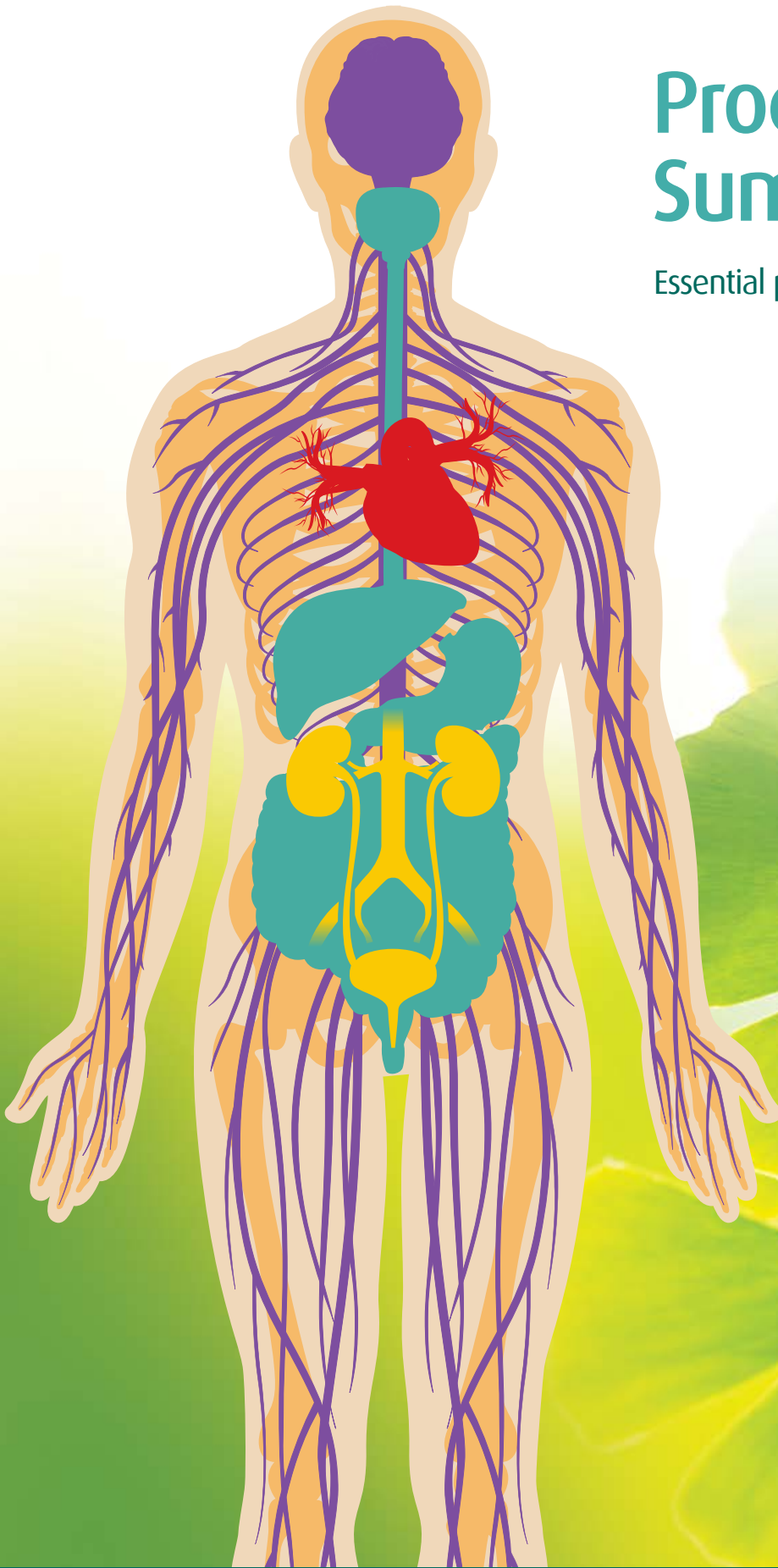
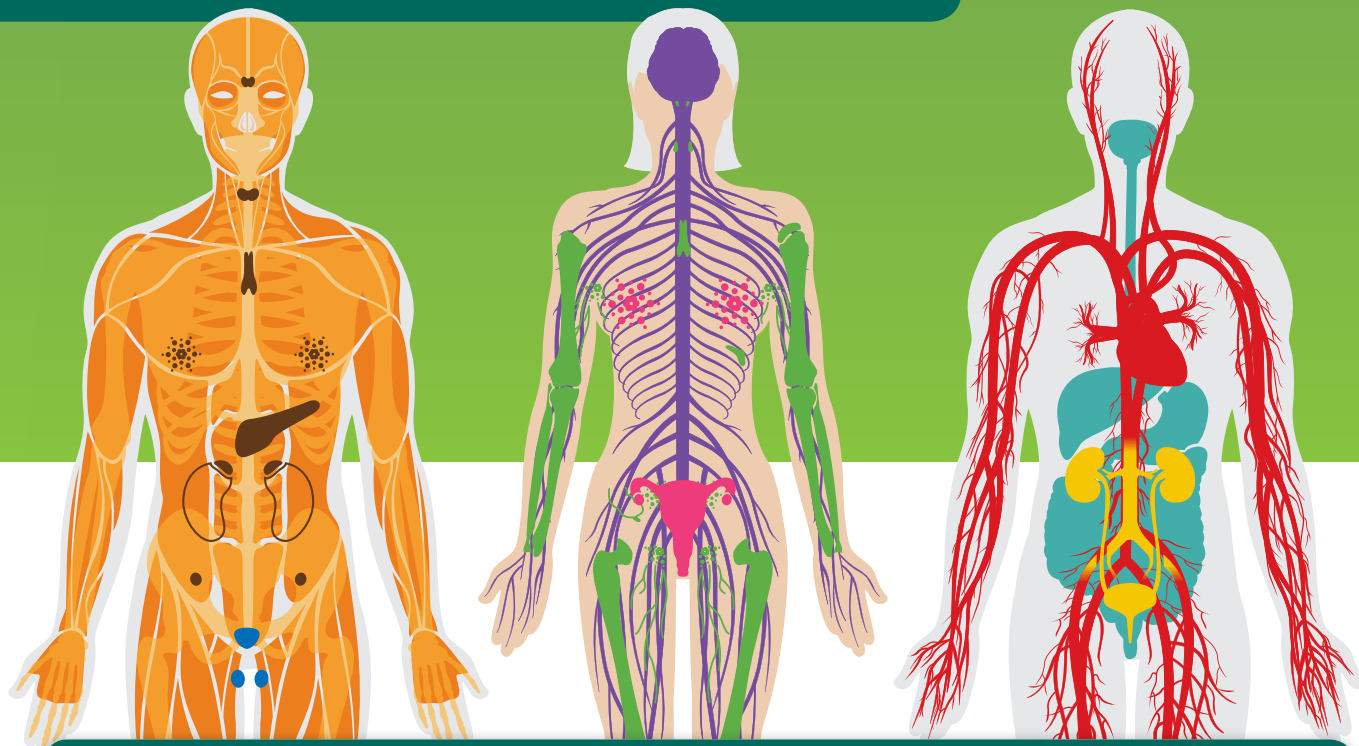


