



MOUNTAIN MEADOW HERBS®

2024 PRODUCT CATALOG

PURE, NATURAL  
PRODUCTS YOU  
CAN TRUST.

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EXTRACTS &  
FORMULAS

PURE CAPSULES

CLEANSERS

MORE!

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The use of herbal products is controversial. If you are pregnant or nursing, taking prescriptions, or have a medical condition, consult your professional caregiver before taking any herbs internally. The information and testimonies contained within this product guide are to assist with product selection only. They are not intended to be used to treat, cure, diagnose, or prevent disease or other complications. The FDA has not given approval of the information in this guide.



# What sets us apart from other natural remedies and herbal supplements?

Since the beginning of time, gifts from nature have provided for most of our health and healing needs, but the time and research it takes to uncover these gifts is overwhelming at best. That's why we've done it for you. At our headquarters in the Flathead Valley of Montana, fresh, pure extracts of individual herbs are made daily and combined into more than 40 proprietary blends or formulas targeting and supporting specific organs and body systems.

Our unique process for extracting herbs has been researched, tested, and developed over time so that the final result is a pure, golden gift from nature. These powerful liquids are up to 70% more effective than tablets or encapsulated herbs.\* Absorption is almost instant and benefits can, in many cases, be seen quickly.

From mineral absorption support with Herbal Calcium and Herbal Iron, to immune-boosting and specific organ support, our products offer effective natural health support at its best. These herbal formulas are widely used and today are household names among the Plain Communities, where the company's founder grew up. Armed with the simple beauty of a unique culture and an insatiable desire to learn, she successfully unlocked enough of nature's secrets to save her young son from dialysis.

**Tired of alternative supplements that don't work?** Try a liquid, golden gift from nature - you won't be disappointed! Our mission is to provide natural health solutions you and your family can trust.

\* According to Terry Willard, Cl.H., Ph.D., director of the Wild Rose College of Natural Healing and author of the textbook Modern Herbology, extracts are found to be up to 70% more effective than tablets or encapsulated herbs.

## LEGEND OF ICONS



Safe for expecting moms



Safe for nursing moms



Safe for toddlers (Ages 3-5)



Safe for infants



Not safe for expecting moms



Not safe for nursing moms



Not safe for toddlers (Ages 3-5)



Not safe for infants

The icons used to indicate product safety refer to what is currently, generally considered safe and unsafe. The FDA has not approved these for use by anyone.



### Other Vendor Products (do not qualify for any discounts)

In cases where we do not yet, or cannot manufacture a product to fulfill a need, we offer high quality products from other companies that we have researched and support.

## 3 ways to order



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All major credit cards accepted  
Check by phone



"I've never ordered a product from MMH that I wasn't satisfied with!" - Mary C.



[www.mmherbs.com](http://www.mmherbs.com)

All major credit cards accepted



"I love MMH and the quality of their product as well as their customer service!" - Josi



Mail your order  
and payment to:

Mountain Meadow Herbs, Inc.,  
1019 Hard Rock Road  
Somers, MT 59932



"Excellent products, great customer service, will be back for more as different needs arise." - VC

## ➔ Nature's Gentle Answers for Women

For centuries wise women have made being a woman, and especially motherhood, easier by using a wide variety of nature's herbal offerings.

Old midwifery manuals and ancient herbal volumes are a testament to how heavily healing plants were relied on before the days of modern medicine.

Today, there is a growing trend of taking a second look at the simple remedies used by our grandmothers and great-grandmothers.

As many as 40% of childbearing age women are looking for safe, natural ways to bring their little ones into the world.

Complications, such as nerve damage, unwanted pressure to deliver within preset parameters, and drug related difficulty with

nursing a lethargic newborn, are moving women to find natural ways to prepare for giving birth gently and dealing with the after pains.

There are herbal answers for the discomforts experienced in the months leading up to the moment a new life is snuggled safely in mommy's arms.

Leg cramps, queasiness and exhaustion don't have to be a part of this precious time.



## MAXI-MILK Lactation Support for Nursing Moms

- Increase breast milk supply
- Richer, higher quality milk
- Make nursing more enjoyable

One of the gentlest, most effective nursing supplements available. If you're looking for support, Maxi-Milk may provide the lactation support you need and boost your supply.

Maxi-Milk is a special blend of herbs that work to not only increase your milk supply, but also to make it richer and more satisfying for your baby.

The ratio of peppermint in this formula is minimal, at 1:15. It supports digestion for your little one and should not negatively affect milk supply.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Blessed Thistle herb, Marshmallow root, Alfalfa leaf, Fennel seed, Skullcap herb, Chaste Tree berry, Stinging Nettle leaf, Anise seed, Peppermint leaf, Red Raspberry leaf, Milk Thistle seed, Lemon Balm leaf	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



2 oz.	M1202	\$24
4 oz.	M1204	\$39

**SUGGESTED USE:**  
1/4 tsp. in water, 1-4 times daily.

**NOTE:** Begin use AFTER delivery and not while still expecting.



"I was struggling to meet the nursing needs of my 2 mo old twins. After a couple of days on Maxi-Milk, I could tell a difference, I was full and leaking milk! I was able to nurse them till they were over a year." - Mrs. Kauffman



MOTHERWORT

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Blessed Thistle herb, Red Raspberry leaf, False Unicorn root, Partridge Berry herb, Blue Cohosh root, Ginger root, Skullcap herb, Motherwort herb, Wild Yam root, Bayberry root bark	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



2 oz.	G1032	\$29
4 oz.	G1034	\$45

**SUGGESTED USE:**

During last 5 weeks of pregnancy:

**Week 1:** 1/4 tsp. in water 2 times daily.

**Weeks 2-5:** 1/4 tsp. in water 3 times daily.

## GENTLE BIRTH Childbirth Support

- Midwife-favorite
- Enjoy a more comfortable labor and delivery
- Support a quick recovery



This unique combination of herbs may help the body prepare to give birth when taken for the 5 weeks prior to your due date. Over 90% of women who have tried Gentle Birth Formula say they would recommend it to family and friends.

Perceived benefits include easier, shorter, and more comfortable labor and delivery, plus a shorter recovery time.

May be used up to two weeks after giving birth for normalizing and healing support.

TIP: 4 oz. bottle is suggested for 5 weeks before due date. 2 oz. bottle if you tend to deliver early. If taking Herbal Vita-Mom, use formula below.

## GENTLE BIRTH without Blue Cohosh

If you suffer from high blood pressure we suggest ordering the Gentle Birth without Blue Cohosh. **This formula is now made without Red Raspberry as well.** Add Red Raspberry Extract for added benefits if you are already not using it (pg 66).

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Blessed Thistle herb, False Unicorn root, Partridge Berry herb, Ginger root, Skullcap herb, Motherwort herb, Wild Yam root, Bayberry root bark	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.

4 oz.	G1034B	\$45
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Discontinue use 3 weeks before surgery due to incompatibility of anesthesia and St. John's Wort. St. John's Wort should not be taken with Rx anti-depressants or birth control.

# GENTLE RECOVERY

(FORMERLY AFTER-PAIN RELIEF)

## Postpartum Relief

- Fast-acting
- Ease cramping and spasms
- Midwife recommended

This fast-acting herbal formula may naturally ease after-birth and menstrual discomfort by relaxing muscle tension, easing cramping and spasms.

This may be helpful during your first days as a new mom to be more pleasant and delightful allowing you to more easily cherish those beloved moments after birth and while nursing your newborn.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Cramp bark, Black Haw bark, Yarrow leaf & flower, St. John's Wort herb	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% -10% organic grain alcohol.



2 oz.	A1012	\$24
4 oz.	A1014	\$39

**SUGGESTED USE:** 1/4 tsp in water as needed. Dosage can be repeated every 15 minutes (within reason until relief is obtained).



# MOM'S LIVERGLOW

## Liver Support for Moms

- Stimulate, cleanse, and support your liver
- Maintain energy
- Healthy mood support

During pregnancy, your liver filters 4.5 pints of blood per minute. This gentle, nourishing blend of herbs may stimulate, cleanse, and support your liver.

Begin and end each day with energy and a smile. For best results, begin use two months before conception when possible.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Milk Thistle seed, Fresh Ginger root, Dandelion root, Alfalfa leaf, Olive leaf, Grape seed, Lemon Balm leaf, Bilberry fruit	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% -10% organic grain alcohol.



4 oz.	L3714	\$39
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**SUGGESTED USE:**  
 0-2 yrs: 5 to 10 drops.  
 3-11 yrs: 1/8 tsp.  
 12+ yrs: 1/4 tsp. Take in water before meals 3 times daily.

TIP: Use with Mom's Stomach Aid to maintain healthy digestion. See page 9. If not expecting or nursing, use original LiverGlow, page 35.

**Supplement Facts**

Serving Size: 2 softgels  
Servings Per Container: 60

Amount Per Serving	%DV
Vitamin A (as B-Carotene) 1500 mcg RAE	115%
Vitamin C (as Ascorbic Acid) 60 mg	50%
Vitamin D (as Cholecalciferol) 10 mcg (400 IU)	67%
Vitamin E (as d-alpha Tocopherol) 20 mg	105%
Vitamin K1 (as Phyltonadione) 80 mcg	89%
Vitamin B1 (as Thiamine HCl) 4 mg	286%
<b>Vitamin B2 (as Riboflavin) 5 mg</b>	<b>313%</b>
Niacin (as Niacinamide) 20 mg	111%
Vitamin B6 (as Pyridoxine HCl) 10 mg	500%
Folate 1360 mcg DFE (800 mcg folic acid)	226%
Vitamin B12 (as Cyanocobalamin) 10 mcg	257%
Biotin (as D-Biotin) 200 mcg	571%
Choline (as Choline Bitartrate) 20 mg	4%
Pantothenic acid (as Calcium Pantothenate) 10 mg	143%
Iron (as Ferrous fumarate) 18 mg	67%
Iodine (as Potassium Iodide) 150 mcg	52%
Selenium (as Sodium Selenate) 70 mcg	100%
Magnesium (as Mg Oxide and Mg Citrate) 200 mg	50%
Zinc (as Amino acid chelate Zinc) 15 mg	115%
Copper (as Copper Gluconate) 2 mg	154%
Manganese (as Manganese Citrate) 2 mg	77%
Chromium (as Chromium Picolinate) 120 mcg	267%
Potassium (as Potassium Citrate) 60 mg	†
Coenzyme Q10 50 mg	†
Inositol 16 mg	†
Hesperidin Complex (from Citrus aurantium Fruit) 50 mg	†
Ginger (Zingiber officinale) Root Extract 30.6 mg	†
Peppermint (Mentha piperita) Leaf Extract 20 mg	†
Alfalfa (Medicago sativa) Leaf Powder 20 mg	†
Red Raspberry (Rubus idaeus) Leaf Powder 20 mg	†
Carob (Vicia faba) Fruit powder 20 mg	†
Stinging Nettle (Urtica dioica) Leaf Powder 20 mg	†
† Daily Value (DV) not established.	

Other Ingredients: Rice Bran Oil, Gelatin (of bovine origin), Glycerin, Purified Water, Beeswax, Sunflower Lecithin, and Color (Lycopene and Annatto).

**WARNING:** Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

# HERBAL VITA-MOM Prenatal Vitamin

- Important blend of vitamins and minerals
- Digestive-friendly herbs
- Vital support for mom and baby

Herbal Vita-Mom contains the daily vitamins and minerals you need before and during your pregnancy.

Among them is folic acid, widely considered the most important vitamin to take when planning a pregnancy. Folic acid is a B vitamin that cells in your body need for growing and developing.

We suggest you start any prenatal vitamin regimen at least one month before you start trying to get pregnant. The first few weeks of pregnancy are a vital time for fetal health and development.



60 serv. VM9060 \$35

**SUGGESTED USE:**  
Take 2 softgels daily, preferably with meals unless otherwise directed.

**TIP:** If you plan to take Gentle Birth, take Gentle Birth without Blue Cohosh/Red Raspberry with Herbal Vita-Mom.



*"This herbal combination is wonderful. I didn't have to take Darvocet for pain relief this time in the hospital. I started taking this Gentle Recovery as soon as my daughter was born and every time I nursed. I couldn't believe how it kept my cramping at a minimum and my bleeding was considerably lighter. Thanks for such a wonderful product."*

- Stephanie P.



ST JOHN'S WORT



**TIP:** For many, focusing on the health of their liver may be all they need to feel happier. We suggest starting with our Mom's LiverGlow formula (page 6) and adding the Mommy Blues Buster if needed.

# MOMMY BLUES BUSTER

## Mood Enhancer for Moms

- Help support a positive outlook
- Balance hormones
- Natural, non-addictive

Specially formulated for the expecting or nursing mother, these gentle herbs may have a positive effect on emotions.

Let nature gently guide you each day to a new and more balanced state. With adaptogenic and mood lifting herbs, this herbal combination may even help improve mood caused by seasonal changes, hormone imbalance, exhaustion, and other circumstances.

Keep your positive outlook on life and enjoy every minute of motherhood!

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Rhodiola root, Eleuthero root, Lemon Balm leaf, Ginkgo Biloba leaf, Passionflower leaf	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



4 oz. B3204 \$39

### SUGGESTED USE:

13-11 yrs: 1/8 tsp.  
 3-11 yrs: 1/4 tsp. in water 3-4 times daily. May take up to two weeks of consistent use before full benefit is realized.

*Caution if taking anti-convulsive, anti-platelet and/or anticoagulants.*

*Discontinue use 7 days before surgery.*

*If expecting, discontinue 6 weeks prior to due date.*



# WATER BALANCING FORMULA

## Fluid Release Support

- Urinary tract cleansing
- Relieve water retention
- Gently flush and normalize

When your body holds on to too much fluid, you may experience uncomfortable side effects like bloating and weight gain - an experience that is all-too-common during pregnancy.

This herb combination can help support healthy fluid balance by encouraging elimination via the kidneys.

**Great for men too!**

Supplement Facts	
Serving Size:	1 tsp
Servings Per Container:	24
Per Serving	%DV
Proprietary Blend	5 mL †
Cleavers herb, Dandelion leaf, European Elder flower, Sarsaparilla root, Yarrow leaf & flower	
† Daily Value (DV) not established	

Other Ingredients: Vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.



4 oz. U6044 \$39

### SUGGESTED USE:

0-2 yrs: 1/8 tsp.  
 3-11 yrs: 1/4 tsp.  
 12+ yrs: 1/2 tsp.  
 Adults: 1 tsp. 2-3 times daily with 8 oz. of cold water.

*Use with caution in infants/babies to avoid dehydration.*

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Ginger root, Fresh Ginger root, Peppermint leaf, Fennel seed, Peppermint oil	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



2 oz.	S1302	\$24
4 oz.	S1304	\$39

**SUGGESTED USE:**

0-2 yrs: 5-10 drops.

3-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

# MOM'S STOMACH AID

## Digestive Support

- Calm stomach issues
- Ease nausea while expecting
- For all ages

Changes in a woman's body during early pregnancy can lead to an upset stomach. Fresh Ginger, combined with dried Ginger, Fennel, and Peppermint can support the entire digestive system. The calming effects help you to enjoy your breakfast and keep it down!

Designed with the expecting mother in mind, this formula can provide soothing support for anyone with an upset stomach.

**Great for men & non-expecting women too!**



*Use caution if you have gallstones, gallbladder inflammation, or ulcers.*

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Astragalus root, Eleuthero root, Wild Yam root, Rhodiola root	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol



2 oz.	A2002	\$24
4 oz.	A2004	\$39

**SUGGESTED USE:**

0-2 yrs: 5 to 10 drops.

3-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp. Take 1-3 times daily.

# MOM'S ADRENAL AID

## Adrenal Support for Moms

- Enjoy additional energy
- Support your ability to handle stress
- Avoid exhaustion while expecting

Exhaustion and expecting go hand-in-hand for many moms. Changes in your body include the adrenal glands increasing in size and activity.

Pregnenolone, a hormone produced by the adrenal glands, is used by the nervous, glandular and musculoskeletal system. All these systems can become stressed during pregnancy, leaving your adrenal glands drained and you feeling tired and dreary. Supporting the adrenal glands with herbs may be helpful for expecting and nursing moms.



*Discontinue use 5 weeks prior to surgery or delivery as Astragalus may cause excess bleeding and Wild Yam may lower NSAID's ability to lessen inflammation. Wait 2 weeks after surgery or delivery to continue.*

If not expecting or nursing, see original Adrenal Aid, page 29.



# PRETERM PREGNANCY SUPPORT

(FORMERLY C & B FORMULA)

## Calming and Balancing

- Support a healthy pregnancy
- Midwife-favorite
- Support on-time delivery

During the first 13 weeks, about 20% of pregnancies end in loss. Preterm Pregnancy Support is a wonderful combination of the herbs traditionally used to support pregnancy. It can be used at any stage during pregnancy to help with premature labor, including spotting and cramping.

The uterine calming and hormone balancing provided by this formula can give you the support you need, when you need it! This can be especially useful for women who struggle to maintain a healthy pregnancy. Keep a bottle on hand for peace of mind.

This formula may be taken at different doses, depending on your needs. Some may find relief within hours, while others may take several days.

**TIP:** For additional support consider using Progesta-Yam cream on page 19. This cream contains 5 mg of Progesterone per pump.

Progesterone is the hormone that helps support pregnancy and can be used up to 7 months into the pregnancy.

*Preterm Pregnancy Support is designed to be used only by women who are pregnant, and only while cramping or spotting. It is not designed to take continuously, except in cases where mom tends to deliver early. In this case, start taking Preterm Pregnancy Support 2 weeks before mom generally delivers to help maintain the pregnancy to term.*

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Black Haw bark, False Unicorn root, Wild Yam root, Cramp bark, Passionflower leaf	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



2 oz.	C1312	\$29
4 oz.	C1314	\$45

**SUGGESTED USE:** Baseline usage for this product is 1/4 tsp. in water 1-3 times daily as needed. **While cramping and/or spotting:** Take 3 droppers every 2-3 hours, for up to 12 hours. Then take 2 droppers (1/4 tsp) every 4 hours once the cramping and spotting lessens.

**Not intended as a daily preventative, use only as needed.**



"I quit spotting after 2 days on the low dose of the Preterm Pregnancy Support. Thanks for sending it quickly! Now I have it on hand in case I start spotting again." - R. Miller



PASSIONFLOWER

Supplement Facts	
Serving Size:	1 Softgel
Servings Per Container:	30
Per Serving	%DV
Calories 10	
Calories from Fat 10	†
Total Fat 1 g	2%
Polyunsaturated Fat 1 g	†
Evening Primrose Oil 1000 mg	†
Linoleic Acid 680 mg	†
Gamma Linolenic Acid 100 mg	†

\* Percent Daily Values (%DV) are based on a 2,000 calorie diet.  
† Daily Value (DV) not established

Other Ingredients: Gelatin, Glycerin, Pure water.

30 serv. EP9030 \$14

**SUGGESTED USE:**

1 softgels, one to three times daily.

Consult a healthcare provider before attempting to use it to start labor or ingesting during late pregnancy.

**WARNING:** Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to [www.P65Warnings.ca.gov/food](http://www.P65Warnings.ca.gov/food)

# EVENING PRIMROSE

## Blood Pressure Support

- Maintain normal blood pressure
- Support an on-time and gentle labor
- Midwife-favorite

Use during pregnancy for blood pressure support, to shorten or start labor, and to avoid late delivery.

It may increase the risk of heavy bleeding when ingested in the 3 weeks prior to delivery, so it is suggested to apply topically or discontinue use.

TIP: There are midwives who recommend using the soft gels topically, or as suppositories to soften the cervix prior to the onset of labor or to start labor. Please consult with your healthcare provider prior to attempting to use it to start labor or ingesting during late pregnancy.



Supplement Facts	
Serving Size:	1 capsule
Servings Per Container:	60
Per Serving	%DV
Proprietary Blend	†
Olive leaf, Rhodiola root, Ginkgo Biloba leaf, Passionflower, Capsicum fruit, Potassium Iodide	

† Daily Value (DV) not established

Other Ingredients: Hypromellose (vegetable capsules).

60 serv. HT9220 \$32

**SUGGESTED USE:**

Take 1 capsule two times daily.

\*Contents of capsule are safe for toddlers and can be emptied out and then consumed in applesauce, water, etc. Full capsule may be considered a choking hazard.

TIP: Discontinue use 2 weeks before delivery date to avoid increased chance of excessive bleeding due to capsicum and Ginkgo Biloba content.

**WARNING:** Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to [www.P65Warnings.ca.gov/food](http://www.P65Warnings.ca.gov/food)

# MOM'S HERBAL THYROID CARE

## Thyroid Support for Moms

- Rich in iodine
- Maintain emotional balance
- Support healthy stress levels

This easy-to-take capsule is rich in iodine sources that are also low in heavy metals, making it safe for nursing and expecting mothers. Iodine is the most important nutrient when it comes to optimal thyroid health.

The inclusion of Rhodiola and Passionflower positively effects your emotions and nerves giving new moms and moms-to-be relief from often overwhelming emotional stress.

Contains capsicum to help improve digestion and absorption.



Made with **Veaps Plus**

**NOTE: Use ONLY for under-active thyroid support.**

Please note that Graves' disease is a serious illness and can be life threatening. Herbal Thyroid Care should be used under the supervision of a health care provider when the disease is present.

## → Midwife ONLY products

Midwives have a very important job, they help bring new life into this world. Mother nature has been providing midwives with herbal formulas to help with childbirth since creation. We have a few products that have been a part of the MMH family for a long time but have not been added to our catalog.

