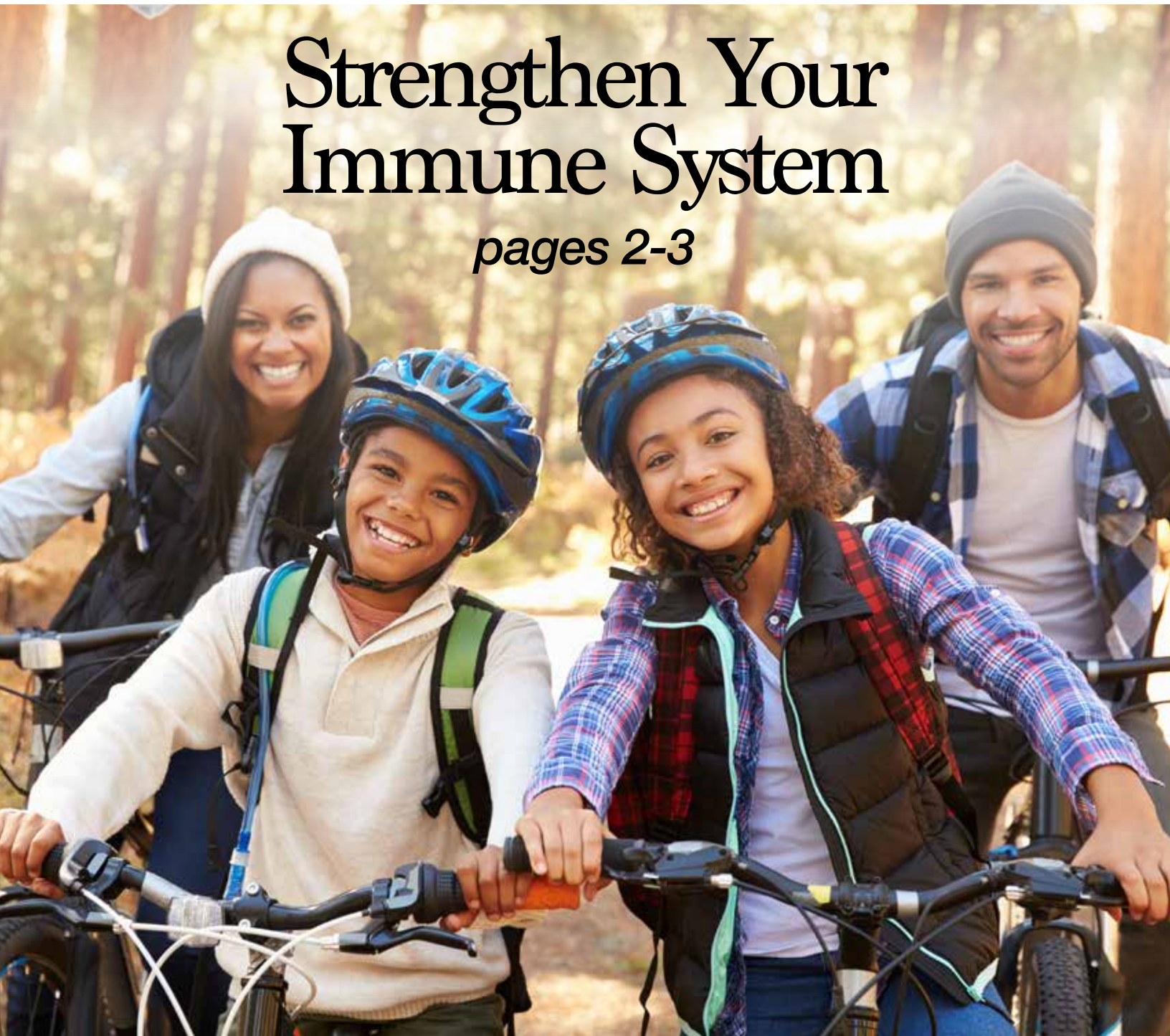


NEEDS Natural News

Volume 13, Issue 9 September 2020

Strengthen Your Immune System

pages 2-3



When it comes to your health, *Informed is Empowered!*

Special pricing good through end of month

Carlson

AIDING YOUR Immune System



By Laurel Sterling

Typically, this is the time of year, from September to May where our immune systems are more taxed than ever! Many people fall short on many key nutrients, which are needed for the immune system to function optimally, for a variety of reasons. Convenience food and fast-food choices, poor nutrient quality in soils, and the loss of nutrients due to long transit time, storage, and cooking are some reasons why.

