

October 2022 NEEDS MONTHLY SPECIALS



ANT-5179-030
Ancient Nutrition
**Ancient Mushrooms
Organic Cordyceps**
30 TABS
MSRP \$29.95
SAVE 20% OFF MSRP
YOUR PRICE \$23.96



ANT-5183-030
Ancient Nutrition
**Ancient Mushrooms
Organic Turkey Tail**
30 TABS
MSRP \$29.95
SAVE 20% OFF MSRP
YOUR PRICE \$23.96



IRW-5068-060
Irwin Naturals
**Steel Libido Pink
For Women**
60 SFG
MSRP \$30.65
SAVE 30% OFF MSRP
YOUR PRICE \$21.46



FNG-5000-030
Fungi Perfecti LLC
**Host Defense
MyCommunity**
30 VCAPS
MSRP \$19.95
SAVE 30% OFF MSRP
YOUR PRICE \$13.97



FNG-5023-001
Fungi Perfecti LLC
Chaga Liquid
1 FL OZ
MSRP \$19.95
SAVE 30% OFF MSRP
YOUR PRICE \$13.97



FNG-5014-001
Fungi Perfecti LLC
**Mycoshield Spray
Peppermint**
1 FL OZ
MSRP \$19.95
SAVE 30% OFF MSRP
YOUR PRICE \$13.97



FNG-5001-030
Fungi Perfecti LLC
**Host Defense
Stamets 7**
30 VCAPS
MSRP \$19.95
SAVE 25% OFF MSRP
YOUR PRICE \$14.96



NNA-6080-060
Nordic Naturals
**Ultimate Omega 2X
Teens Strawberry**
60 SFG
MSRP \$34.95
SAVE 20% OFF MSRP
YOUR PRICE \$27.96



NNA-5016-008
Nordic Naturals
Ultimate Omega
8 FL OZ
MSRP \$71.95
SAVE 20% OFF MSRP
YOUR PRICE \$57.56



NNA-5021-120
Nordic Naturals
**Ultimate Omega
Lemon**
120 SFG
MSRP \$49.95
SAVE 20% OFF MSRP
YOUR PRICE \$39.96



NNA-5036-060
Nordic Naturals
**Ultimate Omega-D3
Lemon**
60 SFG
MSRP \$28.95
SAVE 20% OFF MSRP
YOUR PRICE \$23.16



NNA-5043-120
Nordic Naturals
**Ultimate Omega
+ CoQ10**
120 SFG
MSRP \$69.95
SAVE 20% OFF MSRP
YOUR PRICE \$55.96



NTY-7201-250
Natur-Tyme
**Glucosamine
Sulfate**
250 CAPS
MSRP \$32.84
SAVE 40% OFF MSRP
YOUR PRICE \$19.70



NTY-7205-240
Natur-Tyme
**Glucosamine
Chondroitin**
240 CAPS
MSRP \$65.70
SAVE 40% OFF MSRP
YOUR PRICE \$39.42



NTY-7302-100
Natur-Tyme
**Ginkgo Biloba
Extract 120 mg**
100 CAPS
MSRP \$35.99
SAVE 35% OFF MSRP
YOUR PRICE \$23.39

Special pricing good through end of month



SUPPORT HEALTHY VISION WITH *Carlson*

Our eyes truly are the windows to our world. They are so incredibly intricate, and we should not take our vision for granted as we could lose it in the *blink of an eye*! Unfortunately, most don't think about their eye health until it begins to fail them. With the current state of events happening in the world today, people of all ages are depending on devices for their schooling, entertainment, and work more than ever; therefore, they need to *focus* on taking specific nutrients for healthy vision like vitamin A, omega-3s, carotenoids like lutein and zeaxanthin, and astaxanthin.

On average, it has been noted that children and adults spend anywhere from 5-9 hours on their

devices, and it is imperative to take significant breaks from this blue light exposure. We need to support our vision with the right nutrients to keep them working and focusing properly, and although we may try to consume the foods that support vision, typically diets fall short and this is where supplements like vitamin A come in to assist. *Vitamin A* is important for healthy vision as it plays an important role in helping the eyes adapt to light changes. The DRI (Daily Recommended Intake) amount of retinol or retinyl forms of vitamin A varies from 900 RAE (retinol activity equivalents) to 1300 RAE; however, with certain eye issues, even higher amounts are recommended. Carlson offers a **Vitamin A Palmitate** with 4,500 mcg RAE in one soft gel.