**These products are not intended for everyday use, can only be purchased by a verified midwife, and should only be used under the supervision of a healthcare provider.**



## HERBAL HEMOSTAT

### Support Healthy Uterine Bleeding

- Menstruation
- Postpartum
- Menopause

A combination of herbs used to stop bleeding, especially uterine bleeding after giving birth or miscarriage or heavy bleeding during menopause. Astringent herbs like Yarrow, Bayberry and Barberry all help with slowing bleeding. Lady's Mantle has a history of use for regulating women's cycles as well as being anti-inflammatory.

**Use only under the supervision of a healthcare provider.**

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Proprietary Blend	1.25 mL †
Cayenne fruit, Lady's Mantle herb, Yarrow leaf & flower, Bayberry bark, Barberry root bark, Shepherd's Purse herb, Cramp bark	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.



2 oz. H1052 \$39

**SUGGESTED USE:**  
**Adult females:** Adult females: 1/4 tsp. every 10-15 minutes as needed under the supervision of a healthcare provider. If two doses do not yield immediate results for heavy bleeding, seek medical attention immediately.



## SHEPHERD'S PURSE HERB

- Anti-inflammatory properties
- May lessen bleeding
- Supports healthy water levels

Shepherd's Purse is a midwife favorite, used just after delivery to help lessen bleeding. This herb has also been used for the same purpose during female cycles and is said to have anti-inflammatory properties as well as helping flush out excess fluids through the kidneys.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Shepherd's Purse herb extract (2:1) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	



4 oz. SE4404 \$32

**SUGGESTED USE:**  
 3-11 yrs: 1/8 tsp.  
 12+ yrs: 1/4 tsp.  
 1-3 time daily.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Proprietary Blend	1.25 mL †
Bilberry fruit, Chamomile flower, Chaste Tree berry, Lemon Balm leaf, Blue Cohosh root, Black Cohosh root	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.



2 oz. H3332 \$39

#### SUGGESTED USE:

**Adult females:** 1/4 tsp in water every 20-30 minutes or as directed by your health care provider. **DO NOT exceed 4 doses in 24 hours.**

**Use only under the supervision of a healthcare provider.**

## HERBAL INDUCE

### Support for Over-due Moms

- Promote relaxation
- Labor support
- Stimulate contraction-causing hormones

For those moms who labor and labor but don't seem to get anywhere, this blend of herbs helps those contractions to be more productive. We suggest using this product with moms who are already in labor but it is sluggish and not progressing in a timely fashion.

The cohosh family is known to help boost the productivity of contractions while chamomile and lemon balm offer relaxing comfort. Chaste tree helps to normalize hormones and bilberries help with blood flow and pelvic pain.



Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Proprietary Blend	1.25 mL †
Dong Quai root, European Mistletoe herb, Blue Cohosh root	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.



2 oz. P1062 \$39

#### SUGGESTED USE:

**Adult females:** Place 1/4 tsp. as needed. Repeat dosage every 15 minutes (up to 5 times) until the placenta is released. If there is major bleeding please seek medical attention immediately.

## PLACENTA RELEASE

### Postpartum Placenta Support

- Retained placenta
- Afterbirth support

Placenta Release has been used and trusted by midwives/doulas since 2006.

This formula is a combination of Dong Quai root, European Mistletoe herb, and Blue Cohosh root which have been traditionally used to help expel the placenta when taken after delivery.

**Use only under the supervision of a healthcare provider.**



## → Fertility

Before the days of modern medical inventions, herbs were heavily relied on to increase fertility. Even the Bible records the ancient story of Rachel and her quest to conceive, by bargaining for her nephew's Mandrake roots. These were believed to relieve barrenness.

Herbs and dietary supplements can be a welcome alternative before or after going through the painful, invasive, and often ineffective methods used by modern medicine. The costs alone can be frightening, making nature's simple answers even more attractive.

Many factors are thought to contribute to the growing number of childless couples. In women, endometriosis is considered to be the leading cause. Toxic overload, yeast overgrowth, and parasites are other burdens considered by natural health practitioners to

contribute to the inability of men and women to conceive.

We are pleased to offer natural fertility support products for both men and women. Men seldom get enough of the vitamins and minerals pertinent to their reproductive health and can benefit from taking a good-quality multi-vitamin.

It makes sense for both partners to thoroughly cleanse the body and to strengthen any major organ you suspect to be weak, before using herbal and dietary supplements to enhance fertility.

You may discover your body just needs a cleaner, healthier place for a new life to form. Prepare to be patient. We would suggest that you begin by addressing the issue causing the most discomfort.



## HER CALM Mood Balancing Gummies

- Support healthy stress levels
- Promotes calmness
- Balance emotions

Passionflower, St. John's Wort, and Saffron have traditionally been used to help support stress levels and maintain balance with your emotions. We all know that some days we just need some extra support and with these gummies, you can do it naturally.

Saffron is praised for its high levels of natural antioxidants along with its ability to help improve mood, increase libido, help support your emotions during your monthly cycle, and may also enhance your ability to lose weight.

*DO NOT USE if you have bipolar disorder or bipolar spectrum disorder. Not to be taken with Hormone Replacement Therapy. St. John's Wort should not be taken with Rx anti-depressants or birth control.*

Supplement Facts		
Serving Size 2 Gummies Servings Per Container 30		
	Amount Per Serving	%Daily Value
Calories	10	
Total Carbohydrate	3g	1%**
Vitamin D2 (as Ergocalciferol)	25 mcg	125%
Sodium	10 mg	<1%
Passion Flower ( <i>Passiflora incarnata</i> )	500 mg	†
From 50mg of 10:1 Extract		
St. John's Wort (Aerial Parts) ( <i>Hypericum perforatum</i> )	100 mg	†
From 10mg of 10:1 Extract		
Saffron ( <i>Crocus sativus</i> ) (Stigma)	88.5 mg	†
From 8.85mg of 10:1 Extract		
GABA (Gamma Amino-butyric Acid)	30 mg	†
† Daily Value not established.		
** Percent Daily Values are based on a 2,000 calorie diet.		

Other Ingredients: Maltitol, Isomalt, Pectin, Citric Acid, Phosphoric Acid, Sodium Citrate, Sunflower Seed Oil, Purple Carrot Juice Concentrate, Natural Raspberry Flavor, Natural Blueberry Flavor, Carnauba Wax



30 serv. HC2060 \$21

**SUGGESTED USE:**  
13+ yrs: Take 2 gummies daily.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Chaste Tree berry, False Unicorn root, Sarsaparilla root, Blessed Thistle herb, Ginger root, Partridge Berry herb, Licorice root,	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% -10% organic grain alcohol.



2 oz.	H1042	\$24
4 oz.	H1044	\$39

**SUGGESTED USE:**

12+ yrs: 1/4 tsp. in water 1-3 times daily.

# HORMONE BALANCE FORMULA

## Natural Support for Women

- Maintain a positive mood
- Support regular cycles
- Enjoy clearer skin

This formula is a traditional combination of harmonizing herbs used to support normal hormone balance. You can be in a good mood all month, have regular cycles, and enjoy a clearer complexion.

Perfect for teenage girls, new mothers, and women of all ages.



Not suggested for use with Progesta-Yam.

**TIP:** Optimal results have been noted by alternating (every two weeks) the Reproductive Tone & Cleanse with the Hormone Balance Formula for maximum cleansing and balancing effects. We suggest starting Hormone Balance Formula the day your cycle starts and take it for 2 weeks. Then switch to Reproductive Tone & Cleanse for 2 weeks. From that point simply continue to alternate the two formulas every two weeks regardless of when your cycle starts and stops. We suggest using these products for 3-6 months for best results.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Dong Quai root, False Unicorn root, European Mistletoe herb, Red Raspberry leaf, Yarrow leaf & flower, Blue Cohosh root, Cayenne fruit, Chamomile flower, Ginger root, Licorice root	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% -10% organic grain alcohol.



2 oz.	T1102	\$24
4 oz.	T1104	\$39

**SUGGESTED USE:**

12+ yrs: 1/4 tsp. in water 1-3 times daily.

# REPRODUCTIVE TONE & CLEANSE

## Female Health Support

- Maintain healthy uterus, fallopian tubes, and ovaries
- Support comfort during menstruation
- Easily absorbed and fast-acting

This combination of cleansing and toning herbs is prized for their positive effect on the uterus, fallopian tubes, and ovaries.

This blend is easily absorbed and works quickly to help relieve mild pain associated with menstruation and/or ovulation.



CAN be taken with Progesta-Yam.



# HAIR, SKIN, & NAILS

## Essential Vitamin Gummies

- Supports healthy hair growth
- Rich in essential vitamins
- Promotes healthy skin & nails

Biotin is known to help moisturize your skin which is essential for maintaining smooth skin and a youthful glow. It's also very beneficial for your hair as it stimulates the production of keratin which leads to faster and thicker hair growth. People have also noticed a huge difference in their nails when taking biotin as it can build stronger and healthier nails.

Give your hair, skin, and nails a refreshing boost with our Sugar-Free gummy- full of essential vitamins and minerals for everyday support plus 5,000 mcg of Biotin for that extra support.

Supplement Facts		
Serving Size: 2 Gummies		
Servings Per Container: 30		
	Amount Per Serving	%DV
Calories	10	
Total Carbohydrates	5 g	2%*
Vitamin A (as Retinyl Acetate)	1,200 mcg RAE	133%
Vitamin C (as Ascorbic Acid)	60 mg	67%
Vitamin D3 (as Cholecalciferol)	10 mcg	50%
Vitamin E (dl-alpha-tocopheryl Acetate)	18 mg	120%
Vitamin B6 (as Pyridoxine HCl)	2 mg	118%
Folate (as 400 mcg Folic Acid)	666 mcg DFE	
Vitamin B12 (as Cyanocobalamin)	8 mcg	333%
Biotin	5,000 mcg	16,667%
Pantothenic Acid (as Calcium d-pantothenate)	10 mg	200%
Iodine (as Potassium Iodide)	80 mcg	53%
Zinc (as Zinc Citrate)	5 mg	45%
Sodium (as Sodium Citrate)	10 mg	<1%

\* Daily Value (DV) not established  
 \*\*Percent Daily Values are based on a 2,000 calorie diet  
 Other Ingredients: Maltitol, Isomalt, Glycerin, Pectin, Sodium Citrate, Natural Strawberry Flavor, Natural Cherry Flavor, Citric Acid, Vegetable Oil, Purple Carrot Concentrate, Carnauba Wax.



30 serv. HSN2060 \$21

**SUGGESTED USE:**  
 13+ yrs: Take 2 gummies daily.



# NEW

## PMS RELIEF DROPS

### Monthly Cycle Support

- Balance emotions and mood
- Ease cramping
- Boost energy levels

While there is no one-size-fits-all solution for PMS relief, some natural products have been suggested to help alleviate symptoms.

This natural remedy focuses on holistic well-being, addressing not only physical symptoms but also emotional and mental aspects of PMS. This can contribute to overall better health and well-being.

Experience an improved quality of life with better mood, less pain, and increased energy during you monthly cycle.

Supplement Facts		
Serving Size: 1/4 tsp		
Servings Per Container: 96		
		%DV
Proprietary Blend	1.25 mL f	
Chaste Tree berry, Red Raspberry leaf, Cramp bark, Wild Yam root, Elderberry (Sambucus spp.), Horsetail herb, Dong Quai root, Black Cohosh root, Yarrow leaf & flower, Shepherd's Purse herb, Fennel seed		

f Daily Value (DV) not established  
 Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



2 oz. P1302 \$24  
 4 oz. P1304 \$39

**SUGGESTED USE:**  
 13+: 1/4 tsp. 1-3 times daily.

TIP: Use with Water  
 Balancing Formula for added support, pg 8.

with  
**ELDERBERRY**  
 for  
 Immune  
 Support

<b>Supplement Facts</b>	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Chaste Tree berry, Dong Quai root, False Unicorn root, Eleuthero root	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



4 oz. F1024 \$45

**SUGGESTED USE:**

1/4 tsp in water 3-4 times daily.

# FRUITFUL VINE

## Women's Fertility Enhancement

- Balance hormone levels
- Support healthy stress levels
- Natural, non-invasive

Fruitful Vine is designed for women who long to become pregnant. This combination of herbs is designed to increase fertility by stimulating certain glands and minimizing stress while bringing balance to hormone levels.

TIP: Enhance benefits with Vitamin C for ovulation support, see page 47. Days 1-12 of your cycle take 7,000 to 10,000 mgs daily, in 3 divided doses. Day 13-28 reduce dosage to 3,000 - 5,000 mgs daily in 3 divided doses. Once pregnant discontinue Vitamin C immediately and reduce dose of Fruitful Vine to finish using within 1 week.



*Do not use with Reproductive Tone & Cleanse or Hormone Balance Formula.*

<b>Supplement Facts</b>	
Serving Size:	3/4 tsp
Servings Per Container:	32
Per Serving	%DV
Proprietary Blend	3.75 mL †

Skullcap herb, Chaste Tree berry, Codonopsis root, Sarsaparilla root, Green Rooibos Tea leaf, Red Clover leaf & flower, Hops flower, Propolis resin, Hawthorn berry, Parsley root, Astragalus root, Ginger root, Eleuthero root, False Unicorn root, Stinging Nettle leaf, Horsetail herb, Oatstraw herb, Cornsilk herb, Chamomile flower, Bilberry leaf, Bilberry fruit, Milk Thistle seed, Rosemary leaf, Ashwagandha root, Ginkgo Biloba leaf, Olive leaf, Cat's Claw bark, Blessed Thistle herb, Partridge Berry herb, European Mistletoe herb, Neem leaf, Licorice root

† Daily Value (DV) not established

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



4 oz. F3144 \$45

**SUGGESTED USE:**

1/2 tsp. 3 times daily or 3/4 tsp. twice daily, 6 days per week.

# FEMME DEFENSE

## Daily Herbs for Women

- Maintain healthy hormone levels
- Boost your defenses
- Plant-based calcium support

Femme Defense is the perfect daily, all-in-one tonic for women who take maintaining vibrant health seriously! Rich in plant-based calcium your body can actually use. With herbs to gently normalize hormone levels, plus 19 additional potent herbal extracts to boost your defenses against the most common health challenges faced today by women of all ages.

*Use with caution if you have renal disease, hyperthyroidism, celliac disease, diabetes, autism, hemophilia, high or low blood pressure, liver or kidney ailments, or if you've undergone a transplant. Do not use while taking Metronidazole, Digitalis, Bismuth, Estrogen, Contraceptives, anticonvulsive, anti-platelet, Aspirin, Warfarin or other anti-coagulant drugs. Discontinue use 7 days before any surgery.*



TIP: For nursing or expecting women we suggest taking a combination of Herbal Calcium, Mom's LiverGlow, and Vari-Plex.



**OVP**



36 serv. E8095 \$49

**SUGGESTED USE:**  
13+ yrs: Take 2 tablets daily.

# WOMEN'S ADVANCED® Women's Multi-Vitamin

- Immune system support
- Promote optimal energy
- Support healthy stress levels

Enhance your overall wellness with immune, energy, and stress support. New Chapter's women's multivitamin is made with organic, non-GMO ingredients that target women's health needs with superfoods like Ginger, Organic Turmeric, and Chamomile. Fermented with whole foods nutrients and formulated for absorption.

With all the essential vitamins and minerals you can enjoy healthier hair, skin, and nails too!

## Supplement Facts

Amount per serving	%DV
Vitamin A (100% as beta-carotene from ferment media)	900 mcg 100%
Vitamin C (as ascorbic acid from ferment media)	90 mg 100%
Vitamin D3 (as cholecalciferol from ferment media)	25 mcg (1000 IU) 125%
Vitamin E (as d-alpha-tocopheryl acetate from ferment media)	15 mg 100%
Vitamin K (as phytylquinone (K1) from ferment media and as menaquinone-7 (K2) from natto)	120 mcg 90%
Thiamin (as thiamine hydrochloride from ferment media)	3 mg 250%
Riboflavin (from ferment media)	4 mg 300%
Niacin (as niacinamide from ferment media)	16 mg 100%
Vitamin B6 (as pyridoxine hydrochloride from ferment media)	4.3 mg 253%
Folate (as methylfolate and as 80 mcg folic acid from ferment media)	400 mcg DFE 100%
Vitamin B12 (as cyanocobalamin from ferment media)	12 mcg 500%
Biotin (from ferment media)	30 mcg 100%
Pantothenic Acid (as calcium D-pantothenate from ferment media)	12.5 mg 250%
Calcium (from algae Lithothamnion [Lithothamnion calcareum and Lithothamnion corallioides])	52 mg 4%
Iron (as ferrous fumarate from ferment media)	9 mg 50%
Iodine (as potassium iodide from ferment media)	75 mcg 50%
Magnesium (as magnesium oxide from ferment media and from Lithothamnion calcareum and Lithothamnion corallioides)	10 mg 2%
Zinc (as zinc oxide from ferment media)	5.5 mg 50%
Selenium (as selenium dioxide from ferment media)	78.5 mcg 143%
Copper (as copper sulfate anhydrous from ferment media)	0.55 mg 61%
Manganese (as manganese chloride from ferment media)	2.3 mg 100%
Chromium (as chromium chloride from ferment media)	35 mcg 100%
Molybdenum (as sodium molybdate from ferment media)	4.5 mcg 10%
<b>Stress and Energy Support Blend</b> (from ferment media)	67.5 mg *
Organic Schizandra (berry), Organic Maca (root), Organic Chamomile (flower)	
<b>Hormone Support Blend</b> (from ferment media)	67.5 mg *
Organic Chaste Tree (berry), Organic Red Clover (flower), Organic Raspberry (leaf)	
<b>Immune Support Blend</b> (from ferment media)	45 mg *
Organic Aloe (leaf), Organic Peppermint (leaf), Organic Coriander (seed), Organic Cardamom (fruit), Organic Artichoke (leaf)	
<b>Digestive Support Blend</b> (from ferment media)	33.7 mg *
Organic Fenugreek (seed) from ferment media, Organic Oregon (leaf) from ferment media, Gangespense extract, Organic Hawthorn (berry, leaf and flower) from ferment media	
<b>Organic Turmeric (rhizome)</b>	5.2 mg *
4 mg from ferment media and 1.2 mg supercritical extract	
<b>Ginger (rhizome)</b>	3 mg *
2.4 mg aqueous extract and 0.6 mg organic supercritical extract	

\* Daily Value (DV) not established  
Other Ingredients: Ferment media (organic soy flour, organic Saccharomyces cerevisiae, organic orange peel powder, organic carrot powder, lactic acid bacteria [Lactobacillus acidophilus, Bifidobacterium bifidum and Lactobacillus rhamnosus], papain [deactivated], bromelain [deactivated] and organic alfalfa powder), organic gum acacia, silica, lac resin and carnauba wax.  
**CONTAINS SOY**



# VARI-PLEX Vein Support

- Support normal circulation
- Maintain strong, healthy capillaries
- Support leg comfort

The miracle of carrying a new life does not have to be accompanied by ugly, uncomfortable veins. This powerful combination of herbs may support and strengthen healthy normal veins.

This formula can be used by anyone, including men, for healthy vein support.

TIP: If using with Gentle Birth, reduce dose of Vari-Plex by half. For best results, use with Horse Chestnut Leg Lotion, page 69.

## Supplement Facts

Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Bayberry bark, Bilberry leaf, Bilberry fruit	

† Daily Value (DV) not established  
Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



4 oz. V2184 \$39

**SUGGESTED USE:**  
1/4 tsp. in water 1-3 times daily.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
St. John's Wort herb, Tribulus Terrestris fruit, Eleuthero root, Gentian root, Gotu Kola herb, Passionflower leaf, Sarsaparilla root	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



4 oz. E4204 \$39

**SUGGESTED USE:**

1/4 tsp in water 3-4 times daily. May need 2 weeks of consistent use before seeing results.

**Ingredients:** Purified Water, Safflower Seed Oil, Apricot seed Oil, Evening Primrose Oil, Grape Seed Oil, Hemp Seed Oil, Aloe Barbadensis, Progesterone USP, Lecithin, Tocopherol (Vitamin E Oil), Sepigel, Potassium Sorbate, Sorbic Acid.

**Sugg. Use:** Apply 2 pumps of cream daily as needed to thin skinned areas of chest, upper arms, stomach or inner thighs. Rotate application areas each use.



4 oz. PY8001 \$57

1-2 month supply, depending on usage.

**NOT JUST FOR WOMEN!**

Men also need optimal levels of progesterone to produce adequate testosterone

**WARNING:** Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to [www.P65Warnings.ca.gov/food](http://www.P65Warnings.ca.gov/food)

**Ingredients:** Purified Water, Aloe Barbadensis, Safflower Seed Oil, Evening Primrose Oil, Hemp Seed Oil, Estriol USP, Lecithin, Sepigel, Xanthan Gum, Potassium Sorbate, Sorbic Acid.

**Sugg. Use:** Apply 1 pump of cream once or twice daily to clean, dry skin such as chest, upper arms, stomach or inner thighs as needed or as directed by your healthcare provider. Massage in thoroughly.



2 oz. EC8011 \$58

1-2 month supply, depending on usage.

**WARNING:** Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to [www.P65Warnings.ca.gov/food](http://www.P65Warnings.ca.gov/food)

# HER RESPONSE

(FORMERLY EDEN'S RESPONSE)

## Natural Libido Support

- Relax naturally
- Maintain a healthy desire
- Support female responsiveness

A balancing and stimulating herbal tonic designed to help increase a lady's desire or libido. Bringing natural relaxation and relief to women.

