



A New You

THE OFFICIAL MAGAZINE
OF PHARMA NATURAL



TEAM PHARMA NATURAL IS MAKING AN IMPACT

Established in 2002, the leading manufacturing company recently relocated to a 48,000-square-foot state-of-the-art science facility in the prestigious Miami Lakes Research & Industrial Park.

About Pharma Natural

Pharma Natural is dedicated to the improvement of human health based on scientific research. The company's Health Sciences Team employs a multi-disciplinary approach of applied natural sciences, engineering and technology to create products that promote nutrition.

With the opening of its new 48,000-square-foot facility, Pharma Natural is positioned to continue its growth, adding new products, serving new clients and launching innovative programs, such as the new PN Talk, which includes Studio A (a presentation room for showcasing products and services via IGTV, Facebook Live, YouTube Studio and more), as well as a podcast, featuring key nutrition information, the latest health trends and distinguished guest appearances.

"We're very excited about this tremendous milestone in our family-owned business. We have expanded our manufacturing potential and are able to produce many more private-label and white-label products in addition to nutraceuticals and over-the-counter body management products," says Carolina Ferreiro-Diaz, president of Pharma Natural. "Our goal is to provide companies and consumers with the best products on the market using meticulous research and high-quality production standards."

Pharma Natural's mission is to use science to nurture good health naturally. The company's quality, effective dietary and nutritional supplements will put you on a path to a healthier lifestyle, so you can feel empowered to live your best life.



It Was All a Dream

On June 9, 1984, Rosa Maria and Carlos Manuel Ferreiro fled Cuba's communist regime in search of the American dream. Carolina was just six years old, and she can recall how her parents worked long days and nights to provide for her and her sister, Catherina. As immigrants, they had to adapt to a new culture, language and economic challenges; but they were determined to create a better life for themselves.

Despite these humble beginnings, Carlos never gave up on his dream of building a company that would create jobs and help change lives. After many years of dedication and hard work, he founded Pharma Natural in 2002 with only two employees.

Today, 35 years after the Ferreiro family left Cuba, Pharma

Natural is leading the nutraceutical manufacturing world with a healthier, more natural approach.

The company now employs 90 people and is dedicated to manufacturing all-natural products to help with conditions and diseases, such as fragile X syndrome, opioid abuse, weight loss and cognitive support, as well as other areas of deficiencies.

Pharma Natural is licensed and registered with the Food and Drug Administration (FDA). Since its inception, the company has operated in compliance with FDA 21 CFR 111 — current good manufacturing practice in manufacturing, packaging, labeling or holding operations for dietary supplements, as well as with the quality standard of the United States Pharmacopeia (USP).



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For ordering information, contact our sales rep or visit pharmanatural.com.







ANTI-AGING TIPS & TRICKS

For young professionals and others looking for an edge, maintaining a youthful look into your 30s, 40s and 50s is key. Here's how you can do it naturally, without relying on needles and surgery.

Growing old gracefully is certainly a nice idea. But savvy individuals will notice that even that simple idea — growing old “gracefully” — is a loaded statement. Even in our most common statement that tells us it’s okay to get older, there’s an expectation of grace and beauty.

The Pressure of Staying Young

Whether you’re a young professional that’s growing older or a not-so-young individual who is struggling to keep your edge, you know how pervasive the pressure to remain young and attractive can be in today’s society. Everywhere you look, online or the world around you, youth and beauty is king. When you start to lose that edge, it can take its toll on both your self-image and your mental state.

Fight Aging Naturally

Luckily, there are a number of ways that you can keep wrinkles, thin and dry skin, and other signs of aging at bay. What’s more, you can do it without relying on Botox, plastic surgery or other potentially risky medical treatments. Here’s what the American Academy of Dermatology recommends.

- **Don’t smoke.** Nothing is harder on your skin and complexion than smoking.
- **Use sunscreen.** You might think a tan makes you look good, but the sun ages you almost as quickly as smoking.
- **Try self-tanner.** High-quality self-tanning oils are the secret for getting that look without harming your skin.
- **Eat a healthy diet and exercise regularly.** These good tenets of self-care will help your body on the inside and out.



- **Drink less alcohol.** Alcohol damages and dehydrates the skin, especially when you use it day after day.
- **Practice good skin care.** Using gentle skin cleansers, washing twice a day after sweating or skin irritation, and using a high-quality facial moisturizer every day are all key steps for promoting healthy, youthful skin well into your years.
- **Avoid irritating products.** If an over-the-counter skin care product stings or burns, that probably means that it’s irritating your skin. It’s unlikely that this will help your anti-aging attempts in the long run.

