

BEST NUTRITION PRODUCTS

Best Nutrition Products Product Description

Product	Weight	Amount	Description
Acai Berry	500 mg	90 caps	Acai berries are most known as a weight loss supplement, although they have a number of other benefits such as reducing the aging process and helping cell recovery. The weight loss properties of acai berry can be largely explained by the increased metabolic rate. It occurs because of the very large amount of antioxidants (substances which prevent oxidative stress and cell damage) that acts as a therapeutic. It leads to faster fat breakdown, increases energy levels and fights fatigue
Aloevera Ayurvedic	500 mg	60 vegicaps	Aloe Vera is excellent at regulating the immune system. It contains enzyme that helps stimulate digestion. It's antibacterial properties help speed up the healing of skin injuries.
Alpha Lipoic Acid	100 mg	60 caps	Alpha Lipoic Acid (ALA) is a fatty acid found naturally inside every cell in the body. It is an antioxidant that neutralizes potentially harmful chemicals called free radicals. ALA increases the formation of glutathione.
Amla Ayurvedic	500 mg	60 vegicaps	Amla may be used as a rasayana (rejuvenative tonic) to promote longevity and aids digestion. It's antioxidant properties help fight free radical damage and support healthy aging.
Amrit Chyavanprash Ayurvedic	300 gm		Chyavanprash is used as an excellent energy booster, rejuvenator and health tonic. It helps remove physical and mental weakness caused by any reason.
Anantamul Ayurvedic	500 mg	60 vegicaps	Anantamul helps stimulate the flow of bile and remove toxins from the body. It is tonic, diuretic, demulcent, diaphoretic and blood purifier.
Arjuna Ayurvedic	500 mg	60 vegicaps	Arjuna has been used for centuries in Ayurvedic medicine. Bark of Arjuna tree has been found to be rich in Co-enzyme Q-10 which helps support cardiovascular health. It may help lower systolic blood pressure level.
Ashoka Ayurvedic	500 mg	60 vegicaps	Ashoka is used for menstrual disorders associated with abnormal menstrual bleeding, pain and congestion. It is the best tonic for women.
Ashwagandha	500 mg	100 caps	After thousands of years of continuous use throughout India and Asia, ashwagandha is regarded as one of the most valuable of the Ayurvedic alternative medicines. It has been used as an aphrodisiac, to remedy general weakness and exhaustion, as well as for its stress-relieving qualities.



Product	Weight	Amount	Description
Astragalus Root	500 mg	60 caps	Astragalus has been used in traditional Chinese medicine for centuries. It's main use has been to boost the immune system and promote cardiovascular and liver health.
B Complex	50 mg	60 tabs	B Complex contains all eight of the B vitamins, necessary for maintaining a healthy immune system, strong muscles and bones. It is also good for memory and cardiovascular system.
B-12 Cobalamin w/ Folic Acid	1000/ 100 mcg	100 tabs	Folic acid and Vitamin B12 function together in many metabolic processes - including cell division, DNA synthesis, red blood cell production and proper nerve function. It is beneficial to women wishing to conceive.
B-12 Cyanoco- balamin	1000 mcg	60 caps	Vitamin B12 (Cobalamin) is needed by the body to make blood cells and to maintain a healthy nervous system. Vitamin B12 is usually measured at the time as a folic acid test, because a lack of either one can lead to a form of anemia called megaloblastic anemia.
Bael Golden Apple Ayurvedic	500 mg	60 vegicaps	Bael has been shown to help in the healing of ulcerated intestinal surfaces. Bael fruit is popularly used in diarrhea, dysentery, and has digestive and carminative properties.
Barley Green	500 mg	60 caps	Green Barley is a rich source of vitamins, minerals, enzymes, chlorophyll and protein.
Bee Pollen	500 mg	100 caps	Bee pollen is pollen from flowers that is collected from bees as they enter the hive. Bee pollen is rich in B vitamins which help the body to metabolize nutrients and create energy.
Beta Carotene	25,000 iu	100 tabs	Beta Carotene enhances the immune system by stimulating the activity of interferon. It is also a powerful antioxidant.
Better Bones	500mg	60 caps	Better Bones is a combination of Calcium and Magnesium which are required for strengthening bones and joints.
Bilberry	60 mg	60 caps	Bilberry extract is a great supplement for improving eyesight. Bilberry is rich in antioxidants, natural substances thought to protect against eye diseases like age-related macular degeneration, cataracts, and glaucoma.
Bittermelon (Karela) \ Ayurvedic	500 mg	60 vegicaps	Bittermelon (Momordica Charantia) has been traditionally used to regulate blood sugar levels within the normal limits. It may also help maintain healthy cholesterol levels.
Boswellia Ayurvedic	500 mg	60 vegicaps	Boswellia may reduce pain and boost physical functioning in people with arthritis, asthma and inflammatory bowel diseases. Boswellia helps shrink inflamed tissues (the underlying cause of pain) by improving the blood supply to the affected area.
Boswellia Cream	4oz cream		Boswellia Cream has the same healing properties as Boswellia Tablets, but is applied locally and thus is more quickly absorbed into the inflamed tissue
Boswelliac w/ curcumin	200/ 200mg	90 tabs	Boswelliac w/ curcumin is a potent combination of anti-inflammatory and anti-oxidant properties which may be helpful in rheumatoid arthritis.
Brahmi Ayurvedic	500 mg	60 caps	Brahmi (Bacopa Monnieri) may be used as a brain tonic to support memory, learning, and concentration. The herb is also a powerful rejuvenator that assists with mental activity, brain functioning and overcoming feelings of nervousness or restlessness.





