



Nutrition with Intention™

**Let food be thy medicine
and medicine be thy food.
— Hippocrates**

Since 1982 our manufacturing company, New Spirit Naturals, team of clinical nutritionists, chemists, and research scientists has passionately pursued the creation of natural products and educational resources to help millions of people to find their personal path to Health and Wellness.

It remains our daily quest to re-explore centuries of knowledge and folklore about natural botanicals, foods and herbs and apply modern scientific technologies to these time-tested ingredients. The result has consistently led to life changing proprietary formulas and products that support optimal Health, Wellness and Beauty.

New Spirit Naturals proprietary products have been at the forefront of the Nutritional Industry for more than 30 years.

Our success is ensured by offering biologically active and tested ingredients that are monitored for quality and activity in each stage of the manufacturing process. Each ingredient must pass strict quality, sourcing, activity level, extracting and processing specifications before being accepted for use in New Spirit's formulations and products. Less than five percent of ingredients presented will ever find their way into our products. Our belief is that each ingredient must have the potential to support the body's innate ability to renew, rejuvenate and heal itself...inside and out.

All New Spirit Naturals products are produced with care in our modern FDA-GMP registered manufacturing facility in California. Our team of experienced professionals, with over 100 years of combined experience, are committed to quality; ensuring that all products meet or exceed our specifications and perform for their intended purpose. Each product is backed with educational materials, literature and training to help our Members make informed decisions.

New Spirit Naturals was founded on the belief that simple diet and lifestyle choices along with the right nutritional supplements can assist the body and help protect us from endogenous and environmental toxins, boost cellular energy and slow or even reduce the "aging process". Such benefits have the potential to result in better Health, Wellness and Vitality rather than disease and degenerative aging.

We invite you to join us in our mission "To Change the Health of the World, One Person at a Time". Now... it's your time!

Dr. Larry J. Milam
President and Founder

Join Us Online: www.naturalways.com

Digestive Health

A. Lacto-Supreme™ Fifty million Americans are lactose intolerant, unable to digest milk and milk products without distressing symptoms. Lacto-Supreme™ provides a full complex of targeted digestive enzymes, prebiotics and probiotics that, when taken before a meal, can help improve digestion plus prevent the uncomfortable symptoms of lactose (milk sugar) or complex carbohydrate intolerance from grains, legumes, cheese and dairy products.†

(2071) 60 capsules \$29.95

A. Probiotic Complex-10 Meaning “for life”, probiotics are an important key in optimizing digestion and maintaining a healthy pH in the digestive tract. Probiotic Complex is a blend of 10 beneficial probiotic strains (all lactose free). Each capsule contains over TWO BILLION organisms ready to boost the body’s re-colonization process and restore health to the digestive tract.

- Provides digestive support.†
- Enhances synthesis of B vitamins and improves absorption of Calcium (bone building).†
- Protects against E.Coli infection.†
- Improves lactose tolerance and the digestibility of milk products.†
- Supports immune function.†

(3000) 60 capsules (2 billion per serving) \$29.95

(3000PRO) 150 g. powder (10 billion per serving) \$49.95

B. Jerusalem Artichoke Flour Jerusalem Artichoke Flour (JAF) provides a natural source of fructooligosaccharides (FOS), inulin, a blend of probiotics and a full spectrum of plant based enzymes along with olive leaf extract and black walnut. FOS and inulin serve as prebiotics and support the recolonization of bifidobacterium in the colon. Normalizing intestinal flora can often help those dealing with Candida Albicans.†

(5002) 171 g. powder (53 servings) \$39.95

C. PhytoOpti-Zymes™ PhytoOpti-Zymes™ is a blend of plant based enzymes designed to assist in the digestion of protein, fat, sugar and starch. Almost all digestive disorders begin with a breakdown in the body’s ability to naturally digest and assimilate important nutrients.† Diets rich in cooked and processed foods

are often deficient in natural enzymes. Taken before, after, or between meals, this proprietary blend of enzymes can ease your body’s digestive burden and help prevent bloating and other symptoms of indigestion.†

(2069) 60 capsules \$35.95

D. Magic Fiber™ CLR Each serving of Magic Fiber™ CLR provides 11 grams of soluble, clear, tasteless dietary fiber that does not thicken when mixed with water or your favorite beverage. Fiber helps maintain normal, healthy intestinal regularity. Magic Fiber™ CLR contains two different types of fructooligosaccharides that arrive in the large intestine undigested and serve as prebiotics (encouraging the growth of naturally occurring bifidobacteria). Magic Fiber™ CLR is further enhanced by a complex of over 70 trace minerals.

(5003) 10.1 oz. powder \$24.95

E. NutriCleanse™ Maintaining colon health is critical to the assimilation of nutrients and the elimination of toxins from the food we eat. NutriCleanse™, with over 9 grams of cleansing fiber per serving, allows you to easily increase dietary fiber plus add key nutrients to assist the body’s natural process of elimination without harsh, habit forming laxatives. NutriCleanse™ is lactose free, and contains no sugar, yeast, dairy products, coloring, flavoring, wheat, corn, soy or preservatives.

(5000c) 180 capsules \$29.95

(5000) 16 oz. powder \$29.95

F. Yeast X™ In some cases, an excess of yeast in the body can lead to gas, bloating and constipation in both men and women. Yeast X™ contains a complex proprietary blend of nutrients including Jerusalem Artichoke Flour, Olive leaf extract, Goldenseal and Oregano to support the body’s ability to strike out yeast and maintain an overall healthy balance.†

(2097) 60 capsules \$36.95

G. Gut Renew Gut Renew is a blend of all natural ingredients formulated and designed to help support and repair the lining of the gastrointestinal tract. Key ingredients such as L-Glutamine, Glucosamine, Aloe Vera, Jerusalem Artichoke, MSM and Quercetin are combined in this proprietary blend to help provide nutritional support for Leaky Gut, IBS, Chronic Fatigue and other related issues.†

(2096) 240 g. powder \$44.95



For Additional Digestive Health Support, We Recommend

The Wellness Pack (pp. 4&5)

Glutamine Plus™ (p. 9)

Aloe Cranberry Concentrate (p. 16)

Aloe Papaya with Acai Concentrate (p. 16)

Super Life™ Aloe Vera Concentrate (p. 16)

Aller-ease™ (p. 14)

Longevity Heart Chi™ (p. 15)

Kidney Enhancer™ (p. 14)

Magic Fruit™ (p. 15)

The Wellness Pack

7 PRODUCTS DESIGNED FOR OPTIMAL WELLNESS

Green Magic™ A great tasting, total body rejuvenation blend of nutrient rich superfoods. Carefully formulated and prepared to preserve its nutritional content, Green Magic™ provides a full complex of natural enzymes, minerals, amino acids, vitamins, antioxidants and phytonutrients. It is the **ULTIMATE GREEN FOOD** in a concentrated, alkalizing and energizing form and contains no preservatives, added sugars or artificial colorings. It is **LACTOSE, GLUTEN and GRAIN FREE**.

KEY INGREDIENTS INCLUDE:

- Spirulina
- Chlorella
- Green Plant Juices (Barley, Wheat and Kamut)
- Coenzyme Q10
- Sea Vegetables — Kelp & Dulse
- Lecithin (De-Oiled)
- Microbiome Probiotic Blend
- Jerusalem Artichoke Powder (Prebiotic)
- Apple Fiber & Apple Pectin
- Royal Jelly
- Rice Membrane Powder
- Wheat Sprouts

For more detail on this amazing product, see page 12.

(2005) 5 oz. powder \$29.95

(In Wellness Pack only. Not for individual sale.)

Vita Balance 2000+ (THE ULTIMATE VITAMIN)

Over 125 ingredients in Vita Balance 2000+ provide a comprehensive nutritional foundation for good health and wellness by featuring an optimized blend of all essential vitamins, chelated macro minerals, amino acids, trace minerals and a biobotanical complex of 20 plus natural herbs. Contains **NO** animal products, sugar, corn, wheat or preservatives. **GLUTEN FREE**.

- Can be taken on an empty stomach or with a meal.
- Supports a healthy liver.†
- Contains all eight water soluble B vitamins.
- Helps provide nutritional support for hundreds of metabolic processes in the body which require one or more vitamins and/or minerals.†
- Provides an optimized balance of minerals, utilizing mineral amino acid chelates to provide superb absorption.†
- Provides not only major minerals, but a full spectrum of 70+ trace minerals in their natural ionic state.

(2000) 90 tablets \$24.95

Phyto Opti-Zymes™ (A COMPLETE PLANT BASED MULTI-ENZYME COMPLEX) Designed to supplement an enzyme deficient diet that can trigger uncomfortable symptoms, including gas and bloating. These common symptoms often signal digestive insufficiencies that can lead to more advanced metabolic challenges, including weight problems, fatigue, allergies and excessive aging.† Phyto Opti-Zymes™ boosts digestion and absorption with three proteases (protein digesting enzymes); seven carbohydrases (carbohydrate digesting enzymes); proprietary acid stable lipase (fat digesting enzyme); proprietary hemicellulose (indigestible fiber digesting enzyme); plus peptizymes and bromelain from pineapple. Prepared in a special base of prebiotic enhancers (Jerusalem Artichoke and Fructooligosaccharides) that helps cultivate healthy probiotics. **GLUTEN FREE**.

(2069) 60 capsules \$35.95

TOTAL RETAIL VALUE OF
THE WELLNESS PACK: \$195.65

**Special
Retail Price:
\$155.95**



New Life 1000™ (OMEGA-3 FATTY ACIDS, ESSENTIAL EPA & DHA) Derived from deep cold water fish oil, New Life 1000 provides beneficial fatty acids referred to as Linoleic (Omega 6), Alpha-Linolenic (Omega 3) and Gamma Linolenic (GLA). Since these essential fatty acids cannot be manufactured by the body, it is vital that they are obtained through diet or supplementation.

Omeegas can assist the body by lowering LDL (bad cholesterol) and increasing HDL (good cholesterol) levels, stimulating production of natural anti-inflammatory agents in the body, helping improve brain function and naturally reducing inflammation and arthritic conditions†

Contains NO artificial preservatives, colorings or flavors. Three softgels contain 540 mg. EPA (eicosapentaenoic acid) and 360 mg. DHA (docosahexaenoic acid). GLUTEN FREE. (1000) 90 softgels \$24.95

Mega Pro Plus (A POWERFUL ANTIOXIDANT COMPLEX)

Contains standardized, concentrated Proanthocyanadins (OPC's) from Muscadine, Grape and Cranberry Extract, plus standardized extracts to provide broad support for the body's antioxidant system. These potent extracts include polyphenols from Green Tea, Lutein, Lycopene, Curcuminoids, Tumeric, Bioflavonoids and Terpenes from citrus peel, Phytosterols from tomato extract, Isothiocyanates and Sulforaphanes from broccoli. Alpha Lipoic Acid and N-Acetylcysteine add yet another layer of protection from free radical damage. GLUTEN FREE.

(2058) 60 capsules \$29.95

Meal in a Glass™ (METABOLICALLY BALANCED PROTEINS PLUS FIBER COMPLEX, VITAMINS AND MINERALS)

These key nutrients can give you and your family a great start every day. Use as a meal replacement to melt away unwanted inches and pounds, while providing important nutrients to give you an energy boost. Mix with Green Magic™ and your favorite beverage. CONTAINS NO ADDED SUGAR. GREAT TASTE! Available in Vanilla, Chocolate and Strawberry flavors. 12 grams of protein per serving. Only 75 calories per serving. GLUTEN FREE.

