# **ENCYCLOPEDIA**

# WITAMIN, HERBAL & NUTRITIONAL SUPPLEMENTS

If your diet is deficient in essential nutrients that your body needs to maintain good health, taking the right supplements could make a difference to your life!



By Frank Caruso
Natural Health Crusader since 1979

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All correspondence to

Email: advice@carusoshealth.com.au Phone: 1300 304 480 PO Box 310 Horsley Park NSW 2175 To my wife Grace who has supported me 100% in my life-long crusade in helping my fellow Australians to live healthier lives.

Thank you, my darling, from the bottom of my heart for believing in me.

Love you forever



# **PUBLISHER'S NOTE**IMPORTANT INFORMATION - PLEASE READ

The information in this booklet is provided for health education purposes only. It is not intended for diagnosing, prescribing or as medical advice. The publisher and author are not responsible for any suggestions, preparations or procedures disclosed in this book.

All matters regarding your physical health should be supervised by a health professional. If you have any medical problems or injuries, you should consult with your health professional before embarking on any dietary, supplement or exercise programs. If symptoms persist, see your health professional. Always read the label and use only as directed.

# Introduction

I have a question. I would like to know how many Australian families are following a diet that provides them with all the adequate vitamins, minerals and essential micronutrients their body needs to maintain good health. I've spent years searching for an answer and to this day, cannot find one single scientific study that shows the percentage of Australians who are consuming a diet that provides them with all the adequate nutrients. If you have the answer, could you please let me know?

You can find thousands of studies and articles on dietary guidelines that outline all the necessary nutrients you need to maintain good health. Studies show that we are not eating enough vegetables, drinking enough water, getting enough regular exercise and not eating enough foods high in fibre. Many studies show that we are also consuming too many empty calories, too much processed food, too much junk food, too much sugar, saturated fats and the list goes on and on.

Over the last 20 years I've had the privilege of speaking at hundreds of health events and have spoken to thousands of people whilst working in my health store, and the conclusion that I have come up with over my 40 years in the health industry is that most Australians don't follow the Australian Government's dietary guidelines, and as little as 5% of Australian adults exercise enough to maintain good health.

Does anyone think this could be the reason why almost 50%<sup>1</sup> of the Australian population has a chronic health condition? If you remove children from the equation, we have 70% of Australian adults who have

at least one chronic condition. You read correctly, a staggering 70% of all adults living in Australia have at least one chronic health condition! And it gets worse! Around 20% of these people have at least two health conditions according to the Australian Institute of Health and Welfare (AIHW).

Nearly 40% of Australians aged 45 and over, and 60% of Australians aged 65 and over have two or more of the eight chronic diseases examined by the AIHW.¹ When I first saw these statistics on the Australian Government Chronic Disease website, I was absolutely shocked! If these numbers don't get you seriously thinking about adopting a healthier lifestyle, I don't know what will.

This is despite the Federal and State Governments, doctors, nutritionists, dietitians and many other health professionals promoting the benefits of healthy eating and regular exercise for decades. Many studies over the last 20 years have shown that chronic disease can be dramatically reduced if we simply adopt healthier lifestyle habits. However, many Australians ignore the evidence and the advice, and continue to follow a lifestyle that will ultimately lead them on a path to ill health.

While Australians are living longer today than ever before, the average life expectancy for males is 81 whilst the average life expectancy for females is 84. With 70% of Australian adults living with at least one chronic disease, I think it would be fair to say that their quality of life could be a lot better! I don't believe anyone wants to live a long life in pain and misery.

One ingredient that can be credited for many of our health problems is sugar. As a nation, we consume too much sugar. White sugar does not contain a single nutrient capable of supporting life.<sup>2</sup> Australians, on average, consume 27 teaspoons of total sugars a day (that's 50 kilos per year, including natural sugars), according to the 2012 report Sugar

Consumption in Australia: A Statistical Update. That adds up to an incredible 157,000 calories a year!

As a result, Australia's obesity levels are increasing. A 2005 World Health Organisation (WHO) study found that just over 20% of Australian adults are obese, and predicted that this was to rise to 29% in 2010.<sup>3</sup> In 2007, WHO found that 67.4% of Australian adults were overweight. That ranked Australia as the 21st in the world, and 3rd out of the major countries in the English-speaking world, behind the United States (ranked 9th) and New Zealand (ranked 17th). In the latest issue of the Australian Government's Profiles of Health Survey coordinated by the Australian Bureau of Statistics, and published in 2013, stated that the average Australian has a Body Mass Index (BMI) of 27.6. A healthy BMI range is between 20-25!



# I didn't want to become a statistic so I made a decision to start taking responsibility for my own health!



It all started back in 1979 when I joined a gym to lose weight and get fit. At the time I weighed over 101 kilos. I'm only 164cm (5'3") tall so I was obese and as a result I was very self-conscious so I decided to do something about it.

One day I arrived at the gym with a burger in one hand and a can of soft drink in the other. George, the gym owner, pulled me aside and said, "Frank, it's really great that you're training here, but if you don't change your diet, you won't live a long and healthy life... What you eat today, is what you are tomorrow!"

I asked George; "So in your opinion, what is a good diet?". George turned around, picked up a book from behind the counter, handed it to me and said, "Frank, do yourself a favour, buy this book and read it, I promise you it will change your life." I thought to myself, "Do I really need to read a book to know what to eat?". George was very persistent. Reluctantly, I

purchased the book just to get him off my back. I really didn't have any intention of reading it.

After a couple of days, I thought I should read a few pages because George would surely ask me questions next time I popped into the gym. I eventually picked up the book and started reading the first chapter and I couldn't put it down. I read the whole book in 3 days and just as George had promised, it changed my life forever. The book was called 'The Miracle of Fasting' by best-selling author Paul Bragg. Before reading the book, I knew absolutely nothing about a balanced diet or that food and regular exercise played an essential role in maintaining good health and preventing disease.

People ask me, how did one book have so much impact on my life so quickly? It's a good question! The reason Paul's book instantly had such a profound impact on me was because it was the first time in my life that I had ever heard someone say to me; "Eat to live". Most of us live to eat and it was the first time I had ever heard the saying; "Prevention is better than cure". I realised for the first time in my life that if I took responsibility for my own health, I could live a long, healthy and vibrant life!

It was as though I had been struck by lightning. You see, before I read the book I thought I had no influence or control over my health. Now, for the first time in my life I realised that I had an option. I had a choice to maintain my health or I could throw caution to the wind and hope that I wouldn't end up with a chronic disease. It was a no brainer – I decided to maintain my health by choice! As soon as I discovered that I had some control over the outcome of my health, I immediately changed my lifestyle habits. I didn't want to waste another second eating foods that would undermine my health.

I started reading every book I could get my hands on about natural living, bowel health, internal cleansing, herbal medicine and vitamin therapy. The more I read, the more I wanted to know! All my time was

totally consumed with learning more about this new health approach that I now believed was the secret to regaining and maintaining vibrant health.

In 2 years, I went from weighing 101 kilos with a body fat percentage of 38%, down to 64 kilos and 11% body fat. At 26 years of age, I was in the best shape of my life. I felt amazing, physically and mentally. My head was clear, I was less stressed, I was sleeping better, and my self-confidence was sky high. I was so inspired by my learnings that I couldn't wait to tell the world. I started with telling my family, friends, work mates and anyone who would listen. I would talk all day if people were willing to listen. I felt it was my duty to spread the word about natural living, so others could experience the health benefits, just as I had.

Then, one day I said to my wife Grace, I would really like to do this full time. I would love to open a health food store so I could talk about my passion with the world. We had just put a deposit on a block of land and were planning on building our new home. Grace had her heart set on it. I said; "Grace, do we build a new home, or do we open a health food store?" We discussed it and she said; "It's your passion, let's open a health food store and we can build the house another day!". To this day, it still brings tears to my eyes when I think of the huge sacrifice my wife made so I could follow my dream. I've always had Grace's support, she is my rock!

So, on the 1<sup>st</sup> November 1982, on my 28<sup>th</sup> birthday, I opened my health food store. It was one of the happiest days of my life. Every day I couldn't wait for the sun to come up, so I could get to the store and start talking to my customers. I absolutely loved what I was doing!

After 13 years of working in my store, it became obvious to me that many health companies weren't as passionate as I was about natural living. So, in June 1995 I decided to start my own herbal and nutritional range of health products. I wanted to develop a small range of unique, high quality herbal and nutritional products and lifestyle programs that

would have a positive effect on people's health and make a difference to their lives.

I'm now in my late sixties and I train 5 to 6 days a week. I'm in good health and take no medication. It's not that I'm against it, I simply don't need to take any. I can say with my hand on my heart that I feel just as alert, have just as much energy, and feel just as enthusiastic about life today, as I did in my thirties. I would like to think I can live well into my nineties and beyond in good health. If I continue to eat to live and exercise regularly, I can't see why not!

# Stop living to eat and start eating to live!

For over 40 years I've believed that if you follow the principles of natural living you can not only maintain good health and dramatically reduce your chances of developing chronic disease, but I believe you can also regain your health. You just need to give your body a chance. The human body is magnificent – it's perfect – but just like anything that has moving parts, you need to take care of it otherwise it eventually breaks down. If you give your body the opportunity, it will heal itself! If I didn't experience this myself all those years ago, I would never have believed it. Over the years, I've seen many friends, family members and customers transform their health and their lives by simply adopting a lifestyle that comprises of eating mostly real food, exercising regularly and avoiding processed foods and drinks that contain added sugars.

However, it's important that you don't give up if you don't get results quickly. Everyone is different so it can take time for your body to adjust and start healing. Your body is continuously rebuilding itself with the foods that you eat, the liquids that you drink and the air that you breathe. Depending on your health and your age, it could take as little as a few weeks or months to feel better. You just need to keep providing your body

with foods rich in essential nutrients that will nourish your blood, include daily exercise to help get the blood where it is needed, and allow your body time to rest so it can do its healing.

# What you eat today is what you are tomorrow!

People always ask me what do I eat? It's difficult to cover my complete menu in this article but basically I eat mostly real food, fresh food, lots of vegetables (mostly greens), raw nuts and seeds, sprouted seeds, extra virgin olive oil, coconut oil, lots of fresh herbs, grass-fed beef, free-range chicken and eggs, oily fish, and selected fresh fruits. These foods contain an abundance of vitamins, minerals, micronutrients, amino acids, healthy fats (essential fatty acids) and much, much more.

I don't eat foods containing refined sugars such as ice creams, cakes, biscuits, sweetened fruit juices, candy, canned fruits or soft drinks and I don't chew gum. I avoid processed and refined foods, foods made with white flour, foods that contain artificial colours, flavours, preservatives, most canned foods, potato chips, corn chips, prepackaged foods, and white rice. I also don't eat processed breakfast cereals because many contain added sugars, artificial colours, flavours and preservatives.

I have so much more information I would love to share about natural living, but I would need several hundred pages to include all my learning's over the last 40 years.

Today I remain just as committed about educating and helping people to achieve better health through good nutrition and regular exercise, as I did when I started way back in 1979.

## Frank Caruso

I'm a good example that if you take responsibility for your own health and embrace the principles of natural living you can live a long, healthy and vibrant life. I hope that by sharing my story, it will have a positive impact on your life.

I consider myself somewhat lucky to have discovered the benefits of natural living at a young age. So, I have made it my life's mission to inspire other Australians to join with me in building an army of health crusaders, to educate others on the benefits of natural living and the essential role it plays in preventing disease.

I hope you will join me on my crusade to encourage our fellow Australians to embrace the principles of natural health, so they too can live a long, healthy and vibrant life. Remember, make time for good health and you will always have enough health for a good time!

Yours in vibrant health,

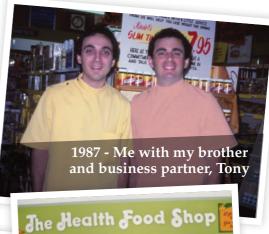
Frank Caruso

<sup>1</sup> http://www.aihw.gov.au/chronic-diseases

<sup>2</sup> https://www.news.com.au/lifestyle/health/diet/the-shocking-truth-about-how-much-sugar-youre-eating/news-story/db7bb699d3ea766188fc6d5b1f0db3bf

<sup>3</sup> https://en.wikipedia.org/wiki/Obesity\_in\_Australia







1982 - My shop

1982 - With my wife Grace







# Why do over 14 Million Australians take vitamin supplements?

It's a good question! The reason so many Australians take vitamin supplements varies from one person to another. However, with over 60% of the population now taking a supplement it would be fair to say it's because they are having a positive effect on their health.

So what are the main reasons why people take vitamin supplements? The majority of Australians take supplements because they have a particular vitamin deficiency. Others take them for prevention and a large percentage take them to address or relieve a specific health condition.

It's also worth mentioning that General Practitioners who do not identify themselves as integrative medicine practitioners are also using complementary medicines, with 86% having recommended and prescribed complementary medicines in the last 12 months. Glucosamine, calcium, fish oil, and vitamin D supplements are the most frequently prescribed.\*

Whatever the reason people take supplements though, it's important to understand that vitamin supplements should never replace a balanced diet. I would rather see someone eating a healthy meal and exercising regularly than taking supplements and throwing caution to the wind. That's why supplements are called supplements. They were never designed to replace a healthy lifestyle. Taking responsibility for your health and adopting a healthier lifestyle is the best way to maintain optimum health. Prevention is far better than cure.

Maintaining your health takes a lot of work but the benefits outweigh the effort by a long shot. So don't take your health for granted. With over 50% of Australians now suffering from chronic disease, the odds are not in your favour. So I encourage you to embrace the principles of natural health today. It will be one of the best decisions you will ever make in your life.

Yours in vibrant health,

Frank Caruso

\* http://www.cmaustralia.org.au/resources/ Documents/FINAL%20The%20Science%20of%20 Complementary%20Medicines.pdf



# All of my products are manufactured in Australia

I'm also proud to tell you that all of my products are manufactured in Australia. I believe we have the best pharmaceutical manufacturing facilities in the world right here in Australia and have always made it a priority to support Australian manufacturers whenever possible.

All of our cartons and labels are made and printed in Australia too. Our Point of Sale material, Encyclopedia, Natural Health Crusader and other publications are also all printed in Australia. This helps to keep hundreds of our fellow Australians employed and as we grow, it will help to create hundreds of new jobs for Australians. Australian manufacturers and service providers need our support more than ever before.

I strongly believe that if we all choose to buy products that are manufactured in Australia, it will make our great country a nation that our children and grandchildren can all be proud of for many years to come.

Join me in supporting Australian manufacturing and help keep jobs in Australia!





## **Abdominal Bloating**

Bloat EZE, Bowel Clear, Cascara, Constipation EZE, Fluid Away, Liver Detox, Milk Thistle 35,000, Quick Cleanse 7 & 15 Day Detox, Revivalife

## Mild Anxiety

Anxiety Aid, Ashwagandha, Rhodiola, Saffron, St John's Wort, Stress & Anxiety Spray, Stress Clear, Valerian, Vitex 1000

#### Mild Arthritis

Arthritis Fighter, Boswellia 2500, Total Joint Collagen, Exit Pain, Exit Pain Arthritis Cream, Triple Strength Fish Oil, MSM MAX 1500, Pain-Algesic, Turmeric

#### **Bone Health**

Vitamin D3 1000IU, Vitamin K2, Vitamin K2+D3, Vitamin K2+Ubiquinol

#### **Bowel Health**

Bowel Clear, Cascara, Constipation EZE, Once Daily Probiotic, Over 60's Probiotic, Quick Cleanse Detox 7 & 15 Day Detox, Revivalife, Slippery Elm Powder

#### **Cholesterol Maintenance**

Hawaiian Astaxanthin, Bergamot, Co-Enzyme Q10, Triple Strength Fish Oil, Aged Garlic, Hawthorn, Liver Detox, Revivalife

#### Circulation

Co-Enzyme Q10, Cramps Away, Vitamin E 500IU, Ginkgo 12,000, Hawthorn, Mega Memory, Veins Clear

#### Cold & Flu

Echinacea 6500, Aged Garlic, Immune Aid, Olive Leaf

#### Concentration

Ashwagandha, Brahmi 9000, Ginkgo 12,000, Mega Memory, Rhodiola, Sage, Stress Clear

### Detoxification

Liver Detox, Quick Cleanse 7 & 15 Day Detox, Milk Thistle 35,000, Revivalife

## **Digestive Health**

Dandelion 3000, Liver Detox, Milk Thistle 35,000, Once Daily Probiotic, Over 60's Probiotic, Quick Cleanse 7 & 15 Day Detox, Revivalife, Slippery Elm Powder

# Energy

Maca 3500, Vitamin B1, Vitamin B3, Vitamin B12 Activated, Activated B12 6000, Mega B Complex, Co-Enzyme Q10, ErectOmax, Get Up & Go, Garcinia 7500, Ginseng 5500, Green Tea 25,000, Vitamin K2+Ubiquinol, Men's Super Multi, TestOrod, Women's Super Multi

## Eye Health

Hawaiian Astaxanthin, Vitamin B2, Bilberry 15,000, Triple Strength Fish Oil

#### Fluid Retention

Vitamin B6, Fluid Away, Revivalife

#### Gout

Fluid Away, MSM MAX 1500, Revivalife

#### **Hair Health**

Vitamin B2, Total Beauty Collagen Powder, Super Collagen Builder, Hair Food, Hair, Skin & Nails

#### **Heart Health**

Hawaiian Astaxanthin, Bergamot, Co-Enzyme Q10, Vitamin E 500IU, Triple Strength Fish Oil, Aged Garlic, Hawthorn, Vitamin K2, Vitamin K2+D3, Vitamin K2+Ubiquinol, Super Magnesium, Super Magnesium Powder, Zinc

#### Immune Health

Hawaiian Astaxanthin, Activated B12 6000 Vitamin D3, Echinacea 6500, Aged Garlic, Get Up & Go, Ginseng 5500, Immune Aid, Vitamin K2+D3, Men's Super Multi, Olive Leaf, Once Daily Probiotic, Over 60's Probiotic, Women's Super Multi, Zinc



### Joint Health & Inflammation

Boswellia 2500, Total Joint Collagen, Super Curcumin, Exit Pain, Exit Pain Arthritis Cream, Arthritis Fighter, Triple Strength Fish Oil, SAMe, Super Magnesium Cream, MSM MAX 1500, Pain-Algesic, Turmeric

### Libido

ErectOmax, Maca 3500, Male Mojo, TestOrod, Tribulus 30,000

## Memory

Brahmi 9000, Ginkgo 6000, Ginkgo 12,000, Mega Memory, Sage

# Menopause

Menopause EZE, Maca 3500, Sage, Vitex 1000

### Metabolism

Vitamin B2, CraveLESS, Garcinia 7500, Get Up & Go, Green Tea 25,000

#### **Mood Balance**

Triple Strength Fish Oil, Maca 3500, Rhodiola, Saffron, SAMe, St John's Wort, Stress & Anxiety Spray, Stress Clear, Vitex 1000

#### **Muscular Cramps**

Cramps Away, Super Magnesium, Super Magnesium Powder

#### **Pain**

Total Joint Collagen, Exit Pain Arthritis Cream, Exit Pain, MSM MAX 1500, Pain-Algesic

### **PMT**

Vitamin B6, Super Magnesium, Super Magnesium Powder, Vitex 1000

# Pregnancy

Triple Strength Fish Oil, Folinic Acid

#### **Prostate Health**

PROSTATE FZF® MAX. Saw Palmetto 3500

#### Skin Health

Hawaiian Astaxanthin, Vitamin B2, Vitamin B3, Total Beauty Collagen Powder, Total Beauty Collagen, Super Collagen Builder, Vitamin E 500IU, Triple Strength Fish Oil, Hair Food, Hair, Skin & Nails, Zinc

### Sleep

Anxiety Aid, Saffron, Sleep More, Stress & Anxiety Spray, Total Sleep, Valerian

## Sperm Health

ErectOmax, Fertile Max, Vitamin E 500IU, Stress Clear, TestOrod, Tribulus, Zinc

#### Stamina

Hawaiian Astaxanthin, ErectOmax, Ginseng 5500, Maca 3500, Male Mojo, Rhodiola, TestOrod

#### Stress & Nervous Tension

Anxiety Aid, Ginseng 5500, Rhodiola, Saffron, St John's Wort, Stress & Anxiety Spray, Stress Clear

# **Thyroid Management**

Thyroid Manager

#### Urination

Cranberry 30,000, PROSTATE EZE® MAX, Saw Palmetto 3500, PFF LFSS, WFF LFSS

#### Veins Health

Veins Care Cream, Veins Clear

## Weight Management

Garcinia 7500. Green Tea 25.000

#### Wind/Flatulence

Bowel Clear, Cascara, Milk Thistle 35,000, Quick Cleanse 7 & 15 Day Detox, Once Daily Probiotic, Over 60's Probiotic, Revivalife, Stomach Clear

# If you love our products, please leave us a review!



I would love to hear how Caruso's has helped you on your health journey! Sharing your experiences with us will go a long way in supporting my crusade in helping fellow Australians live healthier lives!



Scan me to write a review!

"I would never put anything in my products that I wouldn't take myself or give to my family!"

Frank Caruso- Founder of Caruso's Natural Health

# **PRODUCTS**INDEX

Anxiety Aid™21	Echinacea 6500110	Milk Thistle 35,000	120
Arthritis Fighter™22	ErectOmax®33	MindEZE®	46
Ashwagandha102	Exit Pain®34	MSM MAX 1500°	93
Hawaiian Astaxanthin 64	Exit Pain® Arthritis Cream35	Olive Leaf	121
Vitamin B165	Fertile MAX®36	Once Daily Probiotic	133
Vitamin B266	Triple Strength Fish Oil78	Over 60's Probiotic	134
Vitamin B367	Fluid Away®	Pain-Algesic®	47
Vitamin B668	Garcinia 7500	PEE LESS™	48
Vitamin B9 Folinic Acid 69	Aged Garlic112	PROSTATE EZE® MAX	49
Vitamin B12 600071	Get Up & Go38	Quercetin	86
Vitamin B12 Activated70	Ginger113	Quick Cleanse®	50
Mega B Complex72	Ginkgo 6000	Revivalife™	51
Bergamot103	Ginkgo 12,000115	Rhodiola	122
Bilberry 15,000104	Ginseng 5500	Saffron	123
Boswellia 2500	Green Tea 25,000117	Sage	124
Bloat EZE®23	Hair Food™39	SAMe	94
Bowel Clear™24	Hair, Skin & Nails40	Saw Palmetto 3500	123
Brahmi 9000106	Hawthorn118	Sleep More®	52
Cascara107	Immune Aid41	Slippery Elm Powder	126
Children's Magensium Complex 98	Vitamin K2	St John's Wort	127
Co-Enzyme Q10	Vitamin K2+D380	Stomach Clear™	53
Total Beauty® Collagen Powder . 26	Vitamin K2+D3+Magnesium81	Stress & Anxiety Spray™	54
Total Beauty® Collagen 27	Vitamin K2+Ubiquinol82	Stress Clear	55
Super Collagen Builder®25	King Krill® 100083	TestOrod®	56
Total Joint Collagen	King Krill® 150084	Thyroid Manager™	57
Constipation EZE®29	King Krill® 200085	Total Sleep®	58
Cramps Away®	Liver Detox™42	Tribulus 30000	128
Cranberry 30,000108	Maca 3500	Turmeric	129
CraveLESS®31	Super Magnesium87	Valerian	130
Super Curcumin®32	Super Magnesium™ Cream88	Veins Care Cream™	59
Vitamin C 1000 + Bioflavonoids73	Super Magnesium Powder®89, 90	Veins Clear®	60
C+D+Zinc74	Male Mojo™43	Vitex 1000	131
Vitamin D3 1000 IU76	Mega Memory®	WEE LESS®	61
Dandelion 3000	Menopause EZE™ Cool & Calm45	Women's Super Multi	95, 96
Vitamin E 500 IU77	Men's Super Multi	Zinc	97

# **HEALTH** SOLUTIONS

In the following pages, you will find a range of some of the most popular and comprehensive herbal and nutritional formulas available in leading pharmacies and health food stores throughout Australia. Many of the products in the Caruso's Health Solutions range contain a combination of both herbal and nutritional ingredients designed to help support, relieve or address your health concerns. Our dedicated team at Caruso's have spent endless hours researching and sourcing quality ingredients that go into every Caruso's Health Solution formula. Whatever health concerns you or your family are looking to address, there is a good chance you'll find a solution within the Caruso's Health Solutions supplement range.

INDEX	
Anxiety Aid™21	Liver Detox™
Arthritis Fighter™	Male Mojo™
Bloat EZE®	Mega Memory®
Bowel Clear™	Menopause EZE™ Cool & Calm
Super Collagen Builder®	MindEZE®
Total Beauty® Collagen Powder	Pain-Algesic®
Total Beauty® Collagen	PEE LESS®
Total Joint Collagen	PROSTATE EZE® MAX
Constipation EZE®	Quick Cleanse® 7 & 15 Day Detox50
Cramps Away *	Revivalife™
CraveLESS*	Sleep More®
Super Curcumin <sup>®</sup>	Stomach Clear™
ErectOmax®	Stress & Anxiety Spray™54
Exit Pain®	Stress Clear
Exit Pain® Arthritis Cream	TestOrod®
Fertile MAX®	Thyroid Manager®
Fluid Away®	Total Sleep®
Get Up & Go	Veins Care Cream™
Hair Food™39	Veins Clear®
Hair, Skin & Nails	WEE LESS®
Inches and Atal	V-





# **ANXIETY AID™ CALMING ACTION**

# Health benefits

Caruso's Anxiety Aid may help promote a feeling of calm and relaxation, and help to relieve the symptoms associated with mild anxiety and stress.

The 3 herbs plus Vitamin D in Caruso's Anxiety Aid may help reduce the occurrence of symptoms associated with mild anxiety and stress, such as restlessness, sleeplessness, irritability and nervous tension.

The unique ingredient Cyracos®, is an extract of the herb Melissa officinalis, commonly known as Lemon balm. Lemon balm has been used in traditional Western Herbal Medicine as a calmative to support the nervous system.

# Caruso's Anxiety Aid indications:

- Ø Relieve symptoms of mild anxiety
- ✓ Decrease nervous tension
- Ø Relieve symptoms of stress
- Ø Relieve irritability

# Who would use Caruso's Anxiety Aid?

- Men and women who wish to reduce the occurrence of symptoms of mild anxiety
- · Those wanting to support a healthy emotional and mood balance
- Those who would like a calming effect to help reduce nervous tension, restlessness and the frequency of irritability
- Those experiencing symptoms associated with stress and mild anxiety such as sleeplessness and irritability

# **Formulation**

Active ingredients:
Magnolia officinalis (Magnolia) ext. dry conc50mg From dry stem bark outer 2g (2000mg)
Melissa officinalis (Lemon Balm - Gyracos) ext. dry conc
Std. to Rosmarinic acid 33mg Passiflora incarnata (Passion Flower) ext. dry conc
From dry herb flowering and fruiting 750mg
Colecalciferol (Vitamin D)
Equiv Vitamin D 500III

## Specification:

Appearance: Light green in colour with a break bar on one side. L: 22.5mm W: 10mm T: 6.7mm Flavour: None.

#### Directions for use:

Adults take 1 tablet twice daily with food or as advised by your health professional.







- O DAIRY & LACTOSE FREE
- ARTIFICIAL PRESERVATIVE FREE
- **NUT FREE**
- GLUTEN FREE







# **ARTHRITIS FIGHTER™** JOINT HEALTH

## Health benefits

Caruso's Arthritis Fighter is a double action formula which contains a special combination of Turmeric root and Green Lipped Mussel. Caruso's Arthritis Fighter has been formulated to assist adults who experience the symptoms associated with mild osteoarthritis or mild arthritis. It may help alleviate symptoms such as mild; joint inflammation, joint pain, joint stiffness and may help improve joint mobility. Green Lipped Mussel is native to New Zealand and is sourced from the pristine waters off the New Zealand coastline. It may help reduce mild joint inflammation and temporarily relieve the pain associated with mild osteoarthritis.

Turmeric has traditionally been used in Ayurvedic medicine to relieve mild joint pain, inflammation and swelling.

# Caruso's Arthritis Fighter indications:

Relieves symptoms of mild osteoarthritis including:

Mild joint aches, pains and stiffness Mild joint inflammation and swelling Helps promote joint mobility

Helps enhance healthy joint function

# Who would use Caruso's Arthritis Fighter?

- · Anyone who suffers with mild joint pain, inflammation, poor mobility or stiffness associated with mild osteoarthritis or mild arthritis
- Those wanting a supplement to help maintain the health of their joints and enhance joint function

# **Formulation**

### Each tablet contains: Curcuma longa (Turmeric) ext. dry conc. . From min. dry rhizome 1.5g (1500mg) Std. to Curcuminoids 30mg Perna canaliculus (Green Lipped Mussel) .

#### Specification:

**Appearance:** Light yellow oval shaped tablet with a break bar on one side. L: 23.2mm W: 10.5mm T: 7.2mm Flavour: Lemon flavour coating

#### Directions for use:

**Adults** take 1 tablet twice daily with food or as advised by your health







- ✓ DAIRY & LACTOSE FREE
- ARTIFICIAL PRESERVATIVE FREE
- GLUTEN FREE







# **BLOAT EZE®**DEBLOAT & DIGEST

# Health benefits

Caruso's Bloat EZE is a unique debloating and digestive support formula with Peppermint, Ginger, Sweet orange and four digestive enzymes.

Peppermint and Ginger are traditionally used in Western Herbal Medicine to relieve, and help reduce the occurrence of, uncomfortable abdominal bloating. They are also traditionally used in Western Herbal Medicine to reduce wind and relieve the symptoms of indigestion such as nausea and colic (painful wind). Sweet orange is traditionally used in Western Herbal Medicine to stimulate gastric secretions.

The digestive enzymes in Caruso's Bloat EZE maintain healthy digestive system function and support the assimilation of nutrients from food. The combination of Amylase, Lipase, Protease and Tilactase help with the breakdown and digestion of sugar, carbohydrates, fats, proteins and lactose.

# Caruso's Bloat EZE indications:

Traditionally used in Western Herbal Medicine to:

- Help reduce the occurrence of abdominal bloating
- Ø Relieve flatulence

Helps the digestion of lactose, fats, proteins and carbohydrates

# Who would use Caruso's Bloat EZE?

- Those wishing to assist their digestion of lactose, fats, proteins and carbohydrates
- Those who experience bloating and flatulence and wish to support healthy digestion
- Those who suffer from the symptoms of indigestion such as nausea and painful wind

- Those who require a supplement to help stimulate gastric secretions
- Those looking for digestive support using both herbal ingredients and digestive enzymes

### Formulation

# Each capsule contains:

Amylase	10,000DL
Protease	60,000HUT
Lipase	800LipL
Tilactase	1,000ALL
Citrus sinensis (Sweet orange) powder	10mg
From fruit peel fresh powder 100mg	
Mentha x piperita (Peppermint) ext. dry conc	200mg
From leaf dry 2g	
Zingiber officinale (Ginger) ext. dry conc	12mg
From rhizome dry 300mg	

#### Specification:

**Appearance:** Brown coloured powder with speckles in a clear vegetable capsule. **L:** 23.3mm

#### Directions for use:

**Adults** take 1 capsule before each main meal – up to 3 times daily, or as advised by your health professional.







- **⊘** DAIRY & LACTOSE FREE
- *⊘* VEGAN FRIENDLY
- *⊘* ARTIFICIAL PRESERVATIVE FREE
- **⊘** NUT FREE
- **⊘** GLUTEN FREE











# **BOWEL CLEAR™** CONSTIPATION RELIEF



### Each tablet contains: Franqula purshiana (Cascara) ext. dry conc. ..... From dry stem bark 500mg Salvia officinalis (Sage) ext. dry conc. From dry leaf 500mg Calendula officinalis (Calendula) ext. dry conc. .... From dry flower 500mg Juglans nigra (Black Walnut) ext. dry conc. .... From dry fruit hull 350mg Rheum palmatum (Rhubarb) ext. dry conc. .... From dry root 200ma Inula Britannica (Elecampane) ext. dry conc. ... From dry flower 100mg

### Specification:

**Appearance:** Green and brown speckled oval shaped tablet with a break

L: 23.2mm W: 10.5mm T: 6.5mm Flavour: None.