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Breathe Easy & Smokers Defense	750 mg	90 caps	Breathe Easy contains the extracts of many herbs such as Ginger, Milk Thistle, Burdock, Aloe Vera, Green Tea, Echinacea, Cordyceps etc. which has the best nutrients for the respiratory and the circulatory system. It acts as a herbal immuno-modulator formula.
Bromelainin	500 mg	60 caps	Bromelainin is a mixture of enzymes found naturally in the juice and stems of pineapples. Bromelain is a popular natural digestive aid due to its ability to digest proteins. It's used for bloating, gas and other digestive symptoms and for conditions such as irritable bowel syndrome.
Calcium D-3	500 mg	100 tabs	Calcium is the primary mineral responsible for strong bones. Vitamin D assists in Calcium absorption and maintaining a healthy immune system.
Calcium Hydroxyapatite w/ Magnesium	500mg/250mg	100 caps	Both vitamins are vital for the formation of strong bones and teeth, and for the maintenance of healthy gums. Magnesium aids in energy production and assists in the absorption of calcium and potassium. Magnesium also helps prevent depression, dizziness, muscle weakness and other symptoms associated with PMS
Calcium/ Magnesium		100 tabs	Both vitamins are vital for the formation of strong bones and teeth, and for the maintenance of healthy gums. Magnesium aids in energy production and assists in the absorption of calcium and potassium. Magnesium also helps prevent depression, dizziness, muscle weakness and other symptoms associated with PMS
Cardiotonic Super Antioxidant		100 tabs	A multi-vitamin formula especially designed for the heart. It contains all the B vitamins which are good for the heart
Cat's Claw	500 mg	100 caps	Cat's claw acts as an anti-inflammatory and immune system booster. It may also help cleanse the intestinal tract and may be helpful for people who have joint pain and joint cell degeneration.
Children's Multivitamins		100 tabs	A special multivitamin formula with minerals, vitamins A to E and other nutrients designed for children under 16 years.
Chitosan 95% Deacetylated	500 mg	100 caps	Chitosan is a fiber made from the exoskeletons of shellfish. This fiber has been shown to reduce cholesterol and triglycerides in the body.
Cinnamon Ayurvedic	500 mg	60 vegicaps	Cinnamon helps boost cellular glucose metabolism, maintain healthy blood sugar levels and regulates healthy cholesterol balance.
Cleanse (Cleansing Formula)	600 mg	80 caps	It is a special herbal formula designed for colon cleansing. It is a mild laxative. There is no adverse effect as it is a food supplement.
CMO (Cetylmeristoleate)		60 caps	Cetyl myristoleate is the world's newest nutritional pain reliever, anti-inflammatory and joint lubricant. It is great supplement for joint pain.
Collagen	500 mg	100 tabs	Collagen is the main component of connective tissues. As you age, your body may produce less collagen that you need for optimum health. A Collagen supplement may improve skin, nails, hair and counter the effects of aging. It may also help reduce joint pains and swelling.





