



Nutrition with Intention®

Premium Wellness Products

SINCE 1981



New Spirit Naturals

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

Nutrition with Intention®

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

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

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

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

Our Daily Quest

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

Only the Best

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

Quality You Can Trust

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

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

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

Experience the Difference

For over 35 years, with our Member's dedication and support, we have been able to help millions of people in over 25 countries around the world achieve their wellness goals. We give thanks daily for our health and for the health of each other, our families and all of our New Spirit Naturals global family.

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

NOW IS YOUR TIME!

Watch for these
informational
symbols throughout
the catalog.



Online:
newspirit.com



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newspirit.naturals.inc](https://facebook.com/newspirit.naturals.inc)



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[youtube.com/user/
newspiritnaturals](https://youtube.com/user/newspiritnaturals)

Thank you for choosing New Spirit Naturals as your partner in achieving your health goals. In our fast paced world, it is easy to let things take control of your time and cause you to neglect the one thing that is most important to you – your health. This is why we advocate that a good, balanced diet, along with food and dietary supplements in concentrated form, are the best methods to give the body the nutritional tools it requires to restore its natural balance (homeostasis). Every single product we offer has been designed to assist in the fight against premature and unnecessary aging (inside and out) and to keep the body functioning at an optimal level. I invite you to explore all that New Spirit Naturals has to offer and let us help you find the best fit for you.



Larry Milam

Dr. Larry Milam
Founder/President

Nature's Releaf CBD Lotion



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

Nature's Releaf CBD Lotion is fortified with a penetrating combination of Arnica, MSM and Aloe Vera along with a blend of invigorating Eucalyptus and Peppermint Essential oils that provide a great way to treat tired, stressed and fatigued muscles, joints and skin.

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

(216) 100 ML. \$69.95

NeuroBalance (BRAIN & FOCUS FORMULA WITH PHOSPHATIDYLSERINE)



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

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

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

(2064) 60 CAPSULES \$49.95

Phytosterol Complex (RED YEAST RICE EXTRACT & NIACIN)



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

According to the CDC, approximately 31 million American adults have elevated levels of LDL (bad cholesterol). High LDL cholesterol is one factor that may increase the risk of heart disease. Plant sterols, when consumed in sufficient quantities, can interfere with the intestinal absorption of cholesterol thereby lowering cholesterol levels. Plant sterol esters consumed as part of a diet low in saturated fat and cholesterol may reduce the risk of coronary heart disease.

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

(3001) 60 CAPSULES \$39.95

Vitamin D3 & K2



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

Studies have shown that the combined therapy of Vitamin D3 and Vitamin K2 helps increase bone turnover, promotes bone formation and calcification resulting in marked increases in bone mineral density and improvement in bone quality. Low levels of circulating Vitamin K are linked to an increased risk of mobility limitation and disability in older adults.

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

(2044) 60 CAPSULES \$39.95

Green Foods



Original

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

(2005P) 3 LBS. POWDER \$175.00
(2005G) 4.5 LBS. POWDER \$250.00

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

(200CL) 500 CAPSULES \$60.00



GREEN THE ULTIMAT

- **Optimal Balance of Protein (30%), Carbohydrates (40%) and good fat (30%)**
- **An easily digested and assimilated group of superfoods**
- **Low caloric value (15 calories per serving)**

GREEN MAGIC™ CONTAINS SUPERFOODS SEL

SPIRULINA

- Contains the most digestible source of protein on the earth (85%–95% digestible).
- A freshwater, single-celled blue/green algae (aquatically cultivated).
- 65–70% protein.
- Highly digestible.
- Best source of vitamin B12.

- Long term source of energy.
- Rich in beta-carotene and chlorophyll.

CHLORELLA — DARK GREEN MICROALGAE

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

LECITHIN

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

NOTE: The Lecithin source in Original Green Magic™ is soy. The Lecithin source in Organic Green Magic™ is certified organic sunflower.

BARLEY GRASS, WHEAT GRASS AND KAMUT JUICE POWDERS

- Contains over 80 different nutrients, minerals, trace minerals, vitamins, enzymes, phytonutrients and chlorophyll.



Alpha Greens™

- Rich source of vitamins, minerals and enzymes to help promote wellness and longevity.
- High in chlorophyll, natural potassium and rich in minerals.
- Acts as a natural blood purifier and cleanser.
- Helps alkaline the body.

A synergistic blend of alkalizing grass juices that provide key nutrients to help neutralize destructive body acids.

Key Ingredients include: Organically grown alfalfa grass juice, alfalfa leaf powder, wheat grass juice, barley grass juice, Kamut® Khorasan Grass Juice.

(2002) 170 G. POWDER \$36.95



New Spirit Naturals believes in the nutritional benefits nature's green foods provide to our achievement of optimal health. Nourish your body with the necessary servings of vegetables each day with our superior green superfoods!

MAGIC™ E SUPERFOOD

- **Nutrient dense**
(Only 3 grams per serving)
- **Vitamins, minerals, antioxidants, enzymes and phytonutrients**
- **No added sugars, colors or preservatives**

Organic
(20050) 10 OZ. POWDER
(90 SERVINGS)
\$49.95



ECTED FOR SUPERIOR NUTRITIONAL CONTENT

- Promotes mobility of the intestinal tract.
- Improves skin color and tone.
- Assists in weight control and management.
- **GLUTEN FREE** — Plant Juice only — No grains.

JERUSALEM ARTICHOKE POWDER

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

HIGH PECTIN APPLE FIBER FOR DIGESTION AND ELIMINATION

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

ROYAL JELLY — RICHEST SOURCE OF VITAMIN B5

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

SEA VEGETABLES — KELP AND DULSE

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

A MICROBIOME PROBIOTICS BLEND

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

RICE KERNEL MEMBRANE POWDER (IN ORIGINAL GREEN MAGIC™)

- Good source of fiber and B-complex vitamins.

RICE KERNEL PROTEIN POWDER (IN ORGANIC GREEN MAGIC™)

- Good source of fiber and protein.

TROPICAL VELVET SMOOTHIE RECIPE
4 oz. purified water
4 oz. Aloe Papaya with Acai Concentrate

1 heaping spoon Green Magic™

1 scoop Meal in a Glass™

¼ cup tropical blend frozen fruit

½ banana

Ice as needed



Guardian Greens™

- Contains Alfalfa, Beet and Rhubarb juice powder.
- Helps to relax blood vessels and arteries for a healthier cardiovascular system.
- High fiber content helps stimulate the digestive system and addresses digestive disorders.

A nutritionally dense blend of Superfoods to support our "Guardian System" to cleanse, balance, detoxify and regenerate our body.

Key ingredients include: Spirulina, Alfalfa Juice Powder, Red Beet Juice Powder, Chlorella, Rhubarb Juice Powder, Dunaliella, Black Currant Powder (GLA Source), Phosphatidylserine, Red Clover Tops, Parsley Greens, Dandelion Greens, Watercress Greens, Milk Thistle and Burdock Root Powder and Ginkgo Biloba.

(2004C) 150 CAPSULES \$49.95

(2004) 150 G. POWDER \$49.95



Earth's Harvest™

- Contains Red, Blue/Green algae.
- Bio-available protein (approximately 85%).
- Naturally removes toxins from the blood and boosts the immune system.

Unique 100% Micro Algae blend combines three algae groups: bluegreen spirulina, dark green chlorella and red dunaliella for essential nutrition.

Key ingredients include: Spirulina, Chlorella, Dunaliella Salina (Beta Carotene).

(2003C) 180 CAPSULES \$39.95

(2003) 175 G. POWDER \$39.95



Digestive Support

Microbiome Probiotic Complex

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



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

Key ingredients include: Proprietary Microbiome Probiotic Blend (Lactobacillus Acidophilus, Bifidobacterium bifidum, L. plantarum, L. salivarius, L. bulgaricus,

L. casei, L. rhamnosus, L. brevis, B. lactis, B. longum) Prebiotic Vegetable Based Blend (Shortchain Inulin and Jerusalem Artichoke Flour).

(3000) 60 CAPSULES \$36.95

(3000PRO) 110 G. POWDER \$49.95
(10 BILLION PER SERVING)

(3000P) 200 CAPSULES \$115.65

Paratox™

- Contains cleansing, eliminating and detoxifying properties.
- Parasites manifest as skin irritation, rashes, hives or eczema, unexplained constipation, diarrhea, gas or IBS type symptoms.



Paratox™ is designed to encourage the health of the intestinal environment. Unwanted organisms, such as parasites live on or in a host and get their food from or at the expense of the host. Parasites may be acquired by eating uncooked meat, unclean fruits and vegetables,

contaminated food and water, handling animals, improper hand washing or traveling to foreign countries.

Key ingredients include: Herbal parasite blend: Black Walnut Key ingredients include: Herbal parasite blend: Black Walnut leaf, Wormwood herb, Clove bud, Slippery Elm inner bark, Senna pods, Bromelain (from pineapple stem), Cats Claw inner bark, Papain (from papaya), Garlic root bulb, Cascara sagrada bark, Olive leaf extract leaf.

(3007) 60 CAPSULES \$36.95

Yeast X™

- Reduce bloating and constipation.
- Gentle and effective.



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

an overall healthy balance.

Key ingredients include: Jerusalem artichoke flour tuber, Olive leaf ext., Pau d'arco pwd. inner bark, Calcium Caprylate, Goldenseal powder root, Oregano leaf, Cranberry ext. fruit.

(2097) 60 CAPSULES \$39.95

WELLNESS TIP:

Drink water.
Keeping hydrated helps your system digest foods properly and reduce the chance of constipation.

Gut Renew

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



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

Key ingredients include: Digestant resistant fiber, Glucosamine sulfate, Slippery elm powder inner bark, Peppermint powder leaf, Licorice powder root.

(2096) 240 G. POWDER \$44.95

NutriCleanse™

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



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

Key ingredients include: Psyllium husk seeds, Guar Gum endosperm, Chlorella powder, Capsicum fruit, Black Walnut Hull Powder bark, Senna Pod leaf, Garlic fruit, Rosehips fruit, Dunaliella powder,

Wormwood, Aloe vera leaf, Cascara Sagrada Powder bark, Lactobacillus Acidophilus.

