

September 2021

NEEDS

MONTHLY SPECIALS

Carlson

Healthy Living
with **OMEGA-3s**

— PAGE 2 —



Special pricing good through end of month

Carlson

Healthy Living with OMEGA-3s

by Laurel Sterling, MA, RD, CDN

Omega-3s are very well known, researched, and documented for supporting cardiovascular health, brain and nerve health, vision, the immune system, joint health, and lowering levels of inflammation in the body. EPA (eicosapentaenoic acid) and DHA (docosapentaenoic acid) are the most important and most researched components of omega-3s. There are now over 30,000 clinical trials supporting the evidence of omega-3s and their tremendous health benefits, and the rate of positive findings in human clinical trials has been consistently high. Unfortunately, there are many places around the world that have been found to consume exceptionally low amounts of omega-3s, and the USA is one of them. The American Heart Association (AHA) suggests we eat at least two 3.5-ounce servings of oily fish per week to get the base recommended amount of 500mg/d of omega-3s. Since most of us do not eat the suggested amount, a fish oil supplement is a great option!

For the general healthy adult population and to lower the risk of coronary heart disease (CHD) 500mg of omega-3s is recommended by the AHA. For secondary prevention of CHD 1000mg/day of EPA + DHA is recommended. Over 1g/d of omega-3s is supported for a range of additional health conditions like elevated blood pressure and elevated triglycerides. More recent research is leaning toward

recommending 1-2g/d of omega-3s for healthy adults. Carlson Labs has a variety of omega-3s supplements to choose from in soft gels and deliciously flavored liquids. **Elite Omega-3 Gems®** is a professional-strength fish oil concentrated soft gel. A single serving provides 1,600 mg of omega-3s (800mg EPA + 600mg DHA). Carlson also offers a liquid, which is similar in profile to those soft gels, called **The Very Finest Fish Oil**. This delightfully flavored lemon or orange fish oil delivers 1,600 mg of omega-3s (800mg EPA + 500mg DHA) in 1tsp. It can be used as a finishing oil in various recipes, and you can head on over to our website for a variety of delicious recipes www.carlsonlabs.com. For those that have a hard time getting fish sources of omega-3s into their diet, an even higher potency would be recommended. Carlson's **Maximum Omega 2000** provides 2,000 mg of omega-3s per serving, including 1,250 mg of EPA and 500 mg of DHA.

Any of the Carlson fish oil options mentioned would be great choices for increasing or maintaining **Omega-3 Index** levels. What is the Omega-3 Index you ask? Well, the Omega-3 Index test gives a percentage of the amount of EPA and DHA in your red blood cell membranes, and the desirable range to be in for better overall health based off research is 8-12%. As part of a healthy lifestyle, an Omega-3 Index in this range can



CAL-5032-001
Carlson

Omega-3 Test Kit

1 KIT

MSRP \$49.99

SAVE 30% OFF MSRP

YOUR PRICE \$34.99

promote heart, brain, vision, and joint health. OmegaQuant states that "This recommendation is meant to be a guide for how much EPA+DHA you may need in your diet to reach your Omega-3 Index target, based on research by Walker et al. 2019." They further state that "Most people hover around 6% or below, and unfortunately in the US, most people are at 4% or below – the highest risk zone."

Carlson has teamed up with OmegaQuant and now offers Omega-3 Test Kits to purchase. It is an at-home test kit that requires a simple finger prick which draws a drop of blood. This is then mailed to OmegaQuant and results will be provided within a couple of weeks. OmegaQuant recommends "to re-measure your Omega-3 Index in 3-4 months until you reach the desirable range." Once you reach the desirable range for Omega-3 Index, they recommend to re-test every 6 months. Also they advise visiting their **Omega-3 Index Calculator** on **OmegaQuant.com** "to find out your personalized EPA and DHA recommendation to raise your level to the desirable range given your current Omega-3 Index level".

Whatever your preference, soft gels or liquids, Carlson has them! All of Carlson's fish oils are third-party tested for purity, potency, and freshness, and any of the options mentioned will assist you in reaching an appropriate Omega-3 Index level for overall health and wellness.