*Use with caution when nursing a baby under 6 months. Discontinue use 3 weeks before surgery. St. John's Wort should not be taken with Rx anti-depressants or birth control.*



# PROGESTA-YAM

## Balancing Cream

Formulated by Dr. John R Lee, MD, our progesterone cream is naturally safe and an effective alternative to synthetic hormones. Estrogen dominance is common and the imbalance can cause an alarming array of discomforts.

Dr. Lee writes that a natural USP progesterone cream in applications of 20-30 mg daily can go a long way in bringing balance, improving low libido, reducing weight gain, easing PMS and early onset of menopause.

**TIP:** If using with Estriol Cream use 12 hours apart.



5 MG PROGESTERONE PER PUMP

# ESTRIOL CREAM

## Balancing Cream (menopause)

Formulated by Dr. John R. Lee, MD, Estriol is considered the safest estrogen to ease the discomforts of menopause. Natural Estriol USP is bio-identical in structure to the estriol your body makes and a much better choice than other types of estrogen available.

**TIP:** Should be used with a natural progesterone cream, such as Progesta-Yam. If using with Progesta-Yam Cream use 12 hours apart.



1 MG NATURAL ESTROGEN PER PUMP

## ➔ Mountain Meadow Kids

Children are one of life's greatest joys. From infancy on, they add meaning to our lives in a way few things do.

Keeping them healthy and happy is a huge part of parenting. Few things pull on our hearts more than the suffering of a sick child or one who isn't doing well in school.

The right herbal remedies, when used safely, can go a long way in creating another great day as a family.

Only the most benign herbs are appropriate for newborns and infants. Always observe young children for any type of allergic reaction such as a rash, red, swollen, or bleeding gums not

related to teething, or change in breathing. Each herb in our children-specific formulas was carefully selected, not only to ensure an effective formula, but also a safe one. The formulas are all flavored with natural herbal extracts, providing not only a great taste that your child will love, but also additional health benefits!



## VITA-MINI BEARS Children's Gummy Vitamin

- Fill nutrient gaps in diet
- Over 100% of the recommended daily intake for multiple vitamins and minerals
- Non-GMO and great tasting!

Many parents choose to give their children a multivitamin and mineral supplement to ensure they're meeting their nutritional needs and to support overall health.

Whether your child is a picky eater or you think he or she may benefit from an added nutrition boost, Vita-Mini Bears can help. One look at our supplement facts and you can be sure of certain vitamin intake by your children, including Vitamins A through E, Folate, Zinc, calcium and more!

Supplement Facts		
Serving Size: 2 Gummies		
Servings Per Container: 30		
	Amount Per Serving	%DV
Calories	16	
Total Carbohydrate	3 g	2%
Added Sugars	3 g	6%
Vitamin A (as Acetate)	630 mcg RAE	70%
Vitamin C (as Ascorbic Acid)	20 mg	22%
Vitamin D (as Cholecalciferol)	10 mcg	50%
Vitamin E (as Di-Alpha Tocopheryl Acetate)	10 mg	66%
Vitamin B6 (as Pyridoxine HCl)	2 mg	118%
Folate (as Folic Acid)	430 mcg DFE	108%
Vitamin B12 (as Cyanocobalamin)	6 mcg	250%
Biotin	60 mcg	200%
Pantothenic Acid (as D-Calcium Pantholenate)	5.2 mg	104%
Choline (as Choline Bitartrate)	04 mg	<2%
Iodine (as Potassium Iodide)	42 mcg	28%
Zinc (as Zinc Citrate)	21 mg	24%
Inspiral	40 mcg	**

Percent Daily Values are based on 2,000 calorie diet  
\*\*Daily Values are not established

Other Ingredients: Dextrose, Pectin, Citric Acid, Sodium Citrate, Natural Lemon, Grape, Orange, Cherry, and Strawberry Flavors, Sodium Magnesium Chlorophyllin, Purple Carrot Juice Concentrate, Vegetable Oil, Beta-Carotene

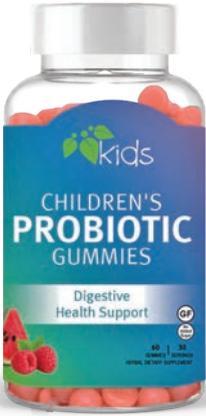


30 serv. VM2060 \$21

### SUGGESTED USE:

Take 2 gummies daily.

\*Gummies are considered safe for all ages but may be a choking hazard.



**GREAT TASTING GUMMIES**



**SUGGESTED USE:**  
Take 1-2 gummies daily.

\*Safe for ages 4+



# NEW CHILDREN'S PROBIOTIC GUMMIES

## Digestive Health Support

- Support digestive health
- Boost immune system
- Support nutrient absorption

Give your little one the gift of a robust immune system and a happy digestive tract with our specially formulated children's probiotics. Packed with a powerful blend of beneficial bacteria, these tiny superheroes work tirelessly to support your child's overall health.

Say goodbye to tummy troubles! These probiotics aid in digestion, soothe occasional belly discomfort, and ensure your child absorbs all the essential nutrients they need. A healthy gut equals a happy mood and these probiotics may play a role in supporting your child's emotional well-being.

Easy-to-take and delicious, you won't have to fight your children to take these gummies!

Supplement Facts				
Serving Size:	1 Gummy		2 Gummies	
Servings Per Container:	60		30	
	Amount per serving	%Daily Value 4-13 yrs	Amount per serving	%Daily Value 14+ yrs
Calories	10		20	
Total Carbohydrate	2 g	1%**	4 g	1%**
Sodium	5 mg	<1%	10 mg	<1%
<i>Bacillus coagulans</i>	2.5 Billion CFU <sup>†</sup>	†	5 Billion CFU <sup>†</sup>	†
<i>Bifidobacterium lactis</i>	1 Million CFU <sup>†</sup>	†	2 Million CFU <sup>†</sup>	†

† Daily Value (DV) not established  
\*\* Percentage Daily Values are based on a 2,000 calorie diet.  
† Formulation at time of manufacture.

Other Ingredients: Maltitol, Isomalt, Glycerin, Coconut Oil, Pectin, Citric Acid, Ascorbic Acid, Sodium Citrate, Tricalcium Phosphate, Natural Raspberry Flavor, Sunflower Oil, Purple Carrot Juice Concentrate, Natural Watermelon Flavor, Carnauba Wax

★★★★★  
 "I love Mountain Meadow Herbs kid products! The taste is by far the best I've found in herbal immune support products. My kids love it as well which makes giving them their "vitamins" a whole lot easier."  
 - Dessie W.



HAWTHORN



TASTY MANGO FLAVOR!



16 oz. VM8030 \$39

## CHILDREN'S VITA-MULTI

### Full-spectrum vitamin & trace mineral support

- Fast absorption
- With added fruits and greens
- Contains Lutein for blue light protection

Vitamins and minerals are essential for everyone regardless of your age. They help keep every part of your body functioning and moving properly. This liquid multivitamin contains a natural source of purified calcium, magnesium, and 63 other trace minerals!

This blend contains lutein which helps protect your eyes from harmful blue light and has a generous amount of fruits and greens. The added prebiotics are combined with soluble fiber and plant-based digestive enzymes to promote calcium absorption and gently strengthen the immune and digestive systems.

#### SUGGESTED USE:

1-4 yrs: 1/2 Tbsp.

4-12 yrs: 1 Tbsp.

Take daily. Shake well.

Refrigerate after opening.

Some settling is normal.

Protect from heat &

moisture. As with any

natural product, color and

taste may vary.

100% Vegan | Natural sweeteners | Non GMO  
Nothing artificial | No gluten, sugar, yeast, milk, or soy



### Supplement Facts

Serving Size: 1 Tablespoon (0.5 fl. oz.)

Servings Per Container: 32

	Amount per serv	% Daily Under 4	% Daily Over 4		
Calories	20	**	**	Zinc (as zinc bisglycinate chelate)	11 mg 367% 100%
Sodium	<10 mg	0%	0%	Selenium (as selenium glycinate chelate)	55 mcg 275% 100%
Carbohydrates	4 g	1%	1%	Manganese (as manganese bisglycinate chelate)	2.3 mg 192% 100%
Total Sugars	0 g	**	**	Chromium (as chromium polynicotinate)	35 mcg 318% 100%
Vitamin A (as 100% natural beta carotene)	900 mcg RAE	300%	100%	Molybdenum (as sodium molybdate)	45 mcg 265% 100%
Vitamin C (as calcium ascorbate)	90 mg	600%	100%	Lutein (as marigold flower extract)	5 mg ** **
Vitamin D3 (as cholecalciferol from lichen)	20 mcg	133%	100%	<b>Super Phyto-Food Blend</b>	952 mg ** **
Vitamin E (as d-alpha tocopherol acetate)	15 mg	250%	100%	Aloe Vera Juice (aloe barbadensis)(inner leaf gel), Green Coffee Extract, Broccoli Sprout Concentrate, Green Tea Extract, Onion Extract, Apple Extract, Acerola Extract, Camu Camu Concentrate, Quercetin, Tomato Concentrate, Broccoli Concentrate, Acai Concentrate, Turmeric Concentrate, Garlic Concentrate, Basil Concentrate, Oregano Concentrate, Cinnamon Concentrate, Elderberry Concentrate, Carrot Concentrate, Mangositen Concentrate, Blackcurrant Extract, Blueberry Extract, Sweet Cherry Concentrate, Blackberry Concentrate, Chokeberry Concentrate, Raspberry Concentrate, Spinach Concentrate, Kale Concentrate, Bilberry Extract, Brussels Sprout Concentrate	
Thiamine Hydrochloride (Vitamin B-1)	1.2 mg	300%	100%	<b>Omega Fatty Acid Blend</b>	50 mg ** **
Riboflavin (Vitamin B-2)	1.3 mg	260%	100%	Organic Flax Seed Oil	
Niacin (as niacinamide) (Vitamin B-3)	16 mg	267%	100%	<b>Super Phyto-Food Blend</b>	952 mg ** **
Vitamin B6 (as pyridoxine hydrochloride)	1.7 mg	340%	100%	Aloe Vera Juice (aloe barbadensis)(inner leaf gel), Green Coffee Extract, Broccoli Sprout Concentrate, Green Tea Extract, Onion Extract, Apple Extract, Acerola Extract, Camu Camu Concentrate, Quercetin, Tomato Concentrate, Broccoli Concentrate, Acai Concentrate, Turmeric Concentrate, Garlic Concentrate, Basil Concentrate, Oregano Concentrate, Cinnamon Concentrate, Elderberry Concentrate, Carrot Concentrate, Mangositen Concentrate, Blackcurrant Extract, Blueberry Extract, Sweet Cherry Concentrate, Blackberry Concentrate, Chokeberry Concentrate, Raspberry Concentrate, Spinach Concentrate, Kale Concentrate, Bilberry Extract, Brussels Sprout Concentrate	
Folate (as activated 5-formyltetrahydrofolate from calcium folinate)	400 mcg DFE	267%	100%	<b>Omega Fatty Acid Blend</b>	50 mg ** **
Biotin	30 mcg	3,333%	1,250%	Organic Flax Seed Oil	
Pantothenic Acid (as D- calcium Pantothenate)	5 mg	250%	100%	<b>Microencapsulated and Fermented Vegan Amino Acid Blend</b>	50 mg ** **
Choline (from choline bitartrate)	50 mg	25%	9%	Glycine, L-Proline, Hydroxyproline, L-Alanine, L-Glutamic Acid, L-Arginine, L-Aspartic Acid, L-Lysine, L-Serine, L-Leucine, L-Phenylalanine, L-Valine, L-Isoleucine, L-Threonine, L-Histidine, L-Methionine, L-Tyrosine, Hydroxylysine	
Calcium (as mineralized red algae sea minerals) (lithothamnium corallicides/lithothamnium calcareum) (whole plant)	50 mg	7%	4%	<b>Prehistoric Deep Earth Fulvic &amp; Sea Trace Mineral Complex</b>	228 mg ** **
Iodine (as Nascent Iodine)	150 mcg	167%	100%	Seawater Extract, Fulvic Acid (as fulvic mineral complex)	
Magnesium (from Seawater Extract)	25 mg	31%	6%		

\*Daily Value not established † Percent Daily Value is based on a 2000 calorie diet

**Other Ingredients:** Water (reverse osmosis), Vegetable glycerin, Natural flavor, Xanthan gum, Citrus extract, Organic stevia leaf extract (Reb A/Reb M), Citric acid, Quillaja extract

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Elderberries (Sambucus spp.), Aronia berry, Echinacea Angustifolia root, Echinacea Purpurea herb	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin and distilled water.



2 oz.	I4002FB	\$24
4 oz.	I4004FB	\$39

**SUGGESTED USE:**

0-2 yrs: 5-10 drops.

3-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp.

Take in water 1-3 times daily or as needed.

*Not suggested for those taking immunosuppressants.*

# BERRY IMMUNE-BOOSTER

## Immune Support

- Supports a healthy immune system
- Alcohol-free
- Use for year-round support

This excellent combination of herbs effectively and naturally supports a healthy immune system in people of all ages, including infants and nursing and expecting mothers.

Use it 6 days a week during the winter months for immune support. One day off a week will help avoid developing an immunity to the herbs.



With Aronia and Elderberries!

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Stinging Nettle leaf, Horsetail herb, Oatstraw herb, Cornsilk herb, Chamomile herb, Skullcap herb, Aronia berry	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin and distilled water.



2 oz.	H2032FB	\$24
4 oz.	H2034FB	\$39

**SUGGESTED USE:**

0-2 yrs: 5-10 drops.

3-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp.

Take in water 1-3 times daily or as needed.

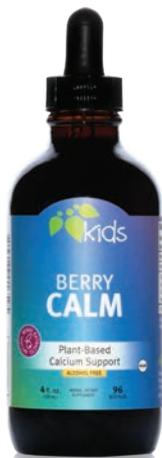
# BERRY CALM

## Calming and Strengthening Calcium Support

- Alcohol-free teething support
- Bone and tissue support for growing children
- Calming support for better focus

Calcium is essential for maintaining overall health and well-being. It aids in strengthening bones and teeth and promotes proper function of your central nervous system, muscles and brain.

For it to be properly absorbed and distributed to the appropriate parts of the body, it needs the assistance of magnesium and silicon, both of which have been included in the Berry Calm formula since its creation.



Flavored with REAL berries!



Natural licorice flavor from Fennel Seed

# LICORICE TUMMY-AID

## Fast-acting Digestive Aid

- Soothing and calming herbs
- More comfortable feedings
- Alcohol-free

Only the most benign herbs should be given to infants. Mothers have soothed and calmed their babies for centuries with gentle herbs such as chamomile and catnip. Fennel may help your little one to pass uncomfortable gas. Observe your infant closely for any reaction such as rash or change in breathing.

**Not just for kids!** This formula is effective for digestion support in all ages!

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Chamomile flower, Catnip leaf and flower, Fennel seed	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin and distilled water.



2 oz.	I2012	\$24
4 oz.	I2014	\$39

### SUGGESTED USE:

**0-8 months:** 5-10 drops  
**8 months-2 yrs:** 10-15 drops.  
**3-11 yrs:** 1/8 tsp.  
**12 yrs & older:** 1/4 tsp. Take 1-3 times daily.



**TIP:** For children under 6, Berry Calm can be used to encourage calmer behavior. For older children, Berry Calm can be taken with Natural Attention-Aid when additional support is needed.

# NATURAL ATTENTION-AID

## Calming Mental Support

- Maintain focus and concentration
- Support learning
- Promote calm behavior

This potent blend of herbal extracts is designed to naturally support learning and mental function. It is very calming and may help maintain optimal blood and oxygen circulation to the brain. Natural Attention-Aid is especially helpful in supporting you or your child's ability to focus and concentrate as well as reducing aggression. Help your child fit into any environment without restlessness, impatience, and anxiety. Calcium deficiency may contribute to attention problems which makes a well-absorbed calcium supplement important for daily support.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
American Ginseng root, Ginkgo Biloba leaf, Golu Kola herb, Valerian root	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.



2 oz.	N2212	\$24
4 oz.	N2214	\$39

### SUGGESTED USE:

**6-11 yrs:** 1/8 tsp.  
**12+ yrs:** 1/4 tsp.  
 Take in water 1-4 times daily.

\*Use with caution while nursing

*Use with caution if you are taking prescription anti-convulsive, anti-platelet and/or anti-coagulant drugs. Discontinue use 7 days before any surgery.*

<b>Supplement Facts</b>	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Aronia Berry, Elecampane root, Ginger root, Gentain root, Dandelion root	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.



2 oz. CC11102 \$24

### SUGGESTED USE:

0-2 yrs: 5-10 drops.

3-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp.

Take in water 1-3 times daily or as needed.

TIP: Put in a spoonful of lemon juice to reduce the heat of the ginger.

## BETTER TASTING! KIDDIELAX

### Natural Regularity Support for Kids

- Eliminate waste more easily
- Help ease stomach discomfort
- Gentle, safe, and effective

KiddieLax is our infant and toddler safe formula made to help the process of eliminating buildup of harmful toxins, safely and easily. Ginger helps to ease stomach discomforts- keeping your little ones happy. Formerly a custom combo, but due to high demand, we have decided to add it to our current line of products.

Support your child's need to go, comfortably, with this effective and natural formula- that works!



Now with Aronia Berries!

<b>Supplement Facts</b>	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Melatonin	3 mg
Proprietary Blend	1.25 mL †
Chamomile flower, Hops flower, Skullcap herb, Passionflower leaf, Elderberries (Sambucus spp.), Aronia berry	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin and distilled water.



2 oz. B2232FB \$24

4 oz. B2234FB \$39

### SUGGESTED USE:

3-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp.

Shake well. Take 30 minutes before bedtime.

## BERRY BEDTIME

### Children's Sleep Support

- With 3 mg of melatonin
- Promote calmness and sleep
- Enjoy a stress-free bedtime

This combination of herbs and melatonin will help your little ones drift to sleep.

Melatonin, which occurs naturally in the body, is a safe and well-studied hormone that regulates night and day cycles or sleep-wake cycles. Supplementation of this hormone, combined with sleep-supporting herbs, can help to maximize your sleep potential. The aronia and elderberry used to flavor this formula also help to boost immunity while they sleep.



Flavored with REAL berries!

TIP: For children 2 and under, use Berry Calm, see page 23.



with  
Elder-  
berries

Not suggested for  
use by those taking  
immunosuppressants.

# FAMILY IMMUNE-BOOSTER

## Immune Support for the Whole Family

- Supports a healthy immune system
- Pleasant tasting, alcohol-free
- With Elderberries and Echinacea

Elderberry and Echinacea are two of nature's greatest gifts for immune support. These two herbal superstars, along with propolis resin, create a one-of-a-kind, effective solution to naturally support a healthy immune system. Best of all, it's completely safe for people of all ages, including infants and nursing and expecting mothers.

Use it 6 days a week, especially during the winter months, for immune support. Taking one day off a week will help avoid developing an immunity to the herbs.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Elderberries (Sambucus spp.), Propolis resin, Echinacea Angustifolia root, Echinacea Purpurea herb	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin and distilled water.



2 oz.	I4002	\$24
4 oz.	I4004	\$39

### SUGGESTED USE:

- 0-2 yrs: 5-10 drops.
- 3-11 yrs: 1/8 tsp.
- 12+ yrs: 1/4 tsp.
- 1-3 times daily or as needed.

TIP: Use Family Immune-Booster as a daily support to stay healthy. At the first sign of immune discomfort, use First Immune Defense (if over 3 yrs) for a couple of days to help restore immune health.



with  
Zinc &  
Vitamin C

# ELDERBERRY GUMMIES

## Immune Support with Zinc and Vitamin C

- 150 mg Elderberry per serving
- 100 mg Vitamin C per serving
- 10 mg Zinc per serving

This triple-action immune blend combines pure Elderberry extract, Vitamin C and Zinc.

Traditionally used as a winter remedy for immune support, this version of Elderberry Extract packs an extra punch with vitamins and minerals, in a convenient and delicious gummy.

Supplement Facts		
Serving Size:	2 Gummies	
Servings Per Container:	30	
Amount Per Serving		%DV
Calories 20		
Total Carbohydrate	5 g	2%
Total Sugars	5 g	
Added Sugars	5 g	10%
Vitamin C (as ascorbic acid)	100 mg	110%
Zinc (as zinc gluconate)	10 mg	90%
Sodium	5 mg	<1%
Elderberry Fruit Extract 30:1	150 mg	**
Percent Daily Values are based on 2,000 calorie diet		
**Daily Values are not established		

Other Ingredients: Malt Syrup, Purified Water, Sucrose, Polydextrose, Carrageenan, Citrus Pectin, Sodium Hexametaphosphate, Artificial Blueberry Flavor, Carnauba Wax and Vegetable Oil, and Trisodium Citrate.



30 serv.	EE2060	\$21
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### SUGGESTED USE:

Take 2 gummies once daily.

\*Gummies are considered safe for all ages but may be a choking hazard.



## ➔ Why liquid extracts?

Herbal extracts can be up to 70% more effective than powdered or encapsulated herbs. Our extracts are water and glycerin-based and some are alcohol free. In cases where certain herbs will only lend their healing properties to a stronger medium, an appropriate amount of pure, gluten-free organic grain alcohol is added to the extracting medium.

Alcohol percentage is approx. 5-10% in each formula, with an exception of alcohol-free formulas or formulas containing Green Black Walnut Hull extract. All formulas are sold in liquid extract form with each herb having been individually extracted and then combined to create each unique formula. Mountain Meadow Herbs® extracts and formulas are made, packaged, and sealed here in our licensed, GMP certified facility. They do not need to be refrigerated and have a stable shelf life.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Stinging Nettle leaf, Horsetail herb, Oatstraw herb, Cornsilk herb, Chamomile herb, Skullcap herb	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin and distilled water.