(4012) Vanilla 1.05 lbs. powder (30 servings) \$29.95 (Chocolate or Strawberry flavors are available upon request.)

NutriCleanse™ (ALL NATURAL COLON CLEANSING FIBER)

Each serving contains over 9 grams of digestible and non-digestible fiber plus key nutrients to assist the body's natural process of elimination without harsh, habit forming laxatives. Ingredients: Plantago Psyllium Seed Husk, Guar, Single Cell Broken Wall Chlorella in a base of Aloe Vera, Capsicum, Rosehip Seed Powder, Black Walnut, Senna Pod, Garlic and Acidophilus (lactose free). Contains NO sugar, yeast, coloring, flavoring, wheat, corn, soy or preservatives. GLUTEN FREE.

(5000I) 90 capsules \$19.95 (In Wellness Pack only. Not for individual sale.)



- Shake Recipe**
- 8 oz. purified water
 - 1 heaping spoon Green Magic™
 - 1 scoop Meal in a Glass™
 - 1 tbsp. Lecithin
 - ¼ cup Omega Blueberry™
 - ½ banana
 - Ice as needed

Essential Oils

BLENDS
 .50 FL. OZ.
 \$25.00 EACH

INDIVIDUAL OILS
 .50 FL. OZ.
 \$20.00 EACH



BLENDS

Uplift (1430) Created to relax your body and soul and allow you to let go of anxiety and sadness. The sweet flowering smell of Ylang Ylang invokes feelings of renewed joy and hope while the spicy undertones of Bergamot work to improve your mood and get you back into the swing of things!

UPLIFT Blend includes: Citrus Bergamia (Bergamot) Essential Oil, Citrus Aurantium Dulcis (Sweet Orange) Peel Oil and Citrus Medica Limonum (Lemon) Peel Essential Oil, Cananga Odorata var Genuina (Ylang Ylang II).

Relax (1340) The beautifully flora Lavender mixed with the delicate aroma of Mandarin and the fantastic warmth of Rosewood helps you slide into relaxation anytime you feel the need to take it easy!

RELAX Blend includes: Lavandula Angustifolia (Lavender) Essential Oil, Citrus Medica

Limonum (Lemon) Peel Essential Oil, Citrus Reticulata (Mandarin) Essential Oil, Aniba Roseodora (Rosewood) Essential Oil and Citrus Aurantium Dulcis (Sweet Orange) Peel.

Well Being (1450) This Sweet Basil blend works to restore mental alertness while scents of Cypress & Eucalyptus bring you in harmony. Ginger & Peppermint help clear impurities and restore balance.

WELL BEING Blend includes: Ocimum Basilicum (Sweet Basil) Essential Oil, Cupressus Sempervirens (Cypress) Essential Oil, Eucalyptus Globulus (Eucalyptus) Leaf Essential Oil, Zingiber Officinale (Ginger) Root Essential Oil, Lavandula Angustifolia (Lavender) Essential Oil, Citrus Medica Limonum (Lemon) Peel Essential Oil, Citrus Aurantium Dulcis (Sweet Orange) Peel Oil, Mentha Piperita (Peppermint) Essential Oil and Ravensara Aromatica (Ravensara).

Energy (1170) This blend was created to invigorate the spirit when you need a quick burst of energy!

ENERGY Blend includes: Citrus Paradisi (Pink Grapefruit) Essential Oil, Citrus Medica Limonum (Lemon) Peel Essential Oil, Citrus Aurantifolia (Lime) Essential Oil, Litsea Cubeba (Litsea) Fruit Essential Oil, Citrus Reticulata (Mandarin) Essential Oil and Citrus Aurantium Dulcis (Sweet Orange) Peel.

Fresh (1460) This vibrant combination of mint oils, cinnamon and clove, balanced with the spicy fresh scent of Tea Tree will delight the senses.

FRESH Blend includes: Mentha Spicata (Spearmint Oil), Mentha Piperita (Peppermint Oil), Melaleuca Alternifolia (Tea Tree Oil), Cinnamomum Zeylanicum (Cinnamon Oil), Syzygium Aromaticum (Clove Bud Oil).

INDIVIDUAL OILS

Organic Cinnamon Leaf

(CINNAMOMUM ZEYLANICUM) (716) This versatile food grade oil has traditionally been used to ease constipation, exhaustion and stress conditions.

Eucalyptus (EUCALYPTUS OFFICINALIS)

(704) Soothes tired muscles when applied topically with a carrier oil dilution and invigorates the airways and room when diffused.

Grapefruit (CITRUS PARADISI)

(701) Revered by aromatherapists for its spiritual uplifting properties and ability to ease nervous exhaustion.

Lavender Bulgarian (LAVENDULA

ANGUSTIFOLIUM L.) (702) Promotes restful sleep and ultimate relaxation.

Lemon Oil (CITRUS LIMON)

(703) This sugary, spicy citrus oil is great for a quick moment of clarity.

Lemongrass (CYMBOPOGON

FLEXUOSUS) (700) Can be used with a carrier oil for the soothing of tired muscles, nerves and minor discomforts.

Rosemary (ROSEMARINUS

OFFICINALIS) (712) A fresh, sweet, herbal aroma that promotes energy and restores mental alertness.

Sweet Orange (CITRUS SINENSIS)

(706) Invigorating and refreshing, providing a fresh clean fragrance to any space.

Organic Peppermint (MENTHA

PIPERITA) (715) This naturally cooling oil can be used to ease tension and muscular aches while promoting alertness and stamina.

Clove (SYZYGIUM AROMATICUM)

(717) A versatile sweet-spicy oil with a fruity fresh top note to help with everything from bad breath to nausea.

Anti-Aging



For Additional Anti-Aging Support, We Recommend:

The Wellness Pack (pp.4&5)
 Vitamin E+ (p.11)
 Magnum C (p.9)
 Vita-D™ (p.11)
 Bio-Avail Co Q 10 (p. 21)
 NeuroExcel™ (p. 23)
 Liver Chi™ (p. 14)
 Longevity Heart Chi™ (p. 15)
 Kidney Enhancer™ (p. 14)

A. ORAC+™ 10,000+ (THE ULTIMATE ANTI-AGING PRODUCT) New Spirit Naturals ORAC+™ 10,000+ has been tested by an independent laboratory to contain over 10,000 Oxygen Radical Absorbance Capacity units. Some health experts suggest that we need approximately 3,800 ORAC units per day to neutralize the free radicals we encounter in our diet and environment.
 (600C) 90 capsules \$39.95

B. Restore™ Ribose and L-Carnitine Fumerate (U.S. patent #4,602,039) combine in this energy building formula. These ingredients help increase the body's natural energy production which may help improve cardiovascular health and enhance recovery time after strenuous exercise.† Note: It is recommended that Type II diabetics consult their health professional to determine appropriate use.
 (6007) 160 g. powder \$39.95

C. AlphaCell PM™ For those interested in anti-aging and longevity, AlphaCell PM™ promotes peak mental performance and natural HGH release with a synergistic blend of Alpha-glycerophosphocholine (alpha GPC) and Phosphatidylserine with regulating and detoxifying amino acids Taurine, Glutamine, Lysine and Selenomethione.†
 (6002) 60 capsules \$39.95

D. Acai Pure™ Acai berry is considered one of the most nutritious fruits on the planet packed with antioxidants (over 1,000 ORAC units per tsp!), vitamins, essential fatty acids (EFA), fiber and amino acids. New Spirit's ORGANIC Acai Pure™ can be blended into your favorite beverage, smoothie or added to finished foods.
 (6010) 90 g. powder \$35.95

E. Mega Pro Plus (A POWERFUL ANTIOXIDANT COMPLEX) Contains standardized, concentrated Proanthocyanadins (OPC's) from Muscadine, Grape and Cranberry Extract, plus standardized extracts to provide broad support for the body's antioxidant system. These potent extracts include polyphenols from Green Tea, Lutein, Lycopene, Curcuminoids, Tumeric, Bioflavonoids and Terpenes from citrus peel, Phytosterols from tomato extract, Isothiocyanates and Sulforaphanes from broccoli. Alpha Lipoic Acid and N-Acetylcysteine add yet another layer of protection from free radical damage. GLUTEN FREE.
 (2058) 60 capsules \$29.95

F. Alpha Pure™ Alpha Lipoic Acid (ALA) is described as the "Universal" antioxidant because of its ability to neutralize free radicals in both the lipid and watery regions of cells. One of the most beneficial aspects of ALA is its ability to directly recycle and extend the metabolic lifespan of vitamin C, Glutathione and CoQ10, and indirectly renew vitamin E.†
 (6003) 60 softgels \$26.95

G. Gluta-Plus™ Glutathione is known as the body's master antioxidant and is described as the AID of life. (Antioxidant, Immune booster and Detoxifier). Each capsule contains 250 mg. of stabilized, Non-GMO reduced Glutathione with 90% oral bioavailability, along with ingredients that specifically support the body's natural production and utilization of Glutathione.†
 (6012) 60 capsules \$39.95

H. SignaCell AM™ Designed for those concerned about declining metabolic function, this proprietary formula includes Acetyl L-Carnitine and Alpha Lipoic Acid, (powerful antioxidants that have been shown to help support natural mitochondrial function and reduce free radical damage) and synergistic amino acids L-Arginine, L-Proline, and L-Lysine to provide additional support to the body.
 (6001) 60 capsules \$39.95

I. Super Carnosine™ Carnosine acts as an antiglycating agent, helping to reduce the formation of Advanced Glucation End products (AGE's). Some studies show significant anti-aging effects. Carnosine is important for many normal body functions including proper development of the heart, liver, kidney and brain and has been shown to increase muscle strength and endurance.
 (6006) 60 capsules \$46.95

Nutritional Foundation

A. Colloidal Silver Silver is a natural component of our immune system, acting in concert with the immune system to minimize the proliferation of bacteria, viruses, and fungi.† Colloidal Silver is tasteless and can be used as a dietary supplement or applied to skin.
(266) 4 fl. oz. \$29.95

B. Electrolyte Charge™ Electrolyte Charge™ replenishes, hydrates and balances your system effectively and contains the minerals the body needs to function. It provides the electrolyte benefit of sports drinks without the calories, carbohydrates and sugar.
(2039) 4 fl. oz. \$29.95

C. Children's ABC's™ Teach kids the fundamentals of good health and begin developing habits that can keep them healthy throughout their lives. These fun, delicious animal shaped vitamins are exactly what you need to start this process. They contain the basics—the ABCs for good health!
(33) 90 chewable tablets \$19.95

D. Children's Liquid Multi Vitamin Children's Liquid Multi Vitamin & Mineral Supplement is formulated just for kids to provide them with the vitamins, minerals and important nutrients they need plus a concentrated blend of over 70 trace minerals.† Contains no known allergens. GLUTEN FREE.
(34) 8 fl.oz. \$29.95

E. Golden Ginkgo Ginkgo has gained the reputation as a brain and memory tonic and a powerful antioxidant.† New Spirit's Golden Ginkgo provides a standardized potency, guaranteeing the efficacy of Ginkgo's important phytochemical constituents, flavonoids and terpenoids.
(2054) 60 capsules \$26.95

F. Defense™ An immune factor nutritional support formula that incorporates some of the best known herbs in Chinese and Western Medicine. Echinacea, Astragalus, Reishi Mushroom, Golden Thread, Cat's Claw, and Aloe Vera are teamed up to provide powerful nutritional support.
(2055) 90 capsules \$26.95

G. 20-20 VisClear™ Care and support for your eyes! 20-20 VisClear™ contains synergistic ingredients including Lutein, Lycopene, Beta Carotene, Spirulina, Citrus Bioflavonoids, Bilberry, Ginkgo Biloba and Eyebright combined with antioxidants Selenium, Copper, Taurine, N-Acetyl Cysteine, L-Glutathione, L-Glycine, and Alpha Lipoic Acid.
(2020) 60 capsules \$39.95

H. Bee Pollen It has been said that Bee Pollen, Royal Jelly and Propolis are the "Ambrosia of the Gods"—a way to acquire eternal youth. They provide sources of minerals, B vitamins, and amino acids important to everyday nutritional needs.
(2053) 60 capsules \$29.95



I. CoCoAmino™ (SPORTS RECOVERY DRINK) Use CoCoAmino™ to replenish needed amino acids, trace minerals and natural electrolytes before, during or after a workout. Each serving provides the equivalent of 50 ml. of pure Organic Coconut Water and a complete blend of 21 essential and non-essential free form Amino Acids plus Creatine to improve endurance and performance.