Omega-3s have various roles in supporting healthy vision such as aiding the normal development and functioning of the retina and macula, as well as, having anti-inflammatory properties. Omega-3s, specifically DHA, support healthy retinal function and approximately 60% of our retina



CAL-6184-060
Carlson
Super DHA Gems
60 SFG
MSRP \$24.90
SAVE 25% OFF MSRP
YOUR PRICE \$18.68

is made of DHA. You can obtain enough DHA through supplements like our **Super DHA Gems** which contains 500 mg per soft gel.

Lutein and zeaxanthin are carotenoids, which are found in fruits, vegetables, and other foods, and are stored in high amounts in and around the macula. Zeaxanthin is the predominant carotenoid found in the center of the macula, and lutein is found in higher concentrations in the surrounding retina. They may increase macular pigment density, which is associated with healthy retinas and vision, and they also are powerful antioxidants that work to protect our eyes and vision by filtering and blocking harmful UV sunlight and digital blue light (computers, laptops, tablets, phones), as well as, providing



CAL-7846-120
Carlson
Vitamin A
15000 IU Palmitate
120 SFG
MSRP \$9.90
SAVE 25% OFF MSRP
YOUR PRICE \$7.43

protection stopping oxidative stress and retinal damage from free radicals. Although there is no recommended daily intake for lutein and zeaxanthin, most recent studies show health benefits in taking approximately up to 10 mg/day of a lutein supplement and close to 2 mg/day of a zeaxanthin supplement. Carlson has **Lutein** softgels that contain 6 mg of lutein and 1 mg of zeaxanthin, and just 2 softgels a day will bring you to the amount recommended. This product uses Lutemax 2020 which is a trademarked formulation that provides 3 carotenoids (lutein, zeaxanthin, and meso-zeaxanthin)

that is clinically proven to support eye health by filtering high-energy blue light from digital devices and indoor/outdoor light. These work as protection and help boost overall eye health by reducing eyestrain from digital device use, supporting glare tolerance, protecting against oxidative stress, and promoting retinal and macular health.

Astaxanthin is one of the most potent antioxidant carotenoids and plays an important role in protecting cells from oxidative damage. Since it can cross the blood-brain and blood-retina barriers, it can deliver antioxidant

protection to our eyes, brain, and nervous system. Carlson's **Astaxanthin Gummies** are made with Astaferm™, the first fermented astaxanthin that is fast-acting and highly absorbable, and it also contains vitamin C. These nutrients work synergistically as vitamin C regenerates other antioxidants like astaxanthin.

Whether you are looking to prevent eye deterioration, or you are looking to prevent any *further* deterioration, these are some of the more important key nutrients that promote healthy vision and function. Also, don't forget that it is important to turn off all digital devices a few hours before bed, use the setting tool to change blue light on your devices, or consider blue-light-blocking screen covers or glasses. All these choices will contribute to better overall eye health.



CAL-6146-060
Carlson
Lutein 6 mg
60 SFG
MSRP \$9.90
SAVE 25% OFF MSRP
YOUR PRICE \$7.43



CAL-5034-090
Carlson
Astaxanthin Gummies
90 GUMMIES
MSRP \$42.00
SAVE 25% OFF MSRP
YOUR PRICE \$31.50

October

SUPPLEMENT SPECIALS



NOW-5110-100
Now Foods
C-1000 with Bioflavonoids
100 VCAPS
MSRP \$13.99
SAVE 40% OFF MSRP
YOUR PRICE \$8.39



NOW-5308-120
Now Foods
D-Mannose 500 mg
120 CAPS
MSRP \$31.99
SAVE 40% OFF MSRP
YOUR PRICE \$19.19



NOW-5340-120
Now Foods
L-Tyrosine 500 mg
120 CAPS
MSRP \$15.99
SAVE 40% OFF MSRP
YOUR PRICE \$9.59



NOW-5383-100
Now Foods
NAC 600 mg
100 VCAPS
MSRP \$21.99
SAVE 40% OFF MSRP
YOUR PRICE \$13.19



NOW-5438-012
Now Foods
Psyllium Husk Powder
12 OZ
MSRP \$10.99
SAVE 25% OFF MSRP
YOUR PRICE \$8.24



NOW-5566-120
Now Foods
Zinc Picolinate 50 mg
120 CAPS
MSRP \$16.99
SAVE 40% OFF MSRP
YOUR PRICE \$10.19

