



California Academy of Health, Inc.
Serving Nutritional Needs Since 1999

Vitamins and Nutritional Supplements

Special Edition

CAOH

Product Catalog

Order Online at: WWW.CAOH.COM

Phone: 800-643-7188

California Academy of Health, Inc. (CAOH) is a supplier of cutting edge nutritional supplements, herbal remedies, vitamins and minerals since 1999.

We are dedicated to improving your life through better health!

Today people are living longer than ever before. This being true - it is increasingly important that we extend the quality of our lives. We offer a truly unique line of therapy juices, vitamins, minerals and herbal supplements all scientifically designed to help you live a longer and better life.

Free Shipping on Catalog Orders over \$100.00

Discount coupons and other specials are available on line at: www.caoh.com





Incredible Liquid Vitamin Power™

Extremely powerful blend of vitamins, minerals, herbs, vegetables and nutrients!

Liquid Vitamins that are 100% Certified Kosher and Vegetarian

Liquid Power contains over 160 nutrients in a perfect synergetic blend that is highly absorbable. The individual ingredients are combined to maximize synergy, and the product is safe to take for nearly everyone. It can be taken in two divided doses, or taken once per day.

Imagine increasing your productivity, feeling more energetic, focused and generally more alive. Imagine seeing your family experience perfect health, while fighting off the potential onset of serious diseases -these are the dreams that everyone wishes would come true. Unfortunately, our current methods of farming are not only depleting the soil of life sustaining trace minerals, they are also inhibiting the ability of crops to be able to utilize those same elements. Thus, our food is nutritionally deficient right from the beginning. To compound this problem, our food gets processed and refined and more of the original nutritional value is removed. **In a landmark article published June 19, 2002, The Journal of The American Medical Association (JAMA) announced that all adults should take vitamin supplements to help prevent chronic diseases.** Sometimes dreams can become reality. Now there is a way to supplement our nutrient deficient diets with a one of a kind, liquid multi nutrient complex! The all-natural vitamins, amino acids, and minerals of this product are bonded to a Phyto-nutrient vegetable complex, containing over 60 natural vegetable elements. Nutritional substances that come from food, that contain their natural synergists work so much better within the body than traditional laboratory created multivitamin/mineral products.

Wake up and celebrate each new day with Incredible Liquid Vitamin Power™. All ingredients used are certified for quality, purity and freshness. These ingredients are not bioengineered. There is so much good nutrition in the product we can't even list it all. For a full description please check online at www.caoth.com

32 oz Bottle – A 32 day Supply - Price: \$44.99, 6/\$224.95



Whey Protein

Gold Isolate Plus™

From California Academy of Health

Natures answer to achieving increased Stamina, Lean Muscle Mass, longevity, Energy, and an Enhanced Immune System.

All natural Ingredients!

The nutrition and sport industries most comprehensive protein powder is now another California Academy of Health exclusive.

“It’s no just one of the best whey protein powders on the market, I feel it is the best” said Marcus Ettinger BSc., DC, California Academy of Health’s Director of Research and Development, “because our Whey Protein **Gold Isolate Plus™** contains a proprietary blend of three specific forms of whey protein: Ion-Exchanged, Cross-Flow Microfiltered, and Enzymatically Hydrolyzed. Only the highest quality, natural ingredients are used, manufactured in an ‘A’ rated GMP (Good Manufacturing Practices) and QAI (Quality Assurance International) facility. It’s an amazing 80% protein by weight, yielding 25 grams of easily absorbable, ultra high Biological Value (BV) protein. Not to mention only 2 net grams of carbohydrates per serving.”

One portion of California Academy of Health’s Whey protein **Gold Isolate Plus™** goes through a Cross-flow microfiltration process. Cross-flow microfiltration gives an isolate which is greater than 90% in protein and possesses undenatured sub-fractions like beta-lactoglobulin, alpha-lactoglobulin, immunoglobulins IgG, IgA and IgM, glycomacropetides, bovine serum albumin, lactoferrin, lactoperoxidase and lysozyme. “Our Whey protein **Gold Isolate Plus™** not only is the best protein source for building lean muscle mass but it also possesses potent immune system modulators.”

2 Pounds – A 21 day Supply - Price: \$24.99, 2/\$44.98

More detailed product information and Value pricing available online at www.caoth.com



Total Detox

3 Bottle Set

Total Detox Advance Liquid Combination

The Perfect Detoxification Program (3 - Bottle Set) – for the Colon, Liver, Kidneys & Cells

The Whole Body!

Clean the body out naturally!

No Alcohol!

General Information: Internal toxicity is very common due to environmental contaminants in foods, water, and the air we breathe – even body care products. Such toxicity can disrupt digestion, reduce energy levels, suppress immunity and cause a host of other health problems which often resist treatment until the body's toxic load has been reduced. Most holistic professionals agree that no matter how many supplements are taken - periodic internal cleansing is crucial to health and mental clarity. The Total Detox Program is perfect for cleansing the colon, liver, kidneys and body tissues and it’s easy to use, with no harsh reactions. Total Detox is a powerful combo of herbs to nourish, detoxify, rejuvenate and cleanse your body, while greatly boosting your health. Use just two to three times daily with juice or water. Make sure you drink lots of water or juice during use for spectacular results.

Price: \$125.00

More detailed product information and Value pricing available online at www.caoth.com



Colloidal Silver

Colloidal Silver "Synergetic Immune Formula" is the most powerful colloidal silver available today and our proprietary mix of grapefruit seed extract and pure wild oregano oil make it one of the best immune boosting formulas at any concentration. Colloidal Silver, Grapefruit Seed Extract and Oregano Oil is like a 3 - 2 punch to what ails you.

Note: we have had customers who have tried antibiotics, medicines - everything, to be rid of some viral or bacterial ill, and this product was one of the things that finally helped.

