FEEL GOOD.
FEEL CONNECTED.

Discover a new approach to intimate wellness.



Ancient Nutrition's **Men's Libido Booster** is a solution-oriented wellness product focusing on intimacy, vitality and helping men to feel their best. A daily, non-stimulating men's formula designed to enhance libido and sexual vitality by supporting healthy testosterone levels, nitric oxide production, and blood flow.

Our Most Advanced Magnesium

BIOptimizer's Magnesium Breakthrough Advanced 10

If you want complete support for more restorative sleep, metabolic health, muscle recovery, and a healthy stress response, you need multi-pathway support.

Think of single-form magnesium as one key for one lock. Magnesium Breakthrough Advanced carries 10 keys to unlock more doors, helping provide broad-spectrum magnesium support across multiple systems of the body.

Magnesium supports hundreds of functions throughout the body – energy production, muscle function, nervous system activity, cardiovascular physiology, glucose metabolism, bone health, immune function, and restful sleep.

Includes: 550mg Elemental Magnesium per serving, P-5-P (Vitamin B6), Manganese & Ionic Trace Minerals.

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.

FAMILY HEALTH CENTER

Vitamin Store & More!

November & December 2026

(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

CLEAR WHEY PROTEIN



Garden of Life **Clear Whey Protein** is a lighter, fruit-forward whey protein isolate that mixes clear in water instead of forming a heavy, creamy shake.

Key Details and Specs:

- **Protein Content:** 20 grams of complete whey protein isolate per serving.
- **Amino Acids:** Contains all essential amino acids and Branched-Chain Amino Acids (BCAAs: leucine, isoleucine, and valine) to support muscle recovery and lean mass.
- **Sourcing:** Whey sourced from Denmark.
- **Flavors Available:** Mango Mist, Lemon Frost, and Unflavored.
- **Certifications & Ingredients:** iGEN Non-GMO certified, gluten-free, made with natural flavors, and free from artificial colors, artificial sweeteners, added hormones, and antibiotics.

Build a New Beauty Routine with MAD HIPPIE!

Brighten – Hydrate - Simplify



We were drawn to the **Mad Hippie** beauty line – not only because they combine plant-based ingredients with scientifically supported skincare ingredients, particularly antioxidants that help brighten skin and address signs of aging – but because of their motto:

"No miracle potion can replace a beautiful life."

Mad Hippie appeals to our customer base by providing a more natural skincare routine without giving up effective ingredients, and they don't break the bank! Quality skincare doesn't have to cost a fortune. Give **Mad Hippie** a try if you want healthier, brighter, younger-looking skin without an overly complicated routine. Designed for men and women. Vegan and cruelty-free, formulated without synthetic fragrances, paraben and phthalate free, environmentally responsible.

NOVEMBER & DECEMBER SALES & SERVICES

As we look back on this past year, we are filled with gratitude for your support. Every time you shop with us, you help keep our small dream alive. Thank you for your trust, your patience, and your loyalty all year long. We can't wait to serve you again in the New Year!

NOVEMBER SALES

40% off **Muti-Vitamins from Ancient Nutrition** – 20+ Vitamins & Minerals, Methylated B Vitamins, Optimized for Absorption, Clinically Validated Ingredients.

- 25% off **all remaining Ancient Nutrition** items – New Organ Blends: **Heart**, **Thyroid**, **Adrenals**, **Kidneys** – Designed to restore what's missing from our everyday diets.

30% off **Vitamin Code from Garden of Life** – B12, B-Complex, C, D3, E, K, Zinc, Grow Bone and Raw Calcium -Vitamin Code are raw, organic, whole-food supplements.

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

25% off all **Megafood** – Unique "FoodState Nutrients" and fermentation process make their supplements more recognizable to the body and gentler on the stomach. D3/K2, Prenatals, Kids items, Magnesium and More!

