

NOW

30% OFF LINE DRIVE

DR. MERCOLA

25% OFF LINE DRIVE

\$27²⁹
HYALURONIC ACID
 Joint Support With MSM
 120 Veg Capsules
 Reg. \$38.99

\$13²⁹
MAGNESIUM CAPS
 Supports Energy Production
 180 Veg Capsules
 Reg. \$18.99

\$9⁷⁹
MSM POWDER
 Supports Healthy Joints & Cartilage
 8 oz
 Reg. \$13.99

\$28⁶⁹
BRAIN ELEVATE
 Neuronal Nutrients for Cognitive Function
 120 Veg Capsules
 Reg. \$40.99

\$12¹⁹
FERMENTED APPLE CIDER VINEGAR W/ CAYENNE
 Supports Digestion & Weight-Loss / 30 Caps
 Reg. \$16.25

\$18⁷⁴
FERMENTED BEET POWDER
 Zero Sugar, Keto Friendly
 5.9 oz
 Reg. \$24.99

\$14⁰⁶
FERMENTED CHLORELLA
 Supports Detox & Liver Function
 450 Tablets
 Reg. \$18.75

\$25³¹
FERMENTED BROCCOLI SPROUTS
 Loaded With Antioxidants
 30 Caps
 Reg. \$33.75

HYALOGIC

20% OFF

FLORA

20% OFF

\$47⁹⁶
PURE HA FACE SERUM
 Moisturizing Hyaluronic Acid
 1 fl oz
 Reg. \$59.95

\$23⁹⁶
COLLAGEN HA TRIPLE BOOST
 Supports Healthy Skin
 4.7 fl oz
 Reg. \$29.95

\$31⁹⁶
CO-ENZYME Q10 SERUM
 Rejuvenating Skin Support
 1 fl oz
 Reg. \$39.95

\$31⁹⁶
INSTANT FACELIFT SERUM
 Lessens Appearance of Fine Lines & Wrinkles
 1 fl oz
 Reg. \$39.95

\$5¹⁹
HOLY BASIL TEA
 Tulsi Tea Blend
 16 Fresh Sealed Teabags
 Reg. \$6.49

\$5¹⁹
LEMON GINGER ECHINACEA TEA
 Certified Organic
 16 Fresh Sealed Teabags
 Reg. \$6.49

\$5¹⁹
SOOTHING CHAMOMILE TEA
 Certified Organic
 16 Fresh Sealed Teabags
 Reg. \$6.49

\$5¹⁹
SLEEP WELL TEA
 Certified Organic
 16 Fresh Sealed Teabags
 Reg. \$6.49

REDD REMEDIES

25% OFF

GARDEN OF LIFE

30% OFF EVERYDAY

\$27⁷⁴
ADVANCED JOINT HEALTH
 With Turmeric & Boswellia
 60 Veg Capsules
 Reg. \$36.99

\$21⁷⁴
ORIGINAL JOINT HEALTH
 Clinically Studied Naturally
 Eggshell Membrane
 30 Veg Capsules
 Reg. \$28.99

\$26²⁴
CURCUMIN
 Advanced Turmeric Formula
 60 Veg Capsules
 Reg. \$34.99

\$22⁴⁹
GOUCHI
 Supports Healthy Uric Acid Levels
 60 Veg Capsules
 Reg. \$29.99

\$31⁴⁹
DR. FORMULATED CBD OIL FOR DOGS
 20mg Peanut Butter Drops
 1 fl oz
 Reg. \$44.99

\$41⁹⁹
DR. FORMULATED CBD OIL
 30mg Peppermint Drops
 1 fl oz
 Reg. \$59.99

\$62⁹⁹
DR. FORMULATED CBD OIL
 50mg Chocolate Mint Drops
 1 fl oz
 Reg. \$69.99

\$41⁹⁹
DR. FORMULATED EXTRA STRENGTH CBD
 30mg Per Serving
 30 Count
 Reg. \$59.99

