



**IMMUNIZATIONS
AVAILABLE NOW**
Reserve yours at
pharmacarx.com

APRIL 2021 | Sale prices valid Mar 31-Apr 27

SLEEP & STRESS

SOLARAY SUPPLEMENTS **25% OFF ENTIRE LINE**

Every lab-verified Solaray product is rigorously tested to ensure you get the results you expect. The supplements are non-GMO, vegan and free of gluten, solvents and pesticides.



**PREFERRED
PARTNER**

ALCHIMIE FOREVER SKIN CARE **20% OFF ENTIRE LINE**

These dermatologist-formulated and dermatologist-tested products are designed to solve immediate and long-term skin concerns. Alchimie's effective yet gentle anti-aging formulas use the latest in antioxidant technology.



NORDIC NATURALS ESSENTIAL FATTY ACIDS **20% OFF ENTIRE LINE***

Get great savings on everyone's favorite omega-3s in a variety of formulas and flavors! Nordic Naturals places special emphasis on purity and sustainability, giving you the best source of essential fatty acids.



**PREFERRED
PARTNER**

SANITAS SKIN CARE **20% OFF ENTIRE LINE**

Explore Sanitas' specialized skin care, formulated to target and correct a variety of skin challenges, from hyper-pigmentation and rosacea to fine lines, wrinkles and acne. See what Sanitas can do for you!



**PREFERRED
PARTNER**

GAIA HERBS HERBAL FORMULAS **20% OFF ENTIRE LINE***

Discover Gaia's vast array of herbal formulas and single extracts that deliver the power of nature. We love that Gaia places special emphasis on purity, potency and responsible sourcing.



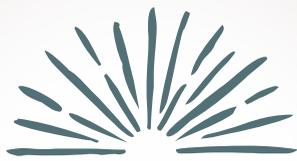
**PREFERRED
PARTNER**

EVANHEALY SKIN CARE **20% OFF ENTIRE LINE**

This artisan-quality line draws from the traditions of herbalism, Ayurveda and homeopathy to repair and refresh a wide variety of skin conditions.



**PREFERRED
PARTNER**



STRESS RELIEF & RELAXATION EVENT

*Explore ways to inspire calm
and a good night's sleep*

PRESENTED BY




**Excluding Everyday
Value items*

More great deals at pharmaca.com!

Look for the



to find Pharmaca's Preferred Partners

healthy happens here™

SUPPLEMENTS

5 Natural Ways to Fall Asleep

Tossing, turning, desperately trying to fall asleep—sound familiar? Getting consistent restful sleep is the foundation of a healthy body, but with our stressful, busy lives, that isn't always as easy as it sounds. Fortunately, these five natural ways to fall asleep can help you get better rest, feel more energized and support overall good health.



1. PRACTICE NIGHTTIME MEDITATION

About 20 minutes before you crawl into bed, take some time to sit or lie down quietly. If a blanket or pillow makes you feel more comfortable, add those to your environment. Now close your eyes and focus on your breath. Take deep, slow breaths and allow your mind to find peace and quiet.

2. TURN OFF THOSE BLUE LIGHTS

Phone, tablets and laptops all emit a blue light that reduces your melatonin level, making it hard to find that sleepy feeling. The National Sleep Foundation recommends turning off electronics at least 30 minutes before bed. If you have to use your phone before bed, turn it to night mode to reduce the blue light effect.

3. CREATING A RELAXING ENVIRONMENT

Our environment makes a big difference in the quality of our sleep. Keep the temperature cool and use a diffuser with lavender oil, which can help induce sleep. If light seeps into your space, a sleep mask can create the dark environment you need.

4. FOLLOW A SCHEDULE

We are creatures of habit, and our bodies perform their best when going to bed and waking up at a consistent time. When we don't follow a sleep schedule, we interrupt our biological clock, which releases hormones that make us sleepy or alert. A consistent bedtime helps our body know when to prepare itself for sleep.

5. USE A PLANT-BASED MELATONIN

Most melatonin supplements contain animal-based or synthetic ingredients, but a plant-based melatonin is a great alternative for a natural sleeping aid. Try **Symphony Health Herbatonin**, derived from plants, rice, chlorella and grass, making it bio-identical to what the body produces and easy to assimilate.

