



Nutritional Frontiers

breaking through nutritional boundaries

WELLNESS

ORGANIC HERBAL SOLUTIONS

ACTIVITY

	A.M.	Noon	P.M.	Duration	# per week
Walking					
Aerobic					
Strength					
Flexibility					

RELAXATION & SLEEP

	A.M.	Noon	P.M.	Duration	# per week
Deep Breathing					
Meditation					
Yoga					
Hobbies					
Other _____					

NUTRACEUTICALS

	A.M.	Noon	P.M.	With or without food

HEALTH CARE PROFESSIONAL NOTES:

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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ORGANIC HERBAL SOLUTIONS

Specifically designed formulas to improve and optimize health.

These tinctures are extracted in alcohol because it is an effective preservative. Alcohol-based tinctures have a virtually unlimited shelf life if stored in a cool, dark location. Refrigeration is not necessary. All herbs are certified organic. We use 40% alcohol in all our tinctures. The percentage of each extract is constant in every batch. Each tincture is formulated separately.

TINCTURES

INGREDIENTS

- **Adrenal:** Unique herbal blend helps regulate the adrenal glands and promote resilience to stress.
Directions: 1-2 Full Droppers at breakfast

Astragalus Root, Eleuthero Root, Chinese Shih Chu Ginseng, Licorice Root, Kelp, Juniper Berries, Saw Palmetto Berry, Prickly Ash Bark.
- **Asparagus:** Great for Lymph, Kidneys, Drainage, Urinary Tract, and Bladder Cleansing.
Directions: 1-2 Full Droppers twice a day

Asparagus Root (Shatavari)
- **CircuCare:** Optimizes blood circulation to the head and heart.
Directions: 1-2 Full Droppers 1-2 Times per day

Ginkgo Leaf, Butcher's Broom Root, Gotu Kola Herb, Rosemary Leaf, Bilberry Leaf, Hawthorne Berry, Eleuthero Root, Bayberry Root Bark, Cayenne Pepper Fruit, Horse Chestnut, Artichoke Leaf, White Oak Bark, Prickly Ash Bark,
- **Endocrine:** Supports the endocrine organs and balance hormone production.
Directions: 1-2 Full Droppers 1-2 Times per day

Eleuthero Root, Kelp, Astragalus Root, Chaste Tree Berries, Saw Palmetto Berries, Parsley Root, Alfalfa Leaf, Prickly Ash Bark.
- **GI:** Helps relieve constipation and reduces digestive discomfort.
Directions: 1-2 Full Droppers 1-2 Times per day

Cascara Sagrada Bark, Cape Aloe, Slippery Elm Bark, Gentian Root, Wild Yam Root, Plantain Leaf, Fennel Seed, Ginger Root.
- **GI Gentle:** Helps with digestion.
Directions: 5 Full Droppers Mixed In 4 tsp. of water

Dandelion Root, Globe Artichoke, Chamomile, Marshmallow Root, Wormwood, Ginger Root.
- **GI Maxx:** Stimulates digestions.
Directions: 5 Full Droppers Mixed In 4 tsp. of water

Dandelion Root, Gentian Root, Ginger Root, Fennel Seed, Wormwood, Bitter Orange Peel.
- **Hair Plus:** Improves the health and appearance of the skin, hair, and nails.
Directions: 1-2 Full Droppers 1-2 Times per day

Nettles Leaf, Red Clover, Burdock Root Oatstraw, Horsetail, Rosemary Leaf.
- **Hyper Thyroid:** Designed to help reduce symptoms associated with an overactive thyroid.
Directions: 1-2 Full Droppers 2-3 Times per day

Bugleweed, Motherwort, Lemon Balm, Eleuthero, Echinacea
- **Immune:** Enhances immune system function.
Directions: 1-2 Full Droppers 1-2 Times per day

Echinacea Angustifolia Root, Astragalus Root, Pau d'Arco Bark, Cat's Claw Bark, Maitake Mushroom, Shiitake Mushroom, Eleuthero Root, Schisandra Berries.
- **Inflammation:** Helps support conditions associated with inflammation and pain.
Directions: 1-2 Full Droppers 1-2 Times per day

Boswellia Serrata, Cat's Claw, Devil's claw, Nettles leaf and seed, Turmeric, Yucca Root.

• **K&B:** Nourishes and tonifies the kidneys and urinary tract.
Directions: 1-2 Full Droppers 3-6 Times per day

Dandelion Leaf, Plantain Leaf, Gravel Root, Cornsilk, Parsley Root & Leaf, Uva Ursi.

• **Lipo Burn:** Popular aid to weight loss.
Directions: 1 Full Dropper 2-3 Times per day

Coleus Forskohlii

• **Liver/Gallbladder:** Supports optimal functioning of the liver and gallbladder.
Directions: 1-2 Full Droppers 1-2 Times per day

Chlorella, Milk Thistle, Dandelion Root, Burdock Root, Artichoke, Bupleurum falcatum, Cilantro, Fumitory, Fringe tree.

• **Lymphatic:** Supports the lymphatic system throughout the entire body.
Directions: 1-2 Full Droppers 1-2 Times per day

Galium aparine, Red Clover, Calendula, Stillingia sylvatica, Iris versicolor, ginger.

• **Micro-Gone:** Helps fight infections of the gastrointestinal tract.
Directions: 1-2 Full Droppers 1-2 Times per day

Pau d'Arco Bark, Black Walnut Hulls, Echinacea Angustifolia Root, Olive Leaf Extract, Usnea Lichen, Lomatium Root, Butternut Bark, Cat's Claw Bark.

• **Neuro:** Supports the nervous system and enhance cognition and mental clarity.
Directions: 1-2 Full Droppers 1-2 Times per day

Ginkgo Leaf, Gotu Kola Herb, Scullap Herb, Rosemary Leaf, Eleuthero Root, Schisandra Berry, Prickly Ash Bark.

• **Olive Leaf:** Helps support the immune system.
Directions: 1-2 Full Droppers 1-2 Times per day

Olive Leaf

• **Oregano:** Helps support those with yeast and fungal infections
Directions: 1-2 Full Droppers 1-2 Times per day

Oregano Leaf

• **Relaxation & Sleep:** Reduces anxiety and restlessness, helps to combat insomnia.
Directions: 1-2 Full Droppers 1 hour before bed.

Chamomile, Valerian, Melissa, Scutellaria lateriflora, Tilia europaea.

• **Super Foods:** Contains the most abundant and complete nutrient profile.
Directions: 1-2 Full Droppers 1-2 times per day

Spirulina, Chlorella

• **Testo 180:** Supports healthy hormonal levels and enhances recovery from stress.
Directions: 1-2 Full Droppers 1-2 Times per day

Ashwagandha, Maca, Panax Ginseng, Epimedium, Deer Antler Velvet, Tribulus, Yohimbe.

• **Testo BP:** Testosterone Support Tincture free from herbs that could raise blood pressure
Directions: 1-2 Full Droppers 1-2 Times per day

Ashwagandha, Saw palmetto, Ginkgo biloba, Epimedium (horny goat weed), Deer Antler Velvet, Tribulus, Damiana (Turnera diffusa)

• **20/20:** Helps with poor night vision, cataracts, macular degeneration, hay fever, or allergies affecting the eyes.
Directions: 1-2 Full Droppers 1-2 Times per day

Eyebright Herb, White Pond Lily, Ginkgo biloba leaf, Horsetail Herb, Bilberry, Blueberry, Goji Berries, Passion Flower Herb, Chrysanthemum flowers, Plantain Herb, Lycium fruit.