(2093) 270 g. powder \$39.95

J. Magnum C Provides a more bioavailable source of Vitamin C. A proprietary manufacturing process protects naturally occurring Vitamin C metabolites that increase the bioavailability of this important antioxidant. Because Magnum C is pH neutral, it is gentle to the system, particularly the stomach. Bioflavonoids, Botanicals, Rosehips and Tumeric make this a powerful supplement for the entire family.

(2006) 60 tablets (500mg.) \$29.95

K. Ionic Trace Minerals This concentrated solution contains over 70 bioavailable minerals and trace minerals. Just 20 drops per day are recommended to maintain optimum health.

(2040) 4 fl. oz. \$29.95

L. Premium De-Oiled Lecithin Lecithin is known for its ability to emulsify fat plus provide a powerhouse of nutrients, including EFA's, B vitamins and phosphorous. 2 heaping tablespoons daily supplies your entire RDI for choline, making it about the best thing you can do for memory.† Our Lecithin is produced through an acetone free ultrafiltration process and is Polymerase Chain Reaction–Negative (PCR). PCR-Negative is a test to identify the presence of GMO residuals. Kosher & Halal certified.

(5001) 300 g. \$26.95

M. Glutamine Plus™ Glutamine, the most common amino acid in the body, provides support to the digestive tract for optimal health. It is also the primary fuel for the body's immune system and a key to preventing the breakdown of muscle after strenuous exercise. Note: When experiencing symptoms of illness or chronic digestive distress, this or any supplement should always be taken as directed by your healthcare practitioner.

(2067) 140 g. powder \$39.95

N. Maca Maca™ Maca has gained an international reputation as a powerful energy enhancer that adds strength, vitality and stamina. A winning combination of health benefits for both men and women.† This superfood contains valuable protein, amino acids and minerals. Non-GMO, Kosher Vegetarian and Certified Organic.

(6008) 120 g. powder \$34.95

O. M-U Tene Beta Carotene, the precursor to Vitamin A, is a very powerful antioxidant that is beneficial for many things including your eyes, circulatory and cardiovascular systems. It may also help to boost the immune system by neutralizing free radicals and slowing the aging process.† Each softgel delivers the equivalent of 25,000 IU's of Vitamin A.

(2010) 120 softgels \$24.95

P. Life Essentials (EFA's) (BLACK CURRANT SEED OIL WITH GLA) There are only a few sources of GLA. One is mother's milk, which science credits with helping infants develop a strong immune system. Blackcurrant Seed Oil is another natural source that, in addition to GLA, also contains 45–50% Linoleic Acid and 25–30% Linolenic Acid. This unique blend makes it a valuable food supplement for adults and children.

(1001) 90 softgels \$26.95



Nutritional Foundation



A. New Life 1000™ (OMEGA-3 FATTY ACIDS ESSENTIAL EPA & DHA) Scientific evidence suggests that, when regularly consumed, supplements from deep cold water fish dramatically reduce harmful fats and triglyceride levels.† Contains NO artificial preservatives, colorings or flavors. Three soft gels contain 540 mg. EPA and 360 mg. DHA. Non-GMO & GLUTEN FREE.
(1000) 90 softgels \$24.95

B. New Life Pro™ A pharmaceutical grade, molecularly distilled liquid Omega fish oil that is so pure and fresh that it can be used directly from the bottle or mixed with food. Lemon flavor. Non-GMO & GLUTEN FREE.

| ONE SERVING (1 TSP.) CONTAINS | |
|-------------------------------|--------------|
| Omega-3 Fatty Acids | 1400–1700mg. |
| EPA (C20.5n3) | 740–825mg. |
| (C22.6n-3) | 460–550mg. |
| Other Omega-3 | 200–325mg. |

(1002) 7 fl. oz. (40 servings) \$32.95

C. New Life Xtra™ Molecularly distilled and concentrated Omega-3 fish oil. Each softgel contains EPA (400 mg.) & DHA (200 mg.) plus other Omega's 3–6–9. Each soft gel contains a unique enteric coating to create a “scentless” technology and avoid the “repeat flavor” of many fish oil products. Non-GMO and GLUTEN FREE.
(1004) 90 softgels \$29.95

D. Ultra Whey-Pro™ Protein A complete complex of bioavailable amino acids, the building blocks required to sustain peak performance. Ultra Whey-Pro™ offers the highest content of BCAA (53%), as compared to 20% in regular whey. This delicious whey protein also has a high biological value, which means that less is needed to accomplish tissue repair, growth, and recovery.† Contains 24 grams of protein per serving.
(4013c) Chocolate Flavor 1.4 lbs. powder (20 servings) \$39.95
(4013) Vanilla Flavor 1.4 lbs. powder (20 servings) \$39.95

E. Response Factor™ (COLOSTRUM) Response Factor™ concentrates key immune-boosting Transfer Factors from colostrum to boost your immune system. This powerful product offers a rich profile of immunoglobins (IgG), vitamins, minerals, immuno-enhancing molecules, transfer factors, lactoferrin and proline-rich polypeptides (PRP).
(6011) 60 g. powder \$29.95
(6011p) 200 g. powder \$99.95

F. Ultimate Iron-Pro™ Ultimate Iron-Pro™ is a proprietary form of ferric iron (FE+++), bound with a chemically modified protein by a process called succinylation. This remarkable patented iron allows the benefit of iron supplementation without unpleasant side effects normally associated with iron products.
(2041) 60 capsules \$29.95

G. Royal Silk Vegetable Protein (RSVP™) A vegan protein formula of Organic Brown Rice (Non-GMO/Gluten Free/Kosher, Hypoallergenic), Yellow Pea Protein (Non-GMO/Kosher, Halal), and Organic Coconut flour proteins yielding a highly soluble, pleasant tasting source of quality proteins. In addition, it contains New Spirit's green food blend of Watercress, Alfalfa Juice, Parsley and Broccoli Extract. Vanilla flavor. 15 grams of protein per serving. Does not contain soy, preservatives or coloring agents.
(4014) 1.3 lbs. powder (25 servings) \$39.95



H. VitaBalance 2000+ (YOUR NUTRITIONAL BASICS)

Over 125 ingredients in Vita Balance 2000+ provide a comprehensive nutritional foundation for good health and wellness by featuring an optimized blend of all essential vitamins, chelated macro minerals, amino acids and trace minerals. Within hours you will feel the difference that a synergistic and balanced blend of nutraceuticals can make in unleashing your body's natural rejuvenating and cleansing mechanisms. Contains NO animal products, sugar, corn, wheat or preservatives. GLUTEN FREE.

(2000) 90 tablets \$24.95

I. Vita-B12 Vitamin Spray (THE ENERGY VITAMIN) Vitamin B12 depletion and deficiency are much more common than previously thought — especially for those over 60, strict vegetarians and those who consume over refined foods.† Our convenient, metered spray (provides 60 mcg. of Vitamin B12 per spray) is stimulant free and tastes great with a natural peppermint flavor.

(2050S) 30 ml. (150 servings) \$24.95

J. Vita-D3 Vitamin Spray This stimulant free, liquid form of Vitamin D contains only natural ingredients with a natural peppermint flavor. Our convenient, metered spray provides 1,000 IU's of Vitamin D3 per spray.

(2049S) 30 ml. (150 servings) \$24.95

K. New Spirit's White Chia™ Chia seeds have long been called the "Running Food" because it releases energy steadily, provides a feeling of fullness and helps maintain blood sugar levels — all of which are helpful in maintaining a healthy body weight. Chia seeds are also an energy source for endurance, strength and hydration. New Spirit's White Chia contains over 2,200 mg. of Omega's, 4 g. of dietary fiber and 2.5 g. of protein per serving.

(1015) 1 lb. powder (41 servings) \$26.95

L. Vita-D™ (1,000 IU's) Known as the "sunshine vitamin" and formerly believed to be important only for bone health, Vitamin D is now seen as having a critical function in maintaining the immune system and many body processes throughout life.

(2049) 100 softgels \$19.95

M. Vitamin E+ This potent, natural Vitamin E provides the body its first line of defense against cascading free radicals known as lipid peroxidation, affording powerful antioxidant protection to your eyes, brain, lungs and heart.† 400 IU's per softgel.

(2050) 90 softgels \$24.95

N. Vitamin D3 (5,000 IU's) Vitamin D is a fat soluble vitamin that plays a role in many important functions. While it's best known for working with calcium in your body to help build and maintain strong bones, it also is involved in regulating the immune system and cells.

(2089) 90 softgels \$24.95

O. Vitamin K2 (MK-7) Vitamin K plays a critical role in maintaining healthy bone density by facilitating the transport of calcium from the bloodstream into the bone. Studies have shown that Vitamin K2 is absorbed up to ten times more than Vitamin K1. Each capsule provides 100 mcg. of Vitamin K2.

(2014) 60 capsules \$24.95

Immune Booster Pack

- Beta Glucan (p.22)
- Defense™ (p.8)
- Magnum C (p.9)

Total Retail Value:
\$ 96.85

Special Retail Cost:
\$92.95

GREEN MAGIC™ (THE ULTIMATE SUPERFOOD)

CONTAINS SUPERFOODS SELECTED FOR THEIR SUPERIOR NUTRITIONAL CONTENT.

- Optimal Balance of Protein (30%), Carbohydrates (40%), and good fat (30%).
- An easily digested and assimilated group of superfoods.
- Low caloric value (15 calories per serving).
- Nutrient dense (Only 3 grams per serving).
- Vitamins, minerals, antioxidants, enzymes and phytonutrients.
- No added sugars, colors or preservatives.

SPIRULINA

- Contains the most digestible source of protein on the earth (85%–95% digestible).
- A freshwater, single-celled blue/green algae (aquatically cultivated).
- 65–70% protein.
- Highly digestible.
- Best source of vitamin B12.
- Long term source of energy.
- Rich in beta-carotene and chlorophyll.

CHLORELLA — DARK GREEN MICROALGAE

- An aggressive, powerful heavy metal detoxifying agent.
- Feeds heart tissues natural iron.
- Aids in the body's detoxification of radiation and drugs.
- Reduces food cravings and helps promote weight loss.
- Helps detoxify the skin.
- Supports the immune response.
- Improves digestion, strength, stamina, and energy.
- Increases mental clarity and concentration.

LECITHIN

- Helps the body emulsify and mix lipids and water.
- Promote healthy cell membranes.
- Helps reduce cholesterol (blood lipids).
- Supports brain health and memory.
- An excellent source of choline.