First and foremost, we need to start with a high-quality multi-vitamin/mineral which will fill in the gaps where diet lacks and help support a healthy immune system. Next, I would add in additional **vitamin D3**. Vitamin D is considered nature's sunshine vitamin, and it is a vitamin we actually can make in our bodies only under proper conditions. Many of us believe that we and our children are getting enough of the vitamin D that we need from sunlight and from our foods; however, large-scale studies find that deficiency is widespread in not just adults, but in children as well.

Vitamin D is incredibly important throughout our entire body as vitamin D receptors are found everywhere from immune cells to the brain. 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. During the upcoming longer, colder winter months, we need lots of

extra protection, and vitamin D3 is the key immune system modulator.

There are not very many naturally occurring dietary sources of vitamin D. It can be found in the flesh of fatty fish like salmon (approx. 500IU in 3oz), mackerel, and tuna. It also is in fish liver oils. Some mushrooms provide the D2 form which still needs to be converted by the body to the most bioavailable D3 form. Most of the dietary vitamin D comes from fortified foods such as orange juice, non-dairy beverages, egg yolks (from vitamin D3 supplemented hens), and in some dairy (milk, yogurt, and cheese). Therefore, many look to supplemental vitamin D3.

Carlson offers supplemental D3 in many formats like softgels, unflavored drops that can be put right on food or into liquids. Their latest addition is a delicious D3 gummy that both children and adults will be sure to love! These are a tasty option for those who just don't want to take one more pill.

Zinc is a dietary trace mineral that affects multiple aspects of the immune system, and it is a mineral that has antioxidant and anti-inflammatory components too. It is crucial for normal development and function of cells mediating immunity, helps heal wounds, protein synthesis, aids vision, and supports normal growth.

There is plenty of zinc available in the diet, but if you are not eating enough zinc-rich foods regularly (fish, red meat, poultry, nuts, pumpkin seeds, sesame seeds, beans, oysters, shrimp, green



CAL-5116-120
Carlson
Super D3 Gummies
4,000 IU (100 mcg)
120 COUNT
MSRP \$19.90
SAVE 30% OFF MSRP
YOUR PRICE \$13.93



CAL-5117-084
Carlson
Zinc Ease
84 LOZENGES
MSRP \$12.00
SAVE 30% OFF MSRP
YOUR PRICE \$8.40



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

leafy vegetables, dark chocolate, etc.) your stores may be depleted.

Supplementing with more zinc especially this time of year has been found to be effective in countering pathogens like the common cold. Carlson offers well-absorbed forms of zinc that can be found in delightfully flavored lozenges for older children and adults. Lozenges are a great option for anyone with issues swallowing pills. The RDA for women is 8mg and for men 11mg. The RDA for children varies on their age.

September SUPPLEMENT SPECIALS

SAVE
UP TO
40% OFF
MSRP!



PUE-5007-120
Pure Encapsulations
B-Complex Plus
120 CAPS
MSRP \$35.80
SAVE 20% OFF MSRP
YOUR PRICE \$28.64



THO-5013-060
Thorne Research
Ferrasorb
60 CAPS
MSRP \$21.00
SAVE 20% OFF MSRP
YOUR PRICE \$16.80



THO-5026-060
Thorne Research
Adrenal Cortex
60 CAPS
MSRP \$13.00
SAVE 20% OFF MSRP
YOUR PRICE \$10.40



THO-5188-090
Thorne Research
Moducare
90 CAPS
MSRP \$54.00
SAVE 20% OFF MSRP
YOUR PRICE \$43.20



PSC-5011-002
Pain & Stress Center
Mag Chlor 90
2 FL OZ
MSRP \$19.95
SAVE 20% OFF MSRP
YOUR PRICE \$15.96



SRY-6385-100
Solaray
Licorice
450 mg
100 VCAPS
MSRP \$9.99
SAVE 30% OFF MSRP
YOUR PRICE \$6.99