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POWER YOUR BRAIN... **FUEL YOUR BODY**

THE RE-IMAGINED KETO CREAMER IS NOW KETO BRAIN & BODY MAX-18.

MCT/Collagen with 18 naturally powerful amino acids is formulated for enhanced bioavailability and absorption to support bone and joint health; strengthen hair, skin and nails; improve gut and immune function; and benefit the body's overall cellular structure so you can live well.

Packed with C8, the most ketogenic MCT, it's also an energy-boosting, keto-kickstarting snack that fills you up and tastes great. Try it and see for yourself!

Especially formulated for mixing with coffee or H2O.



For ordering information, contact your Pharma Natural sales rep or visit pharmanatural.com.



The Anti-Aging Power of Supplements

Along with practicing healthy habits and using the proper skin care routine, supplements may give your anti-aging strategy an extra boost. Plus, they're virtually free of side effects and may provide additional benefits to the body as well. The following are worth a closer look:

- **Folic acid.** Folic acid supplementation seems to be key in helping your body both produce and maintain new cells. Pharma Natural's Folic Acid offers 800 micrograms in each capsule.
- **Biotin.** Biotin, a member of the vitamin B family, plays an important role in keeping the body's tissues and skin healthy.

“WHILE THERE'S NO SUCH THING AS A TRUE **'FOUNTAIN OF YOUTH,'** YOU CAN SLOW THE CLOCK DOWN, AND EVEN TURN BACK THE YEARS, WITH A NUMBER OF HEALTHY HABITS.

You receive an 800-microgram dose of biotin with each Pharma Natural capsule.

- **Collagen Elastin Cream.** Pharma Natural's Collagen Elastin Cream may be one of the most important in our line at preserving youthful, vibrant skin with greater elasticity. It counteracts the dry, loose skin and fine lines that tend to occur with age.
- **Cundeamor.** This up-and-coming supplement derived from bitter melon seems to have a bevy of benefits for anti-aging, including preserving skin structure and elasticity, lowering cholesterol and promoting weight loss, among other benefits.

The Last Word on Aging

While there's no such thing as a true “fountain of youth,” you can slow the clock down, and even turn back the years, with a number of healthy habits. Several cutting-edge supplements such as collagen, biotin and more can give you an extra edge with very little risk of side effects. That's sure to be a solution that your skin will love.



COLLAGEN

1,000 mg / 60 capsules / \$12.97

Collagen is the most abundant protein in your body. It is the major component of connective tissues that make up several body parts, including tendons, ligaments, skin and muscles. Collagen has many important functions, including providing your skin with structure and strengthening your bones. In recent years, collagen supplements have become popular. Most are hydrolyzed, which means the collagen has been broken down, making it easier for you to absorb. There are also several foods you can eat to increase your collagen intake, including pork skin and bone broth. Consuming collagen may have a variety of health benefits, from relieving joint pain to improving skin health.



DHEA

60 capsules / \$12.25

DHEA helps in muscle gain, increases sexual stimulation, increases the production of energy and helps in the loss of body fat.



OMEGA-3

3,000 mg / 60 softgels / \$9.49

Fish oil contains omega-3 EPA/DHA and plays a beneficial role in the maintenance of brain health. It helps pulsation of the heart muscle levels at a steady rate. Omega-3 fatty acids support healthy blood vessel function, which promotes blood flow and helps maintain blood pressure already in the normal range, while also inhibiting inflammatory factors. Other possible benefits: May help control high blood pressure and depression. May help reduce bone pain, arthritis and menstrual cramps (reason being, it discourages the inflammatory process). May promote healthy cholesterol, therefore cleaning arteries.



SLEEP AID

30 capsules / \$18.25

Sleep Aid supplement, which contains no melatonin, is designed to support restful sleep all night long and healthy adrenal function. Our blend of valerian root, passionflower and chamomile promotes healthy stress levels and helps you wake naturally feeling refreshed.



ORANGE-FLAVORED COLLAGEN

4 oz liquid / \$14.39

Orange-Flavored Collagen is a sugar-free liquid product for human use as a nutritional supplement and a connective tissue and skin reconstructor.



