



Caruso's
NATURAL HEALTH

new
Edition #1

Herbal Gummies



VEGAN

99% SUGAR FREE

NATURAL COLOURS



Indigestion



Energy



Stress



Memory



Prostate



Libido



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IMPORTANT INFORMATION - PLEASE READ

The information in this booklet is provided for health education purposes only. It is not intended for diagnosing, prescribing or as medical advice. The publisher and author are not responsible for any suggestions, preparations or procedures stated in this book. All matters regarding your physical health should be supervised by a healthcare professional. If you have any medical problems or injuries, you should consult with your healthcare professional before embarking on any dietary, supplement or exercise programs. If symptoms persist, see your healthcare professional. Always read the label and use only as directed.

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Always read the label and follow the directions for use.



The Caruso's Story

By Frank Caruso

"I discovered over 40 years ago that prevention is far better than a cure!"

- Frank Caruso

In 1979, I joined a local gym to lose weight and get fit. About 2 weeks into my training, the gym owner George pulled me aside and said "Frank, it's great that you are training here to lose weight and get fit but if you don't change your diet, you are not going to live a long healthy life." I said "George, what do you mean, I eat really well." George said, "Look Frank, do yourself a favour and buy this book, read it and



101 Kilbs (1976)

had learnt that I wanted to educate as many people as I could on the principles of natural health. I had never heard the saying "Prevention is better than cure." I had never heard anyone say, "Eat to live," whereas I used to live to eat. I started purchasing every book I could get my hands on about natural health, herbal medicine, nutritional cooking, raw vegetable juices, internal cleansing, bowel health, organic gardening and anything relating to natural living. I couldn't get enough! I couldn't wait to tell all my friends and family. In fact, that's all I spoke about.

Quit my job to follow my passion!

I said to my wife Grace, "I really would like to do this full time." I thought, why don't I open up a



The miracle of fasting

I guarantee it will change your life." I took the book home and read it from cover to cover in just three days. George was right, the book changed my life forever. I went from one day eating everything that my wife Grace put in front of me to the next day not eating anything she cooked. I was just so inspired by what I





My first health food shop (1982)

health food store. At the time, that's what made me the happiest: talking to people about bowel health and the principles of natural living. So that's what I did. I quit my job as a motor mechanic and I opened the store on the 1st of November 1982, on my 28th birthday.

Talking to customers made me happy

From the very first day of opening the doors, I just couldn't keep my mouth shut. I just talked and talked and talked to every customer that came into my store. In fact, I think I hold the longest record for talking to one customer in one period. She came into the store at 9 o'clock and she left at 5 o'clock in the afternoon. I'm not kidding - my wife is a witness to that.



With my wife Grace (1983)

New house or open health food store?

Grace worked at the store and we had two young children at the time and a mortgage. I guess thinking about it now, we took a huge risk opening a new business. I said to Grace, "Do we build a house or do we open a health food store?" Grace had always wanted a new house. We discussed it and she said, "Look, it's your passion, let's open the health food store and worry about the house later." I've always had Grace's support, she has been great.



With my wife and boys (1985)

Created my own vitamin range

After a few years of working in the health food store, I realised that there weren't many people in the industry that were as passionate as I was on natural living. So in 1995, I decided to create my own vitamin range. The idea of starting the company was originally to bring out a small range of internal cleansing programs that would support digestion and take a load off the digestive system, so the body could focus on healing itself.

That's how I started. Since then, the range has expanded to over 130 products. In March 2013, I decided to change the brand name from Totally Natural Products to Caruso's Natural Health. It's my family name and I'm the founder of the company. I just felt that it was appropriate to go out with a brand that was under the family name because there is a good story to tell.

"I wouldn't put anything in my products that I wouldn't take myself or give to my family"

- Frank Caruso

All of my products are manufactured in Australia

I'm also proud to say, that all of my products are manufactured in Australia. I believe we have the best manufacturing facilities in the world right here in Australia. I have always made it a priority to support Australian manufacturers whenever possible.

All of our cartons and labels are made and printed in Australia. Our posters, Natural Health Crusader magazine, Health Remedies Guide and product brochures are all printed in Australia. This helps to keep hundreds of our fellow Australians employed and as we grow, it will help to create hundreds of new jobs for Australians. Australian manufacturers and service providers need our support more than ever before.

