

March NEEDS MONTHLY SPECIALS

MARCH 2023



FNG-5019-060
Fungi Perfecti
Mycobotanicals Liver
60 CAPS
MSRP \$29.95
SAVE 30% OFF MSRP
YOUR PRICE \$20.97



FNG-5017-060
Fungi Perfecti
Mycobotanicals Blood Sugar
60 CAPS
MSRP \$29.95
SAVE 30% OFF MSRP
YOUR PRICE \$20.97



FNG-5018-060
Fungi Perfecti
Mycobotanicals Brain
60 CAPS
MSRP \$29.95
SAVE 30% OFF MSRP
YOUR PRICE \$20.97



DOU-5676-060
Douglas Labs
Astragalus Max-V
60 VCAPS
MSRP \$29.95
SAVE 20% OFF MSRP
YOUR PRICE \$23.96



GAI-6304-060
Gaia Herbs
Holy Basil Leaf
60 LICAPS
MSRP \$30.99
SAVE 25% OFF MSRP
YOUR PRICE \$23.24



GAI-6413-120
Gaia Herbs
Adrenal Health Nightly Restore
120 SFG
MSRP \$55.49
SAVE 35% OFF MSRP
YOUR PRICE \$36.07



GEL-6237-120
Garden of Life
E.S. Turmeric Inflammatory Response
120 TABS
MSRP \$53.99
SAVE 30% OFF MSRP
YOUR PRICE \$37.79



GEL-5109-209
Garden of Life
Raw Organic Perfect Food Green Superfood
209 GRAMS
MSRP \$48.99
SAVE 35% OFF MSRP
YOUR PRICE \$31.84



GEL-5159-060
Garden of Life
Vitamin Code Raw D3 5000
60 CAPS
MSRP \$29.99
SAVE 30% OFF MSRP
YOUR PRICE \$20.99



GEL-5080-120
Garden of Life
FYI Ultra
120 VCAPS
MSRP \$62.99
SAVE 30% OFF MSRP
YOUR PRICE \$44.09



GND-5000-180
Genacol
Genacol
180 CAPS
MSRP \$39.99
SAVE 20% OFF MSRP
YOUR PRICE \$31.99

Carlson
SUPPLEMENTS FOR Better Sleep

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Special pricing good through end of month

Sleep BETTER

Laurel Sterling, MA, RD, CDN

Sleep is such an important time for the body and mind to rest and repair from daily tasks. When we are able to sleep well, we wake up feeling refreshed and alert for our day-to-day activities. According to the National Institutes of Health, adults need at least 7 to 8 hours of sleep each night to be well rested, but the average adult sleeps for less than 7 hours a night. If an individual does not get enough “quality” sleep through the night, it can significantly affect their immune system and their health in several ways. Sleep disorders have been linked to many chronic diseases such as: hypertension, heart disease, stroke, depression, diabetes, and others.

There are the obvious tips we have all heard of to achieve better sleep such as: try a warm bath 1 hour before bed, keep the room as cool and as dark as possible, wind down with a book or magazine before retiring (no TV or computer 30 minutes to 1 hour before), go to bed earlier and rise earlier, no caffeine or sugar close to bed, avoid alcohol within 4 hours of bedtime, have “white noise” such as a fan to drown out little sounds, drink chamomile tea, use lavender essential oil in a diffuser in your bedroom, and no pets allowed in bed. So, what happens if we try these, and it still does not work???



CAL-6028-180
Carlson

**Chelated
Magnesium 200 mg**
180 TABS
MSRP \$37.48
SAVE 25% OFF MSRP
YOUR PRICE \$28.11

Well, suggestions to assist a more restful sleep depend on the root cause of the sleep dilemma. Sleep apnea aside, let's look at options to aid with *stress-related sleep disturbances*. **Magnesium** is one of the first supplements I look to for assisting with sleep because it regulates more than 325 enzymes in the body.



Sleep-regulating melatonin production is disturbed without sufficient magnesium. The “feel good” hormone serotonin's production depends on magnesium as well. Magnesium also regulates the way muscles function and helps normalize adrenal stress hormones. Carlson offers a 200 mg **Chelated Magnesium Glycinate** tablet which contains buffered magnesium glycinate. Chelation assists our body with transporting minerals across the intestinal wall for optimal absorption. Start with 1 tablet near bedtime.



