

new for FALL

Natural products from head to toe

1. Put an End to Joint Pain

Get relief from joint pain with **LANE LABS HIPS, SHOULDERS & TOES**. This formula utilizes Serrapeptase, an enzyme that helps alleviate pain by breaking down cellular debris within the body. Serrapeptase is also known to help calm inflammation and promote a healthy inflammation response in the body.

2. Age Well

SOLGAR ASTAXANTHIN 5 MG is a new higher potency version of this anti-aging supplement. Astaxanthin is a potent carotenoid found in fish and algae. Supplements containing the nutrient are gaining popularity for their ability to help smooth skin and improve its texture and clarity, as well as help conditions associated with aging such as heart health and cancer prevention. Take one capsule daily.

3. Hot New Antioxidant

JARROW FORMULAS TRANS-PTEROSTILBENE is a cutting-edge formula that features pTeroPure, the purest form of the nutrient. Pterostilbene is a methylated naturally occurring form of resveratrol that is thought to possess superior uptake and metabolic stability in the body. According to research, pTeroPure holds promise as a brain health remedy (enhances brain function) and natural memory booster.

4. Have Probiotics, Will Travel

BIO-K+ CAPSULES are perfect when you're on-the-go. Probiotics are essential for a strong immune system, and they also help relieve digestive issues. Bio-K+ Capsules come in three strengths: Regular with 12.5 billion bacteria (promotes intestinal flora balance); Strong with 25 billion bacteria (great for boosting natural defenses); and Extra Strength with 50 billion bacteria (helps protect against harmful micro-organisms).

5. Hair Therapy

The best way to get beautiful hair? Customize your hair care products to meet your specific needs. **JASON Natural** does just that with their **PURE NATURAL HAIR CARE** line, which has eight varieties of hair "types"—from thinning to frizzy to dehydrated to limp. Powerful herbs are used to address individual hair care needs naturally. Hair gets what it needs to look its best. If you've used JASON Natural products before, you'll notice that the entire line underwent a makeover: new sleeker packaging and an updated logo.

6. Nothing to Hide

There's no mystery when it comes to what's in **BAKERY ON MAIN TRUE BARS**, gluten-free granola bars that list each ingredient clearly on the package. They're a good source of fiber and omega-3 fats, and are made with non-GMO ingredients and low-glycemic index foods. Pick from six flavors: Hazelnut Chocolate Cherry, Walnut Cappuccino, Fruit & Nut, Raspberry Chocolate Almond, Coconut Cashew, and Apricot Almond Chai. Yum!



HORMONE BALANCE FOR WOMEN

After the birth of my son, I was very angry and depressed. I tried medication and therapy for nine months, but nothing could make me feel better. After doctors told me there wasn't much they could do, I decided to do research about natural supplements to regularize hormones and I came across **FEMMENESSENCE BY NATURAL HEALTH INTERNATIONAL**. After just three days, I noticed a dramatic change in my mood and energy. And just three months later, I made a full recovery and I have been doing great ever since. I recommend it to anyone whose hormones are out of whack or whose energy levels are almost nil. For me it was a lifesaver!

—Laura C., via email



Can't live without that certain remedy, food, or natural body care item? Share your favorite natural product and win! Email the full product name and the reason why you love it to betternutritionfreebie@gmail.com. Readers whose letters are published will receive a free cookbook or product sample. Please type "Reader Favorite" in the subject line.