



Supplement Desk Reference

Table of Contents

4	Adaras Tigrus Skin Care
6	CBD Products
10	Children's Health
11	Daily Health
24	Digestive Health
30	Elite Fit Series
32	Functional Beverages
34	General Health
43	Heart Health
49	Immune Health
51	Joint Health
54	Men's Health
56	Purple Tiger Series of Products
64	Respiratory Health
65	Support System Health
68	Women's Health
72	Ailments
79	Ingredients Listing
103	Essential Oils
111	Cleaning with Essential Oils
112	References

Disclaimer: The purpose of this book is to provide educational health information. No statement or part of this book is intended to diagnose or prescribe. If you have a disease, see your physician or your health care professional. If you decide to use this information with or without your doctor's approval, you have the legal right to do so; however, only yourself can assume the responsibility. These products and statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent any disease. This information is for educational purposes only and should not be used to diagnose or treat diseases. VistaLife in no way dispenses medical advice, prescribes remedies, or assumes responsibility for those who choose to treat themselves.

All Rights Reserved: No part of this publication may be reproduced or transmitted in any form or by any means: electronic, mechanical, photocopy, recording or otherwise, without prior written permission from the publisher.

© 2021 Prosperous Publishing

Fifteenth Edition
July 2021

Adaras Tigrus Skin Care

Cleanser

A pH balanced cleanser with protective antioxidants. Use it every time you wash your face, and notice how much healthier your skin feels, and how gentle Cleanser does not dry out your skin like soap can.

Suggested use: rinse your face and hands with warm water and pour the Cleanser (about the size of a quarter) into your hands. Work the Cleanser into a lather and apply.

Exfoliant

A specially designed formulation to dramatically enhance the elimination of debris and damaged or dead skin cells, while providing the nutrients your skin needs to regenerate healthy new replacement skin cells. This product is not harsh or abrasive and will not sting or burn.

Safe to use every day, Adaras Tigrus Exfoliant provides soothing and moisturizing benefits as it promotes the regeneration of healthy and youthful skin cells. You will love the way this product leaves your skin feeling moist, soft, and renewed immediately after use.

Suggested use: wash face with Cleanser and leave wet. Apply the Adaras Tigrus Exfoliant to face and skin and massage into skin for 1-2 minutes. Rinse with warm water and gently dry.

Firmer

The Adaras Tigrus Firmer contains large amounts of very important antioxidants and nutrients that have been clinically shown to reverse the effects of aging, by helping the skin cells to repair and protect themselves. You will notice immediately after application that your skin feels more flexible and youthful. You will also notice how your skin feels like it is firming while making your face and skin look years younger.

Suggested use: after washing and drying your face and skin, apply the Adaras Tigrus Firmer and gently massage into skin. Be sure and work the Firmer directly into problem areas especially wrinkles and sun damaged skin.

Eye Serum

Clinically proven to reduce wrinkles 30% in 6 months!

The Adaras Tigrus Eye Serum is designed to be applied directly to wrinkles around the eyes. Regular use will significantly reduce wrinkles while thickening the skin, making it more pliable, elastic, and youthful.

Suggested use: apply morning and evening directly on wrinkles and problem areas.

Dead Sea Mud Mask

Our CBD Dead Sea Mud Mask is uniquely formulated to give your skin the special treatment. Using CBD Dead Sea Mud Mask regularly helps your skin look healthier, fresher and clearer. Packed with numerous nurturing minerals and ingredients like Vulcanus Kaolin, Bentonite and the Dead Sea Salt your skin will radiate health and glow from the reduced visible signs of aging! Other benefits include a smoother looking skin, removal of toxins and excess oil, cleaner pores all while infusing your skin with premium CBD that will nourish and leave your skin feeling clean and rejuvenated.

Hair Skin & Nail

Historically used for:

- Longer Hair
- Stronger, Healthier Hair
- Nail Health
- Skin Health

Hair Skin and Nails is formulated to assist the body to produce strong, healthy, beautiful hair; radiate skin and stronger healthier nails. The body uses the amino acids from collagen to build healthy hair and may also assist in preventing follicle damage and help fight against graying. Collagen plays a huge role in renewing cells whether they are skin cells, hair follicle or nails. In adding collagen to the diet, one is assisting the body's maintenance processes of elasticity of the joints, bones, tendons, nails, skin, hair and eyes. The Hair Skin & Nails formula is specially designed to enhance the body's natural ability to grow beautiful healthy nails, nourish hair, and radiate the skin.

Add this supplement with your Adaras Tigrus Skin Care regimen.

Repair Cream w/Retinol & Collagen

Fight the signs of aging with maximum strength Collagen, Retinol and pure Hemp Oil. CBD Repair Cream with Retinol & Collagen is a great addition to your daily skin care regimen. This unique formulation provides noticeable results after each application. Reduce wrinkles and fine lines, even-out skin tone, control breakouts, restore firmness and reduce hyperpigmentation. Experience the best combination of ingredients. This extravagant serum blends pure retinal and potent antioxidants to help impart firmer-feeling skin, smooth and soften fine lines and wrinkles and provide hydration so skin of any age can look radiant and revitalized. Great for Collagen depleted skin, reducing pore size and the appearance of fine lines and deep wrinkles. An overall great product to help reverse visible signs of aging.

Supplement Facts		
Serving Size 2 Tablets	Servings Per Container: 30	
Amount Per Serving		%Daily Value
Vitamin C (ascorbic acid)	400 mg	667%
Vitamin E (d-Alpha tocopheryl succinate)	60 IU	200%
Vitamin B-6 (pyridoxine hcl)	4 mg	200%
Biotin	5000 mcg	1667%
Pantothenic Acid (d-calcium pantothenate)	20 mg	200%
Zinc (citrate)	20 mg	133%
Selenium (L-selenomethionine)	140 mcg	200%
Copper (cupric oxide)	1 mg	50%
Manganese (gluconate)	4 mg	200%
Proprietary Blend	1210 mg	*
OptiMSM® (methylsulfonylethane), Hydrolyzed Collagen Type 1 & 3 (bovine), L-Methionine, Gotu Kola Extract (10% triterpenes) (leaf), Citrus Bioflavonoid 50% Complex, Grape Seed 95% Extract (inner core), Hydrolyzed Keratin, Alpha Lipoic Acid, Fo-Ti Root Powder, Indian Gooseberry Fruit Extract (60% tannins), Goji Berry 40% Extract (L. barbarum) (fruit), Silica (bamboo stem extract), Hyaluronic Acid, Bladderwrack Powder (thallus), Nori Yaki (Porphyra tenera) (thallus), Wakame Powder (Undaria pinnatifida), Olive Water Extract (15% polyphenols) (fruit), Natural Astaxanthin Complex (2% astaxanthin).		
*Daily Value not established.		

Other ingredients: Di-calcium phosphate, vegetable stearic acid, croscarmellose sodium, pharmaceutical glaze, vegetable magnesium stearate, silicon dioxide and microcrystalline cellulose.
ALLERGEN WARNING: CONTAINS SOY.
OptiMSM® is a registered trademark of Bergstrom Nutrition®

CBD Products

Dead Sea Mud Mask – See Adaras Tigrus

CBD Capsules

Same as our full spectrum oil but in a convenient capsule. CBD is becoming popular with beauty and personal care products, as well, because of its anti-aging properties. There have been many studies conducted showing overwhelming evidence that CBD combined with quality skin care products can offer significant benefits. The antioxidant properties contained in CBD help combat free radicals, which are the common source of aging and skin problems.

Nutrition Facts		
Serving Size 1 capsule Serving Per Container 30		
Amount Per Serving		%DV
Hemp-Derived Cannabidiol	25mg	*
*Daily Value (%DV) Not Established.		
Other Ingredients: Gelatin, Microcrystalline Cellulose.		

Full Spectrum Oil

Historically used for:

- Promotes relaxation
- Pain
- Anxiety
- Mood
- Inflammation
- Neurological function
- Insomnia
- Great overall health
- Suppress muscle spasms
- Combats depression

Supplement Facts		
Serving Size 3 drops Servings Per Container:		
Amount Per Serving		%DV*
Cold Pressed 100% Organic Hemp Oil	100mg*	
CBD Rich		
*Daily Value not established.		

What is CBD oil? CBD oil is typically extracted from the resin glands on cannabis buds and flowers. CBD Oil is being scientifically studied and proven to successfully help many disorders by affecting the endocannabinoid system in the brain – this the regulatory system of the body that maintains homeostasis (internal stability) in the other systems of the body. Disorders including nerve disorders, neuropathy, sugar issues, pain, muscular, and many more are responding to treatment involving cannabidiol oil and other cannabinoids.

Cannabidiol, CBD, is one of over 113 active cannabinoid chemicals in the hemp plant. CBD, unlike THC, does not produce euphoria or intoxication. CBD targets specific receptors in brain cells and the body. There are both physical and mental benefits with the use of CBD products.

Facts about Cannabidiol (active ingredient)

THC content is less than 1% (which is less than one/tenth of a percent). Because the FDA considers it and its derivatives to be food items, there are no legal restrictions on consumption. Also available in No THC formulas.

CO2 extraction process ensure the highest-grade CBD without harsh chemicals, pesticides, metals. It is also grown in the USA as a non-GMO.

Also available THC free and Peppermint Flavor.

Hair & Beard Oil

Keeps your beard looking healthy & smelling fresh! Our Hair and Beard Oil is absolute top quality. This base is all natural.

Directions: After you shower, simply apply roughly 5-7 drops (depending on length and density of hair or beard) to palm of hand and distribute evenly throughout a slightly damp hair. Use comb for more better distribution. A single 1oz bottle should last 6-8 weeks.

Ingredients: Fractionated Coconut Oil (MCT), Golden Jojoba Oil, Hemp Seed Oil, Tea Tree Essential Oil, CBD rich Hemp Oil, Orange Bitter Essential Oil, Peppermint Supreme Essential Oil, Natural Fragrance.

Ingredients: Fractionated Coconut Oil (MCT), Golden Jojoba Oil, Hemp Seed Oil, Tea Tree Essential Oil, CBD rich Hemp Oil, Orange Bitter Essential Oil, Peppermint Supreme Essential Oil, Natural Fragrance.

Vegan Gummies

Great tasting gummies that contain 20mg CBD per gummy. CBD GUMMIES: Infused with 20mg of CBD per gummy, our Gummies taste so good you'll never miss taking your CBD for the day! THC Free and infused with premium quality CBD, our Gummies provide you with a tasty way to promote relief, reduce anxious feelings, supports immune system, combats swelling, reduce stress and all other benefits of CBD. These gummies are perfect for those curious and wanting to try CBD out for the first time. Our gummies are packed with flavor and infused with our purest CBD hemp oil, available in 20mg doses. Cannabis Oil is being scientifically studied and proven to successfully treat many disorders. Cannabis Oil does this by affecting the endocannabinoid system in the brain – this the regulatory system of the body that maintains homeostasis (internal stability) in the other systems of the body.

Supplement Facts

Serving Size: 1 Gummy		Servings Per Container: 30	
Amount Per Serving			
Calories 9.2			
		% Daily Value	
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat		0%	
Cholesterol 0mg		0%	
Sodium 1mg		0%	
Total Carbohydrate 2.2g		1%	
Dietary Fiber 0g		0%	
Sugars 1.4g		0%	
Protein 0.2g			
Vitamin A 0%	-	Vitamin C 0%	
Calcium 0%	-	Iron 0.7%	

* % Daily Value are based on a 2,000 calorie diet.
Other ingredients: Hemp, Corn Syrup, Sugar, Water, Gelatin, Citric Acid, Pectin, Natural & Artificial Flavors, Vegetable Oil, Camauaba Leaf Wax, FD&C Yellow 5, Red 40, Yellow 6, Blue 1, Manufactured in a facility that also processes nuts, eggs, soy and dairy.

Hydrophillic Tincture 1500mg

This product has a wonderful Peppermint Flavor! Cannabidiol (CBD) is one of over 113 active cannabinoid chemicals in the hemp plant. CBD, unlike THC, does not produce euphoria or intoxication. CBD targets specific receptors in brain cells and the body. There are both physical and mental benefits with the use of CBD products. All our hemp is Industrial Hemp Certified, organically grown and sourced from nutrient abundant soils in the USA to ensure a medicinally rich CBD product. We use a solvent-free CO² extraction process to produce the highest-grade CBD that has NO harsh chemicals, NO pesticides, NO metals and is non-GMO. Our farms are fully compliant with the State Department of Agriculture regulations. • Promotes relaxation • Great for overall health • Custom flavors available Our herbal tincture drops are of the highest quality and contain premium phytocannabinoid rich hemp oil with every serving.

A hydrophillic formula for maximum absorption

Supplement Facts

Serving Size: 1mL	
(approx. 30 Drops)	
Servings Per Container: 30	
	% DV
Amount Per Serving	
Calories	10
Calories from Fat	10
Total Fat	2g
Phytocannabinoid Hemp Oil	50 mg**

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

INGREDIENTS: PCR Hemp oil, Supercharged oil (exposed oxygenated Lauric acid with Oud oil), Natural flavor.

500 Natural

CBD oil topically make it easy to target the source of your skin problems. Using topicals is easy and straightforward; simply massage the product into the targeted skin area. Repeat as needed throughout the day.

CBD oil topically range in consistency and it's up to your personal preference on which appeals best to you.

CBD oil does not taste good to many. Each harvest renders slightly different flavors because the flavor and aroma come from compounds within the hemp plant called terpenes. Just like

Oilcannabinoids, you don't know exactly which terpenes have developed in the plant until the oil has been extracted and tested. This makes it difficult to guarantee how each batch will taste.

500 Peppermint

CBD Oil Topicals for Skin. For dry, inflamed, or aging skin, people often try CBD oil topical solutions to target specific areas. Your skin is your largest organ, so it's important to keep it moisturized and balanced. Great tasting peppermint flavor adds to the desirability of this wonderful full spectrum, NO THC, CBD product.

Pets (Bacon Flavored) *for humans, too*

- Historically used for:
- Helps manage stress & pain
- Anti-inflammatory properties
- Great addition to aging pet's diet
- Joint pain & stiffness
- Social anxiety
- Fear of thunderstorms or travel

Studies show that cannabinoids have anti-inflammatory effects and can help with a variety of ailments such as allergies, loss of appetite, joint pain, chronic pain, digestive issues, fatty tumors, homeostasis, inflammation, skin problems, muscle spasms, aggression, anxiety & neurological disorders. It also helps dogs that have separation anxiety, social anxiety, fear of thunderstorms, or long-distance traveling.

It is also great for post-surgery recovery since it aids with swelling, pain & stiffness, as well as bone breaks, torn ligaments & strains. Ideally, with the advice of your vet, CBD could supplement, synthetic drugs which cause many side effects, and can also be used daily to manage mood & pain.

NUTRITIONAL FACTS		
Serving Size: 1.2 ml (Approx. 48 Drops)		
Servings per container: 25		
	Amount Per Serving	%DV*
Calories		18
Calories from Fat		18
Total Fat		2 g
Phytocannabinoid Hemp Oil		20 mg
*Percent Daily Values are based on a 2,000 calorie diet.		
**Daily Value not established.		

Ingredients: PCR Hemp (seed) oil,
Natural flavor

NUTRITIONAL FACTS		
Serving Size: 1.2 ml (Approx. 48 Drops)		
Servings per container: 25		
	Amount Per Serving	%DV*
Calories		18
Calories from Fat		18
Total Fat		2 g
Phytocannabinoid Hemp Oil		20 mg
*Percent Daily Values are based on a 2,000 calorie diet.		
**Daily Value not established.		

Ingredients: PCR Hemp (seed) oil,
Natural peppermint flavor

Product Facts	
Serving Size: 1mL (0.9g)	Servings Per Container: 30
Amount Per Serving	% Daily Value*
Calories 10	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Phytocannabinoid Hemp Oil	10mg †
Not a significant source of cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, iron, and potassium.	
**%DV = %Daily Value	

Inactive Ingredients: Natural Bacon Flavor
Other Ingredients: Hemp Seed Oil

Roaring CBD

This amazing product is enhanced with adaptogens and water-soluble hemp CBD, enhanced w/ CBD and adaptogens to provide the best energy, focus and appetite suppressant in the market. These powerful ingredients working together through these mechanisms may be crucial in you losing weight quickly, safely, and effectively.

Supplement Facts		
Serving Size: 1 Capsule	Servings Per Container: 30	
Amount Per Serving	% Daily Value	
Vitamin B6 (Pyridoxine hcl 82%)	5mg	250%
Vitamin B12 (1%)	0.05mg	833%
Proprietary Blend	484mg	*
<small>Beta PEA, Natural Caffeine (100mg), Citrus Aurantium (30%), L-Theanine, Guarana (22%), Theobromine, Caralluma Fimbriata, Cinnamon, Trace Minerals, Coconut Oil, Ginseng, Rhodiola, Hemp, Black Pepper, Water 60mg Soluble Hemp CBD</small>		

* % Daily Value not established
Other Ingredients: Gelatin Capsule, Silica, Brown Rice.
Contains 60mg CBD per container

Relieve Drink

Many great reviews as to Relieve Drink ability to “take the pain away.” We added a tasty lemonade flavor! Our CBD Relieve Drink could be your answer to getting relief from pain.

Nutrition Facts		
Serving Size: 1 Scoop (5.1g)	Servings Per Container: 40	
Amount Per Serving	% Daily Value	
Calories 10		
	% Daily Value	
Total Fat	0.0g	0%
Saturated Fat	0.00g	0%
Trans Fat	0g	
Cholesterol	0.0mg	0%
Sodium	0mg	0%
Total Carbohydrate	3g	0%
Dietary Fiber	0.0g	0%
Total Sugars	3g	
includes	3g Added Sugars	
Protein	0.0g	
<small>Ingredients: Evaporated Cane Sugar, Citric Acid, Stevia, Lemon Juice Powder, Malic Acid, Holy Basil, N-Acetyl Cysteine, MSM, Turmeric, White Willow Bark, Birch Leaf, Boswellia Serrata, Bromelain, Guarana, L-Theanine, Green Tea, Ginger Root, Skullcap, Resveratrol, Natural Caffeine, Hemp Powder, Berberine, Water Soluble Hemp CBD Powder.</small>		

* % Daily Value not established

Repair Cream w/Retinol & Collagen – *See Adaras Tigrus*

Oral Sprays

Our quick soothing Oral Sprays with CBD come in a variety of types such as:

Relief Oral Spray - Our Relief Oral Spray is infused with natural properties of CBD that helps ease many problems. This spray is great for those experiencing soreness caused by tension, canker sores and other issues. Aids in relieving canker sores, cheek bites & soreness from dentures or braces

Weight Loss Oral Spray - Helps to control the appetite, increase metabolism and promote fat loss and preserving muscle, while helping maintain normal blood sugar levels. Thermogenic breakthrough that helps control the appetite - Increases metabolism.

Immune Support Oral Spray - Designed to promote overall health and wellness daily, our formula absorbs quickly and is effective. This product is great for supporting the immune system when under physical stress, helping to stabilize one's overall health and mood. Made with a blend of organic ingredients, this product is safe enough for daily use.

Sleep Oral Spray - You deserve a good night's rest! Melatonin, a natural occurring hormone in the brain, is released to promote sleep at night. Unfortunately, as we age environmental factors such as artificial light reduces the Melatonin our bodies can produce, resulting in lack of sleep. Our Sleep Spray - is combined with a special blend of CBD, Melatonin, Valerian and other nutrients to help promote a long and restful sleep. This product is great for those having trouble falling or staying asleep! Promotes good sleep habits & helps you maintain a healthy sleep cycle.

Energy Boost Oral Spray - Add a daily boost to your diet! Our Energy Boost Spray is designed to help you focus during the day without crashing. A healthier alternative to coffee or energy drinks, our formula contains a blend of CBD, Vitamins B-12, A & D to promote optimum energy. This product is made with naturally derived, high-quality ingredients and is orally absorbed for fast results! A healthy dose of energy throughout the day.

Stress Oral Spray - Designed to calm the body and promote relaxation. Our formulation is infused with a blend of CBD and organic ingredients to help stimulate relaxation in the body and brain, while also helping to dissipate stress. Helps treat people struggling with stress & anxious feelings.

Children's Health

Children's Multi Berry Bears

Vitamins & Minerals for Kids Providing for your Kids Nutritional Needs

- Berry Blast with Real Fruit Concentrate
- Vegetarian Formula
- Vitamins
- Minerals

The nutritional needs of a growing child are of considerable importance, especially during their early years. Essential nutrients such as vitamins, antioxidants, minerals and other important co-factors play crucial roles in the growth and development of skeletal structures, brain function, internal organs and many other areas of basic developmental health. Unfortunately, kids can be extremely fussy when it comes to eating, and as a result, many of these basic nutritional needs can get overlooked in the process. VistaLife has a product kids can take in a great tasting, easy-to-chew, gummy bear that your kids will love to take.

Suggested Use: A gummy dietary supplement for children.

Children 1-3 years of age: Take 1 or 2 gummies daily with food.

Children age 4 and up: Take 2 gummies daily with food. Children's Multi Berry Bears can be mixed in 2 oz of water or juice.

Adults: take 2-4 daily.

Supplement Facts		
Serving Size 2 Gummies Servings Per Bottle:45		
Amount Per Serving	%Daily Value 2-4 Yrs. 4&Up	
Calories 15		
Total Carbohydrate	4g	**
Sugars	2g	**
Vitamin A (Palmitate)	2100IU	84%
Vitamin C (Ascorbic Acid)	20mg	50%
Vitamin D (Cholecalciferol)	400IU	100%
Vitamin E (dl-Alpha Tocopheryl Acetate)	16.5IU	165%
Vitamin B-6 (Pyridoxine Hydrochloride)	2mg	286%
Folic Acid	260mcg	130%
Vitamin B-12 (Cyanocobalamin)	6mcg	200%
Biotin	60mcg	40%
Pantothenic Acid (Calcium D-Pantothenate)	5.2mg	104%
Iodine (Potassium Iodine)	42mcg	60%
Zinc (Zinc Citrate)	2.7mg	34%
Choline (Choline Bitartrate)	40mcg	**
Inositol	40mcg	**
†Percent Daily Value based on a 2,000 calorie diet.		
**Daily Value not established.		
Other ingredients: Glucose syrup, sugar, dextrose, water, corn starch modified, gelatin, malic acid, citrate, natural flavors for colors (Annatto, turmeric, elderberry juice & grape juice concentrate), coconut and carnauba wax.		

Daily Health

Apple Cider Vinegar

As you may know, your gut is home to billions of bacteria that help you break down and absorb nutrients from food, it's also where the majority of your immune system is located. The fermented colony of apple cider vinegar feeds good bacteria and improves your digestion.

Apple Cider Vinegar can help you burn excess fat by utilizing acetic acid. This acid helps turns fat into energy instead of weight. Another way apple cider vinegar can help you lose weight is by making you feel "fuller" despite consuming fewer calories than you normally would.

Immune Health, Cellular Energy Production, Heart Health, Healthy Nutrient Metabolism, Healthy Nervous System, Gut Health, Weight Management, and Overall Good Health

B Complex

Historically sed for:

- Nervous System
- Nerve Repair
- Stress
- Nervous Twitches
- Healthy muscle tone in gastrointestinal tract
- Brain function

Once thought to be a single vitamin called Vitamin B, several chemically distinct nutrients make up a Vitamin B including Thiamine (Vitamin B-1), Riboflavin (Vitamin B-2), Niacin or Niacinamide (Vitamin B-3), Pantothenic Acid (Vitamin B-5), Pyridoxine (Vitamin B-6), Biotin (Vitamin B-7), Folic Acid (Vitamin B-9) and Cobalamin (Vitamin B-12).

The B Complex vitamins are water-soluble nutrients that are dispersed throughout the body and play important roles in cell metabolism and essential for a number of health benefits including the rate of metabolism, cell growth and development including the production of red blood cells, healthy skin and muscle tone, the proper function of the nervous system and a strong immune system.

Although not true B vitamins, B Complex also provides 100 milligrams per tablet each of Choline, Inositol and PABA (para-aminobenzoic acid) which play important roles in cognition, liver function, fetal brain development and are thought to help promote healthy skin and hair.

Because the B vitamins are water-soluble, any excessive intake is excreted in the urine as opposed to being stored by the body. As a result, they must be replenished in the body on a regular basis or a risk of Vitamin B deficiency develops. B Complex provides a complete high potency regimen of all the individual B vitamins in a sustained release tablet that allows the body to have a longer period during which it can absorb these critical nutrients.

Supplement Facts		
Serving Size 1 Gummy	Servings Per Container: 60	
	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	3g	1%†
Total Sugars	2g	**
Includes 2g Added Sugars		4%†
Vitamin B-6 (as pyridoxine HCl)	0.5mg	29%
Folate	200mcg DFE	50%
	(120mcg folic acid)	
Vitamin B-12 (as cyanocobalamin)	1.2mcg	50%
Iodine (as potassium iodide)	50mcg	33%
Apple Cider Vinegar Complex (fruit)	500mg	**
Consisting of: apple cider vinegar powder (providing 5% total acid) and unrefined liquid apple cider vinegar		
Pomegranate Juice Powder (fruit)	40mcg	**
Beet Root Juice Powder	40mcg	**

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

Other ingredients: Glucose syrup, sugar, glucose, pectin, sodium citrate, citric acid, natural apple flavor, vegetable oil, purple carrot concentrate, and beta-carotene.
ALLERGEN WARNING: CONTAINS TREE NUTS (COCONUT).

Supplement Facts		
Serving Size 1 Tablet	Servings Per Container: 50	
Amount Per Serving	%Daily Value	
Vitamin B-1 (thiamine mononitrate)	100mg	6667%
Vitamin B-2 (riboflavin)	100mg	5882%
Niacin (as niacinamide)	100mg	500%
Vitamin B-6 (pyridoxine hcl)	100mg	5000%
Folic Acid	400mcg	100%
Vitamin B-12 (cyanocobalamin)	100mcg	1667%
Biotin	100mcg	33%
Pantothenic Acid (cal. pantothenate)	100mg	1000%
Choline Bitartrate	100mg	*
Inositol	100mg	*
para-Aminobenzoic acid	100mg	*

*Daily Value not established.

Other ingredients: Calcium carbonate, vegetable stearic acid, croscarmellose sodium, vegetable magnesium stearate, hydroxypropyl methylcellulose, silicon dioxide, watercress powder and parsley leaf powder.

Chlorella™

Historically used for:

- Complete food
- Broken cell wall for maximum strength
- Broken cell wall for maximum absorption
- Source of vitamins and minerals
- Nature's richest source of greens
- Green protein source
- Support pH balance

Chlorella is specially cultivated green algae known as one of the best sources of natural chlorophyll and edible fiber. **Chlorella** is made with a unique broken cell wall process to enhance bioavailability for better assimilation of nutrients. This power-packed whole food source provides over 19 amino acids including all 8 essential amino acids, plus beta-carotene, potassium and other valuable vitamins and minerals. The superior digestibility of **Chlorella** provides a pure, potent source of protein.

Chlorella may be the Supplement for you!

If you are looking for a supplement to maintain overall health with additional cleansing properties, **Chlorella** is a useful and cost-effective addition to your nutritional program. Recognized as one of the most potent nutritional whole foods on earth, **Chlorella** is a scientifically proven health aid.

Just some of the health benefits you will enjoy:

- Your immune system will be greatly enhanced
- Friendly bacteria growth is encouraged supporting your digestion
- Proven to remove heavy metals & toxins from your body.
- Helps to keep your body alkaline – essential for good health
- Antiviral properties help to protect you from infection
- Broad spectrum nutrition that boosts your energy
- **Chlorella** will support weight loss if you are dieting
- A natural deodorant, **Chlorella** helps to freshen your breath
- A good bowel cleansing agent that improves the overall digestive track

Chlorella contains a wealth of important nutrients;

- Known as the richest natural source of chlorophyll – deep cleansing
- More than 20 bio-available (easy to digest) vitamins and minerals
- Rich in Beta-Carotene, a powerful antioxidant that fights free radicals
- 19 amino acids - essential for tissue and cell regeneration
- Greater quantity of fatty acids than other greens on the market like Spirulina or wild blue green algae
- 60% superior protein – three times the amount of steak or fish
- Contains most components of the Vitamin B complex, especially B12, making **Chlorella** a recommended supplement for vegetarians

What is Chlorella?

Chlorella is an emerald green, single-celled freshwater micro-algae widely recognized as one of the most potent nutritional whole foods on earth. Each **Chlorella** cell is a self-sufficient organism with all the plant's life functions taking place inside the cell. The result - a unique high concentration of important nutrients.

Nutrition Facts	
Serving Size 5 Capsules (3g)	
Servings Per Container 18	
Amount Per Serving	
Calories 10	
% Daily Value*	
Total Fat 0 g	0%
Sodium 0 mg	0%
Total Carbohydrate < 1 g	<1%
Protein 2 g	4%
Vitamin A 60%	* Vitamin C 130%
Iron 35%	
Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, sugars or calcium.	
*Percent Daily Valuse are based on a 2,000 calorie diet.	

Ingredients: Chlorella (Broken Cell Wall)

Other Ingredients: Capsule Shell

600 mg Chlorella per capsules.

3,000 mg Chlorella per 5 capsules serving.

This tiny plant contains the highest known quantity of Chlorophyll within a natural source. Chlorophyll is the 'green blood' of all plant life and has a chemical structure very similar to hemoglobin, our own red blood molecules. Chlorophyll carries oxygen around the blood supply and builds the red blood cell count. It cleanses and purifies the blood stream, kidneys, liver and bowel. Scientists and medical professionals have long recognized the importance of Chlorophyll in the diet as a bowel cleansing agent and a natural deodorant, and topically as a wound-healing accelerator. Many "green" foods are good sources of chlorophyll but results of recent laboratory tests show that **Chlorella** has more than five times more milligrams of Chlorophyll per serving than wheat grass, twelve times more than barley and nearly 10 times more than alfalfa.

Detoxify Your Body of Environmental Pollutants

One of the most important aspects of Chlorella as a health-food supplement is its proven ability to remove any of the toxins that accumulate in our bodies from the food that we eat, the water we drink and the air we breathe each day. Experiments conducted in numerous countries have shown that the indigestible cellulose of **Chlorella's** cell wall attracts and binds with heavy-metal poisons such as lead, mercury and cadmium and with hydrocarbon pesticides and insecticides. These environmental poisons are thought to be major contributors to free radical activity, resulting in cancer, brain damage, liver and kidney failure and many other serious, life-threatening conditions. Chlorella's ability to rid the body of these increasingly common toxic pollutants is one more feature that sets it apart from other 'green' supplements and yet one more reason that it is deserving of its title.

Health Promoting Ingredient - the Chlorella Growth Factor

The **Chlorella** Growth Factor, or CGF is a unique substance; it is not a single element, but a complex combination of amino acids, nucleic acids, peptides and carbohydrates that have yet to be isolated and identified.

CGF stimulates the growth of valuable friendly bacteria, which in turn has a probiotic effect on the body. **Chlorella** has immune enhancing qualities as well as the anti-viral effect of Chlorophyll which may help with viruses (common cold, influenza), Fungi (Candida, Epstein-Barr Virus, chronic fatigue, immune deficiency syndrome) and Blood Sugar imbalances (high blood sugar, low blood sugar, manic depression).

Independent research around the world has demonstrated that **Chlorella** can stimulate production of interferon by the body. Interferon is a substance that controls macrophage activity and protects the T-and B helper cells that are our front-line defenses against viral, bacterial, chemical and foreign protein invasions. CGF has been shown to increase the growth of friendly bacteria, lactobacillus, by up to 400%.

Chlorella's Vitamins and Minerals

Chlorella contains more than 20 vitamins and minerals all in highly 'bio-available' form. Unlike synthetically produced supplements, the vitamins and minerals found in **Chlorella** are all present in a form that the human body was designed to digest and absorb easily and completely.

Vitamin B Complex Including the Richest Plant Source of B12

Chlorella contains most components of the Vitamin B complex. **Chlorella's** B1 (thiamine), B2 (riboflavin), B3 (niacin), B6 (pyridoxine), B12 (cobalamin), biotin (also known as Vitamin H), folic acid, inositol and PABA (para-aminobenzoic acid). **Chlorella** contains more Vitamin B12 than beef liver, one of the richest known meat sources! (**Chlorella's** minerals include calcium, iron, magnesium, potassium and phosphorous, plus traces of iodine, selenium, zinc and copper.)

Chlorella is 60% Superior Protein

As a source of protein, there are few that can equal **Chlorella**. It contains 19 naturally occurring amino acids, including all eight essentials: isoleucine, leucine, methionine, phenylalanine, threonine, tryptophan and valine, making it a complete or superior protein. Amino acids are essential for tissue and cell regeneration with their co-factor vitamins and minerals in the maintenance of our metabolic pathways.

Collagen Peptides

Collagen is the most abundant protein in your body. It is the major component of connective tissues that make up several body parts, including tendons, ligaments, skin and muscles. Providing your skin with structure and strengthening your bones is one of Collagen's many functions. In recent years, hydrolyzed collagen supplements have become popular. Hydrolyzed the collagen means it has been broken down, making it easier for you to absorb. There are several foods also that you can eat to increase your collagen intake, including pork skin and bone broth. Consuming collagen may have a variety of health benefits, from relieving joint pain to improving skin health.

Supplement Facts		
Serving Size 10 Grams (1 heaping scoop)		
Servings Per Container: about 45		
Amount Per Serving	%Daily Value	
Calories	35	
Total Fat	0 g	0%
Total Carbohydrate	0 g	0%
Protein	9 g	0%
Collagen Peptide Complex (from Hydrolyzed Collagen Type I & III) (bovine)	10 g	*
*Daily Value not established.		

KEEP OUT OF THE REACH OF CHILDREN.

Miscellaneous Health Benefits

Collagen supplements may have other health benefits, but these have not been studied extensively.

- **Hair and nails:** Taking collagen may increase the strength of your nails by preventing brittleness. Additionally, it may stimulate your hair and nails to grow longer.
- **Gut health:** Although there is no scientific evidence to support this claim, some health practitioners promote the use of collagen supplements to treat intestinal permeability, or leaky gut syndrome.
- **Brain health:** No studies have examined the role of collagen supplements in brain health. However, some people claim they improve mood and reduce symptoms of anxiety.
- **Weight loss:** Some believe that taking collagen supplements may promote weight loss and a faster metabolism.

Five Health Benefits of Collagen

1. Can Improve Skin Health

As your body ages, it produces less collagen, causing dry skin and the formation of wrinkles. Collagen plays a role in strengthening skin, plus may benefit elasticity and hydration. Collagen supplements have been attributed to their ability to stimulate your body to produce collagen on its own.

2. Helps Relieve Joint Pain

As the amount of collagen in your body decreases as you get older, your risk of developing degenerative joint disorders such as osteoarthritis increases. If you want to try taking a collagen supplement for its potential pain-relieving effects, studies suggest you should start with a dosage of 8–12 grams daily. Researchers have theorized that supplemental collagen may accumulate in cartilage and stimulate your tissues to make collagen. They have suggested this may lead to lower inflammation, better support of your joints and reduced pain. Taking collagen supplements has been shown to reduce inflammation and stimulate collagen synthesis in the body.

3. Could Prevent Bone Loss

Studies have shown that taking collagen supplements may have certain effects in the body that help inhibit the bone breakdown that leads to osteoporosis. Consuming collagen supplements may help reduce the risk of bone disorders such as osteoporosis. They have the potential to help increase BMD and lower levels of proteins in the blood that stimulate bone breakdown.

4. Could Boost Muscle Mass

Muscle tissue is composed of approximately 1-10% collagen. This protein is necessary to keep your muscles strong and functioning properly. Studies suggest that collagen supplements help boost muscle mass in people with sarcopenia, the loss of muscle mass that happens with age. Researchers have suggested that taking collagen may

promote the synthesis of muscle proteins such as creatine, and may also stimulate muscle growth after exercise. Research also has shown that consuming collagen supplements increased muscle growth and strength in people with age-related muscle mass loss.

5. Promotes Heart Health

Collagen provides structure to your arteries, the blood vessels that carry blood from your heart to the rest of your body. Without enough collagen, arteries may become weak and fragile. This may lead to atherosclerosis, a disease characterized by the narrowing of the arteries. Atherosclerosis has the potential to lead to heart attack and stroke. Taking collagen supplements may help reduce the risk factors associated with heart conditions such as atherosclerosis.

Colloidal Silver™

Historically used for:

- Germ fighter
- Blood purifier
- Skin disorders
- Colds
- Infections
- Eye infections
- Burns
- Earaches
- Ringworm
- Gastritis
- Eczema
- Toothaches
- Diarrhea
- Sunburn
- Athlete’s foot
- Acne
- Intestinal disorders
- Food poisoning
- Warts
- Mouth sores
- Yeast infections
- Insect bite

Supplement Facts		
Serving Size: 1 teaspoon		
Serving per Container 30		
Amount Per Serving		% Daily Value
Elemental Silver (20 ppm)	100mcg	**
** % Daily Value not established		
Other Ingredients: Water, Silver Ions		

What is Colloidal Silver?

Silver ions commonly known as “Colloidal Silver” is extremely minute-sized silver particles suspended in water with a positive electrical charge. The best colloidal silver is produced at the molecular level. The smaller the silver particles, the more effective it has been proven to be. A small D.C. current is passed through an electrolyte with silver electrodes. Minute, molecular sized particles are drawn off the positive electrode, having a positive electrical charge. These electrical charges are where Colloidal Silver improves healing and anti-bacterial qualities.

Silver has been known to be a bactericide for at least 1200 years. Even in ancient times, people would prevent sickness from being transmitted by drinking from a silver cup. Silver coins were commonly dropped into a jar to prevent the spoilage of milk and other drinks, and silver containers were used to prolong the freshness of foods

in general. Even today, we commonly call all tableware “silverware” although today it is more commonly stainless steel.

In the 1920’s, 30’s and 40’s, silver was ground very fine like flour, suspended in water and was used orally for many infections and disease conditions, topically on burns, and for fungal infections. Over 650 bacteria, virus, and fungi were considered treatable with this silver in 1938. With the development of the patented antibiotics, silver was forgotten in the United States and most other places, although the antibiotics are only effective against bacteria, not viruses, yeast, or fungi, as is silver. Now, with the greatly improved modern colloids, the tables are turning, and silver may be the most effective treatment.

The basic problem is simply that bacteria have a tremendous ability to adapt to substances. They can and do mutate to overcome antibiotics. When the antibiotics destroy the bacteria, which are susceptible to them, they can clear the way for the resistant bacteria to move in uninhibited.

Antibiotics often play havoc with some of these friendly organisms, producing long-lasting side effects that may be difficult to correct. Science Digest suggested an answer to all these catastrophic problems back in March of 1978 in an article titled “Our Mightiest Germ Fighter.” This article by Jim Powell stated: “Thanks to eye-opening research, silver is emerging as a wonder of modern medicine. An antibiotic kills perhaps a half-dozen different disease organisms, but Silver kills some 650. Resistant strains fail to develop. Moreover, silver is virtually non-toxic.” One reason that the antibiotics have been so popular in the medical field is because they can be patented. The high-priced products run over the low-cost products, simply because they are more profitable.

What to look for in quality Colloidal Silver

1. **Strength** - PPM’s, otherwise known as Part Per Million, represent the strength of the product. You want to be sure the PPM is no larger than 65 PPM and no smaller than 10 PPM.
2. **UV Protected** - Be sure that the colloidal silver is stored in a UV protected glass bottle. UV rays will discharge the product rendering it useless.
3. **Guarantee** - If the product is not guaranteed than that shows a lack of confidence by the company in their product.

Uses for Colloidal Silver

While you can use **Colloidal Silver** for many other conditions, here are some of the most common uses.

Eye Infection - In case of pink eye or conjunctivitis, place one or two drops in the eye ever couple of hours.

Ear infection - Use several drops or more in the ear every few hours.

Nasal Infection - Spray or use several drops or more as needed in each nostril every few hours.

Mouth ulcers and gum infections - Use one to two teaspoons inside mouth, swish for one to two minutes, then swallow.

Colds and Flu - Use one to two teaspoons, place in mouth and absorb sublingually under the tongue. Repeat every few hours. Start early to help avert full-blown illness.

Sore throat and strep - Gargle with one to two teaspoons for one-minute, every two hours, and then swallow

Cuts, scrapes, mild burns, and abrasions - Apply directly to area or via a band-aid or gauze. Change covering and reapply several times a day.

Urinary tract infections - Oral dosage is one tablespoon taken 3 times daily. Most users report noticeable improvement within two to three days, with the infection generally gone in five to seven days.

Yeast infections - Take a teaspoon every 3-4 hours for up to one month.

Traveling - Take a teaspoon, absorbed sublingually, every few hours.

Suggested Use: Adults: 1-2 teaspoons daily, or as directed by a healthcare provider.

