



## Medically Advanced, Herbal Supplements\*

All Natural Ingredients



Perfect Body Balance

Product Catalog

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## Our Philosophy and Approach



The products offered by Get Well Natural, LLC are based on anecdotal research, clinical practice, and wisdom from many traditional and non-traditional therapeutic approaches. It is the combination of extensive knowledge and experience of doctors from Russian and Vietnam who are well versed in treatment, personal anecdotal research, nutritional science and molecular medical investigation. Our goal was to offer exclusive products based on their unique philosophy, experience and understanding of how to support the body's own healing potential.\*

Despite ongoing efforts and millions of dollars, conventional medicine has made very limited progress in the understanding and treatment of common chronic diseases. People suffering with chronic debilitating diseases may experience a significant decline in quality of life due to treatment drugs' side effects while creating financial stress due to high costs. The major weakness of modern medicine can be attributed to narrow-minded thinking and a highly technocratic approach of medical scientists and doctors. Diseases are viewed separately from patients' lives, environments, cultures, diets and lifestyles, focusing heavily on isolating genes, cells, receptors, and molecules. It is not our intent to criticize the weaknesses of conventional medicine, rather to provide you with an alternative point of view.\*

The doctors that developed our formulas believed that the most severe diseases such as cancer and autoimmune disease, are often the symptoms themselves. In other words, changes in the body's biochemistry, blood, immune cells, and even gene mutations are actually an expression of the body's adaptive response--a compensatory reaction in order to compensate for imbalances, intoxication, malnutrition, hyperexcitability and cellular or tissue deficiencies. This type of adaptive phenomena may explain, for example, why hormonal replacement therapy for aging women has, in many cases been disease-causing, rather than disease-preventing.\*

Their experience demonstrates a different approach that allows the body to heal itself instead of hoping refined chemical drug treatments will be a solution to disease processes. The key factor to any successful health program depends on the accurate identification of the root cause, the disease pathway, and connections between the disease and an individual's life. Each case also requires an understanding of the health supporting properties of natural substances.\*

In their collective anecdotal research and personal practice, they have used a variety of sources to help formulate a new explanation of the relationship between the human body and disease. These include clinical intuition, naturopathic and allopathic literature and small scale clinical trials. This knowledge gained allowed for a process that identified the best ingredients, combinations, their preparation and administration, course of usage, as well as lifestyle recommendations, including supportive advice on emotional and diet modification. The formulation process of our exclusive herbal formulas were created using a dynamic process--they adjusted, changed, selected, tested, and evaluated all feedback in order to figure out the optimal regimen and combination for each herbal formula.\*

The knowledge available through scientific articles, books, and the internet about therapeutic properties of natural food supplements can be very contradictory and confusing. Most supplements do not have enough research and time tested clinical application to verify efficacy. This is why particular nutraceuticals (natural dietary supplements) may produce disappointing results when used nonspecifically in a "shotgun" manner.\*

(Continued on next page)

All Get Well Products were developed based on the theory that natural substances may be used by the body to support healthy functions, regain balance and promote improved health. Many of Get Well Natural's ingredients are based on Traditional Chinese and Vietnamese Medicine, although, in some products the leading or principle ingredients could be from Europe, Polynesia, North and South America, South-east Asia, or India.\*

The answers are there, but the questions need to be asked. To quote the Paracelsus saying: "God (nature) would not give mankind any disease without the cure for it."

## Meet the Doctors Involved with These Effective Formulas



**Graeme Shaw M.D.** – Dr. Graeme Shaw received his medical training at Creighton University of Medicine and is Board Certified in internal medicine. He is a member of the American College for the Advancement in medicine and has been the director of the Natural Immune Supplements Corporation. Presently, he operates an Integrated Medical Clinic in Los Altos, California and has had great success in blending his knowledge of Eastern and Western modalities. Dr. Shaw specializes in integrated medicine which incorporates the best parts of alternative nutritional therapies using herbs, vitamins, amino acids, and other natural substances and therapies. Dr. Shaw has offered Get Well formulas in his personal practice for many years and with many satisfied patients. In combination with Dr. Ba Hoang, Dr. Graeme Shaw has been published in a number of international medical journals and pivotal publications.

**Ba Hoang M.D. PhD** – Dr. Ba Hoang combines scientific worldwide research and development to blend Western and Eastern medicine. Dr. Ba and his Family of Medical Doctors and Master Herbalist first began developing and successfully applying these types of herbal formulas over 45 years ago. In Vietnam, he and his family has been able to address difficult health disorders such as asthma, emphysema, hepatitis, cirrhosis, chronic viral infections, auto-immune disorders, gout, chronic Glomerulonephritis and other kidney disease, ITP, diabetes, neuropathy, and primary childhood immunodeficiencies. Dr. Ba received his MD and PhD from St. Petersburg Medical Academy in Russia. Besides his profound knowledge in pediatrics and clinical immunology, Dr Ba has authored several ground breaking publications and is the co-author of 4 international patents, as well as 2 U.S. patents pending in medicine. As a researcher Dr. Ba worked at the Royal Holloway University of London and the St. Petersburg Pediatric Academy, and the Allergy Research Group.

**Cuong Hoang M.D.** – Dr. Hoang, the brother of Dr. Ba Hoang, graduated from Hanoi National Medical School and serves as a consultant for Bayer Research specializing in innovative medical technologies. Dr. Hoang has developed and successfully applied natural supplements for treating liver cirrhosis, autoimmune hepatitis as well as diabetic retinopathy.

**Elena Nisheva M.D. PhD.** – Dr. Nisheva, a professor of Pediatrics and Immunology serves as a chief of laboratory of clinical allergy and immunology of the first children's hospital in St. Petersburg, Russia. She is a renowned specialist with over 200 publications & claims over 12 patented laboratory diagnoses in allergy, immunology and pediatrics. Dr. Nisheva worked with Dr. Ba Hoang for several years on many of his family herbal formulas during the time that Dr. Ba spent working in St. Petersburg Medical Academy in Russia.

## Why Get Well Natural LLC's products?

**Highest quality:** we use only the finest quality ingredients in the design and formulation of our products. All of our formulas were originally designed by medical doctors and master herbalists for their patients, thus making sure these formulas met high standards.

**Higher concentrations:** allow our products to have higher levels of active ingredients while dramatically reducing the necessity of taking large numbers of tablets, teas or capsules on a daily basis.

**Specific ingredients:** during the selection process of each herbal ingredient, only select parts of different herbs were chosen making each design very specific. Other companies will use the whole herb, leaf, stem, flower, bud, and/or seed in their formulations. Since each part of the herb has a different active ingredient, it is crucial to only use the part that achieves the desired effect. This exclusive selection process combined with personal practice application sets these proprietary formulas apart from all other companies.

**Coatings:** tablets are protected with a natural, water soluble rice starch coating that dissolves readily upon ingestion. For capsules, we use only kosher-certified vegetarian capsules.

**Hypoallergenic:** our products are free from common allergens, food colorings, preservatives, binders, and fillers including gluten, corn and dairy.

**Testing:** Stability and purity of our product line is the company's highest priority to ensure consistency and efficacy for our customers, as well as ourselves. We achieve this high level of quality control by testing for heavy metals, pesticides, bacteria, mold and other harmful substances.

**Effectiveness:** In order to achieve the highest level of effectiveness, we combine scientific knowledge of Western medical physiology and pathology with a holistic understanding of oriental herbology. Our anecdotal research has shown that when the body receives a carefully selected herbal combination and concentration, improved health can be achieved.

\*The statements contained in this catalog have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## Agrimonia

100 Capsules \* 500mg  
Serving Size: 3 Capsules



May offer health support for:

- Healthy Platelet Function\*
- Normal Blood Coagulation Function\*
- Healthy Platelet Counts\*
- Improved Normal Healing from Bleeding & Bruising\*

Get Well Natural's **Agrimonia** is a natural dietary supplement that is a concentrated extract of the Agrimonia Pilosa herb. This wonderful herb has wonderful qualities that may support normal blood coagulation and normal production of healthy platelets.\* Each bottle contains 100 hypoallergenic vegetarian capsules for a simple and effective delivery system of this high quality ingredient.\*

**Suggested Usage:** as a dietary supplement, take 3 capsules, two times per day.

\*\***Note:** For maximum health support for healthy platelets, add: [Calm Ezz ITP Kit](#), [Blood Well](#), [Restore Immune II](#), and/or [Artemisia Capillaris](#).\*

Ingredient: Agrimonia Extract

## Alisma

100 Capsules \* 600mg  
Serving Size: 2-3 Capsules



May Offer Health Support for:

- Healthy Kidney Filtration Function\*
- Improved Kidney & Urinary Health\*
- Healthy Protein Urinary Levels\*
- Healthy Urination Flow\*

Get Well Natural's **Alisma** is a high quality concentrated herbal extract that may support body balance naturally, helping to improve healthy kidney and urinary function.\* This product is considered a natural dietary supplement and made from an extraction of the Alisma Rhizoma Root. Each bottle contains 100 hypoallergenic vegetarian capsules for a simple and effective delivery system of this beneficial herb.\*

\*\***Note:** [Kidney Well II](#) can be combined with Alisma for maximum health support for healthy kidneys and healthy creatinine levels. Kidney dysfunctions including glomerulonephritis, nephropathy, glomerulosclerosis, and kidney failure may receive healthy support from the use of herbal dietary supplements.\*

**Suggested Usage:** as a dietary supplement, take 2-3 capsules, 2 times per day.

Ingredient: Alisma Extract

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## Aller Well

100 Tablets \* 500mg  
Serving Size: 3 Tablets



May Offer Health Support for:

- Allergies: Seasonal, Animal, Dust & Food\*
- Hay fever, Pollen, Inhalant Allergies\*
- Hives/Urticaria\*

Urban areas show the most dramatic rise in hospitalization and deaths triggered by allergens. Industrialization and higher levels of environmental pollution may be major factors. Symptoms include decreased lung function, bronchial inflammation, recurrent coughing, wheezing, breathlessness, chest tightness, sneezing, runny nose, congestion, itching, redness of the eyes, mucosal inflammation and rashes.

