



MOUNTAIN MEADOW HERBS®

2025

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Pure, natural products you can trust.

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CAUTION: *The use of herbal products is subject to debate. If you are pregnant, nursing, taking prescription medications, or have a medical condition, it is advised to consult with your healthcare provider before using these products. The information and testimonials in this product guide are for product selection purposes only and are not intended to diagnose, treat, cure, or prevent any disease or health condition. Please note that the FDA has not approved the information in this guide.*

What sets us apart from other natural remedies and herbal supplements?

For centuries, the healing power of plants has been at the heart of natural wellness, yet finding the most effective forms of these powerful botanicals can be challenging. That's why we've made it our mission to simplify the process for you. Based in the Flathead Valley of Montana, we craft fresh, high-quality herbal extracts, blending them into over 40 targeted formulas that support specific organs and body systems.

Our advanced extraction process is designed to preserve the full spectrum of each herb's active compounds, making our liquid extracts up to 70% more effective than dried herbs in capsules or tablets.* With superior bioavailability, these extracts are quickly absorbed by the body, often resulting in faster and more noticeable benefits.

Whether you're looking for mineral support with **Herbal Calcium** and **Herbal Iron**, immune-boosting solutions like our **Family-Immune-Booster**, or our number one best-selling **Gentle Birth™** to help prepare the body for labor, our formulas offer potent, natural remedies that are trusted by herbalists and healthcare practitioners for their purity and effectiveness.

Our liquid extracts represent a concentrated, sustainable approach to wellness, offering you high-quality, natural remedies that you and your family can trust. With deep respect for both the plants and the people who use them, we are dedicated to providing the most effective herbal solutions for your health and well-being.

* According to Terry Willard, Cl.H., Ph.D., director of the Wild Rose College of Natural Healing and author of the textbook *Modern Herbology*, extracts are found to be up to 70% more effective than tablets or encapsulated herbs.

LEGEND OF ICONS



Safe for expecting moms



Safe for nursing moms



Safe for toddlers (Ages 3-5)



Safe for infants



Not safe for expecting moms



Not safe for nursing moms



Not safe for toddlers (Ages 3-5)



Not safe for infants

The icons used to indicate product safety refer to what is currently, generally considered safe and unsafe. The FDA has not approved these for use by anyone.



Other Vendor Products (do not qualify for any discounts)

In cases where we do not yet, or cannot manufacture a product to fulfill a need, we offer high quality products from other companies that we have researched and support.

3 WAYS TO ORDER



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Mail your order and payment to:

Mountain Meadow Herbs, Inc.
1019 Hard Rock Road
Somers, MT 59932



"I've never ordered a product from MMH that I wasn't satisfied with!" - Mary C.



"I love MMH and the quality of their product as well as their customer service!" - Josi



"Excellent products, great customer service, will be back for more as different needs arise." - VC

→ Nature's Gentle Answers for Women

Throughout history, wise women have utilized the gifts of nature to make womanhood and motherhood easier. Historical midwifery manuals and ancient herbal texts reveal how essential healing plants were long before modern medicine emerged.

Today, there's a resurgence in interest in the simple remedies that our grandmothers and great-grandmothers once relied upon. As many as 40% of women of childbearing age are seeking safe, natural alternatives for bringing their babies into the world.

Concerns such as nerve damage, pressure to adhere to rigid delivery timelines, and drug-related challenges with nursing a

sluggish newborn are prompting many to explore gentler methods for childbirth preparation and postpartum recovery.

Herbal solutions can alleviate discomforts that arise in the months leading up to the arrival of a new baby. Issues like leg cramps, nausea, and fatigue don't have to overshadow this precious time.



The ratio of peppermint in this formula is minimal, at 1:15. It supports digestion for your little one and should not negatively affect milk supply.

MAXI-MILK

Lactation Support for Nursing Moms

- Help maintain healthy milk production
- Help support a comfortable nursing experience

One of the gentlest, most effective nursing supplements available. If you're looking for support, Maxi-Milk may provide the lactation support you need and aid in boosting your milk supply.

Maxi-Milk is a special blend of herbs that work to not only maintain healthy milk production, but to also support a more comfortable nursing experience.

Supplement Facts

Serving Size: 1/4 tsp
Servings Per Container: 96

Per Serving %DV

Proprietary Blend 1.25 mL †

Blessed Thistle herb, Marshmallow root, Alfalfa leaf, Fennel seed, Skullcap herb, Chaste Tree berry, Stinging Nettle leaf, Anise seed, Peppermint leaf, Red Raspberry leaf, Milk Thistle seed, Lemon Balm leaf

† Daily Value (DV) not established

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



2 oz. M1202 \$24

4 oz. M1204 \$39

SUGGESTED USE:

Nursing Women: 1/4 tsp. in water, 1-4 times daily.

NOTE: Begin use **AFTER** delivery and not while still expecting.

"Prepare, Ease, Recover: Support for Easier Labor and Faster Recovery"

GENTLE BIRTH Childbirth Support



TIP: 4 oz. bottle is suggested for 5 weeks before due date. 2 oz. bottle if you tend to deliver early. If taking **Herbal Vita-Mom**, use formula below.

- Midwife recommended
- Promote a more comfortable labor and delivery experience
- Support post-recovery well-being

This unique combination of herbs may help the body prepare to give birth when taken for the 5 weeks prior to your due date. Over 90% of women who have tried Gentle Birth Formula say they would recommend it to family and friends.

Perceived benefits include easier, shorter, and more comfortable labor and delivery, plus post-recovery well-being support.

Gentle Birth may be used up to two weeks after giving birth for normalizing and healing support.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Blessed Thistle herb, Red Raspberry leaf, False Unicorn root, Partridge Berry herb, Blue Cohosh root, Ginger root, Skullcap herb, Motherwort herb, Wild Yam root, Bayberry root bark	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



2 oz.	G1032	\$31
4 oz.	G1034	\$45

SUGGESTED USE:

Use during last 5 weeks of pregnancy.

Week 1: 1/4 tsp. in water 2 times daily.

Weeks 2-5: 1/4 tsp. in water 3 times daily.



GENTLE BIRTH w/out Blue Cohosh or Red Raspberry

If you have high blood pressure, we recommend ordering the Gentle Birth formula without Blue Cohosh. **This version is also now made without Red Raspberry.**

If you're not currently using Red Raspberry extract, consider adding it for additional benefit (page 61).

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Blessed Thistle herb, False Unicorn root, Partridge Berry herb, Ginger root, Skullcap herb, Motherwort herb, Wild Yam root, Bayberry root bark	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



4 oz.	G1034B	\$45
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SUGGESTED USE:

Use during last 5 weeks of pregnancy.

Week 1: 1/4 tsp. in water 2 times daily.

Weeks 2-5: 1/4 tsp. in water 3 times daily.



WARNING: Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

TIP: These nutrients may help balance mom's mood and support a healthy, full-term pregnancy with positive labor outcomes.

MOM'S PRENATAL DHA+



Prenatal Support for Baby's Brain Development

- Promote DHA levels in breast milk
- Support healthy memory and mood
- Aid fetal brain and nervous system development

Provide your baby with the best developmental support possible. DHA (Docosahexaenoic Acid) and EPA (Eicosapentaenoic Acid) are essential Omega-3 fatty acids that play a crucial role in the development of your baby's brain, eyes, nervous system, and immune system throughout pregnancy.

Supplement Facts	
Serving Size:	2 Softgels
Servings Per Container:	30
Per Serving	%DV
Calories 25	
Calories from Fat 24	
Total Fat 2.5 g	3%**
Total Omega-3 Concentrate 2500 mg	†
EPA (Eicosapentaenoic Acid) 900 mg	†
DHA (Docosahexaenoic Acid) 600 mg	†
Other Omega-3 Fatty Acids 300 mg	†

**Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value (DV) not established

Other Ingredients: Fresh Wild-Caught Cold Water Icelandic Fish Oil (Sardine, Herring, Anchovy, and Mackerel), Gelatin, Vegetable Glycerin, and Purified Water.

Allergens: Fish Oil



60 ct. DHA600 **\$35**

SUGGESTED USE:

Adults: As a dietary supplement, take 2 softgels daily with a meal. Drink 16-20 oz of water with each serving.



NOTE: St. John's Wort should not be taken with Rx anti-depressants or birth control.

GENTLE RECOVERY (FORMERLY AFTER-PAIN RELIEF)

Postpartum Wellness Support

- Support fast absorption
- Promote overall muscle health
- Midwife recommended

This fast-acting herbal formula may naturally ease after-birth and menstrual discomfort by relaxing muscle tension, easing cramping and spasms.

This may be helpful during your first days as a new mom to be more pleasant and delightful allowing you to more easily cherish those beloved moments after birth and while nursing your newborn.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Cramp bark, Black Haw bark, Yarrow leaf & flower, St. John's Wort herb	

† Daily Value (DV) not established

Other Ingredients: vegetable glycerin, distilled water and approx. 5% -10% organic grain alcohol.



2 oz. A1012 **\$24**
4 oz. A1014 **\$39**

SUGGESTED USE:

1/4 tsp in water as needed. Dosage can be repeated every 15 minutes (within reason until relief is obtained).

Discontinue use 3 weeks before surgery due to incompatibility of anesthesia and St. John's Wort.

HERBAL VITA-MOM PRENATAL Complete Prenatal Vitamin



60 serv. VM9060 \$45

SUGGESTED USE:
Take 2 softgels daily, preferably with meals unless otherwise directed.

WARNING: Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

★★★★★
 "This herbal combination is wonderful. I didn't have to take Darvocet for pain relief this time in the hospital. I started taking this **Gentle Recovery** as soon as my daughter was born and every time I nursed. I couldn't believe how it kept my cramping at a minimum and my bleeding was considerably lighter. Thanks for such a wonderful product."
 - Stephanie P.

- Important blend of vitamins and minerals
- Digestive-friendly herbs
- Vital support for mom and baby

Herbal Vita-Mom contains the daily vitamins and minerals you need before and during your pregnancy.

Among them is folic acid, widely considered the most important vitamin to take when planning a pregnancy. Folic acid is a B vitamin that cells in your body need for growing and developing.

We suggest that you start any prenatal vitamin regimen at least one month before you start trying to get pregnant. The first few weeks of pregnancy are a vital time for fetal health and development.

Supplement Facts	
Serving Size: 2 softgels	
Servings Per Container: 60	
Amount Per Serving	%DV
Vitamin A (as B-Carotene) 1500 mcg RAE	115%
Vitamin C (as Ascorbic Acid) 60 mg	50%
Vitamin D (as Cholecalciferol) 10 mcg (400 IU)	67%
Vitamin E (as d-alpha Tocopherol) 20 mg	105%
Vitamin K1 (as Phytonadione) 80 mcg	89%
Vitamin B1 (as Thiamine HCl) 4 mg	286%
Vitamin B2 (as Riboflavin) 5 mg	313%
Niacin (as Niacinamide) 20 mg	111%
Vitamin B6 (as Pyridoxine HCl) 10 mg	500%
Folate 1360 mcg DFE (800 mcg folic acid)	228%
Vitamin B12 (as Cyanocobalamin) 10 mcg	357%
Biotin (as D-Biotin) 200 mcg	571%
Choline (as Choline Bitartrate) 20 mg	4%
Pantothenic acid (as Calcium Pantothenate) 10 mg	143%
Iron (as Ferrous fumarate) 18 mg	67%
Iodine (as Potassium Iodide) 150 mcg	52%
Selenium (as Sodium Selenate) 70 mcg	100%
Magnesium (as Mg Oxide and Mg Citrate) 200 mg	50%
Zinc (as Amino acid chelate Zinc) 15 mg	115%
Copper (as Copper Gluconate) 2 mg	154%
Manganese (as Manganese Citrate) 2 mg	77%
Chromium (as Chromium Picolinate) 120 mcg	287%
Potassium (as Potassium Citrate) 60 mg	↑
Coenzyme Q10 50 mg	↑
Inositol 16 mg	↑
Hesperidin Complex (from Citrus aurantium Fruit) 50 mg	↑
Ginger (Zingiber officinale) Root Extract 30.6 mg	↑
Peppermint (Mentha piperita) Leaf Extract 20 mg	↑
Alfalfa (Medicago sativa) Leaf Powder 20 mg	↑
Red Raspberry (Rubus idaeus) Leaf Powder 20 mg	↑
Cranberry (Vaccinium macrocarpon) Fruit powder 20 mg	↑
Stinging Nettle (Urtica dioica) Leaf Powder 20 mg	↑

Other Ingredients: Rice Bran Oil, Gelatin (of bovine origin), Glycerin, Purified Water, Beeswax, Sunflower Lecithin, and Color (Lycopene and Annatto).

TIP: If you plan to take **Gentle Birth**, take **Gentle Birth without Blue Cohosh/Red Raspberry with Herbal Vita-Mom**.



ST JOHN'S WORT



TIP: For many, focusing on the health of their liver may be all they need to feel happier. We suggest starting with our **Mom's LiverGlow** formula (below) and adding the **Mommy Blues Buster** if needed.

MOMMY BLUES BUSTER

Postpartum Mood Support

- Help support a positive outlook
- Promote balanced hormonal function
- Support stress management

Specially formulated for the expecting or nursing mother, these gentle herbs may have a positive effect on emotions.

Let nature gently guide you each day to a new and more balanced state. With adaptogenic and mood lifting herbs, this herbal combination may even help improve mood caused by seasonal changes, hormone imbalance, exhaustion, and other circumstances.

Keep your positive outlook on life and enjoy every minute of motherhood!

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Rhodiola root, Eleuthero root, Lemon Balm leaf, Ginkgo Biloba leaf, Passionflower leaf	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



4 oz. B3204 **\$39**

SUGGESTED USE:

3-11 yrs: 1/8 tsp.
12+ yrs: 1/4 tsp.

Take in water 3-4 times daily. May take up to two weeks of consistent use before full benefit is realized.

Use with caution if taking anti-convulsive, anti-platelet and/or anticoagulants.

Discontinue use 7 days prior to surgery.

If expecting, discontinue use 6 weeks prior to due date.



MOM'S LIVERGLOW

Liver Support for Moms

- Stimulate, cleanse, and support your liver
- Helps maintain normal energy levels
- Healthy mood support

During pregnancy, your liver filters 4.5 pints of blood per minute. This gentle, nourishing blend of herbs may stimulate, cleanse, and support your liver.

Begin and end each day with energy and a smile. For best results, begin use two months before conception when possible.

TIP: Use with **Mom's Stomach Aid** (page 9) to maintain healthy digestion. If not expecting or nursing, use original **LiverGlow** (page 36).

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Milk Thistle seed, Fresh Ginger root, Dandelion root, Alfalfa leaf, Olive leaf, Grape seed, Lemon Balm leaf, Bilberry fruit	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and alcohol. 5% -10% organic grain alcohol.



4 oz. L3714 **\$39**

SUGGESTED USE:

0-2 yrs: 5 to 10 drops.
3-11 yrs: 1/8 tsp.
12+ yrs: 1/4 tsp.

Take in water before meals 3 times daily.



MOM'S STOMACH AID

Digestive Support

- Support healthy digestion
- Promote overall comfort during pregnancy
- Safe for most adults and children

Changes in a woman's body during early pregnancy can lead to an upset stomach. Fresh ginger, combined with dried ginger, fennel, and peppermint can support the entire digestive system. The calming effects help you to enjoy your breakfast and keep it down!

Designed with the expecting mother in mind, this formula can provide soothing support for anyone with an upset stomach.

GREAT FOR MEN & NON-EXPECTING WOMEN TOO!

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Ginger root, Fresh Ginger root, Peppermint leaf, Fennel seed, Peppermint oil	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



2 oz.	\$1302	\$24
4 oz.	\$1304	\$39

SUGGESTED USE:

- 0-2 yrs: 5-10 drops.
- 3-11 yrs: 1/8 tsp.
- 12+ yrs: 1/4 tsp.

Take in water 1-3 times daily or as needed.

Use with caution if you have gallstones, gallbladder inflammation, ulcers, underlying health conditions, or are taking anticoagulant medications, and for children under 2 years old.



MOM'S ADRENAL AID

Adrenal Support for Moms

- Support energy balance throughout the day
- Support overall stress resilience and well-being

Exhaustion and expecting go hand-in-hand for many moms. Changes in your body include the adrenal glands increasing in size and activity.

Pregnenolone, a hormone produced by the adrenal glands, is used by the nervous, glandular and musculoskeletal system. All these systems can become stressed during pregnancy, leaving your adrenal glands drained and you feeling tired and dreary. Supporting the adrenal glands with herbs may be helpful for expecting and nursing moms.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Astragalus root, Eleuthero root, Wild Yam root, Rhodiola root	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol



2 oz.	A2002	\$24
4 oz.	A2004	\$39

SUGGESTED USE:

- 0-2 yrs: 5 to 10 drops.
- 3-11 yrs: 1/8 tsp.
- 12+ yrs: 1/4 tsp.

Take in water 1-3 times daily.

Discontinue use 5 weeks prior to surgery or delivery as Astragalus may cause excess bleeding and Wild Yam may lower NSAID's ability to lessen inflammation.

Wait 2 weeks after surgery or delivery to continue.

TIP: If not expecting or nursing, see original Adrenal Aid (page 31).



PRETERM PREGNANCY SUPPORT

(FORMERLY C & B FORMULA)

Promote Emotional Harmony

- Support overall health during pregnancy
- Help support timely delivery
- Midwife recommended

Pregnancy can be challenging, especially in the early stages. Preterm Pregnancy Support combines herbs traditionally used to support pregnancy, promoting comfort and well-being, including during spotting and cramping.

The calming effects on the uterus and hormone balance offer timely support. This product is especially helpful for women looking to support their pregnancy journey. Keep a bottle on hand for peace of mind.

This formula can be taken in varying doses, with some finding relief within hours and others in several days.

TIP: For additional support consider using **Progester-Yam Cream** on page 21. This cream contains 5 mg of Progesterone per pump.

Progesterone is the hormone that helps support pregnancy and can be used up to 7 months into the pregnancy.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV†
Proprietary Blend	1.25 mL †
Black Haw bark, False Unicorn root, Wild Yam root, Cramp bark, Passionflower leaf	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



2 oz.	C1312	\$24
4 oz.	C1314	\$39

SUGGESTED USE:

Baseline usage for this product is 1/4 tsp. in water 1-3 times daily as needed.

While cramping and/or spotting: Take 3 droppers every 2-3 hours, for up to 12 hours. Then take 2 droppers (1/4 tsp) every 4 hours once the cramping and spotting lessens.

Not intended as a daily preventative, use only as needed.



BLACK HAW

Preterm Pregnancy Support is designed to be used only by women who are pregnant, and only while cramping or spotting. It is not designed to take continuously, except in cases where mom tends to deliver early. In this case, start taking **Preterm Pregnancy Support** 2 weeks before mom generally delivers to help maintain the pregnancy to term.



"I quit spotting after 2 days on the low dose of the Preterm Pregnancy Support. Thanks for sending it quickly! Now I have it on hand in case I start spotting again." - R. Miller

EVENING PRIMROSE OIL

Women's Health & Skin Support



WARNING: Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

- Support healthy blood pressure levels
- Help promote a healthy pregnancy
- Midwife recommended

Use during pregnancy for blood pressure support, to shorten or start labor, and to avoid late delivery.

It may increase the risk of heavy bleeding when ingested in the 3 weeks prior to delivery, so it is suggested to apply topically or discontinue use.

TIP: There are some midwives who recommend using the soft gels topically or as suppositories to soften the cervix before labor. As noted, consult with your healthcare provider prior to attempting to use **Evening Primrose** to start labor or ingesting during late pregnancy.

Supplement Facts	
Serving Size:	1 Softgel
Servings Per Container:	30
Per Serving	%DV
Calories 10	
Calories from Fat 10	†
Total Fat 1 g	2%
Polysaturated Fat 1 g	†
Evening Primrose Oil 1000 mg	†
Linoleic Acid 680 mg	†
Gamma Linolenic Acid 100 mg	†

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.
† Daily Value (DV) not established

Other Ingredients: Gelatin, Glycerin, Pure water.



30 serv. EP9030 \$14

SUGGESTED USE:

1 softgel, one to three times daily.

Consult a healthcare provider before attempting to use it to start labor or ingesting during late pregnancy.

