

FREE

HEALTH GUIDE



MASON[®]
N A T U R A L

Quality You Can TRUST Since 1967

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or call us 1.888.860.5376

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Since 1967, Mason Vitamins has provided quality vitamins, minerals, supplements and herbs you can trust. We guarantee that U.S. FDA Good Manufacturing Practices are met and exceeded in the manufacturing of Mason's products. Mason also guarantees that all the ingredients used in our products are of the highest purity and quality. We use fresh ingredients that meet or exceed the potency levels as established by U.S. government regulations. All required products are tested for disintegration and dissolution based on USP guidelines.

Mason Vitamins cares about our consumers. We continuously strive to educate the market on the latest nutrient depletion news and provide unique condition specific formulas that address top health concerns. Mason Vitamins' mission is to serve America's nutritional needs with the finest supplements in the market at affordable price.

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REWARD PROGRAM

See back page for coupon



DRUG NUTRIENT DEPLETION

If You're Taking	Recommended Supplements	Why?
Prilosec, Prevacid, Nexium or other Digestive Medications	Acidophilus Digestive Enzymes Ginger	Acidophilus helps maintain "good" bacteria in the intestinal tract. A special combination of natural enzymes that promote proper digestion. Ginger helps to soothe an upset stomach.
Antibiotics	Acidophilus	Antibiotics kill the bacteria in your system, including the "good" bacteria needed proper digestion.
Lipitor, Zocor, Vytorin, Crestor or other Cholesterol Lowering Medications	Red Yeast Rice Co Q-10 Garlic	A study conducted at UCLA School of Medicine, concluded that Red Yeast Rice significantly reduces total cholesterol, LDL cholesterol, and total triglyceride concentrations. A known effect of Cholesterol Lowering Medications Stating drugs is the body's depletion of Co Q-10, a vital heart and antioxidant nutrient. Garlic helps to maintain healthy cholesterol levels.
Any Heart or Cardiovascular medications including Vasodilators, Beta Blockers, Diuretics & Hypertensive	Heart Trio Co Q-10 Vitamin E Fish Oils	Heart Trio combines 3 top nutrients in one formula for heart health benefits. Co Q-10: Vital heart nutrient. The heart has the highest concentration of Co Q-10 of all the tissues in our body. Vitamin E: Protects the body from free radical damage. Free radical damage is often thought to contribute to the development of cancer and heart disease. Fish Oil: Research reveals that Omega-3 fatty acids, known as EPA and DHA, help protect and support overall heart health. Supportive but not conclusive research shows that consumption of Omega-3 fatty acids may reduce the risk of coronary heart disease.



* The information provided in this booklet is intended for your general knowledge only and is not a substitute for professional medical advice or treatment for specific medical conditions. The claims you see throughout this booklet have not been evaluated by the United States Food and Drug Administration and are not approved to diagnose, treat, cure or prevent disease. The information provided in this booklet is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professionals or any information contained on or in any product label or packaging.

New from Mason



1735-2oz

Avocado, Tea Tree & Dead Sea Mineral Body Cream

Protects skin from dryness*

Coconut Oil

For cooking, baking, skin and hair care



1723-16oz

Peppermint Oil 50mg

Promotes natural gastrointestinal comfort



1719-90



1715-60

Graviola 500mg

Helps support immune system health

Co Q-10 120mg w/ Cinnamon

For a healthy heart. Promotes energy in body cells. Helps support sugar metabolism



1720-30



1717-60

In-fla-mend & Wellness

A wholeness formulation for inflammation symptoms*

Alpha-Lipoic Acid 600mg

Essential in Engery production. Promotes healthy blood sugar levels. Protects against free radicals that may contribute to aging.



1722-30A



1710-60

NAC 500mg

Promotes the Immune System and Protects Cells. Precursor to Glutathione.

Turmeric Complex

Supports Nervous System and Heart Health



1714-60



1677-60

Moringa 500mg

Promotes energy and immune support

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VITAMIN D3

Vitamin D "The Sunshine Vitamin" is HOT!

- At the 18th annual meeting and clinical congress for the American Association of Clinical Endocrinologists (AACE) held in May 2009, the consensus was very clear. Dr Neil Binkley noted that the current national recommendations from the Food and Nutrition board of 400 to 600 IUs is simply not enough. Experts recommend somewhere between 1500 to 2600IU daily and it is considered a very safe vitamin.
- Pediatricians recommended 400IU vitamin D dose for children.
- All D3 Chewable's are a tasty vanilla flavor.

Why D3?

Vitamin D comes in two different formulations. Vitamin D2, also called ergocalciferol; and Vitamin D3, also called cholecalciferol.

D2 (synthesized by plants) is a far inferior form of Vitamin D that does not get absorbed into the human body well. This is a phenomenon called bioavailability, or in this case simply Vitamin D Absorption.

D3 is synthesized by humans and is a more potent form. More importantly, it is better absorbed by the human body.

So if you take Vitamin D, make it D3.



1183-100



1477-60



1501-60



1539-60



1546-50



1533-50



1623-30

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FISH OILS & OMEGAS



Omega-3 and Omega-6 fatty acids are considered one of the "good" fats important for cellular, heart and metabolic health. Eicosapentaenoic acid (EPA) and Docosahexaenoic acid (DHA) are two types of fatty acids that help maintain a healthy heart and circulatory system. Additionally, fish oil also helps maintain triglyceride levels already within a normal range. The FDA has approved the following health claim for Omega-3 Fatty Acids: "Consumption of Omega-3 Fatty Acids may reduce the risk of coronary heart disease. FDA evaluated the data and determined that, although there is scientific evidence supporting the claim, the evidence is not conclusive."

Omega 3 Fish Oil

Research reveals that Omega-3 fatty acids, known as EPA and DHA, help protect and support overall heart health. These acids are found in particularly fatty, cold water fish such as salmon, mackerel and herring, which are found in this supplement. Omega-3 fish oils also help contribute to good blood circulation.



1223-120



1313-100

Flax Seed Oil

Vegetarian source for Omega-3 Fatty Acids that promotes a healthy inflammatory response, Joint and Cardiovascular health.