# Product Summary Guide

Essential products for your dispensary

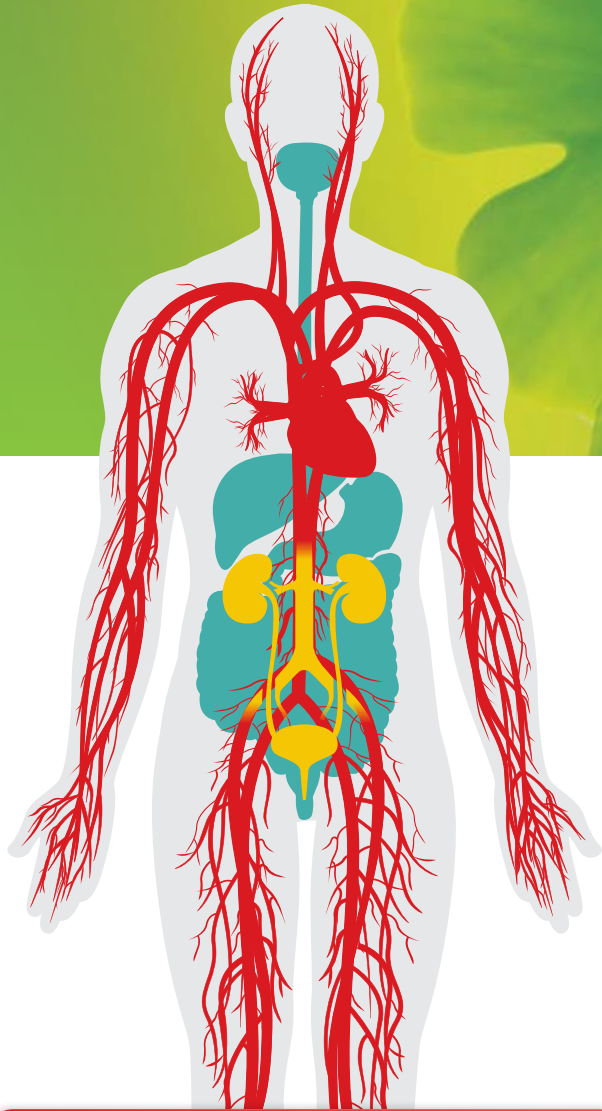


# Core Products & Body Systems














## Core Products

AdrenoCo	Stress Support	   
Andrographis Complex	Strong Immune System Support	  
Boswellia Complex	Joint Support	
DiGest Forte	Core Digestive Support	
Echinacea Premium	Immune System Support	  
Garlic	Unique Garlic Formulation	  
Ginkgo Forte	Mental Clarity	  
Gymnema	Blood Sugar Metabolism	
Kava Forte	Naturally Relaxing	 
LivCo	Liver Cleansing Support	  
Nevaton Forte	Core Nervous System Support	 
Rhodiola & Ginseng Complex	Vitality & Stamina Support	  
Vitanox	Natural Cellular Defense	  



## Body Systems Legend

	Cardiovascular System		Musculoskeletal
	Digestive System		Nervous System
	Endocrine		Respiratory
	Female Health		Skin
	Immune System		Urinary System
	Male Health		

## Digestive System



### Upper GIT

DiGest Forte	Core Digestive Support
LivCo	Liver Cleansing Support
Livton Complex	Digestive Liver Support
Silymarin	Core Liver Support

### Lower GIT

Cascara Complex	Laxative Support
Garlic	Immune System Support
Golden Seal	GIT Immune System Support
Slippery Elm 400mg	Healthy Gastrointestinal Support
Vitanox	Natural Cellular Defense

## Cardiovascular System



### Heart Health

Garlic	Healthy Cholesterol Support
Ginkgo Forte	Circulation Support
Hawthorn	Heart Function Support
Vitanox	Natural Cellular Defense

### Circulation

Bilberry	Healthy Eye & Capillary Support
Garlic	Healthy Cholesterol Support
Ginkgo Forte	Circulation Support
Horsechestnut Complex	Venous Support
Vitanox	Natural Cellular Defense

## Urinary System



Andrographis Complex	Strong Immune System Support
Cranberry Complex	Core Urinary Tract Support
Echinacea Premium	Immune System Support

## Respiratory



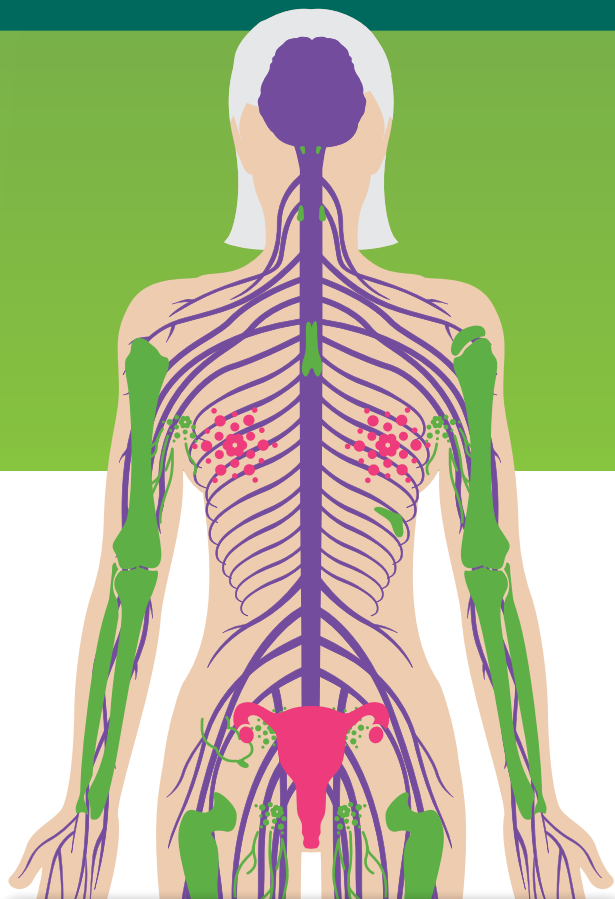
### Short-Term

Sinus Forte	Lower Respiratory Support
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### Long-Term

Sinus Forte	Upper Respiratory Support
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# Core Products & Body Systems



## Female Health



### Menstruation/PMS

Chaste Tree	Natural Hormone Balance
FemCo	Female Vitality
LivCo	Liver Cleansing Support
Nevaton Forte	Core Nervous System Support

### Child Bearing Years

AdrenoCo	Stress Support
Chaste Tree	Natural Hormone Balance
FemCo	Female Vitality
LivCo	Liver Cleansing Support
Tribulus Forte	Healthy Sex Hormone Support

### Menopause

AdrenoCo	Stress Support
Tribulus Forte	Healthy Sex Hormone Support
Valerian Complex	Sleep Support
Wild Yam Complex	Core Menopause Support

## Skin



Andrographis Complex	Strong Immune System Support
Chaste Tree	Natural Hormone Balance
Echinacea Premium	Immune System Support
Rehmannia Complex	Anti-inflammatory Support
St John's Wort	Healthy Skin Support
Vitanox	Natural Cellular Defense

## Nervous System



AdrenoCo	Stress Support
Bacopa Complex	Nervous System & Memory Support
Ginkgo Forte	Mental Clarity
Kava Forte	Naturally Relaxing
Nevaton Forte	Core Nervous System Support
Rhodiola & Ginseng Complex	Vitality & Stamina Support
St John's Wort	Nerve Function Support
Valerian Complex	Sleep Support
Withania Complex	Calming Stress Support