October

SUPPLEMENT SPECIALS



NOW-7915-100
Now Foods
L-OptiZinc
100 CAPS
MSRP \$10.99
SAVE 40% OFF MSRP
YOUR PRICE \$6.59



NOW-8005-120
Now Foods
Quercetin with Bromelain
120 VCAPS
MSRP \$39.99
SAVE 40% OFF MSRP
YOUR PRICE \$23.99



NOW-8244-100
Now Foods
Acetyl-L-Carnitine 500 mg
100 VCAPS
MSRP \$29.99
SAVE 40% OFF MSRP
YOUR PRICE \$17.99



NOW-8554-120
Now Foods
Highest Potency Vitamin D-3 5,000 IU
120 SFG
MSRP \$12.99
SAVE 40% OFF MSRP
YOUR PRICE \$7.79



NTY-5001-120
Natur-Tyme
Biotin 5,000 mcg
120 CAPS
MSRP \$29.99
SAVE 35% OFF MSRP
YOUR PRICE \$19.49



NTY-5005-090
Natur-Tyme
European Grape Seed Extract 100 mg
90 CAPS
MSRP \$45.69
SAVE 35% OFF MSRP
YOUR PRICE \$29.70



NTY-5008-060
Natur-Tyme
Milk Thistle 175 mg
60 CAPS
MSRP \$19.99
SAVE 40% OFF MSRP
YOUR PRICE \$11.99



NTY-6561-030
Natur-Tyme
35 Billion Probiotic
30 VCAPS
MSRP \$38.65
SAVE 30% OFF MSRP
YOUR PRICE \$27.06



NTY-6812-060
Natur-Tyme
Resveratrol Plus 100 mg
60 VCAPS
MSRP \$24.75
SAVE 30% OFF MSRP
YOUR PRICE \$17.33



NTY-7559-090
Natur-Tyme
Algae Based Calcium 1000 mg
90 TABS
MSRP \$34.99
SAVE 40% OFF MSRP
YOUR PRICE \$20.99



NTY-7706-060
Natur-Tyme
20 Billion Probiotic
60 VCAPS
MSRP \$46.25
SAVE 30% OFF MSRP
YOUR PRICE \$32.38



NTY-9012-120
Natur-Tyme
Turmeric Extract 500 mg
120 VCAPS
MSRP \$52.85
SAVE 35% OFF MSRP
YOUR PRICE \$34.35



NTY-9014-060
Natur-Tyme
Cinnamon Cinnulin PF 250 mg
60 VCAPS
MSRP \$20.65
SAVE 30% OFF MSRP
YOUR PRICE \$14.46



NTY-9020-090
Natur-Tyme
InflammMove
90 VCAPS
MSRP \$33.99
SAVE 40% OFF MSRP
YOUR PRICE \$20.39



NTY-9020-180
Natur-Tyme
InflammMove
180 VCAPS
MSRP \$53.99
SAVE 35% OFF MSRP
YOUR PRICE \$35.09

October SUPPLEMENT SPECIALS



NWY-0091-004
Nature's Way
**Organic Sambucus
for Kids**
4 FL OZ
MSRP \$21.49
SAVE 25% OFF MSRP
YOUR PRICE \$16.12



NWY-1025-004
Nature's Way
**Original Sambucus
Standardized
Elderberry Syrup**
4 FL OZ
MSRP \$17.99
SAVE 25% OFF MSRP
YOUR PRICE \$13.49



NWY-1025-008
Nature's Way
**Original Sambucus
Standardized
Elderberry Syrup**
8 FL OZ
MSRP \$32.99
SAVE 25% OFF MSRP
YOUR PRICE \$24.74



NWY-5658-024
Nature's Way
**Sambucus
Elderberry Zinc
Lozenges Original**
24 LOZENGES
MSRP \$6.49
SAVE 25% OFF MSRP
YOUR PRICE \$4.87



PUE-5007-120
Pure Encapsulations
B-Complex Plus
120 CAPS
MSRP \$39.60
SAVE 20% OFF MSRP
YOUR PRICE \$31.68



PUE-5036-180
Pure Encapsulations
CholestePure
180 CAPS
MSRP \$46.20
SAVE 20% OFF MSRP
YOUR PRICE \$36.96



PUE-5117-180
Pure Encapsulations
**Magnesium
(Citrate) 150 mg**
180 CAPS
MSRP \$29.65
SAVE 20% OFF MSRP
YOUR PRICE \$23.72



