



Garden of Life

mykind
ORGANICS

HERBALS

Real to the Root







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mykind
ORGANICS
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HERBALS

“Our herbals are special because we source ingredients from sustainable organic farms and use an Organic, Non-GMO extraction method without the use of conventional corn alcohol or other harsh chemicals. I’m really proud to share these with you!”

◀ Enjoy! Love, Alicia ▶



Alicia Silverstone

Actress, *New York Times* Best-Selling Author,
Health Advocate & Co-creator of *mykind* Organics



mykind
ORGANICS

HERBALS

Real to the Root



The entire line of *mykind* Organics Herbals is Certified USDA Organic and Non-GMO Project Verified—third-party certifications—ensuring these herbals are clean and grown without toxic pesticides, herbicides or fungicides. We also use a Certified Organic, Non-GMO Verified extraction method so no harsh chemicals or conventional corn alcohol are used. This allows the active compounds in our organic herbs to achieve the desired potency of each unique formula. *mykind* Organics Herbal Supplements—Real to The Root.



Terry Willard, Cl.H., Ph.D.

Leading Clinical Herbalist with over 40 years of experience, Founder of the Wild Rose Clinic in Canada, Author of numerous textbooks on Herbs and Herbal Medicine, Past President of the Canadian Council of Herbalists Association



“The *mykind* Organics Herbal formulas have ingredients that work together, just like an orchestra, where the instruments are more effective ‘playing together’ than as single instruments playing individually.”

— Terry Willard, Cl.H., Ph.D. —

Credible Formulas with Synergistic Ingredients

Co-created by Alicia Silverstone and Garden of Life and formulated with Terry Willard, Cl.H., Ph.D, the ingredients in *mykind* Organics Herbals were carefully selected for their ability to work together to provide greater efficacy. Many of our unique herbal formulas also contain clinically studied probiotic strains to help with digestion and bioavailability. You’ll find a wide array of specialized solutions to address various areas of concern.



TURMERIC

Turmeric—The Golden Spice

Turmeric is a member of the ginger family and has been used in Ayurvedic medicine for thousands of years. Loaded with beneficial compounds—especially curcumin—turmeric has long been touted for its healthy inflammation response and antioxidant properties.[†] Now, *mykind* Organics offers you seven different turmeric formulas to meet your special needs. From tablets to powders to gummies—we have a turmeric solution for you.

Ingredients you can trust. Certified Organic, Non-GMO Project Verified and sourced from sustainable farms—*mykind* Organics Turmeric formulas are real to the root.





(60 and 120 ct)

EXTRA STRENGTH TURMERIC

INFLAMMATORY RESPONSE[†]

Our **Extra Strength Turmeric** contains 100mg of organic curcumin. For an additional boost, we've added Certified Organic whole turmeric and ginger root—fermented—to support their bioavailability. For convenience, this formula is offered in a 2-month or 4-month supply.



- Supports the body's healthy inflammatory function[†]



- Supports the body's antioxidant response[†]



- Probiotics & organic black pepper extract for enhanced digestion[†]



- Convenient 2-month or 4-month supply



[†] These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

TURMERIC

- ✓ Traceable, Tested & True
- ✓ 3rd Party Audited, Certified Organic & Non-GMO Verified
- ✓ Expertly Formulated



MAXIMUM STRENGTH TURMERIC

JOINTS & MOBILITY†

If you're looking to support joint health and mobility—look no further than **Maximum Strength Turmeric.**† It includes Certified USDA Organic and Non-GMO Verified whole turmeric root plus organic ginger root, fermented, to support their bioavailability. We've added **5X the Strength** (vs. Extra Strength)—500mg of curcumin—to this power-packed formula.



(30 ct)

- Promotes joint health & mobility†
- 5X the Strength—500mg of fermented curcumin plus ginger root
- Contains probiotics & organic black pepper extract for enhanced digestion†





TURMERIC

PAIN RELIEF

Our **Turmeric Pain Relief** includes Certified USDA Organic and Non-GMO Project Verified fermented turmeric root and extract, plus clinically studied andrographis extract (Paractin®), which supports the body's reaction to occasional pain.†



(30 ct)

- Temporary relief from normal, minor aches & pains†
- Supports the body's healthy antioxidant & inflammatory response†
- Contains probiotics & organic black pepper for enhanced digestion†



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TURMERIC

Real to the Root—
mykind Organics Herbal Supplements

TURMERIC

INFLAMMATORY RESPONSE GUMMY[†]

Made with organic fermented turmeric and ginger, ***mykind* Organics Turmeric Inflammatory Response Gummy[†]** is made with Certified USDA Organic and Non-GMO Project Verified real fruit—no gelatin or refined sugars—just real yummy fruit!



