March MUNTHLY SPECIALS



BCS-5001-001 Biomic Sciences, LLC Restore

Sinus Spray 1 FL OZ

MSRP \$14.95

SAVE 10% OFF MSRP

YOUR PRICE \$13.46

SAVE UP TO 45% OFF MSRP!



BOO-5055-S

Tired or Toxic? by Sherry A. Rogers M.D.

1 EACH MSRP \$18.95

SAVE 15% OFF MSRP YOUR PRICE \$16.11

stressassist

FUT-5078-060 Futurebiotics

Stress Assist

60 VCAPS MSRP \$28.53

SAVE 30% OFF MSRP YOUR PRICE \$19.97





AZG-5073-7.4 Amazing Grass

Green Superfood Antioxidant Sweet Berry Flavor

7.4 OZ MSRP \$29.99

SAVE 10% OFF MSRP

YOUR PRICE \$26.99



GAI-4005-003 Gaia Herbs

Black **Elderberry Syrup** 3 FL OZ

MSRP \$21.99

SAVE 25% OFF MSRP

YOUR PRICE \$16.49



GAI-6400-120 Gaia Herbs

Turmeric Supreme Extra Strength

120 VCAPS MSRP \$49.99

SAVE 35% OFF MSRP

YOUR PRICE \$32.49



CVC-5012-060 Continental Vitamin Co. Superior Source

No Shot Methylcobalamin B-12 B-6 & Folic

60 TABS MSRP \$15.59

SAVE 10% OFF MSRP

YOUR PRICE \$14.03



NNN-5051-100 NutriNeeds

Fish Oil Omega-3 1,000 mg

100 SFG MSRP \$12.69

SAVE 45% OFF MSRP

YOUR PRICE \$6.98



HOH-5010-0 5 Home Health

Natural Vitamin E Oil

0.5 OZ MSRP \$7.09

SAVE 20% OFF MSRP

YOUR PRICE \$5.67



Sanlson

Vitamin D3 & Vitamin D Test Kit

By Laurel Sterling MA, RD, CDN, Carlson National Educator

itamin D is considered nature's sunshine vitamin, and it is a vitamin we can make in our bodies; however, it can only be made under proper conditions. Large-scale studies have found that deficiency is widespread in not just adults but in children as well. Vitamin D promotes healthy growth and development, supports teeth, bone, and muscle health, assists with a healthy immune and cardiovascular system as well as aiding in a healthier mood. Now there is a way to test your D levels right in the comfort of your own your own home! Carlson Labs has teamed up with Omegaguant to provide Vitamin D Test Kits available for purchase. It's as simple as gather the sample, mail it in, and get the results!

Many children like adults do not get enough time in the sun during certain crucial times of the year to make and maintain adequate 25(OH)D levels, which is the form that is tested in lab work. In addition to lack of time in the sun, it is also difficult to synthesize adequate amounts of vitamin D from sunlight due to sunscreens use, latitude, time of year, color of skin, and various other factors. There are not very many naturally occurring dietary sources of vitamin D. It can be found in the flesh of fatty fish like

CAL-5052-120

Solar D Gems 4,000 IU (100 mcg) Vitamin D3

120 SFG MSRP \$15.90

SAVE 30% OFF MSRP YOUR PRICE \$11.13

CAL-5101-10.3 Carlson

Super Daily D3 2.000 IU (50 mcg)

MSRP \$21.00

10.3 ml **SAVE 30% OFF MSRP YOUR PRICE \$14.70**

salmon (approx. 500IU in 3oz), mackerel, and tuna. It also is in fish liver oils, but not many people consume these on a weekly basis. Most of the dietary vitamin D comes in small amounts from fortified foods; therefore, many should look to supplemental vitamin D3 to maintain adequate levels throughout the year.

The Institute of Medicine Food and Nutrition Board sets the standard and states adult sufficiency of vitamin D levels is 20+ng/ml. The optimal Vitamin D level range is not yet established. but somewhere between 30-70 ng/ml is desirable based off research. The amount necessary to increase and maintain D levels is different for everyone and varies throughout the seasons. If your level is very low, then you may be recommended by a practitioner to take anywhere from 4,000-10,000 IU (10-250mcg)/day for several months until levels increase into the adequate range. Carlson Labs has many options to choose from including soft gels and drops. Carlson's D3 soft gels range from 400IU(10mcg) to 10,000IU(250mcg). Their Baby's or Kid's Super Daily D3 drops are 400IU(10mcg) per drop, and The American Academy of Pediatrics recommends that infants receive 400IU of vitamin D3 daily. For older children and adults, there are options ranging from 1,000IU(25mcg) to 6,000 IU(150mcg) per drop. The unflavored drops can be conveniently added to a drink, shake, yogurt, or it can be taken right off a spoon. Carlson also has delicious natural lemon-flavored Cod Liver Oil available in soft gels and liquid, and it naturally contains some vitamin D3. This too can be added into a favorite drink or food, or directly off a spoon. The