NOTE: The Lecithin source in Original Green Magic™ is soy.
The Lecithin source in Organic Green Magic™ is certified organic sunflower.



ORIGINAL

(2005C) 300 CAPSULES OR
(2005) 10 OZ. POWDER
(90 SERVINGS)

\$39.95

A. Earth's Harvest™ New Spirit's unique 100% Micro Algae blend combines three algae groups: bluegreen spirulina (Cyanophyta), green chlorella (Chlorophyta) and red dunaliella (Rhodophyta). Micro Algae are the lowest plant forms that use sunshine for energy and carbon dioxide for respiration. In return, they provide us with valuable oxygen and essential nutrition, including bio-available protein (approximately 85%), an ideal amino acid profile, naturally chelated minerals, gamma linolenic acid (GLA), Omega-3 and vegetable Vitamin B12.

(2003c) 180 capsules \$39.95

(2003) 175 g. powder \$39.95

B. Alpha Greens™ A 100% blend of alkalizing grass juices: Organic Alfalfa (Medicago sativa) juice plus Organic Wheat, Barley and Kamut Grass Juice. New Spirit's grasses are grown in a pristine environment, harvested at their nutritional peak, and juiced to capture their rich store of chlorophyll and minerals. They provide key nutrients to help neutralize destructive body acids. Only grass juice is used in this formula — no grains.

(2002) 170 g. powder \$36.95

Foods



ORGANIC

(2005O) 10 OZ. POWDER
(90 SERVINGS)
\$49.95

BARLEY GRASS, WHEAT GRASS AND KAMUT JUICE POWDERS

- Contains over 80 different nutrients, minerals, trace minerals, vitamins, enzymes, phytonutrients and chlorophyll.
- Promotes mobility of the intestinal tract.
- Improves skin color and tone.
- Assists in weight control and management.
- GLUTEN FREE — Plant Juice only — No grains.

JERUSALEM ARTICHOKE POWDER

- Good vegetable source of potassium.
- A beneficial prebiotic — a natural source of inulin.
- Promotes healthy skin and microbiome balance.

HIGH PECTIN APPLE FIBER FOR DIGESTION AND ELIMINATION

- Provides internal fiber with a good taste.
- Helps trap cholesterol and excessive blood lipids.
- Helps improve elimination.

SEA VEGETABLES — KELP AND DULSE

- Contains over 60 trace elements, 28% minerals, enzymes, alginates, polysaccharides.

ROYAL JELLY — RICHEST SOURCE OF VITAMIN B5

- Good source of fiber and B-complex vitamins.
- Enzymes, antioxidants, vitamins and 20 amino acids.
- Promotes healthy skin.

A MICROBIOME PROBIOTICS BLEND

- Helps build the immune system.
- Helps with detoxification and normalizing toxic bacteria.
- Assists in balancing pH (acid/alkaline) levels.
- Helps the body make natural antibiotics.

RICE KERNEL MEMBRANE POWDER (IN ORIGINAL GREEN MAGIC™)

- Good source of fiber and B-complex vitamins.

RICE KERNEL PROTEIN POWDER (IN ORGANIC GREEN MAGIC™)

- Good source of fiber and protein.

TROPICAL VELVET SMOOTHIE RECIPE

- 4oz. purified water
- 4oz. Aloe Papaya with Acai Concentrate
- 1 heaping spoon Green Magic™
- 1 scoop Meal in a Glass™
- ¼ cup tropical blend frozen fruit
- ½ banana
- Ice as needed

C. Guardian Greens™ A nutritionally dense blend of Superfoods to support our “Guardian System” to cleanse, balance, detoxify and regenerate our body. Clinical studies indicate that phosphatidylserine (PS) is a useful dietary food for the metabolic support of memory, learning, and behavior.† This important nutrient may reduce cognitive dysfunction and dementia in the elderly.† Ingredients include: aquatically cultivated Spirulina, Chlorella, Alfalfa (leaf only), Watercress, Beet Root, Parsley, Red Clover, Dandelion, Milk Thistle, Rhubarb, Burdock Root, Blackcurrant Seed, Dunaliella, Ginkgo Biloba and Phosphatidylserine.

(2004c) 150 capsules \$49.95

(2004) 150 g. powder \$49.95





Three Treasures Tea™

2 FL. OZ. \$29.95 EACH

Aller-ease™ (279) Eastern and Western medicine are aligned in defining digestive disorders as the initiator of conditions that lead to allergic reactions in the body. Poor digestion has also been linked to indigestion, asthma, sinusitis, hay fever, irritable bowel syndrome, parasites, colitis and more.† Aller-ease™ combines Traditional Chinese herbs to balance and energize the body's digestive energy. Chinese Kudzu and Ginger help to relieve "stagnant chi", disharmonies and congestion that block the body's natural healing mechanisms.

Energizing Tea™ (285) Take time for a caffeine-free energy boost everyday while improving the body's ability to handle stress. Energizing Tea™ contains standardized herbs including Panax & Siberian Ginseng, Shisandra, Astragalus, Chinese Licorice, Ginger, Kudzu and Chinese Blackberry to improve circulation, enhance metabolism and balance your energy.

Perfect Balance™ (277) Help naturally balance your blood sugar. Take this great tasting traditional Chinese herbal formula which increases the Qi (vital energy) and nurtures your lungs, spleen, liver, kidneys and stomach. Perfect Balance™ delivers maximum balance benefits of Panax, Ginseng, Siberian Ginseng and Astragalus, herbs used in traditional Chinese formulas to balance blood sugar and enhance its cellular uptake. Kudzu and Magic Fruit™ supply cooling moisture for diabetic thirst. Puerarin in Chinese kudzu nurtures the eyes by helping improve circulation in the optical system. Siberian ginseng also expels "damp heat" (arthritic and inflammatory conditions).

Echinacea Complex™ (284) Strengthen your immune system while cleansing your body. Echinacea Complex™ balances the immune system with Ginger and Green Tea Extract. Its high level of antioxidant polyphenols adds potency and cleansing to this synergistically balanced formula.

Liver Chi™ (270) The liver is responsible for over 500 known biochemical reactions in the body! Traditional Chinese Medicine believes that the liver-energy controls and balances the spleen/stomach energy. The spleen plays a major role in the immune function. Enhance, protect and restore the function of your liver while balancing your immune system. Take this formula to nurture and detoxify your liver and protect the liver from damage associated with autoimmunity, inflammation, oxidation and infections.† Liver Chi™ contains nurturing polysaccharides standardized from edible mushrooms, including Ganoderma (Reishi), Poria, Cordyceps, Grifola (Maitake) and Lentinus (Shitake). Other important liver nurturing ingredients included in this formula are Chinese Wolfberry, Milk Thistle, Schisandra and Chinese Blackberry.

Kidney Enhancer™ (272) Medical journals indicate that by age 40 the average adult has cumulatively lost approximately 40% of their kidney function. In Chinese Medicine the kidney is essential to the body's youthful vitality. It influences the clarity of our thinking, regulates the balance and circulation of all body fluids, and is the seat of our sexual energy. Kidney Enhancer™ is a Traditional Chinese formula used to improve kidney energy, naturally balance sexual hormones and promote longevity. It delivers the maximum benefits of Horny Goat Weed, Dong Quai, He Sho Wu, Panax Ginseng, Chinese Knotweed and Schisandra.



New Spirit's Three Treasures Tea™ Foundation Pack

Energizing Tea™

Kidney Enhancer™

Liver Chi™

Longevity Heart Chi™

Total Retail Value
\$124.95

Special Retail Cost:
\$115.00

Longevity Heart Chi™ (278) Support heart health and the body's detoxification systems as you enjoy a great tasting, caffeine-free traditional herbal formula. Each dropper full (30 drops) provides as much antioxidant power as 10-20 cups of regular green tea (in tea bags). In addition, this balancing formula contains standardized extracts of Chinese Wolfberry, Jujuba, Hawthorn Berry, Orange Peel, Ginger, Astragalus, Liriope and Rhemannia. All herbs work in concert to provide the most comprehensive "anti-aging" formula available.

Magic Fruit™ (283) According to the Philosophy of Tao, longevity starts from daily calming, cooling and relaxing the body and spirit to a complete balance (harmony). Magic Fruit™, which leads you to the Tao, is a proprietary extract. It earned its name in the Orient because it balances the excess yang (heat) and stress that results from the tension associated with life's problems. It has a natural sweet taste (250 times sweeter than refined sugar, but with no calories!) and can be used to naturally sweeten or enhance the taste of any beverage. To tone the digestion, begin each day with this extraordinary sweet tonic.

Phyto-Soy™ (274) Hundreds of studies have documented the extraordinary benefits of isoflavones in soy. Just two servings of this great tasting concentrate supply isoflavones equivalent to consuming up to 200 grams of tofu, or up to 2 liters of soy milk! Soy-isoflavones are powerful antioxidants beneficial in boosting the body's detoxification systems and slowing the aging process. † Chinese Blackberry is added to this refreshing, delicious tea, further enhancing its antioxidant power. Phyto-Soy™ is your perfect choice for anti-aging, menopausal and hormonal balance.

Therapeutica™ (280) Traditional Chinese Medicine recognizes the "constriction of blood vessels" as the first sign of a challenge to your natural defense mechanism — your "Wei Chi". This happens if you become cold, feel stressed, or face any symptoms that can lead to illness. When your blood doesn't flow freely, aches and pains are magnified, your spirits dampen, and fatigue intensifies. Time tested herbs include Cassia Tora, Chinese Kutzu, Knotweed and Licorice. Therapeutica™ is a great cleansing tonic that may be used during your detox program.

Vitality™ (271) Vitality™ is an important tea for men and women to increase kidney chi, the foundation of sexual energy and long life. Standardized herbs in Vitality™ include Tribulus Terrestris, Dong Quai, Knotweed, Cayenne Pepper, Panax Ginseng, Licorice and Horny Goat Weed. A daily cup of delicious tea, served hot or cold, can provide phytonutrients to help fight fatigue and dramatically improve circulation. In the Chinese tradition, the balance of herbs in Vitality™ nourish yang to improve blood and Chi — the essence of sexual energy.