Children: ½-1 teaspoon daily, or as directed by a healthcare provider.

Daily Spectrum™

Historically used for:

- Preventative
- Immune builder
- Hyperactivity
- Illnesses due to degeneration
- Nutrient restoration
- Fatigue
- Premature aging
- Energy
- Hair loss

Daily Spectrum™ has been over a year in the making, is comprised of over 100 nutrients that you need on a daily basis to be more productive, play harder, promote longevity, and allows you to feel good while you're living life to the fullest. Daily Spectrum™ provides vitamins, minerals, antioxidants, essential fatty acids, enzymes, vegetable complex, fruit complex, and super greens.

You may ask the question, why do I need Daily Spectrum™? My reply to that is our diets are simply lacking the nutrients needed to function daily. We need vitamins, minerals, antioxidants, essential fatty acids, and enzymes to maintain good function of the body.

The fact is our diets are S.A.D. (Standard American Diet) typically high in fats, cholesterol, sugar, overcooked, and processed foods which soothes our taste buds but provides very little food value to our bodies. Even with a good diet high in raw fruits and vegetables, which I encourage everyone to consume, can still be lacking in proper nutrients. Daily Spectrum™ is a solution for us all to provide the nutritional needs of our bodies. Taking 3 a day provides the body with over 120 nutrients such as:

Vitamins are substances found in living things and are believed to be active in the body and are necessary for health and proper growth. With just a few exceptions, the body is unable to synthesize vitamins; they must be supplied either in the diet or through dietary supplement such as Daily Spectrum™.

Minerals are necessary for 95% of the body's daily function just like vitamins; minerals are catalysts for many biological reactions in the body. Some of which include muscle response, the transmission of messages through the nervous system, digestive tract and metabolism. Every organ in the body must have a mineral present for that organ to function properly.

Antioxidants are powerful natural free radical scavengers. According to research, when antioxidants are formulated together, they are 15 times more effective than when they are used individually. Experts agree that free radical damage is a factor in degenerative conditions and that antioxidants may be helpful in reducing that damage.

Essential Fatty Acids are necessary for health and cannot be made by the body, that's why they're referred to as essential fatty acid. Lecithin is a wonderful source of fatty acids. Lecithin has been known to reduce the risk of cardiovascular problems along with reducing triglycerides and decreasing the risk of heart problems.

Supplement Facts				
Serving Size 3 Tablets				
Amount Per Serving		%Daily Value	Amount Per Serving	%Daily Value
Vitamin A (67% beta-carotene/ 33% palmitate)	15,000 IU	300%	Enzyme Complex (from plants) (Consisting of cellulase, Bromelain, Papain, Amylase, Trypsin & Lipase)	72 mg *
Vitamin C (ascorbic acid)	500 mg	833%	Spirulina Algae	500 mg *
Vitamin D-3 (cholecalciferol)	400 IU	100%	Wheat Grass	200 mg *
Vitamin E (d-Alpha tocopheryl acetate)	100 IU	333%	Safflower (powder)	100 mg *
Vitamin B-1 (thiamine mononitrate)	50 mg	3333%	Lecithin	75 mg *
Vitamin B-2 (riboflavin)	50 mg	2941%	Choline Bitartrate	75 mg *
Niacin (niacin granular)	10 mg	50%	Inositol	75 mg *
Vitamin B-6 (pyridoxine hcl)	50 mg	2500%	Citrus Bioflavonoids 50% Complex	50 mg *
Folic Acid	400 mcg	100%	Gotu Kola Powder	50 mg *
Vitamin B-12 (cyanocobalamin)	100 mcg	1667%	Echinacea Purpurea Root Powder	25 mg *
Biotin	100 mcg	33%	Green Tea (98% extract)	25 mg *
Pantothenic Acid (d-calcium pantothenate)	20 mg	200%	para-Aminobenzoic acid	15 mg *
Calcium (phosphate/amino acid chelate)	175 mg	18%	Psyllium Husks	15 mg *
Phosphorus (dicalcium phosphate)	72 mg	7%	Oat Extract 10:1	15 mg *
Magnesium (amino acid chelate)	100 mg	25%	Apple Pectin	15 mg *
Zinc (glycinate monohydrate)	15 mg	100%	Chlorophyll (sodium copper chlorophyllin)	15 mg *
Selenium (amino acid chelate)	50 mcg	71%	L. Acidophilus	20 Million CFU *
Copper (oxide)	200 mcg	10%	Octacosanol	15 mcg *
Manganese (sulfate)	5 mg	250%	Trace Mineral Complex (from bentonite clay)	3 mg *
Chromium (as polynicotinate)	50 mcg	42%	Kelp	210 mcg *
Potassium (as citrate)	50 mg	1%	Boron (as amino acid chelate)	27 mcg *
42 Fruit & Vegetable Proprietary Blend Consisting of Blueberry, Cranberry, Grape Seed, Strawberry, Raspberry, Pomegranate, Bilberry, Alfalfa, Carrot, Beet, Broccoli, Acai, Chokeberry, Apple, Apple Pectin, Maqui Berry, Grape Skin, Black Cherry, Tomato, Barley, Celery, Chlorella, Black Currant, Artichoke, Mango, Pineapple, Spirulina, Chlorophyllin, Dandelion, Wheat Grass, Green Tea, Milk Thistle, Eleutherococcus Senticoccus, Ashitaba, Bing Cherry, Elderberry, Goji Berry, Grapefruit, Mangosteen, Spinach, Tart Cherry, and Papaya.	305 mg	*	*Daily Value not established	
			Other ingredients: Microcrystalline Cellulose, vegetable stearic acid, vegetable magnesium stearate, croscarmellose sodium and pharmaceutical glaze.	
			ALLERGEN WARNING: CONTAINS SOY (LECITHIN), MILK (TRYPSIN), AND FISH. Activity level at time of manufacture.	

Enzymes are needed to promote and improve proper digestion. Daily Spectrum™ contains enzymes which help digest proteins, carbohydrates, fats, dairy, fiber, and sugar.

Vegetable Complex and Fruit Complex providing your daily need of fruits and vegetables in your diet like broccoli, carrots, spinach, and collard greens, oranges, lemons, etc.

Greens are provided to help keep the body's pH factor in balance with greens like Spirulina, wheat grass, chlorophyll, and barley grass.

All these key ingredients needed for proper daily function are available in this fast-dissolving, fast-acting, vitamin & mineral supplement called Daily Spectrum™. Take 3 tablets a day and put the Full Spectrum back into to your life.

Suggested Use: As a dietary supplement, take (1) tablet 3 times daily.

Juice of Life +™

Historically used for:

Stress

- Immune stimulant
- Increase concentration
- Increase endurance
- Increase mental acuity
- Depression
- Adrenal gland weakness
- Memory and attention span
- Fatigue
- Anxiety and nervousness
- Stamina
- Improve resistance to disease
- Blood pressure
- Age spots
- Anti-aging
- Radiation, effects of
- Hormone imbalance
- Jet lag

Supplement Facts		
Serving Size 2 Capsules		
Amount Per Serving		
	Amount	% Daily Value
Proprietary Blend	1420 mg	*
Acai Fruit (4:1 extract)		*
Goji Berry (60% extract)		*
Hawaiian Noni (4:1 extract)		*
Mangosteen (5% extract)		*
Pomegranate (40% extract)		*
Resveratrol (50 milligrams of elemental Trans-Resveratrol from 100mg's of polygonum cuspidatum 50% standardized extract.)		*
Proprietary Blend Consisting of: Raspberry Fruit Powder, Wild Black Cherry Fruit Powder, Blueberry Fruit Powder, Elderberry Extract (5% flavonoids), Grape Skin Extract (30% polyphenols).		

Juice of Life+™ is a whole food-based nutrition, including juice powder concentrates from 5 powerful primary antioxidant fruits, Acai fruit, Goji Berry, Hawaiian Noni, Mangosteen, Pomegranate and 5 secondary antioxidant fruits Raspberry, Wild Black Cherry, Blueberry, Elderberry, Grape Skin with Resveratrol. Each ingredient is specially selected to provide a broad range of nutritional benefits. Unlike most products on the market of its kind, these 10 highly concentrated nutrients are in a power packed capsule, so you don't have to worry about taste or inconvenient liquids.

Juice of Life+™ may contain high levels of antioxidants, omega fatty acids, fiber and many other vitamins and minerals. This formula may also promote healthy vision, skin, cardiovascular health, and brain function due to the antioxidant value. Some research on ingredients like goji berries have shown to enhance the immune system.

There are other powerful ingredients like Resveratrol which may help balance blood sugar, increase life span, improve cardiovascular health, inflammatory problems, and slow down the aging process.

Juice of Life+™ is a compliment to a healthy diet. **Juice of Life+™** is the simple, convenient, and inexpensive way to add more nutrition from fruits to your diet. Many of the fruits in **Juice of Life+™** known as “super fruits” is supported by research showing antioxidant properties of these various berries and fruit. These berries color differences are due to natural plant pigments which are polyphenols such as the flavonoids, anthocyanins, and tannins localized mainly in berry skins and seeds. These pigments are usually antioxidants and thus have oxygen radical absorbance capacity (“ORAC”) that is high among plant foods.

Fortified with Resveratrol and a proprietary blend of other berry extracts, **Juice of Life+™** offers effective antioxidant properties.

Suggested Use: As a dietary supplement, take 1-2 capsules twice daily.

Relieve

Relieve may be the most beneficial and effective drug-free product available. Its all-natural formula has been proven to be many times more potent than other products on the market of its kind.

Joint pain and stiffness affect millions of people of all ages. Obesity, old age, and injury to the legs or joints, can cause relentless pain, and intensify joint pain and other symptoms of joint discomfort.

Made from wholesome, all-natural ingredients, **Relieve** brings fast relief to people suffering from the pain of joints, headache, ligament tears, and other pain inducing problems. It begins working almost immediately to relieve discomfort, stiffness and pain throughout your entire body.

This specially formulated pain reliever may be the strongest, most powerful, natural pain relief product on the market today.

Super Antioxidant

Historically used for:

- Supports healthy vision
- Allergies
- Cardiovascular support
- Improve memory
- Cellular support

Super Antioxidant, a proanthocyanidin formulation of several antioxidants, includes two of the most powerful natural free radical scavengers available. According to research, when antioxidants are formulated together, they are 15 times more effective than when used by themselves.

Supplement Facts

Serving Size 1 Capsule
Serving Per Container: 60

Amount Per Serving

Proprietary Blend	555 mg	**
Holy Basil Leaf (2% extract), Cetyl Myristoleate 20% Complex, MSM (methylsulfonylmethane), Turmeric 95% Extract (root), Ginger Root Extract (5% extract), Green Tea Leaf (50% extract), Bromelain (2400GDU), Skullcap 4:1 Extract (Scutellaria balcalensis) (root), Hyaluronic Acid, trans-Resveratrol, Berberine HCl.		

*Daily Value not Established

Other Ingredients: Gelatin (bovine), rice powder, vegetable magnesium stearate, and silicon dioxide.

Supplement Facts

Serving Size 2 Capsules

Amount Per Serving	%Daily Value	
Vitamin A (beta-carotene)	25,000 IU	500%
Zinc (aspartate)	25 mg	167%
Proprietary Blend	900mg	**
Lutein		*
Bilberry (20% extract)		*
Grape Seed (95% extract)		*
Quercetin Dihydrate		*
L-Taurine		*
N-Acetyl-L-Cysteine		*

*Daily Value not established.

Other ingredients: Gelatin, silicon dioxide and vegetable magnesium stearate.

Antioxidants can help reduce oxidative damage to vital tissues. Experts agree that free radical damage is a factor in degenerative conditions and that antioxidants may be helpful in reducing that damage. Super Antioxidant is your completely natural choice for a powerful antioxidant.

According to Richard A. Passwater, Ph.D., author of New Super Antioxidant Plus, this “*complex of powerful antioxidant ingredients that are patented for use to scavenge free radicals...can help you live longer, stay healthier and appear more youthful...can help protect you from approximately eighty diseases, including: heart problems, arthritis, and most other non-germ diseases that are linked to the deleterious chemical action of free radicals.*” These scavengers remain in the blood stream for 72 hours giving extended free radical protection. He also stated that brain and nerve tissues are protected due to its nearly unique ability to penetrate the blood-brain barrier. Dr. Passwater indicates these proanthocyanidins bioflavonoid do more than protect. They help in cell reparation by improving and stabilizing the skin protein collagen and improving the condition of arteries and capillaries. The biochemical properties of these substances that are responsible for their many benefits are: free radical scavenging, collagen (a skin protein) binding, inhibition of inflammatory enzymes, and inhibition of histamine formation. It reduces the oxidative damage to vital tissues and unlike virtually all other dietary antioxidants; Pycnogenol readily crosses the blood-brain barrier to protect vital brain and nerve tissues from oxidation.

Super Antioxidant has been formulated to provide comprehensive nutritional protection for the eyes. Each serving contains 10 mg of available Lutein, a critical pigment of the macula, lens, and other ocular tissues. Lutein is a powerful antioxidant related to beta-carotene that defends the eye from the ravages of sunlight. VistaLife has also included Green Tea Extract, Alpha-Lipoic Acid, Grape Seed Extract, and other synergists in this formula to maximize its antioxidant potential.

Suggested Use: As a dietary supplement, take 3 capsules daily, preferably with meals.

Super Cal™

Historically used for:

- Bone, teeth, and joint health
- Leg cramps and restless legs
- Wound healing
- Soothes nerves
- Aches within the body
- Alkalizing to the body
- Bedwetting
- Thumb sucking
- Hyperactivity
- Night sweats
- Arm and leg fatigue
- Congestion and asthma

Supplement Facts		
Serving Size 4 Capsules		
Amount Per Serving	% Daily Value	
Vitamin D-3 (cholecalciferol)	400 IU	100%
Calcium	1000 mg	100%
(from carbonate, dicalcium phosphate, citrate, amino acid chelate, hydroxyapatite, hydroxide, glycinate, gluconate, lactate and orotate).		
Magnesium (from oxide)	500 mg	125%
Boron (from amino acid chelate)	4mg	*
*Daily Value not established		

Other Ingredients: Gelatin, cellulose, silica and magnesium stearate.

Super Cal™ provides the most abundant mineral in the body in a complete dietary supplement. Calcium is required for muscle contraction, blood vessel expansion and contraction, secretion of hormones and enzymes, and transmitting impulses throughout the nervous system. The body strives to maintain constant concentrations of calcium in blood, muscle, and intercellular fluids, though less than 1% of total body calcium is needed to support these functions. Calcium is essential to perform these important functions.

The remaining 99% of the body's calcium supply is stored in the bones and teeth where it supports their structure. Bones itself undergo continuous remodeling, with constant reabsorbing and deposition of calcium into new bone.

The balance between bone reabsorbing and deposition changes with age. Bone formation exceeds resumption in growing children, whereas in early and middle adulthood both processes are relatively equal. In aging adults, particularly among postmenopausal women, bone breakdown exceeds formation, resulting in bone loss that increases the risk of osteoporosis over time.

Super Cal™ is the most unique calcium product on the market. VistaLife has assembled **Super Cal™** with ten calcium sources: Calcium (carbonate, citrate, hydroxyapatite, amino acid chelates, orotate, dicalcium phosphate, hydroxide, lactate, gluconate and glycinate) along with Magnesium, Boron, and Vitamin D. Improves bone and teeth density, Improves Sleep, pH Balance. Calcium is the most vital mineral and because of the unique way this product is put together, not only does it provide a significant amount of Calcium too many different body functions it also is involved in the healing processes of the body. Calcium is involved in promoting the growth and maintenance of bones and teeth, reducing bone loss and therefore, decreasing the risk of osteoporosis. Calcium is also important for the nervous system, immune function, muscle contraction, and blood clotting. So, if calcium is what you need, take it to a new level with **Super Cal™**.

Suggested Use: As a dietary supplement, take 4 capsules in the evening or at bedtime.

Vista Vibe

- 7 Unique adaptogens to help defy stress
- 7 Strong antioxidant berry complex
- 7 Major juices and extracts
- More Energy
- Better Sleep
- Less Depression
- Increased Focus
- Less Tension & Focus

Also available in 1oz concentrated form in an alcohol base.

Vista Vibe ingredient blend is the most studied and sought-after nutritional supplement known. The ingredients of **Vista Vibe** have had over 3,000 clinical studies, by 1,200 scientists, on over half a million people over a 45-year period. These specialty herbs, referred to as “adaptogens,” allow the body to “adapt” to stress while enhancing the immune system and maintaining normal cell function. Adaptogens allow the body to help itself by supporting the built-in capacities of the body’s own self-regulatory defense systems releasing the body’s own energy, vitality and strength.

Vista Vibe contains the 7 unique adaptogens complex made up of certain types of herbs that allow the body to “adapt” to changes and stresses while enhancing the body’s immune system. These non-toxic adaptogens increase the body’s resistance to physical, chemical and emotional stress. They increase oxygen to the cells and increase the activity of natural killer cells.

Adaptogens naturally protect human cells and organs from internal and external toxins and stress. These substances also have the remarkable ability to help normalize and restore cells and organ function. Adaptogens have also been known to shield the body against the impact of stress by balancing and harmonizing the body’s systems.

Supplement Facts		
Serving Size: 1 oz. (2 tablespoons)		
Servings Per Container: Approx. 32		
Calories	10	Calories from fat 0
	Amount per Serving	% Daily Value
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	2 g	1%
Dietary Fiber	<1 g	2%
Natural Sugars	1.7 g	
Protein	0 g	
Proprietary Blend	1045mg	*
Eleutherococcus concentrate		*
Schizandra concentrate		*
Rhaponticum carthamoides concentrate		*
Rhodiola rosea concentrate		*
Ariala mandshurica concentrate		*
Rosa majalis concentrate		*
Rhamannia concentrate		*
Acai Berry, Pomegranate, Wolfberry (Goji), Mangosteen, Noni, Resveratrol, Black Cherry		
Blueberry, Green Tea Extract, Camu Camu, Bilberry Extract, Cranberry, Elderberry, Strawberry		
*Daily Value not established		

Other ingredients: Berry Flavor, Natural Fruit Flavor, Potassium Sorbate, Sodium Benzoate, Xanthan Gum, Citric Acid, Malic Acid, Stevia, and Fructose.

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.

Adaptogens allow the body to help itself! They support the built-in capacities of the body's own self-regulatory defense systems. They release the body's own innate energy, vitality, and strength to help the body feel and be its best. Adaptogens work internally, protecting, revitalizing, rebuilding and energizing. Positive effects that have been noticed from taking adaptogens are more energy, better sleep, less depression, increased focus, less tension and anxiety, and sick less often.

Stress is everywhere! Normal everyday activities are very stressful on the body. Simply riding in a vehicle or eating fast food is stress on the body. When stress is left unsupervised it will begin damaging all parts of the body. It begins tearing down the immune and nervous systems, weakening the body as a whole. It does not stop there; then, it strikes the weakest parts of the body. That means stress can destroy any system or organ within the body.

Vista Vibe contains 7 strong antioxidant berry complexes, having a high level of anthocyanins, compounds that give these berries (as well as grapes and other dark-colored berries) their color and high antioxidant levels. This blend of berries contains some of the highest antioxidant levels of any food, as measured by the oxygen radical absorbance capacity (ORAC), the scale used to measure antioxidant activity. Antioxidants are so important because they protect your cells from free radicals. Like rust on a car, free radicals can cause oxidation in your body that may lead to health problems and aging. Antioxidants can help to not only prevent oxidation but also to support your immune system and decrease your risk of various health problems.

Vista Vibe contains 7 major juices and extracts proves nutrients that create a revolutionary super food, designed to assist the body in attaining vibrant health, wellbeing and longevity. These juices and extracts have been shown to assist the body in neutralizing free radical damage while proving a great tasting blend that can be taken straight added to a smoothie or your favorite drink.

Start your Day by drinking **Vista Vibe** unlocking the power of this unique premier adaptogenic blend so you can live to your full potential.

Suggested Use: As a dietary supplement, ages 12 and up drink 1-2 capful daily, ages 5-11 drink 1 tbsp. daily, and ages 1-4 drink 1 ½ tsp. daily.

Vitamin D-3

Historically used for:

- Structural support
- Combat depression
- Support immune system
- High potency-1,000 I.U.
- Helps maintain strong bones
- Supports dental health

Vitamin D was considered nothing more than a secondary nutrient that helped the bone-building mineral make its move from the belly to the bloodstream and eventually plant itself in the skeleton. In time past, Vitamin C was considered the most important vitamin, but now new research suggests that **Vitamin D** may be one of the best vitamins of all for your body. It has been uncovered up to 2,000 different genes, roughly one-sixth of the human genome are regulated by the nutrient, meaning almost everything your body does relies on it.

“It affects cell death and proliferation, insulin production, and even the immune system,” says Michael F. Holick,

Supplement Facts		
Serving Size 1 Tablet		
Amount Per Serving	%Daily Value	
Vitamin D-3 (cholecalciferol)	1500IU	375%

Other ingredients: Dicalcium phosphate, microcrystalline cellulose, vegetable stearic acid, vegetable magnesium stearate, silicon dioxide, croscarmellose sodium and pharmaceutical glaze.

**KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING.
STORE IN A COOL, DRY PLACE.**

Ph.D., M.D., Director of the Vitamin D, Skin, and Bone Research Laboratory at the Boston University Medical Center.

Translation: Low Vitamin D will result in your body working far below its potential, and you're probably not getting anywhere near the right amount. Here's why you'll be hearing a lot more about it and how you can score what you need to avoid a Vitamin D deficiency and make your body function at its absolute max.

What problems develop from not having enough Vitamin D?

What is most remarkable about Vitamin D is the problems that have been associated with the lack of Vitamin D in the past few years. Studies have shown that a lack of the vitamin may be the primary culprit in depression, heart disease, pregnancy problems, birth defects, skin and other cancers, and multiple sclerosis. Even if you don't suffer from these problems, usually an increase of Vitamin D will increase a person's overall well-being. Many experts, including those from the Harvard School of Public Health, have urged the government to raise its recommended daily amount of Vitamin D for adults from 200 IU to at least 1,000 IU and maybe more.

How deficient are we?

According to a report in the Archives of Internal Medicine, experts believe that up to 77 percent of Americans are Vitamin D deficient. Vitamin D is one of the few vitamins our bodies can make? Sunlight converts a cholesterol-like substance naturally found in the skin into Vitamin D. Problem is, thanks to UV rays and skin cancer, soaking up sun to make more Vitamin D would do you more harm than good. For your skin to make enough, you'd need direct midday summer sunlight on a huge portion of your body for 15 minutes a day risking serious sun damage. In most places in the United States north of Georgia it would be impossible to get enough Vitamin D from sunlight between October and March, no matter how exposed you are. To add, it is even tougher for people of color to make Vitamin D. The melanin in dark skin decreases Vitamin D production by up to 90 percent. To make matters worse, Vitamin D is missing from the food we eat, says Beth Kitchin, M.S., R.D., Assistant Professor of Nutritional Sciences and Patient Educator in the Osteoporosis Treatment and Prevention Clinic at the University of Alabama in Birmingham. Only certain kinds of fish and fortified dairy have enough Vitamin D to brag about and it would be hard to consume enough of both in one day to get 1,000-plus IU.

VistaLife's **Vitamin D-3, 1000 i.u.** soft gels, supply recommended levels of this key vitamin in a highly absorbable liquid soft gel form. Vitamin D is normally obtained from the diet or produced by the skin from the ultraviolet energy of the sun. However, it is not abundant in food. As more people avoid sun exposure, Vitamin D supplementation becomes even more necessary to ensure that your body receives an adequate supply.

Suggested Use: As a dietary supplement, take one soft gel daily with a meal. Consider taking with *Super Cal*™.

Digestive Health

Chlorella™ see listing in *Daily Health*

ColonGo 7 Day Clenz

Historically used for:

- Constipation
- Gas
- Hemorrhoids
- Colon problems
- Intestinal problems
- Gastric disorders
- Parasites
- Gallbladder problems
- Gallstones
- Liver disorders
- Skin disorders
- Fatigue
- Menstrual problems
- Weight loss

Supplement Facts		
Serving Size 1 Packet (12 Capsules)		
Amount Per Serving		
	Amount	% Daily Value
Proprietary Blend	8540 mg	
Psyllium Husks		*
Flaxseed Oil		*
Cape Aloe (herb powder)		*
Black Walnut (herb powder)		*
Cascara Sagrada (herb powder)		*
Spirulina		*
Senna Leaves (herb powder)		*
Fennel Seed (herb powder)		*
African Bird Pepper (herb powder)		*
Proprietary Blend		*
Consisting of: Garlic Powder, Red Clover Powder, Fenugreek Powder, Quassia Wood Powder, Black Cohosh Powder, Red Sage Powder, Goldenseal Powder and Gum Arabic Powder.		
*%Daily Value not established.		

ALLERGEN WARNING: CONTAINS TREE NUTS (BLACK WALNUT).

ColonGo™ 7 Day Clenz is a special blend of herbs formulated to provide a completely natural way to help balance and support proper function of the digestive system. Proper elimination is necessary for good health. The use of all-natural **ColonGo™** may help rid the body of toxins and is important for establishing regularity. **ColonGo™** may also aid in relieving constipation, excess gas, and cramping. It may enhance nutrient absorption and therefore increase the effectiveness of other supplements. **ColonGo™** is packaged in a convenient capsule form with no bad-tasting powder. This product contains Psyllium, Flax Seed, Cape Aloe, Black Walnut, Cascara Sagrada, Senna Leaves, Fennel Seed and other beneficial herbs.

Why Should I Try ColonGo™ 7 Day Clenz? Do you suffer from constipation, unexplainable weight gain or fatigue? Did you know that these problems could be related to the health of your colon?

ColonGo™ 7 Day Clenz is an all-natural colon cleansing agent that will help detoxify the digestive system and restore regularity. Using a 7-day cleanse once each quarter, or four times a year, is key to keeping your digestive system functioning properly and eliminating buildup of toxins in the colon. Many colon cleansing products are simply a fiber product and do not contain the natural ingredients necessary for elimination of buildup on the colon walls. Unlike other colon cleansing products, **ColonGo™** is designed to be an easy-to-use complete colon cleansing program.

First, the natural smooth moving ingredients: Cascara Sagrada, Cape Aloe and Senna, along with Flaxseed Oil work to break loose excess buildup on the walls of the colon. Second, Psyllium Fiber works to push this waste through the intestines toward elimination. Fennel Seed in this formula helps relieve intestinal cramping and gas. Finally, African Bird Pepper helps soothe indigestion and reduce any inflammation in the colon. Once the colon has been swept clean, normal function may be restored.

Are Your Vitamins and Supplements not having the Full Impact on Your Health?

Waste buildup in your colon may be hindering nutrient absorption. Before beginning any nutritional regiment, make sure your digestive system is functioning properly with ColonGo™ 7 Day Clenz.

Capsules vs. Powder

Convenience is also important when choosing a colon cleansing system. Many colon cleansing products are in powder form and are very difficult to swallow due to their texture and taste. ColonGo™ 7 Day Clenz is the only complete colon cleansing product that we know of totally in capsule form. The kit contains 21 convenient packs of capsules. Just use one packet three times per day for 7 days. Simply throw a packet in your purse or pocket. ColonGo™ 7 Day Clenz is designed to be used four times a year.

ColonGo Daily™

Historically used for:

- Constipation
- Gas
- Hemorrhoids
- Colon problems
- Intestinal problems
- Gastric disorders
- Parasites
- Gallbladder problems
- Gallstones
- Liver disorders
- Skin disorders
- Fatigue
- Menstrual problems
- Weight loss

ColonGo Daily™ could bring the natural back to your colon. How can a person be normal but not natural? There are people every day who have battled with conditions for so long that the condition seems to be very normal to them. It is normal for an individual to get sleepy after they eat, to experience indigestion, belching, burping, and excess gas. However, none of this is natural. It's normal to eat foods that are heated, baked, boiled, stewed, microwaved, fried and irradiation which destroys enzymes naturally found in food. Proper bowel function entails having two to three good bowel movements per day or bowel eliminations which equal the amount of food eaten. Most people go through their lives eliminating once a day, once every other day or less considering this to be very normal. Often, they are even told, "If it's normal for you, it's normal".

If you put three trains into one end of the tunnel and only one comes out the other end, where are the other two trains? We know that there are two trains still in the tunnel. If we eat three meals a day and only eliminate once a day, where are the other two meals hiding? The other two are still in the digestive tract which is not natural.

Faulty digestion and elimination develop in individuals over years of improper lifestyle and dietary habits. When we are not eliminating properly, wastes may not be expelled for days, weeks, months, or even years. Toxins can back up in the colon, which can cause autointoxication or self-poisoning. This occurs when the bowel walls become encrusted with fecal matter that has not been eliminated, hampering the absorption of vital nutrients and providing a breeding ground for unhealthy bacteria. Blood capillaries lining the bowel wall begin to absorb these toxins then seep into the blood stream, consequently polluting our organs and cells. This is a problem of staggering proportion for Americans today.

Supplement Facts

Serving Size 2 Capsules

Amount Per Serving

Proprietary Blend	1090 mg *
Consisting of Psyllium Husks Powder, Cellulose, Cascara Sagrada Extract (40% Cascariosides), Senna Leaf Extract (30% Sennosides), Flax Seed (50% powder), L. Acidophilus (5 Billion / Gram), Aloe Vera Leaf (200:1 extract), and Medium Chain Triglycerides.	

*Daily Value not established.

Other ingredients: Gelatin, microcrystalline cellulose, vegetable magnesium stearate, vegetable stearic acid and silicon dioxide.

VistaLife's **ColonGo Daily™** may be the solution. Improve Elimination, Promote Proper Bowel Function, and Promote Regularity. Bringing what seems normal for you back to the natural with **ColonGo Daily™** a special blend of herbs, which is a completely natural way to help balance and support proper function of the digestive system. Proper elimination is necessary for good health. The use of all natural **ColonGo Daily™** may help rid the body against toxins and is important for establishing regularity. This product is best used with **Gest-Eze™**.

Gest-Eze™

Historically used for:

- Indigestion
- Gas
- Heartburn
- Bloating
- Intestinal problems
- Constipation
- Gastric disorders
- Nausea
- Weight loss

Gest-Eze™ may help you if you have ever eaten any foods that have been cooked, frozen, processed, or altered in any way? Yes, this includes fast food. Did you know just by cooking food over 118 degrees you destroy a nutrient called enzymes in those foods. The word Enzyme is derived from the Greek word enzymes, which means: “to ferment” or “cause to change”. Enzymes play a key role in the transformation of digested food into the nutrients that are absorbed on the cellular level. Enzymes are probably the most important and overlooked elements in nutrition today. A deficiency in only one enzyme can cause the malfunctioning of the entire metabolic chain reaction in the body, which may prevent vital functions in the body.

The digestive tract is not designed to break down all the cooked food we consume without enzymes. Even the raw foods we eat, very little at best, only have enough enzymes to digest that food. So, what happens if or when we have begun to have digestive problems? The results are burping, belching, indigestion, heartburn, and lots of gas. So, who needs enzymes? If you eat cooked foods, consume alcohol, coke or coffee, are under stress, have sluggish bowel movements, or even are a frequent air traveler you may need extra digestive enzymes. Does this sound like anyone you know?

If so, **Gest-Eze™** may be the right supplement for you giving you four primary enzymes needed for digestion and ten secondary enzymes to give you optimum digestive support.

Gest-Eze™ improves both primary and secondary enzymes as well as many other ingredients needed for proper digestion. This is a well-designed multiple digestive supplement packed into a gelatin capsule. When taken regularly, positive results occur, promoting proper digestion and saying goodbye to after meals discomfort due to improper digestion. Add **Colon Clenz™** to **Gest-Eze™** to add extra benefit for your digestion needs.

Suggested Use: As a dietary supplement, take 1-2 capsules at the beginning of each meal.

Supplement Facts		
Serving Size 1 Capsule		
Amount Per Serving		
	Amount	% Daily Value
Proprietary Blend 10" capsule		
Protease 1	20,000 HUT	*
Protease 2	4,000 HUT	*
Acid Stable Protease	100 SAPU	*
Amylase	5,000 DU	*
Lipase	1,250 FIP	*
Cellulase	500 CU	*
Glucosylase	50 AGU	*
Invertase	10 SU	*
Catalase	50 BU	*
AGS α-Galactosidase	50 Galu	*
Beta-Glucanase	65 BGU	*
Pectinase	1,500 Ajdu	*
Xylanase	125 Xu	*
Phytase	10 Pu	*
Hemicellulase	750 Hcu	*
Lactase	500 ALU	*
Bromelain	500,000 Pu	*
Papain	500,000 Pu	*

*%Daily Value not established.

Probiotic Complete

Historically used for:

- Gastrointestinal support
- Friendly bacteria
- Stomach support
- Immune support
- Vaginal infections
- Respiratory infections

Probiotic Complete formula provides living microorganisms which are thought to be beneficial, if not essential, for overall health and well-being. Probiotics (from pro and biota, meaning “for life”), are living bacteria that, in the proper amount, offer a considerable health benefit to its host. There are billions of “friendly” bacteria in your gut that are beneficial to your health and they are like the bacteria in probiotics. Just think about it, you have billions of bacteria living in your stomach and intestinal tract, but these bacteria are necessary for healthy, comfortable living. The general use of probiotics is to assist your body’s naturally occurring digestive flora which means they help to establish and maintain the right balance of microorganisms that exist in your stomach and intestines. If the natural, friendly microorganisms that exist in your gut are overrun or killed off, probiotics can be introduced to help stabilize the friendly flora, bringing balance to your digestive tract.

Probiotics have been shown to be beneficial in many ways. Through introducing friendly types of bacteria into your intestines you can make the environment unfriendly to the harmful bacteria, viruses, yeast and parasites that may intrude. These interactions have much to do with a healthy immune system and a healthy gastrointestinal tract. This balance can be severely altered in two major ways. One way to upset this balance is by the introduction of harmful microorganisms in the body in the form of harmful bacteria, yeasts, fungi and parasites. Another way is using antibiotics that, to kill off unwanted bacteria, the helpful bacteria in your intestines are also killed off. Probiotic Complete may be beneficial to get your body back into its normal rhythm by supplying active friendly bacteria into the body allowing your body to return to normal.

Probiotics are recommended by doctors in many cases to those who have just completed antibiotic treatments. This is to help replenish the healthy bacteria in your body which may keep your immune system strong and keep you from having other health issues as a result of this imbalance. If you suffer from any of the following health problems, you may benefit from **Probiotic Complete**: Chronic stomach inflammation, Crohn’s, Diarrhea from infection, Irritable bowel syndrome, respiratory infections, tooth decay, ulcers, vaginal infections, and weakened immune system.

VistaLife’s **Probiotic Complete** formula provides more than 5 billion living microorganisms at the time of manufacturing and offers an effective blend of the following key probiotics: Lactobacillus acidophilus: L. acidophilus is characterized as being a rod-shaped motile bacterium that grows in or without the presence of oxygen. L. acidophilus is also characterized as a homofermentative that only produces lactic acid as its sole product. L. acidophilus is naturally found in the human and animal GI tract, mouth and vagina. Lactobacillus rhamnosus: L. rhamnosus is gaining recognition for its systemic immune-enhancing ability and is known to produce the biologically desirable L (+) lactic acid. Lactobacillus plantarum: The ability of L. plantarum to produce antimicrobial substances helps them survive in the gastro-intestinal tract of humans. The antimicrobial substances produced have shown significant effect on Gram-positive and Gram-negative bacteria. Bifidobacterium longum: Bifidobacterium longum is one of most important inhabitants in the human body. This bacterium is very helpful because it maintains a normal digestive tract, inhibits the growth of harmful bacteria, and boosts the immune system. Bifidobacterium

Supplement Facts	
Serving Size 1 Capsule	
Amount Per Serving	
Probiotic Bacteria	5.06 Billion *
	Organisms**
Bacillus Subtilis	1.32 Billion *
L. Rhamnosus	680 Million *
L. Casei	680 Million *
B. Longum	680 Million *
L. Acidophilus	680 Million *
L. Plantarum	340 Million *
B. Breve	680 Million *

*Daily Value not established.

Other ingredients: Vegetable cellulose, magnesium stearate and stearic acid.

**Potency at time of manufacture. This product may be kept refrigerated to maximize shelf-life and potency.

breve: B breve, this bacterium is anaerobic and non-motile. Its branches are rod-shaped, looking almost like a cactus in the microscopic view. Bacillus subtilus: A member of the genus Bacillus, B. subtilis is rod-shaped, and can form a tough, protective endospore, allowing the organism to tolerate extreme environmental conditions. B. subtilis has a long history of use in treating gastrointestinal disorders such as dysentery. It is known to stimulate the immune system and produce antibiotic compounds that inhibit the growth of some pathogenic microorganisms.

For best results, keep this product refrigerated after opening.

Suggested Use: As a dietary supplement, take 1 to 2 capsules daily.

Yeast Clenz

Historically used for:

- Cleanses yeast (Candida)
- Supports digestion
- Supports immune system
- Constipation
- Helps sugar craving

Candida or yeast is an organism that lives harmlessly inside all of us. If allowed, it will mutate into an aggressive fungus that has the potential to destroy your health. Yeast, known as Candida, can build-up in the body causing devastation. It can cause serious problems in just about every part of the body. It is a fungus that invades the intestine, genital tract, mouth, and throat. Normally, this fungus lives in a healthy balance with other bacteria for years in the body. However, certain conditions can cause it to multiply, weakening the immune system causing an infection known as Candidiasis. The fungus travels through the blood to many parts of the body causing more problems. Cleansing your body of yeast has several health benefits. There are 5 signs that you have too much yeast in your body.

1. Yeast Infections. This is a problem for 75% of women at least once in their life. Cleansing your body of yeast may help prevent a yeast infection from happening. Cleansing the fungus in your body, your friendly bacteria can flourish, which keep your intestines and vagina healthy.

2. Poor Digestion. Yeast may impair your digestion causing problems. The early signs of an intestinal yeast infection are digestive problems like gas and bloating. Yeast causes these symptoms because they wipe out your friendly bacteria that are needed for good digestion. Indigestion, bloating and gas are all signs of the over activity of yeast in your intestines.

3. Low Immune System. Your immune system gets a boost with a yeast free body. Friendly bacteria are the foundation of a healthy immune system, and your body can't have a healthy colony of friendly bacteria if your intestines are overpopulated with yeast.

4. Constipation. Regular bowel movements are an important part of your health and too much yeast in your digestive tract can cause constipation. Because your digestion is impaired your food doesn't get digested properly so everything slows down, and then constipation can set in. Friendly bacteria speed up the transit of food and keep your bowels moving regularly.

Supplement Facts		
Serving Size 1 Softgel		
Amount Per Serving		
Coenzyme Q10 (Ubiquinone)	120 mg	*
*Daily Value not established.		

Other Ingredients: Rice bran oil, gelatin, vegetable glycerin, soy lecithin and titanium dioxide.

Shell Ingredients: Gelatin, purified water, vegetable glycerin and titanium dioxide.

ALLERGEN WARNING: SOY (SOY LECITHIN).

5. Sugar Cravings. Many people suffer from sugar cravings because the yeast in their body is a “lover of sugar”. This causes sugar cravings because they rob you of sugar, so you want to eat more. As you feed the yeast more of the population of yeast grows so you crave more sugar. The elimination of yeast may reduce and eventually cut out sugar cravings.

If you have any of these issues, your body may be overrun with yeast. Yeast Clenz is a great product with a combination of ingredients historically used as yeast fighters combined all in one easy to use product. Oregano is an ancient culinary herb whose name means “joy-of-the-mountain”, known for years to rid the body of yeast. Caprylic Acid is historically used for a variety of conditions, including fungal, yeast and Candida. Acidophilus which replaces friendly bacteria while reducing yeast.

Suggested Use: As a dietary supplement, take two capsules once or twice daily or as directed by a health care professional.

Elite Fit Series

Amino Energy

Historically used for:

- Workout recovery
- Helps prevent fatigue
- Improve athletic performance
- Improve concentration

Amino Energy BCAA

(Branched Chain Amino Acids)

Amino Energy is an amino acid supplement that utilizes Oligopeptide-Enzymatic Technology. This is a bonded chain of 3 key amino acids: leucine, isoleucine, and valine which may act as a better transport vehicle for faster absorption. This means a faster & more efficient recovery. Amino Energy supports the decrease of protein catabolism, or breakdown of protein, for preserving lean muscle mass and reducing soreness after a workout.

The branched chain amino acids found in Amino Energy (leucine, isoleucine, and valine) cannot be produced naturally in the body – therefore we must supplement with them in order to enhance protein synthesis and increase muscle growth over time. The Oligopeptide-Enzymatic Technology takes the 3 amino acids, concentrates them, and bonds them together to maximize muscle recovery, lean muscle building, and enhanced onset time.

