

GET SHOPPING SUPPLEMENTS



Get up and go with **Gaia Herbs ASHWAGANDHA ROOT!** This Ayurvedic herb has been used for thousands of years as a general tonic. Specifically, these vegetarian liquid Phyto-Caps not only deliver unparalleled energy and vitality, they can also enhance immunity, reduce stress, and boost your mood.



EuroPharma Terry Naturally Curamin: When pain is the problem, Curamin is the answer. Blending four powerful, effective, and clinically proven ingredients. What's the secret? Curamin contains a super-absorption curcumin called BCM-95 that can be up to 10 times stronger than plain curcumin products. It's fast, safe, and effective.



Bluebonnet Early Promise Prenatal Gentle DHA 100, 200 mg Vegetarian Softgels: Bluebonnet Nutrition is proud to announce the arrival of Early Promise Prenatal Gentle DHA 100 and 200 mg Vegetarian Softgels for proper brain and eye health of the developing child. This unique vegetarian DHA provides Life'sDHA from Martek Nutritional Sciences, a pharmaceutical-grade, vegetable-based docosahexaenoic acid (DHA) derived from marine algae in a natural triglyceride form instead of the common synthetic ethyl ester form, which often becomes oxidized/rancid. Available in easy-to-swallow vegetarian softgels for maximum assimilation and absorption.



Did you know that muscle mass naturally decreases after age 30? But adequate exercise and supplementing with amino acids may decrease that loss. **Bluebonnet BCAAs VCAPS** contain 3,000 mg of branched chain amino acids (BCAAs) that help repair muscle and maintain overall muscle health—especially important for people engaged in sports or with otherwise active lifestyles.



Enzymatic Therapy Acidophilus Pearls Better Digestion for You: Do you suffer from gas, bloating, and occasional constipation? Acidophilus Pearls was designed for you! Take one tiny, easy-to-swallow capsule daily to balance your digestive system and relieve uncomfortable symptoms. You'll feel slimmer and more energetic!



"Where are my keys?" How many times have you uttered this question lately? If you want to enhance your memory and cut down on those "senior moments," give **Enzymedica MEMORYCELL** a try. It boosts brain function naturally with a patented, synergistic blend of wild blueberry extract, vitamin D3, green tea extract, carnosine, reduced glutathione, alpha lipoic acid, and potency-enhancing enzymes.

READER FAVORITE

Buried Treasure VM-100 COMPLETE (liquid multivitamin)

I love that this formula contains vitamins, minerals, and antioxidants. It's everything I need in one formula—no more taking a bunch of individual pills! Plus, it takes effect quickly. I feel more energy almost immediately after taking it.
—Cathy H., Boston, MA



GET SHOPPING PERSONAL CARE



Natural beauty-to-go just got easier. **Emani MINERALS MAKEUP KIT** is perfect for travel, students pressed for time, or anyone looking for simplicity and quality. Each vegan, cruelty-free kit comes with two color dusts, one pressed powder, one crushed blush, and one vegan blusher brush. Plus, they're great for your skin and come in eight shades ranging from light to dark, so you're sure to find your perfect match.



Flash those pearly whites with confidence! **Dr. Ken's ALL NATURAL MOUTHWASH with GREEN TEA EXTRACT** is a refreshing, alcohol-free rinse that uses green tea extract for optimal gum and mouth tissue health, fresh breath, and tarter control. The mouthwash comes in four flavors, including Cinnamon and WinterGreen.



derma e Very Clear Skin: Help clear up blemishes and encourage healthy skin naturally with derma e's interactive Very Clear skincare system. With a special blend of herbs including tea tree, willow bark, rosewood, lavender, and chamomile shown to be as effective as over-the-counter products but with fewer side effects, these advanced skincare formulas promote a clearer, healthier complexion.



SPRUNK-JANSEN SPOTLESS: Clear blemishes in time for fall. SPOTLESS is a soothing, non-greasy topical cream formulated with three herbs that support a clear complexion. It's a fast-acting cream that works gently and effectively to keep your pores naturally clean and your face shining. Contains no parabens, petroleum-based ingredients or unnecessary additives.



Home Health Goji Berry Facial Cream: Award-winning anti-aging hydration formula delivers the antioxidant benefits of certified organic goji berry, with a supportive complex of revitalizing skin care nutrients, including hyaluronic acid, retinol, green tea, and organic botanicals. Vitamins and natural anti-aging actives help firm skin texture, reduce the appearance of fine lines and wrinkles, and diminish puffiness around eyes. No parabens, no glutens.

READER FAVORITE



I have tried multiple skin products for my eczema, including cortisone shots and prescription medications—nothing worked. Within three weeks of using **Bella Soap Company BELLA DRY SKIN FORMULA**, it reduced my inflammation by 75%! It contains goat's milk, olive oil, and other soothing, natural ingredients.

—Mei K., Sacramento, CA

GET SHOPPING FOOD

1



Great for those on low-sodium diets, as well as chefs and home cooks everywhere, **Pacific Natural Foods ORGANIC FREE RANGE CHICKEN BROTH Low Sodium** is available in convenient individual packages. It's made from free-range chickens raised on an organic vegetarian diet, and contains only 70 mg of sodium per serving. One Tetra Pak makes a satisfying snack or pre-meal nosh, plus it's perfect to use in recipes without having too much left over.

2



Say hello to hemp, an organic protein that contains all 20 amino acids used in the human body. **Manitoba Harvest CERTIFIED ORGANIC DARK CHOCOLATE HEMP PROTEIN POWDER** is a great choice for a vegetarian solution to your protein needs. Free from soy, gluten, additives, hexane, and preservatives, it's also a great source of omega-3 and omega-6 essential fatty acids, and soluble and insoluble fiber. Tastes great in smoothies, and can even be used in baking.

READER FAVORITE



Spelt Right ARTISAN SPELT BAGELS really hit the spot. I like that they're all natural, too. They come in a bunch of flavors like Poppyseed and Cinnamon Raisin, but the Everything flavor is my favorite—the garlic on it is righteous! Whenever I'm lucky enough to have cream cheese in the fridge, I toast one of those bad boys up for a perfect pre-surf meal.
—Dale Stingerly, Leucadia, CA



3

When you need a snack or meal replacement fast, but you don't want fast food, grab a **Greens+ 22 DAYS BARS**. These yummy bars are made with all-natural ingredients, such as organic raw almond butter, organic raw agave syrup, gluten-free oats, organic raw almonds, organic tart cherries, organic dates, açai powder, sea salt, and dark chocolate chips. Try all four flavors: Cherry Chocolate Bliss, Daily Mocha Mantra, Enlightened Pumpkinseed, and Goji Maté Firecracker.

fantastic flavors!
all-natural ingredients!