WATER BALANCING FORMULA

Fluid Release Support



- Promote urinary tract wellness
- Help maintain normal fluid balance
- Support the body's natural cleansing process

When your body holds on to too much fluid, you may experience uncomfortable side effects like bloating and weight gain - an experience that is all-too-common during pregnancy.

This herb combination can help support healthy fluid balance by encouraging elimination via the kidneys.

GREAT FOR MEN TOO!

Supplement Facts	
Serving Size:	1 tsp
Servings Per Container:	24
Per Serving	%DV
Proprietary Blend	5 mL †
Cleavers herb, Dandelion leaf, European Elder flower, Sarsaparilla root, Yarrow leaf & flower	

† Daily Value (DV) not established

Other Ingredients: Vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.



4 oz. U6044 \$39

SUGGESTED USE:

0-2 yrs: 1/8 tsp.
3-11 yrs: 1/4 tsp.
12+ yrs: 1/2 tsp.
Adults: 1 tsp.

Take in 8 oz. of cold water 2-3 times daily.

**Use with caution in infants/ babies to avoid dehydration.*

→ Lady's Mantle

Lady's Mantle (Alchemilla vulgaris) has a long history of medicinal and symbolic significance, particularly in relation to women's health. In medieval times, it was valued for its ability to treat menstrual issues, support childbirth, and aid in postnatal recovery. The plant's rounded leaves, resembling a woman's cloak, led to its association with feminine protection and Venus in European folklore. During the Renaissance, it became linked with alchemy, as it was believed to have the power to distill dew, which alchemists thought held mystical healing properties.

Today, Lady's Mantle is used in herbal medicine to support women's health, particularly for regulating menstrual cycles and easing menopause symptoms. It also helps with digestive issues and wound healing due to its astringent properties. In skincare, it's used for its toning, soothing, and anti-aging effects, helping to tighten skin and reduce pores.



HERBAL HEMOSTAT

Support Healthy Uterine Function

- Menstruation
- Postpartum
- Menopause



This herbal blend combines traditional herbs known for supporting uterine health, particularly during menstruation, postpartum recovery, and menopause. Astringent herbs like Yarrow, Bayberry, and Barberry are traditionally used to help support healthy blood flow. Lady's Mantle has a long history of use in supporting women's reproductive health and maintaining a balanced cycle, while also offering anti-inflammatory properties.

Use only under the supervision of a healthcare provider.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Proprietary Blend	1.25 mL †
Cayenne fruit, Lady's Mantle herb, Yarrow leaf & flower, Bayberry bark, Barberry root bark, Shepherd's Purse herb, Cramp bark	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.



2 oz. H1052 \$39

SUGGESTED USE:
Adult females: 1/4 tsp. every 10-15 minutes up to 4 times daily under the supervision of a healthcare provider. **IN CASE OF HEMORRHAGE SEEK MEDICAL ATTENTION IMMEDIATELY.**

HERBAL INDUCE

Support for Over-due Moms



- Promote relaxation
- Labor support
- Stimulate contraction-causing hormones

For those moms who labor and labor but don't seem to get anywhere, this blend of herbs helps those contractions to be more productive. We suggest using this product with moms who are already in labor but it is sluggish and not progressing in a timely fashion.

The cohosh family is known to help boost the productivity of contractions while chamomile and lemon balm offer relaxing comfort. Chaste tree helps to normalize hormones and bilberries help with blood flow and pelvic pain.

Use only under the supervision of a healthcare provider.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Proprietary Blend	1.25 mL †
Bilberry fruit, Chamomile flower, Chaste Tree berry, Lemon Balm leaf, Blue Cohosh root, Black Cohosh root	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.



2 oz. H3332 \$39

SUGGESTED USE:
Laboring/Past Due Females: 1/4 tsp in water every 20-30 minutes while in sluggish labor or as directed by your health care provider. **DO NOT EXCEED 4 DOSES IN 24 HOURS.**

PLACENTA RELEASE

Postpartum Placenta Support



- Encourage healthy reproductive function
- Support overall post-birth vitality

Placenta Release has been used and trusted by midwives & doulas since 2006.

This formula is a combination of Dong Quai root, European Mistletoe herb, and Blue Cohosh root which have been traditionally used to help expel the placenta when taken after delivery.

Use only under the supervision of a healthcare provider.
NOT TO BE TAKEN WHILE PREGNANT.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Proprietary Blend	1.25 mL †
Dong Quai root, European Mistletoe herb, Blue Cohosh root	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.



2 oz. P1062 \$39

SUGGESTED USE:
Adult females: Take 1/4 tsp. after delivery. Repeat dosage every 15 minutes (up to 5 times) until the placenta is released.
IF THERE IS MAJOR BLEEDING PLEASE SEEK MEDICAL ATTENTION IMMEDIATELY.

→ Fertility

Before the days of modern medical inventions, herbs were heavily relied on to increase fertility. Even the Bible records the ancient story of Rachel and her quest to conceive, by bargaining for her nephew's Mandrake roots. These were believed to relieve barrenness.

Herbs and dietary supplements can be a welcome alternative before or after going through the painful, invasive, and often ineffective methods used by modern medicine. The costs alone can be frightening, making nature's simple answers even more attractive.

Many factors are thought to contribute to the growing number of childless couples. In women, endometriosis is considered to be the leading cause. Toxic overload, yeast overgrowth, and parasites are other burdens considered by natural health

practitioners to contribute to the inability of men and women to conceive.

We are pleased to offer natural fertility support products for both men and women. Men seldom get enough of the vitamins and minerals pertinent to their reproductive health and can benefit from taking a good-quality multi-vitamin.

It makes sense for both partners to thoroughly cleanse the body and to strengthen any major organ you suspect to be weak, before using herbal and dietary supplements to enhance fertility.

You may discover your body just needs a cleaner, healthier place for a new life to form. Prepare to be patient. We would suggest that you begin by addressing the issue causing the most discomfort.



DO NOT USE if you have bipolar disorder or bipolar spectrum disorder. Not to be taken with Hormone Replacement Therapy. St. John's Wort should not be taken with Rx anti-depressants or hormonal birth control.

HER CALM GUMMIES

Emotional Support Gummies

- Support healthy stress levels
- Promotes calmness and emotional well-being

Passionflower, St. John's Wort, and Saffron have traditionally been used to help support stress and emotional balance. On days when extra support is needed, these gummies offer a natural option.

Saffron is valued for its antioxidants and potential benefits, including improved mood, emotional support during your cycle, and possible weight loss aid.

Supplement Facts		
Serving Size: 2 Gummies		
Servings Per Container: 30		
	Amount per Serving	%DV
Calories	10	
Total Carbohydrate	3 g	1%**
Vitamin D2 (as Ergocalciferol)	25 mcg	125%
Sodium	10 mg	<1%
Passionflower (Passiflora incarnata)	500 mg	†
From 50 mg of 10:1 Extract		
St. John's Wort (Aerial Parts) (Hypericum perforatum)	100 mg	†
From 10 mg of 10:1 Extract		
Saffron (Crocus sativus) (Stigma)	88.5 mg	†
From 8.85 mg of 10:1 Extract		
GABA (Gamma Amino-butyric Acid)	30 mg	†

† Daily Value not established.
 ** Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Malitol, Isomalt, Pectin, Citric Acid, Phosphoric Acid, Sodium Citrate, Sunflower Seed Oil, Purple Carrot Juice Concentrate, Natural Raspberry Flavor, Natural Blueberry Flavor, Carnauba Wax



30 serv. HC2060 \$24

SUGGESTED USE:
13+ yrs: Take 2 gummies daily.

HORMONE BALANCE FORMULA

Natural Support for Women



- Support healthy hormone levels
- Promote balanced cycles
- Support healthier-looking skin

This formula is a traditional combination of harmonizing herbs used to support normal hormone balance. You can be in a good mood all month, have regular cycles, and enjoy a clearer complexion.

Perfect for teenage girls, new mothers, and women of all ages.

TIP: Optimal results have been noted by alternating (every two weeks) the Reproductive Tone & Cleanse with the Hormone Balance Formula for maximum cleansing and balancing effects. We suggest starting Hormone Balance Formula the day your cycle starts and take it for 2 weeks. Then switch to Reproductive Tone & Cleanse for 2 weeks. From that point simply continue to alternate the two formulas every two weeks regardless of when your cycle starts and stops. We suggest using these products for 3-6 months for best results.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Chaste Tree berry, Wild Yam root, Sarsaparilla root, Blessed Thistle herb, Ginger root, Partridge Berry herb, Licorice root	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% -10% organic grain alcohol.



2 oz.	H1042	\$24
4 oz.	H1044	\$39

SUGGESTED USE:

12+ yrs: Take 1/4 tsp. in water 1-3 times daily.

Not suggested for use with Progesta-Yam.

REPRODUCTIVE TONE & CLEANSE

Female Health Support



- Maintain healthy uterus, fallopian tubes, and ovaries
- Support comfort during menstruation
- Easily absorbed and fast-acting

This combination of cleansing and toning herbs is prized for their positive effect on the uterus, fallopian tubes, and ovaries.

This blend is easily absorbed and works quickly to help relieve mild pain associated with menstruation and/or ovulation.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Dong Quai root, Wild Yam root, European Mistletoe herb, Red Raspberry leaf, Yarrow leaf & flower, Blue Cohosh root, Cayenne fruit, Chamomile flower, Ginger root, Licorice root	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% -10% organic grain alcohol.



2 oz.	T1102	\$24
4 oz.	T1104	\$39

SUGGESTED USE:

12+ yrs: Take 1/4 tsp. in water 1-3 times daily.

CAN be taken with Progesta-Yam.

HAIR, SKIN, & NAILS GUMMIES

Essential Vitamin Gummy



- Rich in essential vitamins
- Support healthy hair growth
- Promote healthy skin & nails

Biotin is known to help moisturize your skin which is essential for maintaining smooth skin and a youthful glow. It's also very beneficial for your hair as it stimulates the production of keratin which leads to faster and thicker hair growth. People have also noticed a huge difference in their nails when taking biotin as it can build stronger and healthier nails.

Give your hair, skin, and nails a refreshing boost with our Sugar-Free gummy full of essential vitamins and minerals for everyday support plus 5,000 mcg of Biotin for that extra support.

Supplement Facts		
Serving Size: 2 Gummies		
Servings Per Container: 30		
	Amount Per Serving	%DV
Calories	10	
Total Carbohydrates	5 g	2%**
Vitamin A (as Retinyl Acetate)	1,200 mcg RAE	133%
Vitamin C (as Ascorbic Acid)	60 mg	67%
Vitamin D3 (as Cholecalciferol)	10 mcg	50%
Vitamin E (di-alpha-tocopheryl Acetate)	18 mg	120%
Vitamin B6 (as Pyridoxine HCl)	2 mg	118%
Folate (as 400 mcg Folic Acid)	666 mcg DFE	167%
Vitamin B12 (as Cyanocobalamin)	8 mcg	333%
Biotin	5,000 mcg	16,667%
Pantothenic Acid (as Calcium D-pantothenate)	10 mg	200%
Iodine (as Potassium Iodide)	80 mcg	53%
Zinc (as Zinc Citrate)	5 mg	45%
Sodium (as Sodium Citrate)	10 mg	<1%

† Daily Value (DV) not established
 **Percent Daily Values are based on a 2,000 calorie diet

Other Ingredients: Maltitol, Isomalt, Glycerin, Pectin, Sodium Citrate, Natural Strawberry Flavor, Natural Cherry Flavor, Citric Acid, Vegetable Oil, Purple Carrot Concentrate, Carnauba Wax.



30 serv. HSN2060 \$24

SUGGESTED USE:

13+ yrs: Take 2 gummies daily.

PMS RELIEF DROPS

Monthly Cycle Support

- Balance emotions and mood
- Ease cramping
- Boost energy levels

While there is no one-size-fits-all solution for PMS relief, some natural products have been suggested to help alleviate symptoms.

This natural remedy focuses on holistic well-being, addressing not only physical symptoms but also emotional and mental aspects of PMS. This can contribute to overall better health and well-being.

Experience an improved quality of life with better mood, less pain, and increased energy during your monthly cycle.



TIP: Use with Water Balancing Formula (page 11) for added support.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving %DV	
Proprietary Blend	1.25 mL †
Chaste Tree berry, Red Raspberry, Cramp bark, Wild Yam root, Elderberry (spp.), Horsetail herb, Dong Quai root, Black Cohosh root, Yarrow root, Shepherd's Purse herb, Fennel seed extract	

† Daily Value (DV) not established

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



2 oz. P1302 \$24
 4 oz. P1304 \$39

SUGGESTED USE:

13+: 1/4 tsp. 1-3 times daily.

Contains Elderberry for immune support.

FRUITFUL VINE

Women's Fertility Support



- Balance hormone levels
- Support healthy stress levels
- Natural, non-invasive

Fruitful Vine is designed for women who long to become pregnant. This combination of herbs is designed to increase fertility by stimulating certain glands and minimizing stress while bringing balance to hormone levels.

TIP: Enhance benefits with **Vitamin C** for ovulation support, see page 47. Days 1-12 of your cycle take 7,000 to 10,000 mgs daily, in 3 divided doses. Day 13-28 reduce dosage to 3,000 - 5,000 mgs daily in 3 divided doses Once pregnant discontinue Vitamin C immediately and reduce dose of Fruitful Vine to finish using within 1 week.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Chaste Tree berry, Dong Quai root, Wild Yam root, Eleuthero root	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



4 oz. F1024 \$39

SUGGESTED USE:
1/4 tsp in water 3-4 times daily.

DO NOT USE with *Reproductive Tone & Cleanse* or *Hormone Balance Formula*.

HER RESPONSE

Natural Libido Support



- Relax naturally
- Maintain a healthy desire
- Support female responsiveness

A balancing and stimulating herbal tonic designed to help increase a lady's desire or libido. Bringing natural relaxation and relief to women.

NOTE: *St. John's Wort* should not be taken with Rx anti-depressants or birth control.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
St. John's Wort herb, Tribulus Terrestris fruit, Eleuthero root, Gentian root, Gotu Kola herb, Passionflower leaf, Sarsaparilla root	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



4 oz. E4204 \$39

SUGGESTED USE:
1/4 tsp in water 3-4 times daily. May take up to two weeks of consistent use before full benefit is realized.

*Use with caution when nursing a baby under 6 months.

Discontinue use 3 weeks before surgery.



"I am really happy with **Her Response**, I am post menopause and my Dr. told me I am too old for hormone therapy, I told her, 'I'm not dead yet! I need to take something.' This is working."

- MMH Customer

WOMEN'S THYROID CARE

Thyroid Gland Support



- Support healthy stress levels
- Encourage optimal metabolism
- Maintain ideal energy levels

Your thyroid is essential for regulating metabolism, influencing how many calories you burn, how quickly you heal, and your overall energy levels. It also plays a significant role in your mood.

Our new formula is designed to naturally support thyroid function, helping your body effectively convert and use thyroid hormones. Safe for both expecting and nursing mothers, it's also effective for adults of all ages and genders, promoting overall well-being.

Supplement Facts		
Serving Size: 4 capsules		
Servings Per Container: 30		
	Amount per Serving	%DV
Selenium (as Selenomethionine)	100 mcg	181%
Copper (as Copper Amino Acid Chelate)	1 mg	111%
Vitamin B12 (as Methylcobalamin)	200 mcg	8,333%
Zinc (as Zinc Amino Acid Chelate)	10 mg	125%
Proprietary Blend (L-Tyrosine powder, L-Threonine powder, Olive leaf powder, Rhodiola root powder, Apple Cider Vinegar powder, Spirulina powder)		
† Daily Value (DV) not established		
Percent Daily Values (DV) are based on a 2,000 calorie diet.		

Other Ingredients: Veggie capsules



30 serv. WT9220 \$35

SUGGESTED USE:
12+ yrs: Take 2 capsules twice daily with food.

WARNING: Consuming this product can expose you to chemicals including lead which are known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

MENOPAUSE RELIEF DROPS

Menopause Transition Support



- Naturally optimize hormones
- Support blood vessel elasticity
- Mood balancing support

Support your body's natural rhythm during menopause with our specially crafted formula designed to balance hormones, stabilize mood, and alleviate common symptoms.

With the right support, you can navigate this transformative phase with confidence, reducing discomfort and embracing the next chapter of your life with ease and a positive outlook.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Black Cohosh root, Chaste Tree berry, Dong Quai root, Wild Yam root, Red Clover extract, Chamomile extract, Passionflower extract	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



4 oz. M1304 \$39

SUGGESTED USE:
Adult Women: Take 2 dropper squeezes (approx. 1/4 tsp) 3 times daily.

→ Women's Healthcare

Women's healthcare is a vital aspect of well-being that evolves as we grow and mature. From youth through menopause and beyond, a woman's body goes through various stages, each requiring a thoughtful and individualized approach to health and self-care. As we transition through these stages, it's important to understand the changes our bodies undergo and the steps we can take to support our health.

In the early years, healthcare focuses on ensuring regular and healthy menstrual cycles, understanding general health, and supporting personal wellness. Regular check-ups, such as screenings for breast health and gynecological exams, are essential for identifying potential issues early. Education on maintaining a healthy lifestyle, including proper nutrition, physical activity, and mental well-being, helps lay the foundation for lifelong health. Developing healthy habits early on can set the stage for better overall well-being in the future.

As women reach their 30s and 40s, healthcare continues to focus on overall well-being, with special attention to stress management, hormonal changes, and preventing conditions like osteoporosis and heart disease. This period may bring about challenges like changes in metabolism, energy levels, and sleep patterns, requiring more personalized healthcare approaches. The years leading up to menopause can also bring changes in mood and fertility, and women may benefit from professional guidance on how to navigate these transitions.

When women reach menopause, typically in their late 40s to early 50s, healthcare focuses on managing the natural changes that come with this transition. This includes supporting bone health, managing body temperature fluctuations, and maintaining a healthy weight. Hormone therapy and other treatments may be considered, but lifestyle practices such as balanced eating, regular exercise, and stress management continue to play an essential role in maintaining health during this time. Emotional well-being, including managing any mood changes or feelings of uncertainty, is also a key part of care.

As women move into their 60s and beyond, healthcare needs shift to address aging concerns such as maintaining joint mobility, cognitive health, and the ability to remain active and independent. Preventative care, such as regular health screenings and managing chronic conditions like high blood pressure and diabetes, becomes even more important for ensuring a high quality of life in later years. Staying socially connected, engaging in cognitive exercises, and practicing preventive measures for aging-related health concerns can help maintain vitality and wellness as we grow older.

In all stages of life, women's healthcare is not a one-size-fits-all approach. It is about recognizing and respecting the unique needs of each phase, ensuring that physical, mental, and emotional health are supported. By staying informed, seeking guidance from healthcare professionals, and making choices that prioritize wellness, women can navigate each phase of life with strength, resilience, and confidence. The key is proactive self-care, embracing the changes, and staying empowered in every stage of life.



WOMEN'S ADVANCED®

Women's Multivitamin

- Immune system support
- Promote optimal energy
- Support healthy stress levels

Enhance your overall wellness with immune, energy, and stress support. New Chapter's women's multivitamin is made with organic, non-GMO ingredients that target women's health needs with superfoods like Ginger, Organic Turmeric, and Chamomile. Fermented with whole foods nutrients and formulated for absorption.

With all the essential vitamins and minerals you can enjoy healthier hair, skin, and nails too!

NOT AVAILABLE FOR RESALE OR DISTRIBUTION.



OVP



36 serv. E8095 \$49

SUGGESTED USE:
13+ yrs: Take 2 tablets daily.

Other Ingredients: Ferment media (organic soy flour, organic Saccharomyces cerevisiae, organic orange peel powder, organic carrot powder, lactic acid bacteria [Lactobacillus acidophilus, Bifidobacterium bifidum and Lactobacillus rhamnosus], papain [deactivated], bromelain [deactivated] and organic alfalfa powder), organic gum acacia, silica, lac resin and carnauba wax.