Supplement Facts		
Serving Size 6.5g		
Servings Per Container 50		
Amount Per Serving	% Daily Value**	
Sodium	20 mg	1%
Potassium	40 mg	1%
Vitamin B6 (as Pyridoxine HCl)	2.5 mg	125%
L-Leucine	2000 mg	‡
L-Isoleucine	1000 mg	‡
L-Valine	1000 mg	‡
L-Glutamine	1000 mg	‡
**Percent Daily Values are based on a 2,000 calorie diet.		
‡Daily Value not established.		
Other Ingredients: Citric Acid, Natural & Artificial Flavors, Sucralose, Potassium Citrate, Sodium Chloride, Acesulfame Potassium, Silicon Dioxide, Red Dye 40, FD&C Red 40 Lake.		

Roar

Take your performance to a whole new level!

Roar tastes great and is the ultimate pre-workout matrix designed to enhance energy, focus, power, and stamina. This unique combination of 8 scientifically proven ingredients can help you to achieve workouts you never thought possible. Strength, endurance, motivation; this formula is designed to give you a powerful surge.

- Pre-workout formulation is the most advanced and complete on the market.
- Gives athletes the ultimate performance advantaged over the competition.
- Addresses every angle of performance: Energy, Focus, Strength, and Endurance.
- Experience enhanced strength, endurance, muscle mass, and overall improved athletic training capacity.
- Available in several flavors

Supplement Facts		
Serving Size: 7.25g (1 rounded scoop)		
Servings Per Container: 30		
Amount Per Serving	% Daily Value‡	
Calories	5	
Total Carbohydrate	1 g	< 1%
Niacin (as Niacin)	35 mg	175%
Vitamin B6 (as Pyridoxine HCl)	2 mg	100%
Folate (as Folic Acid)	80 mcg	20%
Vitamin B12 (as Methylcobalamin)	6 mcg	100%
L-Citrulline-Malate	2000 mg	**
Creatine Monohydrate	2000 mg	**
Focus Matrix	800 mg	**
[N-Acetyl L-Tyrosine, Choline Bitartrate, DMAE Bitartrate, L-Theanine, Bacopa Monnieri (leaf)]		
Caffeine	200 mg	**
BioPerine® (Black Pepper Extract)	2 mg	**
‡Percent Daily Values are based on a 2,000 calorie diet.		
**Daily Value not established.		

Other Ingredients: Natural Flavors, Citric Acid, Silicon Dioxide, Sucralose, Malic Acid, Calcium Silicate, Acesulfame Potassium, Vegetable Juice Powder.

Protein 25

We wanted to introduce a new protein drink mix but it had to pass certain criteria such as; it would have to easily mix and taste great, cause drinking multiple shakes per day a pleasure - not a painful chore...contain the right proteins and digested easily.

We had to be uncompromising in our efforts to supply the most demanding weightlifters and bodybuilders on the planet with the right tool for the job. The most essential of the bodybuilding supplement basics.

An impressive Supplement Facts Panel wouldn't be enough; however, it would have to live up to hype in the field—on the weight room floors of the most hardcore gyms in the world...in the shaker cups and blenders of the most committed lifters out there.

A protein blend that is heavy in cross flow micro-filtered whey protein isolate, complemented by ultra-filtrated whey protein concentrate and fortified with the proven ingredients.

Nutrition Facts

Serving Size: 1 Rounded Scoop (32g)

Servings Per Container 28

Amount Per Serving

Calories 130

Calories from Fat 20

% Daily Values**

Total Fat	2 g	3%
Saturated Fat	1 g	5%
Cholesterol	60 mg	20%
Sodium	105 mg	4%
Potassium	120 mg	3%
Total Carbohydrate	3 g	1%
Sugar	3 g	
Protein	25 g	

Vitamin C 2%

Calcium 8%

Phosphorus 10% • Magnesium 6%

Not a significant source of transfat, dietary fiber, Vitamin A, or Iron.

** Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

Ingredients: Protein Blend (Whey Protein Concentrate and Whey Protein Isolate), Natural & Artificial Flavors, Sucralose, Branch Chain Amino Acid Blend (L-Leucine, L-Isoleucine, L-Valine), Papain, and Protease.

Contains: Milk and Soy.

Functional Beverages

Amino Energy – See *Elite Fit Series*

Java La V Premium

It's Healthy Coffee

Studies have shown that coffee may have health benefits, including protecting against blood sugar and liver issues. Coffee also appears to improve cognitive function and decrease the risk of depression. **Java La V™ Premium Blend Coffee** has developed a blend that goes beyond the benefits of coffee.

We've placed some of the most powerful ingredients on the earth together to give you the benefits of Ganoderma. with the addition of V blend, two powerful “adaptogen” ingredients which will give you the coffee you are accustomed to drinking while providing your body with the ability to address the challenges of the day. Ganoderma may give you unbelievable many health benefits.

Nutrition Facts	
Serving Size: 1 Scoop 3.7 g	
Serving Per Container: 40	
Amount Per Serving	
Calories 12	
	% Daily Value**
Total Fat 0g	*
Saturated Fat 0g	*
Trans Fat 0g	
Sodium 0mg	*
Total Carbohydrate 2.6g	*
Dietary Fiber 0g	*
Sugars 0g	
Protein <1g	*
*Contains less than 2% of the Daily Value.	
**Percentage Daily Values are based on a 2,000 calorie diet.	
Proprietary Ingredients	3700 mg
Colombian Coffee, Reishi Extract, Guaranasol, Rhodiola, Siberian Ginseng.	

Java La V Appetite

It's Healthy Coffee

Java La V™ coffee is quite a bit healthier than your average breakfast, and it has the calories to match. Commonly used in intermittent fasting, Java La V™ coffee gives plenty of energy and a great satiated feeling throughout the morning fasting hours.

Now, I want to explain this further. Drinking this coffee will break your fast from the nighttime, but it will ramp up your metabolism with caffeine, fats, and VistaLife™ blend of ingredients that promote weight management and appetite control. This is to help you get through the fasting process in the 10+ hours ahead. For example: If you are intermittent fasting for 14 to 20 hours (9:00 p.m. to 1:00 p.m.) you would consume 1-2 cups in the morning hours which will help the hunger during in the fasting process.

Nutrition Facts	
Serving Size: 1 Scoop 3.2 g	
Serving Per Container: 30	
Amount Per Serving	
Calories 11	
	% Daily Value**
Total Fat 0g	*
Sodium <1mg	*
Total Carbohydrate 1.6g	*
Sugars 0g	
Protein < 1g	*
Chromium (Nicotinate)	100 mcg 83%
*Contains less than 2% of the Daily Value.	
**Percentage Daily Values are based on a 2,000 calorie diet.	
Proprietary Blend	3.2g **
Brazilian Coffee, Colombian Coffee, Coconut Oil, MCT Oil, Green Coffee EXT, Garcinia Cambogia, Rhodiola, Guaranasol, Alpha Keto Glutaric, L-Taurine, L-Glutamine, L-Theanine.	

Our favorite brew is a high-quality spray dried process that brings the flavor out of the coffee and allows you to mix with hot water to give you an instant and convenient cup of coffee. If you're a coffee lover, it's worth the splurge!

Protein 25 – See *Elite Fit Series*

Relieve Drink - See CBD Products

Roar – See Elite Fit Series

Shakes – See Purple Tiger Series of Products

TeaLean

What makes this drink so delicious and healthy?

Taste. That's what your body first experiences with our TeaLean™. Naturally sweet and great tasting whether hot or cold. Absolutely NO SUGAR, no fats, and no sodium!

Improvement. Your intestines and overall gut area will quickly feel vibrancy flowing into them as our premium microbiome activating formula is instantly absorbed and goes to work.

Nourishment. You will positively respond to the prebiotics we've added to promote and support a healthy system resulting in glucose metabolism control and weight loss.

Some benefits of Tea Lean are as follows: Demonstrated to help you lose weight, Promotes the growth of good gut microbes, Increases Lactobacillus and Bifidobacterium, Increases the metabolism, Supports healthy glucose metabolism

Tea Lean is a Non-GMO, 100% Vegetarian, Gluten Free Product. No artificial sweeteners, flavors or colors. Delicious light grape flavor. Clinically studied FOS prebiotic.

Pow Smart Drinks

Great tasting and filled with vibrancy.

These green tea based nutritional drinks will have you clamoring for more!

Unique energy resource drink that will vitalize you through natural caffeine, low sugars, and Inulin! Great for appetite control and promotes mental clarity through the wonderful L-Theanine. Inulin is a fructan. Like other fructans, it is a prebiotic, meaning that it feeds the good bacteria in the gut. Fructans are chains of fructose molecules. The molecules link together in a way that the small intestine cannot break down. Instead, they travel to the lower gut, where they feed beneficial gut bacteria.

The gut bacteria convert inulin and other prebiotics into short-chain fatty acids, which nourish colon cells and provide various other health benefits. Plants containing inulin have been around for thousands of years, and some early humans consumed much more inulin than we do today.

Nutrition Facts	
Serving Size: 1 Scoop 4.5 g	
Serving Per Container: 30	
Amount Per Serving	
Calories 2.7	
	% Daily Value**
Total Fat 0g	*
Sodium 0mg	*
Total Carbohydrate 4.8g	*
Sugars 0g	
Fiber 1.5g	*
*Contains less than 2% of the Daily Value.	
**Percentage Daily Values are based on a 2,000 calorie diet.	
Ingredients: Fibrasol 2®, Inulin FOS (Oligosaccharide), Beet Powder, Stevia, Ascorbic Acid, Citric Acid, L Theanine, White Tea, Grape Seed Extract OPC, Garcinia Cambogia, Mulberry, Natural Grape Flavor, Alpha Lipoic Acid.	

Supplement Facts		
Serving Size: 5 g	Servings Per Container: 30	
	Amount Per Serving	% Daily Value
Calories 9		
Carbohydrate	2 g	
Sugars	2 g	
Including Added Sugars	2 g	4%
Proprietary Blend	2.8 g	
Citric Acid, Eswevia Stevia, Lemon Powder, Guarana 22% Caffeine, Malic Acid, L-Theanine, Inulin, Citrus Aurantium 30%, Green Tea Spray Dry 35%, Beta PEA, Caralluma Fimbriata, Natural Caffeine, Theobromine		
*Daily Value not established		

Manufacturers add inulin to processed products to:

- boost the prebiotic content of foods
- replace fat in foods
- replace sugar in foods
- alter the texture of foods
- improve the health benefits of foods due to its benefits for gut health

General Health

Adaras Tigrus Collection – *see Adaras Tigrus*

Amino Energy – *See Elite Fit*

B Complex – *See Daily Health*

Balance Act™

Historically used for:

- Hormonal imbalance
- Increases the mood
- Increases libido
- Menstrual cramps
- Irregular period
- Menopause
- Hot flashes
- Night sweats
- Supports healthy reproductive organs
- Supports & strengthens the uterus wall
- Irregular menstrual cycles

Supplement Facts	
Serving Size 2 Capsules	
Amount Per Serving Value	% Daily
Proprietary Blend	1375
mg	
Soy Isoflavones	*
Black Cohosh (2.5% extract)	*
Dong Quai (1% extract)	*
Licorice (1% extract)	*
Vitex Berry (herb powder)	*
Red Clover (1% extract)	*
Sage Extract	*
False Unicorn (herb powder)	*
Squaw Vine (herb powder)	*
Blessed Thistle (herb powder)	*
Red Raspberry Extract	*
Mexican Wild Yam (12.5% extract)	*

You may ask the question, why do I need Balance Act™?

If you are experiencing bloating, cramping, and fatigue, this indicates a need for balancing the hormonal system. Hormones are produced by the pituitary gland, which must be fed with essential amino acids. Once this is accomplished, monthly cycles may be supported more efficiently, as well as menstrual challenges in general.

Another factor with cycle regularity, in conception, menstrual challenges and postpartum depression may be an imbalance of hormones. Natural hormones, especially progesterone, may be critical to the relief of related symptoms, such as mood swings, depression, night sweats and hot flashes. Balancing hormones can be one of the most crucial steps in maintaining and improving overall health.

VistaLife has developed a very important product to deal with these issues: **Balance Act™**. Calcium is also critical for bone formation and density and must be supported for hormone balance. **Super Cal™** can assist in this process since it contains a perfect ratio of calcium to magnesium, zinc, and Vitamin D. With these products you will no

longer sing the blues!

Suggested Use: As a dietary supplement, take two capsules daily with meal. Best results seen after 4 to 5 weeks of use. Do not exceed two capsules daily

Balance Act Progesterone Cream™

Historically used for:

- Liposomal skin cream
- Supports hormonal balance
- Increases the mood
- Increases libido
- Menstrual cramps
- Irregular period
- Menopause
- Hot flashes
- Night sweats
- Supports healthy reproductive organs
- Supports & strengthens the uterus wall
- Irregular menstrual cycles
- Scent free
- 20 mg of natural progesterone per pump
- No artificial colors or fragrances
- Paraben free

Ingredients: Water (Aqua), Aloe Barbadensis Leaf Juice*, Glyceryl Stearate SE, Glycerin, Stearic Acid (vegetable source), Cetearyl Alcohol, Caprylic/Capric Triglyceride, Cetearyl Alcohol & Cetearyl Glucoside, Helianthus Annuus (Sunflower) Seed Oil, Simmondsia Chinensis (jojoba) Seed Oil, Natural Progesterone (USP Grade), Phenoxyethanol & Ethylhexylglycerin, Xanthan Gum, Rosmarinus Officinalis (Rosemary) Leaf Extract, Potassium Sorbate, Panthenol, Retinyl Palmitate (Vitamin A), Daucus Carota Sativa (Carrot) Seed Oil, Tocopherol (Vitamin E) (soy-free), Angelica Polymorpha Sinensis (Dong Quai) Root Extract, Serenoa Serrulata (Saw Palmetto) Fruit Extract, Chamomilla Recutita (Matricaria) Flower Extract, Citric Acid, Cymbopogon Flexuosus (Lemongrass) Oil.
*Certified Organic

Proper progesterone balance has many benefits. According to John R. Lee, M.D., (foremost authority on progesterone) progesterone affects every tissue in your body from the reproductive system to the brain and from the hormonal system to the immune system.

Some symptoms observed due to improper hormonal balance are:

- Swollen belly, hands and feet
- Painful swollen breasts
- Excessive menstruation
- Strong premenstrual symptoms
- Migraines and headaches before menstruation
- Anxiety, nervousness and restless sleep
- Prostate problems (in men)

Women going through menopause will typically suffer from night sweats, hot flashes, and many other symptoms, all due to improper hormonal balance. This is mainly because your body has stopped producing as much of progesterone and estrogen.

Over 50 million American women are now making major health decisions on the best method to cope with the physical and mental effects of menopause. Over the next ten years, an estimated 40 million more women will have

to make the same decision on how to deal with hot flashes, depression and a host of unpleasant symptoms which signal the approach of nature's changing time for females.

Why Transdermal? (Definition: Through or by way of the skin)

With the transdermal delivery system, active ingredients are delivered to the body rapidly and completely without being metabolized by the liver first (which reduces the bioavailability of the active ingredients by 80-90%).

Can Men Use Balance Act Cream™?

Yes, **Balance Act Progesterone Cream™** can be very beneficial for prostate health in men. Some doctors feel it can also be beneficial for men in the balancing of male hormones, enhancing libido, and in counteracting the effects of excess estrogen in men (thought to be responsible for symptoms of aging and sexual dysfunction).

Ingredients: De-ionized Water, Aloe Vera (Aloe barbadensis) Leaf Gel*, Emulsifying Wax, Avocado Oil (Persea gratissima), Vegetable Glycerin, Stearic Acid (vegetable source), Natural Progesterone (USP Grade), Phospholipids (from Soy Lecithin), Glucose/Glucose Oxidase/Lactoperoxidase (natural preservative), Balancing Herbal Blend of: Rosemary Leaf Extract (Rosmarinus officinalis), Grapefruit Seed Extract (Citrus grandis), Carrot Oil (Daucua carota sativa), Sarsaparilla Root Extract (Smilax officinalis syn. S. regelii), Dong Quai Root Extract (Angelica polymorpha var. sinensis), Saw Palmetto Extract (Serenoa serrulata Fruit Extract), Chamomile Flower Extract (Matricaria recutita), Lemongrass Oil (Cymbopogon citratus) and Comfrey Root Extract (Symphytum officinale), Triethanolamine, Carbomer, Natural Vitamin E (as d-alpha-Tocopherol), Potassium Sorbate, Panthenol, Vitamin A (as Retinyl Palmitate), Citric Acid and Xanthan Gum (Xanthomonas campestris). *Certified Organic Ingredients: VistaLife does not test on Animals.

Suggested Use: 1 full pump dispenses about 1.3 (g) of cream, providing 20 mg of USP Progesterone. The container yields approximately 65 pumps. Rotate application between abdomen, hands and thighs. Use 1 or 2 times daily. For external use only.

Block – See *Purple Tiger Series of Products*

Cardio BP – See *Heart Health*

Cat's Claw™

Historically used for:

- Immune system support
- Supports intestinal tract
- Anti-inflammatory properties
- 5000 mg equivalency
- Vegetarian formula

VistaLife Cat's Claw "5000" is a natural extract of the highest quality inner bark of authentic Uncaria tomentosa, an exciting herbal discovery from the Peruvian Rainforest. Also called Una de Gato, it has been used for hundreds of years by the native Ashanica Indians. VistaLife Cat's Claw "5000" is a concentrated water and alcohol extract standardized to contain a minimum of

Supplement Facts	
Serving Size 1 Capsule	
Amount Per Serving	
Cat's Claw	334mg*
(Uncaria tomentosa)(Inner Bark) (15:1 Standardized Extract equivalent to 5,000 mg)	
*Daily Value not established	

Other ingredients: Gelatin, Stearic Acid and Magnesium Stearate
Cat's Claw 5000 is a concentrated water and alcohol extract standardized to contain a minimum of 3% Total Alkaloids (calculated as Mitraphylline) and 15% total polyphenols.

3% total alkaloids (calculated as mitraphylline) and 15% total polyphenols.

Cat's Claw has only recently begun to be the subject of serious scientific study, but initial results of recent studies performed in Asia, Europe and North America are promising, indicating that the herb reduces inflammation, stimulates the immune system, kills viruses, and helps protect against heart disease. It has been used in traditional South American medicine for many years to aid in the treatment of infections, joint pain, and gastrointestinal disorders. Cat's Claw may help detoxify the intestinal tract and replenish friendly bacteria in the intestines, which, along with its anti-inflammatory and immune-boosting effects, can be helpful to those suffering from some gastrointestinal disorders, particularly those caused by inflammation.

Cat's Claw is a proven anti-inflammatory. Numerous studies have shown that Cat's Claw stimulates white blood cells to fight infection, and one Italian study showed that Cat's Claw reduced the ability of two viruses to cause infection. Cat's Claw also contains sterols, which are chemical compounds that act like steroids in the body, which seem to support the traditional use of Cat's Claw to help joint pain. In studies of animals given Cat's Claw, have found that this herb reduces swelling by approximately 50 percent.

One study performed at Shanghai College of Traditional Chinese Medicine found that Cat's Claw reduced cholesterol and blood pressure and helped inhibit the formation of arterial plaque deposits and blood clots that trigger heart attacks and most strokes. Initial studies at the National Cancer Institute found evidence of Cat's Claw's anti-tumor effects. Cat's Claw may also help cancer patients by improving the outcomes of chemotherapy; it's been theorized that Cat's Claw's immune-boosting and antioxidant properties could help the body eliminate toxins caused by chemotherapy and radiation.

Suggested Use: As a dietary supplement, take 1 capsule 1 or 2 times daily, preferably with meals.

Colloidal Silver – *see Daily Health*

ColonGo 7 Day Clenz – *See Digestive Health*

ColonGo Daily – *See Digestive Health*

CoQ10 – *See Heart Health*

Daily Spectrum – *See Daily Health*

Exfoliant – *see Adaras Tigrus*

Eye Serum – *See Adaras Tigrus*

Gest-Eze – *See Digestive Health*

Hair, Skin & Nails – *See Adaras Tigrus*

HGH

Historically used for:

- Boost metabolism
- Burn fat
- Build muscle mass
- Helps build healthy tissue
- Helps speed up healing
- Repair muscle tissue after exercise

The body naturally produces human growth hormone (HGH) in the pituitary gland and it is responsible for cell growth and regeneration. Increasing muscle mass and bone density are impossible without HGH, but it also plays a major role in maintaining the health of all human tissue, including that of the brain and other vital organs.

Healthy adult men and women typically experience levels that peak during puberty and drop sharply starting in the early 20s.

HGH can help turn back your body's internal clock, helping you rapidly build muscle, slash fat, and increase libido.

Java La V Appetite Control – See *Functional Beverages*

Java La V Premium Blend – See *Functional Beverages*

Joint Support Complete – See *Joint Health*

Joint Support Xtreme – See *Joint Support*

Liver Support Complex™

Historically used for:

- Liver support
- Gallbladder support
- Clinically developed
- Comprehensive formula
- Clinically developed liver detoxifier & regenerator

Liver Support Complex™ is a proprietary blend of herbs and nutrients designed to support healthy liver function. This product contains Milk Thistle Extract which has been shown in clinical and non-clinical studies to support the liver as measured by standard liver enzyme laboratory tests. In addition, this formula contains N-Acetyl Cysteine and Methionine, two

Supplement Facts

Serving Size 2 Capsules
Servings Per Container: 30

Amount Per Serving

L-Arginine (L-Arginine base), L-Ornithine HCl, L-Lysine HCl, L-Glutamine, Colostrum Extract (bovine), Ornithine Alpha-Ketoglutarate, L-Glycine.

*Daily Value not established.

Other ingredients: Gelatin, rice flour, vegetable magnesium stearate and silicon dioxide.

Supplement Facts

Serving Size 3 Capsules Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	1 g	< 1%*
Dietary Fiber	<1 g	3%*

Proprietary Blend of: 980 mg †
Milk Thistle (*Silybum marianum*) (Fruit/Seeds) (Standardized to 240 mg Silymarin Flavonoids - equivalent 80%), L-Glutathione (Reduced), N-Acetyl Cysteine (NAC), Grape Seed (Standardized Extract) (*Vitis vinifera*) (Standardized for Polyphenols), Alpha Lipoic Acid, Schisandra (Fruit) (*Schisandra chinensis*), L-Carnitine (from L-Carnitine Tartrate), Scute (Root) (*Scutellaria baicalensis*), Barberry (Root Bark) (*Berberis vulgaris*), Organic Turmeric (Root) (*Curcuma longa*), L-Methionine.

Proprietary Herbal-Enzyme Blend: 90 mg †
Artichoke (*Cynara scolymus*) (Leaf), Beet (*Beta vulgaris*) (Root), Raspberry (*Rubus idaeus*) (Leaf), Pancreatin (Pancreatic Enzymes).

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Microcrystalline Cellulose, Hypromellose (cellulose capsule), Silicon Dioxide, Stearic Acid (vegetable source), Magnesium Stearate (vegetable source) and Ascorbyl Palmitate.

amino acids known to enhance the production of glutathione in the liver. Glutathione, a major cellular antioxidant, plays an essential role in liver detoxification mechanisms. Also included are other herbs (Schisandra, Bupleurum, and Scute) that have been shown in non-clinical studies to support healthy liver function.

Liver health is becoming an increasing concern throughout the world. Chemicals and preservatives in our food, crop spraying, large amounts of caffeine and tannic acids in our drinks, prescription drugs and alcoholic beverages have increased the demand on the liver to detoxify the body. Hepatitis is on the increase, along with other liver problems. **Liver Support Complex™** is a well-designed product to deal with these problems and support the liver to bring it back to balance and return the body to good health.

Suggested Use: As a dietary supplement, take 3 capsules daily, preferably with food. Consider taking this product in combination with VistaLife *Omega Krill™* and *Immune Protect™*.

Multi-Berry Bears – *See Children’s Health*

Omega Krill – *See Heart Health*

Probiotic Complete – *See Digestive Health*

Prosta Flow – *See Men’s Health*

Keto Energy – *See Elite Fit Series*

Red Yeast Rice – *See Heart Health*

Relieve – *See Daily Health*

Skin Firmer – *See Adaras Tigrus*

SugarReg Complex™

Historically used for:

- Imbalanced blood sugar
- Helps balance insulin levels
- Supports pancreas functions
- Supports pancreas health
- Mild Diuretic

Your body maintains a relatively small amount of blood sugar in your circulation on a fasting basis. Following a meal your blood sugar levels naturally rise, as sugar, which is fuel for energy. This activity requires

Supplement Facts		
Serving Size 1 Capsule		
Amount Per Serving		
	Amount	% Daily Value
Vitamin C (ascorbic acid)	50 mg	83%
Vitamin E (d-alpha toco. acetate)	15 IU	50%
Magnesium (oxide)	125 mg	31%
Biotin	300 mcg	100%
Zinc (oxide)	7.5 mg	50%
Manganese (as amino acid chelate)	1 mg	50%
Chromium (amino acid chelate)	67 mcg	56%
Proprietary Blend	416 mg	
Banaba (1% extract)		*
Guggule		*
Bitter Melon (4:1 extract)		*
Licorice Extract		*
Cinnamon (herb powder)		*
Gymnema Sylvestre (powder)		*
Yarrow (herb powder)		*
Cayenne (herb powder)		*
Juniper Berry (powder)		*
Huckleberry (herb powder)		*
Vanadyl Sulfate		*
Alpha Lipoic Acid		*
L-Taurine		*
*% Daily Value not established.		

proper function of the hormone's insulin and leptin. Once the refueling operation is complete, then blood sugar levels, insulin levels, and leptin levels return to a pre-meal baseline.

In order to maintain normal blood sugar levels between meals and during the night, your pancreas makes a different hormone called glucagons that assist your liver to make and metabolize blood sugar, while simultaneously burning fat. It is vital to maintain the healthy function of this blood sugar metabolism system in good working order, a cornerstone of health. The foundation of this system requires a good diet and consistent exercise. Additionally, as desired, nutrients can be used to assist the healthy metabolism of blood sugar and the operation of insulin and leptin.

SugarReg Complex™ is a dietary supplement containing nutrients and plant extracts that support the body's ability to properly metabolize sugars and maintain balanced blood sugar levels within the normal "good sugar" range, even during stress and adrenal fatigue. This blood sugar supplement also provides crucial but often deficient nutrients needed for optimal sugar metabolism and delivers powerful antioxidants that can help prevent oxidative stress and damage to tissues throughout the body.

Suggested Use: As a dietary supplement, take 1 capsule prior to each meal.

Super Antioxidant – See *Daily Health*

Super Blue Gel, Spray & Roll On – See *Joint Health*

Super Cal – See *Daily Health*

Turmeric

Historically used for:

- Inflammation
- Helps restore
- Aches and pains

Turmeric, also known as *Curcuma longa*, is an ancient spice that has remained popular in India and Asia since 2,000 BC. The spice belongs to the ginger family and is a prized component of the culinary traditions of these cultures. Turmeric imparts a vibrant yellowish hue to curry dishes, and the spice is used as a natural dyeing agent for cloth.

Curcuminoids are the main phytochemicals that give turmeric its most impressive and wide-ranging health benefits. Amazingly, over 9,000 medical and clinical research studies have evaluated turmeric and curcumin and yielded a wealth of positive information.

There are three main phytochemicals in the curcuminoid family that are responsible for turmeric's health benefits: diferuloylmethane (or curcumin, the primary curcuminoid responsible for Turmeric's vibrant yellowish color), demethoxycurcumin, and bisdemethoxycurcumin. In addition to these three chemicals, turmerone is a potent volatile oil found in the root.

Supplement Facts	
Serving Size 1 Vegetable Capsule	
Servings Per Container: 60 Tablets	
Amount Per Serving	
Organic Turmeric Powder (<i>Curcuma longa</i>) (root)	700 mg *
Organic Black Pepper (fruit)	*
*Daily Value not established.	

Research has shown that these curcuminoids communicate with 160 mechanisms and pathways in the body to support a wide range of processes, including brain health, cardiovascular health, tissue health, and more.

1. Promotes Balanced Mood: A randomized, double-blind, placebo-controlled study published in the Journal of Affective Disorders reported noticeable and promising results with turmeric for supporting a balanced mood. Two groups were studied. The first group received curcumin daily, while the other received placebo. After eight weeks, the mood and anxiety score tests completed by all the participants showed significant symptom improvements compared to placebo. Could turmeric be a potential new option for stabilizing mood?

2. Helps Wounds Heal: Cut your finger? A study in the Sept 2014 issue of Life Sciences found that the curcumin in turmeric offers beneficial properties that appear to accelerate the wound healing process by soothing irritation and oxidation. As more research evaluates turmeric's ability to support the body's natural healing abilities, the breadth of applications could be enormous.

An exciting study in the October 2006 issue of Molecular and Cellular Biochemistry demonstrated the efficacy of a topical turmeric application for wounds in rats. The results showed that turmeric supported collagen synthesis rates, improved wound contraction, and increased tissue strength and cell proliferation around the wound. Turmeric also showed antioxidant properties that helped the healing process.

3. Eases Aches and Discomfort: An impressive study completed and published in the March 2014 issue of the Journal of Clinical Interventions in Aging examined the effect of turmeric on knee discomfort. Results showed that turmeric experienced relief on par with more conventional options. The turmeric group, however, seemed to enjoy more relief from joint stiffness. Those taking Turmeric reported significantly fewer side effects than those following mainstream-oriented action plans. A double-blind, placebo-controlled study in the December 2011 issue of Surgical Endoscopy looked at turmeric supplementation on postoperative discomfort and fatigue. Patients taking turmeric experienced significantly less discomfort compared to placebo.

4. Encourages Balanced Blood Sugar: A novel investigative study published in the Nov 2014 issue of the Journal of Endocrinology looked at the effects of curcumin on insulin-producing cells within the pancreas called Beta cells (or B-cells) and Islet cells, in relation to imbalanced blood sugar. Researchers addressed B-cell lines and human Islet cells with preparations of turmeric and observed positive benefits.

5. Soothes Irritated Tissue: Turmeric is valuable in helping soothe excess irritation. The swelling response is a healthy and natural mechanism the body uses to usher soothing compounds during times of crises or repair. It's believed that most people in today's toxic, stress-laden environment are under constant pressure and the tissue in their body is irritated, red, and swollen as a result. A review published in the 2007 issue of Advances of Experimental Medicine noted the soothing effect of turmeric is likely exerted through its ability to inhibit enzymes that irritate tissue.

6. Loosens Stiff Joints: A randomized, pilot clinical study published in the November 2012 issue of Phytotherapy Research set out to determine the effectiveness of turmeric for active joint discomfort. One group received the standard-of-care medication while the other received turmeric. Patients were given symptom score sheets to assess results. Turmeric outperformed the other option on all levels and was relatively free of adverse side effects.

7. Encourages Normal Lipid Levels: Turmeric's ability to encourage normal lipid profiles has been hypothesized and studied since the 1990s with varying levels of benefits. Some studies show an impressive reduction in lipid profiles for turmeric-supplemented groups. One randomized, single-blind clinical study published in the November 2011 issue of Phytotherapy Research investigated turmeric's effect on lipid levels. Group participants were given either curcumin from turmeric in small or large servings; a control group was given vitamin E only. After just seven days, the results proved statistically significant. Small servings of turmeric produced the most favorable and

balancing effects on lipid profiles.

The results of a seven-day trial showed the curcumin-supplemented participants had better lipid profile numbers. Most importantly, these studies show that turmeric is consistently safe and has very low risk of side effect.

8. Supports the Stomach Lining India has long used turmeric in curry dishes as a taste and color enhancer. One reason for its longstanding popularity is because of its soothing properties on digestion. Researchers tested the protective effects of turmeric on the lining of the stomach against acidic preparations used to induce stomach ulcers. A preparation containing turmeric essential oils was administered before the ethanol and it was observed that turmeric protected the cells in the stomach and damage was reduced. In addition, turmeric also appears to offer some impressive protection for stomach ailments.

Vista Vibe 32 oz & Concentrate – *See Daily Health*

Vitality for Men – *See Men's Health*

Vitality for Women – *See Women's Health*

Vitamin D3 – *See Daily Health*

Roar – *See Elite Fit Series*

Heart Health

Cardio BP™

Historically used for:

- Promotes good heart function
- Helps balance blood pressure
- Improves circulation
- Blood flow regulator
- Normalize heart rate
- Normalize heartbeat
- Protects the heart
- Improves cold hands and feet
- Improves numbness in hands and feet
- Strengthens the heart

Cardio BP™ is a comprehensive natural heart supplement designed to protect and promote your cardiovascular system. It combines the benefits of the finest herbs, vitamins and patented ingredients to support a strong and healthy heart. These powerful ingredients allow you to enjoy all the activities you love without being tired or out of breath. In today's fast-paced society, it's not easy to stay healthy and we can all take better care of our heart and cardiovascular system. The fact is that more than 100 million Americans age 20 and older have high cholesterol and one in three adults suffers from high blood pressure which is two of the most common causes for heart problems.

Cardio BP™ unites four of the most popular ingredients for cardiovascular health into one balanced heart health supplement. This synergistic blend also features Coenzyme Q10, an ingredient known for its heart-healthy antioxidant properties and Hawthorne Berry used for centuries for its cardiovascular benefits. Each dose of **Cardio BP™**, heart health supplement, you'll also get natural plant sterols to help maintain cholesterol levels already within healthy range, as well as folic acid for additional heart support. Make cardiovascular health a priority. Exercise more, eat a healthy diet, quit smoking, get regular check-ups and take **Cardio BP™**. This researched-based, high potency cardiovascular and heart health supplement contains all the key nutrients that are vital for the proper functioning of a healthy cardiovascular system and a healthy circulatory system.

Cardio BP™ is an advanced heart health nutritional supplement based on some of the most compelling research in the field. This product has been formulated with all the vitamins, nutrients, antioxidants and botanicals needed by your heart to help keep cholesterol levels in check and to aid in keeping blood pressure levels down. This product is a great way to start supporting cardiovascular function. **Cardio BP™** is an all-inclusive cardiovascular health program that insures your health, longevity and well-being. Wake up every day refreshed and full of energy knowing that your giving your body Complete Cardiovascular Support.

Suggested Use: As a dietary supplement, take two (2) before each meal, 3 times a day.

Supplement Facts		
Serving Size 6 Capsules		Servings per Container 15
Amount Per Serving		% Daily Value
Vitamin C (calcium ascorbate)	60 mg	100%
Vitamin E (d-Alpha toco succinate)	30 IU	100%
Niacin (niacin granular)	25mg	125%
Vitamin B5 (pyridoxine hydrochloride)	50mg	2500%
Folic Acid	780mcg	195%
Calcium (carbonate)	500mg	50%
Magnesium (oxide)	400mg	100%
Selenium (amino acid chelate)	60mcg	86%
Chromium (polynicotinate)	120mcg	100%
Proprietary Blend	2050mg	*
consisting of: L-Citrulline, L-Arginine, Green Tea Extract (98%) Polyphenols / 70% Catechins / 45% EGCG, TMG (betaine trimethylglycine), MSM (methylsulfonylmethane), Beta-Sitosterol (from 300mg of CardioAid plant sterols), Guggulipid (2.5% extract providing 5mg of Guggulsterones), ALA (alpha lipoic acid), N-Acetyl-L-Carnitine, Hawthorne Extract (1.8% vitexin), Resveratrol (from 50mg of polygonum cuspidatum 50% extract) CoQ10, Policosanol (from cane sugar).		
*Daily Value not established		

Other Ingredients: Gelatin, cellulose, magnesium stearate, MCT and silicon dioxide.

ALLERGEN WARNING: CONTAINS SOY (BETA_SITOSTEROL).

Cardio Chelate

Historically used for:

- To help rid the body of unwanted metals
- To help rid the body of toxins
- Poor circulation
- Plaque build up

What is Chelation?

An alternative therapy that is used to remove excess or toxic metals or minerals from the body.

Chelation Therapy is used to help the body rid itself of unwanted plaque buildup in the arterial walls and supporting the body in normal blood flow.

It is a comprehensive formulation of over 50 important nutrients and E.D.T.A. designed to help support the body in managing high blood pressure, cholesterol levels, and heart health.

In addition, there is also an abundance of nutrients included that many scientists believe may play an important role in assisting the body to extend the life span well beyond the average years in good health.

Our **Cardio Chelate** is one of the most scientifically advanced daily vitamin formulas developed for anyone who wants to build a long lifetime of good health.

Cardio D

Historically used for:

- To boost heart function
- To help improve pumping of the heart
- Helps the body lower blood sugar
- Heart Rhythm Support

Cardio D and a formula with its main ingredient consisting of D-Ribose which may help with recovery time by restoring depleted ATP levels while helping lessen scar tissue build up.

A double-blind study was performed on two groups of patients one with congestive heart failure and the other with stable angina (history of heart attack, bypass, etc.). One group was given D-Ribose while the other group was given a placebo. Follow-up testing showed that patients who were given the D-Ribose had improved diastolic function. One of the main issues with people with heart related issues is that their heart does not relax and fill with blood causing a malfunction with diastolic function, so this is a great accomplishment.

Supplement Facts		
Serving Size: 12 Capsules		
	Amount Per Serving	% Daily
Vitamin A (Palmitate 250m iu/gm)	10,000.200 iu	200%
Beta Carotene 10% (167m iu/gm)	10,007.976 iu	200.16%
Vitamin D (FLO 100m iu/gm)	200.004 mg	50%
Thiamine HCL B-1	100.080 mg	6672%
Riboflavin B-2	50.028 mg	2942.82%
Pyridoxine HCL B-6 82.5%	100.782 mg	5038.10%
B-12 1%	0.125 mg	2084%
Niacinamide (Ascorbate (25%,75)	12.500 mg	62.50%
Pantothenic Acid (Dcal pan 8-90)	250 mg	2500%
PABA	200 mg	*
Choline (Bitartrate 41%)	375.002 mg	*
Inositol	50.004 mg	*
Folic Acid(95%)	0.200 mg	50%
Biotin(1%)	0.050 mg	16.64%
Vitamin E (d alpha toc. 1162 iu/gm)	325.035 iu	1083.45%
Calcium (lactate 18%)	103.853 mg	10.39%
Calcium (Gluconate 9%)	46.147 mg	4.61%
Magnesium (ascorbate 20%, 60)	150 mg	37.50%
Potassium (ascorbate 18%, 60)	150.012 mg	4.29%
EDTA	180 mg	1000%
Copper (Ascorbate 6%, 86)	0.250 mg	12.50%
Manganese (Ascorbate 13%, 65)	5 mg	250%
Zinc (Ascorbate 10%, 79)	15 mg	100%
Chromium (Polynicotinate 10%)	0.100 mg	83.34%
Selenium (chelate .02%)	0.125 mg	178.46%
Vitamin C (Ascorbic acid 99%)	544.890 mg	2724.45%
L Carnitine Base	100.008 mg	*
L Cysteine	375 mg	*
Max DHA 5%	250.001 mg	*
Vitamin C (Ascorbyl Palmitate 42%)	105.034 mg	175.06%
Proprietary Blend	1375 mg	*
Mussel Powder, Citrus Bioflavonoids, L - Tyrosine, L - Taurine, Bromelain 2000 gdu, L - Methionine, Garlic Powder, L - Glutamine, L- Lysine, Trace Minerals - Redmond Clay, Ginger, Capsicum 40m btu, Adrenal Substance, Heart Substance, Spleen Spleen Substance, Thymus Substance, Chronodition Sulfate 95%, Dong Qual, NN Dimethylglycine, Kelp (iodine .05%), Blue Vervain, Butchers broom, Hawthorne Berry, Co Enzyme		
* %Daily Values not established		

Other Ingredients: Gelatin.

Supplement Facts		
Serving Size: 1 Scoop (5g)		Servings Per Container 30
	Amount Per Serving	% Daily
D - Ribose	5g	*
* %Daily Values not established		

Cardio Vibe™

Also available in Sugar Free!

Historically used for:

- Improved cardiovascular health
- Powerful antioxidant
- Increased energy
- Sharper brain function
- Balanced hormones
- Youthful skin
- Better sleep
- Enhanced erectile
- Blood sugar balance
- Reduced inflammation

Cardiovascular disease is the #1 killer for men and women in the U.S., claiming more than 1 million lives a year.

That more people die every day from vascular issues than the people who died in the 9/11 attack. Every year more people die of cardiovascular disease than all the wars in the past 2 centuries. Cardiovascular disease is responsible for more deaths than the next 9 causes of death combined. Economic cost of coronary artery disease (CAD) is more than \$300 billion a year. More women die every year of cardiovascular disease than of breast cancer (twelve times as many). Every 3 minutes one stroke related death occurs. Heart Disease is now the leading cause of death throughout the world. The biggest risk factors for CAD include diabetes, obesity, high blood pressure, smoking and genetics. Nearly 30% of Americans have high blood pressure - a leading cause of death and disability in the U. S.

