

Silver City Food Co-op

open to everyone!

Single Herbs

aloe vera
astragalus
ashwaganda
holy basil
bilberry
black cohosh
boswellia
burdock
cascara sagrada
cayenne
celery seed
damiana
dandelion
devil's claw

echinacea
eyebright
fenugreek
feverfew
gingerroot
ginkgo
goldenseal
gotu kola
hawthorn berries
hawthorn
kava
licorice

nettle
olive leaf
oil of oregano
pau d'arco
prickly pear
red clover blossom
saw palmetto
senna
slippery elm
st. john's wort
tribulus
turmeric
uva ursi
valerian

Here at the Silver City Food Co-op you will find a comprehensive selection of supplements ranging from certified organic whole foods vitamins to top quality fish oils and natural progesterone creams, all produced by some of the most trusted companies in the natural health industry.

We strive to offer our customers the highest quality products that we can, searching out brands that feature naturally-derived ingredients that are gmo, gluten and allergen free and that, also, do not contain artificial colors and preservatives.

If the Co-op does not carry a supplement that you'd like, we will do our best to special order it for you. Our goal is your health. We are happy to help!



Please Note: It is illegal for Silver City Food Co-op Staff to diagnose disease, or prescribe and/or recommend any herbal, homeopathic, supplemental, or other natural health care regimen.



Our supplement buyer Kate

520 N. Bullard Street
Silver City NM
575-388-2343

www.silvercityfoodcoop.com

Monday - Saturday 9 am - 7 pm • Sunday 11 am - 5 pm

Silver City Food Co-op

HERBS & SUPPLEMENTS

providing natural alternatives

Here are just some of the herbs & supplements that the Co-op carries

If we do not have a product in the store, we can probably SPECIAL ORDER it for you.

If you have any questions call 388-2343

HORMONE

Progesterone Cream-
Organic Excellence
Hot Flash-*Source Naturals*

CHILDRENS' HEALTH

Chestal cough syrup-*Boiron*
Teething Tablets-*Hylands*

PRENATAL VITAMINS

Rainbow Light-*Prenatal One*
Prenatal DHA-*Nordic Naturals*

SLEEP AIDS

Calms Forte-*Hylands*
Melatonin-*Now*
Deep Sleep-*Herbs Etc.*

HOMEOPATHICS

Single Remedies-*Boiron*
T-Relief-BHI/*Heel*
Arnica-*Boiron*

ENERGY & MOOD

Rescue Remedy-*Bach*
Anxiety Relief-*Natural Care*
Energy-*Now*
Same-*Source Naturals*
Natural Calm-*Natural Vitality*

PROTEIN POWDERS

Raw Meal-*Garden of Life*
Spirutein-*Nature's Plus*
Whey Factors-*Natural Factors*

LUNGS

Osha-*Eclectic Institute*
Clear Lung-Ridge*Crest*

LIVER

Milk Thistle-*Solaray*

ANTIOXIDANTS

CoQ10-*Solaray*
Grape Seed Extract-*Source Naturals*
Green Tea Extract

WEIGHT MANAGEMENT

Raw Fit-*Garden of Life*
Almased Synergy Diet Pwd.-*Almased*

ALLERGY RELIEF

Tree Pollen-*Natra-bio*
Clear Life

IMMUNE SUPPORT

Echinacea Goldenseal-*Herbpharm*
Sovereign Silver
Reishi-*Host Defense*

COLD & FLU REMEDIES

Oscillococnum-*Boiron*
Cold Calm-*Boiron*
Elderberry Zinc Lozenge-*Zand*

CARDIOVASCULAR HEALTH

Red Yeast Rice-*Solgar*
Aged Garlic-*Kyolic*
Policosanol-*Now*

DIGESTIVE AIDS & ENZYMES

Papaya Enzyme-*American Health*
Super Enzymes-*Now*
Digest Gold-*Enzymedica*

BONE & JOINT CARE

MSM Powder-*Now*
Glucosamine Chondroitin-*Now*
Calcium Magnesium

AMINO ACIDS

GABA-*Now*

OMEGA-3 OILS & FISH OILS

Ideal Omega 3-*Barleans*
Evening Primrose oil-*Barleans*
Flax Oil-*Barleans*
Arctic Cod Liver Oil-*Nordic Naturals*

VITAMINS & MINERALS

B-12 Liquid-*Solgar*
Blood Builder-*Megafood*
A, B, C, D, E, K

MULTI VITAMINS

One'n'Only-*Pure Essence*
Daily One-*Twin Lab*
Men's One Daily-*Megafood*
Women's One Daily-*Megafood*

GREEN FOODS

Spirulina Natural-*Earth Rise*
Chlorophyll-*World Organics*
Macro Greens-*Macro Life*

CLEANSE/ DETOX/ FIBER

First Cleanse-*Renew Life*
Wild Rose Detox-*Garden of Life*

PROBIOTICS

Mega Flora-*Megafood*
Ultimate Flora
Senior Formula-*Renew Life*
Acidophilus
PB8-*Nutrition Now*



*Please turn over for a list of herbs
and other useful information*