**Aller Well** combines herbal ingredients that may improve the body's natural healthy ability to live Allergy-Free. Aller Well may promote healthy liver function, neuro-endocrine balance and immunoregulation which are all important in order for the body to react to allergens and pollutants in a healthy way rather than with an allergic response.\*

This herbal formulation was not created to focus on treating or preventing the reactions or symptoms of allergies. Instead, its goal is to restore the body's energy balance and allow the body to not react to allergens and other triggering mechanisms.\* Aller Well has no decongestants, hormones or antihistamines. It is simply a natural supplement that can be used as long as needed to support healthy allergic response.\* Some individuals may experience continued allergy free health after completing a 4-6 month course of Aller Well supplementation.\*

**Suggested Usage:** as a dietary supplement, take 3 tablets, 2 times per day.

Ingredients: Morinda, Atractylodes (Alba), Gleditsia, Agastache, Sophora Flavensis

### Testimonial from Keli D., NY

*Ever since I was a child, I have had **allergies**. I used to get allergy shots every 2-4 weeks and took numerous types of allergy medicines. This year my hay fever has been much worse than in the past. In fact, there have been days when I have not been able to stay outside because I was sneezing continuously, and my eyes were swollen. I have tried 3 different prescription allergy medicines and none of them have relieved my symptoms. I finally decided to try the **Aller Well**.*

*Within a few days, I noticed a dramatic improvement in my health. Now I am able to spend time outdoors without suffering, and I also wake up less congested. My allergies are much better, thanks!*

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## Artemisia Capillaris

100 Capsules \* 500mg  
Serving Size: 3 Capsules



May Offer Health Support for:

- Healthy Detoxification of the Liver and Body\*
- Liver and Gall-Bladder Dysfunction\*
- Healthy Platelet and Coagulation Function\*
- Autoimmune Imbalances\*

**Artemisia Capillaris** is a dietary supplement that may support healthy detoxification and immunoregulation.\* Its unique properties may enhance healthy cleansing activities within the body.\* This vital activity is crucial for those undergoing stressful challenges of toxicity. Toxins that surround us include chemical, physical and biological substances. Detoxification is crucial in the elimination of these harmful stressors since they can lead to many types of illness or disease if not removed.\*

**Artemisia Capillaris** has been used in **traditional Chinese medicine** for over 2,000 years as an effective herbal support for the liver. High quality herbs that support normal liver detoxification is important for those with liver conditions such as chemical toxicity, hepatitis, jaundice, or gall bladder dysfunction.\*

**Suggested Usage:** as a dietary supplement, take 3 capsules, 2 times per day. *This herb is contraindicated for pregnant women.*

Ingredient: Artemisia Capillaris Extract

## Artemisinin

90 Capsules \* 100mg  
Serving Size: 1 Capsule



May Offer Health Support for:

- Imbalance Associated with Malaria & Parasites\*
- Autoimmune Health\*
- GI Tract Health\*
- Skin Health\*

**Artemisinin** (a sesquiterpene lactone) is the active component isolated from the natural herb *Artemisia annua* (Qinghaosu) which has been long used in traditional Chinese medicine (TCM) to support the body for many conditions of parasite infections such as malaria as well offering support for skin diseases.\* This pure form provides a much higher concentration than the whole herb itself making the need to take hundreds of pills obsolete. Research has shown artemisinin to be particularly beneficial in balancing the microbiology of the GI tract.\*

**Suggested use:** as a dietary supplement, take 1 capsule twice per day. *Women who are pregnant or breast feeding should not take this supplement.*

**Additional Information:** Artemisinin is currently being used in early research by Henry Lai and Narendra Singh of the University of Washington for its activity against cancer as described in their published paper in *Cancer Letters*, 1995.

Ingredient: Artemisinin

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## Black Seed Oil

100 Capsules \* 750mg  
Serving Size: 2 Capsules



May Offer Health Support for:

- Intestinal Health\*
- Digestive Health\*
- Respiratory Health\*
- Allergy Health\*
- Inflammation Health\*

100% Pure Black (Cumin) Seed oil is a rich source of unsaturated essential fatty acids (EFA's) and offers many nutritional benefits to support a healthy body.\* We provide a convenient way to take a consistent amount of Black Seed oil without its strong distinctive taste.

Premium Black Seed oil (also known as Egyptian Black Cumin) is cold-pressed from the Black Seed herb. Research shows that Black Seed Oil contains more than 100 natural health components that work together synergistically.\* It is a rich source of polyunsaturated fatty acids (also known as "essential fatty acids").

**Suggested Usage:** as a dietary supplement, take 2 gel capsules twice daily on an empty stomach or as directed by a healthcare practitioner.

Ingredient: Black Cumin Seed Oil

## Blood Tonic

150 Capsules \* 600mg  
Serving Size: 5 Capsules



May Offer Health Support for:

- Healthy Bone Marrow Function\*
- Normal Red Blood Cell Count and Quality\*
- Imbalance Contributing to Aplastic Anemia (AA)\*
- Healthy Oxygenation of the Blood\*

Get Well Natural's Blood Tonic may support the body's normal mechanisms to promote healthy blood, skin, physical and mental abilities, and improve healthy production of blood and bone marrow function.\* This product may also be used as a beauty tonic because when there is sufficient blood and nutrition, the skin, the complexion and hair will improve projecting good health as well as slowing aging and prolonging the body's youthfulness.\*

Healthy blood is not only necessary for nourishing your body, but also important in the healthy development of your mind. When blood quality is unhealthy, typical symptoms are: pale complexion, dry skin, dizziness, ringing in the ears, forgetfulness, insomnia and menstrual disorder in women, premature gray hair and many other disharmonies. Aplastic Anemia may also result.\*

**Suggested Usage:** as a dietary supplement, take 5 capsules, two times per day.

**Blood Tonic** herbal combination: Morinda, Fructus Lycii, Astragalus, Thlaspi, Agrimonia

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## Blood Well

180 Tablets \* 500mg  
Serving Size: 3 Tablets



May Offer Health Support for:

- Healthy Platelet Counts & Platelet Quality\*
- Normal Red Blood Cell Counts & Function\*
- Healthy Blood Coagulation\*
- Healthy Functioning Blood\*

Get Well Natural's **Blood Well** is a dietary supplement specifically designed to offer improved blood, platelet and bone marrow health. The herbal formulation in Blood Well was first utilized by Medical Doctors and Master Herbalist over 20 years ago in Vietnam due to a lack of adequate and effective treatments available in Western medicine. Based on **Dr. Ba Hoang's** medical and immunological research for his Ph.D. on I.T.P, it was further discovered that certain imbalances in the body can be associated with anemia, bruising, Petechiae, nosebleeds, and Idiopathic Thrombocytopenic Purpura (I.T.P.).\*

**Blood Well's** select ingredients play a vital role in supporting the body's health mechanisms to promote healthy blood coagulation as well as support normal bone marrow function. The formula contained in Blood Well has been used by thousands of individuals worldwide to support healthy blood and platelet function.\* **Suggested Usage:** as a dietary supplement, take 3 tablets, 2 times per day on an empty stomach, 30 minutes before meals.

**Blood Well** combination: Rehmannia, Alisma, Astragalus, Thilapsi, Eclipta, Phyllanthus

## Blood Well Special-Tea

150 Grams of Powder  
Serving Size: 3-5 Grams



May Offer Health Support for:

- Healthy Platelet Counts & Platelet Quality\*
- Healthy Blood Coagulation\*
- Improving Normal Immune Function\*

**Blood Well Special** is an exclusive dietary supplement that combines natural ingredients from both Blood Well and Restore Immune II in an easy to take powder form and is recommended for children or adults who can't swallow pills. This exclusive formula was specifically designed to promote healthy platelets, healthy blood coagulation and a balanced immune system.\* For those with either Immune or Idiopathic Thrombocytopenic Purpura (I.T.P.), Dr. Ba Hoang's medical and immunological research for his PhD on I.T.P. has offered unique insights into this condition.\* **Suggested Usage:** as a dietary supplement, **children** under 6 years old can take 1 teaspoon (3 grams) two times per day. For **adults**, take 1 heaping teaspoon (5 grams), two times per day. Can be mixed with hot water and drank as a tea or put into applesauce to mask the herbal taste.