REN-5134-030
ReNew Life Formulas
Everyday Ultimate Flora Go Pack
30 VCAPS
MSRP \$21.99
SAVE 20% OFF MSRP
YOUR PRICE \$17.59



NWY-5216-100
Nature's Way
Siberian Eleuthero Root
100 VCAPS
MSRP \$9.99
SAVE 30% OFF MSRP
YOUR PRICE \$6.99



NTY-1000-060
Natur-Tyme
Adrenal Support
60 VCAPS
MSRP \$24.95
SAVE 35% OFF MSRP
YOUR PRICE \$16.22



NTY-2033-250
Natur-Tyme
Vitamin D-3
50 mcg (2000 IU)
250 SFG
MSRP \$21.95
SAVE 35% OFF MSRP
YOUR PRICE \$14.27



NTY-7203-100
Natur-Tyme
Zinc 20 mg
100 TABS
MSRP \$10.65
SAVE 35% OFF MSRP
YOUR PRICE \$6.92



NTY-7209-060
Natur-Tyme
B-Healthy!
60 CAPS
MSRP \$27.99
SAVE 30% OFF MSRP
YOUR PRICE \$19.59



NTY-7396-120
Natur-Tyme
Selenium 200 mcg
120 CAPS
MSRP \$14.95
SAVE 35% OFF MSRP
YOUR PRICE \$9.72



NFT-5202-090
Natural Factors
Stress-Relax Melatonin 5 mg
90 CHEWABLES
MSRP \$11.95
SAVE 35% OFF MSRP
YOUR PRICE \$7.77



NOW-0527-004
Now Foods
Inositol Powder
730 mg
4 OZ
MSRP \$17.99
SAVE 40% OFF MSRP
YOUR PRICE \$10.79



NOW-5110-100
Now Foods
C-1000 with Bioflavonoids
100 VCAPS
MSRP \$12.99
SAVE 40% OFF MSRP
YOUR PRICE \$7.79



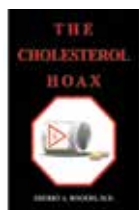
NOW-5140-016
Now Foods
Castor Oil
16 FL OZ
MSRP \$8.99
SAVE 25% OFF MSRP
YOUR PRICE \$6.74



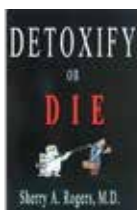
RECOMMENDED BY

Dr. Sherry Rogers

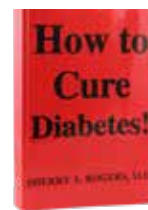
To subscribe to Dr. Rogers' Total Wellness Newsletter: (800) 846-6687 • www.prestigepublishing.com



BOO-4018-S
The Cholesterol Hoax
1 BOOK
MSRP \$23.95
SAVE 15% OFF MSRP
YOUR PRICE \$20.36



BOO-5468-S
Detoxify or Die
1 BOOK
MSRP \$22.95
SAVE 15% OFF MSRP
YOUR PRICE \$19.51



BOO-8001-S
How To Cure Diabetes
1 BOOK
MSRP \$23.95
SAVE 15% OFF MSRP
YOUR PRICE \$20.36



CAL-5037-060
Carlson
Gamma E-Gems (465 mg)
60 SFG
MSRP \$34.90
SAVE 30% OFF MSRP
YOUR PRICE \$24.43



CAL-5044-250
Carlson
Chelated Copper 5 mg
250 TABS
MSRP \$35.90
SAVE 30% OFF MSRP
YOUR PRICE \$25.13



CAL-6028-180
Carlson
Chelated Magnesium 200 mg
180 TABS
MSRP \$31.10
SAVE 30% OFF MSRP
YOUR PRICE \$21.77



CAL-6129-16.9
Carlson
Wild Norwegian Cod Liver Oil Natural Lemon Flavor
16.9 FL OZ
MSRP \$49.90
SAVE 30% OFF MSRP
YOUR PRICE \$34.93



CAL-6138-090
Carlson
Phosphatidyl Serine 100 mg
90 SFG
MSRP \$54.50
SAVE 30% OFF MSRP
YOUR PRICE \$38.15



CAL-6150-240
Carlson
E-Gems Elite 400 IU (268 mg)
240 SFG
MSRP \$124.00
SAVE 30% OFF MSRP
YOUR PRICE \$86.80