STRESS RELIEF

30 capsules / \$15.00

Natural calming capsules increase the chemical in your brain that allows for anxiety to be managed and keeps you calm even under intense situations. It helps reduce stress and promote a calming effect throughout the entire day and even at night. It helps boost your energy, clear your mind and decrease cortisol levels.

TOP STRATEGIES FOR MANAGING WEIGHT NATURALLY

Maintaining a healthy weight is one of the great challenges of modern life. With healthy habits and the right supplement routine, you might just find the answer.





Have you ever experienced a short-term weight loss, only to see your weight bounce back again? Don't worry — you are far from alone in experiencing this. This unfortunate scenario is sometimes known as yo-yo dieting. And for many, it's just part of the inevitable cycle of trying to lose weight and keep it off in the 21st century.

The Difficulty Keeping Weight Off

There's a simple reason that many people have success losing weight at first but then struggle with keeping it off. They are drawn in by a fad diet, such as

a low-carb or high-fat diet. But then, as time goes by, they struggle with maintaining adherence to the plan. Gradually, they begin to cheat on the unsustainable diet, and then their weight goes back up. It can become a vicious and frustrating cycle of weight loss followed shortly afterward by weight gain.

Finding Sustainable Weight Loss

The key, notes the Mayo Clinic, is to find healthy habits that are easy for you to sustain for the long run. Here are a few steps that can help.

- **Balance your diet.** Instead of focusing on extremes in your diet (low carbs, no carbs, etc.), focus on getting healthy levels of all major food groups each day. This includes plentiful fruits and vegetables, whole grains instead of sugars and refined carbohydrates, healthy fats, and lean dairy and protein sources such as poultry or fish.
- **Be realistic.** Many people don't see big losses right away, and then they throw in the towel on their diet plans. But the Mayo Clinic notes that 1 to 2 pounds a week is a realistic weight loss goal. Just like the tortoise and the hare, slow and steady wins the race here.
- **Commit to exercise.** While eating fewer calories is half the battle, burning more is the other half. And that only happens if you commit to being more active each and every day of the week. Even 30 minutes of moderate activity on most days can make a difference.

Boost Weight Loss Potential with Supplements

While diet and exercise will always be the keys to weight loss, you can give yourself a natural edge with the right supplements. Here's what can help.

- **Banaba leaf extract.** This cutting-edge herbal supplement that is native to Southeast Asia has been shown to promote weight loss and provide a range of other healthy benefits. Each capsule of Pharma Natural's banaba leaf extract capsules offers 400 milligrams.
- **Apetichem.** While banaba leaf can boost your weight loss potential, Pharma Natural's liquid apetichem supplement helps by reducing appetite and preventing overeating. At the same time, it boosts energy levels to help you burn more calories.
- **Garcinia cambogia.** Garcinia cambogia is another cutting-edge weight loss supplement that's derived from a tropical fruit known as the Malabar tamarind. Pharma Natural's formulation delivers a safe, capsule-based dose for reducing body weight, cholesterol levels and more.
- **Fat Burner by PN.** For the most comprehensive weight loss support, try Pharma Natural's Fat Burner formulation. It offers a blend of different supplements that have proven effective at helping you lose weight and keep it off in the long run.

The Bottom Line on Weight Loss

There is no "magic bullet" when it comes to weight loss. The keys will always lie in eating better and exercising more. However, several supplements may just provide the extra edge you need to achieve your weight loss goals naturally.



KETO BOOST

800 mg / 60 capsules / \$14.03

Boost your metabolism! When eating a low-carb diet, the liver converts fats to ketones, which satiate and serve as an alternative energy source for the brain, heart and muscles. Overall, it uses stored fats as an energy source.



KETO ELETROLYTE

60 capsules / \$12.61

Electrolytes are minerals found in the body that are important for just about every function, including heart health, bladder regulation, allowing your muscles to contract properly, energy and brain function, and more. Many beginners on keto will feel flu-like symptoms if they are electrolyte deficient. Keto Electrolyte provides the body with a supply of essential electrolytes, including sodium, magnesium, potassium and calcium, in particular for those on a low-carb or ketogenic diet.



KETO APPLE CIDER VINEGAR

60 capsules / \$12.45

This vinegar is used to cleanse and detox the body and provide immune support. It allows a state of ketosis to be reached faster and reduces cravings while at the same time putting your body into ketosis, which melts carbohydrates faster.