**Blood Well Special** herbal combination: Rehmannia, Sarcandrae, Astragalus, Dioscorea, Artemisia Capillaris, Agrimonia

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## Brain Right

100 Capsules \* 500mg  
Serving Size: 2 Capsules



May Offer Health Support for:

- Healthy Mental Performance and Acuity\*
- Short & Long-term Memory Health\*
- Improved Circulation Health to the Brain\*
- Enhance Healthy Concentration\*

**Brain Right** is a natural herbal dietary supplement that promotes improved health of the brain and healthy circulation of blood flow to the brain.\* By promoting healthy brain function, cognitive activity and neurotransmitter balance, this product may support healthy short and long-term memory, attentiveness, healthy brain circulation and normal mental power.\* *Gastrodia* (Tian Ma) is a key ingredient and is known for its ability to improve blood vessel health in the brain thus promoting mental function and memory which is especially beneficial for age-related dementia and neurological decline due to stroke and head trauma.\* It may also help to optimize thinking and other cognitive activity in healthy people.\* **Suggested Usage:** as a dietary supplement, take 2 capsules, two times per day.

**Brain Right** herbal combination: *Gastrodia*, *Morinda*, *Fructus Lycii*, *Celastrus*

## Breathe Well™

100 Capsules \* 500mg  
Serving Size: 4 Capsules



May Offer Health Support for:

- Healthy Respiration\*
- Healthy Lung Function\*
- Imbalance Contributing to Asthma & COPD\*
- Normal & Healthy Breathing\*
- Respiratory Challenges\*

**Breathe Well** is a natural herbal dietary supplement formulated and developed based on 16 years of anecdotal research and private medical practice in Russia and Vietnam to promote healthy breathing, respiration and a balanced lung function.\* According to the inventors experience, a more balanced lung function can help the body modulate the respiratory and central nervous system (CNS) and enhance cellular energy production which is important for healthy and normal breathing.\*

**Breathe Well** also provides support for effective detoxification in relationship to healthy lungs which is crucial for those with respiratory challenges.\* **Suggested Usage:** as a dietary supplement, take 4 capsules, two times per day.

**Breathe Well™** herbal combination: *Atractylodes*, *Schizandra*, *Morinda*, *Poria*, *Blackseeds*

### Testimonial from Richard D., San Jose, CA

*My wife has received treatment for Asthma-symptoms, lung infections and severe nasal blockage many times over the last 5 years. Her condition worsened last summer and she was on a total of seven medications including 2 types of inhalers. I was forced to stand helpless and watch her struggle for her breathing to return.*

*This is her 3rd week on your products and she is once again healthy. Thank you for helping my wife breathe better!*

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## Cardio Well

120 Tablets \* 500mg  
Serving Size: 2-3 Tablets



May Offer Health Support for:

- Healthy Cardiovascular Function\*
- Promote Healthy Cholesterol Levels\*
- Healthy Arterial Walls & Vessels\*
- Heart Circulation Health\*
- Healthy Blood Pressure\*
- Imbalance Contributing to Heart & Cardiovascular Dysfunction\*

**Cardio Well** is an exclusively designed herbal formula that supports proper heart pumping function, healthy blood flow, healthy cholesterol levels and normalized artery and capillary integrity.\* A healthy functioning heart can support the body's ability to lower the risk associated with heart diseases like atherosclerosis, coronary, thrombosis, cardiovascular disease, thrombophlebitis and artery disease while also helping to reduce high blood pressure, cholesterol, and clotting in blood vessels.\* **Cardio Well** can play a vital role in improving the health of the entire circulatory system.\*

The average heart beats about 72 times a minute and pumps about 13,640 liters (3,600 gallons) of blood a day. During exercise, the pumping action automatically increases significantly in response to the tissue's demand for increased oxygen. A strong healthy heart is important to everyone, regardless of age or sex. Heart disease is one of the biggest killers and every year billions are spent on the treatment and prevention of heart disease. Problems that are associated with a weak heart and poor function are cardiovascular disease, circulation deficiencies, high blood pressure, high cholesterol, thrombosis, thrombophlebitis and fatigue.

For maximum health support over time, **Cardio Well** can be taken for months at a time as a daily supplement for overall health, longevity and excellent cardiovascular health.\*

**Suggested Usage:** as a dietary supplement, take 2-3 tablets, two times per day.

**Cardio Well** herbal combination: *Morinda*, *Achyranthes*, *Lycium Fruit*, *Prunella*

### Testimonial from Roman V., San Jose, CA

I am 71 years old and was experiencing high blood pressure 200/107. I did not want to take any drugs because of the side effects that have been reported. So I called Get Well a company that was recommended to me. They were so helpful in talking about their herbs, that I decided to try them. Thank goodness I did! My blood pressure is now normal and I feel like a kid again. I am so thankful I do not have to use drugs. --

B.B., San Jose, CA

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## Cardio Well "Classic"

100 Capsules \* 500mg  
Serving Size: 4 Capsules



May Offer Health Support for:

- Promoting Enhanced Healthy Heart Function
- A Healthy Non-Enlarged Heart\*
- Normal and Healthy Circulation\*
- Improved Cardiovascular Health\*

**Cardio Well "Classic"** contains a perfectly balanced combination of herbal ingredients exclusively formulated to support healthy heart and cardiovascular function.\* This is crucial since poor heart function can lead to congestive heart failure, cardiomyopathy, heart enlargement and some cases of resistant hypertension.\* For these individuals, Cardio Well "Classic" offers superior ingredients to assist the body in promoting healthy heart size, healthy heart energy and healthy dilation of the coronary artery.\*

**Suggested Usage:** as a dietary supplement, take 4 capsules twice daily on an empty stomach, 30 minutes before meals, or as directed by a healthcare practitioner. Cardio Well "Classic" may be taken for 9 to 12 months and then 10 days a month for 6 months thereafter.\*

**Cardio Well "Classic"** herbal combination: Morinda, Prunella, Salvia, Notoginseng, Eucomia, Lycium Fruit

## Calm Ezz

150 Tablets \* 500mg  
Serving Size: 1-3 Tablets



May Offer Health Support for:

- Healthy Stress Resistance\*
- Anxiety and Nervousness Support\*
- May Promote Natural Relaxation\*

**Calm Ezz** is a natural dietary supplement that promotes emotional balance, healthy stress resistance and natural relaxation.\* Anxiety and panic disorders are becoming more and more common in modern life. Many people struggle with uncomfortable and distressing symptoms of stress and anxiety. Prescription drugs with their associated side effects are too often the treatment of choice for the vast majority of people suffering from anxiety and panic attacks. Since it is nearly impossible to live stress-free, it is crucial to support your resistance to the damaging effects stress can cause to the body and mind.\*

**Suggested Usage:** as a dietary supplement, take 1 to 3 tablets up to three times daily or 2 hours after dinner to promote healthy sleep. **Sweet Sleep** may be combined with Calm Ezz for additional sleep support.\*

**Calm Ezz** herbal combination: Ramulus Ucariae, Ziziphus Spinosa, Albizia Julibrissin

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## Calm Well

100 Tablets \* 500mg  
Serving Size: 3 Tablets



May Offer Health Support for:

- Healthy Mood Support\*
- Imbalances with Feelings of Depression & Irritability \*
- Balancing Support for Obsessive Thoughts\*
- Healthy Sleep Cycles (Insomnia-Free)\*

**Calm Well** is a natural herbal dietary supplement that promotes balance of the multiple systems of mind and body communication. When in balance, the body may restore cellular energy while also promoting improved neurotransmitter health and membrane function. This improved function may better support those with symptoms of depression, irritability, moodiness, insomnia and excessive thoughts.\*

Depression and emotional illness are some of the most frequent psychological problems encountered in medical practice. While the exact cause of depression is unknown, numerous factors appear to contribute. These include genetics, life/event sensitization, toxins and biochemical changes. A hidden problem that can also contribute to depression is hypothyroidism, both low thyroid function diagnosed by laboratory tests and "sub-clinical" hypothyroidism.\*

**Suggested Usage:** as a dietary supplement, take 3 tablets 2-3 times daily.

**Note:** For improved sleep health, add **Sweet Sleep** at bedtime.

**Calm Well** herbal combination: Cyprus, Poria Cocos, Eclipta, Ganaderma, Schizandra

## Cordyceps Sinensis

90 Capsules \* 500mg  
Serving Size: 2-5 Capsules



May Offer Health Support for:

- Improved General Health & Wellness\*
- Enhanced Cellular Energy\*
- Healthy Adrenal Function\*
- Imbalance Leading to Aplastic Anemia\*
- Energy\*
- Immune Health\*

Get Well Natural's high quality **Cordyceps Sinensis**, also known as Chinese caterpillar mushroom, comes from cultured, lab grown sources ensuring purity and the environmental protection of its growing areas. Cordyceps is a perfectly natural ingredient that may promote healthy cellular energy, immune health as well as support healthy adrenal activity and function.\*

Cordyceps has been used for thousands of years in China to help build body strength and immunity, improve lung function, and increase energy. It was virtually unknown to the Western part of the world until the Chinese women's track team broke records in 1993 and was found to be part of their dietary supplementation. Used traditionally in China for the following attributes: anti-oxidant, anti-viral, immunomodulator, tonic for cardiovascular, respiratory, and reproductive conditions.

