



“Solutions for Healthy Lifestyles”™

Herbal Formulary

2021

INTRODUCTION

Orders are conveniently taken by phone: 757-541-8646. Following your call, you will receive an invoice that includes a PayPal link. Click on the link to make a secure credit card or debit payment with PayPal. Following your purchase, a confirming receipt is emailed to you, and your order is processed.

THE NATURAL SAGE™ herbals are packaged in a convenient size as a complement to your personal health practices.

Please note: prices and product availability are subject to change due to the ongoing COVID-19 PANDEMIC, and resulting market fluctuations.

Every effort is made to acquire certified organic and responsibly wild-crafted herbs for our formulas. **THE NATURAL SAGE™** herbal supplements are non-irradiated, and developed with no flowing agents, excipients, fillers, or harmful solvents. Our products are not tested on animals. In an effort to maintain an earth-friendly low carbon footprint, all formulas are packaged in FDA approved paper/polyfoil packaging that contributes less to landfill compared to rigid containers, such as plastic bottles. Our packaging is re-sealable, vapor-guarded; light impenetrable, and tamper-resistant.

Notice: No returns or exchanges are accepted due to the COVID-19 Pandemic.

Consult your Health Professional if you are pregnant, nursing, take medication, or have a medical condition, prior to supplementing with **THE NATURAL SAGE™** herbals.

Exercise caution, and consult your Health Professional when combining over-the-counter drugs or pharmaceutical drugs and herbs/herbal formulas.

Consult your Health Professional before substituting any herbals for over-the-counter or pharmaceutical drugs.

Herbs and herbal formulas have been proven in clinical studies to have an effect. Therefore, please take and administer herbs with responsibility.

Herbal supplements are not intended to replace medical attention.

Please keep all herbal supplements out of the reach of children. Please read each herb formula label for best supplementation suggestions.

By purchasing **THE NATURAL SAGE™** herbal supplements, consumers accept full responsibility for personal health and safety.

Discontinue use of any product that causes discomfort, and consult your Health Professional for advice in further use.

No sales or distribution of **THE NATURAL SAGE™** herbals are permitted, unless by written agreement.

THE NATURAL SAGE™ herbals thanks you for your purchase, and supports you in your use of herbals and responsible health management.

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

THE NATURAL SAGE™ herbals are proudly made entirely in the United States of America.

757.541.8646

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PERSONAL HEALING CALLS

Healing is natural for me, and I'm very grateful. Healing comes through me in cooperation with clients who want to heal themselves. I marvel in that healing cooperation, and the excitement in the changes following our session together.

In the event you're under a physician's care for your health issues, please be advised Catherine is not a physician.

Prepayment for your appointment is through PayPal. You do not have to have an account in order to pay through PayPal. PayPal accepts credit and debit cards.

Prepaid consultations are **\$100** for 30 minutes.



Catherine looks forward to your success and improved health.

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SKELETAL SYSTEM

Arthritis • Bursitis • Osteoporosis

NATURPROFEN™

SKE102. - **\$24** (90 ct)

Herbal anti-inflammatory for aches, arthritis, muscle, bursitis & joint pain.

Ingredients: Proprietary blend: Turmeric, Pumpkinseed, Papaya, Rosehips, Slippery Elm, St. John's Wort, Ginger, Astragalus, Passionflower, Chamomile, Bupleurum & White Willow.

NATURPROFEN/PM™

SKE103. - **\$24** (90 ct)

Herbal anti-inflammatory for arthritis, muscle, bursitis & joint pain, while promoting rest.

Ingredients: Proprietary blend: Turmeric, Passionflower, Chamomile, Pumpkinseed, Rosehips, Valerian, Papaya, Bupleurum, Slippery Elm, Pau D'Arco, & Ginger.

IMMUNE SYSTEM

Strengthens your physical defenses • Fights bacteria & viruses:
H1N1 • Covid-19 • Pneumonia • MRSA Severe Immune compromises
in cold/flu season • Pneumonia • H1N1 • MERS • MERS-CoV

THE DEFENDER™

IMM105. - \$36 (90 ct)

Our premium flagship formula • Powerful • Fights infection, viruses and bacteria. *Immune stimulating herbal antibiotic*

Effective with Immune compromises in cold/flu season • Pneumonia
H1N1 • MERS • MERS-CoV • Covid -19 • MRSA & infections.

Ingredients: *Proprietary blend:* Echinacea, Goldenseal, White Willow,

Taheebo, Slippery Elm, Garlic, Red Clover, St. John's Wort, Astragalus,
Ginger & Ginkgo.