SIMPLE WAYS TO RELIEVE STRESS

ACCORDING TO THE MAYO CLINIC, PROLONGED STRESS CAN DISRUPT ALMOST ALL OF THE BODY'S PROCESSES AND INCREASE THE RISK FOR NUMEROUS HEALTH PROBLEMS. WE CAN'T AVOID STRESS ENTIRELY, BUT WE CAN TAKE ACTION TO LESSEN THE EFFECTS OF STRESS. STRESS IS A CONTRIBUTING FACTOR IN THE SIX LEADING CAUSES OF DEATH IN AMERICA, INCLUDING HEART DISEASE, CANCER, AND LUNG DISEASE. HERE ARE SOME SIMPLE AND EFFECTIVE WAYS TO REDUCE THE EFFECTS OF STRESS.

ASHWAGHANDA
 It helps nourish and restore optimal nervous and immune system health by normalizing mood, energy levels, and overall immune function.

EXERCISE

EXERCISE CAN HELP LOWER YOUR BODY'S CORTISOL LEVELS. DURING EXERCISE YOU RELEASE ENDORPHINS THAT NOT ONLY ELEVATE YOUR OVERALL MOOD, THEY ARE YOUR BODY'S NATURAL PAINKILLERS. STUDIES SHOW PEOPLE WHO EXERCISE REGULARLY ARE LESS LIKELY TO EXPERIENCE ANXIETY THAN THOSE WHO DON'T.

PRACTICE MINDFULNESS

MINDFULNESS IN ITS SIMPLEST DEFINITION, IS THE ACT OF PAYING ATTENTION. THE PRACTICE OF MINDFULNESS OVER TIME TRAINS YOUR BRAIN TO REMAIN PRESENT IN YOUR DAY TO DAY TASKS AND CAN AID IN ELIMINATING STRESS. YOGA AND TAI CHI ARE BOTH MINDFUL PRACTICES THAT INCLUDE THE BENEFITS OF EXERCISE.

CBD

CBD oil has the ability to talk to nearly every organ system in the body via the Endocannabinoid System (ECS) this plant-based nutrient plays a key role in optimizing balance and enhancing quality of life.



BE SOCIAL

BEING PART OF A SOCIAL GROUP GIVES YOU A SENSE OF BELONGING AND SELF-WORTH, WHICH CAN HELP YOU IN TOUGH TIMES AND LOWER YOUR RISK OF ANXIETY AND THE EFFECTS OF STRESS.

SUPPLEMENT

SEVERAL SUPPLEMENTS PROMOTE STRESS AND ANXIETY REDUCTION, WHILE OTHERS REPAIR THE DAMAGE THAT STRESS CAUSES.

HERE IS A LIST OF SOME OF THE MOST COMMON SUPPLEMENTS THAT AID IN THE RELIEF OF STRESS AND ANXIETY:

HOLY BASIL
 Considered sacred by Hindus, it has been renowned for its important role in traditional herbal systems for thousands of years. It is thought to open the heart and mind and bestow love, compassion, faith, and devotion.

- ASHWAGHANDA
- BACOPA
- B-COMPLEX
- CAMOMILLE
- CBD
- GABA
- HOLY BASIL
- KAVA
- MAGNESIUM
- RHODIOLA
- THEANINE
- VALERIAN ROOT

AROMATHERAPY

AROMATHERAPY CAN HELP LOWER ANXIETY AND STRESS. USING ESSENTIAL OILS HAS BEEN KNOWN TO HELP REDUCE FEELINGS OF STRESS AND ANXIETY. SOME COMMON CALMING SCENTS: LAVENDER, ROSE, VETIVER, BERGAMOT, ROMAN CHAMOMILE, NEROLI, FRANKINCENSE, SANDALWOOD, YLANG YLANG.

ACCENTUATE THE POSITIVE

KEEPING A GRATITUDE JOURNAL CAN HELP RELIEVE STRESS AND ANXIETY.

"THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE." SPEAK WITH YOUR DOCTOR.