CAL-7776-250 Carlson

Kids Cod Liver Oil Lemon

250 ml MSRP \$29.90 **SAVE 30% OFF MSRP** YOUR PRICE \$20.93





CAL-5028-001 Carlson Vitamin D Test Kit 1 KIT MSRP \$59.99 **SAVE 30% OFF MSRP** YOUR PRICE \$41.99

Kid's Cod Liver Oil yields 200IU(5mcg) vitamin D3 per ½ tsp serving, and for older children and adults 1 tsp gives you 400IU (10mcg).

Make sure to keep on top of your D levels throughout the year with the Carlson D Test Kit. It is a simple, at-home finger prick test that measures the amount of D3 in our blood by the gold standard LC-MS/MS method. Collect the sample vourself, mail it in and register it to receive the results. The Vitamin D Report you receive back will give you your D level, and this will help you and your practitioner determine how much supplemental D3 you will need to add in daily. Note that it takes at least 3 months to increase levels, and you can do a re-test to see if you have adequately increased your levels within 3-6 months. If your level is within the desirable range, then it is recommended to retest in 1 year.

Testing vitamin D has never been easier! Be sure to stay on top of your D levels and take advantage of these new Carlson Vitamin D Test Kits as it is so crucial for overall health in children and adults.



CAL-5255-300 Carlson

Cod Liver Oil Gems - Lemon 300 SFG

MSRP \$39.90 **SAVE 30% OFF MSRP**

YOUR PRICE \$27.93 Pricing is only valid for March 2021



CAL-6229-250
Carlson
Vitamin D3
1,000 IU (25 mcg)
250 SFG
MSRP \$14.90
SAVE 30% OFF MSRP
YOUR PRICE \$10.43



CAL-6244-360
Carlson
Vitamin D3
2,000 IU (50 mcg)
360 SFG
MSRP \$29.90
SAVE 30% OFF MSRP
YOUR PRICE \$20.93



CAL-5263-120
Carlson

Tocomin SupraBio
120 SFG
MSRP \$38.00
SAVE 30% OFF MSRP
YOUR PRICE \$26.60



CAL-6237-100
Carlson
Magnesium Gels
400 mg
100 SFG
MSRP \$14.90
SAVE 30% OFF MSRP
YOUR PRICE \$10.43



CAL-6093-100
Carlson
Chelated Zinc
30 mg
100 TABS
MSRP \$7.90
SAVE 30% OFF MSRP
YOUR PRICE \$5.53



CAL-6150-120 Carlson E-Gems Elite 400 IU (268 mg) 120 SFG MSRP \$64.90 SAVE 30% OFF MSRP YOUR PRICE \$45.43

March supplement specials



IRW-5062-060 Irwin Naturals **Global Wellness Immuno-Shield with Elderberry** 60 SFG MSRP \$21.32 **SAVE 30% OFF MSRP** YOUR PRICE \$14.92



MegaFood **Thyroid Strength**60 TABS
MSRP \$45.16 **SAVE 20% OFF MSRP**YOUR PRICE \$36.13

MFG-6472-060

NNA-5073-090



MEG-6538-060 MegaFood **Turmeric Strength for Whole Body** 60 TABS MSRP \$33.56 **SAVE 25% OFF MSRP** YOUR PRICE \$25.17



JAR-5006-100 Jarrow **Quercetin 500 mg** 100 VCAPS MSRP \$36.95 **SAVE 25% OFF MSRP** YOUR PRICE \$27.71



Nordic Naturals
Immune Daily
Defense
90 SFG
MSRP \$34.95
SAVE 20% OFF MSRP
YOUR PRICE \$27.96



HYL-0028-100 Hyland's **Calms Forte Sleep Aide** 100 TABS MSRP \$11.19 **SAVE 20% OFF MSRP** YOUR PRICE \$8.95



MSS-5004-090 Mushroom Science Immune Builder 90 VCAPS MSRP \$43.95 SAVE 25% OFF MSRP YOUR PRICE \$32.96



NFT-5018-010 Natural Factors **Tranquil Sleep** 10 CHEWABLES MSRP \$5.95 **SAVE 25% OFF MSRP** YOUR PRICE \$4.46