CAL-5042-060
Carlson

**Melatonin
Gummies 2.5 mg**
60 COUNT
MSRP \$14.98
SAVE 25% OFF MSRP
YOUR PRICE \$11.24

Melatonin is a hormone produced by the pineal gland in the brain. It helps regulate the body's circadian rhythm which is the internal clock that controls when we fall asleep and wake up. When it's dark, our body makes more melatonin, but when it's light out our melatonin levels taper off. Disruptions in the sleep-wake cycle can occur for a variety of reasons, including bedtime light exposure from a tablet or smartphone, jet lag, changing seasons, or working later hours. Melatonin production also decreases as we age, and it has been found that our melatonin production decreases to about half by age 40. Melatonin promotes relaxation and a healthy sleep pattern, so you can fall asleep and stay asleep. Carlson offers Melatonin Gummies which are delicious all-natural strawberry flavored

vegetarian gummies. They are 2.5 mg per gummy, and a convenient, tasty bedtime snack. Start with 1 gummy one to two hours before bedtime.



CAL-7761-060
Carlson

**Healthy Mood 5-HTP
Elite Raspberry Flavor**
60 TABS
MSRP \$17.90
SAVE 25% OFF MSRP
YOUR PRICE \$13.43

5-HTP is an amino acid that could potentially help both sleep and stress. 5-hydroxytryptophan (5-HTP) is a chemical our body makes from the essential amino acid tryptophan, which we get from food. Once produced, the chemical is transformed into serotonin. Serotonin provides a sense of well-being and promotes a healthy mood. Carlson's **Healthy Mood 5-HTP Elite** is 50 mg per tablet, which is considered a recommended amount to start off with. If this amount seems to not be enough, then one can work their way up to around 200 mg. Find the amount that works best for your needs.

****CAUTION**— This can interact with certain medications (SSRIs, Tricyclics, MAOIs) so be sure to ask a healthcare practitioner before you use this.

Be sure to first look at the root cause of the sleep issue and then address accordingly with the product or products that would best fit to assist. If you are on any medications, you will need to speak to a healthcare practitioner before trying some of these I mentioned because of potential interactions. Here's to a better night of sleep!

March SUPPLEMENT SPECIALS

**SAVE
UP TO
30% OFF
MSRP!**



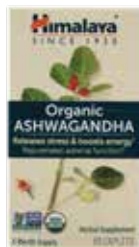
HIA-5019-060
Himalaya
**Organic
Gymnema**
60 CAPS
MSRP \$24.49
SAVE 30% OFF MSRP
YOUR PRICE \$17.14



HIA-5049-060
Himalaya
**Organic
Neem**
60 TABS
MSRP \$19.99
SAVE 30% OFF MSRP
YOUR PRICE \$13.99



HIA-5018-060
Himalaya
**Organic
Bacopa**
60 CAPS
MSRP \$30.99
SAVE 30% OFF MSRP
YOUR PRICE \$21.69



HIA-5030-060
Himalaya
**Organic
Ashwagandha**
60 CAPS
MSRP \$24.99
SAVE 30% OFF MSRP
YOUR PRICE \$17.49



HIA-5030-090
Himalaya
**Organic
Ashwagandha**
90 CAPS
MSRP \$34.49
SAVE 30% OFF MSRP
YOUR PRICE \$24.14



HIA-5032-060
Himalaya
Boswellia
60 VCAPS
MSRP \$17.99
SAVE 30% OFF MSRP
YOUR PRICE \$12.59



HIA-5035-060
Himalaya
**Organic
Mucuna**
60 CAPS
MSRP \$21.99
SAVE 30% OFF MSRP
YOUR PRICE \$15.39



HIA-5002-090
Himalaya
LiverCare
90 VCAPS
MSRP \$32.49
SAVE 25% OFF MSRP
YOUR PRICE \$24.37



MER-5006-060
Dr. Mercola
Liposomal Vitamin C
60 CAPS
MSRP \$22.49
SAVE 20% OFF MSRP
YOUR PRICE \$17.99



MER-5006-180
Dr. Mercola
Liposomal Vitamin C
180 CAPS
MSRP \$49.99
SAVE 20% OFF MSRP
YOUR PRICE \$39.99

