ VEGAN 10 ML	10M	LIQ	31.6	---
53970	D3 LIQUID	22M	LIQ	27.5	---
65188	D3 VESISORB 2000 IU	60	LVC	33.1	---
52135	DAILY STRESS FORMULA	180	VCA	53.4	---
19156	DGL +	60	CAP	20	---
22140	DGL +	180	VCAP	58.3	---
59026	DHA LIQUID VEG	1 Z	LIQ	53.6	---
26445	DHEA 10 MG	60	CAP	11.2	---
30488	DHEA 10 MG	180	CAP	27.5	---
26446	DHEA 25 MG	60	CAP	15	---
29898	DHEA 25 MG	180	CAP	35.7	---
57546	DHEA 5 MG	180	VCA	25.6	---
45340	DHEA 5 MG	60	VCA	10.3	---
66894	DIGEST ENZYM ULT BET	180	VCA	53.6	---
66893	DIGEST ENZYM ULT BET H	90	VCA	28.7	---
55226	DIGESTION GB	180	VCA	48.9	---
53971	DIGESTIVE ENZYMES ULTR	90	VCA	27.2	---
53267	DIGESTIVE ENZYMES ULTR	180	VCA	49.9	---
60991	DIM DETOX	60	VCA	41.5	---
54790	DIM PRO 100	120	VCA	90.4	---
60508	DIM PRO 100	60	VCA	48.6	---
36593	DPLA 500 MG	90	CAP	25.6	---
41442	DPLA 500 MG	180	CAP	45.6	---
19189	E 400 MIXED	90	SGC	26.3	---
42372	E 400 MIXED	180	SGC	48.1	---
28883	E P O 500	250	CAP	51.8	---
22614	E P O 500 P	100	SGC	23.5	---
53091	ELECTROLYTE/ENERGY FRM	340	PWD	22.3	---
55389	EMOTIONAL WELLNESS	60	VCA	69.2	---
67349	EMULSION COQ10 100	150	LIQ	36.6	---
66675	ENERGIZE PLUS PURE PAK	30	PAK	52.1	---
52134	EPA DHA COQ10 LIQUID	200	LIQ	87.3	---
37864	EPA DHA ESSENT 1000 MG	90	SGC	29.4	---
35261	EPA DHA ESSENT 1000 MG	180	SGC	51.2	---
64771	EPA DHA LIQ LEMON FLAV	7 Z	LIQ	39.3	---
64848	EPA DHA VCAP	120	VCA	87.9	---
53071	ESSENTIAL AMINOS	180	VCA	37.9	---
67283	ESTER C FLAVONOIDS	90	VCA	32.4	---
56028	ESTER C FLAVONOIDS	180	VCA	58.9	---
66968	EYEPROTECT BASICS W/O	60	VCA	20.8	---
19163	FLAX BORAGE OIL	120	CAP	22.2	---
29928	FLAX BORAGE OIL	250	CAP	41.9	---
61832	FOLATE 1000 MCG	90	VCA	25.6	---
63406	FOLATE 400 MCG	90	VCA	15.5	---
19181	FOLIC ACID 800 MCG	60	CAP	11.7	---
57140	GABA	60	VCA	15.7	---
65848	GINKGO 50 160 MG	120	CAP	56	---
50388	GINKGO 50 160 MG P	60	VCA	32.1	---
39549	GINSENG PANAX	120	CAP	47.4	---
56347	GLUCOFUNCTION	180	VCA	74	---
41755	GLUCOS CHOND MSM	120	VCA	53.6	---
65873	GLUCOSAMINE HCL 650 MG	180	VCA	74.3	---
37225	GLUCOSAMINE SULF 1000	180	VCA	79.5	---
26638	GLUTAMINE 1000 MG 1 GM	90	CAP	25.1	---
39147	GLUTAMINE 500 MG	90	CAP	17.3	---
36935	GLUTAMINE PWD	227	PWD	43.1	---
64141	GLUTATHIONE LIPOSOMAL	30	SGC	46.7	---
65241	GLUTATHIONE LIPOSOMAL	60	SGC	81.7	---
31059	GLUTATHIONE REDUC 100	120	CAP	42.9	---
60578	GLUTEN DAIRY DIGEST	60	VCA	27.4	---
52902	GLYCINE 500 MG	180	VCA	23.8	---
50989	GRAPEFRUIT SEED EXT	120	VCA	29.2	---
34451	GREEN TEA EXT DECAFF	120	CAP	41.9	---
67284	GYLMAG 2 STICK PEN	30	STK	42.6	---
61255	HAIR SKIN NAILS ULTRA	60	VCA	36.3	---
33780	HAWTHORN EXT	120	CAP	29.7	---



Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements



lung white blood cell stimulant (Osha, Propolis). Phlegm is loosened with Licorice and the lungs are opened with Osha. Thyme is specific for throat infections while Propolis coats and helps create an immune barrier. General immunity is stimulated with Echinacea and Spilanthes. Both of those herbs also increase saliva, which pH corrects the mouth and throat to prevent bacteria penetration. As long as saliva and healthy mucus cover the throat, microorganisms such as Strep and influenza will have a harder time penetrating tissue and moving into the body. Licorice, Aloe Vera and honey help to coat mucosal tissue like the throat as demulcents. Ginger increases blood supply to the respiratory tract to bring in innate immunity and help resolve an infection. Throat Spray may be helpful to athletes, asthmatic and those exposed to high altitudes as Osha will increase oxygen uptake. It is great for high altitude sports. Osha brings blood into the capillaries of the lungs, thus facilitating oxygen uptake via hemoglobin.

Thyroid Complex

A blend of herbs, vitamins and minerals that support thyroid function.

90 VeggieCaps - Product Code: 67455

Who might benefit from using this product?

- Those with Hypothyroidism, Low Thyroid Activity, Sluggish Metabolism, Fatigue and Weight Gain, Slow Digestion.

Ingredients:

Each two Phyto-Tech™ Thyroid Complex VeggieCaps contain the following fresh ground herbs, vitamins and minerals: L-Tyrosine - 400mg, Organic Ashwagandha Root 100 mg, Organic Gotu Kola Herb -100 mg, Organic Bacopa 100 mg, Organic Kelp 50 mg, Wildcrafted Bladderwrack 50 mg, Piperine 1 mg, Iodine (as Potassium Iodide) 200 mcg (133% RDA), Copper (as Copper Gluconate) 1 mg (50% RDA), Zinc (as Zinc Citrate) 10 mg (66% RDA), Vitamin B5

(Calcium d-pantothenate) - 30mg 300% RDA). The vegetarian capsule contains Modified Vegetable Cellulose Properties. Traditionally, these herbs and nutrients would be expected to exert the following actions: Thyroid Stimulant, Adaptogen

Indications:

Thyroid Complex is a complex formula that provides nutritional support for the thyroid gland, stimulates hormone production, and restores normal metabolic balance in the body. The thyroid hormones are responsible for the body's use of energy, known as the basal metabolic rate (BMR). They are also critical for cell respiration and the production of ATP energy, and are required for normal growth and development, protein synthesis and energy metabolism. While a blood test can be used to test for low thyroid activity, thyroid tests are commonly normal yet one still has the symptoms of low thyroid. These symptoms include fatigue, running cooler than others (feeling cooler in your body), cold hands and/or feet, sluggish bowels, and slow digestion. The amino acid L-tyrosine is a precursor to the thyroid hormone Thyroxine (T4) and helps stimulate the thyroid gland. Zinc is needed to convert T4 into the active hormone Triiodothyronine (T3) and low levels of zinc have been shown to contribute to hypothyroidism. The Ayurvedic herbs Ashwagandha, Gotu Kola and Bacopa all have stimulating effects on the thyroid and support the body's production of thyroid hormones. Ashwagandha is restorative and rejuvenating for those experiencing burn-out, weakness, and fatigue. It's known as the "Ayurvedic" Ginseng and can give additional Chi or energy and help one adapt to stress. Gotu Kola stimulates the thyroid and physical and mental energy and will help with fatigue, confusion, and general lethargy. Bacopa enhances memory, learning and concentration while reducing anxiety and stress.

The trace mineral Iodine is required for the production of the thyroid hormones that regulate the metabolic energy of the

body and set the basal metabolic rate (BMR). Most of the iodine in the body is concentrated in the thyroid. Iodine must be obtained regularly from the diet, as the body does not store the mineral and eliminates it quickly. Potassium iodide is a source of iodine that can be easily taken up by the thyroid gland.

Kelp and Bladderwrack are forms of algae that are rich in iodine and other important vitamins and minerals including calcium, magnesium, potassium, niacin, riboflavin, and choline. They also contains algin, a polysaccharide which has been used to help pull out intestinal toxins and heavy metals.

Vitamin B5 (pantothenic acid) is involved in metabolism and is essential for the body to utilize carbohydrates, proteins, and fats as energy sources. It is also required to synthesize cholesterol in the body, which is necessary to produce key hormones.

Piperine, an extract derived from black pepper, is used to enhance bioavailability of the nutrients in this formula through increased absorption.

Contra-indications and Cautions: Hyperthyroid, Pregnancy, Nursing

Complementary Formulas & Single Herbs:

- B-Complex Vitamins (nutritional support)
- Vitamin D3 (deficiency is linked to lower levels of T4)

Dosage:

Take 2 caps once a day, or as directed.

These statements have not been evaluated by the FDA. This product is not intended to diagnose, cure, treat or prevent any disease. Consult your health care professional for guidance.

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Important Notice: The information given here is designed to help you make informed decisions about your health, and the proper use of dietary supplements. It is not intended as a substitute for medical advice, nor a substitute for any treatment that may have been prescribed by your doctor. If you have a medical problem, you should seek medical help. Products described herein are not intended to diagnose, treat, cure or mitigate disease.

Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)

65014	PURELEAN PROT BLEN VAN	680	PWD	52.6	---	56448	WOMENS NUTRIENTS	180	VCA	55.6	---	67298	SPIRULINA PWD PURE	4Z	PWD	13.21	11.89				
62028	PURELEAN PURE PACK	30	PAK	71.8	---	61254	WOMENS PURE PAK	30	PAK	63.9	---	55314	TART CHERRY	16Z	LIQ	35.02	31.52				
58057	PCYNOGENOL 100 MG	60	VCA	119.4	---	58212	ZINC 15 MG LIQ	4Z	LIQ	33.6	---	PUREMEDY									
51713	PCYNOGENOL 100 MG	30	VCA	65.3	---	19207	ZINC 15 PICOLINATE	60	CAP	9.9	---	63827	ACNE FREE SALVE	1Z	SLV	14.95	13.45				
33532	PCYNOGENOL 50 MG	120	CAP	124.7	---	33258	ZINC 30 PICOLINATE	180	CAP	31.1	---	63832	BABY SKIN SALVE VEGAN	1Z	SLV	13.95	12.55				
28337	PCYNOGENOL 50 MG	60	CAP	65.1	---	19208	ZINC 30 PICOLINATE	60	CAP	12.3	---	65660	BLACK SALVE EXTRA DRAW	1Z	SLV	24.95	22.45				
52133	Q GEL 100 SGC	60	SGC	106.2	---	44738	ZINC CITRATE 30 MG	60	VCA	9	---	67497	BOO BOO GOO SALVE	1Z	SLV	13.95	12.55				
23827	QUERCETIN	120	CAP	36.7	---	44737	ZINC CITRATE 30 MG	180	VCA	21.6	---	63828	COLD SORE FREE SALVE	1Z	SLV	15.95	14.35				
19150	QUERCETIN 250	60	CAP	21	---	PURE ESSENCE LABS						63829	ECZEMA & PSORIASIS FR	1Z	SLV	15.95	14.35				
52407	R LIPOIC ACID 100 MG	120	VCA	78.8	---	66827	BRAIN ESSENCE TABS	60	TAB	66.15	52.92	63830	FUNGUS FREE SALVE	1Z	SLV	15.95	14.35				
50282	RELORA	180	VCA	70.5	---	56724	BREAST D	30	CAP	33.59	26.87	63831	HEALING SALVE ORIGINAL	1Z	SLV	14.95	13.45				
40514	RESVERATROL	120	CAP	37.5	---	44936	CANDEX	40	VCA	36.77	29.41	65005	HEMORRHOID RELIEF CRM	1Z	CRM	19.95	17.95				
52700	RESVERATROL EXTRA	60	VCA	39.6	---	42294	CANDEX	120	VCA	76.79	61.43	63833	ROSACEA FREE SALVE	1Z	SLV	24.95	22.45				
52701	RESVERATROL EXTRA	120	VCA	70.8	---	56726	D 2000	30	CAP	9.98	7.98	65003	SHINGLES RELIEF CRM	1Z	CRM	24.95	22.45				
42467	RHODIOLA ROSEA 100 MG	180	CAP	30.9	---	44162	ENERGY PLUS	60	TAB	39.98	31.98	65004	SKIN TAG RELIEF CRM	1Z	CRM	23.95	21.55				
60518	RHODIOLA ROSEA 100 MG	90	VCA	17.1	---	50739	ENERGY PLUS	120	TAB	66.14	52.91	63834	WART RELIEF SALVE	1Z	SLV	19.95	17.95				
38333	RIBOSE PWD	250	PWD	92.5	---	55313	IONIC FIZZ CAL PLUS	15Z	PWD	53.83	43.06	QUALITY OF LIFE									
37739	SACCHAROMYCES BOULARDI	60	CAP	48.3	---	60266	IONIC FIZZ MAG + BERRY	12	PWD	49.59	39.67	50983	AHCC 250 KINOKO SILV	60	CAP	44.95	35.96				
64135	SAM E 200 MG	60	VCA	61.3	---	60267	IONIC FIZZ MAG + ORAN	12	PWD	47.68	38.14	44012	AHCC 500 GOLD KINOKO	60	CAP	75	60				
25459	SAW PALMETTO PLUS SGC	120	SGC	64.7	---	55052	IONIC FIZZ MAG PLUS PK	30	PAK	46.14	36.91	58252	AHCC 750 PLATIN KINOKO	60	VCA	85	68				
19206	SELENIUM 200 SELENOMET	60	CAP	11.3	---	44345	IONIC FIZZ MAG PWD	6Z	PWD	32.29	25.83	63746	AHCC KINOKO TO GO STK	7	PAK	12.95	10.36				
37208	SELENIUM 200 SELENOMET	180	CAP	29.1	---	42952	LIFE ESSENCE	120	TAB	49.58	39.66	60099	AHCC RX 300 MG VEG SGC	60	SGC	49.95	39.96				
57347	SELENIUM CITRATE 200	60	VCA	8.6	---	44343	ONE & ONLY	30	TAB	24.6	19.68	53145	COGN1 Q	60	CAP	34.95	27.96				
58878	SELENIUM CITRATE 200	180	VCA	21.1	---	52621	ONE & ONLY MENS FORM	30	TAB	32.29	25.83	57800	COQ10 SR 100 MG	30	VCA	19.99	15.99				
32997	SILYMARIN	120	CAP	33.7	---	58322	ONE & ONLY WOMENS FORM	90	TAB	76.79	61.43	67532	DEODOREX 200 MG	60	VCA	29.95	23.96				
58193	SR COQ10 100 MG W/PQQ	60	VCA	65.6	---	55614	VISION	60	TAB	50.76	40.6	57702	GENIKINOKO GCP 500	60	VCA	135	135				
50551	STRONTIUM CITRATE 227	90	VCA	22.9	---	PURE LIFE LLC						50986	IMMUNO COMPLEX	30	VCA	24.95	19.96				
51649	STRONTIUM CITRATE 227	180	VCA	39.9	---	59783	GABATROL CAP STRES ANX	45	CAP	34.97	31.47	59572	IMMUNOKINOKO AHCC 750	60	VCA	98	78.4				
52840	SYNERGY K	120	VCA	56.6	---	60278	GABATROL CAP STRES ANX	90	CAP	59.95	53.95	61445	METASOL OLIGONOL 100	60	VCA	49	39.92				
54552	SYSTEMIC ENZYME COMP	180	VCA	56.5	---	60040	GABATROL PWD STRES ANX	60G	PWD	34.97	31.47	50985	NEPTUNE KRILL OIL	30	SGC	24.95	19.96				
45156	TAURINE 1000 MG	120	VCA	25.8	---	67657	KANNA BLISS CAP	12	CAP	13.99	12.59	54239	OLIGONOL	30	CAP	29.95	23.96				
19193	TAURINE 500	60	CAP	10.1	---	67658	PRO MIND POWDER	30G	PWD	14.99	13.49	67238	PRESIQUEL QOL	30	VCA	20	16				
42749	THEANINE 200 MG	120	VCA	83.6	---	PURE PLANET						58880	PROSTACELL DUAL ACTION	120	CAP	39.95	31.96				
52136	THYROID SUPPORT COMP	120	VCA	47.4	---	44539	ALOE VERA 40 X CONCEN	4.5	LIQ	29	26.1	61168	SEROTONIN	90	VCA	34.95	27.96				
33663	TOCOTRIENOLS	120	SGC	89.9	---	60666	AMLA C PLUS PWD	4Z	PWD	13.25	11.93	57799	VITA PQQ 20 MG	30	VCA	29.95	23.96				
58507	TRI ALKALI	351	PWD	25.7	---	36333	AMLA C PLUS TAB	200	TAB	18.75	16.88	63219	VITA PQQ ENHANC BIOQ10	30	VCA	24.95	19.96				
58486	TRYPTOPHAN	180	VCA	93	---	67071	AMLA C PLUS TAB	100	TAB	11.68	10.51	QUANTUM									
65751	TYROSINE 500 MG	90	VCA	23.8	---	43415	CHLORELLA 200 MG	300	TAB	24.95	13.46	51648	BUZZ AWAY EXTREME	4Z	SPY	9.99	7.99				
54841	UBIQUINOL QH 100 MG	60	SGC	71.2	---	44099	CHLORELLA PWD	4Z	PWD	20.95	18.86	67061	BUZZ AWAY XTREME DT FR	8Z	SPY	16.99	13.59				
56385	UBIQUINOL QH 200 MG	60	SGC	127.1	---	44432	COCONUT OIL TROPIC	16Z	LIQ	14.5	13.05	55597	CANKER CARE PLUS GEL	.33	GEL	8.99	7.19				
54899	UBIQUINOL QH 50 MG	60	SGC	45.5	---	24676	GREEN KAMUT WHEATGR VC	240	CAP	38.69	34.82	33779	ELDERBERRY C SYRUP	4Z	LIQ	14.99	11.99				
62195	ULTRA KRILL + D	120	CAP	114.6	---	31971	GREEN KAMUT WHEATGRASS	45G	PWD	17.89	16.1	26409	IMMUNE SUPPORT COLD &	2Z	LIQ	14.99	11.99				
44880	ULTRA NUTRIENT	360	VCA	125.1	---	61402	GREENS BEST OF GREENS	5Z	PWD	29.99	23.99	23555	MIGRELIEF	6Z	CAP	30.89	24.71				
30257	ULTRA NUTRIENT	180	VCA	71.9	---	56330	IONIC ELEMENTS LIQ	4Z	LIQ	36	28.8	27566	SUPER LYSINE + LIQ	2Z	LIQ	14.99	11.99				
57471	ULTRAPURE PACK	30	PKT	65.7	---	24408	JUST BARLEY GREEN	80G	PWD	25.99	20.79	26719	SUPER LYSINE + CRM	21G	CRM	18.39	14.71				
65906	URIC ACID FORMULA	120	VCA	35.5	---	34047	JUST BARLEY GREEN JCE	180	VCA	29.29	23.43	18457	SUPER LYSINE + CRM	7G	CRM	8.19	6.55				
63905	VASCULAR RELAX BP	120	VCA	55.6	---	42751	RED MARINE ALGAE PLUS	90	TAB	35.95	32.36	18459	SUPER LYSINE + TAB	180	TAB	19.69	15.75				
54718	VINPOCETINE 20 MG	60	VCA	24	---	67691	SPIRULINA PWD CHOCO MNT	188	PWD	27.98	25.38	18458	SUPER LYSINE + TAB	90	TAB	9.99	7.99				
50284	VINPOCETINE 20 MG	120	VCA	42.4	---	56592	SPIRULINA PWD CHOCO MT	93G	PWD	15.99	14.39	23824	ZINC ECHIN LOZ	48	LOZ	10.59	8.47				
61858	VISION PRO NUTRIENTS	90	VCA	35.8	---																
60344	VISION PRO	180	CAP	81.6	---																
64513	WOMENS NUTRIENTS	360	VCA	102.3	---																

Please Note: The prices in this listing are the normal, day-to-day Willner Chemists discounts. Be sure to check the Sale listings for additional discounts! Visit www.willner.com



Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplement



Turmeric Root 1:1.5

Phyto-Tech™ Turmeric Root 1:1.5 is one of the most potent anti-inflammatory herbs. Turmeric (*Curcuma longa*) contains curcumin, a powerful antioxidant and antiinflammatory agent.