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Colostrum	500 mg	60 caps	Colostrum is a natural substance that is a form of milk. Colostrum has a high concentration of vitamins, amino acids, immune support ingredients and other helpful substances, which makes it a power-packed supplement to any fitness program and well-balanced diet.
Complete AM - 75		60 tabs	AM Multivitamin Formula can be taken before breakfast. It is designed with various minerals, B Vitamins, etc. to provide energy, appetite, enzyme and stress relief for a good lifestyle.
Complete PM		60 tabs	PM Multi Vitamin Formula can be taken before dinner. It gives relaxation for your body, muscles, joints and provides a good night sleep.
Complete PM		100 tabs	PM Multi Vitamin Formula can be taken before dinner. It gives relaxation for your body, muscles, joints and provides a good night sleep.
CoQ10	30 mg 50 mg 100 mg 150 mg	60 caps	CoQ10 is known as the 'energy-boosting antioxidant'. Taking CoQ10 supplement helps to protect the skin from premature aging and may even help reverse skin damage. It also helps improve cardiovascular health and lower blood pressure levels.
Cordyceps	500 mg	60 caps	Cordyceps is a mushroom that has been used for thousands of years as a profound tonic herb. It is used to increase energy, stamina and endurance. Because of the adrenal support Cordyceps extract can provide, they may be especially useful for people dealing with excessive psychological or physical stress.
Creatine	200 gms		Creatine is a chemical that is normally found in the body, mostly in muscles. It is most commonly used for improving exercise performance and increasing muscle mass in athletes and older adults.
DHEA	50 mg	60 caps	DHEA (dehydroepiandrosterone) is a hormone that's naturally produced by the adrenal glands. Levels of DHEA naturally drop after age 30. DHEA is often taken to slow or reverse the aging process, enhance exercise performance, prevent Alzheimer's disease, improve libido, fight fatigue, soothe menopausal symptoms, treat erectile dysfunction and stimulate the immune system.
Diabotica	500 mg	60 caps	Dia-Botica is a natural product for controlling blood sugar and enhancing pancreatic function. Dia-Botica capsules contain 4 powerful anti-sugar absorption herbal extracts which limit the absorption of sugar into the blood stream during digestion.
DL - Alpha Tocopherol Acetate - Vit. E	400 mg	30 soft-gels	DL-Alpha Tocopherol Acetate (Vitamin E) protects cells from damaging particles called free radicals and lowers chances for developing clots in blood vessels.
Dong Quai	500 mg	60 caps	Dong Quai is considered the 'female ginseng' because of it's balancing effect on the female hormonal system. It is ideal for women experiencing hormonal changes, be it from PMS, menopause or just the stress of everyday life.
Echinacea	450 mg	60 caps	Echinacea is commonly used to boost the immune system, help speed wound healing and treat colds, flu and infections





