

SUMMER CARE

Sovereign Silver First Aid Gel

Topical healing for fast relief of minor wounds, burns, poison ivy, bug bites, skin eruptions, blisters and so much more! Gentle, sting-free formula is kid-friendly and safe on sensitive skin.

MotionCalm - Homeopathic Medicine for Motion Sickness

Used for the prevention and treatment of nausea, vomiting, or dizziness associated with motion sickness due to: travel, amusement rides or video games. Convenient and easy to use, the meltaway tabs dissolve in the mouth without food or water. Safe for ages 2 and above.

PROTEIN AND SNACK BARS!

Buy 12 Bars – Mix &
Match – Save 15%

Body Health Perfect Amino

Vegan Protein Bars in Mocha Chip, Brownie or Blondie. Free from GMOs, sugar, rice, soy, wheat and dairy. Low calorie and low carb so you can enjoy after a workout, throughout the day, or as a protein snack without feeling guilty.

TruBars from TruBrands –

Amazing taste and clean nutrition. 12g protein and at least 10g fiber in each bar. Simple, plant-based ingredients that are dairy-free, soy-free, gluten-free, non-GMO and free of sugar alcohols. Great flavors: Strawberry Shortcake, Macchiato, Donut, Cookie Dough, Fudge Peanut Butter, Key Lime, Mint Chip, PB & Jelly.

The Only Bar by TruVani –

USDA Organic, vegan and non-GMO. Each bar is made with just 5-12 organic ingredients that you'd find in your kitchen. Choose from: Chocolate Chip Cookie Dough, Lemon Bar, Chocolate Chip Banana Bread, Chocolate Peanut Butter, Coconut Cashew, Oatmeal Chocolate Chip.

BioThin Keto Snack Bar by

Dr. Mercola – Offers satisfying energy and an easy means to supplement any low-carb, high-fat eating plan to help you reach your metabolic goals. Choose from Double Chocolate with Macadamias and Chocolate Covered Blueberry with Pecans.

Disclaimer: This newsletter is not intended to diagnose, prescribe, or treat any condition of the body. The information contained herein has not been evaluated by the Food and Drug Administration.



FAMILY HEALTH CENTER

Vitamin Store & More!

Buy Local. Spend it Here. Keep it Here.

JUNE & JULY 2025

(815) 895-8151

1170 DeKalb Ave., Ste. 111

Sycamore, IL 60178

www.askfamilyhealth.com

Email us at: askfamilyhealth@yahoo.com

Hours: Mon – Fri: 9-6 • Sat: 10-4

Closed on Sunday

Revitalize Your Cellular Engine!

Each NAD + PQQ Boost tablet is a *patent pending* combination of 100 mg **NAD** (Nicotinamide Adenine Dinucleotide) to support energy metabolism, cellular repair and longevity support and 10 mg **PQQ** (Pyrroloquinoline Quinone) to support cognitive health, energy levels, antioxidant protection and heart health support. Recommended for adults looking to support energy, cognitive function, and overall cellular health. This unique oral combination provides a cost-effective alternative to IV NAD treatments.

Benefits of NAD and PQQ Supplementation:

Cellular Health – Enhanced DNA repair and cellular stress response; Regulation of longevity genes through sirtuin activation.

Mitochondrial Function – Stimulation of mitochondrial biogenesis; Enhanced energy production and metabolism.

Cognitive Function – Potential neuroprotective effects and improved brain health; Enhanced mental clarity, focus, and memory.

Metabolic Health – Improved glucose metabolism and insulin sensitivity; Support for weight management and lipid metabolism.

Cardiovascular Health – Potential improvements in endothelial function and reduced inflammation; Trends toward lower blood pressure and reduced aortic stiffness.

Physical Performance – Improved energy levels and physical performance; Enhanced muscle strength and recovery.

Anti-Aging Effects – Potential to mitigate age-related cellular and mitochondrial decline; Support for overall longevity and healthy aging.

Immune Function – Modulation of inflammatory responses and enhanced immune system function.



Control Stress-Related Food Cravings

A new lineup of collagen created just for women! Hormone Balance + Collagen works by targeting key areas of hormonal health. It helps balance estrogen levels, modulate cortisol (the stress hormone), and supports female sexual health. Mix 1 scoop in coffee or smoothie – light vanilla flavor. Check out Ancient Nutrition's full lineup of new Women's supplements - designed to Empower your Health and Well-Being!

JUNE & JULY SALES & SERVICES

Shop In-Store, Curbside Pickup or Phone-In your Orders (815-895-8151)

JUNE SALES

25% off **all Ancient Nutrition** – Newly launched Collagen sku's for Women! Menopause Support, Hormone Balance, Testosterone Boost, Hair Growth—all with instant coupons! All of your favorites included: Super Greens, Protein, Gut Health, Vitamins & Herbs.