#### Directions for use:

Adults take 1 tablet twice daily with food or as advised by your health

Always read the label and follow the directions for use.

# Health benefits

Constipation is a very common digestive problem which can make your life uncomfortable. It can be caused by a variety of reasons including; reduced water intake, simple changes to your lifestyle and habits and sometimes, you're simply not doing enough physical activity. Even travelling can upset your natural rhythm, causing constipation.

Caruso's Bowel Clear is a herbal formula. designed to work with your body's natural elimination processes to gently relieve constipation and support digestive health and function. Its gentle laxative action may help support bowel regularity, relieving bowel discomfort, bloating and flatulence.

# Caruso's Bowel Clear indications:

- Ø Relieve flatulence (wind)
- Relieve abdominal bloating
- Helps reduce the occurrence and symptoms of indigestion/dyspepsia
- ✓ Increase bowel regularity

# Who would use Caruso's Bowel Clear?

- Those who are experiencing constipation
- · Those who need to soften their stools to ease their bowel movements
- · Those who wish to improve and regulate their bowel movements
- · Those suffering from constipation who wish to take a gentle and natural approach to regularity
- · Those who want relief from flatulence and bloating
- · Those who feel they do not empty their bowels adequately
- Those who want to maximise their bowel health and maintain healthy digestive function







- DAIRY & LACTOSE FREE
- ✓ VEGAN FRIENDLY
- ARTIFICIAL PRESERVATIVE FREE
- GLUTEN FREE





.2.5mg /10mL



# **SUPER COLLAGEN BUILDER®**PROMOTE HEALTHY SKIN

# Renefits

Caruso's Super Collagen Builder is a powerful vitamin, mineral and antioxidant formula to support the formation of collagen to provide essential nutrients for healthy hair, skin and nails. Collagen is responsible for your skin's elasticity. A high abundance of collagen is why young skin remains taut and smooth. However as we age, collagen production becomes disrupted and your skin loses some of its natural elasticity and firmness. This may result in wrinkles and fine lines. Caruso's Super Collagen Builder supports the formation and health of collagen in your body and helps support the health of your hair, skin and nails. This delicious tasting formula contains Astaxanthin, Silicon, Vitamin C, Biotin and French Maritime Pine Bark. Together, these ingredients support your hair, skin and nails, helping to maintain their health and appearance.

# Caruso's Super Collagen Builder indications:

- **⊘** Help support skin elasticity
- Maintain nail strength and hair health

# Who would use Caruso's Super Collagen Builder?

- Those wishing to support hair, skin and nail health
- Those who have brittle, weak and splitting nails
- Those looking for an easy-to-drink antioxidant supplement

# **Formulation**

#### Each 10mL contains:

Pinus pinaster (French Maritime Pine Bark - OligoPin®) ext. dry conc. ... 1mg/10mL From dry outer stem bark outer 1000mg/10mL

# otin .....

Appearance: Red liquid. Flavour: Pomegranate

#### Directions for use:

Specification:

**Adults** take 10mL (2 teaspoons) daily with food or as advised by your health professional. Alternatively, mix 10mL with water or juice and drink immediately. **Shake well before use. Refrigerate after opening.** 























# TOTAL BEAUTY® **COLLAGEN POWDER** PROMOTE HEALTHY SKIN



# Health benefits

Caruso's Total Beauty Collagen Powder contains VERISOL®, a unique form of collagen peptide used to build collagen from the inside, and support skin health in a convenient powder form. This forest berry flavoured powder mixes easily for a tasty supplement drink.

VERISOL® helps to promote collagen formation and supports the elasticity, firmness and structure of the skin. It also contains Vitamin C, Biotin and Silicon to further support collagen formation and maintain the health of your skin, hair and nails.

# Caruso's Total Beauty Collagen **Powder indications:**

- Helps improve skin firmness and elasticity
- Maintains skin integrity and structure
- Supports hair and nail health
- ∅ Improves nail strength and thickness

# Who would use Caruso's Total Beauty Collagen Powder:

- Those who are looking to maintain or promote collagen formation
- Those looking to support general skin health

# **Formulation**

Each 5g dose contains:	
Hydrolysed Collagen (Verisol® B)	
Ascorbic acid (Vitamin C)	100mg
Biotin	2.5mg
Colloidal anhydrous silica	748.7mc
Fauly to silicon 350ma	· ·

### Specification:

Appearance: Off-white coloured powder. Flavour: Forest Berry

#### Directions for use:

Adults mix 5 grams (1 scoop) of powder daily into 100mL of water or beverage of choice, or as advised by your health professional.







- DAIRY & LACTOSE FREE
- ARTIFICIAL PRESERVATIVE FREE
- GLUTEN FREE







# TOTAL BEAUTY® COLLAGEN PROMOTE HEALTHY SKIN & FIRMNESS

# Health benefits

Caruso's Total Beauty Collagen contains VERISOL®, a unique form of collagen peptide used to build collagen from the inside. Caruso's Total Beauty Collagen also contains therapeutic doses of Grape seed, Vitamin C and Biotin to help support the health of skin and nails. VERISOL® helps to promote collagen production, support skin firmness and promote skin health. VERISOL® is teamed up with a high dose Grape seed to provide antioxidant support and maintain the hydration level of the skin. Caruso's Total Beauty Collagen also contains Vitamin C and Biotin to support collagen formation and nail health.

# Caruso's Total Beauty **Collagen indications:**

- ✓ Helps improve skin firmness and elasticity
- Maintain skin integrity and structure
- Supports nail growth, strength and thickness

# Who would use Caruso's Total **Beauty Collagen:**

- · Those who wish to enhance skin firmness
- Men and women who wish to maintain skin. integrity and structure
- Individuals who wish to support skin health
- · Those who wish to maintain collagen
- · Those who wish to support nail strength and thickness

# **Formulation**

Each tablet contains:	
Hydrolysed Collagen (Verisol®)1.25	g (1250mg
Vitis Vinifera (Grapeseed) ext. dry conc.	25m
From min. dry seed 3g (3000mg)	
Std. to procyanidins 23.75mg	
Ascorbic Acid (Vitamin C)	50m
Diotin	1.75m

### Specification:

**Appearance:** Oval shaped, light yellow tablet with a break bar on one side. Tablet can be broken in half and/or crushed for ease of consumption. L: 23.2mm W: 10.5 mm Thickness: 8mm Flavour: None

#### Directions for use:

**Adults** take 2 tablets daily with food or advised by your health professional. Always read the label and follow the directions for use.







- O DAIRY & LACTOSE FREE
- ARTIFICIAL PRESERVATIVE FREE
- **NUT FREE**
- GLUTEN FREE



carusoshealth







# **TOTAL JOINT COLLAGEN**BUILD HEALTHY JOINT CARTILAGE

# Health benefits

Caruso's Total Joint Collagen contains the unique collagen peptide FORTIGEL®, which helps to promote joint health by reducing cartilage loss and supporting healthy joint cartilage production, maintaining joint mobility and reducing mild joint pain due to mild osteoarthritis or physical activity.

Caruso's Total Joint Collagen also contains the minerals boron and manganese to help support bone health, and silica to support connective tissue formation and health.

FORTIGEL® is a bioactive collagen peptide that accumulates in the cartilage to help enhance joint health and function. It helps to maintain cartilage and joint health by decreasing cartilage wear and tear, and supporting cartilage production. FORTIGEL® also helps to reduce mild joint stiffness, improve joint mobility and relieve mild joint pain.

# Caruso's Total Joint Collagen indications:

- Relieves mild joint pain, aches, stiffness and symptoms of mild osteoarthritis
- Ø Reduces cartilage wear and tear
- Supports collagen formation

# Who would use Caruso's Total Joint Collagen:

- Those wishing to relieve the symptoms of mild osteoarthritis
- Anyone wishing to support joint health and mobility
- Those wishing to support healthy bone growth and development
- Those looking for an easy to drink collagen for joint health supplement

# **Formulation**

#### Specification:

Appearance: Off-white, powder Flavour: Orange

#### Directions for use:

**Adults** mix 7.5g (2 scoops) with 100mL of water or as advised by your health professional. **Scoop included**. Contains desiccant canister for quality and freshness. Do not consume canister.







- **⊘** DAIRY & LACTOSE FREE
- ARTIFICIAL PRESERVATIVE FREE
- NUT FREE
- **GLUTEN FREE**







# CONSTIPATION EZE® CONSTIPATION RELIEF

# Health benefits

Caruso's Constipation EZE contains a combination of herbal ingredients which have been carefully selected to help promote bowel waste elimination and maintain bowel regularity. Caruso's Constipation EZE relieves constipation, increases bowel evacuation and improves bowel regularity. Fennel is used in traditional Western Herbal Medicine to relieve abdominal bloating and wind. The formula also contains Cascara, Yellow dock and Green banana powder which is a rich source of resistant starch The dried bark of Cascara has been used traditionally throughout Western Herbal Medicine as a stimulant laxative which helps to relieve constipation and promote bowel regularity. Whilst fennel has a long history of culinary use, it has also been used since ancient times in traditional Western Herbal Medicine for a variety of digestive concerns including abdominal bloating and as a carminative to relieve flatulence. Like many herbs. Yellow dock has been used as both a medicine and as a food. The leafy herb has been used in traditional Western Herbal Medicine as a laxative and to improve bowel regularity. The Resistant Starch contained in Caruso's Constipation EZE is Green banana powder. A powder made from unripened bananas, and due to their unripened state, they are packed full of resistant starch. Resistant starch is the ultimate multi-fibre nutritional supplement - a unique combination of soluble, insoluble and fermentable fibre. High in prebiotic fibre, to

# Caruso's Constipation EZE indications:

- **⊘** Relieves constipation
- ∅ Improves bowel regularity
- ∅ Increases bowel evacuation

nourish beneficial gut bacteria.

- Promotes bowel waste elimination
- to relieve abdominal bloating, reduce wind/ gas and support healthy digestion

# Who would use Caruso's Constipation EZE?

- Those wishing to support bowel regularity using a herbal formulation which also contains a carminative herb to help relieve digestive discomfort
- Those who experience constipation and wish to increase bowel waste elimination
- Those who would like a herbal formulation to assist with healthy digestion while also relieving abdominal bloating and flatulence

# **Formulation**

#### Each tablet contains:

Frangula purshiana (Cascara) stem bark ext. dry conc 105.26mg
From min. dry stem bark 500mg
Std. Cascaroside A 13.68mg
Foeniculum vulgare (Fennel) seed ext. dry conc
From dry seed 2.5g (2500mg)
Rumex crispus (Yellow dock) root ext. dry conc50mg
From dry root 500mg
Musa x paradisiaca (Resistant starch) fruit fibre powder50mg

#### Specification:

Appearance: Round, brown, mottled tablet D: 12.7 mm T: 5.9mm

#### Directions for use:

Adults take 1 tablet twice daily after main meals or as advised by your health professional.







- DAIRY & LACTOSE FREE
- VEGAN FRIENDLY
- ARTIFICIAL PRESERVATIVE FREE
- GLUTEN FREE







# **CRAMPS AWAY®**RELIEVE PAINFUL CRAMPS



# Health benefits

Caruso's Cramps Away is a high potency formula developed for the relief of painful cramps including leg cramps and spasms. Caruso's Cramps Away contains a special blend of the mineral Magnesium, Vitamins B6 and Vitamin D3, the bioflavonoid Rutin, and the herbs White willow and Grape seed to target numerous aspects of overall muscle health.

Magnesium is important for overall muscle health and function as it is involved in both muscle contractions and relaxation. White willow has analgesic properties. Therefore it helps reduce mild joint swelling and inflammation.

# Caruso's Cramps Away indications:

- **⊘** Mild muscle spasms

- **⊘** Mild joint pain and inflammation
- Ø Promote healthy muscle function

# Who would use Caruso's Cramps Away?

- Those who experience muscle cramping, spasms or twitches in the legs or elsewhere
- Those who wish to promote body and muscle relaxation
- Those who wish to support healthy muscle function
- Those who wish to support blood capillary health and cardiovascular system functon

# **Formulation**

Each tablet contains:	
Salix alba (Willow) ext. dry conc	75mg
From min. stem bark 7.5g (7500mg)	
Std. to Salicin 60mg	
Vitis vinifera (Grape seed) ext. dry conc	52.63mg
From min. dry seed 6.315g (6315mg)	
Std. to Procyanidins 50mg	
Magnesium oxide (heavy)	259.11mg
Equiv. Magnesium 150mg	
Rutoside (Rutin)	250mg
Pyridoxine hydrochloride (Vitamin B6)	50mg
Equiv. to Pyridoxine 41.1mg	
Colecalciferol	10 micrograms
Equiv. Vitamin D3 400IU	

### Specification:

**Appearance:** White oval shaped tablet with a break bar on one side. **L:** 20.2mm **W:** 8.8mm **T:** 7.5mm **Flavour:** None.

### Directions for use:

**Adults** take 1 tablet twice daily with food or as advised by your health professional







- **⊘** DAIRY & LACTOSE FREE
- ✓ NUT FREE
- **⊘** GLUTEN FREE







# **CRAVELESS®**KICK YOUR SUGAR HABIT

# Health benefits

The World Health Organisation recommends reducing your daily intake of added sugar to less than 10% of your total energy intake.

This includes hidden sugars from processed food and added sugar. The liver is the organ that breaks down carbohydrates into sugar. The liver also ensures that the level of sugar in your blood (blood glucose) stays constant and is balanced. When dealing with sugars from our diet it is therefore important to address healthy liver function

Caruso's CraveLESS is a bi-layer tablet with key ingredients in each layer to ensure healthy maintenance of the liver, metabolism of sugar and management of sugar cravings.

Caruso's CraveLESS may also help to maintain a healthy appetite and aid in the breakdown of dietary fats.

# Caruso's CraveLESS indications:

- Helps support healthy blood sugar
- Assists the metabolism of fats
- **⊘** Supports healthy liver function

# Who would use Caruso's CraveLESS?

- Those who wish to support healthy blood sugar levels
- Those who would like a product to help assist with the metabolism of sugar in their body
- Those who would like to support the health of their liver
- Those who require assistance with the management of their sugar cravings
- Those who wish to maintain a healthy appetite

## **Formulation**

Each tablet contains:	
Layer one: Blood Sugar Matrix	
Gymnema sylvestre (Gymnema) ext. dry conc	400mg
From min. dry leaf 8000mg	
Std. to Gymnemic acids 100mg	
Cinnamomum cassia (Cinnamon) ext. dry conc	33.33mg
From dry stem bark 500mg	
Biotin	4mg
Chromium picolinate	200 micrograms
Equiv. to chromium 24.86 micrograms	
Layer two: Liver Support Matrix	
Silybum marianum (Milk Thistle) ext. dry conc	114.29mg
From min. dry fruit 8000mg	
Std. to Flavanolignans calc. as Silybin 91.43mg	
Cynara scolymus (Globe Artichoke) ext. dry conc	30mg
From min. fresh leaf 1500mg	
Std. to Caffeoylquinic acids 1.5mg	

## Specification:

Appearance: Large, oval shaped bi-layer tablet with a break bar on one side.
Layer A) Light beige with brown speckles
Layer B) Green colour with speckles
Layer B) Green colour with speckles

#### Directions for use:

**Adults** take 1 tablet twice daily with food or as advised by your health professional.

Always read the label and follow the directions for use.



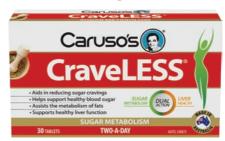




**⊘** ARTIFICIAL PRESERVATIVE FREE

**⊘** NUT FREE

GLUTEN FREE













# **SUPER CURCUMIN® ANTI-INFLAMMATOR**



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# Health benefits

The herb Turmeric has a long history of use in both Traditional Chinese and Ayurvedic medicine. Curcumin is a bioactive compound and is a natural extract from the root of the Turmeric plant, Curcumin has antioxidant and anti-inflammatory properties.

Curcumin is an extract of the spice Turmeric and is native to the Indian subcontinent and Southeast Asia. Turmeric is commonly used in Asian foods and is one of the main spices in curry. It has a warm, bitter taste and is frequently used to flavour or colour curry powders. The root of the Turmeric plant is widely used in natural medicine due to the fact that it contains Curcumin.

Caruso's Super Curcumin formula contains a specifically sourced quality grade Curcumin extract called CurcuWIN™. Caruso's Super Curcumin may help to relieve inflammation and support joint health. Curcumin must be absorbed by your body to benefit your health. CurcuWIN™ undergoes the proprietary UltraSOL® technology process. This advanced technology means CurcuWIN™ is bound to a special hydrophilic molecule making it waterloving which may assist absorption.

# Caruso's Super Curcumin indications:

- Support and maintain joint health
- Antioxidant to reduce free radicals formed in the body

# Who would use Caruso's Super Curcumin?

- Those wanting to support and maintain joint health
- Those looking for an anti-inflammatory supplement
- Those looking to reduce free radical damage to body cells

# **Formulation**

# Each tablet contains:

From CurcuWIN™ 150mg Equiv. to Curcuma longa rhizome dry 712.5mg

Specification:

Appearance: Yellow, oval tablet.

L: 17.0mm W: 6.7mm T: 5.2mm Flavour: None.

#### Directions for use:

Adults take 1 tablet twice daily with food or as advised by your health professional.

Always read the label and follow the directions for use.









VEGAN FRIENDLY

ARTIFICIAL PRESERVATIVE FREE

**NUT FREE** 

GIUTEN FREF









# **ERECTOMAX®**MALE SEXUAL FUNCTION

# Health benefits

Caruso's ErectOmax formula supports healthy sexual function in males and male reproductive health. It also supports healthy libido in healthy males and helps maintain healthy testosterone levels in healthy males.

Testofen® is a fenugreek extract which is targeted towards maintaining healthy libido in healthy males, supports healthy sexual function, muscle performance, endurance and stamina and helps maintain and support energy levels.

An Australian clinical trial showing that a combination of Magnesium, Zinc and Vitamin B6 as well as clinical evidence supporting the use of Testofen®, indicates that Caruso's ErectOmax may:

- Maintain and support healthy sexual function in males
- · Help support healthy libido in healthy males
- · Help enhance healthy male libido
- Help increase energy
- · Help maintain general wellbeing

# Caruso's ErectOmax indications:

- Maintain healthy male libido in healthy males
- Support healthy sexual function in healthy males
- **⊗** Enhance healthy muscle mass and strength
- Enhance energy levels and physical stamina

# Who would use Caruso's ErectOmax?

- Healthy men who want to maintain and support their libido
- Men who want to improve their energy levels, physical stamina and endurance
- Men who engage in physical exercise and want to promote healthy muscle mass
- Healthy men who want to improve their muscle strength
- Healthy men wanting to maintain healthy testosterone levels
- Men wanting to support their reproductive system

# **Formulation**

Each tablet contains:
Trigonella foenum-graecum (Fenugreek - Testofen®) ext. dry conc 300mg From dry seed 9.9q (9900mg)
Panax ginseng (Korean ginseng) ext. dry conc
Urtica dioica (Nettle) ext. dry conc
Avena sativa (Oats) ext. dry conc
AND
Magnesium aspartate dihydrate
Zinc Amino Acid Chelate
Pyridoxine hydrochloride6mg Equiv. Pyridoxine (Vitamin B6) 4.94mg

### Specification:

Appearance: Oval shaped sky blue tablet with a break bar on one side.

1: 23.2mm W: 10.5mm T: 6.6mm Flavour: None.

#### **Directions for use:**

**Adults** take 1 tablet twice daily with food or as advised by your health professional.







- ✓ DAIRY & LACTOSE FREE
- **⊘** VEGAN FRIENDLY
- *ARTIFICIAL PRESERVATIVE FREE*
- **⊘** NUT FREE











# **EXIT PAIN®** MILD OSTEOARTHRITIS RELIEF

# Health benefits

Caruso's Fxit Pain tablets contain a combination of ingredients which when used together, helps to support healthy joint cartilage growth and production and reduces the symptoms of mild osteoarthritis

Two of these ingredients, Glucosamine and MSM, are involved in the development of joint cartilage and therefore help to support healthy joint function by providing support for joint flexibility and mobility.

Caruso's Exit Pain tablets also contain Boswellia. which may help to reduce mild joint inflammation, helping to relieve symptoms associated with mild osteoarthritis. This helps to relieve symptoms such as pain, inflammation and mild joint stiffness, and improves joint mobility. MSM also helps to reduce the occasional symptoms of gout.

# Caruso's Exit Pain indications:

Relieve:

- **⊘** Symptoms of mild osteoarthritis
- Mild joint pain and inflammation
- Mild joint stiffness and swelling
- Helps improve joint mobility

# Who would use Caruso's Exit Pain?

- Those who suffer from the symptoms associated with mild osteoarthritis such as pain, swelling and stiffness
- · Anyone suffering from pain and poor mobility associated with mild gout
- · Those who are active and would like a supplement to reduce joint wear and tear and maintain healthy joint function
- · Anyone wishing to support overall joint health and function

# **Formulation**

Each tablet contains:	
Glucosamine Hydrochloride	750mg
Dimethyl-Sulfone (MSM)	750mg
Boswellia serrata (Boswellia) ext. dry conc	100mg
From min. dry Gum Oleoresin 600mg	
Std. to Boswellic Acid 65mg	
Bovine sodium chondroitin sulfate	80mg
Manganese Gluconate (Manganese 3mg)	23.32mg
Borax	6.61mg
Equiv. to Boron 750 micrograms	

### Specification:

Appearance: White oval tablet with a break bar on one side. L: 23.2mm W: 10.5mm T: 7.9mm Flavour: None.

#### Directions for use:

Adults take 1 tablet twice daily with food or as advised by your health professional. For the relief of mild Gout symptoms, take 1 tablet 3 times daily.







- O DAIRY & LACTOSE FREE
- ARTIFICIAL PRESERVATIVE FREE
- GLUTEN FREE







# **EXIT PAIN® ARTHRITIS CREAM**PAIN RELIEF

# Health benefits

Caruso's Exit Pain Arthritis Cream contains Arnica and Camphor oil chosen for their analgesic properties. Camphor oil may assist in the pain and inflammation associated with mild osteoarthritis. Arnica has anti-inflammatory actions and may also assist mild muscle aches and pain, and mild joint inflammation.

Caruso's Exit Pain Arthritis Cream is designed for those experiencing muscle or mild joint aches and pains. Caruso's Exit Pain Arthritis Cream works at the site of pain to provide relief locally and may be used on its own or in conjunction with other formulations. Caruso's Exit Pain Arthritis Cream has also been formulated for the temporary relief of mild joint pain, inflammation associated with mild osteoarthritis, aches and pains and bruising.

# Caruso's Exit Pain Arthritis Cream indications:

Relieve:

- **⊘** Symptoms of mild arthritis
- Mild joint aches and pains
- Ø Mild joint inflammation and swelling
- Muscle pain and soreness

# Who would use Caruso's Exit Pain Arthritis Cream?

- Those suffering from pain, swelling and inflammation associated with mild osteoarthritis
- Those who bruise easily
- Those who suffer from muscle pain
- Those who have soft tissue injuries
- Those with shellfish allergies who cannot take Glucosamine
- Those who want a product that can be directly applied to the site of their injury or pain

 Those who are already taking an oral tablet for reducing their pain but wish to target pain locally

## **Formulation**

Each gram of cream contains:	
Arnica montana (Arnica) tincture	50mg
Rosemary Oil	40mg
Camphor Oil White	32mg
Emu Oil	20mg

#### Specification:

Appearance: Off-white cream.

#### **Directions for use:**

**Adults** and **children over 12 years** apply 2.5gm (approx. half a teaspoon) to the affected areas and gently massage until absorbed. Repeat up to three times daily or as advised by your health professional.























## **FERTILE MAX® MALE PRECONCEPTIO**



Health benefits The key ingredients found in Caruso's Fertile MAX support sperm health and production as well as sperm motility. It contains antioxidants which help to decrease free radical damage to body cells and support with healthy sperm production, Caruso's Fertile MAX may also help to support testosterone synthesis, formation and levels and supports physical stamina. It contains *Panax ginseng*, which may support healthy sexual function and libido, and other adaptogenic herbs which may assist the body to cope with environmental stress and support healthy body stress recovery. Caruso's Fertile MAX contains herbs which are used in Traditional Chinese Medicine to support vitality. Enhance the body's ability to adapt to stress and promote energy levels.

### Caruso's Fertile MAX indications:

Maintain and support:

- Sperm health
- **⊘** Sperm production
- Sperm motility
- Sexual sexual function
- ✓ Healthy libido

### Who would use Caruso's Fertile MAX?

- Men who would like support for healthy sexual function and libido
- Men who would like a supplement which supports healthy sperm production
- · Men who would like to support their testosterone levels
- · Men looking to support preconception health

Each tablet contains:
Panax ginseng (Korean ginseng) ext. dry conc
Eleutherococcus senticosus (Siberian ginseng) ext. dry conc
Std. to Syringaresinol glycosides 1.33mg  Trigonella foenum-graecum (Fenugreek - Testofen®) ext. dry conc
AND
Ubidecarenone (CoEnzyme Q10)60mg
Zinc Oxide
Lycopene8mg
Folic Acid500 micrograms
Selenomethionine

### Specification:

**Appearance:** White oval tablet with a break bar on one side. L: 22.5mm W: 9mm T: 6.5mm Flavour: None.

### Directions for use:

Adults take 1 tablet daily with food or as advised by your health professional. Always read the label and follow the directions for use.







- O DAIRY & LACTOSE FREE
- VEGAN FRIENDLY
- ARTIFICIAL PRESERVATIVE FREE
- NUT FREE
- GLUTEN FREE







### **FLUID AWAY®** HELP RELIEVE MILD FLUID RETENTION

### Health benefits

Caruso's Fluid Away is designed to support the body's natural channels of elimination using herbs such as Dandelion which has been used in traditional Western Herbal Medicine to help temporarily relieve mild fluid retention. It may help maintain joint health and support urinary tract function. Caruso's Fluid Away may also help to reduce inflammation, support joint health and assist with body waste elimination.

Caruso's Fluid Away contains Stonebreaker, a herb which has been used in traditional Avurvedic medicine to help support urinary tract health and as a liver protectant.

Dandelion and Celery seed have both been included due to their use in Western Herbal Medicine to help reduce the symptoms of occasional episodes of gout, and to relieve abdominal bloating.

### Caruso's Fluid Away indications:

Traditionally used in Western Herbal Medicine to help relieve:

- **⊘** Symptoms of occasional episodes of gout
- Mild rheumatic aches and pains

### Who would use Caruso's Fluid Away?

- Those are looking for a natural formula to help temporarily relieve mild fluid retention
- Those suffering from inflammation due to physical injuries
- Anyone looking to relieve the symptoms of occasional episodes of gout
- · Anyone suffering from mild rheumatic aches and pains
- · Those who wish to support their liver health and function

### **Formulation**

### Each tablet contains: Phyllanthus amarus (Stonebreaker) ext. dry conc. ......... From dry herb 1.5g (1500mg) Taraxacum officinale (Dandelion) ext. dry conc. .... From dry leaf 750mg Apium graveolens (Celery) ext. dry conc. .... From dry seed 750mg Pyridoxine Hydrochloride (Vitamin B6) ...

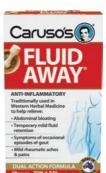
### Specification:

Appearance: White pearlescent oval shaped tablet. L: 19.7mm W: 8.1mm T: 6.5mm Flavour: None.

### Directions for use:

Equiv. to Pyridoxine 25mg

Adults take 1 tablet twice daily with food or as advised by your health professional.







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- ✓ VEGAN FRIENDLY
- ARTIFICIAL PRESERVATIVE FREE
- ✓ NUT FREE











Health benefits

### **GET UP & GO ENERGY ENHANCER**



Caruso's Get Up & Go has been formulated using a patented extract of Alpinia galanga called enXtra™, which has been combined with Green Tea extract and B vitamins to help promote energy levels while also improving attention span and mental alertness. Caruso's Get Up & Go combines the benefits of

herbs and vitamins in a unique one-a-day tablet aimed at enhancing mental alertness, increasing attention span and maintaining energy levels through the day.

Alpinia galanga, commonly known as galangal, is closely related to the ginger family and often used in Indonesian, Thai or Malaysian cooking. The patented extract enXtra<sup>™</sup> has been shown to improve mental alertness and increase attention span.

Camellia sinensis, which is more commonly referred to as Green Tea, is a plant that is naturally rich in polyphenol catechins. Polyphenol catechins are antioxidant compounds which are naturally present in the leaves of Camellia sinensis.

### Caruso's Get Up & Go indications:

- Support energy production
- ✓ Increase mental alertness
- Maintain and support body metabolism

### Who would use Caruso's Get Up & Go?

- · Those looking to enhance mental alertness
- · Those wishing to increase their attention span
- Those looking to enhance energy levels
- Those looking to support energy production

Each tablet contains:
Alpinia galanga (enXtra™) rhizome300mg
From min. rhizome 3g (3000mg)
Camellia sinensis (Green Tea) leaf ext. dry. conc
From min. dry leaf
Std. to Catechins
Std. to Epigallocatechin-3-0-gallate
Thiamine Hydrochloride (Vitamin B1)56.06mg
Equiv. to Thiamine 50mg
Riboflavin (Vitamin B2)20mg
Nicotinamide (Vitamin B3) 100mg
Calcium Pantothenate (Vitamin B5)54.58mg
Equiv. to Pantothenic Acid 50mg
Equiv. to Calcium 4.58mg
Pyridoxine (Vitamin B6)45mg
Cyanocobalamin (Vitamin B12) 100 micrograms
Folic acid
Choline Bitartrate
Equiv. to Choline 50mg

### Specification:

Appearance: Brown oval shaped film coated tablet with a break bar on one side. L: 23.2mm W: 10.5mm

### Directions for use:

Adults take 1 tablet daily in the morning after breakfast or as advised by your







- O DAIRY & LACTOSE FREE
- VEGAN FRIENDLY
- ARTIFICIAL PRESERVATIVE FREE
- NUT FREE
- GLUTEN FREE







### **HAIR FOOD™** HEALTHY HAIR

### Health benefits

Caruso's Hair Food tablets have been formulated to provide your body with nutrients important for maintaining healthy hair, skin and nails. The ingredients help to support scalp health, and also help to maintain hair growth.