2 oz Bottle – A 30 to 40 day Supply - Price: \$19.99



Organic Tahitian Noni Juice

98% Pure Organic Noni Juice from Tahiti

Mixed with only 2% Fruit and Berry Juice

- **Pure Fresh Tahitian Noni Juice!**
- **Not From Concentrate - 100% Pure Noni Juice!**
- **Certified Kosher & Certified Vegetarian**
- **Certified Organic and Pesticide Free!**
- **Exceptional Taste and Smell!**
- **It is the literally best! You will be really pleased!**

NONI (*Morinda Citrifolia*), Indian Mulberry, has been known throughout Polynesia for centuries. **Noni's** importance and extensive use among native Tahitians & Polynesians support the notion that **Noni** contains valuable compounds used to promote healthy living. **NONI Juice (*Morinda Citrifolia*)**, made from the **Morinda** plant, has been used for well over 2000 years as a whole-body tonic, rich in vitamin C and natural antioxidants. Virtually all parts of the **Noni** fruit's botanical properties have been preserved in our juice. Our **Noni Juice** is ripened using traditional methods and then cold squeezed to extract its juice. This process increases the potency of the 140+ active ingredients (enzymes, phytonutrients, trace minerals and vitamins) and helps to preserve and naturally stabilize the juice. **Our Noni Juice is certified Tahitian Noni Juice, pesticide free and organic.** Our **Noni's** Ingredients: **98% Pure Organic Tahitian Noni Juice Extract (*Morinda Citrifolia*) & 2%** added Fruit and Berry Juice. The added juices not only significantly improve our Noni's taste - they improve assimilation & utilization by the body. **Noni Juice** on its own does not taste or smell good at all - which is why we have worked so hard to come up with a fruit juice mixture that will satisfy the palette! Our bottles are freshness dated and it is best to keep the juice refrigerated after opening. In addition, our **Noni Juice** is served in a **16 oz** white plastic bottle that prevents U.V. (Ultra Violet Light) deterioration of the juice. This protection preserves the juices' essential healthful properties and taste. Our bottle also has a cap that serves as a 1 oz. measuring cup which is useful when taking your **Noni Juice**. The **16 oz** bottle travels well and facilitates easy storage (**32 oz - 1 liter bottles are much larger**). Also, using **16 oz** bottles keeps the **Noni Juice** fresher as you are opening up smaller quantities that get used faster. Faster use after opening insures freshness and the quality of the **Noni Juices** natural properties. Just think - would you want to drink juice that has been sitting open in your refrigerator for **30** days?

100% Pure Noni is available as well! Just plain organic noni juice nothing else!

16 oz Bottle - Price: \$15.99, 2/\$29.98, 6/\$71.94, 12/\$131.88

Organic Goji Juice



SIMPLY THE BEST!

- Tibetan Goji (Lycium Barbarum)
- 100% Organic Processing
- Certified Kosher
- Certified Vegetarian
- Certified Pesticide Free
- Pure Ripened Goji Berry Juice (Not from Concentrate or Powder)
- Mixed with organic CAMU CAMU juice blend naturally rich in Vitamin C (250 mg per Serving!)
- Almost 4.5 to 6 pounds of GOJI Berries per Bottle!
- Produced in an FDA Inspected & Certified Organic Lab.

Our Goji Juice is made from organic, hand harvested, cold pressed Lycium barbarum (Goji). To the pure Goji juice we add our own proprietary blend of Camu-Camu, fruit and berry juices. California Academy of Health's Goji juice is a synergistic juice blend of nature's most powerful and antioxidant rich fruits.

The Goji berries and Camu-Camu fruit in our juice are wild-harvested (hand picked) when at the peak of ripeness, they are then cold pressed and flash pasteurized to preserve their freshness and the natural levels of all bioactive compounds. Our growers personally pick out the best lots of Goji and Camu-Camu before the rest are taken to market. We pay a little more for our raw product but it's worth it. This new combination of superior raw ingredients creates a synergy of both flavor and healthful qualities, making our pure Goji Juice the hands down leader in the market place today.

Goji has been found to be the **most nutritionally dense** nutritional source on the planet! Scientists were amazed to discover that these unique **Goji** berries contain:

- B-Complex Vitamins
- 19 Amino Acids
- 21 Trace Minerals including Germanium
- More Vitamin C than Oranges
- High natural content of Vitamin E
- 4 Unique Polysaccharides naturally high in proteins
- More Beta-Carotene than Carrots & High source of Carotenoids
- Nicknamed the happy berry for mood

**Goji Berries
Also Available!
18oz Bags
\$19.99**

32 oz Bottle - Price: \$29.99 6/\$149.95 12/\$269.91

More detailed product information and Value pricing available online at www.caoh.com

Pure Oregano Oil



100% Pure Oregano Oil (2 oz Bottle) has an immediate impact on acute germ inundation and it can be used daily or to give a fast immune boost.

Quality Control: Produced in a USA FDA registered laboratory that follows GMP (Good Manufacturing Procedures). Each batch is third party tested to verify potency and safety.

Carvarcol is the active component in Oregano Oil. Our wild grown extra virgin oregano oil is standardized to a Carvarcol content of 74% with artificial additives - which makes it the most naturally potent available. Higher amounts would require artificial boosting.

2 oz Bottle – A 30 - 40 day Supply - Price: \$39.99

More detailed product information and Value pricing available online at www.caoh.com



Pure Tahitian Tamanu Oil

100% Pure Cold Processed Tahitian Tamanu Oil

Tamanu Oil or Kamani is known by Native Tahitians as the "sacred oil." Used for centuries naturally treating skin irritations. Tamanu Oil is a natural antibiotic that kills most bacteria which accelerates the healing and regeneration of new skin.

It has been put to modern use as a natural cosmetic for reducing wrinkles around the lips and eyes. It's really quite amazing! Famous name brand cosmetics use Tamanu oil in their products.

Customer Feedback:

"My 4 year old burned his finger the other day on the stove and using the Tamanu oil really speed up the healing - much to my relief." Thanks, Joan

"I had an accident where I cut my head open in 3 locations. Using Tamanu Oil the cuts not only healed in a few days, but I had no scarring." Tom

"I use the oil around my eyes at night before going to bed and within days my crows feet were barely noticeable! I have used very expensive cosmetics from famous name brands that did nothing - this oil is quite amazing." Beautiful, Kim

1 oz Bottle – A 30 - 40 day Supply - Price: \$19.99



Mangosteen Elixir™

32 oz High Antioxidant ORAC Juice Blend!

Each bottle contains more actual **Premium Mangosteen** than all the MLM brand you see all over the internet! Nearly 49% More! Our Mangosteen contains living water - which is water from the fruit - not some dehydrated powder or reconstituted! The real thing! In addition all the other juices are the real whole juices as well!