2 oz.	H2032	\$24
4 oz.	H2034	\$39

### SUGGESTED USE:

0-2 yrs: 5-10 drops.

3-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp.

Take in water 1-3 times daily or as needed.

TIP: Can be taken with another calcium supplement to aid absorption.

## HERBAL CALCIUM Plant-Based Calcium Support

- Teeth and bone support
- Calming support for restlessness
- Muscle and nervous system support

Calcium is essential for maintaining overall health and well-being. It aids in strengthening bones and teeth and promotes proper function of your central nervous system, muscles and brain. This herbal blend can also bring about calming support, aiding in relaxation and easing restlessness.

Plant-based calcium supplementation is a heart-healthy way to get this vital nutrient. Say goodbye to the hard-to-digest, chalky, rock-based pills, and enjoy this easily absorbed and effective calcium supplement.



Use with caution during first trimester as excessive use may stimulate uterine contractions due to horsetail.

If taking with Herbal Iron, be sure to take Iron in the morning and Calcium in the evening as they compete for absorption.

## How much calcium is in my Herbal Calcium?

We do not test each batch of Herbal Calcium for its exact calcium content. While the herbs that we use in this formula are considered excellent plant-based sources of calcium, the real effectiveness of this product lies in its ability to help your body absorb the calcium that you are consuming in your daily diet.



SKULLCAP



*Herbal Respiratory is not suggested for those with reduced liver, kidney, or cardiac function or by those taking anticoagulants or Vitamin K inhibitors.*

# HERBAL RESPIRATORY

## Respiratory System Support

- Maintain open, unrestricted airways
- Best selling winter tonic
- Safe for all ages

Herbal Respiratory is a unique combination of herbs traditionally used to cleanse and support the respiratory system. It helps to maintain a clear, open airway.

Breathe easy all winter and keep clear of summer irritants with this family-friendly formula.

Herbal Respiratory can be taken along with First Immune Defense and Family Immune-Booster and is considered safe for nursing/expecting moms and children.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Anise seed, European Elder flower, Elecampane root, Thyme leaf, Stinging Nettle leaf, Licorice root, Bayberry bark	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



2 oz.	H2052	\$24
4 oz.	H2054	\$39

### SUGGESTED USE:

0-2 yrs: 5-10 drops.

3-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp.

Take in water 1-4 times daily or as needed.



# BREATHE EZ RUB

## Petroleum-Free Herbal Vapor Rub

Our all natural vapor rub is made with safe, effective and fast-acting ingredients to ease cough and congestion. Beeswax provides the base (plus skin health benefits!). Essential oils are added to help safely relieve coughs, congestion, and stuffy noses. Also, since it is petroleum free and paraben free, there are no worries about putting toxic substances on your skin.

**Ingredients:** Organic Montana Safflower Oil, Beeswax, Oregon Oil, Menthol, Eucalyptus Oil, Camphor Oil, Rosemary Oil, Thyme Oil, Vitamin E (Tocopherol)  
**Sugg. Use:** Rub on the throat and chest or soles of the feet. The area of application may be covered with a warm, dry cloth if desired. Applications may be repeated up to three times daily or as directed by a physician. Do not use on irritated or broken skin.



2 oz.	BRE002	\$18
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**TIP:** Use with Herbal Respiratory to support your respiratory system from inside and out!

IMPROVED FORMULA



*"I love MMH products! With 6 children and we use quite a bit of the Family Immune Booster and the Herbal Calcium. Also had good results with the Herbal Respiratory. They have excellent service as well!"*

- K. Martin



ASHWAGANDHA

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Stinging Nettle leaf, Olive leaf, Barberry root bark, Oregon Grape root	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



2 oz.	W2152	\$24
4 oz.	W2154	\$39

**SUGGESTED USE:**

3-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp.

Take in water 1-3 times daily or as needed.

# FIRST IMMUNE DEFENSE

## Immune System Support

- Boost immune system
- Cleansing benefits
- Be prepared when your body needs it

Be prepared to attack the cause at the first sign of your immune system needing an extra boost. Now, more than ever, First Immune Defense is an effective herbal blend to have on hand for when the need arises.

First Immune Defense is designed to be taken as needed and Family Immune-Booster can be taken continuously for daily support.

If you are expecting, nursing, or under two years of age, use Family Immune-Booster.



Use with caution for anyone with a kidney condition. Not for long-term use, try Family Immune-Booster instead.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Ashwagandha root, Codonopsis root, Astragalus root, Fo-Ti root, Wild Yam root, Devil's Club root bark, Eleuthero root	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



2 oz.	A1002	\$24
4 oz.	A1004	\$39

**SUGGESTED USE:**

3-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp.

1-3 times daily.

# ADRENAL AID

## Adrenal Support

- Support ability to handle stress
- Avoid afternoon fade
- Maintain optimal energy levels

Intense physical activity and emotional stress can over stimulate the adrenal glands, impairing their ability to meet your body's needs. This may cause increased anxiety and continued stress, as well as fatigue.

Herbal support of the adrenal glands may help to normalize their function and maintain a healthy, working sympathetic nervous system.

Nursing or Expecting Moms: Try Mom's Adrenal Aid, formulated just for you and safe for your little one. See page 9.



Discontinue use 5 weeks prior to surgery as Astragalus may cause excess bleeding and Wild Yam may lower NSAID's abilities to lessen inflammation.



# GREEN SUPERFOOD BLEND

with Spirulina, Chlorella, Mushrooms, & Veggies

- Digestive enzymes & probiotics
- High in antioxidants
- Essential daily nutrients

Superfoods are nutrient-rich whole foods that help support your body's everyday processes, such as detoxing, stimulating energy, digestive support and even minimizing stress.



20 oz. GS9030 \$39

### SUGGESTED USE:

Mix thoroughly 1 scoop into 8 oz. of cold water or blend in your favorite juice or smoothie. Take it first thing in the morning to jump-start your day.

Are you tired of taking a handful of supplements every morning or having trouble getting your full serving of vegetables everyday? Our Green Superfood blend has everything you need all in one easy-to-take powder. Containing 9 different blends from probiotic/prebiotic and immune health to detox support and a balanced metabolism blend.

### DELICIOUS MIXED BERRY FLAVOR



Supplement Facts	
Serving Size: 1 scoop (Approx. 7.10 g)	
Servings Per Container: 30	
<b>Wholefood &amp; Probiotic Blend</b>	3,000 mg †
Wheat Grass Juice Powder, Organic Inulin, Barley Grass Powder, Alfalfa Powder, Spirulina Algae (Blue-Green) Powder, Spinach Powder, Chlorella Powder, Broccoli Powder	
<b>Antioxidant Blend</b>	710 mg †
Pomegranate Fruit Powder, Acai Berry Powder, Organic Moringa Powder, Carrot Powder, Organic Beet Root Powder, Raspberry Fruit Powder, Goji Berry Powder, Acerola Cherry Powder	
<b>Adaptogenic Herb Blend</b>	550 mg †
Maca Root Powder, Rhodiola Rosea Extract [Std. 3% Salidroside & 1% Rosavins], Organic Ashwagandha Powder, Bacopa Monnieri Extract Powder [Std. to 20% Bacosides]	
<b>EFA Fiber Blend</b>	500 mg †
Sunflower Lecithin Powder, Flax Seed Powder, Apple Pectin Powder	
<b>Metabolism Blend</b>	375 mg †
Green Coffee Bean Extract [Std. to 50% Chlorogenic Acid], Ginger Root Powder, Green Tea Extract [Std. to 98% Polyphenols & 50% EGCG], White Tea Powder, Organic Malcha Green Tea Powder, Black Tea Extract	
<b>Immunity Boosting &amp; Mushroom Blend</b>	300 mg †
Echinacea Angustifolia Root Powder, Astragalus Root Powder, Reishi Powder	
<b>Veggie Blend</b>	200 mg †
Tomato Powder, Cauliflower Powder, Brussel Sprout Powder, Parsley Leaf Powder	
<b>Detox Support Matrix</b>	150 mg †
Milk Thistle Powder, Cilantro Powder, Turmeric Root Powder	
<b>Digestive Enzyme &amp; Probiotic Blend</b>	70 mg †
Lactobacillus acidophilus (5 Billion CFU/g), Protease 5,000 HUT/G, Amylase 5,000 SKB/G, Lipase 1,000 FIPI/G, Lactase 1,000 Powder, Cellulase 1,000 CIU/G	
† Daily Value (DV) not established	

Other ingredients: Mixed berry Flavor, Citric Acid, Stevia Extract, Malic Acid, Vanifolia

## BLENDER BOTTLE

Don't forget to order your blender bottle and take your greens on the go!



20 oz. 96000 \$10

## ➔ Vitamin D3 & K2

Liquid Vitamin D3 and K2 are a powerful combination that offers a multitude of benefits for your overall well-being. Vitamin D3, often referred to as the "sunshine vitamin," plays a crucial role in maintaining strong bones, a robust immune system, and healthy cardiovascular function. It also aids in the absorption of calcium, promoting optimal bone health and reducing the risk of fractures.

When combined with Vitamin K2, the benefits are amplified. Vitamin K2 ensures that calcium is directed to the right places in your body, such as your bones and teeth, while preventing its accumulation in arteries and soft tissues. This reduces the risk of arterial calcification and supports heart health.

The liquid form of these vitamins offers several advantages. It is easily absorbed by the body, making it a convenient choice for those with digestive issues or malabsorption problems. Liquid supplements also allow for precise dosage adjustments, ensuring you get the right amount of these essential nutrients.

Incorporating Vitamin D3 and K2 into your daily routine can lead to improved bone density, enhanced immune function, better cardiovascular health, and overall vitality.

Supplement Facts		
Serving Size 1 mL		
Servings Per Container 60		
Amount per serving		% DV*
Vitamin D3 (Cholecalciferol)	62.5 mcg (2500 IU)	313%
Vitamin K2 (Menaquinone-7 (MK-7))	100 mcg	83%

\* Percent of Daily Value based on a 2000 calorie diet.

Other ingredients: Medium Chain Triglycerides (MCT), Olive Oil, Natural Vitamin E (d-alpha Tocopherol from Sunflower Oil), Natural Orange Flavor.



2 oz.	S2022	\$24
4 oz.	S2024	\$39

### SUGGESTED USE:

0-2 yrs: 5-10 drops.

3-11 yrs: 0.5 mL.

12+ yrs: 1 mL. (marked on the dropper), with food or as directed by your health care professional or pharmacist. Vitamin D3 is safe for all ages and nursing or expecting mothers. We suggest consulting your health care provider for dosing information.

## SUNSHINE DROPS Vegan Vitamin D3 with K2

- Support strong, healthy bones
- Immune system and mood support
- 2500 I.U. of Vitamin D3 per serving

Vitamin D3 is one of the most important vitamins in your body. It helps keep your bones healthy and strong, and works to enhance your overall immune system health and function. During the winter months, it can be difficult to expose your skin to sunlight, which is how your body produces 80% of its D3. As a result, many people may be deficient and not even know it.

During times of limited sun exposure, many people choose to use D3 supplements to ensure optimal health.

Sunshine Drops is formulated from lichen, a source of D3 that is naturally vegan. It delivers all the health benefits of any other D3 supplement without using lanolin from sheep's wool.



with  
Vitamin  
**D3**

Real  
orange  
flavor!



# HERBAL IRON

## Regulates Iron Metabolism

- Gentle herbs high in iron
- Easy on the stomach
- Safe for all ages

Iron contributes to restful nights and a general sense of well-being. Women are more likely than men to be iron-deficient and Herbal Iron is an effective way to increase intake, especially when foods high in iron are difficult to eat (common during pregnancy.)

The simple and gentle combination of herbs in this formula are non-constipating, easy on the stomach, and support your body's ability to absorb the iron you get elsewhere in your diet.

### How much iron is in my Herbal Iron?

We do not test each batch of Herbal Iron for its exact iron content. While the herbs that we use in this formula are considered excellent plant-based sources of iron, the real effectiveness of this product lies in its ability to help your body absorb the iron you are consuming in your daily diet.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Stinging Nettle leaf, Dandelion root, Yellow Dock root	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.



2 oz.	H2062	\$24
4 oz.	H2064	\$39

### SUGGESTED USE:

- 0-2 yrs: 5-10 drops.
- 3-11 yrs: 1/8 tsp.
- 12+ yrs: 1/4 tsp.
- 1-3 times daily.

TIP: Can be taken with another iron supplement to aid absorption. If using with Herbal Calcium, take Iron in the morning and Calcium in the evening as they compete for absorptions.



# HERBAL THYROID CARE

## Thyroid Support

- Rich in herbal iodine sources
- Balance emotions and stress levels
- Maintain ideal metabolism and energy levels

This palatable capsule is rich in herbal iodine sources. Iodine is essential for the production of thyroid hormones, and since your body does not produce it on its own, supplementation is important.

The inclusion of Ashwagandha and Passionflower positively effects your emotions and nerves.

EXPECTING OR NURSING: Try our Mom's Herbal Thyroid Care. See page 11.

Supplement Facts	
Serving Size:	2 capsules
Servings Per Container:	60
Per Serving	%DV
Proprietary Blend	†
Rhodiola, Black Walnut hull powder, Parsley leaf, Kelp, Ashwagandha root, Cayenne fruit, Passionflower, Potassium Iodide	
† Daily Value (DV) not established	

Other Ingredients: Hypromellose (vegetable capsules).



60 serv.	HT8120	\$35
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### SUGGESTED USE:

- 6-11 yrs: Take 1 capsule twice daily.
- 12+ yrs: Take 2 capsules twice daily, unless otherwise directed.

**WARNING:** Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to [www.P65Warnings.ca.gov/food](http://www.P65Warnings.ca.gov/food)

Made with **Vcaps Plus**

**NOTE:** Use ONLY for under-active thyroid support.

*Please note that Graves' disease is a serious illness and can be life threatening. Herbal Thyroid Care should be used under the supervision of a health care provider when the disease is present.*

➔ Stress Relief

We all have times in our lives when the weight of the world feels a little heavier than normal. It can be any combination of things; lack of sleep, overwork, or stress can all keep us from enjoying our day to the fullest.

Every challenge to mind and body places a demand on the adrenal glands. Continuous over-stimulation can impair their ability to respond to stress. We can minimize the drain by being conscious of how our bodies are responding and by taking steps to reduce the negative effects.

Herbal formulas can help those under intense physical or emotional stress have the energy to breeze through the day, rather than allowing these stresses to drag them down. During these times, it is also important to get plenty of rest to ensure our body is able to recharge.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Passionflower leaf, Eleuthero root Hops flower, St. John's Wort herb, Catnip leaf & flower, Skullcap herb	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.



2 oz.	S2142	\$24
4 oz.	S2144	\$39

**SUGGESTED USE:**

6-11 yrs: 1/8 tsp.  
 12+ yrs: 1/4 tsp.  
 1/4 tsp. in water 1-3 times daily or 1/4 tsp.

**For restful sleep:** take 1/4 tsp. half hour before bedtime. Can be repeated every 15-30 minutes up to 4 times.

## STRESS & SLEEP Stress Management

- Calming herbs help you stay relaxed
- End the day with a calm mind and mood
- Avoid daytime stress build-up

Stress & Sleep is safe and natural support for those of us who need a little help coping with stress in our lives.

When taken throughout the day, these calming herbs may help you to maintain a calm state of mind so that it does not interfere with your ability to fall asleep at the end of the day. Enjoy a good night of restful sleep without next-day-drowsiness.

TIP: Consider taking it with Herbal Calcium for maximum benefits. See page 27.



Use caution if you are taking prescription anti-convulsive, anti-coagulant, and/or anti-platelet drugs.

St. John's Wort should not be taken with Rx anti-depressants or birth control.

Discontinue use 7 days before surgery.



*"I tried the small version and recently purchased a bigger version of this remedy. It really works, even if there was so much stress and/or excitement. This really calms you down and lets you have a good night sleep. I have been taking it about 30 min before bedtime and it works as a charm."*

- M. White



HOPS

## ➔ Natural, Refreshing, and Cleansing

Many of us insist on clean surroundings and we regularly change the filters in our homes, but give little thought to cleansing our bodies of toxin build up and debris.

The liver, for instance, acts much like a sieve, filtering out debris as it cleans 3 pints of blood per minute around the clock. A simple liver flush can be a powerful health benefit as the bile ducts are swept clean of small blockages and undesirable build up. See page 50.

Small unwelcome guests can take up residence in unkempt eliminative channels, just as they can with an unkempt home. Without regular intervention, modern herbalists estimate intestinal invaders take up residence in 80% of us!



## CLARKFX Yeast and Para-Cleansing

- All-in-one, easy-to-take cleanse
- As suggested by Dr. Hulda Clark
- Internal or topical uses

This liquid combination of Green Black Walnut hull, Cloves, and Wormwood was inspired by the cleansing protocols of Dr. Hulda Clark. The effects of the wormwood are further enhanced with Green Rooibos Tea extract.

ClarkFx is effective and easy to take for adults and children 6 years old and up. Most cleanses can be completed with four 2-week regimens. Also an effective yeast cleanse.

Supplement Facts	
Serving Size:	20 drops
Servings Per Container:	300
Per Serving	%DV
Proprietary Blend	.4 mL †
Green Black Walnut Hull, Clove, Wormwood herb, Green Rooibos Tea leaf	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, Vitamin C and approx. 35% organic grain alcohol.



2 oz.	C3092	\$24
4 oz.	C3094	\$39

**SUGGESTED USE:**  
See Chart below.

**Not safe for horses.**  
(due to the Wormwood)

Weight	Pets 20-29 lb*	30-49 lb	50-59 lb	60-99 lb	100-119 lb	120-149 lb	150+ lb
<b>Starting dose (3x daily)</b>	1 drop	1 drop	2 drops	3 drops	3 drops	3 drops	3 drops
<b>Average Dose (3x daily)</b>	1-2 drops	2 drops	3-4 drops	4 drops	6-7 drops	8 drops	10 drops
<b>Max dose (3x daily)</b>	1-2 drops	4 drops	6 drops	8 drops	13 drops	16 drops	20 drops
<b>Bottle size</b>	2 oz. will last from 7-46 weeks of use depending on your dosage (not including 1 week breaks). There are approximately 2,900 drops per 2 oz. bottle.						

\*Use extreme caution in pets



## PARA-RID Effective Internal Cleanse

- Feel energized and refreshed
- Soothe and nourish intestinal tract
- Gentle, great for children

Many herbalists estimate 80% to 90% of the population is plagued by intestinal dwellers. Regardless, it's important to periodically cleanse your body and as a liquid extract, this combination is superior.

Being up to 75% more effective than encapsulated herbs or tablets, it's a perfect cleanse for the whole family. Catnip and ginger help to counteract stomach cramps, making it an excellent choice for children.

Age	Under 2 yrs	2-5 yrs	6-11 yrs	12+ yrs	Adult	Adult	Adult
Weight	Less than 25 lb	25-60 lb	61-100 lb	101-150 lb	151-200 lb	201-250 lb	250+lb
Dosage 3 times/day before meals	Use Olive Leaf	1 dropper	1 1/2 droppers	2 droppers	2 1/2 droppers	3 droppers	4 droppers
Oz./Person for 12 day cleanse	0	1 oz.	1 1/2 oz.	2 oz.	2 1/2 oz.	3 oz.	4 oz.

**Directions:** Start 2 days before the full moon. Take in juice or water 3 times daily for 6 days, repeat in 1 month.

Supplement Facts	
Serving Size:	1/2 tsp
Servings Per Container:	48
Per Serving	%DV
Proprietary Blend	2.5 mL †
Green Rooibos Tea leaf, Quassia bark, Gentian root, Green Black Walnut hull, Sweet Wormwood herb, Clove, Catnip leaf & flower, Elecampane root, Ginger root, Fennel seed, Olive leaf, Peppermint oil	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, Vitamin C, and approx. 10% organic grain alcohol.



2 oz.	P2102	\$24
4 oz.	P2104	\$39

### SUGGESTED USE:

See chart at left

**Not safe for horses.**

(due to the Sweet Wormwood)

For additional para-cleansing options, see ClarkFx on page 34, and Olive Leaf on page 65.

**TIP:** For best results, start 2 days before a full moon.

**Nursing or Expecting Moms or Children under 2:** Use Olive Leaf. See page 65.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Dandelion root, Fresh Ginger root, Grape seed, Alfalfa leaf, Blessed Thistle herb, Milk Thistle seed, Oregon Grape root, Yellow Dock root, Gentian root, Oatstraw herb, Quassia bark	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



2 oz.	L3312	\$24
4 oz.	L3314	\$39

### SUGGESTED USE:

3-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp. 1-3 times daily. Take 30 minutes before meals.

## LIVERGLOW For a Happy Liver

- Gently cleanse your liver
- Nourish, protect, and stimulate for increased energy
- Improve mood

The liver is responsible for most of our energy needs, taking raw material from foods and breaking them down into basic components used to create and store glycogen, which is used as immediate and future energy sources.

Give your liver a lift with these carefully selected, liver-friendly herbs that gently cleanse, stimulate, nourish and protect this vital organ.



**Nursing or Expecting Moms:** Try Mom's LiverGlow, formulated just for you and safe for your little one. See page 6.



Use with caution if you are taking Rx anti-platelet, anti-convulsive, and/or anti-coagulant drugs. Discontinue 7 days before surgery.