(5000C) 180 CAPSULES \$32.95

(5000CL) 500 CAPSULES \$86.50

(5000) 16 OZ. POWDER \$32.95

(5000G) 5 LBS. POWDER \$148.25

Magic Fiber®

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



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

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

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

(5003) 10 OZ. POWDER \$29.95

(5003P) 2 LBS. POWDER \$89.25

Good health begins with the body's ability to digest essential nutrients and eliminate harmful toxins.

With over 70% of the immune system located in the gastrointestinal tract, good digestive health is essential for the body's overall performance and vitality.

Phyto Opti-Zymes™ BioFilm Buster

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



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

Key ingredients include: Amalyse, Amylase II, Protease I, Protease II, Protease III, Peptizymes SP® (peptidase), Lipase (acid stable), Cellulase, Lactase, Maltase, Invertase, Bromelain, HemiSeb® (hemicellulose), Jerusalem Artichoke Tuber and FOS (fructose-oligosaccharides).

(2069) 60 CAPSULES \$39.95

(2069P) 200 CAPSULES \$125.05

(2069CL) 600 CAPSULES \$359.55

Jerusalem Artichoke Flour (JAF)

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



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

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

(5002) 171 G. POWDER \$39.95

(53 SERVINGS)

Anti-Aging Support

A wellness plan that includes antioxidants and anti-aging nutrients is crucial for maintaining good health and longevity. Antioxidants prevent damage to the cells in the body by helping remove free radicals that are formed during digestion and stress, by environmental pollutants and the foods we choose to eat.

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

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



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

Key ingredients Include: Proprietary ORAC Blend: Vitamin C (as ascorbic acid), Grape extract, Seed and Grape extract, Pulp, Proprietary ORAC Fruit Blend: Grape extract, Cranberry Whole berry, Pomegranate Skin,

Blueberry Whole berry, Apple Skin, Mangosteen Skin, Bilberry Whole berry, Chokeberry Whole berry, Goji berry Whole berry, Raspberry powder Fruit, Green Tea Extract Leaf, Resveratrol extract.

(6000C) 90 CAPSULES \$39.95

Acai Pure™

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



Acai, a powerful superfood from the Amazon rainforest, is widely considered one of the most nutritious fruits on the planet. Abundant in natural antioxidants, vitamins, essential fatty acids (Omega 3, 6 & 9), fiber and amino acids,

New Spirit Naturals Organic Acai Pure™ is a convenient and delicious addition to your daily smoothie or wellness regimen.

Key ingredient: Organic Acai powder

(6010) 90 G. POWDER \$39.95

Mega Pro Plus

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



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

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

(2058) 60 CAPSULES \$35.95

(2058P) 200 CAPSULES \$112.25

Alpha Pure™

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



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

Key ingredients include: Alpha Lipoic Acid, Lecithin, Beeswax, Soybean Oil.

(6003) 60 SOFTGELS \$29.95

Gluta-Plus™ (THE MASTER INTERNAL ANTIOXIDANT)

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



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

Key ingredients include: Glutathione (reduced), Vitamin C (as ascorbic acid), Green Tea, Milk Thistle, Whey Protein (Concentrate), N-Acetyl Cysteine.

(6012) 60 CAPSULES \$39.95

TimeLess Telo's™

- Contains Telo95®, clinically shown to reduce telomere cellular aging by up to 8.52 years.

• Dr. Milam's Tree of Life/Immortality, Vitality and Longevity botanical blend.

- Supports immune health and protects the body from the damaging effects of oxidative stress and toxins.



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

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

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

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

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

(3010) 30 CAPSULES \$89.95

(30102) PACK OF 2

(SAVE \$40!)

\$139.95

Daily Nutrition/Vitamins

Our bodies were designed to be fueled by the foods we eat. Our fast-paced lifestyles, combined with "food on the go" choices have led to diets filled with preservatives, empty calories and large amounts of sugars.

Even the "healthy" fruits and vegetables we consume commonly lack the vitamins and minerals our bodies need due to over-farming in mineral deficient soils.

New Spirit Naturals can help fill in these nutritional gaps in your diet with a wide range of products that offer everyone a nutritional foundation to achieve optimal health.

Vitamin E+

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



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

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

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

(2050) 90 SOFTGELS \$32.95
(2050P) 270 SOFTGELS \$93.00

Vita Balance 2000+ (ADVANCED DAILY MULTI-VITAMIN)

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



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

Key ingredients include: Citrus Bioflavonoid Complex, All 8 water soluble B Vitamins, Vitamins A, C, E, Folic Acid, Zinc, Biotin, Iron, L-Arginine, Lecithin, Choline and more. For a complete listing of ingredients, please visit our website.

(2000) 90 TABLETS \$28.95
(2000P) 270 TABLETS \$82.00
(2000CL) 600 TABLETS \$174.00

Children's ABC's™

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



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

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

(33) 90 CHEWABLE TABLETS \$22.95

Vita-B12 Spray (THE ENERGY VITAMIN)

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



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

Key ingredients include: Vitamin B12.
(2050S) 30 ML. \$24.95
(150 SERVINGS)

Bee Pollen

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



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

Key ingredients include: Bee Pollen, Royal Jelly Powder, Ginseng Powder root, Bee Propolis.

(2053) 60 CAPSULES \$32.95

Daily Nutrition/Vitamins

M-U Tene (Vitamin A)

BETA CAROTENE

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



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

Key ingredients include: Vitamin A (as Beta Carotene).

(2010) 120 SOFTGELS \$29.95

20•20 VisClear™

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



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

Key ingredients include: Vitamin A (as Palmitate), Vitamin A (as Beta Carotene)

Dunaliella Salina, Zinc (as L-Methionine), Selenium, Copper Taurine, N-Acetyl Cysteine, L-Glycine, L-Glutathione, Proprietary Blend: Citrus Bioflavonoids, Eyebright plant, Bilberry Ext. fruit, Alpha Lipoic Acid, Spirulina algae, Lutein Ext. flower, Lycopene fruit, Ginkgo Biloba Ext., leaf, Grape Seed Ext.

(2020) 60 CAPSULES \$39.95

(2020P) 200 CAPSULES \$125.00

Ionic Trace Minerals

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



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

Key ingredients include: Ionic Sea Minerals.

(2040) 4 FL. OZ. \$36.95

Golden Ginkgo

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



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

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

(2054) 60 CAPSULES \$29.95

(2054P) 200 CAPSULES \$93.75

Premium De-Oiled Lecithin

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



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

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

Key ingredients include: PCR-Negative De-Oiled Lecithin.

(5001) 300 G. \$29.95

(5001G) 3.5 LBS. \$129.95

Ultimate Iron-Pro™

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



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

capacity of blood (hemoglobin) and 6% increase in total number of red blood cells.

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

(2041) 60 CAPSULES \$32.95

(2041P) 200 CAPSULES \$103.00



Omega 3-6-9

New Life 1000™ (OMEGA-3 ESSENTIAL FATTY ACIDS EPA & DHA)

- Omega's can assist the body by lowering LDL (bad cholesterol) and increasing HDL (good cholesterol) levels.
- Helps improve brain function.
- Naturally reduces inflammation and arthritic conditions.



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

Three softgels contain 540 mg. EPA (Eicosapentaenoic acid) and 360 mg. DHA (Docosahexaenoic acid).

(1000) 90 SOFTGELS \$26.95
(1000P) 200 SOFTGELS \$56.25

New Life Xtra™

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



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

distilled, concentrated, scentless Omega fish oil with patented, clear enteric coating technology to reduce the repeat associated with most other fish oils on the market.

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

(1004) 90 SOFTGELS \$29.95
(1004P) 200 SOFTGELS \$62.50

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

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

New Life Pro™

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



A pharmaceutical grade liquid Omega 3 imported from the pristine seas of Norway is second to none in quality, purity and stability. Molecularly distilled to remove harmful PBC's and other toxins with an added antioxidant blend of rosemary, Vitamin C and natural tocopherols, it can be used directly from the bottle or mixed with your favorite food. Supportive but not conclusive research shows

the consumption of EPA & DHA omega 3 fatty acids may reduce the risk of coronary heart disease. EPA & DHA also play a critical role during pregnancy and infant development.

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

(1002) 7 FL. OZ. \$36.95

Life Essentials (EFA's) (BLACK CURRANT SEED OIL WITH GLA)

- Helps control inflammation.
- Promotes proper skin hydration and elasticity.
- Assists in maintaining an efficient metabolism.



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

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

(1001) 90 SOFTGELS \$32.95
(1001P) 270 SOFTGELS \$93.00

Immune Support

Magnum C

- Immune boosting support.
- Non Acidic and pH neutral.
- Immune supporting ingredients such as Bioflavonoids, Botanicals, Rosehips and Turmeric make this a powerful supplement for the entire family.



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

Key ingredients include: Vitamin C (from NutraC), Immune Support Blend (Citrus Bioflavonoids, Rosehips fruit, Wild Lettuce leaf, Black Walnut, hulls and leaves, Burdock root, Sarsaparilla Ext. root, Turmeric Ext. root.

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

Defense™

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



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

Key ingredients include: Proprietary Blend: Reishi Extract 4:1, Reishi Mycelia Extract, Echinacea P.E. 4% Extract Root, Astragalus Root, Cat's Claw Powder Bark, Golden Thread Extract, Aloe Vera Concentrate.

(2055) 90 CAPSULES \$32.95
 (2055P) 200 CAPSULES \$68.75

Response Factor™ (COLOSTRUM)

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



Response Factor™ concentrates key immune-boosting Transfer Factors from colostrum to boost your immune system. This powerful product offers a rich profile of immunoglobins

(IgG), vitamins, minerals, immuno-enhancing molecules, transfer factors, lactoferrin and proline-rich polypeptides (PRP).

Key ingredients include: Colostrum Powder.
 (6011) 60 G. POWDER \$39.95
 (6011P) 200 G. POWDER \$113.00

Vitamin D3 (5,000 IU's)

- 5,000 IU's per softgel.
- Maintains calcium balance for normal function of the nervous system, bone growth and maintenance of bone density.
- Facilitates absorption of calcium from the small intestine, its re-absorption in the kidneys and its role in regulating blood serum levels of calcium.
- Valuable immune system supporter.



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

Key ingredients include: Vitamin D (as D3 Cholecalciferol).