NFT-5130-060 Natural Factors **Ashwagandha Sensoril** 60 VCAPS MSRP \$17.95 **SAVE 35% OFF MSRP** YOUR PRICE \$11.67

March supplement specials



NWY-0046-008 Nature's Way

Umcka Cold Care Menthol Syrup

MSRP \$28.99 **SAVE 25% OFF MSRP** YOUR PRICE \$21.74



NWY-5388-050 Nature's Way

Valerian Nighttime **Herbal Sleep Aid** 50 TABS

SAVE 30% OFF MSRP YOUR PRICE \$9.79



PGN-5302-016 Natural Vitality **Natural Calm** 16 O7 MSRP \$39.95

SAVE 35% OFF MSRP YOUR PRICE \$25.97



REN-5030-090 ReNew Life Formulas IntestiNEW

90 CAPS MSRP \$36.99 **SAVE 25% OFF MSRP**

YOUR PRICE \$27.74



SBI-5000-021 Silver Biotics

Lozenges With Manuka Honey

21 LOZENGES MSRP \$11.99

SAVE 20% OFF MSRP YOUR PRICE \$9.59



SEZ-6005-120 Source Naturals

Essential Enzymes 120 CAPS

MSRP \$21.50 **SAVE 25% OFF MSRP**

YOUR PRICE \$16.13



NWY-1025-008 Nature's Way

Original Sambucus Standardized Elderberry Syrup

8 FL OZ MSRP \$28.99

SAVE 20% OFF MSRP

YOUR PRICE \$23.19



NWY-5651-004 Nature's Wav

Umcka Elderberry Intensive Syrup

MSRP \$18.99

SAVE 25% OFF MSRP





PGN-5312-016 Natural Vitality

Natural Calm Organic Raspberry Lemon Flavor

16 OZ MSRP \$39.95

SAVE 35% OFF MSRP

YOUR PRICE \$25.97



REN-5055-030 ReNew Life Formulas

Ultimate Flora Adult 50+ Probiotic

30 VCAPS MSRP \$29.99

SAVE 25% OFF MSRP YOUR PRICE \$22.49



SOL-7069-060 Solgar

Methylcobalamin B-12 1000 mcg

60 NUGGETS MSRP \$10.49

SAVE 30% OFF MSRP YOUR PRICE \$7.34



THO-5253-060 Thorne Research

Rhodiola

60 CAPS MSRP \$15.00 **SAVE 20% OFF MSRP**

YOUR PRICE \$12.00



NWY-5037-060 Nature's Way

Sambucus **Gummies For Kids**

60 COUNT

MSRP \$19.99 **SAVE 20% OFF MSRP**

YOUR PRICE \$15.99

PBN-5004-060 Probulin Probulin

Women's Health **Probiotic**

60 CAPS MSRP \$59.99

SAVE 30% OFF MSRP

YOUR PRICE \$41.99



RenewLife

PROBIOTIC

PUE-5007-120 Pure Encapsulations

B-Complex Plus

120 CAPS MSRP \$36.70

SAVE 20% OFF MSRP

YOUR PRICE \$29.36

REN-5151-030 ReNew Life Formulas Ultimate Flora

> Adult 50+ **Go-Pack Probiotic**

30 VCAPS MSRP \$29.99

SAVE 25% OFF MSRP

YOUR PRICE \$22.49



SII-5002-0.33

Similasan Complete Relief

Eve Drops .33 FL OZ

MSRP \$13.79

SAVE 15% OFF MSRP YOUR PRICE \$11.72



WFF-5010-060 Wiley's Finest

Bold Vision

60 SFG

MSRP \$42.99

SAVE 30% OFF MSRP YOUR PRICE \$30.09

Pricing is only valid for March 2021





March supplement specials



NTY-7402-005 Natur-Tyme ClearFiber 5 OZ MSRP \$17.25 SAVE 40% OFF MSRP YOUR PRICE \$10.35



NTY-5019-060 Natur-Tyme Vision Support 60 CAPS MSRP \$25.99 **SAVE 40% OFF MSRP** YOUR PRICE \$15.59



NTY-7203-100 Natur-Tyme L-OptiZinc Zinc 20 ma **100 TABS** MSRP \$11.29 **SAVE 40% OFF MSRP** YOUR PRICE \$6.77



NTY-5012-120 Natur-Tyme **Red Yeast Rice** Plus W/CoQ10, **NAC & Milk Thistle** 120 VCAPS MSRP \$52.75 SAVE 35% OFF MSRP YOUR PRICE \$34.29