Caruso's Hair Food also assists with collagen formation, providing support for the integrity and structure of the skin. The addition of biotin may help to improve nail thickness and strength, and reduce the occurrence of nail splitting and chipping.

### Caruso's Hair Food indications:

- Supports hair growth
- Maintains healthy hair follicles
- Supports hair and scalp health

### Who would use Caruso's Hair Food?

- · Anyone wanting to maintain the health of their hair, skin and nails
- · Anyone wanting to support the growth of their hair
- · Those with brittle or splitting nails
- · Those wanting to improve skin repair and healing from minor wounds, cuts and scratches

### **Formulation**

Each tablet contains:	
Calcium Pantothenate	300mg
Equiv. to Pantothenic Acid 274.83mg	, and the second
Equiv. to Calcium 25.17mg	
Inositol	100mg
Colloidal Anhydrous Silica	53.5mg
Equiv. to Silicon 25mg	
Zinc Sulfate Monohydrate	41.16mg
Equiv. to Zinc 15mg	
Nicotinamide	20mg
Riboflavin	5mg
Biotin	2.5mg
Folic Acid	90 micrograms

### Specification:

**Appearance:** White oval shaped tablet with a break bar on one side.

L: 22.5mm W: 9mm T: 6.4mm Flavour: None.

### Directions for use:

Adults take 1 tablet daily or as advised by your health professional.







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## HAIR, SKIN & NAILS COMPLETE BEAUTY COMPLEX



Each tablet contains:	
Calcium Pantothenate (Vitamin B5) Equiv. to Pantothenic acid 229.03mg Equiv. to Calcium 20.98mg	250mg
Colloidal Anhydrous Silica Equiv. to Silicon 100mg	213.9mg
Biotin	2.5mg
Ascorbic acid (Vitamin C)	
Zinc citrate dihydrate	
Equiv. to Zinc 15mg	,
Inositol	50mg
Choline bitartrate	

### Specification:

Appearance: White pearlescent oval shaped tablet. L: 19.6mm W: 8.5mm T: 7.3mm Flavour: None.

### Directions for use:

Adults take 1 tablet daily with food or as advised by your

Always read the label and follow the directions for use.

### Health benefits

Caruso's Hair, Skin & Nails has been formulated to provide key nutrients for healthy hair, skin and nails.

Using nutrients such as Vitamin B5, Silica and Biotin, Caruso's Hair, Skin & Nails can support skin repair, assist nail growth and hair health.

### Caruso's Hair, Skin & Nails indications:

- Supports hair growth and helps maintain healthy hair follicles
- Helps enhance skin health and healing
- Supports collagen formation
- ☑ Increase nail strength and thickness

### Who would use Caruso's Hair, Skin & Nails?

- Those who wish to reduce nail brittleness. splitting and chipping
- Those who wish to support nail strength and thickness
- · Those who wish to promote skin healing and repair
- · Those who wish to maintain healthy hair follicles and scalp health
- · Those who wish to support collagen health and formation
- · Those looking for antioxidant support







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- ARTIFICIAL PRESERVATIVE FREE
- NUT FREE
- GLUTEN FREE







## **IMMUNE AID ENHANCE IMMUNE DEFENCE**

### Health benefits

Caruso's Immune Aid is a powerful and unique blend formulated to support the health of the immune system and enhance its function.

Caruso's Immune Aid is ideal for any individual wishing to reduce the symptoms, occurrence and duration of the common cold and flu, while supporting your overall immune health. Caruso's Immune Aid can help provide relief of a variety of symptoms associated with the common cold and flu

### Caruso's Immune Aid indications:

- Relieve the severity and symptoms of the common cold and flu
- **⊘** Promote immune defence
- Includes Astragalus which used in Traditional Chinese Medicine to assist with the recovery from illness

### Who would use Caruso's Immune Aid?

- Those who require relief from the symptoms associated with the common cold and flu
- Those looking to relieve symptoms of mild throat inflammation
- Anyone wanting to reduce the severity of symptoms of a mild upper respiratory tract infection
- Anyone wanting to relieve a runny nose, tiredness associated with a cold, reduce a cough or unblock nasal congestion
- Those requiring an expectorant to help clear excess mucous

### **Formulation**

### Each tablet contains:

Andrographis paniculata (Andrographis) ext. dry conc	190.48mg
From min. dry leaf 2.67g (2670mg)	
Std. to Andrographolide 70mg	
Ganoderma lucidum (Reishi) ext. dry conc	50mg
From min. dry fruiting body 1g (1000mg)	
Std. to polysaccharides 5mg	
Ascorbic acid (Vitamin C)	500mg
Zinc citrate dihydrate	46.73mg
Equiv. to Zinc 15mg	

### Specification:

**Appearance:** Light brown/cream mottled colour, oval shaped tablet with a break bar on side.

L: 22.5mm W: 10mm T: 6.4mm Flavour: None.

#### Directions for use:

**For general immune health:** Adults take 1 tablet daily with food or as directed by your health professional. **For cold & flu:** Adults take 1 tablet twice daily with food or as advised by your health professional.







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- **≫** NUT FREE
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Health benefits

### **LIVER DETOX™** LIVER CLEANSER

### **Formulation**

One of the many functions of your liver is to assist in the excretion of metabolic waste products through the bowel. Caruso's Liver Detox has been formulated to help support the natural cleansing and detoxification processes of the liver

It may also help support bile production and enhance bile flow from the gallbladder and help maintain liver health

Caruso's Liver Detox may also help promote healthy digestive system function, relieve digestive discomfort and assist in the digestion of dietary fats.

### Caruso's Liver Detox indications:

- Supports natural detoxification processes
- function
- **⊘** Supports bile production
- Ø Relieves abdominal bloating, digestive spasms and symptoms of indigestion

### Who would use Caruso's Liver Detox?

- Those who would like to support the natural detoxification processes of the liver
- Those who wish to support healthy digestive system function
- Those who experience symptoms associated with indigestion, such as dyspepsia. abdominal bloating, cramping, griping and/ or a feeling of fullness

Each tablet contains:
Silybum marianum (St Mary's Thistle) ext. dry conc
Std. to Flavanolignans as Silybin 180mg
Taraxacum officinale (Dandelion) ext. dry conc
From dry root 500mg
Bupleurum falcatum (Bupleurum) ext. dry conc25mg
From dry root 250mg
Schisandra chinensis (Schisandra) ext. dry conc
From dry fruit 250mg
Astragalus membranaceus (Astragalus) ext. dry conc10mg
From dry root 100mg
Berberis vulgaris (Barberry) ext. dry conc
From dry root 50mg
Inositol
Choline bitartrate
Tauring 150mg

### Specification:

Appearance: Light beige and brown speckled tablet with a break bar on one side L: 23.2mm W: 10.5mm T: 7.3mm Flavour: None

### Directions for use:

Adults take 1 tablet daily with food or as advised by your health professional. Always read the label and follow the directions for use.







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### *MALE MOJO*™ APHRODISIAC FORMULA

### Health benefits

Caruso's Male Mojo is specifically formulated to support the physiological needs of men. Caruso's Male Mojo is designed to help maintain healthy libido and healthy sexual function.

Caruso's Male Mojo is a combination of 4 herbs; Fenugreek, Tribulus, Panax ginseng and Ashwagandha plus Tyrosine, all designed to synergistically work together to help support male sexual function. Tribulus, Panax ginseng and Ashwagandha are traditionally used in Ayurvedic and Chinese medicine, as aphrodisiacs to promote a healthy libido and enhance sexual function. In traditional Chinese Medicine, Panax ginseng is used as an adaptogen, and may help the body adapt and cope with the symptoms associated with stress. Ashwagandha is traditionally used in Avurvedic Medicine to help maintain and support physical endurance and stamina, as well as enhance energy production and performance and assist the body in coping with environmental stress.

Caruso's Male Moio is a complete formula. supporting a male's healthy stress response, healthy libido and healthy emotional wellbeing.

### Caruso's Male Mojo indications:

- Maintains healthy libido
- Supports healthy sexual function
- maintain physical endurance and stamina

### Who would use Caruso's Male Mojo?

- · Healthy men seeking an aphrodisiac formulation which helps to promote a healthy libido and support healthy sexual function
- · Males who would like to maintain nervous system function
- Males who experience stress and would like to support a healthy stress response
- · Men wanting to increase physical stamina
- Males wanting additional support for thyroid and adrenal glands

### **Formulation**

Each tablet contains:	
Trigonella foenum-graecum (Fenugreek-Testofen®) ext. dry conc 90.9r From dry seed 3q (3000mq)	ng
Tribulus terrestris (Tribulus) ext. dry conc	ng
Std. to Protodioscin 20mg	
Tribulus terrestris (Tribulus) ext. dry conc	ng
Std. to Protodioscin 20mg  Panax ginseng (Korean ginseng)ext. dry conc	ng
Std. to Ginsenosides 37.5mg  Withania somnifera (Ashwagandha) ext. dry conc	ng
Tyrosine 500r	ma

### Specification:

Appearance: Light blue tablet with a break bar on one side. 1: 23 2mm W: 10 5mm T: 8 0mm Flavour: None

### Directions for use:

Adults take 1 tablet twice daily with food or as advised by your health professional.







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## **MEGA MEMORY® COGNITIVE PERFORMANCE**



### Health benefits

Caruso's Mega Memory formulation may help to support memory and mental concentration. It is suitable for a wide range of individuals for a variety of health concerns related to healthy blood circulation and memory.

Caruso's Mega Memory contains therapeutic levels of both Ginkgo and the patented form of Brahmi, BacoMind®, in a convenient one- a-day tablet.

Ginkgo helps maintain blood circulation to all your vital organs including your brain. This helps to support healthy memory function, improve learning ability, support mental concentration and focus and overall cognitive function in adults. Brahmi may also help maintain mental clarity and support mental concentration, whilst supporting memory and brain function.

### Caruso's Mega Memory indications:

Contains BacoMind®

- **⊘** Enhances memory recall
- Supports brain function
- Promotes learning ability
- ∅ Improves memory

### Who would use Caruso's Mega Memory?

- · Students who wish to sharpen their memory recall
- Elderly people who wish to support brain function and memory
- Work professionals who wish to boost their cognitive performance, memory and recall
- · Those wishing to improve their learning ability and improve short term memory

### **Formulation**

### Each tablet contains:

Std. to Ginkgolides and Bilobalides 7.2mg

Bacopa monnieri (Brahmi – BacoMind®) ext. dry conc. From min. dry whole plant 9g (9000mg) Std. to Bacosides calculated as Bacoside A 202.5mg Ginkqo biloba (Ginko) ext. dry conc. . From min. dry leaf 6g (6000mg) Std. to Ginkgo Flavonglycosides 28.8mg

### Specification:

Appearance: Light blue oblong shaped tablet with a break bar on one side. L: 22.4mm W: 9mm T: 6.8mm Flavour: None.

### **Directions for use:**

Adults take 1 tablet daily with food or as advised by your health professional. Always read the label and follow the directions for use.







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- ARTIFICIAL PRESERVATIVE FREE
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- GLUTEN FREE







## MENOPAUSE EZE<sup>TM</sup> COOL & CALM FORMULA

### Health benefits

Caruso's Menopause EZE has been formulated for woman who are either just beginning perimenopause or experiencing the full symptoms of menopause such as hot flushes in perimenopause, night sweats, irritability and sleeplessness or moodiness. It may also provide support for the nervous system, help to promote a healthy stress response, and also help to maintain a healthy libido in menopausal women.

The addition of Vitamin D helps to provide support for healthy bone mineralisation.

### Caruso's Menopause EZE indications:

- Helps reduce hot flushes and night sweats associated with menopause
- Helps reduce occurrence of menopausal symptoms
- Supports healthy sexual function
- Maintains bone strength and density

## Who would use Caruso's Menopause EZE?

- Women going through perimenopause or menopause
- Women who wish to support their bone health and support bone mass density
- Women who experience hot flushes and night sweats associated with menopause
- Women who wish to support healthy sexual function and maintain healthy female hormone balance during menopause
- Women who would like to relieve the symptoms of stress

### **Formulation**

Each tablet contains:	
Eleutherococcus senticosus (Siberian ginseng) ext. dry conc From min. dry root 2g (2000mg)	133.34mg
Std. to Syringaresinol diglucosides 1.07mg  Pueraria lobata (Kudzu) ext.dry conc  From min. dry root 1.25g(1250mg)	125mg
Std. to isoflavones 50mg  Tribulus terrestris (Tribulus) ext.dry conc  From min. dry fruit 1.25q(1250mg)	25mg
Std. to protodioscin 10mg  *Tribulus terrestris* (Tribulus) ext.dry conc	25mg
From min. dry root 1.25g (1250mg) Std. to protodioscin 10mg Actaea racemosa (Black cohosh) ext.dry conc	40mg
From min. dry root and rhizome 200mg Std. to triterpene glycosides calc. 27-desoxyactein 1mg	_
Vitex agnus-castus (Vitex)ext.dry conc From min. dry fruit 120mg Std. to Agnuside 100 micrograms	20mg
Std. to Aucubin 80 micrograms AND	
Colecalciferol Equiv. Vitamin D3 500IU	. 12.5 micrograms

### Specification:

**Appearance:** Lilac tablet with a break bar on one side.

1: 21mm W: 8 7mm T: 5 4mm Flavour: None

#### Directions for use:

**Adults** take 1 tablet twice daily with main meals or as advised by your health professional.

Always read the label and follow the directions for use.





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✓ NUT FREE

GLUTEN FREE















### Health benefits

At the end of another busy day, you just want to wind down and drift off into blissful sleep, but sometimes it can be hard to calm your mind and fall asleep. You lie awake for hours, tossing and turning, with all sorts of anxious thoughts racing through your head. The more you try to relax, the harder it is to fall asleep!

If this sounds familiar, Caruso's MindEZE can help. Caruso's MindEZE with lavender oil helps to calm your anxious thoughts and reduce the feelings of restlessness and excess nervous energy that can stop you falling asleep. Caruso's MindEZE also helps to reduce disturbed and restless sleep, promotes deep sleep and supports a more refreshing sleep.

The use of lavender boasts an extensive history. from ancient times through to modern day. With a myriad of uses including culinary, aromatherapy and medicinal purposes, lavender is just as popular today as it ever was.

Lavender is used for its ability to relieve excess nervous energy. This makes lavender effective for reducing the symptoms of mild anxiety and restlessness. Lavender can also help to improve the quality of sleep by increasing the amount of deep sleep through its calming and relaxing effects on the nervous system.

### Caruso's MindEZE indications:

- Ø Relieve symptoms of mild anxiety
- Reduce restlessness and nervous energy
- ∅ Improve sleep quality and promotes deep sleep
- **⊘** Relieves disturbed and restless sleep

### Who would use Caruso's MindEZE?

- · Those looking to relieve the symptoms of mild anxiety
- Those who wish to reduce restlessness and decrease excess nervous energy
- Those experiencing disturbed sleep who want to increase their sleep quality by promoting deep sleep
- Those who experience restless sleep and wish to support refreshing sleep

### **Formulation**

### Each capsule contains: Lavender Oil.

### Specification:

Appearance: Red oval shaped gelatine capsule.

L: 5mm Flavour: None.

### Directions for use:

Adults take 1 capsule daily or as advised by your health professional.

Always read the label and follow the directions for use.





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ARTIFICIAL PRESERVATIVE FREE

NUT FREE **GLUTEN FREE** 









## **PAIN-ALGESIC®**ALTERATIVE PAIN RELIEF

### Health benefits

Caruso's Pain-Algesic is an alternative option for those looking to relieve pain and inflammation, joint health and relieve mild nerve pain.

Caruso's Pain-Algesic works unlike most pain relief options in that it mimics the body's own natural cannabinoid system to regulate pain and inflammation

Caruso's Pain-Algesic has been formulated as an alternative solution for adults who are looking to relieve the symptoms of mild osteoarthritis such as mild joint pain, stiffness, soreness and mild joint inflammation. It may also help to improve joint mobility and joint function, and provide relief from mild nerve pain.

### Caruso's Pain-Algesic indications:

- **⊘** Relieve symptoms of mild osteoarthritis
- Reduce mild joint pain, stiffness and inflammation
- **⊘** Reduce pain and improve joint mobility
- Reduce mild nerve pain

### Who would use Caruso's Pain-Algesic?

- Those looking for relief from mild joint stiffness, mild aches and pains
- Those looking for a product which may help to relieve pain and inflammation, including mild nerve pain
- Individuals who would like to support joint mobility and flexibility
- Individuals who would like to reduce symptoms of mild osteoarthritis

### **Formulation**

### Each capsule contains:

### Specification:

**Appearance:** White powder in an oval vegetable capsule. **L:** 23.2mm **W:** 8.2mm **Flavour:** None.

### Directions for use:

**Adults** take 1 capsule daily with food or as advised by your health professional. **For more intensive use** adults take 1 capsule twice daily with food or as advised by your health professional.

Always read the label and follow the directions for use.







**⊘** ARTIFICIAL PRESERVATIVE FREE

✓ NUT FREE











### PEE LESS™ PROSTATE & BLADDER HEALTH FOR MEN

### Health benefits

Caruso's PEE LESS is a unique formula for older men that relieves the annoyance and inconvenience of frequent night-time trips to the bathroom. Caruso's PEE LESS also supports healthy bladder function and urinary tract health. Caruso's PEE LESS contains the key urinary frequency relief ingredients sovbean and pumpkin seed. Because prostate health is an area of male

physiology which can impact urinary frequency and bladder function. Caruso's PFF LESS also contains phytosterols to maintain prostate health and help support healthy prostate function.

Glycine max seed (Soybean) - Glycine max naturally contains a high concentration of isoflavones which are types of phytoestrogens, or plant oestrogens. Isoflavones have a similar structure to oestrogen, however their effects are much weaker. Soy and pumpkin seeds have been used in combination to relieve urinary frequency.

Cucurbita pepo seed (Pumpkin seed) - Cucurbita pepo are rich in essential highly unsaturated fatty acids, phytosterols, antioxidants and minerals such as iron, zinc, and magnesium which can help support bladder health.

Phytosterols - Phytosterols are the collective term for a type of chemical which occurs naturally in plants. Scientific studies support the use of phytosterols for maintaining healthy prostate function and for supporting urogenital health in older men. Phytosterols can also help to support a healthy urine output.

### Caruso's PEE LESS indications:

- Ø Relieves urinary frequency at night-time in older men
- Supports urinary tract health
- Maintains prostate health
- Helps support healthy prostate function

### Who would use Caruso's PFF LESS?

- · Older men who are looking for relief from the annoyance and inconvenience of urinary frequency at night-time
- Men who wish to support healthy urine output
- Men who wish to support bladder and prostate health
- · Older men who wish to support urogenital health

### **Formulation**

Each tablet contains:
Conifer Phytosterol complex92.86mg
Equiv. Sitosterol 65mg
Crateva magna (Crateva) stem bark dry extract
From dry stem bark 1500mg (1.5g)
Cucurbita pepo seed (Pumpkin seed) seed dry extract
From dry seed 8750mg (8.75g)
Glycine max (Soybean) pressed seed cake dry extract
From min. dry pressed seed cake 13360mg (13.36g)
Std. to isoflavones calc. as daidzin/ein, genestin/ein, glycitin/ein 33.4mg

### Specification:

Appearance: Light brown/beige coloured oval shaped tablet with break bar on one side.

L: 23.2mm W: 10.5mm T: 6.9mm Flavour: None.

### Directions for use:

Adults Take 1 tablet 2 times daily with food, or as advised by your health







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- ARTIFICIAL PRESERVATIVE FREE
- **NUT FREE**
- VEGAN FRIENDLY







# **PROSTATE EZE® MAX**RELIEVE FREQUENCY OF NIGHT-TIME URINATION IN MEN

### Health benefits

Caruso's PROSTATE EZE® MAX is a proprietary blend of 5 botanical extracts, including Pygeum, which has been clinically shown to be effective at relieving the frequency of night-time urination (also called nocturia) in men who have been medically diagnosed with Benign Prostatic Hypertrophy (BPH).

Supported by scientific evidence, assessed by the Therapeutic Goods Administration (TGA) and scientifically supported by an Australian Clinical Study, science confirms the benefits of Caruso's PROSTATE EZE® MAX.

Caruso's PROSTATE EZE® MAX utilises 15,000mg of Pygeum which has been standardised for its sitosterol content. Pygeum has been clinically trialled and shown to be beneficial for the relief of nocturia (night-time urinary frequency) associated with medically diagnosed Benign Prostatic Hypertrophy.

### Caruso's PROSTATE EZE® MAX indications:

For the relief of nocturia (night-time urinary frequency) associated with medically diagnosed Benign Prostatic Hypertrophy

## Who would use Caruso's PROSTATE EZE® MAX?

 Men who require relief of night-time urinary frequency associated with medically diagnosed Benign Prostatic Hypertrophy

**⊘** DAIRY & LACTOSE FREE

*⊘* ARTIFICIAL PRESERVATIVE FREE

**⊘** NUT FREE

*GLUTEN FREE* 





### **Formulation**

Each capsule contains:
Prunus africana (Pygeum) dry stem bark extract
Standardised to contain sitosterol and sitosterol glycosides
calculated as sitosterol 9.75mg
Serenoa repens (Saw Palmetto) dry seed extract
From min. dry seed 660mg
Standardised to contain Fatty Acids 39.6mg
Epilobium parviflorum (Willow herb) dry herb extract
From dry herb 500mg
Curcurbita pepo seed oil fixed (Pumpkin seed oil)

### Specification:

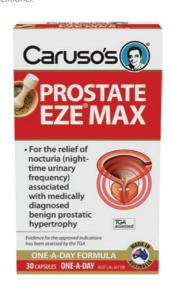
**Appearance:** Blue, oblong, bovine gelatine capsule.

L: 20mm Flavour: None.

### Directions for use:

**Adults** take 1 capsule daily with food or as advised by your Medical Practitioner.

Always read the label and follow the directions for use. If you have not had your symptoms diagnosed, or if your symptoms persist or worsen, consult a medical practitioner.













## **QUICK CLEANSE®** INTERNAL CLEANSING DETOX PROGRAM

### Health benefits

The Quick Cleanse Internal Cleansing Detox Program is a kit which has been designed to support the body's natural cleansing and detoxification processes by assisting the natural channels of elimination in the excretion of metabolic waste products. The Ouick Cleanse Internal Cleansing Detox Program includes 4 herbal formulas that promote healthy digestion, support gastrointestinal function, maintain natural liver detoxification processes and also assist in the management of sugar cravings.

### Caruso's Ouick Cleanse indications:

Relief of

- ♥ Constipation
- Abdominal bloating
- ✓ Indiaestion
- Supports your body's natural detoxification processes
- Helps to increase bowel evacuation and waste elimination
- inflammation
- Helps the metabolism of fats
- detoxification processes

### Who would use Caruso's Ouick Cleanse?

- · Those who wish to assist natural cleansing and detoxification processes
- · Those who want to support natural liver detoxification processes and healthy liver regeneration
- Those who are looking to support healthy gastrointestinal functions including a healthy digestive system

- · Those who want to support the digestion of nutrients, particularly the digestion of fats and metabolism of carbohydrates
- Those looking to reduce the occurrence of symptoms of indigestion and dyspepsia
- · Those wanting to relieve feelings of digestive discomfort including abdominal bloating, distension, pain, cramping and spasms
- Those with excessive intestinal wind/gas looking to reduce flatulence

### **Formulation**

### **Quick Cleanse Detox Program contains:**

Caruso's Stomach Clear (page 53) Caruso's Liver Detox (page 42) Caruso's Bowel Clear (page 24) Caruso's CraveLESS (page 31)

#### Directions for use:

Before breakfast: 1 x Caruso's Bowel Clear After breakfast: 1 x Caruso's CraveLESS Before lunch: 1 x Caruso's Stomach Clear After lunch: 1 x Caruso's Cravel ESS

Before dinner: 1 x Caruso's Stomach Clear, 1 x Caruso's Liver Clear

After dinner: 1 x Bowel Clear Or as advised by your health professional.

Always read the label and follow the directions for use.





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Available in 7 & 15 days





## **REVIVALIFE®**ULTIMATE 5 DAY BODY RESET

### Health benefits

Caruso's Revivalife 5 Day Body Reset has been formulated to help support the body's natural detoxification processes while aiding in the excretion of metabolic waste.

Social events, weekend events and parties can often mean poor dietary choices. Caruso's Revivalife 5 Day Body Reset may aid in kick starting a healthier way of life with the help of three products designed to aid effective body waste elimination by supporting liver cleansing, maintaining digestive health and body waste elimination.

## Caruso's Revivalife 5 Day Body Reset indications:

- Ø Relieve abdominal bloating
- **⊘** Relieve constipation and gas
- ∅ Increase bowel elimination

## Who would use Caruso's Revivalife 5 Day Body Reset?

- Those who wish to support their body's natural channels of elimination
- Those looking to relieve symptoms of indigestion
- Those wishing to relieve abdominal fullness
- Those wishing to assist the breakdown of dietary fat
- Those requiring assistance with metabolic waste excretion
- Those looking for assistance in the management of food cravings
- Those wishing to support the natural liver cleansing process

### **Formulation**

### Revivalife contains:

Caruso's Bowel Clear (page 24) Caruso's CraveLESS (page 31) Caruso's Fluid Away (page 37)

### Directions for use:

**Adults:** Breakfast: Take 1 tablet of Caruso's CraveLESS, Fluid Away and Bowel Clear after breakfast. Dinner: Take 1 tablet of Caruso's CraveLESS, Fluid Away and Bowel Clear after dinner or as advised by your health professional.

Always read the label and follow the directions for use.







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## **SLEEP MORE® SLEEP & MILD ANXIETY AID**



### Health benefits

If you're a poor sleeper or have problems getting to sleep and staying asleep, you may find Caruso's Sleep More helpful. Caruso's Sleep More is a herbal sleeping tablet which contains a therapeutic blend of 5 herbal extracts, known for their relaxation properties.

Passion flower has been used in traditional Western Herbal Medicine to help promote and maintain healthy sleep patterns. It may help improve the quality of sleep and help reduce restless sleep.

Hops has been used in Traditional Chinese Medicine to help relieve nervous tension and relieve nervous indigestion. In North American Herbal Medicine, it is traditionally used to help improve the quality of sleep.

Kava has been used in traditional Polynesian medicine to help reduce sleeplessness and promote body relaxation.

Kava may also help to relieve symptoms of mild anxiety and support emotional wellbeing.

Zizyphus supports nervous system function, calms the mind and supports brain health and function.

The standardised component of Green tea, theanine, may help improve body and mind relaxation as well as help reduce cognitive fatigue.

### Caruso's Sleep More indications:

- Ø Reduces time to fall asleep
- ∅ Improves sleep quality, enhancing deep sleep Relieves nervous tension/unrest
- ∅ Increases body and mind relaxation
- Supports healthy sleeping patterns

### Who would use Caruso's Sleep More?

- Those who wish to relieve their sleeplessness and would like to promote quality sleep
- Those who experience disturbed sleep

- · Those who do not get restful sleep and wish to promote deep sleep
- · Those who experience symptoms associated with mild anxiety
- · Those wishing to relieve restlessness and nervous tension

### **Formulation**

### Each tablet contains herbal extracts equiv. to:

Camellia sinensis (Green tea) ext. dry conc
Ziziphus jujuba var. spinosa (Ziziphus) ext. dry conc
From dry seed 1.35g(1350mg)
Humulus lupulus (Hops) ext. dry conc250mg
From dry flower 1g (1000mg)
Piper methysticum (Kava) ext. dry conc75mg
From fresh root 750mg
Passiflora incarnata (Passion flower) ext. dry conc
From dry herb 750mg

### Specification:

**Appearance:** Light yellow oblong shaped tablet with a break bar on one side. L: 22.5mm W: 9mm T: 6.9mm Flavour: None.

### **Directions for use:**

Adults take 2 tablets half an hour before bedtime, or as advised by your health professional.







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## **STOMACH CLEAR** TM ENHANCE DIGESTIVE FUNCTION

### Health benefits

The ingredients used in Caruso's Stomach Clear have been traditionally used in Western Herbal Medicine to aid in the relief of gastrointestinal symptoms such as indigestion, abdominal bloating and feelings of fullness in the stomach. Caruso's Stomach Clear is specifically developed to help relieve digestive discomfort and calm an upset stomach.

Containing ten specifically selected herbs, citrus bioflavonoids plus magnesium, Caruso's Stomach Clear aids gastrointestinal disturbances caused by poor digestion.

The herbs in Caruso's Stomach Clear, which include Papaya, Gentian and Ginger are traditionally used in Western Herbal Medicine to help support healthy digestive system function. Caruso's Stomach Clear may also help to reduce flatulence (wind), abdominal bloating and fullness associated with indigestion.

### Caruso's Stomach Clear indications:

- Help reduce the occurrence and relieve symptoms of indigestion
   Reduce occurrence of excessive intestin
- Traditionally used in Western Herbal Medicine to promote healthy digestion

### Who would use Caruso's Stomach Clear?

- Those wanting to relieve digestive discomfort
- Those wanting to support healthy digestive system function
- Those who wish to reduce the occurrence of excess intestinal wind

### **Formulation**

Each tablet contains:
Carica papaya (Paw Paw) dry fruit powder
Plantago afra (Psyllium) dry seed husk powder 100mg
Mentha X piperita (Peppermint) ext. dry conc
Zingiber officinalis (Ginger) ext. dry conc20mg
From min. dry rhizome 100mg
Foeniculum vulgare (Fennel) ext. dry conc
From dry fruit 100mg
Gentiana lutea (Gentian) ext. dry conc25mg
From dry root 100mg
Cynara scolymus (Globe Artichoke) ext. dry conc25mg
From dry leaf 100mg
Juglans nigra (Black Walnut) ext. dry conc10mg
From dry fruit hull 100mg
Uncaria tomentosa (Cat's Claw) ext. dry conc25mg
From dry stem bark inner 100mg
Citrus bioflavonoids ext50mg
Magnesium chloride hexahydrate10mg
Equiv. Magnesium 1.2mg
Clove powder50mg
Equiv. Clove oil 5mL

### Specification:

**Appearance:** Large oval shaped mottled beige tablet. L: 23.2mm W: 10.5mm T: 6.4mm Flavour: None.

### Directions for use:

**Adults** take 1 tablet twice daily with main meals or as advised by your health professional







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## STRESS & ANXIETY SPRAY MIND CALMING FORMULA

### Health benefits

Caruso's Stress & Anxiety Spray is a convenient spray which may help to calm the mind and relieve the symptoms of mild anxiety and excessive nervous energy when feelings of stress arise. It may also enhance mental alertness and support healthy mood balance. *Melissa officinalis*, commonly known as Lemon balm, is a herb that may help to calm the mind and calm the nerves.

Caruso's Stress & Anxiety Spray contains the specific extract of *Melissa officinalis* called Bluenesse®, which may help support mental clarity and enhance mental alertness and reduce symptoms of mild anxiety such as nervous unrest.

The spray delivery system provides easy administration and makes it a suitable product for those who are unable to swallow tablets. Caruso's Stress & Anxiety Spray can be taken when needed to help reduce the occurrence of symptoms of mild anxiety.