Functional Foods

A. Aloe Papaya with Acai Concentrate 100% Juice Concentrate contains ACTIValoe™, Papaya puree and Acai. Each bottle makes 4.3 liters of 100% juice. ACTIValoe™ is a trademarked, standardized ingredient that contains 10% polysaccharides by weight. Its purity is certified by the Aloe Science Council. Papaya has long been recognized for its digestive enzyme properties. Acai is a naturally harvested bright purple berry that has been shown to contain essential fatty acids and have 10 to 30 times the antioxidant power of resveratrol from red wine! (110) 18.5fl. oz. (473ml.) \$34.95

B. Aloe Cranberry Concentrate Combines the legendary benefits of ACTIValoe™ with a nutritious cranberry concentrate and a touch of apple to give a zesty invigorating taste. Just one 8 oz. container makes 1 gallon of this delicious drink that provides benefits of aloe vera and cranberry, without the high sugar content of commercial juices. (105c) 8 fl. oz. (236ml.) \$28.95

C. Mediterranean Bliss™ Balsamic Vinegar Mediterranean Bliss™ Balsamic Vinegar, aged over 10 years, is truly in a class apart from other balsamic vinegars. You will taste the difference immediately. The art of making great balsamic vinegars was born in the rolling hills of Modena, located in provincial northwest Italy. This region, a secret process and years of aging has yielded a unique subtle elan. Balsamic Vinegar, when combined with olive oil, lends itself well to vinaigrettes. (7001) 8.5 fl. oz. (250ml.) \$25.95

D. Mediterranean Bliss™ Extra Virgin Olive Oil Not all olive oils are the same. Dr. Milam's select blend of oils from organic olives, ripened by the Mediterranean sun, can truly be called Extra Virgin (containing less than 0.9 percent pre-fatty acids). Mediterranean Bliss™ yields a smooth, mildly nutty oil with no bitterness or acid after taste and a healthy polyphenol content. Scientific evidence suggests that eating about 2 tablespoons (23 grams) of olive oil in place of saturated fats daily may reduce the risk of coronary heart disease.† (7000) 17 fl. oz. (500ml.) \$19.95

E. Super Life™ Aloe Vera Concentrate Aloe Vera Concentrate with ACTIValoe™ plus natural lemon provides the full benefits of Aloe Vera. Just one 8 oz. container makes 1 gallon of delicious Aloe Vera juice. (105) 8 fl. oz. (236 ml.) \$28.95

F. Nutri-Grand™ Premium Milled Flax Seed Nutri-Grand™ allows you to take advantage of the warm nutty flavor of flax while providing your diet with the health benefits that have made this fiber an important component to an effective wellness program. Nutri-Grand™ is prepared using special flax seeds that have undergone special selection and processing techniques to insure a high content of Omega-3 Fatty Acids. Additional Lignans are added for their health benefits. Nutri-Grand™ is also rich in antioxidants to help neutralize free radical compounds often associated with aging. New Spirit Naturals draws on a proprietary, patented and patent pending technology to provide an unprecedented, guaranteed two year shelf life under ambient storage conditions. (1014) 1 lb. 5 oz. (45 servings) \$29.95

CRANBERRY CRAZE SMOOTHIE RECIPE

- 1 scoop Polymeal™
- ¼ cup Omega Cranberry™
- ½ cup strawberries
- 1 tsp. Aloe Cranberry Concentrate
- A splash of Magic Fruit Tea™
- 1-2 cups of water
- Add ice and blend to desired consistency



G. Omega Blueberry™ A healthy alternative to high sugar, high calorie snack foods. Omega Blueberry™, infused with rich EFA seed oils, gives you a super antioxidant snack loaded with benefits. Recognized around the world as one of the World's Best Superfruits, Blueberries pack a high antioxidant punch which can benefit cardiovascular health, brain function and more.

(1012) 16 oz. \$34.95
SEASONAL PRODUCT.

H. Pomegranate Red Concentrate with Mangosteen

A delicious blend of exotic fruits, concentrated without artificial flavors, fillers, or colors. Pomegranate is rich in ellagic acid and is recognized for its health benefits. Mangosteen has recently been studied for its high concentration of xanthenes, a new class of chemical compounds revered for their antioxidant and anti-inflammatory properties.* New Spirit's delicious concentrate contains 80% Pomegranate and 20% Mangosteen. Only two tablespoons of concentrate are needed to

prepare 5 oz. of delicious 100% juice.

(106) 21 fl. oz. (473 ml.) \$39.95

I. Omega Cranberry™ New Spirit's Omega Cranberry™ are infused with cranberry seed oils rich in Omega-3 EFA (approximately .57 grams per serving). These are also a great source of antioxidants and make a great healthy snack. They can also be stirred into yogurt, couscous or rice, sprinkled on salads, cereals, bread mixes, muffins or sundaes.

(1012) 16 oz. \$32.95
SEASONAL PRODUCT.

J. Green Magic™ Superfood Bar Green Magic™ is now available in a new, convenient Superfood Bar (50 grams). All the same ingredients found in Green Magic™ plus additional, powerful live organic foods make this bar the perfect snack food to replace high glycemic/high fat fast food. Each tasty bar contains 8 grams of alkaline forming vegetable proteins, 21 natural superfoods/extracts, probiotics, complex carbohydrates, essential fats, whole fruits and vegetables and organic agave. Key Ingredients include:

- Organic Almond Butter
- Organic Date Paste
- Organic Agave
- Organic Protein Blend (Pea Protein & Sacha Inchi)
- Organic Raisins
- Organic Flax Sprouts
- Organic Quinoa Sprouts
- Organic Sesame Seeds
- Organic Goji Berry
- Organic Mangosteen
- Organic Beet Juice Powder

(NB-2005) 50g. (1.75 oz.) \$30.00
SOLD BY CASE ONLY. 12 PER CASE.

K. Souper Slim™ (FIVE MINUTE QUICK & EASY MEAL)

A delicious tasting all natural, low sodium tomato based soup formulated to provide nutritional support (high protein, good carbs and soluble fiber) to those desiring to lose weight or as part of a weight maintenance program. Each serving provides 6.5 grams of vegetable protein, 3 grams of soluble fiber and only 100mg's. of sodium. Key ingredients — tomato powder, pea protein, glucomannan, a digestible resistant fiber, chromium, olive oil and a vegetable blend of beet, parsley, onion, garlic and yeast extract (vegetable based). NO MSG, artificial coloring, agents, sodium phosphate or preservatives.

2094 220 g. powder \$29.95

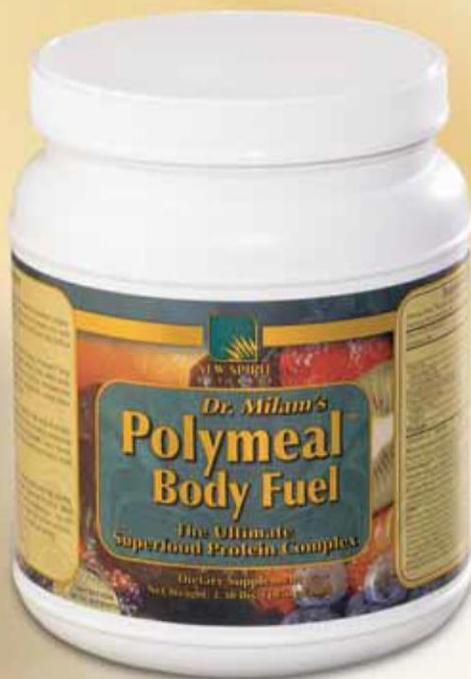


NEW SPIRIT SALAD RECIPE

1 bag baby spinach leaves lightly tossed with:

- Mediterranean Bliss™ Extra Virgin Olive Oil
- Mediterranean Bliss™ Balsamic Vinegar
- Omega Cranberry™
- Toasted almonds
- Pinch of black pepper

(4025)
1050 G. POWDER
(25 SERVINGS)
\$125.00



**POLYMEAL™
BODY FUEL SHAKE**

- Add 2 scoops of Polymeal™ to 1–2 cups water or your favorite beverage
- Blend, or for life on the run, just shake!

OPTIONAL: Blend with 3–4 ice cubes and/or fruit of your choice. It's so easy!

Polymeal™

THE SCIENCE: THE POLYMEAL™ CONCEPT

Originated as a diet-based approach to combatting heart disease proposed by public health scientists at the University Medical Center in Rotterdam. The researchers used a statistical “meta-analysis” which combined the results of numerous studies to determine the ideal heart healthy diet. The polymeal is the successor to a proposal by Wald and Law to develop a “polypill” that would reduce CVD rates by more than 80% by combining 6 drugs that reduce different CV risk factors. In response to the “polypill” approach a group of researchers isolated six key foods that studies have consistently shown to reduce the risk of heart disease by approximately 76%. They called these six foods became known as the “polymeal”.

THE BENEFITS FOUND BY RESEARCHERS CONSUMING THESE KEY FOODS:†

Reduction of your risk of Cardiovascular Disease by 76% and increased life expectancy—up to 6.6 years in men and 4.8 years in women!

NEW SPIRIT NATURALS TAKES THE POLYMEAL™ CONCEPT TO NEW HEIGHTS:

In 2006, Dr. Milam formulated and developed a new product which contained over 170 nutritional ingredients including the six ingredients from the original concept plus whole foods, amino acids, botanical extracts, juice powders, enzymes, electrolytes, omega fatty acids (EFA), nutraceuticals, proanthocyanidins, flavonoids, carotenoids, phytoestersols, polyphenols, natural fibers, antioxidants, vitamins, prebiotics and probiotics, mineral and trace minerals.

In 2007, New Spirit Naturals was granted the trademark of PolyMeal™ by the US Patent & Trademark office (#3,301,187).

Now everyone can enjoy the benefits of the active ingredients advocated in the Polymeal™ Diet plus a synergistic blend of over 170 ingredients. Each serving of Polymeal™ contains 240 calories (less than the amount found in one standard candy or food bar). Add it to water, your favorite smoothie recipe or yogurt and enjoy!

POLYMEAL™ BODY FUEL PROVIDES:

1. A fast healthy SuperFood with 170 ingredients
2. Green Foods and Fruits—Well over 5 servings
3. Low calorie protein complex
4. Multiple EFA sources (Flaxseed Meal, Acai Pure™, Wolfberry, Almond & Rosehip Seed Powder)
5. Healthy ratio of carbs, good fat, and protein (approx. 33%-24%-33%)
6. Ten probiotic strains
7. Plant sourced nutrition
8. High fiber—12 g. per serving
9. Low net carbs (2 net carbs)
10. NO artificial flavors, colors, or preservatives

POTENTIAL BENEFITS AND THEORETICAL REDUCTION IN RISK OF

RED WINE

Quantity: 5oz. (150ml)
Benefit: Reduced CVD by 32%
Reason: Resveratrol

DARK CHOCOLATE

Quantity: Approx 4–5 oz. (100g)
Benefit: Reduced Blood Pressure;
Reduced CVD by 21%
Reason: Flavonoids

GARLIC

Quantity: .11oz. (2.7g)
Benefit: Reduced CVD by 32%
Reason: Allicin

OMEGA-3

Quantity: Approx. 4–5 oz.
4 times a week
Benefit: Reduced CVD by 14%
Reason: Omega-3 Fatty A cids

FRUITS & VEGGIES

Quantity: 14 oz. (450g)
Benefit: Reduced CVD by 32%
Reason: Increasing Consumption

RAW ALMONDS

Quantity: 2.5 oz (68g)
Benefit: Reduced CVD by 12%
Reason: Unsaturated Fats and
Vitamin E

Sources:

- Franco OH, Bonneux L, de Laet C, et al. The polymeal: a more natural, safer and probably tastier (than polypill) strategy to reduce cardiovascular disease by more than 75%. BMJ 2004; 329:1447-1450.
- Walk N J, Law, MR. A strategy to reduce cardiovascular disease by more than 80%. BMJ 2003; 326:1419-1423.