I strongly believe that if we all choose to buy products that are manufactured in Australia, it will make our great country a nation that our children and grandchildren will be proud of for many years to come.

Join me in supporting Australian manufacturing and keeping jobs in Australia.

100% Money Back Guarantee

I have a passionate team that are truly dedicated to sourcing quality ingredients that go into our formulas. That's why I'm happy to stand behind my products with a 100% Money Back Guarantee.

The thing that still drives me today is the fact that I am still helping Australians live healthier lives.

Building an army of Health Crusaders!

My mission in life is to inspire my fellow Australians to join with me to build an army of Health Crusaders to help spread the word on nutrition and the essential role it plays in maintaining good health and the prevention of disease.

I'm now in my 70's and I'm still very active and fit. I can honestly say I feel just as alert, vibrant and enthusiastic about life today as I did in my twenties. I'm a good example that if you embrace the principles of natural health you can live a long, healthy and vibrant life.

Today, with the support of my family, friends and my passionate team at Caruso's, I'm as excited as ever in helping my fellow Australians live healthy lives. To embark on your health and wellness journey, follow us online for the latest resources available.

Yours in vibrant health,

Frank Caruso

Frank Caruso,
Founder
Caruso's Natural Health

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Mother Nature is the Original Healer!

By Frank Caruso

Since reading my first book on natural living back in 1979, I have believed without question that we have the ability to heal ourselves.

All we need to do is give our body the opportunity to heal itself. I've also believed that Mother Nature is the original healer and has provided us with everything we need for healing. Not only is our body self-healing, it can be an efficient functioning machine when we look after it well. When our body is provided with the correct fuel, our minds can overcome the greatest obstacles, our spirit can break open boundaries and we can achieve things we never thought possible.

I've experienced first-hand how embracing the principles of natural living not only turned my health around physically, but mentally it flooded my mind with so much positive energy that I was bursting at the seams.

It literally turned my life around overnight. That was almost 45 years ago, and I feel just as passionate about natural healing today as I did all those years ago.

"Let food be thy medicine and medicine be thy food."

- Hippocrates, father of medicine, 431 BC

Discovering the healing power of herbs for the first time!

In the first 12 months after reading my first book on natural health, I read many books on natural healing. However, the one that I found most educational and compelling was Dr. Jensen's "Guide To Better Bowel Care." Dr. Jensen's book is a complete program for tissue cleansing through to bowel management. Dr. Bernard Jensen believes that all health problems start in the bowel and that if your bowel is not healthy your body won't be able to maintain good health.

That was the first time I heard about using herbs to cleanse and heal your body.

I was so captivated by the learnings in the book that I could not wait to start following his program. I don't have space in this book to detail Dr. Jensen's methods but I do recommend that you buy a copy and encourage you to follow his principles. Dr. Jensen changed my life for the better and I know it will have a positive effect on your life too. It's no surprise that 16 years after reading Dr. Jensen's book, the first herbal product I developed was an internal cleansing program.



After reading Dr Jensen's book, I wanted to learn as much as I could about herbs and all the healing powers associated with each herb. The next book I read on herbal medicine was *The Herb Tea Book* by Dorothy Hall. Dorothy Hall was probably the foremost Australian herbalist/author at the time. Dorothy believed that you could help heal and strengthen your body by drinking herbal teas and using herbal supplements.

Needless to say, I started drinking lots of cups of herbal teas every day. It wasn't unusual for me to drink as many as 8 cups of herbal tea a day. My favourite herbal teas were and today still are lemongrass, peppermint and chamomile. I would often mix peppermint and chamomile together and drink it after each main meal because it promotes digestion. Lemongrass is so refreshing and has so many health benefits.

The more I read on herbal medicine and nutrition, the more I realised that Mother Nature has provided us with so many remedies. I was convinced then and still am today that Mother Nature was and always will be my first choice when looking for a remedy for healing my body.

Throughout all the years, I worked in my health food store, as well as educating my customers on the principles of healthy living. I would always recommend specific herbs to address many of their health conditions which led to my customers achieving positive results.

In many parts of the world, billions of people use herbs for their amazing healing and restorative powers everyday. With that said, it is slowly becoming more mainstream as improvements in analysis and quality control, along with advances in clinical research, show the value of herbal medicine in addressing health conditions.

"The art of healing comes from nature and not from the physician. Therefore, the physician must start from nature with an open mind."