**Unfortunately, Camus Prairie
Tea, LLC has ceased operations
as of the end of 2022.**

However, NEEDS was able
to purchase their remaining
inventory. **Take advantage of
this huge buying opportunity
while you can!**



MSRP: \$22.29
Regular Selling Price: \$18.95
SAVE 45% OFF MSRP
YOUR PRICE:
\$12.25

BUY 6 OR MORE
SAVE 50% OFF MSRP
YOUR PRICE:
\$11.15

March SUPPLEMENT SPECIALS



NFT-5014-090
Natural Factors
N-Acetyl-L-Cysteine 500 mg
90 CAPS
MSRP \$19.95
SAVE 35% OFF MSRP
YOUR PRICE \$12.97



NFT-5033-120
Natural Factors
OsteoMove Joint Care
120 TABS
MSRP \$44.95
SAVE 35% OFF MSRP
YOUR PRICE \$29.22



WOR-5009-008
World Organics Corp.
Liquid Chlorophyll 100 mg
8 FL OZ
MSRP \$9.49
SAVE 10% OFF MSRP
YOUR PRICE \$8.54



NFT-5070-180
Natural Factors
Apple Cider Vinegar 500 mg
180 CAPS
MSRP \$18.95
SAVE 35% OFF MSRP
YOUR PRICE \$12.32



NFT-5073-120
Natural Factors
RxOmega-3 Factors
120 SFG
MSRP \$32.95
SAVE 35% OFF MSRP
YOUR PRICE \$21.42



NFT-5173-150
Natural Factors
RxOmega-3 Factors Ultra Strength 500 mg
150 SFG
MSRP \$62.95
SAVE 35% OFF MSRP
YOUR PRICE \$40.92



NFT-5221-030
Natural Factors
Quercetin Lipomichel Matrix
30 SFG
MSRP \$27.95
SAVE 35% OFF MSRP
YOUR PRICE \$18.17



NFT-5221-060
Natural Factors
Quercetin Lipomichel Matrix
60 SFG
MSRP \$49.95
SAVE 35% OFF MSRP
YOUR PRICE \$32.47



NFT-6019-060
Natural Factors
Ubiquinol Active COQ10 100 mg
60 SFG
MSRP \$51.95
SAVE 35% OFF MSRP
YOUR PRICE \$33.77



NFT-6019-120
Natural Factors
Ubiquinol Active COQ10 100 mg
120 SFG
MSRP \$81.95
SAVE 35% OFF MSRP
YOUR PRICE \$53.27



NNA-5043-060
Nordic Naturals
Ultimate Omega + CoQ10
60 SFG
MSRP \$38.95
SAVE 20% OFF MSRP
YOUR PRICE \$31.16



NNA-5062-060
Nordic Naturals
Zero Sugar Curcumin Gummies
60 COUNT
MSRP \$29.95
SAVE 20% OFF MSRP
YOUR PRICE \$23.96



NNA-5042-045
Nordic Naturals
Vitamin B Complex
45 CAPS
MSRP \$29.95
SAVE 20% OFF MSRP
YOUR PRICE \$23.96



NNA-5114-030
Nordic Naturals
Vitamin D3 5000
30 COUNT
MSRP \$14.99
SAVE 20% OFF MSRP
YOUR PRICE \$11.99



NNA-6045-090
Nordic Naturals
Omega Joint Xtra
90 SFG
MSRP \$55.95
SAVE 20% OFF MSRP
YOUR PRICE \$44.76

March SUPPLEMENT SPECIALS



NOW-5157-090
Now Foods
Thyroid Energy
90 VCAPS
MSRP \$21.99
SAVE 40% OFF MSRP
YOUR PRICE \$13.19



NOW-8077-060
Now Foods
Alpha Lipoic Acid 250 mg
60 VCAPS
MSRP \$19.99
SAVE 40% OFF MSRP
YOUR PRICE \$11.99



NPR-5315-120
New Chapter
Holy Basil Force
120 VCAPS
MSRP \$76.60
SAVE 35% OFF MSRP
YOUR PRICE \$49.79



NTY-9018-060
Natur-Tyme
Thyroid Support
60 VCAPS
MSRP \$18.75
SAVE 30% OFF MSRP
YOUR PRICE \$13.13



