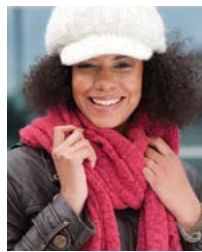


Compliments of



Natural Beauty

Protect your hair.

page 28

Gluten Free Focus

Holiday treats.

page 31

December 2017

tasteforlife®

lift your
mood

Our top picks for
IMMUNITY
products! page 38

tasteforlife
IMMUNITY
ESSENTIALS
AWARD WINNER
2017

GET RESTFUL SLEEP • HEALTHY PARTY FOODS • BONE BROTH BENEFITS



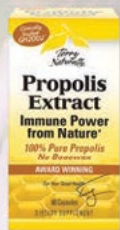
2017 IMMUNITY ESSENTIALS AWARDS

STAY STRONG THIS WINTER

AH, COLD AND FLU SEASON, OUR OLD NEMESIS. THAT TIME OF YEAR WHEN VIRUSES AND BACTERIA RUN AMOK, WREAKING HAVOC IN OUR LIVES. DO THE PEOPLE AT WORK DROP LIKE FLIES FROM NOW UNTIL MARCH? ARE YOUR KIDS REPEATEDLY GROUNDED BY WHATEVER NEW BUG IS RUNNING THROUGH THE SCHOOL? NOT TO WORRY.

Make this year healthier by fighting back with nature's weaponry. We've got effective immune-boosting herbs, vitamins, probiotics, and more gathered here for your consideration. If you don't already have a trusted go-to (for many people, it's echinacea or elderberry), we hope you find exactly what you need in our list.

BEE PREPARED



Terry Naturally Propolis Extract delivers clinically studied GH2002 bee propolis extract, which has natural antibiotic and antiseptic powers.

COUGH CALMER



Quantum Health Cough Relief TheraZinc Lozenges do more than soothe an irritated dry throat. They provide immune support with organic elderberry and zinc gluconate.

ENZYMES



Enzymedica Enzyme Defense digests proteins and cellular debris that shouldn't be in the bloodstream—freeing the immune system to focus on other tasks. This product may also bolster energy levels—important when you're fighting a cold.

HEALING TEAS



Numi Organic Turmeric Teas are flavorful, aromatic, warming, and calm-inducing. Our tasters were split over which they liked best: Turmeric Amber Sun with rooibos, cinnamon, and vanilla, or Three Roots with ginger, licorice, and rose.



Traditional Medicinals Organic Throat Coat brings relief to parched throats. Made with the medicinal inner bark of the slippery elm tree (harvested sustainably in the Appalachian Mountains), licorice, and marshmallow root.

HOMEOPATHY



When a head-and-chest cold was tearing through the home of one of our testers, **Dr. King's Natural Medicine Lungs & Bronchial Relief** broke up her chest congestion and helped her breathe easier.

BREATHE EASY



Michael's Naturopathic Programs Quick Immune Response delivers immunity boosters such as garlic, zinc, vitamin C, echinacea, and the antibacterial and anti-inflammatory goldenseal. Consider if you're prone to bronchitis.



NOW Solutions Seasonal Changes Essential Oils Kit is the perfect pick-me-up if you're feeling under the weather. The kit contains tea tree and *Eucalyptus radiata* oils, which are great for sinus clearing. Nature's Shield (an energizing blend of clove, lemon, cinnamon, and eucalyptus) purifies and cleans rooms. The Clear the Air blend (peppermint, eucalyptus, hyssop, and rosemary oils) can be used in a diffuser or as a room mister.



The refreshing vapor of the **Olbas Inhaler** brings fast relief to nasal passages and a fresh clean feeling that perks you up when a cold gets you down.



Ridgecrest Herbs ClearLungs Immune combines traditional Chinese herbs like dong quai root and schisandra with other herbal immune boosters like elderberry as well as vitamins and minerals.



Xlear Xylitol All Natural Saline Nasal Spray is a lifesaver during cold and flu season. Natural xylitol keeps nasal passages clean and moisturized, clearing congestion quickly and helping you breathe again.

KIDS' IMMUNITY



Garden of Life Dr. Formulated Probiotics Organic Kids + combines 5 billion CFU of 14 probiotic strains that support immunity and digestion. Enhanced with vitamin C, D3, and an organic prebiotic fiber blend. Kids will enjoy taking this cherry-berry chewable.