CAL-7831-060
Carlson

Elite Omega-3 Gems

60 SFG

MSRP \$23.50

SAVE 30% OFF MSRP

YOUR PRICE \$16.45



CAL-7831-090
Carlson

Elite Omega-3 Gems

90 SFG

MSRP \$34.90

SAVE 30% OFF MSRP

YOUR PRICE \$24.43



CAL-6005-500
Carlson

The Very Finest Fish Oil - Orange

500 mL

MSRP \$53.00

SAVE 30% OFF MSRP

YOUR PRICE \$37.10



CAL-6230-16.9
Carlson

The Very Finest Fish Oil - Lemon

16.9 FL OZ

MSRP \$53.00

SAVE 30% OFF MSRP

YOUR PRICE \$37.10



CAL-6230-6.7
Carlson

The Very Finest Fish Oil - Lemon

6.7 FL OZ

MSRP \$26.50

SAVE 30% OFF MSRP

YOUR PRICE \$18.55

September SUPPLEMENT SPECIALS



NPR-5311-120
New Chapter
Zyflamend
120 VCAPS
MSRP \$72.95
SAVE 35% OFF MSRP
YOUR PRICE \$47.42



NPR-5320-060
New Chapter
Hair, Skin & Nails
60 VCAPS
MSRP \$56.95
SAVE 35% OFF MSRP
YOUR PRICE \$37.02

**SAVE UP TO
35% OFF
MSRP!**



NPR-5094-060
New Chapter
**Bone Strength
Take Care**
60 VTABS
MSRP \$36.95
SAVE 35% OFF MSRP
YOUR PRICE \$24.02



NPR-5094-120
New Chapter
**Bone Strength
Take Care**
120 VTABS
MSRP \$63.95
SAVE 35% OFF MSRP
YOUR PRICE \$41.57



NPR-5094-180
New Chapter
**Bone Strength
Take Care**
180 VTABS
MSRP \$89.95
SAVE 35% OFF MSRP
YOUR PRICE \$58.47



NPR-5326-072
New Chapter
**One Daily
Every Man's
Multivitamin 55+**
72 VTABS
MSRP \$86.95
SAVE 35% OFF MSRP
YOUR PRICE \$56.52



NPR-5325-072
New Chapter
**One Daily
Every Woman's
Multivitamin 55+**
72 VTABS
MSRP \$86.95
SAVE 35% OFF MSRP
YOUR PRICE \$56.52



NPR-5305-120
New Chapter
Turmeric Force
120 VCAPS
MSRP \$63.95
SAVE 35% OFF MSRP
YOUR PRICE \$41.57



REN-5000-001
ReNew Life Formulas
**ParaSmart
15-Day
Targeted Cleanse**
1 PROGRAM
MSRP \$37.99
SAVE 20% OFF MSRP
YOUR PRICE \$30.39



REN-5030-090
ReNew Life Formulas
IntestiNEW
90 CAPS
MSRP \$36.99
SAVE 20% OFF MSRP
YOUR PRICE \$29.59



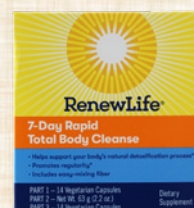
NPR-6018-090
New Chapter
**Fermented
CoEnzyme B
Complex**
90 VTABS
MSRP \$74.95
SAVE 35% OFF MSRP
YOUR PRICE \$48.72



REN-5070-030
ReNew Life Formulas
**Ultimate Flora
Women's Vaginal
Probiotic**
30 VCAPS
MSRP \$39.99
SAVE 20% OFF MSRP
YOUR PRICE \$31.99



REN-5088-060
ReNew Life Formulas
**Norwegian Gold
Omega-3 Fish Oil
Critical Omega**
60 SFG
MSRP \$29.99
SAVE 20% OFF MSRP
YOUR PRICE \$23.99



REN-5069-001
ReNew Life Formulas
**7-Day Rapid Total
Body Cleanse**
1 KIT
MSRP \$29.99
SAVE 25% OFF MSRP
YOUR PRICE \$22.49

September SUPPLEMENT SPECIALS

**SAVE UP TO
45% OFF
MSRP!**



DFH-5062-090
Designs For Health
Complete Mineral Complex
90 VCAPS
MSRP \$21.55
SAVE 20% OFF MSRP
YOUR PRICE \$17.24



DWA-5000-050
Daiwa
PeakImmune4
50 VCAPS
MSRP \$59.90
SAVE 15% OFF MSRP
YOUR PRICE \$50.92



EFS-5154-090
Ecological Formulas
Monolaurin 600 mg
90 CAPS
MSRP \$27.95
SAVE 15% OFF MSRP
YOUR PRICE \$23.76



FNG-5000-120
Fungi Perfecti LLC
Host Defense MyCommunity
120 VCAPS
MSRP \$69.95
SAVE 30% OFF MSRP
YOUR PRICE \$48.97



FNG-5011-060
Fungi Perfecti LLC
Lion's Mane
60 VCAPS
MSRP \$31.95
SAVE 30% OFF MSRP
YOUR PRICE \$22.37



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



JIG-5000-240
Jigsaw Health
Magnesium w/SRT
240 TABS
MSRP \$39.99
SAVE 10% OFF MSRP
YOUR PRICE \$35.99