# EYE-CAN-C

## Vision Support

- Maintain good vision
- Help with night vision, glare, and fatigue
- May increase blood supply to eyes

The years take their toll on our bodies, and for many of us, seeing as clearly as we used to becomes a problem.

Good circulation is important to the health of all organs, including the eyes and particularly the optic nerve. Eye-Can-C contains herbs used to keep age related inflammation in check, keeping blood moving freely.

TIP: Try the Vision Support package on page 71.

To be taken orally. **DO NOT PUT IN YOUR EYE.**

Supplement Facts	
Serving Size:	1/2 tsp
Servings Per Container:	48
Per Serving	%DV
Proprietary Blend	2.5 mL †
Bilberry fruit, Grape seed, Ginkgo Biloba leaf, Hawthorn berry, Propolis resin, Eleuthero root, Eyebright herb, Schisandra berry, Gentian root, Ginger root, Turmeric root	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



4 oz. | E4704 | \$39

### SUGGESTED USE:

Take 3 times daily based on weight:  
**under 100 lb** - 1/8 tsp.  
**100-149 lb** - 1/4 tsp.  
**150-174 lb** - 3/8 tsp.  
**175+** - 1/2 tsp.

## ➔ Healthy, Golden Years

As we age it becomes even more important to care for our nutritional needs. Our state of health, whether we can move about freely rather than being housebound or bedridden, makes an incredible difference in the quality of life.

Many of the devastating conditions faced by seniors begin 10-15 years before the problem becomes evident. It is a good idea to do what can be done, beginning in the late 30's and 40's to support your health before it's too late. This starts with a healthy diet, regular exercise, and high-quality sleep as obesity and a sedentary lifestyle are leading risk factors in the most common causes of suffering and death in women over fifty.

Beginning in the 30's, herbs such as Red Clover, Propolis Resin, and those good for the heart and high in calcium fit well into a daily health plan for both men and women. Nature also provides other gifts, such as relief for sleepless nights, aching joints and supporting clear, crisp central vision.



*"I took the Eye-Can-C and it really helped, not only with my eyes but it also took away the ringing in my ears."*

- MMH Customer



MILK THISTLE

Supplement Facts	
Serving Size:	1 capsule
Servings Per Container:	120
Per Serving	%DV
Milk Thistle seed 300 mg	†
† Daily Value (DV) not established	

Other Ingredients: Hypromellose (vegetable capsules).



120 serv. M9120 \$24

**SUGGESTED USE:**

Take 1 capsule daily, unless otherwise directed.

\*Contents of capsule is safe for toddlers and can be emptied out and then consumed in applesauce, water, etc. Full capsule may be considered a choking hazard.

**WARNING:** Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to [www.P65Warnings.ca.gov/food](http://www.P65Warnings.ca.gov/food)

# MILK THISTLE

## Standardized Liver Support

- Liver and immune system support
- Healthy kidney support
- May have a calming effect on the stomach

Milk Thistle contains a group of constituents called silymarins. Clinical studies have demonstrated that this herb supports healthy liver function and provides powerful antioxidant support. In addition to its role in promoting liver health, key constituents in Milk Thistle also help to maintain normal kidney function and promote optimal immune function.

TIP: For prenatal purposes: to avoid common early pregnancy discomforts, start using at least 2 months prior to conceiving and once pregnancy is confirmed increase dosage up to 2 capsules 3 times daily if needed.



Made with **Veaps Plus**

Also available as a liquid extract. See page 64

Supplement Facts	
Serving Size:	2 capsules
Servings Per Container:	60
Per Serving	%DV
Symbiotic, proprietary blend of Prebiotic and probiotic: Consortia with SBOs 500 mg	
B. Subtilis	†
B. Licheniformis	†
L. Acidophilus	†
L. Casei	†
L. Plantarum	†
L. Rhamnosus	†
L. Lactis	†
Bifidobacterium Bifidum	†
Soil Based Organisms	†
† Daily Value (DV) not established	

Other Ingredients: Humic/Fulvic acids, Bilberry leaf, Ginger root/rhizome, Milk Thistle seed, Cilantro leaf, Bee pollen, Chicory root, Burdock root, and Hypromellose (vegetable capsules).



60 serv. HF120 \$49

**SUGGESTED USE:**

Take 2 capsules daily 20-30 minutes before a meal or snack.

\*Contents of capsule are safe for toddlers and can be emptied out and then consumed in applesauce, water, etc. Full capsule may be considered a choking hazard.

# HERBAL FLORA PROBIOTIC

## Beyond Probiotics

- Stabilize colonic pH
- Restore proper bacterial balance
- May help avoid reactions to certain foods

A healthy digestive tract is imperative to vibrant health, especially in the intestines where most of what you take in is absorbed.

Our delicate intestinal microbial balance is often destroyed, creating a chronically unhealthy condition. Many of today's diseases may be a result of this unbalance which limits nutrient absorption and suppresses the immune system.

Herbal Flora Probiotics is designed to flourish in your intestinal tract and restore balance and ideal health.



with Prebiotics + Probiotics

Made with **Veaps Plus**

**WARNING:** Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to [www.P65Warnings.ca.gov/food](http://www.P65Warnings.ca.gov/food)



Use with caution if you are taking prescription anti-convulsive, anti-platelet and/or anti-coagulants. Discontinue use 7 days before any surgery.

## HEADEASE Natural Head Comfort

- May ease muscle tension
- Help calm central nervous system
- Normalize blood circulation to brain

Designed to be quickly assimilated, easing muscle tension and calming the central nervous system. This helps to promote a healthy blood supply to the brain, increasing oxygen and creating a healthy overall balance.

TIP: CoQ10 can provide additional support by providing additional energy to brain cells. See page 48.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Feverfew herb, Passionflower leaf, Ginkgo Biloba leaf, Ginger root	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.



4 oz. H2224 \$39

### SUGGESTED USE:

3-11+ yrs: 1/8 tsp.

12+ yrs: 1/4 tsp.

1-3 times daily or as needed.



## HERBAL FOCUS Mental Clarity Support

- Memory support
- Enhance concentration
- Support healthy brain function

Herbal Focus is food for your brain! The herbs in this formula support brain health in multiple ways. Healthy blood circulation and cell support may boost overall brain function.

Perfect for seniors, students preparing for exams, and busy days at work.

Use with caution if you are taking prescription anti-convulsive, anti-platelet and/or anti-coagulant drugs. Discontinue use 7 days before surgery.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Eleuthero root, Ginkgo Biloba leaf, Gotu Kola herb, Bacopa herb	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.



4 oz. H2174 \$39

### SUGGESTED USE:

3-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp.

1-3 times daily or as needed.

\*Use caution if nursing or expecting.



"HeadEase lives up to its name! I had been experiencing migraine headaches for some time. The first time I took HeadEase, at the beginning of a headache, there was almost immediate relief."

- Mairzie.



FEVERFEW

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Valerian root, Hops flower, Skullcap herb, Passionflower leaf	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% -10% organic grain alcohol.



2 oz.	B2232	\$24
4 oz.	B2234	\$39

**SUGGESTED USE:**

6-11 yrs: 1/8 tsp.  
 12+ yrs: 1/4 tsp. in water half hour before bedtime.

## BED-TIME DROPS

### Natural Sleep Support

- Ease into a restful sleep
- Non-addictive herbs
- No next-day drowsiness

It's estimated that sleep-related problems affect 50 to 70 million Americans. Many have to rely on chemical-based medicines and prescriptions to get satisfying sleep, and those can often cause unwanted side effects.

Herbs, especially the right combination of herbs, can provide your body the support it needs to finally catch some z's. Centuries of use has proven certain herbs to be most effective, which are exactly what you will find in our Bed-Time Drops formula. Use consistently, or on an as-needed basis for safe, effective, and non-habit forming sleep support.



TIP: For children, try our Berry Bedtime. See page 25.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Melatonin	3 mg
Proprietary Blend	1.25 mL †
Valerian root, Hops flower, Skullcap herb, Passionflower leaf	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% -10% organic grain alcohol.



2 oz.	BM4422	\$24
4 oz.	BM4424	\$39

**SUGGESTED USE:**

6-11 yrs: 1/8 tsp.  
 12+ yrs: 1/4 tsp. in water half hour before bedtime. As needed for occasional support.

## BED-TIME DROPS WITH MELATONIN

### Sleep Support with Melatonin

- With 3 mg of Melatonin
- Maintain normal sleep cycles
- No next-day drowsiness

Even sound sleepers have trouble falling asleep or staying asleep once in a while. While most people's bodies produce enough melatonin for sleep on their own, supplementation can be effective on a short-term basis if you're experiencing unusual sleep difficulties, schedule or time changes, or need a to get to bed earlier than usual for an early morning wake-up.

With this formula, you'll enjoy an extra push into slumber while the herbs go to work to keep you calm throughout the night.



3 mg of Melatonin

TIP: For children, try our Berry Bedtime. See page 25.



Do not use with low blood pressure. Use with caution if taking anti-convulsive, anti-platelet and/or anticoagulant drugs. Discontinue 7 days before surgery.

# HERBAL CARDIOCARE

## Cardiovascular Support

- Support cardiovascular system
- Normalize blood pressure
- Safe for expecting and nursing moms

Beating an average of 100,000 times per day, your heart pumps about 1,500 gallons of oxygen-rich blood every 24 hours. Support this amazing organ and your entire cardiovascular system!

TIP: Take with Motherwort herb for even more heart-healthy benefits. See page 64.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Bilberry leaf, Bilberry fruit, Hawthorn berry, Ginkgo Biloba leaf, Ginger root, Gotu Kola herb	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% -10% organic grain alcohol.



4 oz. H2024 \$39

### SUGGESTED USE:

0-2 yrs: 5-15 drops

2-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp. Take in water 1-5 times daily.

Monitor BP for 20 min after each dosage. Repeat until desired goal is achieved. Up to 4-6 hrs. Take Blood Pressure RX at different times than HCC and monitor BP closely.



Caution if taking anti-convulsive, anti-platelet and/or anticoagulants. Discontinue use 7 days before surgery.

# BLUES BUSTER

## Mood Lifter

- Natural, non-addictive
- Rich in herbal adaptogens
- No next-day drowsiness

This herbal combination of non-addictive ingredients is designed to give you a new refreshing outlook to your day.

The specific use of adaptogens in this formula may support your body's ability to respond to and overcome the influences of physical, chemical, or biological stressors that can negatively affect your mood.

Nursing or Expecting Moms: Try Mommy Blues Buster, formulated just for you and safe for your little one. See page 8.

TIP: Use with LiverGlow! Page 35.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Ashwagandha root, Eleuthero root, Ginkgo Biloba leaf, Lemon Balm leaf, Lycium berry, Passionflower leaf, Rhodiola root, Sage leaf, Tribulus Terrestris fruit	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



4 oz. B3104 \$39

SUGGESTED USE: 1/4 tsp. in water 3-4 times daily.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †

Stinging Nettle leaf, Devil's Claw root, Olive leaf, Yucca root, Horsetail herb, Oatstraw herb, Skullcap herb, Barberry root bark, Bilberry fruit, Cayenne fruit, Corsiik herb, Chamomile flower, Licorice root, St. John's Wort herb, Blue Vervain and/or European Vervain herb

† Daily Value (DV) not established

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



4 oz. T5004 \$39

**SUGGESTED USE:**

3-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp. 1-3 times daily or as needed.

# EVERYDAY JOINT & MUSCLE Complete Comfort

- Support normal joint and muscle function
- Strengthening support
- Maintain an active lifestyle

This herbal combination brings bone building strength and relief from sore joints and muscles. Whether recovering from over-exertion or feeling the effects of aging, your swollen, achy joints and muscles, bad knees, and back discomfort no longer have to keep you down!

TIP: Use Everyday Joint & Muscle as an effective daily support and Active Joint & Muscle during periods of over-exertion.



*St. John's Wort should not be taken with Rx anti-depressants or birth control.*

*Discontinue use 7 days before surgery.*

Supplement Facts	
Serving Size:	2 capsules
Servings Per Container:	60
Per Serving	%DV
Proprietary Blend	780 mg †

Stinging Nettle leaf, Garlic bulb, Horsetail herb, Celery seed  
Turmeric root 40 mg †

† Daily Value (DV) not established

Other Ingredients: Hypromellose (vegetable capsules).



60 serv. JM9120 \$33

**SUGGESTED USE:**

12+ yrs: Take 2 capsules twice daily.

\*Contents of capsule are safe for toddlers and can be emptied out and then consumed in applesauce, water, etc. Full capsule may be considered a choking hazard.

# ACTIVE JOINT & MUSCLE Musculoskeletal Support

- Inflammation and pain support
- Maintain comfort after over-exertion
- With 40 mg of Turmeric

Our Active Joint & Muscle capsules provide natural joint and muscle support, especially after over-exertion. Curcumin, the active ingredient in Turmeric, is a proven anti-inflammatory and makes this product a safe, natural alternative to NSAIDs (Non-steroidal anti-inflammatory drug.) Other key ingredients will help to promote ideal comfort for the entire musculoskeletal system.



40 mg of Turmeric

Made with Vcaps Plus

**WARNING:** Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to [www.P65Warnings.ca.gov/food](http://www.P65Warnings.ca.gov/food)

## ➔ The Three Vitals

Three major organs are essential in keeping clean, life sustaining blood flowing to every part of the body.

**Heart** - Your heart supplies oxygenated blood and helps rid the body of waste products, such as carbon dioxide. With every beat, the heart pumps blood to and from your lungs, cleaning and re-oxygenating the blood. Fresh, oxygen-rich blood is then sent to all other major organs.

**Kidneys** - Remove waste from the blood that is left behind from food after the body has taken from it what it needs. They also control the delicate chemical balances of many body systems.

Every day, about 200 quarts of blood are processed by the kidneys, sifting out 2 quarts of waste products (toxins) and extra water.

**Liver** - Its main functions are to help digest what is taken in, make protein, and to get rid of toxic matter. Dead red blood cells,

chemicals, microorganisms, drugs, and particulate debris are all filtered out around the clock in a healthy liver.

Herbalist, Dr. Christopher Hobbs, makes a compelling case for longevity by supporting the health of the heart, liver, and kidneys in his book, *Foundations For Health*.

The three are presented as a triangle with their functions being interrelated. Many of the herbs given as a support for one organ also have a positive affect on the others.

This phenomena is also seen elsewhere. For example: Co-enzyme Q10 is found in every cell of the body. It is widely recognized and valued for its benefit to the heart, but studies indicate the kidneys and liver also share in the blessing.

Life is said to be in the blood. It makes sense to naturally support the organs responsible for its quality and circulation.



*"I believe your products are high quality and helpful for many needs. My husband was diagnosed with Multiple Myeloma back in 2010, which affects the kidney's. Through a friend we found out about your company and the Kidney Support and Kidney Toning. He still uses this every day and it has helped to give him healthy kidneys with good creatinin count. Thank you so much for providing an excellent product!"*

- Sara S.



BLUE VERVAIN

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Milk Thistle seed, Dandelion leaf, Sarsaparilla root, Eleuthero root	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% -10% organic grain alcohol.



4 oz. K2074 \$39

**SUGGESTED USE:**

3-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp.

Take in water 1-3 times daily.

# KIDNEY SUPPORT

## Kidney Health Enhancement

- Stimulate and enhance kidney function
- Maintain healthy kidneys
- Promote healthy cell growth

Our signature formula is used to support healthy kidney function. Herbs for this formula were carefully chosen for their ability to maintain kidney-health functions like proper urine production and cell regeneration.

For long-term use, consider alternating with Kidney Toner so your body does not build up an immunity to the herbs.



Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Corn silk herb, Parsley root, Marshmallow root, Shepherd's Purse herb, Buchu leaf, Blue Vervain and/or European Vervain leaf, Cleavers herb	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% -10% organic grain alcohol.



4 oz. K2084 \$39

**SUGGESTED USE:**

3-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

# KIDNEY TONER

## Kidney Strengthening

- Help flush the kidneys
- Maintain kidney strength
- Gentle and soothing

This normalizing formula may help flush the kidneys, maintain kidney strength, and help promote dryness through the night. As a more "reparative" formula than it's *Support* counterpart, this *Toner* formula is intended to provide corrective support to the kidneys when proper function may be compromised.

For long-term use, consider alternating with Kidney Support so your body does not build up an immunity to the herbs.



20% to 25% of your blood volume can be found at all times in your kidneys as they filter toxins and continuously regulate the chemical composition of your blood, including pH. Your kidneys need clean water, fresh fruits and vegetables, light protein meals, and a healthy liver to function at their best.

## → Zinc

Minerals usually serve the human body by assisting with many bodily processes. Zinc is no exception to this. It may help with countless enzymatic reactions, like maintaining normal digestion, metabolism, and nutrient absorption. It may contribute to cell division, fighting off free radical damage, and slowing the appearance of aging. Needless to say, it's important to ensure enough of this mineral is consumed, but a little can go a long way. Zinc is a trace mineral, so your body only needs a small amount to maintain a healthy balance.

Foods are one great way to increase your daily intake of zinc. Foods like lamb, pumpkin seeds, hemp seeds, grass-fed beef, chickpeas, and lentils, contain high amounts of zinc. Those who may need to be mindful of their zinc intake include people on a restricted diet or a diet free from meat. Women who are pregnant or breastfeeding may also want to use a zinc supplement to get a little extra in their diet.

There are many reasons why it would make sense to use a zinc supplement to increase your daily intake, but before you grab just any supplement, it's always important to consider what supplement to take. Mineral absorption can increase by adding compounds or suffer from adding the wrong ones. We provide a chelated form of zinc that makes it easy for your body to absorb and achieve the benefits you need.



## ZINC Overall Health Support

- Immune system support
- Promotes healthy metabolism
- Fertility support for men and women

Zinc is an essential nutrient found throughout your body that helps to increase your body's immune system response and help with proper metabolism. Typically through a varied diet (red meat, seafood, poultry, grains, seeds..) your body will receive all the zinc it needs. If your diet doesn't consist of these foods, additional supplementation is needed.

Zinc is a trace mineral with countless uses in the body. It supports healthy bones, hair, skin, and nails. Zinc also helps to promote fertility and reproduction, supports vision health, and promotes healthy stress levels.

**WARNING:** Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to [www.P65Warnings.ca.gov/food](http://www.P65Warnings.ca.gov/food)

Supplement Facts	
Serving Size:	1 capsules
Servings Per Container:	100
Per Serving	%DV
Zinc (as zinc gluconate)	272%
30 mg	
† Daily Value (DV) not established	
Other ingredients: Rice flour and gelatin capsule.	



100 serv.    ZNC001    \$15

**SUGGESTED USE:** 1 capsule daily with meal or as otherwise directed.

Supplement Facts	
Serving Size:	3/8 tsp
Servings Per Container:	64
Per Serving	%DV
Proprietary Blend	1.875 mL †
White Oak bark, Propolis resin, Oregon Grape root, Olive leaf, Devil's Claw root, Gotu Kola herb, Slippery Elm bark, Usnea lichen	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% -10% organic grain alcohol.



2 oz.	H2312	\$24
4 oz.	H2314	\$39

**SUGGESTED USE:**  
**3-5 yrs:** 1/16 - 1/8 tsp.  
**6-11 yrs:** 1/8 - 1/4 tsp.  
**12+ yrs:** 1/4 - 3/8 tsp.  
 Can be taken every 2 hours initially, dropping back to 3 times daily within 24 hours.  
 Spray dosage noted on 2 oz. bottle.

# SOOTHING THROAT & TONSIL

## Healthy Throat Support

- Soothing support
- For children and adults
- Keep your whole throat healthy

Maintain a healthy throat and provide support during times of discomfort, while maintaining healthy tonsils too! Our tonsils are gland-like structures at the back of the throat. As part of the body's immune system, they are designed to protect us by trapping bacteria and viruses that try to enter the body through the mouth. So, protect your tonsils and entire throat naturally for continued comfort.

Usnea lichen has proven to be highly effective in maintaining a healthy throat, providing support during times of discomfort.

2 oz. bottle with a **SPRAY TOP!**



4 oz. bottle still with dropper top.

## ➔ What is Usnea Lichen?

Next time you venture into the forest, keep an eye out for a wispy, green foliage growing on branches of conifers, oaks, and other trees in the Pacific Northwest. Acquiring the popular name of "Old Man's Beard" due to its unique appearance, it has historically been used for centuries for everything from medicine to food to dyes. This odd-looking vegetation is a highly specialized organism known as Usnea Lichen.

What makes Usnea Lichen so fascinating and unlike many other organisms, is that it has the characteristics of both a fungus and algae. Usnea has a fungus base that provides a structure for the algae to grow on and produce nutrients that both can use. Together the two are greater than the sum of the parts – true natural cooperation. There is still a lot of curiosity on how this cooperation helps the body.

Taken internally, Usnea has been traditionally used as a respiratory aid and wound healer. High in antioxidants, its main contribution to the body is to maintain the health of your cells. It has a special affinity for helping the respiratory system and maintaining a healthy throat. Relief from throat irritation and congestion can come from using this alongside other helpful herbs in our Soothing Throat and Tonsil Formula.





# GENTLE LAX

## Natural Regularity Support

- Eliminate waste more easily
- Moisten and nourish intestines
- Non habit-forming

Gentle Lax helps your body eliminate the buildup of harmful toxins safely and easily. Aloe Vera helps to moisten and nourish the walls of the intestines and Lactobacillus helps to maintain regularity.

TIP: Try Herbal Flora Probiotic, page 37, for additional digestive support. Child safe version, KiddieLax, on page 25.

