

Healthy Living Solutions

Experience The Power of Healing Herbs



All Natural Supplements
Support for over 120 Ailments

Call Toll Free 877-505-HERB (4372)
www.HLS-Herbs.com





Healthy Living Solutions

Finding The Right Product

Find products via Health Conditions in our Table of Contents. Find products via Ailment in our Ailment Index.

About Us

Healthy Living Solutions is a Nutraceutical company based in Northern California. Our products are the result of over 40 years of research by a combined team of Medical Doctors, Master Herbalists, and Scientists. Our focus is to provide herbal supplements that will help with many of today's common and chronic ailments.

Graeme Shaw M.D. – Medical Advisor

Dr. Graeme Shaw received his medical training at Creighton University of Medicine and is Board Certified in internal medicine. He is a member of the American College for the Advancement in medicine. Dr Shaw has been the director of the Natural Immune Supplements Corporation and presently operates an Integrated Medical Clinic in Los Altos, California. Dr. Shaw has had great success in blending his knowledge of Eastern and Western modalities. In combination with Dr. Ba Hoang, Dr. Graeme Shaw has been published in a number of international medical journals and pivotal publications.

Ba Hoang M.D. Ph.D. - Scientific Advisor

Dr. Ba Hoang combines scientific worldwide research and development to blend Western and Eastern medicine. Utilizing unique herbal formulas, his family has been able to address difficult health disorders such as asthma, emphysema, hepatitis, cirrhosis, chronic viral infections, auto-immune disorders, gout, chronic glomerulonephritis, ITP, diabetes, neuropathy, and primary childhood immunodeficiencies. Dr. Ba received his MD and PhD from St. Petersburg Medical Academy in Russia. Besides his profound knowledge in pediatrics and clinical immunology, Dr Ba has authored several ground breaking publications and is the co-author of 4 international patents, as well as 2 U.S. patents pending in medicine. As a researcher Dr. Ba worked at the Royal Holloway University of London and the St. Petersburg Pediatric Academy, and the Allergy Research Group.

Cuong Hoang M.D. – Director of Research & Development

Dr. Hoang graduated from Hanoi National Medical School and serves as a consultant for Bayer Research specializing in innovative medical technologies. Developed and successfully applied natural supplements for treating liver cirrhosis, autoimmune hepatitis as well as diabetic retinopathy.

Elena Nisheva M.D. Ph.D. – Medical Advisor

Dr. Nisheva, a professor of Pediatrics and Immunology serves as a chief of laboratory of clinical allergy and immunology of the first children's hospital in St. Petersburg, Russia. She is a renowned specialist with over 200 publications & claims over 12 patented laboratory diagnoses in allergy, immunology and pediatrics.



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Healthy Living Solutions

Superior Products

We have developed herbal supplements to treat many ailments including most of today's serious health concerns. When selecting the herbs for our products, we insure that our herbs are of the highest quality and purity. Our products have the industry's highest concentration of herbs, 30-1, instead of the normal 5-1 that is the industry standard. This significantly higher concentration yields superior results. We use only the medicinal part of the herbs, without filler.

Wellness Consultants (Answers to Your Questions)

Our trained wellness consultants work closely with our doctors and master herbalists to provide you current information about your ailment, our body balancing formulas, and the herbs we use. Our goal is to be a resource to you and your family. Please feel free to contact us via email at info@HLS-Herbs.com or by phone at 877-505-4372 and let us know how we can be of assistance. In the rare case where our wellness consultants do not know the answer to your question, they will contact one of our doctors and provide the answer to you.

Our Promise

We promise to provide **All-Natural** products that have no artificial colors, no preservatives, no binders, no wheat, no corn and no dairy. We only use kosher certified vegetarian capsules for our products.

Accurate & Helpful Information

We work hard to insure the accuracy of the content in our catalog. Please let us know if you find an error so we can correct it in our next printing. Send any comments or corrections to info@HLS-Herbs.com. We always welcome feedback from our clients on how to improve. Our web site, at www.HLS-Herbs.com, has the most current and accurate information on our products and the ailments they support.

Why The Herbs May Look Different

The herbs may look different from your last order for a variety of reasons. Tablets may look different if the coating is changed. This change may occur due to superior binding properties or availability. The herbs in the capsules may look either darker or lighter depending on the time of year they were harvested, herbal ratios, or changes to the manufacturing process. These are only minor changes and only affect the appearance of the herbs. You are still getting the same high quality effective herbs.

FDA Disclaimer: These statements and products have not been evaluated by the FDA. They are not intended to diagnose, treat, cure, or prevent any disease or condition. If you have a health concern or condition, consult a physician. Always consult a medical doctor before modifying your diet, using any new product, drug, supplement, or doing any new exercises.

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We continually develop and recommend new products. See our web site at www.HLS-Herbs.com, or call us at 877-505-4372 for products that may not be listed in this revision of our catalog.



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Other Supported Ailments

While we have listed the most common ailments and what supported products we recommend, not all ailments are listed. If you, or someone you know, is looking for natural support for an ailment not listed in this catalog, please check our web site at www.HLS-Herbs.com or call us at 877-505-4372 for the recommended herbal support.

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ITP Kit



Ailment Support: ITP, Platelet Support

The ITP Kit is comprised of Blood Well and Restore Immune II. Each of these herbal supplements has been exclusively designed to work together to help people who suffer from ITP and other blood platelet deficiencies. Our herbal supplements allow the body's own mechanisms to increase and stabilize platelet counts. Our ITP Kit has been carefully formulated to be safe and effective for children of all ages, as well as pregnant women.

While many people may see relief from ITP symptoms in a few weeks, it takes 3-6 months for the body to become balanced. During this time, platelet production will vary as the body balances. It is recommended that our ITP Kit be taken for a period of 12-18 months. After that we recommend taking a maintenance dosage. If your platelets are less than 30K, we recommend the additional use of ITP Booster.

Testimonial

“I am so glad that I found your ITP Kit on the Internet. My mother was hospitalized with very low platelets, only 4K. Her doctor told me because of her age and condition there was nothing to do but wait for her to pass away. I am glad that I did not listen to their advices and started giving her the ITP Kit with the Agrimonia booster. She was home from the hospital after only one week and now has platelets at 39K and climbing after only 4 weeks. Thanks.”

- L. Allen, NY.



Blood Well Herbal Combination	Suggested Usage	3 Tablets twice daily
Rehmannia, Alisma, Astragalus, Eclipta, Phyllanthus, Thlaspi	Count	180 Tablets
	Servings Per Bottle	Approximately 60
	Net Weight	500 mg.
Restore Immune II Herbal Combination	Suggested Usage	3 Capsules twice daily
Rehmannia, Bamboo Juice (dried), Agrimonia, Dioscorea Rhizoma, Ophiopogonis Tuber, Sarcandrae	Count	100 Tablets
	Servings Per Bottle	Approximately 33
	Net Weight	500 mg.

