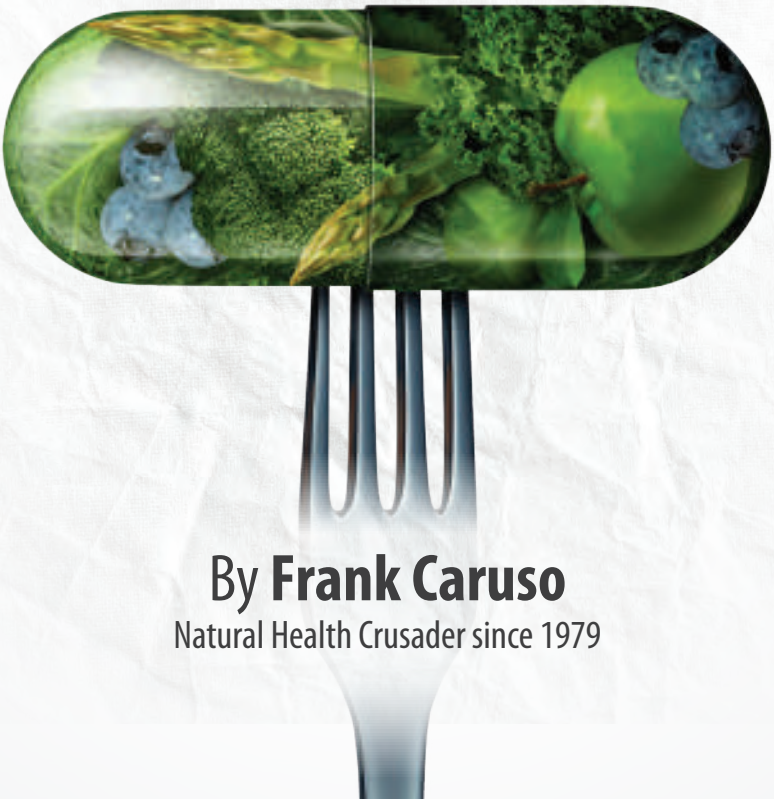
14 FOURTEENTH EDITION

ENCYCLOPEDIA

of

VITAMIN, HERBAL & NUTRITIONAL SUPPLEMENTS

If your diet is deficient in essential nutrients that your body needs to maintain good health, taking the right supplements could make a difference to your life!



By **Frank Caruso**
Natural Health Crusader since 1979

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PUBLISHER'S NOTE
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 disclosed in this book.

All matters regarding your physical health should be supervised by a health professional.
If you have any medical problems or injuries, you should consult with your health professional before embarking on any dietary, supplement or exercise programs. If symptoms persist, see your health professional. Always read the label and follow the directions for use.

To my wife Grace who has supported me 100% in my life-long crusade in helping my fellow Australians to live healthier lives.

Thank you, my darling, from the bottom of my heart for believing in me.
Love you forever



Introduction

I have a question. I would like to know how many Australian families are following a diet that provides them with all the adequate vitamins, minerals and essential micronutrients their body needs to maintain good health. I've spent years searching for an answer and to this day, cannot find one single scientific study that shows the percentage of Australians who are consuming a diet that provides them with all the adequate nutrients. If you have the answer, could you please let me know?

You can find thousands of studies and articles on dietary guidelines that outline all the necessary nutrients you need to maintain good health. Studies show that we are not eating enough vegetables, drinking enough water, getting enough regular exercise and not eating enough foods high in fibre. Many studies show that we are also consuming too many empty calories, too much processed food, too much junk food, too much sugar, saturated fats and the list goes on and on.

Over the last 20 years I've had the privilege of speaking at hundreds of health events and have spoken to thousands of people whilst working in my health store, and the conclusion that I have come up with over my 40 years in the health industry is that most Australians don't follow the Australian Government's dietary guidelines, and as little as 5% of Australian adults exercise enough to maintain good health.

