

42ND ANNIVERSARY

Family Owned

FEBRUARY 2018



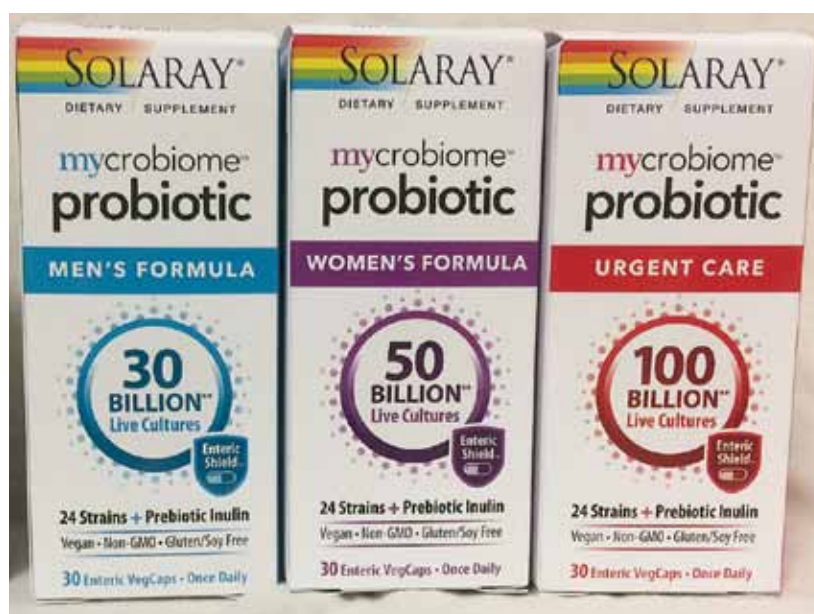
Check us out at:
nonamenutrition.com

Happy Valentine's Day!

SOLARAY

Mycrobiome Probiotics on Sale!

The human microbiome is the collection of living microorganisms in the body. Like your fingerprint, your microbiome is unique. Trillions of healthy bacteria help you digest food, regulate your mood, assist your immune system, and much more. Maintaining microbiome balance is essential to your health. Your needs are personal. Solaray Mycrobiome Probiotics are designed for you.



WHY MYCROBIOME PROBIOTICS?

Gut health is central to well-being and quality of life. Most everyone is aware, on some level, that eating yogurt and keeping to a diet rich in fiber is healthy.

During recent years, the importance of the gut microbiome for many health areas has become more and more apparent. Conditions such as irritable bowel syndrome, autism spectrum disorders, allergies, obesity, cardiovascular disorders, male reproductive disorders, anemia, diabetes, multiple sclerosis, and even some forms of cancer have been linked to disturbances in the gut microbiota.

The bacterial composition of the gut microbiome varies widely. Early on during research, three distinct types called "enterotypes" were identified, with each type dominated by a different bacterial genus. Meanwhile, this has been corrected to a sliding continuum of two main types that seem loosely connected to predominant diet and breast-feeding habits rather than any genetic factors. Bacteroides species seem to be dominant in subjects eating a Western diet rich in proteins, while Prevotella species are dominant in those individuals eating a mainly fiber-rich diet.

Beyond the two main "enterotypes" mentioned, the precise gut microbiome composition is unique to each individual. Therefore, any attempted modification of this composition (e.g., supporting the growth of certain bacterial genera by taking up prebiotics or probiotics), should ideally be specifically tailored toward the respective gut composition, or in other words, be personalized.

Personalized nutrition is a topic that is currently approached from many sides. Nutrigenetics explores how an individual's genetic makeup affects his or her response to nutrients. Insight from research on the gut microbiome shows that genetics are not the only aspect that personalized nutrition needs to take into account. Food, whether it has been adjusted for nutrigenetic aspects or not, first passes through the person's gut, where the individual composition of the gut microbiome adds its own impact to the health benefits (or lack thereof) that the person may gain from the food.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

GARDEN OF LIFE

Brain Health Products on Sale!