GREEN MÉLANGE™

IMM102. - \$26 (90 ct)

Powerful food-based Superfood supplement; an immune building antiviral,
with potent chlorophyll, amino acids, and naturally occurring proteins.
Important as a daily use formula.

Ingredients: Proprietary blend: Spirulina, Chlorella, Barley Green & Wheat
Grass.

IMMUNE VITALE™

IMM103. - \$33 (90 ct)

AIDS • HIV • AUTO IMMUNITY • MRSA • Covid-19

Effective in rebuilding immunity in the recovery process.

Ingredients: Proprietary blend: Barley Grass, Echinacea, Wheat Grass,
Ashwagandha, Spirulina, Astragalus, Chlorella, Pau D'Arco, St. Johns Wort,
Pumpkinseed, Fo-Ti, Bromelain, & Suma.

IMMUNE SYSTEM

Strengthens your physical defenses

RESTORE™

IMM104. - \$33 (90 ct)

Strong immune system builder • Oxygenates blood and tissues for improved
immune function • MRSA • Covid-19

This formula is slightly stimulating, and is best taken in the morning.

Ingredients: Proprietary blend: Astragalus, Echinacea, Fo-Ti, Suma,
Ashwagandha, Bupleurum, Wheat Grass, Pau D'Arco, & Ginseng.

CONTENDER™

IMM101. - \$32 (90 ct)

Covid-19 • Warts • Tumors • Cancer • AIDS/HIV • MRSA

Ingredients: Proprietary blend: Echinacea, Fo-Ti, Taheebo, Astragalus,
Goldenseal, Ashwagandha, Garlic, Pumpkin, Bupleurum, Turmeric,
Bromelain, Red Clover & Olive Leaf, Ginger.

"SUPERFLU" FORMULA

Severe Immune compromises in cold/flu season • Pneumonia
H1N1 • MERS • MERS-CoV • Covid -19

SUPER DEFENSE™

SDEF101. - \$36 (90 ct)

All natural long-acting herbal antibiotic for "Super Flu"-type viruses and severe
upper respiratory infections. An alternative to chemical antibiotics, antihistamines
and decongestants. Free of the "Drug Haze"/Sleepiness from prescriptions and
over-the-counter drugs. *Combine with The Defender™ for fast and effective
results.*

Ingredients: Proprietary blend: Echinacea, Goldenseal, Slippery Elm,
Taheebo, White Willow, Garlic, Red Clover, St. John's Wort, Ginger,
Astragalus & Ginkgo.

RESPIRATORY SYSTEM

Allergies • Asthma • Colds • Hay Fever

LUNG GUARDIAN™**RES106. - \$31 (90 ct)**

Herbal alternative for COPD • MRSA • Covid-19

Ingredients: Proprietary blend: Lungwort, Slippery Elm, Mullein, Turmeric, Wild Cherry, Valerian, Elder, Pleurisy Root, Ashwagandha, Schisandra, Ginseng & Capsicum.**SEASONAL ALLERGIES COMPLEX™****RES107. - \$28 (90 ct)**

Comforting daily herbal complex for effects of Hay Fever and Allergies.

Ingredients: Proprietary blend: Bee Pollen, Mullein, Astragalus, Garlic, Wood Betony, Schisandra, Turmeric, Cramp Bark, Bupleurum, Valerian, Pleurisy Root, Taheebo, Wild Cherry & Ginkgo.**COLD & SINUS DEFENSE™****RES102. - \$26 (90 ct)**

Natural herbal alternative to antihistamines and decongestants • MRSA

Ingredients: Proprietary blend: Echinacea, Lungwort, Slippery Elm, White Willow, Wood Betony, Valerian, Elder, Pleurisy Root, Wild Cherry, Mullein, Ginseng & Ginkgo.**COUGH EASE™****RES103. - \$21 (90 ct)**

Soothing herbal alternate to cough formulas containing sugars and alcohol.

Ingredients: Proprietary blend: Mullein, Lungwort, Wood Betony, Slippery Elm, Horehound, Red Clover, Pleurisy Root, Wild Cherry, Ginger & Althea.**INTESTINAL SYSTEM**

Cleanses Colon • Constipation • Colitis

COLON EXPRESS™**INT101. - \$19 (90 ct)**

Effectively cleanses the colon of stubborn constipation with non-addicting regularity of “Expressions”.