- Paracelsus

Over 5000 years of history!

Plants have been used for medicinal purposes long before recorded history. There are Ancient Sumerian clay tablets dating back to over 5000 years ago which contain recipes for preparations of over 200 different plants and Ancient Mesopotamia clay tablets dating back to over 4500 years ago.¹ Indigenous cultures (such as African and Native American) used herbs in their healing rituals, while others developed traditional medical systems (such as Ayurveda and Traditional Chinese Medicine) in which herbal therapies were used. Today, researchers are finding that people in different parts of the world actually used the same or similar plants for the same purposes.¹

The oldest known list of medicinal herbs was compiled in China and lists even older traditions that were used at the time, some of which are still practiced today. The ancient Greeks and Romans were also renowned herbalists who travelled with their armies to spread their herbal expertise throughout the ancient world.¹

When chemical analysis techniques first became available, scientists began to extract, isolate and measure the active ingredients from plants. Later developments enabled to extract and concentrate traditional plant-based remedies, giving rise to treatments such as morphine and quinine.²

Chemists then began making their own version of these plant compounds and modern pharmaceuticals were born.

Thousands of clinical studies!

In recent years, interest in herbal medicine has skyrocketed, leading to a greater scientific interest in the medicinal use of plants. Now, with the help of modern science and advancements in biotechnology, scientists are able to fully identify and test the chemical compounds within botanicals that have been used for centuries.

Today, thousands of clinical studies are being conducted on well-known ancient herbal medicines to determine exactly what their mechanisms are and where they can be used with efficacy.

Introducing 6 popular healing herbs used around the world today!

In the following pages, I have listed 6 powerful healing herbs used by hundreds of millions of people around the world today. The health conditions that these formulas address are vast, and the benefits they provide spread over a range of common health conditions.

In the following pages, I have included many health benefits associated with these 6 herbal formulas; Ashwagandha, Ginkgo, Ginseng, Milk Thistle, Saw Palmetto and Maca.



Ashwagandha
Withania somnifera



Ginkgo
Ginkgo biloba



Ginseng
Panax ginseng



Maca
Lepidium meyenii



Milk Thistle
Silybum marianum



Saw Palmetto
Serenoa repens

Herbal Gummies



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NATURAL COLOURS



Stress



Energy



Memory

Always read the label and follow the directions for use.

Caruso's Herbal Gummies are a delicious, convenient alternative for those who want the health benefits of herbal medicine without having to swallow tablets — a common challenge for around 40% of adults³. Each gummy is **sugar-free, vegan, and made with natural colours**, offering a great-tasting, plant-based option you'll actually look forward to taking. Proudly **made in Australia**, our Herbal Gummies make it simpler than ever to support your health naturally.



Libido



Indigestion



Prostate

Always read the label and follow the directions for use.

See Caruso's Natural Health website for terms and conditions of 100% Money Back Guarantee.

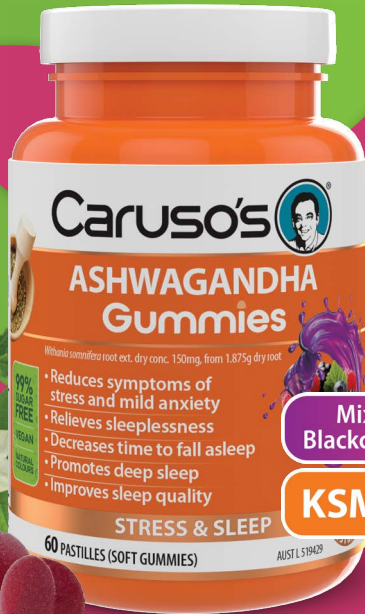
Ashwagandha Gummies

Stress & Sleep

Caruso's Ashwagandha Gummies feature a deliciously fresh mixed berry and blackcurrant flavour. They are also plant-based, 99% sugar free and made with natural colours.

Caruso's Ashwagandha Gummies have been formulated using KSM-66 Ashwagandha®, a certified organic, full-spectrum root extract used to reduce symptoms of stress and mild anxiety, relieve sleeplessness, improve sleep quality and promote deep sleep.

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Indications

- ✓ Reduces symptoms of stress and mild anxiety
- ✓ Relieves sleeplessness
- ✓ Decreases time to fall asleep
- ✓ Promotes deep sleep
- ✓ Improves sleep quality

Mixed Berry & Blackcurrant Flavour

KSM-66

Always read the label and follow the directions for use.