**Suggested Usage:** as a dietary supplement, take 2 to 5 capsules twice per day

**Ingredient:** Cordyceps Sinensis

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## Cell Saver

150 Capsules \* 600mg  
Serving Size: 5 Capsules



May Offer Health Support for:

- Healthy Cellular Detoxification\*
- Promoting General Health & Wellness\*
- Healthy Cellular Membrane Function\*
- Degenerative & Proliferative Support\*

**Cell Saver** is an exclusive herbal formula designed to promote healthy cellular detoxification, healthy cellular membrane function and regeneration, healthy energy metabolism, and healthy cell pathways.\* When the body is detoxifying in a normal, healthy manner, it becomes efficient at neutralizing and releasing the toxins within the cells.\* The immune system, like most other important systems within the body, becomes more efficient as toxins are removed.\*

Cell Saver is an excellent natural health support for those with chronic and age-related conditions as well as a perfect life enhancing supplement to promote general health and overall wellness.\* This unique herbal formula was developed due to the fundamentally crucial need for supporting healthy cellular detoxification in our modern contaminated society.\*

**Suggested Usage:** as a dietary supplement, take 5 capsules, two times per day.

**Herbal Ingredients:** Paeonia, Atractylodes Alba, Mormodica, Cudrania, Sophora, Dioscorea

### Testimonial from Lena W., VA

*My electrician husband for years worked around chemicals, asbestos, and other harmful elements. A few months ago he broke out in blisters on his back, legs, and elbows that burned and itched like crazy, and had a hard time sleeping. The sores were as large as the size of a dollar bill and very painful. This herbal formula worked it's magic on my husband. It has taken him approximately 3 months and his skin is now healthy, and feeling more like himself everyday. We are in so much appreciation for your formulas.*

## Dandelion Root

100 Capsules \* 700mg



May Offer Health Support for:

- Healthy Liver, Gall Bladder, Blood & Kidney Function\*
- Healthy Body Detoxification\*

**Dandelion Root** is a primary herb used for centuries to support and purify the blood and flush toxins out of the body, via the liver and kidneys.\* Our Dandelion Root extract is highly concentrated, allowing for smaller serving sizes while still creating the healthy effects expected from this important nutrient.\* The genus name of Dandelion, "*Taraxacum*" is derived from the Greek word "taraxos", meaning "disorder" and "akos" meaning "remedy". Dandelion is one of the planet's most famous and useful weeds.\* Dandelion root has been used traditionally to support the liver and kidneys for centuries.\* **Suggested Usage:** as a dietary supplement, take 3 capsules, twice daily.

Ingredient: Dandelion Root Extract

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## Detox Kit

Cell Saver 150 Capsules \* 600mg  
Kidney Well 100 Capsules \* 500mg



May Offer Health Support for:

- Healthy Detoxification of the Organs\*
- Heavy Metal Detoxification\*
- Cellular Toxicity Elimination\*

For those interested in liver, kidney, as well as overall body detoxification, the **Detox Kit** containing 1 bottle of Cell Saver and 1 bottle of Kidney Well will offer maximum health support for supporting the body's normal abilities to cleanse itself of toxins.\* These two herbal combinations have been designed to rebalance the body, thus allowing it to more efficiently support detoxification.\* As the body and its cells become less toxic, a normalization of cellular membrane function can occur.\* Overall body detoxification is an extremely important factor for restoring and maintaining proper health.\* **Suggested Usage:** as dietary supplements, take 5 Cell Saver capsules, two times per day and 3 Kidney Well capsules, two times per day or as directed by a healthcare provider. Both products should be taken at the same time on an empty stomach.

**Cell Saver:** Paeonia, Atractylodes Alba, Mormodica, Cudrania, Sophora, Dioscorea, Smilax  
**Kidney Well:** Smilax, Dioscorea, Astragalus, Ganoderma, Morinda

## Digestion Support

100 Capsules \* 500mg  
Serving Size: 3 Capsules



**Digest Well** may support:

- Healthy Digestion\*
- Indigestion Imbalance\*
- Diarrhea Imbalance\*
- Constipation Imbalance\*



**Russian Choice GI** to support:

- Irritable Bowel-Free Health\*
- Inflammatory Bowel Health\*
- Healthy Digestion\*

Indigestion and diarrhea are conditions that may be caused by factors such as organ dysfunction, lack of enzymes or eating too fast. Symptoms may include pain or burning in the stomach, nausea, bloating, burping, heartburn or acid reflux.

**Digest Well** contains a proprietary blend of extracts providing synergistic support for overall gastrointestinal health.\* As the body's organ systems regain balance and function, a normalization of the digestive system can result.\* **Suggested Usage:** as a dietary supplement, take 3 capsules, 2 times per day on an empty stomach.

**Russian Choice GI** can be used for maximum nutritional support for inflammatory or irritable bowel health.\* This unique product contains a similar proprietary blend of herbal extracts as found in Digest Well with the added ingredient "Lactobacillus rhamnosus". This "super probiotic" has shown significant immune system supporting properties that may help to promote a healthier environment of the gut.\* **Suggested Usage:** as a dietary supplement, take 3 capsules, 2 times per day.

**Digest Well:** Poria, Atractylodes Alba, Cyperus, Agaricus, Crataegus, Black Seed

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## Female Well

100 Tablets \* 500mg  
Serving Size: 3 Tablets



May Offer Health Support for:

- Healthy Emotional Female Balance\*
- Normal Menstrual Cycles\*
- Healthy Hormonal Female Balance\*
- Imbalances Associated with Anemia, Hot Flashes & Insomnia\*

The select combination of herbs found in Get Well Natural's **Female Well** is specifically designed to provide maximum support for a healthy functioning female body. When your body achieves healthy balance, metabolic improvements may support the balance of hormones, reduce related spasms and help tonify the blood.\* Common conditions associated with an imbalance of the female body can include premenstrual syndrome, postmenstrual syndrome, cramps, depression, mood swings, hot flashes, insomnia, night sweats, menstrual irregularities and anemia.\* **Suggested Usage:** as a dietary supplement, take 3 tablets twice daily.

**Female Well** herbal combination: Angelica, Lycium Fruit, Pearl Powder, Alisma, Cyperus

### Testimonial from Linda N. San Jose, CA

*I wanted to thank you for introducing me to Female Well. I am totally satisfied with this product. My doctors and friends all believed that I was too young to go through menopause. Yet at 37 I was having "hot flashes". They would occur in the a.m. and then a few times throughout the day, and especially at night. It was disrupting and uncomfortable. After the first week on this product, I noticed a difference. I am completely amazed. I never thought a natural product could allow me to live free from "hot flashes". Thank you!*

## Genecel

150 Capsules \* 700mg  
Serving Size: 5 Capsules



May Offer Health Support for:

- Healthy Cell Replication & Function\*
- Cellular Integrity & Regeneration\*
- Extreme Cellular Toxicity\*
- Cellular Dysfunction\*
- Cellular Imbalance\*
- Cellular Hyperexcitability\*

**Genecel** provides a powerful synergistic blend of cellular supporting, herbal ingredients.\* These natural phytonutrients have been carefully chosen and uniquely formulated to provide maximum support for healthy cellular replication, repair and growth.\* Genecel was developed based on a "healthy cell concept" which is a concept that focuses on supporting healthy cells by promoting cellular detoxification, calming, and energy.\* This formula can be used as a dietary supplement to support healthy balance for individuals with chronic and age-related situations that are associated with impaired cell function or extreme toxicity.\* As cells become healthier, a normalization of cellular membrane function can occur and improved health and vitality may result.\*

**Suggested Usage:** as a dietary supplement, take 5 capsules, two times per day.

**Genecel** herbal combination: Morinda, Artemisia Capillaris, Sophora, Mastic, Hedyotis

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## Gout Well

100 Capsules \* 500mg  
Serving Size: 4 Capsules



May Offer Health Support for:

- Promoting a Gout-Free Body\*
- Healthy Joints and Joint Function\*
- Healthy Uric Acid Metabolism\*

Gout affects about 1 million Americans and about 4 times as many men versus women. It is caused by uric acid deposits in the joints of the hands, wrist, elbow, knee, ankle and foot (particularly the big toe).

Get Well Natural's **Gout Well** is a superior herbal dietary supplement designed to support healthy uric acid metabolism.\* This specific formulation has been developed, tested, and implemented by several Medical Doctors through their extensive anecdotal research and personal practices.\* According to their experience, as your body begins to balance and optimize uric acid metabolism, the following benefits may be realized: reduced pain and inflammation, improved blood circulation and reduced side effects from anti-gout medications and other drugs by improving kidney and liver function.\* For maximum health support, Gout Well can be taken for months at a time as a daily dietary supplement for pain-free health and longevity\*

**Suggested Usage:** as a dietary supplement, take 4 capsules, twice daily.

**Gout Well** herbal combination: Morinda, Ecliptae, Alisma, Prunella

## Hepagenesis

100 Capsules \* 500mg  
Serving Size: 3-4 Capsules



May Offer Health Support for:

- Liver Dysfunction Support\*
- Fatty Liver Health\*
- Liver Cirrhosis Support\*
- Improved Liver Health\*
- Healthy Hair\*

This product contains the herb Eclipta (Eclipta alba), traditionally used in Chinese medicine (TCM) as a cooling and restorative herb supporting the liver, mind, nerves, eyes, and hair as well as to support and nourish the liver. Liver support is essential for individuals with cirrhosis, jaundice, hepatic conditions, bleeding due to excess internal heat, or premature graying of the hair.\*

Eclipta grows throughout the wet lowlands of East Asia, typically near rice fields. The leaves are used in Ayurvedic medicine as a powerful liver rejuvenative tonic. Practitioners of TCM use eclipta for yin deficiency with internal heat. Clinically, this herb has been used safely for extended periods of time as a single herb or in combination with others.\*