- **Mangosteen (Whole Fruit Garcinia Mangostana L.)**
- **with Tahitian Noni and Tibetan Goji Juices**
- **100% Organic Processing**
- **Certified Kosher**
- **Certified Vegetarian**
- **Certified Pesticide Free**
- **Certified Chemical Free**
- **Whole Ripen Fruit and Berry Juices**
- **Independent Quality Testing (Before and After Bottling)**
- **Mixed with Black Cherry, Elder Berry, Cranberry, Raspberry, Blueberry and Pomegranate Juices**
- **Produced in an FDA Inspected & Certified Organic Lab.**

All the ingredients are 100% natural, hand picked and cold pressed to extract the juice - pure perfect high antioxidant juice blend.

Don't pay high MLM prices with monthly ship programs to get discounts, rebates, membership fees and hard sell tactics - why do that?

Please compare - there is a significant difference between our Mangosteen Juice and the other brands in quality, potency and value!

32 oz Bottle - Price: \$29.99 6/\$149.95, 12/\$269.91

ACAI-Max™



- 100% Natural, Organically Grown and Processed
- Wild Harvested by hand in the Amazon Rain Forest
- Certified Kosher
- Certified Vegetarian "Vegan"

ACAI MAX is made with hand selected; wild harvested, organic Acai berries (*Euterpe Precatoria*). Acai berries contain one of nature's highest ORAC* values! Combined with our proprietary, synergistic blend of pomegranate, raspberry, elderberry & other antioxidant rich juice extracts, you now have a "Functional Juice" with an overall antioxidant content that is, in a word, MAXIMUM.

ACAI MAX with its synergic blend of juices creates a super antioxidant and nutritious beverage. The highly sought after fruit juice extracts in **Acai-Max** are high in B vitamins, essential fatty acids, minerals, fiber, natural proteins, and loads of antioxidants like *Anthocyanidins* and *Ellagic Acid*. Just one of the many amazing antioxidants contained in **ACAI MAX** is *Ellagic Acid*. *Ellagic Acid* is a polyphenol antioxidant with amazing health promoting properties.

- The American Cancer Society's new book, The American Cancer Society's Guide to Complementary and Alternative Cancer Methods, states on page 316 that Ellagic Acid, alone among 212 substances and therapies discussed, has been proven to cause apoptosis (natural cell death) in cancer cells without harming healthy cells as chemotherapy does. **The book also states that Ellagic Acid has:**
- no side effects and no known drug interactions;
- That Ellagic Acid may be the most potent way to prevent cancer;
- Inhibit the growth of cancer cells; Strengthen the immune system;
- Prevent heart disease, birth defects, liver fibrosis, promote wound healing;
- Prevent the binding of carcinogens to DNA; Strengthen connective tissue - which may keep cancer cells from spreading.
- In addition, research has found that Ellagic Acid has antibacterial and anti-viral properties
- There are currently 117 PubMed articles relating Ellagic acid and cancer.

*, ORAC - Oxygen-Radical Absorbance Capacity. Is a standardized test adopted by the U.S. Department of Agriculture to measure the Total Antioxidant Potency of foods and nutritional supplements ORAC provides a very precise way of establishing the Free Radical destroying or neutralizing power of a particular food supplement or compound.

**functional foods are conventional foods containing compounds that are recognized as beneficial and healthy to human or animals. These biologically active compounds may either be added or native in the foods.

32 oz Bottle - Price: \$29.99, 6/\$149.95 12/\$269.91

More detailed product information and Value pricing available online at www.caoh.com

New Energy Liver Rejuvenator



General Info: The liver is the largest and MOST important organ in your body and is absolutely vital to almost 5000 bodily processes. The liver's complex chemical factory works 24 hours a day converting the food that you eat into substances vital for life processes and neutralizing and destroying toxic substances. The liver is essential for fat and & protein metabolism, the regulation of body cholesterol as well as adrenal, thyroid and sex hormones.

The liver has everything to do with your ENERGY level. If you would like high energy, good health, great stamina levels, you have to be sure to keep your liver in excellent shape. However, the natural course of life causes the liver to get stressed, overworked, exhausted and even degenerated. Toxic chemicals, food preservatives, bad diet, environmental toxins, cigarettes, alcohol, & prescription drugs all deteriorate the liver, drain its energy and make it very hard for it to do its job properly. Life with a toxic or depleted liver could be fatiguing, depressing and even dreadful. Ultimately, a person's health is only as good as his liver. A bad liver will affect all other organs without exception. It could deter healing, slow recovery, cause or contribute to fatigue, weak immunity, low energy, overweight, depression, ailments of all sorts including degenerative diseases such as cancer, diabetes, arthritis and much more. If you have tried many solutions to improve your health and energy level and basic nutrition did not seem to fully help, restoring your liver function may be one of the most important and rewarding things you could ever do for your health.

A periodical liver detox is VITAL for restoring proper liver function, improving energy levels, boosting healing, and improving chronic conditions which don't respond well to other therapies. New Energy Liver Rejuvenator is the most powerful liver rejuvenation product available. An herbal formula made of a unique combination of exotic herbs, New Energy Liver Rejuvenator will detoxify your liver and rebuild it. Restoring your liver's function can mean a new life, new energy. Why else do you think it's called "liver"? Our highest recommendation!

90 Capsules – A 30 day Supply - Price: \$29.99

More detailed product information and Value pricing available online at www.caoh.com



Super Power Enzymes clean and increase digestive function naturally.

General Info: There is NO better choice today than Super Power Enzymes. Super Power Enzymes is an effective formula to help the digestion of proteins, carbohydrates and fats. Super Power Enzymes is so potent it will often only take 1 tablet per meal to get the desired results, and in some cases even 1 tablet for a whole day. You will feel the difference.

Super Power Enzymes are a comprehensive blend of enzymes that support digestive functions. Bromelain, Ox Bile, Preactin and Papain have been formulated to optimize the breakdown of fats, carbohydrates and protein for maximum assimilation. Pancreatin and Ox Bile are enteric coated to allow release in the intestines, while allowing the others to dissolve in the stomach.

180 Capsules – A 60 day Supply - Price: \$24.99



Pomegranate Juice Concentrate

100% Pure Organic Processed!

Tastes Fantastic!