## Immune System

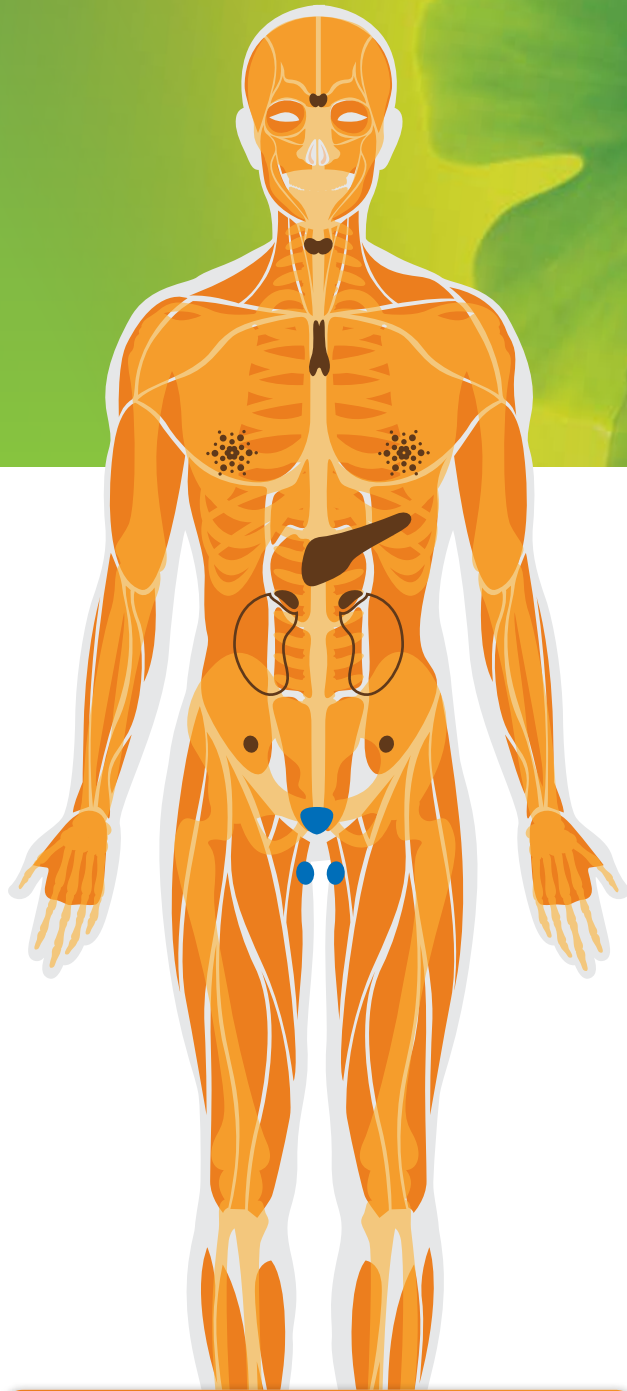


### Short-Term

Andrographis Complex	Strong Immune System Support
Garlic	Immune System Support
Golden Seal	GIT Immune System Support

### Long-Term

Astragalus Complex	Convalescent Immune System Support
Echinacea Premium	Immune System Support
Garlic	Immune System Support
Rehmannia Complex	Anti-inflammatory Support



## Musculoskeletal



Bilberry	Healthy Eye & Capillary Support
Boswellia Complex	Joint Support
Horsechestnut Complex	Venous Integrity
Kava Forte	Naturally Relaxing
St John's Wort	Nerve Function Support

## Male Health



### <50

AdrenoCo	Stress Support
LivCo	Liver Cleansing Support
Rhodiola & Ginseng Complex	Vitality & Stamina Support

### 50+

AdrenoCo	Stress Support
Rhodiola & Ginseng Complex	Vitality & Stamina Support
Tribulus Forte	Healthy Sex Hormone Support

## Endocrine



### Adrenal

AdrenoCo	Stress Support
Bacopa Complex	Nervous System & Memory Support
Rhodiola & Ginseng Complex	Vitality & Stamina Support
Withania Complex	Calming Stress Support

### Pancreas

Bilberry	Healthy Eye Support
Ginkgo Forte	Microcirculation Support
Gymnema	Blood Sugar Metabolism
Silymarin	Core Liver Support











### Thyroid

AdrenoCo	Endocrine-Adrenal Balance Support
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# Product Summary Guide











Core Tablets	Product	Indications
	  <p><b>AdrenoCo</b> Stress Support</p>	<ul style="list-style-type: none"> <li>▪ Licorice is traditionally used in Herbal Medicine as an expectorant to help relieve chest complaints, such as catarrhs, coughs and bronchitis</li> <li>▪ Helps relieve the inflammatory conditions of the gastrointestinal tract, such as gastritis in adults</li> </ul>
	  <p><b>Andrographis Complex</b> Strong Immune System Support</p>	<ul style="list-style-type: none"> <li>▪ Helps to relieve the symptoms and shorten the duration of upper respiratory tract infections (e.g. common colds)</li> </ul>
	  <p><b>Astragalus Complex</b> Convalescent Immune System Support</p>	<ul style="list-style-type: none"> <li>▪ Helps to relieve the symptoms and shorten the duration of upper respiratory tract infections</li> <li>▪ Supportive therapy in the treatment of upper respiratory tract infections (e.g. common colds)</li> </ul>
	  <p><b>Bacopa Complex</b> Nervous System &amp; Memory Support</p>	<ul style="list-style-type: none"> <li>▪ Used in Herbal Medicine as a tonic to help relieve general debility and/or to aid convalescence</li> </ul>
	  <p><b>Bilberry</b> Healthy Eye &amp; Capillary Support</p>	<ul style="list-style-type: none"> <li>▪ Used in Herbal Medicine to help slow the progression of disorders of the eye, such as diabetic and hypertensive retinopathy, and macular degeneration</li> <li>▪ Helps relieve symptoms related to non-complicated chronic venous insufficiency (CVI), such as sensation of swelling, heaviness and tingling of the legs</li> </ul>