PROBIOTICS

Supplementing with probiotics reduces the number of colds people get—and shortens their duration.



Bio-Kult Advanced Multi-Strain Formula offers 14 strains, including immune supporters such as *Bifidobacterium longum*, *Lactobacillus acidophilus*, *Lactobacillus plantarum*, and *Lactobacillus rhamnosus*. Minimum 2 billion probiotic micro-organisms per capsule.



Essential Formulas Reg'Activ Immune & Vitality pairs *Lactobacillus fermentum* ME-3 and *Lactobacillus brevis* KPO8 bacteria, which are clinically proven to support the immune system. *Lactobacillus fermentum* ME-3 produces the antioxidant glutathione in the body, which aids in cell detoxification.



LoveBug Probiotics Colds Suck offers four strains of probiotics with a delivery technology that protects the micro-organisms from stomach acid. Each tablet delivers 5 billion CFU enhanced with vitamin C, echinacea, and zinc.

HERBAL REMEDIES



A. Vogel Echinaforce Forte delivers 18 milligrams of certified organic *Echinacea purpurea* harvested at its prime and usually processed within 24 hours. This product combines the herb (95%) and root (5%) for immunity enhancement.



Pleasant-tasting **Nature's Answer Sambucus Immune** delivers black elderberry extract with zinc, vitamin C, *Echinacea purpurea* aerial parts extract and *Echinacea angustifolia* root extract, as well as the immune-boosting herb astragalus.



Vibrant Health BullsEye helps guard against infection through antibacterial and immune-strengthening herbs including clove, cinnamic acid, cat's claw, lemon balm leaf, and thyme.

continued on page 41

DAILY DEFENSE



Kyo-Green Powdered Drink Mix Harvest Blend Immune Defense helps you start the day strong with gluten-free superfoods, grasses, and organic fruit and vegetables. This nutrient-dense blend contains ancient grains, wheat grass, chlorella, and herbal immunity boosters including astragalus, ginger, and olive leaf.



Irwin Naturals Immuno-Shield All Season Wellness offers select ingredients to bolster the body's defenses, including vitamin C, zinc, echinacea, olive leaf, astragalus, and oregano oil.



Scrupulously washing your hands has always been one of the best defenses against catching a cold. **The Grandpa Soap Co. Epsom Salt Bar** gets the job done with clean, old-fashioned ingredients you can trust, like baking soda!

MEDICINAL MUSHROOMS



Mushroom Wisdom Maitake D Fraction EZ Spray makes harnessing the antioxidant- and immunity-stimulating powers of maitake mushroom easy with two quick sprays a day.



Whole Earth & Sea Pure Food Super Mushroom combines six organic mushrooms—cordyceps, chaga, lion's mane, maitake, reishi, and shiitake—with beta glucan for immune and energy support. These superfoods are also good for cognitive health and stress management.

WHOLE-FOOD BASED



What's not in **Bluebonnet Nutrition Targeted Choice Wellness Support**? This comprehensive whole food-based formula contains many immune-enhancing ingredients that also support respiratory health: quercetin, bromelain, andrographis, elderberry, garlic, olive leaf, stinging nettle, and turmeric, to name a few!

VITAL VITAMINS



This is a great vitamin C product for those with sensitive stomachs. Take a once-daily dose of 1,000 milligrams of **American Health Ester-C**. This patented formula of vitamin C with naturally occurring metabolites will absorb into your system and stay in white blood cells over 24 hours.



Deficiency in vitamin D makes you susceptible to infection. **Country Life Vitamin D3 Spray** gives you your daily 2,000 IUs of D3 with two quick sprays. Key lime or strawberry flavors make adopting this healthy habit easy. If you're vegan, try the plant-based D3 in vanilla bean flavor.

MAGNESIUM & MORE



Adequate magnesium is essential for immunity. **Natural Vitality's Calmful Gut** promotes healthy magnesium levels and balances calcium intake. It also reduces stress and improves sleep, which is key to immunity. 2 billion CFU of a probiotic and an enzyme blend round out this product.

tasteforlife
IMMUNITY
ESSENTIALS
AWARD WINNER
2017

Find the winners online and learn more at
tasteforlife.com/immunity-essentials
www.tasteforlife.com