RENEW LIFE

20% OFF EVERYDAY

TERRY NATURALLY

20% OFF

\$31⁹⁹
ULTIMATE FLORA EXTRA CARE
 50 Billion Cultures
 30 Veg Capsules
 Reg. \$39.99

\$13⁶⁵
ULTIMATE FLORA KIDS PROBIOTIC
 Delicious Berry Flavor
 30 Chewable Tablets
 Reg. \$16.99

\$47⁹⁹
ULTIMATE FLORA EXTRA CARE
 100 Billion Cultures
 30 Veg Capsules
 Reg. \$59.99

\$18⁴⁵
ULTIMATE FLORA EVERYDAY
 15 Billion Cultures
 30 Veg Capsules
 Reg. \$22.99

\$67¹⁹
CURAMIN EXTRA STRENGTH PAIN RELIEF
 Effective Pain Relief
 120 Tablets
 Reg. \$83.95

\$31¹⁹
CURAMIN PAIN RELIEF
 Award Winning Formula
 Optimized Curcumin
 60 Capsules
 Reg. \$38.95

\$43⁹⁹
CURAMIN LOW BACK PAIN
 Stop Pain Now
 60 Capsules
 Reg. \$64.95

\$36⁷⁹
CURAMIN HEADACHE RELIEF + CAFFEINE
 Clinically Studied
 60 Tablets
 Reg. \$45.95

PLUS CBD OIL

20% OFF

BARLEAN'S

25% OFF LINE DRIVE

\$23⁹⁶
RAW FORMULA SOFTGELS
 5mg CBDA/CBD
 Per Serving
 30 SoftGels
 Reg. \$29.95

\$28⁷⁶
RAW FORMULA BALM
 Full Spectrum Hemp Extract
 1.3 oz
 Reg. \$35.95

\$39⁹⁶
RAW FORMULA SOFTGELS
 5mg CBDA/CBD
 Per Serving
 60 SoftGels
 Reg. \$49.95

\$54³⁶
RAW FORMULA DROPS
 3mg CBDA/CBD
 Per Serving
 2 fl oz
 Reg. \$67.95

\$67⁴⁹
ORGANIC IDEAL CBD HEMP OIL
 450mg, 10mg Per Serving
 1.5 fl oz
 Reg. \$89.99

\$52⁴⁹
EXTRA STRENGTH IDEAL CBD HEMP OIL
 1,125mg, 25mg Per Serving
 1.5 fl oz
 Reg. \$69.99

\$51³⁶
SERIOUSLY DELICIOUS CHOCOLATE MINT CBD
 30 Servings Per Bottle
 5.7 fl oz
 Reg. \$68.48

\$22⁹¹
OMEGA-3 FISH OIL
 Mango Peach Smoothie
 16 oz
 Reg. \$30.55

NUTRACEUTICAL

30% OFF

ANCIENT NUTRITION

25% OFF LINE DRIVE

\$489
HERITAGE STORE ROSEWATER & GLYCERIN
 Soothing & Pure
 4 fl. Oz
 Reg. \$6.99

\$25⁷⁵
LIFE-FLO PROGESTA-CARE WITH PROGESTERONE
 Body Cream
 4 fl. oz
 Reg. \$36.79

\$454
HERITAGE STORE ROSEWATER
 Classic Moisturizer
 4 fl. Oz
 Reg. \$6.49

\$13⁶⁴
LIFE-FLO FRACTIONATED COCONUT OIL
 Easily Absorbed
 16 fl. oz
 Reg. \$19.49

\$35⁹⁶
CBD HEMP OIL CINNAMON
 10mg Per Serving
 30ml
 Reg. \$47.95

\$52⁴⁶
MULTI COLLAGEN ULTRA VANILLA CHAI
 Amazing Health Benefits
 530g
 Reg. \$69.95

\$59⁹⁶
CBD HEMP POWDER GOLDEN CHAI
 30 Servings
 250g
 Reg. \$79.95

\$52⁴⁶
KETO CBD
 10mg CBD & 13mg MCT
 16 oz
 Reg. \$69.95

ENZYMEDICA

25% OFF

*SELECT ITEMS



\$32²⁴
DIGEST SPECTRUM
 Multiple Food Intolerance Formula
 90 Capsules
 Reg. \$42.99



