

december DELIGHTS

Just in time for the holidays

1. C for Yourself

AMERICAN HEALTH ESTER-C EFFERVESENT

POWDER PACKETS are an easy way to keep cold and flu bugs at bay. Just mix one tasty powder packet daily with 4–6 oz. of water for an effervescent boost of highly absorbable vitamin C along with B₆ and B₁₂ to promote energy metabolism, plus electrolytes to aid in metabolic hydration.



2. Iron Out the Kinks

The problem with some iron supplements is that they're not absorbed effectively by the body and can cause stomach upset. **SPATONE PUR-ABSORB IRON**, on the other hand, has a proven high absorption rate at a lower dose, so gastrointestinal upset is less likely. These convenient packets contain only iron-rich natural spring water from Snowdonia, North Wales, and can be added to juice or regular water.



3. Go Raw

GARDEN OF LIFE RAW ENZYMES are powerful digestive formulas with 22 whole-food, plant-based enzymes to help your body digest the complete range of proteins, fats, carbohydrates, and fiber. These enzymes can help your body break down difficult-to-digest foods, including dairy, grains, sugars, nuts, seeds, beans, broccoli, and cabbage, relieving the digestive discomfort often associated with them. And RAW means the ingredients are uncooked, untreated, and unadulterated.



4. The Great Pumpkin Pie

WHOLLY WHOLESOME DAIRY-FREE PUMPKIN PIE

has the traditional pumpkin pie taste you've always loved—minus the dairy, so it's a great vegan alternative. This "naturally wholicious" creamy pumpkin pie has the perfect blend of holiday spices, including cinnamon, ginger, nutmeg, and cloves; is made with organic cane sugar, and comes ready-made in the refrigerated section.

5. Lips of Wine

The antioxidant benefits of resveratrol from red grapes along with moisturizing grape seed oil and polyphenols found in red wine are combined in **DEVINE LIP SHIMMERS** to give your lips a rosy (or should we say "rosé"?) glow and fight aging of the lips (including creasing and cracking) at the same time. Choose from Rosé, Merlot, Champagne, Bordeaux, and Vanilla Spritzer.



reader favorite



CHIP 'N' DIP

LATE JULY ORGANIC MULTI-GRAIN SNACK CHIPS have become a real favorite at my house. They go really well with **WHOLLY GUACAMOLE** and my homemade black bean salsa. A few weeks ago, I ran out of the Late July chips and bought a brand that we used to eat before making the switch. It's amazing how eating better can make your tastes change. The old brand was extremely salty and greasy, after I'd gotten used to Late July chips.

—Paula B.,
via email



Can't live without that certain remedy, food, or natural body care item? Share your favorite natural product and win! Email the full product name and the reason why you love it to betternutritionfreebie@gmail.com. Readers whose letters are published will receive a free cookbook or product sample. Please type "Reader Favorite" in the subject line.



WAKUNAGA KYOLIC BLOOD SUGAR BALANCE

Kyolic Blood Sugar Balance is a unique combination of Aged Garlic Extract (from organic garlic), Salacia, bitter melon, chromium picolinate, and niacin specially formulated to support healthy blood sugar levels and weight control, as well as cardiovascular health and proper immune function.



NEW CHAPTER LIFESHIELD IMMUNITY

LifeShield Immunity is formulated with select species of tonic mushrooms, including reishi, to support the immune system, vitality, and overall wellness. It combines species both revered traditionally and researched extensively for immune support.



CARLSON SUPER DAILY D₃

Carlson Super Daily D₃ provides concentrated liquid vitamin D₃ with added vitamin E in a single drop. You can receive a daily dose of vitamin D₃ by simply adding a drop to your favorite food or beverage. Super Daily D₃ provides a full 2,000 IU dose of vitamin D₃.



NUTRITION NOW ELDERBERRY GUMMY VITAMINS

Each tasty serving of Nutrition Now Elderberry Gummy Vitamins provides a specially formulated antioxidant complex of elderberry, zinc, and vitamins A, C, and E for the daily immune support adults may need. Made with natural colors and award-winning flavors, it really is The Good Stuff From Nature!



GARDEN OF LIFE IMMUNE BALANCE SINUS

Seasonal relief is at your fingertips! Immune Balance Sinus from Garden of Life—containing wild crafted butterbur—is a broad-spectrum immunity formula that provides multidimensional support for seasonal sinus and respiratory health and wellness. It works naturally to support a balanced immune system response for seasonal protection of sinus and respiratory health.



SOLGAR LIQUID MELATONIN

Solgar Liquid Melatonin 10 mg is available in an easy-to-absorb, natural delicious black cherry flavor. It offers a specially calibrated dropper that provides two dosage options—10 mg or 5 mg. Plus, this premium formula is kosher certified, vegetarian, and free of gluten, wheat, dairy, sugar, and artificial flavors!