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Evening Primrose Oil	500 mg 1000 mg 1300 mg	100 softgels	Evening Primrose Oil is one of the richest sources of Gamma-Linolenic Acid (GLA). It is helpful in treating conditions such as rheumatoid arthritis, premenstrual syndrome, breast pain during menstruation, eczema and other skin conditions.
Eyevite		60 tabs	Eyevite contains Bilberry extract, a powerful natural antioxidant, and quercetin, a natural bioflavonoid. Bioflavonoid acts as an antihistamine and anti-allergenic and relieves itchy eyes.
Fenugreek (Menthi) Ayurvedic	500 mg	60 vegicaps	Methi Seeds Extract is rich in vitamins and beneficial in the treatment of indigestion, flatulence and increase the flow of milk for breast feeding mother.
Ferrous Sulphate	500 mg	60 caps	Iron deficiency causes anemia, body itching and mental disability in young children. Also person with iron deficiency have symptoms of dizziness, abnormality, fast heart rate, loss of appetite and insomnia may develop.
Feverfew	25 mg	60 caps	An anti-inflammatory herb that helps heal swellings and joint pain. It is also helpful in relaxing the smooth muscles in the uterus, thus promoting menstrual flow
Flaxseed Oil	1000 mg	100 softgels	Flaxseed Oil is an important source of alpha-linolenic acid (ALA), an omega 3 series of essential fatty acids. Ala is the precursor to eicosapentaenoic acid and the series 3 prostaglandins (PGE3), which are critical hormones regulating cellular activity.
Garlic Odorless	400 mg	60 tabs	The principal active agent in garlic is alliin. Alliin and allicin are sulphur-containing components. The sulphur compounds have antibiotic and antifungal effects that help stop the liver from producing too much cholesterol and thus help prevent blood clots in the brain and heart
Germanium	500 mg	60 caps	Germanium is a chemical element used as medicine. Many herbs and medicinal plants used in healing such as ginseng and garlic contain substantial amounts of germanium. It may be used to increase circulation of blood to the brain, supporting the immune system, and as an antioxidant.
Ginkgo Biloba	500 mg	100 caps	Ginkgo improves blood flow to the brain and acts as an antioxidant. Thus, it is helpful in memory loss, concentration problems, vertigo, tinnitus and dizziness.
Ginseng	500 mg	100 caps	American Ginseng has been used for stress and fatigue characterized by insomnia, poor appetite, nervousness, and restlessness. The root has been used for conditions of weakness and poor immunity and provide stamina for both men and women.
Glucosamin Chondroitin and MSM	900 mg	60 caps	Glucosamine with Chondroitin Sulfate is found naturally in the body and is important in maintaining elasticity and integrity of many types of body tissues, including connective tissues. Glucosamine acts as a lubricant to improve the fluidity of joint movement.
Glucosamine Sulfate	750 mg	60 caps	GS supplement can help to prevent premature cell aging, breakdown and inflammation of synovial fluid, damage to muscles and ligaments, inflamed joints and sciatic nerves and inelasticity of intervertebral discs.





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Glucosamine w/ Chondroitin	900 mg	60 caps	Glucosamine & Chondroitin are two molecules that make up the type of cartilage found within joints. Together, these two remarkable compounds provide superb joint support, helping to strengthen, nourish and lubricate connective tissues and cartilage.
Glutamine	200 gms		Glutamine is a naturally occurring non-essential amino acid that is commonly stored in muscles and released into the blood stream during times of stress. Research has found that glutamine supplements can help maintain muscle mass by preventing protein breakdown.
Glutathione	800 mg	60 caps	Glutathione is a substance produced naturally by the liver. Glutathione is a triple treat to toxins. It neutralizes free radicals, enhances the immune system and detoxifies the liver.
Goodnite Herb Formulation		60 tabs	A complete balanced combination of herbs, vitamins and minerals that may help induce a deep long lasting sleep.
Gotu Kola	50 mg	60 caps	Gotu Kola is a rejuvenative nerve recommended for nervous disorders, including epilepsy, senility, insomnia and premature aging. As a brain tonic, it helps enhance intelligence and memory while strengthening the adrenal glands.
Gotu Kola Ayurvedic	500 mg	60 vegicaps	Gotu Kola is a rejuvenative nerve recommended for nervous disorders, including epilepsy, senility, insomnia and premature aging. As a brain tonic, it helps enhance intelligence and memory while strengthening the adrenal glands.
Grape Seed	30 mg	60 caps	Grape Seed extract contains potent antioxidant and protective polyphenols, particularly resveratrol which helps promote healthy circulation, protect cells from free radical damage, promote brain, skin and eye health.
GTF Chromium	200 mcg	60 tabs	Glucose Tolerance Factor Chromium is used for improving blood sugar control in people with prediabetes, type 1 and type 2 diabetes. Chromium maintains the correct blood pressure, lowers blood cholesterol and raises 'good' cholesterol. It is also used to improve athletic performance and to increase energy.
Guduchi Liver Tonic Ayurvedic	500 mg	60 vegicaps	Guduchi helps support the normal function of the immune system by maintaining optimal levels of white blood cells. It is also regarded as a liver protector, thus, helpful in treating liver damage, viral hepatitis and alcohol, medical or chemical poisoning.
Gugul	25 mg	90 tabs	Guggul has been used for centuries to support healthy lipid and cholesterol levels.
Gugulipid Ayurvedic	500 mg	60 vegicaps	Guggul has been used for centuries to support healthy lipid and cholesterol levels.
Gurana (Bala) Ayurvedic	500 mg	60 vegicaps	Guarana is a natural source of caffeine, reputed to be a stimulant and may increase mental alertness, fight fatigue, and increase stamina and physical endurance. It is also an appetite suppressant and weight loss herbal supplement.
Gymnema Herbal Tea	125 gms		The acids in Gymnema Herbal Tea prevent the taste buds from being activated by any sugar molecules in the food.