CAL-6185-090
Carlson
Tocotrienols
90 SFG
MSRP \$59.90
SAVE 30% OFF MSRP
YOUR PRICE \$41.93



CAL-6192-060
Carlson
Selenium 200 mcg
60 CAPS
MSRP \$9.50
SAVE 30% OFF MSRP
YOUR PRICE \$6.65



CAL-6200-120
Carlson
Vitamin D3 10,000 IU (250 MCG)
120 SFG
MSRP \$19.90
SAVE 30% OFF MSRP
YOUR PRICE \$13.93



CAL-5021-100
Carlson
Ribose
100 GRAMS
MSRP \$24.90
SAVE 30% OFF MSRP
YOUR PRICE \$17.43



HPB-5003-300
Happy Bodies
HB-PC Phosphatidyl Choline Powder
300 GRAMS
MSRP \$48.00
SAVE 10% OFF MSRP
YOUR PRICE \$43.20



HPB-5001-096
Happy Bodies
Detox Cocktail Lemon Flavor
96 GRAMS
MSRP \$65.00
SAVE 10% OFF MSRP
YOUR PRICE \$58.50

September SUPPLEMENT SPECIALS



ITI-5013-120
Integrative Therapeutics
Super Milk Thistle X
120 VCAPS
MSRP \$40.50
SAVE 20% OFF MSRP
YOUR PRICE \$32.40



ITI-5008-060
Integrative Therapeutics
Indolplex
60 VCAPS
MSRP \$45.80
SAVE 20% OFF MSRP
YOUR PRICE \$36.64



ITI-5021-090
Integrative Therapeutics
Similase
90 VCAPS
MSRP \$24.00
SAVE 20% OFF MSRP
YOUR PRICE \$19.20



ITI-5069-090
Integrative Therapeutics
Calcium D-Glucarate
90 VCAPS
MSRP \$40.90
SAVE 20% OFF MSRP
YOUR PRICE \$32.72



MEG-5369-090
MegaFood
Balanced B Complex
90 TABS
MSRP \$45.76
SAVE 30% OFF MSRP
YOUR PRICE \$32.03



MET-6164-882
Metagenics
UltraClear—Natural Vanilla Flavor
882 OZ
MSRP \$79.95
CALL FOR SPECIAL PRICING



EMD-5012-045
Enzymedica
Digest Gold with ATPro
45 CAPS
MSRP \$29.99
SAVE 30% OFF MSRP
YOUR PRICE \$20.99



GAI-6308-060
Gaia Herbs
Adrenal Health Daily Support
60 LICAPS
MSRP \$30.99
SAVE 25% OFF MSRP
YOUR PRICE \$23.24



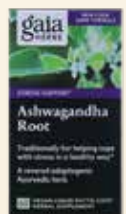
GAI-6209-060
Gaia Herbs
Echinacea Goldenseal
60 LICAPS
MSRP \$29.99
SAVE 25% OFF MSRP
YOUR PRICE \$22.49



GAI-6304-060
Gaia Herbs
Holy Basil Leaf
60 LICAPS
MSRP \$29.99
SAVE 25% OFF MSRP
YOUR PRICE \$22.49



GAI-5018-060
Gaia Herbs
Rhodiola Rosea
60 LICAPS
MSRP \$28.99
SAVE 25% OFF MSRP
YOUR PRICE \$21.74



GAI-6362-060
Gaia Herbs
Ashwagandha Root
60 LICAPS
MSRP \$24.99
SAVE 25% OFF MSRP
YOUR PRICE \$18.74



HIA-5030-090
Himalaya
Ashwagandha
90 CAPS
MSRP \$29.95
SAVE 35% OFF MSRP
YOUR PRICE \$19.47



SEZ-6032-090
Source Naturals
Wellness Formula
90 TABS
MSRP \$25.98
SAVE 25% OFF MSRP
YOUR PRICE \$19.49



IRW-5002-100
Irwin Naturals
Immuno-Shield
100 SFG
MSRP \$21.32
SAVE 30% OFF MSRP
YOUR PRICE \$14.92