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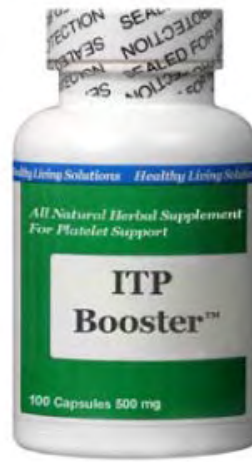
Blood Support



ITP Booster


We suggest using our ITP Booster for those who need additional support to our standard ITP Kit. This booster will provide additional help to those with less than 30K platelets, significant low platelet symptoms and those currently on steroids.

Also available in a powder version.



Ailment Support: ITP, Platelet Support



Herbal Combination	Suggested Usage	3 Capsules twice daily
Agrimonia 	Count	100 Capsules
	Servings Per Bottle	Approximately 33
	Net Weight	500 mg.

Blood Support



Ailment Support: ITP, Platelet Support

Restore Immune II

This specific immune support formula has been developed and used by our own Medical Doctors through their extensive research and personal practices. This formula is used in tandem with Blood Well to improve platelet supply and quality as well as to improve the health of the immune system.



Herbal Combination	Suggested Usage	3 Capsules twice daily on an empty stomach
Rehmannia, Bamboo Juice, Agrimonia, Dioscorea, Ophiopogonis, Sarcandrae	Count	100 Capsules
	Servings Per Bottle	Approximately 33
	Net Weight	500 mg.

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Blood Well

Ailment Support: Anemia, Chemotherapy Support, Malaria, Frequent Nose Bleeds, Easy Bruising

Testimonial

"I am 45 years old and have gone through two treatments of Chemotherapy for cancer.

The Chemotherapy was successful so much that now I am in remission. However, I now have what they are calling Chemotherapy Induced Anemia. I had to have regular blood transfusions.

I found Blood Helper through the Internet and decided that it could not hurt to take it. I have been taking this product now for a few months and it is working great.

Thank you Healthy Living Solutions!"

Lawrence, TX.



There are a variety of ailments that can cause problems with your blood. This product is based upon Traditional Chinese Medicine formulas using herbs that support blood balance. Blood Helper is formulated to help a person undergoing chemotherapy to reduce the negative side effects on blood health.

Herbal Combination	Suggested Usage	3 Tablets twice daily
Rehmannia, Alisma, Astragalus, Eclipta, Phyllanthus, Thlaspi	Count	180 Tablets
	Servings Per Bottle	Approximately 60
	Net Weight	500 mg.



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Blood Support



ITP Special

Our ITP Special is a powder formula that is a combination of the formulas we use for our ITP Kit. It is specially formulated for small children and those who have difficulties taking pills.



Ailment Support:
ITP, Platelet Support



Herbal Combination	Suggested Usage	2 Teaspoons twice daily
Rehmannia, Agaricus, Agrimonia, Astragalus, Dioscorea, Sarcandrae, Artemisia Capillaris	Count	Powder
	Servings Per Bottle	Approximately 30
	Net Weight	100 mg.

Blood Support



Ailment Support:
Aplastic Anemia,
Bone Marrow Support

Blood Tonic

We have identified five herbs and created a specific formula ratio that has been shown to have great success in helping balance the body for those with Aplastic Anemia and other blood disorders.



Herbal Combination	Suggested Usage	5 Capsules 2-3 times daily
Agrimonia, Astragalus, Fructus Lycii, Morinda, Thlaspi	Count	150 Capsules
	Servings Per Bottle	Approximately 30
	Net Weight	500 mg.

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Calming and Energizing

Black Cumin Seed Oil*

Black Cumin Seed Oil has been used to maintain good health for thousands of years. This herb helps people with poor energy levels by balancing their body and boosting their energy level. Unlike other herbals, such as Ma Huang, it does not cause nervousness. Black Cumin Seed Oil is high in nutritional value as it contains carotene, calcium, iron, potassium and unsaturated and essential amino acids. **This herbal supplement should not be used if you have ulcers.**



Ailment Support:
Anti-Oxidants, Energy,
Body Balance

* This product should not be used by women who are pregnant or breast-feeding.

Herbal Combination	Suggested Usage	2 Gel Capsules twice daily
Black Cumin Seed Oil	Count	100 Gel Capsules
	Servings Per Bottle	Approximately 50
	Net Weight	500 mg.

Calming and Energizing



Ailment Support:
Depression,
Addiction to Narcotics
or Tobacco

Uplift

Uplift has been formulated to assist the body in overcoming depression and the various side effects of addiction. Uplift offers a natural solution to assist those with depression. It provides a natural, safe, and effective lift in a person's emotional state. This natural uplift from the herbal combination also helps individuals to overcome the side effects associated with addiction and depression.

Herbal Combination	Suggested Usage	3 Tablets twice daily
Ganoderma, Cyperus, Poria Cotex, Eclipta, Schizandra	Count	100 Tablets
	Servings Per Bottle	Approximately 60
	Net Weight	600 mg.

To Order Call: 1-877-505-4372

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Calming and Energizing



Headache Free

This specially formulated herbal supplement is designed to help individuals who suffer from severe headaches and migraines. This unique combination of herbs increases the blood flow to the brain, providing relief for migraines and headaches. Those who suffer from severe reoccurring migraines and headaches should take Headache Free for 6 months to allow their body to regain its critical balance.



Ailment Support:
Headaches, Migraines



Herbal Combination	Suggested Usage	1-3 Capsules two times daily
Achyranthes, Alisma, Aurantium Fruit, Prunella	Count	100 Capsules
	Servings Per Bottle	Approximately 50
	Net Weight	500 mg.

Calming and Energizing



Daily Health Boost

Daily Health Boost is designed to help maintain body balance with immune boosting & energy boosting properties that also aids in digestion. This combination of Chinese herbs and healthy bacteria provide daily nutritional support for optimum health. The immune boosting, virus-fighting herbs keep the body balanced allowing it to effectively enhance the immune system to ward of viral and bacterial attacks.



Ailment Support:
Immune System
Support



Herbal Combination	Suggested Usage	2-3 Capsules, 1 to 2 times daily
Astragalus, Andrographis, Cordyceps, Lonicera Flower, Angelica, Lactobacillus Rhamnosus Lysate	Count	60 Tablets
	Servings Per Bottle	Approximately 30
	Net Weight	500 mg.

To Order Call: 1-877-505-4372

Order Online at www.HLS-Herbs.com



Calming and Energizing

Sweet Sleep

Sweet Sleep is formulated to help calm and relax the body to help achieve a peaceful sleep. Our herbal formula works to balance the body causing it to relax sufficiently so that you may easily fall asleep. Unlike over the counter or prescription medicine, Sweet Sleep does not leave you tired and groggy the next day. For those who have chronic insomnia, we recommend taking it daily for three months and then as needed thereafter.



Ailment Support:
Restful Sleep,
Relaxation

Herbal Combination	Suggested Usage	1-4 Tablets
Coix Cymbopogon, Garcinia, Sarcandrae, Sprouted Rice	Count	100 Tablets
	Servings Per Bottle	Approximately 33
	Net Weight	500 mg.