Made with Real Fruit
(120 ct)



- Inflammatory response gummy[†]
- Organic fermented turmeric & ginger
- Made with real fruit—no animal gelatin & no refined sugar





GOLDEN MILK

RECOVERY & NOURISHMENT†

Perfect for bedtime recovery and nourishment,† delicious **Golden Milk** has been used for centuries in Ayurvedic tradition. We've added organic coconut water to enhance hydration, a powerful blend of organic ginger, black pepper and Ashwagandha, together with organic fermented whole turmeric root and 44mg of curcumin—the key bioactive compound found in turmeric.

- Recovery & nourishment†
- Fermented organic turmeric with ginger
- Organic black pepper & probiotics for digestion†



DAILY WARMTH AND HEALING†

(3.70 oz)



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TURMERIC

Loaded With Beneficial Compounds—
Especially Curcumin

FERMENTED ORGANIC TURMERIC BOOST

INFLAMMATORY RESPONSE[†]



(4.76 oz)

Our **Turmeric Boost** is an easy, convenient way to add powerful nutritional support to your favorite juice or smoothie. As part of your workout recovery routine or in the evening for a restorative night's rest,[†] Turmeric Boost contains 50mg of fermented organic turmeric along with ginger root, black pepper extract and probiotics to enhance digestibility.[†] We've pumped up the antioxidant properties with vitamin C from Organic Amla berries, Orange and Lemon juices, Pomegranate and Rooibos tea.[†]

- Healthy inflammatory response[†]
- 50mg organic curcumin
- Organic black pepper & probiotics for digestion[†]
- Loaded with vitamin C to support the body's antioxidant processes[†]





PROSTATE

HERBAL SUPPORT†

If you're a man past the age of 40, you probably know that maintaining a healthy prostate is important. That's why our **Prostate Herbal Support** includes clinically studied organic cranberry (Flowens®) to support healthy prostate function and normal urine flow.† We added organic turmeric with 50mg of curcumin, panax ginseng and rosemary extract to support antioxidant activity, plus zinc and whole food selenium—essential nutrients for men's health.†

- Supports healthy prostate function†
- Promotes normal urine flow†
- With probiotics added to enhance digestion†
- Supports healthy antioxidant response†



(60 ct)



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RELAX & SLEEP WELL

Time to Relax & De-Stress

Having trouble sleeping or winding down at the end of the day? You're not alone! Our busy lifestyles can wreak havoc on our health and our ability to rest and relax.

We offer several unique herbal formulas to help support a healthy response to daily stress and to promote a good night's rest.[†]





ADRENAL

DAILY BALANCE†

Managing normal, everyday stress is a full time job for your body and mind. That's why our **Adrenal Daily Balance** features a blend of powerful adaptogenic herbs. Including Organic Ashwagandha, Rhodiola and Schisandra, Adrenal Daily Balance nourishes the adrenals and supports emotional well-being every day.†



(120 ct)



- Promotes healthy response to daily stress†
- Supports emotional well-being†
- With added probiotics to enhance digestion†



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RELAX & SLEEP WELL

Herbal Formulas Designed
to Help You Fall Asleep



SLEEP WELL

R&R SPRAY

Need a convenient way to help you fall asleep?†
The ingredients in **mykind Organics Sleep Well R&R Spray** are designed to do just that.†
L-Theanine is a powerful amino acid clinically researched to promote deep relaxation by increasing the levels of serotonin and dopamine in the brain. We've combined L-Theanine from Organic Green Tea Extract with relaxing herbs like Organic Lemon Balm, Hibiscus and Chamomile to help you fall asleep and awake feeling refreshed.†



Liquid Herbal Supplement
(2 fl oz)



- Helps you relax to fall asleep quickly†
- Promotes rest throughout the sleep cycle†
- Convenient spray formula—no added sugars





SLEEP WELL

REST & REFRESH

If you need help relaxing so you can fall asleep, **mykind Organics Sleep Well** formula could just be the ticket.† L-Theanine is clinically researched to promote relaxation. We've combined L-Theanine from Organic Green Tea Extract with relaxing herbs like Organic Lemon Balm, Valerian, Passionflower and Chamomile to help you fall asleep and wake up feeling ready to take on the new day!†