NTY-9012-120 Natur-Tyme Standardized **Turmeric Extract** 120 VCAPS MSRP \$47.99 **SAVE 35% OFF MSRP** YOUR PRICE \$31.19



NTY-9021-090 Natur-Tyme Melatonin 3 mg 90 LOZENGES MSRP \$8.69 **SAVE 40% OFF MSRP** YOUR PRICE \$5.21



NOW-5001-100 Now Foods A & D 10.000/400 IU 100 SFG MSRP \$6.99 SAVE 40% OFF MSRP YOUR PRICE \$4.19



NOW-8357-100 Now Foods C-500 With **Bioflavonoids 100 CAPS** MSRP \$10.99 **SAVE 40% OFF MSRP** YOUR PRICE \$6.59



NOW-8642-060 Now Foods MK-7 Vitamin K-2 60 VCAPS MSRP \$19.99 **SAVE 40% OFF MSRP** YOUR PRICE \$11.99

Check Out Our Incredible Annual

Austin A

Improve the Quality of Your Air!



AUS-5002-SAN (Sandstone) AUS-5002-WHT (White) HealthMate Plus Filter 1 EACH MSRP \$360.00 **SAVE 10% OFF MSRP**

AUS-5002-MBL (Midnight Blue)

AUS-5002-BLK (Black)

YOUR PRICE \$324.00 **Extra Shipping Charges Apply**



AUS-5001-BLK (Black) AUS-5001-SAN (Sandstone)

HealthMate Plus Air Purifier

1 EACH MSRP \$715.00 **SAVE 15% OFF MSRP** YOUR PRICE \$607.75 **FREE SHIPPING**



AUS-5016-BLK (Black) AUS-5016-MBL (Midnight Blue) AUS-5016-SAN (Sandstone) AUS-5016-SLV (Silver) AUS-5016-WHT (White)

HealthMate Jr. Plus Filter 1 EACH MSRP \$235.00 **SAVE 10% OFF MSRP** YOUR PRICE \$211.50

Extra Shipping Charges Apply



A BIK-5017-064 Biokleen

Free & Clear Laundry Liquid Unscented

64 FL OZ MSRP \$14.19

SAVE 15% OFF MSRP YOUR PRICE \$12.06

Extra Shipping Charges Apply

Biokleen

Free & Clear Laundry Powder Unscented

10 LBS MSRP \$21.89

SAVE 15% OFF MSRP YOUR PRICE \$18.61

Extra Shipping Charges Apply

F BIK-5020-025 Biokleen

Free & Clear Dish Liquid

25 FL OZ MSRP \$5.99

SAVE 20% OFF MSRP YOUR PRICE \$4.79

SEV-5047-019 Seventh Generation

Free & Clear Dish Liquid

19 FL OZ MSRP \$5.09

SAVE 15% OFF MSRP

YOUR PRICE \$4.33

Household Cleaning MUST-HAVES

SAVE UP TO 20% OFF MSRP!

C BIK-5026-080 Biokleen

Fragrance Free Dryer Sheets

80 COUNT MSRP \$9.69

SAVE 20% OFF MSRP

YOUR PRICE \$7.75

G BIK-5021-025 Biokleen

Citrus Essence with Aloe Dish Liquid

25 FL OZ MSRP \$5.99

SAVE 20% OFF MSRP YOUR PRICE \$4.79

SEV-5047-050 Seventh Generation

Free & Clear Dish Liquid

50 FL OZ MSRP \$9.39

SAVE 15% OFF MSRP

YOUR PRICE \$7.98

BIK-5005-032 Biokleen

All Purpose Cleaner

32 FL OZ MSRP \$8.69

SAVE 15% OFF MSRP YOUR PRICE \$7.39

H SEV-5075-020 Seventh Generation

Drawstring Tall Kitchen 2-Ply Bags - 13 Gallon

20 EACH MSRP \$8.39

SAVE 15% OFF MSRP

YOUR PRICE \$7.13

NTZ-5000-002 Naturezway

Reusable Bamboo Cleaning Cloth

2 COUNT MSRP \$4.09

SAVE 15% OFF MSRP YOUR PRICE \$3.48 E BIK-5013-032 Biokleen

Bac-Out Stain & Odor Remover

32 FL OZ MSRP \$9.49

SAVE 15% OFF MSRP YOUR PRICE \$8.07

SEV-0031-030 Seventh Generation

Extra Strong Tall Kitchen 3-Ply Flap Tie Bags

30 COUNT MSRP \$7.79

SAVE 15% OFF MSRP YOUR PRICE \$6.62

NTZ-5001-002 Naturezway

Bamboo Sponge

2 COUNT MSRP \$4.09

SAVE 15% OFF MSRP

YOUR PRICE \$3.48



DSW-5000-005 Dead Sea Warehouse

Amazing Minerals Dead Sea Bath Salts

5 LBS MSRP \$22.19 **SAVE 10% OFF MSRP** YOUR PRICE \$19.97

Extra Shipping Charges Apply





SAVE UP TO 20% OFF MSRP!