Product	Weight	Amount	Description
Gymnema Sylvestre	450 mg	60 caps	Gymnema sylvestre, an Ayurvedic herb, came to be known as "destroyer of sugar" because, in ancient times, Ayurvedic physicians observed that chewing a few leaves of Gymnema sylvestre suppressed the taste of sugar.
5-HTP	50 mg	60 caps	5-HTP (5-Hydroxytryptophan) is a chemical by-product of the protein building block L-tryptophan. 5-HTP works in the brain and central nervous system by increasing the production of the chemical serotonin. Serotonin can affect sleep, appetite, temperature, sexual behavior, and pain sensation.
Haritaki Ayurvedic	500 mg	60 vegicaps	Haritaki is a natural herbal laxative and helps to cleanse the colon smoothly and effectively. It strengthens and nourishes the tissues and supports proper function of the colon, lungs, liver and spleen.
Hawthorne	450 mg	60 caps	Hawthorne berries are rich in flavonoids which have been shown to dilate peripheral and coronary blood vessels. This action helps alleviate hypertension and high blood pressure and reduce the severity and frequency of angina attacks.
Horny Goat Weed	500 mg	90 caps	Horny Goat Weed, Epimedium is a natural herb that can often be found contained within sexual enhancement supplements. This ingredient is primarily advertised to increase the libido capacity and increase energy levels.
I-SLIM Now	550 mg	60 caps	It is an advanced formula with herbal composition for appetite suppressant and effective in weight loss. It is a food supplement. There is no adverse effect.
Kava Kava	125 mg	60 caps	Kava Kava's primary use is as a relaxant and sleep aid. Its mildly psychoactive properties induce a feeling of relaxation.
Lecithin	1200 mg	100 softgels	Lecithin is composed of the chemicals inositol and choline which can be derived from foods like egg and soy sources. The supplement helps as memory aid for Alzheimer's disease, liver health, gallbladder disease, bipolar disorder, weight loss and high cholesterol.
Licorice Ayurvedic	500 mg	60 vegicaps	Licorice has long been known for its ability to soothe respiratory inflammation. It is mostly used as a demulcent (soothing agent) in the digestive and urinary tracts, to help with cough and to soothe the sore throat.
Luteinin	20 mg	60 caps	Lutein is a carotenoid, a pigmented nutrient that is responsible for the yellow colors of fruits and vegetables. Lutein has been linked to promoting healthy eyes through reducing the risk of macular degeneration.
Lycopene	50 mg	60 caps	Lycopene is a bright red carotenoid pigment, a phytochemical found in tomatoes and other red fruits. Lycopene is the most common carotenoid in the human body and is one of the most potent carotenoid antioxidants. It's a powerful antioxidant that may help protect cells from damage.
Maca	500 mg	90 caps	For centuries native Peruvians have used Maca for its ability to increase energy and stamina and, effectiveness as an aphrodisiac. Women use maca for female hormone imbalance, menstrual problems, and symptoms of menopause.