Calming and Energizing



Ailment Support:
Stress, Depression

Stress Helper

Testimonial— *“I work in the shipping department for a bottling company. In fact I am the shipping department for the company. I was having a bad day when our computer consultant told me he was taking a product that really helped. He left me the remainder of his bottle of Stress Helper. I was skeptical but he swore by it and I must say that I am pleasantly surprised that it works great. I do not know how it works but it does. It also does not leave me tired and feeling sleepy which is important. Thanks again, life at work is much more bearable.”*

- Mary L

Herbal Combination	Suggested Usage	1-4 Tablets 3 times daily
Albizia Julibrissin, Ramulus Uncariae, Ziziphus Spinosa	Count	150 Tablets
	Servings Per Bottle	Approximately 50
	Net Weight	500 mg.

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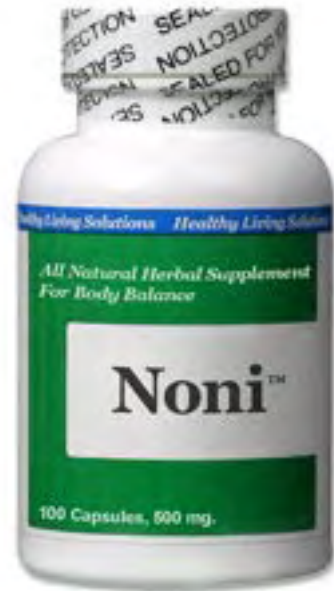
Noni

Ailment Support: Cellular Regeneration, Energy, Fertility

Testimonial


*“My husband and I are trying to get pregnant however my monthly cycle is so irregular it makes it much more difficult. My doctor was going to recommend some steroids, but I do not want to be on steroids because of the potential side effects. I have been taking your **Noni** product along with your **Immune Helper** product and in only two months I have become regular. I have also heard that Noni helps fertility so I am excited about the possibilities. You have great products and I love the fact that there are no side effects.”*

- J. Malone, CA.



Morinda is commonly called Noni. Noni is a safe and effective herb used to maintain general health and well being. It has been used for centuries by holistic healers of the South Pacific and Asia. It is used to treat general imbalances of the respiratory, digestive and immune system. Today, Noni is one of the most popular alternative medicines.



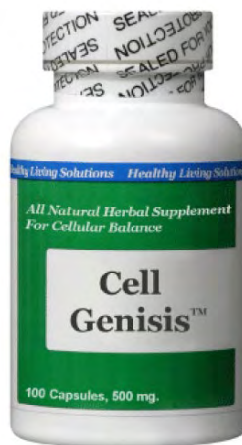
Herbal Combination	Suggested Usage	3 Capsules twice daily
Noni (Morinda) 	Count	100 Capsules
	Servings Per Bottle	Approximately 33
	Net Weight	500 mg.

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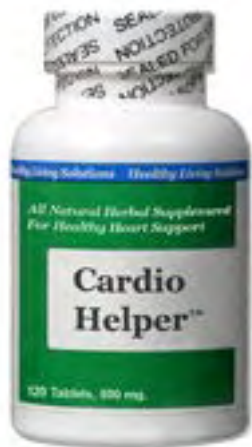
Cell Genesis

Cell Genesis helps the body to reestablish cellular balance. It is often combined with Centipedia for the worse cellular imbalance issues. Cell Genesis promotes the detoxification of the cells and promotes body balance. Cell Genesis promotes the detoxification of the cells and promotes body balance



Ailment Support:
Cellular Imbalance

Herbal Combination	Suggested Usage	3 Capsules twice daily
Scutellaria, Hedyotis, Morinda, Artemisia Capillaris, Sophora Flavenses	Count	100 Capsules
	Servings Per Bottle	Approximately 33
	Net Weight	500 mg.



Ailment Support:
Arteriosclerosis, Cardiovascular Disease, Circulatory Problems, Thrombosis, Vertigo

Cardio Helper

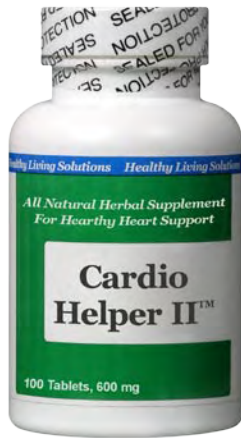
Cardio Helper has shown to play a vital role in maintaining good cardiovascular health. This specific formula has been developed, tested, and implemented by our very own Medical Doctors through many years of extensive research and personal practices.

Herbal Combination	Suggested Usage	2 - 3 Tablets twice daily
Prunella, Lycium Fruit, Achyranthes, Morninda	Count	120 Tablets
	Servings Per Bottle	Approximately 60
	Net Weight	500 mg.

To Order Call: 1-877-505-4372

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Circulation and Cellular Health



Ailment Support:
 Congestive Heart Failure
 Cardiomyopathy
 Heart Enlargement
 Arteriosclerosis
 Cardiovascular Disease

Cardio Helper II

Cardio Helper II has shown to play a vital role in maintaining good cardiovascular health. This formula has been carefully designed to restore body balance. A body in balance has the ability to address the major pathological changes in those with cardiovascular disorders and problems associated with aging.

Herbal Combination	Suggested Usage	4 capsules twice daily
Salvia, Prunella, Notoginseng, Eucomia, Morinda, Lycium Fruit	Count	100 Tablets
	Servings Per Bottle	Approximately 25
	Net Weight	600 mg.

Circulation and Cellular Health

Blood Pressure Helper

Blood Pressure Helper has been shown to play a vital role in maintaining good cardiovascular health. This formula has been carefully designed to restore body balance. A body in balance has the ability to address the major pathological changes in those with cardiovascular disorders and problems associated with aging.



Ailment Support:
 High Blood Pressure

Herbal Combination	Suggested Usage	2-3 Tablets twice daily
Morinda, Achyranthes, Lycium Fruit, Prunella	Count	120 Tablets
	Servings Per Bottle	Approximately 60
	Net Weight	500 mg.

To Order Call: 1-877-505-4372

Order Online at www.HLS-Herbs.com



Cellular Cleansing Kit

Ailment Support: Cellular Detoxification and Cellular Health

The Cellular Cleansing Kit is made up of two of our herbal products; Cell Genesis and Centipedia. This combination is recommended for those conditions where cellular health and cellular balance are a problem. The combination of products in the Cellular Cleansing Kit work together synergistically to help the body rebuild cellular health and balance. Take based upon the recommendations of health care practitioners.



Cell Genesis Herbal Combination	Suggested Usage	3 Capsules twice daily
Scutellaria, Hedyotis, Morinda, Artemisia Capillaris, Sophora Flavensis	Count	100 Capsules
	Servings Per Bottle	Approximately 33
	Net Weight	500 mg.

Centipedia Herbal Combination	Suggested Usage	2 Capsules twice daily
Centipedia	Count	100 Capsules
	Servings Per Bottle	Approximately 33
	Net Weight	500 mg.