History

Ashwagandha is one of the most popular medicinal plants derived from Traditional Ayurvedic Medicine. It's commonly referred to as Indian Ginseng as its benefits are similar to those of members of the ginseng family.⁴

Ashwagandha (*Withania somnifera*) has predominately been used throughout parts of India, Middle East and North Africa for the past 3000 years.⁴ The name Ashwagandha originates from the ancient Indian word 'Ashwa', meaning smell and 'gandha' meaning horse, relating to both the strong odour of the root and also the metaphoric comparison of gaining horse-like power when consumed.⁵

Pack size	60
Format	Pastille (Soft Gummies)
Dose	2 to 4 a day

Formula

Each pastille (soft gummie) contains:
Withania somnifera (KSM-66 Ashwagandha®) root ext. dry conc. 150mg
From dry root 1.875g

Directions for Use

For general health and wellbeing:

Adults chew (do not swallow whole) 2 pastilles soft gummies daily with food, or as advised by your health professional.

For stress and sleeplessness:

Adults chew (do not swallow whole) 4 pastilles (soft gummies) daily with food, or as advised by your health professional.

Specifications

Appearance:

Opaque dome-shaped chewable gummy pastilles, with a dark red wine hue and a matte surface. (Slight variations in colour and aroma may occur due to the use of natural ingredients).

Flavour & Aroma:

Mixed berry and blackcurrant flavour and aroma.



Ginkgo Gummies

Memory & Cognition

Caruso's Ginkgo Gummies feature a deliciously fresh raspberry and mango flavour. They are also plant-based, 99% sugar free and made with natural colours

Caruso's Ginkgo Gummies help maintain healthy blood circulation which supports memory and mental recall in adults. Caruso's Ginkgo Gummies also help maintain cognitive and mental function in adults, and support general health and wellbeing.



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Indications:

Supports:

- ✓ Cognitive and mental function in adults
- ✓ Memory and mental recall in adults
- ✓ Healthy blood circulation
- ✓ General health and wellbeing

Antioxidant: Reduces free radicals formed in the body

Mango Raspberry Flavour

Always read the label and follow the directions for use.

History

The *Ginkgo biloba* tree holds the title for the oldest living tree on earth, and has remained unaffected and unchanged throughout its existence. The life span of a Ginkgo tree can be well over a thousand years, with some plants in China dating back 1500 years. The Ginkgo tree can be traced through its origination from China through to Asia and can now be found all around the world.⁶

Ginkgo biloba's medicinal history can be traced back to China nearly 5000 years ago. Since then, millions of people from all over the world have benefited from Ginkgo's medicinal properties.⁷

Ginkgo biloba fossils can be traced as early as the Jurassic period, which places the plant at around 200 million years old. Its status as being a 'living fossil' is justified as *Ginkgo biloba* has no common relatives and stands alone as the only surviving member of the Ginkgo family.⁷

A fully matured Ginkgo tree can stand 20 to 40 metres tall, sprouting green, fan shaped leaves that turn golden yellow in autumn.⁸

Pack size	60
Format	Pastille (Soft Gummies)
Dose	2-a-day

Formula

Each pastille (soft gummie) contains:

Ginkgo biloba (Ginkgo) leaf ext. dry conc. 40mg
From min. dry leaf 2g

Directions for Use

Adults chew (do not swallow whole) 2 pastilles (soft gummies) daily with food, or as advised by your health professional.

Specifications

Appearance:

Opaque dome-shaped, chewable gummy pastilles, with a dark red wine hue and a matte surface. (Slight variations in colour and aroma may occur due to the use of natural ingredients).

Flavour & Aroma:

Mango-raspberry flavour and aroma, with Ginkgo leaf bitter taste.



Ginseng Gummies

Stress & Fatigue

Caruso's Ginseng Gummies feature a deliciously fresh raspberry flavour, are plant-based, 99% sugar free and made with natural colours.

Caruso's Ginseng Gummies have been formulated using a concentrated herbal extract of *Panax Ginseng*, a plant traditionally used in Western Herbal Medicine to help the body adapt to stress, relieve feelings of tiredness, weakness and fatigue, plus support general health and wellbeing.