 Talk to a Pharmaca practitioner about natural ways to sleep more soundly.

BOIRON SLEPCALM



Temporarily relieves occasional sleeplessness and restless without causing grogginess or risking dependency. Recommended for everyone age 12 and up. | **60 ct**



SALE
\$8.99

PHARMACA SLEEP FORMULAS 20% OFF*

EARN 2x FEEL BETTER REWARDS!***

These fast-acting, safe sleep formulas can help you fall asleep, stay asleep and sleep more soundly, so you wake up feeling refreshed.



*Select items

**On purchases of Pharmaca brand products

NATURAL FACTORS STRESS & RELAX FORMULAS 25% OFF*



A unique combination of natural compounds that support relaxation and enhance sleep quality.



*Select items

NATURE'S WAY SLEEP TONIGHT



Formulated to balance stress hormones. This gentle formula contains stress-reducing botanicals and phosphatidylserine to support a healthy endocrine response to mental stress. | **28 ct**

SALE
\$19.99



NOW 5-HTP 100 MG



Naturally extracted 5-HTP helps to aid in the production of melatonin and supports serotonin synthesis. | **120 ct**

SALE
\$22.99



BACH RESCUE REMEDY 20% OFF ENTIRE LINE

The best-selling Rescue Remedy line uses all-natural flower essences to keep you calm or boost your energy in a pinch.



HYLAND'S CALMS FORTÉ

This natural, safe sleeping aid has helped people get their much needed Z's for over 50 years. **100 ct**

SALE
7.99



SUPPLEMENTS

CHARLOTTE'S WEB SLEEP GUMMIES

20% OFF



Formulated with full-spectrum hemp extract, containing 10 mg of CBD and 3 mg of melatonin in every serving to help you float off to dream-land. | **30 & 60 ct**



MEGAFOOD NEW! GUMMY VITAMINS

20% OFF*



Made with real food plus added nutrients, these gummies are non GMO and glyphosate-residue free and contain no artificial colors or flavors. They also have 2g of sugar or less per serving. | **54-70 ct**



*Select items

BLUEBONNET STRESS B-COMPLEX



Provides a full spectrum of pure, high-potency B vitamins plus 1000 mg of vitamin C from L-ascorbic acid in easy-to-swallow vegetable capsules for maximum assimilation and absorption. | **100 ct**



SALE \$19.99

NEUROSCIENCE ALPHA GABA PM

20% OFF*

Study participants taking 1 serving daily at bedtime demonstrated significant improvement in sleep quality in 2 weeks with 70% of participants experiencing better sleep in 4 weeks. | **60 ct**



*Select items

SOURCE NATURALS MELATONIN 3 MG

25% OFF*

A favorite of travelers, melatonin governs the body's circadian rhythms, helping you ease into restful sleep. Melatonin is also a potent antioxidant. **60 ct**



*Select items

WISHGARDEN HERBS SLEEPY NIGHTS OR DEEP STRESS

25% OFF*



Their proprietary blend of classic herbal "hypnotics" help relieve occasional sleeplessness, enabling you to wake up refreshed and ready to face the day. Practitioner recommended. | **2 fl oz**



SALE \$16.99

NATURAL STACKS DOPAMINE BRAIN FOOD

25% OFF ENTIRE LINE

Designed to support the body's natural production of dopamine, a neurotransmitter essential to the central nervous system.



HIMALAYA ASHWAGANDHA

20% OFF



Increase resistance to the adverse effects of stress, including mental, emotional and physical. Promotes greater sustained levels of energy as well as deeper levels of relaxation. | **90 ct**



PROFESSIONAL SUPPLEMENTS

DEVELOPED BY DOCTORS, TRUSTED BY DOCTORS

PURE ENCAPSULATION BEST-REST FORMULA



Contains melatonin, GABA, L-theanine, valerian, lemon balm, and other ingredients to promote an easy transition to sleep and a restful night. | **60 ct**
\$29.29



MELATONIN LIQUID

Provides 2.5 mg micronized melatonin per serving to support the natural sleep cycle, and is flavored with delicious natural juice concentrates. | **30 ml**
\$29.49



THORNE NAC



Provides powerful nutritional support to cells as an antioxidant and specifically supports healthy lung function through its mucolytic capability. | **90 ct**
\$24.99