To Order Call: 1-877-505-4372

Order Online at www.HLS-Herbs.com

Cell Enhancer

Cell Enhancer is designed to supply optimum nutrition for enhancing cellular energy.



Ailment Support:
Toxic Cell Situations,
Cellular Malnutrition,
Unhealthy Cellular
Function, Cellular Stress
Mitochondrial

Herbal Combination	Suggested Usage	5 Capsules 2-3 times daily
Coix, Cymbopogon, Garcinia, Sarcandrae, Sprouted Rice	Count	150 Capsules
	Servings Per Bottle	Approximately 30
	Net Weight	600 mg.



Ailment Support:
Normalization of
Cellular Membrane
Function, Cellular
Detoxification,
Cyst Reduction

Cell Restore

Cell Restore is a unique herbal formula designed to nutritionally support normalization of cellular membrane function and cellular detoxification. This synergistic blend utilizes herbs from Traditional Chinese Medicine (TCM) and the herbal tradition of Vietnam. Cell Restore can offer nutritional support for those undergoing oxidative challenges or other conditions of toxicity.

Herbal Combination	Suggested Usage	5 Capsules 3 times daily
Atractylodes (Alba), Cudrania, Dioscorea, Momordica Charantia, Paeonia, Sophora Flavensis	Count	150 Capsules
	Servings Per Bottle	Approximately 30
	Net Weight	600 mg.

To Order Call: 1-877-505-4372

Order Online at www.HLS-Herbs.com

Cholesterol Helper

There are two types of cholesterol: low-density lipoprotein (bad cholesterol) and high-density lipoprotein (good cholesterol). Our herbal formula is designed to help balance the body to reduce the amount of bad cholesterol. Your overall cholesterol level will steadily decline until it reaches optimum levels and your body becomes fully balanced. If your cholesterol level is above 250 you should also take our Cholesterol Booster.



Ailment Support:
High Cholesterol

Herbal Combination	Suggested Usage	2-3 Tablets twice daily
Prunella, Achyranthes, Lycium Fruit, Morinda	Count	120 Tablets
	Servings Per Bottle	Approximately 40
	Net Weight	500 mg.

Cholesterol Booster

Ailment Support:
Proper Metabolizing of Cholesterol, Improve HDL Levels

Cholesterol Booster is formulated to help metabolize cholesterol from the food that is ingested. Cholesterol Booster should be taken with the Cholesterol Helper product for those with cholesterol levels over 250 or for those who are not seeing significant improvement from taking Cholesterol Helper alone.



Herbal Combination	Suggested Usage	3 Tablets twice per day
Cinnamon, Cornus, Dioscorea, Lycium Fruit, Morinda, Pueraria Root	Count	180 Tablets
	Servings Per Bottle	Approximately 60
	Net Weight	500 mg.

To Order Call: 1-877-505-4372

Order Online at www.HLS-Herbs.com



Ovarian Helper

Ailment Support: Ovarian Cysts, Ovarian Problems

Testimonial

"I have been taking Ovarian Helper for a while now. I am prone to cysts on my ovaries and have had them for most of my adult life. After taking this product, the cysts on my right ovary are gone and the ones on my other ovary have reduced in size. I feel much healthier now and would recommend this product to anyone! Thank You!"

Sierra F.



Ovarian Helper is a natural herbal combination that balances female bodies allowing the body to enhance the immune system and promote the health of ovaries. It is effective in helping the body dissolve cysts that develop on the ovaries. Some ovarian problems might also require Cell Restore.

Herbal Combination	Suggested Usage	3 Tablets 2-3 times daily
Crinum Latiforium, Astragalus, Alisma, Annona Muricata, Momordica Charantia, Carica Papaya	Count	90 Tablets
	Servings Per Bottle	Approximately 30
	Net Weight	500 mg.



To Order Call: 1-877-505-4372

Order Online at www.HLS-Herbs.com



Menopause Helper

This herbal supplement was created to address specific symptoms women suffer from during menopause. Menopause is a time for significant changes in a woman's body, which can cause an imbalance. Our product is designed to bring the body back into balance.



Ailment Support:
Menopause, Hot Flashes, Night Sweats



Herbal Combination	Suggested Usage	3 Tablets twice daily
Lycium Fruit, Alisma, Pearl Powder, Angelica, Cyperus	Count	100 Tablets
	Servings Per Bottle	Approximately 33
	Net Weight	500 mg.



Ailment Support:
PMS, Menstrual Cramps, Depression, Anemia, Menstrual Irregularity

Female Helper

Female Helper is designed to help balance the female body. When a body is in balance, metabolic improvements help balance hormones during the menstrual cycle. This allows for significant relief from a variety of symptoms that women face during their menstrual period. Our formula also contains blood tonifying ingredients.



Herbal Combination	Suggested Usage	3 Tablets twice daily
Angelica, Alisma, Cyperus, Lycium Fruit, Pearl Powder	Count	100 Tablets
	Servings Per Bottle	Approximately 33
	Net Weight	500 mg.

To Order Call: 1-877-505-4372

Order Online at www.HLS-Herbs.com

Immune & Endocrine Systems



Ailment Support:
Auto Immune Disease,
Thyroid Support,
Gingivitis,
Periodontitis, Lupus

Immune Restore

This specific formula has been created to offer “Body Balance” in regards to the immune system. When a body is in perfect balance, it provides an optimum environment for the body to heal itself. Those with Lupus also need to take Black Cummin Seed to balance the body (see page 5). In certain cases, Cell Restore (see page 12) may be needed to balance the body condition.

Herbal Combination	Suggested Usage	3 Capsules twice daily
Ganoderma, Poria Cortex, Smilax, Wild Yam	Count	100 Capsules
	Servings Per Bottle	Approximately 25
	Net Weight	600 mg.

Immune & Endocrine Systems

Diabetes Helper

This specific formulation has been developed, tested, and implemented by our own Medical Doctors through their extensive research and personal practices. We have found much success in utilizing this formula to balance the body. A body in balance can normalize the function of the pancreas and promote healthy sugar metabolism. Type I diabetes also requires Immune Restore (see above) to help balance the body.



Ailment Support:
Diabetes Type I, Diabetes Type II, Hyperglycemia, Hypoglycemia

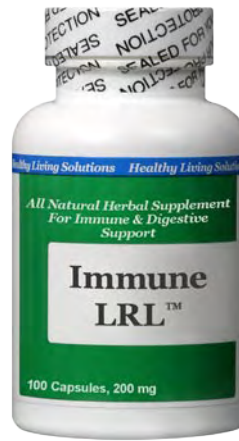
Herbal Combination	Suggested Usage	3 Tablets twice daily
Cinnamon, Cornus, Dioscorea, Lycium Fruit, Morinda, Pueraria Root	Count	180 Tablets
	Servings Per Bottle	Approximately 60
	Net Weight	500 mg.

To Order Call: 1-877-505-4372

Order Online at www.HLS-Herbs.com

Immune LRL

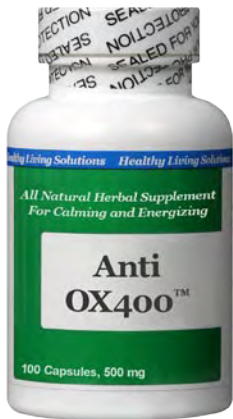
Immune LRL enhances the immune system and aids in digestion through the power of healthy bacteria combined with the preeminent Chinese immune boosting herb Astragalus. The specific healthy bacterium used is a strain of Lactobacillus Rhamnosus Lysate (LRL) powder that is specially cultured to treat and break apart the cell walls to free the immune active proteins that are typically trapped inside.



Ailment Support:
 Compromised Immune System
 Gastrointestinal Motility
 Microbial Imbalances
 Intestinal Mucous Membrane

Herbal Combination	Suggested Usage	2-3 Capsules twice daily
Astragalus, Lactobacillus Rhamnosus Lysate Powder	Count	100 Capsules
	Servings Per Bottle	Approximately 60
	Net Weight	200 mg.

Anti OX400



Ailment Support:
 Antioxidant Support
 Proteinuria Support
 Daily Health
 Immune Support

Anti OX 400 is high in antioxidants that form an important part of balanced nutritional diet. This product also has 400 mg of Ganoderma (Reishi mushroom) as part of the formula. Ganoderma is considered a “superior medicine” in Chinese medicine and is used for anti-tumor activation, immune support, lowering blood pressure, anti-allergy effects, liver health, energy, joint health and overall body balance.

Herbal Combination	Suggested Usage	1 to 4 Capsules twice daily
Ganoderma, Eclipta, Green Tea Extract, Morinda, Taraxaci Herba	Count	100 Capsules
	Servings Per Bottle	Approximately 33
	Net Weight	500 mg.

To Order Call: 1-877-505-4372

Order Online at www.HLS-Herbs.com



Allergy Helper

Ailment Support: Seasonal Allergy Symptoms, Animals, Dust, Food Allergies, Allergic Rhinitis, Hay Fever, Pollen, Inhalant Allergies, Hives, Urticaria

Testimonial

“I have had five allergy infections since January. And I have a constant runny nose. Since taking the herbs, I have experienced no infections. My allergies from cats and dogs prevented me from seeing my friends, I no longer have that problem.”

- Carrie H.



Allergies are the most common chronic health disorders in the industrialized world. Allergies are the body’s reactions to ecological and environmental conditions. Most allergy remedies focus on treating or preventing symptoms or the body’s reactions to allergies. With Allergy Helper, we go one step further, focusing on restoring the body’s energy balance. A body in balance is more able to ignore or overcome allergens and other triggering mechanisms.

Herbal Combination	Suggested Usage	3 Tablets 2-3 times daily
Gleditsia, Scute, Atractylodes, Morinda, Agastache, Aurantium Fruit	Count	100 Tablets
	Servings Per Bottle	Approximately 33
	Net Weight	500 mg.



To Order Call: 1-877-505-4372

Order Online at www.HLS-Herbs.com

Immune Helper

This specific formula has been created to offer “Body Balance” in regards to the immune system. When a body is in perfect balance, it provides an optimum environment for the body to heal itself.

We have found this product to be very effective at treating children with ear infections.



Ailment Support:
Immune Deficiencies,
Childhood and Chronic
Ear Infections

Herbal Combination	Suggested Usage	3 Tablets twice daily
Andrographis, Astragalus, Atractylodes (Alba)	Count	180 Tablets
	Servings Per Bottle	Approximately 60
	Net Weight	500 mg.

Joints and Bones



Ailment Support:
Joint Pain,
Osteoarthritis

Joint Helper

Our Joint Helper product is specifically created to provide relief for a variety of ailments that cause joint pain. Compare this product to Glucosamine and Chondroitin. With Joint Helper you get the benefits in an all natural product. In fact, Joint Helper will often work for those who saw no benefits from taking Glucosamine and Chondroitin. In addition, since our product is all natural and from plants, it also meets the standards for Kosher products.

Herbal Combination	Suggested Usage	3 Tablets 2-3 times daily
Homalomena, Morinda, Smilax, Peony, Ganoderma	Count	100 Tablets
	Servings Per Bottle	Approximately 33
	Net Weight	500 mg.

To Order Call: 1-877-505-4372

Order Online at www.HLS-Herbs.com

Joint and Bones

Spine Helper

This herbal combination is designed to help strengthen the ligaments and tendons that provide support to the spinal column. It also provides necessary support to reduce the effects of Osteoporosis.



Ailment Support:
Back & Neck Pain,
Injuries,
Osteoporosis, Neuralgia,
Cold Hands & Feet

Herbal Combination	Suggested Usage	3 Tablets twice daily
Ganoderma, Morinda, Peony, Smilax, Homalomena	Count	100 Tablets
	Servings Per Bottle	Approximately 33
	Net Weight	500 mg.

Joint and Bones



Ailment Support:
Gout
Uric Acid Balance

Gout Helper

Gout affects millions of Americans and about 4 times as many men than women. It is caused by uric acid deposits in the joints in the hands, wrist, elbow, and feet. Gout Helper contains a combination of four herbs in a specific formulation and concentration to enhance the quality of this product. When the body becomes balanced, it will eliminate the excess uric acid thus eliminating the cause of gout.

Herbal Combination	Suggested Usage	3 to 4 Capsules twice daily
Alisma, Eclipta, Morinda, Prunella	Count	100 Capsules
	Servings Per Bottle	Approximately 25
	Net Weight	600 mg.

To Order Call: 1-877-505-4372

Order Online at www.HLS-Herbs.com

Joint and Bones

Noni

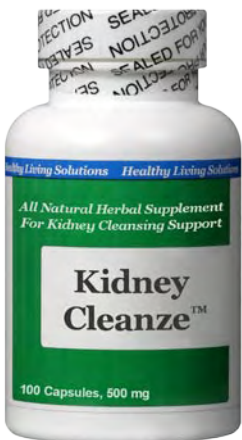
The Noni (Morinda) herb is a safe and effective alternative herbal medicine that has been used for centuries by holistic healers of the South Pacific and Asia. Noni will help your body address general imbalances of the respiratory, digestive, and immune systems. It also can help your body overcome fertility issues and joint pain.



Ailment Support:
Joint Support, Energy,
Fertility

Herbal Combination	Suggested Usage	3 Capsules twice daily
Morinda	Count	100 Capsules
	Servings Per Bottle	Approximately 33
	Net Weight	500 mg.

Kidney /Bladder



Ailment Support:
Kidney Health, Heavy
Metal Toxicity, General
Toxicity, Kidney
Cleansing

Kidney Cleanze

The Kidney Cleanze formula is developed to help the body cleanse heavy metals, such as mercury and lead out of the kidneys. Cleansing helps to restore optimal health by reducing heavy metal build up to help insure proper kidney function. In addition, when the body is in balance it can effectively deal with lingering symptoms of heavy metal toxicity.

Herbal Combination	Suggested Usage	3 Capsules twice daily
Astragalus, Smilax, Dioscorea, Ganoderma, Morinda	Count	100 Capsules
	Servings Per Bottle	Approximately 33
	Net Weight	500 mg.

To Order Call: 1-877-505-4372

Order Online at www.HLS-Herbs.com



Kidney Restore II

Ailment Support: IGA, Chronic Glomerulonephritis, Nephrotic Syndrome, Improved Kidney Function, Kidney Disease, Proteinuria, Protein Spillage

Testimonial

“Over the years I have been resistant to all immune supportive drugs and have had liver damage as the side effect. I began taking Kidney Restore II in November of 1987. To my surprise my Proteinuria was reduced to 500 mg. in only one month, and my BUN and Creatinine levels returned to normal in four months. I remained on the herbal formulas until November of 2000. To this very day I am still healthy and without any touch of kidney disease. “

-- Rob Renton, AZ



Kidney Restore II is a natural herbal supplement with anti-oxidants, cellular cleansing and cellular energy enhancing activities. It supports healthy kidney function which is important for proper kidney filtration and protection from toxic damages by heavy metals and other environmental toxins. The herbs contained in Kidney Restore II have shown very positive effects for people with Chronic Glomerulonephritis, Nephrotic Syndrome and Proteinuria as well as drug induced kidney problems.

- *Kidney Failure and Dialysis requires Kidney Restore II and Kidney Booster
- *Polycystic Kidney Disease requires Kidney Restore II and Cell Restore.
- * Focal Segmental Glomerulosclerosis (FSGS) requires Kidney Restore II and Cell Restore

Herbal Combination	Suggested Usage	5 Tablets twice daily
Rhemannia, Alisma, Astragalus, Cyperus, Dioscorea, Morinda, Poria Cortex	Count	200 Tablets
	Servings Per Bottle	Approximately 40
	Net Weight	500 mg.

To Order Call: 1-877-505-4372

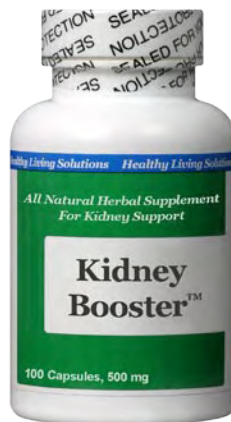
Order Online at www.HLS-Herbs.com



Kidney /Bladder

Kidney Booster

Kidney Booster is developed to work in conjunction with Kidney Restore II. Kidney Booster enhances kidney and liver yin energy and is particularly helpful in balancing hormones. Depending on how the body absorbs the herbs, a higher dosage (up to 5 capsules three times per day) may be needed. Alisma, used in Kidney Booster, is a natural diuretic and works to help the body eliminate excessive water buildup and lower both creatinine and urea from the body.



Ailment Support:
Kidney Disease
High Creatinine Levels
High BUN
Edema

*Must be used **in conjunction** with Kidney Restore II.

Herbal Combination	Suggested Usage	3 Capsules twice daily
Alisma	Count	100 Capsules
	Servings Per Bottle	Approximately 33
	Net Weight	500 mg.

Kidney /Bladder



Ailment Support:
Kidney Stones, Kidney Infections, Bladder Infections, Bladder Stones, Urinary Tract Infections

URO Helper

URO Helper is a natural herbal supplement with anti-oxidants, cellular cleansing and cellular energy enhancing activities. URO Helper is also a natural body balancer allowing the body to perform the following: Supports healthy urinary function, which cleanses toxic material and bacteria; improves urination flow and helps to eliminate the existing stones and prevent the formation of new ones.

Herbal Combination	Suggested Usage	3 to 4 Capsules twice daily
Eclipta, Smilax, Desmedium	Count	100 Capsules
	Servings Per Bottle	Approximately 25
	Net Weight	600 mg.

To Order Call: 1-877-505-4372

Order Online at www.HLS-Herbs.com



Fibro Helper

Fibromyalgia is a syndrome distinguished by chronic pain in the muscles, ligaments, tendons, or bursae around joints. This herbal formula is designed to help the body regain balance in those areas by providing necessary relief to the pain in the muscles, ligaments, and tendons.



Ailment Support:
Fibromyalgia, Chronic Fatigue Syndrome



Herbal Combination	Suggested Usage	3 Capsules twice daily
Ganoderma, Eclipta, Morinda, Taraxaci, Green Tea Extract	Count	100 Capsules
	Servings Per Bottle	Approximately 33
	Net Weight	500 mg.



Liver Helper



Ailment Support:
Liver Detoxification, Fatigue, Jaundice, Cirrhosis, Liver Damage caused by Hepatitis B and Hepatitis C.

Liver Helper is formulated to detoxify the liver allowing it to maintain its health. Liver Helper is effective for a variety of liver conditions including jaundice, cirrhosis, and damage caused by hepatitis. Both Hepatitis B and Hepatitis C cause damage to the liver. Liver Helper aids the body to maintain the health of the liver for those whose liver has been damaged by this disease. For severe cases of Hepatitis damage, you should choose the Hepatitis Kit.



Herbal Combination	Suggested Usage	2 Capsules twice daily
Patrinia, Phyllanthus, Schizandra	Count	90 Capsules
	Servings Per Bottle	Approximately 45
	Net Weight	500 mg.



To Order Call: 1-877-505-4372

Order Online at www.HLS-Herbs.com

Breathe Restore

The Breathe Restore herbal combination is designed to help balance the body against severe breathing disorders. For certain disorders, such as those associated with COPD, including emphysema, chronic bronchitis and asthmatic bronchitis, our Breathe Restore product is used in conjunction with Restore Immune to complete the balancing of the respiratory system.

Ailment Support:
 Emphysema, Bronchitis,
 Allergic Asthma Cough
 (post-URI),
 Bronchospasm
 (wheezing), Viral
 Bacterial Upper
 Respiratory, Asthma,
 Sinusitis



Herbal Combination	Suggested Usage	3 Capsules 2-3 times daily
Atractylodes, Morinda, Poria Cortex, Schizandra, Black Cumin Seed Oil	Count	100 Capsules
	Servings Per Bottle	Approximately 33
	Net Weight	600 mg.

COPD Kit

Ailment Support: COPD, Emphysema, Chronic Bronchitis, Asthmatic Bronchitis



Chronic Obstructive Pulmonary Disease (COPD) is not a single lung disease but a group of diseases. Emphysema, chronic bronchitis and asthmatic bronchitis are the primary diseases that make up COPD. Obstruction to airflow, which interferes with normal breathing, is the main characteristic that these diseases share. The COPD Kit is designed to help the body improve the exchange of oxygen through the lungs, helping those with these ailments to breathe easier.

Herbal Combination	Suggested Usage	3 Capsules of ea., twice daily
See Breathe Restore (page 25) and Immune Restore (page 16)	Count	100 Capsules ea.
	Servings Per Bottle	Approximately 33 ea.
	Net Weight	600 mg.

To Order Call: 1-877-505-4372

Order Online at www.HLS-Herbs.com



Prostate Helper

Ailment Support: Enlarged Prostate, Prostatitis, Frequent Night Time Urination, Benign Prostatic Hyperplasia (BPH)

Prostate Helper has been specially formulated to help prostate ailments such as weak urinary stream, difficulty beginning urination, and incomplete voiding. Our herbal supplement will help your body regain the balance necessary to stop frequent urination, pain or difficulty urinating, and prostate hyperplasia.

The Prostate Helper formula is a natural herbal remedy based on the highly respected herb *Crinum Latiforium*. Prostate Helper enhances the body's natural immune system and promotes the health of the prostate tissue. The natural herbs used are absolutely safe, have no significant side effects and can be taken continuously.

Prostate Helper allows the body's own mechanism to fight chronic and acute prostate problems and has a strong detoxifying action that relieves fatigue and enhances the body's ability to fight off disease. The herbs contained in Prostate Helper were researched, developed, and clinically applied over a 30-year period by Medical Doctors and Master Herbalists.



Herbal Combination	Suggested Usage	3 Tablets 2-3 times per day
Crinum Latiforium, Astragalus, Alisma, Annona Muricata, Momordica Charantia, Carica Papaya	Count	90 Tablets
	Servings Per Bottle	Approximately 30
	Net Weight	500 mg.



To Order Call: 1-877-505-4372

Order Online at www.HLS-Herbs.com



Skin Restore

Skin ailments such as Psoriasis, Eczema, and various other skin rashes are caused by an imbalance in your body. This unique herbal formula is designed to help balance the body and restore your skin to a healthy condition by cleansing the cells. Skin Restore relieves the pain, itchiness, and other symptoms of these ailments and restores your skin to its natural condition. The time it takes for your body to reach a balance will vary from person to person. We recommend Skin Restore be taken for six months as indicated and then a maintenance dose thereafter.



Ailment Support:
Eczema, Skin Rashes



Herbal Combination	Suggested Usage	5 Capsules 2-3 times daily
Paeonia, Atractylodes, Momordica Charantia, Cudrania, Sophora Flavensis, Dioscorea	Count	150 Capsules
	Servings Per Bottle	Approximately 30
	Net Weight	600 mg.



Ailment Support:
Psoriasis, Skin Problems

Psoriasis Helper

Psoriasis is a particularly difficult ailment to find relief from. We have adjusted our Skin Restore formula to better combat the effects of Psoriasis. When a person begins taking the Psoriasis Helper product there is a two to four week detoxification of the body, which may cause an increase in symptoms.



Herbal Combination	Suggested Usage	5 Capsules 2-3 times daily
Atractylodes(Alba), Cudrania, Dioscorea, Momordica Charantia, Paeonia, Smilax, Sophora	Count	150 Capsules
	Servings Per Bottle	Approximately 30
	Net Weight	600 mg.



To Order Call: 1-877-505-4372

Order Online at www.HLS-Herbs.com



Acne Free

Ailment Support: Acne, Healthy Skin

Testimonial


“I would like to express my delight about Acne Free. I have been using this product for about 3 months now and I am extremely satisfied. I have had 4 children and was a smoker for almost 20 years. My face was really starting to show it. I was getting red blotches like little eruptions of my blood vessels under my skin. I was getting pimples again, and my skin was oily. I can now report that my skin is healthier than it has been in years. No blotches, no pimples and no greasiness. I am so happy with this product. I hope my story can help others.”

--Becky, VA.



There are several different treatments for acne which include over the counter and prescription medication as well as herbal supplements. Over the counter treatments typically concern themselves with cleansing of the skin. However, this treatment approach has mixed results. Prescription medication sometimes offers better results, but it may have severe side effects.

Herbal formulas take a different approach to skin problems. Acne Free, our special herbal formula, treats the root cause of acne instead of just the superficial symptoms and it does not cause adverse side effects. Our formula cleanses the liver thus promoting healthy acne free skin. We recommend Acne Free to be taken as indicated for 6-9 months to completely balance the liver and then as needed thereafter. Some people may need to add Noni to achieve the necessary body balance.

Herbal Combination	Suggested Usage	2-3 Tablets twice daily
Angelica, Patrinia, Phyllanthus, Schizandra 	Count	120 Tablets
	Servings Per Bottle	Approximately 60
	Net Weight	500 mg.

To Order Call: 1-877-505-4372

Order Online at www.HLS-Herbs.com



Crohn's I Kit*

Ailment Support: Slight to moderate Crohn's Disease, Ulcerated Colitis, Diverticulitis



Crohn's II Kit

Ailment Support: Moderate to severe Crohn's symptoms, diverticulitis, ulcerated colitis



*** WARNING:** If you have Diverticulitis or Ulcerated Colitis and are pregnant or breast feeding, you must take the Crohn's II Kit only.

Healthy Living Solutions has two different kits to help those with Crohn's disease. The kit you need will depend on the type and severity of symptoms. Both Kits have the Crohn's Helper product but different boosters. The Crohn's II Kit is for severe sufferers of Crohn's and works to not only balance the digestive tract but also to help the body heal the damage of Crohn's. Both Crohn's Kits stop stomach pain and diarrhea and improve the absorption of nutrients.

Herbal Combination		
Crohn's I Kit Crohn's Helper Atractylodes(Alba), Aurantium Fruit, Evodiae, Poria Cortex Black Cumin Seed Oil (See page 5) Crohn's II Kit Crohn's Helper (See above) Immune Restore Wild Yam, Poria Cortex, Smilax, Ganoderma	Suggested Usage	Both Crohn's Kits: 3 capsules twice per day, on an empty stomach 30 minutes before meals
	Count	Both Crohn's Kits: 100 Capsules each
	Servings Per Bottle	Both Crohn's Kits: Approximately 33
	Net Weight	Both Crohn's Kits: 600 mg.



To Order Call: 1-877-505-4372

Order Online at www.HLS-Herbs.com

Stomach/Intestine

Digest Restore

Unfortunately a growing number of people suffer from a variety of digestive ailments. Digest Restore has been specially formulated by our Master Herbalists and Medical Doctors to help balance the body and provide relief from digestive problems.



Ailment Support:
Indigestion, Diarrhea,
Food Allergies, IBS,
Leaky Gut

Herbal Combination	Suggested Usage	3 Capsules twice daily
Poria, Atractylodes Alba, Phellodendron, Agaricus, Crataegus	Count	100 Capsules
	Servings Per Bottle	Approximately 33
	Net Weight	600 mg.

Stomach/Intestine



Ailment Support:
Gastroesophageal Reflux
Disease, Acid Reflux,
Heartburn, Peptic Ulcer

Acid Free

Acid Free is designed to help balance the body against severe digestive disorders. Positive effects may be felt as quickly as 3-6 hours while a complete balancing of the body and acid production may take many months. Once body balance is achieved, it may be necessary to take a maintenance dosage to retain the body's balance.

Herbal Combination	Suggested Usage	3 Capsules twice daily
Poria, Atractylodes (Alba), Accorus, Ganoderma, Morinda	Count	100 Capsules
	Servings Per Bottle	Approximately 33
	Net Weight	500 mg.

To Order Call: 1-877-505-4372

Order Online at www.HLS-Herbs.com

Stomach/Intestine

Colon Cleanze

Colon Cleanze is designed to help balance the body and cleanse the complete digestive tract, eliminating waste and mucous buildup. This product does not require fasting. It works to enhance the body's natural ability to absorb nutrients and eliminate waste. Colon Cleanze combines Chinese herbs along with healthy bacteria to achieve its cleansing and balancing properties.



Ailment Support:
Colon Cleansing
Digest Tract Cleansing
Digestive Health

Herbal Combination	Suggested Usage	3 capsules twice daily
Poria, Atractylodes Alba, Phellodendron, Agaricus, Crataegus, of Lactobacillus Rhamnosus Lysate	Count	90 Capsules
	Servings Per Bottle	Approximately 33
	Net Weight	500 mg.

Virus

Cold and Flu Quik Defense

Cold and Flu Quik Defense is proven to be highly effective in balancing the body. With balance, the body can deal with symptoms of the common cold, flu, and certain viral infections more effectively. For best results we recommend Cold and Flu Quik Defense be taken during the cold and flu season so that the body can prevent infection. If an infection is already present, a higher quantity is recommended. Take up to 3 capsules twice daily. Cold and Flu Quik Defense is available in family and individual sizes.



Family Size

Ailment Support:
Cold, Flu



Individual Size

Herbal Combination	Suggested Usage	1 - 3 Capsules twice daily
Andrographis, Astragalus, Angelica Dong Quai, Lonicera Flower, Cordyceps	Count	90 Capsules
	Servings Per Bottle	Approximately 60
	Net Weight	500 mg.

To Order Call: 1-877-505-4372

Order Online at www.HLS-Herbs.com



Ailment Support:
Hepatitis B,
Hepatitis C



Hepatitis Kit

The Hepatitis Kit is comprised of two separate herbal formulas. Hep Well I is formulated to help balance the body allowing it to maintain liver health. Hep Well II helps the body suppress the Hepatitis virus and keep it from causing damage to the liver and kidneys.

Herbal Combination	Suggested Usage	3 Tablets of each twice daily
Hep Well I Eclipta, Angelica, Patrina, Phyllanthus, Schizandra Hep Well II Andrographis, Astragalus, Angelica, Lonicera Flower, Cordyceps	Count	90 Tablets each
	Servings Per Bottle	Approximately 30
	Net Weight	500 mg. each



Virus Fighter I

Provides support for those who suffer from low immunity. Highly effective in balancing the body and allowing it to fight off a variety of common viruses. By augmenting the body's immune system, Virus Fighter I allows you to recover quickly from viral attacks. Virus Fighter I is effective as a preventative aide during the winter months to fight off many of the common viral infections. If a severe infection already is present, a dosage of up to 6 capsules twice daily is recommended.



Ailment Support:
Viruses, Low Immunity



Herbal Combination	Suggested Usage	3 Capsules twice daily
Andrographis, Angelica Dong Quai, Astragalus, Lonicera Flower, Cordyceps	Count	90 Capsules
	Servings Per Bottle	Approximately 33
	Net Weight	500 mg.



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Virus



Ailment Support:
Herpes, Shingles, HPV

Virus Fighter III

Virus Fighter III helps to balance the body and allow it to effectively fight Herpes, Shingles, and HPV viruses. By working with the body's natural immune system, these herbs help it to effectively suppress viruses. While Virus Fighter III does not cure a person of the viruses, it supports long-term body balance and relief.

Herbal Combination	Suggested Usage	3 Tablets twice daily
Andrographis, Eclipta, Lonicera Flower, Prunella	Count	100 Tablets
	Servings Per Bottle	Approximately 33
	Net Weight	500 mg.

Other

Cardio Boost

Cardio Boost is made with 100% pure Cordyceps Sinesis. This fungus has been used by Olympic athletes to boost their cardiovascular endurance. The China's women distance runners used cordyceps as a daily supplement to boost their performance in the 1996 Olympics winning 3 gold metals along with breaking 3 world records.



Ailment Support:
Cardiovascular Health
and Endurance, Body
Balance

Herbal Combination	Suggested Usage	2 to 5 capsules twice per day
Cordyceps Sinesis	Count	90 Capsules
	Servings Per Bottle	Approximately 45
	Net Weight	500 mg.

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Order Online at www.HLS-Herbs.com

Other

Memory Helper

This formula has been used for centuries in Asia to improve mental agility along with both short and long-term memory retention of information. Memory Helper increases the blood flow to the brain and stimulates those regions responsible for both long and short-term memory.



Ailment Support:
Memory Improvement

Herbal Combination	Suggested Usage	1-3 Capsules twice daily
Achyranthes, Alisma, Aurantium Fruit, Prunella	Count	100 Capsules
	Servings Per Bottle	Approximately 50
	Net Weight	500 mg.

Other



Ailment Support:
Sore Muscles, Back
Pain, Muscle Pain

Muscle Helper

Muscle Helper provides relief from sore muscles and back pain. It relaxes tensed muscles that could be the result of stress, exercise, or over-exertion by improving blood flow to muscle tissue. If you suffer from reoccurring muscle pain, we recommend that you take Muscle Helper daily for 3 months and as needed thereafter. If you suffer from muscle soreness due to exercise, over-exertion, or stress, we suggest that you take Muscle Helper as needed to attain relief.

Herbal Combination	Suggested Usage	3 Tablets 2-3 times daily
Ganoderma, Homalomena, Morinda, Peony, Smilax	Count	100 Tablets each
	Servings Per Bottle	Approximately 33
	Net Weight	500 mg.

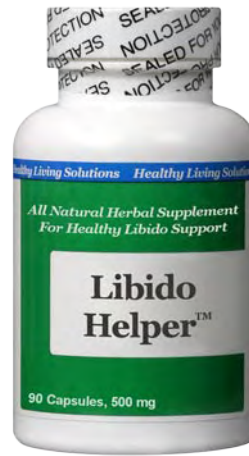
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Libido Helper

Libido Helper's formulation is developed to offer the body support in the key organs that are associated with overall health and sexual libido. This product contains no drugs or stimulants. Our key natural herbal ingredients provide what the body needs for optimum health and performance. Libido Helper works to rebalance the body and enhance the libido. Taken on a daily basis, it allows men and women to experience a healthier libido. Take four capsules one hour before romantic activities for libido support. Take three capsules twice daily for on-going libido support.



Ailment Support:
Sexual Dysfunction
Erectile Dysfunction



Herbal Combination	Suggested Usage	3 capsules twice daily
Lycium, Epimedium, Morinda, Cornus, Achyranthes 	Count	60 Capsules
	Servings Per Bottle	20
	Net Weight	500 mg.

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Order Online at www.HLS-Herbs.com

Healthy Living Solutions

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