Salmon Oil

Research published in the prestigious American Journal of Clinical Nutrition points out that supplementing with Salmon Oil **(the richest source of EPA & DHA)** keeps blood flowing free, vessels flexible and helps protect people from heart attacks.



1488-120A

But superior heart health isn't all. Numerous studies in peer reviewed publications prove that Omega-3 supplements that are high in EPA and DHA can help people with depression, PMS, arthritis and other inflammations, such as migraines. They're also important during pregnancy, nursing and infancy when a baby's eyes, nerves and brain are

developing.

Mason's quality Salmon Oil softgels DO NOT contain soybean oil, hydrogenated oils or any form of filler.

Mason guarantees using the finest Salmon Oil from Cold Water Salmon.

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1699-60

Omega 3-6-9, Fish, Flax, & Borage Oil

Omega-3-6-9 Essential Oils help contribute to overall heart health and good blood circulation. Supportive but not conclusive research shows that consumption of Omega-3 fatty acids may reduce the risk of coronary heart disease.

Omega 3 & 6 Krill Oil 1000 and 1500 mgs

3 TIMES THE STRENGTH OF OTHER BRANDS!

There's a secret in the ocean that we'd like to share with you – Krill! The oil extracted from this tiny shellfish contains Omega-3 fatty acids in such effective concentrations that it makes for a better source of heart health benefits than standard fish oil.* Supportive but not conclusive research shows that consumption of Omega-3 fatty acids may reduce the risk of coronary heart disease. IN A QUICK ABSORB SOFTGEL!



1694-30

"No Burp" Fish Oil

Also available in Maximum Strength

DON'T LET THE AFTERTASTE OF FISH STOP YOU FROM TAKING THIS IMPORTANT SUPPLEMENT!



1447-90



1495-100



1581-100

Smaller, Easy-To-Swallow Softgel. Uniquely coated to withstand stomach acid. Dissolves in the small intestine to maximize the body's absorption of the Omega-3 essential fatty acids. Reduces unpleasant gastrointestinal upset (aftertaste and reflux) and bad breath.

FREE
See back page
for coupon



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DIGESTION



Why are Digestive Aids important?

There are approximately 44.9 million visits annually to ambulatory care facilities due to diseases of the digestive system. About 20% or 1 in 5 Americans experience heartburn at least once a week. Mason offers various supplements to aid in complete and easy digestion.

Acidophilus Probiotic

Supports colon health and restores "friendly flora" or bacteria that normally resides in the intestinal tract.

Recommended for those taking Antibiotics



Natural Vegetable Laxative

Natural formula to promote regularity and healthy.

Papaya Enzyme

A natural enzymes complex that works to promote proper digestion and aids absorption of vital nutrients.

Activated Charcoal

An all-natural weapon against gas and "bloating". Gently aids removal of gas generating offenders from the body.



Prune Senna

Gentle and effective Prune juice concentrate with Senna Extract to support regularity and healthy Colon function.



Colon Herbal Cleansers

A combination of natural fibers, probiotics, and herbs to gently and naturally support healthy Colon function.

1543-90

Ginger 500mg

Promotes healthy circulation and soothes upset stomach.

Ginger is a very popular herb among travelers.



1139-60A



Dual Action Enzymatic Digestant

A special combination of natural enzymes that promote proper digestion.

1661-60



Soluble Fiber with Probiotics

Beneficial to helps improve intestinal regularity and improve digestion with rapid absorption.

1629-60

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Many joint support products can promote the mobility and flexibility your joints need to feel great. Key ingredients for joint and bone health include Glucosamine, Chondroitin, MSM, Calcium, Magnesium, and Vitamins C and D, among others. Many of the products in this section work to support and maintain your joints and/or bones, so you can make it through your busy day!

Glucosamine/Chondroitin

* Super Maximum Strength*



1378-90

One serving of Super Maximum Strength Glucosamine Chondroitin helps promote comfortable joint movement for anyone seeking nutritional joint support. Adults can take **two tablets daily** to provide 1500mg Glucosamine and 1200 mg Chondroitin.

Glucosamine/Chondroitin Double Strength*

This high quality product delivers 1500 mg Glucosamine and 1200 mg Chondroitin in **three capsules daily**.



1303-180

* Glucosamine/Chondroitin Regular Strength*



1248-100

This formulation promotes mobility and flexibility for comfortable joint movement by delivering 500 mg Glucosamine and 400 mg Chondroitin; additional ingredients include Vitamin C and Manganese.

*** ORIGINAL FORMULAS**
with the Required Amount of
Glucosamine & Chondroitin based on
clinical studies

FAST ACTING

Glucosamine/Chondroitin with Collagen & Hyaluronic Acid

Helps soothe joint discomfort. With added Hyaluronic Acid, the primary component of the synovial fluid in our joints, the natural substance that lubricates the joint tissue surfaces, reducing friction to keep them gliding smoothly. Hyaluronic Acid does for joints what a squirt of oil does for a creaky door hinge; it helps them move freely.



1453-90

Glucosamine & Chondroitin with MSM

This high quality formula delivers Glucosamine Sulfate to help build and support cartilage, Chondroitin Sulfate to bring fluid into the joints and help promote healthy cartilage formation, and MSM to synergistically enhance the benefits of Glucosamine and Chondroitin.



1368-90

Glucosamine & Fish Oil

This unique formula combines Glucosamine Sulfate and Fish Oil, two of the most studied and respected nutrients known for their Joint Health benefits. Supplementing your body with Glucosamine helps nourish and repair cartilage which cushions bones and is essential to joint flexibility and comfort. Recent studies have revealed that those individuals following a Mediterranean diet that contains 40% Omega-3 fatty acids have realized significant joint comfort benefits as a direct result of the addition of these essential oils to their nutritional program.



1414-90

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HEART



Heart disease is the leading cause of death in the U.S., affecting about 12 million people. Take care of your heart with these supplements!



1169-90

Folic, B-6 & B-12

Scientifically studied combination for cardiovascular health. This superior combination of Vitamins B-6, B-12, and Folic Acid helps guard against high homocysteine levels and promotes heart health.