MERIVA-SF

Meriva-SF is a well-absorbed, sustained-released curcumin formula and the most clinically studied curcumin on the market with 29x greater absorption than ordinary curcumin. | **120 ct**
\$55.99



METAGENICS ULTRAFLOA WOMEN'S



A blend of oral probiotics to maintain a healthy vaginal microflora. The safety and efficacy of this probiotic combination for women's health is supported by laboratory research and clinical evaluation. | **30 ct**
\$31.99



ULTRAFLOA BIOMEPRO

Supports gastrointestinal health and immune health with a multidimensional formula featuring 105 billion CFU per capsule. This product comes in a shelf-stable package and doesn't require refrigeration. | **30 ct**
\$69.99



INTEGRATIVE THERAPEUTICS PROFESSIONAL SUPPLEMENTS

10% OFF ENTIRE LINE



Brings together the best that science and medicine have to offer to create formulations designed to integrate with diet and lifestyle recommendations for improved health.



ORTHO MOLECULAR PRODUCTS NATURAL D-HIST



Get nasal and sinus support during the height of spring and allergy season and enjoy the outdoors again.

40 ct **\$22.99**
120 ct **\$49.79**



SUPPLEMENTS

GARDEN OF LIFE

NEW! ORGANIC & NON-GMO BABY SUPPLEMENTS

20% OFF

Formulated from Certified Organic real food, this effective new line of baby vitamin formulas is designed to give babies the best start to life.

NEW! MYKIND ORGANICS APPLE CIDER VINEGAR PROBIOTIC GUMMIES

20% OFF

Made with organic apple cider vinegar, whole-food vitamin B12 and an organic fruit blend. | 60 ct



PREFERRED PARTNER

SMARTYPANTS VITAMINS

15% OFF ENTIRE LINE

SmartyPants vitamins are an excellent source of omega 3s and other essential nutrients.



PREFERRED PARTNER

OM MUSHROOM SUPPLEMENT

20% OFF ENTIRE LINE

Powerful single species and mushroom super-food blends designed to promote immunity, vitality, cognitive health and energy.



NEW CHAPTER TURMERIC FORCE

Helps maintain a healthy inflammation response and supports heart and brain health. | 120 ct

SALE \$43.99

ZYFLAMEND WHOLE BODY

Supports mobility, flexibility, joint function and healthy inflammation response for overall joint support and comfort. | 180 ct

SALE \$69.99



PREFERRED PARTNER

WILEY'S FINEST PEAK EPA

20% OFF ENTIRE LINE

Purified and concentrated to provide EPA in every dose with 4x more omega-3 than regular-strength fish oil. 120 ct



PREFERRED PARTNER

PHARMACA COQ10 100 MG

20% OFF

As an antioxidant that scavenges free radicals throughout the body, coenzyme Q10 is essential to cellular energy production. It's also involved in maintaining normal heart function. | 60 ct

EARN 2x FEEL BETTER REWARDS!*



*On purchases of Pharmaca brand products

JARROW FORMULAS ASHWAGANDHA

Extracted from ashwagandha roots, it supports resistance to physical, biological and chemical stresses and supports endurance, muscle recovery and cognitive health. | 120 ct

SALE \$17.99

SACCHAROMYCES BOULARDII + MOS

Protect and maintain balance in the intestinal tract with this resilient yeast probiotic. Resistant to stomach acids, this strain reaches the intestinal tract to deliver beneficial probiotics for optimal intestinal health. | 90 ct

SALE \$24.99



PREFERRED PARTNER

HERB PHARM ANXIETY SOOTHER

Designed to support your body's response to moments of occasional and mild anxiety. | 1 fl oz

SALE \$11.49

PREFERRED PARTNER



NATURAL FACTORS WELLBETX BERBERINE 500 MG

Helps maintain healthy blood sugar and total cholesterol levels already within the normal range. | 60 ct

SALE \$19.99

PREFERRED PARTNER



ANCIENT NUTRITION MULTI-COLLAGEN PROTEIN JOINT + TISSUE

Promotes overall joint health, including flexibility, mobility and range of motion. | 280 g