Today, more than ever, our brain health and cognitive function is paramount to our everyday life. The continual flow of information being fed to our brains is, at times, overwhelming. Our ability to take in huge amounts of data, process it and retain it has never been more prevalent and most likely, that amount of information will continue grow.

According to Dr. David Perlmutter, who is regarded as one of America's top Neurologists, dietary strategies for brain health must include supporting a healthy microbiome with probiotics and prebiotic fibers to ensure a healthy gut lining. He also emphasizes the importance of eating a clean certified organic, GMO-free diet, with no toxins or harmful chemicals. He also encourages the consumption of healthy unprocessed fats which are vital for building and fueling healthy brain cells. These should be consumed along with plenty of fresh organic vegetables which are rich in brain protective antioxidants and other essential brain nutrients. At Garden of Life, we share these dietary philosophies and formulate products using the same guiding principles.

The Dr. Formulated Brain Health product line contains age-specific formulas made with whole-food, clinically studied ingredients to support healthy brain function.† The entire line is both Certified USDA Organic and Non-GMO Project Verified ensuring no toxic chemicals or GMOs.





FEBRUARY SAVINGS

REDMOND Earthpowder on Sale!

Earthpowder is an amazingly natural tooth powder that tastes great and gives amazing results. Try our delicious Black Licorice with activated charcoal for extra whitening power.

- Cleans, remineralizes, and alkalizes
- Simple, clean ingredients
- Activated charcoal for whitening
- Delicious black licorice (anise) flavor
- No fluoride
- No foaming agents
- No coloring
- No glycerin



NATURAL VITALITY Calm and Calm plus Calcium on Sale!

Cellular magnesium deficiency can express itself as stress; fatigue and low energy; inability to sleep; muscle tension, spasms and cramps; anxiousness and nervousness; headaches; constipation and abnormal heart rhythms. Natural Calm, sourced from the ocean's rich mineral content, delivers magnesium in a highly absorbable and quick-acting form. Its effectiveness – The CALM Experience – has made Natural Calm the leading magnesium supplement in the natural market.



NORDIC NATURALS Heart Health Products on Sale!

There is more scientific evidence behind the cardiovascular benefits of fish oil than any other nutritional supplement. Thousands of clinical studies have shown that increased intake of EPA and DHA—the omega-3 essential fatty acids in fish oil – enhance overall cardiovascular function.*



COUNTRY LIFE All Products on Sale!

Being healthy is essential to being happy and we believe that good health is an important part of treating yourself well. With a 40 year plus heritage of providing wellness, Country Life's high quality products have been helping you stay happy and healthy since 1971. We are passionate about our commitment to provide you with the best. Our Country Life Pledge of Integrity means that every product we provide comes with a guarantee of high quality, and purity in every bottle.



MAGNESIUM BENEFITS ARE MANY

By Vera Tweed

A natural component of every cell in the human body, magnesium is essential for more than 300 internal processes that go on all the time to sustain life, including energy production. A study of post-menopausal women tested performance on a stationary bike, before and after eating a low-magnesium diet, and found that lack of the mineral made a significant difference. With low magnesium, women used 10-15 percent more energy and their heart rate increased by 10 beats per minute while doing the same amount of cycling. Magnesium can also improve sleep. In studies, other benefits of magnesium have included:

- Less risk of asthma
- Protection against type 2 diabetes
- Less depression
- Relief from symptoms of fibromyalgia
- Protection against hearing loss from very loud noise
- Lower blood pressure
- Fewer and shorter migraine headaches
- Lower odds of irregular heart rhythm
- Relief from premenstrual syndrome
- Less risk for osteoporosis



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ANCIENT NUTRITION Multi Collagen Protein on Sale!