1489-60

Resveratrol Red Wine Extract PLUS

- Resveratrol is the beneficial substance found in red wine. Help ensure you receive the natural benefits of grapes. Antioxidant protection can be important for your overall health and wellness, including for the health of your heart.
- Grape seed provides antioxidants for a healthy heart.
- Vitamin C supports the immune system and healthy gums.

Coenzyme Q-10

Coenzyme Q-10 (also known as Co Q-10) is an antioxidant with a variety of benefits. Co Q-10 has been shown to support the cardiovascular system, cognitive function and nervous system health.



1319-60A



1462-30



1681-30

Vitamin E

After many years of research, Vitamin E has been recognized as the #1 antioxidant in our diet. Unfortunately, many processed foods have been severely depleted of Vitamin E. New studies show that Vitamin E promotes healthy heart function. Vitamin E is fat-soluble and should be taken with a meal that contains a little fat for best absorption.



504-100



1581-100

Fish Oils

Omega-3 and Omega-6 fatty acids are considered one of the "good" fats important for cellular, heart and metabolic health. Eicosapentaenoic acid (EPA) and Docosahexaenoic acid (DHA) are two types of fatty acids that help maintain a healthy heart and circulatory system.



1411-60A

Heart Trio

This therapeutic formula features: Co Q-10, known to promote Heart health, Longevity, and Energy; Natural Vitamin E, the recognized antioxidant for a healthy Heart and Immune System, and Fish Oil (EPA/DHA Omega-3 Essential Fatty Acids) – compounds that support a healthy Heart, Cholesterol levels, and Joint comfort.

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Whether you just found out or you already knew that your bad cholesterol levels were high, you are concerned and you have good reason to be. We've all heard about the fact that excessive LDL (bad) cholesterol can be an indicator of increased risk of getting heart disease, the leading cause of death in America! When your bad (LDL) cholesterol levels sky rocket, it is no laughing matter. Ignored, this can lead to severe health problems including stroke, kidney damage, diabetes mellitus, and even death. Sadly, statin drugs have the potential for many negative side-effects including fatigue, dizziness, depression, impotence, liver damage, and more. The good news is - Mason offers safe and effective solutions to maintain and regulate normal healthy levels of cholesterol.



529-100

Lecithin 1200mg

Lecithin is a special kind of modified fat that acts as an emulsifier, which allows fats and water to mix. Lecithin helps dissolve fats and cholesterol in the blood.



1466-120A

Red Yeast Rice

A study conducted at UCLA School of Medicine, concluded that Red Yeast Rice significantly reduces total cholesterol, LDL cholesterol, and total triglyceride concentrations when compared to those who received a placebo.

Garlic

Garlic may have positive effects in preventing cardiovascular diseases, such as heart attack or stroke. Garlic helps to prevent atherosclerosis through the actions of its sulfur compounds and its ability to reduce the fatty substances, such as cholesterol, found in the bloodstream. It promotes the regression of fatty deposits in blood vessels, a major cause of atherosclerosis, and can even help reverse arterial blockages caused by the collection of plaque. Garlic significantly lowers blood levels of triglycerides which have been associated with an increased risk of heart attack. It also works as an immune system stimulant which helps the body fight bacterial, viral and fungal infections.



532-100



1236-100

What you may not know about statins...

In addition to the common side effects such as headaches, nausea and fever, other statin side effects can be much more serious. Two of the most troubling statin side effects include extreme muscle pain and muscle disease (statin induced myopathy), and serious liver problems. Anyone with liver disease or prior liver issues probably should not take statin medications, and all of the statin manufacturers warn against it. Much research has shown that statin side effects could also include sexual dysfunction and performance problems, as well as memory loss, personality changes and irritability.

Other concerns regarding prescription cholesterol lowering drugs:

- 1) While cholesterol lowering drugs do lower LDL (bad) cholesterol, they have limited effect on HDL (good) cholesterol, and no effect on triglycerides (fats), an equally important heart disease risk indicator.
- 2) Statin medications decrease your body's supply of CoEnzyme Q10 (Co Q-10), which is an essential nutrient for heart strength and function.

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DIABETES

Diabetes is a major source of misery for an estimated sixteen million Americans. It is a leading cause of death in the U.S. —more than 400,000 Americans died from it last year. Compared to average adults, diabetics are two to four times more likely to die from heart disease. Diabetics also suffer from significantly higher rates of kidney disease, stroke, eye ailments (diabetes is the leading cause of new cases of blindness among adults), nerve disease, slow wound healing, and poor circulation requiring amputation of limbs. The products featured in this section support healthy blood sugar levels and may be beneficial to those affected by Type I or Type II Diabetes.



1343-30

Blood Sugar Balance

Promotes Healthy Blood Sugar levels; Contains the potent antioxidant Alpha Lipoic Acid in combination with the powerful Blood Sugar balancing herbs Gymnema sylvestre and Bitter Melon.



1637-60

Blood Sugar Trio

Unique 3-in-1 formula that promotes healthy blood sugar levels.

Chromium Picolinate

Chromium Picolinate has become extremely popular in recent years due to its ability to lower body weight and increase lean body mass. Studies have shown that Chromium Picolinate can help those who suffer from high blood fat, high blood sugar, obesity, food cravings and osteoporosis.



1224-100

Cinnamon

According to some studies, Cinnamon may improve blood glucose and cholesterol levels in people with Type II diabetes.



1465-100



1655-60

VISION

Dietary supplements are a good way to help ensure that you are getting enough of the valuable nutrients you need each day for a healthy body and healthy vision. Several vitamins, minerals, and phytochemicals have been shown in some research to be associated with reduced risk of cataracts and macular degeneration, as well as generally support healthy vision.



1467-60

SAVision

Mason's Savision formulas target vision health with the top nutrients for eye health, including Bilberry Extract, Lutein, Zeaxanthin, Vitamin A, and more! AREDS formulations - AREDS was a 10-year independent age related eye study that determined that high-dose antioxidant and zinc supplements protect the health of the sensitive macular cells of the eyes.

Lutein

Lutein plays a role in the maintenance of eye health and is the principle Carotenoid found in the central area of the retina called the macula.



1407-60



1690-60

Vision Vitamins

Contains Vitamin A, C, E, Zinc, Selenium, Copper and Lutein; top nutrients for eye health.