SALE \$24.99



PREFERRED PARTNER

HEALTHFORCE SUPERFOODS VITAMINERAL GREEN

Provides broad-spectrum, whole-food vitamins, minerals, trace minerals and phytonutrients. Exceptional source of chlorophyll. Contains sea veggies, grasses, algae, carob, ginger root, chlorella and enzymes for digestive support. | 500 g

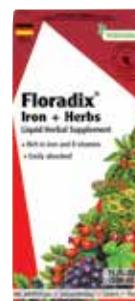


PREFERRED PARTNER

FLORADIX & FLORAVITAL IRON + HERBS

Perfect for those with iron deficiencies. Provides a highly absorbable form of iron along with B vitamins, vitamin C, digestive herbs and rosehip extract. Safe for people with yeast or gluten allergies. 8 & 17 fl oz

PREFERRED PARTNER



ONNIT ALPHA BRAIN

Clinically studied to help healthy individuals support memory, focus and processing speed. 30 ct

SALE \$27.99



NATURAL BEAUTY

TRILOGY NEW! COMBINATION RANGE SKINCARE 20% OFF



A four-step balancing routine that equalizes oiliness and dryness. The light-weight solutions help soften and soothe dry skin barriers while reducing excess oil output. Fragrance free, cruelty free, paraben free and vegan friendly.



MINERAL FUSION NAIL CARE 30% OFF

Nail care that performs beautifully and is 100% vegan, toluene free, camphor free, DBP free, formaldehyde free and cruelty free.



SONÄGE LUSTER EYE CREME



Sheer eye cream to lessen the look of dark circles and puffiness. Infused with collagen, it works to reduce the appearance of fine lines and aging. Perfect under makeup.

GIFT WITH PURCHASE!

FREE Luster Eye Crème deluxe sample with any Sonäge purchase. While supplies last.

\$12 VALUE



JANE IREDALE LEMONGRASS LOVE HYDRATION SPRAY



A soothing facial mist with a lemony scent. Hydrates, conditions and protects the skin. Minimizes oiliness and the appearance of pores.

GIFT WITH PURCHASE!

FREE Lemongrass Love Hydration Spray deluxe sample with \$50 *jane iredale* purchase. While supplies last.

\$10 VALUE



INIKA NEW! MASCARA, LIP & CHEEK KIT

This kit contains two Inika best sellers: A full-size Mascara and a full-sized Lip & Cheek Cream. Made with Certified Organic ingredients that are moisturizing and enriched for a long-lasting wear. Just in time for Mother's Day!



EARTH SCIENCE SKIN & HAIR CARE 25% OFF ENTIRE LINE

For more than 35 years this eco-friendly line has been providing healthy, safe and effective care for hair and skin. Formulated without irritants, soaps, petroleum or parabens.



KLORANE MANGO COLLECTION HAIR CARE



Powered by cold-pressed mango butter, this intensely nourishing collection restores weightless moisture back to dry, dehydrated hair.

GIFT WITH PURCHASE!

FREE deluxe Mango Hydration Discovery Gift with \$40 Klorane purchase. While supplies last.

\$4 VALUE



DAILY CONCEPTS BEAUTY TOOLS 20% OFF ENTIRE LINE

Elevate your bathing experience and shower the world (and yourself) with love with these luxurious beauty tools.



DR. BRONNER'S CASTILE BAR & LIQUID SOAP 25% OFF

Discover a natural clean made with only the purest organic and Fair Trade ingredients. No synthetic preservatives, no detergents or foaming agents—none!



SHIKAI SHOWER GEL & BODY LOTION 30% OFF

ShiKai shower gels and body lotions have rich botanical ingredients that keep skin supple and deeply moisturized all day.



ZUM NEW! HAND SOAP 20% OFF ENTIRE LINE

Zum turns plant oils into filth-fighting soap for chemical-free cleansing to ditch dirt with ingredients sourced from nature. Olive oil and coconut oil ensure skin feels hydrated and nourished with every wash. | 12 fl oz



ALAFFIA BODY CARE 20% OFF ENTIRE LINE

Award-winning Alaffia produces whole body care made with Fair Trade, non-GMO and Made Safe ingredients from West Africa.



JOYFUL BATH CO. BODY CARE & BATH 15% OFF ENTIRE LINE

Joyful Bath Co. takes the luxury spa experience and transports it straight to your home with the help of CBD-infused bath salts, bath bombs, healing balms and much more.