## Caruso's Stress & Anxiety Spray indications:

- **⊘** Soothe and calm the nerves
- **⊘** Relieve symptoms of mild anxiety
- Helps the body to cope with environmental stress
- Support mental concentration, alertness and memory

## Who would use Caruso's Stress & Anxiety Spray?

- Adolescents, men and women who require help to reduce the occurrence of symptoms of mild anxiety
- · Those unable to swallow tablets
- Those who need aid to help the body cope with environmental stresses
- Those who wish to reduce nervous tension

### **Formulation**

### Per 5 sprays (825micrograms):

### Specification:

Appearance: Brown liquid. Flavour: Peppermint.

#### Directions for use:

**Adults and children over the age of 12:** Place spray nozzle into mouth and spray 5 times. Use 3 times a day (maximum 15 sprays per day) during times of stress and/or mild anxiety or as advised by your healthcare professional.







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## STRESS CLEAR BODY & MIND STRESS RELIEF

### Health benefits

daily lives, and stress may affect your emotions as well as your body. Caruso's Stress Clear formula contains KSM-66° which is extracted from the traditional Ayurvedic medicinal herb, Withania, for its adaptogenic properties and helps the body adapt to stress. The other herbs in Caruso's Stress Clear may also help you to meet the increased demands of stress in your life and support healthy body stress recovery. Additional herbs in Caruso's Stress Clear, which are also used in Traditional Chinese Medicine, are Korean and Siberian ginseng. These herbs are used as a restorative tonic, and support

We all suffer from stress from time to time in our

Withania is a popular herb also used in traditional Ayurvedic medicine to help the body adapt to stress, support stamina and mental function.

### Caruso's Stress Clear indications:

energy levels and vitality.

- Support a healthy stress response in the body
- **⊘** Relieve symptoms of stress and mild anxiety
- Support healthy body stress recovery

### Who would use Caruso's Stress Clear?

- Those who need to support healthy body stress recovery and emotional balance
- Adults who need to support mental clarity, cognitive performance, focus and general mental wellbeing
- Those who wish to relieve symptoms of mild anxiety and stress
- Those who need to support nervous system function, brain health and healthy body stress recovery
- Those who require aid with recovery from illness and convalescences

### **Formulation**

Each tablet contains:
Withania somnifera (Ashwagandha KSM-66°) ext. dry conc
Eleutherococcus senticosus (Siberian Ginseng) ext. dry conc
Std. to Syringaresinol diglucosides 534 micrograms
Panax ginseng (Korean ginseng) ext. dry conc50m
From min. dry root 500mg

### Specification:

**Appearance:** Cream coloured oval shaped tablet with a break bar on one side. **L:** 22.5mm **W:** 9mm **T:** 7.2mm **Flavour:** None.

### Directions for use:

Std. to Ginsenosides 12.5mg

**Adults** take 1 tablet twice daily with food or as advised by your health professional.

Always read the label and follow the directions for use.









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Each tablet contains:	
Trigonella foenum-graecum (Fenugreek-Testofen®) ext. dry conc From dry seed 9.9g (9900mg)	300mg
Panax ginseng (Korean ginseng) ext. dry conc From dry root 1.35g (1350mg)	135mg
Urtica dioica (Nettle) ext. dry conc From dry root 1g (1000mg)	62.5mg
Avena sativa (Oats) ext. dry conc	100mg
AND	
Magnesium aspartate dihydrate Equiv. Magnesium 16.88mg	225mg
Zinc amino acid chelate Equiv. Zinc 15mg	75mg
Pyridoxine hydrochloride	6mg

### Specification:

**Appearance:** White oval shaped tablet with a break bar on one side. L: 23.2mm W: 10.5mm T: 6.9mm Flavour: None.

#### Directions for use:

Adults take 1 tablet in the morning an hour before breakfast and 1 tablet an

Always read the label and follow the directions for use.

### Health benefits

Caruso's TestOrod is a herbal and nutritional preparation for men specifically developed to support healthy reproductive hormones, promote physical exercise performance, as well as maintain sexual function and improve libido in healthy males.

TestOrod contains 3 primary ingredients Oats, Ginseng and Testofen® with minerals.

Oats may increase and promote physical endurance and stamina due to the levels of polysaccharides in the herb. Panax ginseng is used to support healthy sexual function and libido in healthy males. It may also support sperm production and energy levels. Testofen® is a Fenugreek extract standardised for Fenuside. Testofen® may help maintain healthy testosterone and reproductive hormone levels in healthy men. This extract helps enhance and increase physical performance and stamina. It may also support muscle strength and mass and physical endurance.

### Caruso's TestOrod indications:

Help maintain:

- Helps enhance:

- Muscle strength
- Healthy libido in healthy males

### Who would use Caruso's TestOrod?

- · Those wanting to support muscle mass, strength and physical stamina and promote energy levels
- Those who wish to support healthy reproductive hormone levels in healthy males
- · Healthy males who wish to support healthy sexual function, sperm health and sperm motility and libido







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### THYROID MANAGER™ HEALTHY THYROID FUNCTION

### Health benefits

Caruso's Thyroid Manager is a convenient one-a-day tablet which provides the necessary nutrients involved to support healthy thyroid hormones and assist thyroid hormone production. It may also relieve fatigue and symptoms of stress. The key ingredients include lodine, Selenium, Tyrosine, Zinc and Vitamin D. lodine is a trace element and one of the most important components of thyroid hormones. It supports healthy gland function and assist thyroid hormone production. It is also required for many other different reactions in the body. Selenium and Tyrosine have been added as these two nutrients assist thyroid hormone production and support healthy thyroid gland function. Caruso's Thyroid Manager also contains Zinc and Vitamin D which may help support healthy thyroid gland function.

### Caruso's Thyroid Manager indications:

- Maintain healthy thyroid gland function
- Support energy production
- Ø Relieve symptoms of stress
- Support healthy emotional /mood balance

### Who would use Caruso's Thyroid Manager?

- Those wanting to support their healthy thyroid gland function and hormones
- Those wanting to support energy production and thyroid gland health
- Those wishing to support a healthy stress response in the body and healthy mood
- Those wishing to relieve tiredness, fatigue and weariness

### **Formulation**

Each tablet contains:	
Tyrosine	1g (1000mg)
Ascorbic Acid (Vitamin C)	40mg
Zinc Oxide	18.67mg
Equiv. to Zinc 15mg	
Thiamine Hydrochloride (Vitamin B1)	11.21mg
Equiv. to Thiamine 10mg	
Nicotinamide (Vitamin B3)	10mg
Pyridoxine Hydrochloride (Vitamin B6)	12.16mg
Equiv. to Pyridoxine 10mg	
Selenomethionine	249 micrograms
Equiv. to Selenium 100 micrograms	
Potassium lodide	391 micrograms
Equiv. to lodine 299 micrograms	
Colecalciferol (Vitamin D)	25 micrograms
Equiv. to Vitamin D 1000IU	

### Specification:

Appearance: Pale apricot oval tablet with a break bar on one side. L: 23.2mm W: 10.5mm T: 7.2mm Flavour: None.

### Directions for use:

Adults take 1 tablet daily in the morning with food or as advised by your health professional.







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Health benefits

refreshing sleep.





### Caruso's Total Sleep is a herbal supplement formulated to help improve the quality of sleep, help reduce the time in which it takes to fall asleep, and promote healthy sleep patterns. Caruso's Total Sleep is for those who have difficulty falling asleep, suffer from restlessness, excess nervous energy and nervous tension. It also supports those who have trouble sleeping and encourages deep restful and

Caruso's Total Sleep contains Valerian, Hops, Withania and Chamomile, Valerian has a long history of traditional use in Western Herbal Medicine to assist with sleeplessness. restlessness and to help induce sleep. It may help improve your ability to fall asleep faster, promote a deeper sleep and help promote healthier sleeping patterns.

### Caruso's Total Sleep indications:

- ♥ Promotes healthy sleep patterns
- Ø Reduces the time to fall asleep
- ∅ Improve sleep quality

### Who would use Caruso's Total Sleep?

- Those who have difficulty falling asleep
- Those who suffer from restlessness and nervous tension
- · Light, restless sleepers who would like to achieve a deep restful sleep
- Those who are woken easily
- · Those who don't wake up feeling refreshed

### Each tablet contains:

Withania somnifera (KSM-66® Ashwagandha) extract equiv. to Valeriana officinalis (Valerian) extract equiv. to dry root ..... Equiv. to Valerenic Acids 750 micrograms

Matricaria chamomilla (Chamomile) extract equiv. to Humulus lupulus (Hops) extract equiv. to dry flower ..

### Specification:

Appearance: Navy blue oval shaped tablet with a break bar on one side. L: 22.5mm W: 10mm T: 7.9mm Flavour: None

### **Directions for use:**

Adults take 2 tablets half an hour before bedtime or as advised by your health professional.



















## **VEINS CARE CREAM**SUPPORT VEIN HEALTH

### Health benefits

Caruso's Veins Care Cream has been specifically developed for people suffering from mild varicose veins or the symptoms of haemorrhoids

Caruso's Veins Care Cream contains *Hamamelis virginia* (Witch hazel) which has been used in traditional Western Herbal Medicine as an astringent to help tighten tissues and relieve symptoms of mild varicose veins.

Aesculus hippocastanum (Horse chestnut) has been included in the formula as it helps to promote the healing of bruises, provides support for blood vessel health and can relieve aching, tired legs associated with mild varicose veins.

Caruso's Veins Care Cream may assist with symptoms such as painful, heavy legs, and bruising associated with mild varicose veins as it supports blood vessel health and relieves bruise swelling. Caruso's Veins Care Cream may also be used alongside Caruso's Veins Clear to support blood vessel health

### Caruso's Veins Care Cream indications:

- Contains Witch Hazel which was traditionally used in Western Herbal Medicine to relieve symptoms of mild varicose veins
- Maintain blood vessel health
- **⊘** Relieve bruise pain

## Who would use Caruso's Veins Care Cream?

- Men and women who suffer from mild varicose veins or the symptoms of haemorrhoids
- Those who suffer leg aches associated with mild varicose veins

- Those who would like to support blood vessel health
- Those who would like to relieve the heaviness associated with mild varicose veins
- Those who would like to reduce bruise swelling and pain and promote the healing of bruises

### **Formulation**

Each gram of cream contains:
Pinus pinaster (French Maritime Pine Bark Oligopin™) ext dry conc 2.5mg From stem bark outer dry 2.5q (2500mg)
Hamamelis virginiana (Witch Hazel) ext. dry conc10mg
From dry leaf 100mg
Aesculus hippocastanum (Horse Chestnut) ext. dry conc
From seed dry 99.6mg
Dried Magnesium Sulfate80mg
Equiv. to Magnesium 10.4mg
Simmondsia chinensis (Joioba Oil) seed oil fixed

### Specification:

Appearance: Medium brown coloured cream

### Directions for use:

**Adults** Apply 5g (approx. 1 tsp) onto the affected areas and gently massage until fully absorbed. Repeat up to 3 times daily or as needed.























## **VEINS CLEAR®**HEALTHY BLOOD VESSELS



### 

### Specification:

**Appearance:** Pale blue in colour with a break bar on one side. **L:** 23.2mm **W:** 10.5mm **T:** 6.9mm **Flavour:** None.

### Directions for use:

**Adults** take 1 tablet after breakfast or as advised by your health professional.

Always read the label and follow the directions for use.

### Health benefits

Caruso's Veins Clear® is a high potency formula containing ingredients to help support healthy blood vessels.

Caruso's Veins Clear® may help to support blood vessel and capillary health, by supporting collagen formation and providing antioxidant support. The ingredients in Caruso's Veins Clear® contain antioxidants which help reduce free radical damage to body cells and support collagen health.

This helps support healthy blood circulation and also relieves mild tissue oedema.

### Caruso's Veins Clear® indications:

- ∀ Helps enhance the health of blood vessels
- Supports healthy blood circulation
- Maintains blood flow to the legs, hands and feet
- Supports the health and formation of collagen
- Relieves mild tissue oedema

### Who would use Caruso's Veins Clear®?

- Those who would like to support circulation to the peripheral areas of the body including legs, hands and feet
- Those who would like to support blood vessel and blood capillary health
- Those would like to reduce free radicals formed in the body
- Those who would like to relieve mild tissue oedema







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### **WEE LESS®** RELIEVE URINARY FREQUENCY

### Health benefits

Caruso's Wee Less is a unique herbal formula designed to relieve urinary frequency in females, support healthy bladder function and healthy urine output.

Crateva magna is an important medicinal plant native to India and Bangladesh. It is widely used in India and in sub-tropical and tropical parts of the world. Used in Avurvedic Medicine as far back as 3000 years ago, the leaves and fruit are both active constituents while the rind of the fruit has been used as a fixative when dyeing fabrics.

Curcubita pepo is native to America, originating from north-eastern Mexico and Texas where it has been cultivated for thousands of years. Native Americans dried strips of the fruit and used them for weaving as well as a food source. The seeds are rich in essential highly unsaturated fatty acids, phytosterols, antioxidants and minerals such as iron, zinc and magnesium.

### Caruso's Wee Less indications:

- **⊘** Relieves urinary frequency in females
- Supports healthy urine output
- Maintains healthy bladder function and bladder health
- Supports urinary tract health and function

### Who would use Caruso's Wee Less?

- · Females looking for relief from urinary freauency
- · Those who require support for urinary tract health and function
- · Those who wish to support healthy bladder function and maintain bladder health

### **Formulation**

Each tablet contains:
Crateva magna (Crateva) stem bark dry extract
Cucurbita pepo seed (Pumpkin seed) seed dry extract
Glycine max (Soybean) pressed seed cake dry extract
Std. to isoflavones (calc. genestin/ein, glycitin/ein)25mg
Urtica dioica (Nettle leaf) leaf dry extract
Magnesium amino acid chelate
Equiv. Magnesium50mg

### Specification:

Appearance: Extra large oval shaped, red tablet. L: 23.2mm W: 10.5mm T: 7.1mm

#### Directions for use:

Adults take 1 tablet twice a daily or as advised by your health professional. Always read the label and follow the directions for use.







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## If you love our products, please leave us a review!



I would love to hear how Caruso's has helped you on your health journey! Sharing your experiences with us will go a long way in supporting my crusade in helping fellow Australians live healthier lives!



Scan me to write a review!

"I would never put anything in my products that I wouldn't take myself or give to my family!"

Frank Caruso- Founder of Caruso's Natural Health

## **NUTRITIONAL** SUPPORT

In the following pages you will find the Caruso's Nutritional Support supplement range. Many clinical studies have shown that Nutritional supplements may be helpful for those whose dietary intakes are inadequate. Today over 70% of Australians of all ages take nutritional or herbal supplements to address various health conditions, to prevent chronic conditions and to maintain their health and wellbeing. Caruso's Nutritional Support range includes products containing single active ingredients or complex nutritional formulas. These include B Complex Vitamins, Vitamin D3, Odourless Fish Oil, Krill Oil, Multivitamins, Vitamin K2, Magnesium, Astaxanthin and lots more.

INDEX	
Hawaiian Astaxanthin	64
Vitamin B1	65
Vitamin B2	66
Vitamin B3	67
Vitamin B6	68
Vitamin B9 Folinic Acid	69
Vitamin B12 Activated	70
Vitamin B12 6000	71
Mega B Complex	72
Vitamin C 1000 + Bioflavonoids	73
C+D+ZINC	74
Co-Enzyme Q10 150mg	75
Vitamin D3 1000 IU	76
Vitamin E 500 IU	77
Triple Strength Fish Oil	78
Vitamin K2	79

/itamin K2+D380	
/itamin K2+D3+Magnesium81	
/itamin K2+Ubiquinol	
King Krill® 100083	
King Krill® 150084	
King Krill® 200085	
Quercetin86	
Super Magnesium	
Super Magnesium™ Cream	
Super Magnesium Powder ® Berry Flavour	
Super Magnesium Powder ® Lemon Lime Flavour90	
Men's Super Multi	
MSM MAX 1500°	
5AMe94	
Nomen's Super Multi95, 96	





## HAWAIIAN ASTAXANTHIN SUPER ANTIOXIDANT

### Health benefits

Caruso's Hawaiian Astaxanthin is naturally sourced from Red Marine Algae grown in Hawaii. Astaxanthin is a naturally occurring carotenoid pigment which lends its vibrant redorange colour to foods like krill, algae, salmon and lobster.

Astaxanthin's strong antioxidant action has the ability to reduce free radical damage and protect the body against oxidative stress. Astaxanthin's unique action has been scientifically proven to help support the function of the eves, skin health and cardiovascular system health.

Astaxanthin supports your skin and supporting the production and formation of collagen, which may help to improve the health of the skin, its firmness, elasticity and overall internal structure. Astaxanthin has also been shown to support the health of the cardiovascular system by supporting heart health through the maintenance of healthy blood lipids and cholesterol

Astaxanthin is beneficial in supporting overall eye health, including the health of the retina and macula. It helps to maintain healthy vision/ eyesight and assists the eyes in adapting to different variations of light intensity, such as adjusting to night-time vision. Astaxanthin may relieve eye discomfort and soreness, and may help decrease eye strain and visual fatigue.

### Caruso's Hawaiian Astaxanthin indications:

REDUCE FREE RADICAL DAMAGE

- Maintain healthy eyesight and vision

- Maintain cardiovascular system health

### Who would use Caruso's Hawaiian Astaxanthin?

- Those who wish to maintain and support healthy cardiovascular system function
- · Healthy individuals who wish to maintain healthy cholesterol
- · Those wanting to support eye health and function
- Those wanting to promote collagen formation and improve skin elasticity

### **Formulation**

### Each capsule contains:

Astaxanthin esters extracted from Haematococcus pluvialis ... Equiv. to Astaxanthin 6mg

### Specification:

Appearance: Red oval gelatine capsule. L: 4mm Flavour: None.

### Directions for use:

For general health and wellbeing: Adults take 1 capsule daily with food or as advised by your health professional. For more intensive use and eye health support: Adults take 2 capsules daily with food or as advised by your health professional.

Always read the label and follow the directions for use.









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# **VITAMIN B1**HELP CONVERT CARBOHYDRATES INTO ENERGY

### Health benefits

Caruso's Vitamin B1 (Thiamine) is a high strength, one-a-day tablet for those who require additional Vitamin B1 to assist with the synthesis of neurotransmitters and to help support nervous system function.

Caruso's Vitamin B1 may also help to maintain energy production through carbohydrate and protein metabolism.

Vitamin B1 is an essential, water soluble vitamin required by the body to ensure that all its tissues function properly.

Similar to other B vitamins, Thiamine is essential for the metabolism of proteins, carbohydrates and fats which the body turns into energy. Vitamin B1 is found in foods such as beef, oats, eggs, seeds, legumes, brown rice and oranges.

### Caruso's Vitamin B1 indications:

- Aids sugar metabolism
- ❷ Helps convert carbohydrates into energy
- Supports nervous system health and energy production
- Maintains general health and wellbeing

### Who would use Caruso's Vitamin B1:

- Those looking to help to metabolise carbohydrates into energy
- Those who are looking to support their energy levels
- Those who require additional Vitamin B1 support
- Those looking to support the health and function of their nervous system

### **Formulation**

### Each tablet contains:

### Specification:

Appearance: Round, white tablet. D: 11mm T: 5.3mm Flavour: None.

### Directions for use:

**Adults** take 1 tablet daily with food or as advised by your health professional.







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# VITAMIN B2 RELIEVE SYMPTOMS OF MILD MIGRAINES



### **Each tablet contains:**

Riboflavin (Vitamin B2)

### Specification:

**Appearance:** Orange coloured, small, round tablet. **D:** 10.3mm **T:** 4.8mm **Flavour:** None.

### Directions for use:

Adults and children over 16 take 1 tablet daily with food or as advised by your health professional. Mild migraine management: Adults take 1 tablet 4 times daily with food or as advised by your health professional.

Always read the label and follow the directions for use.

### Health benefits

Caruso's Vitamin B2 (Riboflavin) is an easy to swallow tablet, specifically designed to assist the body's energy production and maintenance. Vitamin B2 may help relieve the symptoms of mild migraines, support eye health, support hair growth and skin health. It also provides antioxidants support to help reduce free radical damage to the body.

Riboflavin can be found in animal products including organ meats, such as liver. Animal based foods, especially products of a dairy origin such as milk and cheese, contribute towards approximately one half of the adult recommended daily intake.

Riboflavin is also found in eggs, legumes, almonds and yeast products.

### Caruso's Vitamin B2 indications:

RELIEVE SYMPTOMS OF MILD MIGRAINES Supports:

**⊗** Skin and eye health

Hair health and growth

### Who would use Caruso's Vitamin B2?

- Those who wish to reduce and relieve mild migraine symptoms
- · Those who require support for eye health
- Those who require support for metabolism and energy levels
- Those who require support for skin health
- Those who require support for cardiovascular health and body tissue repair
- Those looking to support general health and wellbeing
- Those who wish to support hair growth and health









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# **VITAMIN B3**SKIN HEALTH & ASSIST CARBOHYDRATE METABOLISM

### Health benefits

Caruso's Vitamin B3 is a high strength, one-a-day tablet specifically designed for those who require additional Vitamin B3 to help support skin health and maintain energy production through assisting carbohydrate metabolism

Like all B vitamins, nicotinamide is a water soluble vitamin, mostly found in foods such as meat, legumes, nuts, yeast and fruit. It is involved in the cellular production of the body's major energy molecule-adenosine triphosphate (ATP). Legumes, fish, poultry, liver and meats are rich sources of Vitamin B3, which is also known as nicotinamide. Other dietary sources include wholegrains, breads, fortified cereals, molasses and yeast products such as brewer's yeast or spreads.

Additionally, foods such as milk and eggs naturally contain tryptophan, which converts into Vitamin B3 within the body.

### Caruso's Vitamin B3 indications:

Maintains and supports:

- **⊗** Skin health
- **⊗** Energy levels
- General health and wellbeing Helps sugar metabolism

### Who would use Caruso's Vitamin B3?

- Those wanting to enhance the health of their skin
- Those who are looking to support their energy levels
- Those looking to help metabolise carbohydrates into energy
- Those who require additional Vitamin B3 to help prevent dietary B3 deficiency
- Those who wish to relieve skin inflammation.

### **Formulation**

### Each tablet contains:

Nicotinamide (Vitamin B3)

500m

### Specification:

**Appearance:** White or off-white coloured, medium, oval shaped tablet. L: 19.7mm W: 8.1mm T: 6.1mm Flavour: None

### Directions for use:

**Adults and children over 16** take 1 tablet daily with food, or as advised by your health professional.







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## **VITAMIN B6** RELIEVE MILD FLUID RETENTION

### Health benefits

Caruso's Vitamin B6 (Pyridoxine) is a one-a-day supplement formulated to relieve breast tenderness, mood swings and temporary mild fluid retention associated with premenstrual tension. It is a high potency easy-to-swallow tablet which has also been formulated to help aid healthy red blood cell production and health as well as support a healthy stress response in the body.

There are six forms of Vitamin B6 distributed throughout the main two food groups:

- Plant-based foods such as bananas contain the main form pyridoxine, which is most stable.
- Animal based foods such as meats, organs, salmon, and eggs are richest in Vitamin B6. Additional sources of Vitamin B6 include legumes, nuts, wholegrain products and vegemite.

### Caruso's Vitamin B6 indications:

Relieve premenstrual tension symptoms such as:

Reduce feelings of aggression and irritability associated with premenstrual tension

### Who would use Caruso's Vitamin B6?

- · Women who are experiencing symptoms of premenstrual tension including mood swings. mild fluid retention and breast tenderness
- Women who wish to relieve morning sickness
- · Individuals who wish to enhance their red blood cell health

### **Formulation**

### Each tablet contains:

Pvridoxine hydrochloride . 243.11ma Equiv. to pyridoxine (Vitamin B6) 200mg

### Specification:

Appearance: White or off-white coloured, small, round tablet.

D: 10.3mm T: 5.7mm Flavour: None.

### Directions for use:

Adults and children over 16 take 1 tablet daily with food or as advised by your health professional.







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## **FOLINIC ACID**SUPPORT RED BLOOD CELL HEALTH

### Health benefits

Caruso's Folinic Acid is a once daily alternative to folic acid. It provides an activated form of folic acid, which is responsible for many metabolic functions in the body including those involved in the assistance of red blood cells and supporting healthy foetal development.

When you consume folic acid, your body uses enzymes to convert it into its "active" form in order to make use of it. Caruso's Folinic Acid provides your body with a "pre-converted" form of folic acid, allowing it to be more readily available for your body to use.

Folinic acid, which is lesser known as Vitamin B9 is mostly found in plant-based products. The richest sources of folate are found in green coloured vegetables such as dark leafy greens, spinach, broccoli, asparagus, cabbage and sprouts. Other considerable food sources include mushrooms, legumes, nuts, organ meats or additionally, fortified cereals.

### Caruso's Folinic Acid indications:

- **⊘** Promote healthy foetal development
- Support brain and central nervous system development
- Support red blood cell health

### Who would use Caruso's Folinic Acid?

- Women planning for pregnancy to enhance healthy foetal development
- Those who wish to help prevent dietary Vitamin B9 deficiency
- Those looking to support red blood cell health
- Those who wish to support central nervous system and brain development
- Those who would like to support healthy mood, emotional balance and general health and wellbeing

### **Formulation**

### Each tablet contains:

### Specification:

Appearance: White or off-white coloured, small, round tablet.

L: 9.5mm T: 4.2mm Flavour: None.

### **Directions for use:**

**Adults and children over 16** take 1 tablet daily with food or as advised by your health professional.







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# **VITAMIN B12 ACTIVATED**RED BLOOD CELL AND NERVOUS SYSTEM SUPPORT

### Health benefits

Caruso's Vitamin B12 Activated contains co-methylcobalamin, the activated form of vitamin B12, in a convenient one-a day, delicious blackcurrant flavoured, orally disintegrating tablet. The "quick melt" technology utilised in Caruso's Vitamin B12 Activated allows for rapid tablet dissolvability and absorption in your mouth without the need for water. Vitamin B12 is essential to help maintain red blood cell health, energy levels and a myriad of biochemical functions within the body. Plants are without cobalamin-dependent enzymes, therefore don't contain Vitamin B12. Rich sources of Vitamin B12 include organ meats (mostly liver and kidney), lamb, beef, fish, oysters, sardines, egg yolk, milk and cheese. Alternative to animal products, options may include fortified breakfast cereals or some types of seaweed

### Caruso's Vitamin B12 Activated indications:

Maintain:

- Brain and cognitive development
- ⊗ Nervous system health

## Who would use Caruso's Vitamin B12 Activated?

- Those looking to support energy levels
- Individuals who need assistance in red blood cell health
- Those who wish to maintain the health and function of their nervous system

### **Formulation**

### Each orally disintegrating tablet (melt) contains:

Mecobalamin (Co-Methylcobalamin) .....

.....1.2ma

### Specification:

**Appearance:** Pink coloured with dark speckles, small, round orally disintegrating tablet. **L:** 9.5mm **T:** 3.6mm **Flavour:** Blackcurrant.

### Directions for use:

**Adults and children over 16 years** dissolve 1 orally disintegrating tablet in your mouth daily with food or advised by your health professional.







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### ACTIVATED B12 6000 FATIGUE & NERVOUS SYSTEM HEALTH

### Health benefits

Caruso's Activated B12 6000 contains a high dose of co-methylcobalamin, the activated form of vitamin B12, in a convenient one-a-day, delicious berry flavour. The orally disintegrating tablet utilised in Caruso's Activated B12 6000 allows the tablet to rapidly dissolve in the mouth.

Plants are without cobalamin-dependent enzymes, therefore do not contain Vitamin B12. Rich sources of Vitamin B12 include organ meats (mostly liver and kidney), lamb, beef, fish, oysters, sardines, eff yolk, milk and cheese. Alternative to animal products, options may include fortified breakfast cereals or some types of seaweed.

Caruso's Activated B12 6000 supports energy levels and relieves fatigue and feelings of weakness when dietary intake is inadequate. It also maintains red blood cell health and aids in the production of healthy red blood cells. The mecobalamin in Caruso's Activated B12 6000 maintains nervous system function and health and supports mental function when dietary intake is inadequate. Caruso's Activated B12 6000 also supports healthy immune system function and immune system health.

### Caruso's Activated B12 6000 indications:

- Relieves fatique and feelings of weakness when dietary intake is inadequate
- Maintains red blood cell health and assists production of healthy red blood cells
- Supports nervous system health and function

### Who would use Caruso's Activated B12 6000?

- · Those who wish to relieve fatigue and weakness due to dietary deficiency of vitamin B12
- · Those who wish to maintain the health of their red blood cells and assist with the production of healthy red blood cells
- Those who require assistance in supporting the health of their nervous system
- Those whose diets are deficient in vitamin B12 and wish to maintain cognitive function
- Those who looking for support to help maintain their immune system function

### **Formulation**

### Each orally disintegrating tablet (melt) contains:

Mecobalamin

### Specification:

Appearance: Pink coloured, orally disintegrating, round tablet with dark speckles. L: 9.5mm T: 3.6mm Flavour: Berry

### **Directions for use:**

Adults dissolve 1 orally disintegrating tablet in your mouth daily with food or advised by your health professional.

Always read the label and follow the directions for use.









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## MEGA B COMPLEX DAILY STRESS SUPPORT

#### Health benefits

Each member of the B vitamin family has a unique function and performs a special role in the body. B vitamins are water soluble vitamins that support the body during times of stress, physical activity, poor diet and general health and wellbeing. Being water soluble means we cannot store B vitamins, so we need to replenish them daily. B vitamins are essential to our wellbeing and are necessary to help fulfil many essential functions. They help support the body with energy production, metabolism, immune system health, a healthy stress response, and maintaining the health and function of the nervous system. Collectively, the B vitamins are involved in energy metabolism, by providing assistance to the biological process of converting the food we eat into energy. This process helps to provide the energy the body requires to perform many daily functions. Caruso's Mega B Complex is a one-a-day formula which contains eight B vitamins, choline and inositol to provide support to your everyday general health and wellbeing.

#### Caruso's Mega B Complex indications:

Supports and maintains:

- ✓ Healthy stress response in the body

- ✓ Nervous system health and function

#### Who would use Caruso's Mega B Complex?

- Those who wish to support their energy levels
- · Individuals wanting to support the health, strength and the growth of their nails
- People who consume a diet high in refined carbohydrates and low in nutritious foods

#### **Formulation**

Each tablet contains:	
Thiamine Hydrochloride	56.06mg
Equiv. to Thiamine (Vitamin B1) 50mg	
Riboflavin (Vitamin B2)	50mg
Nicotinamide (Vitamin B3)	100mg
Calcium Pantothenate	54.58mg
Equiv. to Pantothenic Acid (Vitamin B5) 50mg	
Pyridoxine Hydrochloride	91.07mg
Equiv. to Pyridoxine (Vitamin B6) 75mg	
Biotin	2mg
Cyanocobalamin (Vitamin B12)	. 150 micrograms
Folic acid	. 400 micrograms
Choline Bitartrate	121.56mg
Equiv. to Choline 50mg	
Inositol	50mg

#### Specification:

Appearance: Dark brown oval shaped tablet with a break bar on one side. L: 22.5mm W: 10mm T: 6.9mm Flavour: None.