Your circulatory system affects every system in your body. If you think you don't have heart issues, perhaps you know someone who does.

CoQ10

Historically used for:

- Cardiovascular support
- Cholesterol support
- Blood pressure support
- Promote energy
- Intestinal problems
- Immune support
- Headaches
- Age related problems

CoQ10, also known as Coenzyme Q10, is a naturally occurring nutrient found in each cell of the body. This nutrient was first identified by University of Wisconsin researchers in 1957. It is found in foods, particularly in fish and meats. It is vitamin-like chemical that is found in practically all the cells in our body, especially the heart. It shows antioxidant properties and the body uses it to generate ATP, a storage form of energy. CoQ10 levels drop after the age of 20 and after 80 years old it can be lower than the levels found in you at birth.

In addition to playing a significant role in the energy system of each of our cells, CoQ10 is also believed to have antioxidant properties and may play a role in heart health. Many who take this supplement notice that this nutrient enhances physical energy. Science is discovering that CoQ10 benefits include everything from helping prevent

Supplement Facts

Serving: 1 scoop (15.9 g)
Serving Per Container: 30

	Amount Per Serving	% Daily Value
Calories	20	2%
Carbohydrates	5 g	†
Sugar	5 g	333%
Vitamin C (as ascorbic acid)	400 mg	667%
Vitamin D3 (as cholecalciferol)	5,000 IU	1250%
Vitamin E	50 IU	†
L-Arginine	5 g	†
L-Citrulline	200 mg	†
AstraGin™	50 mg	†

Proprietary Cardio Vibe Blend 377 mg

Tart Cherry Concentrate, Trace Mineral Blend, Grape Skin Extract, Grape Seed Extract, Blueberry Juice Concentrate, Blackberry Juice Concentrate, Blueberry Extract, Grape Juice Concentrate, Pomegranate Extract, Pomegranate Juice Concentrate, Hawthorn Berry, Resveratrol (50%), Mothers Wort, Bioperine

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

Other Ingredient: Evaporated Raw Sugar Cane, Fibrasol II, Citric Acid, Malic Acid, Natural Flavors, Beet Color, Potassium Citrate, Stevia Leaf Extract

Supplement Facts

Serving Size 1 Softgel
Serving Per Container 30

Amount Per Serving

Coenzyme Q10 (Ubiquinone)	120 mg	*
---------------------------	--------	---

Daily Value not established

Other Ingredients: Soybean oil, gelatin (bovine), glycerin, purified water, beeswax and titanium dioxide.

ALLERGEN WARNING: CONTAINS SOY (SOYBEAN OIL).

heart attacks and high blood pressure to possibly treating nerve problems, blood sugar issues, increasing energy and stamina, boosting immunity, and even losing weight.

CoQ10 is essential to the production of energy at the cellular level, and the organs that use the most energy (like the heart and liver) have the highest concentrations of CoQ10. The actual work that CoQ10 does takes place in a part of every cell called the mitochondria, and its job is to help transform fats and sugars into energy.

Extensive research has shown that adequate amounts of CoQ10 are necessary to healthy metabolism and organ function. CoQ10 supplements are often used to aid in recover from heart surgery and there is a mounting body of evidence that CoQ10 can play a substantial part in preventing heart disease as well as in the treatment and prevention of several age-related disorders.

Ongoing research is currently evaluating the use of CoQ10 in the treatment of headache, breathing problems, breast and prostate problems, and auto immune problems.

The body's production of CoQ10 decreases as we age. Normal aging can reduce the CoQ10 levels in the heart by as much as 72%. In addition, a group of frequently prescribed drugs known as statins (used to reduce LDL and cholesterol levels) also deplete CoQ10 levels. CoQ10 research has shown that cholesterol lowering drugs, known as statins, can decrease the body's supply of CoQ10. These drugs act to inhibit the enzymes that are involved in cholesterol production, which takes place in the liver. However, they also inhibit the production of CoQ10 in the process! So, the problem with CoQ10 and statins is that while these drugs may lower cholesterol, they also lower CoQ10 levels.

If you're middle-aged or older, CoQ10 benefits are particularly important and supplemental CoQ10 can be crucial to maintaining good health. While CoQ10 has been shown to be an effective form of treatment for some disorders, the most dramatic research results have been in the area of prevention. Not only is maintaining good CoQ10 levels a requisite for ongoing heart health throughout middle age and beyond, VistaLife offers one of the finest CoQ10 products on the market today. This product is a great addition to VistaLife's *Red Yeast Rice*.

Suggested Use: As a dietary supplement, take 1 capsule daily with a meal.

Omega Krill™

Historically used for:

- Heart disease
- Cholesterol
- Blood pressure
- Triglycerides
- Fatigue
- Dry skin
- Allergies
- Angina
- Frequent colds
- Digestive disorders
- Immune weakness
- Joint pain and stiffness

Omega Krill™ is a well-designed proprietary blend of essential fatty acids known as Omega 3, 6, and 9 derived from Krill Oil. Omega Krill™ is "essential" because the body needs fatty acids for the production and rebuilding of new cells while working as chemical messengers to the entire body. The body does not make essential fatty acids,

Supplement Facts	
Serving Size 2 Softgels	Servings Per Container 60
Amount Per Serving	
Krill Oil	500 *
(Providing naturally-occurring essential fatty acids including Omega-3, Omega-6 and Omega-9 plus other Phospholipids and Astaxanthin).	
*Daily Value not established	

Other Ingredients: Gelatin, glycerin, and purified water.

ALLERGEN WARNING: CONTAINS SHELLFISH (KRILL).

This product is PCB tested and guaranteed to be within Proposition 65 limits.

that is why it is so important to receive them through diet or, in this case, a well formulated dietary supplement. Essential fatty acids found in **Omega Krill™** may be beneficial for the cardiovascular system for lowering cholesterol and triglycerides, even decreasing the risk of heart disease, and improves joint pain and stiffness.

What is Krill Oil?

Krill are shrimp-like crustaceans that are approximately up to 6 centimeters long. They live in the ocean, where they feed mainly on phytoplankton. They're near the bottom of the food chain and are eaten by whales, seals, penguins, squid and fish.

Commercial fishing of krill occurs along the coasts of Canada and Japan. Krill that are caught are used for aquaculture and aquarium feeds, sport fishing bait or they are eaten as food in countries like Japan. Krill oil is also used in nutritional supplements like Omega Krill™.

Krill oil contains Omega-3 fatty acids, which is the main reason it's becoming popular as a nutritional supplement. Another reason krill oil is becoming popular is because it contains an antioxidant called astaxanthin. The algae that krill eat produce the bright red pigment astaxanthin that gives krill and other crustaceans, such as lobster and shrimp, their reddish-pink color.

Antioxidants protect our body cells from damage from free radicals, unstable substances that are thought to contribute to certain chronic diseases. Unlike many other antioxidants, astaxanthin crosses the blood-brain barrier, where it could theoretically protect the eye, brain and central nervous system from free radical damage.

Why Do People Use Krill Oil?

People use krill oil for the same reasons they use fish oil, flax oil or other Omega-3 fatty acids. Unlike fish oil, krill oil doesn't cause fishy burps or an after taste, a common side effect of fish oil. Also, krill oil contains higher amounts of astaxanthin than fish oil.

Here are some specific conditions for which it's used.

Cholesterol: Krill oil is being studied as a natural remedy for high cholesterol. In one study, 120 people were given krill oil, fish oil or a placebo. Krill oil reduced LDL (commonly referred to as "bad") cholesterol by 34% and increased HDL ("good") cholesterol by 43.5% compared to the placebo. In comparison, fish oil reduced LDL cholesterol by 4.6% and increased HDL cholesterol by 4.2%. Krill also has been known to lower triglycerides.

Premenstrual syndrome: Preliminary research suggests krill oil may help reduce symptoms of premenstrual syndrome (PMS); however, more research is needed.

Joint Pain: A study in the Journal of the American College of Nutrition examined krill oil, 300 (mg) daily (Omega Krill™ contains 500mg) compared to a placebo and found that krill oil was effective at reducing arthritis symptoms and inflammation.

Suggested Use: As a dietary supplement, take 2-3 gel caps daily.

Red Yeast Rice

Historically used for:

- Cholesterol support
- Heart support

VistaLife introduced **Red Yeast Rice** as a unique natural product that's been used in Asian traditional medical systems since approximately 800 A.D. Produced by fermenting red yeast (*Monascus purpureus*) with white rice, Red Yeast Rice is commonly used in cooking applications to enhance the color and flavor of foods. Peking Duck is an example of the coloration and flavor imparted by Red Yeast Rice. VistaLife Red Yeast Rice is carefully produced to avoid the presence of citrinin, a sometimes-toxic by-product of the fermentation process.

Red Yeast Rice, a fermented product of rice on which red yeast (*Monascus purpureus*) has been grown, has been used for centuries in Chinese cuisine and as a medicinal food to promote healthy blood circulation. Red Yeast Rice extract is most often used by those who wish to have healthy cholesterol levels. Those who take these pills should consider taking a CoQ10 supplement a few times a week since some red yeast rice extract products may deplete CoQ10 levels. CoQ10 may be helpful for those on statin therapy used for lowering cholesterol levels. Take VistaLife's CoQ10 with Red Yeast Rice to maintain healthy CoQ10 level. Red Yeast Rice may contain statin-like compounds called monacolins -- including one, monacolin K, which is structurally identical to some cholesterol drugs.

Maintaining healthy cholesterol levels is one of the benefits of red yeast rice extract. There are several dietary changes and supplement pills you can take to lower your cholesterol level. Eating less can also prevent a rise in cholesterol levels. Use VistaLife's CoQ10 and Red Yeast Rice together for best results.

Suggested Use: As a dietary supplement, take 2 V caps® 1 to 2 times daily, preferably with food.

Supplement Facts

Serving Size 2

Serving Per Container 30

Amount Per Serving

Organic Red Yeast Rice (<i>Monascus purpureus</i>)	1.2 g (1,200 mg)*
---	-------------------

*Daily Value not established

Other Ingredients: Vegetable Polysaccharide (capsule) and Magnesium Stearate (vegetable source). Contains soy derivative. Contains no sugar, salt, wheat, gluten, milk, egg, shellfish or preservatives.

We use Red Yeast Rice that is produced entirely in the USA.

Do Not Eat Freshness Packet. Keep in Bottle.

Certified Organic by Quality Assurance International.

Immune Health

Colloidal Silver – See *Daily Health*

Immune 5

Immune 5 boasts: N-acetylcysteine (NAC) From detoxification, to brain health, to heart health, to fertility, NAC is a jack of all trades. Vitamin C is needed to maintain the health of skin, cartilage, teeth, bone, and blood vessels. It is also used to protect your body's cells from damage. It is known as an antioxidant. Quercetin has antioxidant properties. Antioxidants work to protect the body from free radicals. Free radicals are unstable molecules in the body that can increase the risk of disease and quicken aging. Vitamin D3 is a fat-soluble vitamin that helps your body absorb calcium and phosphorus. Having the right amount of vitamin D, calcium, and phosphorus is important for building and keeping strong bones. Zinc Citrate is vital for many aspects of health and has been associated with a variety of benefits. Of course, these natural nutrients are profoundly responsive against many illnesses caused by viruses and bacteria.

Supplement Facts		
Serving Size: 2 Capsule	Servings Per Container: 30	
	Amount Per Serving	% Daily Value
NAC (N Acetyl Cysteine)	600mg	**
Vitamin C (ascorbic acid)	500mg	**
Quercetin	250mg	**
Vitamin D3	4000IU	**
Zinc Citrate	50mg	**

*Daily Value not established
% Daily Values are based upon a 2,000 calorie diet.

Immune Boost™

Historically used for:

- Boosts immune system
- Seasonal defense
- Healing to injuries
- Repairs damaged nervous system
- Slowing and reversing aging
- Fights against germs

A strong immune system is the foundation of good health. **Immune Boost** helps support the body's immune functions and may help boost the body's natural defense.

Colostrum is a great anti-aging ingredient that helps the body recover and helps its natural defenses to protect the body from harmful germs. Astragalus is an herb used to boost the immune system and aid the adrenal gland in their natural function. It is also good for colds and immune defense problems. The ingredients in **Immune Boost** greatly support the immune function and provide the right balance of essential nutrients required for top performance.

Supplement Facts		
Serving Size: 2 Capsule	Servings Per Container: 30	
	Amount Per Serving	% DV
Vitamin A (Palmitate)	500 UI	10%
Vitamin D3 (Cholcalciferol)	500 UI	126%
Ascorbic Acid	250 mg	416%
Zinc (Gluconate)	12.50 mg	84%
Vitamin B-1 (Thiamine HCL)	5 mg	334%
Vitamin B-2 (Riboflavin)	5 mg	294%
Vitamin B-3 (Niacin)	4.1 mg	20%
Selenium (Chelate)	0.01 mg	14%
Proprietary Blend	665 mg	**
Colostrum, Astragalus, Olive Leaf Extract (18%), Echinacea Purpurea, Beta 1,3 Glucan, Oregano Leaf Extract, Rhodiola Rosea Extract.		

Other Ingredients: Capsule Shell.

Immune Protect™

Historically used for:

- Free radical damage
- Premature aging
- Protects against cell mutation
- Protects against heart disease
- Allergies
- Memory
- Attention disorders
- Colds
- Circulation
- Eye health

The benefits of **Immune Protect™** are strengthening the immune system and stimulating the body's natural defenses to kill unfriendly microorganisms, viruses, bacteria, allergens, molds and parasites. Also increases immunoglobulin proteins in the intestinal tract to combat foreign invaders, acts as an antioxidant, and promotes the repair of DNA.

Immune Protect™ is a blend of natural ingredients known to support and boost the immune system. Its antioxidant activity protects the integrity of DNA. This formula promotes macrophage activity, which strengthens the body's natural defense system. **Immune Protect™** is a combination of several antioxidants including two of the most powerful natural free radical scavengers available. This formula is designed to slow down the aging process, protect against free radical damage, and promote a healthy cardiovascular system. According to research, when antioxidants are formulated together, they are 15 times more effective than when used by themselves. Antioxidants can help reduce oxidative damage to vital tissues. Experts agree that free radical damage is a factor in degenerative conditions and that antioxidants may be helpful in reducing that damage thus keeping the immune system strong.

Immune Protect™ is your completely natural choice for protecting your immune system.

Suggested Use: As a dietary supplement, take two capsules once daily.

Juice of Life+ - *See Daily Health*

Supplement Facts		
Serving Size: 2 Capsules		
Amount Per Serving	%Daily Value	
Vitamin C (ascorbic acid)	30 mg	50%
Vitamin E (d-Alpha toco.)	30 IU	100%
Selenium (amino acid chelate)	20 mcg	29%
Proprietary Blend	1512 mg	*
Consisting of: Graviola (powder), Red Raspberry Juice Extract, Green Tea (40% extract), Curcumin (powder), Beta-Glucan, Cat's Claw (powder), Garlic (powder), Korean Ginseng (powder), Lycopene, Quercetin, Pine Bark (95% extract), Grape Seed (95% extract), Pomegranate (40% ellagic acid), Herbal Complex, (Consisting of Indian Rhubarb, Burdock Powder, Sheep Sorrel Powder and Slippery Elm Powder, Mushroom Complex, (Consisting of Shiitake, Maitake and Reishi), ARA-6 (arabinogalactan), Olive Leaf Extract.		
*Daily Value not established.		

Other ingredients: Gelatin, magnesium stearate, stearic acid and microcrystalline cellulose.

ALLERGEN WARNING: CONTAINS SOY.

Joint Health

Joint Support Complete™

Historically used for:

- Joint pain
- Joint stiffness
- Inflammation
- Tumors
- Skin conditions
- Psoriasis
- Acne
- Cell mutation
- Poison oak
- Poison ivy
- Hemorrhoids
- Asthma

Joint Support Complete™ is a unique blend of shark cartilage along with other anti-inflammatory ingredients such as: Glucosamine, Chondroitin, MSM, Boswellia, Bromelain, Boron, Yucca, and Cetyl Myristoleate. Joint Support Complete™ may relieve joint pain & stiffness, work as an anti-inflammatory, and may help skin conditions & acne.

Joint Support Complete™ is beneficial for joint pain sufferers by blocking the antigenic process; therefore, reducing joint pain and inflammation. Shark cartilage has been known to reduce pain in approximately 70% of osteoarthritis and 60% of rheumatoid arthritis sufferers. Your joints are extremely important to your happiness and well-being. That's why you need to provide them with the best support available. Fortunately, Joint Support Complete™ offers one of the oldest and most reliable combinations, designed specifically for joint support—so you can use your joints the way they were meant to be used and not for predicting the weather.

Joint Support Complete™ combines nutrients formulated synergistically to feed the body relatively high amounts of important elements that help maintain the structural integrity of bones, joints and the muscular system. Other important nutrients are included in lesser amounts that are often missing from the American diet due to over processing that are needed as well for healthy joints. Answer the call to relieve your joint pain by using Joint Support Complete™.

Suggested Use: As a dietary supplement, take one or two tablets, three times a day.

Joint Support Xtreme Relief

Historically used for:

- Chronic joint pain
- Pain from injury
- Recovery from workouts
- Joint pain & inflammation
- Joint health
- Joint stiffness

Supplement Facts		
Serving Size: 2 Tablets Servings Per Container: 45		
Amount Per Serving	%Daily Value	
Vitamin A (acetate)	100 IU	2%
Vitamin C (as ascorbic acid)	1 mg	2%
Vitamin E (as d-Alpha tocopheryl acetate)	1 IU	3%
Vitamin B-1 (thiamine hcl)	1 mg	67%
Vitamin B-2 (riboflavin)	1 mg	59%
Niacinamide	1 mg	5%
Vitamin B-6 (as pyridoxine hcl)	1 mg	50%
Vitamin B-12 (cyanocobalamin)	10 mcg	167%
Manganese (sulfate)	320 mcg	16%
Zinc (amino acid chelate)	200 mcg	1%
Selenium (amino acid chelate)	20 mcg	29%
Copper (amino acid chelate)	100 mcg	5%
Chromium (amino acid chelate)	20 mcg	17%
Glucosamine Sulfate	500 mg	*
Chondroitin Sulfate	400 mg	*
Shark Cartilage	750 mg	*
New Zealand Green Lipped Sea Mussel	250 mg	*
MSM (methylsulfonylmethane)	250 mg	*
L-Hisitidine	10 mg	*
Boron (amino acid chelate)	1 mg	*
Alfalfa Powder	25 mg	*
Yucca Extract (29% saponins)	1 mg	*
Devil's Claw (powder)	1 mg	*
Cetyl Myristoleate	1 mg	*

* Daily Value not established.

Other Ingredients: Calcium carbonate, stearic acid, microcrystalline cellulose, croscarmellose sodium, magnesium stearate, silica and hydroxypropyl methylcellulose.

ALLERGEN WARNING: CONTAINS FISH (SHARK), SHELL-FISH (GLUCOSAMINE, NEW ZEALAND GREEN LIPPED SEA MUSSEL), AND SOY.

Supplement Facts		
Serving Size: 4 Capsule Servings Per Container: 30		
Amount Per Serving	% Daily Value	
Vitamin C (Ascorbic Acid)	200mg	333%
Manganese (Chelate)	10mg	480%
Proprietary Blend	2,680mg	*
Chondroitin Sulphate, Glucosamine Sulphate HCL, Glucosamine Sulphate Potassium, MSM		

* % Daily Value not established

Other Ingredients: Gelatin Capsule

% Daily Values are based upon a 2,000 calorie diet

The makers of *Joint Support Complete* are pleased to announce a new addition to their growing line of products. This exciting new evolution of our joint support formula has been formulated to act as a pain reliever that goes right to the source of serious or severe joint pain brought about by injury or the effects of arthritis or other ailments. In short, **Joint Support Xtreme Relief** is a much more potent blend that you can take on those days when your joints are aching more than normal so that you can get back to living your life and doing those things that extreme joint pain would never allow.

Joint Support Xtreme Relief contains many of the same, safe ingredients found in our trusted *Joint Support Complete* daily supplement. But whereas you take the supplement daily to lessen inflammation and prevent the onset of joint pain, our relief formula is intended to reduce existing pain that is more intense than you can reasonably handle. Enabling this process is a more potent blend of two very powerful agents that are proven to assist with natural joint help and have been used together forages in the fight against osteoarthritis.

Chondroitin Sulfate is a structural component of cartilage that has been shown to provide most of its resistance to compression. It is a known anti-inflammatory that produces many positive reactions in the body that all inhibit the production and growth of destructive enzymes that contribute to the damage, and eventually the death, of the cartilage that buffers our joints and protects our bones. Without enough Chondroitin Sulfate, cartilage loses its sponge-like quality, and can't absorb the necessary fluids that lubricate it and prevent its premature breakdown. It's just part of our bodies' natural process, and pain is the only warning we get when we don't have enough of this important joint component.

Glucosamine is another naturally occurring element of the body that produces a key building block of the cartilage that pads and cushions joints from the shock and rigor of everyday movement. Glucosamine also repairs cartilage by allowing the incorporation of sulfur, which is necessary for its regeneration. In addition to these benefits, studies have demonstrated the propensity of Glucosamine to be as effective as many of the common medications that are taken for joint pain relief. It may even be more favorable. It's just a better option for those who prefer nature.

With the proven mixture of Chondroitin Sulfate and Glucosamine, combined with a healthy dose of cartilage building manganese, **Joint Support Xtreme Relief** just might be your solution to the soreness and ache of angry joints. Combining it with daily supplements of *Joint Support Complete* and the anti-inflammatory herb known as *Cat's Claw*, might allow you to get back to moving the way you want to be able to move without hurting for it.

Suggested Use: As a dietary supplement take two capsules twice daily.

Super Blue w/CBD Oil

When you need a deep penetrating pain relief.
Available in a Spray or Gel and Roll On!

FDA approved for the temporary relief of minor aches and pains of muscles and joints associated with arthritis, simple backache, strains and bruises.

Instant cold therapy! The liquid instantly cools down & revitalizes the applied area by penetrating quickly without stickiness and greasiness.

Immediate & Intensive Pain Relief specifically formulated menthol, camphor and other ingredients relieve the pain from acute & chronic injuries such as sore muscle and painful joints and various orthopedic symptoms. Nourishing & Moisturizing! Boswellia Serrata Extract & Eucalyptus Oil

Drug Facts	
Active Ingredient	Purpose
Menthol 5.0%.....	External Analgesic
Uses: Temporary relief of minor pain associated with Arthritis, Joint pain, Muscle Strain, Simple Back Ache.	
WARNINGS: For External Use Only. Do not use on wounds or damaged skin.	
When using this product: Avoid bandaging tightly. Avoid contact with eyes. Keep out of reach of children.	
DIRECTIONS: Adults and children 7 years of age and older: Apply to affected area not more than 3 to 4 times daily. Rub in thoroughly until gel is absorbed. Children under 7 year of age: Consult a doctor.	
INACTIVE INGREDIENTS: Allantoin, Boswellia Serrata Gum Extract, Eucalyptus Globulus Leaf Oil, Glycerin, Glycyrrhiza Glabra (Licorice) Root Extract, CBD Oil with Hemp Oil.	
OTHER: Store in cool dry place. Close cap	

helps nourishing & moisturizing the skin.

Sweet scented herbal aromas help to relax and recover after work out.

No other product on the market adds up to the benefits of Super Blue w/ CBD Oil. Fast acting, long lasting pain relief cream without the side effects of oral drugs. 100% all-natural ingredients.

What is CBD Oil?

CBD is one of many compounds, known as cannabinoids, are found in the cannabis plant. Researchers have been looking at the potential therapeutic uses of CBD. Oils that contain concentrations of CBD are known as CBD oils. The concentration and uses of different oils vary. All cannabinoids, including CBD, attach themselves to certain receptors in the body to produce their effects.

How does CBD Oil work?

The human body produces certain cannabinoids on its own. It has two receptors for cannabinoids, called CB1 receptors and CB2 receptors. CB1 receptors are found all around the body, but many of them are in the brain. The CB1 receptors in the brain deal with coordination and movement, pain, emotions and mood, thinking, appetite, and memories, among others. THC attaches to these receptors. CB2 receptors are more common in the immune system. They affect inflammation and pain. It used to be thought that CBD acts on these CB2 receptors, but it appears now that CBD does not act on either receptor directly. Instead, it seems to influence the body to use more of its own cannabinoids.

Drug Facts	
Active Ingredient	Purpose
Menthol 3.7%	External Analgesic
Uses: Temporary relief of minor pain associated with Arthritis, Joint pain, Muscle Strain, Simple Back Ache.	
WARNINGS: For External Use Only. Do not use on wounds or damaged skin.	
When using this product: Avoid bandaging tightly. Avoid contact with eyes. Keep out of reach of children.	
DIRECTIONS: Adults and children 7 years of age and older: Apply to affected area not more than 3 to 4 times daily. Rub in thoroughly until gel is absorbed. Children under 7 year of age: Consult a doctor.	
INACTIVE INGREDIENTS: Purified Water, Isopropyl Alcohol, Carbomer, Aloe Vera Powder, Camphor, Organic Ilex, Phenoxyethanol, Methylparaben, Butylparaben, Ethylparaben, Tea Tree Oil, Tocopherol Acetate (Vitamin E), Triethanolamine, CBD Oil with Hemp Oil.	
OTHER: Store in cool dry place. Close cap	

Men's Health

Prosta Flow™

Historically used for:

- Swelling of the prostate
- Promotes prostate health
- Frequent urination
- Urination throughout the night
- Difficulty urination
- Sex drive
- Burning during urination
- Dribbling after urination
- Weak urine flow
- Women, proportions chest with hips
- Promotes glandular health

If you are having problems with frequent urination in the evening while you are trying to sleep, difficulty in urinating, dribbling after urination, weak urine flow, pressure in bladder, burning feeling while urinating, sex drive and function, you are not alone. Most of these problems consist of an enlarged prostate gland. Did you realize that more than 75% of American men, age 50 and over, have prostate disorders and an increasing number of men who are younger than 50, are experiencing the same problem? At age 60 and over, the numbers increase even more. So, the question is not if you're going to have prostate problems just a matter of when.

Some of these problems may occur about the age of 40, the prostate, due to hormonal change, starts to enlarge. The testosterone levels begin to decline, and the prostate enlarges. Testosterone helps to improve the sex drive, helps the production of muscle mass, and helps prevent male pattern baldness. The best way aside from the symptoms to detect earlier signs of prostate problems is through a PSA test, usually conducted through blood work from your medical practitioners. Normal is below 4.0. If this number is higher there may be cause for concern. PSA can also be a good benchmark for finding where you are and how well what you are doing is working.

Maintaining a healthy prostate is key factor in the health of men and Prosta Flow™ could be the answer that you have been looking for to address these issues: Saw Palmetto along with the discovery of Africanum Pygeum concentrates extract, Beta-Sitosterol, Lycopene, Stinging Nettle, Zinc, and other nutrients in this formula, compose an excellent food for prostate health. You will see and feel the difference that Prosta Flow™ can make for you!

Suggested Use: As a dietary supplement, take 3 capsules daily.

Supplement Facts		
Serving Size: 3 Capsules		Servings Per Container: 30
	Amount Per Serving	% Daily Value
Vitamin E (d-alpha tocopheryl succinate)	30 IU	100%
Vitamin B-6 (pyridoxine HCl)	5 mg	250%
Zinc (oxide)	15 mg	100%
Selenium (amino acid chelate)	210 mcg	300%
Copper (gluonate)	300 mcg	15%
Saw Palmetto Berries (45% extract)	300mg	*
Plant Sterol Complex (40% Beta-Sitosterol)	450mg	*
Pygeum africanum Bark Powder	150mg	*
Red Raspberry (fruit powder)	75mg	*
Graviola Leaf Powder (Annona muricata)	75mg	*
Green Tea Leaf (50% extract)	75mg	*
Cat's Claw Bark (0.5% extract)	45mg	*
Broccoli 4:1 Extract (stems and buds)	30mg	*
Tomato Fruit Powder	15mg	*
Stinging Nettle Leaf Powder	30mg	*
Maitake Mushroom Powder	15mg	*
Reishi Mushroom	15mg	*
Shiitake Mushroom Powder	15mg	*
Proprietary Blend	213 mg	*

Consisting of: Quercetin Dihydrate, Juniper Berry Powder, Uva Ursi Leaf Powder, Buchu Leaf Powder, L-Glutamic Acid, L-Alanine, L-Glycine, Calcium D-Glucarate, Pumpkin Seed Powder, Burdock Root Powder, Cayenne Pepper Fruit Powder, Goldenseal Root Powder, Gravel Root Powder (Eupatorium purpureum), Marshmallow Root Powder, and Parsley Leaf Powder.

*Daily Value not established

Other ingredients: Rice powder, gelatin (bovine), silicon dioxide and vegetable magnesium stearate.

ALLERGEN WARNING: CONTAIN SOY (PLANT STEROLS)

Vitality for Men

Historically used for:

- Libido
- Increase testosterone levels
- Improve circulation
- Energy

Few men could disagree with the importance of a healthy sex drive. Most would agree that readiness, desire and the ability to perform in the most tender of moments is as vital as good health or money when it comes to living a happy life. It is such a crucial facet of male life, and the evidence can be seen in the booming market of sexual enhancement pills and drinks.

Everywhere you look, there are drugs or supplements that all offer the same thing: a better sex life. Many of these fine products may work, thanks to one or more active ingredients that have been found to help increase libido. In fact, it's likely that they can do the trick, but very few can do it with safe, healthy herbs and nutrients like those found in VistaLife's **Vitality for Men**.

Our **Vitality for Men** supplement is a safe, all-natural product made up of herbs, vitamins and other vital ingredients to help you rekindle that fire so you can be ready and perform like you need to. In this supplement, we've added things like:

- Tongkat Ali which may enhance the libido, increase sperm count and testosterone levels
- DHEA "the mother of all hormones" for increased Testosterone levels
- Niacin to improve circulation
- Saw Palmetto and Zinc to help support Prostate health
- Guarana Extract, Eleutherococcus, and Panax Ginseng for increased energy.

This time-tested, high-quality blend of natural aphrodisiacs and hormonal enhancers combine to both support and enhance a man's needs, and we are certain that you will be more than satisfied with the results after only a few short weeks of taking it.

Remember, it isn't just older men who can benefit from **Vitality for Men**; its effects can be very desirable for men of any age. After all, what guy wouldn't enjoy a swelling of libido, improved erectile function, greater longevity, and overall better sexual performance?

Truly, **Vitality for Men** is a real no-brainer for guys everywhere. It won't make a man out of you, but it can help you enjoy some of the better parts in life.

Suggested use: 1 tablet daily preferably with food 2 hours prior to physical activity or as directed by a health professional.

Supplement Facts		
Serving Size 1 Tablet		
Amount Per Serving	%Daily Value	
Niacin	5 mg	25%
Zinc (oxide)	15 mg	100%
Tongkat Ali Root (herb powder)	100 mg	*
Horny Goat Weed (herb powder)	50 mg	*
Xanthoparmelia Scabrosa (4:1 concentrate)	25 mg	*
Cnidium Monieri (herb powder)	25 mg	*
Mucuna Pruriens (15% extract)	25 mg	*
Guarana (22% extract providing 33mg naturally-occurring caffeine)	150 mg	*
DHEA	50 mg	*
Panax Ginseng (80% ginsenosides)	15 mg	*
Eleutherococcus Senticosus (5:1 extract)	15 mg	*
Avena Sativa (10:1 extract)	50 mg	*
Saw Palmetto (4:1 extract)	50 mg	*
Rhodiola Rosea (3% extract)	5 mg	*
Wild Yam (10% extract)	100 mg	*
Maca Root (herb powder)	50 mg	*
Arginine (L-Arginine HCl)	25 mg	*
Tribulus Terrestris (45% extract)	15 mg	*
Muira Puama (herb powder)	15 mg	*

*Daily Value not established.
Other ingredients: Calcium carbonate, croscarmellose sodium, microcrystalline cellulose, vegetable stearic acid, hydroxypropyl methylcellulose, vegetable magnesium stearate and silicon dioxide.
KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

Purple Tiger Series of Products

Purple Tiger™

Most Popular, Moderate Energy, Moderate Appetite Control.

Historically used for:

- Weight loss
- Appetite control
- Energy
- Thyroid disorders
- Sugar cravings
- Alertness
- Mood enhancer

Purple Tiger™ is a proprietary blend of herbs, vitamins, minerals, amino acids, antioxidants and other co-factors that may increase energy, weight loss, and give you that overall sense of well-being. In addition to their nutritional value, the ingredients in **Purple Tiger™** exert reasonable antioxidant effects that may help address some of the metabolic issues that affect energy production. This blend of the high-quality ingredients has also been known to normalize food cravings, suppress appetite, and naturally speed up your metabolism. **Purple Tiger™** may be involved in vital processes that are important for normal energy production and cellular metabolism. This process is referred to as thermogenesis which has been known to increase the metabolism allowing the body to slow down the storage of fat.

Purple Tiger™ is a unique fast acting effective formula with clinically proven ingredients that work synergistically together to increase energy, reduce the appetite, decrease cravings and increase the metabolism. In less than an hour you may quickly feel **Purple Tiger™** going to work through the proven amino acids like 5-HTP that has been clinically studied to decrease hunger signals to the stomach giving a “full” sensation allowing you to take control over your appetite instead of your appetite taking control of you. **Purple Tiger™** begins to work quickly to increase energy and metabolic rate while allowing your natural metabolism to stay in control. These powerful ingredients working together through these mechanisms may be crucial in you losing weight quickly, safely, and effectively. **Purple Tiger™** is like no other product available, giving you Energy like a Tiger, Appetite like a Bird.

Suggested Use: As a dietary supplement, take 1-2 capsules with 10 oz. of water, once or twice per day. Take on an empty stomach to receive more energy benefits. Do not exceed more than 4 capsules a day.

Block™

Historically used for:

- Fat blocker
- Lessens cravings for sweets
- Dulls the taste of sweets

This product contains a powerful ‘dynamic duo’ to aid in a healthy weight loss. Chitosan and Gymnema Sylvestre that knocks out calories quick, easy, and effective!

Chitosan is a “fat binder” which may be an incredible aid to doing exactly what the name implies; and is a fibrous substance that might block absorp-

Supplement Facts

Serving Size: 2 Capsule		Servings Per Container: 30	
Amount Per Serving		% Daily Value	
Calcium (Aquamin)	40mg		4%
Magnesium (Carbonate & Aquamin)	17mg		4%
Vitamin B6 (Pyridoxine HCL)	82% 8mg		400%
Chromium (Nicotinate)	240mcg		200%
Vitamin B12 (Cyanocobalamin)	100mcg		1667%
Proprietary Blend	917mg		*

Beta PEA, Natural Caffeine (180mg), Dark Cocoa, Citrus Aurantium, Green Tea Extract, Cocoa Powder, Choline Bitartrate, Alpha Keto Glutaric Acid, Trace Minerals, Cinnamon, 5 HTP, Vanadium (Sulfate)

* % Daily Value not established

Other Ingredients: Gelatin Capsule, Brown Rice Flour, Silica.

Supplement Facts

Serving Size 1 Tablet		Servings Per Container:	
Amount Per Serving			%Daily Value
Vitamin C (ascorbic acid)	25mg		42%
Chitosan (90% deacetylated chitin)	1000mg		*
Gymnema sylvestre Leaf Powder	200mg		*
Garcinia cambogia 5:1 extract (50% hydroxycitric acid) (fruit rind)	50mg		*

*Daily Value not established.

Other ingredients: Vegetable stearic acid, croscarmellose sodium, microcrystalline cellulose, dicalcium phosphate, vegetable magnesium stearate, silicon dioxide, and aqueous film coating (purified water, hydroxypropyl methylcellulose, vegetable glycerin, titanium dioxide and riboflavin).

ALLERGEN WARNING: CONTAINS SHELLFISH.

tion of dietary fat and cholesterol.

Gymnema Sylvestre is a staple herb of the Ayurvedic apothecary, traditionally used for supporting balanced blood sugar levels and dulling the palate to the taste of sweets. Gymnema Sylvestre (also called Gurmar, meaning “sweet destroyer”) helps support healthy pancreas functions.

According to WebMD: Early research suggests that taking a specific combination of Gymnema extract, hydroxycitric acid, and niacin-bound chromium by mouth for 8 weeks might reduce body weight in people who are overweight or obese.

Gymnema Sylvestre blocks the ability to taste sweet in the mouth and assimilate sweet in the small intestine by doing this. It works on the fat tissues in the body to help regulate the way sweet and fatty foods are metabolized.

Perhaps one of the most interesting attributes of Gymnema is its ability to lessen the experience of cravings for sweet foods and regulate an excessive appetite in general.

Burn™ *Caffeine Free Fat Burner*

Historically used for:

- Controlling appetite
- Converts stored fat into energy
- Maintaining fat metabolism
- Caffeine Free
- Controls appetite
- Support a healthy metabolism.
- BURN can be added with any of the Purple Tiger Series products to promote Fat acceleration because it has no Caffeine and has no stimulating effect on the body.
- can help you get your target weight, safely and effectively.

Purple Tiger™ BURN is a formula that encourages the body to more efficiently increase its own ability to burn fat, instead of storing it.

Cheata™

- A Phase 2 Starch Neutralizer allowing you to take this product 30 minutes before eating which may prove to block the starch.
- *Research shows that you should take CHEATA before meals containing a starch or carb.
- Starch & Carb Blocker

Normally, when you eat carbs, your body digests it as sugar which goes straight into your bloodstream and gets deposited as fat. However, the ingredients of CHEATA, has been shown to prevent the stomach from breaking carbs down into simple sugars — so their calories aren't absorbed into your body.

Supplement Facts		
Serving Size 4 Capsules		
Amount Per Serving	%Daily Value	
Vitamin C (ascorbic acid)	60 mg	100%
Vitamin B-6 (pyridoxine hcl)	25 mg	1250%
Chromium (picolinate)	200 mcg	167%
Gamma-Linolenic Acid	100 mg	*
Conjugated Linolenic Acid	50 mg	*
Bladderwrack (powder)	50 mg	*
Choline Bitartrate	500 mg	*
Inositol	500 mg	*
Gymnema Sylvestre Powder	100 mg	*
Garcinia Cambogia (50% HCA)	200 mg	*
L-Carnitine (L-carnitine base)	25 mg	*
Curcumin Powder	25 mg	*
CoQ10	5 mg	*
Proprietary Blend	1,002 mg	*
Consisting of Kelp, Spirulina, L-Phenylalanine, L-Tyrosine, L-Methionine, Bromelain, Psyllium, Uva Ursi, Juniper Berries, Buchu Leaves, Cloves, Allspice, Cinnamon, Cranberry & Grapefruit.		
*Daily Value not established.		

Other ingredients: Gelatin, vegetable magnesium stearate and silicon dioxide.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	
Phase 2 ® Starch Neutralizer (white kidney bean)(phaseolus vulgaris extract)	500mg *
*Daily Value not established.	

Other ingredients: Gelatin, vegetable magnesium stearate and silicon dioxide.

Going Green

Historically used for:

- Potent fat burner – especially around your waist
- Increased focus and energy
- Takes the edge off between meals

Extreme Appetite Control.

Purple Tiger has decided to GO Green with all new formula with an addition of Green Coffee Bean, HCA, Schizandra and Raspberry Ketones. On the advice of many famous doctors, many people are adding green coffee bean extract and these other nutritional to their weight loss regimens. Crowning it “The Miracle Fat Burner That Really Works!” and claiming it as “one of the most important discoveries” has made to help people “burn fat faster” has only added to its popularity - driving the demand for the extract to an entirely new level.

This formula takes the benefits of 10 proven products and packages them synergistically together to provide dynamic results in the areas of Energy, Metabolism, Belly Fat and Weight Loss.” Dr. LeBron Long N.D.

What is Green Coffee Extract?

Green coffee bean extract is derived from “green coffee,” the raw, unroasted seeds of Coffee fruits. These seeds, commonly called coffee beans, are dried, roasted and ground to brew coffee. All coffee contains beneficial components, but the green coffee trend spotlights chlorogenic acid (CGA).

Chlorogenic acid also helps produce anti-obesity effects. Various studies have shown it to slow the absorption of dietary fat and increase metabolism of extra body fat. This includes subcutaneous and visceral belly fat.

In a study presented at the American Chemical Society in San Diego, researchers found that 16 overweight men and women lost an average of 17 pounds in 22 weeks when taking green coffee beans in supplement form.

It is a great stand-alone product itself, but it is also great for switching up with the original Purple Tiger. Maybe you have hit a plateau and need an extra boost. With stimulates it is always a good idea to go off or switch products at least 1 day of the week. Example: I take Purple Tiger going Green 6 days a week and original Purple Tiger 1 day a week.