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Immune support is important throughout the year, but particularly during times of seasonal change. A healthy immune system can help your body fight cell-damaging free radicals in your body. Free radicals—which are produced from things like car exhaust, smoking, even your own body—can contribute to the premature aging of cells. Immune support can come from several types of supplements, particularly antioxidants that can help you structure a personal healthy aging plan according to your needs.

Vitamin C

Vitamin C promotes antioxidant protection and is one of the leading vitamins for immune support. At the 60th Anniversary Meeting of the American Academy of Allergy, Asthma, and Immunology (AAAAI), it was reported that 12 healthy subjects who took one gram of vitamin C a day for two weeks showed a boosted immune system response during that time. What's more, when they looked at responses in four of the patients, they found that in two of them, the response to vitamin C took place within five hours. According to the researchers this might mean that taking a vitamin C tablet at the first sign of a cold could achieve an effect quickly enough to ward off that cold.



517-250



526-90

Echinacea

There are several herbs that act as immunostimulants, botanical medicines that help your body fight off illness by bolstering its natural defenses. Echinacea is the best-known of these herbs and the one with the most scientific evidence behind it. This North American plant kicks your immune system into high gear. Echinacea can stop a cold, influenza, or bacterial infection before it can spread in the body. It can also shorten the duration and lessen the symptoms of the infection, according to some doctors.



1136-60

Green Tea Extract

Studied and shown to provide antioxidant protection and promote healthy immune and cardiovascular systems.



1283-60

See back page for coupon

FREE

Up to a \$12.00 Value!



1310-60

Echinacea & Goldenseal

Natural Defense builders for Cold Season care. Goldenseal contains important alkaloids, including hydrastine and berberine, which contribute to a healthy immune system.



775-100

Zinc

According to a study conducted by World Health Organization Zinc supplements can reduce the incidence of childhood pneumonia by up to 41%.

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SLEEP AIDS



NON-HABIT FORMING FORMULATIONS

Today's hectic lifestyles keep us in constant motion, which is why it's sometimes hard to unwind and decompress after a long day. Leave it to Mason to help you re-center, re-focus and relax, leaving your busy day where it belongs - behind you! Now you can get the tranquil rest you deserve with a variety of our high-quality relax and ease products.



1493-60

L-Tryptophan Sleep Formula

Clinical research confirms tryptophan's effectiveness as a natural sleeping pill and for a growing variety of other conditions typically associated with low serotonin levels or activity in the brain. In particular, tryptophan showed considerable promise as an antidepressant, and as an "augmentor" of antidepressant drugs.



1498-90A

Relax & Sleep (Calmme)

Ease muscles and promote restful sleep with this complete formula featuring Valerian Root and Passiflora Extract, recognized for their long history in promoting relaxation naturally.

Relax & Sleep

Herbal formula that helps relax muscles and promotes restful sleep.

Valerian Root

Valerian may be indicated for the relief of insomnia, stress-related anxiety, and nervous restlessness. It may also be used to ease stomach and menstrual cramps, irritable bowel syndrome (IBS), some of the restlessness that accompanies attention deficit/hyperactivity disorder (ADHD) and migraine symptoms. However, in its most well-documented use, it is used as a calmant to help people sleep.

Stress Formulas

Mason's Stress formulas put back what physical stress strips from your body. These formulas contain antioxidants such as C & E & Folic Acid. Stress formulas are high potency vitamins that go beyond the RDA for many vitamins. If you want a complete multivitamin and feel that the physical stress on your body is a drain, Stress Formulas are for you.



704-60

745-60

Rapid Absorption



1656-60



1113-60



1114-60

Melatonin

Sometimes it's hard to unwind after a long day. That's when it's time for Melatonin, a natural hormone that is closely involved in the natural sleep cycle. It's a terrific choice if you experience occasional sleeplessness or jet lag, or if you want to improve your quality of rest.

See back page for coupon

FREE

Up to a \$12.00 Value!



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ANTIOXIDANTS

Antioxidants are substances that may protect cells from the damage caused by unstable molecules known as free radicals. Free radicals can lead to the premature aging of cells and can be caused by pollution, smoking, and everyday environmental stresses. Free radical damage may even lead to cancer. Adding antioxidants to your health plan can help boost your body's immune system and may prevent some of the damage free radicals might cause.



1722-30A

Alpha Lipoic Acid 50, 200 & 600mg

- Helps metabolize sugar, especially in muscles, where it promotes energy.
- Beneficial for liver health.
- Helps neutralize cell-damaging free radicals in both the water-soluble and fat-soluble compartments in the cell.

Beta Carotene

This provitamin A is part of the Carotenoid family and readily converts to Vitamin A in the system when needed. Beta Carotene enhances the immune system.

Advanced Tart Cherry Optimum 10:1 Extract

- Supports healthy levels of uric acid in the blood.
- Supports healthy cholesterol levels within the normal range.



1500-90



1319-30A



1462-30



1410-30A



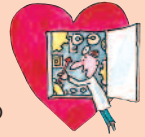
1681-30

Coenzyme Q-10

Coenzyme Q-10 (also known as Co Q-10) is an antioxidant with a variety of benefits. Co Q-10 has been shown to support the cardiovascular system, cognitive function and nervous system health. It also plays a role in helping the body convert food to energy.

Did you know?

If you're taking Lipitor, Zocor, Crestor or other Cholesterol lowering Medications you NEED to supplement with Co Q-10! A known effect of Cholesterol-Lowering Statin Drugs is the body's depletion of Coenzyme Q-10, the antioxidant vital for a Healthy Heart.



E, C and Beta Carotene

Promotes Healthy Vision and Immune Strength. Protects Cells & Fights Free Radical Damage.



1176-60

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BEAUTY/WOMEN'S HEALTH



Supplements not only provide support for overall nutrition and better health through different life stages, but can also help maintain youthful beauty. Mason offers a variety of products specially formulated to address these concerns. Take charge of your body today by eating healthier, exercising, and adding supplements into your daily routine that support healthy skin, luxurious hair, and strong nails. You will feel better about yourself while embarking on a healthier lifestyle.



