

21 YEARS!  
  
**HAPPY ANNIVERSARY**



March & April 2026

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Hours: Mon – Fri: 9-6 • Sat: 10-4  
 Closed on Sunday

**Multi-Protein from Ancient Nutrition**

**Go Beyond Your Basic Protein Powder!**



This all-in-one formula delivers 26g of complete protein from grass-fed whey, bone broth, A2/A2 milk protein and collagen peptides, as well as colostrum, probiotics and digestive enzymes. It's a performance blend to support your muscles, joints, post-workout recovery and gut health.

- Supports muscle health and lean body mass
- Promotes a youthful appearance and reduces visible signs of aging
- Helps reduce post-exercise fatigue and promote faster recovery

**FAMILY HEALTH CENTER**

Vitamin Store & More!

**Adieu dirty strains.  
 Hello fresh & spotless clothes.**

Just when you thought washing your family's underwear couldn't get more exciting, **Nellie's** made a Laundry Detergent that's truly perfect for every household. Doing loads of laundry never sounded so good!

Made with only four ingredients, Nellie's Laundry Soda is a highly concentrated laundry detergent formula that dissolves quickly in cold or hot water and is septic safe. Most importantly, it rinses completely clear, leaving your skin and the environment as spotless as your clothes. So don't worry – even your mother-in-law will approve!

Free from: SLS, SLES, gluten, phosphates, chlorine, fragrance, optical brighteners, and solid synthetics.



**Which Magnesium is Right for You?**

- Magnesium Citrate** – Digestion and constipation
  - Magnesium Glycinate** – Sleep, relaxation, reduce anxiety and muscle cramps
  - Magnesium Malate** – Energy, pain relief, support muscle function, enhance athletic performance
  - Magnesium Taurate** – Heart health, blood pressure, managing insulin sensitivity and migraine symptoms
  - Magnesium Oxide** – Heartburn and constipation
  - Magnesium L-Threonate** – Crosses blood-brain barrier, improves cognitive function, reducing anxiety, enhancing sleep quality, normalizes overall body magnesium levels
- Over 50% of Americans are Magnesium deficient. It is the first mineral to deplete when your body is under any stress. We can help you choose the right magnesium, or combination, to best serve your health goals.

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

**Attention – Clarity – Concentration**

Feeling scattered, distracted, and absentminded? Clear out the cobwebs with Host Defense - **FOCUS!** Designed to support deep focus, concentration and attentiveness, this specially-crafted blend builds on the benefits of mushroom mycelium from **Lion's Mane, Cordyceps, and Reishi** by including well-known brain supporting ingredients.

- Lion's Mane supports the brain and nervous system health.
- Cordyceps supports brain health as you age.
- Reishi supports neurological and adrenal functioning.
- Highly bioavailable B-Vitamin blend that supports cognitive energy, day-to-day nerve generative activity and cognition function.
- Choline supports mental acuity, cognitive function, and concentration.
- L-Taurine supports cognitive and physical energy, cognitive function, and may support Nerve Growth Factor.

**FOCUS** is perfect for anyone trying to unclutter the chaos, boost physical and mental energy and swap cobwebs for clarity.

Host Defense is the #1 Best Selling Mushroom Supplement Brand in the U.S.



# MARCH & APRIL SALES & SERVICES

**21 Year Anniversary!** Thank you for your continued patronage and support of Family Health Center! We are so grateful that you are a part of our story!

In order to commemorate this milestone, we will be promoting a different special each week in March. You can find details of these weekly specials on our social media pages or in-store. *Don't you just love surprises? Stay tuned for news on these exclusive promotions.*

## MARCH SALES

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. There is no other Curcumin or Turmeric product that is more powerful!

- 20% off **all remaining** Terry Naturally Products! **Free** booklets and pamphlets for your at-home education.

25% off **Vitamin Code from Garden of Life** – B12, B-Complex, C, D3, E, K, Zinc, Grow Bone, and Raw Calcium – Raw, organic, whole-food supplements

- 15% off **all remaining** Garden of Life items

25% off **all Vital Planet** – Products to support the quest for better overall health by focusing on digestive health. Choose probiotics, natural laxatives, cleanses, omega-3s, intestinal lining support and fiber. **New Pet Products too!**

25% off **Vitamin D3 from Carlson** – 400iu – 6,000iu in Drops and Softgels

20% off **Humic, Fulvic and Humic/Fulvic Mineral Blend from Vital Earth Minerals** – Plant based cellular cleanses to remove toxic sludge and deliver essential nutrients.

20% off **all Host Defense** – Medicinal mushrooms that provide a wide range of system-specific support including immune, cognition and memory, to energy and stamina. USA grown, vegan and non-GMO.

20% off **all Ancient Nutrition** – Whole food supplements from Collagen to Probiotics to support a healthy lifestyle. Many new items to choose from! \$3 Instant Coupons!

15% off **Truvani Plant or Whey Protein Powders** – 20-serving bags – Choose from a wide variety of flavors.

**Vitamin Store & More!** Check out our in-store services:

**Mild Hyperbaric Oxygen Chamber (mHBOT)** – Concentrated oxygen to reduce inflammation and accelerate healing.

**Ionic Foot Bath with Micro Current Device** – Neutralizing harmful environmental positive ions to facilitate the body's natural detoxification pathways.

**FAR Infrared Sauna** – A deep, detoxifying sweat session.

**Megelin Red Light Therapy Bag** – High-density, full-body option for relaxation, muscle recovery, increased body contouring.

**Ear Candling** – Relieve pressure and promote relaxation.

**Iodine Skin Patch Testing** – Free test to measure how long iodine stays on the body.

## APRIL SALES

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.

20% off **all Megafood** – Whole food Multi's, Selenium, Prenatal's, D3/K2, B-Complex – all organic, vegan, gluten-free, non-GMO real food. A limited number of instant coupons!

20% off **Omega-3s from Nordic Natural** – Science-backed Omega-3s that are fresh, pure and effective. Choose from fish or alga formulas.

20% off **all Ancient Nutrition** – An innovator in the Natural Products Industry, growing the world's most nutrient-dense superfoods in the healthiest soil possible. Instant Coupons on many items!

20% off **Lung Tonic from Herbs, Etc.** – A daily respiratory ally with lung-and bronchial-supporting herbs known to soothe, open, and nourish the respiratory system.

15% off **Dr. Ohira's Fermented Probiotics** – 30, 60 and 100 count! Prebiotics, Probiotics and Postbiotics. A staff favorite!

15% off **all Garden of Life** – Organics, Vitamin Code and Herbal formulations. Clean, whole-food nutrition.

15% off **Barlean's Omega Swirls & Flax Oil** – Delicious smoothie-like texture with high absorption and no fish burps! Organic, cold-pressed plant based Omega-3s.

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

15% off **Truvani Plant & Whey Protein Powders** – 20-serving bags – Delicious, easy-to-mix flavors.

### Holistic Services by George Moore: April 21 – 25

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.

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

Buy Local. Spend it Here. Keep it Here.