KETO THREE-PACK

\$25.00

Keto Electrolyte provides the body with a supply of essential electrolyte, including sodium, magnesium, potassium and calcium, in particular for those on a low carb or ketogenic diet. Keto Boost boosts your metabolism. Exogenous ketones help your body use fats instead of carbs as an energy source. Keto Apple Cider Vinegar increases ketosis, which is ultra-important for all keto fans out there who consume tons of fat in their diet.



FAT BURNER

60 capsules / \$82.75

Fat Burner helps you lose weight by increasing your metabolism and helping the body use fat for fuel. It also helps provide energy for exercise and other calorie-burning activities.



KETO CREAMER

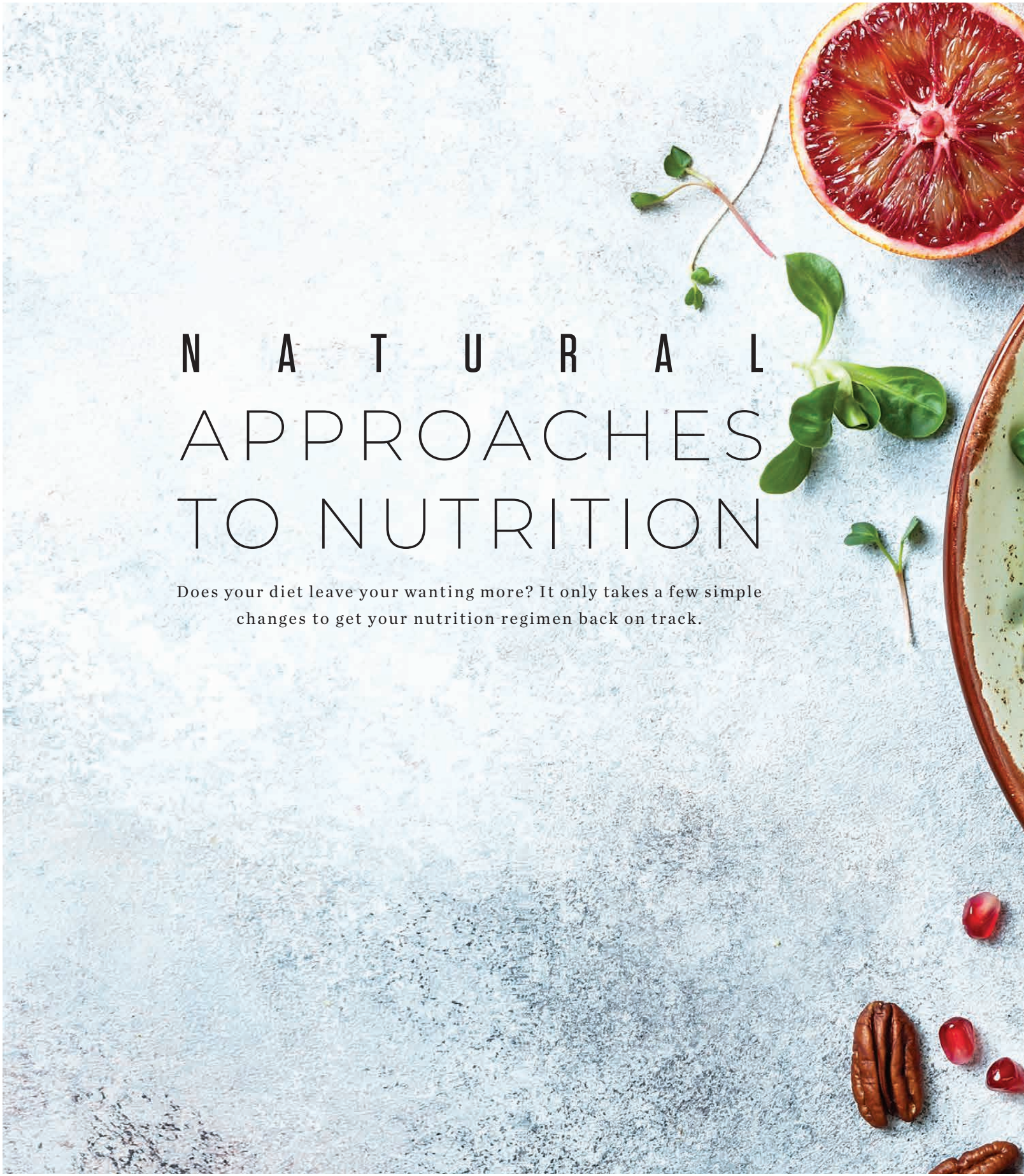
350 g / \$47.44

Most keto creamers on the market contain some carbs, either from added butter or from the naturally occurring carbs in coconut. Combined with a low-carb diet, Keto Creamer is designed to keep your body in ketosis. This creamer also contains MCT oil powder, which is a creamy, delicious, mess-free powder you can mix into just about anything. Packed with C8, the most ketogenic MCT, it's an energy-boosting, keto-kickstarting snack that fills you up and tastes great. Collagen has 19 naturally occurring amino acids. Collagen is formulated for enhanced bioavailability and absorption to support bone and joint health; strengthen hair, skin and nails; improve gut and immune function; and benefit the body's overall cellular structure so you can live well.

DID YOU KNOW?

Pharma Natural offers products to help with your keto fitness and nutrition plan. The ketogenic diet is a low-carbohydrate diet that includes higher protein and fat intake. While on keto, your body burns fats rather than carbohydrates. Keto Boost, Keto Electrolyte and Keto Apple Cider Vinegar help boost your metabolism, provide essential electrolytes and cleanse and detox your body.





N A T U R A L APPROACHES TO NUTRITION

Does your diet leave you wanting more? It only takes a few simple changes to get your nutrition regimen back on track.



BOOST YOUR IMMUNE SYSTEM... **THE PHARMA NATURAL WAY!**

COLD AND FLU 100% NATURAL / ECHINACEA, GOLDENSEAL AND VITAMIN C

These dietary supplements can stimulate the immune system and help to reduce the symptoms of influenza, flu and common colds.

VITAMIN C 1000 MG TABLETS / VITAMIN C GUMMIES

Vitamin C, also known as ascorbic acid, is necessary for the growth, development and repair of all body tissues. It's involved in many body functions, including formation of collagen, absorption of iron, the immune system, wound healing, and the maintenance of cartilage, bones and teeth.