1206-60

Body, Hair, Skin & Nails

To maintain beautiful hair and nails, it's vital to obtain a balanced daily diet. Some diets don't have the adequate amounts of health-promoting nutrients and other dietary ingredients that your body needs. Mason's Body Hair, Skin and Nails Formula is a complete beauty multivitamin with Biotin, Calcium, Gelatin, B vitamins and antioxidants for healthy hair, nail growth, and skin.



1279-100

MasoNatal - Prenatal Formula

Recommended daily nutrition for women before and during pregnancy. Contains 800mcg of Folic Acid. Women who consume healthful diets with adequate folic acid may reduce their risk of having a child with birth defects of the brain or spinal cord.

Collagen

Collagen is a type of protein. Fibrous in nature, it connects and supports other bodily tissues, such as skin, bone, tendons, muscles, and cartilage. It also supports the internal organs and is even present in teeth. Collagen makes up about 25 percent of the total amount of proteins in the body. Some people refer to collagen as the glue that holds the body together. Without it, the body would, quite literally, fall apart. Often, collagen is discussed in relation to the skin. It works with keratin to provide the skin with strength, flexibility, and resilience. As people age, however, collagen degradation occurs, leading to wrinkles. As such, it is an important substance for those looking for ways to fight the visible effects of aging on the skin.



1475-2oz



1491-100A



1701-120

Hair Vitamins

A strengthening and nourishing formula that promotes healthy Hair with Biotin, Choline, and other Vitamins and Minerals.

Menopause Trio

Nutrition in a timed-release form for optimum absorption and long-term benefit. Contains Black Cohosh Extract, which soothes hot flashes and dryness some women experience during menopause and helps restore balance and comfort; Flaxseed, which has shown tremendous promise in scientific studies for its benefits in treating menopausal symptoms; and Soy, that have had strong scientific attention for a variety of health benefits including supporting menopausal changes, promoting a strong immune system, and maintaining bone health.



1428-30

Cranberry

Cranberries contain proanthocyanidins (PACs) that can prevent the adhesion of certain bacteria, including E. coli, associated with urinary tract infections to the urinary tract wall.

Creams and Oils



1735-2oz



1576-2.5oz



1640-2oz



811-2oz



1621-60

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CONDITION SPECIFIC



We all have different health needs. Mason's Condition Formulas were designed to help you make a wise, high quality supplement choice of the right herbs and vitamins that fit your particular needs.

Blood Sugar Balance

Promotes Healthy Blood Sugar levels; Contains the potent antioxidant Alpha Lipoic Acid in combination with the powerful Blood Sugar balancing herbs Gymnema sylvestre and Bitter Melon.



1343-30

Prostate Therapy

2 softgel per day formulation of today's superpowers of Prostate health in the most researched potencies.

Male Potency

Male Potency includes natural energizers and circulation enhancers that help rev up a man's system.

Leg Vein & Circulation

Supports healthy Leg Veins and promotes Circulation. Helps strengthen vein walls and aids healthy fluid balance for greater leg comfort.

Liver Detox

This special, targeted combination provides all the benefits of today's most recognized Liver supporting ingredients including Milk Thistle Extract, Turmeric, the popular Alpha Lipoic Acid, and more.



1334-30

Prostate

A complete, targeted combination of Saw Palmetto Extract and Stinging Nettle Extracts, Lycopene, Pumpkin Seed Oil and Zinc plus antioxidants to support a healthy inflammatory response in the Prostate and support urinary flow and frequency comfort.



1411-60A

Heart Trio

Featuring the 3 top nutrients for a Healthy heart, Cholesterol, and Joints.



1637-60

Blood Sugar Trio

Unique 3-in-1 formula that promotes healthy blood sugar levels.



1428-30

Menopause Trio

Timed-Release once per day formula for menopausal comfort, Bone and Immune health.



1513-100

Advanced Ear Health Formula

Relief for Ringing in the Ears (Tinnitus)

Mason's Advanced Ear Health Formula safely provides nutritional support to improve circulation in the inner ear for overall ear health.

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MULTIVITAMINS - Compare & SAVE



Mason's multivitamin products are created for the unique needs of men, women, seniors, and children, and they come in a variety of formulations. When it comes to your nutritional supplements, naturally you want quality and value from a name you can trust. That's why Mason offers only the highest quality supplements. Compare our products to costlier national brands, and you'll enjoy benefits for your body and budget!



VitaTRUM

Compare
& SAVE

1595-150

1597-100A



Megavite

A high potency (1caplet per day) multivitamin formulation hand crafted by our Scientific team and healthcare advisors. Unlike other formulations which require 2-3 pills taken daily, Megavite delivers equal levels of Fruits & Vegetables to other brands, without the extra fillers.

1627-60

Daily Multis



600a-100N

588a-100N

1645-90

1619-100

Healthy Kids Gummies



1705-100

1704-50A

Consistent use of multivitamins and other key supplements can promote good health and help prevent disease, according to a comprehensive new report released by the Council for Responsible Nutrition (CRN). The report found that ongoing use of multivitamins (preferably with minerals) and other single-nutrient supplements (like calcium or folic acid) demonstrated quantifiable positive impact in areas ranging from strengthening the immune system of highly-vulnerable elderly patients, to drastically reducing the risk of neural tube birth defects such as spina bifida.

Women who consume multivitamins and/or dietary supplements during a weight-loss program may have reduced appetite (Br J Nutr. 2007; (1):1-11). Researchers from Laval University conducted two studies: a comparison of the characteristics between vitamin and/or dietary supplement consumption and non-consumption, and the effects of multivitamin and mineral supplementation during a weight-reducing program. Overall, vitamin and/or dietary supplementation consumption and multivitamin and mineral supplementation had an appetite-related effect on women during a weight-reducing program, although lower body weight and fat was more detectable in men.

†Mason Natural® is a registered trademark and does not refer to any product claim.

Every living cell on this planet depends on minerals for proper functioning and structure. Minerals are needed for the proper composition of body fluids, the formation of blood and bone, the maintenance of healthy nerve function, and the regulation of muscle tone. Minerals are also essential for the proper utilization of vitamins and other nutrients.

Magnesium

Magnesium is an essential mineral needed for Calcium and Potassium absorption and contributes to proper nerve and muscle impulses, formation of bone, carbohydrate metabolism, nervous system and heart health. Magnesium also helps soothe PMS discomforts.