JĀSÖN BODY & ORAL CARE 25% OFF ENTIRE LINE

The founders of JĀSÖN set out to create safe, wholesome and effective products for the whole family—free from parabens, phthalates, harsh sulfates and artificial colors.



TOM'S OF MAINE BODY & ORAL CARE 20% OFF ENTIRE LINE

This safe, effective natural personal care line offers products made from unique combinations of naturally sourced and naturally derived ingredients—to keep you clean from teeth to toes!



BABO BOTANICALS BABY CARE 20% OFF*



Babo Botanicals works with top botanists to develop products that reflect attributes the founder values for her own children—sulfate free and allergy tested, containing Certified Organic ingredients and backed by plant-based science.

*Select items



HEALTHY LIVING

NEW! ECOVESSEL INSULATED DRINKWARE 15% OFF ENTIRE LINE

EcoVessel features products with cutting-edge design and award-winning performance while working toward a mission to reduce single-use plastics and protect the environment. TriMax triple insulation and BPA free. Proud member of 1% for the planet.



BOODY BAMBOO APPAREL BASIC LINE 25% OFF

Made from super soft, breathable fabric that's up to 95% organic bamboo, these eco-conscious undergarments feel comfortable and look great.



U KONSERVE REUSABLE FOOD STORAGE 15% OFF ENTIRE LINE

This line of reusable, eco-friendly food storage products makes it easy to pack lunches, store leftovers and reduce single-use plastic. We love that they now come with silicone lids!



KLEAN KANTEEN INSULATED DRINKWARE 20% OFF ENTIRE LINE

These vacuum-insulated water bottles keep drinks piping hot or icy cold! Made with food-grade stainless steel and a chip-resistant finish to stand up to any conditions.



MAROMA INCENSE 15% OFF ENTIRE LINE

Purify your environment and infuse your surroundings with your favorite scent from this line of Fair Trade incense.



SAN DIEGO HAT NEW! SPRING ACCESSORIES

A passion for world travel and an enduring love for hats led to the creation of the San Diego Hat Company. Shop their new spring collection of design-driven fashionable and functional headwear and accessories.



THYMES NEW! CANDLES

Thymes candles fill your surroundings with long-lasting fragrance and pure welcoming ambiance. Made with high-quality, food-grade paraffin wax for a refined, clean burn.



STASHER REUSABLE FOOD BAGS 15% OFF ENTIRE LINE

These bags are made of pure silicone, making them extra safe for food storage and even cooking! Durable and easy to clean, one Stasher can be used 1000s of times.



SEVENTH GENERATION LAUNDRY & CLEANING PRODUCTS

UP TO 25% OFF

Gentle on the earth and tough on stains! Detergents feature no synthetic fragrances or artificial brighteners, and their fabric softener is made with 97% plant-based ingredients!



ESSENTIAL OXYGEN ORGANIC TOOTHPASTE & MOUTHWASH 15% OFF

Whiten teeth, freshen breath, kill bad breath germs and give you the confidence to brighten the world with a beautiful smile. All products are toxin free, so you can rest easy knowing you're cleaning your teeth with all-natural ingredients.



NATRACARE ULTRA PADS 15% OFF*

These natural, slim-fitting pads are made with GMO-free ingredients. Certified Organic cotton and come in a compostable wrapper. Perfect for helping reduce exposure to synthetic materials and ingredients!

*Select items



PARA'KITO MOSQUITO REPELLENT PRODUCTS 15% OFF

DEET-free mosquito protection featuring a blend of natural essential oils and high-quality natural ingredients found worldwide.



THE HONEY POT CO. FEMININE WIPES & WASH

Cleanse, protect and balance with all-natural feminine hygiene washes and wipes. These formulas for female cleansing products are powered by herbs, crafted by women and designed to fit a variety of needs.