*For ordering information, contact your
Pharma Natural sales rep or visit pharmanatural.com.*

IF YOUR NUTRITION REGIMEN NEEDS AN **ADDED BOOST BEYOND FOODS,** THERE'S NO SHAME IN TURNING TO SUPPLEMENTS FOR THAT EXTRA STEP.

Supplements for Enhanced Nutrition

Are supplements a viable option for enhancing nutrition naturally? While experts agree that the diet is of primary importance, major medical organizations such as the Mayo Clinic and American Heart Association note that supplements can play an important role in rounding out your nutritional profile. Here's what can help.

- **Complete multivitamin.** A high-quality, well-balanced multivitamin is generally regarded as the best approach for covering most of your nutritional bases with one daily capsule. Pharma Natural's Complete Multivitamin offers all the usual vitamins and minerals you'll find elsewhere, plus a healthy additional dose of lutein and lycopene for additional benefits.
- **Folic acid.** Folic acid is a vital nutrient for everyone, but it's critical for women who are pregnant or might become pregnant due to its impact on the baby's development.



Pharma Natural's Folic Acid capsules offer a healthy dose of 800 micrograms of folic acid each day.

- **Selenium and vitamin C.** Whether you need an additional boost for brain health, heart health or immunity, it never hurts to get a little extra through Pharma Natural's individual vitamin capsules.
- **Omega-3 fatty acids.** Omega-3s have shown a whole host of benefits ranging from heart health to brain health, and most Americans don't get enough omega-3 fatty acids from their diets. Boost your intake by 1,000 milligrams a day with Pharma Natural's softgel capsules.

Better Nutrition with a Blended Approach

If your nutrition regimen needs an added boost beyond foods, there's no shame in turning to supplements for that extra step. It's a healthy approach that most medical organizations endorse to ensure that you get the nutrition you need.



VITAMIN C

500 mg / 60 tablets / \$3.50

The antioxidant properties of vitamin C (ascorbic acid) and its role in collagen synthesis make vitamin C a vital molecule for skin health. Dietary and topical ascorbic acid have beneficial effects on skin cells, and some studies have shown that vitamin C may help against ultraviolet (UV)-induced photodamage. Vitamin C is a water-soluble nutrient found in some foods. In the body, it acts as an antioxidant, helping to protect cells from the damage caused by free radicals. Free radicals are compounds formed when our bodies convert the food we eat into energy.