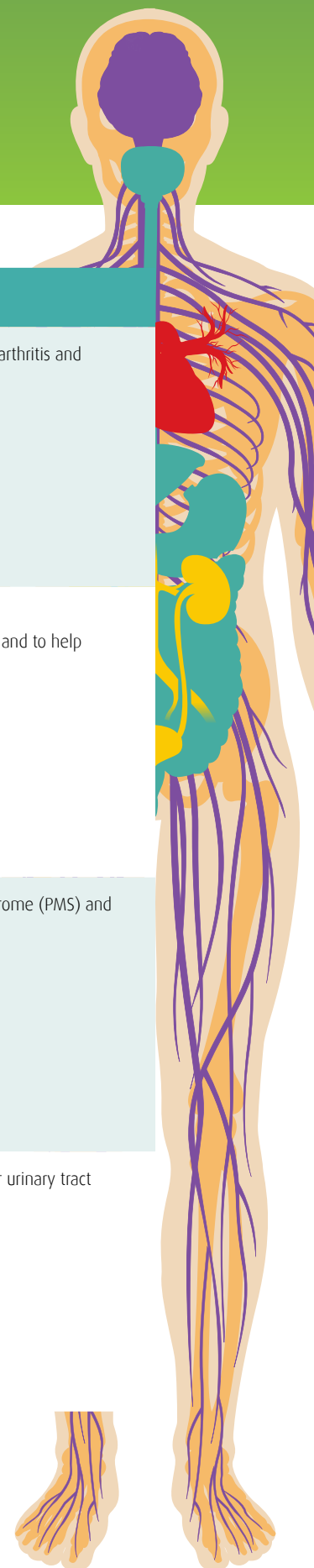
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Dosage	Contraindications & Cautions	Pregnancy / Lactation
<p><b>Adults:</b> 1 tablet 3 times daily or as directed by your health care practitioner.</p> <p>Consult a health care practitioner for use beyond 4 to 6 weeks.</p> <p>(VG) (VT) (G) (D)</p>	<p>Consult a health care practitioner if symptoms persist or worsen and prior to use if you have a liver disorder. Do not use if you are pregnant or breastfeeding. Do not use if you are taking thiazide diuretics, cardiac glycosides, corticosteroids, stimulant laxatives, or other medications which may aggravate electrolyte imbalances. Do not use if you have hypokalemia, high blood pressure, or a kidney or cardiovascular disorder.</p>	<p><b>Contraindication</b></p>
<p><b>Adults:</b> 1 tablet 3 times a day. Take at the first sign of infection. For use beyond 8 weeks consult a health care practitioner.</p> <p>(VG) (VT) (G) (D) (CD)</p>	<p>If symptoms worsen, consult a health care practitioner. If you are breastfeeding, are taking heart or blood pressure medication on immunosuppressants, or have a heart condition, diabetes, an autoimmune disorder, a progressive systemic disease such as tuberculosis, collagenosis, multiple sclerosis, AIDS and/or HIV infection, consult a health care practitioner prior to use. Do not use if you are pregnant or attempting to conceive. Rare cases of severe allergic reactions have been known to occur; use caution if you are allergic to plants of the Daisy family.</p>	<p><b>Caution - Lactation</b></p> <p><b>Contraindication - Pregnancy</b></p>
<p><b>Adults:</b> 1 tablet 2 to 4 times daily. Take at the first sign of infection or as directed by your health care practitioner. Avoid using two hours prior to or after taking mineral supplements. Consult a health care practitioner for use beyond 8 weeks.</p> <p>(VG) (VT) (G) (D)</p>	<p>Consult a health care practitioner prior to use if you have a history of kidney stones, an auto-immune disorder, a progressive systemic disease such as tuberculosis, leucosis, collagenosis, multiple sclerosis, or any type of acute infection; or if you are taking blood thinners or immunosuppressants. Consult a health care practitioner if symptoms persist or worsen. Do not use if pregnant or breastfeeding or if allergic to plants of the Asteraceae/Compositae/Daisy family or if you have high blood pressure. Hypersensitivity (e.g. allergy) has been known to occur; in which case, discontinue use.</p>	<p><b>Contraindication</b></p>
<p><b>Adults:</b> 1 tablet daily 3 to 4 times daily or as directed by your health care practitioner. Consult a health care practitioner for use beyond 1 month.</p> <p>(VG) (VT) (G) (D)</p>	<p>Discontinue during the treatment of any acute infectious illness. Do not use if pregnant or breastfeeding. Discontinue use 7 days prior to general anesthesia. Consult a health care practitioner if symptoms persist or worsen. Do not use if you have high blood pressure. Digestive upset has been known to occur. Discontinue use and consult a health care practitioner if digestive symptoms persist or worsen. Hypersensitivity (allergy) may occur. Use with caution if you have allergies to members of the Scrophulariaceae (figwort) family or Lamiaceae (mint) family. May cause nausea, dry mouth and fatigue.</p>	<p><b>Contraindication</b></p>
<p><b>Adults:</b> 1 tablet 3 to 4 times daily or as directed by your health care practitioner.</p> <p>(VG) (VT) (G) (D) (CD)</p>	<p>Consult a health care practitioner if symptoms worsen.</p>	

# Product Summary Guide

## Core Tablets

Product	Indications
  <p><b>Boswellia Complex</b> Joint Support</p>	<ul style="list-style-type: none"> <li>Provides temporary relief of the pain and inflammation of arthritis, osteoarthritis and rheumatism</li> </ul>
  <p><b>Cascara Complex</b> Natural Laxative</p>	<ul style="list-style-type: none"> <li>Used for the short-term relief of occasional constipation</li> <li>Traditionally used in Herbal Medicine to help treat digestive disturbances and to help increase bile flow to aid digestion</li> </ul>
  <p><b>Chaste Tree</b> Menstrual Support</p>	<ul style="list-style-type: none"> <li>Used in Herbal Medicine to help relieve symptoms of premenstrual syndrome (PMS) and symptoms associated with menopause</li> </ul>
  <p><b>Cranberry Complex</b> Urinary Tract Support</p>	<ul style="list-style-type: none"> <li>Used in Herbal Medicine to help relieve symptoms associated with minor urinary tract infections (such as burning sensation and/or frequent urination)</li> </ul>

















- Endocrine General
 Digestive System
 Immune
 Nervous System
 Urinary System
- Cardiovascular & Circulation
 Female Endocrine
 Male Endocrine
 Skin
 Musculoskeletal
- Respiratory
- ▲ Vegan Vegetarian No Added Gluten No Added Dairy No Corn Derivatives

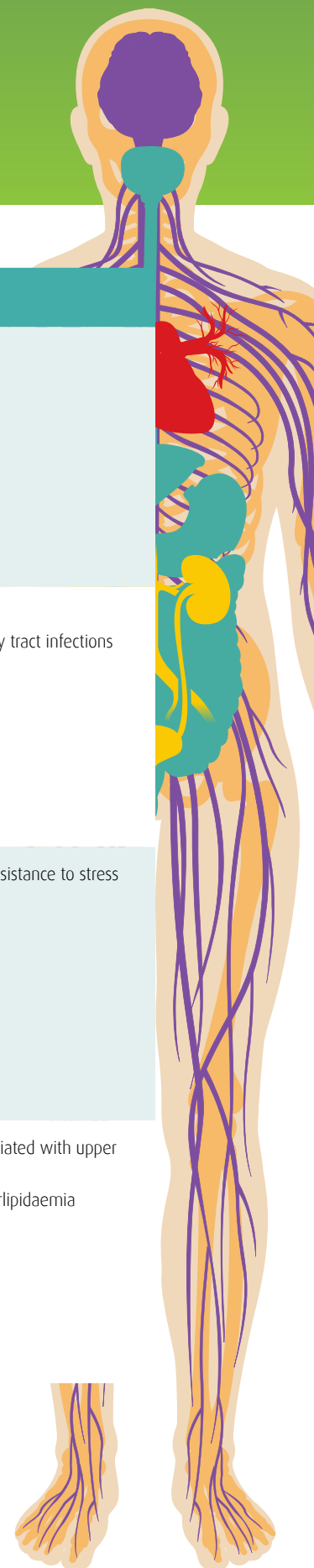
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Dosage	Contraindications & Cautions	Pregnancy / Lactation
<b>Adults:</b> 1 tablet 2 to 4 times daily or as directed by your health care practitioner. 	Consult a health care practitioner prior to use if you have a history of gallstones, biliary tract obstructions and/or stomach ulcers or excess stomach acid or if you have diabetes or are taking anti-diabetic medication, antacids, or phenprocoumon. Consult a health care practitioner prior to taking this product if you are taking blood-thinning drugs such as warfarin or aspirin or if you have increased risk of hemorrhage. Do not use if you are pregnant or breastfeeding. Discontinue use 7 days prior to general anesthesia. Consult a health care practitioner if symptoms persist or worsen.	<b>Contraindication</b>
<b>Adults:</b> Take 4 tablets once per day, 2 to 3 times. Allow 6 to 12 hours for laxative effect to occur. Take a few hours before or after taking other medications or health products. Take a single dose at bedtime. If no effect, dose may be increased to 1 tablet 4 times per day. Produces bowel movement in 12-72 hrs (3 days). Do not swallow in dry form. Consult a health care practitioner for use beyond 7 days. 	Consult a health care practitioner if symptoms persist or worsen and prior to use if you are taking other medications or health products which may aggravate electrolyte imbalance, if you have fecal impaction or symptoms such as abdominal pain, nausea, vomiting or fever or if you have high blood pressure, hypokalemia, a kidney or cardiovascular disorder or are taking thiazide diuretics, corticosteroids, licorice root or cardiac medications. Reduce dose or discontinue use if you experience abdominal pain, cramps, spasms and/or diarrhea. Do not use if you are pregnant or breastfeeding or if you have abnormal constrictions of the gastrointestinal tract, potential or existing intestinal blockage, atonic bowel, undiagnosed rectal bleeding, severe diarrhoea, allergies to plants of Asteraceae/Compositae/Daisy family, appendicitis, or inflammatory colon disease such as Crohn's disease or ulcerative colitis, abdominal pain or if you have liver or gall bladder disorders. Discontinue use if you develop hypersensitivity or symptoms of liver trouble.	<b>Contraindication</b>
<b>Adults:</b> 1 to 4 tablets daily. Use for a minimum of 3 months to see beneficial results. 	Consult a health care practitioner if symptoms persist or worsen. Consult a health care practitioner prior to use if you are taking hormone-containing medications such as progesterone-preparations, oral contraceptives, or hormone replacement therapy.	
<b>Adults:</b> Take a few hours before or after any medication or supplement. Take 2 tablets 3 times daily. For occasional use only. Consult your health care practitioner for use beyond 1 week. 	Consult a health care practitioner prior to use if you are taking blood thinners or if you have a history of kidney stones, kidney disorder, liver disorder, or if urinary tract infection is associated with fever, spasms, or blood in the urine. Consult a health care practitioner if symptoms persist or worsen. Do not take with highly acidic foods (e.g. citrus fruits and juice) or medications which may acidify urine. Do not use if you are pregnant or breastfeeding.	<b>Contraindication</b>