Made with **Vcaps Plus**

**WARNING:** Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to [www.P65Warnings.ca.gov/food](http://www.P65Warnings.ca.gov/food)

Supplement Facts	
Serving Size:	2 capsules
Servings Per Container:	30
Per Serving	%DV
Proprietary Blend	†
Aloe Vera, Gotu Kola, Dandelion leaf, Lactobacillus multi-strain	
† Daily Value (DV) not established	

Other Ingredients: Hypromellose (vegetable capsules).



30 serv. GL8060 \$35

### SUGGESTED USE:

**6+ yrs:** Take 2 capsules as needed, unless otherwise directed.

*Do not take with anti-coagulants.*



# ANTI-DIARRHEA

## Bowel Support

- Gentle and fast-acting
- Avoid uncomfortable situations
- Travel-friendly size!

No need to put up with urgent trips to the restroom with this remarkable product on hand! It's a must-have for foreign travel and excellent for children.

**Take only as needed.** Not intended for long-term use.

TIP: For infants, try Red Raspberry Extract, page 66.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Proprietary Blend	1.25 mL †
Ginger root, Red Raspberry leaf, Bayberry bark, Barberry root bark	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.



2 oz. A3012 \$24

### SUGGESTED USE:

**3-11 yrs:** 1/8 tsp.  
**12+ yrs:** 1/4 tsp. 1-4 times daily or as needed (within reason).

*Should not be taken with Warfarin. Barberry should not be used while expecting.*



"We are very happy with ordering from Mountain Meadow Herbs and appreciate that there is a company like them. Thank you!" - Lavina B.



ALOE VERA

➔ Vitamin C

Over the last century, Vitamin C has become well known for supporting the immune system as well as the whole body in a considerable number of ways. While most people take it as an immune booster, Vitamin C may help the body in so many other ways. It may effectively boost nearly every system in the body. From digestion, metabolism, reproduction, cardiovascular, to the brain and nervous system - it's wonderful to know that you can get extra support from this vitamin, even when you may not know it.

A lot of the work this supplement does is to protect our body from environmental stressors like toxins, aid the absorption of other minerals like calcium and iron, and form new tissues that hold us together. For example, Vitamin C may help form and repair cartilage, thereby protecting the structural integrity of our body. These structures include our bones, skin, tendons, and ligaments. Since the body does not have the capacity to store Vitamin C, it's important to keep it in your diet every day.

It's good to keep in mind how supplements are made as certain additives may make it harder to absorb the nutrients into your body.

Supplement Facts	
Serving Size:	3 capsules
Servings Per Container:	80
Per Serving	%DV
Vitamin C (ascorbic acid)	1667%
1500 mg	
† Daily Value (DV) not established	

Other Ingredients: Hypromellose (vegetable capsules), Guar Gum, Pectin



80 serv. VC8120 \$26

**SUGGESTED USE:**  
**0-8 yrs:** 1 capsule daily.  
**9-11 yrs:** 2 capsules daily.  
**12+ yrs:** 3 capsules 2 times daily, unless otherwise directed.

\*Contents of capsule are safe for toddlers and can be emptied out and then consumed in applesauce, water, etc. Full capsule may be considered a choking hazard.

**WARNING:** Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to [www.P65Warnings.ca.gov/food](http://www.P65Warnings.ca.gov/food)

## VITAMIN C Natural Time-Released

- Antioxidant support
- Helps with iron absorption
- Maintain good health

Vitamin C helps to protect your cells and keep them healthy. It is an essential vitamin well known for its role in supporting a healthy immune system. Because your body cannot make Vitamin C, it must come from outside sources-- the foods that you eat and supplements that you take.

It may also be a natural support for normal ovulation and conception.

TIP: See Fruitful Vine regimen on page 17 for more info.



Made with **Vcaps Plus**

*Use caution with Kidney Stones.*



## COQ10 Co-enzyme Q10

- Cell support for all major organs
- Promote longevity
- Reduce oxidative stress

Coenzyme Q10 (CoQ10) is an antioxidant that your body produces naturally. Your cells use CoQ10 for growth and maintenance. Levels of CoQ10 in your body decrease as you age so supplementation can be an important addition to maintaining optimal health.

**WARNING:** Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to [www.P65Warnings.ca.gov/food](http://www.P65Warnings.ca.gov/food)

The whole-body benefits of CoQ10 include: cardiovascular support, anti-inflammatory benefits, healthy cholesterol support, brain benefits metabolism support, and more.

Supplement Facts	
Serving Size:	1 capsule
Servings Per Container:	30
Per Serving	%DV
CoEnzyme Q10 400 mg	†
† Daily Value (DV) not established	

Other Ingredients: Gelatin capsule, organic rice flour.



30 serv. CO9030 \$35

### SUGGESTED USE:

Take 1 capsule daily with a meal.



## GARLIC CAPS Heart and Blood Support

- Promotes good circulation
- Support a healthy heart
- Aged and odorless, no garlic breath

Taking deodorized garlic pills removes all the discomforts and side effects of garlic! You get the benefits of garlic without the offensive odor.

Made with **Vcaps Plus**

**WARNING:** Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to [www.P65Warnings.ca.gov/food](http://www.P65Warnings.ca.gov/food)

There are numerous health benefits of garlic including boosting the immune system and supporting healthy cholesterol levels and blood pressure.

Supplement Facts	
Serving Size:	1 capsule
Servings Per Container:	100
Per Serving	%DV
Aged Garlic Extract 300 mg	†
† Daily Value (DV) not established	

Other Ingredients: Hypromellose (vegetable capsules), rice flour, leucine.



100 serv. G8098 \$19

### SUGGESTED USE:

12+ yrs: 1 capsule 2 times daily with a meal or as directed.

*Garlic can irritate the gastrointestinal (GI) tract. Use with caution if you have stomach or digestion problems. Stop taking garlic at least 2 weeks before surgery.*



"I love the products and the customer support from this company. In my book I rate them 5 stars."

- Terisa P.



FENNEL SEED

Supplement Facts	
Serving Size:	1 softgel
Servings Per Container:	30
Per Serving	%DV
Krill Oil Professional Formula 1000 mg	†
Omega 3 Fatty Acids 120 mg	†
Eicosapentaenoic acid - EPA 60 mg	†
Docosahexaenoic acid - DHA 40 mg	†
Omega 6 Fatty Acids 40 mg	†
Phospholipids 200 mg	†
Astaxanthin 400 mcg	†
† Daily Value (DV) not established	

Other Ingredients: Softgel capsule (gelatin, glycerin, purified water).



30 serv. KO1000 \$31

**SUGGESTED USE:**

Take 1 softgel daily, preferably with a meal.

\*Contents of capsule is safe for toddlers and can be emptied out and then consumed in applesauce, water, etc. Full capsule may be considered a choking hazard.

# KRILL OIL

## Pure Antarctic Krill Oil

- High in Omega 3s
- Support heart and brain health
- High in antioxidants

Krill oil is the superior option (up to 48x more effective) when it comes to dietary oils high in Omega 3s. These fatty acids are essential to heart and brain health and help support the immune system. It is known for its high absorption rate and naturally contains astaxanthin, a powerful antioxidant. It has a low heavy metal load due to low contamination levels and contains no fillers, colors, or preservatives.



**WARNING:** Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to [www.P65Warnings.ca.gov/food](http://www.P65Warnings.ca.gov/food)

Supplement Facts	
Serving Size:	1/2 tsp
Servings Per Container:	48
Per Serving	%DV
Proprietary Blend	2.5 mL †
Burdock root, Dandelion root, Fennel seed, Ginger root, Mugwort herb, Milk Thistle seed	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.



4 oz. L6014 \$39

**SUGGESTED USE:**

1/2 tsp. 3 times daily, either in 8 oz. of warm water or followed by a cup of water.

# LIVER DECONGESTANT

## Concentrated Tea Extract

- Liver flush to restore optimal function
- Enjoy more energy and smoother digestion
- Resolve environmental sensitivities

This cleansing blend of herbs, as recommended by Herbalist Dr. Christopher Hobbs, has a slightly warming and opening effect on the liver. It helps to address reduced liver function which is caused by the buildup of toxins. Clearing out this congestion and buildup helps restore ideal function for vibrant health.



**TIP:** Take in a cycle of 10 days on 10 days off while using LiverGlow, page 35, all month long for optimal results.



# WEIGHT CONTROL FORMULA

## Making Your Ideal Weight Attainable

- May help decrease carb-to-fat conversion
- Naturally stimulate metabolism
- Suppress appetite, no hunger rebound

Specifically formulated for those who enjoy breads, sweets, and butter. Weight Control Formula may help decrease the conversion of carbohydrates to fat. It may also decrease intestinal absorption of fat.

Breakthrough ingredients help to limit hunger rebound and naturally stimulate metabolism by supporting the thyroid.

*DO NOT use in cases of overactive thyroid. Use with caution for those who have high blood pressure (hypertension).*

### Supplement Facts

Serving Size:	1/2 tsp
Servings Per Container:	48
Per Serving	%DV
Proprietary Blend	2.5 mL †

Pomegranate leaf, Evodia fruit, Garcinia and/or Kokum fruit, Chade-bugre herb, Fresh Ginger root, Guggul Gum Resin, Horsetail herb, Cornsilk herb.
--

† Daily Value (DV) not established

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



4 oz. | W2334 | \$39

**SUGGESTED USE:**  
See Chart below.

TIP: For nursing or expecting women we suggest taking a combination of Mom's LiverGlow and Mom's Herbal Thyroid Care.

Age	6-11	12+	Adult	Adult	Adult
Weight	61-100 lbs	101-150 lbs	151-200 lbs	201-249 lbs	250+ lbs
Dose (Droppers)	1 1/2	2	2 1/2	3	4

**Directions:** Take 30 minutes before meals, 3 times daily.

*Weight Control Caps & Shakes have been discontinued.*



*"I have bad gums and I've been using an electric toothbrush for about a year, but I started taking the Oral Care 6 months ago and now my Dentist says I shouldn't need the gum surgery"*  
- MMH Customer



*"I have had a tooth ache for days after I took the Oral Care solution and after the first day I felt 80% better."* - Joe J.



POMEGRANATE



"Am very pleased with all the products that I purchased at MMH. The sales person was not only helpful but knowledgeable about all the products that I was interested in." - Judy H.



GOLDENSEAL

**Active Ingredients:**  
 Ionic Silver, Fresh Ginger root extract, Goldenseal root extract, Propolis Resin extract, Cloves extract, Neem leaf extract, Peppermint Oil, and Oregano Oil.

**Inactive Ingredients:**  
 Vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.



4 oz. 02694 \$39

**SUGGESTED USE:** Place 1/4 tsp. in 1/4 cup water and rinse mouth.

## ORAL CARE SOLUTION

### Dental Health Support

- Herbal mouth rinse
- Promote healthy gums and teeth

This highly concentrated mouth rinse helps keep your teeth and gums healthy. According to a study from the University of Australia, women with bleeding gums and poor dental health took two months longer to conceive. Apply full strength to cold sores.



**DO NOT INGEST!** For rinsing and topical use only.

### Supplement Facts

Serving Size:	1/2 tsp
Servings Per Container:	48
Per Serving	%DV
Proprietary Blend	2.5 mL †
Sweet Wormwood herb, Propolis Resin, Green Rooibos Tea leaf	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



4 oz. N4444 \$39

**SUGGESTED USE:**  
 6-11 yrs: 1/8-1/4 tsp.  
 12+ yrs: 1/4 - 1/2 tsp. twice daily.

**Not safe for horses.**  
 (due to the Sweet Wormwood)

## NO-MO-SQUITO

### Bite Defense

- Enjoy the outdoors
- No more painful bites

Mosquitoes are one of the summer's greatest pests. Their itchy bite and the growing prevalence of mosquito-borne illnesses make No-Mo-Squito an excellent first line of defense against this summer bug. Also defense for Gnat's, and biting Flies.



This herbal formula is designed to reduce your attractiveness to mosquitoes and other biting insects. Originally developed for overseas use as a defense against insect-borne health risks, it was noticed that mosquitoes did not bite individuals who were using the product, while others around them were experiencing many bites.



# LIVER FLUSH PACKAGE

## Promote Healthy Liver Function - Overnight

- As recommended by Dr. Hulda Clark
- Promote healthy liver function

As your primary detoxification organ, the liver is impressive, processing three pints of blood per minute. When examined under a microscope, rows of cells can be seen separated by spaces which act like a sieve or filter, through which the blood flows. This filter is designed to remove toxic matter such as dead cells, chemicals, microorganisms, drugs, and particulate debris from the bloodstream. The filter can become “clogged”, making it difficult for the liver to send out clean, energizing blood to other vital organs such as the brain, heart and kidneys.

**Dr. Hulda Clark considered flushing the liver to be the single most powerful and simple procedure one can do.** The idea behind a flush is literally to “flush out the filter” by stimulating massive bile flow. Flushes vary in intensity with Dr. Clark’s being most intense, and it should NOT be done while expecting, nursing or while fighting a flu. This flush is also not suggested for anyone under the age of 12.

- What you need for the flush:**
- 1 Liver Flush Package
  - 1/2 cup olive oil (high quality)
  - 1 large, fresh pink grapefruit (2/3 cup juice)

This package includes one bottle of Epsom Salt Capsules, one bottle of Ornithine Capsules, and one 2 oz. Green Black Walnut hull extract.



PKG2019 \$4.3

**SUGGESTED USE:**  
Instructions will come with the package, or contact us to get a copy in advance. There are multiple steps and timing is important for best results. The cleanse takes just under 24 hours to complete.



TIP: Use Para-Rid before Liver Flush. Follow the Liver Flush with the LiverGlow. See page 35.

Package items can be purchased separately.

Ornithine 100 ct.  
ORN100mmh \$18

Epsom Salt 60 ct.  
EPS060mmh \$10

Green Black Walnut  
Hull Extract 2 oz.  
BE4142Dmmh \$18

## ➔ Activated Charcoal

The byproduct of burning a carbon source (wood). The substance is "activated" by high temperatures, removing all the oxygen and changing its chemical structure to create much smaller particles with more surface area. The result is ultra-fine charcoal with millions of tiny pores that may capture, bind, and remove toxins and other unwanted substances.

Just two grams of activated charcoal powder (our Candida Flush contains 1.2 grams) has about the same surface area as a football field. Toxin particles bind to the porous surface of the activated charcoal so that the toxin is less likely to be absorbed into the body.

Supplement Facts	
Serving Size:	4 capsules
Servings Per Container:	60
Per Serving	%DV
Activated Charcoal from Hardwoods 1200 mg	†
Vitamin C 500 mg	555%
Aged Garlic 300 mg	†
Beta Carotene 10 mg	†
† Daily Value not established	

Other Ingredients: Hypromellose (vegetable capsules)



60 serv. CF240 \$45

**SUGGESTED USE:** 4 capsules, twice daily or as directed.

## CANDIDA FLUSH Endotoxin Cleanse

- Gentle intestinal cleansing and general detoxification
- Heart health benefits
- Digestive support

This effective combination of ingredients supports your body's elimination of toxins, especially after a cleansing protocol. It acts to absorb and flush away the die-off while purifying the blood.

With 1.2 grams of activated charcoal, this product is an effective solution for general detoxification as well.

**TIP:** Take other vitamins, supplements, and/or meals at least two hours before or after Candida Flush as the charcoal in the flush acts to absorb everything around it and remove it from your system.



Made with **Vcaps Plus**

**WARNING:** Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to [www.P65Warnings.ca.gov/food](http://www.P65Warnings.ca.gov/food)



"I love MMH! Our overall health has improved because of these wonder formulas. We have recommended this company to many people. Even given people our personal catalog. I'm thankful for alternatives to pharmaceuticals!"  
- Rhonda H.



CHARCOAL



# YEAST X: STEP 1 AND STEP 2 Beneficial Micro Flora Support

- Two formulas for superior cleansing results
- Support normal levels
- Maintain body's delicate balance

Yeast can shape-shift and mutate on an almost-daily basis, so what works this week, may not work next week. That's why we've developed not one, but two potent formulas to provide maximum support when it comes to yeast cleansing.

Used in an alternating pattern, Yeast X Step 1 and Yeast X Step 2 gives you the best chance at supporting normal levels of beneficial bacteria and fungi within the body without further disturbing its delicate balance.

Beneficial for both men and women.

Expecting or nursing moms and infants: Try Olive Leaf. See page 65. Children under 5: Try Para-Rid. See page 35.

TIP: As with any cleanse, consider taking probiotics during and after. See Herbal Flora Probiotics on page 37, or the Total Yeast Detox on page 55.



### Yeast X Step 1

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Proprietary Blend	1.25 mL †
Pau d'Arco bark, Cat's Claw bark, Marshmallow root, Chamomile flower, Licorice root, Ginger root, Black Cumin seed, Oregano leaf	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.

2 oz. Y2112 \$24

### Yeast X Step 2

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Proprietary Blend	1.25 mL †
Barberry root bark, Ginger root, Cayenne fruit, Oregon Grape root, Propolis resin, Grape seed, Neem leaf	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.

2 oz. Y2122 \$24



### SUGGESTED USE:

1/4 tsp. in water 1-3 times daily. For best results alternate Yeast X Step 1 and Yeast X Step 2 every 2 weeks.



*"I'm getting good results with the Yeast X 1 & 2 and hope to do the Adrenal Aid in a few months. As long as Mountain Meadow Herbs exists, you'll find me as one of your satisfied and happy customer."*

- Linda L.



BLACK CUMIN FLOWER

This is a 3-month detox program for 1 person containing 4 different products :

**Yeast X Step 1**

See page 54 for product listing, including ingredients.

**Yeast X Step 2**

See page 54 for product listing, including ingredients.

**Candida Flush:**

See page 53 for product listing, including ingredients.

**Herbal Flora Probiotic:**

See page 37 for product listing, including ingredients.

**SUGGESTED USE:**

**Month 1:** Take Yeast X Step 1 every day during weeks 1 and 2 (1/4 tsp. in water 3 times daily.) Take Yeast X Step 2 every day during weeks 3 and 4. (1/4 tsp. in water 3 times daily.) Take Candida Flush every day during the first month. (Take 4 capsules, twice daily.)  
**Month 2:** Take 2 Herbal Flora Probiotic capsules every day.  
**Month 3:** Take 2 Herbal Flora Probiotic capsules every day.



3-Month Program

PKG6017 \$134

These products are also sold separately. See page 53 for Candida Flush, page 54 for Yeast X (Step 1 and 2), and page 37 for Herbal Flora Probiotic.

**WARNING:** Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to [www.P65Warnings.ca.gov/flood](http://www.P65Warnings.ca.gov/flood)

# TOTAL YEAST DETOX

## Cleanse. Flush. Rebuild.

- Address the overgrowth of detrimental fungi
- Absorb and flush out the die-off
- Rebuild the beneficial gut flora and support healthy balance

This is a three-pronged, natural approach to balance.

**Halt and kill the overgrowth - Yeast X Step 1 & 2:**

Two combinations of powerful herbal extracts are used to eliminate and stop the overgrowth in its tracks. Alternating the two formulas may help address the shape-shifting or mutating.

**Capture and flush out the overgrowth die-off quickly - Candida Flush:**

When large numbers of yeast and fungal cells are rapidly killed, a die-off occurs. When these cells die, they release all the noxious substances contained within. According to some sources, up to 79 toxins are released including ethanol, uric acid, and acetaldehyde.

**Replenish with beneficial bacteria - Herbal Flora Probiotic:**

Encourage the proliferation of these with Soil-based organisms, Bee Pollen, Chicory and Burdock root to soothe and heal the intestinal wall and naturally keep candida in check.





# COMPLETE METAL DETOX

Improved Health and Overall Well-Being!

- Mobilize stored toxins
- Bind metal in the pathways for removal
- Excrete through elimination

Your body can take in toxins easily but is limited to excreting them in small amounts. These toxins can build up in the body over time due to exposure to the toxic environments that we live and work in; unnatural additives in the food we eat, the polluted air we breathe, the water we drink, and even the often-contaminated dirt we walk on.

Excess toxins that are not automatically excreted from the body store in our organs, brain, and gut. It is important to move toxins out of our body and the blood stream through detoxification.

## A simple, multi-acting, two-week program made up of four naturally effective products.

TIP: A Complete Metal Detox can be beneficial for thyroid health too. Pair with Herbal Thyroid Care on page 32 for maximum thyroid benefits.

TIP: For best results, take 30 minutes before a meal.

**SUGGESTED USE:** Take all four products, as indicated below, daily for 14 days.

**Detox Fiber Blend:** Take 4 capsules in the morning and 4 capsules in the evening  
**Herbal Heavy Metal Flush:** Take 1/4 tsp. in the morning, 1/4 tsp. at noon, and 1/4 tsp. in the evening.

**Amino Acid Cleanse:** Take 1 capsule in the morning and 1 capsule in the evening.

**Citrus Pectin:** Take 2 level scoops, mixed with liquid, in the morning. (1 level scoop is equal to 1 rounded Tbsp.)

**WARNING:** Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to [www.P65Warnings.ca.gov/info](http://www.P65Warnings.ca.gov/info)

This is a 2-week detox program containing 4 different products

### HERBAL HEAVY METAL FLUSH

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Proprietary Blend	1.25 mL †
Cilantro, Turmeric root, Quassia wood chips, Dandelion root, Green Rooibos Tea, Gentian root, Fresh Ginger root, Burdock root	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.