Structural Support Pack

AM/PM Osteo-Flex
Calcium Complex
Vitamin D3
(p. 11)
Vitamin K2 (MK-7)
(p. 11)

Total Retail Value:
\$124.85

Special Retail Cost:
\$119.95



For Additional Functional Mobility Support, We Recommend:

The Wellness Pack (pp. 4, 5)
Magnum C (p. 9)
NewLife Xtra™ (p. 10)
Vita-D™ (p. 11)
Gluta-Plus™ (p. 7)
VasuFlex™ (p. 20)
Liver Chi™ (p. 14)
Therapeutica™ (p. 15)

Functional Mobility

A. Super Curcumin™ Complex A great product to help reduce inflammation naturally with a time tested Ayurvedic combination of Curcumin longa complex C3 (from the spice turmeric) and Boswellia Serrata, Magnesium plus Bioperine (a potent bio-availability enhancer). Together, these powerful herbs have been shown in clinical studies to reduce painful inflammation and help prevent the associated destruction of supportive tissue that can lead to joint disfigurement and limited mobility.†

(1503) 60 capsules \$34.95

B. ProCell Collagen™ & Hyaluronic Acid Collagen is literally the glue that weaves throughout the body, providing strength and support. As we age, we feel the effects of its deficiency in our joints, strength, skin, hair and nails. ProCell Collagen™ provides key nutrients to support collagen synthesis and reduce oxidative damage to joints, connective tissue and skin.† Ingredients include Bioavailable Hyaluronic Acid, Chondroitin Sulfate, Collagen Type I, Type II & Type III, Cartilage Matrix Glycoprotein (CMGp, a newly discovered antioxidant in proteoglycans) and MSM.

(1510) 90 capsules \$36.95

C. AM/PM Osteo-Flex Time tested ingredients combine to provide a natural alternative to support bone and cartilage health and improve joint mobility.† Glucosamine and Chondroitin Sulfate are natural glycoaminoglycans used by the body to form all of the major cushioning ingredients of the joint fluid and surrounding tissue. This complete formula contains Glucosamine and Chondroitin Sulfate, Magnesium, Vitamin B6, Vitamin D, Pantothenic Acid, Bromelain, Yucca, Alfalfa, Fennel Seed, Celery Seed, Hydrangea, UVA Ursi, Ginger Root, Boswellin, Turmeric and White Willow Bark.

(1501) 90 capsules \$29.95

(1500) 180 capsules \$45.00

D. High Grade Calcium Complex Calcium naturally supports the structural and nervous systems, hormone formation and helps to regulate cardiovascular physiology.† New Spirit Naturals' Calcium Complex contains one of the most absorbable forms of calcium, Hydroxyapatite, plus supportive nutrients needed to insure bone health. Part of its secret is the microcrystalline structure that helps attract and hold in reserve Potassium, Magnesium, Boron, Zinc, Silica and Chromium — all ingredients included in this powerful formula.

(2065) 90 capsules \$22.95

(2060) 180 capsules \$29.95

E. MSM Complex (METHYLSULFONYLMETHANE)

MSM Complex combines OptiMSM™ with important supportive nutrients, including Spirulina, standardized Ginger, a Curcuminoid complex and a patented natural bio-availability enhancer. Provides important nutritional support to reduce inflammation, boost digestion and enhance the body's detoxification mechanisms.†

(2062P) 180 capsules \$34.95

Calcium Magnesium Pro (Not pictured.) Provides 600 ml. of Calcium and 300 mg. of Magnesium per tablespoon along with Vitamin D and 70 plus trace minerals in a convenient liquid. Take directly or add to a smoothie. Great Blueberry Flavor! Excellent source of calcium for those who are unable to take capsules.

(2057) 18 fl. oz. \$32.95

Joints on Point (Not pictured.) A proprietary formula specifically designed to support joint health. Contains Hydrolyzed Collagen (Type I & III), Hyaluronic Acid, MSM, Vitamins D3 and C and Glucosamine. Add a serving to water to activate these soluble ingredients and get your Joints on Point!

(108) 150 g. powder \$34.95

Heart

A. Sytrinol™ Plus Two extraordinary ingredients in Sytrinol™ Plus provide powerful antioxidant and anti-inflammatory properties.† Over 25 years of research documents their heart healthy benefits that include supporting healthy LDL cholesterol and triglyceride levels.† Sytrinol™ Plus contains Polymethoxylated flavones (PMF), a sub classification of citrus flavonoids and tocotrienols (natural Vitamin E). The tocotrienols in Sytrinol™ Plus are considered to be 40-60 times more potent in antioxidant activity than natural Vitamin E.

(5004) 60 softgels \$34.95

B. CoQ-10 & Cinnamon Coenzyme Q-10 is a substance that is found naturally in the body and helps convert food into energy. While it is found in all human cells, the highest concentration occurs in the liver, kidney, heart and pancreas. Coenzyme Q-10 helps support enzymes in their various biochemical functions. Studies indicate that CoQ-10 serves as an antioxidant and plays a vital role in oxygen utilization and energy production, particularly in heart cell muscles. Cinnamon may help energy levels, concentration and alertness and may help balance healthy blood sugar levels.

(2099) 30 capsules \$39.95

C. VasuFlex™ This extraordinary product is the direct result of Nobel Prize winning science that identified L-Arginine as an essential precursor of Nitric Oxide (NO). Scientists have published research defining the proper amount of this supplement required to restore and maintain healthy endothelium function. New Spirit Naturals adds L-Arginine, Vitamin C, L-Citruline and Taurine to our proprietary amino acid complex formula to help maintain healthy normal vascular tone.†

(2075) 90 capsules \$32.95

(2075P) 11.5 oz. powder \$59.90



Women's Health

A. HerbaEST Balance™ HerbaEST Balance™ is a proprietary blend of botanical extracts that have been clinically shown to be effective in the maintenance of a healthy menopause.† HerbaEST Balance™ supports the natural transition before, during and after menopause and has been clinically proven to be safe for women.

(2085) 60 capsules \$39.95

B. Natural Balance™ Wild Yam Crème (STANDARDIZED WILDYAMCRÈME) A luxurious lotion containing a standardized extract of natural precursors to the body's natural progesterone production found in Wild Yam (*Discorea Mexicana*). A decline in progesterone is the first hormonal change to cause symptoms in a woman approaching menopause. Additional ingredients known for their phytoestrogenic properties include Dong Quai, Alfalfa, Chamomile, Borage Oil (GLA), Watercress and Vitamin E.

(315) 4 fl. oz. \$29.95

C. ProCran™ New Spirit Naturals ProCran™ dietary supplement contains the first proven whole cranberry fruit extract (Cran-Max® 500 mg.) clinically studied to be beneficial for urinary tract health. In addition our product contains a cranberry extract (50:1) along with a prebiotic and four probiotic strains designed to support normal intestinal flora, urinary and bladder health and general wellbeing.

(2012) 60 capsules \$34.95



D. NutriFem™ (A VITAMIN DESIGNED FOR WOMEN)

Vitamins, Minerals, Glandulars, and PhytoEstrogenic Herbs provide supplemental nutritional support and balance to women's complex hormonal systems. Recommended where there are conditions of excess (PMS, fluid imbalance, and nervousness) and estrogen deficiency (menopause and menstrual problems). Contains Boron, Zinc, Dong Quai, Licorice Root, Buchu, Marshmallow, Blessed Thistle, Folic Acid and other supportive ingredients.

(2082) 60 tablets \$29.95

Women's Health Value Pack

HerbaEST Balance™ • NutriFem™ • ProCran™

Total Retail Value: \$104.85

Special Retail Price: \$101.95

Health



C

D

E

D. Cardioplex™ Heart disease remains the leading cause of death in the United States. Cardioplex™ is aimed at supporting optimal cardiac health. Each capsule contains Magnesium, Folic Acid, Vitamin B6, Vitamin B12, Alpha Lipoic Acid, Hawthorn, Citrus Bioflavonoids, Apple Pectin and Lecithin. Give your heart some love... and Cardioplex™.

(2070) 60 capsules \$34.95

E. Bio-Avail CoQ-10 CoQ-10 is the cellular component that synthesizes ATP (Adenosine Triphosphate), the basic energy molecule of the cell. As we age, our ability to synthesize CoQ-10 declines.† New Spirit's patented CoQ-10 in a rice oil base is more bio-available to the body than CoQ-10 powder. Note: CoQ-10 is recommended for those taking statin drugs.† Contact your physician or health care provider for supplement guidelines.

(265) 60 softgels \$29.95

For Additional Heart Support, We Recommend:

The Wellness Pack (pp. 4&5)
 New Life Xtra™ (p. 10)
 Magnum C (p. 9)
 Vita-D™ (p. 11)
 Gluta-Plus™ (p. 7)
 Restore™ (p. 7)
 LiverChi™ (p. 14)

Premium De-Oiled Lecithin™ (p. 9)
 ORAC+™ 10,000 (p. 7)
 Longevity Heart Chi™ (p. 15)

Men's Health



A

B

C

A. ProForm™ (MEN'S SPECIALIZED VITAMIN) Vitamins, Minerals, Amino Acids, Herbs, and Glandulars designed to play an important role in normal male reproductive and prostate functions. Key Ingredients, including Zinc, Pumpkin Seed, Vitamin E, Ginseng, Royal Jelly, Sarsaparilla, Damiana and Amino Acids (L. Alanine, L. Arginine, Glutamic Acid and Glycine), team up to help maintain a youthful vitality and exuberance.

(2080) 60 tablets \$29.95

B. Better Man After 30, the level of testosterone in men starts to slowly dip at a rate around 1% annually. Science now tells us it is most often linked to low testosterone levels. Low testosterone presents itself with a myriad of symptoms which include increased body fat, decreased energy, fatigue, poor sleep, reduced muscle mass, mood problems, poor memory, brain fog, low libido and reduced sexual activity, desire and performance. Better Man offers the power to transform your man's natural testosterone levels and his life without turning to prescription testosterone replacements that may carry many risks. This formula helps boost and support the body's own natural production of testosterone. Key ingredients like patented LJ100®, TongKat Ali (Eurycoma Longifolia) standardized extract, Horney Goat Weed, Tribulus, MACA, Amazon Cataubia and Shilajit and a natural Nitric Oxide booster make this a breakthrough formula for turning your man into a "Better Man".

(2090) 30 capsules \$39.95

C. Prosta-Men-D™ (PROSTATE SUPPORT) A synergistic combination of standardized Saw Palmetto Berry Extract, Pumpkin Seed Oil, Lycopene, Folic Acid and Zinc. This formula is designed to address beginning prostate hyperplasia (BPH) symptoms that occur as men age.

(2083) 60 softgels \$34.95

Men's Health Value Pack

Better Man • ProForm™

Total Retail Value: \$69.90

Special Retail Price: \$65.95

Specialized Nutrition

A. Phytosterol Complex According to the CDC, approximately 31 million American adults have elevated levels of LDL (bad cholesterol). High LDL cholesterol is one factor that may increase the risk of heart disease.† Plant sterols (phytosterols found naturally in fruits, vegetables, nuts, seeds, cereals and legumes) when consumed in sufficient quantities, can interfere with the intestinal absorption of cholesterol, thereby lowering cholesterol levels.

(3001) 60 softgels \$35.95

B. Beta Glucan (IMMUNE BOOSTER) Our unique, highly concentrated and highly purified Beta Glucan (1-3, 1-6D) has been designed to support and nutritionally prime the body's natural defense — its immune system. Our product provides 300 mg. of Beta Glucan and a proprietary blend of five powerful mushroom extracts (Cordyceps, Maitake, Shitake, Hericum and Poria).

(3002) 60 capsules \$39.95

C. Inner Calm Inner Calm is great product to help your body achieve its natural balance when reacting to stress and addressing sleep problems. Formulated with Inositol, Amino Acids (GABA, L-Theanine & Taurine) and a patented form of DiMagnesium Malate, Inner Calm supports the body's natural ability to self-soothe and relax.

(3003) 300 g. powder \$39.95

D. Naturcudin™ A high potency broad spectrum liquid concentrate of 13 herbs along with the essential oils, oregano, galbanum, tea tree oil and lavender designed to be used as an early immune defensive measure.