VITAMIN D3

10,000IU / 5 tablets / \$46.69

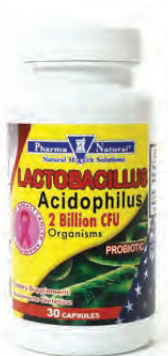
Vitamin D3 10,000 IU is one of many nutrients our bodies need to stay healthy. It helps the body absorb calcium, which then builds bones and keeps bones strong and healthy. Note that severely low levels of vitamin D can result in soft, brittle bones; bone pain; and muscle pain and weakness.



COLON CLEANSER

60 capsules / \$12.97

We know that our body holds excess waste. When this waste is eliminated, your body feels lighter and healthier, which helps shed pounds and fat quickly by boosting energy and the metabolism. Colon Cleanser is a highly potent dietary supplement for cleansing the digestive system. Buildup in the colon affects the way we absorb nutrients. This may cause discomfort in the intestine. Cleansing helps your colon stay healthy and promotes good digestion.



LACTOBACILLUS ACIDOPHILUS

2 billion CFU / 30 capsules / \$8.25

Lactobacillus acidophilus is a product for human use as a nutritional supplement. It helps balance the friendly bacteria in your digestive system. It also helps the proper functioning of the gastrointestinal system, since it is a very effective probiotic.



IMMUNE C

4 oz liquid / \$9.54

Liquid vitamin C is a strong antioxidant that helps support the immune system and helps neutralize free radicals in the body.



GINKGO BILOBA

60 capsules / \$8.39

Ginkgo biloba is one of the oldest trees known and has been used to support health for nearly 2,000 years. Ginkgo has been found to and may help support healthy circulation in the body, healthy oxygen and glucose metabolism in the brain and healthy aging in the brain.

B O O S T I N G ATHLETIC PERFORMANCE T H E N A T U R A L W A Y

Contrary to popular belief, you don't have to cheat to get ahead in sports. Here are some natural ways to take athletic performance to the next level.



If you follow professional sports in any capacity, the news can often leave you a little discouraged. It seems that athletes will often use any edge they can get in order to get ahead, even if that means using substances that are frowned upon.

Fortunately, there's no reason for you to resort to these measures for your own athletic performance. By adhering to the basic principles of a good diet, hard work, plus a little extra boost from natural supplements, you can get everything you need to give you an edge on the court, field or wherever your athletic pursuits take you.

Next-Level Performance — Naturally

Not surprisingly, diet plays a big role in giving you an athletic edge. The International Food Information Council Foundation recommends focusing on the following:

- **Focus on whole grains.**

By choosing complex carbohydrates like oats, quinoa, beans and starchy vegetables over white bread and refined carbohydrates, you're giving your body a big-time endurance boost. These foods give you the slow-burning, nutrient-dense fuel that you need for your athletic pursuits.

- **Eat a variety of macronutrients.**

Your body's needs after strength training are diverse and include nutrients such as vitamins A, C and E, as well as iron, magnesium and zinc. Your best bet here is to use diet diversity to meet your needs. A protein- and veggie-filled wrap, for example, or a protein-packed salad are both excellent choices.

- **Give caffeine a try.** A cup of coffee or tea before your workout can give your body the boost it needs to take performance up a notch.



Workout Tips & Tricks

The other crucial factor in boosting performance, of course, is how you train. These tips from the American Council on Exercise are sure to help.

- **Find an expert.** Your best bet for crafting a plan that suits your needs is to find a qualified personal trainer (PT). The key to success is individuality, and a PT has the know-how to craft a plan to your needs.
- **Have a blend of general workouts and variation.** Your standard, typical strength and endurance training are critical for building you up for performance. But it also takes some variability in order to mix it up and push you to the next level.
- **Don't forget rest.** Finally, make sure that rest days are built into your routine. They prevent injuries and help your body recover to take your fitness to the next level.

Supplements for Enhanced Nutrition

The final edge for athletic performance can come from natural supplement use. The following may just be able to provide the edge you need:

- **Creatine.** Creatine has been scientifically shown to build muscle capacity, speed muscle growth and improve exercise performance, among other benefits. Pharma Natural's creatine formulation provides 3,000 milligrams per serving.
- **DHEA.** DHEA is another natural supplement that not only increases muscle gain and improves performance but also enhances your

weight loss efforts. You can get a 25-milligram dose from Pharma Natural's formulation.