(2089) 90 SOFTGELS \$29.95

Vita-D3 Spray

- Metered spray provides 1,000 IU's of Vitamin D3 per spray.
- Stimulant free.
- Natural breath freshening peppermint flavor.



Studies have pointed to more than 70% of the US population is deficient in Vitamin D. A deficiency in Vitamin D can lead to forgetfulness, increased risk of heart disease and brittle bones. Take this essential vitamin on the go in a convenient spray!

Key ingredients include: Vitamin D3.

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

Vita-D™

- 1,000 IU's per softgel.
- Maintains calcium balance for normal function of the nervous system, bone growth and maintenance of bone density.
- Regulates cell proliferation and gene expression in a variety of epithelial cells.
- Boosts your immunity while inhibiting the development of autoimmune diseases including inflammatory bowel disease (IBD).



Known as the "sunshine vitamin" and formerly believed to be important primarily for bone health, Vitamin D is now seen as having a critical function in maintaining the immune system as well as many vital body processes and functions.

Key ingredients include: Vitamin D-3 (from fish liver oil).

(2049) 100 SOFTGELS \$22.95
 (2049P) 300 SOFTGELS \$64.75

Intense Defense (MEDICINAL MUSHROOM CONCENTRATE)

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



A comprehensive immune support product with specific benefits to the cardiovascular, liver, digestive, urinary, nervous and immune systems.

It contains 1,000 mg's. of six organic medicinal

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

Key ingredients include: Immulink™ Mushroom Beta Glucan Immune boosting blend: Organic Cordyceps militaris mushroom, fruiting body, organic Hericium erinaceus mushroom, fruiting body, Organic Maitake mushroom, fruiting body, Organic Reishi mushroom, fruiting body, Organic Shiitake mushroom, fruiting body, Organic Chaga mushroom sclerotium, Lo Han Guo fruit.

(2092) 60 G. POWDER \$89.95

Naturcidin™

- Formula targets the intestines and supports digestion as well as systemic immune function.
- Antimicrobial, antifungal and anti-parasitic properties.
- Helps eliminate biofilms.
- Antioxidants Milk Thistle, Noni and Bilberry for added benefit.



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

Key ingredients include: Bilberry ext., Grape Seed ext., Cordyceps sinensis, Golden seal root, Shiitake mushroom, Noni pwd., Garlic pwd., White willow bark, Milk thistle, Echinacea purpurea root, Black walnut leaf & hulls, Fumitory ext., Gentiana lutea L., pwd., Oregano essential oil, Lavender essential oil, Galbanum essential oil, Tea tree oil, Alcohol, Beet juice.

(290) 1 FL. OZ. \$39.95

Colloidal Silver

- Pure, natural, tasteless and non-toxic.



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

Key ingredients include: Deionized water, Colloidal Silver.

(266) 4 FL. OZ. \$36.95

The Wellness Pack

Provides nutritional support to:

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

Green Magic™ (DAILY GREEN SUPERFOOD)

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



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

Key Ingredients include: Micro-Aquatic Plant Blend (Spirulina, Chlorella, Kelp, Dulse, DNA Negative De-Oiled Lecithin) Terrestrial Plant Blend (Spirulina, Barley, Wheatgrass, KAMUT™ Khorasan Grass Juice, Rice Membrane Powder, Wheat Sprouts) Fiber Blend (Apple Fiber, Apple Pectin) Microbiome Probiotic/Prebiotic Blend (Jerusalem Artichoke Powder, Lactobacillus acidophilus, Bifidobacterium bifidum, Bifidobacterium Longum, Lactobacillus bulgaricus) Royal Jelly, Coenzyme Q10. For more details on this amazing product, see page 4.

(2005I) 5 OZ. POWDER \$29.95
(IN WELLNESS PACK ONLY. NOT FOR INDIVIDUAL SALE.)

Vita Balance 2000+ (ADVANCED DAILY MULTI-VITAMIN)

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



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

Key ingredients include: An optimized Citrus Bioflavonoid Complex, All 8 water soluble B Vitamins, Vitamins A, C, E, Folic Acid, Zinc, Biotin, Iron, L-Arginine, Lecithin, Choline and more. For a complete listing of ingredients, please visit our website.

(2000) 90 TABLETS \$28.95

Phyto Opti-Zymes™ Bio-Film Buster (A COMPLETE, PLANT BASED, MULTI-ENZYME COMPLEX)

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



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

Key Ingredients include: Amylase, Amylase II, Protease I, Protease II, Protease III, Pepsin SP® (peptidase), Lipase (acid stable), Cellulase, Lactase, Maltase, Invertase, Bromelain, HemiSeb® (hemicellulose), Jerusalem Artichoke Tuber and FOS (fructose-oligosaccharides).

(2069) 60 CAPSULES \$39.95

New Life 1000™ (OMEGA-3 FATTY ACIDS, ESSENTIAL EPA & DHA)

- Omega's can assist the body by lowering LDL (bad cholesterol) and increasing HDL (good cholesterol) levels.
- Helps improve brain function.
- Naturally reduces inflammation and arthritic conditions.



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

Three softgels contain 540 mg. EPA (Eicosapentaenoic acid) and 360 mg. DHA (Docosahexaenoic acid).

(1000) 90 SOFTGELS \$26.95

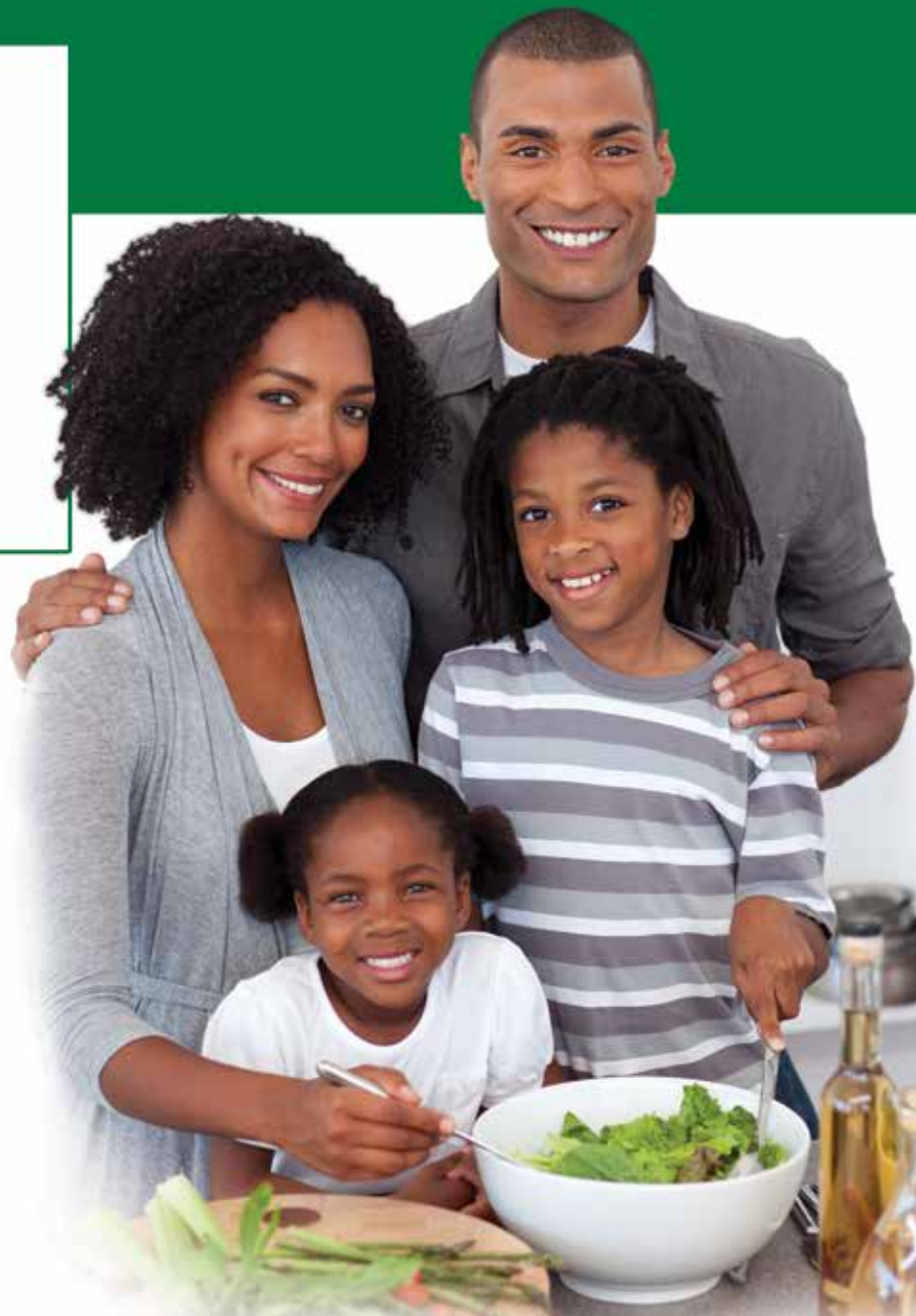


TOTAL RETAIL VALUE OF THE WELLNESS

Special Retail Price

DR. MILAM'S SIGNATURE SHAKE

- 8 oz. purified water
- 1 heaping spoon Green Magic™
- 1 scoop Meal in a Glass™
- 1 Tbsp. Lecithin
- ½ apple
- ½ banana
- ¾ tsp. cinnamon
- Ice as needed



PACK: \$225.65
each: \$187.95

Mega Pro Plus (A POWERFUL ANTIOXIDANT COMPLEX)

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



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

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

(2058) 60 CAPSULES \$35.95

Meal in a Glass™ (METABOLICALLY BALANCED PROTEINS PLUS FIBER COMPLEX, VITAMINS AND MINERALS)

- 12 grams of protein per serving.
- 75 calories per serving.
- Great for weight management.
- Available in Vanilla, Chocolate and Strawberry flavors.



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

Key ingredients include: Isolated soy protein, Whey protein, Calcium caseinate De-oiled Lecithin, Natural Vanilla Flavor, Soybean oil, Soy fiber, Organic oat fiber, Xanthan gum, Vitamin C, E, A, B1, B2, B3, B6, B12, Iron, Magnesium amino acid chelate, Rice bran, Apple pectin, Flaxseed, Zinc, Calcium and more. For a complete listing of ingredients, please visit our website.