\$22⁴⁹
VEGGIEGEST
 Ideal for Vegetarian, Vegan & Raw Diets
 60 Capsules
 Reg. \$29.99



\$17²⁴
GLUTENEASE EXTRA STRENGTH
 Advanced Gluten & Casein Formula
 30 Capsules
 Reg. \$22.99



\$17²⁴
LACTO
 Advanced Dairy Digestion Formula
 30 Capsules
 Reg. \$22.99

VITAL FLORA

20% OFF EVERYDAY



\$34⁴⁵
ADULT 55+ DAILY PROBIOTIC
 60 Billion
 30 Delayed Release Caps
 Reg. \$42.99



\$55⁹⁹
ADULT 55+ DAILY PROBIOTIC
 with Prebiotics
 60 Delayed Release Caps
 Reg. \$69.99



\$55⁹⁹
ULTRA DAILY PROBIOTIC + PREBIOTIC
 60 Billion
 60 Delayed Release Caps
 Reg. \$69.99



\$34⁴⁵
ULTRA DAILY PROBIOTIC + PREBIOTIC
 60 Billion
 30 Delayed Release Caps
 Reg. \$42.99

BLUEBONNET

20% OFF EVERYDAY



\$8⁷⁶
CHELATED COPPER
 Amino Acid Chelate
 90 Veg Capsules
 Reg. \$10.95



\$9⁵⁶
CHELATED IRON 18MG
 Gentle Ferrous Bisglycinate
 90 Veg Capsules
 Reg. \$11.95



\$22⁰⁰
HIGH POTENCY CHELATED MULTIMINERALS
 Absorbable Mineral Forms
 120 Caplets
 Reg. \$27.50



\$13²⁰
CHELATED CALCIUM MAGNESIUM
 500mg Calcium & 200mg Magnesium
 60 Caplets
 Reg. \$16.50



DON'T MISS EVENTS & SPECIALS
SUBSCRIBE AT:
 PARADISEHEALTHDIRECT.TFLMAG.COM



WE'RE SOCIAL!

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Paradise
 health & nutrition

Monthly Sales
MAY

PRODUCE



**only at our Minton Rd. and Wickham Rd. locations.

ORGANIC STRAWBERRIES
 16oz
\$3.99/EACH

ORGANIC BLUEBERRIES
 6oz
\$2.99/EACH

ORGANIC RASPBERRIES
 6oz
\$2.99/ EACH

ORGANIC BANANAS
\$0.79/LB



FRUIT SALAD

2 CUPS HULLED, CHOPPED STRAWBERRIES
 A HANDFUL OF RASPBERRIES
 1 CUP BLUEBERRIES
 1 APPLE, PEELLED, CORED, CHOPPED
 2 BANANAS, PEELLED AND THICKLY SLICED
 1/2 TEASPOON LEMON ZEST
 2 TEASPOONS LEMON JUICE
 1 TEASPOON HONEY
 Prep the berries before the bananas and apples, and add them to a large bowl. As soon as you add the bananas and apples, sprinkle lemon juice over them to keep them from getting brown. Add the zest and the honey and gently toss to combine. Serve immediately. Or cover and chill for up to 2 hours before serving.

SOLGAR

PAIR PACKS!

NEW CHAPTER

*SELECT ITEMS

40% OFF

HYBRID CR

15% OFF LINE DRIVE

NORDIC NATURALS

*SELECT ITEMS

25% OFF



\$28³⁹
ESTER-C 1000MG VITAMIN C
 With Citrus Bioflavonoids
 90 x2 Capsules



\$18⁹⁹
ESTER-C 500MG VITAMIN C
 Immune Support
 120 x2 Capsules



\$24⁹⁹
MEGASORB COQ-10
 100mg Per Serving
 60 x2 Capsules



\$9⁹⁹
LIQUID VITAMIN D3
 5,000 IU Per Serving
 2 fl oz x2



\$22¹⁷
TURMERIC FORCE
 Supports Healthy Inflammation Response
 60 Veg Capsules
 Reg. \$36.95