Pomegranates contain the important polyphenol, ellagic acid and punicalagin. Polyphenols promote antioxidant health, which helps fight the cell damaging free radicals that can lead to oxidative stress and the premature aging of cells.*

Natural Pomegranate juice is as refreshing as it is mystical. Known for its high potency of antioxidants, pomegranates have thrived for centuries as the fruit of choice for Kings and Nobles. The History of the cultivated pomegranate begins around 3000 B.C. when it was one of the first domesticated crops in recorded history. Only the pomegranate, fig, olive, grapes and dates have the earliest recording of a domesticated crop. The pomegranate was used in many healthful ways as it is today and was featured in Egyptian mythology and art, and praised in the Old Testament of the Bible and in the Babylonian Talmud. In ancient Egypt, pomegranates were a symbol of safe passage into the next life and were found placed near treasures of King Tutankhamen. In Medieval textile motifs, the pomegranate is the symbol of Spain, and a crowned pomegranate was the personal badge of Catherine of Aragon.

The pomegranate has recently been acclaimed for its health benefits, in particular, for its disease-fighting antioxidant potential. Preliminary studies suggest that pomegranate juice may contain almost three times the total antioxidant ability compared with the same quantity of green tea or red wine. Our Pomegranate extract is standardized to contain most of the important polyphenol - ellagic acid components.

One ounce of our Pomegranate Juice is equivalent to 15 pomegranates.

16 oz Bottle –Price: \$11.99



Ultra Supreme Greens™

- 10 oz Bottle (Powder)
- Certified Vegetarian

Ultra Supreme Greens is an enhanced and organically grown food formulation, combining vegetables, sea vegetables, grains, grasses, herbs and antioxidants. Each ingredient is enhanced to boost its own potential. *Ultra Supreme Greens* will balance your body's pH levels while also adding proper amounts of proteins, minerals and vitamins necessary for cell regeneration.

Receiving the proper amount of vitamins and minerals is not as easy as it used to be. Plants absorb many different ingredients from the soil, yet farmers reintroduce only a few of these when replanting, resulting in a nutrient deficiency in your average diet. *Ultra Supreme Greens* helps counter this deficiency with each serving equal to the nutritional value of 2 lbs. of fresh vegetables - that's 3 to 5 servings of vegetables.

Cell regeneration is vital to our bodies. It takes skin 30 days to regenerate and bodies take up to 120 days. Without the necessary vitamins, minerals, and nutrients our bodies fall into a degenerative state, also known as aging. *Ultra Supreme Greens* introduces the necessary amino acids, minerals, proteins, and vitamins to revitalize proper cell regeneration.

Sickness and disease occurs when the pH level of the cell and human body becomes acidic when the cell is normally alkaline. In an acidic environment disease producing levels are at their highest points. *Ultra Supreme Greens* will naturally alkaline your body to help combat against such disease and sickness, leaving you healthy and feeling young.

10 oz – A 30 day Supply - Price: \$39.99, 3/\$79.98

More detailed product information and Value pricing available online at www.caoth.com



Probiotic FloraHealth™

Certified Kosher & Vegetarian

Probiotic Power: CAOH Flora-Health is a blend of eight different species of beneficial bacteria designed to support gastrointestinal health and immune system function. FOS (Fructooligosaccharides) is also included in this product to assist healthy growth of acidophilus and bifidus organisms. Because this capsule is enteric coated, Flora-Health delivers its microflora directly to the intestine bypassing the harsh acidic conditions of the stomach.

What They Are: Probiotic supplements contain helpful bacteria that assist in balancing the levels of indigenous microorganisms in the human body.

What They Do: The normal human gastrointestinal tract contains hundreds of different species of harmless bacteria, referred to as intestinal flora. When the normal balance of these bacteria is disturbed by illness or antibiotic treatment, the most common effect is diarrhea. Probiotics work by colonizing the small intestine and crowding out disease-causing bacteria, thereby restoring balance to the intestinal flora. They may also produce substances that inhibit pathogenic bacteria, compete for nutrients with them, and stimulate the body's own immune system.

Traditional Uses:

- Enhance Immune System
- Improve general metabolism, digestion and gas.
- Alleviate diarrhea, constipation, indigestion and gas
- Deodorize internally
- Counteract destructive side effects of antibiotics to the digestive tract
- Synthesize essential vitamins
- Reduce yeast infections and Candida

60 Cap Bottle - Price: \$19.99 2/\$34.98

More detailed product information and Value pricing available online at www.caoth.com



Natural Calm - Capsules

Discover the power of magnesium!

The fact remains that many of us suffer for months and years from chronic conditions, which no one seems to detect the source of (not even the so-called experts). With all the myriad of solutions we have sought, only a lucky handful amongst us realize that the true source of these conditions lies with magnesium deficiency (which as explained later, most magnesium supplements don't seem to work for). Many of the conditions I listed before are caused primarily by magnesium deficiency. As for the rest of the conditions, magnesium deficiency is a

chief contributing factor. This information may bring new hope to those who have already grown hopeless about improving their condition. These conditions are correctable.

90-95% of the population is deficient including many of those who supplement magnesium regularly. The majority may still think that regular magnesium supplements will fix magnesium deficiency. Unfortunately, this isn't the case. Read on to understand this in full, and why water-soluble magnesium is the answer. After reading this data you will become your own expert on how to handle a magnesium deficiency, which strikes most of our unknowing population. This data is vital for everybody to know. It has changed the lives of many. It may change your own as well.

180 Capsules – A 90 day Supply - Price: \$24.99



Ultra Omega 3-6-9™

Ultra Omega 3-6-9™ is a synergistic blend of nature's best sources for omega 3, 6 and 9 fatty acids.

Ultra Omega 3-6-9 is a synergistic blend of Fish, Borage Seed and Organic Flax Seed Oils. This combination of well-known nutritional oils provides a synergistic balance of Omega-3 and Omega-6 Essential Fatty Acids plus Omega-9, a non-essential, but beneficial fatty acid. The Omega-3's, Alpha Linolenic Acid, EPA and DHA, and the Omega-6, GLA, are necessary for the maintenance of cardiovascular, nervous system and skin health.

