



Your Guides to Natural & Organic Living

As seen in **Prevention**

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Natural Choices for Everyday Living



Andrea & Randy are your Naturally Savvy Guides™ to Natural & Organic living. Do you Tweet? Follow us @NaturallySavvy for your chance to win daily prizes.



Pour on the Gluten-Free Excitement

San-J gluten-free sauces are as versatile as they are delicious. Six all-natural flavors make meals quick, easy and delicious. And best of all they're certified by the Gluten-Free Certification Organization. San-J.com

Not Regular? Drink Smooth Move® Tea

One warm cup of herbal laxative tea before bed and you are back on track in the morning. Available at grocery, health & natural food stores, Walgreens, Rite Aid, Target and GNC. Coupons: SmoothMove.com



Sleep Safe

NEW—World's only Natural Memory Foam mattresses sleep cool, have no chemical emissions or toxins and provide a dust mite and allergy free sleep. Buy them online at MyEssentia.com

Rescue Remedy All-Natural Stress Relief

Developed over 70 years ago and trusted around the world, Rescue Remedy relieves everyday stress naturally. Also try Rescue Sleep and Rescue Energy. Available at GNC & Whole Foods. RescueRemedy.com [Facebook.com/rescuerecovery](https://www.facebook.com/rescuerecovery)



Power of Raw!

Chaga known as "The King of Herbs" is the world's top source of the super antioxidant SOD. Now North American Herb & Spice has developed a whole line using raw wild Chaga, including a topical cream, espresso, liquid extract, and capsule. Oregonol.com

Certified Organic & Gluten-Free Fermented Rice Probiotic

Clinically proven formula of L. acidophilus CL1285® & L. casei LBC80R® with 50 Billion live and active 100% probiotic bacteria. Made with organic sprouted brown rice and contains no wheat, corn, soy, dairy, lactose or sugar. Biokplus.com



Omega-3 that Tastes Like Dessert!

Barlean's all-natural Omega Swirl has the taste and texture of a delicious, creamy fruit smoothie. Voted "Best Product of the Year" by health magazines, just one daily spoonful meets all your Omega-3 needs. FREE samples at Barleans.com

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Bone Solid™ is formulated with a unique natural form of calcium that is closest to your body's own natural bone composition. Key ingredients in Bone Solid™ have been clinically shown to improve the utilization of calcium for more complete structural bone support. CountryLifeVitamins.com



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