\$29⁹⁷
BONE STRENGTH TAKE CARE
 Whole-Food Calcium W/
 K2 & D360 Count
 90 Slim Tablets
 Reg. \$49.95



\$31⁵⁴
HYBRID AR
 Rapid Nasal & Sinus Support
 30 Veg Capsules
 Reg. \$37.10



\$13⁵⁹
HYBRID CR 4 DAY CYCLE
 Rapid Immune Defense
 (Also Available in 30 Count)
 12 Veg Capsules
 Reg. \$15.99



\$25⁴⁶
COMPLETE OMEGA SOFT GELS
 565 Omega-3 & GLA
 120 Soft Gels
 Reg. \$33.95



\$22⁴⁶
COMPLETE OMEGA LIQUID
 1270mg Omega-3 + GLA
 8 fl oz
 Reg. \$29.95



\$17²¹
ARCTIC COD LIVER OIL
 Supports Brain & Heart Health
 90 Softgels
 Reg. \$22.95



\$20²¹
OMEGA-3D LIQUID
 Omega-3 & 1,000IU D3
 8 fl oz
 Reg. \$26.95

GROCERY

**only at our Minton Rd. and Wickham Rd. locations.

\$3⁴⁹
CLEAN YERBA MATE
 Assorted Flavors
 16 fl oz



BUY 1 GET 1

\$3^{29 AND UP}
VEGAN ROBS PUFFS
 Assorted Flavors
 Assorted Sizes



BUY 1 GET 1

\$8⁵⁵
BOB'S RED MILL ALMOND FLOUR
 16 oz
 Reg. \$13.49



\$2⁹⁹
STATE BIRD CRUNCH
 Assorted Flavors
 3.5 oz



NEW

\$3⁵⁵
BOULDER CANYON CHIPS
 Assorted Flavors
 5.25oz



BUY 1 GET 1

\$2⁷⁹
QUIRE WATER PH 10 ALKALINE WATER
 1 Liter



BUY 1 GET 1

\$3⁵⁵
BOB'S RED MILL COCONUT FLOUR
 16 oz
 Reg. \$5.69



GoMacro Bars
 Assorted Flavors



2 FOR \$4⁰⁰

PINES

20% OFF LINE DRIVE

NATURAL FACTORS

PAIR PACKS!



\$15¹⁶
ORGANIC BARLEY GRASS
 100% USDA Organic and Raw
 250 Tablets
 Reg. \$18.95



\$13⁴³
ORGANIC BARLEY GRASS
 The Original Green Superfood
 3.5 oz Powder
 Reg. \$16.79



\$25⁹⁹
ORGANIC WHEAT GRASS
 80 Servings
 10 oz Powder
 Reg. \$32.49



\$26⁰⁷
ORGANIC ALFALFA POWDER
 10 oz Powder
 Reg. \$32.69



\$19⁹⁹
APPLE CIDER VINEGAR
 500mg, 180 Servings
 2 x 180 Capsules
 Reg. \$31.90



\$14⁹⁹
COENZYME Q10 100MG
 All-Natural Form For Superior Absorption
 2 x 30 Softgels
 Reg. \$25.90



\$17⁹⁹
VITAMIN D3 5000IU
 Supports Healthy Bones & Immunity
 2 x 120 Softgels
 Reg. \$29.90

WE'RE CELEBRATING WOMEN WITH SAVINGS!

WOMEN'S HEALTH DAY
FRIDAY, MAY 17TH
ALL DAY

Paradise
 health & nutrition

sampling throughout the stores, great give aways and MORE!

1150 MALABAR RD SE
 PALM BAY, FL 32907
 1-888-882-4304 (321) 729-8311

6300 N WICKHAM RD
 MELBOURNE FL 32940
 1-866-881-3663 (321) 242-6040

4270 MINTON RD
 WEST MELBOURNE, FL 32904
 1-866-909-6740 (321) 722-1440

HOURS
 MONDAY - SATURDAY
 9:00 AM - 7:00 PM EST