### AMINO ACID CLEANSE

Supplement Facts	
Serving Size:	1 capsule
Servings Per Container:	28
Per Serving	%DV
Proprietary Blend of	
Glutathione 25 mg	†
Methionine 100 mg	†
Selenium 35 mcg	†
Vitamin B1 25 mcg	†
Kelp 100 mg	†
† Daily Value (DV) not established	

Other Ingredients: Hypromellose (vegetable capsules)

### CITRUS PECTIN

Supplement Facts	
Serving Size:	2 scoops
Servings Per Container:	14
Per Serving	%DV
Grapefruit Pectin 15000 mg	†
† Daily Value (DV) not established	

### DETOX FIBER BLEND

Supplement Facts	
Serving Size:	4 capsules
Servings Per Container:	30
Per Serving	%DV
Proprietary Blend	
Psyllium Husks	†
Marshmallow root	†
Peppermint leaf	†
Parsley leaf	†
Guar Gum	†
Fructooligosaccharides	†
† Daily Value (DV) not established	

Other Ingredients: Hypromellose (vegetable capsules).



2-Week Program

CM8222 \$89

*The individual products are not sold separately and only come as a set.*

Made with Veoaps Plus

**Whole Body Program**

Serving Size: 3 tablets  
 Servings/container: 100  
 Sugg. Use:

Take 3 tablets before, during or just after breakfast and again at dinner 6 days per week for 3 months.

**Colon Program**

Serving Size: 1-3 tablets  
 Servings/container:  
 30 (at max dose)

**Sugg. Use:**

1-3 tablets before, during or just after breakfast and again at dinner 6 days per week for 3 months.



Whole Body Program

WB051 \$75

Colon Program

CB053 \$35

Program Set

WB050 \$90



*"I have used MMH a lot through the years for everything from Adrenal-Aid to Licorice Tummy-Aid for the little ones. I use Herbal Respiratory, Anti-Diarrhea, and Family Immune-Booster the most. Everything I use for my family has worked well, and some things have become just old standbys that I won't do without! The thing I like most is that if I have a question about anything, I can talk to a well-informed, caring person and get good, but not pushy advice. Thank you MMH, for your service to our family!"*  
 - Sara S.

# WHOLE BODY & COLON PROGRAM

(by Pure Body Institute)

Rated #1 by *Natural Health Magazine*

- Gentle cleansing
- Rejuvenate body's basic processes

Health care professionals believe invigorating the body's eliminative channels and expelling accumulated impurities is the best method for health improvement.

As a gentle, but highly effective cleanse, the Pure Body Institute recommends a three month supply. Each set is approximately a one-month supply, depending on usage.

TIP: Consider doing a complete cleanse by adding Para-Rid (pg 35) or ClarkFx (pg 34) after completing your first month of the Whole Body & Colon Program.



Does not ship to California.



EYEBRIGHT



# LEGACY HERBS

## Men's Fertility Enhancement

- Partner to Fruitful Vine
- Production support
- Support a healthy desire

About 1/3 of the time, infertility is a female problem. In another 1/3 of cases, it is the man with the fertility problem. For the remaining 1/3, both partners have fertility challenges or no cause is found.

In response to many requests for a natural way to support fertility in men, Legacy Herbs was created to support production, quality, and quantity in the areas of male fertility.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Eulethero root, Tribulus Terrestris fruit, Pygeum bark, Barrenwort leaf, Astragalus root	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.



4 oz. L3124 \$39

**SUGGESTED USE:**  
1/4 tsp. 3-4 times daily.



# MEN'S ADVANCED<sup>®</sup>

## Men's Multi-Vitamin

- Immune system support
- Promote increased energy
- Brain and mood support

This organic, whole-food multivitamin is formulated specifically for the needs of active men. Energizing herbs provide stress support and promote dynamic energy levels. It's easy-to-take, easy-to-digest, and can be taken anytime, even on an empty stomach!

Supplement Facts		
Serving size 2 Tablets		
Amount per serving		%DV
Vitamin A (00% as beta-carotene from ferment media)	900 mcg	100%
Vitamin C (as ascorbic acid from ferment media)	90 mg	100%
Vitamin D3 (as cholecalciferol from ferment media)	25 mcg (1000 IU)	125%
Vitamin E (as d-alpha-tocopheryl acetate from ferment media)	15 mg	100%
Vitamin K (as phytylquinone (K1) from ferment media and as menaquinone-7 (K2) from ratti)	120 mcg	96%
Thiamin (as thiamine hydrochloride from ferment media)	3 mg	250%
Riboflavin (from ferment media)	3.5 mg	269%
Niacin (as niacinamide from ferment media)	16 mg	100%
Vitamin B6 (as pyridoxine hydrochloride from ferment media)	4.5 mg	255%
Folate (as folic acid from ferment media)	200 mcg DFE	50%
Vitamin B12 (as cyanocobalamin from ferment media)	12 mcg	500%
Biotin (from ferment media)	30 mcg	100%
Para-aminic Acid (as calcium D-panthothenate from ferment media)	12.5 mg	250%
Calcium (from algae (Lithothamnion (Lithothamnion calcium and Lithothamnion corallioides))	30 mg	2%
Iodine (as potassium iodide from ferment media)	75 mcg	50%
Magnesium (as magnesium oxide from ferment media and from (Lithothamnion calcium and Lithothamnion corallioides))	10 mg	2%
Zinc (as zinc oxide from ferment media)	11 mg	100%
Selenium (as selenium dioxide from ferment media)	80 mcg	145%
Copper (as copper sulfate anhydrous from ferment media)	0.9 mg	100%
Manganese (as manganese chloride from ferment media)	2.5 mg	100%
Chromium (as chromium chloride from ferment media)	35 mcg	100%
Molybdenum (as sodium molybdate from ferment media)	4.5 mcg	10%
<b>Stress and Energy Support Blend (from ferment media)</b>	<b>62.5 mg</b>	*
Organic Schizandra (berry), Organic Maca (root), Organic Chamomile (flower)		
<b>Cardio Support Blend</b>	<b>60 mg</b>	*
Organic Fenugreek (seed) from ferment media, Organic Oregano (leaf) from ferment media, Gopaseed extract, Organic Hawthorn (berry, leaf and flower) from ferment media		
<b>Immune Support Blend (from ferment media)</b>	<b>45 mg</b>	*
European Elder (berry) extract, Organic Eulethero (root), Organic Astragalus (root)		
<b>Prostate Support Blend</b>	<b>40.3 mg</b>	*
Saw Palmetto extract (fruit), Organic Pumpkin Seed oil, Nettle extract (root)		
<b>Digestive Support Blend (from ferment media)</b>	<b>35.3 mg</b>	*
Organic Aloe (leaf), Organic Peppermint (leaf), Organic Cardamom (seed), Organic Cardamom (fruit), Organic Artichoke (leaf)		

Other ingredients: Ferment media (organic soy flour, organic Saccharomyces cerevisiae, organic orange peel powder, organic carrot powder, organic alfalfa powder, lactic acid bacteria [Lactobacillus acidophilus, Bifidobacterium bifidum and Lactobacillus rhamnosus], papain [deactivated] and bromelain [deactivated]), organic gum acacia, silica, lac resin and carnauba wax. CONTAINS SOY



36 serv. E8094 \$49



**SUGGESTED USE:**  
13+ yrs: Take 2 capsules daily

**TIP:** Use both Legacy Herbs and a good men's multivitamin for enhanced fertility.

Every Man Multivitamin combines the revered herbs of Elderberry and Astragalus and whole-food fermented Vitamin C, and Vitamin D3, along with organic Chamomile, Maca, and Schizandra to support your everyday health.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Yohimbe bark, Ginkgo Biloba leaf, Barrenwort leaf, Ashwagandha root, Eleuthero root, Tribulus Terrestris fruit	

† Daily Value (DV) not established  
 Other Ingredients: vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.



4 oz. P3154 \$39

**SUGGESTED USE:**

1/4 tsp. 1-3 times daily in water.

# MEN'S HERBAL-UP

(FORMERLY PROGENTOR VI)

## Natural Male Support

- Support male responsiveness
- Performance support
- Maintain healthy testosterone levels

Created in response to customer requests, this all-natural formula supports male responsiveness, sustained capability and natural male performance.



*Caution if taking Rx anti-convulsive, anti-platelet, and/or anti-coagulant drugs. Discontinue use 7 days before any surgery. Hypertension patients should not use large quantities of Ginseng as it can cause elevated blood pressure.*

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Stinging Nettle root, Saw Palmetto berry, Pygeum bark, Green Rooibos Tea leaf, Skullcap herb, Red Clover leaf & flower, Ginger root, Propolis Resin, Milk Thistle seed, Chaste Tree berry	

† Daily Value (DV) not established  
 Other Ingredients: vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.



4 oz. P3264 \$39

**SUGGESTED USE:**

1/4 tsp. 1-3 times daily in water.

# HERBAL PROSTATE+

(FORMERLY PROTRACT 10)

## Prostate Health Support

- Popular among senior men
- Maintain normal urinary function
- Low alcohol content

This formula contains ten powerful herbs to naturally support prostate health, including Saw Palmetto which has been shown in clinical studies to support prostate function.



*Caution in cases of Hypertension, Hypotension, Diabetes, or in conjunction with anti-coagulants.*



*"Everything that I have ever purchased from Mountain Meadow Herbs has worked well for me. I consider their products and service to be 5 star!" - DC. Miller*



TRIBULUS TERRESTRIS



## ARONIA BERRY

- Support healthy cholesterol levels
- Support gut health
- Powerful immune-booster

Aronia berries are rich in fiber, vitamin C, and powerful antioxidants that may have heart-healthy, immune-boosting, and cell-supporting properties.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Aronia berry extract 1.25 ml † (1:2) in vegetable glycerin and distilled water.	
† Daily Value (DV) not established	



**SUGGESTED USE:** 0-2 yrs: 5-15 drops. 3-11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

4 oz. AE4904 \$32



## BLUE COHOSH ROOT

- Soothing support for cramps
- Hormone support
- Menstruation support

Blue cohosh may help to suppress muscle spasms and soothe cramps. It may also support muscle tone in the uterus which can support the childbirth process.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Blue Cohosh root extract 1.25 ml † (1:3) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	



**SUGGESTED USE:** 12+ yrs: 1/4 tsp. Take in water 1-3 times daily.

4 oz. BE4104 \$32



## ASHWAGANDHA ROOT

- Cortisol and adrenal gland support
- Mood and memory support
- Maintain healthy joints

As an adaptogen, Ashwagandha is most commonly known for its ability to help reduce stress, improve mood, and enhance stamina.



**SUGGESTED USE:** 1/4 tsp. Take in water 1-3 times daily or as needed.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Ashwagandha root extract 1.25 ml † (1:2) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	

4 oz. AE4124 \$32



## BURDOCK ROOT

- Helps purify blood
- High in antioxidants
- Gut health support

Burdock root may help with detoxification of the blood by helping remove accumulated waste products via the kidneys, skin, and mucous membranes. This herb contains active ingredients in its roots that may increase bile and urine production, and sweating to facilitate toxin removal.



**SUGGESTED USE:** 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Burdock root extract 1.25 ml † (1:3) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	

4 oz. BE4134 \$32

*Not suggested for use with prescription diuretics.*



## CHAMOMILE FLOWER

- Supports sleep and relaxation
- Digestive aid
- Soothing support for mild cramps

Used for its relaxation properties, which can help with sleep, stress, digestion, cramping, gas, and more. The German Commission E monographs also show it to be beneficial for irritation of mucous membranes.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Chamomile flower extract 1.25 ml † (1:1) in vegetable glycerin and distilled water.	
† Daily Value (DV) not established	



**SUGGESTED USE:** 0-2 yrs: 5-15 drops. 3-11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

4 oz. CE4124 \$32

## CHASTE TREE BERRY

- Female health support
- Promotes a healthy hormone balance
- Menstruation support

The Chaste Tree Berry (Vitex), has been used for centuries to support women's health and promote a healthy hormone balance. It may also offer temporary relief from pain associated with the monthly cycle.



Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Chaste Tree berry extract 1.25 ml † (1:1) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	



**SUGGESTED USE:** 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

4 oz. CE4444 \$32



## CINNAMON BARK

- Maintain heart health
- Inflammation support
- Digestive support

Cinnamon extract is rich in antioxidants and helps to regulate blood sugar. Cinnamons polyphenyl MCHP, mimics insulin function and may activate insulin receptors.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Cinnamon bark extract 1.25 ml † (1:2) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	



**SUGGESTED USE:** 0-2 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

*Heavy use of cinnamon may irritate the mouth and lips, causing sores. Dilute in water.*

4 oz. CE4204 \$32

## CRANBERRY FRUIT

- Urinary tract support
- High in antioxidants
- Powerful immune-booster

Avoid the simple sugar-filled juices and get all the benefits of cranberry in this concentrated extract. For those who suffer frequent disturbances, take daily for effective maintenance.



Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Cranberry fruit extract 1.25 ml † (1:3) in vegetable glycerin and distilled water.	
† Daily Value (DV) not established	



**SUGGESTED USE:** 0-2 yrs: 5-10 drops. 3-11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

4 oz. CE4824 \$32



## DANDELION ROOT

- Traditional herbal bitter
- Supports appetite and digestion
- Healthy liver function

This herbal "bitter" supports normal appetite and digestion. As a liver tonic, it may support the liver's production of bile, which helps to carry away waste and also break down fats during digestion

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Dandelion root extract 1.25 ml † (1:1) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	



**SUGGESTED USE:** 0-2 yrs: 5-10 drops. 3-11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

*DO NOT USE if you have heart disease, high or low blood pressure, kidney or liver disorder, diabetes, edema, or are taking products containing diuretics.*

4 oz. DE4174 \$32



## ECHINACEA XTREME

- Immune system support
- Supports healthy upper respiratory system
- Promotes a normal inflammatory response

This extract from two species of Echinacea (*angustifolia* & *purpurea*) contains powerful flavonoids and other constituents that promote a healthy immune system response.



**SUGGESTED USE:** 0-2 yrs: 5-10 drops. 3-11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

*DO NOT USE if taking immunosuppressant's*

4 oz. E4804 \$32

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend 1.25 mL	
Echinacea Angustifolia root †	
Echinacea Purpurea herb †	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin and distilled water



## ELDERBERRY

- Immune system support
- Naturally rich in antioxidants
- Support the body's natural defenses

Elderberries are used for their antioxidant activity and may benefit heart-health, vision, and the immune system. They may also help alleviate seasonal discomforts.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Elderberry ( <i>Sambucus</i> spp.) extract 1.25 ml † (1:2) in vegetable glycerin and distilled water.	
† Daily Value (DV) not established	



**SUGGESTED USE:** 0-2 yrs: 5-10 drops. 3-11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

*DO NOT USE if taking immunosuppressants*

4 oz. EE4234 \$32



## EUROPEAN GOLDENROD

- Promote healthy urine flow
- Inflammation support
- Support against fluid retention

Goldenrod may support healthy urine flow and inflammation. Safe for nursing and expecting moms, it can be beneficial in maintaining healthy bladder function during these times.



**SUGGESTED USE:** 1/4 tsp. 3-11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

*May cause an allergic reaction in people who are sensitive to the Asteraceae/Compositae family.*

4 oz. GE4314 \$32

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
European goldenrod extract 1.25 ml † (1:3) in vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	



## GINGER ROOT

- Support for swollen, irritated tissue
- May help stimulate circulation
- Digestive support

Ginger is a traditional healing herb with multiple health benefits, including joint support, digestion support, healthy inflammation response, and cardiovascular support.



**SUGGESTED USE:** 0-2 yrs: 5-10 drops. 3-11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Ginger root extract 1.25 ml † (1:2) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	

4 oz. GE4224 \$32



## GINKGO BILOBA LEAF

- Memory and mood support
- All-day alertness
- Rich in naturally occurring plant antioxidants

The ginkgo leaf provides all-natural memory and brain support by maintaining optimal blood circulation to the brain. Everything begins in the mind; a healthy mind is a healthy body.



**SUGGESTED USE:** 3-11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Ginkgo Biloba leaf extract 1.25 ml † (1:1) in vegetable glycerin and distilled water.	
† Daily Value (DV) not established	

4 oz. GE4284 \$32

*Not to be used with anti-coagulants, MAO inhibitors or SSRIs. Should not be used with St. John's Wort herb.*



## GRAPE SEED

- Support the body's major systems
- Antioxidant benefits
- Vein Support

Grape Seeds are high in Oligomeric Proanthocyanidins (OPCs), which support the body's major systems; including the cardiovascular, urinary and immune systems, as well as the skin, liver, and eyes.



**SUGGESTED USE:** 0-2 yrs: 5-10 drops. 3-11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Grape seed extract 1.25 ml † (1:2) in vegetable glycerin and distilled water.	
† Daily Value (DV) not established	

4 oz. GE4504 \$32



## GREEN BLACK WALNUT HULL

- Support a healthy intestinal environment
- Immune system support
- Powerful cleansing benefits

Black walnut hull supports the body's natural defenses with potent compounds that can help to cleanse the body of foreign organisms, helping to maintain your system's delicate balance.



**SUGGESTED USE:** 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

*Not safe for horses.*

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Green Black Walnut hull extract 1.25 ml † (4:1) in distilled water, Vitamin C, and approx 50% organic grain alcohol.	
† Daily Value (DV) not established	

4 oz. BE4144 \$32



## HAWTHORN BERRY

- Cardiovascular health
- High in antioxidants
- Maintain healthy cholesterol levels

These berries are packed with nutrients that benefit the entire cardiovascular system, from supporting the collagen content of the arteries to benefiting circulation and the pumping action of the heart.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Hawthorn berry extract 1.25 ml † (1:2) in vegetable glycerin, distilled water, and approx. 5% -10% organic grain alcohol.	
† Daily Value (DV) not established	



**SUGGESTED USE:** 0-2 yrs: 5-15 drops. 3-11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

*Not suggested for use if you have low blood pressure, consult your healthcare provider if you are taking blood pressure medication.*

4 oz. HE4124 \$32



## MILK THISTLE SEED

- Support healthy liver function
- Blood sugar support
- Digestive support

Milk thistle has a range of potential health benefits due to its active ingredient, silymarin, which is believed to have antioxidant effects to help maintain healthy liver cells.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Milk Thistle seed extract 1.25 ml † (1:3) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	



**SUGGESTED USE:** 0-2 yrs: 5-10 drops. 3-11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

*Not to be taken with Yohimbe.*

4 oz. ME4334 \$32



## HORSETAIL HERB

- Support bone health
- Promotes healthy hair, skin, and nails
- Supports bladder/kidney health

Horsetail is a popular herb that includes silicon and silicic acid which help with calcium absorption and promote healthy hair, skin, nails, and bones! It also helps support bladder and kidney health.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Horsetail herb extract 1.25 ml † (2:1) in vegetable glycerin and distilled water.	
† Daily Value (DV) not established	



**SUGGESTED USE:** 0-2 yrs: 5-10 drops. 3-11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

4 oz. SE4344 \$32



## MOTHERWORT HERB

- Cardiovascular support
- Supports a normal heart rate
- Maintain healthy blood flow

This herb from the mint family is primarily praised for its cardiovascular health. Motherwort herb may help to regulate heart rate, promote healthy circulation, and provide overall heart health.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Motherwort herb extract 1.25 ml † (1:2) in distilled water and vegetable glycerin.	
† Daily Value (DV) not established	



**SUGGESTED USE:** 3-11 yrs: 1/8 tsp. 12+ yrs: 1/4. Take 1-3 times daily or as needed.

4 oz. ME4354 \$32

*DO NOT USE if you have a bleeding disorders or those taking blood thinners such as Coumadin (warfarin). Ask your primary caregiver if you currently have a heart condition.*



## MULLEIN LEAF

- Respiratory support
- Maintain lung health
- Promotes a healthy cough

As an expectorant, Mullein leaf helps to promote a healthy cough to help clear congestion. Mullein also has a higher amount of mucilage than other plants which provides soothing relief to the mucous membranes.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Mullein leaf extract 1.25 ml 1 (2:1) in vegetable glycerin and distilled water.	
† Daily Value (DV) not established	



**SUGGESTED USE:** 0-2 yrs: 5-10 drops. 3-11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

4 oz. ME4404 \$32



## OLIVE LEAF

- Gentle cleansing and yeast balancing
- Immune system support
- Overall health support

Olive Leaf is a revered herb with antioxidant properties that is traditionally taken to maintain immune defenses. For children under two, this extract is an excellent alternative in cleansing the body and supporting normal yeast levels.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Olive leaf extract 1.25 ml 1 (1:3) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	



**SUGGESTED USE:** 0-2 yrs: 5-10 drops. 3-11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

4 oz. OE4364 \$32



## PARTRIDGE BERRY

- Provides pregnancy and labor support
- Relief of mild cramping
- Toning support for the uterus

Partridge berry is known for its variety of health benefits it offers for women. With pregnancy and labor support, menstrual relief, and toning benefits, this product is a favorite of many.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Partridge berry extract 1.25 ml 1 (1:1) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	



**SUGGESTED USE:** 1/4 tsp. Take in water 1-3 times daily or as needed.

4 oz. SE4414 \$32



## PASSIONFLOWER

- Supports a positive mood
- Promote healthy sleep cycle
- Balance emotions

Passionflower is a popular herb used as a natural sedative. It's calming properties, when used in the correct dose, promote a sense of calm and help balance emotions.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Passionflower leaf extract 1.25 ml 1 (2:1) in vegetable glycerin and distilled water.	
† Daily Value (DV) not established	



**SUGGESTED USE:** 6-11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

4 oz. PE4044 \$32



## PUMPKIN SEED

- Promote a healthy bladder
- Prostate health support
- Antioxidants for cell support

Pumpkin seeds are packed with nutrients and protective health benefits. These seeds are traditionally used to help the nerves of the bladder to maintain control.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Pumpkin seed extract 1.25 ml † (1:4) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	



**SUGGESTED USE:** 0-2 yrs: 5-10 drops. 3-11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

4 oz. PE4904 \$32



## RED RASPBERRY LEAF

- Female reproductive support
- Gentle cleansing
- Immune system support

This classic female tonic may strengthen the uterus, enrich mother's milk, and prepare the uterus for giving birth. The extract is convenient for those who do not care to drink the tea.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Red Raspberry leaf extract 1.25 ml † (1:1) in vegetable glycerin and distilled water.	
† Daily Value (DV) not established	



**SUGGESTED USE:** 0-2 yrs: 5-10 drops. 3-11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

\*Use only in third trimester.