**Suggested usage:** as a dietary supplement, take 3-4 capsules, twice daily.

**Hepagenesis** ingredient: Eclipta Alba Extract

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## Healthy Prostate & Ovary

180 Tablets \* 500mg  
Serving Size: 3 Tablets



May Offer Health Support for:

- Overall Prostate Health\*
- Benign Prostatic Hypertrophy Health\*
- Painful or Frequent Urination Support\*
- Male Urination Normalcy\*
- Overall Ovarian Health\*
- Ovarian Cyst-Free Health\*
- Female Hormonal Healthy Balance\*

Get Well Natural LLC's **Healthy Prostate & Ovary** is formulated to promote healthy prostate and ovarian function.\* This herbal combination has been featured in Second Opinion by Dr. Robert Rowen MD, Health Sciences Institute periodic publication, as a natural support for prostate and ovarian diseases. Many doctors and individuals highly endorse the product based on their experiences of its health benefits.\* The main ingredient, **Crinum Latifolium**, has been researched and documented to be an excellent and effective supportive ingredient to promote the health of the ovary and prostate.\*

Crinum Latifolium, is a leafy traditional Vietnamese herb used in ancient times by royalty to enhance longevity and the immune system.\* It is currently used in Vietnam for a wide variety of health supporting benefits for the body for those with conditions including prostate and ovarian disorders such as prostatitis, adenoma, benign prostate enlargement (BPH), uterine fibroids and ovarian cysts.\*

**Suggested Usage:** as a dietary supplement, take 3 tablets, two times per day.

**Healthy Prostate & Ovary** herbal combination: Astragalus, Alisma, Crinum Latifolium, Carica Papaya, Momordica Charantia, Annona Muricata

### Testimonial from Bill H., OR

*I was experiencing some **prostate problems** and making about 4 trips a night to the bathroom. My wife was using your herbals for an auto-immune condition and had great success, so we researched your website and found you might have a solution for me. I started using your **Healthy Prostate/Ovary** and within a week, my nightly trips to the bathroom returned to a healthy normal. This product works great!*

### Testimonial from Dr. Abram Ber, M.D.

Case History: C.G. is a 39 year old woman who has polycystic ovaries as a part of the complex Syndrome X. She began to take Crinum Latifolium. On June 16, 2005, a repeat pelvic ultrasound showed a complete resolution of the previously described complex cyst. *"I have shared this case history to confirm the efficacy of Crinum Latifolium. I have found it to be universally effective for several other patients with ovarian cysts."* Dr. Abram Ber, M.D.

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## Immune Well

180 Tablets \* 500mg  
Serving Size: 3 Tablets



May Offer Health Support for:

- Promoting Bronchial & Immune Health\*
- Healthy Lung Function & Support\*
- Childhood Chronic & Acute Ear Infection-Free Health\*
- Upper Respiratory Health\*

Get Well Natural's **Immune Well** provides a powerful and synergistic blend of natural ingredients designed to promote a balanced immune system, bronchial health, lung health, and overall state of well being.\* When the body can maintain perfect balance, an optimum environment for the body to heal itself may result and the immune system may also function normally.\*

The immune system is supposed to respond to and eliminate viruses, bacteria and other pathogenic organisms. Individuals are constantly bombarded by new and toxic substances that challenge our body's ability to remain healthy.\* Unfortunately, when the body becomes too toxic, stressed and imbalanced, the immune system function decreases.\* This can cause immune challenged conditions such as bronchitis, pneumonia, lung infections, and other respiratory conditions as well as chronic ear infections.\* **Suggested Usage:** as a dietary supplement, 3 tablets twice daily.

**Immune Well** herbal combination: Atracylodes (Alba), Astragalus, Andrographis

### Testimonial from Molly P. WA

*My whole life, I have continually gotten sick and missed so much school up until last year when I began taking Immune Well. Last quarter, I did not miss one day of school for the first time in my life and got straight A's.*

## Kidney Well

100 Capsules \* 500mg  
Serving Size: 3 Capsules



May Offer Health Support for:

- Promoting Healthy Cleansing of the Kidney\*
- Natural Heavy Metal Detoxification Support\*
- Chemical Detoxification Support\*

**Kidney Well's** exclusive formulation has been designed to support the body's healthy ability to correct the imbalances associated with heavy metal toxicity.\* When our body is balanced and proper kidney function is present, detoxification pathways become more efficient at removing harmful toxins.\* The select ingredients in this product have been used by medical doctors and master herbalists in their personal practices for the purpose of providing a natural herbal formulation that is a highly effective kidney supportive as well as a detoxifier for the body.\* **Suggested Usage:** as a dietary supplement, take 3 capsules, twice daily.\*

**Kidney Well** herbal combination: Smilax, Dioscorea, Astragalus, Ganoderma, Morinda

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## Kidney Well II

200 Tablets \* 500mg  
Serving Size: 5-10 Tablets



May Offer Health Support for:

- Maximum Support For Healthy Kidneys & Kidney Function\*
- Healthy Creatinine & Urinary Protein Levels\*
- Improved Normal Kidney Filtration Function\*
- Support for Imbalances Associated with Kidney Dysfunction\*

Get Well Natural's **Kidney-Well II** formula was developed by a collective group of Medical Doctors and Master Herbalist in Vietnam and Russia. They have used this time tested formula successfully for over 25 years in their personal practices to support their patients with kidney dysfunction.\* Based on their experience and understanding, Kidney Well II's proprietary herbal ingredients were chosen due to their potential benefits to the kidneys: anti-oxidant, cellular cleansing, filtration support, and cellular energy enhancing properties.

This formulation was designed to support all the bodily systems that are involved with **maintaining healthy kidneys** and protecting them from environmental chemical damage.\* Many individuals worldwide, who have taken our effective kidney supporting products, have been extremely satisfied and thankful after using our exclusive herbal blends.

**Additional Information:** According to the developers of this formula, many people do not realize that chronic inflammatory disorders of the kidneys are often caused by primary or secondary abnormalities in renal micro circulation and metabolism as well as nutritional deficiencies within the kidneys. They believe that these negative factors may lead to low kidney function and imbalance thus resulting in the possible need for medical attention.\* That is why the developers feel that supporting normal body balance and healthy kidney function is an important factor for all people especially those with chronic Glomerulonephritis, FSGS, high creatinine levels, nephrotic syndrome, proteinuria, drug-induced kidney pathologies and any renal dysfunction.\*

**Note:** For those with kidney failure, low kidney function or high creatinine, add **Alisma** for maximum healthy kidney support. For those with high proteinuria, **Phyto Antioxidant** may be taken as well to support healthy urinary protein levels.

**Ingredients:** Alisma, Poria, Rehmannia, Morinda, Astragalus, Cyperus, Dioscorea

### Testimonial from Rui Moreira, Portugal - 2008

*After 22 years, my transplanted kidney was showing a serious weakness and it looked as if it was coming to an end, despite a stiff diet and medical precautions. Also, I had developed a serious case of proteinuria which was getting worse by the week. This was two months ago, when I decided to try a combination of Kidney Well2 and Phyto Antioxidants. Since then, I am healthy and my doctors are telling me that my kidney is*

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## L-Carnitine Fumarate

90 Capsules \* 300mg  
Serving Size: 2-3 Capsules



May Offer Health Support for:

- Improved Healthy Cellular Energy\*
- Promoting Muscular Health\*
- Improved Cardiovascular Metabolic Function\*
- Imbalances Associated with Chemotherapy Side Effects\*

**L-Carnitine Fumarate** is a dietary supplement that may promote healthy cardiovascular function and cellular energy.\* L-Carnitine is critical for the transport of fatty acids into the mitochondria, the site of cellular energy production.\* Metabolic deficiencies in L-Carnitine can manifest as low energy levels and muscular weakness. L-Carnitine is a vitamin-like nutrient that is synthesized in the body.\* Fumarate is a natural salt or ester of the organic compound fumaric acid also found in the body.\* Fumarate, naturally present in the Krebs cycle (a key cellular energy-producing process), synergistically optimizes the energy metabolism potential of L-Carnitine.\*

Get Well Natural's **L-Carnitine Fumarate** compound contains the patented BIOS-INT™ L-Carnitine Fumarate, made in Italy by Sigma Tau Health Science. Known as a global leader in L-Carnitine research, Sigma Tau holds numerous patents for L-Carnitine production, and its derivatives are used in clinical trials. Sigma Tau Health Science holds the only FDA-approved (1984) pharmaceutical batch process system for consistent L-Carnitine quality ensuring the most stable and bioavailable L-Carnitine product on the market. It is GMO and pesticide free, as well as B.S.E. safe.\*

**Suggested usage:** as a dietary supplement, take 2-3 capsules, twice daily. L-Carnitine Fumarate is considered to be very safe for oral consumption and toxicity or overdose has not been reported. L-Carnitine is generally well tolerated up to 15

**L-Carnitine Fumarate** ingredients: L-Carnitine Fumarate (300mg.)

## Lymphasol

60 Capsules \* 750mg  
Serving Size: 3 Caps.



May Offer Health Support for:

- Healthy Lymphatic Drainage\*
- Healthy Release of Fluid / Edema\*
- Lymphedema-Free Health\*
- Lymph Node Health\*
- Healthy Detoxification\*

**Lymphasol** is a combination of herbal ingredients designed to provide support for a healthy lymphatic system. Select ingredients in this formula are frequently used in traditional Chinese Medicine (TCM) and Vietnamese herbal Medicine to promote healthy drainage and cleansing of the lymphatic system and stimulate other aspects of body detoxification. Experience indicates that healthy lymphatic function is important for the health of the kidney, liver and immune system as well as helping to support a healthy body.\* **Suggested usage:** as a dietary supplement, take 3 capsules, twice daily.