(4012) 1.05 LBS. POWDER \$36.95
(30 SERVINGS)

FOR VEGAN PROTEIN, RSVPT™ AVAILABLE UPON REQUEST.

NutriCleanse™ (ALL NATURAL COLON CLEANSING FIBER)

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



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

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

(50001) 90 CAPSULES \$26.95

(IN WELLNESS PACK ONLY. NOT FOR INDIVIDUAL SALE.)

HerbaEST Balance™

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



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

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

(2085) 60 CAPSULES \$39.95

Natural Balance™ Wild Yam Crème (STANDARDIZED WILD YAM CRÈME)

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



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

Key ingredients include: De-ionized water, Aloe barbadensis, Stearic Acid, Isopropyl Palmitate, Glycerin, Wild Yam Liquid Extract, Betaine, Sodium PCA, Sorbitol, Serine, Glycine, Alutamic Acid, Alanine, Lysine, Arginine, Threonine, Proline, DMDH Hydantoin, Glyceryl stearate, Cetyl Alcohol, Safflower Oil, Dong Quai Liquid Extract, Dimethicone, Triethanolamine, Evening Primrose Oil, Vitamin E Acetate, Hydrolyzed Elastin, Chamomilla Recutita (Matricaria) Flower Extract, Cucumis Sativus (Cucumber) Fruit Extract, Macrocyctis Pyrifera Extract, Sambucus Nigra Flower Extract, Achillea Millefolium Extract, Citrus Aurantium Dulcis (Orange) Peel Extract, Rosa Centifolia Flower Extract, Methyl Paraben, Propyl Paraben, Oil of Mink, Jojoba Oil, Sodium Hyaluronate, Carbopol, Fragrance.

(315) 100 ML. \$39.95

ProCran™

- Helps the body protect itself against the discomfort of bladder infections (cystitis) and lowers urinary tract infections (UTIs).
- Helps reduce the frequency of recurring bladder and urinary tract infections.
- Support overall intestinal function and immune health.



The first proven whole cranberry fruit extract (Cran-Max®) clinically studied to be beneficial for the treatment of UTI's. In addition, our product contains a cranberry extract (50:1) along with a prebiotic and four probiotic strains designed to support normal intestinal flora for support of urinary and bladder health.

Key ingredients include: Cran-Max® Cranberry Concentrate, Supportive blend of Cranberry powder fruit, Inulin, Probiotic complex of *Lactobacillus acidophilus*, *Bifidobacterium bifidum*, *Bifidobacterium longum* and *Lactobacillus rhamnosus*.

(2012) 60 CAPSULES \$39.95

NutriFem™ (A VITAMIN DESIGNED FOR WOMEN)

- Boosts the immune system.
- Nourishes the nervous system and prevents the body from retaining excess fluid.
- Minerals to focus on balancing the body's water and electrolytes.



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

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

(2082) 60 TABLETS \$32.95
(2082P) 200 TABLETS \$103.00

Super Indoles-CVB™

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



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

Key ingredients include: Vitamin C, Brox-25™, Diindolymethane, Indole-3 Carbinol (I3c), Proprietary cruciferous vegetable blend: (CVB™), Cabbage (Leaf), Cauliflower Flower, Carrot Root, Broccoli.

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

Better Man

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



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

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

(2090) 30 CAPSULES \$44.95

ProForm™ (MEN'S SPECIALIZED VITAMIN)

- Helps maintain a youthful vitality and exuberance.
- Assists in supporting the adrenal gland and boosting the body's immune system.
- Essential amino acids and plant based ingredients to rebuild body tissue.



Packed with energy supporting vitamins, minerals, amino acids, herbs, and glandulars designed to play an important role in normal male reproductive and prostate functions.

Key ingredients include: Pumpkin seed, Saw Palmetto Berry, Pygeum Bark, Hops, Chick-weed, Cayenne, Gotu Kola, Ginseng, Royal Jelly.

(2080) 60 TABLETS \$32.95
(2080P) 200 TABLETS \$103.00

Prosta-Men-D™ (PROSTATE SUPPORT)

- Antioxidants to help neutralize free radicals.
- Includes pumpkin seed oil which is a clinically recognized treatment for irritated bladder conditions and urinary problems associated with BPH.
- Helps to keep prostate from becoming enlarged and inflamed.
- Decreases frequency of late night urges to urinate.



Prostate cancer is currently the 3rd leading cause of mortality in men, making it all the more important for men to take care of their prostates. This formula is designed to provide nutritional support for common problems such as beginning prostate hyperplasia (BPH) and other issues associated with age.

Key ingredients include: Zinc, s aspartate), Folic Acid, SerenPure™ standardized Saw Palmetto berry ext., Pumpkin seed oil, Lycopene.
(2083) 60 SOFTGELS \$36.95
(2083P) 200 SOFTGELS \$115.75

No matter your age, it is important that you have a solid nutritional foundation coupled with good lifestyle choices to maintain a healthy heart. With 100,000 miles of arteries, veins and capillaries responsible for carrying nutrients, including oxygen, throughout the body, the cardiovascular system serves several major functions that are necessary for life.

New Spirit Naturals array of premium products are designed to provide this complex cardiovascular system the necessary nutrients to support a healthy and active lifestyle at all ages.



Sytrinol™ Plus

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



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

Key ingredients include: Sytrinol™.

(5004) 60 SOFTGELS \$36.95
(5004P) 200 SOFTGELS \$115.75

Cardioplex™

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



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

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

(2070) 60 CAPSULES \$39.95
(2070P) 200 CAPSULES \$125.00

VasuFlex™

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



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

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

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

(2075) 90 CAPSULES \$36.95
(2075CP) 300 CAPSULES \$115.00
(2075CL) 500 CAPSULES \$185.00
(2075P) 330 G. POWDER \$59.90

CoQ-10 & Cinnamon

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



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

Key ingredients include: Coenzyme Q-10 125 mg., N-Acetylcysteine, Cinnamon 1000mg. (Cinnamomum cassia) bark.

(2099) 30 CAPSULES \$39.95
(2099P) 120 CAPSULES \$150.25

Bio-Avail CoQ-10

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



CoQ-10 is the cellular component that synthesizes ATP (Adenosine-Triphosphate), the basic energy molecule of the cell. As we age, our ability to synthesize CoQ-10 declines. New Spirit Naturals patented CoQ-10 was designed to be easily absorbed to provide maximum benefits for support of a heart healthy lifestyle. Note: CoQ-10 is recommended for those taking statin drugs. Contact your physician or health care provider for supplement guidelines.

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

(265) 60 SOFTGELS \$29.95
(265P) 300 SOFTGELS \$140.75

BPW (Blood Pressure Wellness)

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



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

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

(3011) 60 CAPSULES \$39.95

New Spirit Naturals Active Nutrition is formulated for those who are looking for more than just the status quo and want to push their bodies to the maximum. Whether you just started or you are already committed to an exercise regimen, these performance based products are the key to improving your results and smashing those fitness goals.

Perform

Pre-Amino (PRE-WORKOUT DRINK MIX)

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



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

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

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

(2089) 300 G. POWDER \$44.95

Endure

CoCoAmino (ENDURANCE/PERFORMANCE DRINK)

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



Use CoCoAmino to replenish needed amino acids, trace minerals and natural electrolytes before, during or after a workout. Each serving provides the equivalent of 50 ml. of pure Organic Coconut Water and a complete blend of 21

essential and non-essential free form Amino Acids plus Creatine to improve endurance and performance.

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

(2093) 270 G. POWDER \$44.95

Recover

Restore™ (ENERGY RECOVERY DRINK)

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



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

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

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

(6007) 160 G. POWDER \$39.95

(6007P) 400 G. POWDER \$95.95

Hydrate

Electrolyte Charge™ (ELECTROLYTES/HYDRATION LIQUID)

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



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

Key Ingredients: Sea Water, Purified Water, Low-Sodium Sea Mineral Concentrate, Citric Acid (Plant source), Potassium Chloride, Zinc Sulfate.

(2039) 4 FL. OZ. \$34.95

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

Fuel

Polymeal™

The History:

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

New Spirit Naturals Takes the Polymeal Concept to New Heights.

Based on the research of these six foods, Dr. Milam formulated a product called Polymeal™. The concept was expanded to include more than 100 ingredients. These ingredients including

whole foods, amino acids, botanical extracts, juice powders, enzymes, electrolytes, omega fatty acids (EFA), nutraceuticals, proanthocyanidins, flavonoids, carotenoids, phytoestersols, polyphenols, natural fibers, antioxidants, vitamins, prebiotics and probiotics, mineral and trace minerals.

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



Energize

Meal in a Glass™ YOUR WEIGHT MANAGEMENT COMPANION

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



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

Key ingredients include: Isolated soy protein, Whey protein, Calcium caseinate De-oiled Lecithin, Natural Vanilla Flavor, Soybean oil, Soy fiber, Organic oat fiber, Xanthan gum, Vitamin C, E, A, B1, B2, B3, B6, B12, Iron, Magnesium amino acid chelate, Rice bran, Apple pectin, Flaxseed, Zinc, Calcium and more. For a complete listing of ingredients, please visit our website.

1.05 LBS. (30 SERVINGS) \$36.95
(4012) VANILLA POWDER
(4012C) CHOCOLATE POWDER
(4012S) STRAWBERRY POWDER

4.5 LBS. \$129.95
(4012G) VANILLA POWDER
(4012CG) CHOCOLATE POWDER
(4012SG) STRAWBERRY POWDER

Nourish

RSVP™ YOUR VEGAN PROTEIN SOURCE

- 15 grams of protein per serving.
- 90 calories per serving.



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

New Spirit Naturals green food blend which aids in digestion, boosts the immune system and benefits the liver, kidneys and adrenal glands.

Key ingredients include: Organic Pea Protein, Organic Sprouted Brown Rice Protein, Organic Hemp Protein, Organic Erythritol, Organic Soy Lecithin, Natural Vanilla Flavor, Digestant Resistant Soluble Fiber, Guar Gum (&) Acacia Gum (&) Xanthan Gum, Organic Green Food Blend (Organic Parsley leaf, Organic Wheat Grass, Organic Barley Grass, Organic KAMUT® Khorasan Grass Juice), Stevia leaf, Bromelain, Papain, Probiotics.

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

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

Strengthen

Ultra Whey-Pro™ Protein YOUR WORKOUT PARTNER

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



A complete complex of bioavailable amino acids, the building blocks required to sustain peak performance. Ultra Whey-Pro™ Protein offers the highest content of BCAAs (branched-chain amino acids) (53%), as compared to 20% in regular whey. This delicious protein can assist in tissue repair,

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

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

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

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



Functional Foods

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

Aloe Papaya with Acai Concentrate

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

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

Key ingredients include: ACTiValoe™ Aloe Vera Extract, Papaya Nectar Concentrate, Acai Pulp and Juice Powder, Sodium Benzoate & Potassium Sorbate, Guar Gum, Citric Acid.

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

Aloe Cranberry Concentrate

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

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

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

(105C) 8 FL. OZ. (236 ML.) \$32.95

Mediterranean Bliss™ Balsamic Vinegar

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

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

Key ingredients include: 100% Balsamic Vinegar.

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

Mediterranean Bliss™ Extra Virgin Olive Oil

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

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

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

(7000) 17 FL. OZ. (500 ML.) \$20.95



NEW SPIRIT SALAD RECIPE

1 bag baby spinach leaves lightly tossed with:
Mediterranean Bliss™ Extra Virgin Olive Oil
Mediterranean Bliss™ Balsamic Vinegar
 Toasted almonds
 Pinch of black pepper

Super-Life™ Aloe Vera Concentrate

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

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

Key ingredients include: ACTiValoe™ Aloe Vera Extract, Fructose, Lemon Flavor, Citric Acid, Vegetable Glycerin, Guar Gum.

(105) 8 FL. OZ. (236 ML.) \$29.95



Let food be thy
medicine and medicine
be thy food.

— Hippocrates —



Pomegranate Red Concentrate with Mangosteen

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

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

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

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

White Chia™ (Milled)

- Over 2,200 mg. of Omega's per serving.
- Dietary Fiber (4g.) and Protein (2.5 g.) per serving.
- Aids in hydration/electrolyte balance.
- Great source of Omega's 3 & 6.

Since 3500 B. C. Chia has served as a valuable food source for the ancient Aztecs, Mayans, and Incans. With focus on getting back to nutritionally dense Superfoods, New Spirit Naturals has carefully milled its White Chia to provide the immediate release of its full nutritional profile. Chia seeds have long been called the "Endurance Food" because they release energy steadily, provide a feeling of fullness and help maintain blood sugar levels — all of which are helpful in maintaining a healthy body weight. Add to your Green Magic™ Shake for a delicious taste!

Key ingredients include: Milled White Chia™ Seeds.

(1015) 1 LB. POWDER \$29.95
(41 SERVINGS)

Nutri-Grand™ PREMIUM MILLED FLAX SEED

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

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

Key ingredients include: Milled Golden Flaxseed.

(1014) 1 LB. 5 OZ. \$34.95
(45 SERVINGS)

Green Magic™ Superfood Bar

- A full serving of Green Magic™ in every bar!
- Great healthy snack for all ages.
- Only 200 calories per bar with 8 grams of alkaline forming vegetable proteins.
- Whole food plant based ingredients.

Get your Green Magic™ on the go with this convenient, nutritious bar. Containing a one of a kind mixture of 21 natural superfoods/extracts, probiotics, complex carbohydrates, essential fats, whole fruits and vegetables and organic agave providing the perfect snack food to replace high glycemic/high fat fast food.

Key Ingredients include: Organic Almond Butter, Organic Date Paste, Organic Agave, Organic Brown Rice Protein, Green Magic™ (Organic Soy Lecithin, Organic Rice Protein, Organic Spirulina, Apple Fiber, Kamut® Khorasan Grass Juice, Organic Barley Grass Juice, Organic Wheat Grass Juice, Organic Jerusalem Artichoke, Organic Chlorella, Wheat Sprouts, Organic Kelp, Apple Pectin, Ginseng Root, Organic Dulse, Royal Jelly, Probiotic Blend, Coenzyme Q10), Organic Raisins, Organic Flax Sprouts, Organic Quinoa Sprouts, Organic Sesame Seeds, Organic Goji Berry, Organic Mangosteen, Organic Beet Juice Powder.

(NB-2005) 50 G. (1.75 OZ.) \$30.00

(SOLD BY CASE ONLY, 12 PER CASE.)



Three Treasures Tea™

For over 5,000 years the Chinese have observed the correlation between the body's organ systems and optimal health. Early physicians meticulously documented how herbs could be used to restore balance. Today, New Spirit Naturals technology allows us to standardize these time tested herbs to maximize their phytonutrient value in our delicious, concentrated formulas.

**2 Fluid Ounces
\$29.95 Each**

Aller-ease™

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

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

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

Energizing Tea™

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

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

Key ingredients include: Plant Based Concentrated extracts of Panax ginseng, Schisandra Chinese, Radix astragalus, Zingiber officinale, Radix Glycyrrhizae, Pueraria lobata, Citrus aurantium and Rubus saussissimus.

Jubilee Tea™

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

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

Key ingredients include: Plant Based Concentrated extracts of St. John's Wort (0.3% Hypericin), Horny Goat Weed, He Sho Wu, Schisandra, Chinese Knotweed, Ginko Biloba, Astragalus, Lycium, Bupleurum, Dong Quai, Rehmannia and Momordica grosvenorii.

Liver Chi™

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

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

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

Kidney Enhancer™

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

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

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

Longevity Heart Chi™

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

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

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

Magic Fruit™

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

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

Key ingredients include: Plant based blend: Concentrated Luo Han Kuo (Momordica Grosvenorii), Fruit. Other Ingredients: Xylitol, Vegetable Glycerin, Purified Water.

Perfect Balance™

- Delivers maximum balance benefits of herbs used in traditional Chinese formulas to enhance cellular uptake.
- Helps naturally balance blood sugar.
- Nurtures the eyes by helping improve circulation in the optical system.

(277) Take this great tasting traditional Chinese herbal formula which increases the Qi (vital energy) and nurtures your lungs, spleen, liver, kidneys and stomach.

Key ingredients include: Plant based concentrated extracts of Siberian Ginseng, Panax Ginseng, Astragalus and Chinese Kudzu. Other Ingredients: Natural Flavors, Vegetable Glycerin, Purified Water.

Therapeutica™

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

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

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

Vitality™

- Nourishes yang to improve blood and Chi — the essence of sexual energy.
- Helps to regulate hormone levels.
- Circulatory stimulant and blood fortifier.

(271) A daily cup of delicious tea, served hot or cold, can provide phytonutrients to help fight fatigue and dramatically improve circulation. The most Yang of the Three Treasure Teas™.

Key ingredients include: Plant based concentrated extracts of Dong Quai, Horny Goat Weed, Ginseng, Chinese Knotweed and Licorice.

**New Spirit Naturals Three Treasures Tea™
Foundation Pack**

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

Total Retail Value \$124.95
Special Retail Cost:
\$115.00

Taking care of our body's structural foundation is the key to living an active and mobile lifestyle.

New Spirit Naturals time tested nutritional products provide the necessary nutrients to maintain and strengthen bone, joint and muscle function

so we can not only survive, but thrive, on a daily basis!

Bone & Joint Support

Joints on Point

- Supports the re-growth of joint tissue and can help relieve joint pain.
- Collagen supports strengthening of bones.
- Improves flexibility of joints.



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

Key ingredients include: Hydrolyzed Collagen (Type I & III), Hyaluronic Acid, OptiMSM™, Glucosamine Sulfate.

(108) 150 G. POWDER \$39.95

MSM Complex (METHYLSULFONYLMETHANE)

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



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

Key ingredients include: OptiMSM™ Methylsulfonylmethane, Spirulina, Ginger root, Curcumin C3 Complex Turmeric Extract root, Bioperine® fruit.

(2062P) 180 CAPSULES \$36.95

AM/PM Osteo-Flex

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



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

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

(1501) 90 CAPSULES \$32.95
(1500) 180 CAPSULES \$49.95
(1500CL) 500 CAPSULES \$124.95

Super Curcumin™ Complex

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



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

foods such as curry. Regular use may help provide nutritional support for joints and musculoskeletal health.

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

(1503) 60 CAPSULES \$39.95
(1503P) 200 CAPSULES \$125.00

ProCell Collagen & Hyaluronic Acid

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



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

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

(1510) 90 CAPSULES \$39.95
(1510P) 200 CAPSULES \$83.25

High Grade Calcium Complex

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



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

all ingredients included in this powerful formula.

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

(2065) 90 CAPSULES \$26.95
(2060) 180 CAPSULES \$39.95
(2060CL) 500 CAPSULES \$99.95

Relieve (NATURAL FACTORS FOR PAIN)

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



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

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

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

(2095) 60 CAPSULES \$36.95

Specialized Nutrition

Adrenal Pro™

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



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

nutritional support in times of stress.

Key ingredients include: Adaptogenic blend: Cordyceps mycelium, Bacopa ext. stems & leaves, Holy Basil ext. leaves, Ashwagandha ext. root, Astragalus ext. root, Jiaogulan whole herb, Schisandra fruits, Noni ext. fruits, Licorice root.

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

Inner Calm

- Supports the body's natural ability reduce stress and relax.
- Provides nutritional support to relieve anxiety.
- Helps to regulate heart rhythm and blood pressure.



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

Seven out of ten adults in the US reported experiencing stress almost daily and that it often caused stressed induced sleep problems. When you feel your stress level increase, it's a good time to take a deep breath—and try Inner Calm.

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

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

Sleep Refresh

- Immune boosting.
- Benefits memory and attention span.
- Protects cardiovascular and brain function.
- Promotes mental clarity.



Sleep restores the body and mind and helps us maintain our mental and physical health. Studies have reported the people who get seven to eight hours of sleep each night enjoy better health and live longer than people who get less sleep. Sleep Refresh helps rebalance an over active central nervous system to restore normal sleep patterns.

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

(3006) 60 CAPSULES \$36.95

NeuroExcel™

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



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

memory and neural function, particularly cognitive dysfunction in the elderly.

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

(2063) 118 G. POWDER \$69.95

Fibro-Pro™

- Support for tendons, ligaments and muscles.
- Relieves pain and inflammation.
- Increases energy and normal brain function.
- Enhances immune function.



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

Key ingredients include: Magnesium, Malic Acid, Vitamin B6, Methylsulfonylmethane (OptiMSM™), Olive Leaf Extract (Leaf), Boswellin, (Tree Resin), Alpha Lipoic Acid.

(1550) 90 CAPSULES \$34.95

AllerBlast

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



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

Key ingredients include: Quercetin, Green tea extract, Bromelain, Papain, Licorice Root 4:1 Ext.

(911) 60 CAPSULES \$34.95

Detox Plus™

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



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

Key ingredients include: Calcium D-Glucarate, N-Acetylcysteine, Taurine, Broccoli Extract, Trimethylglycine, Rosemary (leaf), Carnosic Acid, Glycine, Pomegranate (fruit), Glutamine, Glutathione.

(6004) 60 CAPSULES \$39.95
(6004P) 200 CAPSULES \$125.00

MigraBalance Pro™

- May decrease both the frequency and duration of debilitating headaches.
- Aids in the relief of nausea associated with headaches.

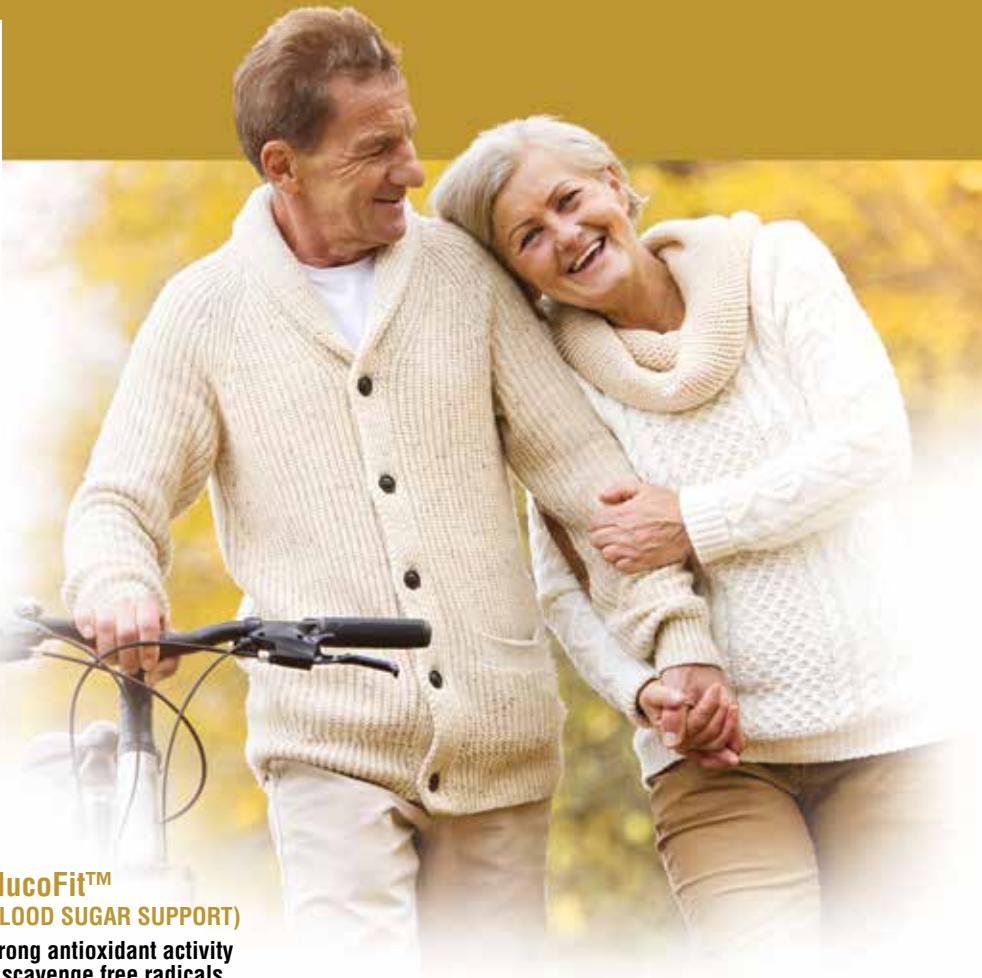


More than 45 million people in the United States suffer from migraine headaches. MigraBalance Pro™ contains important ingredients believed to support natural cerebral tone and pro-inflammatory mediators.

Key ingredients include: Riboflavin (Vit. B2), Magnesium (Amino Acid Chelate), Feverfew Standardized Extract leaf, Dulse plant, Ginger root.

(2042) 60 CAPSULES \$34.95

With balance comes optimal health. Throughout all stages of life, it is vital that we support ourselves with food and nutrients that can help to naturally balance and support our body's chemistry and help us to manage many health issues such as weight, blood sugar, longevity and vitality.



CBD Multi-Complex Hemp Oil Concentrate

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



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

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

- (750) 30 ML. 300MG (Cinnamon Essential Oil & Turmeric) \$49.95
- (753) 30 ML. 300MG (Peppermint) \$49.95
- (752) 30 ML. 500MG (Unflavored) \$69.95
- (756) 30 ML. 150MG (For Animals) \$29.95

Organic Maca Maca™

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



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

- Key ingredients include: Maca Root.
- (6008) 120 G. POWDER \$39.95

GlucoFit™ (BLOOD SUGAR SUPPORT)

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



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

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

- (2009) 30 SOFTGELS \$36.95
- (2009P) 200 SOFTGELS \$221.75

Beta Glucan (IMMUNE BOOSTER)

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



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

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

- (3002) 60 CAPSULES \$39.95

Super Lung Support

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



As we age, our lung cells die off faster than they are replaced. Super Lung Support provides support for healthy lungs with N-Acetylcysteine (NAC) and a proprietary blend of Cordyceps, Mullein Leaf, Marshmallow Root, Astragalus, Licorice, and Ginger. NAC is essential for pulmonary and renal protection according to the World Health Organization. Along with cordyceps which support epithelial cells in the lungs and the herbal blend providing anti-viral, anti-inflammatory, and anti-microbial benefits for lung support.

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

- (3005) 60 CAPSULES \$39.95

Weight Management

Souper Slim™ (FIVE MINUTE MEAL)

- Quick, easy & delicious meal replacement.
- 6.5 grams of vegetable protein, 3 grams of soluble fiber per serving.
- Makes an excellent soup base with no added sugar.



A delicious tasting all natural, low sodium tomato based soup formulated to provide nutritional support (high protein, good carbs and soluble fiber) to those desiring to lose weight or as part of a weight maintenance program.

Key ingredients include: Tomato Powder, Yeast Extract, Maltodextrin (Dietary Resistant Fiber), Sugar, Olive Oil, Corn Starch, Garlic and Onion Powder, Paprika, Citric Acid, Silicon Dioxide, Parsley, Salt, Natural Flavor, Pea Protein, Glucomannan (Root), Beet Juice Powder, Chromium Poly Nicotinate.

(2094) 220 G. POWDER \$34.95

Vita Trim Pro™

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



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

Key ingredients include: Garcinia Cambogia (fruit), Hoodia Gordonii (20:1) plant, Gymnema Sylvestre (leaf), L-Carnitine, Vanadium, Weight management blend: Fucoxanthin brown seaweed, Selenium, Chromium Poly Nicotinate, Magnesium, Potassium.

(2008PRO) 90 CAPSULES \$36.95

CarbMate™ Phase 2 Carb Controller

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



Insure the success of your weight loss program with this clinically tested, all-natural starch neutralizer extracted from a Non-GMO white bean extract. Adding CarbMate™ to "starch foods" like bread, pasta and rice, has been clinically proven to lessen their effect on blood sugar levels plus neutralize their impact on caloric intake.

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

(6021) 120 G. POWDER \$39.95

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

SLIM DOWN SMOOTHIE

- 8 oz. purified water
- 1 heaping spoon Green Magic™
- 1 Tbsp. White Chia
- 1 scoop PentaCare™ Ageless Beauty
- ½ cup raspberries
- Ice as needed

Rejoice™ (TWO DAY DETOX & CLEANSING FAST)

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



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

Key ingredients include: Superfruit juice blend: White Grape, Apple, Red Raspberry, Strawberry, Citric Acid, Boysenberry, Cranberry, Blueberry, Black Currant, Wolfberry and Aloe Vera Concentrates with other juice concentrates (WOJC) and with other Natural Flavors, Ascorbic Acid, Vitamin E Acetate, Biotin (Vitamin B7), Pyridoxine HCl (Vitamin B6), Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Vitamin D3, Folic Acid (Vitamin B9), Cyanocobalamin (Vitamin B12), water, digestion-resistant fiber, Garcinia Cambogia, Potassium Sorbate and Sodium Benzoate.

(4019) 336 ML. \$39.95

WELLNESS TIP:

When choosing to make a lifestyle change to better manage weight, it is vital to avoid any sort of crash diets. According to a study published in the American Heart Association's journal, *Circulation*, yo-yo weight loss can increase your risk of heart attack or stroke.

For Your Well Being

Ondré Sacred Sage

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

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

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

(215) 80 ML. SPRAY
\$26.95

Sea Clear™ Laundry Detergent

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

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

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

(6051) 3 LBS. \$26.95

Alpha SR™ Frequency Wave Machine (RE-BALANCE ENERGY. REDUCE PAIN. RESTORE SLEEP.)

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

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

(ALPHA) \$799.95



KleanHouse™ (NON TOXIC, HARD SURFACE HOME CLEANER)

- Removes pet odors.
- Refreshes as it cleans.

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

(608) 16 FL. OZ. \$16.95 CITRUS
(606) 16 FL. OZ. \$16.95 LAVENDER
(607) 16 FL. OZ. \$16.95 LEMONGRASS

Pure Essential Oils

Individual Oils 0.50 FL. OZ. EACH: \$21.00



Cinnamon Leaf

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

Eucalyptus

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

Grapefruit

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

Lavender Bulgarian

(702) Promotes restful sleep and ultimate relaxation.

Lemon

(703) Great for a quick moment of clarity.

Lemongrass

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

Rosemary

(712) Promotes energy and restores mental alertness.

Sweet Orange

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

Peppermint

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

Clove

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

Blends 0.50 FL. OZ. EACH: \$26.00



Uplift

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

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

Relax

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

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

Well Being

(1450) Restore mental alertness, balance and harmony.

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

Energy

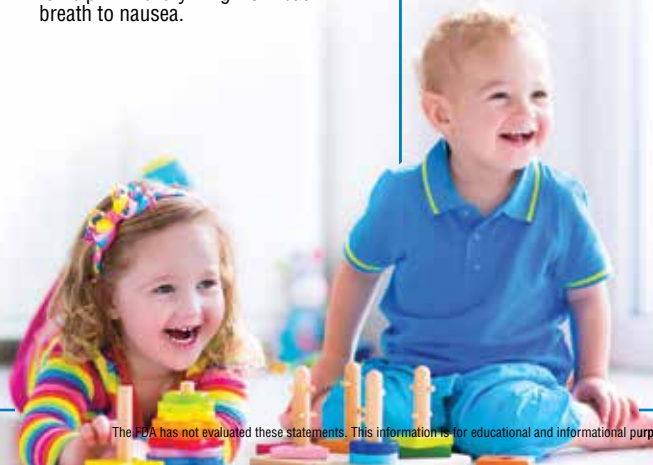
(1170) Invigorate the spirit when you need a quick burst of energy.

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

Fresh

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

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



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

STEP 1: DAILY CLEANSING.

The key to rejuvenating your skin is to cleanse it every day. PentaCare™ daily cleansers gently remove stubborn makeup and refine pores as they release environmental & endogenous toxins. Each daily cleanser incorporates the newest innovations in skin care technology to protect the skin's Natural Moisturizing Factor by restoring its suppleness & youthful vitality every time you cleanse.

Purifying Crème Cleanser (FOR NORMAL, DRY, SENSITIVE AND ACNE PRONE SKIN)

- Gently sweeps away external pollutants and the by-products of metabolism.
- Contains easy-rinse, non-irritating, non-soap cleansing agents.
- Natural botanical extracts & antioxidants to soothe and calm sensitive skin.

Key ingredients include: Aloe, Cucumber, Matricaria Flower, Kelp, Sambucus Nigra Flower, Yarrow, Orange Peel, Rose Extracts, Vitamin A, Vitamin C and Vitamin E.
For a complete list of ingredients, please visit our website.

(342) 125 ML. \$25.00

OR

Deep Foaming Cleanser (FOR NORMAL TO OILY SKIN)

- Gentle fruit acid complex (AHA) lifts waste along with dead skin cells.
- Formulated to soothe oily skin providing a smoother, more vibrant complexion.
- Infused with Vitamins A, C & E to neutralize free radicals.

Key ingredients include: Aloe, Cucumber, Matricaria Flower, Kelp, Sambucus Nigra Flower, Yarrow, Orange Peel Extract, Rose Extracts, Citric Acid, Sugar Cane Extract, Lemon Fruit Extract, Apple Fruit Extract, Green Tea Extract, Panthenol, Sodium Lactate & PCA & Sorbitol & Hydrolyzed Collagen & Proline, Vitamin E.
For a complete list of ingredients, please visit our website.

(341) 125 ML. \$25.00

STEP 2: LIFT & TIGHTEN.

As we age our skin tends to sag with more noticeable bags and wrinkles, but only if we let it! PhytoFresh Firming Gel & Activator is your secret weapon to looking years younger than your age. Used daily, this formula will work its magic to restore freshness and tone to tired or aging skin!

PhytoFresh Firming Gel & Activator

- Plant and Marine Extracts to lift and firm the skin while herbal extracts soothe inflammation.
- Multi-Mineral complex to boost the skin's ability to renew collagen resulting in a smoother appearance.
- VitaMarine Skin Lift added to help the tightening and lifting effect.

Recommended for all skin types, including hypersensitive skin. These natural plant and ocean based ingredients will help to tighten, lift, hydrate, nourish and refresh the skin.

Key ingredients include: Aloe, Green Tea Leaf, Witch Hazel Extracts, Macrocystis Pyrifera & Hydrolyzed Wheat Protein & PVP, Sodium Lactate Proline, Magnesium Aspartate & Zinc & Copper Gluconate, Vitamin A, Vitamin C, Vitamin E.
For a complete list of ingredients, please visit our website.

(343) 125 ML. \$25.00

STEP 3: SMOOTH & REDEFINE.

With the sun, wind, environment and pollution combined with facial makeups and foundations working to dry your skin, it is imperative that you add moisture back every chance you get. HydraBalance MicroCollagen Moisturizer replenishes moisture, providing a layer of protection against dry skin. If you desire the best, your wishes have been granted!

HydraBalance MicroCollagen Moisturizer

- Ficus Carica Extract helps boost the skin's production of structural proteins, including fibronectin, elastin and collagen to reduce fine lines and wrinkles.
- Pentapeptides and Tetrapeptides to improve firmness and elasticity.
- Kepadellie Seaweed Extract protects collagen and elastin and provides natural protection against sun damage.

Moisturize, protect, and energize your skin, visibly correcting wrinkles with an amazing synergistic blend of cosmeceutical and nutraceutical ingredients. HydraBalance MicroCollagen Moisturizer contains Pentapeptides and Tetrapeptides to improve firmness and elasticity. As we age, our skin collagen breaks down resulting in increased wrinkle volume and density. The blend of highly concentrated plant and marine extracts in HydraBalance MicroCollagen Moisturizer will keep your skin young and vibrant.

Key ingredients include: Aloe, green tea extract, algae and seaweed extracts, tetrapeptide 1 palmitoyl pentapeptide-3 sodium polyacrylate, fig extract.
For a complete list of ingredients, please visit our website.

(349) 50 ML. \$40.00

STEP 4: RE-ENERGIZE & RE-HYDRATE.

Give your skin extra care that supports, energizes & protects its ecosystem from stress.

Pentapeptide-SF Eye Contour Serum

- Stabilized Vitamin C to help assist natural collagen production.
- Visibly reduce the appearance of wrinkles and rehydrate thirsty tissue.
- An indispensable nightly treatment to de-stress the skin and reinforce its vital protein structure.

As the body ages it stops producing and repairing skin cells as rapidly. This results in drier, thinner and more wrinkled skin especially in the delicate tissues surrounding the eye. Pentapeptide-SF Eye Contour Serum addresses these aging-issues with ingredients to help reduce the appearance of fine lines and wrinkles, improve firmness and maintain collagen levels.

Key ingredients include: Palmitoyl pentapeptide 3, sodium hyaluronate, glycerin (&) gynostemma pentaphyllum ext. (&) panax ginseng root ext. glycosaminoglycans, magnesium aspartate (&) zinc gluconate (&) copper gluconate, chaparral, indian mimosa, bilberry, green Tea, meadowsweet or lady of the meadow, ginko biloba, Vitamin E, Vitamin A, thioctic acid, dehydroacetic acid (&) salicylic acid, benzoic acid.
For a complete list of ingredients, please visit our website.

(344) 30 ML. \$35.00



STEP 5: RENEW STRUCTURAL PROTEINS.

Wouldn't it be great if our skin could repair and rejuvenate itself while we sleep? Well now it can with this essential daily treatment for maintaining beautiful, youthful skin.

LipoAmino A.L.E. Night Repair Serum

- Restores and maintains firmness and elasticity.
- An excellent treatment to diminish stretch-marks.
- Facilitates the skin's natural production of youthful collagen.

Inflammation from sun exposure, environmental pollutants and aging contributes to the degradation of collagen and elastin (the structural proteins that form the foundation of a youthful complexion). This age-defying repair serum slows the aging of skin by protecting against naturally occurring enzymes that break down cell structure. It reduces inflammatory reactions, helps firm the skin and renews the skin's natural production of youthful collagen.

Key ingredients include: Aloe, Matricaria Flower, Green Tea Leaf, Glycerin (Veg) & Macrocystis Pyrifera Ext., Hydrolyzed Glycosaminoglycans (A.L.E.), Hydrolyzed Wheat Protein & PVP, Tetrapeptide 1, Vitamin A, Vitamin C, Sorbitol, Vitamin E, Alpha Lipoic Acid, Dehydroacetic Acid (&) Salicylic Acid, Benzoic Acid (&) Phenoxethanol (&) Benzyl Alcohol & Benzethonium /Chloride, Tetrasodium. For a complete list of ingredients, please visit our website.

(345) 30 ML. \$35.00

PentaCare™ System (Steps 1-5) Retail Value: \$160.00

(346)

System with Purifying Crème Cleanser

OR

(347)

System with Deep Foaming Cleanser

Special Retail Price: \$150.00

PentaCare™ DELUXE System
includes (Steps 1-5)
PLUS

Aloe Non-Surgical Face Lift +
Skin Radiance
Retail Value: \$229.90

(346S)

DELUXE System

with Purifying Crème Cleanser

OR

(347D)

DELUXE System

with Deep Foaming Cleanser

Special Retail Price: \$211.00

PentaCare™ Skin Transforming Serum



- Lift & Tighten.
- Reduce Inflammation & Fine Lines.
- Hydration Balance.
- Anti-Aging.
- Anti-Wrinkle.
- Supports Collagen Production.
- Increased Elasticity.

This revolutionary, signature serum contains a blend of clinically tested, naturally occurring nutrients to create a youthful glow and transform your skin from

within to help suspend the signs of aging.

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

(352) 30 ML. \$99.95



PentaCare™ Aloe Non-Surgical Face Lift

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

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

Key ingredients include: Albumen, Acacia gum, corn starch, aloe barbadensis leaf ext. power (200:1) Papain, Bromelain.

(306) 28.5 G. POWDER \$29.95



PentaCare™ Skin Radiance (Exfoliator)

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

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

Key ingredients include: Alpha hydroxy acid & citrus ext. & sugar cane ext. & apple & green tea leaf ext., chamomile flower ext. & cucumber fruit ext. & macrocystis pyrifera ext. & sambucus nigra flower ext. & achillea millefolium ext., & citrus aurantium dulcis peel ext., & rose flower ext., Vitamin E, aloe, sodium lactate & sodium PCA & sorbitol & proline, glyceryl stearate, xanthan gum, Vitamin A. For a complete list of ingredients, please visit our website.