NTY-9020-180
Natur-Tyme
InflamMove
180 VCAPS
MSRP \$55.99
SAVE 40% OFF MSRP
YOUR PRICE \$33.59



NWY-0046-004
Nature's Way
Umcka Cold Care Menthol Syrup
4 OZ
MSRP \$17.99
SAVE 25% OFF MSRP
YOUR PRICE \$13.49



NWY-0047-008
Nature's Way
Umcka Cold Care Cherry Syrup
8 OZ
MSRP \$32.99
SAVE 25% OFF MSRP
YOUR PRICE \$24.74



NWY-0099-004
Nature's Way
Umcka Cold Care Kids Cherry Syrup
4 FL OZ
MSRP \$13.49
SAVE 25% OFF MSRP
YOUR PRICE \$10.12



NWY-1009-020
Nature's Way
Umcka Cold+Flu Chewable Tablets Berry Flavor
20 CHEWABLES
MSRP \$19.49
SAVE 25% OFF MSRP
YOUR PRICE \$14.62



NWY-5651-004
Nature's Way
Umcka Elderberry Intensive Syrup
4 FL OZ
MSRP \$21.49
SAVE 25% OFF MSRP
YOUR PRICE \$16.12



SRY-6328-100
Solaray
Astragalus 400 mg
100 CAPS
MSRP \$12.29
SAVE 30% OFF MSRP
YOUR PRICE \$8.60



WOB-5000-200
Garden of Life
Wobenzym N
200 TABS
MSRP \$75.99
SAVE 25% OFF MSRP
YOUR PRICE \$56.99



JAR-5108-060
Jarrow
Alpha Lipoic Sustain with Biotin
60 TABS
MSRP \$27.99
SAVE 25% OFF MSRP
YOUR PRICE \$20.99



JIG-5000-240
Jigsaw Health
MagSRT
240 TABS
MSRP \$39.99
SAVE 5% OFF MSRP
YOUR PRICE \$37.99



LEF-5089-090
LifeExtension
Neuro-Mag Magnesium L-Threonate
90 VCAPS
MSRP \$41.00
SAVE 25% OFF MSRP
YOUR PRICE \$30.75



Personal Care PRODUCTS

**SAVE
20% OFF
MSRP!**



SBC-5038-3.7
The Seaweed Bath Co.
**Exfoliating Detox
Body Soap w/Arabica
Coffee + Cinnamon**
3.7 OZ
MSRP \$8.29
SAVE 20% OFF MSRP
YOUR PRICE \$6.63



SBC-5003-006
The Seaweed Bath Co.
**Hydrate
Body Cream
Unscented**
6 OZ
MSRP \$14.99
SAVE 20% OFF MSRP
YOUR PRICE \$11.99



SBC-5004-012
The Seaweed Bath Co.
**Hydrate
Body Wash
Unscented**
12 FL OZ
MSRP \$10.99
SAVE 20% OFF MSRP
YOUR PRICE \$8.79



SBC-5005-012 (Shampoo)
SBC-5033-012 (Conditioner)
The Seaweed Bath Co.
**Gentle
Shampoo/Conditioner
Unscented**
12 FL OZ
MSRP \$10.99
SAVE 20% OFF MSRP
YOUR PRICE \$8.79



EAS-0023-012 (Shampoo)
EAS-5001-012 (Conditioner)
Earth Science
**Fragrance Free
Shampoo/
Conditioner**
12 FL OZ
MSRP \$10.99
SAVE 20% OFF MSRP
YOUR PRICE \$8.79

Organic Cotton FEMININE CARE

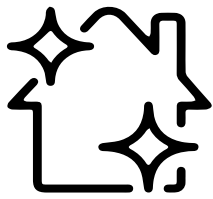


A NTC-5007-016 (Regular)
NTC-5003-016 (Super)
Natracare
**Organic Cotton
Tampons w/Applicator**
16 COUNT
MSRP \$10.59
SAVE 20% OFF MSRP
YOUR PRICE \$8.47

B NTC-5010-014 (Ultra)
NTC-5011-014 (Regular Maxi)
Natracare
Natural Pads
14 COUNT
MSRP \$8.55
SAVE 20% OFF MSRP
YOUR PRICE \$6.84

C NTC-5015-030
Natracare
**Natural Panty
Liners**
30 COUNT
MSRP \$4.95
SAVE 20% OFF MSRP
YOUR PRICE \$3.96