Contains: Soy

Supplement Facts

Serving size: 2 Tablets

	Amount per Serving	%DV
Vitamin A (100% as beta-carotene from ferment media)	900 mcg	100%
Vitamin C (as ascorbic acid from ferment media)	90 mg	100%
Vitamin D3 (as cholecalciferol from ferment media)	25 mcg (1000 IU)	125%
Vitamin E (as d-alpha-tocopheryl acetate from ferment media)	16 mg	100%
Vitamin K (as phyloquinone [K1] from ferment media and as menaquinone-7 [K2] from lingo)	120 mcg	98%
Thiamin (as thiamine hydrochloride from ferment media)	3 mg	250%
Riboflavin (from ferment media)	4 mg	308%
Niacin (as niacinamide from ferment media)	16 mg	100%
Vitamin B6 (as pyridoxine hydrochloride from ferment media)	4.3 mg	253%
Folate (as methylfolate and as 80 mcg folic acid from ferment media)	400 mcg DFE	100%
Vitamin B12 (as cyanocobalamin from ferment media)	12 mcg	500%
Biotin (from ferment media)	39 mcg	100%
Pantothenic Acid (as calcium D-pantothenate from ferment media)	12.5 mg	250%
Calcium (from algae Lithothamnion [Lithothamnion calcareum and Lithothamnion corallicolus])	52 mg	4%
Iron (as ferrous fumarate from ferment media)	9 mg	50%
Iodine (as potassium iodide from ferment media)	75 mcg	50%
Magnesium (as magnesium oxide from ferment media and from Lithothamnion calcareum and Lithothamnion corallicolus)	10 mg	2%
Zinc (as zinc oxide from ferment media)	5.5 mg	50%
Selenium (as selenium dioxide from ferment media)	78.5 mcg	143%
Copper (as copper sulfate anhydrous from ferment media)	0.85 mg	61%
Manganese (as manganese chloride from ferment media)	2.3 mg	100%
Chromium (as chromium chloride from ferment media)	35 mcg	100%
Molybdenum (as sodium molybdate from ferment media)	4.5 mcg	10%
Stress and Energy Support Blend (from ferment media): Organic Schizandra (berry), Organic Meca (root), Organic Chamomile (flower)	67.5 mg	-
Hormone Support Blend (from ferment media): Organic Chanve Tree (berry), Organic Red Clover (flower), Organic Raspberry (leaf)	67.5 mg	-
Immune Support Blend (from ferment media): European Elder (berry) extract, Organic Eleuthero (root), Organic Astragalus (root)	45 mg	-
Digestive Support Blend (from ferment media): Organic Aloe (leaf), Organic Peppermint (leaf), Organic Cardamon (seed), Organic Cardamon (fruit), Organic Artichoke (leaf)	33.7 mg	-
Cardio Support Blend: Organic Fenugreek (seed) from ferment media, Organic Oregonio (leaf) from ferment media, Grapeseed extract, Organic Hawthorn (berry, leaf, and flower) from ferment media	24 mg	-
Organic Turmeric (rhizome): 4 mg from ferment media and 1.2 mg supercritical extract	5.2 mg	-
Ginger (rhizome): 2.4 mg aqueous extract and 0.6 mg organic supercritical extract	3 mg	-

* Daily Value (DV) not established

VARI-PLEX

Vein Support

- Support normal circulation
- Maintain strong, healthy capillaries
- Support leg comfort

The miracle of carrying a new life does not have to be accompanied by ugly, uncomfortable veins. This powerful combination of herbs may support and strengthen healthy normal veins.

This formula can be used by anyone, including men, for healthy vein support.

Supplement Facts

Serving Size: 1/4 tsp

Servings Per Container: 96

Per Serving %DV

Proprietary Blend 1.25 mL †

Bayberry bark, Bilberry leaf, Bilberry fruit

† Daily Value (DV) not established

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.

4 oz. V2184 \$39

SUGGESTED USE:

1/4 tsp. in water 1-3 times daily.

TIP: If using with Gentle Birth, reduce the dose of Vari-Plex by half. For best results, use with Horse Chestnut Leg Lotion (page 65).

4 oz. V2184 \$39

SUGGESTED USE:

1/4 tsp. in water 1-3 times daily.

TIP: If using with Gentle Birth, reduce the dose of Vari-Plex by half. For best results, use with Horse Chestnut Leg Lotion (page 65).



PROGESTA-YAM

Herbal Balance Cream

- Natural ingredient formulation
- Promote hormonal balance

Formulated by Dr. John R Lee, MD, our progesterone cream is naturally safe and an effective alternative to synthetic hormones. Estrogen dominance is common and the imbalance can cause an alarming array of discomforts.

Dr. Lee writes that a natural USP progesterone cream in applications of 20-30 mg daily can go a long way in bringing balance, improving low libido, reducing weight gain, easing PMS and early onset of menopause.

NOT JUST FOR WOMEN! Men also need optimal levels of progesterone to produce adequate testosterone.

Ingredients: Purified Water, Safflower Seed Oil, Apricot seed Oil, Evening Primrose Oil, Grape Seed Oil, Hemp Seed Oil, Aloe Barbadensis, Progesterone USP, Lecithin, Tocopherol (Vitamin E Oil), Sepigel, Potassium Sorbate, Sorbic Acid.



4 oz. PY8001 \$55

SUGGESTED USE: Adults: Apply 4 pumps of cream daily as needed to thin skinned areas of the chest, upper arms, stomach or inner thighs. Rotate application areas. **Caution:** If you are pregnant, nursing, have a medical condition, or are taking a prescription, consult your health care provider before using this product. If taking while expecting, taper off by 7 months.

1-2 month supply, depending on usage.

FOR EXTERNAL USE ONLY. NOT FOR ORAL CONSUMPTION. NOT A LUBRICANT. AS WITH ANY PRODUCT, IN CASE OF RASH OR IRRITATION, DISCONTINUE USE. KEEP OUT OF REACH OF CHILDREN. 1/4 TEASPOON EQUALS 20 MG OF PROGESTERONE USP (4 PUMPS PROVIDE 20 MG PROGESTERONE USP).



WARNING: This product contains progesterone, a chemical known to the State of California to cause cancer. For more information go to www.P65Warnings.ca.gov

ESTRIOL CREAM

Menopause Wellness Support

- Natural ingredient formulation
- Skin health support
- Help relieve menopause symptoms

Formulated by Dr. John R. Lee, MD, Estriol is considered the safest estrogen to ease the discomforts of menopause. Natural Estriol USP is bio-identical in structure to the estriol your body makes and a much better choice than other types of estrogen available.

Estriol cream can help alleviate common menopause symptoms such as hot flashes, night sweats, vaginal dryness, and mood swings, promoting overall comfort and well-being.

Ingredients: Purified Water, Aloe Barbadensis, Safflower Seed Oil, Evening Primrose Oil, Hemp Seed Oil, Estriol USP, Lecithin, Sepigel, Xanthan Gum, Potassium Sorbate, Sorbic Acid.



2 oz. EC8011 \$59

SUGGESTED USE: Adults: Apply 1 pump of cream once or twice daily to clean dry skin such as inner arms, behind the legs, upper chest or stomach as needed or as directed by your healthcare provider. Massage in thoroughly. **Caution:** If you are pregnant, nursing, have a medical condition, or are taking a prescription, consult your health care provider before using this product. Not for use while expecting.

1-2 month supply, depending on usage.

FOR EXTERNAL USE ONLY. NOT FOR ORAL CONSUMPTION. NOT A LUBRICANT. AS WITH ANY PRODUCT, IN CASE OF IRRITATION, DISCONTINUE USE. KEEP OUT OF REACH OF CHILDREN. 1/4 TEASPOON EQUALS 1 MG OF NATURAL ESTRIOL USP (4 PUMP PROVIDES 1 MG OF NATURAL ESTRIOL USP).



WARNING: This product contains estrogen, a chemical known to the State of California to cause cancer. For more information go to www.P65Warnings.ca.gov

→ Mountain Meadow Kids

Children are truly one of life's greatest blessings. From the moment they are born, they bring joy and purpose in ways that few things can.

As parents, ensuring their health and happiness is at the heart of everything we do. There's nothing more heart-wrenching than seeing your child suffer—whether from illness or struggles at school.

With the right herbal remedies, used safely, you can help nurture your child's well-being and create more joyful, fulfilling days together.

For newborns and infants, only the gentlest herbs are suitable. It's essential to watch for any signs of allergic reactions,

such as rashes, swollen or bleeding gums (unrelated to teething), or any changes in their breathing.

Each of the herbs in our child-friendly liquid formulas is carefully chosen to be both effective and safe. We've also made sure these liquid formulas are flavored with natural herbal extracts, so your child will enjoy the taste while benefiting from the extra health support these herbs provide.



VITA-MINI BEARS

Children's Gummy Vitamin



- Fill nutrient gaps in diet
- Over 100% of the recommended daily intake for multiple vitamins and minerals
- Non-GMO and great tasting!

Many parents choose to give their children a multivitamin and mineral supplement to ensure they're meeting their nutritional needs and to support overall health.

Whether your child is a picky eater or you think he or she may benefit from an added nutrition boost, Vita-Mini Bears can help. One look at our supplement facts and you can be sure of certain vitamin intake by your children, including Vitamins A through E, Folate, Zinc, calcium and more!



Supplement Facts

	Amount Per Serving	%DV
Serving Size: 2 Gummies		
Servings Per Container: 30		
	Amount Per Serving	%DV
Calories	16	
Total Carbohydrate	3 g	2%
Added Sugars	3 g	6%
Vitamin A (as Acetate)	630 mcg RAE	70%
Vitamin C (as Ascorbic Acid)	20 mg	22%
Vitamin D (as Cholecalciferol)	10 mcg	50%
Vitamin E (as Di-Alpha Tocopheryl Acetate)	10 mg	66%
Vitamin B6 (as Pyridoxine HCl)	2 mg	118%
Folate (as Folic Acid)	430 mcg DFE	106%
Vitamin B12 (as Cyanocobalamin)	6 mcg	250%
Biotin	60 mcg	200%
Pantothenic Acid (as D-Calcium Panthotenate)	5.2 mg	104%
Choline (as Choline Bitartrate)	.04 mg	<2%
Iodine (as Potassium Iodide)	42 mcg	28%
Zinc (as Zinc Citrate)	2.7 mg	24%
Inositol	40 mcg	**

Percent Daily Values are based on 2,000 calorie diet
**Daily Values are not established.

Other Ingredients: Dextrose, Pectin, Citric Acid, Sodium Citrate, Natural Lemon, Grape, Orange, Cherry, and Strawberry Flavors, Sodium Magnesium Chlorophyllin, Purple Carrot Juice Concentrate, Vegetable Oil, Beta-Carotene



30 serv. VM2060 \$21

SUGGESTED USE:

Take 2 gummies daily.

*Gummies are considered safe for all ages but may be a choking hazard.

CHILDREN'S PROBIOTIC GUMMIES

Digestive Health Support

- Powerful blend of beneficial bacteria
- Healthy support for the immune system
- Enhanced nutrient absorption



Give your little one the gift of a robust immune system and a happy digestive tract with our specially formulated children's probiotics. Packed with a powerful blend of beneficial bacteria, these tiny superheroes work tirelessly to support your child's overall health.

Say goodbye to tummy troubles! These probiotics aid in digestion, soothe occasional belly discomfort, and ensure your child absorbs all the essential nutrients they need. A healthy gut equals a happy mood and these probiotics may play a role in supporting your child's emotional well-being.



30 serv. CP2060 \$26

SUGGESTED USE:
4-13 yrs: Take 1 gummy daily.
14+ yrs: Take 2 gummies daily.

*Safe for ages 4+

Supplement Facts

	1 Gummy		2 Gummies	
	Amount per serving	%Daily Value 4-13 yrs	Amount per serving	%Daily Value 14+ yrs
Calories	10		20	
Total Carbohydrate	2 g	1%**	4 g	1%**
Sodium	5 mg	<1%	10 mg	<1%
<i>Bacillus coagulans</i>	2.5 Billion CFU†	†	5 Billion CFU†	†
<i>Bifidobacterium lactis</i>	1 Million CFU†	†	2 Million CFU†	†

† Daily Value (DV) not established
 ** Percentage Daily Values are based on a 2,000 calorie diet.
 ‡ Formulation at time of manufacture.

Other Ingredients: Maltitol, Isomalt, Glycerin, Coconut Oil, Pectin, Citric Acid, Ascorbic Acid, Sodium Citrate, Tricalcium Phosphate, Natural Raspberry Flavor, Sunflower Oil, Purple Carrot Juice Concentrate, Natural Watermelon Flavor, Carnauba Wax



"I love Mountain Meadow Herbs kid products! The taste is by far the best I've found in herbal immune support products. My kids love it as well which makes giving them their "vitamins" a whole lot easier." - Dessie W.



CHILDREN'S VITA-MULTI

Full-spectrum vitamin & trace mineral support



- Fast absorption
- With added fruits and greens
- Contains Lutein for blue light protection

Vitamins and minerals are essential for everyone regardless of your age. They help keep every part of your body functioning and moving properly. This liquid multivitamin contains a natural source of purified calcium, magnesium, and 63 other trace minerals!



16 oz. VM8030 \$45

SUGGESTED USE:

1-4 yrs: 1/2 Tbsp.
4-12 yrs: 1 Tbsp.

Take daily. Shake well. Refrigerate after opening. Some settling is normal. Protect from heat & moisture. Remains effective for 3-6 months after opening.

NOTE: As with any natural product, color and taste may vary.

This blend contains lutein which helps protect your eyes from harmful blue light and has a generous amount of fruits and greens. The added prebiotics are combined with soluble fiber and plant-based digestive enzymes to promote calcium absorption and gently strengthen the immune and digestive systems.

100% Vegan | Natural sweeteners | Non GMO
Nothing artificial | No gluten, sugar, yeast, milk, or soy!



Supplement Facts

Serving Size: 1 Tablespoon (0.5 fl. oz.)

Servings Per Container: 32

	Amount per serv	% Daily Ages 1-4	% Daily Ages 4(+)
Calories	20		
Sodium	<10 mg	0%	0%
Carbohydrates	4 g	1%	1%
Total Sugars	0 g		
Vitamin A (as 100% natural beta carotene)	900 mcg RAE	300%	100%
Vitamin C (as calcium ascorbate)	90 mg	600%	100%
Vitamin D3 (as cholecalciferol from lichen)	20 mcg	133%	100%
Vitamin E (as d-alpha tocopherol acetate)	15 mg	250%	100%
Thiamine Hydrochloride (Vitamin B-1)	1.2 mg	300%	100%
Riboflavin (Vitamin B-2)	1.3 mg	260%	100%
Niacin (as niacinamide) (Vitamin B-3)	16 mg	267%	100%
Folate (as activated 5-formyltetrahydrofolate from calcium folinate)	1.7 mg	340%	100%
Vitamin B12 (as methylcobalamin)	400 mcg DFE	267%	100%
Vitamin B12 (as methylcobalamin)	30 mcg	3,333%	1,250%
Biotin	30 mcg	375%	100%
Pantothenic Acid (as D-calcium Pantothenate)	5 mg	250%	100%
Choline (from choline bitartrate)	50 mg	25%	9%
Calcium (as mineralized red algae sea minerals) (lithothamnium coralloides/lithothamnium calcareum) (whole plant)	50 mg	7%	4%
Iodine (as Nascent Iodine)	150 mcg	167%	100%
Magnesium (from Seawater Extract)	25 mg	31%	6%

Zinc (as zinc bisglycinate chelate)	11 mg	367%	100%
Selenium (as selenium glycinate chelate)	55 mcg	275%	100%
Manganese (as manganese bisglycinate chelate)	2.3 mg	192%	100%
Chromium (as chromium polynicotinate)	35 mcg	318%	100%
Molybdenum (as sodium molybdate)	45 mcg	265%	100%
Lutein (as marigold flower extract)	5 mg	↑	↑
Super Phyto-Food Blend	952 mg	↑	↑
Aloe Vera Juice (aloe barbadensis) (inner leaf gel), Green Coffee Extract, Broccoli Sprout Concentrate, Green Tea Extract, Onion Extract, Apple Extract, Acerole Extract, Camu Camu Concentrate, Quercetin, Tomato Concentrate, Broccoli Concentrate, Acai Concentrate, Turmeric Concentrate, Garlic Concentrate, Basil Concentrate, Oregano Concentrate, Cinnamon Concentrate, Elderberry Concentrate, Carrot Concentrate, Mangosteen Concentrate, Blackcurrant Extract, Blueberry Extract, Sweet Cherry Concentrate, Blackberry Concentrate, Chokeberry Concentrate, Raspberry Concentrate, Spinach Concentrate, Kale Concentrate, Bilberry Extract, Brussel Sprout Concentrate			
Omega Fatty Acid Blend	50 mg	↑	↑
Organic Flax Seed Oil			
Microencapsulated and Fermented Vegan Amino Acid Blend	50 mg	↑	↑
Glycine, L-Proline, Hydroxyproline, L-Alanine, L-Glutamic Acid, L-Arginine, L-Aspartic Acid, L-Lysine, L-Serine, L-Leucine, L-Phenylalanine, L-Valine, L-Isoleucine, L-Threonine, L-Histidine, L-Methionine, L-Tyrosine, Hydroxylysine			
Prehistoric Deep Earth Fulvic & Sea Trace Mineral Complex Seawater Extract, Fulvic Acid (as fulvic mineral complex)	228 mg	↑	↑
† Daily Value not established * Percent Daily Value is based on a 2000 calorie diet			

Other Ingredients: Water (reverse osmosis), Vegetable glycerin, Natural Flavor, Xanthan gum, Citrus extract, Organic stevia leaf extract (Reb A/Reb M), Potassium Sorbate (to preserve freshness), Citric acid, Quilaja extract



BERRY IMMUNE BOOSTER

Immune Support



- Supports a healthy immune system
- Alcohol-free
- Use for year-round support

This excellent combination of herbs effectively and naturally supports a healthy immune system in people of all ages, including infants and nursing and expecting mothers.

Use it 6 days a week during the winter months for immune support. One day off a week will help avoid developing an immunity to the herbs.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Elderberries (Sambucus spp.), Aronia berry, Echinacea Angustifolia root, Echinacea Purpurea herb	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin and distilled water.



2 oz.	I4002FB	\$24
4 oz.	I4004FB	\$39

SUGGESTED USE:

0-2 yrs: 5-10 drops.

3-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp.

Take in water 1-3 times daily or as needed.

Not suggested for those taking immunosuppressants.



BERRY CALM

Calming and Strengthening Calcium Support



- Alcohol-free teething support
- Bone and tissue support for growing children
- Calming support for better focus

Calcium is essential for maintaining overall health and well-being. It aids in strengthening bones and teeth and promotes proper function of your central nervous system, muscles and brain.

For it to be properly absorbed and distributed to the appropriate parts of the body, it needs the assistance of magnesium and silicon, both of which have been included in the Berry Calm formula since its creation.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Stinging Nettle leaf, Horsetail herb, Oatstraw herb, Cornsilk herb, Chamomile herb, Skullcap herb, Aronia berry	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin and distilled water.



2 oz.	H2032FB	\$24
4 oz.	H2034FB	\$39

SUGGESTED USE:

0-2 yrs: 5-10 drops.

3-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp.

Take in water 1-3 times daily or as needed.



LICORICE TUMMY-AID

Fast-acting Digestive Aid

- Soothing and calming herbs
- More comfortable feedings
- Alcohol-free

Only the most benign herbs should be given to infants. Mothers have soothed and calmed their babies for centuries with gentle herbs such as chamomile and catnip. Fennel may help your little one to pass uncomfortable gas. Observe your infant closely for any reaction such as rash or change in breathing.

NOT JUST FOR KIDS! This formula is effective for digestion support in all ages.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Chamomile flower, Catnip leaf and flower, Fennel seed	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin and distilled water.



2 oz.	I2012	\$24
4 oz.	I2014	\$39

SUGGESTED USE:

0-8 months: 5-10 drops

8 months-2 yrs: 10-15 drops.

3-11 yrs: 1/8 tsp.

12 yrs & older: 1/4 tsp.

Take 1-3 times daily.



NATURAL ATTENTION-AID

Calming Mental Support

- Maintain focus and concentration
- Support learning
- Promote calm behavior

This potent blend of herbal extracts is designed to naturally support learning and mental function. It is very calming and may help maintain optimal blood and oxygen circulation to the brain. Natural Attention-Aid is especially helpful in supporting you or your child's ability to focus and concentrate as well as reducing aggression.

Help your child fit into any environment without restlessness, impatience, and anxiety. Calcium deficiency may contribute to attention problems which makes a well-absorbed calcium supplement important for daily support.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
American Ginseng root, Ginkgo Biloba leaf, Gotu Kola herb, Valerian root	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.