25% off **Terry Naturally's Curamed, Curamed Acute Pain, Curamin and Curamin Extra Strength** – BCM-95 Curcumin supplements. Powerful anti-inflammatory, drug-free pain relief and something to consider for almost any condition.

- 20% off **all** remaining Terry Naturally Products! Clinically effective nutritional supplements and remedies that improve the health of America, one person at a time! **Free** booklets and pamphlets for your at-home education.

25% off **Sun Warrior** – Non-GMO plant-based **Creatine Monohydrate** – benefits for both men and women! **Active Pre-Workout** – a clean, vegan formula to fuel your workouts and elevate your gains. Choose from Yuzu Mango or Blue Raspberry Pineapple.

25% off all items from **CV Sciences** – Top selling CBD brand: gummies, topicals and softgels. Innovative **Reshape** for achieving your weight loss goals.

20% off **Nordic Natural's Omega-3s** – Pure and powerful Omega-3s that are sustainably sourced.

20% off **Body Health Perfect Amino's, Electrolytes and Power Meal** – A revolutionary protein that is 99% utilized to build new protein, muscle and collagen. Many flavors and options to choose from.

15% off **all Vital Planet** – Vital Planet's sole purpose is to help support the quest for better overall health by focusing on digestive health. Choose probiotics, natural laxatives, cleanses, omega-3s, intestinal lining support and fiber.

15% off **Mix & Match Protein and Snack Bars**

15% off **all Garden of Life** – In-stock items only.

JULY SALES

25% off **all Ancient Nutrition** – **Rapid Hydration** delivers an optimal balance of essential electrolytes, **Clean Energy** for a physical and mental boost plus all the new Collagen sku's for Women and all of your favorites!

25% off **Terry Naturally's Curamed, Curamed Acute Pain, Curamin and Curamin Extra Strength** – BCM-95 Curcumin supplements. Powerful anti-inflammatory, drug-free pain relief and something to consider for almost any condition.

- 20% off **all** remaining Terry Naturally Products! Clinically effective nutritional supplements and remedies that improve the health of America, one person at a time! **Free** booklets and pamphlets for your at-home education.

25% off **all Mercola** – Vitamins, Enzymes, Antioxidants, Magnesium, Amino Acids (excludes food bars). A leader in liposomal supplements.

25% off **Carlson Vitamin D3** – 400iu - 6,000iu in Drops or Softgels. Optimal levels are 50-80 ng/ml – Infants, children and adults need Vitamin D for overall health. Suggested maintenance levels are 35iu per pound of bodyweight.

20% off **CV Sciences CBD Softgels** – An easy way to take CBD oil, premeasured servings in easy-to-swallow CBD softgel pills. Choose from 15mg or 30mg.

15% off **all Vital Planet** – Choose probiotics, natural laxatives, cleanses, omega-3s, intestinal lining support and fiber.

15% off **all Garden of Life** – In-stock items only.

15% off **all Griffin Remedy** – Natural Hair Care and Skin Care Products. Ingredients matter. Look and feel your best with natural products made with vitamins, botanicals, and essential oils. Experience the wonder of "Bubble Bear", the bubbliest of bubble baths. Natural body lotions will leave your skin feeling soft, moisturized and youthful. Foaming hand soap cleanses your skin, leaving it soft not stripped. Daily use of the shampoos and conditioners will leave your hair feeling healthy and clean.

~ Saturday Spotlights ~

Please follow us on Facebook, Instagram or on our Event Page of our Website for "pop up" events on Saturdays. We are hosting other Wellness Partners to bring more awareness to natural health and healing.

June 7 from 10:30 – 2:00 – Essential Infusions Plus – Injections - \$40 – D3, B12, Biotin, Skinny Shot, Tri-Immune Boost. IV Infusions – Starting at \$100 – Hydration, Get Up and Go, Migraine Fix, Master Anti-Aging and more! Registration is preferred but walk-ins are welcome.

June 28 from 10:30 – 2:00 – Virginia Doherty – PEMF – Pulsed Electromagnetic Frequency Activation – FREE Demo – Molecular activation allowing your body to correct itself.

Holistic Services by George Moore: June 10 – 14

Live & Dried Blood Cell Demonstration - \$179
(no food 2-hours prior to the appointment)

Live & Dried Blood Cell Demonstration
w/Blood Typing - \$206

Hair Mineral Analysis - \$149 – Results in about 14 days
Blood Typing (O, A, B, AB) - \$35 – Free "Eat Right for Your Blood Type" Food Lists!

Zyto Biocommunication Scanning - \$223
*\$195 if combined with either Hair Mineral Analysis or Live/Dried Blood Demonstration.