D NTC-5009-012
Natracare
**Natural Pads
Super Maxi**
12 COUNT
MSRP \$7.65
SAVE 20% OFF MSRP
YOUR PRICE \$6.12



Household ESSENTIALS

**SAVE up to
15% OFF MSRP!**



ECO-0006-025
Ecover

Zero Dish Soap Fragrance-Free

25 FL OZ

MSRP \$5.39

SAVE 15% OFF MSRP
YOUR PRICE \$4.58



ECO-0007-032
Ecover

Natural Fabric Softener Morning Fresh

32 FL OZ

MSRP \$7.19

SAVE 15% OFF MSRP
YOUR PRICE \$6.11



ECO-0017-025
Ecover

Ecological Toilet Bowl Cleaner Pine Fresh

25 FL OZ

MSRP \$5.99

SAVE 15% OFF MSRP
YOUR PRICE \$5.09



ECO-0023-064
Ecover

Zero Non-Chlorine Bleach

64 FL OZ

MSRP \$7.59

SAVE 15% OFF MSRP
YOUR PRICE \$6.45

EXTRA SHIPPING CHARGES APPLY



ECO-0041-025
Ecover

Automatic Dishwasher Tablets - Citrus

25 COUNT

MSRP \$8.05

SAVE 15% OFF MSRP
YOUR PRICE \$6.84



ECO-5002-093
Ecover

Zero 2X Liquid Laundry Detergent

93 FL OZ

MSRP \$22.39

SAVE 15% OFF MSRP
YOUR PRICE \$19.03

EXTRA SHIPPING CHARGES APPLY



SEV-5075-020
Seventh Generation

Drawstring Tall Kitchen 2-Ply Bags - 13 Gallon

20 EACH

MSRP \$8.19

SAVE 10% OFF MSRP
YOUR PRICE \$7.37



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



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



SEV-5098-120
Seventh Generation

Jumbo Roll 2-Ply Paper Towels

120 COUNT

MSRP \$4.89

SAVE 10% OFF MSRP
YOUR PRICE \$4.40



SEV-5117-035
Seventh Generation

Disinfecting Wipes

35 COUNT

MSRP \$7.99

SAVE 15% OFF MSRP
YOUR PRICE \$6.79



SEV-5117-070
Seventh Generation

Disinfecting Wipes

70 COUNT

MSRP \$10.09

SAVE 15% OFF MSRP
YOUR PRICE \$8.58

Pricing is only valid for March 2023

Online anytime www.needs.com 7

Check Out Our Incredible Annual

Austin Air SALE!

Improve
the Quality
of Your Air!



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

HealthMate Plus Air Purifier

1 EACH
MSRP \$855.00
SAVE 10% OFF MSRP
YOUR PRICE \$769.50
FREE SHIPPING



AUS-5002-BLK (Black)
AUS-5002-MBL (Midnight Blue)
AUS-5002-SAN (Sandstone)
AUS-5002-WHT (White)
Austin

HealthMate Plus Filter

1 EACH
MSRP \$430.00
SAVE 10% OFF MSRP
YOUR PRICE \$387.00
Extra Shipping Charges Apply



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

HealthMate Jr. Plus Filter

1 EACH
MSRP \$295.00
SAVE 10% OFF MSRP
YOUR PRICE \$265.50
Extra Shipping Charges Apply

MOSONATURAL

SAVE 20% OFF MSRP!

NATURAL ODOR ABSORBERS THAT

YOU CAN USE ANYWHERE!



MOS-5004-001
Moso
**Stand-Up Odor
Eliminator 300g**
1 EACH
MSRP \$10.95
SAVE 20% OFF MSRP
YOUR PRICE \$8.76



MOS-5006-001
Moso
**Stand-Up Odor
Eliminator 600g**
1 EACH
MSRP \$19.95
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 20% OFF MSRP
YOUR PRICE \$6.36



MOS-5002-BLK (Black)
Moso
**Mini Air Purifying
Bag-2 pack**
1 EACH
MSRP \$9.95
SAVE 20% OFF MSRP
YOUR PRICE \$7.96



MOS-5005-001
Moso
Car Moso Bag
1 EACH
MSRP \$9.95
SAVE 20% OFF MSRP
YOUR PRICE \$7.96