2 oz.	N2212	\$24
4 oz.	N2214	\$39

SUGGESTED USE:

6-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp.

Take in water 1-4 times daily.

**Use with caution while nursing.*

Use with caution if you are taking prescription anti-convulsive, anti-platelet and/or anticoagulant drugs.

Discontinue use 7 days before any surgery.

TIP: For children under 6, **Berry Calm** can be used to encourage calmer behavior. For older children, **Berry Calm** can be taken with **Natural Attention-Aid** when additional support is needed.

BETTER TASTING! KIDDIELAX

Natural Regularity Support for Kids



- Eliminate waste more easily
- Help ease stomach discomfort
- Gentle, safe, and effective

KiddieLax is our infant and toddler safe formula made to help the process of eliminating buildup of harmful toxins, safely and easily. Ginger helps to ease stomach discomforts- keeping your little ones happy. Formerly a custom combo (#111), but due to high demand, we have decided to add it to our current line of products.

Support your child's need to go, comfortably, with this effective and natural formula that works!

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Aronia Berry, Elicampagne root, Ginger root, Gentian root, Dandelion root	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.



2 oz. CC11102 \$24

SUGGESTED USE:

- 0-2 yrs: 5-10 drops.
- 3-11 yrs: 1/8 tsp.
- 12+ yrs: 1/4 tsp.

Take in water or lemon juice 1-3 times daily or as needed.



BERRY BEDTIME

Children's Sleep Support

- With 1.5 mg of melatonin
- Promote calmness and sleep
- Enjoy a stress-free bedtime



This combination of herbs and melatonin will help your little ones drift to sleep.

Melatonin, which occurs naturally in the body, is a safe and well-studied hormone that regulates night and day cycles or sleep-wake cycles. Supplementation of this hormone, combined with sleep-supporting herbs, can help to maximize your sleep potential. The elderberry used to flavor this formula also helps to boost immunity while they sleep.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Melatonin	1.5 mg
Proprietary Blend	1.25 mL †
Chamomile flower, Skullcap herb, Passionflower leaf, Hops flower, Elderberry (Sambucus spp.)	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin and distilled water.



2 oz. B2232FB \$24

4 oz. B2234FB \$39

SUGGESTED USE:

- 3-11 yrs: 1/8 tsp.
- 12+ yrs: 1/4 tsp.

Shake well. Take 30 minutes before bedtime.

Use as needed for occasional sleeplessness.

Not intended for long term use.

TIP: For children 2 and under, use **Berry Calm**, see page 25.

→ Why liquid extracts?

Herbal extracts can be up to 70% more effective than powdered or encapsulated herbs. Our extracts are water and glycerin-based and some are alcohol free. In cases where certain herbs will only lend their healing properties to a stronger medium, an appropriate amount of pure, gluten-free organic grain alcohol is added to the extracting medium.

Alcohol percentage is approx. 5-10% in each formula, with an exception of alcohol-free formulas or formulas containing Green Black Walnut Hull extract. All formulas are sold in liquid extract form with each herb having been individually extracted and then combined to create each unique formula. Mountain Meadow Herbs® extracts and formulas are made, packaged, and sealed here in our licensed, GMP certified facility. They do not need to be refrigerated and have a stable shelf life.



HERBAL CALCIUM

Plant-Based Calcium Support



- Teeth and bone support
- Calming support for restlessness
- Muscle and nervous system support

Calcium is essential for maintaining overall health and well-being. It aids in strengthening bones and teeth and promotes proper function of your central nervous system, muscles and brain. This herbal blend can also bring about calming support, aiding in relaxation and easing restlessness.

Plant-based calcium supplementation is a heart-healthy way to get this vital nutrient. Say goodbye to the hard-to-digest, chalky, rock-based pills, and enjoy this easily absorbed and effective calcium supplement.

TIP: Can be taken with another calcium supplement to aid in absorption.



STINGING NETTLE LEAF

How much calcium is in my Herbal Calcium?

We do not test each batch of Herbal Calcium for its exact calcium content. While the herbs that we use in this formula are considered excellent plant-based sources of calcium, the real effectiveness of this product lies in its ability to help your body absorb the calcium that you are consuming in your daily diet.

Supplement Facts

Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Stinging Nettle leaf, Horsetail herb, Oatstraw herb, Cornsilk herb, Chamomile herb, Skullcap herb	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin and distilled water.



2 oz.	H2032	\$24
4 oz.	H2034	\$39

SUGGESTED USE:

- 0-2 yrs: 5-10 drops.
- 3-11 yrs: 1/8 tsp.
- 12+ yrs: 1/4 tsp.

Take in water 1-3 times daily or as needed.

***Warning:** Use with caution during first trimester as excessive use may stimulate uterine contractions due to Horsetail and Chamomile herbs.

If taking with **Herbal Iron**, be sure to take **Herbal Iron** in the morning and **Herbal Calcium** in the evening as they compete for absorption.



TIP: Use **Family Immune-Booster** as a daily support to stay healthy. At the first sign of immune discomfort, use **First Immune Defense** (if over 3 yrs) for a couple of days to help restore immune health.

FAMILY IMMUNE BOOSTER

Immune Support for the Whole Family

- Supports a healthy immune system
- Pleasant tasting, alcohol-free
- With Elderberries and Echinacea

Elderberry and Echinacea are two of nature's greatest gifts for immune support. These two herbal superstars, along with propolis resin, create a one-of-a-kind, effective solution to naturally support a healthy immune system.

If you're hesitant to use our Family Immune Booster due to the propolis content, we recommend trying our Berry Immune Booster instead (page 25).

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Elderberries (Sambucus spp.), Propolis resin, Echinacea Angustifolia root, Echinacea Purpurea herb	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin and distilled water.



2 oz.	I4002	\$24
4 oz.	I4004	\$39

SUGGESTED USE:

0-2 yrs: 5-15 drops.

3-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp.

Take 1-3 times daily or as needed.

Use it 6 days a week for immune support, taking one day off a week to help avoid developing an immunity to the herbs.

Not suggested for use by those taking immunosuppressants.

ELDERBERRY GUMMIES

Immune Support with ZINC & VITAMIN C

- 150 mg Elderberry per serving
- 100 mg Vitamin C per serving
- 10 mg Zinc per serving

Our Elderberry Gummies are formulated with a powerful triple-action immune blend, combining the natural potency of pure Elderberry extract with essential nutrients like Vitamin C and Zinc for a triple-action immune boost.

Traditionally used to support immunity in winter, this enhanced formula provides year-round defense in a tasty, convenient gummy.



Supplement Facts		
Serving Size:	2 Gummies	
Servings Per Container:	30	
	Amount Per Serving	%DV
Calories	20	
Total Carbohydrate	5 g	2%
Total Sugars	5 g	
Added Sugars	5 g	10%
Vitamin C (as ascorbic acid)	100 mg	110%
Zinc (as zinc gluconate)	10 mg	90%
Sodium	5 mg	<1%
Elderberry Fruit Extract 30:1	150 mg	**
Percent Daily Values are based on 2,000 calorie diet **Daily Values are not established		

Other Ingredients: Malt Syrup, Purified Water, Sucrose, Polydextrose, Carrageenan, Citrus Pectin, Sodium Hexametaphosphate, Artificial Blueberry Flavor, Carnauba Wax and Vegetable Oil, and Trisodium Citrate.



30 serv.	EE2060	\$21
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SUGGESTED USE:

Take 2 gummies once daily.

*Gummies are considered safe for all ages but may be a choking hazard.

HERBAL RESPIRATORY

Respiratory System Support



Herbal Respiratory is not suggested for those with reduced liver, kidney, or cardiac function or by those taking anticoagulants or Vitamin K inhibitors.

- **BEST SELLING WINTER TONIC!**
- Maintain open, unrestricted airways
- Safe for all ages

Herbal Respiratory is a unique combination of herbs traditionally used to cleanse and support the respiratory system. It helps to maintain a clear, open airway.

Breathe easy all winter and keep clear of summer irritants with this family-friendly formula.

TIP: Herbal Respiratory can be taken along with First Immune Defense and Family Immune-Booster and is considered safe for nursing/expecting moms and children of all ages.

Supplement Facts

Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †

Anise seed, European Elder flower, Elecampane root, Thyme leaf, Stinging Nettle leaf, Licorice root, Bayberry bark

† Daily Value (DV) not established

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



2 oz.	H2052	\$24
4 oz.	H2054	\$39

SUGGESTED USE:

- 0-2 yrs:** 5-15 drops.
- 3-11 yrs:** 1/8 tsp.
- 12+ yrs:** 1/4 tsp.

Take in water 1-4 times daily or as needed.



BREATHE EZ RUB

Petroleum-Free Cough Suppressant



TIP: Use with Herbal Respiratory to support your respiratory system from inside and out!

Our all natural vapor rub is made with safe, effective and fast-acting ingredients to ease cough and congestion. Beeswax provides the base, **plus skin health benefits!** Essential oils are added to help safely relieve coughs, congestion, and stuffy noses. Also, since it is petroleum and paraben free, there are no worries about putting toxic substances on your skin.

Ingredients: Organic Montana Safflower Oil, Beeswax, Oregano Oil, Menthol, Eucalyptus Oil, Camphor Oil, Rosemary Oil, Thyme Oil, Vitamin E (Tocopherol)



2 oz.	BRE002	\$19
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SUGGESTED USE:

Rub on the throat and chest or soles of the feet. The area of application may be covered with a warm, dry cloth if desired. Applications may be repeated up to three times daily or as directed by a healthcare provider.

DO NOT USE on irritated or broken skin.



"I love MMH products! With 6 children we use quite a bit of the Family Immune Booster and the Herbal Calcium. Also had good results with the Herbal Respiratory. They have excellent service as well!"
- K. Martin

FIRST IMMUNE DEFENSE

Immune System Support



- Boost immune system
- Cleansing benefits
- Be prepared when your body needs it

Be prepared to attack the cause at the first sign of your immune system needing an extra boost. Now, more than ever, First Immune Defense is an effective herbal blend to have on hand for when the need arises.

First Immune Defense is designed to be taken up to 2 weeks of continuous use, while Family Immune-Booster can be taken continuously for daily support.

If you are expecting, nursing, or under two years of age, use Family Immune-Booster.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Stinging Nettle leaf, Olive leaf, Barberry root bark, Oregon Grape root	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



2 oz.	W2152	\$24
4 oz.	W2154	\$39

SUGGESTED USE:

3-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp.

Take in water 1-3 times daily or as needed.

Use with caution for anyone with a kidney condition.

Not for long term use. Use **Family Immune-Booster** instead.

ADRENAL AID

Adrenal Support



- Support ability to handle stress
- Avoid afternoon fade
- Maintain optimal energy levels

Intense physical activity and emotional stress can over stimulate the adrenal glands, impairing their ability to meet your body's needs. This may cause increased anxiety and continued stress, as well as fatigue.

Herbal support of the adrenal glands may help to normalize their function and maintain a healthy, working sympathetic nervous system.

TIP: Nursing or Expecting moms, try **Mom's Adrenal Aid**, formulated specifically for you and safe for your little one. See page 9 for more information.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Ashwagandha root, Codonopsis root, Astragalus root, Fo-Ti root, Wild Yam root, Devil's Club root bark, Eleuthero root	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



2 oz.	A1002	\$24
4 oz.	A1004	\$39

SUGGESTED USE:

3-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp.

Take 1-3 times daily.

Discontinue use 5 weeks prior to surgery as Astragalus may cause excess bleeding and Wild Yam may lower NSAID's abilities to lessen inflammation.

→ Vitamin D3 & K2

Liquid Vitamin D3 and K2 are a powerful combination that offers a multitude of benefits for your overall well-being. Vitamin D3, often referred to as the "sunshine vitamin," plays a crucial role in maintaining strong bones, a robust immune system, and healthy cardiovascular function. It also aids in the absorption of calcium, promoting optimal bone health and reducing the risk of fractures.

When combined with Vitamin K2, the benefits are amplified. Vitamin K2 ensures that calcium is directed to the right places in your body, such as your bones and teeth, while preventing its accumulation in arteries and soft tissues. This reduces the risk of arterial calcification and supports heart health.

The liquid form of these vitamins offers several advantages. It is easily absorbed by the body, making it a convenient choice for those with digestive issues or malabsorption problems. Liquid supplements also allow for precise dosage adjustments, ensuring you get the right amount of these essential nutrients.

Incorporating Vitamin D3 and K2 into your daily routine can lead to improved bone density, enhanced immune function, better cardiovascular health, and overall vitality.



SUNSHINE DROPS

Vegan Vitamin D3 with K2

- Support strong, healthy bones
- Immune system and mood support
- 2500 I.U. of Vitamin D3 per serving

Vitamin D3 is one of the most important vitamins in your body. It helps keep your bones healthy and strong, and works to enhance your overall immune system health and function. During the winter months, it can be difficult to expose your skin to sunlight, which is how your body produces 80% of its D3. As a result, many people may be deficient and not even know it.

During times of limited sun exposure, many people choose to use D3 supplements to ensure optimal health.

Sunshine Drops is formulated from lichen, a source of D3 that is naturally vegan. It delivers all the health benefits of any other D3 supplement without using lanolin from sheep's wool.



Supplement Facts		
Serving Size 1 mL		
Servings Per Container 60		
Amount per serving		% DV*
Vitamin D3 (Cholecalciferol)	62.5 mcg (2500 IU)	313%
Vitamin K2 (Menaquinone-7 (MK-7))	100 mcg	83%

* Percent of Daily Value based on a 2000 calorie diet.

Other ingredients: Medium Chain Triglycerides (MCT), Olive Oil, Natural Vitamin E (d-alpha Tocopherol from Sunflower Oil), Natural Orange Flavor.



2 oz.	\$2022	\$31
4 oz.	\$2024	\$45

SUGGESTED USE:

0-2 yrs: 5-10 drops.

3-11 yrs: 0.5 mL.

12+ yrs: 1 mL. (marked on the dropper)

Take with food or as directed by your healthcare provider or pharmacist.

Vitamin D3 is safe for all ages and expecting and nursing mothers.

We suggest consulting your healthcare provider for dosing information.



NEW!
Apple
Cinnamon
Flavor



GREEN SUPERFOOD BLEND

with Spirulina, Chlorella, Mushrooms, & Veggies

- Digestive enzymes & probiotics
- High in antioxidants
- Essential daily nutrients

Superfoods are nutrient-dense whole foods that support your body's daily functions, including detoxification, energy production, digestion, and stress management.

Tired of taking multiple supplements each morning or struggling to get enough vegetables every day? Our Green Superfood Blend offers everything you need in one convenient powder. It combines 9 powerful blends, including probiotics and prebiotics for gut health, immune-boosting ingredients, detox support, and a metabolism-balancing blend.

Fuel your body by adding this Green SuperFood Blend to your everyday routine!

Supplement Facts

Serving Size: 1 Scoop (approx. 6.64 g) Servings Per Container: 30

	Amount per serving	%DV
Calories	25	
Total Carbohydrates	4 g	1%
Dietary Fiber	<1 g	3%
Total Sugars	<1 g	
Wholefood Blend		
Wheat Grass Powder, Inulin, Organic Barley Grass Powder, Alfalfa Stem, Leaf & Flower Powder, Spirulina Whole Plant Powder, Spinach Leaf Powder, Chlorella Cracked Cell Wall Powder, Broccoli Head Powder	3 g	†
Antioxidant Blend		
Pomegranate Fruit Powder, Cabbage Palm Fruit Powder, Horseradish Tree Leaf Powder, Carrot Root Powder, Beet Root Powder, Raspberry Fruit Powder, Rose Hips Fruit Powder, Pineapple Fruit Powder, Lycium Fruit Powder, Sour Cherry Fruit Powder	710 mg	†
Adaptogenic Blend		
Maca Root Powder, Rhodiola Root Powder, Ashwagandha Root Powder, Bacopa Leaf Powder	550 mg	†
Fiber Blend		
Sunflower Lecithin Powder, Flax Seed Powder, Apple Fruit Powder	500 mg	†
Metabolism Blend		
Green Coffee Bean Extract, Ginger Root Powder, Green Tea Leaf Powder, White Tea Leaf Extract, Matcha Green Tea Leaf Powder, Black Tea Leaf Powder	375 mg	†
Immunity Blend		
Echinacea purpurea Aerial Parts Powder, Astragalus Root Powder, Reishi Fruiting Body Powder	300 mg	†
Veggie Blend		
Tomato Fruit Powder, Cauliflower Floret Powder, Brassica oleracea var gemmifera Leaf Powder, Parsley Leaf Powder	200 mg	†
Detox Blend		
Milk Thistle Seed Powder, Culantro Leaf Powder, Turmeric Root Powder	150 mg	†
Enzyme Blend Complex		
Protease, Amylase, Lipase, Lactase, Cellulase	53.3 mg	†
<i>Lactobacillus acidophilus</i> Complex	16.67 mg	†
† Daily Value (DV) not established		
Percent Daily Values are based on a 2,000 calorie diet.		

Other Ingredients: Natural Flavor, Organic Cinnamon (Cassia Bark) Powder, Rebaudioside A (Stevia Leaf Extract)
Contains: Wheat

7 oz. GS9030 \$45

SUGGESTED USE:

Mix 1 scoop thoroughly into 8 oz. of cold water or blend in your favorite juice or smoothie. Take it first thing in the morning to jump-start your day.

WARNING: Consuming this product can expose you to chemicals including lead which are known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

DON'T FORGET!
To order your BLENDER BOTTLE and take your super greens on the go!



Blender Bottle

20 oz. 96000 \$10



➔ Stress Relief

We all have times in our lives when the weight of the world feels a little heavier than normal. It can be any combination of things; lack of sleep, overwork, or stress can all keep us from enjoying our day to the fullest.

Every challenge to mind and body places a demand on the adrenal glands. Continuous over-stimulation can impair their ability to respond to stress. We can minimize the drain by being conscious of how our bodies are responding and by taking steps to reduce the negative effects.

Herbal formulas can help those under intense physical or emotional stress have the energy to breeze through the day, rather than allowing these stresses to drag them down. During these times, it is also important to get plenty of rest to ensure our body is able to recharge.



St. John's Wort should not be taken with Rx anti-depressants or birth control.

Use caution if you are taking prescription anti-convulsive, anti-coagulant, and/or anti-platelet drugs.

STRESS & SLEEP

Stress Management

- Calming herbs help you stay relaxed
- End the day with a calm mind and mood
- Avoid daytime stress build-up

Stress & Sleep is safe and natural support for those of us who need a little help coping with stress in our lives.

When taken throughout the day, these calming herbs may help you to maintain a calm state of mind so that it does not interfere with your ability to fall asleep at the end of the day. Enjoy a good night of restful sleep without next-day-drowsiness.

TIP: Consider taking with **Herbal Calcium** for maximum benefits. See page 28.

Supplement Facts

Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Passionflower leaf, Eleuthero root Hops flower, St. John's Wort herb, Catnip leaf & flower, Skullcap herb	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.



2 oz.	\$2142	\$24
4 oz.	\$2144	\$39

SUGGESTED USE:

6-11 yrs: 1/8 tsp.
12+ yrs: 1/4 tsp.

Take in water 1-3 times daily.

FOR MORE RESTFUL SLEEP:

Take 1/4 tsp. half hour before bedtime. Can be repeated every 15-30 minutes up to 4 times.

Discontinue use 7 days prior to surgery.



"I tried the small version and recently purchased a bigger version of this remedy. It really works, even if there was so much stress and/or excitement. This really calms you down and lets you have a good night sleep. I have been taking it about 30 min before bedtime and it works as a charm."

- M. White

HERBAL IRON

Supports Iron Metabolism



- Gentle herbs high in iron
- Easy on the stomach
- Safe for all ages

Iron plays a key role in promoting restful sleep and a general sense of well-being. Women are more likely than men to be iron-deficient and Herbal Iron is an effective way to increase intake, especially when foods high in iron are difficult to eat (common during pregnancy.)

The simple and gentle combination of herbs in this formula are non-constipating, easy on the stomach, and support your body's ability to absorb the iron you get elsewhere in your diet.

How much iron is in my Herbal Iron?

We do not test each batch of Herbal Iron for its exact iron content. While the herbs that we use in this formula are considered excellent plant-based sources of iron, the real effectiveness of this product lies in its ability to help your body absorb the iron you are consuming in your daily diet.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Stinging Nettle leaf, Dandelion root, Yellow Dock root	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.