KLAI-5023-100
Klaire Labs
Magnesium Glycinate Complex 100 mg
100 VCAPS
MSRP \$16.99
SAVE 25% OFF MSRP
YOUR PRICE \$12.74



LIO-5020-002
Life-Flo
Liquid Iodine Plus
2 FL OZ
MSRP \$8.49
SAVE 20% OFF MSRP
YOUR PRICE \$6.79



NFT-5203-060
Natural Factors
Stress-Relax Melatonin 10 mg
60 CHEWABLES
MSRP \$13.95
SAVE 40% OFF MSRP
YOUR PRICE \$8.37



NFT-5201-180
Natural Factors
Stress-Relax Melatonin 1 mg
180 CHEWABLES
MSRP \$11.95
SAVE 35% OFF MSRP
YOUR PRICE \$7.77



THO-5248-180
Thorne Research
Women's Multi 50+ Without Copper and Iron
180 CAPS
MSRP \$45.00
SAVE 20% OFF MSRP
YOUR PRICE \$36.00



VEM-5000-032
Vital-Earth Minerals
Fulvic Mineral Complex Ionic Mineral Supplement
32 FL OZ
MSRP \$35.69
SAVE 20% OFF MSRP
YOUR PRICE \$28.55



DBS-5018-060
Doctor's Best
NAC Detox Regulators
60 VCAPS
MSRP \$11.55
SAVE 20% OFF MSRP
YOUR PRICE \$9.24

September SUPPLEMENT SPECIALS



PUE-5178-180
Pure Encapsulations
Magnesium (Glycinate)
180 CAPS
MSRP \$37.10
SAVE 20% OFF MSRP
YOUR PRICE \$29.68



PUE-5308-180
Pure Encapsulations
Nutrient 950 with Vitamin K
180 CAPS
MSRP \$48.60
SAVE 20% OFF MSRP
YOUR PRICE \$38.88



NNN-5051-100
NutriNeeds
Fish Oil Omega-3 1,000 mg
100 SFG
MSRP \$12.69
SAVE 45% OFF MSRP
YOUR PRICE \$6.98



NTY-5004-120
Natur-Tyme
Advanced Daily w/ CoQ10
120 CAPS
MSRP \$48.99
SAVE 35% OFF MSRP
YOUR PRICE \$31.84



NTY-5008-120
Natur-Tyme
Milk Thistle 175 mg
120 CAPS
MSRP \$29.99
SAVE 35% OFF MSRP
YOUR PRICE \$19.49



NTY-5018-060
Natur-Tyme
Brain Support
60 VCAPS
MSRP \$29.95
SAVE 35% OFF MSRP
YOUR PRICE \$19.47



NTY-7465-120
Natur-Tyme
One-Daily Multi Caps
120 VCAPS
MSRP \$46.95
SAVE 35% OFF MSRP
YOUR PRICE \$30.52



MMP-6088-060
Metabolic Maintenance
Silymarin Standardized Milk Thistle Extract 300 mg
60 CAPS
MSRP \$26.50
SAVE 25% OFF MSRP
YOUR PRICE \$19.88



NWY-5207-030
Nature's Way
Fortify Age 50+ Probiotic 50 Billion
30 VCAPS
MSRP \$29.99
SAVE 25% OFF MSRP
YOUR PRICE \$22.49



NWY-0054-030
Nature's Way
Primadophilus Reuteri Pearls
30 CAPS
MSRP \$17.99
SAVE 25% OFF MSRP
YOUR PRICE \$13.49



NWY-6038-030
Nature's Way
Primadophilus Reuteri 5 Billion CFU
30 VCAPS
MSRP \$12.99
SAVE 25% OFF MSRP
YOUR PRICE \$9.74



NWY-6175-090
Nature's Way
Probiotic Pearls Acidophilus 1 Billion CFU
90 SFG
MSRP \$39.95
SAVE 35% OFF MSRP
YOUR PRICE \$25.97



CAL-5025-100
Carlson
Taurine Powder Free-Form Amino Acid
100 GRAMS
MSRP \$9.90
SAVE 25% OFF MSRP
YOUR PRICE \$7.43



CAL-5042-060
Carlson
Melatonin Gummies 2.5 mg
60 COUNT
MSRP \$14.98
SAVE 30% OFF MSRP
YOUR PRICE \$10.49



THO-5008-090
Thorne Research
NAC
90 CAPS
MSRP \$25.00
SAVE 20% OFF MSRP
YOUR PRICE \$20.00

Personal Care PRODUCTS



NCL-5020-3.5
Nature Clean
Sensitive Bath Bar
3.5 OZ BAR
MSRP \$5.49
SAVE 15% OFF MSRP
YOUR PRICE \$4.67