Does anyone think this could be the reason why almost 50%[1] of the Australian population has a chronic health condition? If you remove children from the equation, we have 70% of Australian adults who have

at least one chronic condition. You read correctly, a staggering 70% of all adults living in Australia have at least one chronic health condition! And it gets worse! Around 20% of these people have at least two health conditions according to the Australian Institute of Health and Welfare (AIHW).

Nearly 40% of Australians aged 45 and over, and 60% of Australians aged 65 and over have two or more of the eight chronic diseases examined by the AIHW.[1] When I first saw these statistics on the Australian Government Chronic Disease website, I was absolutely shocked! If these numbers don't get you seriously thinking about adopting a healthier lifestyle, I don't know what will.

This is despite the Federal and State Governments, doctors, nutritionists, dietitians and many other health professionals promoting the benefits of healthy eating and regular exercise for decades. Many studies over the last 20 years have shown that chronic disease can be dramatically reduced if we simply adopt healthier lifestyle habits. However, many Australians ignore the evidence and the advice, and continue to follow a lifestyle that will ultimately lead them on a path to ill health.

While Australians are living longer today than ever before, the average life expectancy for males is 81 whilst the average life expectancy for females is 84. With 70% of Australian adults living with at least one chronic disease, I think it would be fair to say that their quality of life could be a lot better! I don't believe anyone wants to live a long life in pain and misery.

One ingredient that can be credited for many of our health problems is sugar. As a nation, we consume too much sugar. White sugar does not contain a single nutrient capable of supporting life.[2] Australians, on average, consume 27 teaspoons of total sugars a day (that's 50 kilos per year, including natural sugars), according to the 2012 report Sugar

Consumption in Australia: A Statistical Update. That adds up to an incredible 157,000 calories a year!

As a result, Australia's obesity levels are increasing. A 2005 World Health Organisation (WHO) study found that just over 20% of Australian adults are obese, and predicted that this was to rise to 29% in 2010.[3] In 2007, WHO found that 67.4% of Australian adults were overweight. That ranked Australia as the 21st in the world, and 3rd out of the major countries in the English-speaking world, behind the United States (ranked 9th) and New Zealand (ranked 17th). In the latest issue of the Australian Government's Profiles of Health Survey coordinated by the Australian Bureau of Statistics, and published in 2013, stated that the average Australian has a Body Mass Index (BMI) of 27.6. A healthy BMI range is between 20-25!

"I didn't want to become a statistic so I made a decision to start taking responsibility for my own health!"

It all started back in 1979 when I joined a gym to lose weight and get fit. At the time I weighed over 101 kilos. I'm only 164cm (5'3") tall so I was obese and as a result I was very self-conscious so I decided to do something about it.

One day I arrived at the gym with a burger in one hand and a can of soft drink in the other. George, the gym owner, pulled me aside and said, "Frank, it's really great that you're training here, but if you don't change your diet, you won't live a long and healthy life... What you eat today, is what you are tomorrow!"

I asked George; "So in your opinion, what is a good diet?". George turned around, picked up a book from behind the counter, handed it to me and said, "Frank, do yourself a favour, buy this book and read it, I promise you it will change your life." I thought to myself, "Do I really need to read a book to know what to eat?". George was very persistent. Reluctantly, I

purchased the book just to get him off my back. I really didn't have any intention of reading it.

After a couple of days, I thought I should read a few pages because George would surely ask me questions next time I popped into the gym. I eventually picked up the book and started reading the first chapter and I couldn't put it down. I read the whole book in 3 days and just as George had promised, it changed my life forever. The book was called *'The Miracle of Fasting'* by best-selling author Paul Bragg. Before reading the book, I knew absolutely nothing about a balanced diet or that food and regular exercise played an essential role in maintaining good health and preventing disease.