**Ingredients:** Alpha Lipoic Acid, Arisaema pulvis, Corydalis, Lobelia Chinensis, Draconis sanguis, Mangifera indica, Myrrh, CoQ10

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## Liver Well

120 Tablets \* 500mg  
Serving Size: 2-3 Tablets



May Offer Health Support for:

- Healthy Liver Function\*
- Hepatic Imbalances/Dysfunction\*
- Maintaining Healthy Liver Tissue\*
- Liver Detoxification Health\*
- Liver Protection Function\*

Get Well Natural's **Liver Well** has been successfully developed by a collective group of **Medical Doctors and Master Herbalist** in Vietnam and Russia. They have used this time tested formula successfully for many years in their personal practices to support their patients with liver dysfunction. The complex combinations of natural balancing herbs found in this unique formula may **provide strong liver supporting herbs to maintain healthy liver function.**\*

The developers of this proprietary formula believed that a body and organ system in balance has a greater potential to recover from the underlying imbalances associated with liver disorders.\* They believed that supporting healthy liver function is important for those experiencing liver challenges including jaundice, cirrhosis, hepatitis A, B or C, alcohol-induced fatty liver and autoimmune liver disorders.\*

**Liver-Well's synergistic ingredients** may also provide support for liver protection and anti-fibrotic activity, immune stimulation, liver micro circulation and cleansing enhancement, as well as bile secretion.\* The foundation of this natural herbal approach is based on the best knowledge from traditional Chinese medicine (TCM), Indian folk medicine, and Vietnamese naturopathy.\* Continual use of Liver Well can also support the liver's key functions such as healthy digestion, detoxification and energy storage.\*

**Suggested Usage:** as a dietary supplement, take 2-3 tablets, twice daily. For maximum health support over time, Liver Well can also be taken for months at a time as a daily supplement for continued health and longevity.\*

**Liver Well** herbal combination: Angelica, Patrinia, Phyllanthus, Schizandra, Eclipta

### Testimonial from Kim M., FL

*I am writing today to let you know of how satisfied I am with your Liver Well and Artemisia Capillaris products. Before taking your products, I had my second liver transplant March 10th 2008. Soon after, my Hep C came right back and reached a very scary high viral load within a month. On April 20, 2008 I started taking Liver Well and Artemisia Capillaris twice a day. I just had my blood work-up and I can tel you I am now healthier! My goal is to get the viral load to normal and protect my liver from any future damage. Thank you so much for offering these products.*

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## Metabo Well

180 Tablets \* 500mg  
Serving Size: 3 Tablets



May Offer Health Support for:

- Healthy Glucose (Sugar) Levels & Metabolism\*
- Helping to Maintain Healthy Insulin Levels\*
- Healthy Production & Use of Insulin\*
- Support for Diabetic Related Complications & Imbalances\*

**Metabo Well** is a dietary herbal supplement that may offer natural support for those who want to maintain healthy levels of insulin and sugar in the blood.\* Healthy balance in these areas may offer much needed support for individuals experiencing challenges of hypoglycemia, diabetes and related conditions like neuropathy, nephropathy, retinopathy and macular degeneration.\* The basic action of these specific ingredients is to support the body's natural healing mechanisms to remove toxins from organs, and improve healthy pancreatic, kidney and liver function.\* It is the philosophy of the creators of this exclusive formula, that when the body is in a healthy balanced state, the resulting outcome may include the disappearance of pain, insomnia, sexual dysfunction, constipation, extreme thirst and hunger, as well as a normalization of fat metabolism and other diabetic complications.\*

**Suggested Usage:** as a dietary supplement, take 3 tablets, twice daily.

**Diabetes** is the 6th leading cause of death in the U.S. and the primary cause of blindness amongst adults. Glucose-lowering drugs usually succeed in lowering blood sugar levels, but may come with serious side effects. A recent US study published in the *New England Journal of Medicine* (May 2007), has linked the diabetes type 2 drug rosiglitazone (brand name Avandia) to increased risk of heart attack and cardiovascular death.

**Ingredients:** Lycium Fruit, Morinda, Dioscorea, Cinnamon, Cornus, Pueraria Root.

### Testimonial from Mark A., CA

*When I found Metabo Well at Get Well Natural I felt I might eat normally again. After taking this supplement, I was out of my FOOD PRISON and could not believe that I could eat white bread and pasta and even ice cream without my prior problems. The herbs are the closest thing to a miracle I have ever experienced.*

## Libido Well

90 Capsules \* 500mg



May Offer Health Support for:

- Low Libido / Sex Drive Support\*
- Healthy Sexual Vitality\*
- Freedom from Erectile Dysfunction\*
- For Both Men & Women\*
- Enhancing Cellular Energy\*
- Microcirculation Health\*

**Libido Well** is designed to promote maximum support for a healthy sexual libido and overall health.\* This product contains no drugs or stimulants. The natural herbal ingredients simply provide what the body needs for optimum health, circulation and performance for both men and women seeking a natural approach to enhancing healthy sexual function.\* As a dietary supplement, take 3 capsules, twice daily.

**Libido Well** herbal combination: Lycium, Epimedium, Morinda, Cornus, Achyranthes

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## Morinda

100 Capsules \* 500mg  
Serving Size: 3 Capsules



May Offer Health Support for:

- Enhancing Healthy Circulation\*
- Promoting General Health & Wellness\*
- Healthy Cellular Energy & Regeneration\*
- Cold Hands and Feet\*

Get Well Natural's **Morinda** is a concentrated extract of Noni fruit (*Morinda Citrifolia*) and provides maximum benefits of Noni Juice in an easy to take capsule. Noni has been used for centuries by holistic healers of the South Pacific and Asia to support a wide variety of health benefits.\* It has also been used in these areas to support general body imbalances associated with the respiratory, digestive and immune system, as well as a wide variety of ailments including diabetes, arthritis, hypertension, and pain.\* Today, it is one of the most popular natural nutrients used throughout the world. This cleaning, tonifying and warming herb can support the body's healthy mechanisms to encourage normal daytime energy while also improving healthy nighttime sleep. Perfectly supportive for individuals who often feel cold or have cold hands and feet.\* **Suggested Usage:** as a dietary supplement, 3 capsules, twice daily.

**Ingredient:** Morinda Citrifolia (Noni)

## Magnesium Citrate

100 Capsules \* 500mg  
Serving Size: 3 Capsules



May Offer Health Support for:

- Healthy Heart Rhythm & Function\*
- Healthy Cardiovascular System\*
- Healthy Relaxation of Muscles\*
- Promote Restful Sleep\*
- Healthy Stress Management\*
- Improved Digestive Health\*

Get Well Natural's 100% **Magnesium Citrate** is easily absorbed by the body and contains no fillers or binders and comes in a hypoallergenic vegetarian capsule. Magnesium Citrate is a dietary mineral supplement that may support healthy heart rhythm and function, immune function, cardiovascular function, calming of muscles and nerves and a wide variety of health supporting activities. By promoting relaxation, magnesium may also promote restful sleep.\* **Magnesium** is one of the single most important nutrients for maintaining healthy biological functions including the production and transfer of cellular energy, muscle relaxation and contraction, nerve conduction, maintenance of healthy bones, electrical stability of cells, support of cell membrane integrity, and the maintenance of vascular tone.\*

Magnesium also plays an important role in the conversion of carbohydrates, protein, and fats to energy, the manufacture of proteins, the synthesis of the genetic material within each cell and in many biochemical reactions as a cofactor to over 300 enzymes in the body.\*

**Suggested Usage:** as a dietary supplement, 1 capsule one to three times daily.

**Ingredient:** Magnesium Citrate

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## Not-So-Well I

90 Capsules \* 500mg  
Serving Size: 3 Capsules



May Offer Health Support for:

- Cold, Flu & Viral-Free Health\*
- Healthy Immune System and Body Defenses\*
- Promoting General Health & Wellness\*
- Improved Seasonal Support\*

**Not-So-Well I** is a herbal dietary supplement exclusively designed to provide healthy support for seasonal challenges.\* Taking care of your body and immune system during the winter is essential for continued optimum wellness. Astragalus, a key ingredient, is known for improving healthy immune system integrity.\*

**Cordyceps**, another important ingredient, has been added to this formula due to its ability to promote healthy cellular energy and immune health.\* We have found this product to be a popular dietary supplement for year around support. For maximum health and wellness, we recommend Not-So-Well I be taken during the entire cold and flu season to maintain the body's healthy defenses.\*

**Suggested Usage:** as a dietary supplement, take 3 capsules, two times per day.

**Ingredients:** Angelica Dong Quai, Andrographis, Astragalus, Lonicera Flower

## Not-So-Well III

100 Tablets \* 500mg  
Serving Size: 3 Tablets



May Offer Health Support for:

- Promoting a Healthy Viral-Free Body\*
- Imbalance Contributing to Herpes\*
- Imbalance Leading to Shingles\*

**Not-So-Well III** is a dietary supplement formulated as a hybridization of Not-So-Well I and designed to promote maximum health support and body balance for those with viral challenges.\* When the body has a healthy balance it may be more able to manage the effects of herpetic disorders such as cold sores, herpes simplex and herpes zoster.\* When your body becomes overly stressed and out of balance, it may become less efficient in dealing with these disorders.\* Not-So-Well III may be taken for 3-12 months and then as needed for continued health.