#### Directions for use:

Adults take 1 tablet daily with breakfast or as advised by your







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### **VITAMIN C 1000** + BIOFLAVONOIDS FIGHT ILLNESS & RELIEVE DURATION OF COMMON COLDS

#### Health benefits

Caruso's Vitamin C 1000 + Bioflavonoids is a high strength and low acid Vitamin C formula which contains 3 forms of Vitamin C. bioflavonoids and herbs

Caruso's Vitamin C 1000 + Bioflavonoids is a convenient one-a-day tablet, ideal for supporting immune system health, wound healing, fighting illness and skin repair and healing.

#### Caruso's Vitamin C 1000 + **Bioflavonoids indications:**

- Supports healthy immune system function to fight illness
- Relieves symptoms and duration of the common cold
- symptoms
- Ø Decreases symptoms of a head cold

#### Who would use Caruso's Vitamin C 1000 + Bioflavonoids?

- Those who wish to improve and enhance immune defence, and help to support immune system function and to fight illness
- · Those who wish to reduce and relieve symptoms of the common cold including severity and duration of a cold
- · Those who wish to decrease and relieve symptoms of a head cold
- Those who wish to support skin health including wound healing and repair
- Those who wish to support bone development and gum health

#### **Formulation**

Each tablets contains:
Ascorbic Acid
Calcium Ascorbate
Equiv. to Ascorbic acid 375mg
Sodium Ascorbate
Equiv. to Ascorbic acid 375mg
Citrus Bioflavonoids Extract50mg
Rutoside (Rutin)50mg
Hesperidin50mg
AND Herbal Extracts
Rosa canina (Rosehip) extract equiv. to dry fruit
Malpighia glabra (Acerola) extract equiv. to dry fruit50mg
Equiv to Ascorbic acid 500 micrograms

#### Total Ascorbic acid (Vitamin C) 1000.5mg

#### Specification:

Appearance: : Oval shaped mottled beige with a break bar on one side.

L: 23.2mm W: 10.5mm T: 7mm Flavour: None.

#### Directions for use:

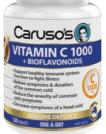
Adults take 1 tablet daily with food or as advised by your health professional.







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## C+D+ZINCALL-IN-ONE IMMUNE DEFENCE

#### Health benefits

Caruso's C + D + Zinc is your daily immune defence. A convenient one-a-day tablet which combines three powerhouse immune support nutrients to maintain the health of the immune system all year round.

Vitamin C can help to support the immune system to fight illness. Vitamin D3 maintains immune system health and Zinc can aid in supporting healthy immune system function. Caruso's C + D + Zinc also has the added benefit of supporting general health and wellbeing.

#### Caruso's C + D + ZINC indications

- Maintains immune system health
- Supports the immune system to fight illness
- Supports general health and wellbeing

#### Who would use Caruso's C + D + ZINC?

- · Adults who are looking to support their overall immune system health and function all year round
- Those who are looking for the convenience of an inclusive formulation containing these immune supporting nutrients versus taking these individually

#### **Formulation**

Each tablets contains:	
Calcium Ascorbate Dihydrate Equiv to Ascorbic acid (Vitamin C) 500mg	605.19mg
Colecalciferol	25 micrograms
Equiv. to Vitamin D 1000IU  Zinc citrate dihydrate	93.46mg
Equiv. Zinc 30mg	

#### Specification:

Appearance: Off white, oval shaped tablet with a break bar on one side. L: 23.2mm W: 10.5mm T: 6.9mm Flavour: None.

#### Directions for use:

**Adults** Take 1 tablet daily with food or as advised by your health professional.







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## **CO-ENZYME Q10 150mg**HEART HEALTH & ENERGY PRODUCTION

#### Health benefits

Co-enzyme Q10 is a fat soluble antioxidant that plays an essential role in the production of energy inside every cell in your body. Its action as an antioxidant enables your cells to preserve their integrity and function without being compromised by the damaging effects of free radicals. Co-enzyme Q10 is involved in the production of adenosine triphosphate (ATP), the form of energy that cells use to fuel the body and allow it to carry out its functions.

Through its ability to support the body's energy production at a cellular level, Caruso's Co-enzyme Q10 may help support muscle performance and endurance by maintaining and supporting muscle health and function during physical activity.

Co-enzyme Q10 is highly beneficial to support cardiovascular system health and functioning. It supports healthy blood circulation and vasodilation, assists in the maintenance of healthy blood lipids in healthy individuals and supports heart health. It's antioxidant properties and its role in energy production may also be beneficial in supporting the healthy functioning of the immune system.

#### Caruso's Co-Enzyme Q10 indications:

Maintain and support:

#### Who would use Caruso's Co-Enzyme Q10?

- Individuals wanting to support cardiovascular health and function
- Healthy individuals wanting to support healthy cholesterol levels

- Those looking to support their energy levels and physical stamina
- People wanting to maintain muscle function and performance
- Those wanting to support healthy immune system function
- People who would like to maintain their general health and wellbeing, with additional antioxidant support in a convenient one-a-day capsule

#### **Formulation**

#### Each capsule contains:

Ubidecarenone (Co-Enzyme Q10)

#### Specification:

**Appearance:** Bright red gelatine capsule.

L: 20mm Flavour: None.

#### Directions for use:

**Adults** take 1 capsule daily with food or as advised by your health professional.

Always read the label and follow the directions for use.







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### VITAMIN D3 1000 IU **BONE AND IMMUNE HEALTH**



#### Health benefits

Caruso's Vitamin D3 1000IU is a one-a-day capsule specifically designed for those who require additional Vitamin D support for the maintenance of healthy bones, muscles and immune and cardiovascular system health. Vitamin D controls calcium levels in the blood and also assists in the metabolism and absorption of calcium to aid in bone mineralisation. Vitamin D3 is important for bone development, immune support, cardiovascular function and maintaining heart health. Vitamin D is absorbed in the skin through sunlight exposure directly and is then utilised throughout the body. Low Vitamin D levels are therefore commonly found in those people who have limited sunlight exposure, i.e. working indoors during the day. Caruso's Vitamin D3 contains 1000IU of Vitamin D, providing a

- Caruso's Vitamin D3 1000IU indications:
- Supports:
- **⊘** Calcium absorption in bones
- ∅ Immune system health

convenient one-a-day dose.

 ✓ Cardiovascular system health Helps promote bone strength

#### Who would use Caruso's Vitamin D3 1000IU?

- · People wanting to maintain and support overall bone health including assisting in healthy bone growth and development
- · Those looking to promote bone mass and maintain strength
- · Adults who require support with enhancing bone mineralisation and bone density
- Adults wanting to maintain healthy immune and cardiovascular system function

- Individuals who have a diet deficient in calcium, which can potentially lead to osteoporosis later in life. Vitamin D3 enhances calcium metabolism and supports calcium absorption in bones
- · People who have limited daily exposure to sunlight

#### **Formulation**

#### Each capsule contains:

Colecalciferol (Vitamin D3)... Equiv. to Vitamin D 1000IU ..25 micrograms

#### Specification:

Appearance: Pale yellow colour gelatine capsule. L: 5mm Flavour: None.

#### Directions for use:

Adults take 1 capsule daily with food, or as advised by your health professional. Always read the label and follow the directions for use.







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## **VITAMIN E 500IU**

## CARDIOVASCULAR SYSTEM HEALTH & HEALTHY BLOOD CIRCULATION

#### Health benefits

Caruso's Vitamin F 500IU contains the d-alpha-tocopherol form of Vitamin E in a high strength one-a-day capsule. Vitamin E has many benefits for the body beginning with its potent antioxidant action which may provide support in areas such as the circulatory and cardiovascular systems including the maintenance of healthy blood fats. Caruso's Vitamin E 500IU may be beneficial to the immune system whilst also supporting skin repair and wound healing. Vitamin E also plays a role in the male reproductive system, being involved in the maintenance of sperm health and motility; and in the female reproductive system where it can help reduce menstrual cramps and pain. The dose may be increased to two capsules daily for more intensive use.

#### Caruso's Vitamin E 500IU indications:

Supports:

- **⊘** Cardiovascular system health
- ∅ Immune system health

Helps in the maintenance of healthy blood fats

### Who would use Caruso's Vitamin E 500IU:

- Those who are looking to support their cardiovascular and circulatory systems
- Those who wish to maintain healthy blood fat levels
- Individuals who are looking to support their immune health
- Those who are looking for a supplement to provide antioxidant support
- Men who wish to support their reproductive health
- Women who would like to relieve menstrual pain and cramping

#### **Formulation**

#### Each capsule contains:

#### Specification:

Appearance: Oval shaped, clear yellow capsule. D: 12mm Flavour: None.

#### Directions for use:

Adults take 1 capsule daily with food or as advised by your health professional. For more intensive cardiovascular support: Dose may be increased to 2 capsules a day or as advised by your health professional.

Always read the label and follow the directions for use.







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### TRIPLE STRENGTH FISH OIL OMEGA 3 - EPA & DHA CONCENTRATE

#### Health benefits

Caruso's Triple Strength Fish Oil is a 1500mg capsule and contains three times the EPA and DHA of a standard 1000mg Fish Oil capsule, so you take fewer capsules for the same results as you would a normal 1000mg Fish Oil capsule.

#### Caruso's Triple Strength Fish Oil indications:

Helps maintain:

- ♥ Cholesterol health
- Heart health and cardiovascular health
- ⊗ Brain, skin and eye health
- ✓ Joint health and relieve inflammation.
- ✓ Nervous system health
- ∅ Immune system health
- ∅ A healthy pregnancy
- ✓ Healthy foetal Central Nervous System and brain development

#### Relieves:

- Mild joint pain
- Mild rheumatic aches and pains
- Symptoms of mild osteoarthritis

#### Who would use Caruso's Triple Strength Fish Oil?

- · Those who suffer with mild joint pain, stiffness and swelling associated with mild osteoarthritis
- · Those who wish to maintain a healthy cardiovascular system
- · Healthy individuals who wish to maintain healthy cholesterol levels
- Those looking for an Omega 3 Essential Fatty Acid supplement
- · Pregnant and lactating women
- · Those looking for a fish oil supplement to help relieve the symptoms of mild eczema or mild dermatitis

- Those looking for a supplement to help support general health and wellbeing
- Those who would like to support healthy mood balance

#### **Formulation**

#### Each capsule contains:

Concentrated fish Omega-3 Triglycerides ... 1.5a (1500ma) Equiv. to Eicosapentaenoic Acid (EPA) 540mg Equiv. to Docosahexaenoic Acid (DHA) 360mg

#### Specification:

Appearance: Yellow gelatine capsule. L: 26mm Flavour: None.

#### Directions for use:

For general health and wellbeing: Adults take 1 capsule daily with food or as advised by your health professional. For mild osteoarthritis, cholesterol health, skin health and pregnancy: Adults take 1 capsule 3 times daily with food or as advised by your health professional.







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## **VITAMIN K2**BONE BUILDING FORMULA

#### Health benefits

Did you know every bone in your body is reformed about every 10 years? Vitamin K2 is essential for many processes in the body, including the maintenance of the skeletal tissue. While calcium is essential for good bone health, Vitamin K2 is a cofactor in helping to maintain healthy bones.

Vitamin K2 is also necessary for the activation of a hormone called osteocalcin. This protein is used in the mineralisation of bone, a process by which calcium and other minerals are added to the intercellular matrix of the bone. Osteocalcin binds calcium absorbed from your diet to your bone matrix helping to support healthy bone mineralisation. Vitamin K2 may help maintain bone strength and enhance bone mass. Vitamin K2 is found naturally in meat, eggs and dairy foods, especially fermented products such as cheese and yoghurt (which are also high in calcium). If you feel you are not eating enough of the above foods and your diet is inadequate it may be beneficial to take a vitamin K2 supplement. Caruso's Vitamin K2 may also help to support healthy cardiovascular system function and support the health of the blood vessels

#### Caruso's Vitamin K2 indications:

Helps to:

- Promote bone strength and density
- Support calcium absorption in bones
- Ø Maintain cardiovascular system health
- Support heart and blood vessel health

#### Who would use Caruso's Vitamin K2?

- · Those who want to enhance their bone mass
- Postmenopausal women who wish to support their bone health
- · Those who want to maintain good bone health
- Those who wish to support a healthy cardiovascular system
- Those who wish to promote the metabolism of calcium into bones
- Those looking to support a healthy cardiovascular system and maintain blood vessel health

#### **Formulation**

#### Each capsule contains:

Menaguinone 7 (Vitamin K2) .....

90 micrograms

#### Specification:

Appearance: Brown gelatine capsule. L: 5mm Flavour: None.

#### Directions for use:

**Adults** take 2 capsules daily with food or as advised by your health professional.

Always read the label and follow the directions for use.







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## VITAMIN K2+D3 **BONE STRENGTH & HEART HEALTH**

#### Health benefits

Vitamin K2 is essential for many processes in the body, including the maintenance of the skeletal tissue. Vitamin K2 is found in meat, eggs and dairy foods, especially fermented products such as cheese and yoghurt which are also high in calcium

Vitamin K2 plays a role in the bone building process by supporting bone mineralisation and bone strength. It is responsible for activating a hormone called osteocalcin, which incorporates calcium into the bones

Vitamin D3 aids the absorption and metabolism of calcium in the body. Caruso's Natural Health have therefore formulated this supplement to utilise the synergy that vitamin K2 and vitamin D3 can provide to support the health and function of your bones.

Caruso's Vitamin K2+D3 may also help to promote healthy bone mass and bone healing/ repair, support muscle health, blood vessel health and help support healthy cardiovascular system function. The best news is that Caruso's Vitamin K2+D3 contains 180 micrograms of K2 and 1000IU of Vitamin D3. This means you only take one capsule a day.

#### Caruso's Vitamin K2+D3 indications:

- **⊘** Supports calcium absorption into bones

#### Who would use Caruso's Vitamin K2 + D3?

- Men and women who want to support their bone health
- Those who wish to enhance bone mass. density and support bone strength

- Those who wish to support healthy cardiovascular function, blood and artery health and heart health
- Woman and men who wish help prevent vitamin D deficiency
- Those who wish to support immune system health

#### **Formulation**

#### Each capsule contains:

Menaquinone 7 (Vitamin K2)	180 micrograms
Colecalciferol	25 micrograms
Equiv to Vitamin D3 100011	-

#### Specification:

Appearance: Brown gelatine capsule. L: 12mm Flavour: None.

#### Directions for use:

**Adults** take 1 capsule daily with food or as advised by your health professional. Always read the label and follow the directions for use.







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# **K2+D3+MAGNESIUM**BONE STRENGTH, HEART & MUSCLE HEALTH

#### Health benefits

Caruso's K2+D3+Magnesium combines the bone and muscle health benefits of Vitamin K2, Vitamin D3 and Magnesium in a convenient, easy-to-use daily pack. Vitamin K2 and Vitamin D3 are essential for strong, healthy bones and Magnesium helps to enhance healthy muscle function.

Vitamin K2 and Vitamin D3 in Caruso's K2+D3+Magnesium supports the absorption and metabolism of calcium by your bones, helping to enhance bone health, bone strength and density. The Magnesium contained in Caruso's K2+D3+Magnesium consists of six forms of magnesium in a time-release formula to support muscle health, healthy muscle contraction and improve muscle relaxation.

## Caruso's K2+D3+MAGNESIUM indications:

- **⊗** Supports bone and muscle health
- Supports calcium absorption into bones
- ✓ Helps relieve muscle cramps, leg cramps and mild muscle spasms
- **⊘** Reduces muscle pain
- Maintains heart health

## Who would use Caruso's K2+D3+MAGNESIUM?

- Adults looking to support their bone and muscle health
- Adults who would like to enhance their bone strength and density
- Those looking for a supplement to support the absorption of calcium into their bones
- Those who would like to reduce muscle pain
- Those looking for a supplement to help maintain a healthy heart
- · Those who have low levels of Vitamin D
- Those looking to increase their Magnesium uptake
- Those looking for help to relieve muscle cramps and mild muscle spasms

#### **Formulation**

	Each tablet contains:	
	Each Magnesium tablet contains:	
ı	Magnesium Phosphate Pentahydrate	508.23mg
	Equiv. to Magnesium 105mg	
ı	Heavy Magnesium Oxide	259.11mg
	Equiv. to Magnesium 150mg	
ı	Magnesium Orotate	156.25mg
	Equiv. to Magnesium 10mg	
ı	Magnesium Citrate	123.76mg
	Equiv. to Magnesium 20mg	
ı	Magnesium Aspartate Dihydrate	66.67mg
	Equiv. to Magnesium 5mg	
ı	Magnesium Amino Acid Chelate	50mg
	Equiv. to Magnesium 10mg	
	Total Magnesium 200mg	

#### Total Magnesium 300mg Each Vitamin K2+D3 soft capsule contains:

Menaquinone 7 (Vitamin K2)	180 micrograms
Colecalciferol	25 micrograms
Equiv. to Vitamin D3 1000IU	,

#### Specification:

Magnesium Tablet: Extra large oval shaped white tablet with a break bar on one side. L: 23.2mm W: 10.5mm T: 7.1mm Flavour: None.

Vitamin K2 + D3 softgel capsule: Oval shaped, brown coloured, soft gelatin capsule. L: 12mm Flavour: None.

#### **Directions for use:**

**Adults** take 1 tablet daily with main meals or as advised by your health professional. **Adults - For the relief of Gout & to support the Skin** take 2 tablets daily with main meals or as advised by your health professional.







- ✓ DAIRY & LACTOSE FREE
- ARTIFICIAL PRESERVATIVE FREE
- **⊘** NUT FREE
- GLUTEN FREE











## VITAMIN K2+UBIQUINOL HEART & ENERGY

#### Health benefits

Vitamin K2 maintains healthy heart function and the health of the heart. Vitamin K2 also supports the health of arteries and blood vessels.

Ubiquinol is the active form of an antioxidant called Coenzyme Q10. It supports healthy cardiovascular system function, and along with Vitamin K2, it maintains heart health, healthy heart function and supports the health of arteries and blood vessels.

Ubiquinol also plays an important role in the cellular process that our bodies use to produce energy. It maintains energy production in the body and supports energy levels. As an antioxidant it reduces the formation of free radicals in the body and helps to reduce the damage they cause to body cells.

The Vitamin K2 in Caruso's Vitamin K2+Ubiquinol provides the additional benefit of supporting bone health. It helps to increase the metabolism of calcium in bone tissue and helps to maintain bone mineralisation. In post-menopausal women, Vitamin K2 also helps to maintain bone density and bone strength.

## Caruso's Vitamin K2+Ubiquinol indications:

- Maintains heart health and healthy heart function
- Supports artery and blood vessel health
- Maintains energy production and energy levels
- **⊗** Supports bone health

## Who would use Caruso's Vitamin K2+Ubiquinol?

- Those who wish to support cardiovascular health while maintaining heart health and function
- Those who would like a supplement which supports the health of their arteries and blood vessels
- Those who wish to maintain their energy levels and support energy production
- Those who wish to support bone health by increasing the metabolism of calcium into their bones

#### **Formulation**

#### Each capsule contains:

#### Specification:

Appearance: Red, orange, oval shaped capsule. L: 12 m

#### **Directions for use:**

**Adults**: Take 1 capsule daily with food or as advised by your health professional.







- O DAIRY & LACTOSE FREE
- ARTIFICIAL PRESERVATIVE FREE
- ✓ NUT FREE
- GLUTEN FREE







## KING KRILL® 1000 SUPPORT BRAIN, HEART & EYE HEALTH

#### Health benefits

Krill oil is a rich source of Omega-3 Essential Fatty Acids - eicosapentaenoic acid (EFA) and docosahexaenoic acid (DHA). The Omega-3 Essential Fatty Acids in Krill are bound to phospholipids, a complex molecular structure that makes krill oil, both water and lipid soluble. This unique structure assists with optimal absorption and bioavailability. Being both water and lipid soluble also allows it to dissolve in your stomach and does not cause the fishy aftertaste, which is commonly experienced with most marine oils

EPA and DHA are essential for human health and because humans are unable to make Omega 3 and Omega 6 fatty acids, we must obtain them from our diet or through supplementation.

Caruso's King Krill 1000 provides you with a high dose therapeutic amount of Omega-3 Essential Fatty Acids, at a convenient one-a-day dose.

Caruso's King Krill1000 helps support the health and function of the cardiovascular and nervous system, and helps support eye function and health as well as supports joint health.

The anti-inflammatory effects exerted by Krill Oil may help relieve joint inflammation, swelling and the mild joint aches and pains associated with the symptoms of mild osteoarthritis and mild arthritis.

The essential fatty acids are also important in supporting cognitive function and development, supporting memory recall, concentration and helping enhance learning ability and attention span.

#### Caruso's King Krill 1000 indications:

Relieves mild joint pain and symptoms of mild osteoarthritis

Maintains and supports:

⊗ Nervous system and eye health

#### Who would use Caruso's King Krill 1000?

- Anyone wanting to take a convenient one-aday dose of Omega-3 Essential Fatty Acids
- Anyone wanting to maintain and support the health of their eyes, brain and nervous system
- Anyone wishing to support their cardiovascular system function
- Anyone wishing to improve the pain and inflammation associated with mild osteoarthritis

#### **Formulation**

#### Each capsule contains:

#### Specification:

Appearance: Red oblong gelatine capsule. L: 2.0mm Flavour: None.

#### **Directions for use:**

**Adults** take 1 capsule daily with food or as advised by your health professional.

Always read the label and follow the directions for use.







**⊘** DAIRY & LACTOSE FREE

📝 ARTIFICIAL PRESERVATIVE FREE

NUT FREE













## KING KRILL® 1500 SUPPORT MEMORY & JOINT HEALTH

#### Health benefits

Krill oil is a rich source of Omega-3 Essential Fatty Acids - eicosapentaenoic acid (EFA) and docosahexaenoic acid (DHA). Omega-3 Essential Fatty Acids are bound to phospholipids, thereby providing similar therapeutic effects at much lower doses than fish oil. Krill oil is also both water and lipid soluble so it dissolves in your stomach and does not cause the fishy aftertaste. which is common with most marine oils FPA and DHA are essential for humans

throughout life, promoting heart, brain, eye, and joint health. These fatty acids have been shown to support the health and function of the cardiovascular system and heart health. Krill oil may also help to support cognitive function and performance as well as maintain mental concentration, focus and clarity.

Caruso's King Krill 1500 contains a high quality blend of both krill oil and 1000IU of Vitamin D3.

#### Caruso's King Krill 1500 indications:

OMEGA-3 + VITAMIN D3

- Relieves symptoms and mild osteoarthritis, mild joint pain and inflammation
- Supports muscle health and function
- Supports brain, heart and eye health

#### Who would use Caruso's King Krill 1500?

- · Anyone wanting to take a convenient source of Omega-3 Essential Fatty Acids and Vitamin D3
- · Anyone wishing to support their cardiovascular system
- · Anyone wishing to improve the mild joint pain and inflammation associated with mild osteoarthritis
- · Anyone wanting to maintain and enhance their bone strength

#### **Formulation**

#### Each capsule contains: Euphausia superba oil (Krill Oil) Equiv. to Eicosapentaenoic Acid 150mg Equiv. to Docosahexaenoic Acid 75mg Colecalciferol (Equiv. to Vitamin D. 1000IU)

#### Specification:

Appearance: Red oblong gelatine capsule. L: 26.0mm Flavour: None.

#### Directions for use:

Adults take 1 capsule daily with food or as advised by your health professional. Always read the label and follow the directions for use.







- DAIRY & LACTOSE FREE
- ARTIFICIAL PRESERVATIVE FREE
- GI LITEN FREE







### KING KRILL® 2000 RELIEVE MILD OSTEOARTHRITIS & JOINT PAIN

#### Health benefits

Krill oil is a rich source of Omega-3 Essential Fatty Acids - eicosapentaenoic acid (EFA) and docosahexaenoic acid (DHA). The Omega-3 Essential Fatty Acids in Krill oil are bound to phospholipids, a complex molecular structure that makes Krill oil, both water and lipid soluble. This unique structure assists with optimal absorption and bioavailability. Being both water and lipid soluble also allows it to dissolve in your stomach and does not cause the fishy aftertaste, which is commonly experienced with most marine oils

FPA and DHA are essential for human health and because humans are unable to make Omega 3 and Omega 6 fatty acids, we must obtain them from our diet or through supplementation. Caruso's King Krill 2000 provides you with a high dose therapeutic amount of Omega-3 Essential Fatty Acids, at a convenient one-a-day dose. Delivering your daily requirements of Essential Fatty Acids in an odourless capsule with no fishy taste, Caruso's King Krill 2000 helps support the health and function of the cardiovascular and nervous systems, and supports eye function and health as well as supports joint health. The anti-inflammatory effects exerted by krill oil may help relieve joint inflammation, swelling and the mild joint aches and pains associated with the symptoms of mild osteoarthritis and mild arthritis. The addition of Vitamin D3 in Caruso's King Krill 2000 may also help maintain and support overall bone health and development.

#### Caruso's King Krill 2000 indications:

- Relieves symptoms of mild osteoarthritis, mild joint pain and inflammation
- Supports muscle health and function
- Supports brain, heart and eye health

## Who would use Caruso's King Krill 2000?

- Anyone wishing to improve the pain and inflammation associated with mild osteoarthritis
- Anyone wanting to maintain heart health, healthy eyes, brain health and healthy nerve transmission
- Anyone wanting to maintain healthy bone mineralisation

#### **Formulation**

Each capsule contains:	
Euphausia superba Oil (Krill Oil)	2g(2000mg)
Equiv. to Eicosapentaenoic acid 200mg	
Equiv. to Docosahexaenoic acid 100mg	
Colecalciferol (Equiv. to Vitamin D3 1000III)	25 micrograms

#### Specification:

**Appearance:** Red oblong gelatin capsule. **L:** 27mm **D:** 14mm **Flavour:** None.

#### Directions for use:

**Adults** take 1 capsule daily with food or as advised by your health professional.

Always read the label and follow the directions for use.











**⊘** NUT FREE













## **QUERCETIN** HIGH STRENGTH ANTIOXIDANT

#### Health benefits

Caruso's Quercetin is a high strength antioxidant. Antioxidants play an important role in protecting the body from free radical damage due to oxidative stress. Quercetin is also beneficial for maintaining blood capillary and blood vessel health

Caruso's Ouercetin has been formulated to provide antioxidant support by reducing free radical damage to body cells. Caruso's Quercetin also helps to support the health of blood capillaries and blood vessels throughout the body.

Quercetin is part of a group of plant pigments called flavonoids. Like most flavonoids. quercetin is known for its potent antioxidant properties. Flavonoids provide plants with their bright colours so you'll find them in colourful foods such as capsicums, chillies and blueberries.

Quercetin can be found naturally occurring in many fruit and vegetables, in particular those which contain high levels of vitamin C, such as citrus fruit. Other good sources of guercetin include apples, onions, grapes, cherries, berries, red wine and black tea.

#### Caruso's Ouercetin indications:

- ✓ Reduces free radical damage to body cells
- Maintains blood capillary health
- Supports blood vessel health

#### Who would use Ouercetin?

- Those who wish to reduce the free radicals formed in their body
- Those who wish to reduce free radical. damage to their body cells
- Those looking for antioxidant support
- · Individuals who are looking to maintain the health of their blood vessels
- Individuals who wish to maintain the health of their blood capillaries

#### **Formulation**

#### Each tablet contains:

Ouercetin dihvdrate

#### Specification:

Appearance: Medium, oval shaped yellow film coated tablet. L: 19.7mm W: 8.1mm T: 7.9mm Flavour: None.

#### Directions for use:

Adults take 1 tablet twice daily or as advised by your health professional.







- DAIRY & LACTOSE FREE
- VEGAN FRIENDLY
- ARTIFICIAL PRESERVATIVE FREE







## **SUPER MAGNESIUM**MUSCLE CRAMPS

#### Health benefits

Magnesium plays an important role in all major biological processes in the body. It is an essential mineral required by every cell in the body and is involved in over 300 biochemical reactions. It plays a role in the regulation of muscular activity, relief of premenstrual symptoms, cardiovascular system health and a healthy stress response. 50-60% of your body's total magnesium is stored in your bones, the rest is found in your muscles and in soft tissue.

Caruso's Super Magnesium is a comprehensive, time-release magnesium supplement. It may be beneficial for those who experience muscle spasms and cramps, women who experience PMS symptoms such as cramping and those wanting to support the function and maintenance of the cardiovascular and nervous systems. Magnesium's muscle relaxing effect also plays a significant role in the regulation of the body's stress response.

#### Caruso's Super Magnesium indications:

- Reduces and relieves muscle cramps when dietary intake is inadequate
- **⊘** Relieves menstrual cramps and spasms
- Maintains muscle health and function
- **⊘** Supports heart health
- Maintains nervous system health and function

## Who would use Caruso's Super Magnesium?

- Those who experience mild muscular cramping, spasms or twitches due to inadequate intake of magnesium
- · Those who wish to support muscle function
- Women who experience symptoms associated with premenstrual tension, such as cramping, spasming, mild fluid retention and breast tenderness

#### **Formulation**

Each tablet contains:
Magnesium Phosphate Pentahydrate508.23mg
Equiv. Magnesium 105mg
Heavy Magnesium Oxide259.11mg
Equiv. Magnesium 150mg
Magnesium Orotate
Equiv. Magnesium 10mg
Magnesium Citrate
Equiv. Magnesium 20mg
Magnesium Aspartate Dihydrate
Equiv. Magnesium 5mg
Magnesium Amino Acid Chelate50mg
Equiv. Magnesium 10mg

#### Total Magnesium 300mg

#### Specification:

**Appearance:** White oval tablet with a break bar on one side. **L:** 23.2mm **W:** 10.5mm **T:** 7.1mm **Flavour:** None.

#### Directions for use:

**Adults** take 1 tablet daily with food or as advised by your health professional. Always read the label and follow the directions for use.







- O DAIRY & LACTOSE FREE
- **VEGAN FRIENDLY**
- ARTIFICIAL PRESERVATIVE FREE
- ✓ NUT FREE
- GI GIUTEN FREE











### SUPER MAGNESIUM™ CREAM **MUSCLE & JOINT PAIN RELIEF**

#### Health benefits

Caruso's Super Magnesium Cream is a double action analgesic cream containing a unique combination of Magnesium and the herb Arnica. Caruso's Super Magnesium Cream relieves symptoms of mild arthritis/ osteoarthritis, helps relieve mild rheumatic pain and also helps reduce muscle pain, aches and soreness.

Caruso's Super Magnesium Cream is the number one Magnesium Cream sold in pharmacies\*. Gently massage Caruso's Super Magnesium Cream directly on your muscles or joints up to twice daily. Can also be used before or after exercise

#### Caruso's Super Magnesium Cream indications:

CONTAINS ARNICA

Relieves symptoms of mild arthritis, relieves mild joint pain, and helps reduce muscle pain, aches and soreness

#### Can you use Caruso's Super Magnesium Cream with Magnesium tablets or powder?

Caruso's Super Magnesium Cream can be used in conjunction with Caruso's Super Magnesium tablets or powder. Massage the cream into your muscles or joints up to twice daily.

#### **Formulation**

#### Each 5q of cream contains: Magnesium chloride hexahydrate 1500mg(1.5g) Equiv. to magnesium 179mg Arnica montana (Arnica) ext. Equiv. to dried flower 250ma

#### Specification:

Appearance: Yellow to light brown coloured cream.

#### Directions for use:

Adults and children over the age of 12 apply 5g (approx. 1 tsp) to the affected area(s) and massage gently until fully absorbed 1 or 2 times daily, or as advised by your health professional.