Magnesium is also needed for bone formation. Studies have shown that individuals with bone problems need to supplement with more magnesium.



1663-60

961-100

Chromium

A mineral that plays a key role in carbohydrate and fat metabolism. Chromium also helps fight Cravings and promotes healthy Blood Sugar levels.

Did you know?

Recent studies have shown that people with fibromyalgia have low levels of magnesium in the blood cells. This can contribute to the fatigue experienced in FMS and CFS patients. Magnesium is instrumental to releasing energy to these cells. Magnesium deficiencies are common due to diets high in processed foods. When a deficiency occurs, persons can experience muscle weakness, insomnia, depression—all contributors to a decrease in energy levels. Replacing magnesium and including malic acid to your supplementation can help improve your energy.



1249-60

Selenium

An antioxidant trace mineral that helps protect cells from free radical damage, especially in the body's organs. Some scientific evidence suggests that consumption of selenium may reduce the risk of certain forms of cancer. However, the FDA has determined that this evidence is limited.

Iron

Iron plays a key role in promoting rich, red blood. It's needed to make hemoglobin, the protein that carries oxygen in the blood. This formula helps maintain healthy levels of hemoglobin in the blood.



1497-100

Small tablet, High Potency, Once a Day, Gentle to your System; Clinically shown to have a 60% fewer incidence of the side effects (constipation and abdominal discomfort) when compared to immediate release iron tablets.

Zinc

According to a study conducted by World Health Organization Zinc supplements can reduce the incidence of childhood pneumonia by up to 41%. Scientists say Zinc lozenges prevent virus cells from affecting the body.



775-100

Potassium

Supports normal Blood Pressure levels and a Healthy Heart. Can be used for stress, blood sugar balance, water balance and distribution, muscle and nerve cell function, and kidney and adrenal function.

Calcium

The U.S. Surgeon General recommends we consume adequate amounts of Calcium and Vitamin D to help prevent Osteoporosis. New scientific data now reveals that this same important mineral may also significantly promote Colon Health! Mason offers Calcium supplements in a variety of high-quality formulations to suit your needs. See the Calcium section for more details.

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LETTER VITAMINS

Vitamin A

Vitamin A is the general name for substances that include retinol, retinal and the carotenoids. Vitamin A is essential for good vision. It also helps maintain the health of skin and hair, and assists in maintaining a healthy immune system.



592-100

Vitamin B

The B vitamins are made up of several essential nutrients that work well together to provide nourishment for the stresses of daily living. This section includes a comprehensive offering of the B Vitamins, available in various forms, so you can choose the right product for your needs.

B-1 (Thiamine Hydrochloride)

Supports energy metabolism & nervous system health.

B-2 (Riboflavin)

Riboflavin (vitamin B2) is manufactured in the body by the intestinal flora and is easily absorbed, although very small quantities are stored, so there is a constant need for this vitamin. It is required by the body to use oxygen and the metabolism of amino acids, fatty acids, and carbohydrates.

B-12 (Cyanocobalamin)

Also available in Sublingual



966-100

762-60

Vitamin B12's main functions are in the formation of red blood cells and the maintenance of a healthy nervous system. Vitamin B12 is an especially important vitamin for maintaining healthy nerve cells. It promotes normal growth and development, helps with certain types of nerve damage, and treats pernicious anemia.

Cod Liver Oil

This time-honored favorite is one of nature's richest sources of Vitamins A and D and the Omega-3 Fatty Acids EPA and DHA. Cod Liver Oil promotes strong bones, helps maintain healthy cholesterol levels, and nutritionally supports healthy joints and skin. In addition, these "good" oils protect your vision and heart, promote a healthy inflammatory response, and help boost your



1363-100

597-100

B Complex

Vitamin B complex is a supplemental combination of B vitamins which are essential to the body. The vitamin B-complex group includes B1 (thiamin), B2 (riboflavin), B3 (niacin and niacinamide), B6 (pyridoxine), B12 (cobalamin), folic acid or folate, pantothenic acid, biotin, choline, inositol, and PABA (para-aminobenzoic acid).

Vitamin B complex is involved in an extremely large and important group of metabolic functions in the human body, such as energy production, Interco versions of one substance to another, detoxification, nerve transmission, blood formation, synthesis of proteins and fats, the production of steroid hormones, the maintenance of blood sugar levels, the maintenance of appetite, the toning of muscles, etc.



601-100

537-100

644-100

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1499-60

Also available
in Flush-FREE

Niacin/Niacinamide

Niacin helps maintain healthy functions of the nervous system, digestive system, skin & energy. Niacinamide is an amine form of niacin and is important in promoting a healthy nervous system, skin, and gastrointestinal functioning.

Biotin 800mcg / 5000mcg / 10,000mcg

The primary role of biotin is in the metabolism of fats, proteins and carbohydrates. Biotin supplements may improve thin, splitting, or brittle toe and fingernails as well as hair health.

Vitamin C

Vitamin C is one of nature's most important antioxidants. Every day, researchers find new indications for vitamin C as a major factor of good health. It has antioxidant benefits and promotes healthy gums and capillaries due to bioflavonoids. It is vital to the body for the production of collagen - a connective material in body tissues, and it helps absorb iron. The human body does not manufacture or store vitamin C. It is used up rapidly at times of stress, excitement, physical activity and even extreme temperature changes.



629-100A



716-100A



Getting the suggested 200mg to 1,000mg a day from food is not enough. One 8oz glass of orange juice from concentrate has only 100mg of Vitamin C.

Vitamin D

See Page 6

Vitamin E

After many years of research, Vitamin E has been recognized as the #1 antioxidant in our diet. Unfortunately, many processed foods have been severely depleted of Vitamin E. New studies show that Vitamin E promotes healthy heart function. Vitamin E is fat-soluble and should be taken with a meal that contains a little fat for best absorption.



504-100



505-100

Folic Acid

Folic acid plays an essential role in human growth and development, in particular cell division and DNA synthesis. It is involved in every bodily function that requires cell division.