Gold

Historically used for:

- Appetite control
- Weight management
- Smooth energy

Purple Tiger™ Gold is a proprietary blend of herbs, vitamins, minerals, amino acids, and antioxidants designed to increase energy, loss weight, and give you that overall sense of well-being. Through this blend of the high-quality ingredients you will normalize food cravings, suppress appetite, and naturally speed up your metabolism.

Advantra Z is a patented form of bitter orange or citrus aurantium used to enhance weight loss and burn fat.

Supplement Facts		
Serving Size: 2 Capsule		Servings Per Container: 30
	Amount Per Serving	% Daily Value
Niacin	6 mg	31.5%
Phosphorus (Di Calcium Phosphate)	320 mcg	16%
Calcium (Di Calcium Phosphate)	25 mcg	2.5%
Vitamin B-12 (as cyanocobalamin)	0.1 mcg	1500%
Calcium (Citrate)	0.1 mcg	0.1%
Proprietary Blend	844 mg	*
Green Tea Extract, Caffeine Natural 144mg, Garcinia Cambogia, Beta Phenylethylamine, Raspberry Ketones, Theobromine, Trace Minerals, Hordenine, Coleus Forskohlii, Irvingia, Schizandra Bries, 5 htp, Bioperine		

*Daily Value not established

Other ingredients: Vegetable Source Capsules.

Supplement Facts		
Serving Size: 1 Capsule		Servings Per Container: 30
	Amount Per Serving	% Daily Value
Vitamin B-6 (as pyridoxine hcl 82%)	5 mg	287%
Vitamin B-12 1%	41 mcg	1708%
Calcium (Aquamin)	17 mg	1%
Manganese (Carbonate & Aquamin)	7 mg	2%
Zinc (Gluconate 12%)	1 mg	7%
Chromium (Nicotinate 10%)	98 mcg	280%
Choline Bitrate	10 mg	2%
Proprietary Blend	577 mg	*
Consisting of: Beta Phenylethylamine, Caffeine Natural, Citrus Aurantium (30%), Theobromine, Aquamin, Dark Coca Powder, Green Tea Extract (98%), Chocolate Powder (Bensdorp), Alpha Keto Glutaric Acid, Cinnamon, Trace Minerals 5 htp, Vanadium (Sulfate 25%).		
*Daily Value not established		
Other ingredients: Gelatin Capsule, Silica, Brown Rice Flour.		

Purple Tiger™ **Gold** allows you to lose fat through enhancing the body's natural energy heat production process known as thermogenesis. Thermogenesis increases the metabolism allowing the body to slow down the storage of fat.

Gone Wild

Extreme Energy, Extreme Appetite Control.

Historically used for:

- Endurlac (for increased exercise performance)
- GTF Excel (to increase muscle mass while body fat levels are reduced)
- BioPerine (to boost nutrient absorption)
- Chocomine (for energy, a long-lasting stimulant)
- Advantra-Z (a thermogenic fat-burner and energy booster)
- Garcinia Cambogia (a filling fat-blocker that generates energy)
- And several other vital ingredients that work together to boost your fitness dreams.

It's official, Purple Tiger™ has Gone Wild, and it is taking the weight-loss world by storm.

Purple Tiger™ Gone Wild is the next generation fat burner designed to promote fat loss, boost energy, and provide clarity to the central nervous system. Purple Tiger™ Gone Wild contains Advantra Z® the only patented thermogenic ingredient for weight loss and physical performance on the market today. Holding several U.S. patents (6,224,873; 6,316,499; 6,340,481; 6,340,482) related to the use of Citrus aurantium, bitter orange or citrus extracts for, but not limited to:

- stimulating thermogenesis
- reducing weight
- increasing lean muscle mass to total body mass
- improving athletic performance
- suppressing appetite

More than 30 research studies and scientific reviews support the efficacy and safety of bitter orange. Advantra Z® stimulates beta-3 cell receptors with minimal impact on alpha 1,2 and beta 1,2 receptors, which means that Advantra Z® increases the metabolic rate (Thermogenesis) without affecting heart rate or blood pressure.

Clinical efficacy studies have found that bitter orange and other ingredient found in Purple Tiger™ Gone Wild produces an increase in resting metabolic rate and are effective in inducing weight loss and reducing body fat more than diet and exercise alone - without causing adverse effects. Analyses of bitter orange's safety have shown that this ingredient has no effect on blood pressure or heart rate and is unequivocally safe for human consumption.

This potent, new formula provides even greater energy-boosting potential than before, and your appetite won't know what hit it. With popular, well-known ingredients at its core, Purple Tiger™ Gone Wild is a real powerhouse, something that could help make your fitness dreams into your reality. Each capsule contains six key trademarked components, and so much more.

Supplement Facts

Serving Size: 1 Capsule Servings Per Container: 60
Amount Per Serving % Daily Value

Niacin	8mg	40%
Vitamin B6 (Pyridoxine HCL)	4mg	191%
Chromium (Nicotinate)	150mcg	125%
Vitamin B12 (Cyanacobalamin) .01	60mcg	1000%
Proprietary Blend	571mg	*

Endurlac, Natural Caffeine (120mg), Citrus Aurantium 30%, Beta PEA, Nettle Extract, Sodium (Chloride), Higenamine, Sodium Chloride, Inositol, Pancreas Substance, Bladderwrack, Garcinia Cambogia, Alpha Keto Glutaric Acid, Bacopa, Bensdorf Chocolate Powder, Bioperine, Apple Cider Vinegar, L-Carnitine, L-Glutamine, Maqui Berry

* % Daily Value not established

Other Ingredients: Vegetable Source Capsules, Brown Rice Flour, Magnesium Stearate, Silica.

Suggested Use: As a dietary supplement, adults 1 or 2 capsules with 10 ounces of water, once or twice per day. Take on an empty stomach to receive more energy benefits. Results may be noticed in 45 minutes. Do not exceed more than 3 capsules per day.

PM

Lose weight while you sleep.

VistaLife is proud of all its great Purple Tiger products and the great results they have helped people achieve, and we're excited to be able to offer you a Purple Tiger Series that works on your body while you're sleeping.

Good sleep is vital to good health; countless studies have demonstrated this fact. Slumber gives our body a much-needed break, allowing our brains to prepare for the next day while our hormones level themselves out. This affects everything from appetite, healing, muscle mass growth and even how the body deals with blood sugar. All of this means that getting good sleep is an important part of our overall well-being.

Purple Tiger PM is fueled by a combination of 5 powerful amino acids—Arginine, Glutamine, Glycine, Lysine and Ornithine—that work together to boost the body's natural regenerative abilities and so much more. Additionally, Purple Tiger PM also contains Bovine Colostrum, a form of mother's milk, which is vital for the initial development of a newborn but also beneficial to anyone of any age. When taken before rest, this highly beneficial compound helps to invigorate the body, bolstering deficiencies, towards overall greater health.

There are many benefits that can be gained from taking Purple Tiger PM before sleeping. It can make weight loss easier.

The amino acids in the Purple Tiger PM formula assist with the production and release of Growth Hormones, which burns body fat and supports muscle growth. It can boost your energy level, so you feel good when you wake up.

Purple Tiger PM's powerful amino acids help with the regulation of blood sugar levels as well as the conversion of fatty acids into energy. Together, these two benefits combine to promote weight loss and a healthier metabolism.

It can promote the growth and development of lean muscle mass.

Amino acids, like those found in Purple Tiger PM have been shown to assist with the production of Creatine in the body, which boosts muscular regeneration for greater mass and power.

It is with all of this in mind, and so much more, that we have devised this product, as a way of providing high-quality natural substances that you can introduce to your body while it's rebooting itself, intensifying the process. With good sleep and Purple Tiger PM, you can wake up feeling stronger and more alert with greater energy levels to fuel your day. Weight loss, improved muscle mass, a healthier metabolism and control of your appetite are just some of the results our fantastic new product can offer you. You should give it a try because feeling and looking better are worth it, and you are too.

Supplement Facts

Serving Size: 1 Capsule		Servings Per Container: 60	
Amount Per Serving		% Daily Value	
Niacin	8mg	40%	
Vitamin B6 (Pyridoxine HCL)	4mg	191%	
Chromium (Nicotinate)	150mcg	125%	
Vitamin B12 (Cyanocobalamin) .01	60mcg	1000%	
Proprietary Blend	571mg		*
Endurlac, Natural Caffeine (120mg), Citrus Aurantium 30%, Beta PEA, Nettle Extract, Sodium (Chloride), Higenamine, Sodium Chloride, Inositol, Pancreas Substance, Bladderwrack, Garcinia Cambogia, Alpha Keto Glutaric Acid, Bacopa, Bensdorf Chocolate Powder, Bioperine, Apple Cider Vinegar, L-Carnitine, L-Glutamine, Maqui Berry			

* % Daily Value not established

Other Ingredients: Vegetable Source Capsules, Brown Rice Flour, Magnesium Stearate, Silica.

Don't just dream about weight loss; wake up to a better body with Purple Tiger PM.

SUGGESTED USE: As a dietary supplement, adults 1 or 2 capsules with 10 ounces of water, before bed. Take on an empty stomach to receive more energy benefits. Do not exceed more than 4 capsules per day.

Shake

Historically used for:

- Weight loss
- Appetite control
- Shake
- Energy
- Sugar cravings
- Alertness
- Mood enhancer

With our fast-paced lifestyle we have little time to prepare three well-balanced meals. The idea of a balanced meal is a candy bar in one hand and a diet soda in the other. In many cases the answer has been to stop by our nearest fast food restaurant and yell into the speaker, "I'll take a number 1 and super-size that please". As we begin to fill up on these "foodless foods" we begin to gain unwanted fat, lose energy, and begin a pattern of deficiencies of nutrients that we need to maintain daily function. This pattern often leads to being overweight, fatigue, and depressed.

There are two major obstacles in today's culture that make healthy eating a challenge. First obstacle is today's fast-paced lifestyle often has us rushing out the door to work or school with no time for breakfast. We often sacrifice good nutrition for convenience, opting for the high-fat combo meal or the nutrient-starved microwave dinner instead of a meal that's fresh and nutritious. The second obstacle is that even healthy options may not always be as balanced or complete as we need them to be. For example, the right amount of protein and other nutrients may also be high in calories and fat. It's difficult to take the time to prepare healthy meals on a regular basis, and yet that's exactly what our body needs to maintain steady energy levels. If this sounds like you, why not replace these unhealthy, imbalanced meals with Purple Tiger™ Shake, a creamy, satisfying and scientifically formulated for quick and convenient nutrition with 96 calories per serving and high in a blend of whey and soy protein. This delicious meal-replacement provides over 40 nutrients plus dietary fiber.

Purple Tiger™ Shake gives you an alternative to high-calorie meals packed with sugars, fat and other empty calories, and provides the protein and nutrients you need to stay at your best.

Purple Tiger™ Shake is a great tasting, rich Shake you'll look forward to drinking. This delicious Chocolate or Vanilla shake has no bitter chalky aftertaste and provides a quick convenient, Shake. Along with these flavors you can add fruit or berries along with ice to make a "smoothie type" drink.

Purple Tiger™ Shake has been developed using advanced nutritional science to provide balance, in forms your body can utilize, to help satisfy your appetite. Giving your body what it needs by supplying high protein, low fat, low carb, and low sugar meals. The serving size equals a perfect meal of the U.S. recommended daily allowance of most vitamins and minerals which can be used as a substitute for any meal or snack as part of your total caloric

Nutrition Facts					
Serving Size 2 scoops (28g)		Servings Per Container 16			
Calories 96		Calories from Fat 15			
	Amount Per Serving	% Daily Value			
Total Fat	1.6 g	2.48%			
Saturated Fat	0.958 g	1.47%			
Cholesterol	36 mg	12.00%			
Sodium	22.5 mg	0.94%			
Potassium (Citrate, Whey Protein, Iodide)	302 mg	6.63%			
Total Carbohydrates	7.4 g	2.47%			
Dietary Fiber	5.8 g	23.20%			
Sugars	4.3 g				
Protein	14.04 g				
Vitamin A (Palmitate)	2500 iu	50.00%			
Vitamin C (Mineral Ascorbates)	272 mg	453.33%			
Calcium (Citrate & Whey Protein)	128 mg	12.90%			
Iron (Whey Protein)	38 mcg	0.20%			
Vitamin D (Cholcalciferol)	200 iu	50.00%			
Vitamin E (d Alpha Tocopherol Acetate)	15 iu	50.00%			
Thiamine	0.75 mg	50.00%			
Riboflavin	0.85 mg	50.00%			
Niacin	10 mg	50.00%			
Vitamin B-6	1 mg	50.00%			
Folic Acid	200 mcg	50.00%			
B-12	3 mcg	50.00%			
Biotin	150 mcg	50.00%			
Pantothenic Acid	5 mg	50.00%			
Phosphorous (Whey Protein)	65 mg	8.50%			
Iodine (Potassium Iodide)	75 mcg	50.00%			
Zinc (Ascorbate)	7.5 mg	50.00%			
Copper (Ascorbate)	1 mg	50.00%			
Selenium (Chelate)	35 mcg	50.00%			
Manganese (Ascorbate)	1 mg	50.00%			
Chromium (Polynicotinate)	60 mcg	50.00%			
Molybdenum (Ascorbate)	37.5 mcg	50.00%			
Magnesium (Ascorbate & Whey Protein)	72 mg	18.00%			
AMINO ACID PROFILE PER SERVING					
Alanine	688 mg	Histidine	309 mg	Proline	814 mg
Arginine	295 mg	Isoleucine	814 mg	Serine	874 mg
Aspartic acid	1530 mg	Leucine	1530 mg	Threonine	1025 mg
Cystine	323 mg	Lysine	1382 mg	Tryptophan	285 mg
Glutamic Acid	2373 mg	Methionine	267 mg	Tyrosine	253 mg
Glycine	253 mg	Phenylalanine	477 mg	Valine	814 mg
Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:					
		Calories	2000	2500	
Total Fat		Less than 65 g		80 g	
Sat. Fat		Less than 20 g		25 g	
Cholesterol		Less than 300 mg		300 mg	
Sodium		Less than 2,400 mg		2,400 mg	
Total Carbohydrate		300 g		375 g	
Dietary Fiber		25 g		30 g	
Calories per gram:	Fat 9	Carbohydrate 4		Protein 4	

program.

Purple Tiger™ Shake other key ingredients are Fibersol-2™ (soluble dietary fiber) an ideal ingredient to enhance virtually any supplement beverage or food while giving you a since of eating a full meal.

Purple Tiger™ Shake containing Fibersol-2™ offers soluble fiber which may help maintain healthy blood glucose levels (which may help insulin response), maintain healthy triglycerides and cholesterol levels, maintain intestinal regularity, and promote growth of beneficial bacteria in the colon. Fibersol-2™ has 10 years of nutritional feeding studies in animals and humans worldwide which have shown the direct impact of the bio-availability of Fibersol-2™. Combined with other Purple Tiger™ Shake products, like Purple Tiger™ and Thyroid Complex™, a modified diet, and exercise, Purple Tiger™ Shakes are an ideal part of a successful weight management program.

Suggested use for accelerated weight loss:

Drink a shake for breakfast, a shake for lunch, and eat a sensible dinner along with Purple Tiger™, remembering to eat fruits and veggies between meals. Remember you can add berries or fruit with ice and blend to your desired thickness.

Surge™

Extreme Energy, Moderate Appetite Control

Now you can experience rapid appetite control and weight loss with Purple Tiger Surge™! This product delivers more weight loss, through fast and effective appetite control, with energy to burn! This is the best news to hit the market for everyone who is fed up with diet failure... sick and tired of diet fatigue... and disgusted with so-called fat-burners that just don't work.

Purple Tiger Surge™ more appetite control, more energy, and more real results than the leading diet pills... and that's a fact. Here's another fact: Purple Tiger Surge™ is way beyond anything you have ever seen, way beyond fat-burners, and way beyond everything on the market today... Purple Tiger Surge™ is a new category of weight loss compounds providing both rapid weight loss and incredible energy combined into a single power-packed Super Pill. Purple Tiger Surge™ is so powerful, you won't find it on some cheesy website or infomercial, and you will only find it in serious stores and through associates under the name Purple Tiger Surge™ which assures you of the highest quality product known. Our company really wants to make a difference in people's lives by providing them with the best energy and appetite control that they have ever felt!

Purple Tiger Surge™ a serious weight loss product... we're talking about rapid, significant weight loss and extreme energy, finally together in one power-packed super pill delivering more weight loss than the leading diet pill and

Nutrition Facts			
Serving Size 2 scoops (28g)		Servings Per Container 16	
Calories 96		Calories from Fat 13	
	Amount Per Serving	% Daily Value	
Total Fat	1.44 g	2.23%	
Saturated Fat	0.864 g	1.33%	
Cholesterol	36 mg	12.00%	
Sodium	22.5 mg	0.94%	
Potassium (Citrate, Whey Protein, Iodide)	302 mg	8.63%	
Total Carbohydrates	6.7 g	2.23%	
Dietary Fiber	5.8 g	23.20%	
Sugars	4.3 g		
Protein	14.04 g		
Vitamin A (Palmitate)	2500 iu	50.00%	
Vitamin C (Mineral Ascorbates)	272 mg	453.33%	
Calcium (Citrate & Whey Protein)	129 mg	12.90%	
Iron (Whey Protein)	36 mcg	0.20%	
Vitamin D (Cholecalciferol)	200 iu	50.00%	
Vitamin E (d Alpha Tocopherol Acetate)	15 iu	50.00%	
Thiamine	0.75 mg	50.00%	
Riboflavin	0.85 mg	50.00%	
Niacin	10 mg	50.00%	
Vitamin B-6	1 mg	50.00%	
Folic Acid	200 mcg	50.00%	
B-12	3 mcg	50.00%	
Biotin	150 mcg	50.00%	
Pantothenic Acid	5 mg	50.00%	
Phosphorus (Whey Protein)	65 mg	6.50%	
Iodine (Potassium Iodide)	75 mcg	50.00%	
Zinc (Ascorbate)	7.5 mg	50.00%	
Copper (Ascorbate)	1 mg	50.00%	
Selenium (Chelate)	35 mcg	50.00%	
Manganese (Ascorbate)	1 mg	50.00%	
Chromium (Polynicotinate)	60 mcg	50.00%	
Molybdenum (Ascorbate)	37.5 mcg	50.00%	
Magnesium (Ascorbate & Whey Protein)	72 mg	18.00%	
AMINO ACID PROFILE PER SERVING			
Alanine	885 mg	Histidine	309 mg
Arginine	295 mg	Isoleucine	814 mg
Aspartic acid	1530 mg	Leucine	1530 mg
Cystine	323 mg	Lysine	1362 mg
Glutamic Acid	2373 mg	Methionine	287 mg
Glycine	253 mg	Phenylalanine	477 mg
		Proline	814 mg
		Serine	674 mg
		Threonine	1025 mg
		Tryptophan	295 mg
		Tyrosine	253 mg
		Valine	814 mg
Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories	2000	2500
Total Fat	Less than 65 g	80 g	
Sat. Fat	Less than 20 g	25 g	
Cholesterol	Less than 300 mg	300 mg	
Sodium	Less than 2,400 mg	2,400 mg	
Total Carbohydrate	300 g	375 g	
Dietary Fiber	25 g	30 g	
Calories per gram:	Fat 9	Carbohydrate 4	Protein 4

Supplement Facts

Serving Size: 1 Capsule		Servings Per Container: 30	
	Amount Per Serving	% Daily Value	
Vitamin B-1 (thiamine hcl)	10mg	667%	
Vitamin B-12 (as cyanocobalamin)	45mcg	750%	
Vitamin B-6 (as pyridoxine hcl)	4.5mg	225%	
Folate (Folic Acid)	114mcg	29%	
Niacin	8mg	40%	
Calcium (Carbonate)	5mg	1%	
Caffeine (Natural)	90mg	**	
Proprietary Blend	306 mg	*	
Beta Phenylethylamine HCl, Hordenine, Raspberry Ketones, Evodia Rutacarpae, Bauhinia Purpurea, Bacopa, Guggulesterones, White Willow Bark, Alpha Keto Glutaric Acid, Bioperine (Black Pepper Extract), Yohimbe Extract.			
*Daily Value not established			
% Daily Values are based upon a 2,000 calorie diet.			
Other Ingredients: Vegetable Based Capsule, Brown Rice Flour and/or Inulin, Sillica.			

all the energy you'll ever want or need... day or night.

So, if you're finally ready to look great, feel great, and have energy to burn... Purple Tiger Surge™ is the one formula you need to experience.

What is Purple Tiger Surge™ and why is it so effective? Purple Tiger Surge™ is a unique, fast acting, effective formula with ingredients that work synergistically together to increase energy, reduce appetite, decrease carbohydrate cravings, and jump start your metabolism. In less than an hour, you will quickly feel Purple Tiger Surge™ going to work through the proven ingredients that have been studied to decrease hunger signals, giving you a “full” sensation while allowing you to take control of your appetite, instead of your appetite taking control of you. Purple Tiger Surge™ begins to work quickly to increase your energy and metabolic rate while allowing your natural metabolism to stay in control. These powerful ingredients work through these mechanisms that are crucial to you losing weight quickly, safely, and effectively. Purple Tiger Surge™ is like no other product available.

Suggested Use: As a dietary supplement, adults 1 or 2 capsules with 10 ounces of water, once or twice per day. Take on an empty stomach to receive more energy benefits. Results may be noticed in 45 minutes. Do not exceed more than 2 capsules per day.

Ripped

Extreme Energy, Extreme Fat Burner, Pre-workout

Exercise is a vital part of a fit and healthy lifestyle. It helps you control body weight and makes you feel good and can even help you live a longer, fuller life. It is good for anyone of any age, and it's never too late to start. In fact, combining daily exercise with a good diet and the right attitude is a sure way to become a happier and healthier person all around.

As important as it is, proper exercise can be incredibly demanding, and if you want to be your best you must push yourself past what your body wants to do to achieve what it can do in a safe and healthy way. Your body needs a good source of energy to perform the way you need it to, and that's where we can help.

Our powerful Purple Tiger Ripped was designed with physically active people in mind. We formulated it for your daily workout, to give you the energy you need to push yourself towards your next fitness goal while supporting your recovery between workouts. In short, it gives you the boost you need to reach the intensity level you want to achieve.

Purple Tiger Ripped contains an assortment of superior ingredients, each one of great benefit for the hardest workout. At the top of the huge list is Endurlac, an energy and endurance enhancement compound that is a key ingredient in many of the most effective energy products on the market. We've also added Beta Phenylethylamine, a natural derivative of chocolate that can increase dopamine levels, giving you that “feel good” feeling to keep you going. Advantra Z works to stimulate fat-burning while boosting your resting metabolism and increasing your overall energy levels even more.

Continuing the list is Inositol Hexancotinate, a form of Niacin (Vitamin B3), a vitamin that helps with circulation and the reduction of blood sugar levels. Garcinia Cambogia, the extract of an eastern fruit rind, can slow down natural processes in the body that increase the production of extra fat while boosting the rate you burn calories. And of course, we've added Maqui Berry, a South American “super fruit” that has been shown to act as an anti-inflammatory as well as a notable weight-loss supplement on its own.

Supplement Facts		
Serving Size: 1 Capsule	Servings Per Container: 30	
Amount per serving	%Daily Value	
Niacin	7mg	35%
Vitamin B6 (Pyridoxine HCL) 82%	3mg	141%
Chromium (Nicotinate) 10%	110mcg	92%
Vitamin B12 (Cyanacobalamin 1%)	50mcg	833%
Proprietary Blend	623 mg	**
<small>Endurlac™, Natural Caffeine (102mg), Beta PEA, Cocoa Powder-Bensdorp, Garcinia Cambogia, Citrus Aurantium 30%, Sodium (Chloride) 39.36%, Yohimbine 8%, Nettle Extract, Dark Cocoa-Jet Black, Higenamine, Enzyme Blend #6, Inositol, Pancreas Substance, Bioperine™, Bladderwrack, Bacopa, L-Glutamine, Apple Cider Vinegar, L-Carnitine, Maqui Berry.</small>		

** % Daily Value not established
Other Ingredients: Vegetable Source Capsules, Magnesium Stearate, Silica,

Respiratory Health

Breathe Eze™

Historically used for:

- Total respiratory support
- Support clear lungs
- Supports normal mucus levels
- Supports free breathing

Breathe Eze™ is a synergistic combination of key vitamins, minerals and herbal extracts that nutritionally support healthy respiratory functions. **Breathe Eze™** is a combination of herbs helping the lungs to clear mucus and free breathing. It has also been known to help with breathing, asthma, bronchitis, coughing, wheezing, including dry or moist cough, and heaviness in the chest.

Your lungs are under constant aerial assault. Even though you can't see it, our modern air is saturated with pollutants, chemicals, and toxins. Although there's nothing we can do about dismal air quality, we can use certain supplements like **Breathe Eze™** to shield our lungs against even the most toxic of air.

Believe it or not, your lungs are nothing but a collection of tiny sacs that are roughly as thin as a strand of human hair that are constantly fighting this toxic air as we breathe. You may already be noticing the symptoms of lung damage: nasty mucus, shortness of breath, and wheezing when you exercise. If this is the case, it's time to act before your lungs take even more damage.

Fortunately, there's help for your lungs in the form of an all-natural supplement **Breathe Eze™** which contains special nutrients that have been shown to keep your lungs breathing and functioning like they should. **Breathe Eze™** is a combination that allows you to get the best of support for the lungs and bronchial, bringing you the "breath of life" you deserve.

Suggested Use: As a dietary supplement, take three tablets 1 to 2 times daily, preferably 20-30 minutes before meals. Persons with sensitive stomachs may take tablets with meals.

Supplement Facts		
Serving Size 3 Tablets Servings Per Container 20		
	Amount Per Serving	% Daily Value
Vitamin C (from Magnesium Ascorbate)	500 mg	833%
Vitamin B-6 (from Pyridoxine HCl)	20 mg	1000%
Pantothenic Acid (from D-Calcium Pantothenate)	100 mg	1000%
Calcium (from Calcium Carbonate and D-Calcium Pantothenate)	85 mg	9%
Magnesium (from Magnesium Ascorbate)	40 mg	10%
Zinc (from L-OptiZinc® Monomethionine)	10 mg	67%
Proprietary Blend of: Quercetin, Nettle Extract (Urtica dioica)(Leaf), Bromelain (2400 GDU/g), Licorice Extract (Glycyrrhiza glabra)	1.859 g (1,895 mg)	+

+ Daily Value not established.

Other ingredients: Cellulose, Stearic Acid (vegetable source), Croscarmellose Sodium, Silica, Magnesium Stearate (vegetable source) and vegetarian Coating.

L-OptiZinc® is a registered trademark of InterHealth Corp.

Support System Health

Brain Elevate™

Historically used for:

- Memory loss
- Dizziness
- Age-related memory loss
- Increases memory capabilities
- Improves concentration
- Ringing in the ears
- Mental clarity
- Thinking ability
- Promotes normal brain function

Brain Elevate™ is a brain supplement designed to replenish the brain's naturally depleted nutrients and help maintain healthy brain function. **Brain Elevate™** has a high concentration of specific brain-boosting ingredients by comparison to other brain pills that claim to be brain support supplements when they're just hyped-up multi-vitamins. **Brain Elevate™** has been specifically formulated with ingredients to improve your memory, mood, concentration and cognitive processes.

Brain Elevate™ is scientifically formulated to provide maximum support and nourishment to cerebral functions. VistaLife has put together a synergistic formula containing: Ginkgo Biloba, St. John's Wort, Glutamine, DMAE Bitartrate Bacopin, and Vinpocetine to support brain function and help improve the synthesis and transmission of neurotransmitters that are necessary for memory, concentration and learning. We have developed a brain dietary supplement to improve concentration, memory and learning. **Brain Elevate™** contains components like Phosphatidylserine complex which showed in double-blind studies to help maintain cognitive function in older individuals and may be able to improve memory and learning skill in some. Other ingredients like Acetyl-L-Carnitine has shown in a 2004 review of 21 double-blind, placebo-controlled studies using acetyl-L-Carnitine in the treatment of "mild cognitive impairment" and mild Alzheimer's Disease showed significant improvements versus the placebo or "dummy" pills. These ingredients combined have the potential to Unleash the Power of Your Mind.

Suggested Use: As a dietary supplement, take one capsule daily. To increase the effects, 2 capsules may be taken. Do not exceed 2 capsules per day.

Breathe Eze – *See Respiratory Health*

Cat's Claw 5000 – *See General Health*

Immune Boost – *See Immune Health*

Immune Support – *See Immune Health*

Liver Support – *See General Health*

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 30

Proprietary Blend	747 mg	*
St. John's Wort (0.3% extract) (flower heads), Phosphatidylserine 4% Complex (consisting of Lecithin and Phosphatidylserine), Bacopa monnieri Leaf Extract (20% bacosides), Ginkgo biloba Leaf (as 24% extract), N-Acetyl L-Carnitine HCl, Vinpocetine (seeds), Huperzine-A (aerial plant).		

Other ingredients: Gelatin (bovine), vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide.

ALLERGEN WARNING: CONTAINS SOY (LECITHIN).

SugarReg Complex – See General Health

Thyroid Complex™

Historically used for:

- Under active thyroid
- Overactive thyroid
- Weight loss
- Fatigue
- Mood enhancer
- Weight gain
- Hair loss
- Weight (Cellulite) on hips and thighs
- Nervousness
- Irritability
- Painful menstrual periods
- Cold hands and feet
- Metabolism

Supplement Facts		
Serving Size 2 Capsules		
Amount Per Serving	%Daily Value	
Vitamin B-12 (cyanocobalamin)	100 mcg	4167%
Iodine (kelp)	150 mcg	100%
Magnesium (oxide)	200 mg	48%
Zinc (oxide)	8 mg	73%
Selenium (amino acid chelate)	200 mcg	364%
Copper (oxide)	200 mcg	22%
Manganese (amino acid chelate)	2 mg	87%
Molybdenum (amino acid chelate)	50 mcg	111%
Proprietary blend:	820 mg	*
Consisting of: L-Tyrosine, Schizandra (herb powder), Ashwagandha Root (herb powder), Bladderwrack (herb powder), Cayenne Pepper (herb powder).		
*Daily Value not established		

Other Ingredients: Vegetable Based Capsules and Brown Rice Flour

Thyroid Complex™ could work for you but to understand this product we must understand how the thyroid works and the problems that can occur when it is not functioning properly. The thyroid is our emotional gland. It is fragile and can influence our behavior and actions. There are two conditions that can cause us many problems.

One is Hyperthyroid: this is when the thyroid gland produces too much hormone, resulting in an overactive metabolic state. The body's processes, including digestion, speed up. Malabsorption occurs, so a proper diet is important. The symptoms could be irritability, nervousness, increased perspiration, fatigue, weakness, insomnia, weight gain or loss, heart tremors and rapid heartbeat. The pituitary, parathyroid and sex glands can also be affected. Multiple vitamins, B Complex, Vitamin C, Lecithin, and extra B-6 are helpful along with a proper diet of broccoli, brussels sprouts, cabbage and green leaf and raw spinach. Avoid all dairy products for three to four months. Also, drink no coffee, tea, and soft drinks.

The most common problems are found by those with a hypothyroid or under active thyroid. Many more people suffer with hypothyroid than hyperthyroid. Some of the symptoms are: loss of appetite, overweight, fatigue, painful menstrual periods, muscle weakness, dry skin, a yellow-orange color in the skin (especially on the palms), yellow bumps on eyelids, hair loss, constipation, depression, recurrent infections, slow speech and those that are cold while others are warm. Eat fish, chicken, cheese, raw bulk parsley, apricots, egg yolks and dates. Avoid processed refined foods, including white flour and sugar. Drink pure water and avoid fluoride.

Over 20% of menopausal women in the US are diagnosed with thyroid dysfunction and recent studies suggest that millions more suffer from sub clinical problems.

Thyroid Complex™ provides the nutrients often not found in the American Diet to bring balance to your thyroid. This product is formulated to provide ultimate benefit to your thyroid providing 7 herbs and 7 vitamins and minerals all targeted to provide what your thyroid may not be getting daily. Whether your thyroid is over-active or under-active **Thyroid Complex™** can naturally bring balance back to your thyroid.

Suggested Use: As a dietary supplement, take 1 capsule in the morning and 1 capsule in the evening.

Turmeric – See General Health

Urinary Maintenance

Historically used for:

- Supports kidney
- Supports bladder
- Promotes urine flow
- Helps water retention

Urinary Maintenance addresses kidney and bladder health in strengthening and cleansing areas. This combination is designed to be effective in supporting the kidney and bladder in several ways. Urinary system function is important to the whole body. Its nutrients support the urinary system organs and help maintain the body's delicate fluid and mineral balance controlled by the kidneys.

Urinary Maintenance supports the blood vessels and promotes urine flow. It may also help sanitize the urinary tract and boost the immune system. This key product for the urinary system incorporates the benefits of Watermelon Powder, Dandelion Leaf, and Cranberry, making it an efficient diuretic. Watermelon powder contains cucurbitacins, which have been shown to possess remarkable properties. Watermelon seed also contains citrulline and arginine, both of which are thought to increase urea production in the liver, thus promoting the flow of urine. Dandelion leaf has diuretic and bile-flow stimulating properties and offers natural blood-purification support. It promotes urine flow and facilitates the removal of toxins from the body through the kidneys. Cranberry has shown to be beneficial for urinary tract problems and as a powerful antioxidant.

Urinary Maintenance supports the urinary system and kidneys, helping maintain the body's delicate fluid and mineral balance, supports the blood vessels and promotes urine flow, helps sanitize the urinary tract and boost the immune system. **Urinary Maintenance** may also be beneficial for water retention.

Suggested Use: As a dietary supplement, take 1 to 2 capsules daily.

Yeast Clenz – See Digestive Health

Supplement Facts	
Serving Size 1 Capsule	
Amount Per Serving	% Daily Value
Vitamin B-6 (pyridoxine hcl)	25 mg 1250%
Potassium (as potassium chloride)	25 mg <1%
Proprietary Blend	625 mg *
Consisting of: Dandelion (4:1 concentrate), Green Tea (50 % extract), Cranberry (30% extract), Juniper Berry (4:1 concentrate), Buchu Leaves (4:1 concentrate), Apple Cider Vinegar (35% extract), Corn Silk (herb powder), Paprika (herb powder), Watermelon (herb powder).	
*Daily Value not established	

Other Ingredients: Gelatin, vegetable magnesium stearate and silicon dioxide.

Women's Health

Balance Act™

Historically used for:

- Hormonal imbalance
- Increases the mood
- Increases libido
- Menstrual cramps
- Irregular period
- Menopause
- Hot flashes
- Night sweats
- Supports healthy reproductive organs
- Supports & strengthens the uterus wall
- Irregular menstrual cycles

Supplement Facts	
Serving Size 2 Capsules	
Amount Per Serving Value	% Daily
Proprietary Blend	1375
mg	
Soy Isoflavones	*
Black Cohosh (2.5% extract)	*
Dong Quai (1% extract)	*
Licorice (1% extract)	*
Vitex Berry (herb powder)	*
Red Clover (1% extract)	*
Sage Extract	*
False Unicorn (herb powder)	*
Squaw Vine (herb powder)	*
Blessed Thistle (herb powder)	*
Red Raspberry Extract	*
Mexican Wild Yam (12.5% extract)	*

You may ask the question, why do I need **Balance Act™**? If you are experiencing bloating, cramping, and fatigue, this indicates a need for balancing the hormonal system. Hormones are produced by the pituitary gland, which must be fed with essential amino acids. Once this is accomplished, monthly cycles may be supported more efficiently, as well as menstrual challenges in general. bn

Another factor with cycle regularity, in conception, menstrual challenges and postpartum depression may be an imbalance of hormones. Natural hormones, especially progesterone, may be critical to the relief of related symptoms, such as mood swings, depression, night sweats and hot flashes. Balancing hormones can be one of the most crucial steps in maintaining and improving overall health. VistaLife has developed a very important product to deal with these issues: **Balance Act™**. Calcium is also critical for bone formation and density and must be supported for hormone balance. **Super Cal™** can assist in this process since it contains a perfect ratio of calcium to magnesium, zinc, and Vitamin D. With these products you will no longer sing the blues!

Suggested Use: As a dietary supplement, take two capsules daily with meal. Best results seen after 4 to 5 weeks of use. Do not exceed two capsules daily

Balance Act Progesterone Cream™

Historically used for:

- Liposomal skin cream
- Supports hormonal balance
- Increases the mood
- Increases libido
- Menstrual cramps
- Irregular period
- Menopause
- Hot flashes
- Night sweats
- Supports healthy reproductive organs
- Supports & strengthens the uterus wall
- Irregular menstrual cycles

Ingredients: Water (Aqua), Aloe Barbadensis Leaf Juice*, Glycerol Stearate SE, Glycerin, Stearic Acid (vegetable source), Cetearyl Alcohol, Caprylic/Capric Triglyceride, Cetearyl Alcohol & Cetearyl Glucoside, Helianthus Annuus (Sunflower) Seed Oil, Simmondsia Chinensis (jojoba) Seed Oil, Natural Progesterone (USP Grade), Phenoxyethanol & Ethylhexylglycerin, Xanthan Gum, Rosmarinus Officinalis (Rosemary) Leaf Extract, Potassium Sorbate, Panthenol, Retinyl Palmitate (Vitamin A), Daucus Carota Sativa (Carrot) Seed Oil, Tocopherol (Vitamin E) (soy-free), Angelica Polymorpha Sinensis (Dong Quai) Root Extract, Serenoa Serrulata (Saw Palmetto) Fruit Extract, Chamomilla Recutita (Matricaria) Flower Extract, Citric Acid, Cymbopogon Flexuosus (Lemongrass) Oil.
*Certified Organic

- Scent free
- 20 mg of natural progesterone per pump
- No artificial colors or fragrances
- Paraben free

Proper progesterone balance has many benefits. According to John R. Lee, M.D., (foremost authority on progesterone) progesterone affects every tissue in your body from the reproductive system to the brain and from the hormonal system to the immune system.

Some symptoms observed due to improper hormonal balance are:

- Swollen belly, hands and feet
- Painful swollen breasts
- Excessive menstruation
- Strong premenstrual symptoms
- Migraines and headaches before menstruation
- Anxiety, nervousness and restless sleep
- Prostate problems (in men)

Women going through menopause will typically suffer from night sweats, hot flashes, and many other symptoms, all due to improper hormonal balance. This is mainly because your body has stopped producing as much of progesterone and estrogen.

Over 50 million American women are now making major health decisions on the best method to cope with the physical and mental effects of menopause. Over the next ten years, an estimated 40 million more women will have to make the same decision on how to deal with hot flashes, depression and a host of unpleasant symptoms which signal the approach of nature's changing time for females.

Why Transdermal? (Definition: Through or by way of the skin)

With the transdermal delivery system, active ingredients are delivered to the body rapidly and completely without being metabolized by the liver first (which reduces the bioavailability of the active ingredients by 80-90%).

Can Men Use Balance Act Cream™?

Yes, Balance Act Progesterone Cream™ can be very beneficial for prostate health in men. Some doctors feel it can also be beneficial for men in the balancing of male hormones, enhancing libido, and in counteracting the effects of excess estrogen in men (thought to be responsible for symptoms of aging and sexual dysfunction).

Ingredients: De-ionized Water, Aloe Vera (Aloe barbadensis) Leaf Gel*, Emulsifying Wax, Avocado Oil (Persea gratissima), Vegetable Glycerin, Stearic Acid (vegetable source), Natural Progesterone (USP Grade), Phospholipids (from Soy Lecithin), Glucose/Glucose Oxidase/Lactoperoxidase (natural preservative), Balancing Herbal Blend of: Rosemary Leaf Extract (Rosmarinus officinalis), Grapefruit Seed Extract (Citrus grandis), Carrot Oil (Daucua carota sativa), Sarsaparilla Root Extract (Smilax officinalis syn. S. regelii), Dong Quai Root Extract (Angelica polymorpha var. sinensis), Saw Palmetto Extract (Serenoa serrulata Fruit Extract), Chamomile Flower Extract (Matricaria recutita), Lemongrass Oil (Cymbopogon citratus) and Comfrey Root Extract (Symphytum officinale), Triethanolamine, Carbomer, Natural Vitamin E (as d-alpha-Tocopherol), Potassium Sorbate, Panthenol, Vitamin A (as Retinyl Palmitate), Citric Acid and Xanthan Gum (Xanthomonas campestris). *Certified Organic Ingredients: VistaLife does not test on Animals.

Suggested Use: 1 full pump dispenses about 1.3 (g) of cream, providing 20 mg of USP Progesterone. The container yields approximately 65 pumps. Rotate application between abdomen, hands and thighs. Use 1 or 2 times daily. For external use only.