People ask me, how did one book have so much impact on my life so quickly? It's a good question! The reason Paul's book instantly had such a profound impact on me was because it was the first time in my life that I had ever heard someone say to me; "Eat to live". Most of us live to eat and it was the first time I had ever heard the saying; "Prevention is better than cure". I realised for the first time in my life that if I took responsibility for my own health, I could live a long, healthy and vibrant life!

It was as though I had been struck by lightning. You see, before I read the book I thought I had no influence or control over my health. Now, for the first time in my life I realised that I had an option. I had a choice to maintain my health or I could throw caution to the wind and hope that I wouldn't end up with a chronic disease. It was a no brainer – I decided to maintain my health by choice! As soon as I discovered that I had some control over the outcome of my health, I immediately changed my lifestyle habits. I didn't want to waste another second eating foods that would undermine my health.

I started reading every book I could get my hands on about natural living, bowel health, internal cleansing, herbal medicine and vitamin therapy. The more I read, the more I wanted to know! All my time was

totally consumed with learning more about this new health approach that I now believed was the secret to regaining and maintaining vibrant health.

In 2 years, I went from weighing 101 kilos with a body fat percentage of 38%, down to 64 kilos and 11% body fat. At 26 years of age, I was in the best shape of my life. I felt amazing, physically and mentally. My head was clear, I was less stressed, I was sleeping better, and my self-confidence was sky high. I was so inspired by my learnings that I couldn't wait to tell the world. I started with telling my family, friends, work mates and anyone who would listen. I would talk all day if people were willing to listen. I felt it was my duty to spread the word about natural living, so others could experience the health benefits, just as I had.

Then, one day I said to my wife Grace, I would really like to do this full time. I would love to open a health food store so I could talk about my passion with the world. We had just put a deposit on a block of land and were planning on building our new home. Grace had her heart set on it. I said; "Grace, do we build a new home, or do we open a health food store?" We discussed it and she said; "It's your passion, let's open a health food store and we can build the house another day!". To this day, it still brings tears to my eyes when I think of the huge sacrifice my wife made so I could follow my dream. I've always had Grace's support, she is my rock!

So, on the 1st November 1982, on my 28th birthday, I opened my health food store. It was one of the happiest days of my life. Every day I couldn't wait for the sun to come up, so I could get to the store and start talking to my customers. I absolutely loved what I was doing!

After 13 years of working in my store, it became obvious to me that many health companies weren't as passionate as I was about natural living. So, in June 1995 I decided to start my own herbal and nutritional range of health products. I wanted to develop a small range of unique, high quality herbal and nutritional products and lifestyle programs that

would have a positive effect on people's health and make a difference to their lives.

I'm now in my seventies and I train 5 to 6 days a week. I'm in good health and take no medication. It's not that I'm against it, I simply don't need to take any. I can say with my hand on my heart that I feel just as alert, have just as much energy, and feel just as enthusiastic about life today, as I did in my thirties. I would like to think I can live well into my nineties and beyond in good health. If I continue to eat to live and exercise regularly, I can't see why not!

Stop living to eat and start eating to live!

For over 40 years I've believed that if you follow the principles of natural living you can not only maintain good health and dramatically reduce your chances of developing chronic disease, but I believe you can also regain your health. You just need to give your body a chance. The human body is magnificent – it's perfect – but just like anything that has moving parts, you need to take care of it otherwise it eventually breaks down. If you give your body the opportunity, it will heal itself! If I didn't experience this myself all those years ago, I would never have believed it. Over the years, I've seen many friends, family members and customers transform their health and their lives by simply adopting a lifestyle that comprises of eating mostly real food, exercising regularly and avoiding processed foods and drinks that contain added sugars.

However, it's important that you don't give up if you don't get results quickly. Everyone is different so it can take time for your body to adjust and start healing. Your body is continuously rebuilding itself with the foods that you eat, the liquids that you drink and the air that you breathe. Depending on your health and your age, it could take as little as a few weeks or months to feel better. You just need to keep providing your body

with foods rich in essential nutrients that will nourish your blood, include daily exercise to help get the blood where it is needed, and allow your body time to rest so it can do its healing.