Folic acid is indicated for the prevention of some birth defects and appears to confer significant protection against cardiovascular disease and some forms of cancer. Pregnant women have an increased need for folic acid. Folic acid is crucial to support the rapid growth of the placenta and fetus and may reduce the risk of having a child with brain or spinal cord birth defects.

Vitamin K

Vitamin K is necessary for the formation of prothrombin, which is required for normal blood clotting. Vitamin K is also a great companion to Calcium and Vitamin D supplements.



779-100

1626-100

FREE
See back page
for coupon

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HERBALS

Aloe Vera

Helps soothe the stomach and promote regularity. Provides healthy skin benefits.

Black Cohosh

Studied and shown to sooth menopausal discomfort, ease hot flashes, and help restore balance.

Coconut Oil 1000mg

Helps maintain healthy cholesterol levels already in the normal range. Promotes heart and immune system health. Promotes healthy hair and skin.

Cranberry

Promotes urinary tract, kidney, and bladder health.

Echinacea Purpurea

Studied and shown to boost immune health especially during the cold season.

Evening Primrose Oil

Eases symptoms of PMS, including breast sensitivity. A rich source of omega-6 fatty acids.

Fenugreek

Studied and shown to help support healthy blood sugar levels already in the normal range. Supports healthy lactation during breast feeding.

Garlic 300mg

Garlic may have positive effects in preventing cardiovascular diseases, such as heart attack or stroke.

Ginkgo Biloba

Aids Memory and Concentration. Promotes circulation to the Brain which helps nourish Brain cells.

Ginseng

Support restored vitality & energy levels.

Grape Seed Extract

Provides antioxidant cell protection and promotes a healthy cardiovascular system.



1280-60



Graviola

Helps support immune system health

Green Tea

Provides antioxidant protection and promotes healthy immune and cardiovascular systems.

Horse Chestnut

Supports leg vein health and appearance by aiding healthy fluid balance throughout the legs.

Milk Thistle

Promotes healthy, vibrant liver function and help rid toxins from the body.

Milk Thistle/Cranberry

Promotes liver function, bladder & kidney health.

Olive Leaf

Best know for their blood pressure lowering effects, but the latest studies reveal health benefits well beyond that.

Saw Palmetto

Promotes a healthy inflammatory response in the prostate; supports urinary frequency & flow comfort.

St. John's Wort

Promote mental and emotional well-being especially during times of stress.

Turmeric

Promotes powerful antioxidant protection. May contribute to healthy brain and overall well being.

Valerian Root

Promote restful sleep.

Yohimbe

Promotes male potency, vitality, energy and stamina.



1547-60

Mason also offers Premium Whole Herbs - natural products where no single ingredient is isolated and concentrated. Many Herbalists contend that nature provides a spectrum of ingredients within each herb that act in harmony with the body's natural healing processes. All Mason Premium Herbs are in their natural state; pure, potent, and free of additives.



1640-2oz



1150-60



1580-1oz

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FOOD SUPPLEMENTS

Is there enough nutrition in your diet? Work, family, friends and stress all have an affect on meal preparation. Mason's Food Supplements provide the nutrition your body needs to function at optimal levels in convenient easy-to-swallow tablets, capsules and softgels.

Alfalfa

A nutritive herb and "green food" rich in minerals and vitamins, especially iron and Vitamin K. May also help the pollen-sensitive, and promotes healthy joints, blood, digestion, cholesterol, sugar balance, and energy.

Brewers Yeast

One of the first "health foods". A whole food nutritionsource that contains B Vitamins, Proteins, and Trace Minerals.

Kelp 5 gr

Natural Iodine from Kelp plays a key role in healthy Thyroid function, the gland that regulates Metabolism and many other body functions.



555-250

Spirulina

Natural source of chlorophyll, Iron, Beta Carotene and B vitamins. Promotes overall health and well being.



766-100

Soluble Fiber with Probiotics

Rapid absorption. Helps improve intestinal regularity. Helps improve digestion.



1629-60

Cod Liver Oil

Cod Liver Oil promotes strong bones, helps maintain healthy cholesterol levels, and nutritionally supports healthy joints and skin. In addition, these "good" oils protect your vision and heart, promote a healthy inflammatory response, and help boost your immune system.

Cod Liver Oil Chewable

This time-honored favorite is one of nature's richest sources of Vitamins A and D and the Omega-3 Fatty Acids EPA and DHA. These tasty chewable tablets have been specially developed for people who have difficulty digesting oil and for those who do not prefer the taste of Cod Liver Oil.



1363-100

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CALCIUM



The U.S. Surgeon General recommends we consume adequate amounts of Calcium and Vitamin D to help prevent Osteoporosis. New scientific data now reveals that this same important mineral may also significantly promote Colon Health! Mason offers Calcium supplements in a variety of high-quality formulations to suit your needs.

How much should I take?

Suggested daily doses of elemental Calcium are as follows:

CHILDREN	
1 - 3 years	500mg
4 - 8 years	800mg
MALES/FEMALES	
9 - 18 years	1,300mg
19 - 50 years	1,000mg
51 - 70+ years	1,200mg
50+ years (women not on HRT)	1,500mg
PREGNANT AND LACTATING	
<18 years	1,300mg
19+	1,000mg

Beyond Bones

Colon cancer is the second leading cause of cancer related death in the U.S. and the third most common malignancy in US women. Much research is being done on the prevention of colon polyps, which is thought to be the first step in the development of colon and rectal cancer. A large study by Dr. J. Baron revealed that calcium supplementation was associated with a significant reduction in the rate of recurrent colon and rectal polyps. This study used 1200 milligrams of calcium over a four-year period and found a 15% reduction in polyp recurrence. This reduction was seen within the first year of the study.

In a second well controlled intervention study, Dr. Baron found reason for continued optimism regarding calcium and colon cancer prevention. In this study, 803 men and women who had a prior colon polyp were given calcium (1200 milligrams) or placebo and followed for 4 years. The investigators measured levels of vitamin D in the study participants and found that the benefit of calcium on polyp prevention was seen in individuals with higher levels of vitamin D.