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Indications

Contains Ginseng traditionally used in Western Herbal Medicine to:

- ✓ Help the body adapt to stress
- ✓ Relieve tiredness, feelings of weakness and fatigue
- ✓ Support general health and wellbeing

Raspberry Flavour

Always read the label and follow the directions for use.

History

The word Ginseng is said to mean “the wonder of the world.”⁹ The names by the Chinese and Native Americans meant “like a man” referring to the root’s resemblance to the human form.^{10,11} *Panax ginseng*, from Asia, could be one of the most significant restorative tonics ever known to man partly because of its remarkable effect on the body as well as Ginseng’s legendary reputation.

Its reputation prompted a wealth of scientific studies that launched its current popular use in Western Medicine. In China it was known as “man root” because when the plant is harvested the root usually has two long parts that look like legs, with smaller roots appearing above like arms with even smaller rootlets as fingers.¹²

Ginseng that is native to North America is highly regarded by Asians and Westerners alike. The Cherokee Indians also called Ginseng “little men.”¹¹

Pack size

60

Format

Pastille (Soft Gummies)

Dose

1 to 2 a day

Formula

Each pastille (soft gummie) contains:

Panax ginseng (Korean ginseng) root ext. dry conc. 50mg
From dry root 1,000mg

Directions for Use

Help the body adapt to stress and relieve fatigue:

Adults chew (do not swallow whole) 2 pastilles (soft gummies) daily with food, or as advised by your health professional.

Support general health and wellbeing:

Adults chew (do not swallow whole) 1 pastille (soft gummies) daily with food, or as advised by your health professional.

Specifications

Appearance:

Semi-transparent dome-shaped chewable gummy pastilles, with a red wine hue and a matte surface. (Slight variations in colour and aroma may occur due to the use of natural ingredients).

Flavour & Aroma:

Raspberry flavour and aroma, with Korean Ginseng taste.



Maca Gummies

Libido & Energy

Caruso's Maca Gummies feature a deliciously fresh raspberry flavour, are plant-based, 99% sugar free and made with natural colours.

Caruso's Maca Gummies have been formulated using a concentrated extract of *Lepidium meyenii* (Maca) which has been traditionally used in Western Herbal Medicine to support a healthy libido and maintain energy levels.

Maca is also an antioxidant. It reduces the formation of free radicals in the body and supports general health and wellbeing.



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Indications

Contains Maca traditionally used in Western Herbal Medicine to support:

- ✓ Healthy libido
- ✓ Energy levels

Antioxidant: Reduces free radicals formed in the body

Raspberry Flavour

Always read the label and follow the directions for use.

History

For the Andean Indians and the natives of the region, Maca was an important asset. It was commonly used as a form of currency by the Peruvians due to the lack of crops in mountainous regions. It was usually traded for staple foods such as corn, rice, green vegetables and beans.¹³ Maca's physical form can vary in size, shape and weight and its root appears similar to that of the radish and turnip family which it is related to. In its natural habitat, Maca is grown 3,800 – 4,400 metres above sea level.¹⁴

Dating back to the Inca legends, the consumption of Maca as a root vegetable was added to cooking and used as a medicinal aid. It is considered to be one of the most beneficial plants that grow in South America. Although it is unrelated to Ginseng, Maca has been referred to as “Peruvian Ginseng” because of its similar medicinal qualities.¹⁴ Other countries such as Spain, purposely imported Maca, which was used by the Spanish courts and royalty for its medicinal and nutritious properties.¹³

Pack size	60
Format	Pastille (Soft Gummies)
Dose	2-a-day

Formula

Each pastille (soft gummie) contains:

Lepidium meyenii (Maca) tuber ext. dry conc. 75mg
From dry tuber 750mg

Directions for Use

Adults chew (do not swallow whole) 2 pastilles (soft gummies) daily with food, or as advised by your health professional.

Specifications

Appearance:

Opaque dome-shaped chewable gummy pastilles with a dark red wine hue and a matte surface. (Slight variations in colour and aroma may occur due to the use of natural ingredients).

Flavour & Aroma:

Raspberry flavour and aroma, with Maca taste.



Milk Thistle Gummies

Liver & Indigestion

Caruso's Milk Thistle Gummies feature a deliciously fresh strawberry flavour, are plant-based, 99% sugar free and made with natural colours.