Vitality for Women

- Libido
- Hormones
- Increase sensitivity
- Energy

The sexual enhancement market seems to be targeted mostly at men, which is a true shame, because most women are just as interested in a healthy sex life. That said, it is likely that more women suffer from a reduced appetite for sex than men, often due to menstrual problems, other feminine health issues, and later, the effects of menopause. Truthfully, the ladies can benefit from a good product just as much as the guys can, particularly if it is made with them in mind.

Everywhere you look, there are drugs or supplements that all offer the same thing: a better sex life. Many of these fine products may work, thanks to one or more active ingredients that have been found to help increase libido. In fact, it's likely that they can do the trick, but very few can do it with safe, healthy herbs and nutrients like those found in VistaLife's Vitality for Women.

Our Vitality for Women supplement is a safe, all-natural product made up of herbs, vitamins and other vital ingredients that all work together to increase a woman's desire, receptivity and overall pleasure during sex. In this supplement, we've added things like:

- Tongkat Ali which may enhance desire and increase sensitivity in a woman's erogenous areas
- DHEA "the mother of all hormones" for increased Estrogen levels
- Horny Goat Weed which may enhance mood, energy and feelings of arousal
- Muira Puama heightens sexual sensations for many women
- Guarana Extract, Eleutherococcus, and Panax Ginseng for increased energy

For many women, Vitality for Women will be like a hormone-boosting miracle mix that can support a healthier menstrual cycle while providing a quality blend of natural aphrodisiacs that can help sex be more pleasurable than ever. And really, what woman wouldn't enjoy a more sensual sexual experience? Any woman can benefit from Vitality for Women, regardless of age. An increase in arousal, sensitivity and energy can make those intimate moments far more enjoyable and leave her hungry for more.

Vitality for Women just makes sense, because a woman's needs are just as strong as a man's, and we hope that this fine product can bring happiness to them all.

Suggested Use: 2 capsules daily preferably with food 1 to 2 hours prior to physical activity or as directed by a healthcare professional.

Supplement Facts	
Serving Size 2 Capsules	
Amount Per Serving	
Horny Goat Weed (herb powder)	1000 mg *
Proprietary Blend	560 mg *
Consisting of Maca (herb powder), Tongkat Ali (herb powder), Saw Palmetto (herb powder), Macuna Pruriens (herb powder), Polypodium Vulgare (herb powder), Muira Puama (herb powder), Arginine (L-arginine hcl), Panax Ginseng (herb powder).	
*Daily Value not established.	

Other ingredients: Gelatin, rice powder, magnesium stearate, and silicon dioxide.

Ailments

Abdominal Pain

Gest-Eze
Probiotic Complete
Colon Clenz
Chlorella
Cat's Claw
ColonGo

Abscess

Colloidal Silver
Probiotic Complete
Immune Protect
Super Antioxidant
Super Cal

Acid Stomach

Gest-Eze
Chlorella
Probiotic Complete
Yeast Clenz
Cat's Claw
Super Cal

Adrenal Gland (Weakness)

Vista Vibe
Purple Tiger
CoQ10
P. T. Shake
Breathe Eze
Daily Spectrum

Aging

Vista Vibe
Super Antioxidant
Juice of Life +
CoQ10
Chlorella
Immune Protect
Liver Support
Daily Spectrum

Alcoholism

Vista Vibe
Liver Support
CBD
Juice of Life +

Super Antioxidant
Super Cal
ColonGo Daily

Allergies

Breathe Eze
Super Antioxidant
Immune Protect
Colloidal Silver
Chlorella
Yeast Clenz (Food Allergies)
Gest-Eze (Food Allergies)

Anemia

Chlorella
Daily Spectrum
Super Antioxidant
Children's Multi Berry
Bears
Liver Support
Vista Vibe
P. T. Shake

Anxiety

Vista Vibe
CBD
Breathe Eze
Vitamin D
Super Cal
Immune Protect
Balance Act Progesterone Cream

Appendix Problems

Probiotic Complete
ColonGo Daily
Gest Eze
ColonGo
Yeast Clenz
Chlorella

Appetite

Purple Tiger
P. T. Shake
Thyroid Complex
Daily Spectrum
Chlorella

Arteries

Cardio Vibe
Omega Krill
CoQ10
Cardio BP
Red Yeast Rice
Super Antioxidant
Juice of Life +

Auto Immune Disorders

Vista Vibe
Probiotic Complete
Cat's Claw
Chlorella
Vitamin D
Daily Spectrum
Immune Protect

Auto Immune Disorder (Chronic Inflammation)

CBD
Cat's Claw
Vista Vibe
Super Antioxidant
Daily Spectrum
Liver Support
Vitamin D
Super Cal

Back Pain

Super Blue
CBD
Joint Support Complete
Omega Krill
Super Cal

Bedwetting

Urinary Maintenance
Super Cal
Prosta Flow
Probiotic Complete

Bee Stings

Colloidal Silver
Joint Support Complex
Immune Protect

Bites

Colloidal Silver
Joint Support Complex
Super Antioxidant

Juice of Life+

Bladder Infection

Urinary Maintenance
Prosta Flow
Colloidal Silver
Probiotic Complete

Blood Pressure

(low or high)
Cardio BP
CoQ10
Omega Krill
Red Yeast Rice
Vista Vibe

Blood Sugar (low or high)

SugarReg
Gest-Eze
P. T. Shake
Urinary Maintenance
Vista Vibe
Yeast Clenz

Boils

Chlorella
Yeast Clenz
Probiotic Complete
Immune Protect
Super Antioxidant
Colon Clenz

Bone Spur

Joint Support Complex
Super Cal
Yeast Clenz

Bowel Disorders

ColonGo
Probiotic Complete
ColonGo Daily
Gest Eze
Omega Krill
Yeast Clenz

Brain & Spinal Cord Disorders

CBD
Brain Elevate

Omega Krill
B-Complex
CoQ10
Vista Vibe
Super Antioxidant
Chlorella
Cardio BP
Juice of Life +

Brain

(Movement & Control
Center)
CBD
Brain Elevate
B-Complex
Omega Krill
Cardio BP
Immune Protect
CoQ10
Super Antioxidant
Daily Spectrum
Breast (Lumps)
CBD
Balance Act
Balance Act Progesterone
Cream
Chlorella
Yeast Clenz
Super Antioxidant

Breathing Disorders

Breathe Eze
CBD
Super Antioxidant
Cardio BP
Omega Krill
CoQ10
Immune Protect

Bronchi Disorders

Breathe Eze
Immune Protect
Super Antioxidant
Vista Vibe
Super Cal

Burns

Colloidal Silver
Balance Act Progesterone
Cream

Super Antioxidant
Immune Protect
Calcium Deposits
Joint Support Complex
Liver Support
Vitamin D
Super Cal

Carpal Tunnel

Joint Support Complete
CBD
Super Antioxidant
Super Blue
Daily Spectrum
Balance Act Progesterone
Cream
Children's Multi Berry
Bears

Cataracts

Super Antioxidant
Brain Elevate
CoQ10
Vista Vibe
Juice of Life +
Omega Krill
Chicken Pox
Immune Protect
Juice of Life+
Super Antioxidant
Probiotic Complete
Colloidal Silver
Cholesterol (low or high)
Red Yeast Rice
Omega Krill
Cardio BP
CoQ10
Liver Support
P. T. Shake

Circulation

Cardio Vibe
Cardio BP
Omega Krill
CoQ10
Purple Tiger
Red Yeast Rice
P. T. Shake
Brain Elevate
Super Blue

Super Antioxidant

Colds

Colloidal Silver
Vista Vibe
Super Antioxidant
Probiotic Complete
Immune Protect
Breathe Eze
Cold Sores
Colloidal Silver
Probiotic Complete
Immune Protect
Gest Eze
Chlorella

Constipation

ColonGo Daily
ColonGo
Yeast Clenz
Gest Eze
Probiotic Complete
Cat's Claw
Chlorella
Cough
Breathe Eze
Immune Protect
Super Antioxidant
Colloidal Silver
Vista Vibe
Purple Tiger

Depression

Vista Vibe
CBD
Vitamin D
Thyroid Complex
Balance Act Progesterone
Cream
Yeast Clenz
Purple Tiger
Omega Krill
Balance Act
Brain Elevate

Diarrhea

Probiotic Complete
Gest Eze
Chlorella
Yeast Clenz

Colloidal Silver
Cat's Claw
ColonGo
ColonGo Daily

Diverticuli

Probiotic Complete
Gest Eze
Vista Vibe
ColonGo Daily
Chlorella
Yeast Clenz
Colloidal Silver

Dizziness

Brain Elevate
Cardio BP
Breathe Eze
Vista Vibe
Omega Krill
Daily Spectrum
Super Antioxidant

Ear Infection

Colloidal Silver
Probiotic Complete
Immune Support
Vista Vibe
Juice of Life +

Earache

Colloidal Silver
Immune Protect
Probiotic Complete
Brain Elevate

Energy

Purple Tiger
Thyroid Complex
Vista Vibe
Daily Spectrum
CoQ10
P. T. Shake
ColonGo
Liver Support
Vitamin D
Cardio BP
Juice of Life +

Eye Problems

Super Antioxidant
Brain Elevate
Juice of Life +
Vista Vibe
Colloidal Silver
Daily Spectrum
Children's Multi Berry
Bears
Omega Krill

Fatigue

Purple Tiger
Thyroid Complex
Vista Vibe
CBD
Omega Krill
Daily Spectrum
CoQ10
ColonGo
P. T. Shake
Vitamin D
Super Antioxidant
Children's Multi Berry
Bears
Brain Elevate

Fatigue (Chronic)

Purple Tiger
Thyroid Complex
CBD
Omega Krill
Liver Support
Daily Spectrum
ColonGo
Yeast Clenz
Vitamin D
CoQ10
Children's Multi Berry
Bears
Chlorella

Fertility

Chlorella
Balance Act
Balance Act Progesterone
Cream
Super Cal
Vitamin D
Omega Krill

Fever Blisters
Chlorella
Probiotic Complete
Gest Eze
Immune Protect
Colloidal Silver
Omega Krill
Fevers

Immune Protect

Colloidal Silver
Super Antioxidant
Juice of Life +
Food Cravings
Purple Tiger
P. T. Shake
Thyroid Complex
Yeast Clenz
Chlorella
Daily Spectrum
Children's Multi Berry
Bears

Gallstones

Liver Support
ColonGo
Colon Clenz
Yeast Clenz
Gest Eze
Probiotic Complete
Cat's Claw

Gas

Gest Eze
Probiotic Complete
ColonGo Daily
ColonGo
Yeast Clenz
Cat's Claw
Liver Support

Goiter

Thyroid Complex
Purple Tiger
Vista Vibe
CBD
Super Antioxidant
Balance Act Progesterone
Cream
Daily Spectrum

Omega Krill

Hay Fever

Breathe Eze
Immune Protect
Super Antioxidant
Vista Vibe
Colloidal Silver
Purple Tiger
Headaches
Purple Tiger
Relieve
CBD
Vista Vibe
Brain Elevate
Balance Act Progesterone
Cream
ColonGo Daily
Breathe Eze

Heart Problems

Cardio Vibe
Cardio BP
Omega Krill
CoQ10
Red Yeast Rice
Vista Vibe
Vitamin D
Brain Elevate
P. T. Shake

Heartburn

Gest Eze
Chlorella
ColonGo Daily
Probiotic Complete
Yeast Clenz
Liver Support
Cat's Claw

Hemorrhoids

ColonGo Daily
Probiotic Complete
ColonGo
Yeast Clenz
Gest Eze
Cat's Claw
Chlorella

Hiatal Hernia

Gest Eze
Probiotic Complete
ColonGo Daily
ColonGo
Super Cal
Vista Vibe
Liver Detox

Hormone Imbalance

Balance Act
Balance Act Progesterone
Cream
Vitality
Chlorella
Vista Vibe
Prosta Flow (Men)
Thyroid Complex
Super Cal
Omega Krill
Hot Flashes
Balance Act
Balance Act Progesterone
Cream
Vista Vibe
Super Cal
CBD
Chlorella
Omega Krill
Daily Spectrum

Hyperactivity

Vista Vibe
CBD
Super Antioxidant
Cardio BP
Omega Krill
Juice of Life +
Super Cal
Immune Disorders
Vista Vibe
CBD
Immune Protect
Super Antioxidant
Probiotic Complete
Cat's Claw
Colloidal Silver
Breathe Eze
Juice of Life +
Daily Spectrum
Vitamin D

Children's Multi Berry
Bears
Yeast Clenz

Impotence

Prosta Flow
Balance Act Progesterone
Cream
Daily Spectrum
Super Antioxidant
Cardio BP
CoQ10
Juice of Life +
Indigestion
Gest Eze
Probiotic Complete
Chlorella
ColonGo Daily
ColonGo
Yeast Clenz
Cat's Claw

Infertility

Balance Act
Balance Act Progesterone
Cream
Chlorella
Daily Spectrum
Vitality
Super Cal
Vitamin D
Omega Krill
Inflammation
Joint Support Complete
Super Blue
CBD
Omega Krill
Vista Vibe
Super Antioxidant
Super Cal
Colloidal Silver
SugarReg
Immune Protect
Insomnia
CBD
Super Cal
Balance Act Progesterone
Cream
Vista Vibe
Daily Spectrum

Irritable Bowel
Probiotic Complete
Gest Eze
Chlorella
Cat's Claw
Yeast Clenz
ColonGo Daily
ColonGo
Omega Krill

Jet Lag

Purple Tiger
Vista Vibe
Daily Spectrum
Brain Elevate
Super Cal

Joint Pain & Stiffness

Super Blue
Joint Support Complete/
Xtreme
CBD
Omega Krill
Juice of Life +
Super Antioxidant
Vitamin D

Joints

(Cartilage Deterioration)

Joint Support Complete/
Extreme
Super Blue
CBD
Super Cal
Vitamin D
Balance Act
Balance Act Progesterone
Cream
Super Antioxidant
Omega Krill
Daily Spectrum

Joints

(Uric acid buildup)

Joint Support Complete/
Xtreme
CBD
Chlorella
Urinary Maintenance
Super Blue

Liver Support
Yeast Clenz

Kidney Stones

Urinary Maintenance
Prosta Flow
Chlorella
Colloidal Silver
Super Cal
Learning Disability
Vista Vibe
Super Antioxidant
Brain Elevate
Chlorella
Vitamin D
CoQ10
Children's Multi Berry
Bears
Juice of Life +
Omega Krill
Daily Spectrum
Leg Cramps
Daily Spectrum
Children's Multi Berry
Bears
Super Cal
Vista Vibe
Omega Krill
Joint Support Complete

Libido

Vitality
Prosta Flow
Balance Act Progesterone
Cream
Vista Vibe
Juice of Life+
Purple Tiger
Omega Krill
Super Antioxidant

Liver Disorders

Liver Support
Chlorella
ColonGo
Probiotic Complete
Gest Eze
Immune Support

Liver Spots

Liver Support
Super Antioxidant
Chlorella
Vista Vibe
Immune Protect
Daily Spectrum
Children's Multi Berry
Bears

Longevity

Vista Vibe
Super Antioxidant
Omega Krill
CBD
Juice of Life+
Purple Tiger
Daily Spectrum
Lung Disorders
Breathe Eze
Cardio BP
CoQ10
Super Antioxidant
Immune Protect

Lymphatic System Disorders

Immune Protect
Chlorella
Yeast Clenz
Colloidal Silver
Cat's Claw
Juice of Life +

Memory

Brain Elevate
Cardio BP
CoQ10
Super Antioxidant
Vista Vibe
Purple Tiger
Vitamin D
Children's Multi Berry
Bears
Memory Loss (Degenerative)
Brain Elevate
Vista Vibe
Omega Krill
Vitamin D
Cardio BP

CoQ10
Chlorella
Daily Spectrum
Children's Multi Berry
Bears

Menopause

Balance Act
Balance Act Progesterone
Cream
Vitality
Super Cal
CBD
Chlorella
Thyroid Complex
Omega Krill

Menstrual Cramps

Balance Act
Balance Act Progesterone
Cream
Chlorella
Vista Vibe
ColonGo Daily
ColonGo
Juice of Life +
Super Cal

Metabolism

Purple Tiger
Thyroid Complex
P. T. Shake
Sugar Reg
Vista Vibe
Daily Spectrum
Moles
Colloidal Silver
Liver Support
Chlorella
Immune Protect
Super Antioxidant

Muscle Cramps

Super Blue
Super Cal
Super Antioxidant
Daily Spectrum
Children's Multi Berry
Bears
CoQ10

Vista Vibe
Chlorella
Omega Krill
Juice of Life +
Cardio BP

Muscle Spasms

Super Cal
CoQ10
Super Blue
Joint Support Complete/
Xtreme
Omega Krill
Vista Vibe
CBD
Daily Spectrum
Children's Multi Berry
Bears
Mutated Cells
Vista Vibe
CBD
Cat's Claw
Chlorella
Super Antioxidant
Joint Support Complete
Yeast Clenz
Liver Support
Immune Protect
Breathe Eze (lungs)
Juice of Life +
Daily Spectrum
Children's Multi Berry
Bears

Nails

Hair, Skin & Nails
Super Cal
Thyroid Complex
Chlorella
Vista Vibe
Daily Spectrum
Children's Multi Berry
Bears
Colloidal Silver

Nerve Damage

CBD
Vista Vibe
Super Antioxidant
Brain Elevate

Vitamin D
Chlorella
CoQ10
Juice of Life +
Omega Krill
Daily Spectrum
Super Cal

Nervous System

CBD
Vista Vibe
Brain Elevate
Vitamin D
Super Antioxidant
CoQ10

Ovaries

Balance Act
Balance Act Progesterone
Cream
Super Cal
Vista Vibe
Chlorella
Omega Krill

Pancreas Disorders

Sugar Reg
Gest Eze
Probiotic Complete
Vista Vibe
Yeast Clenz
P. T. Shake
Liver Support

Pink Eye

Colloidal Silver
Immune Protect
Probiotic Complete

Pituitary Gland Disorders

Vista Vibe
Brain Elevate
Balance Act Progesterone
Cream
CBD
Balance Act
Super Cal
Omega Krill
Juice of Life +

Parasites

ColonGo
ColonGo Daily
Yeast Clenz
Probiotic Complete
Liver Support
Cat's Claw
Colloidal Silver
Gest Eze

Pneumonia

Immune Protect
Breathe Eze
Cat's Claw
Vista Vibe
Colloidal Silver
Probiotic Complete
Urinary Maintenance

Poison Oak/Ivy

Colloidal Silver
Immune Protect
Probiotic Complete

Pregnancy

Vitality
Daily Spectrum
Vitamin D
Chlorella
Vista Vibe
Cardio Vibe
Juice of Life +
Super Cal

Prostate Disorders

Prosta Flow
Super Antioxidant
Urinary Maintenance
Omega Krill
Vista Vibe

Psoriasis

Vista Vibe
Yeast Clenz
CBD
Probiotic Complete
Joint Support Complete
Colloidal Silver
Omega Krill

Chlorella	Colloidal Silver	Cardio BP	CBD
Cat's Claw	Vista Vibe	Super Cal	Vitamin D
<u>Puberty</u>	Immune Protect/Boost	<u>Sore Throat</u>	Vista Vibe
Balance Act/Female	Juice of Life +	Colloidal Silver	Balance Act
Balance Act Progesterone Cream	Chlorella	Immune Protect	Balance Act Progesterone Cream
Prosta Flow/Male	<u>Skin Disorders</u>	Vista Vibe	Juice of Life +
Vista Vibe	Colloidal Silver	Super Antioxidant	Daily Spectrum
Chlorella	CBD	Breathe Eze	<u>Teeth Problems</u>
Daily Spectrum	Hair, Skin & Nails	Cat's Claw	Super Cal
Children's Multi Berry Bears	Vitamin D	Probiotic Complete	Joint Support Complete/Xtreme
<u>Respiratory System Disorders</u>	Yeast Clenz	<u>Spastic Colon</u>	Vitamin D
Breathe Eze	Omega Krill	Gest Eze	Daily Spectrum
Vista Vibe	Probiotic Complete	Probiotic Complete	Children's Multi Berry Bears
Immune Protect	Liver Support (Liver Spots)	Cat's Claw	Vista Vibe
Colloidal Silver	Vista Vibe	Vista Vibe	Juice of Life +
Super Antioxidant	Joint Support Complex	Chlorella	<u>Throat Infection</u>
Omega Krill	<u>Skin Mutations</u>	Yeast Clenz	Colloidal Silver
Cardio BP	Colloidal Silver	ColonGo Daily	Immune Protect
Juice of Life +	CBD	ColonGo	Breathe Eze
<u>Ringing in the Ears</u>	Vitamin D	<u>Stress</u>	Super Antioxidant
Brain Elevate	Cat's Claw	Vista Vibe	Vista Vibe
Cardio BP	Vista Vibe	Juice of Life +	Probiotic Complete
CoQ10	Joint Support Complex	CBD	Cat's Claw
Balance Act Progesterone Cream	Immune Support	Super Antioxidant	<u>Thumb Sucking</u>
Immune Protect	Super Cal	Vitamin D	Super Cal
Purple Tiger	<u>Sleeping Disorders</u>	Super Cal	Vista Vibe
<u>Senility</u>	Super Cal	Purple Tiger	Joint Support Complete
Brain Elevate	CBD	Thyroid Complex	Thyroid Gland Disorders
Cardio BP	Vitamin D	<u>Stroke Issues</u>	Thyroid Complex
CBD	Vista Vibe	Omega Krill	Purple Tiger
Vista Vibe	Gest Eze	CoQ10	Vista Vibe
Super Antioxidant	Brain Elevate	Cardio Vibe	Super Antioxidant
CoQ10	<u>Smoking</u>	Cardio BP	Daily Spectrum
Omega Krill	Vista Vibe	Red Yeast Rice	Omega Krill
Chlorella	Juice of Life +	Vista Vibe	<u>Tonsils</u>
Daily Spectrum	CBD	P. T. Shake	Colloidal Silver
Purple Tiger	Breathe Eze	Chlorella	Immune Support
<u>Sinuses</u>	Super Antioxidant	Vitamin D	Breathe Eze
Purple Tiger	Cardio BP	Juice of Life +	Super Antioxidant
Breathe Eze	Liver Support	<u>Structural System Disorders</u>	Probiotic Complete
Super Antioxidant	<u>Snoring</u>	Super Cal	<u>Toxemia</u>
	Breathe Eze	Joint Support Complex/Xtreme	Liver Support
	Gest Eze	Super Blue	
	Vista Vibe		

Immune Protect
Super Antioxidant
Probiotic Complete
Cat's Claw
Vista Vibe
ColonGo Daily/7 Day
Clenz
Chlorella

Trigger Finger

Super Blue
Joint Support Complete/
Xtreme
Super Cal
CBD
Vista Vibe
Juice of Life +

Tumors

CBD
Chlorella
Cat's Claw
Vista Vibe
Joint Support Complete
Yeast Clenz
Liver Support
Juice of Life +
Immune Support

Ulcers

Gest Eze
Probiotic Complete
Vista Vibe
Juice of Life +
Chlorella
Cat's Claw
Colloidal Silver
Omega Krill
Super Cal

Urinary System Disorders

Urinary Maintenance
Probiotic Complete
Prosta Flow
Colloidal Silver
Sugar Reg

Uterus

Balance Act

Balance Act Progesterone
Cream
Vista Vibe
Juice of Life +
Omega Krill
Super Cal
Daily Spectrum

Varicose Veins

Super Antioxidant
Vista Vibe
CoQ10
Juice of Life +
Super Blue
Balance Act Progesterone
Cream
Super Cal
Vitamin D
Chlorella
Omega Krill
Cardio BP

Vision

Super Antioxidant
Immune Protect
Daily Spectrum
Children's Multi Berry
Bears

Weight loss

Purple Tiger
P. T. Shake
Thyroid Complex
Gest Eze
Vista Vibe
Yeast Clenz
ColonGo Daily/ 7 Day
Clenz

Yeast Infection

Yeast Clenz
Probiotic Complete
Urinary Maintenance
Colloidal Silver
Immune Protect
Gest Eze
ColonGo
Cat's Claw
ColonGo Daily

Ingredient Listing

Acai Berry is a fruit that contains high levels of antioxidants, fiber, omega fatty acids and many other vitamins and minerals.

Acetyl-Cysteine (N-Acetyl-Cysteine) A form of the amino acid cysteine that are the building blocks of proteins, have significant health benefits. N-Acetyl-Cysteine is a stable form of cysteine with the ability to function as an antioxidant in support of the immune system. N-Acetyl-Cysteine also helps to produce new, healthy cells in replacement of older, unhealthy cells. Further, n-Acetyl-Cysteine is important to liver and lymphatic system health.

Both the liver and the lymphatic system are responsible for removing toxins from the body. N-Acetyl-Cysteine helps the liver produce the antioxidant glutathione, and it also produces enzymes that protect the body.

Acetyl-L-Carnitine is a nutrient that helps the body turn fat into energy. It is produced by the body in the liver and kidneys and stored in the skeletal muscles, heart, brain, and sperm.

Acidophilus The most widely used “good” bacterium is Acidophilus. This important probiotic is found in the intestines of healthy digestive tracts. Unfortunately, when the probiotic content of the intestines is negatively affected by illness, diet or other environmental factors, the intestines can develop problems, especially when it comes to maintaining the necessary flora balance for nutrient absorption. Acidophilus can be taken to directly promote intestinal health and create a favorable environment for the absorption of nutrients.

Advantra Z include possible hunger suppressant actions and mood enhancing effects. Advantra Z is the only patented form of Citrus aurantium that is sold as an adjunct to weight control and physical performance.

African Bird Pepper is a type of cayenne pepper and, according to Your Cayenne Pepper Guide, is known to be an effective way to lower blood pressure. There are several types of cayenne pepper and the hotter they are the more effective for lowering blood pressure. African Bird Pepper is an extremely hot cayenne pepper.

AGS a-Galactosidase is an enzyme that digests raffinose sugars. Raffinose sugars are complex sugars found in legumes (beans, peas and lentils) and cruciferous vegetables, such as cauliflower, broccoli and cabbage.

Alfalfa is high in protein, calcium, plus other minerals, Vitamin A, Vitamins B (whole group), Vitamin C, Vitamin D, Vitamin E, and Vitamin K.

Aloe Vera (Whole Leaf) is excellent for the healing process. It is very beneficial for the digestive tract, inflammation, ulcers, kidney stones and tissue damage. Aloe Vera stimulates the natural growth of living cells while having antibiotic properties.

Alpha Keto Glutarate Acid Also known as L-Arginine, researchers believe this free form amino acid may increase the size of blood vessels enhancing the amount of blood that travels into the muscle which may make it beneficial in erectile dysfunction. Alpha-Keto has shown to combat chronic fatigue. It has also shown to decrease lactate acid levels during strenuous exercise.

Alpha-lipoic Acid is a scavenger for free radicals. It protects the liver from toxic elements, slows the aging process and normalizes blood sugar levels.

Amylase is a digestive enzyme that breaks down starches. It converts starches to sugars.

Anise Seed There are several health benefits for anise seed. It is used to relieve the pain of indigestion, colic, flatulence and bloating. Since ancient times Anise has been used to loosen phlegm and eases the discomforts of bronchitis, asthma and coughs. Boost your immune system and good for bad breath.

Anthemis Extract, also known as **Chamomile**, which has a moderate antioxidant and antimicrobial activities, and significant anti-platelet activity in vitro? Animal model studies indicate it may have potent anti-inflammatory action, some antimutagenic and cholesterol-lowering activities, as well as antispasmodic and anxiolytic effects. Used in many topical products.

Apple Cider Vinegar has been used as a natural remedy for heartburn. Apple Cider Vinegar may help improve bowel irregularity, thereby removing toxins from the body at a faster rate. Helps clear up skin conditions and blemishes giving a smoother texture and complexion. Apple Cider Vinegar may also help with joint pain and stiffness. Apple Cider Vinegar helps to break down fats so that your body can use them rather than store them. On a small scale, Apple Cider Vinegar was studied by researchers at Arizona State University. It reported that Apple Cider Vinegar helps reduce levels of glucose.

Apple Fiber (pectin) helps the body eliminate lead, mercury, and other heavy metals. It also protects the colon from cancer, prevents the absorption of cholesterol and helps lower blood pressure.

ARA-6 (arabinogalactan) is a safe immune enhancing product, an excellent source of soluble fiber capable of promoting colon health. The primary component of ARA- 6 is polysaccharides (a long chain of linked sugars) called Arabinogalactans, which are high-molecular weight polysaccharides capable of up-regulating critical aspects of the immune system.

Aralia mandshurica roots were thought to be a general strengthening tonic that promotes increased physical capacity and mental acuity. Aralia mandshurica works in synergy with Rhodiola rosea to toughen all body systems and softly adapt them to coordinate and harmonize them together so they can cope with the internal and external stresses of life. A study was conducted on the recovery in athletes after intensive physical workloads. The subjects were thirty-six athletic swimmers ages 17 to 22. This study showed an increase in protective characteristics and an increase in glucocorticoid function of the adrenal glands.

Arnica Extract is a perennial plant that is native to the mountains of Europe and Siberia. It is also cultivated in mountainous areas of Canada and North America. Arnica is primarily for external use: as a footbath for tender feet, for abdominal pain (hot compress), for joint pain and stiffness, for bruises, for chill blains (if skin is unbroken), for irritation from trauma, for muscle or cartilage pain, for sore or painful joints, for sprains, for swellings.

Ascorbyl Palmitate is a fat-soluble form of ascorbic acid, or Vitamin C. Unlike ascorbic acid, which is water-soluble, ascorbyl Palmitate is not water-soluble. Consequently, ascorbyl palmitate can be stored in cell membranes until it is required by the body. People think Vitamin C (ascorbyl palmitate) is only used for immune support, but it has many other important functions. A major role of Vitamin C is in manufacturing collagen, a protein that forms the basis of connective tissue - the most abundant tissue in the body. Ascorbyl Palmitate is an effective free radical-scavenging antioxidant which promotes skin health and vitality.

Ashwagandha Root Traditionally Indian and African medicine used this root as an anti-inflammatory for fever relief and against infectious disease. Many believe ashwagandha to be effective in stimulating the immune system and aiding in memory.

Aspartic Acid, also known as **L-aspartate**, is thought to help promote a robust metabolism and is sometimes used to treat fatigue and depression. Aspartic acid plays an important role in the citric acid cycle, or Krebs cycle, during which other amino acids and biochemicals, such as asparagine, arginine, lysine, methionine, threonine, and isole-

ucine, are synthesized.

Avocado Oil is also used in many premium skin care and cosmetic preparations since it is very easily absorbed by the skin and transported deep into the tissue. Its excellent emollient and hydrating properties make it ideal for dry and mature skin and it is also reported to ease itching from psoriasis and eczema.

Bacillus Subtilius remains one of the most potent and beneficial of all health-promoting and immune-stimulating bacteria. According to clinical studies documented in the medical research report, Immunostimulation by Bacillus Subtilis Preparations, by micro-biologist J. Harmann, the cell wall components of ingested Bacillus Subtilis are able to activate nearly all systems of the human immune defense, including the activation of at least three specific antibodies which are highly effective against many of the harmful viruses, fungi and bacterial pathogens which regularly attempt to invade and infect the human system.

Bacopin may repair damaged neurons by adding muscle to kinase, the protein involved in the synthesis of new neurons to replace old ones. Bacopin increases energy metabolism which may indirectly lead to enhanced alertness, awareness and cognition.

Banaba herb has been used for blood sugar control. The active ingredients in Banaba leaf is Corosolic acid. There has been at least one human study with Corosolic acid (an extract found in Banaba) that showed improvement in blood sugar control in Type II diabetics.

Barberry (berberis vulgaris) is a dense bush that produces small red berries. The root and stem bark contain the medically active components of barberry. Berbamine is an alkaloid that is found in barberry. Berberine can stimulate some of the immune system cells to function better. It can be used to help reduce inflammation and is also used as an antioxidant. The bitter compounds and alkaloids in barberry (mentioned above) can stimulate digestive functions if taken following meals.

Barley Grass cleanses the body on a cellular level, strengthens the immune system, and helps to lower cholesterol. It strengthens the entire body.

B. Breve strain could be an effective approach for achieving benefits in immune system by improving intestinal environment.

Beta Carotene is an important carotenoid found in fruits and vegetables, for instance carrots. Beta carotene is an antioxidant compound that gives foods such as carrots, sweet potatoes and cantaloupe their orange and yellow coloring; the nutrient is also found in some greens, like spinach and broccoli. Beta carotene works better in combination with other antioxidants and with other carotenoids. Beta carotene is thought to be useful for eyesight health or in certain eye disorders.

Beta-Glucanase is an important enzyme that facilitates the digestion of beta linked glucose bonds associated with whole grains such as barley, oats and wheat.

Beta-Glucan is a soluble fiber derived from the cell walls of algae, bacteria, fungi, yeasts, and plants. It has been used for its cholesterol-lowering effects, high blood sugar, and for weight loss.

Beta-Sitosterol is a plant sterol found in almost all plants which may block cholesterol absorption resulting in lower serum cholesterol levels. It has shown to improve lipid-protein (HDL, LDL) profiles. It has been used to treat prostate problems and helps increase urine flow. It may help normalize blood sugar and insulin levels.

Bilberry improves circulation and makes artery walls. The herb may reduce inflammation, ease gastro-intestinal

problems, and gum problems that have been linked to heart problems. Diarrhea and mouth sores can benefit from Bilberry as well. Bilberry has strong antiseptic properties, relieves peptic ulcers, blood sugar problems, fibrocystic, and painful menstruation. Bilberry has a strong antioxidant composition; the herb makes an excellent free radical scavenger, which helps combat the cell damage that leads to premature aging and health issues.

Biotin (Vitamin H) is necessary for both metabolism and growth in the body. It assists in the production of fatty acids, antibodies, digestive enzymes and in niacin metabolism. Biotin helps with fatigue, depression, nausea, muscle pains, anemia and hair loss.

Bitter Melon, which is consumed a lot in Asia, also known as bitter melon, has been traditionally used to regulate blood sugar levels within the normal limits.

Black Cohosh is an herb that has historically been used for hot flashes, hormonal imbalances and other menstrual and menopausal symptoms.

Black Cherry Fruit (wild) Consuming cherries could help lessen the severity of inflammatory conditions, such as cardiovascular problems or gout.

Black Walnut, also known as **Juglans nigra**, is a native to North America. The black walnut is famous for its dark-color heartwood throughout the world and is considered as a highly prized tree. Native Americans and Romans regarded the black walnut fruit as the “imperial nut” and used for various intestinal disorders. Apart from intestinal disorders, native Americans have been using black walnut to treat skin disorders for a long time. It also may be used to combat parasites and worms.

Bladderwrack A brown algae that is high in iodine. Some researchers suggest that higher levels of iodine may be used to increase the activity of the thyroid helping those with underactive thyroid.

Blessed Thistle is used to stimulate secretion of gastric juices and saliva, to increase appetite and facilitate digestion, and to stimulate the flow of bile. It may have antibacterial, antifungal, and anti-inflammatory properties activity.

B. Longum Bifidobacterium longum protects against invasive intestinal mucosa by dietary antigens. B. longum expresses significant in antioxidant activity. B. longum supports lactose digestions. B. longum is found in the large intestine. It helps ferment sugars into lactic acid which has many health benefits. B. longum contains healthy enzymes.

Blueberry Fruit Blueberries are a rich source of vitamins and minerals and have various health benefits associated with them. Blueberries are one of the richest sources of antioxidants. Research has confirmed that blueberries not only slow the aging process but also reverses it, slows memory loss and improves balance; lowering cholesterol, improve nighttime vision, diarrhea, constipation, and urinary tract infections.

Boron is a trace mineral that is found in the body. Boron helps with calcium utilization.

Broccoli Powder is a green that contains a large quantity of essential vitamins and minerals.

Bromelain is a natural anti-inflammatory. It helps with joint pain and stiffness, asthma and is capable of digesting protein.

Buchu may be beneficial in the relief of rheumatism, bloating while menstruating; it decreases water retention, and may reduce high blood pressure. Active compounds in buchu herbal extracts may also decrease inflammation of

the colon, gums and mucous membranes.

Bupleurum also known as **chai hu** in China, is perhaps the most important of liver-supportive botanicals in China and Japan. Modern research has identified a group of compounds known as saikosaponins that strongly support liver health (in humans and rats). Mechanisms of action specifically regarding liver health identified for bupleurum include anti-inflammatory activity, as well as its ability to stimulate the production and release of bile, thus facilitating the detoxification process.

Burdock is an herb that has been historically used to help with female complaints. It helps with skin disorders, constipation, blood impurities and more.

Calcium is very important in the healing process. It also helps with bone development and growth, muscles and tissue repair.

Other forms of Calcium not listed:

Calcium carbonate, Calcium hydroxapatite, Calcium orotate, dicalcium phosphate, Calcium hydroxide, Calcium lactate, Calcium gluconate, and Calcium glycinate.

Calcium Aquamins is a type of calcium derived from sea life.

Calcium Chelate is a type of calcium that is bound to protein molecules.

Calcium Citrate is a type of calcium derived from fruit and vegetables.

Calendula Extract also known as pot marigold is a versatile herb. Calendula Tea Benefits have been quite known especially to American physicists, applying the herb to treat bruises, cuts and minor skin infections.

Cape Aloe leaf is unique because it has the properties of fiber, and it stimulates cramping, but soothes and cleans like Aloe Vera. Cape aloe leaf helps just about everybody who takes it, without causing irritation. Instead, it acts to relieve inflammation. It is related to the Aloe Vera plant that grows wild in the southwest United States, but has more laxative qualities, and it grows in South Africa. Cape aloe is non-toxic and has no undesirable side effects. It acts as a cleansing, detoxifying agent for the digestive tract, including the cecum, and has more vitamins, minerals, amino acids and polysaccharides than the American Aloe Vera plant.

Camu Camu fruit has a surprising range of medicinal and therapeutic effects as measured both by traditional use and a variety of phytochemical compounds which experimentally have demonstrated a multitude of effects including energy boosting, mood-lifting and strengthening the immune system, among others. Camu Camu is high in Vitamin C. It has documented astringent, antioxidant, emollient, and nutritive properties as well.

Capsicum Oleoresin Use this medication on the skin only. This medication is used to treat minor aches and pains of the muscles/joints (e.g., arthritis, backache, sprains). It may also be used to treat nerve pain. Capsaicin works by decreasing a certain natural substance in your body (substance P) that helps pass pain signals to the brain.

Caprylic Acid One of the key caprylic acid benefits is that it works wonders against recurring or chronic yeast infections, particularly, that are caused by *Candida albicans*. Our body acts as a host for many microorganisms including *Candida albicans*. Usually, it maintains a perfect balance between good and bad microbes. When this balance gets disturbed then the growth of *Candida albicans* increases and causes infections in various parts of the body. It affects the intestine and causes indigestion, abdominal pain, irritable bowel syndrome, leaky gut syndrome, etc. When it infects the mouth it leads to oral thrush. Skin yeast infections include ringworm, vaginitis (or vaginal yeast infection) in women and jock itch in men. In this condition, if caprylic acid is taken orally, it dis-

solves the cell walls of the bacteria and make them semi permeable. As the chain of the fatty acid is not very long, it can easily penetrate through the wall membranes of fatty cells of the bacteria and destroy them. It can also be used to control salmonella that causes gastroenteritis and E.coli that causes food poisoning. It has also been proved to be highly beneficial for treating inflammation of intestines.

Captex 300 (caprylic acid/capric acid complex) A short-to-medium chain fatty acid (MCT) that is naturally found in coconut and palm kernel oil. Caprylic Acid supports healthy digestion through its ability to promote a healthy balance of intestinal flora. Also has been known to improve digestion of fats.

Carbomer are thickening agents that help control the viscosity and flow of cosmetic products. They also help distribute and suspend insoluble solids into liquid and prevent the oil and liquid parts of a solution from separating.

Cascara Sagrada has been used for constipation, gastric disorders, liver disorders and gas. It is used to restore the natural action of the bowel.

Catalase Antioxidant enzyme that acts on hydrogen peroxide, a free radical, reducing it to water and oxygen.

Cat's Claw (Una de Gato) (opener of the way) is known for its anti-inflammatory benefits. It has been historically used for joint pain and stiffness and intestinal disorders.

Cayenne is a circulatory tonic. It has been known to help improve circulation, relieve the pain associated with the joints, and as a diuretic.

Cellulase is a digestive enzyme that breaks down fiber found in vegetables and fruits.

Centaurea Extract also known as cornflower, provides anti-inflammatory benefits.

Cetyl Myristoleate is an ester comprised of the 16-carbon atom alcohol, cetyl alcohol, and the 14-carbon mono-unsaturated fatty acid cis-9 tetradecenoic acid, or myristoleic acid. Cetyl myristoleate may be effective in arthritis, fibromyalgia, chronic fatigue syndrome and immune disorders.