# Product Summary Guide

## Core Tablets

Product	Indications
  <b>DiGest Forte</b> Herbal Digestive Aid	<ul style="list-style-type: none"> <li>Traditionally used as a digestive tonic and bitter to aid digestion</li> </ul>
    <b>Echinacea Premium</b> Immune System Support	<ul style="list-style-type: none"> <li>Used in Herbal Medicine to help fight off infections</li> <li>Helps relieve the symptoms and shorten the duration of upper respiratory tract infections</li> <li>Supportive therapy in the treatment of upper respiratory tract infections (e.g. common colds)</li> </ul>
  <b>FemCo</b> Female Vitality	<ul style="list-style-type: none"> <li>Used in Herbal Medicine as an adaptogen to help increase energy and resistance to stress (e.g. in case of mental and physical fatigue related to stress)</li> </ul>
    <b>Garlic</b> Unique Garlic Formulation	<ul style="list-style-type: none"> <li>Traditionally used in Herbal Medicine to help relieve the symptoms associated with upper respiratory tract infections and catarrhal conditions</li> <li>Used in Herbal Medicine to help reduce elevated blood lipid levels/hyperlipidaemia in adults</li> <li>Used in Herbal Medicine to help maintain cardiovascular health in adults</li> </ul>

















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Dosage	Contraindications & Cautions	Pregnancy / Lactation
<p><b>Adults:</b> Take 1 tablet once daily or as directed by your health care practitioner.</p> <p>Take 15 minutes before meals. Consult your health care practitioner for use beyond 4 months.</p> <p>VG VT G B CD</p>	<p>Do not use if you are allergic to plants of the Asteraceae/Compositae/Daisy family or if you are pregnant, or if you have acute stomach irritation, inflammation, and stomach or duodenal ulcers, or if you have obstruction of the bile duct, cholangitis or liver disease. Consult a health care practitioner if symptoms persist or worsen and prior to use if you are breastfeeding or if you are taking blood thinners, or if you have gallstones or other biliary disorders. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness. Hypersensitivity, such as an allergy, has been known to occur; in which case discontinue use. Some people may experience headaches, sore mouth, mouth ulcers and/or gastrointestinal discomfort.</p>	<p><b>Contraindication</b></p>
<p><b>Adults:</b> Take 2 tablets once daily at first sign of infection or as directed by your health care practitioner.</p> <p>Consult your health care practitioner for use beyond 8 weeks.</p> <p>VG VT G B CD</p>	<p>Do not use if you are pregnant. Consult a health care practitioner if symptoms persist or worsen or prior to use if you are taking immunosuppressants, if you have an autoimmune disorder, or a progressive systemic disease such as tuberculosis, leucosis, collagenosis, multiple sclerosis, AIDS and/or HIV infection. Rare cases of severe allergic reactions have been known to occur; use with caution if you are allergic to plants of the Daisy family.</p>	<p><b>Contraindication - Pregnancy</b></p>
<p><b>Adults:</b> Take 1 tablet 3 times a day.</p> <p>For prolonged use, consult your health care practitioner.</p> <p>VG VT G B</p>	<p>Consult a health care practitioner prior to use if you are taking prescription medications or if you have serious or major conditions, any type of acute infection, deficiency or excess. Discontinue use and consult a health care practitioner if symptoms persist or worsen or if new symptoms develop. Do not use if you are pregnant or breastfeeding.</p>	<p><b>Contraindication</b></p>
<p><b>Adults:</b> Take 1 to 2 tablets daily or as directed by your health care practitioner.</p> <p>VG VT G B</p>	<p>Consult a health care practitioner if symptoms persist or worsen and prior to use if you are pregnant, have diabetes, or if you are taking blood thinners or protease inhibitors. Hypersensitivity (e.g. allergy) has been known to occur; in which case discontinue use.</p>	<p><b>Caution - Pregnancy</b></p>

# Product Summary Guide



## Core Tablets

Product	Indications
    <p><b>Ginkgo Forte</b> Mental Clarity</p>	<ul style="list-style-type: none"> <li>Helps to enhance cognitive function and memory in adults</li> <li>Helps to support peripheral circulation</li> </ul>
   <p><b>Golden Seal</b> GIT Immune System Support</p>	<ul style="list-style-type: none"> <li>Traditionally used in Herbal Medicine to help alleviate infectious and inflammatory conditions of the digestive tract such as gastritis</li> </ul>
  <p><b>Gymnema</b> Blood Sugar Metabolism</p>	<ul style="list-style-type: none"> <li>Helps to support healthy blood glucose levels</li> </ul>
  <p><b>Hawthorn</b> Heart Function Support</p>	<ul style="list-style-type: none"> <li>Used in Herbal Medicine to help maintain and/or support cardiovascular health in adults</li> <li>Provides antioxidant activity</li> </ul>
   <p><b>Horsechestnut Complex</b> Venous Support</p>	<ul style="list-style-type: none"> <li>Used in Herbal Medicine to help treat chronic venous insufficiency and associated symptoms and to help treat varicose veins</li> </ul>

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Dosage	Contraindications & Cautions	Pregnancy / Lactation
<p><b>Adults:</b> Take 1 tablet 3 times daily or as directed by your health care practitioner.</p> <p>Consult a health care practitioner for use beyond 6 weeks.</p> <p>VG VT G D CD</p>	<p>Consult a health care practitioner prior to use if you are pregnant or breastfeeding or taking medications for diabetes, high blood pressure, or seizures. Do not use if you are taking health products that affect blood coagulation (e.g. blood thinners, clotting factor replacements, acetylsalicylic acid, ibuprofen, fish oils, vitamin E) as this may increase the risk of spontaneous bleeding.</p>	<p><b>Caution</b></p>
<p><b>Adults:</b> Take 1 to 2 tablets 3 times daily or as directed by your health care practitioner.</p> <p>May take up to one week to produce beneficial effects.</p> <p>VG VT G D CD</p>	<p>Consult a health care practitioner if symptoms persist or worsen and prior to use if you have blood pressure problems or a kidney disorder. Consumption with alcohol, other medications and/or natural health products with sedative properties is not recommended. Do not use if you are pregnant or breastfeeding.</p>	<p><b>Contraindication</b></p>
<p><b>Adults:</b> Take 1 tablet daily or as directed by your health care practitioner.</p> <p>VG VT G D CD</p>	<p>Consult a health care practitioner prior to use if you have diabetes, low blood sugar, or if you are taking insulin or oral hypoglycemic medication, if you have intestinal disorders, or symptoms such as abdominal pain, nausea, vomiting or fever. Discontinue use and consult a health care practitioner if you experience symptoms of hypoglycaemia including feelings of anxiety, dizziness, tremor, sweating, nausea or headache. Do not use if you are pregnant or breastfeeding.</p>	<p><b>Contraindication</b></p>
<p><b>Adults:</b> Take 1 tablet 2 to 3 times daily.</p> <p>Use for a minimum of two months to see beneficial effects.</p> <p>VG VT G D</p>	<p>Consult a health care practitioner if symptoms persist or worsen. Consult a health care practitioner prior to use if you are taking cardiac glycosides such as digitalis/digoxin, or blood pressure medication.</p>	
<p><b>Adults:</b> Take 1 tablet 2 times daily or as directed by your health care practitioner.</p> <p>Enteric coated tablets. Do not break or crush.</p> <p>VG VT G D</p>	<p>Consult a health care practitioner if symptoms persist or worsen. Consult a health care practitioner prior to use if you are pregnant or breastfeeding, or if you are taking medications for diabetes, high blood pressure or after seizures, or if you suffer from gastrointestinal disorders such as irritation, ulcers, gastric reflex, celiac disease, etc. Do not use if you are taking health products that affect blood coagulation as this may increase the risk of spontaneous bleeding. Some people may experience headache, dizziness, gastric irritation or itchiness. If inflammation of the skin or subcutaneous induration, ulcers, sudden swelling of leg(s), cardiac or renal insufficiency occurs, discontinue use and consult a health care practitioner.</p>	<p><b>Caution</b></p>