Caruso's Milk Thistle Gummies have been formulated using a concentrated herbal extract of Milk Thistle to protect the liver, support healthy liver function and help relieve symptoms of indigestion, as used in Traditional Western Herbal Medicine.



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NATURAL COLOURS



Indications

Contains Milk Thistle traditionally used in Western Herbal Medicine to:

- ✓ Protect the liver
- ✓ Support healthy liver function
- ✓ Relieve symptoms of indigestion

Antioxidant: Reduces free radicals formed in the body

Strawberry Flavour

Always read the label and follow the directions for use.

History

Milk Thistle, also known as *Silybum marianum*, is native to Western and Central Europe and Northern India. Over time, it has also been cultivated in Southern Europe, Africa, India, China, Australia, South America and throughout North America. Its distinguished features include unique shaped flowers and leaves that can be somewhat prickly. The plant itself can stand up to one metre tall and the Milk Thistle flower ranges between four and twelve centimetres in diameter.¹⁵

For the past 2000 years, Milk Thistle has been used as a herbal remedy for many health concerns¹⁶. It has been commonly used in foods in Europe such as leaves in salads, whilst the stalks, roots and flowers were generally cooked. Milk Thistle seeds have also been used as coffee bean substitutes.¹⁷

Even though Milk Thistle has been utilised in various medicinal therapies around the world, many of the world's earliest botanists and pharmacists located in ancient Greece and Rome used it to support liver related health concerns.¹⁸

Much like today, in the Middle Ages, people used Milk Thistle to help with liver complaints. It is a well-known herb used regularly by many across the

world; so much so that early Christians called the plant St. Mary's Thistle. The active compound in Milk Thistle is an antioxidant and may assist in liver health and the combating of free radicals.¹⁸

Pack size	60
Format	Pastille (Soft Gummies)
Dose	2-a-day

Formula

Each pastille (soft gummie) contains:
Silybum marianum (Milk Thistle) fruit ext. dry
conc. 28.57mg
From dry fruit 2g

Directions for Use

Adults chew (do not swallow whole) 2 pastilles (soft gummies) daily with food, or as advised by your health professional.

Specifications

Appearance:
Semi-transparent dome-shaped chewable gummy pastilles, with a light red hue and a matte surface. (Slight variations in colour and aroma may occur due to the use of natural ingredients).

Flavour & Aroma:
Strawberry flavour and aroma, with Milk Thistle taste.



Saw Palmetto Gummies

Libido & Prostate Health

Caruso's Saw Palmetto Gummies feature a deliciously fresh strawberry flavour, are plant-based, 99% sugar free and made with natural colours.

Caruso's Saw Palmetto Gummies have been formulated using a concentrated extract of the fruit from the Saw Palmetto plant, which has been traditionally used in Western Herbal Medicine to support prostate health, promote healthy libido and support general health and wellbeing.



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Strawberry Flavour

Indications

Contains Saw Palmetto traditionally used in Western Herbal Medicine to:

- ✓ Support prostate health
- ✓ Promote healthy libido
- ✓ Support general health and wellbeing

Always read the label and follow the directions for use.

History

Saw Palmetto is a small, low-growing palm tree native to North America, particularly Florida.¹⁹

The fruit (berries) were a staple food and medicine of the indigenous inhabitants of the area before European contact. The olive-like, dark-purple to black berries grow in bunches, ripening from October to December. The Seminole people of Florida used the fruit for food and the leaf stems to make baskets.²⁰

Saw Palmetto is used in several forms of traditional herbal medicine including Western Herbal Medicine. Early American settlers noticed the effects and used the juice from Saw Palmetto berries. Crude Saw Palmetto extracts have also been used by European American medical practitioners for at least 200 years for various health conditions.²¹

Pack size	60
Format	Pastille (Soft Gummies)
Dose	2-a-day

Formula

Each pastille (soft gummie) contains:

Serenoa repens (Saw Palmetto) fruit ext. dry conc. 100mg
From dry fruit 1,000mg

Directions for Use

Adults chew (do not swallow whole) 2 pastilles (soft gummies) daily with food, or as advised by your health professional.

Specifications

Appearance:

Opaque dome-shaped chewable gummy pastilles, with a dark red wine hue and a matte surface. (Slight variations in colour and aroma may occur due to the use of natural ingredients).

Flavour & Aroma:

Strawberry flavour and aroma, with Saw Palmetto taste.



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