SALE
\$7.99

HEALTHY LIVING

VISBIOME HIGH POTENCY PROBIOTIC

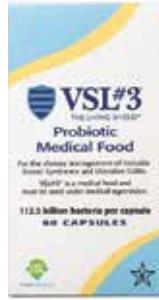
A specially formulated probiotic medical food intended for the dietary management of dysbiosis associated with IBS, ulcerative colitis, pouchitis and hepatic encephalopathy. | 60 ct



\$61.99

VSL#3 PROBIOTIC MEDICAL FOOD

A probiotic medical food for the dietary management of irritable bowel syndrome and ulcerative colitis consisting of 8 strains of live freeze-dried lactic acid bacteria. | 60 ct



\$77.99

FLORA UDO'S CHOICE PROBIOTICS 20% OFF

Adult-specific medicinal human strains of award-winning live probiotic blends for the support of healthy intestinal flora.



ALLERGENA HOMEOPATHIC ALLERGY RELIEF

Builds immunity by giving micro doses of local allergens so the body becomes safely conditioned to tolerate them without allergy symptoms.



SALE
1 fl oz **\$13.99**
2 fl oz **\$18.99**

ION BIOME GUT HEALTH 15% OFF ENTIRE LINE

A gut-strengthening, brain-boosting mineral supplement sourced from 60-million-year-old soil that naturally supports microbiome balance as well as the integrity of tight junctions in the gut lining, even in the face of damage from toxins.



ENZYMEDICA DIGEST GOLD + PROBIOTICS

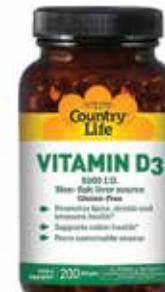
Combines Enzymedica's award-winning digestive enzyme formula with 500 million cultures of specially coated probiotics. | 90 ct



SALE
\$46.99

COUNTRY LIFE VITAMIN D3 5000 IU

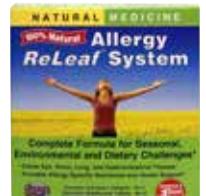
Vitamin D aids in the absorption of calcium, helping to form and maintain healthy bones and teeth. It also supports colon and immune health. | 200 ct



SALE
\$15.99

HERBS, ETC. ALLERGY RELEAF SYSTEM 25% OFF

Two powerful products in one convenient package! Aller tonic and Quercetin Aller-ReLeaf work together to calm eyes, sinuses and lungs while stabilizing respiratory and digestive systems. 2 x 60 ct



NEW! MADEGOOD CRISPY SQUARES

MadeGood has taken a childhood favorite and made it organic, vegan, gluten free and just as delicious. With a full serving of vegetables and amazing flavors like Vanilla and Chocolate, this is everything you love about Crispy Square and more. | .78 oz



SALE
3 for \$2

ENDANGERED SPECIES CHOCOLATE BARS

Treat your taste buds while supporting conservation efforts! Endangered Species is proud to produce Non-GMO, Fair Trade chocolate and donates 10% of net profits to their GiveBack partners. | 3 oz



SALE
2 for \$6

KIND SNACK BARS 20% OFF

KIND has always been committed to bringing you wholesome and delicious snacks—which is why they're made with nutrient-dense foods like nuts, whole grains, fruit and spices bound together with honey.



ZING VITALITY BARS

Feast your eyes and your taste buds on the only bar created by actual nutritionists! Bars include good stuff like protein, fiber, good carbs, good fats and loads of deliciousness—and zero gluten, soy, additives or other junk that zaps your zing. 1.76 oz



SALE
2 for \$3

HEALTH-ADE KOMBUCHA

Health-Ade stops at nothing to make the best-tasting, highest-quality kombucha, which is brewed with real fermented food one case at a time in 2.5-gallon glass vessels and flavored with cold-pressed juice from organic produce.



SALE
2 for \$7

GURU ENERGY DRINKS

Discover the world's first natural energy drink! We love their sparkling Energy Waters, which give a refreshing pep without sugar or calories.



SALE
2 for \$5

YOGI HERBAL TEA

Made with more than 140 exotic spices and botanicals, Yogi Teas are purposefully blended for both taste and health. Yogi works in their local community and across the globe to empower others to achieve their greatest potential and live vibrant lives. | 16 ct



SALE
2 for \$7

THE REPUBLIC OF TEA BEAUTY TEAS

Sip and nourish your skin from the inside out with brain-boosting ginkgo biloba and lion's mane mushroom, stress-relieving lemon balm and skin-protecting blue spirulina. | 36 ct



SALE
\$11.99