What you eat today is what you are tomorrow!

People always ask me what do I eat? It's difficult to cover my complete menu in this article but basically I eat mostly real food, fresh food, lots of vegetables (mostly greens), raw nuts and seeds, sprouted seeds, extra virgin olive oil, coconut oil, lots of fresh herbs, grass-fed beef, free-range chicken and eggs, oily fish, and selected fresh fruits. These foods contain an abundance of vitamins, minerals, micronutrients, amino acids, healthy fats (essential fatty acids) and much, much more.

I don't eat foods containing refined sugars such as ice creams, cakes, biscuits, sweetened fruit juices, candy, canned fruits or soft drinks and I don't chew gum. I avoid processed and refined foods, foods made with white flour, foods that contain artificial colours, flavours, preservatives, most canned foods, potato chips, corn chips, prepackaged foods, and white rice. I also don't eat processed breakfast cereals because many contain added sugars, artificial colours, flavours and preservatives.

I have so much more information I would love to share about natural living, but I would need several hundred pages to include all my learning's over the last 40 years.

Today I remain just as committed about educating and helping people to achieve better health through good nutrition and regular exercise, as I did when I started way back in 1979.

I'm a good example that if you take responsibility for your own health and embrace the principles of natural living you can live a long, healthy and vibrant life. I hope that by sharing my story, it will have a positive impact on your life.

I consider myself somewhat lucky to have discovered the benefits of natural living at a young age. So, I have made it my life's mission to inspire other Australians to join with me in building an army of health crusaders, to educate others on the benefits of natural living and the essential role it plays in preventing disease.

I hope you will join me on my crusade to encourage our fellow Australians to embrace the principles of natural health, so they too can live a long, healthy and vibrant life. Remember, make time for good health and you will always have enough health for a good time!

Yours in vibrant health,



Frank Caruso,
Natural Health Crusader and
Founder of Caruso's Natural Health

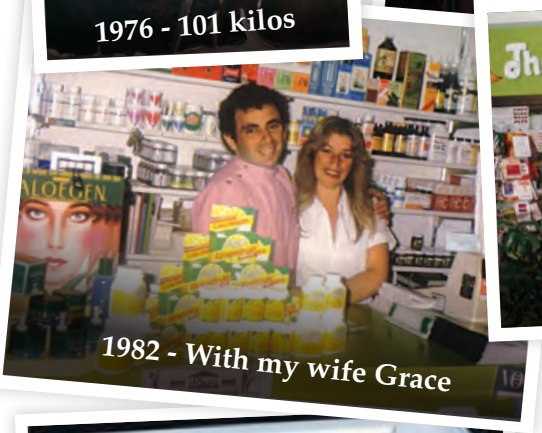
1 http://www.aihw.gov.au/chronic-diseases
2 https://www.news.com.au/lifestyle/health/diet/the-shocking-truth-about-how-much-sugar-youre-eating/news-story/db7bb699d3ea766188fc6d5b1f0db3bf
3 https://en.wikipedia.org/wiki/Obesity_in_Australia



1976 - 101 kilos



1987 - Me with my brother and business partner, Tony



1982 - With my wife Grace



1982 - My shop



1982 - I loved working in my store



2026



2026 - Participating in HYROX in my seventies, alongside my son David

Why do over 14 Million Australians take vitamin supplements?

It's a good question! The reason so many Australians take vitamin supplements varies from one person to another. However, with over 60% of the population now taking a supplement it would be fair to say it's because they are having a positive effect on their health.

So what are the main reasons why people take vitamin supplements? The majority of Australians take supplements because they have a particular vitamin deficiency. Others take them for prevention and a large percentage take them to address or relieve a specific health condition.