ACG-5002-120
A.C. Grace
Unique E
120 SFG
MSRP \$42.95
SAVE 15% OFF MSRP
YOUR PRICE \$36.51



BCS-5000-008
Biomic Sciences, LLC
Restore
8 FL OZ
MSRP \$29.95
SAVE 10% OFF MSRP
YOUR PRICE \$26.96

Personal Care PRODUCTS



NCL-5121-010 (Shampoo)
NCL-5122-010 (Conditioner)
Nature Clean
Pure-Sensitive Shampoo/Conditioner
10 FL OZ
MSRP \$11.99
SAVE 15% OFF MSRP
YOUR PRICE \$10.19



TOM-5034-5.5 (Spearmint)
TOM-5066-5.50 (Peppermint)
Tom's Of Maine
Antiplaque & Whitening Toothpaste
5.5 OZ
MSRP \$8.39
SAVE 20% OFF MSRP
YOUR PRICE \$6.71



TOM-5008-2.25
Tom's Of Maine
Original Care Aluminum-Free Deodorant Unscented
2.25 OZ
MSRP \$9.19
SAVE 20% OFF MSRP
YOUR PRICE \$7.35



ECD-5018-100
Eco-DenT
GentleFloss Premium Dental Floss
100 YARDS
MSRP \$5.99
SAVE 20% OFF MSRP
YOUR PRICE \$4.79



NCL-5020-3.5
Nature Clean
Sensitive Bath Bar
3.5 BAR
MSRP \$4.99
SAVE 15% OFF MSRP
YOUR PRICE \$4.24



NTC-5015-030
Natracare
Natural Panty Liners
30 COUNT
MSRP \$3.89
SAVE 20% OFF MSRP
YOUR PRICE \$3.11



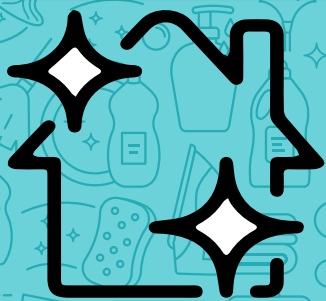
NTC-5014-010
Natracare
Organic Cotton Tampons—Super
10 COUNT
MSRP \$3.79
SAVE 20% OFF MSRP
YOUR PRICE \$3.03



NTC-5009-012 (Super Maxi)
NTC-5010-014 (Ultra)
NTC-5011-014 (Regular Maxi)
Natracare
Natural Pads
12-14 COUNT
MSRP \$6.39
SAVE 20% OFF MSRP
YOUR PRICE \$5.11



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



Household ESSENTIALS



NTZ-5005-030
NatureZway
Compostable Bag 3 Gallon
30 COUNT
MSRP \$6.79
SAVE 20% OFF MSRP
YOUR PRICE \$5.43



NTZ-5006-012
NatureZway
Compostable Bag 13 Gallon
12 COUNT
MSRP \$7.29
SAVE 20% OFF MSRP
YOUR PRICE \$5.83



NTZ-5001-002
Naturezway
Bamboo Sponge
2 pk
2 COUNT
MSRP \$3.39
SAVE 15% OFF MSRP
YOUR PRICE \$2.88



NTZ-5000-002
Naturezway
Reusable Bamboo Cleaning Cloth
2 pk
2 COUNT
MSRP \$3.49
SAVE 15% OFF MSRP
YOUR PRICE \$2.97



NTZ-5002-006
Naturezway
Bamboo Bath Tissue 6 Rolls
6 COUNT
MSRP \$9.39
SAVE 20% OFF MSRP
YOUR PRICE \$7.51



NCL-5000-061
Nature Clean
Laundry Liquid
61 FL OZ
MSRP \$11.99
SAVE 15% OFF MSRP
YOUR PRICE \$10.19

Extra Shipping Charges Apply



NCL-5000-101
Nature Clean
Laundry Liquid
101 FL OZ
MSRP \$16.29
SAVE 15% OFF MSRP
YOUR PRICE \$13.85

Extra Shipping Charges Apply



NCL-5012-033
Nature Clean
Toilet Bowl Cleaner
33 FL OZ
MSRP \$6.99
SAVE 15% OFF MSRP
YOUR PRICE \$5.94