\*Always read the label, use only as directed.

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# Product Summary Guide



Core Tablets	Product	Indications
	   <p><b>Kava Forte</b> Naturally Relaxing</p>	<ul style="list-style-type: none"> <li>Used in Herbal Medicine as a calmative to help relieve restlessness and/or to aid sleep</li> </ul>
	    <p><b>LivCo</b> Liver Cleansing Support</p>	<ul style="list-style-type: none"> <li>Helps to support liver function</li> <li>Used in Herbal Medicine to help relieve digestive disturbances/dyspepsia</li> <li>Traditionally used in Herbal Medicine as a hepatoprotectant/liver protectant</li> </ul>
	  <p><b>Livton Complex</b> Digestive Liver Support</p>	<ul style="list-style-type: none"> <li>Used in Herbal Medicine to help relieve digestive disturbances (such as dyspepsia) and increase bile flow</li> </ul>
	   <p><b>Nevaton Forte</b> Core Nervous System Support Note: Formerly known as Nevaton</p>	<ul style="list-style-type: none"> <li>Used in Herbal Medicine as an adaptogen to help increase resistance to stress</li> </ul>
	   <p><b>Rehmannia Complex</b> Anti-inflammatory Support</p>	<ul style="list-style-type: none"> <li>Traditionally used in Herbal Medicine to help relieve headaches</li> </ul>









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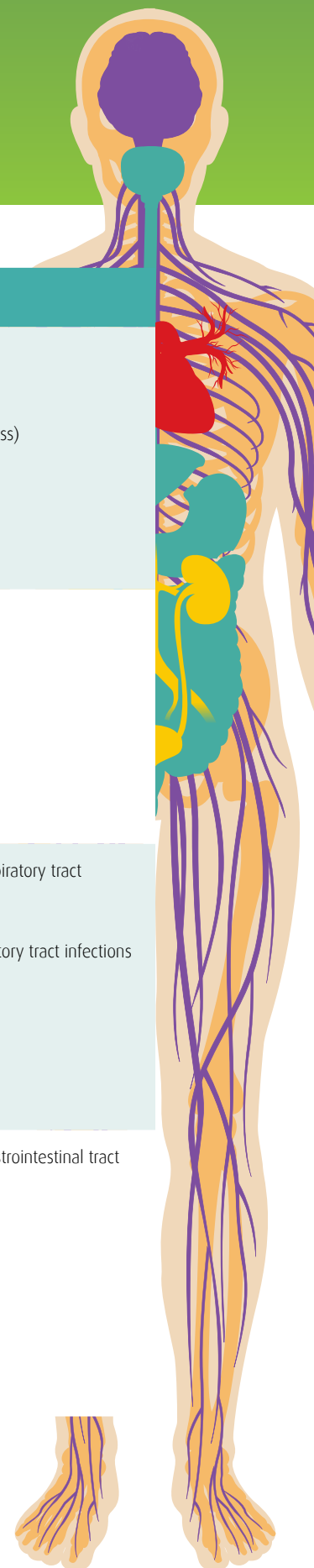
Dosage	Contraindications & Cautions	Pregnancy / Lactation
<p><b>Adults:</b> Take 1 tablet 3 times a day.</p> <p>Consult a health care practitioner for use beyond 6 months.</p> <p>(VG) (VT) (G) (D)</p>	<p>Consult a health care practitioner if symptoms persist or worsen. Consult a health care practitioner prior to use if you have a liver disease, epilepsy or if you are using conventional sedative-hypnotics or natural health products with similar effects, anxiolytics, MAO inhibitors and other psychopharmacologic agents, levodopa or other drugs for Parkinson's disease, or antiplatelet agents. Consumption with alcohol or anti-convulsants is not recommended. Do not use if you are pregnant or breastfeeding. Discontinue use and consult a health care practitioner if you develop signs of liver trouble. Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or use heavy machinery.</p>	<p><b>Contraindication</b></p>
<p><b>Adults:</b> Take 1 tablet 3 to 4 times a day or as directed by a health care practitioner.</p> <p>Use for a minimum of 3 weeks to see beneficial effects.</p> <p>(VG) (VT) (G) (D)</p>	<p>Consult your health care practitioner if symptoms persist or worsen. Do not use if you are pregnant or breastfeeding. Hypersensitivity, such as allergy, has been known to occur; in which case, discontinue use.</p>	<p><b>Contraindication</b></p>
<p><b>Adults:</b> Take 1 tablet 3 to 4 per day or as directed by a health care practitioner.</p> <p>(VG) (VT) (G) (D)</p>	<p>Consult a health care practitioner if symptoms persist or worsen and prior to use if you are pregnant, or if you are taking metronidazole. In anemia and cases where iron supplementation is required, do not take simultaneously with meals or iron supplements. Do not use if you have a bile duct obstruction, liver or gall bladder disorders and/or bowel obstruction or if you are allergic to plants of Asteraceae/Compositae/Daisy family. Hypersensitivity (e.g. allergy) has been known to occur, in which case, discontinue use. Discontinue use if you develop symptoms of liver trouble. Discontinue 7 days prior to general anesthesia.</p>	<p><b>Caution - Pregnancy</b></p>
<p><b>Adults:</b> Take 1 tablet 3 to 4 times daily or as directed by your health care practitioner.</p> <p>Use for a minimum of 1 week to see beneficial effects. Consult a health care practitioner for use beyond 18 weeks.</p> <p>(VG) (VT) (G) (D)</p>	<p>Do not use if you are pregnant or breastfeeding, taking anti-cancer medications, blood thinners, antidepressant medications, anti-HIV agents, cardiovascular medications, immunosuppressants, and/or contraceptive medications. Consult a health care practitioner prior to use if you are taking prescription medications, anti-anxiety medications, seizure medications, antihistamines, bronchodilators, muscle relaxants and/or opiates. Consult a health care practitioner if symptoms persist or worsen or if new symptoms develop or if new sleeplessness persists continuously for more than 3 weeks. Avoid prolonged exposure to sunlight, ultraviolet light (UV) or UV therapy. Consumption with alcohol, drugs and/or other natural health products with sedative properties is not recommended. Hypersensitivity, such as an allergy, has been known to occur; in which case, discontinue use. Some people may experience mild gastrointestinal disturbances, nausea, restlessness, drowsiness and/or headaches. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness.</p>	<p><b>Contraindication</b></p>
<p><b>Adults:</b> Take 1 tablet 2 to 4 times daily.</p> <p>Reduce the dosage gradually if treatment is to be paused or discontinued. Take with or after food. Consult a health care practitioner for use beyond 4 months.</p> <p>(VG) (VT) (G) (D)</p>	<p>Consult a health care practitioner if symptoms persist or worsen. Consult a health care practitioner prior to use if you are breastfeeding, or if you are taking blood thinners. Do not use if you are allergic to plants of the Asteraceae/Daisy family, or if you are pregnant. Hypersensitivity, such as an allergy, has been known to occur; in which case discontinue use. Some people may experience sore mouth, mouth ulcers and/or gastrointestinal discomfort.</p>	<p><b>Caution - Lactation</b></p> <p><b>Contraindication - Pregnancy</b></p>

\*Always read the label, use only as directed.