2 oz.	H2062	\$24
4 oz.	H2064	\$39

SUGGESTED USE:

0-2 yrs: 5-10 drops.

3-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp.

Take 1-3 times daily.

TIP: Herbal Iron can be taken with another iron supplement to aid absorption. If using with Herbal Calcium, take Iron in the morning and Calcium in the evening as they compete for absorption.

HERBAL FOCUS

Mental Clarity Support



- Memory support
- Promote normal concentration
- Support healthy brain function

Herbal Focus is food for your brain! The herbs in this formula support brain health in multiple ways. Healthy blood circulation and cell support may boost overall brain function.

Perfect for seniors, students preparing for exams, and busy days at work.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Eleuthero root, Ginkgo Biloba leaf, Gotu Kola herb, Bacopa herb	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.



4 oz.	H2174	\$39
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SUGGESTED USE:

3-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp.

Take 1-3 times daily or as needed.

**Use caution if nursing or expecting.*

Use with caution if you are taking prescription anti-convulsive, anti-platelet and/or anti-coagulant drugs.

Discontinue use 7 days prior to surgery.

ELEUTHERO ROOT

(ELEUTHEROCOCCUS SENTICOSUS)

Eleuthero root, also known as **Siberian ginseng**, is an adaptogenic herb traditionally used to help the body cope with stress, enhance energy levels, and support immune function.



➔ Natural, Refreshing, and Cleansing

Many of us are diligent about maintaining clean surroundings and regularly change the filters in our homes to ensure a healthy living environment. However, we often give little thought to cleansing our bodies of the toxins and debris that can accumulate over time.

The liver, for example, functions much like a sieve, filtering out impurities as it processes approximately 3 pints of blood per minute, 24 hours a day. This vital organ plays a crucial role in detoxifying the body, but even the liver can become overwhelmed by the sheer volume of waste it must filter. A simple liver flush can be a powerful way to support liver health, helping to clear the bile ducts of blockages and reduce the buildup of toxins that can impede its function. (See page 50 for more information on liver flushing.)



LIVERGLOW

Support Liver Health

- Supports Healthy Liver Function
- Nourishes, protects, and promotes well-being
- Help support energy levels and mood balance

The liver is responsible for most of our energy needs, taking raw material from foods and breaking them down into basic components used to create and store glycogen, which is used as immediate and future energy sources.

Give your liver a lift with these carefully selected, liver-friendly herbs that gently cleanse, stimulate, nourish and protect this vital organ.

TIP: Nursing or Expecting Moms: Try **Mom's LiverGlow**, formulated just for you and safe for your little one. See page 8.



Supplement Facts

Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Alfalfa leaf, Blessed Thistle herb, Burdock root, Dandelion root, Fennel seed, Fresh Ginger root, Gentian root, Milk Thistle seed, Mugwort, Oregon Grape root, Yellow Dock root, Grape seed, Oatstraw herb, Quassia bark	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



2 oz.	L3312	\$24
4 oz.	L3314	\$39

SUGGESTED USE:

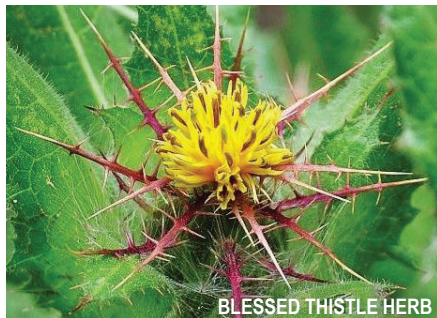
3-11 yrs: 1/8 tsp.
12+ yrs: 1/4 tsp.

Take in water 1-3 times daily, 30 minutes before meals.

BLESSED THISTLE HERB

(CNICUS BENEDICTUS)

Blessed Thistle Herb is a medicinal herb traditionally used to support digestive health and promote liver function. It is believed to stimulate appetite, relieve indigestion, and help detoxify the liver by encouraging bile production. Additionally, blessed thistle has been used in herbal medicine to reduce inflammation, support immune function, and as a remedy for mild respiratory issues.



BLESSED THISTLE HERB



PARA-RID

Effective Internal Cleanse

- Feel energized and refreshed
- Soothe and nourish intestinal tract
- Gentle, great for children

Many herbalists estimate 80% to 90% of the population is plagued by intestinal dwellers. Regardless, it's important to periodically cleanse your body and as a liquid extract, this combination is superior.

Being up to 75% more effective than encapsulated herbs or tablets, it's a perfect cleanse for the whole family. Catnip and ginger help to counteract stomach cramps, making it an excellent choice for children.

Supplement Facts	
Serving Size:	1/2 tsp
Servings Per Container:	48
Per Serving	%DV
Proprietary Blend	2.5 mL †
Green Rooibos Tea leaf, Quassia bark, Gentian root, Green Black Walnut hull, Sweet Wormwood herb, Clove, Catnip leaf & flower, Elecampane root, Ginger root, Fennel seed, Olive leaf, Peppermint oil	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, Vitamin C, and approx. 10% organic grain alcohol.



2 oz.	P2102	\$24
4 oz.	P2104	\$39

SUGGESTED USE:
See chart at left.

NOT SAFE FOR HORSES.
(due to the Sweet Wormwood)

For additional para-cleansing options for Nursing or Expecting Moms, or Children under 2, see **Olive Leaf** on page 60.

TIP: For best results, start 2 days before a full moon.

Age	Under 2 yrs	2-5 yrs	6-11 yrs	12+ yrs	Adult	Adult	Adult
Weight	Less than 25 lb	25-60 lb	61-100 lb	101-150 lb	151-200 lb	201-250 lb	250+lb
Dosage 3 times/day before meals	Use Olive Leaf	1 dropper	1 1/2 droppers	2 droppers	2 1/2 droppers	3 droppers	4 droppers
Oz./Person for 12 day cleanse	0	1 oz.	1 1/2 oz.	2 oz.	2 1/2 oz.	3 oz.	4 oz.

Directions: Start 2 days before the full moon. Take in juice or water 3 times daily for 6 days, repeat in 1 month.

➔ *Similarly, just as an unkempt home can attract dust and pests, an unclean digestive system can become a breeding ground for harmful microorganisms. Without regular cleansing, modern herbalists estimate that up to 80% of us unknowingly harbor intestinal invaders, such as parasites, harmful bacteria, and yeast overgrowth. These unwelcome guests can disrupt digestion, cause bloating, fatigue, and contribute to a variety of chronic health issues.*

The intestines, like any other part of the body, require periodic care and maintenance to function at their best. Regular detoxification—whether through dietary changes, herbal supplements, or other cleansing practices—can help clear these "invaders" from the system and restore balance to the digestive tract. By prioritizing intestinal and liver health, we can improve digestion, enhance energy levels, and support overall well-being.

 **MOUNTAIN MEADOW HERBS®**
Nature Grows It. We Bottle It.

EYE-CAN-C

Vision Support



Use with caution if you are taking Rx anti-platelet, anti-convulsive, and/or anti-coagulant drugs.

Discontinue use 7 days prior to surgery.

- Promote healthy eyesight
- Help maintain normal night vision
- Support healthy circulation in the eyes

The years take their toll on our bodies, and for many of us, seeing as clearly as we used to becomes a problem.

Good circulation is important to the health of all organs, including the eyes and particularly the optic nerve. Eye-Can-C contains herbs used to keep age related inflammation in check, keeping blood moving freely.

TIP: Try the **Vision Support Package** on page 67.

TO BE TAKEN ORALLY. DO NOT PUT IN YOUR EYE.

Supplement Facts	
Serving Size:	1/2 tsp
Servings Per Container:	48
Per Serving	%DV
Proprietary Blend	2.5 mL †
Bilberry fruit, Grape seed, Ginkgo Biloba leaf, Hawthorn berry, Propolis resin, Eleuthero root, Eyebright herb, Schisandra berry, Gentian root, Ginger root, Turmeric root	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



4 oz. E4704 **\$39**

SUGGESTED USE:

Take 3 times daily based on weight:

- Less than 100 lb: 1/8 tsp.
- 100-149 lb: 1/4 tsp.
- 150-174 lb: 3/8 tsp.
- 175+: 1/2 tsp.

HERBAL CARDIOCARE

Cardiovascular Support



DO NOT USE with low blood pressure.

Take Blood Pressure Rx at different times than HCC and monitor BP closely.

- Blood pressure support
- Circulatory system support
- Heart health support

Your heart works tirelessly, beating about 100,000 times per day and pumping approximately 1,500 gallons of oxygen-rich blood throughout your body. Supporting this vital organ with Herbal CardioCare may help maintain its function and promote overall cardiovascular health. Always consult with a healthcare provider before beginning any new supplement regimen.

Use with caution if taking anti-convulsive, anti-platelet and/or anticoagulant drugs.

Discontinue 7 days prior to surgery.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Bilberry leaf, Bilberry fruit, Hawthorn berry, Ginkgo Biloba leaf, Ginger root, Gotu Kola herb	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% -10% organic grain alcohol.



4 oz. H2024 **\$39**

SUGGESTED USE:

- 0-2 yrs: 5-15 drops
- 3-11 yrs: 1/8 tsp.
- 12+ yrs: 1/4 tsp.

Take in water 1-5 times daily. Monitor BP for 20 min after each dosage. Repeat until desired goal is achieved. Up to 4-6 hrs.

MILK THISTLE

Standardized Liver Support



Made with Vcaps Plus

Also available as a liquid extract. See page 60.

- Liver and immune system support
- Healthy kidney support
- May have a calming effect on the stomach

Milk Thistle contains a group of constituents called silymarins. Clinical studies have demonstrated that this herb supports healthy liver function and provides powerful antioxidant support. In addition to its role in promoting liver health, key constituents in Milk Thistle also help to maintain normal kidney function and promote optimal immune function.

TIP: For prenatal purposes: to avoid common early pregnancy discomforts, start using at least 2 months prior to conceiving and once pregnancy is confirmed increase dosage up to 2 capsules 3 times daily if needed.

Supplement Facts	
Serving Size:	1 capsule
Servings Per Container:	120
Per Serving	%DV
Milk Thistle seed 300 mg	†

† Daily Value (DV) not established
Other Ingredients: Hypromellose (vegetable capsules).



120 serv. M9120 \$21

SUGGESTED USE:
 Take 1 capsule daily, unless otherwise directed.

**Contents of capsule is safe for toddlers and can be emptied out and then consumed in applesauce, water, etc. Full capsule may be considered a choking hazard.*

WARNING: Consuming this product can expose you to chemicals including lead which are known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

HERBAL FLORA PROBIOTIC

Beyond Probiotics



Made with Vcaps Plus

WITH PREBIOTICS + PROBIOTICS

- Stabilize colonic pH
- Restore proper bacterial balance
- May help avoid reactions to certain foods

A healthy digestive tract is imperative to vibrant health, especially in the intestines where most of what you take in is absorbed.

Our delicate intestinal microbial balance is often destroyed, creating a chronically unhealthy condition. Many of today's diseases may be a result of this unbalance which limits nutrient absorption and suppresses the immune system.

Herbal Flora Probiotics is designed to flourish in your intestinal tract and restore balance and ideal health.

WARNING: Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

Supplement Facts	
Serving Size:	2 capsules
Servings Per Container:	60
Per Serving	%DV
Symbiotic proprietary blend of Probiotic and probiotic Consortia with SBOs	500 mg
B. Subtilis	†
B. Licheniformis	†
L. Acidophilus	†
L. Casei	†
L. Plantarum	†
L. Rhamnosus	†
L. Lactis	†
Bifidobacterium Bifidum	†
Soil Based Organisms	†

† Daily Value (DV) not established
Other Ingredients: Humic/Fulvic acids, Bilberry leaf, Ginger root/rhizome, Milk Thistle seed, Ciantro leaf, Bee pollen, Chicory root, Burdock root, and Hypromellose (vegetable capsules).



60 serv. HF120 \$49

SUGGESTED USE:
 Take 2 capsules daily 20-30 minutes before a meal or snack.

**Contents of capsule are safe for toddlers and can be emptied out and then consumed in applesauce, water, etc. Full capsule may be considered a choking hazard.*



WEIGHT CONTROL FORMULA

Support Metabolic Health

- May help to decrease carb-to-fat conversion
- Naturally stimulate metabolism
- Suppress appetite; no hunger rebound

Specifically formulated for those who enjoy breads, sweets, and butter. Our Weight Control Formula may help decrease the conversion of carbohydrates to fat. It may also decrease intestinal absorption of fat.

Breakthrough ingredients help to limit hunger rebound and naturally stimulate metabolism by supporting the thyroid.

Supplement Facts	
Serving Size:	1/2 tsp
Servings Per Container:	48
Per Serving	%DV
Proprietary Blend	2.5 mL †
Pomegranate leaf, Evodia fruit, Garcinia and/or Kokum fruit, Cha-de-bugre herb, Fresh Ginger root, Guggul Gum Resin, Horsetail herb, Cornsilk herb.	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



4 oz. W2334 **\$39**

SUGGESTED USE:
See chart below.

DO NOT USE in cases of overactive thyroid.

Use with caution for those who have high blood pressure (hypertension).

TIP: For nursing or expecting women we suggest taking a combination of **Mom's LiverGlow** and **Women's Thyroid Care**.

Age	6-11	12+	Adult	Adult	Adult
Weight	61-100 lbs	101-150 lbs	151-200 lbs	201-249 lbs	250+ lbs
Dose (Droppers)	1 1/2	2	2 1/2	3	4

Directions: Take 30 minutes before meals, 3 times daily.



"I have bad gums and I've been using an electric toothbrush for about a year, but I started using the Oral Care 6 months ago and now my Dentist says I shouldn't need the gum surgery."
- MMH Customer

"I have had a tooth ache for days; I used the oral care solution and after the first day I felt 80% better."
- Joe J.



POMEGRANATE

BLUES BUSTER

Mood Balance Support



Use with caution if taking anti-convulsive, anti-platelet and/or anticoagulants

Discontinue use 7 days prior to surgery.

- Promote a positive mood
- Enjoy a calm and consistent state of mind
- Non-addictive and non-drowsy

This herbal combination of non-addictive ingredients is designed to give you a new refreshing outlook to your day.

The specific use of adaptogens in this formula may support your body's ability to respond to and overcome the influences of physical, chemical, or biological stressors that can negatively affect your mood.

TIP: Nursing or Expecting Moms: Try Mommy Blues Buster (page 8), formulated just for you and safe for your little one.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Ashwagandha root, Eleuthero root, Ginkgo Biloba leaf, Lemon Balm leaf, Lycium berry, Passionflower leaf, Rhodiola root, Sage leaf, Tribulus Terrestris fruit	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



4 oz. B3104 \$39

SUGGESTED USE:
6-11 yrs: 1/8 tsp.
12+ yrs: 1/4 tsp.

Take in water 3-4 times daily.

For even better results, we recommend using with **LiverGlow** (page 36).

BED-TIME DROPS

Natural Sleep Support



TIP: For children, try our **Berry Bedtime** (page 27).

- Ease into a restful sleep
- Non-addictive herbs
- No next-day drowsiness

It's estimated that sleep-related problems affect 50 to 70 million Americans. Many have to rely on chemical-based medicines and prescriptions to get satisfying sleep, and those can often cause unwanted side effects.

Herbs, especially the right combination of herbs, can provide your body the support it needs to finally catch some z's. Centuries of use has proven certain herbs to be most effective, which are exactly what you will find in our Bed-Time Drops formula. Use consistently, or on an as-needed basis for safe, effective, and non-habit forming sleep support.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Valerian root, Hops flower, Skullcap herb, Passionflower leaf	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% -10% organic grain alcohol.



4 oz. B2234 \$39

SUGGESTED USE:
6-11 yrs: 1/8 tsp.
12+ yrs: 1/4 tsp.

Take in water 30 minutes before bedtime.



Made with  **Vcaps Plus**

GENTLE LAX

Natural Regularity Support

- Eliminate waste more easily
- Moisten and nourish intestines
- Non habit-forming

Gentle Lax helps your body eliminate the buildup of harmful toxins safely and easily. Aloe Vera helps to moisten and nourish the walls of the intestines and Lactobacillus helps to maintain regularity.



"We are very happy with ordering from Mountain Meadow Herbs and appreciate that there is a company like them. Thank you!"
- Lavina B.

Supplement Facts	
Serving Size:	2 capsules
Servings Per Container:	30
Per Serving	%DV
Proprietary Blend	†
Aloe Vera, Gotu Kola, Dandelion leaf, Lactobacillus multi-strain	
† Daily Value (DV) not established	

Other Ingredients: Hypromellose (vegetable capsules).



30 serv. **GL8060** **\$25**

SUGGESTED USE:

6+ yrs: Take 2 capsules as needed, unless otherwise directed.

Do not take with anti-coagulants.

TIP: Try **Herbal Flora Probiotic**, page 39, for additional digestive support. Child safe version, **KiddieLax**, see page 27.

WARNING: Consuming this product can expose you to chemicals including lead which are known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food



WARNING: Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

COQ10

Coenzyme Q10

- Cell support for all major organs
- Promote longevity
- Reduce oxidative stress

Coenzyme Q10 (CoQ10) is an antioxidant that your body produces naturally. Your cells use CoQ10 for growth and maintenance. Levels of CoQ10 in your body decrease as you age so supplementation can be an important addition to maintaining optimal health.

The whole-body benefits of CoQ10 include: cardiovascular support, anti-inflammatory benefits, healthy cholesterol support, brain benefits metabolism support, and more.

Supplement Facts	
Serving Size:	1 capsule
Servings Per Container:	30
Per Serving	%DV
CoEnzyme Q10 400 mg	†
† Daily Value (DV) not established	

Other Ingredients: Gelatin capsule, organic rice flour.



30 serv. **CQ9030** **\$36**

SUGGESTED USE:

Take 1 capsule daily with a meal.

➔ Joint & Muscle Health

Taking care of your joints and muscles on a daily basis is essential for maintaining mobility, reducing discomfort, and preventing long-term injury. Regular movement is key—whether through stretching, low-impact exercises like walking or swimming, or yoga. These activities help keep the muscles flexible and strong, while also supporting joint function. Additionally, incorporating strength training can improve muscle tone and protect the joints by providing them with added stability. Consistent stretching, particularly in the morning or after exercise, can help release tension, prevent stiffness, and enhance circulation, reducing the risk of strains or sprains. Staying active is one of the most effective ways to keep muscles and joints healthy over time.

Beyond exercise, proper nutrition plays an important role in joint and muscle care. A balanced diet rich in anti-inflammatory foods—such as omega-3 fatty acids, leafy greens, berries, and turmeric—can support joint health and reduce swelling. Staying hydrated is equally important, as it helps maintain the lubrication of the joints and supports muscle function. For added support, certain supplements like glucosamine, chondroitin, and collagen can be beneficial for maintaining joint cartilage. Regular rest and mindful posture are also crucial, as they prevent strain on muscles and joints. By making daily self-care a priority, you can enhance your overall musculoskeletal health, improve flexibility, and reduce discomfort over time.



EVERYDAY JOINT & MUSCLE

Complete Comfort

- Support normal joint and muscle function
- Strengthening support
- Maintain an active lifestyle

This herbal combination brings bone building strength and relief from sore joints and muscles. Whether recovering from over-exertion or feeling the effects of aging, your swollen, achy joints and muscles, bad knees, and back discomfort no longer have to keep you down!

TIP: Use **Everyday Joint & Muscle** as an effective daily support for normal joint and muscle function.

NOW! WITH TURMERIC ROOT!



St. John's Wort should not be taken with Rx anti-depressants or birth control.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Stinging Nettle leaf, Devil's Claw root, Turmeric root, Olive leaf, Yucca root, Horsetail herb, Oatstraw herb, Skullcap herb, Barberry root, Bilberry fruit, Cayenne fruit, Licorice root, St. John's Wort herb, Cornsilk herb, Chamomile flower, Blue Vervain leaf	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



4 oz. T5004 \$39

SUGGESTED USE:
3-11 yrs: 1/8 tsp.
12+ yrs: 1/4 tsp.

Take in water 1-3 times daily or as needed.

Discontinue use 7 days prior to surgery.

→ The Three Vitals

Three key organs are essential for maintaining clean, life-sustaining blood that flows throughout the body:

HEART – The heart pumps oxygenated blood, supplying vital nutrients and removing waste products, such as carbon dioxide. Each beat circulates blood to the lungs for re-oxygenation and then distributes fresh, oxygen-rich blood to the rest of the body.