Always read the label and follow the directions for use.

\*IQVIA Muscular Support, Form: Cream - National Pharmacy scan sales, dollars, 52 weeks to 24.09.22









DAIRY & LACTOSE FREE











## SUPER MAGNESIUM POWDER® BERRY FLAVOUR

**MUSCLE CRAMPS & STRESS** 

#### Health benefits

Caruso's Super Magnesium Powder is a high potency Magnesium powder formula containing six forms of Magnesium and vital cofactors for enhanced utilisation.

If you don't like swallowing tablets or prefer a liquid you will love Caruso's delicious berry flavoured Super Magnesium Powder. Simply mix 2 scoops of powder with water and drink immediately.

### Caruso's Super Magnesium Powder indications:

- Reduces and relieves muscle cramps when dietary intake is inadequate
- **⊘** Relieves menstrual cramps and spasms
- Maintains muscle health and function
- Supports heart health
- Maintains nervous system health and function

## Who would use Caruso's Super Magnesium Powder?

- Those who find it difficult to swallow tablets or prefer a liquid
- Those who experience muscle cramping, twitching or spasms due to inadequate dietary intake of magnesium
- Women who suffer from menstrual cramping, mild fluid retention and breast tenderness
- Those looking for stress and muscle relaxation support

#### **Formulation**

Each 5g dose contains:
Magnesium Citrate
Equiv. to Magnesium 125mg
Magnesium Phosphate pentahydrate
Equiv. to Magnesium 125mg
Magnesium Glycinate
Equiv. to Magnesium 25mg
Magnesium Aspartate Dihydrate
Equiv. to Magnesium 15mg
Magnesium Orotate Dihydrate
Equiv. to Magnesium 5mg
Magnesium Amino Acid Chelate25mg
Equiv. to Magnesium 5mg
Total Magnesium 300mg
Taurine
Colloidal Anhydrous Silica535mg
Equiv. to Silicon 250mg
Ascorbic Acid (Vitamin C)50mg
Zinc Oxide
Equiv. to Zinc 15mg

#### Specification:

Appearance: Fine pink powder.

Flavour: Berry, naturally sweetened with Stevia

#### Directions for use:

**Adults** mix 2 scoops (5g) with 250mL of water or fruit juice and drink immediately or as advised by your health professional. **Scoop included.** 







- **⊘** DAIRY & LACTOSE FREE
- **⊘** NUT FREE











## SUPER MAGNESIUM POWDER® LEMON LIME FLAVOUR

**MUSCLE CRAMPS & STRESS RELIEF** 

#### Health benefits

Caruso's Super Magnesium Powder is a high potency magnesium powder, containing six forms of magnesium and vital cofactors to help maximise the absorption and utilisation of this essential mineral.

#### Caruso's Super Magnesium Powder indications:

- Reduces and relieves muscle cramps when dietary intake is inadequate
- Relieves menstrual cramps and spasms
- Maintains muscle health and function
- Supports heart health
- Maintains nervous system health and function

## Who would use Caruso's Super Magnesium Powder?

- Those who experience mild muscular cramping, spasms or twitches due to inadequate dietary intake of magnesium
- Women who experience symptoms associated with premenstrual tension, such as cramping, spasming, mild fluid retention and breast tenderness
- Those looking for stress and muscle relaxation support

#### **Formulation**

Each 5g dose contains:	
Magnesium Citrate	773.5mg
Equiv. to Magnesium 125mg	
Magnesium Phosphate pentahydrate	605.3mg
Equiv. to Magnesium 125mg	
Magnesium Glycinate	177.3mg
Equiv. to Magnesium 25mg	
Magnesium Aspartate Dihydrate	200mg
Equiv. to Magnesium 15mg	
Magnesium Orotate Dihydrate	78.1mg
Equiv. to Magnesium 5mg	
Magnesium Amino Acid Chelate	25mg
Equiv. to Magnesium 5mg	
Total Magnesium 300mg	
Taurine	1000mg
Colloidal anhydrous silica	535mg
Equiv. to Silicon 250mg	
Ascorbic Acid (Vitamin C)	50mg
Zinc Oxide	18.75mg
Equiv. to Zinc 15mg	

#### Specification:

Appearance: Fine white powder.

Flavour: Lemon lime, naturally sweetened with Stevia

#### Directions for use:

**Adults** mix 2 scoops (5g) with 250mL of water or fruit juice and drink immediately or as advised by your health professional. **Scoop included.** 







- O DAIRY & LACTOSE FREE
- **VEGAN FRIENDLY**
- *⊘* ARTIFICIAL PRESERVATIVE FREE
- **⊘** NUT FREE
- GIUTEN FREF





## MEN'S SUPER MULTI YOUR DAILY ENERGY

#### Health benefits

Caruso's Men's Super Multi may be beneficial for men who are working long hours, skipping meals, and/or whose dietary intake is inadequate. Your body needs essential vitamins, minerals and other nutrients to maintain good health and wellbeing. If you are not eating a balanced diet you may benefit from taking Caruso's Men's Super Multi.

Caruso's Men's Super Multi is a comprehensive multivitamin and mineral formula.

Our passionate product development team at Caruso's spent many months researching and formulating Caruso's Men's Super Multi with the aim of bringing out a product which is unique to the market.

Caruso's Men's Super Multi is a broad spectrum, multi action formula combining a potent blend of 25 vitamins, minerals and antioxidants.

Caruso's Men's Super Multi has been specifically formulated to help meet the physiological and nutritional needs of men. It may help support energy levels and support the nervous system health for a healthy stress response in the body. Caruso's Men's Super Multi also assists with the maintenance of a healthy reproductive system, supports immunity and assists with healthy red blood cell production.

Caruso's Men's Super Multi contains a number of powerful antioxidants, which may help protect your cells from free radical damage.

#### Caruso's Men's Super Multi indications:

Supports:

- **⊗** Energy levels
- ∅ A healthy stress response in the body
- **⊘** Healthy immune system function
- Sperm and reproductive system health
- Maintain general health and wellbeing

## Who would use Caruso's Men's Super Multi?

- · Men who want a convenient multivitamin
- Men who exercise and wish to support energy production
- Men who wish to support nervous system function
- Men who wish to support skin, hair, nail strength, collagen function and wound healing
- Men who would like to support general health and wellbeing

Continued...











## **MEN'S SUPER MULTI** YOUR DAILY ENERGY

#### **Formulation**

Each tablet contains:	
Thiamine Hydrochloride (Vitamin B1)	50mg
Equiv. to Thiamine 44.6mg	_
Riboflavin (Vitamin B2)	50mg
Nicotinamide (Vitamin B3)	50mg
Calcium Pantothenate (Vitamin B5)	50mg
Equiv. to Pantothenic acid 45.8 mg	
Equiv. to Calcium 4.2mg	
Pyridoxine Hydrochloride (Vitamin B6)	50mg
Equiv. to Pyridoxine 41.1mg	
Biotin (Vitamin B7)	200 micrograms
Folic acid (Vitamin B9)	300 micrograms
Cyanocobalamin (Vitamin B12)	50 micrograms
Choline Bitartrate	25mg
Inositol	
Calcium Ascorbate dihydrate (Vitamin C)	121mg
Equiv. to Ascorbic acid 100mg	
Equiv. to Calcium 11.38mg	
D-Alpha Tocopheryl Acid Succinate	20.7mg
Equiv. to Vitamin E 25IU	
Colecalciferol	12.5 micrograms
Equiv. to Vitamin D3 500IU	
Calcium Phosphate	270.3mg
Equiv. to Calcium 100mg	

Magnesium Phosphate Pentahydrate Equiv. to Magnesium 50mg	242mg
Dibasic Potassium Phosphate	11 55ma
Equiv. to Potassium 20mg	
Zinc Sulphate Monohydrate	41.2mg
Equiv. to Zinc 15mg	,
Iron Amino Acid Chelate	30mg
Equiv. to Iron 3mg	
Copper Gluconate	1.43mg
Equiv. to Copper 200 micrograms	402.25
Chromium Picolinate	402.25 micrograms
Potassium lodide	261.6 micrograms
Equiv. to lodine 200 micrograms	201.0 micrograms
Selenomethionine	
Equiv. to Selenium 75 micrograms	,
Manganese Sulphate Monohydrate	7.69 micrograms
Equiv. to Manganese 2.5 micrograms	
Betacarotene	-
Lycopene	150 micrograms

**Specification:** Appearance: Red oval shaped tablet with a break bar on one side. L: 23.2mm W: 10.5mm T: 6.9mm Flavour: None.

**Directions for use:** Adult take 1 tablet a day in the morning with main meal or as advised by your health professional.







- DAIRY & LACTOSE FREE
- ARTIFICIAL PRESERVATIVE FREE
- GLUTEN FREE









## MSM MAX 1500® JOINT INFLAMMATION & SWELLING

#### Health benefits

Caruso's MSM MAX 1500 contains Dimethyl Sulfone (MSM) a naturally occurring organic sulfur compound, used to help reduce and relieve the symptoms associated with mild osteoarthritis, mild arthritis and gout. MSM may help alleviate and reduce the mild joint pain, inflammation, swelling and muscular pain often associated with mild osteoarthritis and gout.

Caruso's MSM MAX 1500 contributes to the structural component of connective tissue through its involvement in collagen formation. Joint cartilage is made primarily from collagen. Through supporting collagen formation, MSM may help support cartilage growth and production.

The production of healthy joint cartilage may help to relieve the symptoms associated with mild osteoarthritis, such as mild joint swelling, inflammation and mild joint pain which are often a result of the loss of cartilage.

MSM may also reduce the occasional occurrence of gout and relieve symptoms of occasional episodes of gout. MSM also helps relieve muscular pains and reduce mild muscle inflammation

Caruso's MSM MAX 1500 may support the health of the skin, by maintaining its structure and supporting its firmness and helping protect skin elastin from breaking down. Elastin improves the skins elasticity.

#### Caruso's MSM MAX 1500 indications:

- Relieve symptoms of mild osteoarthritis such as mild joint inflammation, swelling and muscular pain
- Support joint cartilage and skin health
- Reduce symptoms of occasional episodes of gout

#### Who would use Caruso's MSM MAX 1500?

- Men and women who suffer from the symptoms associated with mild osteoarthritis such as mild joint pain, swelling and stiffness
- Those who suffer occasional episodes of gout
- Those who are active and would like a supplement to maintain healthy joint cartilage and reduce cartilage wear and tear and damage
- Anyone wishing to support overall joint health and enhance healthy joint function

#### **Formulation**

#### Each tablet contains:

Dimethyl Sulfone (MSM) .....

#### Specification:

**Appearance:** White oval tablet with a break bar on one side. L: 23.2mm W: 10.5mm T: 6.5mm Flayour: None.

#### Directions for use:

Adults take 1 tablet daily with food or as advised by your health professional. For the relief of Gout and to support the Skin: Adults take 2 tablets daily with food or as advised by your health professional.







- O DAIRY & LACTOSE FREE
- 🧭 VEGAN FRIENDLY
- *⊘* ARTIFICIAL PRESERVATIVE FREE
- **⊘** NUT FREE
- GLUTEN FREE













#### **Formulation**

#### Each tablet contains: Adenosylmethionine Disulfate Tosylate ... Equiv. to S-Adenosylmethionine Disulfate Tosylate 200mg Equiv. to S-Adenosyl-methionine 147mg Choline Bitartrate. Pyridoxine Hydrochloride .. Equiv. to Pyridoxine (Vitamin B6) 1.65mg Cyanocobalamin (Vitamin B12) ... 50micrograms

#### Specification:

Appearance: White oval shaped enteric coated tablet. L: 19.6mm W: 8.5mm T: 6mm Flavour: None.

#### Directions for use:

**Adults** take 2–4 tablets daily, with food or as advised by your health professional. Always read the label and follow the directions for use.

#### Health benefits

People living with mild anxiety, stress and nervous tension have their challenges. Caruso's SAMe is a nutritional and vitamin complex designed to help support emotional wellbeing and mood balance.

Caruso's SAMe supports nervous system health and cognitive function. Additional nutrients of Vitamin B6 may assist with synthesis of neurotransmitters and support brain health, whilst choline may support healthy mood balance and general mental wellbeing.

Alongside its effects on emotional wellbeing. Caruso's SAMe is also designed to help support liver health and healthy liver function.

Caruso's SAMe may also help relieve mild joint inflammation. It may enhance joint health and support healthy joint cartilage growth, development and production.

#### Caruso's SAMe indications:

- Supports healthy emotional and mood balance
- Supports general mental wellbeing
- Maintains nervous system health and
- Maintains healthy liver function
- Support joint health

#### Who would use Caruso's SAMe?

- · Those who wish to support cognitive function and healthy mood balance
- · Those who wish to support their liver function and health
- · Anyone who desires to reduce symptoms of mild osteoarthritis
- Individuals who wish to support nervous system health and general mental wellbeing
- Those who wish to help enhance healthy joint function







- ✓ DAIRY & LACTOSE FREE
- **VEGAN FRIENDLY**
- ARTIFICIAL PRESERVATIVE FREE
- ✓ NUT FREE
- GLUTEN FREE







## **WOMEN'S SUPER MULTI**YOUR DAILY ENERGY

#### Health benefits

Caruso's Women's Super Multi may be beneficial for women who are working long hours, are tired, stressed, skipping meals, and/ or whose dietary intake is inadequate. Your body needs essential vitamins, minerals and other nutrients to maintain good health and wellbeing. If you are not eating a balanced diet you may benefit from taking Caruso's Women's Super Multi. Caruso's Women's Super Multi is a comprehensive multivitamin and mineral formula

Our passionate product development team at Caruso's spent many months researching and formulating Caruso's Women's Super Multi with the aim of bringing out a product which is unique to the market. Caruso's Women's Super Multi has a unique high potency combination of the nutrients vitamin D and Calcium to promote specific women's requirements.

Caruso's Women's Super Multi is a high potency multivitamin specifically formulated to assist women with their nutritional demands by providing vitamins, minerals and other nutrients required for the general health and wellbeing specifically of women.

Caruso's Women's Super Multi is a broad spectrum, multi action formula combining a potent blend of 24 selected vitamins, minerals and antioxidants. Caruso's Women's Super Multi has been specifically formulated to help meet the physiological and nutritional needs of women

It helps support energy levels and healthy stress response in the body. Caruso's Women's Super Multi enhances immunity, assists with healthy red blood cell production and supports nervous system health.

Caruso's Women's Super Multi contains a number of powerful antioxidants, which may help reduce free radicals formed in the body and also contains ingredients to help support collagen production and help maintain healthy hair, skin and nails.

### Caruso's Women's Super Multi indications:

- Supports healthy stress response in the body
- Supports healthy immune system function
- Assists healthy red blood cell health
- Supports general health and wellbeing

## Who would use Caruso's Women's Super Multi?

- · Women who want a convenient multivitamin
- Women who want to support a healthy stress response in the body
- Women who support and maintain energy levels and production
- Women who want to support their hair, skin and nails
- Women who wish to support nervous system health and function

Continued...











## **WOMEN'S SUPER MULTI** YOUR DAILY ENERGY

#### **Formulation**

Fach tablet contains	
Each tablet contains:	
Thiamine Hydrochloride (Vitamin B1)	50mg
Equiv. to Thiamine 44.6mg	
Riboflavin (Vitamin B2)	
Nicotinamide (Vitamin B3)	50mg
Calcium Pantothenate (Vitamin B5)	50mg
Equiv. to Pantothenic acid 45.81mg	
Equiv. to Calcium 4.2mg	
Pyridoxine Hydrochloride (Vitamin B6)	50mg
Equiv. to Pyridoxine 41.13mg	
Biotin	2.5mg
Folic acid (Vitamin B9)	300 micrograms
Cyanocobalamin (Vitamin B12)	
Choline bitartrate	25mg
Inositol	
Calcium Ascorbate Dihydrate	121mg
Equiv. to Ascorbic acid (Vitamin C) 100mg	
Equiv. to Calcium 11.38mg	
D-Alpha Tocopheryl Acid Succinate	20.66mg
Equiv. to Vitamin E 25IU	
Colecalciferol	12.5 micrograms
Equiv. to Vitamin D3 500IU	
Calcium Phosphate	270.27mg
Equiv. to Calcium 100mg	
Total Calcium: 115.6mg	

Magnesium Phosphate Pentahydrate	242mg
Equiv. to Magnesium 50mg Iron Amino Acid Chelate	50ma
Equiv. to Iron 5mg	
Dibasic Potassium Phosphate	11 55ma
Equiv. to Potassium 20mg	
Zinc Sulphate Monohydrate	27.4mc
Equiv. to Zinc 10mg	
Copper Gluconate	1.43mc
Equiv. to Copper 200 micrograms	
Chromium Picolinate	
Equiv. to Chromium 50 micrograms	
Potassium Iodide	261.6 micrograms
Equiv. to lodine 200 micrograms	,
Equiv. to Potassium 62 micrograms	
Total Potassium: 20.06mg	
Selenomethionine	186.29 micrograms
Equiv. to Selenium 75 micrograms	
Manganese Sulphate monohydrate	7.69 micrograms
Equiv. to Manganese 2.5 micrograms	
Betacarotene	1.5mg

**Specification:** Appearance: Red oval shaped tablet with a break bar on one side. L: 23.2mm W: 10.5mm T: 6.9mm Flavour: None.

Directions for use: Adults take 1 tablet a day in the morning with main meal or as advised by your health professional.







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- ARTIFICIAL PRESERVATIVE FREE
- GLUTEN FREE







### ZINC IMMUNF DFFFNCF & SKIN HFAITH

#### Health benefits

Caruso's Zinc is a high strength one-a-day zinc supplement, which can help to support the health of the immune and reproductive systems and the skin

Zinc is beneficial for skin health. It helps improve the healing of minor wounds and helps relieve the symptoms of acne.

Caruso's Zinc supports the male reproductive system, helps maintain testosterone levels and plays an important role in testosterone formation. It also helps maintain sperm health, motility and production. Zinc will also help support immune system health to fight illness.

#### Caruso's Zinc indications:

- Supports immune system health
- Supports reproductive health
- Supports skin health, skin repair and healing
- Helps relieve the symptoms of acne

#### Who would use Caruso's Zinc?

- · Those wishing to improve their immune function
- Individuals who would like to improve the healing of wounds, cuts and scratches
- · Those wishing to reduce the occurrence of acne and pimples
- Males who would like to support their sperm health, particularly the production and motility of sperm
- · Men who would like to support a healthy reproductive system
- Individuals who want to reduce free radical damage to the body
- Individuals who would like to support their sense of taste and smell

#### **Formulation**

#### Each tablet contains:

Zinc citrate dihydrate Equiv. Zinc 30mg

#### Specification:

Appearance: Small, round shaped, white tablet. D: 9.5mm T: 3.7mm Flavour: None.

#### Directions for use:

Adults take 1 tablet daily or as advised by your health professional

Always read the label and follow the directions for use.



carusosnaturalhealth





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- NUT FREE
- **GLUTEN FREE**









## CHILDREN'S MAGNESIUM COMPLEX

GROWTH & DEVELOPMENT - ORAL POWDER

#### **Renefits**

In Australia, 1 in 3 children aged 2 years and over are not getting enough magnesium<sup>1</sup>. Caruso's Children's Magnesium Complex is a magnesium formula to support the wellbeing and healthy growth and development of children.

Caruso's Children's Magnesium Complex is a magnesium formula with additional nutrients to maintain healthy growth and development. Caruso's Children's Magnesium Complex supports healthy nervous system and brain function and helps stimulate healthy immune system responses.

## Caruso's Children's Magnesium Complex indications:

- **⊗** Support muscle and nervous system health
- **⊗** Support brain function
- Assist teeth and healthy bone growth and development

## Who would use Caruso's Children's Magnesium Complex?

- Active kids who need to maintain their energy levels and muscle health and function
- Kids who require support for brain and nervous system health
- Fussy kids needing some help with nutrient metabolism
- Adventurous kids who might need a little help with skin healing, wound repair and immune system health

#### **Formulation**

Each 2.5g dose (2 scoops) contains:
Pinus pinaster (French Maritime Pine Bark) stem bark outer extract20mg Derived from Pinus pinaster stem bark outer dry 20q (20000mg)
Magnesium Citrate
Magnesium Phosphate Pentahydrate
Equiv. to Magnesium 71.25mg Magnesium Aspartate Dihydrate100mg
Equiv. to Magnesium 7.5mg  Total Magnesium 150mg
Colloidal Anhydrous Silica
Ascorbic Acid (Vitamin C)25mg
Zinc Oxide

#### Directions for use:

Please follow dosage instructions depending on your child's age or as advised by your health professional. Scoop included. **Children 2-3 years:** mix 1 scoop included. **Children 2-3 years:** mix 1 scoops (2.5g) with approximately 100mL of your child's favourite drink (water, 100% natural fruit juice etc.) **Children 4-8 years:** mix 2 scoops (2.5g) with approximately 200mL of your child's favourite drink (water, 100% natural fruit juice etc.) **and drink immediately once daily. Children 9 years and over:** mix 4 scoops (5g) with approximately 200mL of your child's favourite drink (water, 100% natural fruit juice, etc.) and drink immediately once daily.

#### Specifications:

**Appearance:** Fine beige coloured powder **Flavour:** Berry

Always read the label and follow the directions for use. ¹ABS: 4364.0.55.008 - Australian Health Survey: Usual Nutrient Intakes, 2011-12, Magnesium









*⊘* VEGAN FRIENDLY

ARTIFICIAL PRESERVATIVE FREE

**⋘** NUT FREE

GLUTEN FREE





## If you love our products, please leave us a review!



I would love to hear how Caruso's has helped you on your health journey! Sharing your experiences with us will go a long way in supporting my crusade in helping fellow Australians live healthier lives!



Scan me to write a review!

"I would never put anything in my products that I wouldn't take myself or give to my family!"

Frank Caruso- Founder of Caruso's Natural Health

## THE HEALING POWER OF HERBS BY FRANK CARUSO

I believe that Mother Nature has provided us with everything we need for healing. I've read many books on the healing benefits and one of my favourite Australian authors is Dorothy Hall. Dorothy Hall was probably the foremost Australian herbalist/author at the time. Dorothy believed that you could help heal and strengthen your body by drinking herbal teas and using herbal supplements.

The more I read on herbal medicine and nutrition, the more I realised that Mother Nature has provided us with so many remedies. I was convinced then and still am today that Mother Nature should be my first choice when looking for a remedy for healing my body.

Today, in many parts of the world, billions of people use herbs for their healing and restorative powers every day.

Plants have been used for medicinal purposes long before recorded history. Indigenous cultures used herbs in their healing rituals, while others developed traditional medical systems (such as traditional Ayurvedic and Chinese medicine) in which herbal therapies were used. Researchers are finding that people in different parts of the world used the same or similar plants for the same purposes.

The first herbal medicines known to be used by ancient doctors, date back to over 5000 years ago. The oldest known list of medicinal herbs compiled in China was from 3000 BC and lists even older traditions that were used at the time, some of which are still practised.

In the early nineteenth century when chemical analysis techniques first became available, scientists becam to extract, measure and isolate

the active ingredients from plants. By the 1850's chemists were able to extract and concentrate traditional plant-based remedies, giving rise to treatments such as morphine and quinine. Today, a quarter of pharmaceutical drugs are derived from botanicals.

In recent years, interest in herbal medicine has skyrocketed, leading to a greater scientific interest in the medicinal use of plants. Now, with the help of modern science and advancements in biotechnology, scientists can fully identify and test the chemical compounds within botanicals that have been used for centuries.

Thousands of well known clinical studies are being conducted on well-known ancient herbal medicines to determine exactly what their mechanisms are and where they can be used with efficacy.







### **HERBAL** THERAPEUTICS

In the following pages, you will find a range of the healing herbs used by hundreds of millions of people around the world today. These premium formulas provide benefits for many areas of health and may help to address a number of health concerns.

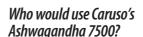
Most of the herbal formulas within the Caruso's herbal range contain standardised extracts. Standardised means that the herbal preparation is guaranteed to contain a specific amount of the active component within the herb. This way we can guarantee that every tablet or capsule contains the active biological component that's listed on our labels. It's important to note that standardised extracts are used in most clinical trials. With that said, whole herbs also have powerful healing properties. When using the whole herb, you receive a synergistic blend of active constituents working together. Whether you are using the whole herb or a standardised extract, however, the main focus should be on product quality. This is why the team at Caruso's sources our herbs from their native climates or countries. This ensures that the growing conditions are optimal for the health of the herb, and that the active constituents in the herb are at their most favourable upon harvesting.

INDEX	
Ashwagandha 7500	Green Tea 25,000
Bergamot	Hawthorn
Bilberry 15,000	Maca 3500
Boswellia 2500	Milk Thistle 35,000
Brahmi 9000	Olive Leaf
Cascara	Rhodiola
Cranberry 30,000	Saffron
Dandelion 3000	Sage
Echinacea 6500	Saw Palmetto 3500
Garcinia 7500	Slippery Elm Powder
Aged Garlic	St John's Wort
Ginger	Tribulus 30000
Ginkgo 6000	Turmeric
Ginkgo 12,000	Valerian
Ginseng 5500	Vitex 1000





## ASHWAGANDHA 7500 STRESS & MILD ANXIET



- Those who would like assistance with body stress recovery
- Those experiencing stress and mild anxiety
- · Those who experience sleeplessness and a lack of energy due to stress

#### **Formulation**

#### **Each Tablet Contains:** Withania somnifera (KSM-66® Ashwagandha) ext. dry conc .... From min. dry root.. Std. to Withanolides .

#### Specification:

Appearance: Beige speckled oval shaped tablet. L: 19.6mm W: 8.5mm T: 6.8mm Flavour: None.

#### Directions for use:

**Adults** take 1 tablet daily with food or as advised by your health professional. Always read the label and follow the directions for use.

#### Health benefits

Caruso's Ashwagandha 7500 contains KSM-66®, a certified organic herbal extract. Ashwagandha has been used in traditional Ayurvedic medicine for its adaptogenic properties. KSM-66® has been clinically studied for its unique ability to help the body adapt to stress.

Adaptogens are herbs which improve and support an individual's ability to adapt to stress. Stress is a condition that can arise from internal or external factors. It's a natural response which signals the body to take action and respond to a perceived threat.

KSM-66® will help support a healthy stress response by supporting the health of the nervous system.

It has traditionally been used in Ayurvedic medicine to also support, relieve sleeplessness and to relieve feelings of general debility. Additional benefits of Ashwagandha are: improved memory recall and enhanced cognitive performance. It also supports nervous system health and aids in the recovery of illness.

#### Caruso's Ashwagandha 7500 indications:

- **⊘** Relieves symptoms of stress and mild anxiety
- Supports a healthy stress response in the body
- Relieves sleeplessness

















500mg



## **BERGAMOT**CHOLESTEROL SUPPORT

#### Health benefits

Bergamot is a fragrant citrus fruit, roughly the size of an orange with a yellow to green coloured tint to its knobbly skin.

The fruit has a long history of use with early records dating back more than 4000 years, however it has been cultivated in Italy for the last 600 years, where it thrives in the rich soil and ideal climate. Today, most of the world's Bergamot is sourced from the Calabrian region in southern Italy.

While Bergamot is well-known for its essential oil and for providing Earl Grey tea with its distinctive flavour, the juice of the fruit is also renowned for its valuable health benefits.

Bergamot has traditionally been used in the Calabrian region of Italy for supporting and promoting overall cardiovascular system health. Caruso's Bergamot has been developed for people who wish to maintain cardiovascular health. The polyphenols in Bergamot may help maintain healthy cholesterol levels and also support the health of the heart. Bergamot may help maintain and support normal healthy blood sugar levels in healthy individuals. Bergamot juice differs from other citrus fruits because it contains exceptionally large amounts of unique polyphenols which help to support

## the active polyphenols are concentrated. *Caruso's Bergamot indications:*

Helps maintain healthy cholesterol levels in healthy individuals

cardiovascular health. The juice is extracted and

- **⊘** Support cardiovascular system health
- $oldsymbol{arphi}$  Maintain blood vessel and artery health

#### Who would use Caruso's Bergamot?

- Those customers wanting to support the maintenance of healthy cholesterol levels
- Those customers who want a product to help support healthy blood sugar levels
- Those who wish to take a supplement to complement a healthy lifestyle
- Help to maintain the overall health of the cardiovascular system

#### **Formulation**

#### **Each tablet contains:**

Citrus aurantium (Bergamot) ext. dry conc. ....... From min. fresh fruit juice 75g (75,000mg) Std. to flavonoids 132.5mg

#### Specification:

Appearance: Dark green oval shaped tablet.
L: 22.7mm W: 9.7mm T: 6mm Flavour: None.

#### Directions for use:

**Adults** take 1 tablet daily after food or as advised by your health professional. Dose may be increased to 2 daily if required.

Always read the label and follow the directions for use.







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### BILBERRY 15,000 EYE HEALTH

### **Formulation**

#### Each capsule contains: Vaccinium myrtillus (Bilberry) ext. dry conc. ... From min. fresh fruit ... Std. to anthocyanosides 60mg Tagetes erecta (Lutemax 2020™) ext. dry conc. .. From min. dry flower ...... Std. to Lutein esters calculated as Lutein ..... Std to 7eaxanthin

#### Specification:

Appearance: Soft brown gelatine capsule.

L: 12mm Flavour: None

#### Directions for use:

Adults take 1 capsule daily with food or as advised by your health professional. Always read the label and follow the directions for use.

#### Health benefits

Caruso's Bilberry 15,000 combines 3 of nature's most powerful antioxidants to help maintain healthy vision, relieve eyestrain and soreness and help reduce visual fatigue.

The eyes are our organ of sight, they are sensitive and vulnerable to free radical damage. In addition to aging, the decline of cellular function and continual exposure to light, long-term exposure to insults, such as UV light, visible light and environmental toxins, may contribute to oxidative damage in ocular tissue. Caruso's Bilberry 15.000 contains the antioxidants Lutein and Zeaxanthin, Lutein and Zeaxanthin are both found in the macula and retina of your eve and are important for

#### Caruso's Bilberry 15,000 indications:

maintaining healthy eye function, macular and retinal health and assisting with light variation

- Helps support eye macula health

adaptation and night vision.

Relieves eye strain and visual fatigue

#### Who would use Caruso's Bilberry 15,000?

- · Those who regularly use digital devices and suffer from associated symptoms such as eyestrain and soreness
- · Those wishing to support the health and function of their eyes
- · Those who wish to protect their eyes from free radical damage
- Those wanting to assist their night vision and their visual adaptation to light







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250ma



### **BOSWELLIA 2500** ANTI INFLAMMATORY

#### Health benefits

Caruso's Boswellia 2500 can provide support for joint and cartilage health and help to relieve symptoms of mild osteoarthritis and mild joint inflammation. The benefits of Boswellia come. from a group of active components contained in the herb known collectively as Boswellic acids. The specific type of Boswellic acid used in Caruso's Boswellia 2500 is known as 3-O-acetyl-11-keto-β-boswellic acid (AKBA). It can assist with relieving inflammation and mild joint pain and stiffness associated with mild osteoarthritis. Boswellia serrata (Boswellia) has been used as a medicinal plant in traditional Ayurvedic medicine for over 2000 years. It can be found growing in the dry, arid and mountainous regions of India, North Africa and the Middle East. Commonly known as Indian Frankincense, it belongs to a family of resinous trees known for their aromatic oils. The resin is taken from the tree and then dried into incense. Both the resin and incense have a deep history in culture and medicine

In traditional Ayurvedic medicine, Boswellia is used to help relieve mild joint aches and pains and to reduce mild joint inflammation and swellina.