(290) 1 fl. oz. \$29.95

E. GlucoFit™ An herbal answer for those who are seeking blood sugar and weight loss management. GlucoFit™ contains Corosolic Acid which has proven to effectively lower blood sugar even when subjects are insulin dependent. GlucoFit™ also delivers strong antioxidant activity to scavenge free radicals and prevent lipid peroxidation.†

(2009) 30 softgels \$32.95

F. AllerBlast Important nutrients to strengthen the immune system, the ultimate answer to chronic allergic reactions.† Contains Quercitin, Green Tea, Bromelain and Papaya Enzymes, Licorice Extract, Selenium, Copper, Molybdenum, Calcium, Magnesium, Vitamin B15 and Vitamin C.

(911) 60 capsules \$34.95

DetoxPlus™ (Not pictured.) DetoxPlus™ is designed to gently clear the body's natural detoxification channels, allowing the elimination of toxins created by poor dietary choices, poor digestion, environmental toxins, and metabolic waste. This proprietary formula contains a combination of antioxidants, vitamins, amino acids, minerals, and botanically derived ingredients, including Pomegranate (40% ellagic acid), Broccoli Extract, Rosemary (carnosic acid), Betaine and Calcium D-glucarate.

(6004) 60 capsules \$39.95

G. Intense Defense (MEDICINAL MUSHROOM CONCENTRATE)

A comprehensive immune support product with specific benefits to the cardiovascular, liver, digestive, urinary, nervous and immune systems. Intense Defense has 600mg's. per serving of Immulink MBG® (a highly concentrated and purified form of Beta Glucan (1-3, 1-6D)). In addition, it contains 1,000mg's. of six organic medicinal mushroom extracts consisting of Cordyceps, Hericum, Maitake, Reishi, Shitake and Chaga. The mushrooms in this formula promote active immune function quickly and powerfully producing effects within hours of consumption.

(2092) 60 g. powder \$79.95

H. Relieve (NATURAL FACTORS FOR PAIN) Let these five natural, powerful compounds provide the nutritional factors to help reduce pain, inflammation, improve mood and reduce cravings without the gastro-intestinal complications associated with the overuse of NSAIDS. The key ingredient DL-Phenylalanine (DLPA), according to research, can inhibit the enzymes that are responsible for the breakdown of endorphins and enkephalinase enzymes. This appears to allow the natural pain relieving attributes of endorphins a longer time span for their pain relieving action. Added Curcumin (Turmeric), white willow bark and MSM help reduce inflammation and stiffness.

(2095) 60 capsules \$34.95



I. MigraBalance Pro™ More than 37 million people in the United States suffer from migraine headaches. Some key dietary elements have been shown to decrease both the frequency and duration of these debilitating headaches.† MigraBalance Pro™ contains concentrated, standardized Feverfew, Magnesium, Amino Acid Chelate, Ginger, Dulce and Riboflavin, important ingredients believed to support natural cerebral tone and pro-inflammatory mediators.†

(2042) 60 capsules \$34.95

J. Adrenal Pro™ Sustained stress has been acknowledged as a key driver of many of today's psychological and physical health complaints. The body is always naturally trying to maintain balance or "homeostasis" during times of stress. Adrenal Pro™ contains some natural adaptogenic plants that may provide nutritional support in times of stress.

(2073) 60 capsules \$36.95

K. NeuroExcel™ Phosphatidylserine (PS) has been shown to help improve memory and neural function, particularly cognitive dysfunction in the elderly. PS helps maintain cell membrane integrity and youthful synaptic plasticity (protecting brain cells against age-related deterioration).† One study indicated 800 mg. of PS per day dramatically reduced cortisol (a harmful stress hormone) levels in athletes and improved their immune system.† Each serving of NeuroExcel™ contains 200 mg. of Phosphatidylserine plus 10 mg. of Alpha Lipoic Acid (ALA).

(2063) 118 g. powder \$69.95

L. Fibro-Pro™

Stress, over exertion, lack of exercise, grief, trauma, illness or lack of sleep can affect the body's energy metabolism. Magnesium and Malic Acid play an essential role in boosting ATP synthesis, the key to restoring energy naturally. MSM, Boswellia and Olive Leaf Extracts are known for their anti-inflammatory properties. Alpha Lipoic Acid and Resveratrol provide super antioxidants to address free radical damage.†

(1550) 90 capsules \$29.95

M. Serene™ More than a third of American adults are not getting enough sleep on a regular basis, according to the CDC. Serene™ is a dietary supplement that helps rebalance an over active central nervous system to restore normal sleep patterns. It contains a patented, trademarked blend of ingredients that have been used for thousands of years in Japan and China. Contains: Magnolia Officinal Extract (U.S. patent 6,814,987) and 6,582,735 and Ziziphus Spinosa Extract. Ingredients are non-narcotic and not habit forming.

(2091) 30 capsules \$34.95

N. Super Indoles-CVB™ Members of the Crucifer family and its genus Brassica are thought to be particularly protective against estrogen driven cancers, including breast, prostate and colon cancer.† These vegetables include Broccoli, Brussels Sprouts, Cauliflower, Cabbage, Bok Choy, Kale, Kohirabi, Rutabaga, Turnips and Watercress. Research confirms that indoles in these veggies may promote healthy estrogen metabolism.† Just one capsule per day can deliver the same dietary indole benefit as several servings of cruciferous vegetables.

(1502) 60 capsules \$36.95

Diabetic Health Pack

GlucoFit™

Magnum C (p. 9)

Magic Fiber™ CLR (p. 3)

New Life Xtra (p. 10)

Total Retail Value:

\$117.80

Special Retail Cost:

\$113.95



Weight Loss

SLIM DOWN SMOOTHIE

- 8 oz. purified water
- 1 heaping spoon Green Magic™
- 1 Tbsp. White Chia
- 1 scoop PentaCare™ Ageless Beauty
- ½ cup raspberries
- Ice as needed



A. Green Coffee Bean Extract Support healthy weight loss with this time tested product. Naturally high in antioxidants (over 50% chlorogenic acid), unroasted Green Coffee Bean Extract helps support normal healthy blood sugar balance while assisting the body in maintaining a balanced metabolism. Non-GMO.

(2011) 90 capsules \$29.95

B. CarbMate™ Phase 2 Carb Controller Insure the success of your weight loss program with this clinically tested, all-natural starch neutralizer extracted from a Non-GMO white bean extract. Bread, pasta, potatoes and rice have long been an integral part of the diets around the globe. Defined as “starches,” and often identified as high glycemic, these foods are best consumed in moderation, particularly for those who have a sedentary lifestyle. Adding CarbMate™ to these favorite foods has been clinically proven to lessen their effect on blood sugar levels plus neutralize their impact on caloric intake. Each serving has the potential to neutralize the digestion of 2000 or more carb calories. CarbMate™ also contains 50mcg. of Chromium per serving. Some studies have shown that Chromium may reduce insulin resistance, although additional studies are required.† CarbMate’s™ advanced formula is further enhanced with digestive resistant fiber and prebiotics, including FOS and inulin.

(6021) 120 g. powder \$39.95

C. Vita Trim Pro™ Vita Trim Pro™ is formulated to play a key role in addressing metabolic issues critical to long term weight management. It effectively lowers appetite and reduces carb cravings. It further pushes metabolism through gluconeogenesis to effectively take advantage of the body’s ability to step up its potential to burn additional calories and manage healthy blood sugar levels.† Just 1 capsule before each meal (30-60 minutes) can arm you with the tools of effective weight management.

(2008PRO) 90 capsules \$36.95

D. Rejoice™ (TWO DAY DETOX FAST) An all natural fasting program that allows you to safely lose up to 10 pounds in just two days. Fasting is a time tested practice that helps remove excess waste and toxins that accumulate in the body. Rejoice™ is formulated with delicious, all natural superfruit juice concentrates, plus essential vitamins & minerals. This proprietary formula also contains 5 grams of a soluble non-digestive dietary fiber to assist the body in managing blood glucose levels and maintaining normal healthy regularity.

(4016) 11 fl. oz. \$39.95

New Spirit Home



A. Ondré Sacred Sage There is an incredible history that surrounds Sacred Sage's mystical ingredients, and this precise energetic combination has been carefully balanced and harmonized by Ondré using the principles of FEM™ to maximize their bio energetic frequencies. This convenient mist is ready for use and a must for anyone who is sensitive to energetic frequencies. Discover what our ancestors already knew. The secret is in the energy. (215) 80 ml. \$26.95

B. Sea Clear™ Laundry Detergent (WITH TEA TREE OIL) An environmentally safe product that sets a new standard for performance. Recommended for all types and colors of clothes, particularly for baby clothes or those with sensitive skin. Contains built-in fabric softener which reduces static cling. Contains tea tree oil to naturally dissolve dirt and serve as a natural bactericide and fungicide. Provides greater than 95% biodegradability in less than seven days in an open environment. The remaining non-degraded material is 100% biodegradable to natural compounds within thirty days. Sea Clear™ is a 100% phosphate-free product, packaged in a recyclable wide mouth container. So concentrated (it has no fillers), it allows you to use approximately ¼ the amount of conventional laundry detergent. (605) 3 lbs. \$24.95

C. Alpha SR™ Wave Machine (RE-BALANCE ENERGY. REDUCE PAIN. RESTORE SLEEP.) The Alpha SR™ Wave now allows you to re-balance your energy and counter the effects of stress and electromagnetic (EMF) environmental pollution. In just 10-30 minutes you can restore a sense of wellbeing to the mind and body—a state that has been shown to enhance the body's natural ability to regenerate its vital energy and unleash its innate power to rejuvenate itself.

Traditional Chinese Medicine teaches that every illness in the body can be attributed to the improper function of Chi. The practice of disciplines such as Chi Gong (Qigong) is for the purpose of balancing and circulating Chi to maintain wellbeing in the mind and body. Balanced Chi can mean freedom from burnout, fatigue, stress, sleep problems and pain. The Alpha SR™ Wave Machine is a patented technology that produces dominant harmonic frequencies in the same range as the Earth's geomagnetic field (0-14 hz), the same frequencies associated with the body's Chi field, the brain's natural EEG rhythms and the Schumann Resonance (SR) Wave. The Alpha SR™ Wave Machine allows you to enjoy an enhanced, relaxed, Alpha meditative state and realign the body's natural Chi field. Its special transducer can be used under your pillow, mattress or applied directly to a specific body area. Special features include two time settings and two amplitude settings. Universal adaptor (100-240hz). Includes one transducer and a convenient carrying case. (Alpha) \$799.95

D. KleanHouse™ Pure, clean and wholesome cleaning products for your home without the use of toxic, industrial chemicals. Each of our products contain only Pure Water, Organic Vegetable Glycerin, Pure White Distilled Organic Vinegar, a CleanGredient cleaning agent and a blend of natural Essential oils.

ESSENTIAL OILS INCLUDE:

- Essential Oil (cold pressed)
- Lavender Essential Oil (steam distilled)
- Lemongrass Essential Oil (steam distilled)
- Orange Essential Oil (cold pressed)
- Tangerine Essential Oil (cold pressed)
- Eucalyptus Essential Oil (steam distilled)
- Citrus (Lemon)—the cleansing oil
- Essential Oil (cold pressed)

DESIGNED FOR USE ON HARD SURFACES INCLUDING:

- Tile • Marble • Granite • Linoleum • Toilets
- Floors • Sinks • Countertops • Bar BQ's
- Microwaves • Refrigerators • Patio Furniture
- Stainless Steel • Bathtubs • Remove Pet Odors

(608) 16 fl. oz. \$19.95

Citrus (Orange, White Grapefruit, Lemon & Tangerine)

(606) 16 fl. oz. \$19.95

Lavender (Lavender & Eucalyptus)

(607) 16 fl. oz. \$19.95

Lemongrass (Lemongrass, Lavender & Eucalyptus)

PentaCare™ Skin Care

PENTACARE™ SYSTEM

STEP 1: DAILY CLEANSING. Remove the most stubborn makeup gently and easily and refine pores as they release environmental and endogenous toxins. PentaCare™ incorporates technology to protect the skin's Natural Moisturizing Factor restoring its suppleness and youthful vitality every time you cleanse.