KIDNEYS – The kidneys filter out waste left behind by the digestive process, removing toxins and excess water. They also maintain the body's delicate chemical balance. On average, the kidneys process about 200 quarts of blood each day, extracting roughly 2 quarts of waste and excess fluid.

LIVER – The liver plays a crucial role in digestion, protein production, and detoxification. It filters out dead red blood cells, chemicals, microorganisms, drugs, and other debris, working constantly to cleanse the blood.

Herbalist Dr. Christopher Hobbs emphasizes the importance of supporting the health of the heart, liver, and kidneys for longevity in his book **Foundations for Health**. He presents these three organs as interconnected, where herbs that support one organ often benefit the others as well.

This interconnection is also observed with compounds like Coenzyme Q10, which is found in every cell of the body. While it is widely recognized for supporting heart health, studies suggest that it also benefits the kidneys and liver.

Since life is said to flow through the blood, it makes sense to naturally support the organs responsible for its quality and circulation.



MILK THISTLE SEED



"I believe your products are high quality and helpful for many needs. My husband was diagnosed with Multiple Myeloma back in 2010, which affects the kidney's. Through a friend we found out about your company and the Kidney Support and Kidney Toning. He still uses this every day and it has helped to give him healthy kidneys with good creatinin count. Thank you so much for providing an excellent product!"

- Sara S.

KIDNEY SUPPORT

Kidney Health Support



- Stimulate and enhance kidney function
- Maintain healthy kidneys
- Promote healthy cell growth

Our signature formula is used to support healthy kidney function. Herbs for this formula were carefully chosen for their ability to maintain kidney-health functions like proper urine production and cell regeneration.

For long-term use, consider alternating with **Kidney Toner** so your body does not build up an immunity to the herbs.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Milk Thistle seed, Dandelion leaf, Sarsaparilla root, Eleuthero root	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% -10% organic grain alcohol.



4 oz. K2074 \$39

SUGGESTED USE:
0-2 yrs: 10-15 drops.
3-11 yrs: 1/8 tsp.
12+ yrs: 1/4 tsp.

Take in water 1-3 times daily.

KIDNEY TONER

Kidney Vitality Support



- Help flush the kidneys
- Maintain kidney strength
- Gentle and soothing

This normalizing formula may help flush the kidneys, maintain kidney strength, and help promote dryness through the night. As a more "reparative" formula than its *Support* counterpart, this *Toner* formula is intended to provide corrective vitality to the kidneys when proper function may be compromised.

For long-term use, consider alternating with **Kidney Support** so your body does not build up an immunity to the herbs.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Corn silk herb, Parsley root, Marshmallow root, Shepherd's Purse herb, Buchu leaf, Blue Vervain and/or European Vervain leaf, Cleavers herb	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.



4 oz. K2084 \$39

SUGGESTED USE:
3-11 yrs: 1/8 tsp.
12+ yrs: 1/4 tsp.

Take in water 1-3 times daily or as needed.

Did You Know?

- 20% to 25% of your blood volume can be found at all times in your kidneys as they filter toxins and continuously regulate the chemical composition of your blood, including pH.
- Your kidneys need clean water, fresh fruits and vegetables, light protein meals, and a healthy liver to function at their best.

ORAL CARE SOLUTION

Dental Health Support



- Herbal mouth rinse
- Support healthy gums and teeth
- Help freshen breath and reduce plaque buildup

This highly concentrated mouth rinse helps keep your teeth and gums healthy. According to a study from the University of Australia, women with bleeding gums and poor dental health took two months longer to conceive. Apply full strength to cold sores.

Active Ingredients:
Ionic Silver, Fresh Ginger root extract, Goldenseal root extract, Propolis Resin extract, Cloves extract, Neem leaf extract Peppermint Oil, and Oregano Oil.

Inactive Ingredients:
Vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.



4 oz. O2694 \$39

SUGGESTED USE:
Place 1/4 tsp. in 1/4 cup water and rinse mouth.

DO NOT INGEST! FOR RINSING AND TOPICAL USE ONLY.

SOOTHING THROAT & TONSIL

Healthy Throat Support



- Soothing support during throat discomfort
- Suitable for both children and adults
- Maintain whole throat health

Our Soothing Throat & Tonsil formula supports throat health and offers relief during times of discomfort while promoting healthy tonsils. Tonsils play a vital role in the immune system by trapping bacteria and viruses that enter the body through the mouth.

Supplement Facts	
Serving Size:	3/8 tsp
Servings Per Container:	64
Per Serving	%DV
Proprietary Blend	1.875 mL †
White Oak bark, Propolis resin, Oregon Grape root, Olive leaf, Devil's Claw root, Gotu Kola herb, Slippery Elm bark, Usnea lichen	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% -10% organic grain alcohol.



2 oz. H2312 \$24
4 oz. H2314 \$39

SUGGESTED USE:
3-5 yrs: 1/16 - 1/8 tsp.
6-11 yrs: 1/8 - 1/4 tsp.
12+ yrs: 1/4 - 3/8 tsp.

Can be taken every 2 hours initially, dropping back to 3 times daily within 24 hours. Spray dosage noted on 2 oz. bottle.

• 4 OZ. BOTTLE FITTED WITH DROPPER TOP.

• 2 OZ. BOTTLE FITTED WITH A SPRAY TOP.

Additionally, our formula includes Usnea lichen, known for its effectiveness in maintaining throat health and providing comfort when needed.

VITAMIN C

Natural Time-Released



80 serv. VC8120 \$26

SUGGESTED USE:

1-8 yrs: 1 capsule daily.
 9-11 yrs: 2 capsules daily.
 12+ yrs: 3 capsules 2 times daily, unless otherwise directed.

- Antioxidant support
- Helps with iron absorption
- Maintain good health

Vitamin C helps to protect your cells and keep them healthy. It is an essential vitamin well known for its role in supporting a healthy immune system. Because your body cannot make Vitamin C, it must come from outside sources--the foods that you eat and supplements that you take.

It may also be a natural support for normal ovulation and conception.

TIP: See **Fruitful Vine** regimen on page 17 for more information.

WARNING: Consuming this product can expose you to chemicals including lead which are known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

Made with  **Vcaps Plus**

**Contents of capsule are safe for toddlers and can be emptied out and then consumed in applesauce, water, etc. Full capsule may be considered a choking hazard.*

Use caution with kidney stones.

Supplement Facts	
Serving Size:	3 capsules
Servings Per Container:	80
Per Serving	%DV
Vitamin C (ascorbic acid)	1667%
1500 mg	
† Daily Value (DV) not established	

Other Ingredients: Hypromellose (vegetable capsules), Guar Gum, Pectin

ZINC

Overall Health Support



100 serv. ZNC001 \$15

SUGGESTED USE:

1 capsule daily with meal or as otherwise directed.

- Immune system support
- Promotes healthy metabolism
- Fertility support for men and women

Zinc is an essential nutrient found throughout your body that helps to increase your body's immune system response and help with proper metabolism. Typically through a varied diet (red meat, seafood, poultry, grains, seeds..) your body will receive all the zinc it needs. If your diet doesn't consist of these foods, additional supplementation is needed.

Zinc is a trace mineral with countless uses in the body. It supports healthy bones, hair, skin, and nails. Zinc also helps to promote fertility and reproduction, supports vision health, and promotes healthy stress levels.

WARNING: Consuming this product can expose you to chemicals including lead which are known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

Supplement Facts	
Serving Size:	1 capsules
Servings Per Container:	100
Per Serving	%DV
Zinc (as zinc gluconate)	272%
30 mg	
† Daily Value (DV) not established	

Other Ingredients: Rice flour and gelatin capsule.



WARNING: Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

OMEGA-3 KRILL OIL EPA + DHA

Pure Antarctic Krill Oil

- High in Omega 3s
- Support heart and brain health
- High in antioxidants

Krill oil is the superior option (up to 48x more effective) when it comes to dietary oils high in Omega 3s. These fatty acids are essential to heart and brain health and help support the immune system. It is known for its high absorption rate and naturally contains astaxanthin, a powerful antioxidant. It has a low heavy metal load due to low contamination levels and contains no fillers, colors, or preservatives.

Supplement Facts		
Serving Size:	1 softgel	
Servings Per Container:	30	
Per Serving	%DV	
Krill Oil Professional Formula	1000 mg	†
Omega 3 Fatty Acids	120 mg	†
Eicosapentaenoic acid - EPA	60 mg	†
Docosahexaenoic acid - DHA	40 mg	†
Omega 6 Fatty Acids	40 mg	†
Phospholipids	200 mg	†
Astaxanthin	400 mcg	†
† Daily Value (DV) not established		

Other Ingredients: Softgel capsule (gelatin, glycerin, purified water).



30 serv. KO1000 \$25

SUGGESTED USE:

Take 1 softgel daily, preferably with a meal.

**Contents of capsule is safe for toddlers. Full capsule may be considered a choking hazard.*



WARNING: Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

GARLIC CAPS

Heart and Blood Support

- Promotes good circulation
- Support a healthy heart
- Aged and odorless, no garlic breath

Taking deodorized garlic pills removes all the discomforts and side effects of garlic! You get the benefits of garlic without the offensive odor.

There are numerous health benefits of garlic including boosting the immune system and supporting healthy cholesterol levels and blood pressure.

Supplement Facts		
Serving Size:	1 capsule	
Servings Per Container:	100	
Per Serving	%DV	
Aged Garlic Extract	300 mg	†
† Daily Value (DV) not established		

Other Ingredients: Hypromellose (vegetable capsules), rice flour, leucine.



100 serv. G8098 \$19

SUGGESTED USE:

12+ yrs: 1 capsule 2 times daily with a meal or as directed.

Garlic can irritate the gastrointestinal (GI) tract.

Use with caution if you have stomach or digestion problems.

Stop taking garlic at least 2 weeks before surgery.



AGED GARLIC



*"I love the products and the customer support from this company. In my book I rate them 5 stars."
- Terisa P.*

➔ Activated Charcoal

The byproduct of burning a carbon source (wood). The substance is “activated” by high temperatures, removing all the oxygen and changing its chemical structure to create much smaller particles with more surface area. The result is ultra-fine charcoal with millions of tiny pores that may capture, bind, and remove toxins and other unwanted substances.

Just two grams of activated charcoal powder (our Activated Charcoal Flush contains 1.2 grams) has about the same surface area as a football field. Toxin particles bind to the porous surface of the activated charcoal so that the toxin is less likely to be absorbed into the body.



Made with  **Vcaps Plus**

WARNING: Consuming this product can expose you to chemicals including lead which are known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

ACTIVATED CHARCOAL FLUSH

(FORMERLY CANDIDA FLUSH)

Detox & Digestive Support

- Gentle intestinal cleansing and general detoxification
- Heart health benefits
- Digestive support

This blend of ingredients supports the body's natural detoxification processes, especially after a cleansing protocol, by aiding in toxin adsorption and elimination.

With 1.2 grams of activated charcoal, this product also supports general detoxification. Always consult a healthcare provider before starting any new supplement, particularly if you have a medical condition or are taking medications.

Supplement Facts	
Serving Size:	4 capsules
Servings Per Container:	60
Per Serving	%DV
Activated Charcoal from Hardwoods 1200 mg	↑
Vitamin C 500 mg	555%
Aged Garlic 300 mg	↑
Beta Carotene 10 mg	↑
↑ Daily Value not established	

Other Ingredients: Hypromellose (vegetable capsules)



60 serv. CF240 \$45

SUGGESTED USE:

4 capsules, twice daily or as directed.

TIP: Take other vitamins, supplements, and/or meals at least two hours before or after **Activated Charcoal Flush** as the charcoal in the flush acts to adsorb everything around it and remove it from your system.



"I love MMH! Our overall health has improved because of these wonder formulas. We have recommended this company to many people. Even given people our personal catalog. I'm thankful for alternatives to pharmaceuticals!"
- Rhonda H.



WHOLE BODY & COLON PROGRAM

(by Pure Body Institute)

Rated #1 by *Natural Health Magazine*

- Gentle cleansing
- Rejuvenate the body's basic processes

Health care professionals believe invigorating the body's eliminative channels and expelling accumulated impurities is the best method for health improvement.

As a gentle, but highly effective cleanse, the Pure Body Institute recommends a three month supply. Each set is approximately a one-month supply, depending on usage.

TIP: Consider doing a complete cleanse by adding **Para-Rid** (page 37) after completing your first month of the Whole Body & Colon Program.

WHOLE BODY PROGRAM

Serving Size: 3 tablets
Servings/container: 80

Sugg. Use:

Take 3 tablets before, during or just after breakfast and again at dinner 6 days per week for 3 months.

COLON PROGRAM

Serving Size: 1-3 tablets
Servings/container: 30 (at max dose)

Sugg. Use:

1-3 tablets before, during or just after breakfast and again at dinner 6 days per week for 3 months.



Whole Body Program

W8051 **\$79**

Colon Program

C8053 **\$40**

Program Package

W8050 **\$104.95**



DOES NOT SHIP TO CALIFORNIA.



"I have used MMH a lot through the years for everything from Adrenal-Aid to Licorice Tummy-Aid for the little ones. I use Herbal Respiratory, Anti-Diarrhea, and Family Immune-Booster the most. Everything I use for my family has worked well, and some things have become just old standbys that I won't do without! The thing I like most is that if I have a question about anything, I can talk to a well-informed, caring person and get good, but not pushy advice. Thank you MMH, for your service to our family!"
- Sara S.

"Detox, Flush, Release: Support Your Liver's Natural Cleansing"

LIVER FLUSH PACKAGE

Promote Healthy Liver Function, Overnight

- As recommended by Dr. Hulda Clark
- Promote healthy liver function

As your primary detoxification organ, the liver is impressive, processing three pints of blood per minute. When examined under a microscope, rows of cells can be seen separated by spaces which act like a sieve or filter, through which the blood flows. This filter is designed to remove toxic matter such as dead cells, chemicals, microorganisms, drugs, and particulate debris from the bloodstream. The filter can become "clogged", making it difficult for the liver to send out clean, energizing blood to other vital organs such as the brain, heart and kidneys.

Dr. Hulda Clark considered flushing the liver to be the single most powerful and simple procedure one can do. The idea behind a flush is literally to "flush out the filter" by stimulating massive bile flow. Flushes vary in intensity with Dr. Clark's being most intense, and it should NOT be done while expecting, nursing or while fighting a flu. This flush is also not suggested for anyone under the age of 12.

What you need for the flush:

- 1 Liver Flush Package
- 1/2 cup olive oil (high quality)
- 1 large, fresh pink grapefruit (2/3 cup juice)

This package includes one bottle of Epsom Salt Capsules, one bottle of Ornithine Capsules, and one 2 oz. Green Black Walnut hull extract.



PKG2019 **\$43**

SUGGESTED USE:

Instructions will come with the package, or contact us to get a copy in advance. There are multiple steps and timing is important for best results. The cleanse takes just under 24 hours to complete.



PACKAGE ITEMS CAN BE PURCHASED SEPARATELY.

Ornithine 100 ct.
ORN100mmh **\$18**

Epsom Salt 60 ct.
EPS060mmh **\$10**

Green Black Walnut Hull Extract 2 oz.
BE4142Dmmh **\$18**

TIP: Use Para-Rid (page 37) before Liver Flush. Follow the Liver Flush with the LiverGlow (page 36).



TOTAL YEAST DETOX

CLEANSE. FLUSH. REBUILD.

- Address the overgrowth of detrimental fungi
- Adsorb and flush out the die-off
- Rebuild beneficial gut flora and support healthy balance

This is a three-pronged, natural approach to balance.

Halt and kill the overgrowth - Yeast X Step 1 & 2:

Two combinations of powerful herbal extracts are used to eliminate and stop the overgrowth in its tracks. Alternating the two formulas may help address the shape-shifting or mutating.

Capture and flush out the overgrowth die-off quickly -

Activated Charcoal Flush:

When large numbers of yeast and fungal cells are rapidly killed, a die-off occurs. When these cells die, they release all the noxious substances contained within. According to some sources, up to 79 toxins are released including ethanol, uric acid, and acetaldehyde.

Replenish with beneficial bacteria - Herbal Flora Probiotic:

Encourage the proliferation of these with Soil-based organisms, Bee Pollen, Chicory and Burdock root to soothe and heal the intestinal wall and naturally keep candida in check.

This is a 3-month detox program for 1 person containing 4 different products:

Yeast X Step 1:

See page 53 for product listing, including ingredients.

Yeast X Step 2:

See page 53 for product listing, including ingredients.

Activated Charcoal Flush:

See page 49 for product listing, including ingredients.

Herbal Flora Probiotic:

See page 39 for product listing, including ingredients.

SUGGESTED USE:

Month 1: Take *Yeast X Step 1* every day during weeks 1 and 2 (1/4 tsp. in water 3 times daily.)

Take *Yeast X Step 2* every day during weeks 3 and 4. (1/4 tsp. in water 3 times daily.)

Take *Activated Charcoal Flush* every day during the first month. (Take 4 capsules, twice daily.)

Month 2: Take 2 Herbal Flora Probiotic capsules every day.

Month 3: Take 2 Herbal Flora Probiotic capsules every day.



PKG6017 **\$134**

THESE PRODUCTS ARE ALSO SOLD SEPARATELY.

See page 49 for *Activated Charcoal Flush*, page 49 for *Yeast X (Step 1 and 2)*, and page 39 for *Herbal Flora Probiotic*.



WARNING: Consuming this product can expose you to chemicals including lead which are known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

YEAST X: STEP 1 | STEP 2

Beneficial Micro Flora Support



- Two formulas for superior cleansing results
- Support normal levels
- Maintain body's delicate balance

Yeast can shape-shift and mutate on an almost-daily basis, so what works this week, may not work next week. That's why we've developed not one, but two potent formulas to provide maximum support when it comes to yeast cleansing.

Used in an alternating pattern, Yeast X Step 1 and Yeast X Step 2 gives you the best chance at supporting normal levels of beneficial bacteria and fungi within the body without further disturbing its delicate balance.

Expecting or nursing moms and infants and children under 12: Try Olive Leaf. See page 60.

Enhance your intestinal cleansing by adding Para-Rid. See page 37.

TIP: As with any cleanse, consider taking probiotics during and after. See **Herbal Flora Probiotic** on page 39, or the **Total Yeast Detox** on page 52.

BENEFICIAL FOR BOTH MEN AND WOMEN!



"I'm getting good results with the Yeast X 1 & 2 and hope to do the Adrenal Aid in a few months. As long as Mountain Meadow Herbs exists, you'll find me as one of your satisfied and happy customers."
- Linda L.



YEAST X STEP 1

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Proprietary Blend	1.25 mL †
Pau d'Arco bark, Cat's Claw bark, Marshmallow root, Chamomile flower, Licorice root, Ginger root, Black Cumin seed, Oregano leaf	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.

2 oz. Y2112 **\$24**

YEAST X STEP 2

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Proprietary Blend	1.25 mL †
Barberry root bark, Ginger root, Oregon Grape root, Propolis resin, Grape seed, Neem leaf	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.

2 oz. Y2122 **\$24**



SUGGESTED USE:

1/4 tsp. in water 1-3 times daily.

For best results alternate Yeast X Step 1 and Yeast X Step 2 every 2 weeks.

LEGACY HERBS

Men's Fertility Support



- Partner to Fruitful Vine
- Production support
- Support a healthy desire

About 1/3 of the time, infertility is a female problem. In another 1/3 of cases, it is the man with the fertility problem. For the remaining 1/3, both partners have fertility challenges or no cause is found.

In response to many requests for a natural way to support fertility in men, Legacy Herbs was created to support production, quality, and quantity in the areas of male fertility.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Eleuthero root, Tribulus Terrestris fruit, Pygeum bark, Barrenwort leaf, Astragalus root	
† Daily Value (DV) not established	

Other ingredients: vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.



4 oz. L3124 \$39

SUGGESTED USE:
1/4 tsp. 3-4 times daily.



MEN'S ADVANCED®

Men's Multivitamin



- Immune system support
- Promote increased energy
- Brain and mood support

This organic, whole-food multivitamin is formulated specifically for the needs of active men. Energizing herbs provide stress support and promote dynamic energy levels. It's easy-to-take, easy-to-digest, and can be taken anytime, even on an empty stomach!