PUE-5178-180
Pure Encapsulations
**Magnesium
(Glycinate) 120 mg**
180 CAPS
MSRP \$40.45
SAVE 20% OFF MSRP
YOUR PRICE \$32.36



PUE-5408-060
Pure Encapsulations
ONE Multivitamin
60 CAPS
MSRP \$40.55
SAVE 20% OFF MSRP
YOUR PRICE \$32.44



THO-5008-090
Thorne Research
NAC
90 CAPS
MSRP \$26.00
SAVE 20% OFF MSRP
YOUR PRICE \$20.80



THO-5009-060
Thorne Research
Basic Nutrients 2/Day
60 CAPS
MSRP \$34.00
SAVE 20% OFF MSRP
YOUR PRICE \$27.20



THO-5016-060
Thorne Research
ResveraCel
60 CAPS
MSRP \$50.00
SAVE 20% OFF MSRP
YOUR PRICE \$40.00



THO-5051-060
Thorne Research
R-Lipoic Acid
60 CAPS
MSRP \$44.00
SAVE 20% OFF MSRP
YOUR PRICE \$35.20



THO-5303-060
Thorne Research
5-MTHF 1 mg
60 CAPS
MSRP \$22.00
SAVE 20% OFF MSRP
YOUR PRICE \$17.60



THO-5412-120
Thorne Research
Meriva-SF
120 CAPS
MSRP \$45.00
SAVE 20% OFF MSRP
YOUR PRICE \$36.00



Clean with Purpose this Fall

SAVE up to 20% OFF MSRP



A

SEV-5117-070
Seventh Generation
Disinfecting Wipes
70 COUNT
MSRP \$10.09
SAVE 10% OFF MSRP
YOUR PRICE \$9.08

B

SEV-5117-035
Seventh Generation
Disinfecting Wipes
35 COUNT
MSRP \$7.49
SAVE 20% OFF MSRP
YOUR PRICE \$5.99

C

SEV-5047-050
Seventh Generation
Free & Clear Dish Liquid
50 FL OZ
MSRP \$12.29
SAVE 10% OFF MSRP
YOUR PRICE \$9.44

D

SEV-5047-019
Seventh Generation
Free & Clear Dish Liquid
19 FL OZ
MSRP \$5.99
SAVE 15% OFF MSRP
YOUR PRICE \$5.09

E

SEV-5020-004
Seventh Generation
100% Recycled Bathroom Tissue 2-Ply 300 CT
4 COUNT
MSRP \$6.99
SAVE 10% OFF MSRP
YOUR PRICE \$6.29

F

SEV-5075-020
Seventh Generation
Drawstring Tall Kitchen 3-Ply Bags 13 Gallon
20 EACH
MSRP \$8.19
SAVE 10% OFF MSRP
YOUR PRICE \$7.37

G

SEV-0031-030
Seventh Generation
Extra Strong Tall Kitchen 3-Ply Flap Tie Bags
30 COUNT
MSRP \$8.19
SAVE 10% OFF MSRP
YOUR PRICE \$7.37

H

SEV-5109-080
Seventh Generation
Free & Clear Fabric Softener Sheets
80 COUNT
MSRP \$8.79
SAVE 10% OFF MSRP
YOUR PRICE \$7.91

I

SEV-5098-120
Seventh Generation
Jumbo Roll 2-Ply Paper Towels
120 COUNT
MSRP \$4.49
SAVE 10% OFF MSRP
YOUR PRICE \$4.04

J

SEV-5043-064
Seventh Generation
Free & Clear Chlorine Free Bleach
64 FL OZ
MSRP \$7.79
SAVE 10% OFF MSRP
YOUR PRICE \$7.01
EXTRA SHIPPING CHARGES APPLY

K

SEV-5007-045
Seventh Generation
Free & Clear Dishwasher Detergent Powder
45 OZ
MSRP \$7.99
SAVE 10% OFF MSRP
YOUR PRICE \$7.19

L

SEV-5000-050
Seventh Generation
Free & Clear Laundry Detergent
50 FL OZ
MSRP \$12.89
SAVE 10% OFF MSRP
YOUR PRICE \$11.60

M

SEV-5000-100
Seventh Generation
Free & Clear Laundry Detergent
100 FL OZ
MSRP \$26.29
SAVE 20% OFF MSRP
YOUR PRICE \$21.03
EXTRA SHIPPING CHARGES APPLY

N

SEV-5111-008
Seventh Generation
Free & Clear Rinse Aid
8 FL OZ
MSRP \$6.99
SAVE 10% OFF MSRP
YOUR PRICE \$6.29