# Product Summary Guide

## Core Tablets

Product	Indications
  <p><b>Rhodiola &amp; Ginseng</b> Vitality &amp; Stamina Support</p>	<p>Used in Herbal Medicine as supportive therapy for:</p> <ul style="list-style-type: none"> <li>▪ The promotion of healthy glucose levels</li> <li>▪ To help support cognitive function and/or reduce mental fatigue (stress)</li> <li>▪ To help enhance physical capacity/performance (in cases of physical stress)</li> </ul>
  <p><b>Silymarin</b> Core Liver Support</p>	<ul style="list-style-type: none"> <li>▪ Promotion of a healthy liver</li> </ul>
  <p><b>Sinus Forte</b> Sinus Support Note: Formerly known as Eyebright Complex</p>	<ul style="list-style-type: none"> <li>▪ Used in Herbal Medicine to help fight off infections, especially upper respiratory tract</li> <li>▪ Supportive therapy in the treatment of upper respiratory tract infections (e.g. common colds)</li> <li>▪ Helps to relieve the symptoms and shorten the duration of upper respiratory tract infections</li> </ul>
  <p><b>Slippery Elm 400mg</b> Healthy Gastrointestinal Support</p>	<ul style="list-style-type: none"> <li>▪ Traditionally used in Herbal Medicine for maintaining a healthy lower gastrointestinal tract</li> </ul>



















▲ Please note these claims are based on the best of our knowledge from the information received from our raw material suppliers. These products may be manufactured or packed in a facility that also manufactures/packs products that contain gluten, dairy, corn and animal products. Vegetarian means no added animal parts. Vegan means no animal parts or products (e.g. eggs, milk, etc.).

Dosage	Contraindications & Cautions	Pregnancy / Lactation
<b>Adults:</b> Take 1 tablet daily or as directed by your health care practitioner. (VG) (VT) (G) (D) (CD)	Consult a health care practitioner prior to use if you have diabetes or if you are pregnant or breastfeeding, and prior to use if you are taking antidepressants, blood thinners, or digoxin medications. Avoid using if patients are bipolar, manic, or have paranoid mental states. Some people may experience insomnia, anxiety, or headaches; in which case discontinue use.	<b>Caution</b>
<b>Adults:</b> Take 1 tablet 2 times daily or as directed by your health care practitioner. Use for a minimum of 3 weeks to see beneficial effects. (VG) (VT) (CD)	Consult a health care practitioner if symptoms persist or worsen or prior to use if you have a liver disease or impaired liver function. Do not use if you are pregnant or breastfeeding. Hypersensitivity/allergy is known to occur, in which case, discontinue use. Discontinue use 7 days prior to general anesthesia.	<b>Contraindication</b>
<b>Adults:</b> 1 tablet 3 to 4 times daily or as directed by your health care practitioner. Take at the first sign of infection. Consult a health care practitioner for use beyond 4 weeks. (VG) (VT) (G) (D) (CD)	Consult a health care practitioner if symptoms persist or worsen prior to use if you have stomach ulcers or inflammation, if you are taking immunosuppressants, or if you have a progressive systemic disease such as tuberculosis, leucosis, collagenosis, or multiple sclerosis, if you have a kidney disorder or if you have blood pressure problems. Do not use if you are allergic to plants of the Asteraceae/Compositae/Daisy family or if you are pregnant or breastfeeding. Hypersensitivity (e.g. allergy) has been known to occur, in which case, discontinue use. Consumption of Golden Seal with alcohol, other medications and/or natural health products with sedative properties is not recommended.	<b>Contraindication</b>
<b>Adults:</b> Take 1 capsule up to 5 times a day or as directed by your health care practitioner. Take with plenty of water. Avoid using until two hours after taking other medications. (VG) (VT) (G) (D) (CD)	Consult a health care practitioner if symptoms persist or worsen. Contraindicated in intestinal obstruction. Discontinue 7 days prior to general anesthesia.	

# Product Summary Guide



## Core Tablets

Product	Indications
    <p><b>St John's Wort</b> Nerve Function Support</p>	<ul style="list-style-type: none"> <li>Traditionally used in Herbal Medicine to help relieve restlessness and/or nervousness</li> <li>Used in Herbal Medicine to help promote a healthy mood balance and relieve associated sleep disturbances</li> </ul>
   <p><b>Tribulus Forte</b> Healthy Sex Hormone Support</p>	<ul style="list-style-type: none"> <li>Source of saponins with tonic properties</li> </ul>
   <p><b>Valerian Complex</b> Sleep Support</p>	<ul style="list-style-type: none"> <li>Helps promote sleep</li> </ul>
    <p><b>VitanoX</b> Natural Cellular Defense</p>	<ul style="list-style-type: none"> <li>Provides antioxidants for the maintenance of good health</li> </ul>
  <p><b>Wild Yam Complex</b> Core Menopause Support</p>	<ul style="list-style-type: none"> <li>Helps relieve symptoms associated with menopause</li> </ul>