#### Caruso's Boswellia 2500 indications:

Relieves:

- **⊗** Symptoms of mild osteoarthritis

#### Who would use Caruso's Boswellia 2500?

- · Those who would like to promote joint cartilage health
- · Those who would like to support joint mobility and flexibility
- · Those who would like to reduce symptoms of mild arthritis and mild osteoarthritis

#### **Formulation**

#### Each tablet contains:

Boswellia serrata ext. dry conc. . From min. dry gum-oleoresin 2.5g (2500mg) Std. to 3-O-acetyl-11-keto-β-boswellic acid (AKBA) 75mg

#### Specification:

**Appearance:** Cream to beige tablet with light brown speckles and a break bar on one side. L: 21mm W: 9mm T: 5.6mm Flavour: None.

#### Directions for use:

Adults take 1 tablet daily with food or as advised by your health professional. Always read the label and follow the directions for use.







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## **BRAHMI 9000 MENTAL CLARITY**



#### Health benefits

Bacopa monnieri, commonly known as Brahmi is a medicinal herb which has been used in India as a traditional Avurvedic medicine for generations. It is a creeping herb found growing in the wetlands of Southern and Eastern India and across the globe.

For almost 3000 years Brahmi has been used traditionally for a variety of ailments. Brahmi has been used in traditional Ayurvedic medicine to improve memory and cognition and enhance brain health.

Caruso's Brahmi 9000 may help enhance memory recall and maintain brain function. It may also support mental concentration, clarity and focus and support learning and information processing.

Caruso's Brahmi 9000 also supports cognitive function and development and helps reduce mental fatigue. Brahmi may also maintain and support nervous system function and health.

#### Caruso's Brahmi 9000 indications:

- ∅ Improve learning ability and function
- Support mental concentration and focus

#### Who would use Caruso's Brahmi 9000?

- Those who wish to maintain healthy memory
- · Those who wish to improve their memory recall and short term memory
- · Those wanting to maintain their concentration, focus and cognitive performance
- Students wanting to improve their memory recall and maintain concentration
- · Elderly people wanting to improve their memory and maintain brain health

#### **Formulation**

#### Each tablet contains:

Bacopa monnieri ext. dry conc. From min. dry whole plant 9g (9000mg)

#### Specification:

**Appearance:** Dark green oval shaped tablet with a break bar on one side. 1: 22 5mm W: 10mm T: 6 2mm Flavour: None

Std. to Bacosides calculated as Bacoside A 202.5mg

#### Directions for use:

Adults take 1 tablet daily with food or as advised by your health professional. Always read the label and follow the directions for use.







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# CASCARA RELIEVE CONSTIPATION & ABDOMINAL BLOATING

#### Health benefits

Frangula purshiana bark is also known as Cascara sagrada or simply Cascara. Cascara is one of the most common herbal remedies for assisting with constipation relief.

Native to North Western America, the bark from the cascara tree has a long history of traditional use as a natural herbal laxative by Native Americans.

The Native American tribes passed their knowledge on to Spanish explorers. Spanish priests would go on to name the tree *Cascara sagrada* which translates to 'sacred bark', indicating its value as a herbal medicine.

Constipation is the passing of hard stools which may be infrequent or difficult to pass, commonly due to circumstances such as a change in routine such as travelling, insufficient fibre or water intake, or lack of exercise. Caruso's Cascara has been formulated for those who would like to relieve constipation, support and improve body waste elimination as well as those looking to relieve abdominal bloating.

The health benefits of Cascara come from its natural laxative effects. Cascara induces the large intestine to increase its muscular contractions (peristalsis), which may promote bowel evacuation and maintain intestinal transit time. Caruso's Cascara has been developed to assist with the relief of constipation and support bowel regularity. It may also help to soften the stool, easing bowel motions. Cascara has also been traditionally used in Western Herbal Medicine to help support healthy bowel function.

#### Caruso's Cascara indications:

- Selieves constipation and abdominal bloating
- **⊘** Relieves digestive and bowel discomfort
- Reduces occurrence of excess intestinal wind/gas

#### Who would use Caruso's Cascara?

- Those who are suffering from constipation and want to take a natural approach
- Those who want to improve their bowel function and maintain bowel regularity
- Those looking to relieve abdominal bloating

#### Formulation

#### Fach tablet contains:

#### Specification:

**Appearance:** Dark green oval shaped tablet. **L:** 19mm **W:** 8.5mm **T:** 5.8mm **Flavour:** None.

#### **Directions for use:**

**Adults** take 1 tablet daily with food or as advised by your health professional. Dose may be increased to 1 tablet 2 times daily if necessary.







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- ARTIFICIAL PRESERVATIVE FREE
- **⊘** NUT FREE
- GLUTEN FREE











### **CRANBERRY 30000** URINARY TRACT HEALTH



#### Health benefits

Caruso's Cranberry 30000 has been carefully blended to offer you a high potency Cranberry supplement to help maintain urinary tract health and support your immunity.

Caruso's Cranberry 30000 offers an alternative to help reduce and relieve the symptoms of Medically Diagnosed Cystitis, such as irritation and burning sensation upon urination.

Caruso's Cranberry 30000 may help reduce the occurrence of Medically Diagnosed Cystitis and also help to support the health and the function of the urinary tract.

Caruso's Cranberry 30000 also contains Vitamin C and Zinc to maintain and support immune system heath and function and act as antioxidants, helping reduce free radical formation and damage.

#### Caruso's Cranberry 30000 indications:

- ✓ Helps relieve symptoms of Medically Diagnosed Cystitis
- upon urination associated with Medically Diagnosed Cystitis
- Maintains urinary tract health

#### Who would use Caruso's Cranberry 30000?

- · Those who experience recurrent or one-off episodes of Medically Diagnosed Cystitis
- · People who want to reduce the occurrence of Medically Diagnosed Cystitis

#### **Formulation**

Each tablet contains:	
Vaccinium macrocarpon (Cranberry) fruit dry juice	60mg
From fresh fruit 30g (30000mg)	
Ascorbic Acid (Vitamin C)	100mg
Zinc Oxide	18.67mg
Equip to 7inc 15mg	

#### Specification:

Appearance: Pink oblong shaped tablet. L: 19mm W: 8.5mm T: 6.4mm Flavour: None.

#### Directions for use:

Adults take 1 tablet a daily with main meal or as advised by your health professional.







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- GLUTEN FREE







# **DANDELION 3000**INDIGESTION RELIEF

#### Health benefits

The root of the Dandelion plant is traditionally used in Western Herbal Medicine to support healthy digestion and relieve the uncomfortable symptoms of indigestion.

Dandelion is a common herb, which is native to areas of the Northern Hemisphere. These days, Dandelion can be found growing abundantly across the globe in parks, lawns and fields.

Dandelion gets its name from the French phrase 'dents de lion', which translates to 'lion's teeth', referring to the jagged shape of leaves.

This valuable herb has been used in many traditional medicine paradigms, including Western Herbal Medicine, since ancient times for ailments such as indigestion and dyspepsia. It is used in traditional Western Herbal Medicine to enhance liver health and to support gallbladder function. It helps promote the secretion and flow of bile, a digestive fluid which is produced by the liver and stored in the gallbladder. Other traditional Western Herbal Medicine uses include its ability to relieve the loss of appetite, reduce constipation and increase urine output.

#### Caruso's Dandelion 3000 indications:

Traditionally used in Western Herbal Medicine to:

- Relieve the symptoms of indigestion
- Support gallbladder function
- Promote bile flow form the liver
- **⊘** Enhance liver health

# Who would use Caruso's Dandelion 3000?

- Individuals who suffer from the symptoms of indigestion and dyspepsia
- Individuals who wish to support gallbladder function and promote the flow of bile from the liver
- Individuals who wish to enhance the health of their liver

#### **Formulation**

#### Each tablet contains:

#### Specification:

**Appearance:** Oval shaped, mottled beige-brown, tablet with a break bar on one side **L:** 22.5mm **W:**10.0 mm **T:** 7.2 mm

#### Directions for use:

**Adults** take 2 tablets daily, one with the morning meal and one with the evening meal, or advised by your health professional.

Always read the label and follow the directions for use.







**⊘** DAIRY & LACTOSE FREE

VEGAN FRIENDLY

**⊘** ARTIFICIAL PRESERVATIVE FREE

**⊘** NUT FREE

GLUTEN FREE











# ECHINACEA 6500 RELIEVE SYMPTOMS OF **COMMON COLDS & FLU**



#### Health benefits

Echinacea is a member of the daisy or Asteraceae family. The name comes from the Greek word for hedgehog due to the appearance of the flower with its spiky dome shaped flower head. Native to North America, the wild, perennial herb inhabits rocky, open woodlands and prairies. North American and Native American Indians used the herb for a wide range of ailments. The roots would be either chewed or sucked or in some instances, applied externally to the skin

Echinacea was introduced as a herbal medicine in Europe around the 1890's where it was commercially cultivated and studied for its therapeutic benefits.

Echinacea provides support for the immune system to help relieve the symptoms of common cold and flu. Echinacea also helps to stimulate a healthy response from your immune system, helping to improve immune defence. Caruso's Echinacea 6500 is a therapeutic strength formula which may help to reduce the severity of symptoms of mild upper respiratory tract infections such as a runny nose and nasal congestion.

#### Caruso's Echinacea 6500 indications:

- **⊘** Relieve symptoms of common colds and flu
- Help reduce the severity and duration of common colds
- Ø Promote immune system defence

#### Who would use Caruso's Echinacea 6500?

- · Those with symptoms of the common cold
- Those wishing to improve their immune defence against cold and flu
- Those with nasal congestion or runny nose
- · Men or women who wish to reduce the duration of their cold or flu
- Those who wish to reduce the occurrence of common colds and symptoms of upper respiratory tract infections

#### **Formulation**

#### Each tablet contains:

Echinacea purpurea (Echinacea) juice concentrate ... ... 111.11ma From min. fresh herb flowering juice dry 5g (5000mg) Std. to Cichoric acid 3.33mg Std. to Fructofuranosides 2.67mg Echinacea angustifolia (Echinacea) ext. dry conc.. From dry root 1.5g (1500mg)

#### Specification:

Appearance: Dark green to black oval shaped tablet. L: 19.7mm W: 8.1mm T: 7.1mm Flavour: None.

#### Directions for use:

**Adults** take 1 tablet daily with food or as advised by your health professional. Always read the label and follow the directions for use.







- DAIRY & LACTOSE FREE
- VEGAN FRIENDLY
- ARTIFICIAL PRESERVATIVE FREE
- NUT FREE
- GLUTEN FREE







# **GARCINIA 7500**APPETITE SUPPRESSION

#### Health benefits

Caruso's Garcinia 7500 provides help in maintaining a healthy weight, while maintaining energy levels to support exercise and dietary activities.

Garcinia cambogia is the scientific name for the exotic fruit Tamarind, which is traditionally used in Ayurvedic medicine to support weight management due to its appetite suppressing actions

Garcinia cambogia is naturally rich in the active constituent Hydroxycitric acid (HCA) and Caruso's Garcinia 7500 is guaranteed to contain 60% HCA. HCA is a natural appetite suppressant which may help promote healthy eating patterns. Caruso's Garcinia 7500 has been specially formulated to support a healthy diet and exercise plan.

Apart from the guaranteed 60% HCA in every tablet, Caruso's Garcinia 7500 contains B-group Vitamins to support your energy requirements and help maintain energy production to help maintain an active lifestyle.

#### Caruso's Garcinia 7500 indications:

Traditionally used in Ayurvedic Medicine to:

- Assist healthy weight reduction
- **⊗** Suppress appetite

Includes B vitamins to support energy levels Guaranteed 60% HCA

#### Who would use Caruso's Garcinia 7500?

- Those who wish to reduce their appetite
- Those wanting assistance in maintaining a healthy weight alongside a healthy diet and exercise program
- Those wanting to maintain energy levels
- Those who require assistance with sugar metabolism

#### **Formulation**

Each tablet contains:
Garcinia gummi-gutta (Garcinia cambogia) ext. dry conc
Pyridoxine hydrochloride (Vitamin B6)
Thiamine hydrochloride (Vitamin B1)
Nicotinamide (Vitamin B3)10mg

#### Specification:

**Appearance:** Beige oval tablet with a break bar on one side.

1: 21mm W: 8 7mm T: 6 6mm Flavour: None

#### Directions for use:

**Adults** take 1 tablet twice daily half an hour before food or as advised by your health professional.







- O DAIRY & LACTOSE FREE
- VEGAN FRIENDLY
- ARTIFICIAL PRESERVATIVE FREE
- **⊘** NUT FREE
- GLUTEN FREE











### AGED GARLIC COLDS & FLU



#### Each tablet contains:

Allium sativum (Black Garlic) ext. dry conc. . From fresh bulb .. .9.6g (9600mg)

#### Specification:

Appearance: Dark green to black oval shaped tablet. L: 19mm W: 8.5mm T: 5.8mm Flavour: None.

#### Directions for use:

Adults take 1 tablet daily with food or as advised by your health professional. Dose may be increased to 2 tablets daily for more intensive use.

Always read the label and follow the directions for use.

#### Health benefits

Caruso's Aged Garlic is created by an aging process using controlled temperature, humidity and time. It produces an odourless garlic rich in the amino acid S-Allyl cysteine (SAC). The aging process removes the odour and provides aged garlic with its various health promoting benefits. The active standardised SAC-has cardiovascular system supportive effects and maintains healthy blood circulation.

It supports immune system function, especially during common colds and flu, and may help reduce the severity of a cold by promoting the function of the immune system. It can help to decrease excess mucous and help to relieve mild bronchial irritation, and soothe the respiratory tract. It may also assist with recovery from illness

Caruso's Aged Garlic also helps maintain healthy cholesterol levels in healthy people.

#### Caruso's Aged Garlic indications:

Maintains and supports:

A healthy cardiovascular system

∅ Immune system health

Relieves mild upper respiratory tract congestion Relieves symptoms of common colds and flu

#### Who would use Caruso's Aged Garlic?

- Individuals wanting to support the health and function of their cardiovascular system
- Healthy individuals who wish to maintain healthy cholesterol levels
- · Individuals who experience the symptoms of mild upper respiratory infections
- · Those who experience frequent mild upper respiratory tract infections and the common cold
- Those who wish to support and strengthen their immunity







- O DAIRY & LACTOSE FREE
- VEGAN FRIENDLY
- ARTIFICIAL PRESERVATIVE FREE
- **NUT FREE**
- GLUTEN FREE







# **GINGER**RELIEVE SYMPTOMS OF MORNING & MOTION SICKNESS

#### Health benefits

The origins of Ginger can be dated back to over 5000 years ago to Southeast Asia.

Ginger was used both in Traditional Chinese and Ayurvedic Medicine systems to reduce flatulence

Ginger is a pungent culinary delight which has been used in many ways to flavour foods, or to increase the heat in many Asian cuisines.

Today, Ginger is a common spice in many kitchens as a dried or fresh root.

Caruso's Ginger utilises a specific ginger extract containing 2.5mg of the active constituents gingerols. Gingerols have an anti-inflammatory action, which may help to relieve symptoms associated with mild osteoarthritis such as mild joint pain, stiffness and swelling.

Caruso's Ginger can also relieve nausea and help reduce the occurrence of symptoms of travel sickness and morning sickness during pregnancy.

#### Caruso's Ginger indications:

- Helps reduce symptoms of motion, travel and sea sickness
- Relieves morning sickness and digestive discomfort
- Ø Relieves mild joint inflammation

#### Who would use Caruso's Ginger?

- Those who are experiencing nausea due to motion/travel sickness or morning sickness
- Those suffering from symptoms of indigestion including dyspepsia, flatulence, abdominal bloating or nausea

- Those who would like a supplement that may help to reduce mild joint inflammation, pain and stiffness associated with mild osteoarthritis
- Those who wish to enhance healthy digestion and increase bile flow

#### **Formulation**

#### Each tablet contains:

#### Specification:

**Appearance:** Medium round biconvex, light yellow coloured speckled, clear film coated tablet.

L: 12.7mm T: 4.7mm Flavour: Ginger.

#### Directions for use:

For nausea and travel sickness: Adults and children over 12 take 1 tablet when required with food up to four times daily **Children 6-12 years:** take half a tablet half an hour before travelling or when required with food up to four times daily. For morning sickness: Adults take 1 tablet with food when required up to four times a day. For symptoms of mild osteoarthritis & period pain: take 2 tablets daily with food or as advised by your health professional.







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- **⊘** NUT FREE
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# **GINKGO 6000 MEMORY & CONCENTRATION**



Each tablet contains:	
Ginkgo biloba (Ginkgo) ext. dry conc.	120m
From min. dry leaf	6g (6000mg
Std. to Ginkgo flavonglycosides	28.8m
Std. to Ginkgolides and Bilobalides	7.2m

#### Specification:

Appearance: Dark green oval shaped tablet with a break bar on one side. L: 20.2mm W: 8.8mm T: 6.2mm Flavour: None.

#### Directions for use:

Adults take 1 tablet daily with a food or as advised by your health professional.

Always read the label and follow the directions for use.

#### Health benefits

Caruso's Ginkgo 6000 is a one-a-day tablet which supports memory function, memory recall and helps support brain function. It may help to improve memory recall, increase attention span and support general mental function.

For thousands of years, Ginkgo has been used in Traditional Chinese Medicine. Caruso's Ginkgo 6000 helps to support and enhance healthy blood circulation to central and peripheral areas of the body.

Caruso's Ginkgo 6000 helps maintain cognitive function and increases cognitive performance by supporting mental concentration, focus and clarity.

#### Caruso's Ginkgo 6000 indications:

- ∅ Improves memory and recall
- Maintains brain function
- Supports mental concentration and focus

#### Who would use Caruso's Ginkgo 6000?

- · Those who wish to improve their memory and cognitive performance and concentration
- · Students who would like to support their mental concentration, focus and clarity
- · Those who would like to improve their blood flow, particularly their peripheral circulation
- · Those who wish to increase their attention span
- Those who wish to improve their cognitive performance and maintain brain health
- Those looking for an antioxidant supplement to reduce free radicals formed in the body







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# GINKGO 12,000 FOCUS & CLARITY

#### Health benefits

Caruso's Ginkgo 12,000 helps to enhance cognitive performance by helping to support mental concentration, focus and clarity.
Caruso's Ginkgo 12,000 may also support memory by improving memory recall and helping to increase attention span.

Caruso's Ginkgo 12,000 also promotes healthy blood circulation and helps to reduce free radicals formed in the body by providing antioxidant support.

Ginkgo may assist with blood flow and act as a circulatory stimulant. Increasing blood flow results in tissue oxygenation and therefore an increase in nutrient flow to different areas of the body. Adequate blood circulation may improve memory processors, particularly working memory and memory consolidation. The increased blood circulation may also assist with dizziness and vertigo.

#### Caruso's Ginkgo 12,000 indications:

- ∅ Improve memory recall
- ∅ Increase cognitive performance
- Helps improve and increase attention span
- **⊘** Enhance and improve short-term memory
- Support mental clarity and focus
- ♥ Promote healthy blood circulation

#### Who would use Caruso's Ginkgo 12,000?

- Those who wish to enhance their short term memory and improve their memory recall
- Those wanting to improve their cognitive performance and increase their attention span
- Individuals looking to support their overall brain function
- People wanting to improve blood circulation to the peripheral areas of the body including the legs, feet and hands

- Those looking for antioxidant support
- Those experiencing mild dizziness or mild vertigo

#### **Formulation**

#### Each tablet contains:

Ginkgo biloba (Ginkgo) ext. dry conc.	240 ma
From min. dry leaf	12g (12,000mg)
Std. to Ginkgo flavonglycosides	57.6 mg
Std. to Ginkgo and Bilobalides	14.4mg

#### Specification:

Appearance: Medium, oval shaped tablet, with a break bar on one side.

L: 20.2mm W: 8.8mm T: 6.2mm

#### Directions for use:

**Adults** take 1 tablet daily with food or as advised by your health professional.

Always read the label and follow the directions for use.







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# GINSENG 5500 **ENERGY & SEXUAL FUNCTION**



• Those wanting to help promote a healthy libido and support sexual health

#### Health henefits

Caruso's Ginseng 5500 may be beneficial during times of stress and may help relieve the symptoms of stress of study or work. Ginsena was traditionally used in Chinese Medicine for people with low energy and lack of stamina. Caruso's Ginseng 5500 may assist with the maintenance or improvement of general wellbeing.

Ginsengs are adaptogenic herbs, which help assist the body to cope with environmental stress. The 3 Ginsengs used in Caruso's Ginseng 5500 are:

Korean ginseng, which is used in Traditional Chinese Medicine (TCM) to assist with reducing mental fatigue, promoting vitality and improving a healthy libido.

Siberian ginseng, which is traditionally used in TCM to help the body to adapt to stress, assist with immunity and promote physical endurance; and American ginseng, which is traditionally used in Western Herbal Medicine to support the nervous system, help the body to adapt to stress and maintain a healthy immune system function.

#### Caruso's Ginseng 5500 indications:

- **⊘** Relieves symptoms of stress
- Maintains energy levels and vitality
- Supports healthy immune system function

#### Who would use Caruso's Ginseng 5500?

- Men and women who would like to support their mental and physical endurance
- Those with fatigue or low vitality
- Those wanting to relieve the symptoms of stress

#### **Formulation**

#### Each tablet contains:

Panax ginseng (Korean ginseng) ext. dry conc. 250mg From min. dry root 2.5q(2500mg) Std. to Ginsenosides 62.5mg

Eleutherococcus senticosus (Siberian ginseng) ext. dry conc. .. From min. dry root 2.5g (2500mg) Std. to Syringaresinol diglucosides 1.33mg

Panax quinquefolius (American ginseng) ext. dry conc. From min. dry root 500mg Std. to Ginsenosides 7.5mg

#### Specification:

Appearance: Dark green to black oval shaped tablet. L: 19.7mm W: 8.1mm T: 6.8mm Flavour: None.

#### Directions for use:

Adults take 1 tablet daily after food or as advised by your health professional. Always read the label and follow the directions for use.







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### **GREEN TEA 25,000 BODY METABOLISM SUPPORT**

#### Health benefits

While Green Tea has been enjoyed in China for around 5000 years, its history in the West is relatively short in comparison. Today over 80% of the world's Green Tea is still grown in China, some using ancient methods of growing and harvesting, with others using modern technology to grow teas rich in polyphenols and other antioxidants. Although it is believed that Green Tea first came into use in China, it also has its roots firmly in Southeast Asia and widely throughout many other Asian countries. Green Tea comes from the leaves of Camellia sinensis, but are not subjected to the same drying and oxidation processes used to make oolong and black teas. This makes Green Tea extremely rich in the polyphenol catechin called EGCG (Epigallocatechin Gallate). EGCG's have many different functions in the body, including providing antioxidant support to reduce free radical damage to body cells.

Caruso's Green Tea 25,000 provides many health benefits, mostly involved in supporting body metabolism and improve metabolic rate. Caruso's Green Tea 25,000 helps to enhance thermogenesis, which in turn can support with calorie burning. Caruso's Green Tea 25,000 is a supplement developed promote energy production, which can help to maintain body metabolism and calorie burning. Caruso's Green Tea 25,000 also has antioxidant properties to reduce free radical formation in the body.

#### Caruso's Green Tea 25,000 indications:

- Supports calorie burning and thermogenesis
- Helps promote metabolism and metabolic rate
- **⊗** Supports energy production

#### Who would use Caruso's Green Tea 25,000?

- Those who want to support a healthy body metabolism and thermogenesis
- · Those looking for an antioxidant supplement
- · Those who are wanting to promote energy levels and support calorie burning

#### **Formulation**

#### **Each tablet contains:**

Camellia sinensis (Green Tea) ext. dry conc. .833.33mg From min. dry leaf 25q (25,000mg) Std. to Catechins 691.7mg Std. to Epigallocatechin-3-0-gallate 416.67mg

#### Specification:

Appearance: Extra large, green oval shaped tablet with a break-bar on one side

L: 23.2mm W: 10.5mm T: 7.6mm Flavour: None.

#### Directions for use:

Adults take 1 tablet daily with food or as advised by your health professional. Always read the label and follow the directions for use.







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# **HAWTHORN**HEART & CARDIOVASCULAR SYSTEM HEALTH

#### Health benefits

There are almost 300 species of Hawthorn native to Europe, Northwest Africa and West Asia. Crataegus monogyna is considered as one of the most commonly used species for its medicinal benefits. Hawthorn berries are a rich source of polyphenols, which have natural antioxidant properties. For centuries, Hawthorn has traditionally been used in Western Herbal Medicine as a cardiotonic to strengthen the heart and support healthy heart function. Caruso's Hawthorn maintains cardiovascular system health, supports blood vessel dilation, promotes blood capillary health and enhances healthy blood circulation to the peripheral areas of the body. As well as maintaining and supporting the transportation of oxygen in the body, the antioxidant benefits also help to reduce the formation of free radicals, in the body and support general health and wellbeing.

#### Caruso's Hawthorn indications:

- Maintains healthy cardiovascular system function
- Maintains heart health
- **⊘** Promotes healthy blood circulation
- **⊘** Promotes artery health

#### Who would use Caruso's Hawthorn?

- Those wanting a supplement to support and maintain the healthy functioning of the cardiovascular system
- Those wanting to maintain healthy blood circulation
- Those wanting to improve blood circulation to the peripheral areas of the body, such as hands and feet
- Those wanting to maintain and support their heart health
- · Those looking for an antioxidant supplement

#### **Formulation**

#### Each tablet contains:

#### Specification:

**Appearance:** Extra large, dark green oval shaped tablet with a break-bar on one side.

L: 23.2mm W: 10.5mm T: 7.7mm Flavour: None

#### Directions for use:

**Adults** take 1 tablet daily, with main meals or as advised by your health professional.







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### MACA 3500 HEALTHY LIBIDO

#### Health benefits

Maca has been highly revered in Traditional Peruvian Medicine for thousands of years. It is prized for its nutritional content as a food, used in traditional sacred rites, as a currency and for its medicinal value

In Peruvian Medicine, Maca has traditionally been used to maintain and support energy levels, physical endurance and emotional wellbeing. Maca is an aphrodisiac, and helps to promote a healthy libido and supports healthy sexual function. Caruso's Maca 3500 may also help to reduce the occurrence of menopausal symptoms and support emotional balance in perimenopausal women. Traditionally, it has been used in Peruvian medicine to regulate healthy menstrual cycles and relieve the symptoms of menopause.

#### Caruso's Maca 3500 indications:

Helps maintain:

- ✓ Healthy sexual function and libido
- ♥ Physical stamina and endurance Traditionally used in Peruvian Medicine to support energy levels

#### Who would use Caruso's Maca 3500?

- Those wanting to support a healthy libido and sexual function
- Those who wish to support physical endurance and stamina
- Women who wish to use Traditional Peruvian Medicine to regulate healthy menstrual cycles
- Women wanting to support a healthy mood balance during perimenopause
- Those wanting to support their general health and emotional wellbeing

- Men and women wanting to supplement with a herbal aphrodisiac
- Women wanting to reduce the symptoms of menopause

#### **Formulation**

#### **Each tablet contains:**

#### Specification:

Appearance: Dark green oval shaped tablet with a break-bar on one side.
L: 20.2mm W: 8.8mm T: 6.2mm Flavour: None

#### Directions for use:

**Adults** take 1 tablet daily with food or as advised by your health professional.

Always read the label and follow the directions for use.







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### MILK THISTLE 35,000 LIVER HEALTH

#### Health benefits

Milk Thistle has been used traditionally in Western Herbal Medicine to support healthy regeneration of the liver and assist in the elimination of body waste. Globe Artichoke has been traditionally used in Western Herbal Medicine to provide relief from symptoms of dyspepsia, reduce flatulence and the occurrence of abdominal bloating. It has also been traditionally used in Western Herbal Medicine to protect the liver while improving bile secretion and flow.

Caruso's Milk Thistle 35,000 may help aid to support healthy digestion, natural liver detoxification processes and, flatulence and abdominal bloating.

#### Caruso's Milk Thistle 35,000 indications:

- Supports healthy liver and digestion Helps to support healthy cholesterol
- Medicine to help promote healthy liver function, relieve abdominal bloating and

#### Who would use Caruso's Milk Thistle 35,000?

flatulence

- Those wanting relief from symptoms of indigestion, abdominal bloating or flatulence
- · Those wishing to help regulate their appetite
- Those wishing to maintain healthy cholesterol
- Those looking for an antioxidant supplement

#### **Formulation**

#### Each tablet contains:

Silybum marianum (Milk Thistle) ext. dry conc. From min. dry fruit 35g (35,000mg) Std. to Flavanolignans calculated as Silybin 400mg Cynara scolymus (Globe Artichoke) ext. dry conc. . From min. fresh leaf 6g (6000mg) Std. to Caffeoylquinic Acids calculated as Cynarin 6mg

#### Specification:

Appearance: Large dark green oval shaped tablet with a break-bar on one side. 1: 22 5mm W: 10mm T: 7 6mm Flavour: None

#### Directions for use:

Adults take 1 tablet daily with food or as advised by your health professional. Always read the label and follow the directions for use.







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### **OLIVE LEAF** ENHANCE IMMUNE SYSTEM FUNCTION

#### Health benefits

The olive plant has been used in medicine for centuries around the Mediterranean. It was traditionally used in Western Herbal Medicine to reduce the duration of the common cold. and decrease the severity of common cold symptoms. Olive leaf extract, derived from the leaves of the olive tree, contains a rich source of polyphenols called Oleuropein, Oleuropein has antioxidant and anti-inflammatory properties. Olive Leaf also helps support cardiovascular system function and heart health.

Olive leaf extract has traditionally been used in Middle Fastern Herbal Medicine to relieve mild fever, cough and symptoms of pharyngitis.

#### Caruso's Olive Leaf indications:

- Relieve symptoms of common colds and flu
- **⊗** Enhance immune system function
- system health

#### Who would use Caruso's Olive Leaf?

- · Those who wish to support cardiovascular system health
- People wanting to supplement from the Mediterranean diet
- · Those looking for relief from coughs, sore throat and mild fever
- Those who wish to stimulate a healthy immune system response
- Those who wish to support their immune system health
- Those wanting an antioxidant supplement to decrease free radical damage to body cells

#### **Formulation**

#### Each tablet contains:

Olea europaea (Olive Leaf) ext. dry conc. From min. dry leaf 5q (5000mg) Std. to Oleuropein 100mg

#### Specification:

**Appearance:** Large, dark green oval shaped tablet with a break-bar on one side

L: 22.5mm W: 10mm T: 7.4mm Flavour: None.

#### Directions for use:

Adults take 1 tablet daily with food or as advised by your health professional. Always read the label and follow the directions for use.



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# RHODIOLA HEALTHY STRESS RESPONSE



 Those looking to decrease mental fatigue and support mental endurance

#### **Formulation**

#### Each tablet contains:

Rhodiola rosea (Rose root) ext. dry conc. From min. dry root 937.50mg Std. to Rosavins total 11.25mg Std. to Rosavin 7.50mg Std. to Salidroside 3.75mg

#### Specification:

Appearance: Dark green oval shaped tablet. 1: 19 7mm W: 8 1mm T: 6 9mm Flavour: None

#### Directions for use:

Adults take 1 tablet daily with food or as advised by your health professional. Always read the label and follow the directions for use.