(321) 50 ML. \$39.95

PentaCare™ Skin Illuminating Serum™

Use this special Skin Illuminating Serum™ on clean skin morning and night for best results and enjoy its endless benefits:

- Diminishes the appearance of fine lines and wrinkles.
- Helps recapture youthful luminosity.
- Smooths skin without the unpleasant side effects found with harsh cosmetic therapies.



New Spirit Naturals Skin Illuminating Serum™ is a product of the latest advances in Anti-Aging Skin Care. It contains a patent pending technology for the delivery of key growth factors found in natural human skin. As we age, dermal fibroblast cells become dormant, skin becomes thinner and loses its elasticity, brightness, illumination and tone.

Our Skin Illuminating Serum™ is formulated with:

- Regenerating base of natural growth factors derived from adipose stem cells.
- Peptide Complex (penta and tetra) and many natural growth factors.
- An amino acid complex (mimics amino acid structure of skin).
- A skin energizing complex of cationic and anionic minerals.
- Moisturizing, hydrating and nourishing agents.
- Panthenol (Vitamin B5).
- Natural botanicals, Aloe and Green Tea.

Key ingredients include: Human adipose derived stem cell conditioned media, Hydroxyethylcellulose, Panthenol, Aloe barbadensis, Glycerin, Amino acid complex, Magnesium aspartate & zinc gluconate & copper gluconate, Glycosaminoglycans, Palmitoyl pentapeptide-3, Palmitoyl tetrapeptide-3, Citric acid, Green tea. For a complete list of ingredients, please visit our website.

(350) 30 ML. \$129.95



PentaCare™ Ageless Beauty YOUR "DRINKABLE BEAUTY" PRODUCT

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



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

Key ingredients include: Sodium, protein, Vitamin C, Hydrolyzed Collagen (Type I & II), hyaluronic Acid, Proprietary Blend L-Glutamine, L-Glycine, L-Lysine, L-Proline, Proprietary Blend Green tea Extract, Pomegranate Extract, Olive Leaf Extract, Resveratrol Extract. For a complete list of ingredients, please visit our website.

(351) 300 G. \$59.95

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

WELLNESS TIP:

Add 5-7 drops of Lavender Essential Oil to 1 Tbsp. of carrier oil and mix into your bath for a relaxing soak.



Revitalizing Shampoo

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

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

Key Ingredients include: Aloe Leaf Ext. Chamomilla Recutita Flower Ext. (&) Cucumis Sativus Fruit Ext. (&) Macrocyctis Pyrifera Ext. (&) Sambucus Nigra Flower Ext. (&) Achillea Millefolium Ext. (&) Citrus Aurantium Dulcis Peel Ext. (&) Rose Centifolia Flower Ext.), Behentrimonium Methosulfate (7) Cetearyl Alcohol, Stearyl Alcohol, Hydrolyzed Wheat Protein, StimuCap™ (Potassium CLA Glutathionate (&) Sodium DNA), Organic Sacha Inchi (Plukenetia volubilis) oil, Amino Acid Complex, Panthenol, Essential Oils/Fragrance. For a complete list of ingredients, please visit our website.

(500) 11 FL. OZ. \$24.95

Revitalizing Conditioner

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

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

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

(501) 11 FL. OZ. \$28.95

Moisturizing Body Wash

- Moisturizes, smooths and softens the skin.
- Helps increase collagen deposition.
- Gentle on the skin and great for men, women and children.
- Sulfate free

Experience the magic of moisture with this refreshingly fragrant Moisturizing Body Wash. This luxurious body wash contains Sacha Inchi, and an herbal complex of Aloe, Chamomile, Cucumber, Seaweed, Elderberry, Orange Peel and Rose Extracts to help refresh, refine and tone skin while delicately cleansing.

Key ingredients include: Aloe Leaf Ext. Chamomilla Recutita Flower Ext. (&) Cucumis Sativus Fruit Ext. (&) Macrocyctis Pyrifera Ext. (&) Sambucus Nigra Flower Ext. (&) Achillea Millefolium Ext. (&) Citrus Aurantium Dulcis Peel Ext. (&) Rose Centifolia Flower Ext., Organic Sacha Inchi oil, Jojoba, Fragrance. For a complete list of ingredients, please visit our website.

(510) 11 FL. OZ. \$22.95

Moisturizing Body Lotion

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

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

Key ingredients include: Aloe, Amino Acid Complex (Sodium PCA, Serine, Glycine, Glutamic Acid, Alanine, Lysine, Arginine, Threonine, Proline, Betaine), Organic Sacha Inchi & Avocado & Vitamin E & Jojoba Oil, Chamomilla Recutita Flower (&) Cucumis Sativus Fruit (&) Macrocyctis Pyrifera (&) Sambucus Nigra Flower (&) Achillea Millefolium (&) Citrus Aurantium Dulcis Peel (&) Rose Flower Ext., High Oleic Safflower Oil. For a complete list of ingredients, please visit our website.

(511) 11 FL. OZ. \$24.95



SKIN AND BODY CARE

Hot Stuff Massage Lotion

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

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

Key ingredients include: Aloe, Methyl Salicylate, Camphor, Hydroxyethyl Acrylate/Sodium Acryloyldimethyl Taurate Copolymer (&) Squalance (&) Polysorbate 60, Vitamin E, Tea Tree Oil, Rose Hip Seed Oil, Triethanolamine, Dehydroacetic Acid (&) Benzyl Alcohol, Organic Sacha Inchi, Arnica Montana (&) Betula Alba Leaf & Bark Ext., Carbomer, Propylene Glycol (&) Melissa Officinalis Leaf Ext. (&) Chamomilla Recutita (Matricaria Flower Ext. (&) Thyme Ext. & Quercus Alba Bark Ext., Vitamin A. For a complete list of ingredients, please visit our website.

(212) 8.1 FL. OZ. \$29.95

Aloe Vera Gel

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

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

Key ingredients include: Aloe, Glycerine, Methylsulfonylmethane (MSM), Dehydroacetic Acid (&) Benzyl Alcohol, Arnica Montana (&) Betulba Alba Leaf & Bark Ext., Triethanolamine, Carbomer, Bisabolol, Tea Tree Oil. For a complete list of ingredients, please visit our website.

(214) 8.1 FL. OZ. \$29.95

That Stuff Aloe Lotion

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

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

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

(213) 8.1 FL. OZ. \$29.95

Premiere Toothpaste

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



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

Key ingredients include: Sorbitol, DI Water & Aloe Vera Gel, Vegetable Glycerine, Zeodent (113-165) Dental Hydrated Silica, Sodium Lauroyl Sarcosinate, Cellulose Gum, Fresh™ Essential Oil Blend [Mentha Spicata (Spearmint Oil), Mentha Piperita (Peppermint Oil), Malaleuca Alternifolia (Tea Tree Oil), Cinnamomum Zeylanicum (Cinnamon Oil), Syzygium Aromaticum (Clove Bud Oil)], Royal Jelly, Simethicone, Sodium Benzoate.

(211) 4 OZ. \$14.95



Premiere Concentrated Oral Rinse

- No artificial dyes or sugars.
- Concentrated with over 85 applications.
- On the go bottle for anytime use.



The American Dental Association recommends that you combine your daily teeth brushing with an oral rinse and daily floss to maintain healthy teeth and gums. Premiere Concentrated Oral Rinse contains a spearmint antiseptic alcohol combined with a natural FRESH essential oil blend that works to disinfect your mouth and kill harmful bacteria that can lead to many periodontal conditions.

Key ingredients include: DI water, Glycerin, SDA Spearmint Alcohol, Xylitol, Spearmint Flavor, Peppermint Flavor, Poloxamer, Polysorbate 20, Fresh Essential Oil Blend [Mentha Spicata (Spearmint Oil), Mentha Piperita (Peppermint Oil), Melaleuca alternifolia (Tea Tree Oil), Cinnamomum Zeylanicum (Cinnamon Oil), Syzygium Aromaticum (Clove Bud Oil), Sodium Benzoate, Aloe Vera (Aloe Barbadensis), L-OptiZinc, Potassium Sorbate.

(205) 2.25 FL. OZ. \$19.95



Pure Tea Tree Oil

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



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

Key ingredients include: Pure Tea Tree Oil (Melaleuca alternifolia).

(220) 0.50 FL. OZ. \$24.95



Viva la Derma PLUS A

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



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

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

(326) 1 FL. OZ. \$99.00



My Personal Nutrition/Health Checklist



THE WELLNESS PACK

The Wellness Pack is designed as a starting pack to help address most common health issues. Additional products may be recommended for specific health and nutritional needs. For more information about the seven products in the Wellness Pack, please see pages 12 and 13.

Allergy Support

- AllerBlast
- Magnum C
- Aller-ease™

Anti-Aging/Antioxidant Support

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

Anxiety Support

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

Bone & Joint Support

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

Brain/Memory Support

- NeuroExcel™
- NeuroBalance
- New Life Xtra™
- PolyMeal™
- Premium De-Oiled Lecithin
- Guardian Greens™
- New Life Pro™
- Memory Enhancer™

Candida

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

Detox Support

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

Digestive Support

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

Energy Support

- BioAvail CoQ-10
- Acai Pure™
- Vita-B12 Spray

Hormone Balance Support

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

For Women

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

For Men

- Better Man
- ProForm™
- Prosta-Men-D™
- Vitality™

Immune Support

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

Liver/Kidney Support

- Liver Chi™
- Kidney Enhancer™
- Premium De-Oiled Lecithin
- Gluta-Plus™
- Souper Slim™
- Alpha Pure™
- Guardian Greens™
- MSM Complex
- Glutamine Plus™
- Detox Plus™

Pregnancy Support

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

Stress Relief/Sleep Support

- Adrenal Pro™
- Inner Calm
- Sleep Refresh

Vision Support

- 20•20 VisClear™
- Magnum C
- Liver Chi™
- ORAC+™ 10,000+
- Kidney Enhancer™
- Memory Enhancer™
- Therapeutica™

Weight Loss Support

- Rejoice™
- Vita Trim Pro™
- GlucoFit™
- PolyMeal™
- CarbMate™ Phase 2 Carb Controller
- Souper Slim™
- Magic Fiber®
- Liver Chi™
- Jubilee Tea™
- Longevity Heart Chi™
- BioAvail CoQ-10™
- Magic Fruit™
- Ultra Whey-Pro™ Protein

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

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