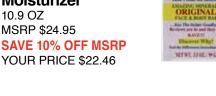


DSW-5009-10.9 Dead Sea Warehouse

Amazing Minerals Moisturizer

10.9 OZ MSRP \$24.95

SAVE 10% OFF MSRP



DSW-5001-3.5 Dead Sea Warehouse

Amazing Minerals Original Face & Body Bar 3.5 OZ

MSRP \$6.65

SAVE 10% OFF MSRP

YOUR PRICE \$5.99



DSW-5008-8.8 Dead Sea Warehouse

Amazing Minerals Skin Polish

8.8 OZ

MSRP \$15.95

SAVE 10% OFF MSRP

YOUR PRICE \$14.36



SBC-5010-002 The Seaweed Bath Co.

Whole Seaweed **Detox Bath** 2 OZ

MSRP \$13.49 **SAVE 20% OFF MSRP** YOUR PRICE \$10.79



SBC-5000-002 The Seaweed Bath Co.

Hydrating Seaweed Bath Unscented

2 OZ MSRP \$4.15

SAVE 20% OFF MSRP YOUR PRICE \$3.32



SBC-5003-006 The Seaweed Bath Co.

Body Cream with Argan Oil & Shea **Butter-Unscented**

6 OZ MSRP \$13.49

SAVE 20% OFF MSRP YOUR PRICE \$10.79



SBC-5004-012 The Seaweed Bath Co. Hydrating/

Soothing Body Wash-Unscented 12 FL OZ

MSRP \$14.05

SAVE 20% OFF MSRP YOUR PRICE \$11.24



SBC-5005-012 (Shampoo) SBC-5033-012 (Conditioner) The Seaweed Bath Co.

Shampoo/Conditioner with Argan Oil & Aloe-Unscented

12 FI 07 MSRP \$14.05

SAVE 20% OFF MSRP YOUR PRICE \$11.24



EAS-0023-012 (Shampoo) EAS-5001-012 (Conditioner) Earth Science

Fragrance Free Shampoo/ Conditioner

12 FL OZ MSRP \$9.99

SAVE 20% OFF MSRP YOUR PRICE \$7.99

Organic Cotton FEMININE CARE





NTC-5014-010 Natracare

Organic Cotton Tampons-Super

10 COUNT MSRP \$3.79

SAVE 20% OFF MSRP YOUR PRICE \$3.03

NTC-5007-016 (Regular) NTC-5003-016 (Super) Natracare

Organic Cotton Tampons w/Applicator

16 COUNT MSRP \$8.29

SAVE 20% OFF MSRP

YOUR PRICE \$6.63

NTC-5015-030 Natracare

Natural Panty Liners

30 COUNT MSRP \$3.89

SAVE 20% OFF MSRP YOUR PRICE \$3.11

NTC-5009-012 (Super Maxi) NTC-5010-014 (Ultra) NTC-5011-014 (Regular Maxi) Natracare

Natural Pads

12-14 COUNT MSRP \$6.39-\$6.99

SAVE 20% OFF MSRP YOUR PRICE \$5.11-\$5.59

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MOS-5006-001 Moso

Stand-Up Odor Eliminator 600g

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SAVE 20% OFF MSRP YOUR PRICE \$15.96 REUSE FOR UP TO 2 YEARS



MOS-5003-BLU (Blue) Moso

Air Purifying Bag For The Refrigerator

1 EACH MSRP \$7.95

SAVE 25% OFF MSRP YOUR PRICE \$5.96



MOS-5002-BLK (Black) Moso

Mini Air Purifying Bag-2 pack

1 EACH MSRP \$9.95 SAVE 25% OFF MSRP

YOUR PRICE \$7.46



MOS-5005-001 Moso

Car Moso Bag

1 EACH MSRP \$9.95

SAVE 25% OFF MSRP YOUR PRICE \$7.46

SAVE

25% OFF

MSRP!



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Alkaline Pitcher Filter Replacement Cartridge

1 EACH MSRP \$11.99

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YOUR PRICE \$8.99

NWP-5028-001 New Wave Enviro Products

Alkaline Pitcher Filter

MSRP \$49.99

SAVE 25% OFF MSRP

YOUR PRICE \$37,49



ALKALINE: