

FOR THE
BUSINESS
OF NATURAL
PRODUCTS

iHR
INTEGRATED HEALTH RETAILER



*Success
Comes with*
Change

Good Health Mart Founders
Eunice and Murray McMahon

Bill C-51:

What's Your Position?

A Healthy Relationship:

An Introduction to Drug Interactions

Stiff Competition:

Alleviating Your Customers' Joint Pain

1 SUGLEX™ DIABETIC SUPPORT

Suglex™ is a combination of natural herbs that especially focuses on maintaining healthy glucose levels and alleviating diabetes-related symptoms.

The one main ingredient, *Gymnema Sylvestre*, contains gymnemic acid, which inhibits intestinal glucose absorption and hepatic glucose output. It works to stimulate insulin secretion to adjust the glycolysis process, thereby reducing the risk of blood sugar level increase. Gymnemic Acid, Bitter Melon, Glucomannan, Guava Leaf, and Canadian Ginseng synergistically contribute to strengthening pancreas, cell functions and increasing insulin sensitivity. Suglex™ also helps to improve glycemic control and associated coronary risk factors due to diabetes. Visit www.billbeauty.com or call 1.866. 857.1228. For more information, write #115 on the Free Info Page on page 79.



3 NANA ESSENCE

Nana Essence shampoo, conditioner and mask are an all-natural, organic "food source" for both

hair and scalp. The principal ingredients in these products are nettle, white oak and birch extracts, and all are completely free of dyes, allergens, preservatives and fragrances, as well as being alcohol and "cruelty free." The thick chestnut-coloured shampoo

has a wholesome earthy character, and produces a full lather that rinses easily, without leaving no scent or residue. The conditioner is made from herbs, organic extracts and minerals, and gives hair a rich lustre with a full-bodied softness. The mask nourishes and builds the roots of hair, leaving the scalp invigorated. For more information, visit www.nanaessence.com or write #117 on the Free Info page on page 79.



2 NEW NORDIC MELISSA

There are many causes of sleep deprivation, but often, daily stress is the major influencer. Problems during the day get amplified at night, making your mind overactive, keeping you from falling a sleep. The next day you feel tired and unable to focus.

Melissa is a natural product that was designed to reduce stress and induce sound sleep, making you wake up feeling refreshed and rested. Melissa is made from Lemon Balm, Chamomile, L-theanine, Magnesium and selected B-vitamins. For more information, write #116 on the Free Info Page on page 79.



5 SAME

SAME is a natural chemical compound — S-Adenosyl-Methionine — involved in metabolism and the health of nearly every tissue in the body. Clinical research shows that SAME elevates mood and has a positive effect on behaviour. For many, SAME is a helpful support in coping with depression. It is also used to address

osteoarthritis symptoms and works with Folic Acid and B12 to promote good mental health. A powerful natural ally against depression and pain, SAME from Webber Naturals® is enteric coated for ease of swallowing, maximum bioavailability and enhanced stability. For more information, write #125 on the Free Info Card on page 79.

COMBO OF LIVERFLX™ & LIVERBUILD™

4

This complex of herbs is formulated to cleanse and replenish the liver. The natural combo protects the liver by reducing lipid peroxidation and inhibiting viral activities, and speeds up rejuvenation of liver cells. This is especially beneficial for people with

HCV infections, alcoholics, or for those who have fatty livers. The combo detoxifies and supplies vital energy to the liver, offers anti-oxidative effects to liver tissues, and also helps to detoxify the gallbladder to digest lipids efficiently. It improves digestive functions and enhances absorption of nutrients. For more information visit www.billbeauty.com or write #118 on the Free Info Card on page 79.