#### Health benefits

Rhodiola has been traditionally used in Russian Medicine as an adaptogen, to help the body adapt to stress. Caruso's Rhodiola may assist the body to cope with environmental stress and support a healthy stress response in the body. Rhodiola may help reduce the symptoms of mild anxiety and stress, while relieving nervous tension, irritability, and cognitive fatigue. It supports general mental wellbeing and enhances mental concentration, focus and clarity.

It may help to calm the nerves, support nervous system function, and also promote physical stamina, enhance muscle performance and support mental endurance.

#### Caruso's Rhodiola indications:

- **⊘** Relieves symptoms of mild anxiety
- Supports mental concentration and focus

- Supports a healthy stress response in the body

#### Who would use Caruso's Rhodiola?

- · Those looking to reduce the symptoms of mild anxiety
- Those wanting to relieve the symptoms of stress, and reduce nervous tension, excess nervous energy and restlessness
- · Those who would like to support nervous system health and function
- Those who would like to support mental concentration, focus and clarity while working or studying







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# **SAFFRON**SUPPORT GENERAL MENTAL WELLBEING

#### Health benefits

Saffron is one of the oldest spices known to man and has been used in the "spice trade" for over 4000 years. It was also known that the last Queen of Egypt, Cleopatra, used Saffron as it was commonly used in ancient Egyptian Herbal Medicine and by Egyptian healers.

The health benefits of Saffron come from its effect on supporting a healthy emotional and mood balance. Saffron helps to enhance and promote mind relaxation and soothe the nerves. It does this by decreasing excess nervous energy and the result is a decrease in nervous tension and help reduce the occurrence of symptoms of mild anxiety.

Caruso's Saffron contains a proprietary extract called affron®, a standardised extract of Lepticrosalides. Saffron is cultivated in La Mancha, Spain, and has positive effects in supporting healthy emotional and mood balance. It may also help to decrease nervous tension and support a healthy stress response in the body while relieving the symptoms of mild anxiety.

#### Caruso's Saffron indications:

- Supports healthy emotional and mood balance
- **⊘** Relieves symptoms of mild anxiety
- ✓ Calms the mind.

#### Who would use Caruso's Saffron?

- Men, women and children over 12 years old who want help to support a healthy mood and emotional balance
- Those wanting to reduce the symptoms of stress or mild anxiety
- Those who would like to help calm the nerves
- Those who want to reduce nervous tension and unrest

#### **Formulation**

#### Each tablet contains:

#### Specification:

Appearance: Dark green round tablet. D: 9.5mm T: 4.4mm Flavour: None.

#### Directions for use:

**Adults** and **children over 12** take 1 tablet twice daily with food or as advised by your health professional.







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# **SAGE**REDUCE SYMPTOMS OF MENOPAUSE

#### Health benefits

The use of Sage in Western Herbal Medicine dates back to the Middle Ages. Used for both medicinal and culinary purposes, Sage was touted as one of the most important herbs of its time by Dioscorides, the father of Modern Herbal Medicine. It has been used traditionally in Western Herbal Medicine to help reduce excessive perspiration and sweating in menopausal women. In more modern times, Sage has been used to support memory, concentration, focus and mental clarity. There are over 900 species of Sage around the world, however, Caruso's Sage utilises an extract of the herb Salvia officinalis called Sibelius Sage. Caruso's Sage may help to relieve the symptoms associated with menopause. It may help to relieve night sweats and hot flushes associated with menopause and provide antioxidant support. Caruso's Sage can also help to enhance memory recall whilst also supporting concentration and focus.

#### Caruso's Sage indications:

- **⊘** Relieves symptoms of menopause
- Reduces night sweats associated with menopause
- **⊘** Supports concentration and focus

#### Who would use Caruso's Sage?

- Those wishing to improve their memory recall
- Those looking to maintain concentration and focus
- Women wanting to relieve hot flushes and night sweats associated with menopause
- · Those looking for antioxidant support

#### **Formulation**

#### Each tablet contains:

Salvia officinalis (Sibelius sage) ext. dry conc. ...... From min. dry leaf 1.17g (1170mg) Std. to Rosmarinic acid 4.2mg (4.175mg)

#### Specification:

Appearance: Brown and white speckled round tablet. D: 13mm

Flavour: None.

#### Directions for use:

**Adults** take 1 tablet twice daily with food or as advised by your health professional.

Always read the label and follow the directions for use.







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# **SAW PALMETTO 3500**PROSTATE HEALTH & SEXUAL FUNCTION

#### Health benefits

Saw palmetto is a small, low growing palm tree native to North America. Native Americans have used Saw Palmetto berries for hundreds of years as both a food and a medicine to treat a wide variety of conditions.

It was used traditionally in Native American Medicine to maintain healthy prostate function and to promote a healthy libido.

Use in Western Herbal Medicine began around 1870, and the medicinal value of Saw palmetto has been reported in scientific literature since the 1800's, when interest was sparked in the European medical community.

Caruso's Saw Palmetto 3500 may help support prostate health and prostate function while also maintaining healthy sexual function. Caruso's Saw Palmetto 3500 may also help to relieve urinary frequency and support healthy reproductive hormones.

# Caruso's Saw Palmetto 3500 indications:

- **⊘** Relieves urinary frequency
- Maintains healthy bladder function
- Maintains healthy sexual function
- ❷ Promotes healthy libido

# Who would use Caruso's Saw Palmetto 3500?

- Men who wish to support healthy prostate function
- Men who wish to relieve urinary frequency and support urinary tract health
- Men wishing to maintain healthy bladder function
- Men who wish to support sexual function and promote a healthy libido
- Men who wish to support healthy sexual function

#### **Formulation**

#### Each capsule contains:

Serenoa repens (Saw Palmetto) ext. so	ft conc 355.56m
From min. dry fruit	3.556g (3556mg
Std. to Fatty Acids 320mg	

#### Specification:

Appearance: Opaque brown oval shaped soft gelatin capsule L: 12mm
Flavour: None

#### **Directions for use:**

**Adults** take 1 capsule daily with food or as advised by your health professional.

Always read the label and follow the directions for use.







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# SLIPPERY ELM POWDER INTERNAL HEALTH

#### Health benefits

Caruso's Slippery Elm Powder is an edible food with soothing properties for your digestive tract. It is an easily digested prebiotic fibre beverage made from 100% natural bark powder.

Caruso's Slippery Elm Powder naturally contains a gel forming fibre called mucilage, which acts as a lubricant throughout your stomach, small and large bowels. This acts as a barrier and has a soothing effect on your entire digestive system, benefiting overall internal health. Slippery Elm Powder comes from the "Red Elm" tree which is native to the Central and Eastern United States and Ontario, Canada, growing up to 20 metres or more.

It was called Slippery Elm for its gelatinous inner bark as, it becomes mucilaginous or gel-like in texture, in contact with water, which accounts for the majority of its properties. It has "demulcent" actions on all mucous membranes meaning that it has a soothing effect.

Native Americans used Slippery Elm for centuries both orally and topically. They would peel the red, inner bark to use for a myriad of common ailments.

When ingested, the mucilage gel coats the mouth, oesophagus, and gastrointestinal tract with a soft gel which acts like a lubricant throughout your stomach, intestines and large bowel.

Caruso's Slippery Elm is excellent when you have a sensitive stomach as it is gentle and easily digested, therefore it is well tolerated.

# Caruso's Slippery Elm Powder indications:

Nutritional benefits:

✓ Internal health

**⊘** Easily digestible

Premium, high quality grade

Ø Prebiotic

#### **Formulation**

#### Each 2.5g dose (2 scoops) of powder contains:

Slippery Elm Bark powder 100%

#### Specification:

Appearance: Fine, light brown powder. Flavour: None

#### Directions for use:

**30 minutes before a meal**, add half a teaspoon into a glass of water, milk or juice (250mL), stir thoroughly and drink immediately, up to 3 times a day. Always use a dry spoon and replace lid after use.

Always read the label and follow the directions for use.







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# ST JOHN'S WORT HEALTHY MOOD BALANCE

#### Health benefits

St John's Wort can be traced back throughout history for its medicinal properties from ancient Greece, and was commonly used in Western Herbal Medicine as a nervous system relaxant, to calm the mind and reduce excess nervous energy. Due to the rich history and folklore and remedies associated with it, St John's Wort has been studied extensively throughout the world and is one of the most heavily prescribed herbal medicines today, relieving symptoms of mild anxiety and supporting a healthy mood balance

Caruso's St John's Wort may assist in relieving symptoms associated with mild anxiety and supporting a healthy stress response. The medicinal activities of Caruso's St John's Wort are attributed to the standardised Hypericin and Hyperforin constituents. These two compounds function within numerous neurochemical systems to support general mental and emotional wellbeing. Caruso's St John's Wort also helps to maintain a healthy emotional balance, soothes the nerves and relieves irritability.

#### Caruso's St John's Wort indications:

- Supports healthy emotional/mood balance
- Ø Relieves disturbed/restless sleep
- **⊘** Relieves symptoms of mild anxiety
- Supports a healthy stress response

# Who would use Caruso's St John's Wort?

- Those who want to support a healthy mood balance
- Those who are looking for relief from the symptoms associated with mild anxiety, such as, irritability, nervous tension and sleeplessness

- Those who need support to help calm the mind and maintain mental wellbeing
- Those who wish to relieve restlessness and nervous tension
- Those who wish to relieve disturbed or restless sleep

#### **Formulation**

#### Each tablet contains:

Hypericum perforatum (St. John's Wort) ext. dry conc	416.67mg
From min. dry herb top flowering 2.5g (2500mg)	
Std. to Hyperforin 12.5mg	
Std. to Hypericin 1.38mg	
Duridovina hydrochlorida (Vitamin R6)	12.16mg

#### Specification:

**Appearance:** Dark green oval shaped tablet with a break-bar on one side. **L:** 20.2mm **W:** 8.8mm **T:** 6mm **Flavour:** None.

#### Directions for use:

**Adults** take 1 tablet twice daily with food or as advised by your health professional.

Always read the label and follow the directions for use.







O DAIRY & LACTOSE FREE

VEGAN FRIENDLY

ARTIFICIAL PRESERVATIVE FREE

✓ NUT FREE

*GLUTEN FREE* 











### TRIBULUS 30000 HEALTHY LIBIDO & VITALITY



#### Health benefits

Tribulus terrestris is a small leafy plant which is named also for the appearance of the flowers. Caltrops is a medieval weapon, a metal spikey ball, which the flowering tops of Tribulus resemble. Tribulus is also known as bindii or burra. Tribulus contains naturally occurring phytochemicals called steroidal gylcosides, compounds found in the flowering heads. Tribulus is suitable for both men and women for urinary tract health and healthy reproductive hormones.

Caruso's Tribulus 30000 is a high strength formula which may help to support healthy sexual function and reproductive system health in both men and women.

Tribulus has been used in Traditional Ayurvedic Medicine to support reproductive system health, promote a healthy libido and support healthy sexual functions. Tribulus may help to support healthy nervous system function and has been used as an aphrodisiac in Traditional Ayurvedic Medicine. Caruso's Tribulus 30000 has been formulated to assist both men and women with vitality, healthy sexual function and to maintain reproductive system health. Tribulus may also support uterine health.

#### Caruso's Tribulus 30000 indications:

- Maintains healthy libido
- Maintains and supports vitality
- Traditionally used in Ayurvedic medicine as an aphrodisiac and to support healthy sexual function
- **⊗** Supports nervous system function

#### Who would use Caruso's Tribulus 30000?

- Men and women who would like to maintain and support healthy libido and sexual function
- Women who would like a supplement which supports uterine and reproductive system health
- Men and women who would like a supplement to help maintain their vitality
- Men and women who would like to support nervous system function

#### **Formulation**

Each tablet contains:
Tribulus terrestris (Tribulus) ext. dry conc
Std. to Protodioscin 120mg
Tribulus terrestris (Tribulus) ext. dry conc

#### Specification:

**Appearance:** Dark green oval shaped tablet. **L:** 19.0mm **W:** 8.5mm **T:** 5.7mm **Flavour:** None.

#### Directions for use:

**Adults** take 1 tablet daily with food or as advised by your health professional.

Always read the label and follow the directions for use.







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- **⊘** NUT FREE
- **GLUTEN FREE**







# **TURMERIC**ANTI-INFLAMMATORY

#### Health benefits

For centuries, Turmeric has been used to assist with a variety of health conditions. The therapeutic uses of Turmeric have led research to focus on the anti-inflammatory and antioxidant properties of its main constituent, Curcumin, Curcumin is normally poorly absorbed, however, Caruso's Turmeric uses CurcuWIN™, an extract of Turmeric that undergoes the proprietary UltraSOL® technology process, binding Curcumin to a hydrophilic molecule to enhance its absorption. Caruso's Turmeric has anti-inflammatory actions which assist with relieving the symptoms associated with mild osteoarthritis such as mild ioint inflammation, mild joint pain and mild joint stiffness. At a convenient one-a-day dose, Caruso's Turmeric helps to maintain joint health, joint mobility and support joint flexibility. Additionally, the antioxidant properties help to reduce reduce the formation and damage of free radicals

#### Caruso's Turmeric indications:

- Relieve symptoms of mild osteoarthritis such as mild joint pain, joint inflammation and joint stiffness
- Maintain and support joint health
- Support joint mobility

#### Who would use Caruso's Turmeric?

- Those wanting relief from mild joint pain, stiffness and inflammation associated with mild osteoarthritis
- Those wanting to supplement with an antioxidant to help reduce free radical damage
- Those wanting assistance with the reduction and relief of symptoms associated with mild osteoarthritis

- Those wanting to reduce inflammation
- Those looking to support and maintain joint health

#### **Formulation**

#### Each tablet contains:

Curcumin.

.....72mg

From *Curcuma longa* (CurcuWIN™) ext. dry conc. 300mg From min. dry rhizome 1.4g (1425mg) Std. to Curcuminoids 60mq

#### Specification:

**Appearance:** Yellow, oval shaped tablet with a break-bar on one side. **L:** 20.2mm **W:** 8.8mm **T:** 6.0mm **Flavour:** None.

#### Directions for use:

**Adults** take 1 tablet daily with food or as advised by your health professional.

Always read the label and follow the directions for use.







- **⊘** DAIRY & LACTOSE FREE
- *⊘* VEGAN FRIENDLY
- ARTIFICIAL PRESERVATIVE FREE
- **⊘** NUT FREE
- GLUTEN FREE











# **VALERIAN ENHANCE SLEEP QUALITY**



#### Health benefits

The medicinal use of Valerian can be traced as far back to the era of the Greek physicians Hippocrates and Dioscorides, and was used by Galen, a physician to the Roman Emperor Marcus Aurelius.

Valerian root has pungent odour and was proclaimed to have been used by the Pied Piper to lure the rats into the water along with his magical tune.

With its long history of use in Traditional Western Herbal Medicine, Valerian root was used for its ability to induce sleep and provide support for the nervous system.

Caruso's Valerian helps support nervous system health and function, by helping relieve excess nervous energy and calming the nerves. Valerian also assists with sleep by increasing refreshing sleep and improving sleep quality. It has been used in Traditional Western Herbal Medicine due to its calmative effect which help to relax the nervous system and soporific properties helping to induce sleep.

#### Caruso's Valerian indications:

- ✓ Promote refreshing sleep
- Ø Reduce time to fall asleep

#### Who would use Caruso's Valerian?

- · Those who that wish to reduce time to fall asleep, restless sleep and sleeplessness
- Those who wish to soothe and calm. the nerves
- · Those wanting to establish and restore their sleep-wake cycle
- · Those who wish to increase and enhance sleep quality and have a deeper sleep

- Those wanting to support the nervous system health and function
- · Those wanting to help reduce or relieve the symptoms of mild anxiety

#### **Formulation**

#### Each tablet contains:

Valeriana officinalis (Valerian) ext. dry conc. 562.50mg From min. dry root 2.25g (2250mg) Std. to Valerenic acids 4.5mg

#### Specification:

Appearance: Large, oval shaped dark green tablet with a break-bar on

1: 22 5mm W: 10mm T: 7mm Flavour: None

#### Directions for use:

Adults take 1 tablet daily half an hour before retiring, or as advised by your health professional.







- O DAIRY & LACTOSE FREE
- **VEGAN FRIENDLY**
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- NUT FREE
- GLUTEN FREE









# **VITEX 1000**HEALTHY FEMALE HORMONAL BALANCE

#### Health benefits

Vitex agnus-castus (Chaste Tree or Vitex) has been used medicinally for over 2000 years by Ancient Egyptians, Greek and Roman healers where is has been valued for its varied medicinal benefits through to its use in furniture making. In more modern times, Vitex has been used widely to support healthy hormonal balance in women and to relieve menstrual cycle irregularities.

Caruso's Vitex 1000 may help to reduce the occurrence of symptoms associated with premenstrual tension such as feelings of irritability or aggression, and also help to temporarily relieve mild fluid retention. Caruso's Vitex 1000 beneficial effects in relieving menstrual cramps, reduce irregular or heavy periods and additionally help to reduce the occurrence of menopausal symptoms.

Caruso's Vitex 1000 may provide relief of symptoms such as mood swings, irritability and breast tenderness associated with premenstrual tension, while reducing heavy or irregular periods. Vitex also helps to relieve symptoms associated with menopause such as hot flushes, night sweats and mood swings.

#### Caruso's Vitex 1000 indications:

May assist with:

- Supporting healthy female hormonal balance
- **⊘** Regulating the menstrual cycle
- Reducing the symptoms of premenstrual tension

#### Who would use Caruso's Vitex 1000?

- Women wanting to reduce irregular or heavy periods
- Women looking to relieve menstrual cramps
- Menopausal women wanting to decrease symptoms such as hot flushes or night sweats
- Women wanting to relieve moodiness associated with menopause
- Women who wish to support healthy female hormone balance
- Women who wish to support female reproductive health
- Women who wish to relieve symptoms of mild anxiety and nervous tension

#### **Formulation**

#### **Each tablet contains:**

Vitex agnus-castus fruit ext. dry conc. From min. fruit dry 1g (1000mg) Std. to Agnuside 800 micrograms Std. to Aucubin 700 micrograms

#### Specification:

**Appearance:** Dark green round tablet. **D:** 9mm **Flavour:** None

#### Directions for use:

**Adults** take 1 tablet daily with food or as advised by your health professional.

Always read the label and follow the directions for use.







100mg

- ✓ DAIRY & LACTOSE FREE
- VEGAN FRIENDLY
- **⊘** ARTIFICIAL PRESERVATIVE FREE
- **⊘** NUT FREE
- GLUTEN FREE









# **INTERNAL HEALTH - PROBIOTICS**

INDEX	
Once Daily Probiotic	.13

You may have heard of probiotics, do you know what they are? Do you know they play an important role in supporting healthy digestion, immune system health plus general health and wellbeing?

#### What are Probiotics?

Probiotics are live bacteria, also known as friendly or good bacteria. We usually think of bacteria as causing disease, but your body is full of bacteria, both good and bad. Probiotics play a role in supporting the healthy digestion of the food you eat. They can also help to maintain a healthy immune system and are important for general health and wellbeing. Our gut microbiome is made up of trillions of microorganisms that live in your intestinal tract and are involved in functions that are important to your health and wellbeing.

#### Maintaining a good balance

There are many factors that can impact the growth of probiotics and encourage them to thrive. Things like antibiotics, diet (including: processed foods, sugar, unhealthy fats) and stress can have a negative impact. Alternatively, a healthy diet with lots of raw foods, fruit and vegetables including prebiotic fibre, fermented foods and healthy fats can help to keep them healthy. A healthy lifestyle including regular exercise will also contribute to your overall health and wellbeing.

#### What is a Prebiotic?

A prebiotic is a soluble fibre found in various plant-based foods containing inulin, which helps to aid in the growth or activity of probiotics. Each of the formulas below contain prebiotics in addition to the probiotic strain.





### **ONCE DAILY** IMMUNE & DIGESTIVE HEALTH

#### Health benefits

Caruso's Once Daily Probiotic is a one-a-day probiotic supplement which provides a potent amount of 32 billion good bacteria plus a prebiotic fibre in each capsule.

Caruso's Once Daily Probiotic contains beneficial flora to help support digestive system health by helping to restore the friendly bacteria in the gut. This can help to maintain bowel regularity, intestinal health and healthy digestion. It also helps to support a healthy immune system and improve immune function.

#### Caruso's Once Daily Probiotic health indications:

- **⊗** Enhance immune system function
- Support healthy digestion and relieve abdominal pain, bloating and discomfort
- ∀ Help restore friendly gut flora after antibiotic

#### Who would use Caruso's Once **Daily Probiotic:**

- · Those who wish to relieve flatulence. abdominal bloating and pain
- · Those who wish to support digestive and immune system health
- · Adults who wish to help restore good gut flora after antibiotic use
- · Adults who wish to maintain general health and wellbeing
- · Individuals who wish to help reduce occurrence of symptoms of medically diagnosed Irritable Bowel Syndrome (IBS)

#### **Formulation**

Each capsule contains 32 Billion CFU				
Lactobacillus rhamnosus	200 Million CFU			
Lactobacillus plantarum	14 Billion CFU			
Lactobacillus casei	7 Billion CFU			
Lactobacillus salivarius	6.6 Billion CFU			
Lactobacillus acidophilus	4 Billion CFU			
Bifidobacterium lactis	200 Million CFU			
Inulin (prebiotic)	110mg			
L = Lactobacillus; B = Bifidobacterium; CFU = Colony Fo				

#### Directions for use:

Adults take 1 capsule daily with food or as advised by your health professional.

#### Specifications:

Appearance: White - Off white colour powder in a vegetable capsule. L: 21.70mm W: 7.6mm

Always read the label and follow the directions for use.







- O DAIRY & LACTOSE FREE
- **VEGAN FRIENDLY**
- ARTIFICIAL PRESERVATIVE FREE
- **NUT FREE**
- GLUTEN FREE





carusoshealth





### **OVER 60'S IMMUNE SYSTEM HEALTH & BOWEL REGULARITY**



#### Health benefits

Caruso's Over 60's Probiotic is a unique probiotic formula combining 20 billion CFU of friendly bacteria, plus a prebiotic fibre in each daily dose. Caruso's Over 60's Probiotic provides a potent blend of 4 probiotic strains, making it ideal for any adult over 60 who is looking to support digestive health, bowel regularity and restore beneficial gut flora. It also helps to maintain immune system health and healthy immune function

#### Caruso's Over 60's Probiotic health indications:

- Support healthy digestion and bowel regularity
- Relieve constipation, abdominal bloating and diarrhoea
- Maintain healthy immune function

#### Who would use Caruso's Over 60's Probiotic:

- Those who wish to decrease constipation
- · Those who wish to relieve feelings of abdominal fullness and digestive discomfort
- · Those who wish to support digestive system health
- Individuals who wish to help restore beneficial gut flora
- · Those who wish to support healthy immune system function
- · Those who wish to maintain general health and wellbeing

#### **Formulation**

Each capsule contains 20 Billion CFU				
L. paracasei	4 Billion CFU			
L. plantarum				
L. casei	4 Billion CFU			
L. salivarius ssp salivarius	5 Billion CFU			
Inulin (prebiotic)	110mg			
L = Lactobacillus CFU=Colony Forming Unit				

#### Directions for use:

To support healthy digestive system function adults take 1 capsule daily with food or as advised by your health professional. For all other symptoms adults take 2 capsules daily with food or as advised by your health professional.

#### Specifications:

**Appearance:** White to off-white powder in a vegetable capsule. L: 21.70 mm D: 7.6 mm







- DAIRY & LACTOSE FREE
- VEGAN FRIENDLY
- ARTIFICIAL PRESERVATIVE FREE
- GLUTEN FREE





# If you love our products, please leave us a review!



I would love to hear how Caruso's has helped you on your health journey! Sharing your experiences with us will go a long way in supporting my crusade in helping fellow Australians live healthier lives!



Scan me to write a review!

"I would never put anything in my products that I wouldn't take myself or give to my family!"

Frank Caruso- Founder of Caruso's Natural Health

### **TESTIMONIALS** FROM SATISFIED CUSTOMERS



I have suffered from chronic constipation for most of my life. I have hypothyroidism which adds to the problem. I have tried so many natural products. None have ever worked. I eat lots of fruit and vegetables but that just doesn't work for me either. The only thing that worked for me was harsh laxatives. So, I was very sceptical when I first tried Caruso's Bowel Clear. I was very pleasantly surprised. It works better than any other product I have ever tried.

Anonymous



I had a lot of trouble with oedema and this product has helped enormously, even medical practitioners can see the results. I did not mix with nor use prescription products. It is a great product for me personally.







One of the best vitamin supplements I have ever used! Caruso's Get Up & Go has made a huge difference in my hectic day to day life & is a product I highly recommend to anyone that is feeling flat from the lack of energy.

Martin K.



I have been taking Caruso's Hair Food for 10 weeks now and my hair feels so much more healthier since taking it. I cannot recommend this product highly enough! Definitely 5/5 for me.







This is my number 1 essential item in my cupboard. Whenever I find I'm generally not feeling the best, I find this gives me a helping hand every time to shake the sniffles etc away.

Monique L.



I was waking 10 or more times at night with hot flushes. I was having very poor sleep quality as I was really struggling with hot flushes during the day. My hot flushes have completely disappeared. I am much more comfortable at night, and I also feel that it has helped stabilised my mood. The Vitamin D is an added bonus for bone strength as well.

\*\*Nicole M.\*\*





I have been taking these capsules to soothe my sciatic pain for a couple of years now. They do a great job and I wouldn't be without them.

I tried not taking them once but after a few days, the pain started to come back. It has natural ingredients so I don't have to feel bad about taking them daily.

Bronwyn J.



I tried this product just after the festive season as I felt my body needed a detox after all the alcohol and food consumed. Together with the suggested meal plan, this program didn't disappoint. I feel a lot less bloated, I found it easier to concentrate and I didn't experience the 3pm energy slump. Would definitely recommend this product if you are wanting a body reset.





I have tried many sleep products and find this one the best, sends me into a good deep sleep. Also, do not feel drowsy the next morning. It also doesn't take too long to fall asleep either.



I have been diagnosed with osteoarthritis in both knees. I can tell you your Exit Pain tablets definitely work, added with the knee exercises I have been given by my physio.



# **TESTIMONIALS**FROM SATISFIED CUSTOMERS



I have noticed that I am not struggling with my computer work at the end of the day. I have noticed that my eyes are not blurry or sore like they used to be. I credit the change from being on this wonderful supplement!

Jillian D.



After researching many companies, I am confident this Australian owned company will give me trust and confidence in their products of quality and expertise.

Janine H.





I take an array of supplements in the hopes that my body has all that it may need to be its best. I am loyal to Caruso's because they fully support all Australian products, right down to the printing company they use. Respect to Caruso's and all that they stand for!

Katherine D.



Outstanding high-quality product

Mark G.





I have been using Caruso's Vitamin K2 supplements for a few years. First time I have ordered direct online and found the service excellent.

Barbara W.



I took this product for a month to trial it and found it to help tremendously. I suffer from cramps and the additional vitamins definitely help. I find that the combination of Vitamin K2 and D3 helps my body better absorb calcium.

Gael K.





Australian owned and Australian made, nothing but the best! Excellent product and quality, I wouldn't buy from another brand!

Michele B.



We have tried many different products to stop the multiple cramps my husband gets... I would recommend this to anyone.

\*\*Jennifer A.\*\*





An excellent cream for sore and strained muscles. Easy to apply and readily absorbent.





I have been using this product for over a year and can't find anything better.







My immune system is compromised, and I have found Caruso's products are of the highest quality. I can feel and see results!



### **TESTIMONIALS** FROM SATISFIED CUSTOMERS



I had so many problems with my prescription for high cholesterol that I stopped it for good and started Caruso's Bergamot. My doctor has praised me by saying 'whatever you're doing keep it up'. This was two years ago, and I have been able to maintain my cholesterol to normal. Thank's Caruso's!







I have been taking your product for the last two years. I noticed a huge difference on eye quality, including vision and the colour of my eyes too. Thank you.

Erin H.



I've been using Caruso's Brahmi for about 2 years now. Memory is as good as ever. Peter R.





I have been taking Caruso's Cranberry 30000 on the recommendation of my urologist for 12 months to prevent urinary tract infections. They appear to be working well as during this time I have had no UTIs. Great product at a good price. I also prefer to purchase my products from an Australian owned family company rather than a big, foreign owned pharmaceutical company. David H.



Caruso's Cascara is great for when my bowels are sluggish as it gets them moving again. I like that it is a natural product unlike many other anti-constipation products on the market.







I have just started taking these tablets about a week ago and have seen a marked improvement in my energy levels, not craving food as much and no side effects at all. I highly recommend them as a form of assistance to being healthy with diet and exercise.





Anytime I have to buy vitamins, I always check to see if you have what I want. I recommend your products to everyone as I take them all the time.... Olive Leaf, I wouldn't be without it. I haven't had colds or flu for many, many years. I'm 82 and still going fairly well, many thanks to all the good vitamins I take. I've said it many times, thank you for making all your goodies so good. Once again a very big thank you!



I have taken Caruso's Maca 3500 tablets for years. I have tried a lot of different brands and formulas but this is the best on the market!







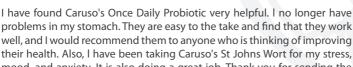
I've tried various remedies in dealing with ongoing hot flushes over many years. Some have worked very well, but were also too expensive and impacted my digestive system negatively. Some made very little impression on the hot flushes. But, I have found Caruso's Sage to be quite helpful. I started taking it at the beginning of Summer and haven't experienced many hot flushes at all - just the occasional one. It doesn't impact my digestive system at all and works with the other supplements I'm taking. I'm very grateful.



I've always had a long 50+ day cycle for a couple of years now.... Have only started taking Caruso's Vitex 1000 for a month now and just had a 35 day cycle! Didn't think they would work or help. Definitely recommend for anyone who has irregular periods.



### **TESTIMONIALS** FROM SATISFIED CUSTOMERS



well, and I would recommend them to anyone who is thinking of improving their health. Also, I have been taking Caruso's St Johns Wort for my stress, mood, and anxiety. It is also doing a great job. Thank you for sending the encyclopedia book on vitamins, herbal and nutritional supplements as it is a wonderful guide to better health. Carol N.





This probiotic works wonders! 1 tablet each morning and I feel so much healthier. Less tummy rumbles, less bloated feeling and an overall feeling of having a healthier gut.

Anonymous

I used to suffer from painful bloating daily since I was a teenager. I tried everything, including other brand's probiotics and nothing helped. So, I did some research and found that I needed a probiotic with a prebiotic. I only found one product that had both in 1 capsule. I found Caruso's Once Daily Probiotic and researched everything that was written about this product as to why it worked. It made sense to me so I tried it and within 3 days, my bloating hearkened daily. I've now been on these for 4 months and I cannot tell enough people how this product has changed my life! Thank you for making an honest product that really helps! Prue H.





I have used this probiotic for a number of years! I have tried different ones but I keep coming back to this. An excellent product. Heather A.

Notes		

Notes			