Every Man Multivitamin combines Elderberry, Astragalus, whole-food fermented Vitamin C, Vitamin D3, organic Chamomile, Maca, and Schisandra to support overall health and wellness.

TIP: Use both Legacy Herbs and a good men's multivitamin for enhanced fertility.

SUGGESTED USE:
13+ yrs: Take 2 capsules daily



36 serv. E8094 \$49

NOT AVAILABLE FOR RESALE OR DISTRIBUTION.

Supplement Facts

Serving Size: 2 Tablets		
	Amount per Serving	%DV
Vitamin A (100% as beta-carotene from ferment media)	900 mcg	100%
Vitamin C (as ascorbic acid from ferment media)	90 mg	100%
Vitamin D3 (as cholecalciferol from ferment media)	25 mcg (1000 IU)	125%
Vitamin E (as d-alpha-tocopheryl acetate from ferment media)	15 mg	100%
Vitamin K (as phytylquinone [K1] from ferment media and as menaquinone-7 [K2] from natto)	120 mcg	96%
Thiamin (as thiamine hydrochloride from ferment media)	3 mg	250%
Riboflavin (from ferment media)	3.5 mg	269%
Niacin (as niacinamide from ferment media)	16 mg	100%
Vitamin B6 (as pyridoxine hydrochloride from ferment media)	4.3 mg	233%
Folate (as folic acid from ferment media)	200 mcg DFE	50%
Vitamin B12 (as cyanocobalamin from ferment media)	12 mcg	500%
Biotin (from ferment media)	30 mcg	100%
Pantothenic Acid (as calcium D-pantothenate from ferment media)	12.5 mg	250%
Calcium (from algae Lithothamnion [Lithothamnion calcareum and Lithothamnion corallioides])	30 mg	2%
Iodine (as potassium iodide from ferment media)	75 mcg	50%
Magnesium (as magnesium oxide from ferment media and from Lithothamnion calcareum and Lithothamnion corallioides)	10 mg	2%
Zinc (as zinc oxide from ferment media)	11 mg	100%
Selenium (as selenium dioxide from ferment media)	80 mcg	145%
Copper (as copper sulfate anhydrous from ferment media)	0.9 mg	100%
Manganese (as manganese chloride from ferment media)	2.3 mg	100%
Chromium (as chromium chloride from ferment media)	35 mcg	100%
Molybdenum (as sodium molybdate from ferment media)	4.5 mcg	10%
Stress & Energy Support Blend (from ferment media)		
Organic Schisandra (berry), Organic Maca (root), Organic Chamomile (flower)	67.5 mg	*
Cardio Support Blend		
Organic Fenugreek (seed) from ferment media, Organic Oregon (leaf) from ferment media, Grapeseed extract, Organic Hawthorn (berry, leaf, and flower) from ferment media	60 mg	*
Immune Support Blend (from ferment media)		
European Elder (berry) extract, Organic Eleuthero (root), Organic Astragalus (root)	45 mg	*
Prostate Support Blend		
Saw Palmetto extract (fruit), Organic Pumpkin Seed (oil), Nettie extract (root)	40.1 mg	*
Digestive Support Blend (from ferment media)		
Organic Aloe (leaf), Organic Peppermint (leaf), Organic Cardamom (fruit), Organic Artichoke (leaf)	33.7 mg	*
*Daily Value (DV) not established		

OTHER INGREDIENTS: Ferment media (organic soy flour, organic Saccharomyces cerevisiae, organic orange peel powder, organic carrot powder, organic alfalfa powder, lactic acid bacteria [Lactobacillus acidophilus, Bifidobacterium bifidum and Lactobacillus rhamnosus], papain [deactivated] and bromelain [deactivated]), organic gum acacia, silica, lac resin and carnauba wax.

CONTAINS: Soy



MEN'S HERBAL-UP

(FORMERLY PROGENTOR VI)

Natural Male Support

- Support male responsiveness
- Performance support
- Maintain healthy testosterone levels

Created in response to customer requests, this all-natural formula supports male responsiveness, sustained capability and natural male performance.

USE WITH CAUTION if taking Rx anti-convulsive, anti-platelet, and/or anti-coagulant drugs. Discontinue use 7 days before any surgery. Hypertension patients should not use large quantities of Ginseng as it can cause elevated blood pressure.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Yohimbe bark, Ginkgo Biloba leaf, Barrenwort leaf, Ashwagandha root, Eleuthero root, Tribulus Terrestris fruit	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.



4 oz. P3154 **\$39**

SUGGESTED USE:
1/4 tsp. 1-3 times daily in water.



HERBAL PROSTATE+

(FORMERLY PROTRACT 10)

Prostate Health Support

- Popular among senior men
- Maintain normal urinary function
- Low alcohol content

This formula contains ten powerful herbs to naturally support prostate health, including Saw Palmetto which has been shown in clinical studies to support prostate function.

USE WITH CAUTION in cases of Hypertension, Hypotension, Diabetes, or in conjunction with anti-coagulants.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Stinging Nettle root, Saw Palmetto berry, Pygeum bark, Green Rooibos Tea leaf, Skullcap herb, Red Clover leaf & flower, Ginger root, Propolis Resin, Milk Thistle seed, Chaste Tree berry	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.



4 oz. P3264 **\$39**

SUGGESTED USE:
1/4 tsp. 1-3 times daily in water.



"Everything that I have ever purchased from Mountain Meadow Herbs has worked well for me. I consider their products and service to be 5 star!" - DC. Miller



SAW PALMETTO BERRY

ARONIA BERRY

- Support healthy cholesterol levels
- Support gut health
- Powerful immune-booster

Aronia berries are rich in fiber, vitamin C, and powerful antioxidants that may have heart-healthy, immune-boosting, and cell-supporting properties.



Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Aronia berry extract 1.25 ml † (1.2) in vegetable glycerin and distilled water.	
† Daily Value (DV) not established	

4 oz. AE4904 \$32



SUGGESTED USE:

- 0-2 yrs: 5-15 drops.
- 3-11 yrs: 1/8 tsp.
- 12+ yrs: 1/4 tsp.

Take in water 1-3 times daily or as needed.

ASHWAGANDHA ROOT

- Cortisol and adrenal gland support
- Mood and memory support
- Maintain healthy joints

As an adaptogen, Ashwagandha is most commonly known for its ability to help reduce stress, improve mood, and enhance stamina.



SUGGESTED USE:

1/4 tsp. Take in water 1-3 times daily or as needed.

4 oz. AE4124 \$32

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Ashwagandha root extract 1.25 ml † (1.2) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	

BLUE COHOSH ROOT

- Soothing support for cramps
- Hormone support
- Menstruation support

Blue cohosh may help to suppress muscle spasms and soothe cramps. It may also support muscle tone in the uterus which can support the childbirth process.



Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Blue Cohosh root extract 1.25 ml † (1.3) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	

4 oz. BE4104 \$39



SUGGESTED USE:

12+ yrs: 1/4 tsp. Take in water 1-3 times daily.

BURDOCK ROOT

- Helps purify blood
- High in antioxidants
- Gut health support

Burdock root may help with detoxification of the blood by helping remove accumulated waste products via the kidneys, skin, and mucous membranes. This herb contains active ingredients in its roots that may increase bile and urine production, and sweating to facilitate toxin removal.



SUGGESTED USE:

12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

4 oz. BE4134 \$39

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Burdock root extract 1.25 ml † (1.3) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	

Not suggested for use with prescription diuretics.



CHAMOMILE FLOWER

- Supports sleep and relaxation
- Digestive aid
- Soothing support for mild cramps

Used for its relaxation properties, which can help with sleep, stress, digestion, cramping, gas, and more. The German Commission E monographs also show it to be beneficial for irritation of mucous membranes.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Chamomile flower extract 1.25 ml † (1:1) in vegetable glycerin and distilled water.	
† Daily Value (DV) not established	
4 oz.	CE4124 \$32



SUGGESTED USE:

0-2 yrs: 5-15 drops.
3-11 yrs: 1/8 tsp. 1
2+ yrs: 1/4 tsp.

Take in water 1-3 times daily or as needed.

CHASTE TREE BERRY

- Female health support
- Promotes a healthy hormone balance
- Menstruation support

The Chaste Tree Berry (Vitex), has been used for centuries to support women's health and promote a healthy hormone balance. It may also offer temporary relief from pain associated with the monthly cycle.



Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Chaste Tree berry extract 1.25 ml † (1:1) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	



SUGGESTED USE:

12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

4 oz. CE4444 **\$32**



CINNAMON BARK

- Maintain heart health
- Inflammation support
- Digestive support

Cinnamon extract is rich in antioxidants and helps to regulate blood sugar. Cinnamons polyphenyl MCHP, mimics insulin function and may activate insulin receptors.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Cinnamon bark extract 1.25 ml † (1:2) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	



SUGGESTED USE:

3-11 yrs: 1/8 tsp.
12+ yrs: 1/4 tsp.

Take in water 1-3 times daily or as needed.

Heavy use of cinnamon may irritate the mouth and lips, causing sores. Dilute in water.

CRANBERRY FRUIT

- Urinary tract support
- High in antioxidants
- Powerful immune-booster

Avoid the simple sugar-filled juices and get all the benefits of cranberry in this concentrated extract. For those who suffer frequent disturbances, take daily for effective maintenance.



Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Cranberry fruit extract 1.25 ml † (1:3) in vegetable glycerin and distilled water.	
† Daily Value (DV) not established	



SUGGESTED USE:

0-2 yrs: 5-10 drops.
3-11 yrs: 1/8 tsp.
12+ yrs: 1/4 tsp.

Take in water 1-3 times daily or as needed.

4 oz. CE4824 **\$32**



DANDELION ROOT

- Traditional herbal bitter
- Supports appetite and digestion
- Healthy liver function

This herbal "bitter" supports normal appetite and digestion. As a liver tonic, it may support the liver's production of bile, which helps to carry away waste and also break down fats during digestion.

Supplement Facts

Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Dandelion root extract 1.25 ml † (1:1) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	

4 oz. DE4174 \$32



SUGGESTED USE:

0-2 yrs: 5-10 drops.
3-11 yrs: 1/8 tsp.
12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

DO NOT USE if you have heart disease, high or low blood pressure, kidney or liver disorder, diabetes, edema, or are taking products containing diuretics.

ECHINACEA XTREME

- Immune system support
- Supports healthy upper respiratory system
- Promotes a normal inflammatory response

This extract from two species of Echinacea (*angustifolia* & *purpurea*) contains powerful flavonoids and other constituents that promote a healthy immune system response.



Supplement Facts

Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend 1.25 mL	
Echinacea Angustifolia root †	
Echinacea Purpurea herb †	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin and distilled water

DO NOT USE if taking immunosuppressants.



SUGGESTED USE:

0-2 yrs: 5-10 drops.
3-11 yrs: 1/8 tsp.
12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

4 oz. E4804 \$35

ELDERBERRY

- Immune system support
- Naturally rich in antioxidants
- Support the body's natural defenses

Elderberries are used for their antioxidant activity and may benefit heart-health, vision, and the immune system. They may also help alleviate seasonal discomforts.



Supplement Facts

Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Elderberry (<i>Sambucus</i> spp.) extract 1.25 ml † (1:2) in vegetable glycerin and distilled water.	
† Daily Value (DV) not established	

4 oz. EE4234 \$32



SUGGESTED USE:

0-2 yrs: 5-10 drops.
3-11 yrs: 1/8 tsp.
12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

EUROPEAN GOLDENROD

- Promote healthy urine flow
- Inflammation support
- Support against fluid retention

Goldenrod may support healthy urine flow and inflammation. Safe for nursing and expecting moms, it can be beneficial in maintaining healthy bladder function during these times.



Supplement Facts

Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
European goldenrod extract 1.25 ml † (1:3) in vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	



SUGGESTED USE:

1/4 tsp. Take in water 1-3 times daily or as needed.

4 oz. GE4314 \$32

May cause an allergic reaction in people who are sensitive to the Asteraceae/Compositae family.



GINGER ROOT

- Support for swollen, irritated tissue
- May help stimulate circulation
- Digestive support

Ginger is a traditional healing herb with multiple health benefits, including joint support, digestion support, healthy inflammation response, and cardiovascular support.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Ginger root extract 1.25 ml † (1:2) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	



SUGGESTED USE:

0-2 yrs: 5-10 drops.
 3-11 yrs: 1/8 tsp.
 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

4 oz. GE4224 \$32

GINKGO BILOBA LEAF

- Memory and mood support
- All-day alertness
- Rich in naturally occurring plant antioxidants

The ginkgo leaf provides all-natural memory and brain support by maintaining optimal blood circulation to the brain. Everything begins in the mind; a healthy mind is a healthy body.



Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Ginkgo Biloba leaf extract 1.25 ml † (1:1) in vegetable glycerin and distilled water.	
† Daily Value (DV) not established	



SUGGESTED USE:

3-11 yrs: 1/8 tsp.
 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

4 oz. GE4284 \$32

NOT to be used with anti-coagulants, MAO inhibitors or SSRI's. Should not be used with St. John's Wort herb.



GRAPE SEED

- Support the body's major systems
- Antioxidant benefits
- Vein Support

Grape Seeds are high in Oligomeric Proanthocyanidins (OPCs), which support the body's major systems; including the cardiovascular, urinary and immune systems, as well as the skin, liver, and eyes.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Grape seed extract 1.25 ml † (1:2) in vegetable glycerin and distilled water.	
† Daily Value (DV) not established	



SUGGESTED USE:

0-2 yrs: 5-10 drops.
 3-11 yrs: 1/8 tsp.
 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

4 oz. GE4504 \$32

HAWTHORN BERRY

- Cardiovascular health
- High in antioxidants
- Maintain healthy cholesterol levels

These berries are packed with nutrients that benefit the entire cardiovascular system, from supporting the collagen content of the arteries to benefiting circulation and the pumping action of the heart.



Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Hawthorn berry extract 1.25 ml † (1:2) in vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	



SUGGESTED USE:

0-2 yrs: 5-15 drops.
 3-11 yrs: 1/8 tsp.
 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

Not suggested for use if you have low blood pressure, consult your healthcare provider if you are taking blood pressure medication.

4 oz. HE4124 \$32



HORSETAIL HERB

- Support bone health
- Promotes healthy hair, skin, and nails
- Supports bladder/kidney health

Horsetail is a popular herb that includes silicon and silicic acid which help with calcium absorption and promote healthy hair, skin, nails, and bones! It also helps support bladder and kidney health.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Horsetail herb extract 1.25 ml † (2:1) in vegetable glycerin and distilled water.	
† Daily Value (DV) not established	



SUGGESTED USE:

0-2 yrs: 5-10 drops.
3-11 yrs: 1/8 tsp.
12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

4 oz. SE4344 **\$32**

MILK THISTLE SEED

- Support healthy liver function
- Blood sugar support
- Digestive support

Milk thistle has a range of potential health benefits due to its active ingredient, silymarin, which is believed to have antioxidant effects to help maintain healthy liver cells.



Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Milk Thistle seed extract 1.25 ml † (1:3) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	



SUGGESTED USE:

0-2 yrs: 5-10 drops.
3-11 yrs: 1/8 tsp.
12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

4 oz. ME4334 **\$32**

Not to be taken with Yohimbe.



MULLEIN LEAF

- Respiratory support
- Maintain lung health
- Promotes a healthy cough

As an expectorant, Mullein leaf helps to promote a healthy cough to help clear congestion. Mullein also has a higher amount of mucilage than other plants which provides soothing relief to the mucous membranes.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Mullein leaf extract 1.25 ml † (2:1) in vegetable glycerin and distilled water.	
† Daily Value (DV) not established	



SUGGESTED USE:

0-2 yrs: 5-10 drops.
3-11 yrs: 1/8 tsp.
12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

4 oz. ME4404 **\$32**

OLIVE LEAF

- Gentle cleansing and yeast balancing
- Immune system support
- Overall health support

Olive Leaf is a revered herb with antioxidant properties that is traditionally taken to maintain immune defenses. For children under two, this extract is an excellent alternative in cleansing the body and supporting normal yeast levels.



Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Olive leaf extract 1.25 ml † (1:3) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	



SUGGESTED USE:

0-2 yrs: 5-10 drops.
3-11 yrs: 1/8 tsp.
12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

4 oz. OE4364 **\$32**



PASSIONFLOWER

- Supports a positive mood
- Promote healthy sleep cycle
- Balance emotions

Passionflower is a popular herb used as a natural sedative. It's calming properties, when used in the correct dose, promote a sense of calm and help balance emotions.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Passionflower leaf extract 1.25 ml † (2:1) in vegetable glycerin and distilled water.	
† Daily Value (DV) not established	



SUGGESTED USE:
6-11 yrs: 1/8 tsp.
12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

4 oz. PE4044 **\$32**

PUMPKIN SEED

- Promote a healthy bladder
- Prostate health support
- Antioxidants for cell support

Pumpkin seeds are packed with nutrients and protective health benefits. These seeds are traditionally used to help the nerves of the bladder to maintain control.



Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Pumpkin seed extract 1.25 ml † (1:4) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	



SUGGESTED USE:
0-2 yrs: 5-10 drops.
3-11 yrs: 1/8 tsp.
12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

4 oz. PE4904 **\$32**



RED RASPBERRY LEAF

- Female reproductive support
- Gentle cleansing
- Immune system support

This classic female tonic may strengthen the uterus, enrich mother's milk, and prepare the uterus for giving birth. The extract is convenient for those who do not care to drink the tea.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Red Raspberry leaf extract 1.25 ml † (1:1) in vegetable glycerin and distilled water.	
† Daily Value (DV) not established	



SUGGESTED USE:
0-2 yrs: 5-10 drops.
3-11 yrs: 1/8 tsp.
12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

4 oz. RE4384 **\$32**

*Use only in third trimester.

RHODIOLA ROOT

- Support a healthy sympathetic nervous system
- Promote the normal release of hormones
- Maintain healthy energy and stress levels

As an adaptive herb, rhodiola root extract contains all-natural compounds to help support daily energy levels and a healthy stress response to any situation.



Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Rhodiola root extract 1.25 ml † (1:1) in vegetable glycerin and distilled water	
† Daily Value (DV) not established	



SUGGESTED USE:
12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

4 oz. GE4324 **\$32**



ST. JOHN'S WORT HERB

- Support a positive mood
- Balance emotions
- Maintain healthy nervous system function

St. John's Wort can support a healthy mood and stress response to daily situations that you may find challenging. It may also promote feelings of comfort and relaxation.

Supplement Facts

Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
St. John's Wort herb extract 1.25 ml † (1:2) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	



SUGGESTED USE:

12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

4 oz. SE4424 \$32

DO NOT USE if you have bipolar disorder or bipolar spectrum disorder. Not to be taken with anti-depressants, Hormone Replacement Therapy, or hormonal birth control.

Consult your healthcare provider before starting this product. May cause serious side effects in certain health conditions.



SLIPPERY ELM BARK

- Soothing throat and cough support
- Digestive support
- Support skin health

Slippery Elm bark contains mucilage which can soothe mucous membranes, provide digestive support, and benefit skin health.

TIP: Take at least 2 hours away from other supplements and medication.

Supplement Facts

Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Slippery Elm bark extract 1.25 ml † (1:3) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	



SUGGESTED USE:

3-11 yrs: 1/8 tsp.
12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

4 oz. SE4354 \$32

SHEPHERD'S PURSE HERBS

- Anti-inflammatory properties
- May lessen bleeding
- Supports healthy fluid balance

Midwife favorite, used just after delivery to help lessen bleeding. This herb has also been used for the same purpose during female cycles and is said to have anti-inflammatory properties.



Supplement Facts

Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Shepherd's Purse herb extract (2:1) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	



SUGGESTED USE:

1/4 tsp. 3-4 time daily.

4 oz. SE4404 \$32

*Short-term use ONLY.

STINGING NETTLE LEAF

- Soothing support for joints & muscles
- High in naturally occurring calcium
- Support prostate health

Stinging nettle contains a high level of naturally occurring calcium, and thanks to the genius of nature; it has the perfect ratio of magnesium to help calcium make its way into the cells.



Supplement Facts

Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Stinging Nettle leaf extract 1.25 ml † (2:1) in vegetable glycerin and distilled water.	
† Daily Value (DV) not established	



SUGGESTED USE:

0-2 yrs: 5-10 drops.
3-11 yrs: 1/8 tsp.
12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

4 oz. NE4504 \$32

TURMERIC WITH BLACK PEPPER



- Maintain healthy joint & muscle function
- Immune system support
- Promote cardiovascular health

Turmeric provides a wide range of health benefits. The addition of black pepper helps your body to better absorb curcumin, the active ingredient in turmeric.