4 oz. RE4384 \$32



## RHODIOLA ROOT

- Support a healthy sympathetic nervous system
- Promote the normal release of hormones
- Maintain healthy energy and stress levels

As an adaptive herb, rhodiola root extract contains all-natural compounds to help support daily energy levels and a healthy stress response to any situation.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Rhodiola root extract 1.25 ml † (1:1) in vegetable glycerin and distilled water	
† Daily Value (DV) not established	



**SUGGESTED USE:** 0-2 yrs: 5-10 drops. 3-11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

4 oz. GE4324 \$32



## SARSAPARILLA ROOT

- Support cleansing and detoxification
- Digestive support
- Kidney and urinary support

Sarsaparilla root may help support digestive health, gut health, urinary tract health and more. It can also provide yeast balancing support.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Sarsaparilla root extract 1.25 ml † (1:3) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	



**SUGGESTED USE:** 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

4 oz. S4394 \$32



## SHEPHERD'S PURSE HERBS

- Anti-inflammatory properties
- May lessen bleeding
- Supports healthy water levels

Midwife favorite, used just after delivery to help lessen bleeding. This herb has also been used for the same purpose during female cycles and is said to have anti-inflammatory properties.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Shepherd's Purse herb extract (2:1) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	



**SUGGESTED USE:**  
3-11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp.  
Take in water 1-3 times daily.

4 oz. SE4404 \$32

## SLIPPERY ELM BARK

- Soothing throat and cough support
- Digestive support
- Support skin health

Slippery Elm bark contains mucilage which can soothe mucous membranes, provide digestive support, and benefit skin health.



**SUGGESTED USE:** 0-2 yrs: 5-10 drops. 3-11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

4 oz. SE4354 \$32

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Slippery Elm bark extract 1.25 ml † (1:3) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	

TIP: Take at least 2 hours away from other supplements and medication.



## STINGING NETTLE LEAF

- Soothing support for joints & muscles
- High in naturally occurring calcium
- Support prostate health

Stinging nettle contains a high level of naturally occurring calcium, and thanks to the genius of nature; it has the perfect ratio of magnesium to help calcium make its way into the cells.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Stinging Nettle leaf extract 1.25 ml † (2:1) in vegetable glycerin and distilled water.	
† Daily Value (DV) not established	



**SUGGESTED USE:** 0-2 yrs: 5-10 drops. 3-11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

4 oz. NE4504 \$32

## ST. JOHN'S WORT HERB

- Support a positive mood
- Balance emotions
- Maintain healthy nervous system function

St. John's Wort can support a healthy mood and stress response to daily situations that you may find challenging. It may also promote feelings of comfort and relaxation.



**SUGGESTED USE:** 5-11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

*DO NOT USE if you have bipolar disorder or bipolar spectrum disorder. Not to be taken with anti-depressants, Hormone Replacement Therapy, or birth control pills.*

4 oz. SE4424 \$32

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
St. John's Wort herb extract 1.25 ml † (1:2) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	

*Consult your healthcare provider before starting this product. May cause serious side effects in certain health conditions.*



## TURMERIC WITH BLACK PEPPER

- Maintain healthy joint & muscle function
- Immune system support
- Promote cardiovascular health

Turmeric provides a wide range of health benefits. The addition of black pepper helps your body to better absorb curcumin, the active ingredient in turmeric.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Proprietary Blend	1.25 mL
Turmeric root	†
Black Pepper	†
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.



**SUGGESTED USE:** 3-11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

*Not for use in pregnancy or in cases of bile duct obstruction, gallstones, stomach ulcers, or hyper-acidity without supervision of a healthcare provider.*

## VALERIAN ROOT

- Supports a healthy sleep cycle
- Promotes calmness
- Supports a positive mood

Valerian is thought to increase the amount of gamma-aminobutyric acid (GABA) in the brain. GABA inhibits unwanted nervous system activity helping to promote calmness and better sleep.



Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Valerian root extract	1.25 ml † (1.3) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.
† Daily Value (DV) not established	



**SUGGESTED USE:** 6-11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

4 oz. TB4004 \$32

4 oz. VE4204 \$32



## WILD YAM ROOT

- Supports hormone balance
- Menopause symptom support
- Comfortable menstruation support

Wild yam root can provide all-natural support for the relief of the most common symptoms of menopause and menstruation, helping to enhance your overall female health and wellness.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Wild Yam root extract	1.25 ml † (1.2) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.
† Daily Value (DV) not established	



**SUGGESTED USE:** 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

4 oz. WE4214 \$32



*"We are very grateful for safe, natural, and effective healthcare products! We have been using them for our family for 10 years now, since our first child. The Family Immune-Booster is always our go-to at the first signs of a cold or flu bug. Thank you for great products and great service!!"*  
- Kaylene M.



PARTIDGE BERRY



**OVP**

## HERBAL SKIN SOOTHER

### All-purpose Skin Cream

Originally formulated for difficult skin problems, this is an excellent all-purpose crème. It has a rich base of Cocoa Butter with Grapeseed Oil. Evening Primrose Oil provides high essential fatty acids to ease itching due to dry skin, eczema or psoriasis. The high ratio of Calendula and Comfrey extracts with Essential Oils of Carrot Seed, Myrrh, and Cajeput provide excellent relief to chapped, cracked, or rough skin irritations by using natural sterols.

Herbal Skin Soother is the go-to product for relief of any kind of skin irritation.

**Contains:** Aloe Vera Juice, Grapeseed Oil, Organic Sunflower Seed Oil, Montana Beeswax, Organic Montana Safflower Oil, Organic Cocoa Butter, Benzoin Extract, Calendula Extract, Neem Oil, Vitamin E, Organic Evening Primrose Oil, Cajeput Oil, Avocado Oil, Carrot Seed Oil, Myrrh Oil, Tangerine Oil, Grapefruit Seed Extract, Comfrey Extract

**Application:** Gently massage into skin as needed. Best applied on freshly washed skin to seal in the moisture.



2 oz. H8002 \$24.95



**OVP**

## HORSE CHESTNUT

### Revitalizing Leg Lotion

Originally formulated for difficult skin problems, this cooling lotion reduces appearance of spider veins and the swelling of veins. Fortified with four powerful Organic Herbs: Horse Chestnut, Butcher's Broom, Gotu Kola and Green Tea; and four invigorating Essential Oils: Cypress, Geranium, Lemon and Peppermint. It provides nourishment for the vascular system and brings renewed elasticity to veins. Massage on legs and feet twice a day and whenever swelling occurs.

TIP: Use with Vari-Plex. See page 18.

**Contains:** Aloe Vera Juice, Organic Sunflower Oil, Grapeseed Oil, Organic Montana Safflower Oil, Montana Beeswax, Grapefruit Seed Extract, Horse Chestnut Extract, Butcher's Broom Extract, Gotu Kola Extract, Vitamin E, Persea Avocado Oil, Organic Shea Butter, Cypress Oil, Geranium Oil, Lemon Oil, Peppermint Oil, Marshmallow Extract, Echinacea Extract, Green Tea Extract, Witch Hazel Extract, Zinc Oxide, Sodium Alginate, Xanthan Gum

**Application:** Gently massage on legs and feet twice a day.



4 oz. V8024 \$24.95  
8 oz. V8028 \$40.95

➔ Better Together

While all of our products are effective and provide excellent health benefits as stand-alone supplements, many of them can also be used in combination with each other to provide even more support. And, best of all, when purchased as a package, you'll save money as all of our packages are discounted 5% off the MSRP.

Back-to-School Package

- (1) Herbal Respiratory 2 oz.
- (1) Family Immune-Booster 2 oz.
- (1) Herbal Calcium 2 oz.
- (1) Natural Attention-Aid 2 oz.

PKG6006 \$91

Cardio Package

- (2) CoQ10 30 caps
- (1) Herbal CardioCare 4 oz.
- (1) Grape Seed Extract 4 oz.

PKG6002 \$133

Complete Metal Detox\*

- (1) Detox Fiber Blend 120 caps
- (1) Amino Acid Cleanse 28 caps
- (1) Heavy Metal Flush 2 oz.
- (1) Citrus Pectin 14 servings

CM8222 \$89 (SEE FULL LISTING ON PAGE 56)

\*products not sold separately

Early Care Combo

- (1) Mom's Stomach Aid 4 oz.
- (1) Vari-Plex 4 oz.
- (1) Herbal Calcium 2 oz.

PKG102CC \$90

Kidney Cleanse Package

- (1) Kidney Support 4 oz.
- (1) Water Balancing Formula 4 oz.
- (1) European Goldenrod Extract 4 oz.

PKG5005 \$104

Kidney Support Package

- (1) Kidney Support 4 oz.
- (1) Kidney Toner 4 oz.
- (2) Herbal CardioCare 4 oz.
- (2) Grape Seed Extract 4 oz.
- (4) CoQ10 30 caps

PKG5007 \$342

LiverGlow Cleanse Package

- (1) LiverGlow 4 oz.
- (1) Liver Decongestant 4 oz.
- (1) Garlic Caps 100 caps

PKG5006 \$92

Dr. Clark Liver Flush Package **OVP**

- (1) Green Black Walnut Hull Extract 2 oz.
- (1) Ornithine 100 caps
- (1) Epsom Salt 60 caps

PKG2019 \$43 (SEE FULL LISTING ON PAGE 52)

Men's 1-Month Fertility Package

- (1) Legacy Herbs 4 oz.
- (1) Men's Advanced 72 caps **OVP**

PKG5012 \$84

Men's 3-Month Fertility Package

- (3) Legacy Herbs 4 oz.
- (3) Men's Advanced 72 caps **OVP**

PKG5002 \$250

NOTE: Product substitutions cannot be made within a package.

### Mothers Care Combo

- (1) Gentle Birth 4 oz.
- (1) Gentle Recovery 2 oz.
- (1) Maxi-Milk 4 oz.

(Also available with Gentle Birth w/out Blue Cohosh/Red Raspberry)

PKG103CC \$103

### Total Yeast Detox

- (1) Yeast X Step 1 2 oz.
- (1) Yeast X Step 2 2 oz.
- (1) Herbal Flora Probiotic 120 caps
- (1) Candida Flush 240 caps

PKG6017 \$134 (SEE FULL LISTING ON PAGE 55)

### Vision Support Package

- (1) Eye-Can-C 4 oz.
- (1) LiverGlow 4 oz.
- (1) CoQ10 30 caps

PKG6005 \$107

### Whole Body & Colon Cleanse **OVP**

- (1) Whole Body Program 300 tabs
- (1) Colon Program 90 tabs

WB8050 \$90 (SEE FULL LISTING ON PAGE 57)

### Winter Tonics Package

- (1) Herbal Respiratory 4 oz.
- (1) First Immune Defense 4 oz.
- (1) Family Immune-Booster 4 oz.

PKG5004 \$111

### Winter Tonics Plus

- (1) Herbal Respiratory 4 oz.
- (1) First Immune Defense 4 oz.
- (1) Family Immune-Booster 4 oz.
- (1) Soothing Throat & Tonsil 4 oz.

PKG5014 \$148

### Women's 1-Month Fertility Package

- (1) Fruitful Vine 4 oz.
- (2) Vitamin C 240 caps

PKG5011 \$86

### Women's 3-Month Fertility Package

- (3) Fruitful Vine 4 oz.
- (6) Vitamin C 240 caps

PKG5001 \$259



*"Well, for one, their products actually work! Sometimes you buy health products and see no results, but not Meadow Mountain Herbs. Their products I recommend to everyone. And secondly, the personal help on the phone is such a blessing. They don't act hurried, nor do they pressure you, they only send the message that 'We're here for you. We want you to succeed'. Cheers to the personnel at MMH!"*

- J. Yoder



SAFFRON

## ➔ Frequently asked questions

Below are some of our most frequently asked questions (FAQ's). If you have any other questions please visit our website to see our full list or give us a call, email, or write to us.

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### How long will my formula last?

Typically a 2 oz. bottle (if taking 1/4 tsp. 3 times a day) will last 2 weeks. A 4 oz. bottle will last 4 weeks.

### How do I store my liquid formula or extract?

Products should be stored in the amber bottles they come in and not exposed to sunlight. Refrigeration is not necessary.

### Can I take more than 1 formula or extract at a time?

As long as the products you're using have 3 or less herbs in common, there shouldn't be a problem taking them together. If the products you're taking have 3 or more herbs in common, we suggest cutting the dose of one of the formulas in half, or leaving two hours in between the doses of those formulas. We suggest the two hour break or half-dose so your body is less likely to build up an immunity to those herbs.

### Can I take herbal supplements while nursing or expecting?

The use of supplements during this sensitive time in a woman's life depends on both the supplement and the woman. We are all unique and all have different sensitivities.

*For example, some women are able to use Red Raspberry leaf the entire duration of their pregnancy, while other women will start cramping and spotting if they try taking it. Some herbs may threaten a pregnancy (like Goldenseal) while others may help ease a mom's upset stomach (like ginger or peppermint). It is always best to check with your healthcare provider before using supplements while pregnant or nursing.*

### Is it important that I follow the suggested dose?

Yes! Liquids are not time-released - when you take them they go to work right away, so being able to take them 3 times daily ensures you are supporting your body regularly throughout the day. Only doing that once or twice may not offer the same level of support. If you are worried you cannot take the product to work/school with you, try taking it before you leave the house, when you get back home, and before bed.

### Why do some of your products contain alcohol?

Some of the beneficial properties we want to pull out of the plant do not respond without the use of some alcohol. We use a very minimal amount and only when necessary to get these constituents into the final liquid extract.

Typically you will see alcohol on barks and roots, but most flowers will not have alcohol used in the extract. We do state on the label of each product if alcohol was used or not.

## How do I evaporate the alcohol?

Place the bottle of formula/extract in a simmering pan of water with the lid off of the bottle for 10-15 minutes.

## Why does this extract/formula look different then the last bottle I got?

As with all things in nature, no two harvests produce exactly the same result. Different batches of bulk herbs can produce differently colored extracts. We are always happy to double check things if you have any concerns, just give us a call with the Lot Number on the bottle and what your concern is and we'll be happy to speak with you and determine if further research is needed.

## Can I take herbal supplements if I am on medications?

Speaking with your health care provider first and providing them a list of ingredients for the products you are interested in, will help to avoid any complications with medication or sensitivities. That being said, overall this will vary per product and prescription. The best course of action is to have a conversation with your family health care provider to find out what is going to work best for you!

## What is a 'dropperful'?

1 'dropperful' is approximately 1/8 tsp.

How to get a 'dropperful' - Submerge the dropper in the liquid, while it is submerged depress the dropper and let go while still submerged, the pull the dropper out. This is considered a 'dropperful', the dropper will not fill up all the way.

## Are the formulas and extracts gluten-free?

Oatstraw is the only herb MMH uses that is not considered gluten-free. We have tested it for gluten and it has tested negative, however, someone with an extreme sensitivity to gluten may still have a reaction. Herbal Calcium, LiverGlow, Femme Defense, Berry Calm, and Everyday Joint & Muscle, all have Oatstraw herb.

The alcohol and glycerin are gluten-free (the glycerin we use is made from Palm Hearts).



*"I love MMH! Their products are the best made under the sun and the ladies that work there are kind and tender-hearted. The calendars are keepsakes and the catalogs are treasure troves of information. Thank you MMH for all your help!"*

- K. Davis



# Product Usage Guide

Identify your weakest body system with the following health assessment. You'll discover which systems need the most attention and find the herbal solutions to promote optimal health and function of those systems.

## Take the 5-minute body systems test:

**Step 1:** Fill out the **Body System Identification Chart** on the next page as instructed.

**Step 2:** Count the checked boxes in each column, then enter the total at the bottom of each column.

**Step 3:** Determine your body system results using the chart below.

Body System	Very Good			Good			Fair				Poor			Very Poor
Circulatory	0		1		2		3	4	5		6	7	8	9+
Digestive	0	1	2	3		4	5	6	7	8	9	10	11	12+
Endocrine	0	1	2	3		4	5	6	7	8	9	10	11	12+
Immune	0	1	2	3		4	5	6	7		8	9		10+
Musculoskeletal	0		1		2			3	4			5		6+
Nervous	0	1	2	3		4		5	6		7	8		9+
Reproductive	0							1						2+
Respiratory	0				1			2				3		4+
Urinary	0		1		2			3	4			5		6+

RESULT	List body systems
Very Poor	
Poor	
Fair	
Good	
Very Good	

**Step 4:** Begin addressing body systems issues, starting with those you scored VERY POOR in, followed by POOR and FAIR.

<p><b>Circulatory System</b> Herbal CardioCare Grape Seed Extract CoQ10 Garlic Caps</p>	<p><b>Immune System</b> Family Immune-Booster First Immune Defense Soothing Throat &amp; Tonsil Herbal Vita-Mini Olive Leaf Extract Sunshine Drops Elderberry Gummies Echinacea Xtreme Elderberry Extract</p>	<p><b>Endocrine System</b> Adrenal-Aid Mom's Adrenal Aid Femme Defense Blues Buster Mommy Blues Buster Cinnamon Extract Herbal Thyroid Care Mom's Herbal Thyroid Care Complete Metal Detox</p>	<p><b>Reproductive System (women)</b> Hormone Balance Formula Uterine Tone &amp; Cleanse Fruitful Vine Vitamin C</p> <p><b>(men)</b> Legacy-Herbs Every Man® Herbal Prostate+ Men's Herbal-Up</p>
<p><b>Nervous System</b> Stress &amp; Sleep Bed-Time Drops Natural Attention-Aid Herbal Calcium</p>	<p><b>Respiratory System</b> Herbal Respiratory Soothing Throat &amp; Tonsil Para-Rid Echinacea Xtreme</p>	<p><b>Urinary System</b> Kidney Toning Formula Kidney Support Water Balancing Formula Grape Seed Extract European Goldenrod Extract Cranberry Extract</p>	
<p><b>Digestive System</b> Para-Rid Whole Body and Colon Cleanse LiverGlow Liver Decongestant Herbal Flora Probiotics Total Yeast Detox Children's Probiotic Gummies</p>	<p><b>Musculoskeletal System</b> Herbal Calcium Berry Calm Everyday Joint &amp; Muscle Active Joint &amp; Muscle</p>		

# Body System Identification Chart

For each statement below that applies to you, check ALL the boxes within that row.

	CIRCULATORY	DIGESTIVE	ENDOCRINE	IMMUNE	MUSCULOSKELETAL	NERVOUS	REPRODUCTIVE	RESPIRATORY	URINARY
Bad breath		<input type="checkbox"/>		<input type="checkbox"/>					<input type="checkbox"/>
Dark circles or puffiness under eyes			<input type="checkbox"/>						<input type="checkbox"/>
Difficult or shallow breathing			<input type="checkbox"/>					<input type="checkbox"/>	
Difficulty dealing with stress	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>			
Difficulty in maintaining ideal weight		<input type="checkbox"/>	<input type="checkbox"/>						<input type="checkbox"/>
Don't exercise regularly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>				
Dry, dull or damaged hair		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>				
Eat meat more than 3 times a week		<input type="checkbox"/>							
Feeling low, moody or uninterested		<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>			
Feeling out of control			<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>			
Less than 2 bowel movements per day		<input type="checkbox"/>							
Frequent mood swings			<input type="checkbox"/>			<input type="checkbox"/>			
Heavy coating on tongue		<input type="checkbox"/>		<input type="checkbox"/>					
Illness more than twice a year				<input type="checkbox"/>				<input type="checkbox"/>	
Indigestion		<input type="checkbox"/>							
Itchy nose or anus		<input type="checkbox"/>		<input type="checkbox"/>					
Lack of endurance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>			
Lack of energy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>			
Lack of sleep or difficulty falling asleep		<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>			
Menopausal concerns			<input type="checkbox"/>				<input type="checkbox"/>		
Mild pain & swelling					<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>
Monthly female concerns			<input type="checkbox"/>				<input type="checkbox"/>		<input type="checkbox"/>
Muscle cramps or spasms	<input type="checkbox"/>				<input type="checkbox"/>	<input type="checkbox"/>			
Nausea		<input type="checkbox"/>		<input type="checkbox"/>					
Pain in abdomen or gas		<input type="checkbox"/>		<input type="checkbox"/>					
Poor concentration or memory	<input type="checkbox"/>		<input type="checkbox"/>			<input type="checkbox"/>			
Recurrent yeast/fungal concerns		<input type="checkbox"/>		<input type="checkbox"/>					
Respiratory concerns								<input type="checkbox"/>	
Sensitivity to temperatures	<input type="checkbox"/>		<input type="checkbox"/>						
Skin/complexion problems		<input type="checkbox"/>	<input type="checkbox"/>						
Sore or painful joints	<input type="checkbox"/>				<input type="checkbox"/>				
Urinary concerns									<input type="checkbox"/>
Vein discomfort	<input type="checkbox"/>	<input type="checkbox"/>							
Weak or brittle nails		<input type="checkbox"/>		<input type="checkbox"/>					
TOTAL									

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ECHINACEA



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