

november natural selections

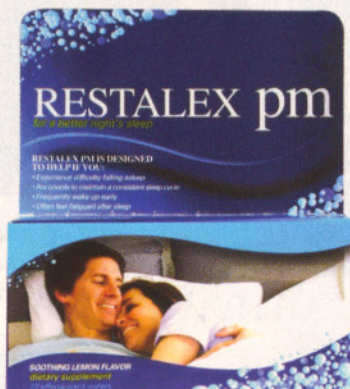
Catch some Z's naturally, add a bit of holiday bounce to your hair, and enjoy two new guilt-free crunchy snacks

The antioxidant answer—**Nature's Answer Orac Super 7**, the best-selling antioxidant formula—is now available in two new varieties: convenient **Orac Super 7 Vegetarian Capsules** and delicious **Orac Super 7 Chewable Wafers** in **Berry Blend**. You'll get the maximum absorbable amount of antioxidant protection in this proprietary blend of mangosteen, red coffee fruit, muscadine grape, goji, acai, pomegranate, and blueberry. Toss these capsules or wafers in your purse, briefcase, or gym bag for convenient, take-anywhere antioxidant protection.



Sail into sweet dreams naturally with **Restalex PM** from **Windmill Health Products**.

This great-tasting, lemon-flavored soothing drink can help you fall asleep, stay asleep, and wake up refreshed. Its all-natural ingredients are non-habit-forming and fast-acting. In fact, it contains more than 20 hand-selected ingredients that will ease you into deep REM sleep even faster than conventional over-the-counter sleep aids. Just plop one effervescent wafer into water 30 minutes before bed, and get the rest you need.



Health is a family affair, and now **Natrol** offers supplements for the entire household. These science-based herbal products support the health of men, women, and seniors. **Biotin**, an important B-vitamin, promotes strong hair and nails and also assists cellular energy production. **Cholest Intercept** features phytosterols that can help lower bad (LDL) cholesterol. **L-Arginine** supports healthy blood vessels. **Milk Thistle Advantage** combines the power of silymarin (the active ingredient in milk thistle) with supporting herbs to detoxify the liver. And finally, **Mood Positive 5-HTP** with L-theanine and B vitamins, helps reduce anxiety and boost feelings of happiness and well-being. All supplements are 100 percent vegetarian.



Protect your little ones from cold and flu season with four new supplements from **Irwin Kids**. The **BerryLicious Super Multi** provides 100 percent of the RDA of vitamins and minerals in a delicious one-a-day soft chew. **Immuno-Zappers** support a healthy immune system with elderberry, vitamin C, zinc, and quercetin. **Bright Brain** fruity soft chews offer a boost of the omega-3s DHA and EPA, and because kids don't always eat right, **Yummy Veggie Fruities** ensure they get a daily dose of wholesome fruits, supergreen nutrition, and vital vegetables.

Detox with a new deodorant. **Herbalix Restoratives** has come up with **Detox Deodorant**, an innovative product designed to purge your underarms of the aluminum, petroleum, and assorted synthetic chemicals that lurk in conventional deodorants and antiperspirants. It works while you sleep, and with regular use, can return your underarms to a healthy, natural state. All natural and made with 80 percent certified-organic ingredients.



Put luster in your locks with **Lamas Beauty Rice Protein Volumizing Shampoo** and **Conditioner**. The salon-quality formulas add shine and volume with peptides, proteins, and amino acids. Golden seal, carrot seed, chamomile, and yucca protect hair from environmental damage, while additional certified-organic botanicals, herbs, and vitamins transform damaged frizz into soft, healthy, bouncy hair.

There's always a doctor in the house with **Dr. Bronner's Magic All-One Soaps**. And now the company launches a new line of USDA organic **Shikakai Hand** and **Body Pump Soaps**. Richly emollient and infused with fresh fragrances such as **Lavender** and **Lemongrass Lime**, the formula combines **Dr. Bronner's** unsurpassed castile soap with shikakai—which comes from the seed pods of the Asian *Acacia concinna*—for superclean, baby-soft skin.



Go with the glow! **Derma e Fruit Enzyme Facial Scrub** and **Cleansing Enzyme Mask** will help you reveal your most luminous self by gently exfoliating your complexion. Dead Sea salts thoroughly cleanse, and detoxify, while fruit enzymes remove dull aging cells from the skin's surface. Both products are free of parabens, phthalates, sodium lauryl sulfate, petrolatum, mineral oil, artificial colors, and are cruelty-free.



pamper your skin
with velvet moisture



Our new Velvet Moisture **Body Washes** and **Liquid Soaps** feature an exclusive blend of 7 Natural Moisture Boosters to replenish skin's natural moisture barrier. With each rich and nourishing lather, your skin will feel clean, refreshed and touchably soft.

These naturally safe and effective formulas are:

- 1,4-Dioxane Free
- Biodegradable & Sulfate-Free Cleansers
- Paraben Free
- Free of Animal By-Products
- Phthalate Free
- Never Tested on Animals

www.natures-gate.com

When nothing but a savory, crunchy snack will do, reach for two new guilt-free goodies from **Michael Season's**. The **Baked**



White Cheddar Cheese Pops are shaped like fluffy popcorn and made with real white Cheddar, and the **Baked Hot Chili Pepper Cheese Curls** offer a spicy, zesty kick. They're both wheat- and gluten-free, and contain no MSG or hydrogenated oils.

Celebrate Election Day this month with a steaming bowl of **U.S. Mills Uncle Sam Instant Oatmeal** in two new flavors—**French Vanilla** and **Cinnamon**



Raisin. Enriched with flaxseed, wheat flakes, and soymilk, they're perfect for a crisp autumn morning. Just add hot water for a satisfying, heart-healthy, low-fat, fiber-filled breakfast that's bursting with omega-3s and superior taste.

Many of us can't drink enough green tea per day to reap all its health benefits, but **Sen Cha Naturals Green Tea Bars** can help; one bar is equivalent to three cups of green tea! Each bar contains approximately 225 mg of polyphenols—the potent antioxidants that give green tea its nutritional punch. In subtle-yet-delicious flavors such as **Delicate Pear** and **Lively Lemongrass**, these bars are chock-full of natural organic ingredients, plus, they're vegan, and gluten- and dairy-free.



Here's a line of nut butters that has it all. New **Earth Balance Almond Butter**, **Creamy Peanut Butter**, and **Crunchy Peanut Butter** are

vegan, sweetened with natural agave syrup, and infused with flaxseeds, which means they're jam-packed with omega-3s. Made with expeller-pressed oils that keep them from separating, these nut butters are free of GMOs, gluten, trans fat, and hydrogenated oils. ♦

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OxyLife

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Inflammation can cause pain and disease. If you ignore the inflammation, it can get worse! Relieve the inflammation and the pain will disappear.

Phenocane:

- Helps reduce inflammation
- Has no side effects
- Helps reduce arthritis pain
- Provides Fast relief
- Helps reduce lower back pain
- Gets rid of the discomfort
- Is All Natural, and comes in Vegetarian Capsules



A friend referred me to Phenocane. I am borderline diabetic and I have Spinal Stenosis. At night, my feet would burn and I would have leg and back pain. After taking two Phenocane, the pain went away! Today I am taking Phenocane every morning and evening. I am living pain free thanks to Phenocane. - Summer

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

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