In a new survey study by the American Cancer Society, they found an association between higher calcium intake and a lower risk of colon cancer for both men and women, while vitamin D might help cut risk in men. The association was strongest in people who took supplements, rather than getting these nutrients from foods. McCullough and her colleagues studied more than 10,000 men and more than 66,000 women who were already participating in an American Cancer Society study of nutrition and cancer prevention. The participants were all between 50 and 74-years old when they enrolled in the study in 1992 and 1993. People who took calcium supplements had about a 30% lower risk of developing colon cancer than people who did not take supplements.



968-100



1238-60



1237-60



755-60N



889-100N



1415-60A



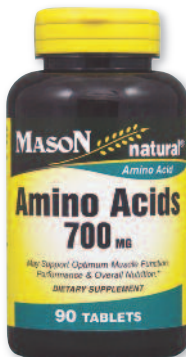
If you're serious about sports and fitness, you've come to the right place. Whether you're a cyclist, walker, distance runner, or competitive body builder, our top-quality fitness-enhancing products are designed to help you achieve your personal best.



1191-60

Amino Complex 6000 Chewable

Specially formulated and scientifically balanced for bodybuilders, power lifters and professional athletes.



823-90A

Amino Acid 700mg

A special complex of 17 individual amino acids, in one easy-to-take tablet.

DHEA

A natural hormone produced in the adrenal glands. Promotes youthful energy, overall health, emotional and physical well-being, and a healthy immune system. DHEA levels naturally decrease as we age. Supplementing with DHEA can promote youthful levels of this vital hormone.



1130-30

Maximum Energy Multivitamin

Complete Daily Nutrition PLUS Standardized Ginseng, Guarana and Kola Nut ENERGIZE.



1218-60

L-Carnitine Fumarate 500mg

What is L-carnitine?

L-Carnitine is a naturally occurring amino acid which plays a vital role in the metabolism of fat. It functions as a transporter of fatty acids into the mitochondria, the metabolic furnace of the cell.



1613-60



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WEIGHT MANAGEMENT



Maintaining a healthy body begins with choosing the right lifestyle. In today's fast paced society sometimes it is difficult to take the correct approach toward eating right. Mason helps you to maintain the healthy body you need. From trapping fat, to increasing your metabolism, to helping you burn more calories, there is sure to be a solution for you. For best results, we recommend a healthy diet and exercise program while you take any weight management supplement.



1662-60

Raspberry Ketone 200mg

As a natural compound that's sourced directly from red raspberries, this powerful little red pill really packs a punch.

Raspberry ketones is a super-charged metabolic booster, revving up your body's fat-burning engine to help bust apart fat at the cellular level. It works quickly, showing noticeable results within

about a week or two, and it's affordable, a big bonus for anyone who's struggling with tight clothes and an even tighter budget.

Apple Cider Vinegar PLUS

Features three of the newest and most popular nutrients on the market today, blended together for the first time at meaningful levels. Apple Cider Vinegar is naturally rich in enzymes and minerals and known for its powerful system-cleansing benefits. This popular diet aid promotes fat metabolism and supports appetite control. EGCG is a natural, active compound from Green Tea Extract, that is known to promote a healthy metabolism and enhance fat loss. BITTER ORANGE promotes Thermogenic action. Synephrine, the active compound in Bitter Orange (Citrus aurantium), is the new, cutting-edge ingredient that gives you thermogenic benefits without the jittery side effects.



1570-60



1698-60

Garcinia Cambogia

Grown in India and some parts of Asia for centuries, the Garcinia Cambogia is a fruit that is finally getting noticed by Western nutritionists and diet experts. Developing research suggests that Garcinia might prevent fat storage and control appetite.

Fat Burner Plus

Fat Burner Plus Citrimax with Chromium picolinate, 5HTP and thermogenic herbals tablets. Curbs appetite, fights cravings and promotes fat-burning.



1665-60



1309-60

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Sexual health supplements are a natural and positive way to enhance your sexual health. For centuries, both men and women have successfully improved performance and enjoyment with sexual health supplements including herbs and other nutrients, like horny goat weed, maca root, yohimbe bark extract and many more. Mason offers a variety of formulas designed to enhance satisfaction in different ways. Some of the most popular sexual health products boost circulation, enhancing blood flow to sensitive areas of the body for increased enjoyment.

VeinErect

For men who wish to enhance their sexual function. VeinErect contains L-Arginine, an amino acid that is essential for the production of Nitric Oxide, a compound that affects the body's regulation of blood vessel dilation and restriction. Lack of Nitric Oxide has a direct impact on sexual function, feeling, and desire. In combination with Maca, this potent formula supports the body's production of Nitric Oxide and optimal sexual function.



1349-80

Desire-X

This exotic formula features Horny Goat Weed, considered a premiere libido-lifter for men and women, and a top aid to erectile function in men. Also included are other powerful herbal energizers like Maca and Mucuna pruriens.



1370-60



1438-60

Men's Potent Supreme

Unique, energizing, invigorating, and stimulating mix for prolonged action. With Yohimbe, Maca, Ginseng, Zinc, and Caffeine, nutrients that have a reputation for enhancing Strength, Stamina, Libido, Energy, Fertility, Powerful Sexual Impulses, and Male Reproductive Health.

Maca

Known as Peruvian Ginseng. Maca has a reputation for enhancing strength, stamina, libido, and fertility.

Super Potent Yohimbe

Yohimbe Bark, which comes from an evergreen tree native to the forests of Africa, has a long history of promoting male potency, vitality, stamina, and energy. It is most popular as a sexual energizer, especially for men.

Caution: Some individuals experience an increased heartbeat or heart palpitations from taking Yohimbe. Please consult your healthcare professional prior to the use of this supplement.



1201-30A

FREE

Up to a \$12.00 Value!

See back page for coupon



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FREE

Up to a \$12.00 Value!



Send to: Coupon Redemption Department
PO Box 5285, Hialeah, FL 33014

Your Choice with ANY \$20 or more Mason Natural® Vitamin purchase

Mail us this completed coupon with your original receipt and we will mail you the supplement of your choice!

Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____

Check one item of your choice:

☐ Fish Oil ☐ Max. Strength Gluco/Chon ☐ Co Q 10

Product number of item(s) you purchased: _____

Only one free product per customer, per receipt. Valid in the continental US only. Limited time offer.

We put HEALTH first

Manufactured
in the
USA



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