Supplement Facts

Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Proprietary Blend	1.25 mL
Turmeric root	†
Black Pepper	†
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.

4 oz. TB4004 **\$35**



SUGGESTED USE:

3-11 yrs: 1/8 tsp.
12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

Not for use in pregnancy or in cases of bile duct obstruction, gallstones, stomach ulcers, or hyper-acidity without supervision of a healthcare provider.

VALERIAN ROOT



- Supports a healthy sleep cycle
- Promotes calmness
- Supports a positive mood

Valerian is thought to increase the amount of gamma-aminobutyric acid (GABA) in the brain. GABA inhibits unwanted nervous system activity helping to promote calmness and better sleep.



SUGGESTED USE:

6-11 yrs: 1/8 tsp.
12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

4 oz. VE4204 **\$32**

Supplement Facts

Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Valerian root extract 1.25 ml †	(1:3) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.
† Daily Value (DV) not established	

WILD YAM ROOT



- Supports hormone balance
- Menopause symptom support
- Comfortable menstruation support

Wild yam root can provide all-natural support for the relief of the most common symptoms of menopause and menstruation, helping to enhance your overall female health and wellness.

Supplement Facts

Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Wild Yam root extract 1.25 ml †	(1:2) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.
† Daily Value (DV) not established	



SUGGESTED USE:

12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

4 oz. WE4214 **\$32**



"We are very grateful for safe, natural, and effective healthcare products! We have been using them for our family for 10 years now, since our first child. The Family Immune-Booster is always our go-to at the first signs of a cold or flu bug. Thank you for great products and great service!!"

- Kaylene M.



WILD YAM ROOT

→ Kettle Care Botanicals

Kettle Care has been crafting natural, therapeutic body care products for over 40 years, earning the trust of customers who value high-quality skincare that's as pure as it is effective. Located in the stunning Montana Rockies near the south entrance to Glacier National Park, Kettle Care is a family-owned business led by Klaus and Annegret Pfeifer, with the support of a small, dedicated team.

Klaus, a chemist and physicist with over 30 years of experience in lean manufacturing, R&D, and ISO certifications, ensures every product meets the highest standards of quality. Annegret, the face of the company, brings her strong background in finance and operations to manage the day-to-day business, along with leading sales and marketing efforts. Their children, Jonathan and Dana, have been trusted advisors throughout the years, helping steer the company with thoughtful, balanced decisions born from childhood dinner table discussions about skincare and formulations.

Kettle Care's philosophy is deeply rooted in personal experience. Annegret struggled with chemical sensitivities to conventional skincare products for years before discovering the soothing and healing benefits of natural, pure ingredients. This sparked her passion for formulating her own creams and lotions, a knowledge she now shares through Kettle Care, using only the finest botanicals and oils.

With a commitment to sustainability, Kettle Care sources ingredients with intention and care. They work with local Montana apiaries for beeswax emulsifiers and partner with farmers and suppliers across the country for the botanicals and oils that go into their products. Kettle Care believes that what goes on your skin should be pure and simple, knowing that 60% of what you apply absorbs into your bloodstream.

When you choose Kettle Care, you can be confident that every product is carefully crafted from start to finish by the same family members and trusted partners— from farm to formula, to you. Their dedication to quality, sustainability, and natural wellness ensures that every product is not only good for your skin but good for the planet.



KETTLE CARE®
EST. **BOTANICALS** 1983
Healthy Skincare



HERBAL SKIN SOOTHER

All-purpose Skin Cream

Originally formulated for difficult skin problems, this is an excellent all-purpose crème. It has a rich base of Cocoa Butter with Grapeseed Oil. Evening Primrose Oil provides high essential fatty acids to ease itching due to dry skin, eczema or psoriasis. The high ratio of Calendula and Comfrey extracts with Essential Oils of Carrot Seed, Myrrh, and Cajeput provide excellent relief to chapped, cracked, or rough skin irritations by using natural sterols.

***Caution:** Consult a pediatrician before using on infants 0-2 years. Perform a patch test before full application.

Discontinue use if irritation occurs. Not recommended for infants with known skin sensitivities or allergies.

Use under adult supervision.

Contains: Aloe Vera Juice, Grapeseed Oil, Organic Sunflower Seed Oil, Montana Beeswax, Organic Montana Safflower Oil, Organic Cocoa Butter, Benzoin Extract, Calendula Extract, Neem Oil, Vitamin E, Organic Evening Primrose Oil, Cajeput Oil, Avocado Oil, Carrot Seed Oil, Myrrh Oil, Tangerine Oil, Grapefruit Seed Extract, Comfrey Extract

Application: Gently massage into skin as needed. Best applied on freshly washed skin to seal in the moisture.



2 oz. H8002 **\$26.95**

Herbal Skin Soother is the go-to product for relief of any kind of skin irritation.



HORSE CHESTNUT

Revitalizing Leg Lotion

Originally formulated for difficult skin problems, this cooling lotion reduces appearance of spider veins and the swelling of veins. Fortified with four powerful Organic Herbs: Horse Chestnut, Butcher's Broom, Gotu Kola and Green Tea; and four invigorating Essential Oils: Cypress, Geranium, Lemon and Peppermint. It provides nourishment for the vascular system and brings renewed elasticity to veins. Massage on legs and feet twice a day and whenever swelling occurs.

TIP: Use with **Vari-Plex**, see page 20, for additional healthy vein support.

***Caution:** Consult a pediatrician before using on infants 0-2 years. Perform a patch test before full application.

Discontinue use if irritation occurs. Not recommended for infants with known skin sensitivities or allergies.

Use under adult supervision.

Contains: Aloe Vera Juice, Organic Sunflower Oil, Grapeseed Oil, Organic Montana Safflower Oil, Montana Beeswax, Grapefruit Seed Extract, Horse Chestnut Extract, Butcher's Broom Extract, Gotu Kola Extract, Vitamin E, Persea Avocado Oil, Organic Shea Butter, Cypress Oil, Geranium Oil, Lemon Oil, Peppermint Oil, Marshmallow Extract, Echinacea Extract, Green Tea Extract, Witch Hazel Extract, Zinc Oxide, Sodium Alginate, Xanthan Gum

Application: Gently massage on legs and feet twice a day.



4 oz. V8024 **\$27.95**
8 oz. V8028 **\$44.95**

→ Better Together

While all of our products are effective and provide excellent health benefits as stand-alone supplements, many of them can also be used in combination with each other to provide even more support. And, best of all, when purchased as a package, you'll save money as all of our packages are discounted 5% off the MSRP.

Back-to-School Package

- (1) Herbal Respiratory 2 oz.
- (1) Family Immune-Booster 2 oz.
- (1) Herbal Calcium 2 oz.
- (1) Natural Attention-Aid 2 oz.

PKG6006 **\$91**

Cardio Package

- (2) CoQ10 30 caps
- (1) Herbal CardioCare 4 oz.
- (1) Grape Seed Extract 4 oz.

PKG6002 **\$135**

Early Care Combo

- (1) Mom's Stomach Aid 4 oz.
- (1) Vari-Plex 4 oz.
- (1) Herbal Calcium 2 oz.

PKG102CC **\$97**

Kidney Cleanse Package

- (1) Kidney Support 4 oz.
- (1) Water Balancing Formula 4 oz.
- (1) European Goldenrod Extract 4 oz.

PKG5005 **\$104**

Kidney Support Package

- (1) Kidney Support 4 oz.
- (1) Kidney Toner 4 oz.
- (2) Herbal CardioCare 4 oz.
- (2) Grape Seed Extract 4 oz.
- (4) CoQ10 30 caps

PKG5007 **\$345**

OVP

Dr. Clark

Liver Flush Package

- (1) Green Black Walnut Hull Extract 4 oz.
- (1) Ornithine 100 caps
- (1) Epsom Salt 60 caps

PKG2019 **\$43** (SEE FULL LISTING ON PAGE 51)

OVP

Men's

1-month Fertility Package

- (1) Legacy Herbs 4 oz.
- (1) Men's Advanced 72 caps

PKG5012 **\$84**

OVP

Men's

3-month Fertility Package

- (3) Legacy Herbs 4 oz.
- (3) Men's Advanced 72 caps

PKG5002 **\$250**

Mother's Care Combo

- (1) Gentle Birth 4 oz.
- (1) Gentle Recovery 2 oz.
- (1) Maxi-Milk 4 oz.

PKG103CC **\$102**

(ALSO AVAILABLE WITH GENTLE BIRTH W/OUT BLUE COHOSH & RED RASPBERRY)

NOTE: Product substitutions cannot be made within a package.

Total Yeast Detox

- (1) Yeast X Step 1 2 oz.
- (1) Yeast X Step 2 2 oz.
- (1) Herbal Flora Probiotic 120 caps
- (1) Activated Charcoal Flush 240 caps

PKG6017 **\$134** (SEE FULL LISTING ON PAGE 52)

Vision Support Package

- (1) Eye-Can-C 4 oz.
- (1) LiverGlow 4 oz.
- (1) CoQ10 30 caps

PKG6005 **\$108**

OVP

Whole Body & Colon Cleanse

- (1) Whole Body Program 300 tabs
- (1) Colon Program 90 tabs

W8050 **\$104.95**

Winter Tonics Package

- (1) Herbal Respiratory 4 oz.
- (1) First Immune Defense 4 oz.
- (1) Family Immune-Booster 4 oz.

PKG5004 **\$111**

Winter Tonics Plus

- (1) Herbal Respiratory 4 oz.
- (1) First Immune Defense 4 oz.
- (1) Family Immune-Booster 4 oz.
- (1) Soothing Throat & Tonsil 4 oz.

PKG5014 **\$148**

Women's

1-month Fertility Package

- (1) Fruitful Vine 4 oz.
- (2) Vitamin C 240 caps

PKG5011 **\$86**

Women's

3-month Fertility Package

- (3) Fruitful Vine 4 oz.
- (6) Vitamin C 240 caps

PKG5001 **\$259**



★★★★★

"Well, for one, their products actually work! Sometimes you buy health products and see no results, but not Mountain Meadow Herbs. Their products I recommend to everyone. And secondly, the personal help on the phone is such a blessing. They don't act hurried, nor do they pressure you, they only send the message that 'We're here for you. We want you to succeed.' Cheers to the personnel at MMH!"

- J. Yoder

➔ Frequently Asked Questions

Below are some of our most frequently asked questions (FAQ's). If you have any other questions please visit our website to see our full list or give us a call, email, or write to us.

How long will my formula last?

Typically a 2 oz. bottle (if taking 1/4 tsp. 3 times a day) will last 2 weeks. A 4 oz. bottle will last 4 weeks.

How do I store my liquid formula or extract?

Products should be stored in the amber bottles they come in and not exposed to sunlight. Refrigeration is not necessary.

***Note:** Refridgerate **Children's Vita-Multi** after opening.*

Can I take more then 1 formula or extract at a time?

As long as the products you're using have 3 or less herbs in common, there shouldn't be a problem taking them together. If the products you're taking have 3 or more herbs in common, we suggest cutting the dose of one of the formulas in half, or leaving two hours in between the doses of those formulas. We suggest the two hour break or half-dose so your body is less likely to build up an immunity to those herbs.

Can I take herbal supplements while nursing or expecting?

The use of supplements during this sensitive time in a woman's life depends on both the supplement and the woman. We are all unique and all have different sensitivities.

For example:

*Some women are able to use **Red Raspberry leaf** the entire duration of their pregnancy, while other women will start cramping and spotting if they try taking it. Some herbs may threaten a pregnancy (like **Goldenseal**) while others may help ease a mom's upset stomach (like **ginger** or **peppermint**). It is always best to check with your healthcare provider before using supplements while pregnant or nursing.*

Is it important that I follow the suggested dose?

Yes! Liquids are not time-released - when you take them they go to work right away, so being able to take them 3 times daily ensures you are supporting your body regularly throughout the day. Only doing that once or twice may not offer the same level of support. If you are worried you cannot take the product to work/school with you, try taking it before you leave the house, when you get back home, and before bed.

Why do some of your products contain alcohol?

Some of the beneficial properties we want to pull out of the plant do not respond without the use of some alcohol. We use a very minimal amount and only when necessary to get these constituents into the final liquid extract.

Typically you will see alcohol on barks and roots, but most flowers will not have alcohol used in the extract. We do state on the label of each product if alcohol was used or not.

How do I evaporate the alcohol?

Place the bottle of formula/extract in a simmering pan of water with the lid off of the bottle for 10-15 minutes.

Why does this extract/formula look different then the last bottle I got?

As with all things in nature, no two harvests produce exactly the same result. Different batches of bulk herbs can produce differently colored extracts. We are always happy to double check things if you have any concerns, just give us a call with the Lot Number on the bottle and what your concern is and we'll be happy to speak with you and determine if further research is needed.

Can I take herbal supplements if I am on medications?

Before trying any new products, it's essential to consult with your healthcare provider and share a list of the ingredients you're considering. This helps avoid potential complications with medications or sensitivities. Your provider can also recommend products that are safe and effective for your specific needs, as different supplements can affect people in different ways. Starting with professional guidance minimizes the risk of adverse reactions and ensures you make informed decisions about your health.

What is a 'dropper squeeze'?

1 'dropper squeeze' is approximately 1/8 tsp.

How to Perform a 'Dropper Squeeze':

Submerge the dropper into the liquid. While it's still underwater, press down on the dropper bulb and then release it, keeping it submerged. Afterward, pull the dropper out of the liquid. The amount of liquid inside the dropper, after this action, is called a "dropper squeeze."

Note: The dropper will not fill completely.

Are the formulas and extracts gluten-free?

Oatstraw is the only herb MMH uses that is not considered gluten-free. We have tested it for gluten and it has tested negative, however, someone with an extreme sensitivity to gluten may still have a reaction. **Herbal Calcium, LiverGlow, Berry Calm, and Everday Joint & Muscle, all have Oatstraw herb.**

Note: The alcohol and the glycerin (made from Palm Hearts) are gluten-free.



MOUNTAIN MEADOW HERBS®

Nature Grows It. We Bottle It.

PRODUCT USAGE GUIDE

Identify your weakest body system with the following health assessment. You'll discover which systems need the most attention and find the herbal solutions to promote optimal health and function of those systems.

Take the 5-minute body systems test:

Step 1: Fill out the **Body System Identification Chart** on the next page as instructed.

Step 2: Count the checked boxes in each column, then enter the total at the bottom of each column.

Step 3: Determine your body system results using the chart below.

Body System	Very Good			Good			Fair			Poor			Very Poor	
Circulatory	0		1		2		3	4	5		6	7	8	9+
Digestive	0	1	2	3		4	5	6	7	8	9	10	11	12+
Endocrine	0	1	2	3		4	5	6	7	8	9	10	11	12+
Immune	0	1	2	3		4	5	6	7		8	9		10+
Musculoskeletal	0		1		2			3	4			5		6+
Nervous	0	1	2	3		4		5	6		7	8		9+
Reproductive	0							1						2+
Respiratory	0				1			2				3		4+
Urinary	0		1		2			3	4			5		6+

RESULT	List body systems
Very Poor	
Poor	
Fair	
Good	
Very Good	

Step 4: Begin addressing body systems issues, starting with those you scored VERY POOR in, followed by POOR and FAIR.

Circulatory System Herbal CardioCare Grape Seed Extract CoQ10 Garlic Caps	Immune System Family Immune-Booster First Immune Defense Soothing Throat & Tonsil Herbal Vita-Mini Olive Leaf Extract Sunshine Drops Elderberry Gummies Echinacea Xtreme Elderberry Extract	Everyday Joint & Muscle Active Joint & Muscle	European Goldenrod Extract Cranberry Extract
Nervous System Stress & Sleep Bed-Time Drops Natural Attention-Aid Herbal Calcium	Respiratory System Herbal Respiratory Soothing Throat & Tonsil Para-Rid Echinacea Xtreme	Endocrine System Adrenal-Aid Mom's Adrenal Aid Femme Defense Blues Buster Mommy Blues Buster Cinnamon Extract Herbal Thyroid Care Mom's Herbal Thyroid Care Complete Metal Detox	Reproductive System (women) Hormone Balance Formula Uterine Tone & Cleanse Fruitful Vine Vitamin C (men) Legacy-Herbs Every Man® Herbal Prostate+ Men's Herbal-Up
Digestive System Para-Rid Whole Body and Colon Cleanse LiverGlow Liver Decongestant Herbal Flora Probiotics Total Yeast Detox Children's Probiotic Gummies	Musculoskeletal System Herbal Calcium Berry Calm	Urinary System Kidney Toning Formula Kidney Support Water Balancing Formula Grape Seed Extract	

BODY SYSTEM IDENTIFICATION CHART

For each statement below that applies to you, check **ALL** the boxes within that row.

	CIRCULATORY	DIGESTIVE	ENDOCRINE	IMMUNE	MUSCULOSKELETAL	NERVOUS	REPRODUCTIVE	RESPIRATORY	URINARY
Bad breath		<input type="checkbox"/>		<input type="checkbox"/>					<input type="checkbox"/>
Dark circles or puffiness under eyes			<input type="checkbox"/>						<input type="checkbox"/>
Difficult or shallow breathing			<input type="checkbox"/>					<input type="checkbox"/>	
Difficulty dealing with stress	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>			
Difficulty in maintaining ideal weight		<input type="checkbox"/>	<input type="checkbox"/>						<input type="checkbox"/>
Don't exercise regularly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>				
Dry, dull or damaged hair		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>				
Eat meat more than 3 times a week		<input type="checkbox"/>							
Feeling low, moody or uninterested		<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>			
Feeling out of control			<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>			
Less than 2 bowel movements per day		<input type="checkbox"/>							
Frequent mood swings			<input type="checkbox"/>			<input type="checkbox"/>			
Heavy coating on tongue		<input type="checkbox"/>		<input type="checkbox"/>					
Illness more than twice a year				<input type="checkbox"/>				<input type="checkbox"/>	
Indigestion		<input type="checkbox"/>							
Itchy nose or anus		<input type="checkbox"/>		<input type="checkbox"/>					
Lack of endurance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>			
Lack of energy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>			
Lack of sleep or difficulty falling asleep		<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>			
Menopausal concerns			<input type="checkbox"/>				<input type="checkbox"/>		
Mild pain & swelling					<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>
Monthly female concerns			<input type="checkbox"/>				<input type="checkbox"/>		<input type="checkbox"/>
Muscle cramps or spasms	<input type="checkbox"/>				<input type="checkbox"/>	<input type="checkbox"/>			
Nausea		<input type="checkbox"/>		<input type="checkbox"/>					
Pain in abdomen or gas		<input type="checkbox"/>		<input type="checkbox"/>					
Poor concentration or memory	<input type="checkbox"/>		<input type="checkbox"/>			<input type="checkbox"/>			
Recurrent yeast/fungal concerns		<input type="checkbox"/>		<input type="checkbox"/>					
Respiratory concerns								<input type="checkbox"/>	
Sensitivity to temperatures	<input type="checkbox"/>		<input type="checkbox"/>						
Skin/complexion problems		<input type="checkbox"/>	<input type="checkbox"/>						
Sore or painful joints	<input type="checkbox"/>				<input type="checkbox"/>				
Urinary concerns									<input type="checkbox"/>
Vein discomfort	<input type="checkbox"/>	<input type="checkbox"/>							
Weak or brittle nails		<input type="checkbox"/>		<input type="checkbox"/>					
TOTAL									



MOUNTAIN MEADOW HERBS®

Nature Grows It. We Bottle It.

3 WAYS TO ORDER



888.528.8615

All major credit cards and checks accepted by phone.



www.mmherbs.com

All major credit cards accepted.



Mail your order and payment to:

Mountain Meadow Herbs, Inc.
1019 Hard Rock Road
Somers, MT 59932

Free US Shipping On \$125+ Orders!*

*Shipping prices subject to change.



"I love MMH! Their products are the best made under the sun and the ladies that work there are kind and tender-hearted. The calendars are keepsakes and the catalogs are treasure troves of information. Thank you MMH for all your help!"

- K. Davis



"I have always appreciated the quality and prompt delivery of Mountain Meadow Herbs herbal products

- M. Diggs