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



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



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-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



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



NTC-5028-012
Natracare
Organic Cotton Intimate Wipes
12 COUNT
MSRP \$4.29
SAVE 20% OFF MSRP
YOUR PRICE \$3.43



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-5000-010
Natracare
Organic All Cotton Tampons—Regular No Applicator
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-\$6.99
SAVE 20% OFF MSRP
YOUR PRICE \$5.11-\$5.59



NTC-5012-010
Natracare
Natural Pads Extra Long Night Time
10 COUNT
MSRP \$7.49
SAVE 20% OFF MSRP
YOUR PRICE \$5.99



NTZ-5002-006
Naturezway

Bamboo Bath Tissue 6 Rolls
6 COUNT

MSRP \$7.79

SAVE 15% OFF MSRP
YOUR PRICE \$6.62



NTZ-5001-002
Naturezway

Bamboo Sponge 2 pk
2 COUNT

MSRP \$4.09

SAVE 15% OFF MSRP
YOUR PRICE \$3.48



NTZ-5000-002
Naturezway

Reusable Bamboo Cleaning Cloth 2 pk
2 COUNT

MSRP \$4.09

SAVE 15% OFF MSRP
YOUR PRICE \$3.48



NCL-5000-061
Nature Clean

Laundry Liquid
61 FL OZ

MSRP \$12.99

SAVE 15% OFF MSRP
YOUR PRICE \$11.04



NCL-5000-101
Nature Clean

Laundry Liquid
101 FL OZ

MSRP \$16.99

SAVE 15% OFF MSRP
YOUR PRICE \$14.44



Extra Shipping Charges Apply

Extra Shipping Charges Apply



NCL-5019-122.7
Nature Clean

Oxygen Bleach
122.7 FL OZ

MSRP \$14.99

SAVE 15% OFF MSRP
YOUR PRICE \$12.74

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-5012-033
Nature Clean

Toilet Bowl Cleaner
33 FL OZ

MSRP \$6.99

SAVE 15% OFF MSRP
YOUR PRICE \$5.94



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 \$5.99

SAVE 15% OFF MSRP
YOUR PRICE \$5.09



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



ICB-5002-BGE (Beige)
ICB-5002-LCE (Lace)
ICB-5002-GRY (Grey)
I Can Breathe!

Honeycomb Mask with Classic Filter

1 EACH
MSRP \$35.00

SAVE 20% OFF MSRP
YOUR PRICE \$28.00



ICB-5009-005
I Can Breathe!

Classic Honeycomb Mask Replacement Filters

1 EACH
MSRP \$42.50

SAVE 15% OFF MSRP
YOUR PRICE \$36.13



ICB-5007-WHT
I Can Breathe!

Silk Comfort Mask

1 EACH
MSRP \$32.00

SAVE 20% OFF MSRP
YOUR PRICE \$25.60



ICB-5012-001
I Can Breathe!

Organic Cotton Mask

1 EACH
MSRP \$37.50

SAVE 20% OFF MSRP
YOUR PRICE \$30.00



USE
WITH YOUR
FAVORITE
ESSENTIAL
OILS!

TRB-5001-001
Tribest Corp.

Humio Humidifier with Aroma Oil Compartment

1 EACH
MSRP \$99.95

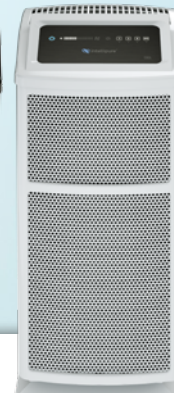
SAVE 10% OFF MSRP
YOUR PRICE \$89.96



INT-5001-WHT
Intellipure
Intellipure Compact Air Purifier

1 EACH
MSRP \$549.00

SAVE 5% OFF MSRP
YOUR PRICE \$521.55



INT-5000-BLK (Black)
INT-5000-WHT (White)
Intellipure

Intellipure Ultrafine 468 Air Purifier

1 EACH
MSRP \$999.00

SAVE 5% OFF MSRP
YOUR PRICE \$949.05



The HealthWay family of brands, based in Pulaski, NY, has seen a boom during this Covid-19 Pandemic. Schools and hospitals all over the world, including the New York City public schools, have turned to HealthWay for help in purifying their air during the pandemic.

HealthWay's Intellipure filters have a patented air purification system that filters out tiny particles from airborne mold, bacteria, and viruses at 99.97% efficiency. Independent testing shows the portable units, like the units sold through NEEDS, filter out particles as small as .007 microns. Laboratory testing has found the coronavirus particles that cause Covid-19 are larger, between .06 and .14 microns.

RAPID RELIEF *for* BODY ACHES & PAIN



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

**SAVE
20% OFF
MSRP!**

while supplies last