1 fl oz - Product Code: 57016

60 Veggie Caps - Product Code: 60137

60 Liquid Veggie Caps - Product Code: 67451

Who might benefit from this herbal supplement?

- Those who suffer from inflammatory conditions, including joint pain, atherosclerosis, bursitis, osteoarthritis;
- Those who suffer from auto-immune disorders, ranging from rheumatoid arthritis to Crohn's disease;
- Those who suffer from ulcerative colitis, and indigestion;
- Those who suffer from liver disorders.

Phyto-Tech™ Turmeric Root 1:1.5 is one of the most potent anti-inflammatory herbs. Turmeric (*Curcuma longa*) contains curcumin, a powerful antioxidant and antiinflammatory agent. It works by keeping naturally occurring levels of cortisone at higher blood levels, thus producing a systemic anti-inflammatory effect. This can help conditions ranging from all auto-immune disorders (MS, lupus, psoriasis, asthma, arthritis—osteo asnd rheumatoid) to any condition where cortico-steroid drug use is indicated. This includes Crohn's disease, colitis and bursitis.

Ingredients:

Phyto-Tech™ Turmeric Root 1:1.5 Liquid Fluidextract contains Certified Organic Fresh Turmeric Root (*Curcuma longa*), 667 mg per Serving, Alcohol Pure Grain, Water Pure Deionized.

Now available as a regular (powder) vegetarian capsule or a liquid filled vegetarian capsule:

Each fresh ground powdered Tumeric capsule contain 450

mg of Standardized (95% Curcumanoids) Turmeric Root, along with 5 mg of Bioperine for enhanced absorption.

Each liquid filled veggi cap Tumeric capsule contains Organic Turmeric Root, 400 mg, Tumeric Root Extract (95% Curcuminoids, 95 mg), 100 mg, Turmeric Root (CO2 Supercritical Extract, with 40% Turmerones, 20 mg), 50 mg, and Black Pepper Fruit Extract, 5 mg. Other Ingredients: Soy Lecithin, Vegetable Cellulose, Medium Chain Triglycerides, Chlorophyll.

Urinary Kidney Complex

A blend of herbs effective against urinary tract infections - acute and chronic.

1 fl oz - Product Code: 56990

Who might benefit from this herb?

- Those with urinary tract infections, both acute and chronic.

Ingredients:

Phyto-Tech™ Urinary Kidney Complex contains the following: Uva Ursi Leaf, Nettle Leaf, Fresh Dandelion Root, Juniper Berries, Fresh Marshmallow Root, Horsetail Herb, Fresh Ginger Root, Grain Alcohol, Deionized Water
The Uva Ursi is germicidal in the urinary tract. Juniper and Myrrh are also strong antibacterial herbs for the urinary tract. It is important to increase the flow of urine to wash out the urinary tract. This is facilitated by the addition of Dandelion, Nettle. It helps to drink large amounts of water as well. The Marshmallow is a soothing herb to the mucosa of the urinary tract to help decrease pain and discomfort.

Dosage:

General: 20-40 drops, 2-3 times per day or as needed in juice or water.

For acute infection: 60-90 drops every 3-4 hours in juice or water

Uva Ursi Leaf 1:3

A powerful urinary tract antiseptic and diuretic.

1 fl oz - Product Code: 57042

Who might benefit from this herb?

- Those with urinary tract infections.

Phyto-Tech™ Uva Ursi Leaf contains arbutin, which is thought to be responsible for the herbs powerful urinary tract antiseptic properties. It is best used short term,, for acute situations, for up to 2-3 weeks. It is often combined with cranberry juice to acidify the urine. It also exhibits diuretic properties, and helps to flush the urinary tract.

Dosage:

30-60 drops 2-3 times per day or as needed in juice or water. Can increase dose to 4-5 times per day in very acute situations for a few days.

Valerian Root 1:2

Valerian has been used as a sedative and anti-anxiety treatment for more than 2,000 years. Valerian extracts were widely used in the U.S. and Europe, until replaced by prescription sedative drugs.

1 fl oz - Product Code: 56951

1 fl oz - Alcohol Free - Product Code: 56978

90 Veggie Caps - Product Code: 60138

Who might benefit from this herbal supplements?

- Valerian has a long history of use as a sedative and sleep aid. Many consider Valerian to be the strongest western herbal central nervous system sedative. Valerian will quiet a busy mind. It can promote sleep for those who cannot fall asleep and helps those who wake up in the middle of the night. Repeat the doses as needed within a night to facilitate

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Prebiotics Help Relieve Constipation in Children

Inulin, A Natural Plant-Based Dietary Fiber Supplement, Can Help.

Children can become constipated with a change in diet, by consuming too little water, or not getting enough fiber in the diet, among other reasons. Eating more fiber-rich fruits and vegetables, and drinking more fluids can relieve the condition. Unfortunately, this is more easily said than done. Inulin, a natural, lightly sweet "prebiotic" supplement may work when dietary modification alone fails.

In this study, 17 children, age two to five years old, with constipation, took a placebo or a daily low-dose inulin supplement. Doctors collected food diaries, reports of constipation symptoms, and stool consistency and frequency.

After six weeks, while there was no change for placebo, kids who had taken inulin had improved towards normal stool consistency and relief from constipation.

Inulin is a natural plant-based soluble dietary fiber, slightly sweet in taste, and is called a "prebiotic" because it promotes the growth of beneficial bacteria in the gut called "probiotics." Inulin is similar to Fructo-oligosaccharides (FOS).

(Reference: *International Journal of Food Sciences and Nutrition*; December, 2016, Published Online)

Caution: There have been other studies investigating the use of prebiotics of this type in young children. Another study, for example, found that use of FOS might help reduce incidents of diarrhea, flatulence, and vomiting in preschoolers.

(Waligora-Dupriet AJ, Campeotto F, Nicolis I, et al. *Effect of oligofructose supplementation on gut microflora and well-being in young children attending a day care centre. Int J Food Microbiol.* 2006 Sep 20.)

According to Consumerlabs.com, other studies have shown the following: "A randomized, placebo-controlled trial, involving 134 infants less than 6 months old whose parents suffered from allergies, found that those fed a prebiotic combination of FOS/GOS experienced a significant reduction in both allergy symptoms and minor infections that lasted at least through age, (Giacco R, Clemente G, Luongo D, et al. Effects of short-chain fructo-oligosaccharides on glucose and lipid metabolism in mild hypercholesterolaemic individuals. *Clin Nutr.* 2004;23:331-340.2.) The researchers suggested that the favorable effects of prebiotics on intestinal bacteria early in life may produce lasting benefits to the immune system. (Arslanoglu S, Moro GE, Schmitt J, et

al. *Early dietary intervention with a mixture of prebiotic oligosaccharides reduces the incidence of allergic manifestations and infections during the first two years of life. J Nutr.* 2008;138:1091-1095.)"

You will note, however, that the labeling of these products cautions against their use in small children unless under the direction of a health care professional. As with all "fiber" supplements, regardless of age group, caution is suggested in that such substances, especially in large dosages, can cause temporary gas, bloating and related discomfort. Keep container out of the reach of children.



Additional Comments from Don Goldberg

Here is an example of a reasonably priced inulin supplement, in powder form, suitable for children:

NOW Foods Inulin Powder
8 oz. - Product Code: 39252

NOW describes the product, "Inulin Powder, Certified Organic" as follows:

- Pure Powder
- Nourishes Friendly Bacteria*
- Very Low Glycemic Index*

Inulin, a fructooligosaccharide (FOS), is a soluble prebiotic fiber that is resistant to digestion and reaches the large intestine essentially intact.* Intestinal probiotic bacteria consume Inulin and in turn, produce the short-chain fatty acids that nourish the cells lining the colon.* Inulin thus helps to maintain intestinal health and function.* Inulin has a pleasant flavor that adds a mild sweetness to foods and drinks, but has a very low glycemic index and will not negatively impact serum glucose levels.*

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



Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements



sleep. The liquid is significantly faster in action compared to a tablet or capsule, which must be digested before it can be absorbed, so liquids are preferred for fastest action. It will help calm one down when going through difficult emotional and mental times or when in therapy and in turmoil. Taking Valerian during the day can make one feel tired, sedated or a little out of it. Thus, caution is advised. This can sometimes be controlled by my altering the dosage.

Many consider valerian to be the strongest western herbal painkiller as well. It will reduce pain in the musculo-skeletal system (i.e. muscle and joint pain from injury, accidents, work outs, surgeries). Valerian may be enough to control pain after relatively mild surgeries or dental procedures. It is also a smooth muscle relaxer for pain from menstrual cramps, digestive cramps, gall bladder and kidney stones. According to herbalists, Valerian will not remove all pain like a pharmaceutical pain killer but will instead, reduce the percent of pain recognition by 10-50%.

Contrary to popular belief, Valium was not derived from Valerian. They sound alike and are used for similar conditions, but are not related. The generally acknowledged active constituent, especially for purposes of standardization, is valerianic acid.

Ingredients:

Phyto-Tech™ Valerian Root 1:2 contains Fresh Valerian Root, 500 mg/ml.

Also available in vegetarian capsule form. Each Phyto-Tech™ Valerian Veggie Cap contains 500 mg of certified organic Valerian Root.

White Willow Bark 1:2

White Willow is one of the herbs originally associated with aspirin. White Willow (and Meadowsweet) contains salicin, a substance that reduces pain and inflammation. A chemical derivative of salicin, acetylsalicylic acid, is aspirin. Like aspirin, White Willow has a mild "blood thinning" action, which is usually considered beneficial to the heart and circulatory system.

1 fl oz - Product Code: 57044

Who might benefit from this herbal supplement?

- Those who need relief from pain, including headache pain, arthritic or joint pain, etc.

Ingredients:

Phyto-Tech™ White Willow Bark 1:2 contains White Willow Bark, Alcohol, Pure Grain, Water, Pure Deionized

Women's Energy Tonic

A combination of herbs that function as adaptogens, hormone balancers and circulatory stimulants.

1 fl oz - Product Code: 57086

Who might benefit from this herbal supplement?

- Those women that help optimizing hormone balance;
- Those women seeking an increase in energy and vitality;
- Those women who need protection against the negative effect of stress;
- Those women with mood swings, irritability, fatigue, PMS, stress, low libido and mild depression.

Ingredients:

Phyto-Tech™ Women's Energy Tonic contains the following: Dong Quai root, Ashwagandha Root, Damiana Leaf, Gotu Kola Leaf, Fresh Ginkgo Leaf, Chaste Tree Berry, American

Ginseng Root, Grain Alcohol and Pure Deionized Water. Dong Quai and Chaste Tree Berry are popular herbs used for many menstrual irregularities. These herbs help regulate menstrual cycles, treat hot flashes, PMS, mood swings, bloating and infertility.

Ashwagandha and American Ginseng are adaptogenic herbs that increase vigor, energy, vitality and resistance to illness and environmental stresses. Together, these two herbs work synergistically to prevent breakdown under stress and to also rejuvenate and restore vitality.

Damiana has been called the "lover's herb" due to its traditional use as an aphrodisiac. It supports both female and male sexuality by carrying oxygen and increasing circulation to the genital area. It has also been used for strengthening and stimulating the nervous system and boosting mental and physical endurance.

Gotu Kola has been traditionally used as an energizing, cognitive stimulating herb for use in fatigue, cognitive insufficiency and mood disorders.

Phyto-Tech™ Women's Energy Tonic can be used for occasional hormonal disturbances, but is best used as a tonic over an extended period of time (at least 3 months).

Dosage:

40-60 drops in juice or water, 2-3 times per day or as needed

Wormwood

Traditionally used by herbalists as a bitter, to improve digestion, to fight worm or parasite infestations, and as a treatment for liver and gallbladder problems.

1 fl oz - Product Code: 57056

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Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)



42396	JUST ONCE W/IRON	60	TAB	31.99	25.59	67384	CURCUMIN C3 REDUCT CHW	60	CHW	27.99	22.39	55967	OMEGA 600 COAT ENT COT	60	SGC	29.99	26.99
25543	JUST ONCE W/IRON	120	TAB	51.99	41.59	67383	CURCUMIN T4 CHW SPEAR	60	CHW	34.98	27.98	32932	PARAGONE INT CLENSING	60	EA	37.99	34.19
51786	KIDS ONE MULTISTARS	90	CHW	27.99	22.39	64736	CURCUMIN T4 VCAP	60	VCA	34.99	27.99	64954	SKINNY GUT ACACIA FRT	9Z	PWD	19.99	17.99
66958	LIVER SAFEGUARD	50	CAP	38.39	30.71	62966	GOUCH VCAP	60	VCA	29.99	23.99	64953	SKINNY GUT ACACIA ORG	11.	PWD	19.99	17.99
19125	MAGNESIUM CALCIUM +	180	TAB	30.99	24.79	66555	GOUCH VCAP	120	VCA	57.99	46.39	64949	SKINNY GUT VANILLA PWD	380	PWD	34.99	31.49
29508	MENOPAUSE COMPLETE SYS	120	TAB	45.99	36.79	63799	HEART STRONG	60	TAB	29.99	23.99	55402	SMOKERS CLEANSE	KIT	KIT	39.99	35.99
44518	MENOPAUSE ONE MULTI	90	TAB	44.49	35.59	60954	JOINT HEALTH	90	VCA	74.99	59.99	56270	TRIPLE FIBER ORGANIC	150	CAP	18.99	17.09
66127	MENS ENERGY MULTI GUMM	30P	PAK	26.69	21.35	66199	JOINT HEALTH ADV NEM	60	VCA	36.99	29.59	50228	TRIPLE FIBER ORGANIC	12Z	PWD	15.99	14.39
67528	MENS MULTI + ENERG VIT	120	VCA	48.89	39.11	65008	JOINT HEALTH SOFT CHEW	30	CHW	31.99	25.59	58289	ULT FLORA 15 BIL ADULT	30	CAP	22.99	20.69
67525	MENS MULTI + STRESS	120	VCA	51.59	41.27	62967	MUSCLE EASE	60	TAB	17.99	14.39	64197	ULT FLORA 150 BIL MEGA	30	VCA	69.99	62.99
58236	MENS MULTI ORGANIC	120	TAB	39.99	31.99	62973	NERVE SHIELD R	60	TAB	31.99	25.59	65760	ULT FLORA 15B FIZZ BER	10	PAK	12.89	11.6
42395	MENS ONE MULTI	30	TAB	17.99	14.39	62962	SINUS SUPPORT ADULT	100	TAB	34.99	27.99	65759	ULT FLORA 15B RSP LEM	10	PAK	12.89	11.6
40765	MENS ONE MULTI	90	TAB	42.49	33.99	62965	SINUS SUPPORT CHILD	60	CHW	18.99	15.19	56667	ULT FLORA 200 BILL PAK	7	PAK	29.99	26.99
53805	MENS ONE MULTIVITAMIN	150	TAB	54.99	43.99	62974	SINUZYME CAP	40	CAP	24.99	19.99	67443	ULT FLORA 25 BILL IMMU	30	VCA	32.99	29.69
65899	MENTAL CALM	30	TAB	15.99	12.79	62976	THYROID STRONG	60	VCA	34.99	27.99	66037	ULT FLORA 3 BIL GUMMIE	60	GUM	20.49	18.44
52484	MINT ASURE	75	CAP	7.89	6.31	62975	TRUE ENERGY CAP	50	CAP	24.99	19.99	64144	ULT FLORA 30 BIL SN CR	30	VCA	29.99	26.99
52028	NAIL HAIR & SKIN	60	TAB	23.45	18.76							64143	ULT FLORA 30 BILL XTRA	30	VCA	29.99	26.99
51708	NUTRISTART MULTI PWD	25	PAK	22.79	18.23							55077	ULT FLORA 30 BL SENIOR	30	CAP	29.99	26.99
60511	OMEGA BRAIN PERFORMANC	60	FSG	39.49	31.59	53381	14 BY TOTAL BODY CLEAN	KIT	KIT	36.99	33.29	61692	ULT FLORA 30 BL SENIOR	60	VCA	52.99	47.69
65770	PAIN EZE	40	TAB	13.99	11.19	67115	3 DAY CLEANSE	12	VCA	7.99	7.19	64952	ULT FLORA 50 BIL EXT	30	VCA	39.99	35.99
51036	PERFORM ENERGY MEN	90	TAB	34.99	27.99	53380	7 DAY TOT BODY RAP CLE	KIT	KIT	29.99	26.99	67548	ULT FLORA 50 BIL EXT	60	VCA	67.99	61.19
67527	PRENATAL MULTI + ENERG	120	VCA	48.89	39.11	65218	BOWEL CLEANSE CAP	150	CAP	19.99	17.99	66676	ULT FLORA 50B XTRA CR	40	VCA	39.99	35.99
67523	PRENATAL MULTI IMMUNE	120	VCA	59.89	47.91	50227	BOWEL CLEANSE ORGANIC	12.	PWD	19.99	17.99	58297	ULT FLORA 80 BL CR COL	30	CAP	49.99	44.99
39779	PRENATAL ONE MULTI	90	TAB	42.49	33.99	38048	CANDI SMART CANDI GONE	KIT	KIT	37.99	34.19	61703	ULT FLORA 80 BL CR COL	60	VCA	89.99	80.99
53804	PRENATAL ONE MULTI	150	TAB	59.99	47.99	51288	CANDIZYME	45	VCA	29.99	26.99	62887	ULT FLORA 90 BIL WOMEN	30	VCA	49.99	44.99
51028	PRENATAL ONE MULTI	30	TAB	18.99	15.19	36573	CLEANSE MORE	60	CAP	18.99	17.09	66036	ULT FLORA 90B MENS CMP	30	VCA	49.99	44.99
52483	PRENATAL PACK	30	PAK	32.99	26.39	37854	CLEANSE SMART	KIT	KIT	32.99	29.69	58943	ULT FLORA ADV IMMUN	30	CAP	29.99	26.99
59141	PRENATAL PETITE MULTI	180	TAB	41.99	33.59	54895	CLEAR FIBER ORG ACACIA	9.5	PWD	19.99	17.99	62228	ULTIMATE FLORA 100 BIL	30	VCA	59.99	53.99
22875	PRENATAL SYS COMPLETE	180	TAB	41.99	33.59	58600	CLEAR FIBER ORG ACACIA	4.8	PWD	13.99	12.59	60934	ULTIMATE FLORA 15 BILL	60	CAP	39.99	35.99
55705	PROBIOACTIVE 1B VCAP	90	VCA	22.79	18.23	64790	CRIT CARE ENZYM DIG SM	45	CAP	32.99	29.69	61830	ULTIMATE FLORA 50 BILL	60	VCA	67.99	61.19
60554	PROBIOGENIC GUMMIES	50	CHW	21.19	16.95	55133	CRITICAL LIVER CARE	90	VCA	39.99	35.99	51029	ULTIMATE FLORA 50 BILL	30	CAP	39.99	35.99
40681	PROTEIN ENERGIZER	17Z	PWD	23.49	18.79	45160	DAILY MULTI DETOX	120	CAP	36.99	33.29	51696	ULTIMATE FLORA VAGINAL	30	VCA	39.99	35.99
44117	PROTEIN ENERGIZER CHOC	16Z	PWD	23.45	18.76	55969	DAILY OMEGA ENTER COAT	60	SGC	19.99	17.99	61680	WOMENS PROB 15 BIL RTS	30	VCA	21.99	19.79
45136	REJUVENAGE 40+ MULTI	60	TAB	31.99	25.59	61682	DAILY PROB 15 BIL RTS	30	VCA	21.99	19.79	63369	WOMENS PROB 15 BIL RTS	60	VCA	37.99	34.19
66960	SLEEP Z Z ZEN	50	CAP	30.99	24.79	63370	DAILY PROB 15 BIL RTS	60	VCA	37.99	34.19						
66130	TEEN ENERGY MULT GM PK	30P	PAK	26.69	21.35	56025	DHA 500 CRIT ENT COAT	60	SGC	29.99	26.99						
67530	TEEN GIRLS MULTI + SKN	180	TAB	53.29	42.63	56668	DIETSTART CLEANSE	56	CAP	29.99	26.99	59829	BEAUTIFUL LEGS	30	CPL	28.99	28.99
66128	WOMENS ENERGY MULTI GM	30P	PAK	26.69	21.35	50988	DIGEST MORE ULTRA	90	CAP	49.99	44.99	67638	BEAUTY R&R	60	VCA	54.99	54.99
67524	WOMENS MULTI + STRESS	120	VCA	59.89	47.91	52423	DIGEST MORE ULTRA	45	VCA	29.99	26.99	65360	BERGAMOT CHOLESTR SUP	30	VCA	34.99	34.99
67526	WOMENS MULTI BAL ENERG	120	CAP	48.89	39.11	57524	ESSENTIAL DETOX ORG LQ	16Z	LIQ	36.99	33.29	57620	COLLAGEN BOOSTER	60	VCA	41.99	41.99
58237	WOMENS MULTI ORGANIC	120	TAB	39.99	31.99	53473	FIBERSMART	12Z	PWD	29.99	26.99	62818	COLLAGEN BOOSTER ULTRA	90	CAP	52.99	52.99
42367	WOMENS ONE MULTI	30	TAB	19.19	15.35	32790	FIBERSMART	8 Z	PWD	20.99	18.89	66315	COLLAGEN BUILDER PLANT	60	VCA	39.99	39.99
38523	WOMENS ONE MULTI	90	TAB	42.49	33.99	56027	FIBERSMART CAP	200	CAP	27.99	25.19	64938	COLLAGEN HYDRA PROTECT	30	CAP	29.99	29.99
53806	WOMENS ONE MULTI	150	TAB	54.99	43.99	43154	FIBERSMART CAP	120	VCA	17.99	16.19	66633	COLLAGEN REPLENISH CHW	60	CHW	21.95	21.95
67529	YOUNG MENS MULTI SKIN	180	TAB	53.29	42.63	45161	FIRST CLEANSE	60	CAP	27.99	25.19	64962	COLLAGEN REPLENISH PWD	78G	PWD	17.99	17.99
65773	ZEN THERAPY BLISTER	30	TAB	13.69	10.95	53612	GAS STOP	60	CAP	19.99	17.99	65381	GRAPE SEED EXT 325 MG	60	VCA	34.99	34.99
						56925	HEARTBURN STOP	30	CAP	13.99	12.69	59619	KERATIN BOOSTER	60	VCA	41.99	41.99
						38566	INTESTINEW 162GRAMS	5.7	PWD	39.99	35.99	67235	KERATIN HAIR BOOST PWD	2.7	PWD	39.99	35.99
						61691	KIDS PROBIOT 3 BL CHW	30	CHW	16.99	15.29	62287	PHOSPHATIDYLSERINE	60	CAP	41.99	41.99
						67150	KIDS PROBIOTIC 3 BIL CH	60	CHW	29.99	26.99	58516	PROSTATE SCIENCE	60	CAP	32.99	32.99
						62950	LIVER SUPPORT DAILY	60	VCA	29.99	26.99	57554	RESVERATROL 100 MG R	60	CAP	24.89	24.89
						58835	OMEGA 3 1000 SUP CRIT	30	SGC	29.99	26.99	57550	RESVERATROL 250 MG	60	VCA	41.99	41.99

REDD REMEDIES

63796	120/80 CARE	60	VCA	27.99	22.39
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Jarrow
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INTRODUCING A NUTRITIONAL TAKE ON TRADITIONAL DRINK RECIPES:
BEYOND BONE BROTH™, GOLDEN MILK & GOLDEN TEA



COLLAGEN + MINERALS BEYOND BONE BROTH™

Jarrow Formulas' Beyond Bone Broth™ (beef and chicken flavors) is a delicious drink mix that provides a savory blend of nutrients that go beyond the nutritional benefits of traditional broths.* It's the perfect supplement for those seeking to improve the intake of nutrients that support the health of bones, joints and the skin.*

BEYOND BONE BROTH™, BEEF FLAVOR - JRW67103
BEYOND BONE BROTH™, CHICKEN FLAVOR - JRW67102

TURMERIC + SPICES GOLDEN MILK & TEA

Jarrow Formulas' Golden Milk (with grass fed rBST-Free whey protein concentrate) and Golden Tea (vegan formula) are contemporary adaptations of traditional drink recipes that combine turmeric and warming spices. They are a delicious way to introduce the benefits and digestive properties of turmeric root (*Curcuma longa*) into your daily regimen.*

GOLDEN MILK TURMERIC INFUSION - JRW67100
GOLDEN TEA TURMERIC INFUSION - JRW67101

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

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Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements



Yin Chiao Plus

A traditional Chinese Liquid Herbal Formula, traditionally used at the first sign of the common cold or flu. Can also be helpful as a preventive measure after suspected exposure to cold or flu.

1 fl oz - Product Code: 56993

Ingredients:

Phyto-Tech™ Yin Chiao Plus contains the following herbs:
Botanical Names: Isatis indigota Root, Ilex asprella Root, Chrysanthemum morifolium Flower, Forsythia suspensa Fruit, Lonicera japonica Flower, Lophatherum gracile Herb, Pueraria lobata Root, Schizonepeta tenuifolia Herb, Grain Alcohol, Deionized Water.

Pinyin Names: Ban Lan Gen, Gang Mei Gen, Ju Hua, Lian Qiao, Jin Yin Hua, Dan Zhu Ye, Ge Gen, Jing Jie
For those with knowledge of Traditional Chinese Medicine, this formula Disperses Wind Heat, Clears heat, and resolves toxins. Combines Yin Qiao San (Wu Jutang, 1798.) and Gan Mao Ling.

This formula is a traditional Yin Chiao blend, but here it mixes in the herbs from the Gan Mao Ling fame. This is an extremely effective medicine if taken as soon as symptoms appear. Efficacy will lessen by the third day. Four of the herbs are very powerful antivirals: Isatis, Ilex, Lonicera and Forsythia. Other herbs are symptomatic for aching neck, headache, and nasal congestion.

Begin taking a half hour before entering airports, airplanes, terminals, or crowded public facilities.

Yin Chiao Plus is not appropriate once the illness enters the lungs and cough is present.

Adding Echinacea at 1 teaspoon of the liquid extract three times in the day will also help.

Yohimbe Bark 1:3

Yohimbe Bark is a well known treatment form male impotence and is traditionally used as an aphrodisiac.

1 fl oz - Product Code: 57009

Who might benefit from this herbal supplement?

• Those men suffering from impotence and inability to perform.

Yohimbe is for impotence in men. It increases blood flow into the penis and can help sustain an erection. It can help men who cannot get an erection and for those who cannot maintain an erection. Constant use of Yohimbe, however, can create irritability and aggravate the prostate. Try to not use it more than a few days in a row. It is possible to have success if used the day results are desired. If the impotence is not a vascular problem, Yohimbe will not work. If stress is a related issue, add Kava Kava Root.

Ingredients:

Phyto-Tech™ Yohimbe Bark 1:3 is a tincture of Yohimbe Bark (Pausinystalia yohimbe), in pure grain alcohol and deionized water. It provided 333 mg/ml (30 drops).

More potent preparations, typically containing higher, standardized levels of the alkaloid yohimbine, are available, but these products are best used only under the supervision of a physician. High doses of the yohimbine alkaloid can cause potentially dangerous side effects.

Yohimbe bark (not yohimbine alkaloid) has a long history of use for many conditions.

Dosage:

The following dosage for Phyto-Tech™ Yohimbe Bark 1:3 is recommended: For chronic impotence, take 15-30 drops 2-3 times daily, or as needed, in juice or water. For more immediate results, take 20-40 drops, once or twice, only, within a day's time.

Cautions: Use caution if you have high blood pressure; do not use if you have chronic inflammation of reproductive organs or prostate; do not use long term; may potentiate pharmaceutical MAO-inhibitors.

Zincimmune Plus

Zinc - Elderberry - Umckaloabo - Echinacea

Alcohol Free

A blend of immune-enhancing herbal supplements and zinc, specifically chosen for their effectiveness against cold and flu infections.

4 Fluid Ounces - Product Code: 66271

Who would benefit from this supplement?

• Anyone needing a quick boost to their immune system, especially at the first sign of a cold or flu.

Even though cold and flu are different, and caused by a different virus, most people do not know for sure which they have at the early stages. For this reason, the nutrients and herbs in this formulation have been chosen to cover both. Elderberry, for example, is thought to be more effective for the flu and Umckaloabo,, or Pellargonium, is known for its effect against colds. Zinc is essential to proper immune system function and Echinacea is well known for its traditional value.

Ingredients:

Phyto-Tech™ ZincImmune Plus is a pleasant tasting liquid that contains the following, per teaspoon (5 ml): Zinc, 15 mg (as Zinc Glycinate); Elderberry Fruit, Organic, 350 mg; Umckaloabo Root (Pellargonium), 100 mg; Echinacea angustifolia Root, Organic, 50 mg; Stevia Leaf Extract, 0.5 mg. Other ingredients: Vegetable Glycerine, Deionized

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Important Notice: The information given here is designed to help you make informed decisions about your health, and the proper use of dietary supplements. It is not intended as a substitute for medical advice, nor a substitute for any treatment that may have been prescribed by your doctor. If you have a medical problem, you should seek medical help. Products described herein are not intended to diagnose, treat, cure or mitigate disease.



Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)



61074	RESVERATROL 250 W/PTER	60	VCA	46.59	46.59
57555	RESVERATROL 500 MG	60	CAP	78.69	78.69
61075	RESVERATROL 500 W/PTER	60	VCA	82.79	82.79
67236	RESVERATROL CHEW 60 MG	30	CHW	19.99	17.99
58492	RESVERATROL TONIC 125	5Z	LIQ	31.99	31.99
65932	TRES BEAUTY 3 COLL KER	90	CAP	59.99	59.99
59833	TRUE ENERGY COCOAWELL	60	CAP	29.99	29.99
62285	WHEY PROT CHC GRASS FD	12	PWD	29.99	29.99
65387	WHEY PROT UNFLAV GRASS	11	PWD	29.99	29.99
62284	WHEY PROT VAN GRASS FD	12	PWD	29.99	29.99

REVIVA LABS					
40740	BROWN SPOT NIGHT GEL	1.2	GEL	12.99	10.39
56036	CLEANSING MILK ORGANIC	4Z	LIQ	9.49	7.59
58130	COLLAGEN FIBER EYE PAD	3PK	PAD	20.99	16.79
54605	COLLAGEN FIBER EYE PAD	KIT	KIT	38	30.4
27146	COLLAGEN NIGHT CREAM	1.5	CRM	13.99	11.19
58132	COLLAGEN SERUM	1Z	LIQ	24.99	19.99
57505	DMAE FIRMING FLUID	1Z	LIQ	19	15.2
32396	ELASTIN NIGHT CRM	1.5	CRM	12.99	10.39
27147	EYE COMP FIRMING CRM	.75	CRM	12.99	10.39
58133	FAC CLEAN LIGHT BRIGHT	4Z	LIQ	9.49	7.59
42015	FIRMING EYE SERUM	1Z	CRM	19	15.2
54713	GLYCOLIC 10% NIGHT CRM	1.5	CRM	28.99	23.19
21833	GLYCOLIC ACID CRM	1.5	CRM	24.99	19.99
24245	GLYCOLIC CLEANSER	4Z	CRM	11.99	9.59
28860	HONEY ALMOND SCRUB	1.5	CRM	7.99	6.39
44263	HYALURONIC SERUM	1Z	SER	21.99	17.59
24281	INTERCELL DAY CRM	1.5	CRM	13.99	11.19
24282	INTERCELL NIGHT GEL	1Z	GEL	13.99	11.19
45449	K CREAM	1.5	CRM	19	15.2
27196	LIGHT SKIN PEEL 1.5 OZ	1.5	CRM	21.99	17.59
40143	LIPIDIC ACID CRM	2Z	CRM	22.99	18.39
57910	MAKEUP PRIMER	1Z	LIQ	19.59	15.68
24283	SKIN ENERGIZING GEL	2Z	GEL	10.99	8.79
34993	SKIN LIGHT DAY SPF#15	1.5	CRM	12.99	10.39
31314	THROAT EYE CRM R	1.5	CRM	12.99	10.39

RX VITAMINS					
45128	ACID BLOCK (GES 5)	60	CHW	22	17.6
58918	ALGINATE PLUS	120	CAP	30	24
40403	BONE DENSITY	180	CAP	29	23.2
45490	CAL MAG CHW	90	CHW	12	9.6
53892	D3 LIQ 2000 IU	1Z	LIQ	20	16
40263	ENZYME FORM ACTIVATED	90	CAP	31	24.8
40261	IMMUNE SUPPORT ADV	60	CAP	29.95	23.96
40260	LICORICE CHEWABLE	90	CHW	19	15.2
40434	OSULAR FORMULA	90	CAP	31	24.8
40258	POLICOSANOL 10	60	CAP	24	19.2
40259	PROSTATE ADVANCED FORM	90	SGC	38	30.4

SALBA SMART NATURALS					
59288	SALBA GROUND CHIA ORG	9Z	PWD	24.29	19.43
67145	SALBA GROUND CHIA ORG	5.3	PWD	13.69	10.95
60714	SALBA WHLE SD CHIA ORG	16Z	SED	28.29	22.63
67144	SALBA WHOLE CHIA ORG	10.	SED	18.59	14.87

SAVANNAH BEE COMPANY					
65861	BODY BUT ROY JEL SENS	6.7	BUT	24.7	22.23
65029	BODY BUT ROY JEL SENS	1.6	BUT	12.9	11.61
66658	BODY BUT ROY JEL TP HN	6.7	JEL	24.7	22.23
66745	BODY BUT ROY JEL TP HN	1.6	BUT	12.9	11.61
65028	BODY BUTTER ROYAL JEL	1.6	BUT	12.9	11.61
65860	BODY BUTTER ROYAL JEL	6.7	BUT	24.7	22.23
65862	BODY WASH HONEY LEM SP	8Z	LIQ	12	10.8
65431	CONDIT HONEY PROPOLIS S	8Z	LIQ	14	12.6
65430	SHAMPOO HONEY ROY JEL	8Z	LIQ	14	12.6

SCANDINAVIAN FORMULA					
25611	NOZOVENT ANTI SNORE	BX1	BOX	10.95	8.76
44062	SALIVASURE DRY MOUTH	90	LOZ	9.95	7.96
25610	SHARK LIVER OIL 500 MG	120	SGC	39.95	31.96
18476	STRIX BILBERRY EXT 80	60	CAP	19.95	15.96

SCHIFF PRODUCTS					
29644	CAL MAG SUP 1200 W/D	90	SGC	11.39	9.11
11112	CAL MAG W/D SOFTGEL	100	SGC	9.59	7.67
22065	CALCIUM 1200 SUPER W/D	120	SGC	14.19	11.35
30016	KNOCKOUT MELATONIN + VAL	50	TAB	22.89	18.31
60933	MEGA RED OMEGA 3 KRILL	60	SGC	48.59	38.87
55288	MOVE FREE PLUS MSM ADV	120	TAB	38.99	31.19
65930	MOVE FREE ULTRA OMEGA	30	SGC	49.99	39.99

SCIENTIFIC CONSULTIN					
19790	B12 HYDROXYCOBAL 1 MG	60	TAB	19.8	19.8
19760	CAL MAG ASPARTATE	100	CAP	17.5	17.5
43310	FOLIC ACID 10 MG NAT	50	LOZ	30.75	30.75
19767	TANALBIT	60	VCA	23	23
50289	TANALBIT	120	VCA	41.75	41.75

SEABUCK WONDERS					
64199	FACIAL CRM SEA BUCKTH	1Z	CRM	19.99	15.99
60205	OMEGA 7 COMP SEA BUCK	60	SGC	29.97	29.97
60203	SEA BUCKTHORN BERRY OG	1.7	LIQ	34.99	27.99
60204	SEA BUCKTHORN SEED ORG	1Z	LIQ	34.99	27.99

SEAGATE					
62221	ARTICHOKE 400 MG	100	VCA	9.99	7.96
39900	BROCCOLI SPROUTS 250	50	VCA	17.95	14.36
39901	BROCCOLI SPROUTS 250	100	VCA	33.95	27.16
52144	EARACHE REMEDY	.5Z	LIQ	9.75	7.8
29976	GRAPE SD EXT 250 BOGO	30	CAP	17.95	14.36
29977	GRAPE SEED EXT 250 MG	90	CAP	26.5	21.2

62263	LEMON POWDER 100 GM	100	PWD	23.5	18.8
53107	LYCOPENE 15	90	VCA	19.99	15.99
53969	NOPAL CACTUS	180	VCA	17.95	14.36
62264	OLIVE LEAF ACNE REMEDY	1Z	DRP	14.95	11.96
32699	OLIVE LEAF EXT 450 MG	060	VCA	16.5	16.5
32700	OLIVE LEAF EXT 450 BOGO	90	VCA	29.95	29.95
51358	OLIVE LEAF EXT 450 BOGO	250	VCA	76	76
65412	OLIVE LEAF EXTRACT	2Z	LIQ	9.99	7.99
59025	OLIVE LEAF MINT TEA	24	BAG	7.75	6.2
42582	OLIVE LEAF NASAL SPRAY	1Z	SPY	9.95	7.96
42279	OLIVE LF THROAT SPY	1Z	SPY	9.95	7.96
42278	OLIVE LF THROAT SPY RS	1Z	SPY	9.95	7.96
51011	OLIVE OIL EXTRA VIRGIN	100	SGC	18	14.4
58271	OLIVE VAGINAL SPRAY	1Z	SPY	14.95	11.96
44145	OLIVEVIATE SKIN CREAM	1Z	CRM	12.95	10.36
65328	POMEGRANATE 500 MG	100	CAP	19.75	15.8
54966	SEAWEED 500 MG VCAP	100	VCA	11.95	9.56
26999	SHARK CARTILAGE 650 MG	100	CAP	29.49	23.59
51806	STOP RASH	2Z	SPY	9.95	7.96


SEROYAL					
67212	D3 MULSION 400	1Z	LIQ	13.5	12.15
67213	GLUTATHIONE PRECURS	30	VCA	26.8	24.12
67259	HERBOLAX	90	TAB	19.1	17.19
59060	HMF FORTE	60	VCA	36.8	33.12
62139	HMF FORTE	120	VCA	66.7	60.03
62314	HMF INTENSIVE	30	CAP	44.4	39.96
62921	HMF SUPER PWD	4.2	PWD	63.4	57.06
67095	LIV COMPLEX	90	CAP	49.4	44.46
64468	TONIC GEN	.5Z	LIQ	37.3	33.57

SHIKAI					
38524	50 + BORAGE HAND CRM	2Z	CRM	8.49	6.79
55186	BORAGE EYE CREAM	.5Z	CRM	17.99	14.39
63320	BORAGE FACIAL SCRUB S	4.2	CRM	13.99	11.19
61047	BORAGE SKIN THR ADV FF	8Z	LOT	15.99	12.79
55294	FACIAL MOIST BORAGE	2Z	CRM	17.99	14.39
33976	HAND & BODY LOT CUCUM	8Z	LOT	9.99	7.99
33731	HAND & BODY LOT FR VAN	8Z	LOT	9.99	7.99
61045	HAND & BODY LOT STARFR	8Z	LOT	9.99	7.99
33978	HAND & BODY LOT YUZU	8Z	LOT	9.99	7.99
33735	SHOWER GEL MST FR VAN	12Z	GEL	9.59	7.67
33737	SHOWER GEL MST WHT GAR	12Z	GEL	9.59	7.67
42257	SHOWER GEL SANDALWOOD	12Z	LOT	9.59	7.67
38525	SKIN LOT BORAGE ADULT	8Z	LOT	14.49	11.59

SIBU BEAUTY					
66473	BODY CRM SEA BUCKTHORN	6Z	CRM	20.09	16.07
66470	EYE CRM SEA BUCKTHORN	.5Z	CRM	29.99	23.99
67136	FACE & BODY CLEANS BAR	3.5	BAR	7.99	6.39
67137	FACE & BODY SCRUB EXFL	3.3	CRM	24.99	19.99
66472	FACE CLEANS SEA BUCKTH	4Z	LIQ	19.99	15.99

SIMILASAN					
36130	ALLERGY EYE #2 VIALS	20	VIL	14.95	11.96
22112	ALLERGY EYE RELIEF #2	10M	LIQ	14.65	11.72
56514	ANXIETY RELIEF	15G	LIQ	13.89	11.11
58025	COLD & MUCUS RELIEF	4Z	LIQ	10.39	8.31
37844	COMPUTER EYE FATIGUE#3	10M	LIQ	14.65	11.72
38478	EAR DROPS	10M	DRP	13.89	11.11
42830	EAR WAX RELIEF	10M	LIQ	13.89	11.11
44465	IRRITATED EYE RELIEF	10M	LIQ	14.65	11.72
59138	NASAL ALLERGY RELIEF	.68	SPY	9.99	7.99
22111	RED DRY EYE #1 DROPS	10M	LIQ	14.65	11.72
23800	SINUS RELIEF NASAL SPR	.68	LIQ	9.99	7.99
67559	SLEEP & DREAM TABS	60	TAB	10.99	8.79
53645	STYE EYE RELIEF	10M	LIQ	14.65	11.72

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† Randomized, double-blind, placebo-controlled studies with daily intake of 2.5 grams Verisol® collagen in healthy women 35-55 years (measured skin elasticity at 4 and 8 weeks and observed a 7% increase) and in healthy women 45-65 years (measured eye wrinkle volume at 4 and 8 weeks and observed a 7% and 20% reduction, respectively, and measured collagen enhancement at 8 weeks and observed a 60% increase). Study results compared Verisol® Collagen to placebo. Individual results may vary.




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* Based on SPINScan Natural, 52 weeks ending 11/27/16.

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



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Product Reference Guide: Willner Chemists Phyto-Tech™ Herbal Supplements



Water, Organic Elderberry and Blackberry Juice Concentrates, Citric Acid.

Indications:

Both colds and flu (influenza) are viral diseases. Colds are more of a respiratory infection while the flu is more of a systemic condition, characterized predominately by fever, malaise and muscle aches. Conventional medicine does not really offer an effective cure or preventive treatment for colds and flu. There is a vaccine, but it's effectiveness has been limited. These viruses are around us most of the time, and we are most susceptible in the winter. Interestingly enough, not everyone succumbs. Why is that? Speculation centers on the strength of an individual's immune system. Some of us seem better able to withstand the virus than others. One logical approach to prevention, therefore, relies on strengthening our immune system, both to avoid catching the cold or flu, and to shorten the duration and reduce the severity if we do catch it. This is where immune-enhancing herbs, vitamins and minerals come into play. ZinImmune Plus is one supplement designed to satisfy that need.

Description:

The synergistic blend of immune-enhancing herbs and minerals in ZinImmune targets those immune functions related to colds and flu, as follows:

Details and References:

Zinc: Zinc has numerous important, essential roles in the body. One of those is to support immune function. It has been shown to exert antiviral activity against certain virus (e.g. rhinovirus and herpes simplex virus.) Studies have shown that "a substantial proportion of the population is failing to meet the recommended daily allowance for zinc."

"Zinc plays a role in host defenses against infections. Suboptimal zinc status appears to be common among people consuming a typical Western diet, and may increase susceptibility to infections. In a double-blind trial,

supplementation with 45 mg/day of zinc for 12 months decreased the incidence of infections in healthy middle-aged and elderly people." (Gaby, Alan R., MD. *Nutritional Medicine*. Alan R. Gaby, M.D., 01/2011).

One of the more popular uses of zinc for colds is in lozenge form, leading to the speculation that it's effectiveness is due to a direct action of zinc ions on the virus. Not all studies have supported this idea. Taking zinc orally may be equally effective. As already mentioned above, the immune system does not function optimally if you do not have enough zinc in the body. "A 1-year, double-blind study of 50 nursing home residents found that zinc supplements as compared to placebo reduced rates of infection.159 In addition, more than ten other studies performed in developing countries have found that zinc supplements at nutritional doses can increase resistance to respiratory and other infection in children, and that they might reduce symptom severity." (Consumerlab.com) And in another study, "zinc supplements (not lozenges) may play a role in reducing the risk of coming down with a cold in the first place. In a review of 2 randomized trials, which included 394 healthy children, researchers found that the groups who took zinc had fewer colds, school absences, and prescriptions for antibiotics." Echinacea: Echinacea has a long history of use as a cold and flu remedy. In America, conventional drugs replaced it, but in Europe, it remains continues to be a popular remedy. Most research supports its ability to reduce the symptoms and duration of colds. It's role in prevention is not as well documented.

Elderberry: The initial interest in Elderberry resulted from research on a proprietary preparation (Sambucol) that contains extracts of black elderberries (*Sambucus nigra* L.) and raspberries (*Rubus idaeus* L.). This preparation has been shown to inhibit the replication of influenza virus types A and B in vitro. In addition, an extract of *Sambucus nigra* L. decreased the infectivity of human influenza virus H1N1 in

vitro. The activity of this extract against the H1N1 virus was attributed to 2 flavonoids which were shown to bind to H1N1 virions and block the ability of the virus to infect host cells. In clinical trials, treatment with Sambucol decreased the duration of illness in patients with influenza. (Gaby, Alan R., MD. *Nutritional Medicine*. Alan R. Gaby, M.D., 01/2011). As a result, extracts of elderberry have become a common herbal supplement for those with flu symptoms. It is thought to stimulate the immune system and to inhibit viral growth.

Unckaloabo (Pelargonium sidoides): Pelargonium is a plant in the geranium family, native to South Africa, where it has a long history of use in treating respiratory problems. A number of studies have shown this herb to be effective in treating acute bronchitis, strep throat and the common cold. The study, (Lizogub VG, Riley DS, Heger M. *Efficacy of a Pelargonium sidoides preparation in patients with the common cold: a randomized, double blind, placebo-controlled clinical trial. Explore (NY). 2007;3:573-584.*), on 133 adults who had just come down with a cold, found that the use of a standardized pelargonium extract, three times daily, significantly reduced the severity and duration of symptoms as compared to placebo.

Dosage:

One teaspoonful (5 ml), two to four times daily or as directed by a physician. Do not take for more than three consecutive days. Longer use should be accompanied by additional copper supplementation (1-2 mg per day).

Keep out of the reach of children. Shake well before using. Do not use when pregnant unless approved by doctor. This product is kosher and gluten-free.

Important Notice: The information given here is designed to help you make informed decisions about your health, and the proper use of dietary supplements. It is not intended as a substitute for medical advice, nor a substitute for any treatment that may have been prescribed by your doctor. If you have a medical problem, you should seek medical help. Products described herein are not intended to diagnose, treat, cure or mitigate disease.

Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)

65723	ASTAXANTHIN 1 MG	60	VCA	13.79	11.03	20390	C BIO SUPER T/R BUFF	250	CAP	30.69	24.55	28207	GINGER ROOT	100	CAP	10.49	8.39	24338	MULTI MIN MEGA	200	CAP	21.29	17.03
32653	ASTRAGALUS EXT	30	CAP	11.39	9.11	25160	C BIO SUPER T/R BUFF	100	CAP	15.89	12.71	33234	GINGER ROOT EXT 250 MG	60	CAP	11.99	9.59	52991	MULTI MINERAL NO IRON	200	CAP	21.29	17.03
28204	ASTRAGALUS ROOT 400 MG	100	CAP	10.89	8.71	21582	CAL ASPOROTATE CAP	100	CAP	16.29	13.03	31857	GINGER TRIPS CHW	60	CHW	11.19	8.95	65739	MULTIDOP 12 D MAN CRAN	90	VCA	39.09	31.27
23546	B 100 COMPLEX CAP	100	CAP	25.09	20.07	20752	CAL CITRATE SUP 132 MG	180	CAP	20.69	16.55	32403	GINKGO BILOBA 120 MG	30	CAP	23.39	18.71	20729	MULTIMIN ASPOROTATES	120	CAP	19.89	15.91
22337	B 50 COMPLEX CAP	250	CAP	32.99	26.39	40059	CAL CITRATE W/D 250	180	CAP	18.59	14.87	20813	GINKGO BILOBA EXT 60	60	CAP	19.99	15.99	25729	NETTLE LEAVES 450 MG	100	CAP	10.39	8.31
34061	B COMPLEX 50	100	CAP	15.39	12.31	20753	CAL HYDROXYAPAT 1000	120	CAP	25.69	20.55	29198	GINKGO BILOBA EXT 60	120	CAP	38.99	31.19	51718	NETTLE ROOT 300 MG	60	CAP	18.29	14.63
28662	B COMPLEX 75	100	CAP	20.49	16.39	31615	CAL MAG ASPOROTATES	240	CAP	29.99	23.99	25153	GLUTAMINE 500 FREE FM	100	VCA	18.29	14.63	33038	NIACINAMIDE 500	100	CAP	8.69	6.95
34654	B STRESS A.M.TWO STAGE	120	CAP	20.99	16.79	23543	CAL MAG CAP	180	CAP	17.89	14.31	29926	GRAPENDOL 50 MG	60	CAP	19.99	15.99	32418	NONI FRUIT	100	CAP	29.49	23.59
22336	B STRESS MEGA T/R	240	VCA	41.19	32.95	22198	CAL MAG CITRATE CAP	180	CAP	22.69	18.15	35782	GREEN TEA EXT DE CAFF	30	CAP	15.89	12.71	35951	OLIVE LEAF 1000 MG	30	CAP	44.49	35.59
52230	B STRESS PM	120	CAP	20.99	16.79	31616	CAL MAG CITRATE W/D	90	CAP	12.09	9.67	43518	GUGGUL & RED YEAST RIC	60	CAP	16.29	13.03	34256	OLIVE LEAF 250 MG	60	CAP	23.79	19.03
19327	B12 2000 SUBL LOZ	90	LOZ	13.99	11.19	36481	CAL MAG CITRATE W/D	180	VCA	21.59	17.27	52177	GUGGUL EXT 450 MG	60	CAP	25.19	20.15	32631	OLIVE LEAF 300 MG OLEA	100	CAP	16.29	13.03
40817	B12 5000 MCG	30	LOZ	14.19	11.35	60654	CAL MAG CT 2:1 D3 1000	180	CAP	21.79	17.43	30344	GYMNEMA LF EXT 385 MG	60	CAP	24.59	19.67	29850	OLIVE LEAF EXT 250 MG	30	CAP	12.89	10.31
22488	B12 W/FOLIC 1000/400 LZ	90	LOZ	12.79	10.23	23193	CAL MAG ZINC CAP	250	CAP	25.69	20.55	28322	HAWTHORN BERRIES	100	CAP	9.39	7.51	38877	ONCE DAILY IRON FREE	60	CAP	18.89	15.11
52226	B6 100 MG TIME RELEASE	60	VCA	8.39	6.71	27560	CAL MAG ZINC CAP	100	CAP	12.39	9.91	18674	HAWTHORN SPEC FORM CAP	90	CAP	24.89	19.91	57777	ONCE DAILY IRON FREE	60	CAP	21.29	17.03
22169	BAYBERRY 475 BRK OF RT	100	CAP	13.59	10.87	31613	CALCIUM CITRATE 250 MG	240	CAP	22.09	17.67	22892	HCL & PEPSIN CAP	180	CAP	20.79	16.63	31622	OPTI ZINC 30 MG	60	CAP	7.99	6.39
38448	BILBERRY & LUTEIN	30	CAP	32.69	26.15	20790	CALCIUM CITRATE 250 MG	120	CAP	12.99	10.39	28086	HCL W/PEPSIN 650 CAP	250	CAP	34.09	27.27	29841	OREGON GRAPE ROOT	100	CAP	14.99	11.99
28938	BILBERRY 160 MG 1 DAY	30	CAP	31.59	25.27	20811	CAPRYL CAP	100	CAP	13.29	10.63	20828	HEART BLEND SP8	100	CAP	11.99	9.59	58767	PANCREATIN 1300 MG	90	CAP	11.79	9.43
18658	BILBERRY EXT 42 CAP	60	CAP	16.49	13.19	34638	CAROTENE 10000 FOOD	200	SGC	23.39	18.71	66987	HIBISCUS FLOWER 250 MG	60	VCA	12.89	10.31	50390	PANTOTHENIC ACID 250	100	CAP	9.39	7.51
25458	BILBERRY EXT 60 MG	60	CAP	19.49	15.59	31611	CAROTENE FOOD 25000	100	SGC	26.09	20.87	20853	HISTAMINE BLEND SP33	100	CAP	11.39	9.11	34540	PANTOTHENIC ACID 500	250	CAP	30.69	24.55
44937	BILBERRY EXT 60 MG	120	VCA	34.39	27.51	45121	CATUABA BARK	100	CAP	14.99	11.99	32397	HORSE CHESTNUT EXT 400	60	CAP	15.09	12.07	27710	PASSION FLOWER	100	CAP	9.49	7.59
29197	BILBERRY EXTRACT 42 MG	120	CAP	29.79	23.83	25723	CAVENE COOL 100 000	90	CAP	14.49	11.59	32411	HORSENAIL SHAVEGRASS	100	CAP	10.09	8.07	53614	PASSION FLOWER EXT	60	VCA	14.69	11.75
31848	BIO E W/SELENIUM	60	PRL	17.09	13.67	21800	CAVENE COOL 40 000	90	CAP	10.29	8.23	35301	HUP A (HUPEZINE A)	60	CAP	25.09	20.07	28209	PAU D'ARCO INNER BARK	100	CAP	9.59	7.67
34859	BIO ZINC	100	CAP	8.59	6.87	18668	CENTILA ASIATICA MADAGA	60	CAP	13.39	10.71	32709	INDOLE 3 CARBINOL 25	30	CAP	14.89	11.91	27012	PHYTOESTROGEN	120	CAP	25.49	20.39
67082	BIOTIN 1000 MCG ORANGE	100	LOZ	10.79	8.63	20858	CHARCOAL ACTIVATED 280	90	CAP	11.99	9.59	43231	INDOLE 3 SUPREME 200	30	VCA	40.49	32.39	39935	POMEGRANATE 200 MG	60	CAP	20.39	16.31
59204	BIOTIN 5000 MCG TANGY	60	LOZ	17.39	13.91	26301	CHROMIACIN 100 MG	100	CAP	16.29	13.03	42933	INDOSITOL	27	PWD	17.49	13.99	20797	POT ASPOROTATE CAP	200	CAP	16.89	13.51
36770	BITTER MELON EXT 500	30	CAP	17.69	14.15	20400	CHROMIACIN NO FLUSH	50	CAP	9.49	7.59	20793	IRON ASPOROTATE 18 MG	100	TAB	7.79	6.23	44970	POTASSIUM 99 MG	100	CAP	8.09	6.47
32500	BITTER ORANGE EXT 120	100	CAP	13.99	11.19	63739	CHROMIUM PICOL 200 MCG	200	TAB	16.09	12.87	20824	KIDNEY CORNSILT SP6	100	CAP	10.39	8.31	51722	PRICKLY PEAR 500 MG	100	VCA	13.99	11.19
22680	BLACK COHOSH 540 CAP	100	CAP	11.29	9.03	33105	CIRCULEGS	60	CAP	20.19	16.15	51168	KUDZU ROOT EXT	60	CAP	18.99	15.19	67536	PROBIOTIC THROAT DEFENS	30	CHW	27.99	22.39
31782	BLACK COHOSH ROOT	120	CAP	18.99	15.19	42826	CIRCULEGS	120	CAP	37.59	30.07	50934	LITHIUM ASPARTATE 5 MG	100	CAP	12.69	10.15	52438	PUMPKIN SEED OIL	90	SGC	15.99	12.79
20854	BONE & TISSUE SP34 CP	100	CAP	11.59	9.27	67232	COCONUT CHARCOAL ACTIV	756	PWD	21.99	17.59	34432	LIVER BLEND SP 13	100	CAP	9.99	7.99	18665	PYGEUM AFRICAN EXT 50	60	CAP	24.79	19.83
28656	BOSWELLIA EXT 325 MG	60	CAP	21.69	17.35	35916	CONTINENCE W/FLOWTROL	60	CAP	32.29	25.83	31350	LUTEIN EYES 18 MG	60	CAP	35.69	28.55	53188	PYGEUM EXT ONE DAY	30	CAP	26.79	21.43
40049	BROMELAIN 500 MG	60	CAP	24.89	19.91	29537	CORDYCEPS 520 MG	100	CAP	23.99	19.19	66841	LUTEIN EYES 24 MG ADV	60	VCA	60.39	48.31	25443	PYGEUM SAW PALM W/CRAN	90	CAP	28.59	22.87
20843	BRONCHIAL BLEND SP22	100	CAP	12.79	10.23	20817	CRANACTIN CAP	60	CAP	16.79	13.43	33963	LUTEIN EYES 6 MG	60	CAP	16.79	13.43	21764	PYGEUMSAW PALM CAP	120	CAP	40.49	32.39
18659	BUTCHERS BRM EXT 100 C	60	CAP	11.59	9.27	25471	CRANACTIN CAP	120	CAP	30.49	24.39	36482	LUTEIN EYES ADV 24 MG	30	CAP	31.69	25.35	20404	PYGEUMSAW PALMETTO CP	60	CAP	20.79	16.63
45313	BUTTERBUR EXT 50 MG	60	VCA	25.69	20.55	32323	CRANACTIN CAP	180	CAP	41.79	33.43	25792	LYSINE 500 FREE FORM	120	CAP	12.59	10.07	26424	QBC PLEX	120	CAP	34.59	27.67
60937	C 1000 W/RH/AC T/R	100	VCA	15.59	12.47	63494	CRANACTIN SUPER	120	CAP	42.99	34.39	60445	MAG ASPOROTATE	180	CAP	21.29	17.03	37578	QUERCETIN 500 MG	90	CAP	25.19	20.15
23172	C 1000 W/RH/AC T/R	250	VCA	34.89	27.91	29849	CRANACTIN SUPER	60	CAP	22.99	18.39	20794	MAG ASPOROTATE 400 MG	60	CAP	8.59	6.87	61542	RED MARINE ALGAE 375	100	CAP	17.89	14.31
22339	C 1000 W/RH/ACEROLA CP	250	CAP	34.79	27.83	53880	D MANNOSE W/CRANACTIN	60	VCA	30.19	24.15	20795	MAG ASPOROTATE 400 MG	120	CAP	15.49	12.39	43809	RED YEAST RICE + COQ10	60	CAP	32.69	26.15
37283	C 500 BIO PLEX BUFF	250	CAP	23.89	19.11	62619	D MANNOSE W/CRANACTIN	120	VCA	58.09	46.47	40478	MAG BIOTINATE 133 MG	90	VCA	12.49	9.99	34173	RED YEAST RICE 600 MG	45	CAP	16.69	13.35
22868	C 500 SUPER BIO PLEX	250	CAP	22.69	18.15	20845	DETOX BLEND SP25 CAP	100	CAP	12.19	9.												



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Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)

37670	SELENIUM 200 MCG	100	CAP	13.99	11.19	13564	BREWERS YEAST PWD	14Z	PWD	16.4	13.12	13284	E 400 ALPHA SGC	250	SGC	37.5	30	13368	MAG CITRATE 200 MG TAB	120	TAB	17.6	14.08
30411	SELENIUM 200 MCG Y/F	90	CAP	12.29	9.83	13565	BREWERS YEAST TAB	250	TAB	17.6	14.08	13282	E 400 ALPHA SGC	100	SGC	17.7	14.16	13367	MAG CITRATE 200 MG TAB	60	TAB	9.8	7.84
36947	SELENIUM 50 MCG	100	CAP	7.99	6.39	13469	BROMELAIN 500 TAB	60	TAB	19.9	15.92	13262	E 400 DRY CAP	100	CAP	28.6	22.88	13365	MAG W/B-6 TAB	100	TAB	9.9	7.92
59296	SERRAPEPTASE 10 MG	90	CAP	20.99	16.79	19354	C 1000 TAB	90	TAB	13.2	10.56	13286	E 400 MIXED SGC	100	SGC	17.7	14.16	13366	MAG W/B-6 TAB	250	TAB	18.7	14.96
36769	SHARPINO	60	CAP	24.19	19.35	13227	C 1000 VCA	250	VCA	40.8	32.64	13287	E 400 MIXED SGC	250	SGC	35.3	28.24	35629	MALE MULTIPLE	60	TAB	23.8	19.04
29641	SKIN BLEND SP4	100	CAP	11.99	9.59	13226	C 1000 VCA	100	VCA	18.7	14.96	13285	E 400 MIXED SGC	50	SGC	9.9	7.92	37496	MALE MULTIPLE	120	TAB	41.3	33.04
20838	SLEEP BLEND SP 17	100	CAP	10.49	8.39	13249	C 1000 W/RH TAB	100	TAB	14.4	11.52	40466	E 400 MIXED VEG SGC	100	SGC	28.7	22.96	13335	MANGANESE CHEL 8 MG S	100	TAB	9.8	7.84
25176	SLIPPERY ELM BARK	100	CAP	10.59	8.47	13250	C 1000 W/RH TAB	250	TAB	33.1	26.48	13293	E LIQ 20 000 I.U.	4Z	LIQ	20.9	16.72	60697	MELATONIN 10 MG LIQ	2Z	LIQ	17.7	14.16
22077	SPECTRO CAP	360	CAP	54.79	43.83	13254	C 1500 W/RH TAB	180	TAB	33.1	26.48	13292	E LIQ E	2Z	LIQ	14.4	11.52	58405	MELATONIN 10 MG TAB	60	TAB	17.7	14.16
35107	SPECTRO IRON/FREE	360	CAP	53.99	43.19	13253	C 1500 W/RH TAB	90	TAB	17.7	14.16	51513	E P O 1300 MG	6Z	SGC	15.4	12.32	58190	MELATONIN 3 MG NUGGET	120	NUG	9.8	7.84
28446	SPIRULINA	120	TAB	15.09	12.07	45120	C 500 CHW CRAN RASP	90	CHW	15.4	12.32	19841	E P O 500 SGC	90	SGC	9.9	7.92	57714	MELATONIN 5 MG	60	NUG	9.7	7.76
31415	ST JOHNS WORT 300 MG	120	CAP	25.39	20.31	45119	C 500 CHW ORANGE	90	CHW	15.4	12.32	22984	E P O 500 SGC	180	SGC	17.7	14.16	66133	MELATONIN 5 MG	120	NUG	16.4	13.12
33112	ST JOHNS WORT ONE DAY	30	CAP	18.29	14.63	13223	C 500 VCAP	100	CAP	12.1	9.68	13268	E W/SELENIUM Y/F VCAP	100	VCA	21.9	17.52	13016	METHIONINE 500 VCAP	90	CAP	22	17.6
62222	ST JOHNS WORT ONE DAY	60	TAB	35.09	28.07	13224	C 500 VCAP	250	CAP	27.6	22.08	13409	EARTH SOURCE MULTI TAB	60	TAB	22.2	17.76	21739	MILK THISTLE 100	250	VCA	49.6	39.68
43979	STOMACH BLEND SP 20B	100	CAP	21.79	17.43	13246	C 500 W/RH TAB	100	TAB	9.9	7.92	13410	EARTH SOURCE MULTI TAB	90	TAB	31.5	25.2	13643	MILK THISTLE 100 VCAP	50	CAP	13.2	10.56
20806	SUPER DIGESTAWAY CAP	180	CAP	25.19	20.15	13247	C 500 W/RH TAB	250	TAB	22	17.6	13411	EARTH SOURCE MULTI TAB	180	TAB	60.8	48.64	13644	MILK THISTLE 100 VCAP	100	CAP	23.1	18.48
51414	TART CHERRY	90	CAP	19.99	15.99	13219	C CRYSTALS 1125 MG PWD	8.8	PWD	24.2	19.36	26767	ECHIN HERB EXT	60	VCA	17.7	14.16	26773	MILK THISTLE HERB EXT	60	VCA	18.7	14.96
64664	TART CHERRY LIQ ORG	16Z	LIQ	27.29	21.83	13218	C CRYSTALS 1125 MG PWD	4.4	PWD	13.2	10.56	25103	ECHIN/GOLDE/CATS CLAW	60	VCA	22	17.6	44673	MILK THISTLE HERB EXT	150	VCA	37.5	30
20816	TETRA CLEANSE CAP	60	CAP	13.29	10.63	13051	C L O SGC	100	SGC	8.8	7.04	31618	ECHINACEA 520 VCAP	100	CAP	16.5	13.2	13337	MOLYBDENUM CHEL TAB	100	TAB	9.7	7.76
20846	THYROID KELP BLD SP26	100	CAP	12.09	9.67	13052	C L O SGC	250	SGC	17.7	14.16	51184	EFA 1300 OMEGA 3 6 9	120	SGC	35.2	28.16	39397	MSM 1000 MG	120	TAB	18.7	14.96
67398	TOTAL CLEANS URIC ACID	60	VCA	29.99	23.99	13305	CAL 600 TAB OVS SHELL	120	TAB	14.4	11.52	13629	ELEUTHERO 520 CAP	100	CAP	15.4	12.32	38578	MULTI BILLION DOPH ADV	60	VCAP	23.4	18.72
51118	TOTAL CLEANSE LYMPH	60	VCA	16.89	13.51	21730	CAL 600 TAB OVS SHELL	240	TAB	26.4	21.12	12969	ESSENTIAL AMINO CMP	60	VCA	20.9	16.72	13428	MULTI II VEGICAP	180	CAP	41.6	33.28
15577	TOTAL CLEANSE MULTISYS	120	CAP	24.49	19.59	44247	CAL CITRATE W/ MAG & D	300	TAB	29.7	23.76	12970	ESSENTIAL AMINO CMP	90	CAP	27.6	22.08	13539	N A C 600 MG	60	VCA	23.1	18.48
59859	TRIBULUS EXT 450 MG	60	CAP	19.09	15.27	13308	CAL CITRATE W/D 250 MG	120	TAB	14.2	11.36	12968	ESSENTIAL AMINO COMPLEX	30	CAP	10.5	8.4	31056	N A C 600 MG	120	VCA	39.7	31.76
39509	TURMERIC SPECIAL FORM	60	CAP	28.09	22.47	13308	CAL CITRATE W/D 250 MG	240	TAB	26.4	21.12	13213	ESTER C + TAB 1000	60	TAB	14.4	11.52	13145	NIACIN 500 CAP	100	CAP	14.4	11.52
58343	TURMERIC 1 DAILY 600 MG	30	VCA	16.99	13.59	44243	CAL CITRATE W/MAG & D	150	TAB	16.5	13.2	13214	ESTER C + TAB 1000	90	TAB	19.9	15.92	13146	NIACIN 500 CAP	250	CAP	29.7	23.76
18668	TURMERIC EXT 300 CAP	60	CAP	16.39	13.11	28278	CAL MAG 1:1 500/500	240	TAB	36.4	29.12	13215	ESTER C + TAB 1000	180	TAB	36.4	29.12	24663	NIACIN 500 NO FLUSH CP	250	CAP	54.1	43.28
28803	TWICE DAILY MULT NO FE	120	CAP	32.99	26.39	13316	CAL MAG BORDON TAB	250	TAB	19.9	15.92	13211	ESTER C + VCAP 500	100	CAP	16.5	13.2	13147	NIACIN 500 NO FLUSH CP	50	CAP	14.4	11.52
67064	VIRAMAX FOR WOMEN	60	CAP	23.99	19.19	59858	CAL MAG CITR LIQ BLUEB	16Z	LIQ	14.4	11.52	22651	ESTER C + VCAP 500	250	CAP	39.7	31.76	13148	NIACIN 500 NO FLUSH CP	100	CAP	24.2	19.36
36691	VIRAMAX YOHIMBE FREE	60	CAP	23.19	18.55	59860	CAL MAG CITR LIQ OR VN	16Z	LIQ	14.4	11.52	37495	FEMALE MULTIPLE	120	TAB	41	32.8	61465	NO 7 JOINT SUPPORT	30	VCA	24.99	19.99
31834	VITEX CHASTE BERRY EXT	60	CAP	18.69	14.95	59861	CAL MAG CITR LIQ STRAW	16Z	LIQ	14.4	11.52	35630	FEMALE MULTIPLE	60	TAB	23.8	19.04	66945	NO 7 JOINT SUPPORT	60	VCA	48.99	39.19
28211	WILD YAM ROOT	100	CAP	10.19	8.15	13318	CAL MAG CITRATE TAB	100	TAB	13.2	10.56	13621	FENUGREEK 520 VCAP	100	CAP	14.4	11.52	61466	NO 7 JOINT SUPPORT	90	VCA	64.99	51.99
31617	YEAST CLEANSE	90	CAP	18.19	14.55	13319	CAL MAG CITRATE TAB	250	TAB	27.6	22.08	59153	FLAXSEED OIL LIQ ORG	16Z	LIQ	15.5	12.4	13484	OAT BRAN 750 TAB	250	TAB	18.7	14.96
51421	ZEAXANTHIN ULTRA 6 MG	60	VCA	24.79	19.83	13313	CAL MAG TAB	100	TAB	11	8.8	21736	FLAXSEED OIL SGC	100	SGC	14.4	11.52	28293	OLIVE LEAF EXT SFP	60	VCA	14.4	11.52
61764	ZINC 50 MG	100	CAP	8.49	6.79	13314	CAL MAG TAB	250	TAB	19.9	15.92	21737	FLAXSEED OIL SGC	250	SGC	31.9	25.52	31506	OLIVE LEAF EXT SFP	180	VCA	30.9	24.72
59033	ZINC COPPER	100	VCA	11.69	9.35	13320	CAL MAG ZINC TAB	100	TAB	11	8.8	63334	FOLATE 1000 METAFOLIN	60	TAB	17.2	13.76	13497	OMEGA 3 700 SGC	60	SGC	24.2	19.36
						13321	CAL MAG ZINC TAB	250	TAB	19.9	15.92	63335	FOLATE 1000 METAFOLIN	120	TAB	32.1	25.68	13498	OMEGA 3 700 SGC	120	SGC	44.1	35.28
						13303	CALCIUM CHW WAFERS 500	120	CHW	15.4	12.32	59167	FOLATE 800 MCG METAFOL	100	TAB	17.1	13.68	51190	OMEGA 3 950 MG SGC	100	SGC	38.6	30.88
						22503	CALCIUM COMPLEX ADV TB	120	TAB	23.1	18.48	56121	FOLATE METAFOLIN 400	100	TAB	13.4	10.72	55122	OMEGA 3 950 SGC	50	SGC	22	17.6
						13517	CAPRYLIC ACID 350 TAB	100	TAB	16.5	13.2	13130	FOLIC ACID 400 TAB	250	TAB	14.2	11.36	57912	OMEGA 3 FISH OIL S	120	SGC	15.4	12.32
						12983	CARNITINE 250 CAP	90	CAP	26.4	21.12	13133	FOLIC ACID 800 CAP	100	CAP	9.8	7.84	58701	OMEGA SALMON FULL SPEC	120	SGC	31.9	25.52
						12985	CARNITINE 500 MAXI TAB	30	TAB	18.7	14.96	13132	FOLIC ACID 800 TAB	250	TAB	14.4	11.52	30363	OMNIUM MULT IRON FREE	100	TAB	55.7	44.56
						12986	CARNITINE 500 MAXI TAB	60	TAB	33.1	26.48	23785	GABA 500 MG VCAP	100	VCA	22.9	18.32	26761	OMNIUM MULTIPLE	60	TAB	35.8	28.64
						60984	CARNITINE COMPLEX	60	TAB	48.6	38.88	13572	GARLIC PERLES SGC	250	SGC	12.2	9.76	26762	OMNIUM MULTIPLE	90	TAB	51.6	41.28
						13060	CAROTENE 25000 SGC	60	SGC	15.3	12.24	13532	GELATIN CAP WITH CAL	250	CAP	19.9	15.92	30048	OMNIUM MULTIPLE	180	TAB	98.7	78.96
						13061	CAROTENE 25000 SGC	90	SGC	21.9	17.52	33245	GINGER ROOT EXT STD	60	VCA	18.7	14.96	50671	OREGANO OIL WILD	60	SGC	15.4	12.32
						13062	CAROTENE 25000 SGC	180	SGC	40.7	32.56	21531	GINKGO 60 SUPER VCAP	120	CAP	30.9	24.72	13086	P 5 P 50 MG TAB	100	TAB	22	17.6
						19844	CAROTENE DRY 10000 TAB	250	TAB	31.9	25.52	26770	GINKGO BILOBA LEAF EXT	60	VCA	17.7	14.16	13165	PANTOTHENIC A 550 VCAP	100	CAP	19.8	15.84
						50669	CELADRIIN 525 MG SGC	60	SGC	29.6	23.68	31503	GINKGO BILOBA STANZOZ	180	VCA	43	34.4	13507	PHOS CHOL SGC SOL/100	100	SGC	18.7	14.96
						13612	CELADRIIN 525 MG SGC	100	VCA	20.9	16.72	22240	GLA 300 SUPER SGC	60	SGC	25.9	20.72	57709	PHOS SERINE 200 MG SGC	60	SGC	60.7	48.56



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32807	TURMERIC ROOT EXT 400	60	VCA	16.5	13.2	52236	CITRULLINE POWDER	100	PWD	36.98	29.58	25461	MELATONIN 1 MG DRAN SB	100	TAB	8.5	6.8
13031	TYROSINE 500 CAP	100	CAP	24.2	19.36	51238	COCONUT OIL EXTRA VIRG	120	SGC	22.5	18	25627	MELATONIN 1 MG DRAN SB	300	TAB	24.75	19.8
64316	U CUBES CHILD MULTI	120	GUM	19.98	15.98	19345	COENZ B CMP PEPPERMINT	60	TAB	24.5	19.6	25446	MELATONIN 1 MG PEP SUB	100	TAB	8.5	6.8
64315	U CUBES CHILD MULTI SO	60	GUM	11.98	9.58	37352	COENZ B CMP PEPPERMINT	120	TAB	45.98	36.78	25633	MELATONIN 1 MG PEP SUB	200	TAB	16.5	13.2
57190	UBIQUINOL 100 MG COQ10	50	SGC	48.6	38.88	23849	COENZ B COMP ORANGE	60	TAB	24.5	19.6	25634	MELATONIN 1 MG PEP SUB	300	TAB	24.75	19.8
60855	UBIQUINOL 200 MG SGC	30	SGC	51.9	41.52	67225	COENZ B COMP ORANGE SB	120	TAB	45.98	36.78	26403	MELATONIN 2 MG T/R	120	TAB	15.5	12.4
26777	VALERIAN ROOT EXT	60	VCA	14.4	11.52	19341	COENZ B3 SUBL 25	60	TAB	25.5	20.4	23274	MELATONIN 2.5 SUB DRAN	60	TAB	8.5	6.8
13671	VEG MULTIPLE VCAP	180	CAP	37.5	30	19343	COENZ B6 SUBL 25	60	TAB	10.5	8.4	24691	MELATONIN 2.5 SUB DRAN	120	TAB	16.5	13.2
13457	VITAMINS ONLY CAP	90	CAP	25.6	20.48	29885	COLLOIDAL SILVER 30PPM	4 Z	LIQ	32.98	26.38	24693	MELATONIN 2.5 SUB DRAN	240	TAB	31.5	25.2
13420	VM 2000 FORM TAB	60	TAB	22.2	17.76	33316	COLLOIDAL SILVER 30PPM	2 Z	LIQ	17.98	14.38	24690	MELATONIN 2.5 SUB PMIN	120	TAB	16.5	13.2
13421	VM 2000 FORM TAB	90	TAB	31.7	25.36	23008	COLLOIDAL SILVER ULTRA	4 Z	LIQ	27.16	21.73	24692	MELATONIN 2.5 SUB PMIN	240	TAB	31.5	25.2
13422	VM 2000 FORM TAB	180	TAB	56.6	45.28	26402	COLLOIDAL SILVER ULTRA	8 Z	LIQ	52.98	42.38	25660	MELATONIN 3 MG	60	TAB	8.25	6.6
13417	VM 75 FORM TAB	180	TAB	52.7	42.16	25416	COQ10 100 MG	90	CAP	34.98	27.98	25327	MELATONIN 3 MG	120	TAB	15.5	12.4
13416	VM 75 FORM TAB	90	TAB	28.5	22.8	25315	COQ10 30 SUBL	60	TAB	12.5	10	66362	MELATONIN 3 MG T/R	60	TAB	9.5	7.6
13415	VM 75 FORM TAB	60	TAB	20.1	16.08	44713	D 1000	200	TAB	11.5	9.2	26044	MELATONIN 3 MG T/R	120	TAB	18.5	14.8
13414	VM 75 FORM TAB	30	TAB	11.4	9.12	55812	D3 2000 IU	200	CAP	14.5	11.6	35948	MELATONIN 5 MG	60	TAB	13.25	10.6
13418	VM 75 FORM TAB	360	TAB	96.4	77.12	56563	D3 2000 IU SGC	200	SGC	15.98	12.78	25328	MELATONIN 5 MG	120	TAB	24.75	19.8
39709	VM 75 IRON FREE	180	TAB	52.7	42.16	36557	DHA 200 MG NEUROMINS	120	SGC	88.98	71.18	30252	MELATONIN 5 MG	240	TAB	48.98	39.18
28280	VM 75 IRON FREE	90	TAB	28.5	22.8	36556	DHA 200 MG NEUROMINS	60	SGC	45.5	36.4	25329	MELATONIN 5 SUBL DRANG	100	TAB	26.5	21.2
28281	VM 75 IRON FREE	60	TAB	19.9	15.92	40957	DIM 100 MG	60	TAB	22.5	18	25330	MELATONIN 5 SUBL PMINT	100	TAB	26.5	21.2
28277	VM 75 VEGICAPS	60	VCA	14.4	11.52	59446	DIM 100 MG	180	TAB	63.5	50.8	44935	MELATONIN COMPLEX ORNG	100	CHW	23.5	18.8
28276	VM 75 VEGICAPS	120	VCA	25.7	20.56	20679	DMAE 130	100	TAB	13.5	10.8	35805	MELATONIN LIQ ORANGE	2 Z	LIQ	11.25	9
35094	VM PRIME OVER 50'S	100	TAB	20	16	20680	DMAE 130 TAB	200	TAB	25.5	20.4	35859	MELATONIN NUTRASRAY	2 Z	SPY	13.25	10.6
13599	WHEAT GERM OIL SGC	100	SGC	16.5	13.2	57942	DMAE 351 MG CAP	100	CAP	13.5	10.8	66861	MELATONIN SERENE NIGHT	120	TAB	17.5	14
24971	WHEY TO GO PRO VAN PWD	322	PWD	50.5	40.4	59711	DURA CARB	162	PWD	10.25	8.2	53252	MENS LIFE FORCE MULTI	90	TAB	44.5	35.6
24970	WHEY TO GO PRO VAN PWD	122	PWD	22	17.6	33876	E 400 MIXED	100	SGC	35.5	28.4	60521	MERIVA TURMERI CMP 500	120	CAP	65.5	52.4
28033	WHEY TO GO PROT CHOC	412	PWD	50.5	40.4	25318	E P O 1350 MG	120	SGC	29.5	23.6	59690	MERIVA TURMERI CMP TB	60	TAB	30.5	24.4
28034	WHEY TO GO PROT CHOC	162	PWD	22	17.6	27932	ELDERBERRY LIQ WELLNES	4 Z	LIQ	17.5	14	42812	METHYLCOBALAMIN 1 MG	60	TAB	9.5	7.6
59194	WHEY TO GO STRAWBERRY	162	PWD	22	17.6	20672	ESSENTIAL ENZYMES 500	60	CAP	11.25	9	38306	METHYLCOBALAMIN 5 MG	30	TAB	12.98	10.38
13345	ZINC 22 MG CHELATED	250	TAB	22	17.6	20674	ESSENTIAL ENZYMES 500	120	CAP	21.5	17.2	37048	MSM 1000 MG	120	TAB	15.5	12.4
13344	ZINC 22 MG CHELATED	100	TAB	11	8.8	20675	ESSENTIAL ENZYMES 500	240	CAP	41.5	33.2	67406	MSM PWD	352	PWD	49.98	39.98
13401	ZINC 50 TAB	100	TAB	9.9	7.92	59241	ESSENTIAL ENZYMES ULTR	90	CAP	43.5	34.8	38226	N A C 1000 MG	120	TAB	43.98	35.18
13395	ZINC CITRATE 30 CAP	100	CAP	12.1	9.68	37041	ESSENTIAL ENZYMES VEG	120	CAP	22.5	18	20712	N A C 600	120	TAB	27.5	22
13397	ZINC PICOL 22 TAB	100	TAB	10.9	8.71	56397	FLU GUARD WELLNESS	525	TAB	20.98	16.78	25331	N A G 500	60	TAB	18.5	14.8
						25346	GABA 750	180	TAB	39.5	31.6	67390	N A G 500 MG	120	TAB	35.98	28.74
						54794	GABA 750 CAP	90	CAP	20.3	16.24	64393	N K O 1000 NEPTUNE KRL	60	SGC	74.98	59.98
						26215	GABA CALM SUB ORANGE	60	TAB	16.5	13.2	53990	NADH 10 MG SUBL PEPP	20	TAB	33.98	27.18
						26957	GABA CALM SUB ORANGE	120	TAB	32.5	26	55804	NADH 20 MG SUBL PEPP	20	TAB	44.98	35.98
						28911	GABA CALM SUB PEP	120	TAB	32.5	26	64984	NADH 20 MG SUBLIN PEPP	30	TAB	66.5	53.2
						44704	GAMMA E 400 COMPLEX	60	SGC	36.98	29.58	38307	NADH 5 MG	30	TAB	38.5	30.8
						30500	GAMMA ORYZANOL 60 MG	100	TAB	9.98	7.98	43702	NATOKINASE	90	SGC	38.5	30.8
						31531	GAMMA ORYZANOL 60 MG	200	TAB	18.5	14.8	50607	NATOKINASE 100 MG CAP	60	CAP	52.5	42
						22550	GARCINIA +	120	TAB	33.5	26.8	50608	NATOKINASE 50 MG SGC	60	SGC	37.5	30
						67337	GASTRIC SOOTHE	30	VCA	11.5	9.2	58208	NIACINAMIDE 83 1500 MG	100	TAB	16.5	13.2
						29770	GINKGO 24 120 MG	120	TAB	41.5	33.2	20689	NUTRA SLEEP	100	TAB	24.5	19.6
						25326	GLA 300 MEGA	60	CAP	30.5	24.4	62838	OMEGA 3 1125 ENTERIC	60	SGC	36.5	29.2
						20715	GLA 300 MEGA	120	CAP	59.5	47.6	60112	OMEGA 3 FISH OIL ARTICP	120	SGC	41.98	33.58
						52455	GLUCASAMINE HCI VEG	120	TAB	28.5	22.8	53986	OMEGA 3 FISH OIL LEMON	60	SGC	32.98	26.38
						37043	GLUCOS CHOND MSM	120	TAB	49.5	39.6	53981	OMEGA 3 FISH ULT ENTER	60	SGC	23.98	19.18
						39127	GLUCOS CHOND XTRA STRN	120	TAB	55.5	44.4	59668	OMEGA 3 FISH ULT ENTER	120	SGC	45.98	36.78
						39136	GLUTATHIONE 250 MG	60	TAB	32.5	26	64399	OMEGA 7 SEA BUCKTHORN	120	SGC	44.98	35.98
						67194	GLUTATHIONE BUILDER	90	TAB	23.98	19.18	64398	OMEGA 7 SEA BUCKTHORN	60	SGC	23.5	18.8
						55993	GLYCINE 500 MG	200	CAP	17.5	14	60293	OMEGA EPA FISH OIL	200	SGC	27.5	22
						23895	GOLD COLLOIDAL ULTRA	1 Z	LIQ	12.75	10.2	20695	OPTI ZINC	120	TAB	11.5	9.2
						57801	GRAPE SEED 200 MG CAP	90	CAP	48.5	38.8	40973	OREGANO OIL	60	CAP	21.5	17.2
						25340	GRAPE SEED EXT 100	120	TAB	32.5	26	53859	PABA 100 MG	250	TAB	13.98	11.18
						27922	GRAPEFRUIT PECTIN 1000	240	TAB	35.5	28.4	34905	PHOS SERINE 150 MG	60	CAP	68.5	54.8
						54427	GRAPEFRUIT PECTIN 1000	60	TAB	9.5	7.6	24789	PHOS SERINE COMP	60	SGC	55.5	44.4
						61714	GREEN COFFEE EXT 500	60	TAB	21.98	17.54	52091	PHOS SERINE MATRIX	60	SGC	45.98	36.78
						25939	GREEN TEA EXT TAB 100	60	TAB	7.5	6	56565	PINE BARK EXT 150 MG	60	TAB	21.5	17.2
						25426	HEART SCIENCE	90	TAB	49.5	39.6	42309	POLICOSANOL 10 MG	60	TAB	32.98	26.68
						25324	HEART SCIENCE	60	TAB	33.5	26.8	50609	POLICOSANOL 20 MG	60	TAB	57.98	46.38
						44714	HERB KIDS LIQ WELLNESS	4 Z	LIQ	22.5	18	41218	POLICOSANOL CHOLESTERL	90	TAB	38.98	31.18
						29887	HERBAL RESIST A/F WELL	4 Z	LIQ	23.5	18.8	41663	POT IODIDE TAB	120	TAB	23.98	19.18
						44683	HOLY BASIL	120	CAP	23.5	18.8	64032	PREGNENOLONE 10 MG	60	TAB	7.5	6
						29893	HOMOCYSTEINE DEFENSE	120	TAB	19.5	15.6	57966	PREGNENOLONE 10 MG	120	TAB	14.5	11.6
						52457	HORNY GOAT WEED EXT	60	TAB	22.98	18.38	50611	PROGESTERONE CREAM TUB	4 Z	CRM	34.98	27.98
						29311	HOT FLASH	90	TAB	24.98	19.98	33360	PROGESTERONE CRM 500	2 Z	CRM	22.98	18.38
						52234	HUPERZINE A 200 MCG	120	TAB	44.5	35.6	62926	PROLINE LYSINE TAB	120	TAB	21.98	17.58
						50605	HYALURONIC JOINT CMP	120	TAB	69.5	55.6	37779	PROSTA RESPONSE	90	TAB	47.98	38.38

Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)

66857	TOP 10 HEALERS	30	TAB	13.99	11.18
66859	TOP 10 HEALERS	120	TAB	52.5	42
44715	TRANSFER FACTOR 12.5	60	CAP	27.5	22
54749	TRIBULUS 750 MG	60	TAB	14.5	11.6
62982	TRYPTOPHAN 500 MG	120	CAP	43.5	34.8
54951	TRYPTOPHAN 500 MG TAB	120	TAB	43.5	34.8
26213	TURMERIC EXTRACT	100	TAB	35.5	28.4
62561	TURMERIC W/ MERIVA	60	CAP	33.5	26.8
56888	UBIQUINOL COQH 100 MG	90	SGC	91.25	73
55813	UBIQUINOL COQH 100 MG	30	SGC	31.5	25.2
56887	UBIQUINOL COQH 100 MG	60	SGC	61.5	49.2
59667	UBIQUINOL COQH 50 MG	120	SGC	76.5	61.2
27945	ULTRA MAG 200 MG	240	TAB	35.5	28.4
25362	ULTRA MAG 200 MG	120	TAB	18.5	14.8
42754	VINPOCETINE 10 MG	120	TAB	20.5	16.4
31511	VISUAL EYES	120	TAB	65.5	52.4
53130	WELLNESS FIZZ BERRY	10	WAF	7.5	6
57553	WELLNESS FIZZ TANGERINE	10	TAB	7.5	6
39288	WELLNESS FORMULA CAPS	120	CAP	23.25	18.6
20665	WELLNESS FORMULA TABS	180	TAB	47.5	38
20664	WELLNESS FORMULA TABS	90	TAB	24.25	19.4
20663	WELLNESS FORMULA TABS	45	TAB	12.5	10
61432	WHEY TO HEALTH ORGANIC	16Z	PWD	37.5	30
53250	WOMENS LIFE FORCE MULT	90	TAB	33.5	26.8
61013	WOMENS LIFE FORCE NO 1	90	TAB	33.5	26.8
50616	ZEAXANTHIN W/ LUTEIN	60	CAP	22.5	18
63773	ZEMBRIN 25 MG	60	TAB	40.5	32.4
36929	ZINC 50 MG CHELATE	250	TAB	18.5	14.8
35861	ZINC 50 MG CHELATE	100	TAB	7.5	6
66402	ZINC THROAT SPRAY BERR	2.2	SPY	12.5	10

SOVEREIGN SILVER					
39154	COLLOIDAL SILVER	8 Z	LIQ	35.99	28.79
39153	COLLOIDAL SILVER	4 Z	LIQ	23.99	19.19
66657	COLLOIDAL SILVER	32Z	LIQ	85.99	68.99
58348	COLLOIDAL SILVER	16Z	LIQ	54.99	43.75
39151	COLLOIDAL SILVER DROP	2 Z	LIQ	14.99	11.99
43311	COLLOIDAL SILVER NASAL	2 Z	SPY	14.99	11.99
39152	COLLOIDAL SILVER SPRAY	2 Z	SPY	14.99	11.99
56487	SILVER FIRST AID GEL	2 Z	GEL	22.69	18.15

SPECTRUM OILS					
59228	CHIA SEED OMEGA 3 &	12Z	PWD	11.99	9.59
50409	COCONUT OIL ORGANIC	15Z	OIL	9.79	7.83
50400	FISH OIL OMEGA 3	250	SGC	32.89	26.31
18551	FLAXSEED OIL OMEG3 OZ	16Z	OIL	24.99	19.99
18554	FLAXSEED OIL VEGOMEGA3	250	CAP	33.89	27.11

SQUIP					
55519	ANDAS INHALER KIT	KIT	KIT	14.99	11.99
44338	NASALINE NASAL IRRIGAT	EA	MIS	19.95	15.96
58691	SALT AIR INHALER KIT	KIT	KIT	34.99	27.99
58690	SALT CRYSTALS	7.7	SLT	9.95	7.96

SUN CHLORELLA					
22921	CHLORELLA SUN 200 MG	300	TAB	38.25	34.42
54967	CHLORELLA SUN 500 MG	120	TAB	38.25	34.42
22920	CHLORELLA SUN GRANULES	20	PAK	38.25	34.42
22929	CHLORELLA SUN TABS	500	TAB	165.09	132.07

SUNFOOD SUPERFOODS					
67694	ACAI MAQUI BOWL MIX	6 Z	PWD	15.99	15.99
67648	ACAI MAQUI BOWL MIX	14Z	PWD	36.99	36.99
66415	ALMONDS HEIRLOOM RAW	8 Z	SNK	10.95	10.95
66416	APRICOT KERNELS RAW OG	8 Z	SNK	12.99	12.99
67324	BERRY ADVENTURE RW ORG	6 Z	SNK	10	10
67595	BLACK MACA PWD RAW ORG	4 Z	PWD	11.99	11.99
67325	BRAZIL NUTS RAW ORG	8 Z	SNK	9	9
66418	CACAO NIBS RAW ORGANIC	8 Z	SNK	9.95	9.95
66626	CACAO POWDER RAW	8 Z	PWD	9.99	9.99
66627	CACAO POWDER RAW	1LB	PWD	18.99	18.99
67288	CAMU CAMU PWD	3.5	PWD	23.99	23.99
67146	CASHEW RAW ORGANIC SNF/	8 Z	SNK	11.8	11.8
67147	CASHEW RAW ORGANIC SNF/	1LB	SNK	21.9	21.9
67646	CHOC SUPERFOOD SMOOTH MX	2.2	PWD	59.95	59.95
67695	CHOC SUPERFOOD SMOOTH MX	8 Z	PWD	15.99	15.99
67612	COCONUT WRAPS RAW VEGN	7	MIS	12.99	12.99
66412	GOJI BERRIES RAW ORG	8 Z	SNK	14.95	14.95
66413	GOLDEN BERRIES RAW ORG	8 Z	SNK	13.95	13.95
67290	MACA EXTREME PWD RW OG	8 Z	PWD	25.99	25.99
67342	MANGO MACAD ADVENT RW	6 Z	SNK	9.95	9.95
66409	MANGO SLICES RAW ORG	8 Z	SNK	13.95	13.95
67289	MORINGA POWDER	8 Z	PWD	15.99	15.99
67076	MSM ALDE GEL	4 Z	GEL	12.95	12.95
67079	MSM LOT BERRY VAN	8 Z	LOT	12.95	12.95
67077	MSM LOT COCONUT ROSE	NF/	LOT	12.95	12.95
66408	MULBERRIES WHITE RW OG	1LB	SNK	18.99	18.99
67408	MULBERRIES WHITE RW OG	8 Z	SNK	9.99	9.99
66414	OLIVES BLACK BOTLJA PR	8 Z	SNK	16.95	16.95
67647	SHILAJIT CAP 700 MG RW	90	VCA	36.99	36.99
67631	SHILAJIT EXT POWDER RW	3.5	PWD	29.99	29.99
66411	SPIRULINA CRUNCH PURE	4 Z	SNK	25.95	25.95
67297	SUPERFOOD SMOOTHIE MIX	2.2	PWD	59.95	59.95
66419	SUPERFOOD SMOOTHIE MIX	8 Z	PWD	15.95	15.95

SUPER NUTRITION					
54824	CALCIUM BLEND	90	TAB	23.3	20.97
55285	CALCIUM BLEND IRON FR	90	TAB	23.3	20.97
53540	MENOPAUSE MULTI BLEND	60	PAK	69.9	55.92
53548	MENS BLEND NO IRON	90	TAB	28.5	22.8
53517	OPTI ENERGY PACK	30	PAK	59.5	47.6
53520	OPTI PACK EASY NO IRON	90	PAK	63.3	56.97
53519	OPTI PACK EASY SWALLOW	90	PAK	63.3	56.97
57290	SIMPLY ONE 50+ MEN NO	90	TAB	48.9	39.12
55110	SIMPLY ONE 50+ MEN	30	TAB	21	16.8
55111	SIMPLY ONE 50+ MEN	90	TAB	48.9	39.12
56517	SIMPLY ONE 50+ MEN NO	30	TAB	21	16.8
56857	SIMPLY ONE 50+ WOM NO	90	TAB	48.9	39.12
55931	SIMPLY ONE 50+ WOM NO	30	TAB	21	16.8
55109	SIMPLY ONE 50+ WOMEN	90	TAB	48.9	39.12
55108	SIMPLY ONE 50+ WOMEN	30	TAB	21	16.8
53530	SIMPLY ONE MEN NO IRON	30	TAB	17.3	13.84
53531	SIMPLY ONE MEN NO IRON	90	TAB	41.5	33.2

53529	SIMPLY ONE MEN TAB	90	TAB	41.5	33.2
53528	SIMPLY ONE MEN TAB	30	TAB	17.3	13.84
53533	SIMPLY ONE PRENATAL	90	TAB	41.5	33.2
53532	SIMPLY ONE PRENATAL	30	TAB	17.3	13.84
53526	SIMPLY ONE WOMEN NO FE	30	TAB	17.3	13.84
53527	SIMPLY ONE WOMEN NO FE	90	TAB	41.5	33.2
53525	SIMPLY ONE WOMEN TAB	90	TAB	41.5	33.2
53524	SIMPLY ONE WOMEN TAB	30	TAB	17.3	13.84
53525	SUPER IMMUNE NO IRON	120	TAB	53	47.7
53555	THINK CLEARLY	90	TAB	28.4	25.56
53542	WOMENS BLEND	90	TAB	27.4	21.92
53543	WOMENS BLEND	180	TAB	46.9	37.52
53545	WOMENS BLEND NO IRON	180	TAB	46.9	37.52

SUPERIOR SOURCE					
61873	5 HTP 50 MG TAB SUB	60	TAB	19.99	19.99
53678	B CMP WOMENS TAB SUB	60	TAB	7.99	7.99
61871	B12 1000 METHYL B6 SUB	60	TAB	14.79	14.79
61874	B12 1000 METHYL TAB SB	60	TAB	12.99	12.99
53676	B12 5000 METH B6 FL SB	60	TAB	31.99	31.99
53677	B12 5000 METHYL SUB	60	TAB	29.99	29.99
61870	BIOTIN 5000 TAB SUB	100	TAB	14.99	14.99
61869	D3 5000 IU TAB SUB	100	TAB	13.49	13.49

SYMBIOTICS					
35896	COLOSTRUM + IMMUNE 480	120	CAP	41.99	33.59
36511	COLOSTRUM + LACTO COLO	120	CAP	38.99	31.19
38717	COLOSTRUM + PLS KOSHER	120	VCA	33.39	26.71
35808	COLOSTRUM + PLUS 480	120	CAP	31.49	25.19
38766	COLOSTRUM + PLUS PWD	6.3	PWD	52.99	42.39
44989	COLOSTRUM CHW CHERRY	120	CHW	27.79	22.23
43660	COLOSTRUM PLUS	2.2	PWD	33.39	26.71

T.E. NEESBY					
11329	AQUA CHROM 150 15ML	15	LIQ	11	9.9
11330	AQUA SEL 95 15ML	15	LIQ	11	9.9
11331	BUTYREX 650	100	CAP	18.5	16.65
11332	BUTYREX 650	250	CAP	39	35.1
28231	ENERPHOS (SERIPHOS)	100	CAP	28	25.2
11337	MAGNESORB MAG CHLORIDE	100	CAP	14.6	13.14
11338	MYCOPRYL 680	100	CAP	20.4	18.16
11339	MYCOPRYL 680	250	CAP	43	38.7
11342	SODIUM BUTYRATE 670	100	CAP	14	11.2