- **L-Carnitine.** If you're looking to improve your endurance, L-Carnitine may provide the edge you're looking for. It also helps you recover faster from your athletic pursuits.
- **HGH.** Finally, HGH MAX from Pharma Natural is the ultimate solution for taking training to the next level. It reduces body fat, increases muscle mass and takes your performance to the next level.

An Athletic Edge from Supplements

Whether you're looking to be a weekend warrior or you have loftier goals, boosting athletic performance is well within your reach. The key is finding the right supplements to give you a natural edge.



HGH MAX

60 capsules / \$18.89

HGH MAX is a product for human use as a nutritional supplement that helps increase body energy in physical exercise, stimulates and increases the activity of the immune system, reduces body fat and increases muscle mass. It provides natural support for testosterone and growth hormone levels.



L-CARNITINE

1,000 mg / 60 capsules / \$23.49

Acetyl-L-carnitine (ALCAR) is a mitochondrial boosting supplement that improves mood, learning, and memory. ALCAR also helps your muscle mitochondria burn fat, which can increase your endurance, give you an edge in the gym and help you recover faster.



CLA

2,000 mg / 60 capsules

CLA burns body fat and helps with weight loss. CLA is a naturally occurring fatty acid found in meat and dairy products. It is also a popular dietary supplement that is sold with claims of helping people lose fat, maintain weight loss, retain lean muscle mass and control type 2 diabetes — the type of diabetes that is often associated with obesity.



PRE-WORKOUT (BEFORE)

60 capsules / \$10.56

Pre-Workout helps give clean, sustained energy without the crash; increased muscle strength and endurance; enhanced mental focus and delayed muscle fatigue. It speeds recovery from intense exercise and supports healthy weight management and body composition. It provides a sudden boost of energy.



POST-WORKOUT (AFTER)

60 capsules / \$11.66

When you're working out, your muscles use up their glycogen stores for fuel. This results in your muscles being partially depleted of glycogen. After your workout, your body tries to rebuild its glycogen stores and repair and regrow those muscle proteins. Post-workout supplements help muscular recovery.



L-CARNITINE LIQUID

8 oz / \$16.63

It can help you burn fat, increase your energy and get the most out of every workout. It helps to maintain overall good health by facilitating the transfer of fatty acid groups into the mitochondrial membrane for cellular energy production.



BEST NATURAL REMEDIES FOR PAIN & INFLAMMATION

When pain rears its ugly head, you no longer have to be reliant on medication to fix it. Find relief in one of these natural alternatives instead.





Some amount of pain is an unfortunate — and inevitable — part of your life as you grow older. No matter how hard you work at preventing it, your joints get a little creakier and your muscles get a little more sore with each passing year.

While you can't fight off aging forever, you can delay it with the right lifestyle strategies. And when pain does rear its ugly head, there are alternatives you can try that can reduce your reliance on medications. Here are just a few options that might make a difference in reducing the pain and inflammation in your life.

Natural Pain Relievers

Not surprisingly, diet plays a big role in giving you an athletic edge. The International Food Information Council Foundation recommends focusing on the following:

- **Alternate heat and ice.** If you experience acute pain in a specific area of the body, the age-old strategy of alternating hot and cold packs still holds true. According to the Mayo Clinic, the cold from the ice reduces swelling by causing the blood vessels to constrict. Then, heat relaxes muscles and enhances blood flow, which helps promote healing.
- **Avoid pro-inflammatory foods.** Some foods in your diet may actually be contributing to inflammation and pain. For example, foods that are high in sugar, saturated fats, trans fats or refined carbohydrates all contribute to inflammation in the body.
- **Eat anti-inflammatory choices.** Instead, fill your diet with choices that fight inflammation, including salmon, tuna, walnuts, flaxseeds and other natural sources of omega-3 fatty acids, fruits and vegetables rich in antioxidants, and whole grains.
- **Try acupuncture.** This ancient Chinese remedy has been used to treat pain for 3,000 years, and it's just as effective today as it was back then. It's particularly effective for patients with chronic lower back pain.

“NO MATTER HOW HARD YOU WORK AT PREVENTING IT, YOUR JOINTS GET A LITTLE CREAKIER AND YOUR MUSCLES GET A LITTLE MORE SORE WITH EACH PASSING YEAR.”