25% off **Dr. Ohira Fermented Probiotics** – 30, 60 and 100 count. A 3-year fermentation process to promote gut balance, immune support, and everyday vitality. Includes pre, pro and post-biotics. A staff favorite! Great for travel.

25% off **all Sun Warrior** – Fuel for your active life with vegan, plant proteins. Clear Plant Proteins, Pre-Workout, and the industry's best selling Micronized Creatine Monohydrate.

25% off **Black Earth Zeolite** and **Organic Moringa** from **The Food Movement** – Crafted from organic minerals and regenerative ingredients.

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 **Carlson Omega-3s** – Boost heart, brain, vision, joint and immune health with Award Winning Carlson Fish Oils.

20% off **all Host Defense** – The industry leader and #1 selling mushroom supplement brand. Support cognition and memory, energy and stamina, and the immune system.

20% off **Rocky Mountain Throat Syrup from Herbs, Etc.** – Soothe your throat and cough and breathe easier! A customer favorite for all ages!

15% off **all Vital Planet** – Digestive care supplements to improve your digestion, gut lining, assimilation, mood and immune system! New targeted digestive enzymes to address bloating, heavy meals, food sensitivities allowing you to enjoy your food and feel lighter after meals.

15% off **Truvani Plant or Whey Protein Powders** – 20-servings – Choose from a wide variety of flavors: Strawberry, Chocolate/ Strawberry, Vanilla, Chocolate, Vanilla Chai, Peanut Butter Chocolate, Matcha, Banana Cinnamon, Unflavored & Unsweetened, and Chocolate Mint – a customer favorite!

Holiday Hours
Nov. 26 – Closed • Dec. 24 & 25 – Closed
Dec. 31 – Open 9-4

DECEMBER SALES

25% off **all Ancient Nutrition** – SBOs, Collagen, Peptide Formulas, Glandulars, Greens, Multi's, Probiotics, Minerals, Gel Packs and more! $3 and $4 Instant Coupons on select items.

25% off **Truvani Plant or Whey Protein Powders** – 20-servings – Choose from a wide variety of flavors: Strawberry, Chocolate/ Strawberry, Vanilla, Chocolate, Vanilla Chai, Peanut Butter Chocolate, Matcha, Banana Cinnamon, Unflavored & Unsweetened, and Chocolate Mint – a customer favorite! FREE Stainless Steel Shaker Cup - $25 Value - With the purchase of a full-sized bag of Protein (20-servings).

25% off **all items from Enzymedica** – High Potency, Acid-Resistant Digestive Enzymes, Cardiovascular Support, Serrapeptase, Magnesium and More!

25% off **all items from Terry Naturally** – Premium supplements featuring BCM-95 Curcumin with science backed formulas for your daily health and vitality.

25% off **all Dr. Mercola** – Vitamins, Enzymes, Antioxidants, Magnesium, Amino Acids

20% off **all Garden of Life** – Clear Whey Proteins, Vitamin Code, Probiotics, Gummies and More!

20% off **Deep Sleep from Herbs, Etc.** – Get to Sleep and Stay Asleep! Wake up refreshed with this herbal formula.

20% off all **Vital Planet** – Digestive care supplements to improve your digestion, gut lining, assimilation, mood and immune system! New targeted digestive enzymes to address bloating, heavy meals, food sensitivities allowing you to enjoy your food and feel lighter after meals. **Cat & Dog products too!**

Starting the week of Dec. 21 – we will be advertising random **In-Store Deals** to help us reduce our inventory by year-end. Watch our Facebook & Instagram pages for info.

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.

Live & Dried Blood Demonstration – by appointment with Dr. George Moore.

Hair & Mineral Analysis – by appointment with Dr. George Moore.

Zyto Biocommunication Scanning – by appointment with Dr. George Moore.

Shop In-Store, Curbside Pickup or Phone-In your Orders (815-895-8151)
Buy Local. Spend it Here. Keep it Here.