Purifying Crème Cleanser

For normal, dry, sensitive and acne prone skin.

(342) 4.2 fl. oz. \$25.00

OR

Deep Foaming Cleanser

For normal to oily skin. Gentle fruit acid complex (AHA) lifts waste along with dead skin cells to reveal a smoother, more vibrant complexion.

(341) 4.2 fl. oz. \$25.00

STEP 2: LIFT & TIGHTEN. Watch this magic formula restore freshness and tone to your skin!

PhytoFresh Firming Gel

PhytoFresh features a new generation of functional nutraceuticals, including a multimineral chrono-energizing complex and concentrated marine extracts (seaweed) to revitalize and rehydrate skin tissue.

(343) 4.2 fl. oz. \$25.00

STEP 3: SMOOTH & REDEFINE.
Give your skin the very best!

HydraBalance MicroCollagen Moisturizer

Help sustain your amazing complexion throughout the day and night with this natural combination of plant and marine extracts, pentapeptides, tetrapeptides and a powerful anti-oxidant complex.

(340) 1 fl. oz. \$40.00

STEP 4: RE-ENERGIZE & RE-HYDRATE. Give your skin extra care that supports, energizes and protects its ecosystem from stress.

Pentapeptide-SF Eye Contour Serum

Enjoy healthier looking skin with the most effective nutraceutical ingredients available:

- A multi mineral complex (Cu, Mg, Zn) to re-energize your skin.
- A Penta complex of five amino acids, plus extracts from selected micro algae, to visibly reduce the appearance of wrinkles and rehydrate thirsty tissue.
- A powerful antioxidant complex that includes stabilized vitamins A, C and E, Green Tea, Bilberry and Peptides.

(344) 1 fl. oz. \$35.00

STEP 5: RENEW STRUCTURAL PROTEINS. An essential daily treatment for maintaining beautiful, youthful skin.

LipoAmino A.L.E. Night Repair Serum

Inflammation from sun exposure, environmental pollutants, and aging contributes to the degradation of collagen and elastin, structural proteins that form the foundation of a youthful complexion. Let this wonderful night repair serum work its magic to a healthier and younger looking you.

(345) 1 fl. oz. \$35.00



A. Skin Radiance Incorporates mixed fruit acids and alpha hydroxy acid (AHA) in a rich moisturizing media to naturally stimulate the skin's renewal process. Use morning and night to enjoy a vibrant youthful radiance. (Included in the PentaCare™ DELUXE System.)

(321) 1.6 fl. oz. \$39.95

B. Ageless Beauty Skin is the primary indicator of health and presents external aging symptoms. There is a growing body of research that shows that nutri-cosmetics and food based ingredients can promote a younger looking skin, adding smoothness and suppleness. Collagen and Hyaluonic Acid are two keys to beautiful skin, hair & nails. Collagen alone makes up approximately 30% of the protein of the living body and 70% of the protein that makes up skin. These key factors serve as important building blocks for the skin to help maintain healthy looking skin.

(351) 300 g. \$59.95

C. Aloe Face Lift Revitalizes, gently lifts and renews your skin. Combine this rich protein complex with PhytoFresh Firming Gel. Together, these skin loving formulations provide a deep beauty treatment to awaken your complexion. For best results, use twice weekly. To complete your facial, follow with Skin Radiance. (Included in the PentaCare™ DELUXE System.)

(306) 28.5 g. powder \$29.95

D. Skin Illuminating Serum™ New Spirit Naturals Skin Illuminating Serum™ is a product of the latest advances in Anti-Aging Skin Care. It contains a patent pending technology for the delivery of key growth factors found in natural human skin. As we age, dermal fibroblast cells become dormant; skin becomes thinner and loses its elasticity, brightness, illumination and tone. Our Skin Illuminating Serum™ is formulated with:

- Peptide Complex (penta and tetra) and many natural growth factors
- An amino acid complex (mimics amino acid structure of skin)
- A skin energizing complex of cationic and anionic minerals
- Moisturizing, hydrating and nourishing agents
- Panthenol (Vitamin B5)
- Natural botanicals, Aloe and Green Tea. It is supplemented in a base of conditioned media consisting of multiple natural growth factors.

Use this special Skin Illuminating Serum™ on clean skin morning and night for best results and enjoy its endless benefits:

- Diminishes the appearance of fine lines and wrinkles
- Helps recapture youthful luminosity
- Smooths skin without the unpleasant side effects found with harsh cosmetic therapies.

(350) 30 ml. \$149.95



PENTACARE™ SYSTEM (STEPS 1-5)

RETAIL VALUE: \$160.00

- (346) SYSTEM WITH PURIFYING CRÈME CLEANSER OR
- (347) SYSTEM WITH DEEP FOAMING CLEANSER

Special Retail Price: \$150.00

PENTACARE™ DELUXE SYSTEM INCLUDES (STEPS 1-5)

+ ALOE FACE LIFT + SKIN RADIANCE

RETAIL VALUE: \$229.90

- (348) DELUXE SYSTEM WITH PURIFYING CRÈME CLEANSER OR
- (349) DELUXE SYSTEM WITH DEEP FOAMING CLEANSER

Special Retail Price: \$211.00

Natural Spa Care



HAIR AND BODY CARE

Revitalizing Shampoo This rich treatment grade shampoo provides dense foam which assists the infusion of the natural ingredients in to your hair while cleansing the scalp of excess oils and toxins (which can cause premature hair loss). Our shampoo has been infused with Sacha Inchi, an Amazon rainforest seed oil. In addition, New Spirit's Revitalizing Shampoo contains a new metabolic agent — StimuCap™. This amazing ingredient has demonstrated effectiveness in the prevention and reduction of premature hair loss by naturally moderating the scalp's inflammatory process.† Key ingredients: Aloe, Sacha Inchi, StimuCap™, Amino Acids and color lock agent.
(500) 11 fl. oz. \$24.95

Revitalizing Conditioner This treatment grade conditioner is designed to be used in conjunction with New Spirit's Revitalizing Shampoo. Our Revitalizing Conditioner has been infused with Sacha Inchi, an Amazon rainforest seed oil. Sacha Inchi is a beneficial source of Omegas (3, 6 and 9) which gives your hair natural gloss and will help keep your scalp healthy. In addition, New Spirit's Revitalizing Conditioner contains a new metabolic agent — StimuCap™. This amazing ingredient has demonstrated effectiveness in the prevention and reduction of premature hair loss by naturally moderating the scalp's inflammatory process.† Key ingredients: Aloe, Sacha Inchi, StimuCap™, Amino Acids and color lock agent.
(501) 11 fl. oz. \$28.95

Moisturizing Body Wash Experience the magic of moisture and fragrance with New Spirit's Moisturizing Body Wash. This luxurious body wash contains Sacha Inchi, a moisturizing ingredient from the Amazon rainforest, which moisturizes your skin with Omega's (3, 6 and 9) and an herbal complex of Aloe, Chamomile, Cucumber, Seaweed, Elderberry, Orange Peel and Rose Extracts to help refresh, refine and tone skin while delicately cleansing skin. Enjoy in the bath or shower.
(510) 11 fl. oz. \$22.95

Moisturizing Body Lotion Treat yourself to a spa day with New Spirit Natural's Moisturizing Body Lotion. This fragrant lotion includes natural emollients and botanicals to pamper your skin. Infused with Sacha Inchi (a natural source of Omega 3, 6 and 9). Use this after our Moisturizing Body Wash for silky, smooth skin!
(511) 11 fl. oz. \$24.95



SKIN AND BODY CARE

Hot Stuff Massage Lotion New Spirit Natural's Hot Stuff Massage Lotion is formulated with Aloe Vera, Organic Sacha Inchi (a natural source of Omega 3, 6 and 9), Tea Tree Oil and Rose Hip Seed Oil. A soothing, aromatherapeutic, warming scent melts away stress from over worked and strained muscles and gives your body a sense of well being.

(212) 8.1 fl. oz. \$29.95

Aloe Vera Gel

New Spirit Natural's Aloe Vera Gel is a plant based restorative gel which can be applied to skin to moisturize, calm, and soothe rough or sun damaged skin. Tea Tree Oil, Methylsulfonylmethane (MSM) and Arnica are added to provide additional botanical benefits. Treat your skin to this gentle, slightly cooling and natural formula. Great for the entire family!

(214) 8.1 fl. oz. \$29.95

That Stuff Aloe Lotion New Spirit Natural's That Stuff Aloe Lotion is formulated as a deep penetrating and highly hydrating lotion to soothe and soften your skin without the irritating side effects of harsh chemical and overpowering fragrances. That Stuff Aloe Lotion includes Arnica, MSM, avocado oil, natural emollients, and herbs. Apply That Stuff Aloe Lotion liberally to skin for daily moisturizing.

(213) 8.1 fl. oz. \$29.95

A. Premiere Toothpaste

A dual action formula that cleans and polishes while gently removing stains. Contains our FRESH blend of natural essential oils including Tea Tree, Spearmint, Peppermint, Cinnamon and Clove that will leave your mouth feeling clean and refreshed. No added sugars or artificial dyes. Fluoride and GLUTEN FREE.

(211) 4 oz. \$12.95

B. Tea Tree Oil 100% pure natural oil of the Melaleuca Alternifolia (Tea Tree). A product of Australia used throughout the world for its powerful natural antiseptic properties. Tea Tree is safe and effective, and handily addresses a long list of maladies, including troubled skin, insect bites, and bad breath.†

(220) .50 fl. oz. \$24.95

C. Viva la Derma PLUS A

The ultimate anti-aging botanical blend. Have you been looking for a natural product to soften scars or just smooth damaged skin? Viva la Derma PLUS A's time tested botanical ingredients include Retinol A, Vitamin E and GLA (Gamma Linolenic Acid) in a base of pure and natural Rosa Aff Rubiginosa (a wild rose from the Andes Mountains). This natural skin care serum has an extraordinary history, restoring health and beauty to damaged and photo aged skin. May be applied day or night under our PentaCare™ HydraBalance Microcolagen Moisturizer.

(326) 1 fl. oz. \$99.00

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| Hot Stuff Massage Lotion | 29 | PentaCare™ PhytoFresh Firming Gel | 26 | Vitamin E+ | 11 |
| Immune Booster Value Pack | 11 | PentaCare™ Purifying Crème Cleanser | 26 | Viva La Derma PLUSA | 29 |
| Inner Calm | 22 | PentaCare™ Skin Illuminating Serum | 27 | WellBeing Essential Oil | 6 |
| Intense Defense | 22 | PentaCare™ Skin Radiance | 27 | White Chia | 11 |
| Ionic Trace Minerals | 9 | PentaCare™ System Value Packs | 27 | Women's Health Value Pack | 20 |
| Jerusalem Artichoke Flour | 3 | Phyto-Soy™ | 15 | Yeast X™ | 3 |

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