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Dosage	Contraindications & Cautions	Pregnancy / Lactation
<p><b>Adults:</b> Take 1 tablet 2 times daily or as directed by a health care practitioner.</p> <p>Use for a minimum of 1 week to see beneficial effects. Consult a health care practitioner for use beyond 18 weeks.</p> <p>(VG) (VT) (G) (D)</p>	<p>Avoid prolonged exposure to sunlight, ultraviolet (UV) light, or UV therapy. Consult a health care practitioner if symptoms persist or worsen. Consult a health care practitioner prior to use if you are pregnant or breastfeeding or if you are taking anti-anxiety medications, seizure medications, antihistamines, bronchodilators, muscle relaxants and/or opiates. Do not use if you are taking anti-cancer medications, blood thinners, antidepressant medications (e.g. selective serotonin reuptake inhibitors (SSRI)), anti-HIV agents, cardiovascular medications, immunosuppressants, and/or contraceptive medications. Hypersensitivity, such as allergy, has been known to occur; in which case, discontinue use. Some people may experience mild gastrointestinal disturbances, nausea, restlessness and/or headaches.</p>	<p><b>Caution</b></p>
<p><b>Adults:</b> Take 1 to 2 tablets daily or as directed by your health care practitioner.</p> <p>(VG) (VT) (G) (D) (CD)</p>	<p>Consult a health care practitioner prior to use if you have benign prostate hyperplasia or prostate cancer (due to possible androgenic effects). Discontinue use if you experience breast pain, discomfort and/or tenderness. Do not use if you are pregnant or breastfeeding. Diuretic effects may occur. If this is the case, discontinue use. Hypersensitivity/allergy has been known to occur. If this is the case, discontinue use.</p>	<p><b>Contraindication</b></p>
<p><b>Adults:</b> Take 1 tablet 4 times daily or as directed by your health care practitioner.</p> <p>(VG) (VT) (G) (D)</p>	<p>Consult a health care practitioner if symptoms persist, prior to use if you are pregnant or breastfeeding, or if you are taking other sedatives, CNS depressants, or if you experience severe drowsiness and/or withdrawal symptoms upon abrupt discontinuation following chronic use. Consumption of alcohol, other drugs, or natural health products with sedative properties is not recommended. Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness. Hypersensitivity (e.g. allergy) has been known to occur, in which case, discontinue use. Discontinue 7 days prior to general anesthesia.</p>	<p><b>Caution</b></p>
<p><b>Adults:</b> Take 1 tablet 1 to 2 times daily or as directed by your health care practitioner.</p> <p>Take 2 hours before or after ingestion of mineral supplements including iron supplements. Do not take simultaneously with meals. Consult a health care practitioner for use beyond 12 weeks.</p> <p>(VG) (VT) (G) (D)</p>	<p>Consult a health care practitioner prior to use if you have a hemorrhagic disorder, or if you are taking warfarin or antiplatelet drugs, have a liver disorder or develop symptoms of liver trouble (such as abdominal pain, dark urine, or jaundice), if you have an iron deficiency, gallstones, or stomach ulcers or excess stomach acid. Do not use if you are pregnant or breastfeeding, or if you have a bile duct obstruction. Discontinue 7 days prior to general anesthesia.</p>	<p><b>Contraindication</b></p>
<p><b>Adult Women:</b> Take 1 tablet 3 to 4 times daily or as directed by your health care practitioner.</p> <p>Use for a minimum of 1 week to see beneficial effects. For use beyond 2 weeks consult your health care practitioner.</p> <p>(VG) (VT) (G) (D) (CD)</p>	<p>Avoid prolonged exposure to sunlight, ultraviolet (UV) light, or UV therapy. Consult a health care practitioner if symptoms persist or worsen. Consult a health care practitioner prior to use if you are taking digoxin or medications such as anti-anxiety and/or antidepressant, seizure, antihistamines, bronchodilators, muscle relaxants and/or opiates; if you have a liver disorder or if you have diabetes. Do not use if you are pregnant or breastfeeding, or if you are taking medications for anti-cancer, blood thinners, antidepressants (e.g. selective serotonin reuptake inhibitors (SSRI)), anti-HIV agents, cardiovascular, immunosuppressants, and/or contraceptive, if you have hormone sensitive conditions such as uterine, endometrial, breast or ovarian cancer as well as endometriosis and uterine fibroids, if you have a protein S deficiency as wild yam may increase the risk of thrombosis, or a seizure disorder (e.g. epilepsy). Hypersensitivity, such as an allergy, has been known to occur; and some people may experience mild gastrointestinal disturbances, nausea, insomnia, restlessness and/or headaches in which case, discontinue use.</p>	<p><b>Contraindication</b></p>

# Product Summary Guide

## Core Liquids

Product	Indications
 <p><b>Withania Complex</b> Calming Stress Support</p>  	<ul style="list-style-type: none"> <li>Helps support cognitive functions and/or reduces mental fatigue</li> <li>Used in Herbal Medicine to help enhance physical capacity/performance</li> </ul>
<p><b>Chaste Tree 1:2</b> Menstrual Support</p>  	<ul style="list-style-type: none"> <li>Used in Herbal Medicine to help relieve premenstrual symptoms (PMS)</li> </ul>
<p><b>Echinacea Premium Blend 1:2</b> Immune System Support</p>   	<ul style="list-style-type: none"> <li>Used to fight off colds and infections, especially of the upper respiratory tract</li> </ul>
<p><b>Licorice High Grade 1:1</b> Expectorant, demulcent, adrenal tonic, anti-inflammatory</p> 	<ul style="list-style-type: none"> <li>Traditionally used in Herbal Medicine as an expectorant to help relieve chest complaints, such as catarrhs, coughs, and bronchitis</li> </ul>
<p><b>Withania 2:1</b> Calming Stress Support</p>  	<ul style="list-style-type: none"> <li>Traditionally used in Ayurveda as a Rasayana (rejuvenative tonic), to aid in sleep, to enhance memory, to balance aggravated Vata (via nervine tonic and sedative properties), and to relieve general debility (especially during convalescence or old age)</li> </ul>

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Dosage	Contraindications & Cautions	Pregnancy / Lactation
<p><b>Adults:</b> Take 6 tablets daily or as directed by your health care practitioner.</p> <p>Consult a health care practitioner for use beyond 3 months.</p> <p>(VG) (VT) (G) (D)</p>	<p>Do not use if you are pregnant or breastfeeding. Consult a health care practitioner prior to use if you have a liver disorder or diabetes, or if you are taking antidepressant medications or blood thinners or digoxin. Consumption with alcohol, other drugs, or natural health products with sedative properties is not recommended. Do not use if you are taking thiazide diuretics, cardiac glycosides, corticosteroids, stimulant laxatives, or other medications which may aggravate electrolyte imbalances. Do not use if you have hypokalemia, high blood pressure, or a kidney or cardiovascular disorder. Consult a health care practitioner if symptoms persist or worsen. Some people may experience insomnia, anxiety or headaches, in which case, discontinue use. Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness.</p>	<p><b>Contraindication</b></p>
<p>1 to 4 mL daily.</p> <p>Use for a minimum of 3 months to see beneficial effects.</p> <p>(VG) (VT) (G) (D) (CD)</p>	<p>Use only as directed by a health care practitioner. Consult a health care practitioner prior to use if you are taking hormone-containing medications such as progesterone preparations, oral contraceptives, or hormonal replacement therapy. Consult a health care practitioner if pain or symptoms persist. Chaste Tree may interact antagonistically with dopamine receptor antagonists. Chaste Tree is best not taken in conjunction with progesterone drugs, contraceptive pill, or hormone replacement therapy (HRT). Chaste Tree may aggravate pure spasmodic dysmenorrhoea not associated with premenstrual syndrome (PMS). Use cautiously in pregnancy and only in the early stages for treatment of insufficient corpus luteal function. Discontinue 7 days prior to general anaesthesia.</p>	<p><b>Caution - Pregnancy</b></p>
<p>3 to 4 mL daily with water at first sign of infection or as directed by your health care practitioner.</p> <p>May be used up to 10-21 days.</p> <p>(VG) (VT) (D) (CD)</p>	<p>Echinacea is contraindicated in persons taking immunosuppressant medication (e.g. transplant patients). Short term therapy only is suggested in this instance. Consult a health care practitioner prior to use if you have an auto-immune disorder or a progressive systemic disease such as tuberculosis, leucosis, collagenosis, multiple sclerosis, AIDS, and/or HIV. Discontinue 7 days prior to general anesthesia.</p>	<p><b>Use under professional supervision</b></p>
<p>2 to 4 mL daily.</p> <p>May be used up to 4-6 weeks or as directed by your health care practitioner.</p> <p>(VG) (VT) (D)</p>	<p>Consult a health care practitioner if symptoms persist or worsen and prior to use if you are pregnant or have a liver disorder. Do not use if you are taking thiazide diuretics, cardiac glycosides, corticosteroids, stimulant laxatives, or other medications which may aggravate electrolyte imbalances. Do not use if you have hypokalemia, high blood pressure, or a kidney or cardiovascular disorder.</p>	<p><b>Caution - Pregnancy</b></p>
<p>2 to 3 mL daily or as directed by your health care practitioner.</p> <p>(VG) (VT) (D) (CD)</p>	<p>Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Consumption with alcohol, other drugs, or natural products with sedative properties is not recommended.</p>	<p><b>Caution</b></p>

## Product Summary Guide

## Notes







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