Oleic Acid, an Omega-9, has also been shown to promote a healthy vascular system.*

General Information: Omega-3 fatty acids, as well as omega 6 fatty acids, are known as "essential fatty acids", which means that they are essential to human health. Essential fatty acids must be obtained by dietary means because the human body lacks the capacity to create them on its own. EFA's enter our bodies primarily in the form of alpha-linolenic acid (ALA) and linoleic acid (LA), Omega 3 & 6 respectfully. EPA, DHA (omega 3) and GLA gamma linolenic acid (omega 6) are the prime, health promoting, EFA metabolites from the above forms. Wild harvested fish and certain plant seed oils are our main natural sources for these EFA's, with supplements becoming our more reliable source, with each passing day. Note: With our modern food production methods in full force, today's beef, milk, salmon, poultry, eggs and grain contain but sheer traces, if that, of omega 3 fatty acids. I am a true believer that supplements are not only beneficial but MANDATORY for our survival and quality of life. At one time, not so long ago, cancer, heart disease, degenerative disease, Alzheimer's, Parkinson's, autoimmune disease, ADD/ADHD and may other ailments (that we think are so common and ENEVITABLE) were practically NON-EXISTANT. Why? We ate real foods that contained dis-ease preventing and life sustaining EFA's, vitamins and minerals.

90 Softgels – A 30 day Supply - Price: \$19.99



Liquid Advanced Amino Acids

AMINO ACIDS are our bodies "Building Blocks of Life".

Being the building blocks of all life, they can also be a way to improved health on an everyday basis.

What are Amino Acids? The basic structure of protein is a chain of amino acids that contain carbon, hydrogen, oxygen, and nitrogen. The presence of nitrogen differentiates protein from carbohydrate and fat. The differences between proteins depend on the order in which the amino acids join. The human body requires

approximately 22 amino acids for the synthesis of its proteins. Nine are essential, which means they cannot be manufactured by the body (must be derived from diet or supplementation), the rest are non-essential, meaning they can be manufactured by the body with proper nutrition. The classification of an amino acid as essential or nonessential does not reflect its importance, because all amino acids are necessary for health. Instead, this classification system simply shows whether the body is capable of manufacturing a particular amino acid.

What Do Amino Acids Do? Protein forming amino acids regulate immunity, growth, neurological development, reproduction, recovery from illness and injury and a host of other life sustaining functions.

Who Needs Amino Acids? We all need amino acids. People on diets, especially low protein diets, some vegetarians, body builders, and people consuming an inadequate number of calories may not be consuming adequate amounts of amino acids. In these cases, the body will break down the protein in muscle tissue and use those amino acids to meet the needs of more important organs or despite increasing exercise you will simply not build more muscle mass.

Our Advanced Amino Acid formula catalyzed with phytogetic compounds formulated to ensure that your body receives and is able to use the essential amino acids needed for optimal health.

8 oz Bottle – A 30 day Supply - Price: \$19.99, 3/\$43.98



CalMag Plus Softgels – Liquid Calmag made simple - perfectly assimilates into the body with ease. This is another product that is used by our family all the time! Hard day at work, gym or yard - where is my **Calmag**? Can't sleep - where is the **Calmag**? My wife, mother and sister (Dr Amber) can't say enough about **Calmag**! It's no joke it really works!

General Info: If stress, insomnia, cramps, high blood pressure and PMS are dominant in your life, then **Calmag** may be the answer to your prayers. An instant, easy to assimilate drink, Liquid **Calmag** delivers vital magnesium, calcium to your body for maximum relaxation, and improved internal balance.

It can relax your muscles too, and help melt tension and restlessness. Drink before bedtime. Sweet dreams.

Calcium and magnesium are two of the most important of all nutrients. Your body needs them for more than just bones and teeth; they are also critical for your muscles, heart, and nervous system. **Calmag** is pH-balanced, which is essential for the best absorption of calcium. Vitamin D, vitamin K, trace minerals, and boron play specific roles in healthy calcium metabolism, while calcium and magnesium team up with these vital nutrients to promote healthy bone structure, enhance muscle tone and relaxation, and maintain dental health. Magnesium is critical for more than 300 different enzyme systems in the body, plus being necessary for healthy bones and ATP production, which provides cellular energy.

120 Softgels – A 40 day Supply - Price: \$24.99

Order Online at: WWW.CAOH.COM

Phone: 800-643-7188



Our Liquid Glucosamine Chondroitin with MSM and Vitamin C Liquid Formula supports flexibility and mobility. It is the specific combination of ingredients in highly assimilable form to help maximize joint health. Glucosamine and chondroitin sulfates are metabolic precursors of normal cartilage. This combination helps to lubricate joints and nourish cartilage and connective

What Is Glucosamine?: Glucosamine, is a natural substance found in the body and made from the combination of a sugar (glucose) and an amine, derived from the amino acid, glutamine. Available throughout the body, but found largely in the cartilage, Glucosamine is an important part of the mucopolysaccharides which form the proteoglycans

which provide structure to the bones, cartilage, skin, nails, hair and other body tissues. It is thus essential for healthy cartilage, and to maintain healthy joints and pain-free mobility. It is essentially non-toxic even in doses many times greater than those needed for relief.

What Is Chondroitin?: Formed from a long chain of sugar molecules, chondroitin acts like a 'liquid magnet', helping to attract fluid into the proteoglycan molecules. This is important for two reasons: 1. The fluid acts as spongy shock absorber, and also sweeps nutrients into the cartilage. 2. Joint cartilage has no blood supply which means its nourishment and lubrication comes from the liquid which enters and leaves the cartilage as pressure is applied to the joint.

What Causes The Pain In Arthritis?: As the result of injury or aging, joint function is often impaired when cartilage, the protective covering at the end of the bones, breaks down. Loss of cartilage can lead to damage of the bone and eventually the development of osteoarthritis, a degenerative disease resulting in pain and disability. Recent research suggests that the health and function of the cartilage depends on the availability of special nutrients which include Vitamin C and two complex sugar-like molecules called Glucosamine and Chondroitin. When taken in the diet, glucosamine and chondroitin may actually help to rebuild cartilage and improve joint health, which offers a simple way to help maintain healthy joints and reduce the problems associated with cartilage breakdown and even osteoarthritis itself!

8 oz Bottle – A 30 day Supply - Price: \$24.99

More detailed product information and Value pricing available online at www.caoh.com

Order Online at: WWW.CAOH.COM

Phone: 800-643-7188



Liquid GHR-Max +™ = HGH for the Body

Naturally Supercharged, Extremely Powerful and Good For You! This synergetic liquid blend of nutritional supplements is scientifically formulated to increase the body's natural production of Youthful Growth Hormones & Cell Regeneration!

This incredibly high quality natural product is designed to elevate the body's ability to naturally increase the output of youth enhancing hormone without the side effects of Prescription Drug GHR and HGH Therapies.