NCL-5019-122.7
Nature Clean
Oxygen Bleach
122.7 FL OZ
MSRP \$12.39
SAVE 15% OFF MSRP
YOUR PRICE \$10.53

Extra Shipping Charges Apply



NCL-5018-1.5
Nature Clean
Fabric Softener
1.5 LITER
MSRP \$8.99
SAVE 15% OFF MSRP
YOUR PRICE \$7.64

Extra Shipping Charges Apply



NCL-7123-07.5
Nature Clean
Laundry Powder
7.5 LBS
MSRP \$16.99
SAVE 15% OFF MSRP
YOUR PRICE \$14.44

Extra Shipping Charges Apply



NCL-7124-3.6
Nature Clean
Dishwashing Liquid
3.6 LITERS
MSRP \$18.99
SAVE 15% OFF MSRP
YOUR PRICE \$16.14

Extra Shipping Charges Apply



NCL-5009-025
Nature Clean
Unscented Dish Soap
25 FL OZ
MSRP \$5.49
SAVE 15% OFF MSRP
YOUR PRICE \$4.67



NCL-5011-061
Nature Clean
Automatic Dishwasher Gel
61 FL OZ
MSRP \$14.99
SAVE 15% OFF MSRP
YOUR PRICE \$12.74

Extra Shipping Charges Apply



NCL-5010-008
Nature Clean
Rinse Agent
8 FL OZ
MSRP \$5.59
SAVE 15% OFF MSRP
YOUR PRICE \$4.75



NCL-5005-016
Nature Clean
Fragrance-Free Hand Soap
16 FL OZ
MSRP \$7.09
SAVE 15% OFF MSRP
YOUR PRICE \$6.03



NCL-5005-033
Nature Clean
Fragrance-Free Hand Soap Refill
33 FL OZ
MSRP \$9.79
SAVE 15% OFF MSRP
YOUR PRICE \$8.32

Improve your AIR QUALITY



DIX-5012-WHT
Dixie's Masks

Cotton Mask with Carbon Cloth Filter (Round)

1 EACH
MSRP \$27.00
SAVE 20% OFF MSRP
YOUR PRICE \$21.60



DIX-5007-WHT
Dixie's Masks

Cotton Mask with Carbon Cloth Filter

1 EACH
MSRP \$27.00
SAVE 20% OFF MSRP
YOUR PRICE \$21.60



DIX-5008-WHT
DIX-5009-WHT (ROUND)
Dixie's Masks

Carbon Cloth Replacement Filter

1 EACH
MSRP \$6.00
SAVE 10% OFF MSRP
YOUR PRICE \$5.40



USE
WITH YOUR
FAVORITE
ESSENTIAL
OILS!

TRB-5001-001
Tribest Corp.

Humio Humidifier with Aroma Oil Compartment

1 EACH
MSRP \$99.95
SAVE 10% OFF MSRP
YOUR PRICE \$89.06



- Individually tested and certified, guaranteed to be 40x more efficient than HEPA
- Removes 99.99% of harmful viruses, fungi, molds, and bacteria, leaving nothing but fresh, pure, healthy air
- Same technology is currently used in hospitals and medical clean rooms



INT-5001-WHT
Intellipure
Intellipure Compact Air Purifier
1 EACH
MSRP \$549.00



INT-5000-BLK (Black)
INT-5000-WHT (White)
Intellipure
Intellipure Ultrafine 468 Air Purifier
1 EACH
MSRP \$999.00
SAVE 10% OFF MSRP
YOUR PRICE \$899.10



ONY-5000-001
Onyx + Green

Therapeutic Compress Elbow & Knee

1 EACH
MSRP \$39.99
SAVE 20% OFF MSRP
YOUR PRICE \$31.99



ONY-5003-001
Onyx + Green

Therapeutic Compress Shoulder Pad

1 EACH
MSRP \$69.99
SAVE 20% OFF MSRP
YOUR PRICE \$55.99



ONY-5004-001
Onyx + Green

Compress Cervical Collar & Shoulder Blades

1 EACH
MSRP \$59.99
SAVE 20% OFF MSRP
YOUR PRICE \$47.99

RAPID RELIEF
for **BODY ACHES**
& **PAIN**

SAVE
20% OFF
MSRP!

while supplies last