Chamomile Extract has been used medicinally for thousands of years. It is a popular treatment for numerous ailments, including sleep disorders, anxiety, poor digestion, colic, inflammation, and wound healing.

Chlorella is a type of algae that grows in fresh water. The whole plant is used to make nutritional supplements. Most of the chlorella that is available in the U.S. is grown in Japan or Taiwan. It is processed and made into tablets. Chlorella is a single cell nutrient which contains amino acids, peptides, proteins, vitamins, sugars, and nucleic acids. Some believe it has been helpful to many health issues because of its ability to pH the body and detox heavy metals.

Chlorophyll is a very alkalizing substance that helps pH the body. It purifies the entire body by cleansing the blood stream.

Chocamine is a derivative of chocolate, which in turn, decreases the cravings for chocolate and other sweets. It increases energy and promotes good health.

Choline is an essential nutrient in the brain for the building and maintenance of brain cell membranes. It also helps with sleep and fetal development.

Chondroitin Sulfate is used for joint pain (due to deterioration). Evidence suggests that, in combination with

glucosamine, it may reduce joint pain, and improve joint mobility.

Chromium influences production of protein and RNA compounds. It helps with blood sugar levels.

Cinnamon may improve blood glucose and cholesterol levels in people with Type 2 diabetes. The results of a study from 2003 in Pakistan showed lower levels of fasting glucose, triglycerides, LDL cholesterol and total cholesterol after 40 days with levels continuing to drop for 20 days after that. The study was made up of 60 people with Type II diabetes who were divided into 6 groups of 10. Three groups received cinnamon in the form of capsules totaling 1, 3 or 6 grams of cinnamon a day. The other three groups received placebo capsules. The capsules were taken three times a day after meals. All three levels of cinnamon showed results, leading researchers to believe that as little as 1 gram a day of cinnamon may benefit people who have Type II diabetes.

Citric Acid is an extract from fruits and vegetables that is used in the stabilization and binding process of nutritional supplements.

Citrus Bioflavonoids are those bioflavonoids, found in citrus fruits such as lemon, orange, grapefruit, etc. These substances possess antioxidant activities, which help fight poor health and aging. Citrus bioflavonoids have been investigated showing to have both anti-inflammatory and carcinogenic effects. Flavonoids are a subset of a larger group of beneficial plant substances known as polyphenols.

Cocoa Bean (Dark) Chocolate and cocoa contain a high level of flavonoids, specifically epicatechin, which may have beneficial cardiovascular effects on health. Cocoa also contains large amounts of antioxidants such as epicatechins and polyphenols. According to research at Cornell University, cocoa powder has nearly twice the antioxidants of red wine and up to three times the antioxidants found in green tea. Foods rich in cocoa appear to reduce blood pressure. A 15-year study of elderly men published in the Archives of Internal Medicine in 2006 found a 50 percent reduction in cardiovascular mortality and a 47 percent reduction in all-cause mortality for men regularly consuming the most cocoa, compared to those consuming the least cocoa from all sources.

Coenzyme Q10 (CoQ10) (ubiquinone) was discovered in 1957 and since that time nearly 5,000 studies about it have been published and it has become the 3rd most sold dietary supplement. Coenzyme Q10 is found in every cell and is required by the body for mitochondrial synthesis, mitochondrial synthesis is the energy-producing structures within cells; one of the critical functions is the converting of nutrients into energy. This conversion of nutrients into energy is very important in the heart and heart cells. As we get older, our body's production of coenzyme Q10 decreases and by as much as 72% in the heart. Because of the antioxidant properties of CoQ10 doctors are now using it in numerous heart related ailments such as arrhythmia, angina, heart attack, high blood pressure, coronary artery disease, mitral valve prolapsed, atherosclerosis and congestive heart failure.

Coleus Forskohlii (Forslean®) The active photochemical in Coleus Forskohlii, forskolin, was discovered in 1974 and has been the subject of many laboratory studies. The compound has a vast array of effects on the body, working primarily on an enzymatic level, raising the level of cyclic AMP. Coleus Forskohlii has been traditionally used to treat high blood pressure, losing weight, improving digestion and nutrient absorption, and immune system support.

Colloidal Silver ions commonly known as "colloidal silver" is extremely minute-sized silver particles suspended in water, with a positive electrical charge. The best colloidal silver is produced at the molecular level. The smaller the silver particles, the more effective it has been proven to be. A small D.C. current is passed through an electrolyte with silver electrodes. Minute, molecular sized particles are drawn off of the positive electrode, having a positive electrical charge. These electrical charges are where Colloidal Silver proves healing and anti-bacterial qualities.

Copper increases iron assimilation that in turn helps with the formation of red blood cells and hemoglobin. It

helps with anemia, osteoporosis, baldness, bedsores and edema.

Coriandrum Fruit Oil Coriander been long valued in Ayurvedic medicine for its anti-inflammatory properties, skin diseases, digestive disorders, and cough and cold remedies.

Corn Silk is drawn from the stigmas of female corn plants. It has been used by native Americans for centuries as a natural remedy for many ailments and is still used today in several different applications. Corn silk is high in several nutrients, including Vitamin K, and can be combined with other herbs for different types of treatment, particularly those involving problems of the urinary tract.

Cranberry is a relatively small, red berry which grows on low-hanging vines in temperate zones in many regions of the United States and other parts of the world. Cranberry is a member of the same family of plants as bilberry and blueberry. The active ingredients in cranberry include chemical compounds called proanthocyanidins. Proanthocyanidins are potent antioxidants that appear to be able to decrease problems with urinary tract infections and other related conditions.

Curcumin is the major component of Turmeric (*Curcuma longa* L.) and extensive scientific research on Curcumin has demonstrated its potent antioxidant properties. Through its antioxidant mechanisms, Curcumin supports colon health, exerts neuroprotective activity, helps maintain a healthy cardiovascular system, and may have anti-inflammatory benefits.

Cysteine is a sulfur-containing amino acid that helps form healthy skin, hair, bones, and connective tissue. It is also required to make glutathione, one of the natural antioxidants that fight free-radical damage. Each molecule of cysteine is made from two molecules of cysteine, another sulfur-containing amino acid that, as its name suggests, is very similar to cysteine; in fact, cysteine is generally regarded as the more stable form of cysteine.

Dandelion is believed a weed plant by many gardeners, but this plant has many culinary and health uses. The leaves are high in various vitamin content including iron and used as a tea is greatly beneficial to the health. Both dandelion roots & leaves have great medicinal actions and have been used in traditional medicine to aid in disorders of the liver. For many centuries Native Americans have used the root to treat kidney disease, heartburn, stomach disorders, skin problems and swelling.

Devil's Claw (*Harpagophytum procumbens*) is a tree native to the southern regions of Africa and gets its name from the hooks which cover its fruit. Devil's Claw root is a traditional folk remedy of tribal African people and has also been used by Europeans and Canadians. Devil's Claw has been used to help with joint pain, liver problems, kidney problems, stomach problems and the arteries.

DMAE Bitartrate DMAE (2-dimethylaminoethanol) is known to stabilize cell membranes. DMAE is a precursor to choline and acetylcholine. It is the choline inside cells that is converted to phosphatidyl-choline, used in the building and repair of cell membranes, especially in the brain.

Dong Quai is used in China since the beginning of time it has been highly regarded throughout Asia for menstrual cramps, irregular, periods, and an alternative for all female problems.

Echinacea is one of the most well-known herbs for immune boosting. The greatest benefit of Echinacea is it may have the ability to shorten the common cold or flu. Some other benefit include improves acne, boils, glandular problems, mouth sores, prostate problems, wounds, blood purifier, ear infection, infection, lymphatic problems, mucus, and skin disorders.

Elderberry has been used in European folk medicine since antiquity for lots of illnesses from joint pain and

breathing problems to colds and constipation.

Eleutherococcus is known as *Siberian Ginseng*. This adaptogen is used to enhance endurance, regulate blood sugar and stimulate immune function. In one study, Soviet soldiers were given an extract of eleutherococcus and other soldiers were given a placebo. After running a 3-kilometer race, those who took the eleutherococcus, ran faster with less fatigue than those who took the placebo.

Enzyme Complex (from plant) A combination of enzymes to help digest foods and supplements.

False Unicorn An herb that has been used for both female and male. This herb has been used for colic, kidney problems, miscarriage, uterine problems, cough, menopausal symptoms, and prostate problems.

Fennel Seed are very effective for digestive problems. These seeds can be chewed upon or had as a tea decoction for beneficial effects upon the stomach. In India, these are routinely chewed upon after meals to aid in digestion after a rich meal while acting as an herbal mouth freshener. Fennel seeds often provide quick and effective relief from many digestive disorders. They help to overcome gas, cramps, acid indigestion, and many other digestive tract maladies.

Fenugreek The health benefits of fenugreek include anemia, pregnancy, lactation, digestion, loss of taste, fever, hair care, dandruff, stomach disorders, biliousness, respiratory disorders, mouth ulcers, sore throat, diabetes, inflammations, wounds and insomnia. Most of these benefits of fenugreek are due to the presence of saponins and fiber in it. Fenugreek is also used for herbal healing. Its seeds contain a gumming substance called mucilage. Mixed with water, mucilage expands and becomes a gelatinous soother for irritated tissues.

Fibrosol 2® Soluble Dietary Fiber, is a one-of-a-kind, readily dispersible, tasteless source of fiber with many beneficial physiological properties and a minimum of 90% dietary fiber. Helps maintain healthy blood glucose levels and subsequent insulin response. Helps maintain healthy levels of blood triglycerides and serum cholesterol. Helps maintain healthy intestinal regularity. By adding stool volume, moisture, and reducing transit time, Fibrosol-2 helps maintain good colon health. Helps promote the growth of beneficial bacteria in the colon.

Flax seed meal helps with immune disorders, cholesterol, and constipation and skin disorders. It is also beneficial in preventing heart disease.

Folic Acid is a brain food that is essential for energy production and the formation of red blood cells. It is very important in pregnancy.

Fruit Complex from Oranges, Lemons, Tangerines, Grapefruits, and Limes. Used for antioxidant benefits.

Garlic Well known for its health benefits for asthma, blood purifier, poor circulation, infection, fever, fungus, heart problems, lung disorder, respiratory problems, high blood pressure, colds, cough, indigestion, liver disorders, parasites, and prostate problems.

Ginkgo Biloba often used to increase the blood flow to the brain which may improve memory problems and increase blood circulation vasodilatation. Other benefits include cardiovascular problems, inflammation, PMS, senility, dizziness, impotence, muscular degeneration, and stress.

Glucoamylase is an enzyme that breaks the bonds near the ends of large carbohydrates (starches), releasing maltose and free glucose.

Glucosamine is involved in the formation of tendons, ligaments, bones, heart valves, nails, skin and eyes. It is helpful for joint pain and stiffness and for muscle aches.

Glutamic Acid may have protective effects on the heart muscle in people with heart disease. Intravenous injections of glutamic acid (as monosodium glutamate) have been shown to increase exercise tolerance and heart function in people with stable angina pectoris.

Glutamine (L-glutamine hcl) Amino Acid which may promote the maintenance of a healthy digestive tract, may promote mental alertness, improve mood and memory, boost immune function, fight infection, decrease sugar cravings, lessen the desire for alcohol, and helps to prevent muscle loss.

Goji, also known as Wolfberry, is a fruit that has been used for its antioxidant properties. It contains more Vitamin C than oranges and more beta carotene than carrots.

Goldenseal Root The most popular herb on the market today. It was traditionally used by Native Americans to treat skin disorders, digestive problems, liver conditions, diarrhea, and eye irritations. Goldenseal became part of early colonial medical care as the European settlers learned of it from the Iroquois and other tribes.

Gotu Kola is historically used to increase blood flow to the brain and throughout the body. It works to put the body into balance.

Grape Seed Extract is a very potent antioxidant. It helps destroy free radicals as well as improving the attention span.

Gravel Root An herbal medicine used to treat kidney stones, prostate gland problems, rheumatism (stiff and sore muscles and joints), and goutier (swollen neck due to thyroid problems).

Graviola All parts of the Graviola tree are traditionally used in natural medicines in the tropics. The whole Graviola or Graviola fruit juice is used for worms and parasites, to cool fevers, for diarrhea or dysentery. Graviola has recently been the topic of cancer studies.

Greater Celandine Only the above-ground parts of celandine plant have been tested for medicinal value. Celandine is used to treat several inflammatory issues. Historically, Celandine has been used for appetite loss and liver and gallbladder problems. Celandine is frequently used for a wide variety of other ailments, including stomach problems, intestinal polyps, chest pain (angina), cramps, asthma, hardening of the arteries, blood pressure problems, gout, and water retention. The herb has also been used for an assortment of skin conditions, such as rashes, scabies, and warts. In China, it is used to correct irregular menstrual periods.

Green Tea Extract Green tea extract protects against cancer, lowers cholesterol and reduces high blood pressure. Gugulipid/Guggul Guggul (*Commiphora mukul*), a resin from the guggul tree, has been used for more than 2,000 years in India to treat a range of disorders. In the 1980s, an extract of the resin -- dubbed gugulipid -- began to be marketed as a cholesterol-lowering agent. Some of guggul's active components, guggulsterones, work by blocking a substance that stops the body from getting rid of cholesterol.

Gum Arabic Acacia gum is also known as gum Arabic. Gum Arabic is obtained from the Acacia tree which grows in a region that stretches from Senegal to Sudan in Africa. The Senegal gum acacia is an average sized tree with thorns that grows on the African savanna grassland. The fiber is widely used in both the pharmaceutical and food industries as an emulsifier and stabilizer. Acacia gum is composed of saccharides and glycoproteins and is fit to be consumed by humans. Acacia gum may be useful in those with kidney disorders and for instance chronic renal failure.

Gymnema Sylvestre In healthy adults gymnema sylvestre is believed to help curb cravings for sweets. When taken

with a high-carbohydrate meal or a meal high in sugar, it can aid the body by passing through sugars and making carbs available for burning, rather than turning these into fat stores. In this way, it helps to build lean muscle mass. *Gymnema Sylvestre* may also lower triglycerides and “bad cholesterol”.

Hawthorn Berry Many health care professionals use hawthorn to help protect against heart problems and help control high blood pressure and high cholesterol.

Hemicellulase A mixture of enzymes which can hydrolyze the indigestible components of plant fibers. These enzymes can help prevent the bulky effect found in fibrous food.

Hibiscus Flower Studies have shown that using hibiscus flower can effectively lower high blood pressure and reduce high cholesterol levels in many individuals.

Horny Goat Weed is an ornamental plant that also has a long history of traditional use in Chinese herbalism. It was viewed as a kidney/adrenal tonic that was used for male sexual health and hormonal balance in both men and women.

5-HTP elevates the mood, which is needed during the times of dieting or weight loss.

Huckleberry is an antioxidant powerhouse because of a phytonutrient called anthocyanidin. They are rich in Vitamins C and E, manganese and dietary fiber. Aside from protecting the brain, huckleberries have been associated with lowering cholesterol, protection against heart problems, macular degeneration, glaucoma, varicose veins, hemorrhoids, ulcers, and healthier elimination.

Hypericum Extract also known as **St John’s Wort** is a highly valued herb that has been used in healing for more than two thousand years. It contains both immune enhancing and anti-viral components and is being studied by AIDS researchers. St John’s Wort has significant concentrations of immune-modulating flavonoids and contains hypericin, a substance that is both antiviral and anti-depressive.

Indian Rhubarb has been historically used for constipation, diarrhea, jaundice, gastro-intestinal hemorrhages, menstrual disorders, conjunctivitis, superficial sores and ulcers.

Inositol helps metabolize fats and cholesterol. It is important for hair growth, arteriosclerosis and mood swings.

Invertase is a yeast-derived enzyme. It splits sucrose into glucose and fructose.

Iodine is an essential mineral that helps with thyroid function and weight loss.

Isoleucine is an amino acid that is known for its ability to increase endurance and help heal and repair muscle tissue and encourage clotting at the site of injury. This amino acid is especially important to serious athletes and body builders because its primary function in the body is to boost energy and help the body recover from strenuous physical activity.

Juniper Berry has been used in traditional herbal medicine to treat gout, warts and skin growths, upset stomach, and various urinary tract and kidney problems. Juniper has been used to clear uric acid from the body.

Just Like Sugar® is a great natural option for people suffering from diabetes and may be useful in restricted diet programs where sugar cane is not allowed. Just Like Sugar® has an enhanced composition which is a source of natural dietary fiber obtained from chicory root, calcium and Vitamin C. These are essential ingredients in everyone’s daily diet. Just Like Sugar® contains no soy, yeast, animal derivatives, MSG, L-Glutamic Acid, D-Glutamine Acid,

Aspartic Acid, gluten free, wheat free, dairy free or preservatives; it is not fermentable and will not promote tooth decay. Just Like Sugar® is the only “BDZ” Kosher certified sweetener in the United States.

Kamut contains high quantities of the natural antioxidant selenium, Vitamin E and amino acids. It is a “high energy grain” because it provides the body with a high percentage of lipids.

Kelp regulates both the thyroid and pituitary glands, plus it activates all glands in your body. Also used for nail growth, hair loss, and it can help regulate your body temperature. It may even help if you have problems with body temperature.

Korean Ginseng The main active ingredients of Korean Ginseng are ginsenosides. These steroid-like phytochemicals have adaptogenic properties which give ginseng property to counter the effects of stress. The glycosides act on the adrenal glands helping to prevent adrenal hypertrophy and excess corticosteroid production in response to stress. Ginseng stimulates the formation of blood vessel and improves blood circulation in the brain, thereby improving memory and cognitive abilities. Ginseng is also used for high blood sugar, migraine, infections, radiation and chemotherapy protection, aids in sleep, and stimulates the appetite.

Krill Oil Krill are shrimp-like crustaceans that are approximately up to 6 centimeters long. They live in the ocean where they feed mainly on phytoplankton. They’re near the bottom of the food chain and are eaten by whales, seals, penguins, squid and fish. People use krill oil for the same reasons they use fish oil, flax oil or other Omega-3 fatty acids. Unlike fish oil, krill oil doesn’t cause fishy burps or an aftertaste, a common side effect of fish oil. Also, krill oil contains higher amounts of astaxanthin than fish oil. Here are some specific conditions for which it’s used.

L. Acidophilus See Acidophilus

Lactase is a digestive enzyme that breaks down milk sugars.

L-Alanine plays a key role in maintaining glucose levels and thus energy supplies in the body. L-Alanine may help regulate blood sugar as well. Research has found that for people with insulin-dependent diabetes, taking an oral dose of L-alanine effectively prevents nighttime hypoglycemia.

L-Arginine is a protein amino acid that is present in all life forms on the earth. It is an essential amino acid that is needed for normal body function and healing. Normally our bodies produce enough L-arginine for normal body function, but certain injuries or conditions can cause you to not produce enough L-arginine for your body to work or heal properly. It is also especially useful in the healing process from trauma, sepsis, and burns. Some studies indicate that L-arginine shows some promise in the treatment of cardiovascular disease, by reducing blood pressure and lowering LDL (bad) cholesterol. Another of the benefits of L-arginine is how it also is believed to help in impotence and fertility problems in men. The studies are still ongoing on L-arginine, but it shows great promise in these areas.

L-Carnitine/N-Acetyl-L-Carnitine helps transport fatty acids into the energy producing units in the cells - the mitochondria, where they can be converted to energy. This is a major source of energy for the muscles, including those of the heart. As such, L-Carnitine increases the use of fat as an energy source.

L.Casei Lactobacillus casei, more commonly referred to as **L. casei**, is a harmless, nonpathogenic microorganism that has been widely recognized for the attributes and properties it possesses that have been found to be beneficial to the human body. L. Casei is a type of bacteria that helps protect the human body from illness by restricting the growth of various types of harmful bacteria that cause infection.

Lactobacillus casei is a beneficial bacterium that is found naturally in both the mouth and intestines of human be-

ings. It produces lactic acid which helps lower pH levels in the digestive system and impedes the growth of harmful bacteria. *L. casei* may be found in raw or fermented dairy and fresh or fermented plant products which include yogurt, cheese, and other types of food sources such as fermented green olives. Some strains of the bacteria help control diarrhea, while other strains have an anti-inflammatory effect on the gut. Other advantageous effects include reducing lactose intolerance, alleviating constipation, and even modulation of the immune system or for individuals suffering from Crohn's disease and children suffering from diarrhea. Friendly bacteria are vital to proper development of the immune system, to protection against microorganisms that could cause health problems.

L-Citrulline The role of L-Citrulline when it is used as a supplement is to improve blood flow in the body by converting to L-Arginine. The increase in L-Arginine provides benefits to the heart that are the result of a more easily flowing blood stream that is because L-Arginine has on nitric oxide.

Lecithin Present in the body at the cellular level and though it is not considered as an essential nutrient, it has an indispensable role in regulating the flow of nutrients and waste materials in and out of the cell. Lecithin has been popular for high cholesterol. It has been known to prevent the build-up of fats and bad cholesterol in the walls of the heart, the arteries and the veins, thereby promoting food cardiovascular health.

L-Glutathione A tripeptide amino acid produced in the liver primarily from cysteine. It acts as a cellular antioxidant by inhibiting free radical proliferation. L-Glutathione is a high potency material made in Japan. The term "reduced" refers to the non-oxidized stable form of Glutathione.

L-Glycine is the simplest amino acid found naturally in your body. It has anti-inflammatory, antipsychotic and antispastic activity properties and is essential for: Neurotransmissions in the central nervous system, the balance of the production of white blood cells, aids in the maintenance of a healthy immune system, the health of your spleen, bone marrow, and many other important organs and glands, the synthesis of other non-essential amino acids, and the building of DNA and RHA.

L-Histidine An essential amino acid, which converts to histamine, a powerful blood vessel dilator, involved in gastric acid secretions and neurotransmission in the central nervous systems. It is also related to circadian rhythms and sexual arousal and orgasmic function in women. Low levels of L-Histidine have been associated with rheumatoid arthritis, and anemia.

Leucine works with the amino acids isoleucine and valine to repair muscles, regulate blood sugar, and provide the body with energy. It also increases production of growth hormones and helps burn visceral fat which is located in the deepest layers of the body and the least responsive to dieting and exercise.

Linoleic Acid is known as **Omega 6**. It is an essential fatty acid that allows the body to function properly. Essential fatty acids help with the rebuilding and production of new cells.

Linolenic acid is known as **Omega 3**. It is an essential fatty acid that helps with the rebuilding and production of new cells.

Lipase is a digestive enzyme that breaks down fats.

Licorice is known for its anti-inflammatory characteristics. It helps with the production of cortin hormone that helps when coping with stress.

L-Methionine One of eight essential amino acids, which means that it is an essential building block for proteins, cannot be produced in the body. Ingestion through diet and supplements is required. L-Methionine is an antioxidant that can be found in meat and dairy products. L-Methionine is essential to produce creatine, which is

an important nutrient for proper functioning of muscles and the entire cardiovascular system. L-Methionine is beneficial for liver problems and is recommended for people who adhere to a vegetarian diet. It also benefits skin tone and elasticity, nails and hair. L-Methionine is important for proper cardiovascular and muscular functions as well, through its role in the production of creatine. L-Methionine may also be helpful for premature ejaculation and depression. Some other benefits of this essential amino acid are female problems and removal of fat and excess estrogen from the liver.

L.Plantarum Lactobacillus plantarum known as **L. Plantarum** is one kind of beneficial bacteria that is commonly found in Korean kimchi, sauerkraut, cultured vegetables and even human saliva. L. Plantarum produces lactic acid. When lactic acid is present on the inner surface of the intestinal tract, at low but constant levels, it helps restore the normal balance of the intestinal flora. Some studies have revealed that L. Plantarum synthesizes quite a substantial amount of Lysine. When Lysine levels in the body are high, then the immune system can control herpes and other invaders. L. Plantarum helps the body maintain a healthy lysine/arginine balance.

L.Rhamnosus Lactobacillus rhamnosus, or **L. rhamnosus**, is a type of probiotic bacteria. L. rhamnosus was first isolated by researchers in 1983, when it was shown to have remarkable tolerance for the harsh acids normally found in the stomach and digestive tract. It is also believed to be of considerable assistance with the immune system, particularly in combating intestinal and urinary tract pathogens. L. rhamnosus is also used as a natural preservative in yogurt-based products, where the bacterium attaches to the lining of the intestines, where it encourages the growth of helpful organisms that aid in digestion. L rhamnosus is a probiotic bacterium that helps eliminate and prevent the growth of harmful bacteria in the intestines. Many consumers may be familiar with lactobacillus probiotics, which are touted today by some yogurt manufacturers as an aid in digestion and in promoting regular bowel activity. During the 20th century, researchers began evaluating these organisms and their positive effects on the human body and its ability to naturally ward off disease and infection.

L-Taurine This amino acid is found in large amounts in muscle tissue and is the most abundant amino acid in the heart muscle. Low levels of L-Taurine in infants relate to retinal degeneration. Is helpful in balancing calcium and potassium flux in heart muscle and may be helpful in congestive heart failure. It is a neuro-inhibitor and may be helpful with Epileptic individuals and children with attention problems. Has antioxidant properties.

L-Tyrosine helps stimulate the nervous system to keep it functioning well. It helps synthesize several brain chemicals and neurotransmitters that control pain, helps regulate your appetite and facilitates in stabilizing your body's reaction to stress factors. It helps regulate your moods and helps stimulate your nervous system to keep it functioning properly. The body literally cannot function properly without adequate supply of L-tyrosine.

Lutein is a yellow-to-orange phytochemical pigment found mostly in fruits and vegetables. It works as an antioxidant in your body to reduce the damage done by free radicals. Lutein is one of the carotenoids that is related to Vitamin A. Lutein is concentrated in the retinas of your eyes, so it is necessary for good vision. Eating a diet with lots of colorful fruits and vegetables that contain lutein may also decrease your risk of cardiovascular disease. A study in Los Angeles, CA found that people who had higher levels of Lutein and other antioxidants had healthier blood vessels.

Lycopene is an antioxidant and a powerful nutrient to prevent free radical damage. It is very beneficial for men.

Lysine is an essential amino acid. It is in fact, one of many amino acids that the body needs for constant tissue repair and for growth as well.

Magnesium calms the nerves, increases tissue elasticity and is vital for solid teeth and bones.

Magnesium Aquamins is a type of magnesium that is derived from sea life.

Magnesium Chelate plays a vital role in over 300 enzymatic reactions in metabolism. It is involved in energy production and storage, the breakdown of fatty acids, protein synthesis and DNA metabolism.

Magnesium Citrate is a type of magnesium derived from vegetables and fruits.

Maitake Mushroom Known as “dancing mushroom”, hen of the woods”, and “cloud mushroom” often found growing in temperate climates with deciduous forest. Has been used for immune system problems, blood pressure, growths, heart problems, and liver disorders.

Maltase is a digestive enzyme that breaks down malt sugars.

Manganese controls nerves, increases resistance, improves memory and coordinates thought and action.

Mangosteen is rich in many vitamins and minerals that the body needs. It stimulates the immune system, prevents hardening of the arteries, and acts as an anti-inflammatory in the intestines and other parts of the body.

Marshmallow gentian helps the body expel excess mucus. It also helps with gastric disorders, constipation and inflammation.

Menthol is an organic compound naturally occurring in mint plants. Menthol is widely used in several products and features certain therapeutic qualities. It was first isolated from peppermint oil in 1771 in the West, but it may have been in use in Japan for much longer. Most of menthol’s uses are related to its stimulation of the skin’s cold receptors. This property makes menthol produce a cooling effect when inhaled or applied to the skin. Similarly to the capsaicin chemical found in hot peppers, which stimulates heat receptors, menthol does not actually change the skin’s temperature, but merely produces the sensation of temperature change.

Methylsulfonmethane (MSM) MSM is used to help decrease pain and swelling associated with joint pain and stiffness and muscle cramps.

Milk Thistle The herb milk thistle could be called “the liver’s best friend”. Milk thistle not only protects the liver from toxins, but it also plays an important healing role. Milk thistle helps to repair liver cells and promotes the regeneration of new cells with Silymarin, an active ingredient in the milk thistle which is a powerful antioxidant that protects the body from free radicals that cause cellular damage. Milk thistle benefits the liver by ensuring that the liver’s daily tasks are carried out and that the liver can rejuvenate itself.

Molybdenum is a trace mineral that prevents anemia.

N-Acetyl Cysteine is a metabolite of the sulfur-containing amino acid, Cysteine. N-Acetyl Cysteine is produced within the human body. Cysteine also helps synthesize glutathione, one of the body’s most important natural antioxidants and detoxifiers. It has also been shown to be effective at treating liver failure from other causes as well. Heavy metals like lead, mercury and arsenic are detoxified and removed from the body by N-Acetyl Cysteine.

N-Acetyl Cysteine may be beneficial in the breakup of mucoproteins in lung mucus, reducing their chain lengths and thinning the mucus, improving conditions such as bronchitis and flu. N-Acetyl Cysteine N-Acetyl Cysteine has been shown to reduce the proliferation of certain cells lining the colon and may reduce the risk of colon problems in people with recurrent polyps in the colon.

New Zealand Green Lipped Sea Mussel supports joint structure and connective tissue health, sea mussel contains unique fatty acids, including one that can help support repair of damaged joint tissues. They provide mucopoly-

saccharides, a natural way to help with inflammation and joint discomfort.

Nettle Extract *Urtica dioica*, is an herbal flowering plant that is native to Asia, Europe, Northern Africa and North America. It is commonly called stinging nettle and is perennial, growing 1-2 m tall in the summer. During winter, it dies down to the ground. Nettle Blend provides support for allergies, inflammation, urination, hemorrhoids, swollen prostate gland, joint pain, gout, gas, colic, menstruation problems, prostate problems, hay fever, and congestion.

Noni (Hawaiian) juice has a long and wonderful history. *Morinda citrifolia*, or Noni, is one of the oldest of the herbal medicines used by ancient Hawaiian Kaduna or healers. The whole Noni plant-fruit, leaves, bark, and root have medicinal value. Noni fruit has been for the treatment of imbalances of the digestive, respiratory, nervous, and immune systems. As well as injuries to muscle, bone, and connective tissue.

Oat Bran is rich in soluble fiber and can help lower total cholesterol (Critical Reviews in Food Science and Nutrition, March 1999).

Octacosanol is being investigated as a herpes antiviral and as a treatment for inflammatory diseases of the skin. It may be helpful with Parkinson disease and ALS but more studies are needed. Octacosanol administration also has conferred enhanced physical endurance in some studies.

Olive Leaf An ancient remedy whose first recorded use was in 1000 BC. Olive leaf has been called a miracle and is directly cited in science, mythology, and the Bible for its healing properties. Olive Leaf has been known to boost immune system, increase energy, detox, fight infections, Chronic Fatigue, CFS, viruses, shingles, herpes, cholesterol, and may even help a cold or flu.

Oleic Acid is known as **Omega 9**. It is an essential fatty acid that helps with proper body functions.

Oregano Extract The ancient Greeks were one of the first people to recognize this oil for its health benefits and medicinal qualities. It is known to be potent antiviral, antibacterial, antifungal, and antiparasitic oil that can reduce pain and inflammation and effectively fight off infections. Some of the specific benefits of Oil of Oregano are: Destroying organisms that contribute to skin infections and digestive problems. Other benefits include strengthening the immune system, increasing joint and muscle flexibility, sinus decongestion, colds, sore throat, and improving respiratory health.

PABA (Para-Amino Benzoic Acid) PABA influences intestinal bacteria enabling them to produce folic acid.

Pactinase is an enzyme that digests the fiber (specifically pectin) found in carbohydrates. Pectin's are typically found in fruits.

Palmitic Acid rejuvenates new skin cells.

Papain is an enzyme derived from papaya that digests large protein molecules to smaller peptides and amino acids.

Paprika is part of the *Capsicum annuum* family and made from red bell peppers. Paprika is unusually high in Vitamin C. It is said that paprika contains as much as nine times as much Vitamin C as one tomato does in weight. As an antibacterial agent and stimulant, paprika can help normalize blood pressure, improve circulation, and increase the production of saliva and stomach acids to aid digestion.

Parsley purifies the body by cleansing the bloodstream. It stimulates the immune system to increase resistance to infections and disease.

Phenethylamine (PEA) is derived from chocolate is used for an appetite suppressant, pain relief and premenstrual syndrome.

Phenylalanine is an essential amino acid that is needed for normal functioning of the central nervous system. It has been used to help control symptoms of depression and chronic pain, as well as other diseases linked to a malfunctioning central nervous system.

Phosphatidylserine Complex A nutrient essential for optimal brain function. This complex may be crucial for the overall health of brain cells. Research on Phosphatidylserine has shown that it benefits a wide range of brain activities such as mental focus, memory recall, and performance on tasks. There are no foods rich in Phosphatidylserine, except for brain, so Phosphatidylserine supplementation is the only way to increase your levels of this valuable brain nutrient.

Phytase is an enzyme that digests phytates, components of plants that bind minerals.

Pine Bark Extract protects capillaries from free radical damage that can cause varicose veins and bruising. It protects against free radical damage that causes premature aging and cellular breakdown. Pine bark inhibits cellular mutations.

Plant Sterol Complex Plant sterols and stanols inhibit the intestinal absorption of cholesterol. Plant sterols are structurally similar to cholesterol they compete with the cholesterol we ingest for absorption through the small intestine. The more plant sterols present in the intestine after a meal, the less cholesterol absorption will occur.

Policosanol A dietary supplement that may lower cholesterol. Studies indicate that it works by inhibiting cholesterol formation in the liver.

Pomegranate For centuries, pomegranates have been regarded as a treasure among fruits. Increasing numbers of studies are confirming what it appears many cultures have known for some time; pomegranates are indeed a wonder fruit. Here are seven reasons why you may want to start using: Pomegranate is rich in antioxidants that protect your heart, fight osteoarthritis, prostate problems, help lower bad cholesterol, lower blood pressure, health of newborns, and for getting the nutrients you need daily.

Potassium reduces acidity, supports the muscular system, and promotes vigor and health.

Probiotic Bacteria Probiotics Bacteria are a type of living bacteria that actually benefit your health when taken in the appropriate amounts. This friendly bacterium, located in the gastrointestinal tract, comes in a variety of forms. With more than 400 different bacteria living in the human gastrointestinal tract, the most common forms of intestinal probiotics are *L. acidophilus* and *Bifidobacteria bifidum*. Probiotic bacteria are key elements of our overall health and well-being.

The following health benefits are associated with the intake of daily doses of probiotic bacteria:

- *Enhanced immune system response,*
- *Reduces negative effects of taking many types of antibiotics*
- *Increased ability to digest food*
- *May be helpful for respiratory tract infections*
- *May reduce lactose intolerance*
- *May reduce incidence of yeast infections, vaginitis and candidiasis*
- *Increases ability to assimilate the nutrients from food*
- *Helps alleviate many common digestive disorders such as constipation, diarrhea and IBS*

- *Acts as a remedy for bad breath*

Proline is an amino acid needed to produce collagen and cartilage. It keeps muscles and joints flexible and helps reduce sagging and wrinkling from normal aging of the skin.

Protease (1) (2) (Acid Stable) Protease is a digestive enzyme that breaks down protein (meats).

Pueraria (Pueraria Thunbergiana) Also known as Kudzu, a vine that grows easily, covering virtually everything. Kudzu is used to treat alcoholism and to reduce symptoms of alcohol hangover, including headache, upset stomach, dizziness, and vomiting. Kudzu is also used for heart and circulatory problems, including high blood pressure, irregular heartbeat, and chest pain; for upper respiratory problems including sinus infections, the common cold, hay fever, flu, and swine flu; and for skin problems, including allergic skin rash, itchiness, and psoriasis. Some people use Kudzu for menopause symptoms, muscle pain, measles, dysentery, stomach pain (gastritis), fever, diarrhea, thirst, neck stiffness, and to promote sweating.

Pumpkin Seed have mainly been used to treat prostate and bladder problems, but they have also been known to help with depression and learning disabilities.

Pygeum Africanum The (African plum) tree is a tall evergreen of the family Rosaceae found in central and southern Africa. Its bark has been used medicinally for thousands of years. Traditional African healers have used the bark to treat bladder and urination disorders, particularly symptoms associated with enlarged prostate. Pygeum may also increase urinary flow associated with prostate problems.

Psyllium Husk The seed husks from this plant are a great source of fiber and most widely used to create mucilage to aid colon health as a way to “bulk up” the bodies waste and work as a sponge to clear out the colon walls. Psyllium Husk may also be used for cholesterol.

Quassia Wood The quassia has multiple therapeutic medicines prepared from the extracts of this tremendously astringent tree not only help to keep the digestive system stable, but also strengthens a weak digestive system. Quassia also enhances the secretion of bile, salivary enzymes, and production of stomach acids and perks up the digestive progression.

Quercetin A powerful antioxidant. It is also a natural antihistamine and anti-inflammatory. Research shows that quercetin may help prostate problems.

Red Clover The health benefits of Red Clover include increasing positive cholesterol levels in women who are at risk for cardiovascular problems due to menopause as well as strengthening arterial walls. Other health benefits of Red Clover include its ability to reduce hot flashes in menopausal women and ease irritating skin conditions such as eczema and psoriasis. It is also thought that Red Clover may contribute to a reduced risk of bone loss because of menopause.

Red Raspberry/Red Raspberry Juice Extract Historically used for the reproductive system. It also benefits joints, tendons, may help normalize glucose levels. Raspberry relieves urinary irritation, and soothes the kidneys and the entire urinary tract. Raspberries contain powerful antioxidants that can prevent overgrowth of certain bacteria and fungi in the body. Raspberry may help prevent age-related cognitive decline. Raspberry may prevent degeneration of eyesight. Raspberry promotes healthy nails, bones, teeth, and skin.

Red Yeast Rice A fermented product of rice on which red yeast (*Monascus purpureus*) has been grown, has been used for centuries in Chinese cuisine and as a medicinal food to promote healthy blood circulation. Red Yeast Rice extract is most often used by those who wish to have healthy cholesterol levels.

Reishi Mushroom A mushroom with many healing properties through supporting the immune system. The other benefits of Reishi are slowing the aging process, allergies, fatigue, heart problems, and respiratory problems.

Resveratrol Resveratrol's nutrient-dense molecules have been proven to provide an array of health benefits. Comprehensive research shows that resveratrol can help: Promote detoxification of fat and muscle tissue, primarily caused by years of buildup due to airborne and terrestrial toxins, helping to reverse the signs of aging resulting in plenty of extra energy. Soften wrinkles and age marks by slowing down the aging of our skin at a cellular level, helping you have a youthful glow. Encourage weight loss by improving the body's ability to naturally amp up your metabolism, resulting in more total body calories to be burned throughout the day, making it easier to shed some pounds.

Rhamannia Root is considered a tonic for the blood and enhances circulation throughout the body, especially to the brain. As a blood energizer, the herb has been used to treat blood-related deficiencies, including anemia, dizziness, and light-headedness. It is also used to regulate menstrual cycles and control hemorrhage of all kinds, including excessive menstruation; and women find the herb helpful when used to regulate flow and strengthen the body after the weakening effects of childbirth.

Rhaponticum carthamoides is a nutrient which ease "fatigue and weakness." Biologically, it has been known to improve circulation and mental acuity. *Rhaponticum carthamoides* showed to be beneficial as a blood coagulate, improved bone fractures, gastrointestinal disorders, improved immune system and liver function, myocardial infarction, and sexual disorders.

Rhodiola Rosea contains nutritional elements, which work with the body to increase stamina for prolonged mental activity and enhanced endurance.

Rhodiola may possess stimulating and adaptogenic characteristics, which improves physical work ability in cases of preceding fatigue. Recovery time is shortened after prolonged muscular workloads, maintained energetic metabolism, and helps normalize the cardiovascular system.

Rhodiola Rosea is positive for the nervous system primarily increasing attention span, memory, strength, mobility and changing the quality of performed work. *Rhodiola Rosea* possesses antitoxic action which helps prevents the beginning of pathological changes in the organism caused by immobilizing and emotionally painful stress. *Rhodiola Rosea* is beneficial in the three stages of stress. These stages are: the alarm stage, the resistance stage, and the exhaustion stage. It counteracts the damaging reaction at the stage of alarm, prolongs the stage of resistance, and inhibits the beginning of the exhaustion stage.

The cardio-protective actions of *Rhodiola Rosea* are manifested by its adaptogenic characteristics. *Rhodiola Rosea* preparations may significantly inhibit the growth of experimental tumors, decrease the frequency of their metastases, prolong the life expectancy of animals with recidivistic tumors, and decrease the outcome of spontaneous tumors. It has shown to increase resistance to tumors.

Rhodiola Rosea shows to be beneficial for fatigue, increased mental workload and functional disease of the nervous system. *Rhodiola Rosea* may also help in sports medicine to fight exhaustion occurring during intense muscular workouts and for acceleration of the recovery processes during intensive training workloads.

Riboflavin See Vitamin B-2

Rosa Majalis was taken in ancient times to promote physical beauty and for a general revitalizing tonic. When combined with Licorice Root, it promotes a balancing and normalizing effect on the body systems and provides antioxidants, and Vitamin C activity. *Rosa Majalis*, for many years, has been known to bring beauty to whoever

used it. This is because of its antioxidant effect on the body, which in turn would enhance skin tone and color. This of course, leads to Rosa Majalis being a help for external stress protection. It also possesses anti-inflammatory and anti-allergic actions. It is known to provide balancing and normalizing effects on all the body systems as well as any herbal combination added with it.

Rutin is a bioflavonoid that is said to be closely related to other bioflavonoids, namely, quercetin and hesperidin. Rutin is believed to have antioxidant properties. Antioxidants are compounds that help protect the body from cellular damage caused by free radicals. The body needs antioxidants because with every breath you take you generate free radicals which are highly reactive substances that can attack and damage cells. As such, many experts believe that free radicals are major factors leading to more than sixty different health problems.

Rutin may help to eliminate cholesterol from the body and increase elasticity of the arterial walls, which, in turn, promotes greater blood flow. Rutin also helps the body utilize Vitamin C, which should be taken simultaneously so they may act synergistically for maximum benefit. In addition, Rutin is very important for maintaining healthy collagen, which is what keeps our skin healthy and firm.

One of the major benefits of Rutin is that it helps to increase capillary strength and to regulate their permeability, making it useful for capillary fragility disorders such as easy bruising.

Rutin may also have anti-inflammatory and anti-carcinogenic properties. In addition, it may also be beneficial for chronic venous insufficiency, hypertension, infections, atherosclerosis, osteoarthritis, hemorrhoids, stroke prevention and high cholesterol

Safflower Native to the Middle East and now cultivated through Europe and the United States, Safflower has been used for colon problems, fevers, gout, liver problems, indigestion, lactic acid build-up, sweating, and nervous system problems.

Sage Extract The word sage comes from Latin word salvia meaning healthy. It has been known to help with cellular health, bedwetting, joint pain, upper respiratory, lung congestion, nerve pain, uterus, depression, swelling, and urinary issues.

Saw Palmetto is mainly used for the treatment of conditions associated with enlarged prostate. Recent clinical research appears to have proven that Saw Palmetto extract is beneficial in Benign Prostatic Hyperplasia (BPH) (enlarged prostate). Its mechanism of action in the treatment of BPH is reported that Saw Palmetto inhibits the conversion of testosterone to DHT, the agent thought to be responsible for the enlargement of the prostate. Saw Palmetto has been known to include gastric disorders, hormone imbalance, impotency, reproductive organs, glandular problems, indigestion, and overall prostate support.

Schizandra Chinensis is used to increase energy, improve vision, soothe digestive disorders and boosts muscular activity. This adaptogen increases energy to all the organs giving them the ability to heal themselves. Schizandra acts as an antioxidant in the fact that it fights free radical damage to cells. It increases stamina, protects against infections and normalizes blood sugar. It also increases the production of digestive enzymes. Schizandra with its calming effects has many benefits on the nervous system. It helps calm the nerves, reduce fatigue and overcome depression.

Scute root is a broad-spectrum, anti-microbial, anti-pyretic and anti-inflammatory herb that is especially useful for treating lung infections. It has been used for treating high fever, flu, pneumonia, and the accompanying irritability, thirst, cough and mucous. It also acts on the digestive system, easing diarrhea and dysentery-like disorders. In the natural field it has been used in formulas for helping chronic allergy and inflammation.

Selenium is an antioxidant that preserves tissue elasticity and reduces retention of toxic metals in the body.

Senna increases the peristaltic action of the bowel. It is used for constipation, expelling worms and ridding the body of gallstones.

Serine is a non-essential amino acid derived from the amino acid glycine. It is important to overall good physical and mental health. Serine is especially important to proper functioning of the brain and central nervous system.

Shark Cartilage has had much research to prove its ability to decrease pain in the joints and to rebuild degenerative cartilage. It has been known to help with joint pain and stiffness.

Sheep Sorrel relieves internal ulcers and applied externally helps clear skin problems such as eczema, ringworm and herpes. Rich in vitamins, minerals, and trace elements, it nourishes the glandular system. Sheep sorrel contains silicon, a necessary element in nerves and the myelin sheath that protects them.

Shitake Mushroom The most popular of all exotic herbs and mushrooms. The benefits of Shitake Mushroom are aging, allergies, high blood sugar, heart problems, nervous problems improve blood pressure, improve cholesterol, fatigue, and immune support.

Silica aids in the formation of collagen, which is the primary protein component of hair, skin and nails.

Slippery Elm Bark has been used for stomach and intestinal ulcers, soothing the stomach and colon and to lubricate the bowels.

Sorbitol Extract A naturally derived humectants agent from corn which increases moisture availability in hair.

Soy Isoflavones A class of phytochemicals, which are compounds found only in plants (phyto means plant). They are also a type of phytoestrogen, or plant hormone, that resembles human estrogen in chemical structure yet are weaker. Isoflavones may improve health on several fronts. They have been shown to help prevent the buildup of arterial plaque, which reduces the risk of heart problems, stroke, and normalizes cholesterol. Isoflavones may help reduce female problems of all kind. They may also prevent prostate problems by hindering cell growth. Isoflavones can fight joint deteriorate by stimulating bone formation and inhibiting bone reabsorption. They may even relieve some menopausal symptoms as well.

Squaw Vine used by Native Americans for just about anything associated with childbearing. Other benefits are for childbirth, menstrual problems, lactation (absent), and uterine problems.

Spirulina is rich in vitamins and minerals. It protects the immune system, cleanses the blood and lowers cholesterol.

Stinging Nettle has been used for hundreds of years to treat painful muscles and joints, eczema, arthritis, gout, anemia, and urinary tract.

St. John's Wort is used to help the nervous system. It increases circulation, helps with mood elevation and decrease nerve pain.

Strawberry In addition to being rich in immunity boosting Vitamin C, strawberries may also reduce inflammation in the body. A study by the Harvard School of Public Health shows women who eat 16 or more strawberries per week are 14 percent less likely to have elevated levels of C-reactive protein (CRP), an indication of inflammation in the body. Strawberries rank in the top 20 fruits with the most antioxidant capacity. Strawberries are rich in anthocyanins, a phenol that acts as a powerful antioxidant that helps protect the body against free radical damage that leads to heart problems and premature aging.

Taurine is a sulfur amino acid essential to the proper functioning of the heart and the eyes. It acts as an antioxidant and may help prevent serious eye problems. It reduces blood pressure and cholesterol level. It improves detoxification function of the liver. It helps to strengthen the heart muscle, thus, stabilizing the function of the heart. It lessens the accumulation of lactic acid which becomes the cause of fatigue. It immediately restores and protects corneal cells from harmful ultraviolet rays and alike.

Threonine is an essential amino acid that promotes normal growth by helping to maintain the proper protein balance in the body. Threonine also supports cardiovascular, liver, central nervous, and immune system function.

TMG Trimethylglycine (TMG) is also called glycine betaine, but the name trimethylglycine signifies that it has three methyl groups attached to each molecule of glycine. TMG was discovered to be beneficial to heart health back in the 1950s. TMG operates along a pathway similar to that of Vitamin B12: It is a “methyl donor,” providing extra methyl groups to hasten the conversion of homocysteine back to methionine.

Tongkat Ali A sexually stimulating herb from Malaysia, is finding its way out of the jungle and into bedrooms. Tongkat Ali has been used by native rainforest tribes as a natural aphrodisiac for centuries, as one of the most promising natural intimacy aids ever studied. *Experience the power of Tongkat Ali and enhance your intimate side with our affordable whole-herb capsules.*

Trace Mineral Necessary for 95% of the body’s daily function. Just like vitamins, minerals are catalysts for many biological reactions in the body. Some of which include muscle response, the transmission of messages through the nervous system, and digestive tract and metabolism. Every organ in the body has to have a mineral present in order for that organ to function properly. They are essential for maintaining pH balance in the body, helping the body regulate between alkaline and acid states.

Tryptophan L Tryptophan is an essential amino acid found in foods that contain protein such as turkey. It can convert into 5-HTP (5-hydroxy-tryptophan), and then to serotonin. Serotonin is involved in mood, appetite, sleep and impulse control. When taking oral Serotonin in pill form, it is not able to easily cross the blood brain barrier, hence either tryptophan or 5-hydroxy-tryptophan are good natural options since they convert into serotonin after going into the brain.

Turmeric In traditional Chinese medicine and ayurveda (the traditional medicine of India), turmeric has long been used to treat a range of health problems. A key ingredient in curry, turmeric contains curcumin (a compound with antioxidant, anti-inflammatory properties). Turmeric aids joint pain, eczema, heartburn, ulcers, gallstones, kidney stones, and inflammation. Turmeric is also used to stimulate digestion, boost liver function, and regulate menstruation.

Tyrosine L is not an essential amino acid since it can be made from the amino acid phenylalanine. It is converted into dopamine and norepinephrine. When added with phenylalanine, it may lead to alertness and mental arousal.

Uva Ursi has been used to treat urinary tract infections and bladder inflammation.

Valine is a branched-chain amino acid that works with the other two branched-chain amino acid, isoleucine and leucine, to promote normal growth, repair tissues, regulate blood sugar, and provide the body with energy. Valine helps stimulate the central nervous system and is needed for proper mental functioning.

Vanadium is a trace mineral that helps with cholesterol buildup.

Vegetable Complex Broccoli, celery, parsley, cauliflower, carrots, spinach, yams, collard greens, kale, and Brussel

sprouts.

Vitamin A makes the tissues more resistant to colds and catarrh especially in the sinuses, ears, bladder, skin and digestive tract. It is important for the health of the eyes, bones, teeth and skin tissue.

Vitamin B1 (Thiamin) helps with fatigue, heart and nerve trouble and gastrointestinal disorders.

Vitamin B2 (Riboflavin) helps with carbohydrate, fat and protein metabolism.

Vitamin B3 (Niacin) is needed for metabolism, for the digestive system and for the health of the skin and tongue.

Vitamin B5 (Pantothenic acid) helps with stress and the production of adrenal hormones. It benefits anxiety and depression.

Vitamin B6 (Pyridoxine) helps with nervousness, anemia, weak muscles, and dermatitis and mouth problems.

Vitamin B12 (Cyanocobalamine) is important for healthy bone marrow and red blood cells. It helps nerve damage, neuritis and brain damage.

Vitamin C helps to increase energy and heal wounds, fractures and scar tissue.

Vitamin D-2 (ergocalciferol) This vitamin must be transformed (hydroxylated) into one of two active forms via the liver or kidney. Once transformed, it binds to the Vitamin D receptor that then leads to a variety of regulatory roles. Vitamin D plays an important role in maintaining calcium balance and in the regulation of parathyroid hormone (PTH). It promotes renal re-absorption of calcium, increases intestinal absorption of calcium and phosphorus, and increases calcium and phosphorus mobilization from bone to plasma. Vitamin D2 and its analogs appear to promote intestinal absorption of calcium through binding to a specific receptor in the mucosal cytoplasm of the intestine. Subsequently, calcium is absorbed through formation of a calcium-binding protein.

Vitamin D-3 (cholecalciferol) facilitates the absorption of calcium and phosphorus. It stabilizes the nervous system and heart action.

Vitamin E is essential in reproduction, menstrual disorders and dull mentality. It protects the heart, prevents blood clots and promotes healing.

Vinpocetine Experiments indicate that it can dilate blood vessels, enhance circulation in the brain, improve oxygen utilization, make red blood cells more pliable, and inhibit aggregation of platelets. Vinpocetine even has antioxidant properties and easily crosses the blood-brain barrier.

Vitex Berry Vitex agnus-castus (chaste tree berry) is a well-known herb that has been used for centuries in Europe for hormonal imbalances in women.

Watermelon is also very effective in reducing blood pressure. This fruit may also help in reducing inflammation that contributes to conditions like breathing problems, blood sugar, colon problems, and joint pain. Watermelon is full of water, carbohydrates and fiber along with essential vitamins and minerals that provides nutrition to the body for better metabolism.

Watermelon has the highest concentration of lycopene which is a important antioxidant helpful in fighting heart problems. It also contains a high amount of potassium which is essential for muscle nerve function and helps lower blood pressure. The fruit contains Vitamin A which helps maintain eye health and is a good antioxidant, B6

provides brain function and Vitamin C which helps build immunity and prevent cell damage. They also contain important amino acids citrulline and arginine, which can help maintain arteries, blood flow and overall heart health. The amino acids in watermelon may also improve body's sensitivity towards insulin.

Wheatgrass is a nutritional food rich in essential vitamins and minerals. It has an alkalizing effect on the body.

White Pond Lily can help soothe minor irritations and calms the digestive system. Have some benefits to the prostate gland.

White Willow Bark is used to ease pain and reduce inflammation. There is good evidence that it does just that. Researchers believe that the chemical salicin, found in willow bark, is responsible for these effects. However, studies have identified several other components of willow bark that have antioxidant, fever-reducing, antiseptic, and immune-boosting properties.

Wild Yam (Mexican) is an herb that has historically been used for hormone imbalances to soothe the nerves and to relieve pain.

Witch Hazel is mainly used externally on sores, bruises, and swelling. Distilled witch hazel sold in drug stores and pharmacies typically contains no tannin. Witch hazel hydrosol is used in skin care. It is a strong antioxidant and astringent, which makes it very useful in fighting acne. It is often used as a natural remedy for psoriasis, eczema, aftershave applications, ingrown nails, to prevent sweating of the face, cracked or blistered skin, for treating insect bites, poison ivy, and as a treatment for varicose veins and hemorrhoids. Witch hazel is also traditionally known as a good first reaction against shaving cuts and abrasions, and sunburn.

Wormwood True to the name, wormwood is most highly prized for its use as an anti-parasitic. The active ingredients of wormwood come from the flowers and leaves of *Artemisia absinthium*. The essential oil of wormwood is rich in the plant phytotoxins known as thujone and isothujone. It also contains bitterish glucose, antioxidant tannins, chlorophyll and malic acid. The essential extracts are composed of tanacetone, azulene and cadinene, as well as the Vitamins B6 and C.

Wormwood also contains bitter components known as absinthin and anabsinthin, both known to expedite the digestive process, as well as improve gallbladder and liver functioning. These bitter components work by triggering the release of enzymatic excretions and bile from the gallbladder and intestinal glands, involved in the effective digestion of food. Absinthin also shows biological activity as a powerful anti-inflammatory agent.

Xylanase An enzyme that digests xylans and xylose, components of the plant cell wall.

Yarrow Used anciently by Greeks, the benefits include purifying the blood, catarrh, fevers, lung, nosebleeds, promote sweating, colds, and flu.

Yucca Extract Usually found growing in the Southwestern areas of the United States. Yucca was primarily used for joint pain, cholesterol, blood purifying, and joint inflammation.

Zeaxanthin is a bioflavonoid, which is a type pigment found in almost all herbs, fruits, and vegetables. Zeaxanthin belongs to a group of bioflavonoids known as carotenoids, a group that is further subdivided into two groups: carotenes and xanthophylls. Zeaxanthin is one of the xanthophylls, which are found most abundantly in dark, leafy green vegetables, and are crucial to the good health of the eyes. The retina of the eye contains a lot of zeaxanthin, which is why it is so important to include this carotenoid in your diet. Zeaxanthin helps protect the eye from ultra-violet (UV) damage and prevents free-radical damage to the retina and the lens of the eye that is associated with diabetic retinopathy, macular degeneration, cataracts, and glaucoma.

Zinc helps with cholesterol deposits, arteriosclerosis, loss of taste and infertility. Also has benefit to allow wounds to heal.

Essential Oils

Therapeutic Grade Essential Oil

Essential oils are not all created equal and although many companies claim they sell pure oils, some do not. True essential oils are very expensive to produce, and many companies in the industry take shortcuts to save on costs. We offer 100% pure high-grade aromatherapy essential oils at affordable prices. Our manufacture is one of the largest importers and domestic purchasers of many of these oils and offer them at some of the best prices available. Other companies cut their essential oils with much cheaper carrier oils in order to sell them at a huge profit. However, if you really want to yield the aromatherapeutic benefits that aromatherapy oils have to offer, it is important to only buy premium quality product. Deliberately diluted essential oils during manufacturing just do not render the same benefits.

Pure Essential Oils

Whether you're looking for eucalyptus oil, tea tree oil, peppermint oil or your favorite oil blend, you can be assured that VistaLife offers a growing family of aromatherapy essential oils and ensures you get 100% pure oil.

There are many ways to use essential oils such as aromatherapy massage, bath, steam, diffusion, topical and inhale therapy.

Aromatherapy Massage: Essential Oils are much too strong to use for massage alone. Using a Carrier Oil from VistaLife will make them useful for massage in a very good and therapeutic way!

Bath Usage Adding Essential Oils to you bath will fast become your 'time out' for relaxation.

Steam Therapy Adding Essential Oils to your inhalation therapy may bring a sigh of relief to your body. Boil 2-3 cups of water pour it into a bowl and add 2-5 drops of oil. Slowly inhale the steam.

Diffusion Therapy Your home or office will become a pleasing, relaxing place to relax and/or conduct business. Electronic diffusers fill the air with the scent and healing benefits of the oil you choose within minutes!

Topical Therapy Probably the most popular method of enjoying your Essential oil is by applying them directly to the skin! Note: not all oils are to be used in this manner. Check with your fact sheet first.

Inhale Therapy Simply open the bottle of Essential oils of your choice, hold against your nose either in a tissue, cotton ball, or straight from the bottle and enjoy.

Breathe Eze

Breathe Eze Essential Oil is a healing mixture of Lemon, Peppermint, Eucalyptus and Rosemary. Made with care from our top-quality oils and, as always, our essential oils are never diluted or mixed with additives.

Breathe Eze Essential Oil may help with colds and coughs during that time of the year. Whether it's allergy season or seasonal sickness is making its annual rounds, congestion and strained breathing typically arrives at least once a year. If you're sick of cough syrup or just sick of being sick, try a natural approach with Breathe Eze Essential Oil.

How to Use Diffuse, inhale directly from palms, or rub on chest or feet when seasonal and environmental threats are high. • Use when outdoors to minimize the effects of seasonal threats. • Diffuse at bedtime for a restful night's sleep. • Diffuse or inhale directly from palms or rub on chest when environmental threats are high. Perfect for jewelry or keychain diffuser.

A trusted blend that promotes feelings of easy breathing and clear airways. Breathe Eze Essential Oil comforts with its warming and cooling effect while also calming the senses.

Ingredients Breathe Easy Essential Oil Blend is 100% pure and natural therapeutic Essential Oil from farm To You. Breathe Easy Blend consists of unique essential oils (Eucalyptus, Peppermint, Basil, Tea Tree, and Rosemary) that have therapeutic properties to cleanse the body and promote overall respiratory health.

Citrusy Fresh

Citrusy Fresh Essential Oil is a perfect replacement for chemical-based home fragrances—just combine a few drops with distilled water in a spray bottle and spritz throughout rooms and closets and over linens. You'll enjoy the uplifting citrusy scent every time you make the bed or open a closet door. Looking for a little extra citrus boost? Dilute with a carrier oil and use it as cologne or perfume!

How to Use Topical: Dilute 1 drop with 1 drop of carrier oil and apply to desired area as needed.

Aromatic: Diffuse up to 1 hour 3 times daily.

Citrusy Fresh Essential Oil uses: Dilute Citrusy Fresh Essential Oil in a 1:1 ratio with your favorite night moisturizer and apply to skin for smoother-looking, more radiant-looking skin. Because some citrus oils can cause photosensitivity, avoid applying to exposed skin before spending time outside.

Diffuse Citrusy Fresh Essential Oil in your home, office, or classroom for an aroma that invites positivity and energy.

Drop Citrusy Fresh Essential Oil onto cotton balls and toss them anywhere prone to stale odors, like shoes, closets, cabinets, basements, and vents.

†100% pure, therapeutic-grade essential oil Storage: Keep in a cool, dark place.

Caution: Keep out of reach of children. For external use only. Keep away from eyes and mucous membranes. If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use. Avoid direct sunlight or UV rays for up to 24 hours after applying product.

Ingredients Citrus aurantium dulcis† (Orange) peel oil, Citrus reticulata† (Tangerine) peel oil, Citrus paradisi† (Grapefruit) peel oil, Citrus limon† (Lemon) peel oil, Citrus nobilis† (Mandarin orange) peel oil, Mentha spicata† (Spearmint) leaf extract

Cypress

Ingredients Callitris intratropica† (Blue cypress) wood oil †100% pure, therapeutic-grade essential oil

Cypress Essential Oil is produced from the steam distillation of the wood of the tree, which is indigenous to Australia.

This powerful essential oil is valued because of its ability to fight infections, aid the respiratory system, remove toxins from the body, and work as stimulate that relieves nervousness and anxiety.

Traditionally used to moisturize dry skin, Cypress Essential Oil also has historical use as a component in perfumes and even as an adhesive.

How to Use Topical: Apply 2–4 drops directly to desired area. Dilution not required except for the most sensitive skin.

Applications: • Helps Heal Wounds and Infections. • Treats Cramps and Muscle Pulls. • Aids Toxin Removal. • Promotes Blood Clotting. • Eliminates Respiratory Conditions. • Natural Deodorant. • Relieves Anxiety. • Treats Varicose Veins and Cellulite.

Aromatic: Diffuse up to one hour three times daily.

Storage: Keep in a cool, dark place.

Eucalyptus

Ingredients Eucalyptus globulus† leaf oil †100% pure, therapeutic-grade essential oil.

Eucalyptus Essential Oil is known for its cleansing properties and tantalizing scent, and like other eucalyptus oil uses, it is often applied topically or aromatically diffused. When diffused, provides rooms with a refreshing, relaxing atmosphere that's perfect where you work, study, meditate, or exercise.

Eucalyptus Essential Oil Applications: Traditional Uses: Soothing, rejuvenating, and uplifting. Inhale directly or rub onto your chest for an uplifting, refreshing experience. Therapeutic uses: Antibacterial, breathing problems, arthritis, coughs, decongestant, fever, insect repellent, headaches, muscle pain, rheumatism, sprains, throat infections.

How to Use Topical: Dilute 1 drop with 1 drop of a Carrier oil and apply to desired area as needed. Aromatic: Diffuse up to 30 minutes 3 times daily.

• For congestion, mix 1:1 w/Carrier oil and rub on chest. • Airborne sickness - 10 drops in 1 quart of water in spray bottle and spray room. • Guard against fly infestations, spray on ribbon and hang.

Eucalyptus Essential Oil has a powerful woody sweet scent that can cultivate your senses and refresh your outlook. Mixes well with: Basil, bergamot, cedarwood, citronella, ginger, grapefruit, juniper, lavender, lemon, lime, marjoram, orange, oregano, peppermint, pine, rosemary, spearmint, tea tree, and thyme.

Caution: Keep out of reach of children. For external use only. Keep away from eyes and mucous membranes. If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use.

Lavender

Lavender has been used for over 2,500 years. First by the Egyptians as a perfume, it was later discovered to have many other benefits. It was first commercialized to the United States and Canada when it was sold by the English Quakers. Today there are countless countries around the world that participate in the production and almost every nation in the world has their own uses for Lavender Oil.

Caution: It should not be used directly in pregnant women or women who are currently breastfeeding.

Disclaimer: The information provided is general and should not be taken as medical advice. We do not guarantee the accuracy of the information. Please consult your doctor, especially if being used during pregnancy, before using this product. You are also encouraged to test the product to ensure that it meets your needs, before using for mass production.

WARNING: This product can expose you to chemicals including myrcene, which is known to the State of California to cause cancer. For more information, go to www.P65Warnings.ca.gov or our Proposition 65 page.

As a vapor, lavender oil can be mixed with vegetable glycerin to and diffused in a diffuser. Just add it to a vaporizer

with your water and sit in an enclosed area. It can also be sprayed in a shower/sauna for a similar effect. You can even add a few drops to a bowl of hot water and breathe in the fumes.

-Even with all the benefits many insects don't find Lavender Essential Oil appealing. Therefore today many of the all-natural as well as conventional insect repellants on the market contain Lavender as one of the ingredients.

Scalp inflammation and dryness, Inflammation and burns, Helps reduce inflammation to speed up the healing process, Pain relief, migraine relief, air freshening and cleaning.

In a 2016 study, scientist found that when lavender was applied to the hair, it grew thicker and faster than normal. Mix Lavender with equal parts of Carrier Oil and apply to hair after showering. Let sit for 5 to 10 minutes and then rinse out if desired or leave in overnight with shower cap.

Can be used every day or once a week.

Works great when added to other hair care products.

For skin conditions and inflammation: mix 2 drops lavender with an equal amount of tea tree oil, along with 2 teaspoons coconut oil. Can be used daily.

For sunburn, mix 10-12 drops of lavender oil with 2 tablespoons Colloidal Silver in a small spray bottle. Shake and spray area several times a day until sunburn is relieved.

For small wounds mix 3-4 drops of lavender oil together with coconut oil. Apply on the wound with a cotton ball and spray with Colloidal Silver. Can be used to help reduce the remaining scar.

Lemongrass

Ingredients Lemongrass (*Cymbopogon flexuosus*)† leaf oil †100% pure, therapeutic-grade essential oil.

Lemongrass Essential Oil is distilled from the leaves and woody stalks of the lemongrass plant. With a subtle citrus-herb scent, Lemongrass oil offers a sophisticated and relaxing aroma that transforms your home's environment.

Diffuse Lemongrass Essential Oil for an aroma that can inspire a sense of clarity and relaxation for you and your whole family.

Helpful Uses: Add Lemongrass Essential Oil to your cleaning products. Dilute Lemongrass with your favorite oils for massage and let the fresh aroma help you unwind after workouts, sports, or just a long and busy day.

- Topical: Dilute 1 drop with 4 drops of a Carrier oil. Test on small area of skin on the underside of arm and apply to desired area as needed.
- Refresh your home with a delicious clean scent by adding 8–10 drops into your favorite cleansing formulas.
- Freshen the air by adding a small spray bottle filled with distilled water and spray over carpets, furniture, and linens to eliminate stale odors.
- Add 3–4 drops in a sink full of dishes, a load of laundry, or your all-purpose cleaner formula for an exotic, clean-smelling boost.
- For a fever, add to cold compress.
- For circulatory health, mix 2-3 drops in 1 oz. Carrier oil and massage.
- Nosebleeds, toughen fingernails, mouth ulcers, digestive problems, corns, warts, voice loss

Aromatic: Diffuse up to 30 minutes 3 times daily.

Caution: Keep out of reach of children. For external use only. Keep away from eyes and mucous membranes. If you

are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use.

Life Guard

Ingredients Syzygium aromaticum† (Clove) bud oil, Citrus limon† (Lemon) peel oil, Cinnamomum verum† (Cinnamon) bark oil, Eucalyptus radiata† (Eucalyptus) leaf oil, Rosmarinus officinalis† (Rosemary) leaf oil †100% pure, therapeutic-grade essential oil

Life Guard Essential Oil is a powerful combination of Clove, Lemon, Cinnamon, Eucalyptus Radiata, and Rosemary oils for an aromatic blend that fills any space with a rich, spicy aroma.

VistaLife offers this essential oil blend as an important ingredient to a wide spectrum of home cleaning and personal care products, from dish soap to toothpaste.

Make your home smell as clean as it looks by diffusing Life Guard Essential Oil throughout the house for an aroma that makes every room smell more like fall baking than harsh cleaning formulas.

How to Use Topical: Dilute 1 drop with 4 drops of a Carrier oil. Test on small area of skin on underside of arm. Apply to desired area as needed.

Aromatic: Diffuse up to 10 minutes 3 times daily.

Life Guard Essential Oil uses: • Refresh musty carpets by adding 5 drops of Life Guard Essential Oil to a cup of baking soda; combine well and let sit overnight until the oil is absorbed. Sprinkle over carpets and vacuum thoroughly. • Put in a few drops of Life Guard Essential Oil blend in your dishwasher or dishwasher to thoroughly clean dishes and eliminate odor. • Immune boost, airbourne sickness, dilute in water for mouthwash. • For toothache, put 2-3 drops on cotton and apply to tooth.

Storage: Keep in a cool, dark place.

Orange

Botanical Name: Citrus sinensis

Plant Part: Fruit Peel

Extraction Method: Cold Pressed

Origin: Brazil

Consistency: Thin

Note: Middle

Strength of Aroma: Medium

Aromatic Scent: Sweet Orange Essential Oil has a sweet, citrus smell much like the orange peels it is derived from, only more intense and concentrated.

Cautions: Some aromatherapists have reported that a small percentage of few people have experienced dermatitis from the limonene content of sweet orange. Orange Essential Oil is considered photo-toxic and exposure to sunlight should be avoided. Do not use if pregnant.

Disclaimer: The information provided is general and should not be taken as medical advice. We do not guarantee the accuracy of the information. Please consult your doctor, especially if being used during pregnancy, before using this product. You are also encouraged to test the product to ensure that it meets your needs, before using for mass production.

Sweet, fruity, uplifting fragrance. Great summer fragrance to enhance energy and brighten your home. Perfect to add to a warm bubble bath and breathe in the mood-enhancing aroma. Energize any area with the clean, natural fragrance of Orange.

Spritz linens to keep them fresh with 8-10 drops mixed with distilled water or witch hazel in a small spray bottle. Great for cleaning. Can be mixed with any natural cleaning recipe.

Works great as an adhesive remover.

Quick Pick-me-up

6 drops Orange

4 drops Peppermint

Oregano

Ingredients Oregano (*Origanum vulgare*) † leaf/stem oil † 100% pure, therapeutic-grade essential oil.

Oregano Essential Oil comes from the oregano plant, which is a member of the mint family and is native to areas of western Asia and the Mediterranean. Its warm, herbal character have made the plant a popular ingredient in Greek and Italian cuisine.

There are many Oregano Essential Oil uses in topical and aromatic applications as well.

Oregano Essential Oil benefits also include creating a relaxing experience through a warming massage and topical application.

How to Use Topical: Dilute 1 drop with 4 drops of a Carrier oil. Test on small area of skin on the underside of arm and apply to desired area as needed.

Oregano Essential Oil Uses: Therapeutic uses: Allergies, antiseptic, antiviral, appetite, joint pain, breathing problems, cellulite, colds, congestion, flu, fungal infections, headaches, immune booster, indigestion, insomnia, lymphatic circulation, menstruation, menstrual cramps, migraines, muscular pain, nervous tension, sprains, swelling.

- Use the benefits of Oregano Essential Oil at home by diffusing it to create a comforting environment.
- Add to your favorite oils and massage into fatigued muscles after activity.
- Apply to the bottoms of feet to help unwind and relax before bedtime.
- For cellulite, 2-3 drops in 1 oz Carrier oil and massage.

Caution: Keep out of reach of children. For external use only. Keep away from eyes and mucous membranes. If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use.

Peppermint

Ingredients Peppermint (*Mentha piperita*) † leaf oil † 100% pure, therapeutic-grade essential oil.

Enjoy the benefits of Peppermint Essential Oil by applying it to your head and neck. The refreshing aroma will give you a boost of positivity!

Peppermint Essential Oil is often used as a dietary supplement for irritable bowel syndrome (IBS), other digestive problems, the common cold, headaches, and other conditions, also used topically (applied to the skin) for headache, muscle aches, itching, vertigo, travel sickness, and other problems. This wonderful oil creates a tingling cooling sensation on the skin, making it a favorite for sports massage.

Applications: • For apathy, fatigue, and mental exhaustion, use 2-3 drops in a diffuser. • For breathing problems, coughs, and sinus congestion, use 2-3 drops in a steam inhalation. Can also be used in a diffuser. • For bad breath and mouth or gum infections, use as a mouthwash. • To ease the discomfort of colds and flu accompanied by a

headache, use 2-3 drops in a diffuser. • For cramps, tired feet, back pain, bowel disorders (inflammation, constipation, flatulence), headaches, mental exhaustion, and muscle & joint pain, use 3-4 drops in 1 oz of a carrier oil and massage on body and/or affected areas

Peppermint Essential Oil is also a great option for diffusing on its own or with compatible scents such as Lavender, Rosemary, Spearmint, or Sage!

Caution: Keep out of reach of children. For external use only. Keep away from eyes and mucous membranes. If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use. Not intended for use on infants.

Tea Tree

Ingredients Melaleuca alternifolia† (Tea tree) leaf oil †100% pure, therapeutic-grade essential oil.

Tea Tree Essential Oil, also known as Melaleuca alternifolia or Melaleuca oil, is one of the most widely used and extensively researched essential oils. Tea Tree Essential Oil is a handy product for your home to make household cleaners, air fresheners and linen spritzers.

You can also find Tea Tree Essential Oil uses in your personal care and beauty routine. Combine this moisturizing and cleansing oil into skin care applications and hair treatments for a wonderful product upgrade!

Tea Tree Oil Essential Oil Applications: For acne, athlete's foot, blemishes from skin problems to irritations, blisters, burns, chilblains, cold sores, cracked and rough skin, dandruff, insect bites, sunburn, athlete's Foot. varicose veins, and warts, can apply neat to affected area (avoid surrounding area). Can also be used with water in a compress, or in a hair rinse. Be sure to carry out a patch test first before applying neat on skin.

- Add to water in a small spritz bottle to refresh linens and towels.
- Diffuse to combat stale or offensive odors in the home.
- Combine with citrus scents such as Lemon or Lemongrass to create a natural deodorant.
- Apply to skin as part of your nighttime routine.
- Comb through hair for added shine and freshness.
- Add in shampoo to guard against lice.

Caution: Keep out of reach of children. For external use only. Keep away from eyes and mucous membranes. If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use.

Ylang Ylang

Ingredients Cananga odorata† (Ylang ylang) flower oil †100% pure, therapeutic-grade essential oil.

Ylang Ylang Essential Oil is extracted by steam distilling the star-shaped flowers found on the tropical ylang ylang tree. With its rich, floral scent, Ylang Ylang (pronounced e-lang-e-lang) essential oil has become a popular element in luxurious and indulgent perfumes and skin care products.

Ylang Ylang Essential Oil Applications: • To relieve anxiety, circulatory health, depression, insomnia, panic, physical exhaustion, postnatal depression, rapid breathing and/ or heartbeat, shock, stress, and tension, use 2-3 drops in a diffuser. Can also add 8-10 drops in bath water. • For hair growth, mix w/Carrier oil and massage into scalp, leave for 20 minutes then shampoo. • Add it to a steamy bath, creamy moisturizer, or nourishing homemade hair mask for an easy at-home spa day. • For upset stomach, mix w/Carrier oil and rub on stomach area. • As an aphrodisiac, use 2-3 drops in a diffuser or 8-10 drops in bath water. • To help alleviate frigidity or impotence use 2-3 drops in a diffuser or 8-10 drops in bath water. • For circulatory health, mix 2-3 drops in 1 oz of carrier oil and massage on body. • Rub on your wrists and neck to leave a calming, floral fragrance you can smell throughout the day. • Add a couple of drops to coconut oil for a deep-conditioning hair treatment that will leave hair smelling floral and sweet.

Caution: Keep out of reach of children. For external use only. Keep away from eyes and mucous membranes. If

you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use. Not intended for use during pregnancy. Not intended for children under the age of 6 without the advice of a health professional.

Yummie Tummie

Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilute before using on sensitive areas such as the face, neck, etc. Keep out of reach of children. Avoid using on infants and very small children. Contains: Anethole, Artemisia Dracunculus Oil, Carum Carvi Fruit Oil, Copaifera Reticulata Balsam Oil, Coriandrum Sativum Fruit Oil, Foeniculum Vulgare Oil, Illicium Verum Fruit/Seed Oil, Mentha Piperita Oil, Menthol, Zingiber Officinale Root Oil

CAUTIONS This product can cause skin sensitivity. Keep out of reach of children. Pregnant women or women nursing should consult your physician before use. Avoid contact with eyes, inner ears, and sensitive areas. You should avoid UV rays for 12 hours after using this product.

Digestive Issues is a number one reason people use essential oils. This combination of essential oils, Yummie Tummie, helps ease occasional stomach discomfort, aid in digestion, and maintain a healthy gastrointestinal tract. It can be used aromatically, topically, and internally. Yummie Tummie is great for those prone to motion sickness, upset stomach and bloating.

Aids with digestion and help maintain a healthy gastrointestinal tract.

Yummie Tummie Uses and Benefits

A healthy way of supporting and bringing aid to your digestive system, Yummie Tummie essential oil is your blend. Yummie Tummie contains a blend of essential oils that will naturally aid the body in the digestion of food. Just add 4 drops of Yummie Tummie to 4 ounces of water, or liquid of your choice, and drink.

Occasional Stomach Upset: Apply one to two drops of Yummie Tummie to the desired area and/or add 4 drops of Yummie Tummie to 4 ounces of water, or liquid of your choice, and drink.

Constipation: For adults dilute 2 drops of Yummie Tummie in 1/4 teaspoon of carrier oil and rub around the navel in a clockwise direction for relief.

Travel Nervousness: Rub Yummie Tummie on your stomach before you leave for your trip. The use of diffuser jewelry would be perfect to have Yummie Tummie right when you need it. The sweet and minty aroma will provide a calming effect.

Bloating and Gas:

Family Anxieties: Great for calling when around crowds.

Cleaning with Essential Oils

ALL-PURPOSE CLEANER WITH LEMONGRASS

2 cups white vinegar

2 cups water

1 tsp natural dish soap (not castile soap)

30 drops lemongrass essential oil

20 drops tea tree essential oil

Mix all ingredients in a quart-sized spray bottle. Shake to combine. Spray and wipe on counters, cabinets, sinks, toilets, and anywhere else.

SIMPLE CITRUS SOFT SCRUB

1 cup baking soda

¼ cup liquid castile soap

20 drops lemongrass essential oil

Mix ingredients together to form a paste (add more castile soap if needed). Apply with rag or sponge, then rinse with water. Works great on stovetop and on grimy sinks.

FRESH MINT WINDOW & MIRROR CLEANER

3 cups distilled water

¼ cup rubbing alcohol

¼ cup vinegar

20 drops peppermint essential oil

Combine all ingredients in a quart-sized spray bottle. Shake to combine, then spray on mirrors, windows, or stainless steel. Wipe off with paper towels or old newspaper for streak-free shine.

DAILY SHOWER SPRAY

1 ½ cups water

1 cup white vinegar

½ cup rubbing alcohol

1 tsp natural liquid dish soap (not castile soap)

15 drops lemongrass essential oil

15 drops tea tree essential oil

Combine in a quart-sized spray bottle. Spray daily on shower door and walls after use (this is a preventative spray, designed to help prevent build-up)

DEEP CLEAN TOILET SCRUB

½ cup baking soda

1/3 cup liquid dishwashing soap

¼ cup hydrogen peroxide

30 drops eucalyptus essential oil

¾ cup water

Mix together in a squeeze-type bottle, then squirt into toilet. Scrub and let stand 20 minutes.

LEMON CARPET REFRESHER

1 cup baking soda

30 drops lemongrass essential oil

Combine in a small container and cover tightly with a lid. Shake well and allow to sit for 6-8 hours. Sprinkle on

stale or smelly carpet and allow to sit overnight. Vacuum up the next morning.

GOO & CRAYON REMOVER

Lemongrass essential oil

1-2 tbsp fractionated coconut oil or almond oil

Mix together, then apply directly to sticker residue, random goo, gum, crayon marks, etc. Test in an inconspicuous place first. Rub in with fingers, then wipe away with a clean rag. Repeat as needed.

BUGSPRAY 8 ounces of water with 10 drops of Peppermint Essential Oil.

FOR PETS

1 cup of water with 1 tbsp of Tea Tree Essential Oil.

AIR FILTRATION SYSTEM

Apply essential oil directly to cotton balls or air filter in the return flow duct of air system. Replace monthly.

References

Prescription for Nutritional Healing. James F. Balch, M.D. and Phyllis A. Balch, C.N.C., Avery Publishing 1997.

Today's Herbal Health. Louise Tenney, M.H. Woodland Publishing, 2000.

The Chemistry of Man. Bernard Jensen, Ph.D. 1983

The Healing Power of Enzymes. DicQie Fuller, Ph.D., D.Sc. Forbes, 1998

Sharks Don't Get Cancer, Dr. I. William Lane and Linda Comac. Avery Publishing Group, 1993.

God's Way to Ultimate Health. Dr. George H. Malkmus with Michael Dye, Hallelujah Acres Publishing, 2003.

Nutritional Herbology, Mark Pedersen. Wendall W. Whitman Company, 1998 Louise Tenney's Nutritional Guide with Food Combining, Louise Tenney, M.H. Woodland Health Books, 1991

Wikipedia/ wikipedia.org