SOOTHE AND DE-STRESS

PREMIUM CBD HEMP

Experience Pharma Natural's dynamic calming and nourishing tincture with soothing cinnamon and peppermint (cinnamint).

QUALITY IS KEY.

Our Full Spectrum Hemp Extract is made with pure coconut oil that's rich in healthy fats to help battle physical and environmental stressors throughout the day. Available in dropper or cream.



For ordering information, contact your Pharma Natural sales rep or visit pharmanatural.com.



IF YOU'RE
LOOKING FOR
ALTERNATIVES
TO PAIN
MEDICATION,
BE SURE NOT
TO OVERLOOK
THE **POWER OF
SUPPLEMENTS.**

**Supplements for
Fighting Pain**

The other part of the natural pain relief puzzle, of course, is arming yourself with the most effective herbs and supplements for pain relief. This is one area where natural remedies really stand out, and quite a few of them have shown effectiveness, depending on what problem is at hand.

- **Topical creams.** Creams that contain a number of ingredients, including capsaicin, arnica, cannabidiol (CBD) and others, have shown effectiveness at treating localized pain from arthritis and other sources. Pharma Natural offers a powerful arthritis cream that includes glucosamine sulfate, MSM and chondroitin.
- **Glucosamine and chondroitin.** These natural supplements are the mainstay of arthritis treatment, helping fight pain by promoting healthy bones and joints with regular use. Pharma Natural's option offers a 1,500-milligram dose of the supplements daily.
- **Ginger root.** Ginger root supplements offer a wide range of health benefits, but



reducing pain and inflammation is one of the most powerful impacts. You can get 1,500 milligrams of ginger root powder daily from Pharma Natural's formulation.

- **Calcium and collagen.** Regular use of these two supplements in Pharma Natural's lineup can help preserve healthy bones, joints, ligaments, tendons and muscles, which should keep you covered in holding off pain in the long run.

Pain-Free Living — Naturally

If you're looking for alternatives to pain medication, be sure not to overlook the power of supplements. This is one area where natural remedies have proven their value in helping your health and well-being.



GLUCOSAMINE CHONDROITIN

1,500 mg / 60 capsules / \$20.25

Glucosamine chondroitin helps with the maintenance of bone and joint strength and promotes healthy cardiac, muscular and nervous function. Glucosamine is sugar protein that helps your body build cartilage. Chondroitin is believed to help the body maintain fluid and flexibility in the joints.



GLUCOSAMINE, CHONDROITIN & MSM

4 oz / \$32.07

This is a combination supplement that has been used in alternative medicine as a possibly effective aid in treating osteoarthritis, muscle damage caused by exercise and other inflammatory joint disorders. The combination is said to nourish cartilage and connective tissue, improve wound healing and reduce pain from osteoarthritis.



ARTHRITIS CREAM PLUS MSM

4 oz / \$14.99

Our powerful Arthritis Cream is specially formulated to relieve discomfort associated with pain. Now our new improved Arthritis Cream has glucosamine sulfate, MSM and chondroitin added. Stop living that pain today.



GINGER ROOT

60 capsules / \$10.00

Ginger Root's possible health benefits include relieving nausea, loss of appetite, motion sickness and pain. The root or underground stem (rhizome) of the ginger plant can be consumed fresh, powdered, dried as a spice, in oil form or as juice. Possible health benefits include reducing nausea, pain and inflammation.



LEG CRAMP PM

60 capsules / \$11.27

Magnesium intake can help with the frequency of nighttime leg cramps, especially for pregnant women. Leg Cramp PM cream formula is a non-greasy base.



LEG CRAMP CREAM

4 oz / \$14.98

Leg Cramp Cream formula is a non-greasy base. It can help with the frequency of nighttime leg cramps, especially for pregnant women. Whether you want to apply in middle of the night or in the light of day, this cream works to relieve cramps and pain in the legs or calves.

COGNITIVE AND FUNCTIONAL SUPPORT

Developed by Pharma Natural's Natural Health Sciences Research & Development Laboratory, FXS8-C is believed to be the first all-natural, non-pharmacological nutraceutical especially formulated to address human brain biochemical-centered cognition and cerebral functions in children.

In the first few years of life, more than 1 million new neural connections are formed every second...

Scientific research has found that the all-natural ingredients in FXS8-C may provide improvements in the brain's biochemical activity, which supports mental development and neurodevelopment treatment therapies.



For ordering information, contact your Pharma Natural sales rep or visit pharmanatural.com.