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Malunggay Ayurvedic	500 mg	60 vegicaps	Moringa is very rich in vitamins A, B, C & the minerals iron & potassium. It is a complete protein source containing essential amino acids as well as coenzymes and antioxidants which can contribute to overall health.
Melatonin	3 mg each	60 caps	Many people can safely benefit from a melatonin supplementation for the following conditions: jet-lag; working on a rotating shift; and sleeplessness. This supplement should be taken 2-3 hrs before your desired bed time. Not to be taken if you are pregnant, a lactating mother or an adolescent.
Melatonin w/Valerian	3 mg each	60 caps	Melatonin with Valerian is more effective for individuals who have emotional tension and disturbances and cannot sleep well. It does not produce a hangover type effect the next morning. Not to be taken if you are pregnant, a lactating mother or an adolescent.
Milk Thistle	50 mg	60 caps	Milk Thistle extract is a great herbal supplement for dysfunction of liver, jaundice and damaged liver cells. Milk Thistle has been used for indigestion since it promotes the flow of bile and thus helps emulsify fat
Mucuna Ayurvedic	100 mg	60 vegicaps	Mucuna is a traditional nervine tonic used to support normal function of the brain and reproductive system. It is a natural source of amino acid (L-Dopa) which converts into dopamine in the body. It has been used to increase sexual desire and ability.
Muiru Puama	500 mg	90 caps	Muiru Puama is a medicinal plant from South America, traditionally used as an aphrodisiac by both sexes. Muiru Puama boosts and prolongs performance, enhances virility. Muiru Puama may also help with stress management, nervous system stimulation, genital weakness, impotence, and overall health.
Multivita Super		100 tabs	Multivita Super is a time release multiple vitamin and mineral formula with some herbal extracts. It is also an excellent prenatal multivitamin. Everything you need in one convenient dose. It is free from sugar, starch, salt, preservative, colors, yeast and gluten
Neem Ayurvedic	500 mg	60 vegicaps	Neem helps detoxify the body and purify the blood. It promotes healthy hair and skin.
Noni	375 mg	60 caps	Noni has therapeutic properties which can help treat respiratory diseases, indigestion, and different skin ailments. It contains anti-bacterial, anti-viral, and anti-fungal properties.
Omega 3 Fish Oil	1000 mg	100 softgels	Fish lipids provide an ideal and natural source of the essential Omega 3 fatty acids. (Eicosapentaenoic acid (EPA), Docosa Hexanoic acid (DHA) and Docosa pentanoic acid). Omega-3 fatty acids are very important in preventing and managing heart disease. It may also help lower blood pressure and reduce triglycerides.





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Omega 3 Fish Oil	1000 mg	300 softgels	Fish lipids provide an ideal and natural source of the essential Omega 3 fatty acids. (Eicosapentaenoic acid (EPA), Docosa Hexanoic acid (DHA) and Docosa pentanoic acid). Omega-3 fatty acids are very important in preventing and managing heart disease. It may also help lower blood pressure and reduce triglycerides.
Pau D'Arco	3 mg each	60 caps	People with Candida overgrowths have found Pau d'arco to be very useful in controlling the overgrowth. It is traditionally used to fight cough, bacterial and fungal infections.
PMS Formula		60 tabs	PMS Formula helps relieve pain associated with reproductive hormone imbalance.
Potassium	500 mg	100 caps	Potassium is a mineral that's crucial for life. It is necessary for the heart, kidneys, and other organs to work normally. Inadequate potassium may produce symptoms including restlessness, loss of appetite, nausea, thirst, and drowsiness.
Psyllium Husk Ayurvedic	100 gm		Psyllium is an excellent natural source of dietary fiber that increases bowel regularity and aids the digestive system. Psyllium husk is also thought to be effective in lowering LDL levels (Low Density Lipoprotein). Excess LDL builds up in your arteries and may lead to heart diseases.
Pycnogenol	30 mg	30 caps	Pycnogenol is derived from pine bark, a bioflavonoid-rich, potent extract which is used for fighting free radicals and maintaining capillary health with a high content of proanthocyanidins. It is a powerful antioxidant.
Reishi Mushroom Ganoderma	500 mg	100 caps	Also known as Lingzhi, Reishi Mushroom is derived from 100% pure natural Ganoderma which is processed into triple concentrated capsules. It is very useful for a poor immune system, high blood pressure, high cholesterol and bad skin conditions including radiation and chemotherapy.
Safed Musli Ayurvedic	500 mg	60 vegicaps	Safed musli is a very powerful aphrodisiac agent with no side effects. It may help enhance male potency and overcome signs of fatigue. It also improves the quantity and flow of milk for lactating mothers. It is a rejuvenative tonic for both men and women.
Saw Palmetto	340 mg	60 soft-gels	Based on current scientific research, it produces a fat soluble extract that may offer nature's most effective remedy for reducing an enlarged prostate.
Selenium	200 mcg	60 tabs	Selenium is good for arthritic symptoms, high blood pressure, hypertension, skin, hair and nail problems. It helps detoxify the body of heavy metals like mercury, lead and arsenic.
Senna	500 mg	60 vegicaps	Senna is most well-known for it's ability as a laxative. It may be used to help combat constipation. Senna should not be used by pregnant or nursing women.
Senolax	150 mg	60 tabs	It is a herbal mild laxative. It contains bromelain as an enzyme with extract from senna leaves. It is a great natural formula as an enzyme as well as a natural health supplement as a mild laxative and for habitual constipation. Take 2 to 4 tablets before going to bed at night.