This 100% natural liquid supplement helps the body produce Growth Hormones naturally through stimulation of the pituitary gland and it really works. This is called natural Hormone Replacement Therapy.

For many, Hormone Replacement Therapy (HRT) or Growth Hormone Replacement (GHR) acts like cosmetic surgery in a bottle, restoring skin thickness, elasticity, smoothing out wrinkles and rejuvenating hair and nails. It promotes the burning of fat by making it available to the body as fuel while increasing muscle mass. HRT enhances sexual function in both men and women. It also revitalizes the immune system. Hormone Replacement Therapy may assist in reducing the risk of heart disease by lowering blood pressure and improving blood cholesterol profiles. It improves oxygen uptake and also may assist in helping prevent osteoporosis. It is a powerful anti-obesity hormone.

Hormone Replacement Therapy helps increase muscle mass and revitalizes body functions. Growth factors support improved lean muscle mass, weight loss, revitalized gland functions and thickening the skin. It supports better and restful sleep. Studies show that ornithine alpha-ketoglutaric acid can enhance protein utilization and synthesis, improve glucose tolerance and stimulate aerobic metabolism. Human Growth Hormone is responsible for the health and vitality associated with our youth. As we age, our pituitary gland in the brain produces less and less Growth Hormone, leading to the signs and symptoms of aging - wrinkled skin, hair loss, decreased energy, sex drive and poor general health (weakened immune system). New research has proven that by stimulating the pituitary gland to produce more Growth Hormone through natural HRT releasers in the body, the signs of aging may be positively addressed

8 oz Bottle – A 30 day Supply - Price: \$39.99, 3/\$79.98

More detailed product information and Value pricing available online at www.caoh.com



GHR-Max™

Human Growth Hormone Supplement

Scientifically designed to elevate the body's ability to naturally increase the output of **HGH (Human Growth Hormone)** by the pituitary gland.

GHR-MAX: Power Plus Growth Hormone Replacement (GHR)

For many **HGH** acts like cosmetic surgery in a bottle, restoring skin thickness, elasticity, smoothing out wrinkles and rejuvenating hair and nails.

Human Growth Hormone (HGH) promotes the burning of fat by making it available to the body as fuel while increasing muscle mass. **HGH** enhances sexual function in both men and women. **HGH** revitalizes the immune system.

HGH may assist in reducing the risk of heart disease by lowering blood pressure and improving blood cholesterol profiles. **HGH** improves oxygen uptake. **HGH** also may assist in helping prevent osteoporosis. **HGH** is a powerful anti-obesity hormone.

100% Natural Growth Hormone Replacement Therapy

Naturally Supercharged & Extremely Powerful

120 Capsules – A 30 day Supply - Price: \$39.99, 2/59.99

More detailed product information and Value pricing available online at www.caoth.com

Liquid Advanced Coenzyme Q10



What is Co-Q10? Coenzyme Q10 is a vitamin-like compound with benefits as a potent antioxidant free radical scavenger. It has been recognized as a very beneficial supplement for individuals who suffer from disorders of the cardiovascular system. It is also a crucial part of cellular function, ATP, synthesis, and the production of energy. Co-Q10 has strong ties to immune system support, overall improved health and weight control benefits. Co-Q10 is required for mitochondrial energy production. As an antioxidant, it also protects lipids and other cell components from oxidation.

Why should you take Co-Q10? Co-Q10 is found in every cell in the body, especially the heart. Co-Q10 levels decrease naturally as we age, beginning around the age of 20. Co-Q10 helps stabilize cell membranes, vital in keeping all cells intact, functional and alive. Some say Co-Q10's greatest talents are displayed in the tiny energy factories of the cells, called mitochondria, where oxygen is burned to give cells energy to carry on the business of life, a process called bioenergetics. Co-Q10 is often called the "spark" that starts the mitochondrial engines, without which cell life, and thus human life, ceases to exist. According to studies, some of the reasons why Co-Q10 supplements are necessary are as follows:

- Save arteries (halts oxidation of blood cholesterol)
- Revive failing hearts (strengthens energy production)
- Lower blood pressure (improvements in heart function)
- Boost immune function (increases the major antibody in the blood)
- Protect brain from damage (can penetrate & restore vitality to the mitochondria, the prime target of free radical damage in brain cells)
- Prolong youth and life are linked Co-Q10 levels

Why take our Liquid Co-Q10 Advanced Formula over all the others? Liquids work better! Liquid Co-Q10 will provide better assimilation than any other form and it gives you the ability to easily adjust the dosage to your specific individual needs. If you have a decline in heart function, it's important to be on a Co-Q10 supplement, even if you do not have any particular health problems, you can still benefit from taking Co-Q10, as an anti-aging insurance. As a general antioxidant, Co-Q10 takes effect almost immediately to protect cells. Co-Q10 has virtually no side effects, and showed no significant toxicity in any studies recorded. To stimulate the production of Co-Q10 and enhance immunity, it is suggested to take vitamin E, Selenium and B vitamin supplements.

8 oz Bottle – A 30 day Supply - Price: \$24.99

More detailed product information and Value pricing available online at www.caoth.com



Liquid Complete B Advanced Formula™

(High Potency Liquid Vitamin B) Life can be stressful at any age; our fast paced world is taking its toll on our nerves and energy reserves. Every nutrient is important to good health; the B vitamins are vital for converting food to energy and maintaining a healthy nervous system.

The B vitamins play a number of critical roles in health and nutrition. They support appetite and are involved in glucose metabolism and the energy release of carbohydrates, fat and proteins to fuel your body with needed energy. They support healthy nervous system function, repair and maintenance. Red blood cell and antibody formation, normal cell life and new cell division, reproduction and a host of other biological functions.

This great tasting liquid vitamin B is the best way to ensure that your body has all the B vitamins necessary for complete and vibrant health.

This liquid product is easy on the body and is assimilated easily. In Fact this product absorbs into the body better than any other Vitamin B product because of the added Phytogenic Mineral Catalyst which helps carry the Vitamin B into the body.

8 oz Bottle – A 30 day Supply - Price: \$13.99



Liquid Coral Calcium

High Potency - Vitamin Complex

Discover The Power of Real Coral Calcium!

32 oz - 2100mg of Coral Calcium Plus Vitamins and Minerals

Certified: Okinawan - Vegetarian and Kosher

The entire synergetic combination of vitamins and minerals is balanced in a great tasting juice base makes this Liquid Coral Calcium Complex the most balanced and absorbable available - the true definition of BIOAVAILABLE.