**Suggested Usage:** as a dietary supplement, take 3 tablets 2 - 3 times per day.

**Not-So-Well III** herbal combination: Andrographis, Prunella, Ecliptae, Lonicera Flower

### Testimonial from Jay T., San Jose

*The **Not So Well III** formula works exceptionally well with no side effects. My outbreaks were almost continuous for over 20 years. This product has worked better than anything else including drugs I have tried.*

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## Phyto Antioxidant

100 Capsules \* 500mg  
Serving Size: 3 Capsules

( formerly Liver & Antioxidant )



May Offer Health Support for:

- Kidney & Immune Health\*
- Healthy Urinary Protein Levels\*
- Immune Function Support\*

**Phyto Antioxidant** promotes healthy antioxidant support for oxidative stressors and immune and inflammatory conditions.\* This powerful phytonutrient complex was specifically designed to provide the body with maximum anti-oxidative support when dealing with inflammatory conditions or immune dysfunction. Oxidative stress can cause the body to become imbalanced with a resulting loss of health.\* **Suggested Usage:** as a dietary supplement, take 3 capsules once or twice daily.

Additional Information: **Kidney Well II** can be added to Phyto Antioxidant for maximum kidney health support for urinary protein levels, IgA Nephropathy and Focal Segmental Glomerulosclerosis.\* See page 32 for health supporting combination kits.

**Herbal Ingredients:** Ganoderma, Eclipta, Morinda, Taraxaci, Green Tee Extract

### Testimonial from Lena W., VA

*I am 83 years old, and I've had extreme pain in my back and one foot. In fact, my foot was so bad that I had to crawl to the bathroom one night. I received my order of Phyto Antioxidant and Spine Well from Get Well. I took it in the evening and once throughout the night, and by morning I was totally free of pain.*

## Germanium

100 Capsules \* 100mg  
Serving Size: 1 Capsule



May Offer Health Support for:

- Cellular Oxygenation\*

Potentially, Germanium (Bis-carboxyethyl germanium sesquioxide) may be used by the body as a cellular oxygenator.\* Pure Ge-132 Organic Germanium is a unique organic germanium compound, bis-carboxyethyl germanium sesquioxide, sometimes called "germanium sesquioxide". It has unique molecular characteristics which make it virtually unreactive in the body, and its small particle size and unique structure permit it to be readily cleared in the urine as an intact molecule.\*

**Suggested Usage:** as a dietary supplement, take 2 capsules, 2 times per day.

**Ingredient:** Bis-carboxyethyl germanium sesquioxide

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## Restore Immune

100 Capsules \* 500mg  
Serving Size: 4 Capsules



May Offer Health Support for:

- Autoimmune Health\*
- Balanced Immune System\*
- Gingival (Gum) Health\*
- Improved Adrenal Support\*
- Healthy Thyroid Balance\*
- Healthy Immune Response\*

Restore Immune's exclusive formulation encourages the body's natural mechanisms to improve the normal function of the immune system and glandular system.\* This is achieved by adding key nutrients in specific concentrations that may promote an improved balanced body system through proper detoxification.\*

A healthy and balanced body is designed to respond appropriately when exposed to viruses, bacteria and other pathogens. When the cells of the body becomes toxic, the immune system may attack various tissue and organs that contain these toxic or infected cells leading to what is known as autoimmune disease.\*

**Suggested Usage:** as a dietary supplement, take 4 capsules, twice daily.

**Restore Immune** herbal combination: Smilax, Sarcandrae, Wild Yam, Poria, Ganoderma

### Testimonial from Inna D., CA

*I have suffered from periodontal disease for 20 years. I went to my periodontist after 8 months on **Restore Immune** and he couldn't believe his eyes, because my teeth pockets reduced and I now have healthy gums. I am so grateful, thanks again!*

## Restore Immune II

100 Capsules \* 500mg  
Serving Size: 3 Capsules



May Offer Health Support for:

- Healthy Platelet Counts and Platelet Quality\*
- Healthy Immune Response\*
- Promoting Normal Healing from Bruising, Petechiae or Bleeding\*
- Detoxification Support\*

**Restore-Immune II** is a natural dietary supplement that was specifically designed to supply balanced herbal support for healthy detoxification, a balanced immune system, healthy platelets & blood coagulation as well as normal healing of bruising and bleeding. For those interested in either Immune or Idiopathic Thrombocytopenic Purpura (I.T.P.), Dr. Ba Hoang's medical and immunological research for his PhD on I.T.P. has offered unique insights in health as well as his published theory on I.T.P.\* In his research, a healthy and less toxic body may be better equipped to producing good quality platelets, improve cellular energy production, eliminate the possible triggering of disease-maintaining factors, prevent the autoimmune destruction of platelets and restore healthy immune balance.\*

**Suggested Usage:** as a dietary supplement, take 3 capsules, two times per day.

**\*\*Note:** for added health support **Blood Well**, **Agrimonia**, **Artemisia Capillaris**, **Calm Ezz** or the **ITP Kit** can be combined with Restore Immune II.\*

**Restore Immune II:** Dioscorea, Ophiopogonis, Bamboo Juice, Agrimonia, Sarcandrae

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## Restore Derma

100 Capsules \* 600mg  
Serving Size: 3 Capsules



May Offer Health Support for:

- Healthy Skin Repair\*
- Eczema Free Skin\*
- Psoriasis Free Skin\*
- Scleroderma Health\*

**Restore Derma** has helped many individuals by supporting the body's healthy ability to naturally support issues of eczema, psoriasis and scleroderma.\* **Restore-Derma** is a specific formula with potential detoxifying and immune modulating properties. Fumaric acid, a natural ingredient, has shown the potential to promote healthy skin and energy metabolism.\*

Worldwide, more and more people develop symptoms of psoriasis, eczema and scleroderma. The highest rate of increase has been observed in the developed, industrialized world. Many people suffer from these and many other painful and uncomfortable skin diseases that unfortunately have no lasting western treatment solutions. **Suggested usage:** as a dietary supplement, 3 capsules, twice daily.

**Restore Derma** Herbal Combination: Atractylodes, Momordica, Smilax, Fumaric Acid, Sophora, Dioscorea

## Rhubarb

100 Capsules \* 700mg  
Serving Size: 5-10 Capsules



May Offer Health Support for:

- Healthy Bowel Elimination\*
- Bowel Imbalance leading to Constipation\*

Rhubarb Root, cultivated in Vietnam, China and Tibet, has a documented history of inclusion in many laxative preparations. It is generally considered a mild laxative that can support a softening of the stool 6-10 hours after ingestion. This herb is especially well suited for everyone including children, due to its mild action.\*

Rhubarb Root, also known as Rhizoma Rhei (Da Huang) is bitter in taste and cold in nature. It has been used in Traditional Chinese Medicine (TCM) for its therapeutic action are to assist the body for conditions of constipation, abdominal pain due to indigestion, diarrhea and dysentery. Other TCM uses of Rhubarb root are to purge away pathogenic heat, relax the bowels and remove toxic substances. Its actions relate to the channels of the spleen, stomach, large intestine, liver and pericardium.\*

**Suggested Usage:** as a dietary supplement, take 5-10 capsules, once daily. Not recommended for use during pregnancy.

**Rhubarb Root** ingredient: Rhubarb Root Extract

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## Spine Well

100 Tablets \* 500mg  
Serving Size: 3 Tablets



May Offer Health Support for:

- Tendon, Ligament & Cartilage Health\*
- Strong & Dense Bones\*
- Cold Hands & Feet\*
- Back & Neck Pain\*
- Joint and Muscle Health\*
- Neuralgia Imbalance\*

**Spine Well** is an all-natural herbal supplement designed to support the healthy healing process of bone, muscle and connective tissue like tendon, ligament and cartilage.\* In traditional Eastern medicine, it is believed that a healthy balance and kidney energy is essential to maximize tissue repair of bone, tendon, ligament, and muscle. With that in mind, our researchers have identified 5 herbs in a special ratio and concentration that has been shown to improve healthy kidney function thus encouraging the body to heal at its full potential.\*

**Suggested Usage:** as a dietary supplement, take 3 tablets, two - three times per day.

**Spine Well** herbal combination: Homolomena, Morinda, Peony, Smilax, Ganoderma

### Testimonial from Dr. Dewing, CA

*Our clinic, Spine-Med Integrated Physical Medicine, has used the **Spine-Well** formula for several years. Our patients are extremely satisfied with using the product in conjunction with our various modalities. Our patients are very pleased with their fast recovery times. They are happy to invest in something that is so beneficial.*

## Sweet Sleep

100 Tablets \* 500mg  
Serving Size: 2-5 Tablets



May Offer Health Support for:

- Improved Healthy Sleep Cycles\*
- Imbalance Contributing to Insomnia\*
- Healthy Nighttime Relaxation & Restful Sleep\*

Get Well Natural's **Sweet Sleep** offers a unique combination of gentle herbal ingredients that promote healthy and balanced sleep cycles.\* There are a variety of factors like stress, overtiredness, and body imbalances that may contribute to insomnia and restlessness.\* A lack of sleep can decrease the body's natural healing ability as well the effectiveness of nearly every system in the body.\*

**Sweet Sleep** is an exclusive formula designed to improve calming and relaxation health in the body.\* Start realizing the benefits of healthy nighttime support and experience a night of peaceful sleep.\* This non-addictive formula is intended for both nighttime use and for daytime relaxation but should not be taken before driving or using heavy equipment.