Dr. Axe Multi Collagen Protein Powder—Featuring Collagen Type I, II, III, V and X from Four Food Sources (beef, chicken, fish and eggshell membrane):

- 7 grams of Protein (per serving)
- Skin, Gut, and Joint Support*
- Mixes Instantly (Odorless, Tasteless)
- Adds Collagen Boost to Any Meal



RENEW LIFE All Enzymes and SHELF-STABLE Probiotics on Sale!

Keep your gut running smoothly with Ultimate Flora Probiotics. Experience the difference!

Renew Life plant-based Digestive Enzymes promote optimal digestion so you can feel comfortable and get the most from your food.





FEBRUARY SAVINGS

BOIRON

Blue Tubes Pre-packs on Sale!

Boiron single medicines have no side effects and do not interact with other medications, herbs or supplements. Packaged in convenient, easy-to-use multi-dose tubes, the quick-dissolving pellets help to relieve a wide variety of acute conditions.

Regular Price
\$13.38

SAVE
20%

Sale Price
\$10.70



NATURAL FACTORS

All Fish Oils on Sale!

The fatty acids found in Omega-3s have been shown to support healthy hearts and arteries. Ultra Strength RxOmega-3 contains high quantities of both EPA and DHA to support heart and overall health.

Stringent quality control standards ensure this highly purified fish oil concentrate is free from toxic environmental contaminants and heavy metals like mercury.

SAVE
25%



AMERICAN HEALTH

All Ester-C on Sale!

Vitamin C is an antioxidant that works to support our immune system by fighting the damaging effects of free radicals, which may be responsible for the premature aging of metabolic cells.* Free radicals are created in a number of ways; externally through pollution, stress and poor diet, and internally through the normal function of our bodies.

SAVE
30%



CHOCOLOVE

All Bars on Sale!

Chocolove chocolate bars are available in 24 distinct flavors. Tied to chocolate's natural counterpart, love, each bar resembles a love letter, complete with a romantic poem.

SAVE
25%



NATURAL FACTORS

PeptACE/Celery Seed Bonus Packs on Sale! 90 + 60 caps

Studies have shown that PeptACE promotes healthy blood pressure already within normal range.

Celery Seed Extract is a beneficial compound unique to celery that provides support for healthy blood pressure already within the normal range.

Regular Price
\$59.90

Sale Price
\$39.95



SAVE
\$19.95



RIDGECREST HERBALS

Blood Pressure Formula on Sale!

Blood Pressure Formula is a Chinese herbal blend that combines many different ingredients in a multi-faceted approach to circulatory health. Originally introduced in 2001, it has been one of our best-sellers for many years, until it was slightly reformulated in 2012 to make it even more cost-effective, as well as vegan-friendly.



SAVE
30%



JARROW FORMULAS

All Ubiquinols and QH+ PQQ on Sale!

Jarrow Formulas QH+ PQQ is a combination formula featuring QH (ubiquinol) and PQQ (pyrroloquinoline quinone). QH is the active form of CoQ10 and is better absorbed than ubiquinone. 100 mg ubiquinol and 10 mg BioPQQ™ per serving. Contains no wheat, gluten, soybeans, dairy, egg, fish/shellfish or peanuts/tree nuts.

SAVE
25%



HOMEOPATHY FOR THE FLU

By Dr. Sarah Chappelle, ND

The holiday season may be over, but flu season is still going strong. Many of us are all too familiar with the symptoms-fever, body aches, coughing, raw sore throat, chills, diarrhea, nausea, and vomiting. The next time you start to feel off, instead of reaching for an over-the-counter or prescription drug, consider homeopathic alternatives as a customized form of first aid for the flu. Homeopathic remedies are inexpensive, effective, and free of side effects, making them extremely safe.

When shopping for a remedy, keep in mind that homeopathy isn't a one-size-fits-all form of medicine. You want a product that most closely matches your physical, mental, and emotional symptoms. Here are five to try.

Arsenicum album

You know that you have an Arsenicum flu when you experience a flushed face yet chilled body accompanied by shivering, vomiting, and diarrhea. You may be unusually anxious and restless and feel the need to be around people.