TEGOR					
41268	BIO 82 30ML	30M	LIQ	32.5	29.25
41554	BIO 85	1 Z	LIQ	32.5	29.25
41267	BIO 87 (R87)	30M	LIQ	32.5	29.25
39889	BIO 88 (R88)	1 Z	LIQ	32.5	29.25

TERRY NATURALLY EUROPHARMA					
63024	ARTHOICIN JOINT SUPPORT	60	CAP	46.95	42.25
63601	BONE SIL (TRICA SIL)	60	TAB	35.95	32.35
66218	CLINICAL ESSENT MULTI	60	TAB	31.95	28.75
66445	COMFREY CRM TRAUMAP	3.4	CRM	37.95	34.15
63579	COMFREY CRM TRAUMAPLNT	1.7	CRM	24.95	22.45
66447	CURAMED 200 MG	60	VCA	29.95	26.95
64758	CURAMED 375 MG	60	SGC	34.95	31.45
66651	CURAMED 375 MG	120	SGC	62.95	56.65
63026	CURAMED 750 CURCUMIN	30	SGC	33.95	30.55
58393	CURAMED 750 CURCUMIN	60	SGC	60.95	54.85
66629	CURAMED 750 MG	120	SGC	109.95	98.95
58392	CURAMIN	60	CAP	38.95	35.05
58757	CURAMIN EU	120	CAP	66.95	60.25
63029	CURAMIN EXTRA STRENGTH	30	TAB	24.95	22.45
63032	CURAMIN EXTRA STRENGTH	60	TAB	46.95	42.25
63514	CURAMIN EXTRA STRENGTH	120	TAB	83.95	75.55
66140	CURAMIN HEADACHE FORM	60	TAB	44.95	40.45
63033	CURAMIN PM	30	CAP	23.95	21.55
66141	FASTBLOC ALLERGY REL	.17	SPY	19.95	17.95
64959	GLUTATHIONE CLINICAL EU	60	TAB	65.95	59.35
66448	GRAPE SEED EXT FRENCH	60	CAP	29.95	26.95
64456	HEALTHY FEET & NERVES	60	CAP	21.95	19.75
64759	HEALTHY FEET & NERVES	120	CAP	37.95	34.15
60748	HEALTHY KNEES & JOINT	60	CAP	39.95	35.95
65152	HEARTBURN RELIEF IMMED	50	CHW	9.95	8.95
67113	IODINE COFACTORS	120	CAP	26.95	24.25
63645	LIGAMENTS & TENDONS	60	CAP	25.95	23.35
65427	LIVER FRACTIONS	90	CAP	33.95	30.55
64457	LOW BACK FORMULA	60	CAP	43.95	39.55
64961	MENTAL ADVANTAGE	60	SGC	41.95	37.75
63730	MESOGLYCAN	30	CAP	29.95	26.95
63510	OMEGA 7 EYE RELIEF	60	SGC	39.95	35.95
61104	OMEGA 7 SEA BUCKTHORN	60	SGC	39.95	35.95
67630	OPC 400 MG CLIN XTRA	60	SGC	49.95	44.95
65914	PEMGRANATE SEED OIL	60	SGC	33.95	30.55
67363	PROPOLIS EXT	60	CAP	29.95	26.95
63031	SAGAPRO	30	TAB	29.95	26.95
63646	SAGAPRO	60	TAB	51.95	46.75
61499	SINUCARE	60	SGC	33.95	30.55
67025	SUCRALD D	60	CAP	35.95	32.35
64580	TRI IODINE 12.5 MG	90	CAP	32.95	29.65
64581	TRI IODINE 12.5 MG	180	CAP	58.95	53.05
61105	VECTOMEGA	30	TAB	27.95	25.15
65941	VECTOMEGA	60	CAP	47.95	43.15
63034	VECTOMEGA	60	TAB	47.95	43.15

THORNE RESEARCH					
31836	5 HTP 50 MG	90	CAP	30.65	---
52841	5 MTHF 1 MG	60	CAP	19.95	---
67531	5 MTHF 15 MG	30	VCA	59.95	---
60359	5 MTHF 5 MG	60	VCA	59.9	---
41510	A 25000	90	CAP	10.45	

Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)

38951	CHOLESTEROL SUCCESS TB	120	TAB	33.02	26.41
11683	COQ10 30 MEGA CAP	100	CAP	41.88	33.5
11672	COQ10 MAXLIFE CAP	120	CAP	55.07	44.05
11606	CYSTEINE 500 CAP	60	CAP	20.9	16.72
53639	D3 1000 + K2 DOTS	60	CHW	15.79	12.63
57489	D3 2000 DOT	100	TAB	10.99	8.79
11490	DAILY ONE NO IRON CAP	90	CAP	27.51	22
11491	DAILY ONE NO IRON CAP	180	CAP	48.46	38.76
11508	DLPA 500 CAP	60	CAP	17.59	14.07
21210	DMAE 100 MG CAP	100	CAP	9.49	7.59
22381	GLA 300 ULTRA SGC	60	SGC	24.2	19.36
11613	GLUTAMINE 500 CAP	100	CAP	22.04	17.63
11616	GLUTATHIONE 100 CAP	60	CAP	23.71	18.96
11685	GLUTATHIONE MEGA 250 CP	60	CAP	39.64	31.71
25053	GRAPE SEED EXT 100 MG	60	CAP	37.43	29.94
29774	LIPIC ACID ALPH 100	60	CAP	24.2	19.36
11621	LYSINE 500 CAP	100	CAP	9.55	7.64
23865	MAGNESIUM 400 MG	200	CAP	15.79	12.63
11658	MAGNESIUM 400 MG OXIDE	100	CAP	9.99	7.99
24871	MELATONIN 3 MG	60	CAP	9.49	7.59
11707	N A C 600 MG CAP	60	CAP	19.79	15.83
25048	OCUGUARD PLUS	120	CAP	51.27	41.01
54930	OMEGA 3 1000 MG	100	SGC	22	17.6
57181	PABA 500 MG	100	CAP	15.42	12.33
11748	PANCREATIN CAP	50	CAP	13.22	10.57
11629	PHENYLALANINE 500 CAP	60	CAP	15.38	12.3
11774	SELENITE SODIUM 250	100	CAP	12.12	9.69
21212	SHARK CARTILAGE ADV CP	100	CAP	36.33	29.06
11818	TRI BORON + CAP	240	CAP	23.29	18.63
11817	TRI BORON + CAP	120	CAP	13.35	10.68
11535	TWINEPA MEGA SGC	60	SGC	30.82	24.65
11845	YEAST FIGHTERS CAP	75	CAP	15.99	12.79
11847	ZINC 30 CAP	100	CAP	9.91	7.92

TYSON AND ASSOC.					
18695	ALANINE 600	50	CAP	18.95	18.95
18679	AMINOVIX 700	100	CAP	40.45	40.45
18697	ASPARTIC ACID 500	50	CAP	11.95	11.95
18704	GABA 500	100	CAP	33.9	33.9
18705	GLUTAMIC ACID 500	100	CAP	14.95	14.95
18709	HISTIDINE 600	50	CAP	24.8	24.8
18711	LEUCINE 600	50	CAP	17.95	17.95
18714	SERINE 600	50	CAP	31.95	31.95
18717	VALINE 600	50	CAP	17.95	17.95

U.A.S. LABORATORIES					
64228	UP4 ADULT PROB 15 BILL	60	VCA	36.95	29.56
64127	UP4 DAILY 5 BILL D/F	60	VCA	24.95	19.96
67445	UP4 HEART HEALTH	60	VCA	24.99	19.99
64799	UP4 JUNIOR PROB 5 BILL	2.1	PWD	25.95	20.76
64795	UP4 PROB 18 KIDS CUBES	60	CHW	29.95	23.96
64796	UP4 SENIOR PROB 25 BIL	60	VCA	46.99	37.59
64797	UP4 ULTRA PROB 50 BILL	60	VCA	59.99	47.99
64800	UP4 WOMENS PROB 10 BIL	60	VCA	35.95	28.76

ULTIMA HEALTH					
63342	ULTIMA GRAPE LARGE	10.	PWD	39.99	35.99
55723	ULTIMA LEMONADE LARGE	11.	PWD	39.99	35.99
55724	ULTIMA LEMONADE PWD	20	PAK	19.99	17.99
55722	ULTIMA LEMONADE SMALL	3.6	PWD	19.99	17.99
44237	ULTIMA ORANGE LARGE	10.	PWD	39.99	35.99
44226	ULTIMA ORANGE PWD PAK	20	PAK	19.99	17.99
44233	ULTIMA ORANGE SMALL	3.6	PWD	19.99	17.99
58593	ULTIMA REP GRAPE PWD	20	PAK	19.99	17.99
58592	ULTIMA REP GRAPE PWD	3.6	PWD	19.99	17.99
44231	ULTIMA WILD RASP PWD	30	PAK	29.99	26.99
44232	ULTIMA WILD RASP SMALL	3.4	PWD	19.99	17.99

UNDA					
67023	CRATAEGUS OXYACANTHA	5.2	LIQ	35.6	32.04
60033	MELANGE COMBINATION	100	TAB	12.7	11.43
59139	MUCO COCCINUM	10	TAB	27	24.3
67024	OLEA EUROPAEA	4.2	LIQ	35.6	32.04
67094	RIBES NIGRUM	4.2	LIQ	35.6	32.04
67701	UNDA # 1001 U	.72	DRP	21.4	19.26
67703	UNDA # 30	.72	DRP	21.4	19.26
67702	UNDA # 9 U	.72	DRP	21.4	19.26

VEGA					
63268	ELECTROLYTE HYDRAT BER	5.2	PWD	29.99	25.49
65346	PROTEIN & GREENS BERRY	21.	PWD	39.95	35.95
65253	PROTEIN & GREENS NAT	20.	PWD	39.99	35.99
65254	PROTEIN & GREENS VAN	21.	PWD	39.99	35.99
61077	RECOVERY ACCEL APP BER	192	PWD	40	36
67141	SAVI SEED COCOA KISSED	5.2	SNK	9.99	8.99
64904	SMOOTHIE PWD OH NATURL	9.0	PWD	19.99	17.99
62607	SMOOTHIE PWD VIVA VAN	9.7	PWD	19.99	17.99
61462	VEGA ONE BERRY SHAKE	15.	PWD	39.99	35.99
61349	VEGA ONE BERRY SHAKE	302	PWD	69.99	62.99
61461	VEGA ONE CHOC SHAKE	15.	PWD	39.99	35.99
61933	VEGA ONE CHOC SHAKE	30.	PWD	69.99	62.99
66393	VEGA ONE COCONUT ALM	14.	PWD	39.99	35.99
66389	VEGA ONE COCONUT ALM	29.	PWD	69.99	62.99
62604	VEGA ONE FRN VAN SHAKE	302	PWD	69.99	62.99
62605	VEGA ONE FRN VAN SHAKE	152	PWD	39.99	35.99
64930	VEGA ONE NATURAL SHAKE	15.	PWD	39.99	35.99
62319	VEGA ONE NATURAL SHAKE	30.	PWD	69.99	62.99
61544	VEGA ONE VAN CHAI SHAK	15.	PWD	39.99	35.99
59235	VEGA SPORT ACAI BERRY	540	PWD	49.99	44.99
59044	VEGA SPORT PRE WRK LEM	540	PWD	49.99	44.99
66266	VEGA SPORT PROT MOCHA	28.	PWD	54.99	49.49
66263	VEGA SPORT PROTEIN BER	28.	PWD	54.99	49.49
66265	VEGA SPORT PROTEIN CHC	29.	PWD	54.99	49.49
66264	VEGA SPORT PROTEIN VAN	29.	PWD	54.99	49.49

VIBRANT HEALTH					
38829	A MANS ZINC 30 MG	60	TAB	10.95	8.76
67287	BULLS EYE VCAP	60	VCA	29.95	23.96
55364	CHOLESTEROL BLOCKER CH	60	CHW	19.95	15.96
62760	CURCUMINOID 95 +	60	VCA	19.95	15.96
58376	FIELD OF GREENS	7.5	PWD	49.95	39.96
32457	GIGARTINA RED ALGAE	90	VCA	34.95	27.96
57202	GIGARTINA RED ALGAE V	120	VCA	39.75	31.8

42648	GREEN VIBRANCE 15 PACK	15	PAK	29.95	23.96
66837	GREEN VIBRANCE PWD	6.2	PWD	29.95	23.96
60846	GREEN VIBRANCE PWD	352	PWD	111	88.8
23709	GREEN VIBRANCE PWD	122	PWD	49.95	39.96
33444	GREEN VIBRANCE PWD	242	PWD	84.95	67.95
31186	GREEN VIBRANCE VCAP	240	VCA	39.95	31.96
62173	IMMUNE DEFENSE	120	CAP	29.95	23.96
29184	JOINT VIBRANCE	122	PWD	49.95	39.96
29185	JOINT VIBRANCE	252	TAB	49.95	39.96
41220	METABOLIC VIBRANCE	90	CAP	29.95	23.96
42717	METABOLIC VIBRANCE 2	7.7	PWD	42.75	34.2
66582	PRO MATCHA CHOC PWD	20.	PWD	49.95	39.96
66718	PRO MATCHA NATURAL PWD	14.	PWD	49.99	39.99
66583	PRO MATCHA VANILLA PWD	18.	PWD	49.95	39.96
55880	RAINBOW VIBRANCE	6.2	PWD	46.95	37.56
36701	RMA HEALING OINTMENT	.25	CRM	19.95	15.96
66580	TRILOGY MEN PAK	30	PAK	49.95	39.96
66581	TRILOGY WOMEN PAK	30	PAK	49.95	39.96
41254	TURMERIC MAX 4X CURC	60	TAB	49.95	39.96
57390	UT BIOTIC CAP	30	CAP	29.55	23.65
53842	UT VIBRANCE MANNOSSE TB	50	TAB	35.65	28.52
62591	VIBRANCE MAXIMUM VAN	242	PWD	74.95	59.96
40720	VIBRANCE UT MANNOS PWD	2.0	PWD	36.95	29.56
54694	VIBRANT CLEANSE	360	PWD	40.75	32.6
67084	VIBRANT FLOA PWD 100	14.	PWD	79.95	63.96
38830	ZINC KREBS CYCLE	60	CAP	9.95	7.96

VILOBIN					
18602	PROMETOL 10 MIN	100	SGC	30.19	24.15
18605	WHEAT GERM OIL	162	LIQ	13.59	10.87
18606	WHEAT GERM OIL 20 MIN	100	SGC	18.29	14.63
24306	WHEAT GERM OIL 6 MIN	100	CAP	8.99	7.19

VITAL NUTRIENTS					
64192	A 25000 IU	100	SGC	11.4	11.4
55894	ADRENAL SUPPORT	120	CAP	48.9	48.9
54958	ALLER C	100	CAP	27.3	27.3
56455	ALLER C	200	CAP	50.8	50.8
56053	ARABINGALACTAN PWD	300	PWD	47.2	47.2
56486	ASTRAGALUS EXT 300 MG	90	CAP	24.9	24.9
63698	B COMPLEX	60	CAP	19	19
53398	B COMPLEX W/ HIGH B6	60	CAP	20	20
50641	BERBERINE 200 MG	60	CAP	26.2	26.2
54637	BETAINE HCl W/PEPSIN	225	CAP	25.9	25.9
57958	BLACK CURRANT SEED OIL	100	SGC	31.2	31.2
54147	BLOOD SUGAR SUPPORT	120	VCA	51	51
62143	C 500 W/ BIO	220	CAP	38.2	38.2
55928	D3 2000 IU	90	VCA	19.5	19.5
62079	DGL PWD	4.2	PWD	25.7	25.7
63098	DHEA 10 MG	60	CAP	12	12
67208	E 400 MIXED TOCOP	100	SGC	23.8	23.8
57813	E P O 500 MG	250	SGC	46.6	46.6
62431	GUGGULU E & Z 99% 75 MG	60	CAP	44.9	44.9
66177	HYPERICUM EXT 300 MG	90	CAP	20.4	20.4
55150	IPRIFLAVONE 300 MG	90	CAP	30.7	30.7
59785	LIPIC ACID 300 MG ALP	60	CAP	46.6	46.6
57145	MAG GLYCINATE 120 MG	100	CAP	20.4	20.4
67682	MANNOSSE PWD 100 GRAMS	100	PWD	67.5	67.5
67681	MANNOSSE PWD 50 GRAMS	50	PWD	39	39
64270	MULTI MINER W/ COP IRN	120	CAP	21.2	21.2
57814	MULTI NUTRIENT W/IRON	180	CAP	34.3	34.3
57959	MULTI NUTRIENT W/O IRON	180	VCA	35.5	35.5
55768	OSTEO NUTRIENTS	180	CAP	32.7	32.7
55987	OSTEO NUTRIENTS II	240	CAP	35.2	35.2
58726	PANCREATIN & OX BILE	60	VCA	27.5	27.5
55830	QUERCETIN 250 MG	100	CAP	28.4	28.4
53480	STRONTIUM 227 MG	90	VCA	23	23
64544	TENSION EASE	60	CAP	29.3	29.3
57319	THEANINE 200 MG	60	CAP	35.1	35.1
61129	TRIPLE MAG 250 MG	90	CAP	20.4	20.4
61009	ULTRA PUR FISH OIL 360	120	SGC	43.9	43.9
53852	ULTRA PUR FISH OIL OMG	200	SGC	39.9	39.9

VITALAH					
61600	OXYLENT BLACKBERRY PAK	30	PAK	34.99	31.49
58299	OXYLENT SPARK BERR PAK	30	PAK	34.95	31.45
66693	OXYLENT SPORT BLUEB BR	15	PAK	24.95	22.46
58300	OXYLENT VARIETY PAK	30	PAK	35.95	32.35

VITANICA					
52746	CANDIDASTAT	60	CAP	16.75	16.75
52756	CHASTE TREE BERRY	60	CAP	16.45	16.45
52747	CRANSTAT EXTRA	60	CAP	17.95	17.95
54141	GABA EASE V	60	CAP	17.95	17.95
52754	PREGNANCY PREP	60	CAP	17.95	17.95
52751	SLEEP BLEND	60	CAP	17.95	17.95
52748	WOMENS SYMMETRY	180	CAP	34.95	34.95
52745	YEAST ARREST SUPP	14	SUP	14.45	14.45
51026	YEAST ARREST SUPP	28	SUP	25.95	25.95

WASHINGTON HOMEOPATHIC PROD					
57849	CALENDULA OINTMENT	2.2	ONT	10.79	10.79
59099	DRY EYES PELLETS	200	PEL	9.39	9.39
59100	MOTION SICKNESS PELLET	200	PEL	9.39	9.39
58068	SCARS THIOSINAMINUM	2.2	ONT	10.79	10.79
58148	WARTS & FEET THUJA OINT	2.2	ONT	10.79	10.79

WELEDA					
27149	ARNICA MASSAGE OIL	3.4	LIQ	13.99	11.19
54061	BABY CRM CALEND OIL	1.7	CRM	13.49	10.79
64683	BABY LOT WHITE MALLOW	6.8	LOT	12.74	10.19
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Product Reference Guide: Company Listings (Product Code, Name, Size, List, Discount Price)