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Shark Cartilage	750 mg	100 caps	Numerous clinical studies show that shark cartilage may alleviate the discomfort and reduced mobility associated with joint conditions. It is a natural source of calcium and phosphorus and it contains many therapeutics for building bones, skeleton and bone marrow.
Shilajit	500 mg	60 vegicaps	Shilajit is a pale brown to blackish gummy substance on rocks found in the mountains of India and the Himalayas. Research shows that shilajit may be effective in peptic ulcer and has anti-inflammatory properties. It is also a potent sexual enhancer in men and women (aphrodisiac)
Slim Energy	750 mg	90 caps	SLIM ENERGY is a blend of the finest herbs, botanicals, and vitamins plus Chromium Picolinate. The USDA Patented "Mineral-Nutrient of the 90's." May act as fat burner and appetite suppressor for weight loss.
Spirulina	500 mg	100 tabs	Spirulina is used as a source of dietary protein, B-vitamins and iron. It provides intense nutritional support to aid in tissue repair, organ function, energy, digestion and immunity. Spirulina supplement can help regulate blood sugar levels in between meals. It is also an effective weight loss aid.
Squalene	500 mg	100 soft-gels	Squalene is a compound found in olive oil and in high amounts in shark oil. Squalene may be beneficial as antioxidant and beauty supplement. It may also help regenerate the immune system.
St. John's Wort	430 mg	100 caps	St John's wort has been used for centuries to calm the nerves and treat depression. It contains hypericin which acts as MAO inhibitors to retard the breakdown of neurotransmitters such as norepinephrine, serotonin and increase concentration in the central nervous system
Super Papaya Enzyme	500 mg	100 tabs	Super Papaya Enzyme can be used as a natural digestive aid by chewing several tablets following meals or as a breath freshener. It is a complete balanced formula for the digestion of fat, carbohydrates and protein.
Superman Super Power	1250 mg	100 tabs	Superman Super Power is a combination of some of the best herbal extracts from all over the world, with amino acids, minerals and B-vitamins.
Tongkat Ali	500 mg	90 caps	Tongkat Ali appears to work by increasing levels of the hormone testosterone. It has been used for many years by men to increase sexual desire, libido, sexual performance and to treat erectile dysfunction. Because of its testosterone-enhancing properties, tongkat ali is also used by bodybuilders to increase muscle mass and strength.
Tribulus	500 mg	60 vegicaps	Tribulus is claimed to increase the body's natural testosterone level. It is also ideal for bodybuilders and those desiring to maximize sports performance, libido and sexual performance.
Triphala	750 mg	60 vegicaps	Triphala is used to improve digestive health, which helps heal the body from indigestion, constipation, bowel irregularity and other digestive troubles. It acts as a mild laxative.