**Suggested usage:** as a dietary supplement, take 2-5 tablets, two times per day.

**Sweet Sleep** herbal combination: Corydalis, Mimosa, Pudica, Nelumbo Nucifera

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## Uro Well

100 Capsules \* 500mg  
Serving Size: 4 Capsules



May Offer Health Support for:

- Urinary Tract Health\*
- Imbalance Leading to Bladder & Kidney Infection\*
- Imbalance Contributing to Kidney & Bladder Stones\*

**Uro-Well** is a natural herbal dietary supplement that provides maximum health support for the kidney, bladder and urinary systems.\* Key ingredients have been carefully formulated due to their anti-oxidant, cellular cleansing and cellular energy enhancing activities.\*

The formulation contained in **Uro-Well** was developed by a collective group of Medical Doctors and Master Herbalist in Vietnam and Russia. They have used this time tested formula successfully for many years in their personal practices to support their patients with urinary tract dysfunction.\*

**Suggested usage:** as a dietary supplement, take 4 capsules, two times per day.

**Uro-Well** herbal combination: Desmodium, Smilax, Ecliptae

## V-Immune

100 Capsules \* 200mg  
Serving Size: 2-3 Capsules



May Offer Health Support for:

- Healthy Immune Defense System\*
- Compromised Immune System\*
- Intestinal Mucous Membrane Health\*
- Gastrointestinal Motility\*
- Microbial Imbalances\*

**V-Immune** enhances the body's healthy immune response mechanisms.\* It contains a specific strain of Lactobacillus Rhamnosus Lysate (LRL) powder from specially prepared lactobacillus cell wall fragments, plus Astragalus, a key ingredient known for promoting a healthy immune system.\* The LRL strain is cultured, the cell walls then broken apart and treated which frees the immune-active proteins that are usually sequestered inside the cells, giving them full bioavailability to support the immune system.\* The broken cell wall Lactobacillus bulgaricus was originally developed by top Russian scientists who were searching for an immune support product that would not only be highly effective, but also economical.\*

Astragalus (Astragalus membranaceus), also known as Huang Qi, was specifically added to this formula due to its superior immune supporting qualities.\* It has been used for centuries in China to help build and strengthen a healthy immune system as well as increase the body's natural health defenses against outside pathogens and seasonal change.\* The lactobacillus in **V-Immune** is grown in a special media, not cultured in milk, and lactose-intolerant users have reported no problems with taking this hypoallergenic ingredient.\*

**Suggested Usage:** as a dietary supplement, take 3 capsules, 2 times per day.

**V-Immune** ingredient combination: Lactobacillus Rhamnosus Lysate Powder, Astragalus

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## Other Specialty Products, New Products & Kits for Additional Health Support\*

Popular Health Kits:	May Offer Health Support for Imbalances Contributing to:
<b>ITP Kit:</b> 1 Blood Well & 2 Restore Immune II	I.T.P.*
<b>HEPA Kit:</b> 1 Liver Well & 1 Not-So-Well 1	Hepatitis A, B, C*
<b>GS Kit:</b> 1 Kidney Well II & 1 Phyto Antioxidant	Focal segmental glomerulosclerosis, IgA nephropathy, Proteinuria*
<b>Kidney Alisma Kit:</b> 1 Kidney Well II & 1 Alisma	Kidney Failure: high creatinine, low kidney function, dialysis*
<b>PK Kit:</b> 1 Kidney Well II & 1 Cell Saver	Cysts in the kidneys (Polycystic Kidney)*
<b>KND Kit:</b> 1 Kidney Well II & 1 Metabo Well & 1 Berberine	Kidney nephropathy with type II diabetes*
<b>CS Kit:</b> 1 Black Seed Oil & 1 Russian Choice GI	Chronic Inflammation of the GI Tract & Irritable Bowels*
<b>UC Kit:</b> 1 Restore Immune & 1 Russian Choice GI	Ulcers in the colon*
<b>LD Kit:</b> 1 Liver Well & 1 Hepagenesis	Fatty Liver or drug induced liver dysfunction*

## Berberine

60 Capsules \* 200mg



May Offer Health Support for:

- Healthy Blood Pressure and Cholesterol Levels\*
- Intestinal Yeast Imbalance (Candida-free)\*
- Healthy Bacterial and Intestinal Parasite Levels\*

**Berberine** is a botanical dietary supplement that may offer healthy intestinal, blood pressure and cholesterol support. Berberine, an alkaloid, is found in various plants, including goldenseal, phellodendron bark, Oregon grape and barberry.\* **Berberine** containing plants have been used in virtually all traditional medical systems including Ayurvedic, Vietnamese, and traditional Chinese medicine (TCM) for more than 3000 years.\* Berberine's most common Traditional Chinese Medicine uses include: bacterial, diarrhea and intestinal parasites support.\*

**Suggested usage:** as a dietary supplement, take 3-4 capsules, twice daily.

Ingredient: Berberine Extract

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## Aurantium Fruit

100 Capsules \* 500mg

May Offer Health Support for: • Uterine Prolapse Imbalance\* • Bloating\*  
• Chronic Constipation\* • Obesity\*

**Aurantium Fruit** has been used in traditional Chinese medicine (TCM) to activate vital energy circulation shown to support constipation, indigestion, eliminate phlegm, and disperse stagnation.\* In TCM, this herbal extract, also called *Citrus aurantium L. or Zhi Shi*, is believed to stimulate the digestive tract smooth muscles thus improving the health of the lower intestines.\* Ingredient: Aurantium Fruit Extract

**Suggested usage:** as a dietary supplement, take 3-4 capsules, twice daily.

## Canox

90 Capsules \* 500mg

May Offer Health Support for: • Age Related Health & Chronic Fatigue Health\*

**Canox** is proprietary blend of herbs which may support healthy energy and promote age related health.\* This product represents a unique combination of Cordyceps sinensis, a well-known and valued Chinese herb, with antioxidant Alpha Lipoic Acid and energy promoters, L-Carnitine fumarate and Niacinamide (vitamin B3).

**Suggested usage:** as a dietary supplement, take 3 capsules, twice daily.

## Glycine

120 Capsules \* 750mg

May Offer Health Support for: • Kidney, Liver and Nervous System Health\*

**Glycine** is a non-essential amino acid that has been shown to support healthy kidney and liver function as well as nervous system health.\* The normal diet contributes approximately 2 grams of glycine daily and acts as a neurotransmitter in the central nervous system (CNS).

**Suggested usage:** as a dietary supplement, take 2-3 capsules, twice daily.

## Taurine

120 Capsules \* 750mg

May Offer Health Support for: • Central Nervous System Health\* • Skeletal Health\* • Heart Health\*

**Taurine** is an amino acid that plays a specialized role as an ion and pH buffer in the heart, central nervous system and skeletal muscles.\* Taurine is also a potent antioxidant and antitoxin, and is particularly important to the immune system and liver.\* It is a free form amino acid, with high purity, and easily tolerated.\*

**Suggested usage:** as a dietary supplement, take 2-3 capsules, twice daily.

Other Single Products	Size	Quantity per Bottle
• Dermaweed	(500mg)	120 capsules
• Nattospes	(750mg)	60 capsules
• Phytocort	(800mg.)	120 Capsules
• Mangifera Extract	750mg. or 100gm	90 caps or 100gm Powder
• Organic Germanium	(100mg)	100 tablets

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## HOW TO ORDER

### Call toll free 1-888-522-HERB (4372)

Speak with us directly between 10am and 5pm Pacific Time. Voice messages left after hours are returned the next day.

### Online at [www.getwellnatural.com](http://www.getwellnatural.com)

Place secure orders on our website using your credit card.

### Fax 1-408-244-2996

Order anytime using our order form on the previous page of this catalog.

### Mail your order to:

Get Well Natural, LLC, 4010 Moorpark Ave, Ste. 119, San Jose, CA 95117

### Email

Address for order or questions:  
[contact@getwellnatural.com](mailto:contact@getwellnatural.com)

### Quantity discounts

Order 3 bottles of any one product and receive a 15% discount. Order 12 bottles of any one product and receive a 20% discount.

### Shipping Charges

For all orders within the U.S., there is a flat rate of \$7.50 for UPS ground shipping and handling. UPS ground shipments will arrive between 3-5 business days. UPS 2nd Day Air is available for \$11.50 for s/h. UPS Next Day Air is also available (please call for price). For International orders, please call or email us for exact charges.

### Payment Terms

Orders are shipped prepaid by Visa, MasterCard, American Express, Discover Card or Check.

### Our Satisfaction Guarantee

Unopened bottles of Get Well Natural, LLC products may be returned for any reason for a full refund or exchange within 90 days of purchase. \*Note: For opened bottles, refunds are only given for a maximum of a "one month supply" of any single herbal formula that is not expired. There is no refund for shipping and handling charges.

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