Gelsemium sempervirens

You can tell Gelsemium is the right remedy when you have a gradual, slowly developing flu that sneaks up on you over the course of a few days. Unrelenting fatigue and weakness is the most pronounced symptom for this remedy. When you're in this state, you can barely keep your droopy eyes open.

Eupatorium perfoliatum

This is the "I've been hit with a Mack truck" of flu remedies. Extreme aching of bones and muscles with a high fever and chills characterize this remedy.

Nux vomica

True to its name, a Nux vomica flu is characterized by intense nausea that is relieved after vomiting. In this state, you are very chilly, irritable, sensitive to light and sound, and can't stop thinking about work.

Oscillococcinum

This is your Swiss army knife of flu remedies and is most effective when used at the very first sign of general flu symptoms: headache, body ache, chills, and fever. Oscillococcinum (or Oscillo for short) is widely available at health food stores.

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FEBRUARY SAVINGS



NO NAME BRAND

L-Theanine 120 Vcaps

L-Theanine promotes relaxation without the drowsiness or negative side effects associated with other calming agents. L-Theanine also supports healthy cardiovascular function through this relaxing effect. Guaranteed Quality From a Name YOU Trust!

Regular Price
\$34.49



Sale Price
\$25.88



NO NAME BRAND

Perfect E 30/60 softgels

- Has the highest vitamin E potency of any tocopherol
- Supports proper immune system function
- Helps support a healthy heart and circulatory system

Guaranteed Quality From a Name YOU trust!

Regular Price
\$22.95/\$54.95



Sale Price
\$17.21/\$41.21



NO NAME BRAND

Bone Support 120/240 tabs

A comprehensive bone support product with MCHA, which is a source of highly absorbable Calcium and Phosphorus, the major mineral components of bone. Guaranteed Quality From a Name YOU trust!

Regular Price
\$15.95/\$28.49



Sale Price
\$11.96/\$21.37



NO NAME BRAND

Vitamin D-3 5,000 IU

100/250 softgels

5,000 units per dose. Some studies indicate Vitamin D3 may help with Seasonal Affective Disorder, Bone Density, and Immune System Support. Guaranteed Quality From a Name YOU Trust!

Regular Price
\$10.95/\$21.95



Sale Price
\$8.21/\$16.46



NO NAME BRAND

Enteric-coated Super Omega-3 120/240 softgels

This formula may help support:

- Healthy Hair and Skin
- Hormone balance within normal range
- Healthy cholesterol and triglyceride levels

Guaranteed Quality From a Name YOU Trust!

Regular Price
\$25.98/\$49.98



Sale Price
\$19.48/\$37.49



NO NAME BRAND

Omega 3,6,9 60/120 softgels

Recent scientific research highlights the importance of getting Omega fatty acids. This superb formula is one of the best ways to support cardiovascular health! Guaranteed Quality From a Name YOU Trust!

Regular Price
\$12.95/\$24.98



Sale Price
\$9.71/\$18.74



Mark Your Calendars for our Annual Customer Appreciation Weekend!

**Friday June 8th
and
Saturday June 9th
from
10 am to 5 pm**

Meet the reps, try the newest products, get our biggest discounts of the year and sign up to win one of over 80 gift baskets

**Help us celebrate our 42nd year!
Family-owned and Going Strong!**



Pick up your
FREE COPY
of Better Nutrition
magazine

- 5 Keys to a Healthy Heart
- Boswellia: The New Turmeric?
- Secret Ingredient Smoothie

2 STORES TO SERVE YOU!

NORTH EAST:

2032 N. 72nd St.
402.393.5812
Omaha

WEST CENTER:

14469 W. Center Rd.
402.333.1300
Omaha

STORE HOURS:

Mon 9:30am-8pm
Tue-Sat 9:30am-6pm
Sun Closed

West Store open
till 8pm on Monday
and Thursday!



nonamenutrition.com

**Mark Your Calendars for our Customer Appreciation Days -
June 8th and 9th 2018!**

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