57092	CINNAMON BARK 40 STAND	60	LVC	30.82	24.65	60135	NETTLES 500 MG ORG	75	VCA	13.8	11.04
57073	CLEANSER COMPLEX 1:2	4Z	LIQ	27.94	22.35	56958	OLIVE LEAF 1:2	1Z	LIQ	15.18	12.14
57062	CLOVE 1:4	1Z	LIQ	15.64	12.51	60136	OLIVE LEAF EXT 250 MG	90	VCA	21.85	17.48
67468	CORDYCEPS VCAP	60	VCA	17.48	13.98	56992	ORAL TONIC COMPLEX	1Z	LIQ	15.64	12.51
57036	COUGH COMPLEX	1Z	LIQ	15.29	12.23	57046	OREGANO OIL 70	120	VCA	41.4	33.12
57059	CRAMP BARK 1:3	1Z	LIQ	15.18	12.14	56939	OREGANO OIL 70	1Z	LIQ	36.22	28.98
60121	CRANBERRY 4:1 400 MG	90	VCA	17.48	13.98	57047	OREGANO OIL 70	60	VCA	24.95	19.96
67467	CRANBERRY MANNITOL VCAP	60	VCA	24.15	19.32	67465	OREGANO PLUS VCAP	90	VCA	18.63	14.9
57641	DAMIANA 1:3	1Z	LIQ	15.18	12.14	56965	OSHA ROOT 1:1.5	1Z	LIQ	15.67	12.69
60117	DANDELION 500 MG ORG	90	VCA	14.26	11.4	56960	PARASITE COMPLEX	1Z	LIQ	15.64	12.51
56966	DANDELION ROOT 1:1.5	1Z	LIQ	14.49	11.59	57058	PASSION FLOWER 1:3	1Z	LIQ	15.18	12.14
57029	DEVILS CLAW 1:3	1Z	LIQ	15.41	12.32	57004	PAU DARCO BARK 1:5	1Z	LIQ	14.72	11.77
57040	DIGEST STIM CMP AF	1Z	LIQ	16.56	13.24	57729	PELARGONIUM CHERRY A/F	4Z	LIQ	20.7	16.56
56999	DIGEST STIM COMPLEX	1Z	LIQ	15.64	12.51	57072	PROPOLIS RESIN 1:5 L F	1Z	LIQ	18.4	14.72
57001	DONG QUAI ROOT 1:3	1Z	LIQ	15.64	12.51	67464	RED YEAST RICE Q10 VCP	90	VCA	33.81	27.05
56953	EAR DROPS	1Z	LIQ	15.41	12.32	57063	REISHI MUSHROOM 1:3	1Z	LIQ	17.25	13.8
57011	EAR OIL CHILD FRIENDLY	1Z	LIQ	15.41	12.32	56963	RELAX AM	1Z	LIQ	16.1	12.88
60125	ECHIN GOLDENSEAL	90	VCA	21.62	17.29	57019	RELAX AM	2Z	LIQ	30.13	24.1
57052	ECHIN TRIPLE 1:2.1 AF	1Z	LIQ	16.1	12.88	56959	RELAX PM	1Z	LIQ	15.64	12.51
56974	ECHINA ACUTE CMP AF	1Z	LIQ	16.56	13.24	57025	RELAX PM ALCOHOL FREE	1Z	LIQ	16.56	13.24
57093	ECHINA ACUTE CMP CAP	60	VCA	32.2	25.76	56956	RESPIRAT CMP CHLD FRND	1Z	LIQ	15.41	12.32
56979	ECHINA ACUTE COMPLEX	2Z	LIQ	28.52	22.81	57089	RESPIRATORY CMP CAP W	60	VCA	32.2	25.76
56946	ECHINA ACUTE COMPLEX	1Z	LIQ	15.64	12.51	56955	RESPIRATORY COMPLEX	1Z	LIQ	15.64	12.51
60129	ECHINACEA 420 MG ORG	90	VCA	21.16	16.92	57027	RESPIRATORY COMPLEX AF	1Z	LIQ	16.56	13.24
56945	ECHINACEA ROOT 1:2	1Z	LIQ	15.41	12.32	57032	RHODIOLA 5 STAND	1Z	LIQ	15.87	12.69
56980	ECHINACEA ROOT 1:2	2Z	LIQ	28.52	22.81	67460	RHODIOLA VCAP	60	VCA	30.36	24.29
56968	ECHINACEA ROOT 1:2 AF	1Z	LIQ	16.33	13.06	57006	SAW PALMETTO BERRY 1:3	1Z	LIQ	15.18	12.14
56994	ECHINACEA TRIPLE 1:2.1	1Z	LIQ	15.18	12.14	67450	SAW PALMETTO LVCAP	60	LVC	25.3	20.24
57026	ELDERBERRY 1:2	1Z	LIQ	15.18	12.14	67466	SCHISANDRA BERRY LIQ	1Z	LIQ	15.18	12.14
67462	ELDERBERRY PELARGONIUM	90	VCA	21.39	17.11	57039	SILVER COLLOID 15	4Z	LIQ	36.22	28.98
57018	ELEUTHEROCOCCUS 1:2	1Z	LIQ	15.18	12.14	57021	SILVER COLLOID CMP SPR	1Z	LIQ	14.03	11.22
57077	EYEBRIGHT 1:3	1Z	LIQ	15.18	12.14	56972	SILVER COLLOID COMPLEX	1Z	LIQ	14.03	11.22
57081	FENUGREEK 1:3	1Z	LIQ	15.18	12.14	56982	SINUS ALLERGY BL CH HRB	1Z	LIQ	16.1	12.88
67458	FENUGREEK VCAP	90	VCA	14.03	11.21	56941	SINUS DECONGEST	1Z	LIQ	20.7	16.56
57000	FERTILITY COMPLEX	1Z	LIQ	15.64	12.51	66599	SINUS DECONGEST	2Z	LIQ	39.1	31.28
57065	FEVERFEW 1:2	1Z	LIQ	15.18	12.14	66588	SINUS DECONGEST SPRAY	1Z	SPY	20.7	16.56
57031	FIBROGESIC	1Z	LIQ	15.64	12.51	57064	SKULLCAP 1:2	1Z	LIQ	15.18	12.14
57642	FO TI ROOT	1Z	LIQ	15.18	12.14	57045	SLEEP CMP W/MELATONIN	60	LVC	32.2	25.76
60130	GARLIC 500 MG ORG	90	VCA	14.03	11.22	57028	SLEEP COMPLEX W/MELAT	1Z	LIQ	15.64	12.51
57640	GENTIAN ROOT 1:3	1Z	LIQ	15.18	12.14	56967	ST JOHN'S WORT 1:2	1Z	LIQ	15.18	12.14
57022	GENTLE MOVE CHILD FRND	1Z	LIQ	15.41	12.32	57020	ST JOHN'S WORT 1:2 AF	1Z	LIQ	16.1	12.88
60127	GINGER 500 MG ORG	90	VCA	16.1	12.88	60123	ST JOHN'S WORT EXT 300	90	VCA	14.03	11.22
56985	GINGER COUGH TONIC	4Z	LIQ	15.64	12.51	56976	STAY WELL CMP CHLD FRD	1Z	LIQ	15.41	12.32
57055	GINGER ENERGY TONIC	4Z	LIQ	15.64	12.51	56942	STEVIA EXT 90 AF	4Z	LIQ	28.98	23.18
57012	GINGER IMMUNE TONIC	4Z	LIQ	15.64	12.51	60140	STEVIA EXT CHOCOLATE	2Z	LIQ	17.02	13.61
56995	GINGER ROOT 1:1.5	1Z	LIQ	15.18	12.14	60139	STEVIA EXT CINNAMON	2Z	LIQ	17.02	13.61
57015	GINGER TONIC	4Z	LIQ	15.64	12.51	60144	STEVIA EXT ORANGE	2Z	LIQ	17.02	13.61
57024	GINKGO BIL LF 1:1.5 AF	1Z	LIQ	16.1	12.88	60143	STEVIA EXT PEPPERMINT	2Z	LIQ	17.02	13.61
60131	GINKGO BILOBA EXT 60	90	VCA	18.63	14.9	60142	STEVIA EXT VANILLA	2Z	LIQ	17.02	13.61
56961	GINKGO BILOBA LF 1:1.5	1Z	LIQ	15.18	12.14	56940	STEVIA EXTRACT 90 AF	2Z	LIQ	16.1	12.88
60122	GINSENG AMERIC 400 ORG	60	VCA	50.6	40.48	56943	STEVIA EXTRACT 90 AF	1Z	LIQ	11.04	8.83
56981	GINSENG AMERICAN 1:3	1Z	LIQ	23	18.4	56970	SYSTEMIC DETOX	1Z	LIQ	15.64	12.51
57023	GINSENG CHINESE RED	1Z	LIQ	39.1	31.28	57078	SYSTEMIC DETOX AF	1Z	LIQ	16.56	13.24
56962	GINSENG ENERGY BLEND	1Z	LIQ	17.02	13.61	56957	THROAT SPRAY AF	1Z	LIQ	15.64	12.51
57087	GINSENG ENERGY BLEND	2Z	LIQ	31.28	25.02	67455	THYROID COMPLEX VCAP	90	VCA	21.39	17.11
57068	GINSENG ENERGY BLND AF	1Z	LIQ	17.94	14.35	60137	TURMERIC EXT 450 MG	60	VCA	33.12	26.49
67473	GLUCOSAMINE PLUS VCAP	120	VCA	30.59	24.47	67451	TURMERIC LVCAP	60	LVC	29.32	23.46
67453	GLYCEMIC SUPPORT CMP	90	VCA	18.86	15.09	57016	TURMERIC ROOT 1:1.5	1Z	LIQ	15.18	12.14
60128	GOLDENSEAL 250 MG ORG	60	VCA	23	18.4	56990	URINARY KIDNEY COMPLEX	1Z	LIQ	15.64	12.51
56950	GOLDENSEAL ROOT 1:5	1Z	LIQ	18.17	14.53	57042	UVA URSI LEAF 1:3	1Z	LIQ	15.18	12.14
57010	GOTU KOLA 1:1.5	1Z	LIQ	15.18	12.14	56951	VALERIAN ROOT 1:2	1Z	LIQ	15.18	12.14
60126	GREEN TEA EXT 250 MG	90	VCA	23.92	19.13	56978	VALERIAN ROOT 1:2 AF	1Z	LIQ	16.1	12.88
57098	GREEN TEA GUO AF W/1/2	2Z	LIQ	28.52	22.81	60138	VALERIAN ROOT 500 ORG	90	VCA	16.33	13.06
56944	GREEN TEA GUO AF	1Z	LIQ	14.95	11.96	57044	WHITE WILLOW BARK 1:2	1Z	LIQ	14.49	11.59
56998	GREEN TEA GUO PEAC AF W	1Z	LIQ	15.29	12.23	57086	WOMEN'S ENERGY TONIC	1Z	LIQ	15.29	12.23
56964	HAWTHORN BERRY 1:3	1Z	LIQ	15.18	12.14	57056	WORMWOOD	1Z	LIQ	15.18	12.14
60132	HAWTHORN BERRY 500 ORG	90	VCA	14.03	11.22	56993	YIN CHIAO PLUS	1Z	LIQ	15.64	12.51
57088	HEADACHE COMPLEX	1Z	LIQ	15.64	12.51	57009	YOHIMBE BARK 1:3	1Z	LIQ	16.33	13.06
57099	HERP EASE FORMULA	1Z	LIQ	15.64	12.51	66271	ZINCIMMUNE PLUS	4Z	LIQ	16.1	12.88
57051	HOLY BASIL 20-8-8-5 ST	60	VCA	31.28	25.02						
60133	HOODIA 250 MG	60	VCA	27.6	22.08						
57050	HOODIA GORDONII 1:4 LV	60	LVC	37.26	29.8						
57017	HOODIA GORDONII 1:4 TA	1Z	LIQ	27.6	22.08						
57728	IMMUNE ACUTE COMPLEX	1Z	LIQ	16.79	13.43						
57003	IMMUNE COMPLEX	1Z	LIQ	15.64	12.51						
57033	IMMUNE COMPLEX AF W/1/1	1Z	LIQ	16.56	13.24						
61857	INFLAMEND VCAP W	60	VCA	26.68	21.34						
56947	KAVA ROOT 1:2	1Z	LIQ	17.25	13.8						
56975	KAVA ROOT 1:2 AF	1Z	LIQ	18.17	14.53						
60341	KAVA ROOT 380 MG W	90	VCA	25.3	20.24						
57049	KAVA ROOT 75 STD LVC	60	LVC	31.28	25.02						
57057	LEMON BALM 1:2	1Z	LIQ	15.18	12.14						
56986	LICORICE ROOT 1:3	1Z	LIQ	15.18	12.14						
56948	LIVER SUPPORT	1Z	LIQ	15.64	12.51						
56971	LIVER SUPPORT AF	1Z	LIQ	16.56	13.24						
57048	LIVER SUPPORT STAND	60	VCA	31.28	25.02						
67454	LIVER SUPPORT VCAP	90	VCA	21.39	17.11						
56988	LOBELIA 1:2	1Z	LIQ	15.87	12.69						
57733	LUSTROUS HAIR	2Z	LIQ	25.3	20.24						
56997	LYMPHATIC COMPLEX	1Z	LIQ	15.64	12.51						
67457	MACA ENHANCED POWDER	4Z	PWD	26.22	20.98						
67456	MACA ENHANCED VCAP	90	VCA	24.15	19.32						
57076	MACA ROOT 1:2	1Z	LIQ	15.41	12.32						
57731	MALE VIRILITY	1Z	LIQ	16.1	12.88						
57084	MENOPAUSE COMPLEX	1Z	LIQ	15.64	12.51						
57053	MENSES COMPLEX	1Z	LIQ	15.64	12.51						
60134	MILK THISTLE EXT 250	90	VCA	22.08	17.66						
56954	MILK THISTLE SD 1:3 AF	1Z	LIQ	16.1	12.88						
56952	MILK THISTLE SEED 1:3	1Z	LIQ	15.18	12.14						
57732	MINT BREATH SPRAY CONC	1Z	SPY	11.15	8.92						
67470	MMUNE ACUTE CMP VCAP W	90	VCA	21.39	17.11						
57070	MOTHERWORT 1:3	1Z	LIQ	14.72	11.77						
67472	MOVING ON VCAP	90	VCA	20.24	16.19						
57201	MULLEIN 1:3	1Z	LIQ	15.18	12.14						
57035	MUSCLEGESIC	1Z	LIQ	15.64	12.51						
57002	MUSHROOM EXT CMP DUAL	1Z	LIQ	17.25	13.8						
67461	MUSHROOM IMMUNE CMP	90	VCA	41.4	33.12						
57079	MYRRH GUM 1:4	1Z	LIQ	15.18	12.14						
57074	NEEM	1Z	LIQ	15.18	12.14						
56984	NERVE CALMPLEX	1Z	LIQ	15.18	12.14						
57069	NERVE CALMPLEX AF	1Z	LIQ	16.1	12.88						
56991	NETTLES 1:3	1Z	LIQ	15.18	12.14						

58325	GUM GREEN TEA SPRY	100	GUM	8.95	8.95
57616	GUM PEPPERMINT SPRY	100	GUM	8.95	8.95
57372	GUM SPEARMINT SPRY	100	GUM	8.95	8.95
60685	MOUTH SPY SPRY MOIST	BOX	PAK	14.99	13.49
62876	SINUS CARE KIT	KIT	KIT	14.95	14.95
63092	SINUS CARE SALINE PACK	20	PAK	9.99	8.99
61628	SPRY MINTS BERRY BLAST	240	LOZ	9.75	9.75
61219	SPRY MINTS LEMON BURST	240	LOZ	9.75	9.75



The Willner Window

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Country Life	105	Life Seasons	77	Pure Encapsulations	37	Phyto-Tech™ Stevia	23
DaVinci Laboratories	53, 105	Metagenics	33	Rainbow Light	77	Willvite	10
Flora, Inc.	45	Mushroom Wisdom	65	Reserveage	81	Xyndet	29
Garden of Life	27	Natural Factors	25, 89	Solgar	63		
Healthy Origins	17, 43			Source Naturals	31		

American Health 25% Off Selected Item Valid 7/3 - 8/11/17	Olympian Labs 35% Off Entire Line Valid 7/3 - 8/11/17	Bioforce 30% Off Entire Line Valid 7/3 - 8/11/17	Child Life 25% Off Entire Line Valid 7/3 - 8/11/17	Daiwa Health 35-50% Off Entire Line Valid 7/3 - 8/11/17
DaVinci Lab 25% Off Entire Line Valid 7/3 - 8/11/17	Flora 20% Off Most Items Valid 7/3 - 8/11/17	Healthy Origins 35% Off Entire Line Valid 7/3 - 8/11/17	Herbatint 25% Off Entire Line Valid 7/3 - 8/11/17	Himalaya Herbal 25% Off Entire Line Valid 7/3 - 8/11/17
Irwin Naturals 25% Off Entire Line Valid 7/3 - 8/11/17	Jarrow Formulas 25-30% Off Entire Line Valid 7/3 - 8/11/17	Life Seasons 20% Off Entire Line Valid 7/3 - 8/11/17	Mushroom Wisdom 25% Off Most Items Valid 7/3 - 8/11/17	Natrol 35% Off Entire Line Valid 7/3 - 8/11/17
Naturade 25% Off Entire Line Valid 7/3 - 8/11/17	Natural Factors 25% Off Entire Line Valid 7/3 - 8/11/17	Nature's Way 30% Off Selected Items Valid 7/3 - 8/11/17	NeoCell 25% Off Entire Line Valid 7/3 - 8/11/17	New Chapter 25% Off Selected Items Valid 7/3 - 8/11/17
Nordic Naturals 25% Off Entire Line Valid 7/3 - 8/11/17	Garden of Life 30% Off Selected Items Valid 7/3 - 8/11/17	Renew Life 20% Off Entire Line Valid 7/3 - 8/11/17	Reserveage 20% Off Selected Items Valid 7/3 - 8/11/17	Planetary Formulas 30% Off Entire Line Valid 7/3 - 8/11/17
Solgar 25% Off Selected Items Valid 7/3 - 8/11/17	Source Naturals 30% Off Entire Line Valid 7/3 - 8/11/17	Symbiotics 25% Off Entire Line Valid 7/3 - 8/11/17	Vibrant Health 25% Off Entire Line Valid 7/3 - 8/11/17	Willner Chemists 30% Off Selected Items Valid 7/3 - 8/11/17

WILLNER CHEMISTS'S SUMMER SALE!

UP TO 50% OFF LIST PRICE!

JULY 3RD THROUGH AUGUST 11TH, 2017

The Following Product Lines Are On Sale, As Indicated:

American Health	25% Off	Select Items	NeoCell	25% Off	Line Drive
Barleans	25% Off	Line Drive	New Chapter	25% Off	Select Items
Bioforce	30% Off	Line Drive	Nordic Naturals	25% Off	Line Drive
Child Life	25% Off	Line Drive	Olympian Labs	35% Off	Line Drive
Daiwa Health	35-50% Off	Line Drive	Planetary Formulas	30% Off	Line Drive
DaVinci Laboratories	25% Off	Line Drive	Renew Life	20% Off	Line Drive
Flora, Inc.	20% Off	Most items	Reserveage	20% Off	Select Items
Garden of Life	30% Off	Select Items	Solgar	25% Off	Select Items
Healthy Origins	35% Off	Line Drive	Source Naturals	30% Off	Line Drive
Herbatint	25% Off	Line Drive	Super Nutrition	15% Off	Line Drive
Himalaya Herbal	25% Off	Line Drive	Symbiotics	25% Off	Line Drive
Irwin Naturals	25% Off	Line Drive	Vibrant Health	25% Off	Line Drive
Jarrow Formulas	25-30% Off	Line Drive	Willner Chemists	30% Off	Select Items
Life Seasons	20% Off	Line Drive	Woodstock Herbals	25% Off	Line Drive
Mushroom Wisdom	25% Off	Most Items			
Natrol	35% Off	Line Drive			
Naturade	25% Off	Line Drive			
Natural Factors	25% Off	Line Drive			
Natures Way	30% Off	Select Items			

**Note: All indicated Sale Discounts are based on List Price*

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Check Don Goldberg's Blog -- www.dongoldberg.com

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