CORAL CALCIUM ULTRA LIQUID COMPLEX™

For hundreds of years, Coral has been known to bring relief to many illnesses and ailments. Heart palpitations, Cancer, Pain, Osteoporosis, High Cholesterol, Eczema, Muscle Cramps, Headaches, Insomnia, Arthritis, Diabetes, Kidney Stones, and many more. It is thought at least 157 diseases are caused by MINERAL DEFICIENCIES. Coral naturally contains a highly absorbable form of every mineral needed by the body. When the coral minerals fulfill a specific mineral deficiency, a specific health condition is improved. As the coral minerals raise the overall mineral content of the body, the pH of the body returns to it's natural alkaline (high pH) state, thus enhancing the immune system and overall wellness of the individual. Disease feeds in an acidic (low pH) environment and starves in an alkaline (high pH) environment.

CORAL CALCIUM CONTAINS NEEDED MINERALS: Although coral is often called "Coral Calcium", coral naturally contains every mineral needed by the human body, not just calcium. This abundance of trace minerals is a large part of the explanation of coral's legendary powers. The calcium component is important, but the coral trace minerals are even more important. Minerals are the basic building blocks of health to fight disease. Enzymes, nerves and most other internal actions rely upon minerals for proper function. Trace minerals in our soils have become depleted, which has lead to a deficiency in our foods and hence our bodies. Trace mineral deficiency is part of the explanation of the vast decline in health that our society is facing. Coral minerals truly hold the key to health for many people.

32 oz Bottle – A 32 day Supply - Price: \$22.99, 6/\$99.95



Real Coral Calcium – 2100mg!

BIO-AVAILABLE (VERY ABSORBABLE):

The full coral story is a fascinating description of the coral mineral's high bio/availability, and the resulting benefits to the human body. Coral is rich in calcium and performs as an excellent calcium supplement because it is very absorbable and does not cause the uncomfortable side effect of constipation commonly found with other calcium supplements. Most of the calcium supplements

found in health stores are calcium lactate, calcium phosphate, and calcium carbonate, all of which are difficult for the body to absorb. The calcium and minerals naturally present in coral are highly bio/available and easily 100% absorbable because:

1. Coral minerals are made organically, having been previously digested by an animal.
2. Coral minerals have the inherent ability to go ionic upon contact with moisture.
3. Coral minerals are in a natural balance with all of the minerals required to support each mineral in its designated role.
4. Coral minerals are compatible with the human body, so much so that orthopedic surgeons often use pieces of coral for bone grafts because the body readily accepts the coral as part of its natural structure.

MINERAL DEFICIENCIES IN YOUR BODY CAN BE MEASURED AS pH: pH is a measure of Acidity & Alkalinity. The higher the number, the greater the alkalinity content. All healthy humans begin life with most of the body fluids and tissues in a slightly alkaline state (high pH). Over time, in modern society, the body tissues and fluids often become acidic (low pH) from food, drink, prescription drugs, pollution and stress, that are absorbed on a daily basis. You can test your pH very easily with a pH test kit. Many Naturopathic doctors believe at least 157 diseases are caused by an acidic/ low pH system. In fact, almost every named disease condition has one thing in common; higher than normal accumulation of acid waste in the body. Decades ago, Dr. Otto Warburg, the only physician to ever win 2 Nobel prizes, proved that cancer cannot exist in alkaline/high pH environment. If acid is allowed to build up, the body will become starved of oxygen and the disease will not be far behind. Many substances (such as baking soda) can raise pH temporarily but only minerals can raise and maintain a high pH. Minerals play a crucial role in alkalizing the bodily fluids and tissues only when they are in a form that can be absorbable. Coral is a very effective alkalizing agent because the coral minerals are bio/available, meaning, they get into where they are supposed to be and where they can do their job.

90 Capsules – A 30 day Supply - Price: \$12.99

More detailed product information and Value pricing available online at www.caoh.com



Power C™ : Ester-C® Complex with Metabolites is a unique form of buffered Vitamin C. Metabolites are compounds derived from nutrients that are normally created in the body.

Research has demonstrated that this combination of non-acidic Vitamin C with metabolites is well absorbed and retained in blood cells and tissues. We have further enhanced this superior product with the synergistic blend of Bioflavonoids, Acerola, Rose Hips and Rutin.

From the FDA's website: "Some scientific evidence suggests that consumption of antioxidant vitamins may reduce the risk of certain forms of cancer. However, FDA has determined that this evidence is limited and not conclusive."

Other research has found that vitamin C is the only vitamin that seems to play a role in every body function. The bad news is that deficiencies have been found in 25 to 50 percent of the adult population. Deficiency signs can be anything from bleeding gums and easy bruising to irritability and joint pain. Low intakes of vitamin C can compromise many body functions without showing any deficiency signs, including the ability to rid the body of cholesterol and the immune system's ability to fight off infection and disease.

Vitamin C is an antioxidant required for tissue growth and repair, adrenal gland function, and healthy gums. The body cannot manufacture vitamin C, so it must be obtained through diet and supplements. Some of the other functions of vitamin C are:

- aids in the production of anti-stress hormones
- protects against the effects of pollution
- helps prevent cancer and protects against infection
- enhance immunity
- increases the absorption of iron
- may reduce cholesterol levels and high blood pressure because it protects against blood clotting, and bruising
- promotes the healing of wounds and burns and neutralizes free radicals

What more can be said! Vitamin C has proven itself time and time again!

8 oz Bottle – A 30 day Supply - Price: \$9.99

More detailed product information and Value pricing available online at www.caoh.com



Liquid Ginseng Plus Advanced Formula™

The Panax Ginseng plant has been cultivated for over 2,000 years for its beneficial properties.

This **Liquid Ginseng Plus Advanced Formula™** with **Ginkgo Bilbo** formula is made with the purest ginseng available. We have optimized our formula with synergistic vitamins, minerals and other energy and strength promoting nutrients that aid the release of energy from food, to help your body regulate the use of fuel stores for energy.

Ginseng helps maintain stamina and energy levels and enhance physical performance and weight lose. When you need an extra boost of energy and vitality **Liquid Ginseng Plus Advanced Formula™** is definitely the answer.

