

BOOSTING

*There are five areas that have been identified for quality boosting within Nourish; most products within these categories are found in the Health & Beauty Care (HBC) department.

- Vitamins and Supplements
- Herbs
- Probiotics
- Essential Oils
- Superfoods

Listed products may not be available in all stores.

VITAMINS, MINERALS & OMEGAS

Description	Brand	Talking Points & Benefits	Department
Premium A through Z vitamins, minerals, multiples and specialty.	Full Circle	Full Circle supplements represent the standard for premium quality: verified, trusted, compliant and transparent.	HBC
Premium multiples, minerals with whole food ingredients.	Rainbow Light	Rainbow Light products are high-quality and made with whole food ingredients for efficacy that consumers can trust.	HBC
Super-premium food-based multiples, vegan D3 and B12, and specialty items.	Garden of Life	Garden of Life vitamin and mineral supplements are made from whole food ingredients for superior bioavailability.	HBC
Super-potent, purity-tested fish oil and plant-based omega-3 products.	Nordic Naturals	Nordic Naturals omega-3 products are made with a unique, oxygen-free process for truly superior freshness and potency.	HBC

HERBS

Description	Brand	Talking Points & Benefits	Department
Liquid herbal extracts, bitters, whole-leaf capsules	Herb Pharm	A premium line of herbal extracts, made from plants grown in the United States and reputable dealers across the globe.	HBC

PROBIOTICS

Description	Brand	Talking Points & Benefits	Department
Ultra-high-potency probiotic capsules for men, women, children, and specific health conditions.	Garden of Life	Garden of Life probiotics deliver the highest potency dose of beneficial bacterial cultures available. Vegetarian and vegan options are available.	HBC
Potent, locally-made probiotic capsules and children's melts.	UP4	UP4 probiotics are manufactured in Wisconsin and are guaranteed for potency through the expiration date listed.	HBC
Potent probiotic capsules for all ages	Full Circle	Help balance the friendly bacteria in your digestive system	HBC
Pharmacist-recommended product for all ages and conditions.	Floragen	Floragen is a widely-recommended line of probiotics for adults and children. High potency and highly reputable.	Pharmacy
Effervescent fermented tea beverages.	GTs & GTs Synergy Kombuchas	GTs Kombuchas are made from pure black tea, organic cane sugar, and up to 5% of pure fruit juice. Each delivers a moderate dose of probiotics, plus antioxidants.	Dairy
Effervescent fermented tea beverages.	GTs & GTs Synergy Kombucha	GTs Kombuchas are as delicious to drink as they are beneficial for the body. Available in many fruit flavors and rich in beneficial probiotic cultures.	Dairy Produce Deli
Fermented sauerkraut	Sonoma Brinery	Fermented probiotic-rich cabbage is made without preservatives or vinegar; Wild Brine is also certified GMO-free.	Dairy, Meat

ESSENTIAL OILS

Description	Brand	Talking Points & Benefits	Department
Ecocert and USDA Certified Organic essential oils, CO2 extracts and absolutes.	Veriditas by Pranarôm	Veriditas essential oils, wellness formulas and therapeutic products are organic and pure. Locally made.	HBC
A full range of aromatherapeutic bath and body products, plus candles, oil blends, and diffusers.	SunLeaf Naturals	SunLeaf Naturals products are made in Waconia, MN. 100% natural and made with organic ingredients. Proceeds support honey bee conservation and clean water.	HBC

SUPERFOOD BOOSTS

Description	Brand	Talking Points & Benefits	Department
Protein Powder	Tera's Whey Full Circle	A convenient way to add protein to a breakfast smoothie or meal replacement shake.	HBC
Coconut oil	Spectrum Nutiva	Coconut oil is rich in medium-chain fatty acids which provide energy to the body. It is also beneficial for the skin when applied topically.	Grocery
Matcha tea	Republic of Tea Green Foods	Rich in antioxidants like EGCG, matcha tea is a free-radical fighting, energy boosting, delicious super drink & flavoring.	Grocery
Chia & hemp seeds	Mama Chia Nutiva	Chia and hemp seeds are both exceptional sources of plant-based omega-3 fatty acids. They are also rich in protein and fiber.	Grocery HBC
Flax seeds and flax foods	Spectrum	Flax seeds are a super source of fiber, lignans, protein, and other beneficial nutrients.	Grocery HBC
Raw and whole food bars	Pashen Fresh Bar	These bars and snacks look, feel, and taste like the whole foods from which they were made. 100% natural, certified organic, yum!	HBC

* Let your health care providers know which vitamins and dietary supplements you are considering taking so you can discuss what is best for you. If you are taking any medications, be sure to consult with your health care providers prior to taking any vitamins or dietary supplements. This information is not intended to treat or diagnose, mitigate, prevent or cure diseases, but to help provide navigation for retrieving further information from your health care providers. This information on vitamins and supplements has not been evaluated or approved by the FDA. Talk with your health care providers for more information.