- Helps you relax to fall asleep quickly†
- Promotes rest throughout the sleep cycle†
- With probiotics added to enhance digestion†



(30 ct)



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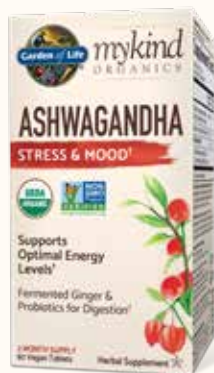
BOOST ENERGY & MOOD

Everyday life can drain our energy and sometimes leave us feeling down. *mykind* Organics offers specialized formulas to pick you up and brighten your day.

ASHWAGANDHA

STRESS & MOOD[†]

Who couldn't use a little boost of energy and mood pick-me-up? **Ashwagandha** is a clinically studied adaptogenic herb that nourishes your adrenal glands, helping your body to manage stress, optimize energy levels and fight fatigue.[†] Inspired by centuries of Ayurveda, we've added organic fermented ginger root to our Ashwagandha for its synergistic effect.



(60 ct)

- Promotes a healthy stress response[†]
- Boosts energy & mood[†]
- Added probiotics to enhance digestion[†]





MACA ROOT

ENERGY BOOST†

To support energy and stamina,† our Fair Trade Certified **Maca Root** is a superfood grown high up in the Peruvian mountains. *mykind* Organics Maca Root has been gelatinized (vegan, no animal products), which is simply a process that helps break down the fibers to improve digestibility. Plus, we've included probiotics for added digestive support.† Just try a teaspoon added to your smoothie, juice, water or tea.

- Boosts energy & stamina†
- Added probiotics for easy digestion†
- Fair Trade Certified maca root from Peru



ORGANIC GELATINIZED MACA
(7.93 oz)



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SEASONAL SOLUTIONS

Our immune system is constantly under duress—this is especially true during flu and allergy season. Our herbal formulas are here to help boost your immune system and overall well-being.[†]



ELDERBERRY

IMMUNE SYRUP[†]

For highly concentrated immune system support[†] for the entire family, **mykind Organics Elderberry Immune Syrup** is the herbal product for you. Black Elderberry and Echinacea have been used for centuries as traditional herbal remedies. We've concentrated our own unique extracts of these organic herbs and combined them with antioxidant-rich vitamin C derived from Amla berry, Rosemary extract and zinc (from organic guava) for this delicious, sugar-free syrup that you can use as needed.



(6.59 fl oz)

Certified



Gluten-Free



- Highly concentrated immune system support[†]
- With organic Echinacea
- Added zinc and vitamin C
- Sugar free—great for the entire family





ELDERBERRY

IMMUNE GUMMY†

Made with Certified Organic and Non-GMO Project Verified real fruit, our **Elderberry Immune Gummy**† contains no gelatin and no refined sugar. Black Elderberry and Echinacea—also included—have been used for centuries in traditional herbal remedies. We've also included zinc and vitamin C for an added boost to our Elderberry Immune Gummy.†

- With organic Echinacea, zinc & vitamin C
- Made with real fruit—no animal gelatin & no refined sugar



Made with Real Fruit
(120 ct)



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SEASONAL SOLUTIONS

Great for Seasonal or Any Time
of the Year Challenges

OIL OF OREGANO

SEASONAL DROPS[†]

For seasonal support,[†] Oil of Oregano has been used for centuries in traditional medicine. **mykind Organics Oil of Oregano** is rich in unique compounds such as Carvacrol and Thymol while being Certified USDA Organic, Non-GMO Project Verified and alcohol free.



(1 fl oz)

- A traditional seasonal support formula[†]
- With Carvacrol & Thymol
- Easy-to-use dropper—alcohol free





LIVER BITTERS

DETOX SPRAY

Our **Liver Bitters Detox Spray** is a modern, convenient approach to traditional herbal detox therapies. It's expertly formulated with Certified USDA Organic and Non-GMO Project Verified powerful herbal ingredients such as organic artichoke, dandelion and burdock.



(2 fl oz)

- Organic artichoke, dandelion & burdock
- Alcohol free—no added sugars
- Convenient spray formula

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Extraordinary Health
Starts With Extraordinary Ingredients

Our passion to use clean, Certified Organic, Non-GMO Project Verified ingredients in our products is the cornerstone in keeping our promise to you of—*Empowering Extraordinary Health*®.