Liquid Ginseng Plus Advanced Formula™ is made with the purest form of Ginseng available and is combined with synergistic vitamins, minerals and other energy and strength-giving nutrients. Ginseng Plus is safe and has been made with ingredients meeting the USP standards for quality, purity and freshness. Ginseng Plus is perfect for anyone needing an extra boost of energy and vitality. This is all delivered naturally without side effects and harsh stimulates.

8 oz Bottle – A 30 day Supply - Price: \$24.99



Natural H-R-T Hormone Replacement Therapy™

A woman's' body goes through many phases in her lifetime. Menopause is one of our natural progressions as a woman. Menopause should be a time of celebrating womanhood, not a time of discomfort and illness.

As women approach and pass through menopause, their bodies produce much lower amounts of estrogens, progesterone, androgens, and other hormones causing symptoms ranging from mild discomfort to serious, debilitating and long-term illness. Osteoporosis, heart disease, endometriosis, PMS, pre-menopause symptoms, weight gain, low libido, fibrocystic breasts, most women will experience these or other hormone related problems. Replacement of some or all of these hormones that the body has produced throughout life is often necessary.

Today, millions of women concerned about the affects of aging must decide whether or not to undergo traditional synthetic hormone replacement therapy and suffer its side effects and increased risks of cancer. As we consider the benefit to risk ratio, we must take into account new evidence and ongoing research about natural alternatives to traditional HRT therapy.

What is Natural Hormone Replacement Therapy (HRT)? Natural Hormone Replacement Therapy (HRT) means that the chemical makeup of the replacement hormone is the same as what the human body produces. These natural hormones made from plants, which contain precursor molecules that the body can chemically process into a variety of bio-identical hormones. Your body recognizes and processes these phytochemicals as food and nourishment, sending it throughout the body, converting it to necessary hormones, vitamins, nutrients, and antioxidants. These natural hormones are almost entirely without the side effect risks of the synthetic or semi-synthetic HRT drugs.

Natural HRT is formulated with Protykin® trans-reseratrol a powerful new plant estrogen (phytoestrogen) and soy isoflavone with no known negative side effects which are normally associated with traditional hormone replacement therapies.

Women are no longer willing to accept the risks associated with synthetic hormones, and are searching for safer alternatives. An estimated two million women are now benefiting from natural "plant-derived bio-identical" estrogens and progesterone.

8 oz Bottle – A 30 day Supply - Price: \$24.99



Liquid Male Potency Formula™ This is not the latest fad in natural "viagra"; this is a scientific formulation of ingredients that have been proven to have a direct or complimentary impact on sexual function.

Our **Liquid Male Potency Formula™** contains L-arginine, L-Phenylalanine, Gingko Biloba Extract, Saw Palmetto Extract, Vitamin C, Vitamin E, Zinc, Chromium Picolinate, Iron, Dimethylglycine (DMG), and a catalyst of our exclusive blend of major minerals and essential trace elements. Liquids work better! We've determined the best of the best all-natural ingredients, which are designed to enhance libido, and overall sexual well-being. Our liquid formula contains L-Arginine, which helps regulate the body's production of Nitric Oxide (NO), and stabilize blood pressure. The formula also contains Gingko Biloba, and other ingredients which help improve circulation and overall vitality. Erectile dysfunction has many causes, but in most cases, the body fails to produce enough NO, which doesn't allow for the smooth muscles of the capillaries to expand and contract as needed. A sufficient amount of blood flow usually goes to the penis, but the capillaries should contract and trap that blood in the penis, allowing for erections. In persons with erectile dysfunction, either the blood doesn't flow into the penis, or this capillary contraction doesn't happen, and one of the primary culprits is high blood pressure, among other things. Our male potency formula is made to combat this condition and allow for increased blood flow, with improved levels of NO, which can help maintain an erection. Again this is not the latest fad in natural "viagra", this is a scientific formulation of ingredients that have been proven to have a direct or complimentary impact on sexual function. [Give it a 30-Day trial using it as directed, and see for yourself!](#)

8 oz Bottle – A 30 day Supply - Price: \$24.99



Liquid Vision™ Vitamins for the Eyes: This natural synergetic liquid vitamin formula that is formulated to enhance the health of your eyes. The ingredients are clinically tested help maintain vision and eye health. A highly absorbent liquid formula for optimum assimilation. Pleasant taste makes it easy to take. Exceeds the daily recommended allowance of Vitamin A (Beta Carotene)

Provides nutrients that the eyes need: Anthocyanins, Lutein, Lycopene, Zeaxanthin and Beta Carotene

Suggested Usage: 8 oz Bottle - Approximately a 24 day Supply: Take 2 teaspoons daily (10ml).

- **Anthocyanins:** may improve eyesight by other mechanisms. In a French study conducted in 1964, researchers vision-tested 36 people for their ability to adapt to light and dark both before and after taking bilberry anthocyanins. For several hours after supplementation, their eyesight improved significantly, although the effect wore off within 24 hours. A recent Japanese study found that people taking anthocyanins adapted better to the dark and had less eye fatigue than those in the placebo group.
- **Lycopene:** is a powerful antioxidant carotenoid and the pigment that gives tomatoes, watermelon, and pink grapefruit their characteristic red color. Clinical studies have indicated that Lycopene works through a number of mechanisms to support cardiovascular health and immune function. In addition, epidemiological studies have determined that Lycopene may be particularly important for the support of eye health, prostate health, as well as for the health of the digestive tract.
- **Zeaxanthin:** Studies showed that light damage in the retina was strongly influenced by the amount of zeaxanthin in the retina, and that significantly greater retinal protection was provided at dietary levels higher than those normally occurring in the diet. Zeaxanthin has been extensively studied for safety and has been reviewed as a dietary ingredient by the FDA. We hope this work further stimulates interest in clinical trials, and believe that zeaxanthin has a potential to eventually complement other strategies to improve the treatment of this vision-robbing disease.
- **Lutein:** Data from the AREDS Study shows a therapeutic benefit for lutein. In AREDS participants, a higher intake of lutein/zeaxanthin was associated with a decreased likelihood of having advanced AMD at baseline. Further confirmation of lutein's value in preventing and treating macular degeneration.
- **Vitamin A (Beta Carotene):** Known for years to counteract night-blindness & weak eyesight. A deficiency in Vitamin A (beta-carotene) may be apparent cornea and/or night blindness.

8 oz Bottle – A 24 day Supply - Price: \$19.99