Ingredients: Proprietary blend: Cascara Sagrada, Buckthorn, Psyllium, Slippery Elm & Ginger.**CANDIDA CLEANSER™****INT102. - \$24 (90 ct)**

Natural herbal protection for men and women to fight the effects of Candida.

Ingredients: Proprietary blend: Pueraria, Slippery Elm, Lapacho, Papaya, Olive Leaf, Turmeric, Red Clover, Wood Betony Black Walnut & Wormwood.**PARA-CLEANER™****INT103. - \$28 (90 ct)**

Parasitic colon cleansing formula.

Ingredients: Proprietary blend: Lapacho, Echinacea, Garlic, Pumpkin Seed, Slippery Elm, Black Walnut, Goldenseal, Bromelain, Papain, Cascara Sagrada & Wormwood.

URINARY SYSTEM

Kidney/Bladder Infections • Incontinence

BLADDER BALANCE™**URI101. - \$32 (90 ct)**

Promotes bladder health and bladder vitality • Supportive with incontinence.

Ingredients: Proprietary blend: **Pumpkinseed, Wood Betony, Taheebo, Goldenseal, Mullein, Raspberry & Ginger.****PROSTATE HEALTH™****URI105. - \$29 (90 ct)**

Promotes prostate health and urinary consistency.

Ingredients: Proprietary blend: **Saw Palmetto, Catuaba, Pumpkinseed, Wood Betony, Pau D'Arco, Pygeum, Goldenseal & Ginger.****GOUT EASE™****URI106. - \$21 (90 ct)**

For inflammation from uric acids/calcium deposits in feet/hands

Ingredients: Proprietary blend: **St. Johns Wort, Wood Betony, Taheebo, Slippery Elm, Turmeric, Bromelain, & Ginger.****NERVOUS SYSTEM**

Stress • Tension

BRAIN MAX™**NER101. - \$22 (90 ct)**

ADD/ADHD/Brain Fog • Dementia • Powerfully supports oxygen to the brain.

Ingredients: Proprietary blend: **Fo-Ti, Slippery Elm, Hawthorn, Suma, Kelp, Valerian & Ginkgo.****HERBAL NERVE™****NER106. - \$34 (90 ct)**Natural herbal support for sedating relief in stress and pain. *Do not drive after taking this formula. Note: Results vary per individual.***Ingredients:** Proprietary blend: **Chamomile, Ginger, Passionflower, St. John's Wort, Valerian, Hops & Ashwagandha.****SLUMBEREASE™****NER109. - \$34 (90ct)**

Non-addictive natural herbal sleep aid; Jet lag.

Ingredients: Proprietary blend: **Passionflower, Hops, Valerian, Ginger & Chamomile. Caution: This product promotes sleep; do not drive or operate machinery. Results vary per individual.**

DIGESTIVE SYSTEM

Indigestion • Ulcers • Colitis • Gas

DIGESTAID™

DIG101. - \$21 (90 ct)

Natural herbal digestive aid taken after meals.

Ingredients: Proprietary blend: Milk Thistle, Slippery Elm, Papaya, Red Clover, Wood Betony, Papain, Turmeric, Dandelion & Bromelain.

LIVER COMFORT™

DIG103. - \$18 (90 ct)

Promotes liver regeneration while relieving liver discomfort.

Ingredients: Proprietary blend: Milk Thistle, Turmeric, Bupleurum, Papaya, Dandelion & Althea.

CIRCULATORY SYSTEM

Circulation • Blood Pressure • Cholesterol

CARDIOGUARD™

CIR101. - \$29 (90 ct)

Angina • Panic attacks,

Ingredients: Proprietary blend: Hawthorn, St. John's Wort, Chamomile, Passionflower, Valerian, Black Walnut & Capsicum.

CHOLESTEROX™

CIR102. - \$22 (90 ct)

Promotes and enhances healthy cholesterol levels.

Ingredients: Proprietary blend: Hawthorn, Garlic, Milk Thistle, Lecithin, Fo-Ti, Astragalus, Suma, Slippery Elm, Turmeric, Ginkgo, Bromelain & Capsicum.

CIRCUTONE™

CIR103. - \$19 (90 ct)

Soothes and promotes circulatory health during sleep.

Ingredients: Proprietary blend: Hawthorn, Chamomile, Passionflower & St. John's Wort.

REGUFLO™

CIR106. - \$16 (90 ct)

Natural herbal combination that supports healthy blood pressure levels.

Ingredients: Proprietary blend: Hawthorn, Fo-Ti, Lecithin, Garlic, Valerian Slippery Elm, Ginkgo & Capsicum.