O

SEV-5086-023
Seventh Generation
Free & Clear Glass Cleaner
23 FL OZ
MSRP \$8.59
SAVE 20% OFF MSRP
YOUR PRICE \$6.87

P

SEV-5084-023
Seventh Generation
Free & Clear All Purpose Cleaner
23 FL OZ
MSRP \$7.39
SAVE 10% OFF MSRP
YOUR PRICE \$6.65



Personal Care PRODUCTS



NTY-7438-3.50 (Rosemary Lavender)
NTY-7439-3.50 (Mint)
NTY-7440-3.50 (Patchouli)
NTY-7441-3.50 (Lemongrass Ginger)
NTY-7443-3.50 (Cinnamon)
NTY-7444-3.50 (Lavender Oatmeal)
NTY-7446-3.5 (Fragrance Free With Oatmeal)
NTY-7449-3.5 (Olive Oil Castile)
NTY-7451-3.50 (Better Than Rose)
NTY-7452-3.50 (Tea Tree)

Natur-Tyme Bar Soap

3.5 OZ
MSRP \$4.49
SAVE 20% OFF MSRP
YOUR PRICE \$3.59



NTY-7100-0.15 (Unflavored)
NTY-7101-0.15 (Peppermint)
NTY-7103-0.15 (Citrus)
NTY-7105-0.15 (Coconut)
NTY-7107-0.15 (Vanilla)

Natur-Tyme Lip Balm

0.15 OZ
MSRP \$2.79
SAVE 40% OFF MSRP
YOUR PRICE \$1.67



NTY-7135-004
Natur-Tyme
**Facial Wash
w/MSM & Alpha
Hydroxy Acids**
4 FL OZ
MSRP \$15.99
SAVE 35% OFF MSRP
YOUR PRICE \$10.39



NTY-7184-004
Natur-Tyme
**Facial Scrub
w/MSM**
4 FL OZ
MSRP \$15.99
SAVE 25% OFF MSRP
YOUR PRICE \$11.99



NTY-7158-008
Natur-Tyme
**Citrus Toner
w/MSM and
Essential Oils**
8 FL OZ
MSRP \$14.95
SAVE 20% OFF MSRP
YOUR PRICE \$11.96



NTY-7136-004
Natur-Tyme
**Moisture Crème w/MSM
& Rose Hip Seed Oil**
4 FL OZ
MSRP \$21.99
SAVE 30% OFF MSRP
YOUR PRICE \$15.39



NTY-7143-004
Natur-Tyme
**Revitalizing Moisturizer
w/CoQ10 & Lipoic Acid**
4 FL OZ
MSRP \$31.99
SAVE 25% OFF MSRP
YOUR PRICE \$23.99



NTY-7145-0.5
Natur-Tyme
**Firming Eye Crème w/
CoQ10 & Alpha Lipoic Acid**
4 FL OZ
MSRP \$27.99
SAVE 25% OFF MSRP
YOUR PRICE \$20.99

**SAVE
up to
40% OFF
MSRP**

AUSTIN AIR SUPER SALE!



A AUS-5009-BLK (Black)
AUS-5009-SAN (Sandstone)
Austin
**HealthMate
Standard Air Purifier**
1 EACH
MSRP \$715.00
SAVE 10% OFF MSRP
YOUR PRICE \$643.50

B AUS-5013-BLK (Black)
AUS-5013-MBL (Midnight Blue)
AUS-5013-SAN (Sandstone)
AUS-5013-WHT (White)
Austin
HealthMate Standard Filter
1 EACH
MSRP \$290.00
SAVE 10% OFF MSRP
YOUR PRICE \$261.00

C AUS-5006-BLK (Black)
AUS-5006-MBL (Midnight Blue)
AUS-5006-SAN (Sandstone)
AUS-5006-WHT (White)
Austin
HealthMate Jr. Filter
1 EACH
MSRP \$235.00
SAVE 10% OFF MSRP
YOUR PRICE \$211.50

SAVE MORE ON YOUR ORDER!

Did you know that due to many of our vendors' Minimum Advertised Pricing (MAP) policies, we are unable to display some of our actual discounts on our website? Many of the products we carry can be purchased for a lesser price over the phone!

Our Customer Service Representatives are more than happy to assist you with your order. Call us at **800-634-1380** Monday through Friday **9 AM-5 PM** and Saturdays from **10 AM-2 PM** EST.