Product	Weight	Amount	Description
Tulsi	500 mg	60 vegicaps	Tulsi is good for common colds, coughs, and flu. According to Ayurveda, Tulsi promotes purity and lightness in the body, cleansing the respiratory tract of toxins and relieving digestive gas and bloating.
Turmeric (Haldi)	500 mg	60 vegicaps	Turmeric is a powerful antioxidant. It is anti-inflammatory, purifies the blood and acts as an antibacterial for intestinal flora.
Valerian Root	450 mg	60 caps	Valerian extract helps improve sleep quality, promote relaxation and improve stress symptoms.
Vanadylsulphate	250 mg	60 caps	Vanadylsulphate is derived from the trace mineral vanadium. Vanadium was shown to lower sugar levels to well within the normal range. Vanadylsulphate also helps vascularity, boosts energy, builds muscles and boosts training pump for body builders.
Vasak	500 mg	60 vegicaps	Vasak is an herbal supplement which may help normalize lung function. It is beneficial in conditions of the respiratory tract, cold, cough, chronic bronchitis and asthma.
Vitalac Multivitamin		100 tabs	Vitalac is a multivitamin advanced formula. It is a high potency time-release tablet. It contains multiple vitamins and minerals, such as Vitamin A, Vitamin C, Calcium, magnesium, Chromium, Selenium, Zinc, Copper and B Complex etc. which are essential vitamins for maintaining a healthy life.
Vitamin A & D	2500/ 250iu	100 caps	Vitamin A opposes major stress hormones. It also protects the internal linings of the skin. Beta-carotene and Vit A can oppose induction by carcinogens. Vit D has been found to be essential for the absorption of calcium and development of strong bones and teeth.
Vitamin B-1 Thiamine	50 mg	60 caps	Vitamin B1 (Thiamin) increases the blood circulation, helps in the blood formation and metabolism of carbohydrate.
Vitamin B-12 (see B12 Cyanocobalamin)	1000 mg	60 caps	Vitamin B12 (Cobalamin) is needed by the body to make blood cells and to maintain a healthy nervous system. Vitamin B12 is usually measured at the time as a folic acid test, because a lack of either one can lead to a form of anemia called megaloblastic anemia.
Vitamin B-2 Riboflavin	50 mg	60 caps	Vitamin B2 (Riboflavin) is manufactured in the body by the intestine. A deficiency of this vitamin may manifest itself as cracks and sores at the corners of the mouth, eye disorders, inflammation of the mouth and tongue, and skin lesions.
Vitamin B-3 Niacin	50 mg	60 caps	Vitamin B3 (Niacin) is important for the body's general good health. It can boost levels of good HDL cholesterol and lower bad LDL cholesterol.
Vitamin B-5 Pantothenic Acid	50 mg	60 caps	Vitamin B5 (Pantothenic Acid) plays a vital role in fat and carbohydrate metabolism as well as adrenaline production.
Vitamin B-6 Pyridoxin	50 mg	60 caps	Vitamin B6 (Pyridoxine) is required for the synthesis of the neurotransmitters serotonin and norepinephrine and for myelin formation. Pyridoxine deficiency in adults principally affects the peripheral nerves, skin, mucous membranes, and the circulatory (blood cell) system.





Product	Weight	Amount	Description
Vitamin C	500 mg	100 tabs	Vitamin C (Ascorbic Acid) is a water-soluble vitamin, needed by the body to form collagen in bones, cartilage, muscle and blood vessels, and which aids in the absorption of iron. Vitamin C is also a highly effective antioxidant.
Vitamin C	1000 mg	100 tabs	Vitamin C (Ascorbic Acid) is a water-soluble vitamin, needed by the body to form collagen in bones, cartilage, muscle and blood vessels, and which aids in the absorption of iron. Vitamin C is also a highly effective antioxidant.
Vitamin E	400 iu	60 softgels	Vitamin E is a fat soluble vitamin and one of the most powerful antioxidants. It protects and repairs your skin. The body also needs vitamin E to help keep the immune system strong against viruses and bacteria.
Wheatgrass	500 mg	100 tabs	Wheatgrass provides a concentrated amount of nutrients, including iron, calcium, magnesium, amino acids, chlorophyll, and vitamins A, C and E. It's rich nutrient content boosts immunity, kills harmful bacteria in your digestive system, and rids your body of waste.
Wild Yam	450 mg	60 caps	Wild Yam is partially converted in the intestines to the hormone DHEA. It is a great remedy for women who suffer from menstrual cramps or pain, menopausal symptoms and uterine pain.
Yohimbe	750 mg	30 tabs	Yohimbe has been known to help alleviate symptoms of erectile dysfunction and impotence, to enhance male potency and boost performance, and to increase sperm production. It's also known to increase libido in women.
Zinc - Aspartate	25 mg	60 capsules	It is a trace mineral that helps keep nails, skin and hair healthy. Zinc maintains the reproductive organs in both men and women and is also a great mineral for maintaining healthy skin and a robust immune system. Many individuals suffer from acne, eczema and psoriasis due to a zinc deficiency.



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