SUPER CIRC™

CIR107. - \$22 (90 ct)

Strengthens and stimulates Circulation and Cardiovascular System. Best taken in the morning with food.

Ingredients: Proprietary blend: Hawthorn, Garlic, Astragalus, American Ginseng, Fo-Ti, Goldenseal, Turmeric, Chamomile, Passionflower, Valerian, Ginkgo & Cayenne.

GLANDULAR SYSTEM**ADRENAL COMFORT™****GLA101** - \$14 (90 ct)

Adrenal re-builder • Important herbal combination for the "stressed out" individuals.

Ingredients: Proprietary blend: **Ashwaganda, Rhodiola, Bupleurum, Sarsaparilla, Schisandra, Astragalus, Passionflower, Hawthorn, Wood Betony, Milk Thistle, Slippery Elm, Kelp, Ginger & Dandelion.****SERENE DAY™****GLA106** - \$29 (90 ct)

Herbal combination supporting balanced moods • Positively affects anxiety Hyperactivity and stress.

Ingredients: Proprietary blend: **St. John's Wort, Ashwagandha, Schisandra, Pumpkinseed, Bupleurum, Fo-Ti, Chamomile, Wood Betony, American Ginseng, Valerian, Passionflower & Ginger.****FORMULAS FOR MEN**

Impotence • Sexual Potency • Prostate

STAMINEX™**MEN101** - \$36 (90 ct)

Sexual performance builder • Natural and complete herbal for virility in maturing men • Positively enhances libido.

Ingredients: Proprietary blend: **Ginseng, Suma, Saw Palmetto, Maca, Catuaba, Muira Puama, Sarsaparilla, Astragalus, American Ginseng, Ashwagandha, Fo-Ti, Pygeum, Horney Goat Weed, Schisandra, Capsicum & Ginkgo.****FORMULAS FOR WOMEN**

Menopause • Fertility • PMS

FEMININE ESSENCE™**WOM104** - \$34 (90 ct) **WOM104B-**

Anti-aging • Menopause • Enhances sexual sensation • Breast enhancer • Natural and complete balanced herbal plant hormones • Enhances libido • PMS

Ingredients: Proprietary blend: **Slippery Elm, Maca, Suma, Catuaba, Dong Quai, Black Cohosh, Chasteberry, Schisandra, Fo-Ti, Muira Puama, Ashwagandha, Red Clover, Chamomile, Damiana, Wild Yam, Ginkgo & Ginger.***Feminine Essence™ contains approx. 374 mg. natural plant hormones per capsule.***GOLDEN FEMININE™****WOM106** - \$36 (90 ct)

Anti-aging • Enhances sexual sensation & libido • Menopause/ Post Menopause • Natural and complete herbal plant hormones for women in their golden years. • For vaginal dryness & vaginal wall thinning.

Ingredients: Proprietary blend: **Catuaba, Maca, Red Clover, Damiana, Suma, Wild Yam, Fo-Ti, Muira Puama, Slippery Elm, Ashwagandha, Astragalus, Ginkgo & Ginger.** *Golden Feminine™ contains approx 400 mg. natural plant hormones per capsule.***GOLDEN FEMININE PLUS™****WOM107** - \$35 (90 ct)

Anti-aging • Post Menopause • Enhances sexual sensation & libido • Naturally balanced for "Hormone Sensitives" between 60-100 years young. Combined with Golden Feminine is helpful with Hormonal issues: breast swelling, Cortisol overload, vaginal dryness & vaginal wall thinning, insomnia, weight gain, dry skin, mood swings, chronic fatigue (adrenal), and headaches.

Ingredients: Proprietary blend: **Maca, Fo-Ti, Muira Puama, Red Clover, Suma, Damiana, Wild Yam, Slippery Elm, Catuaba, Astragalus, Ashwagandha, Ginger & Ginkgo.** *Golden Feminine Plus™ contains approx 400 mg. natural plant hormones per capsule.*

THE NATURAL SAGE™ has ongoing additions and improvements based on new research and market data.

Our formulary will reflect changes periodically. Your herbal formulas are packaged in FDA approved tamper-resistant paper/polyfoil packaging (see image) that contributes minutely to landfill, compared to rigid containers such as plastic bottles. This packaging is re-sealable, vapor-guarded, light impenetrable, tamper-resistant, and shipped with care.

THE NATURAL SAGE™ strives for a negative carbon footprint, and consistently makes every effort toward that end.

THE NATURAL SAGE™ thanks you for your loyal patronage.

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<https://TheSageLady.com>

Image of packaging



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