It's also worth mentioning that General Practitioners who do not identify themselves as integrative medicine practitioners are also using complementary medicines, with 86% having recommended and prescribed complementary medicines in the last 12 months. Glucosamine, calcium, fish oil, and vitamin D supplements are the most frequently prescribed.*

Whatever the reason people take supplements though, it's important to understand that vitamin supplements should never replace a balanced diet. I would rather see someone eating a healthy meal and exercising regularly than taking supplements and throwing caution to the wind. That's why supplements are called supplements. They were never designed to replace a healthy lifestyle. Taking responsibility for your health and adopting a healthier lifestyle is the best way to maintain optimum health. Prevention is far better than cure.

Maintaining your health takes a lot of work but the benefits outweigh the effort by a long shot. So don't take your health for granted. With over 50% of Australians now suffering from chronic disease, the odds are not in your favour. So I encourage you to embrace the principles of natural health today. It will be one of the best decisions you will ever make in your life.

Yours in vibrant health,



Frank Caruso,
Natural Health Crusader and Founder of Caruso's Natural Health



2024 - Frank visiting a manufacturer

All of my products are manufactured in Australia

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

All of our cartons and labels are made and printed in Australia too. Our Point of Sale material, Encyclopedia, Natural Health Crusader and other publications are also 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 can all be proud of for many years to come.

Join me in supporting Australian manufacturing and help keep jobs in Australia!

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Antibiotic Gut Support
Antibiotic Companion Probiotic + SB

Abdominal Bloating
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Mild Anxiety
Ashwagandha Gummies, Anxiety Aid™, Ashwagandha 7500, Mega B Stress + Ashwagandha, Rhodiola, Saffron, Stress & Anxiety Spray™, Stress EZE®, Valerian

Mild Arthritis
Arthritis Fighter™, Boswellia 2500, Cat's Claw 1500, Total Joint Collagen, Exit Pain®, Exit Pain® Arthritis Cream, Triple Strength Fish Oil, MSM Max 1500®, Pain-Algesic®

Bone Health
Super Calcium + Vitamin K2&D3, Super Magnesium + Vitamin K2, Vitamin D3 1000IU, Vitamin K2, Vitamin K2+D3, Vitamin K2+D3+Magnesium, Vitamin K2+Ubiquinol, Vitamin K2 Double Strength

Bowel Health
Bowel Clear®, Constipation EZE®, IBS Probiotic, Once Daily Probiotic, Over 50's Probiotic, Quick Cleanse® Detox 7 & 15 Day Detox, Slippery Elm Powder™

Cholesterol Maintenance
Hawaiian Astaxanthin, Bergamot, Co-Enzyme Q10 150mg, Triple Strength Fish Oil, Aged Garlic, Hawthorn, Liver Detox™

Circulation
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Cold & Flu
Aged Garlic

Concentration
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Digestive Health
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Eye Health
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Fluid Retention
Vitamin B6, Fluid Away®

Gout
Fluid Away®, MSM Max 1500®

Hair Health
Vitamin B2, Total Beauty® Collagen Powder, Hair Food®, Hair, Skin & Nails

Heart Health
Hawaiian Astaxanthin, Bergamot, Co-Enzyme Q10 150mg, Triple Strength Fish Oil, Aged Garlic, Hawthorn, Vitamin K2, Vitamin K2 Double Strength, Vitamin K2+D3, Vitamin K2+Ubiquinol, Super Magnesium, Super Magnesium Powder®

Immune Health
Activated B12 6000, Black Seed Oil, Vitamin D3 1000IU, Aged Garlic, Ginseng 5500, Hawaiian Astaxanthin, Vitamin K2+D3, Magnesium Glycinate + D + Zinc + Selenium, Men's Super Multi, Once Daily Probiotic, Over 50's Probiotic, Organic Selenium 150, Super Strength Probiotic, Women's Super Multi, Zinc

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Libido
ErectOmax®, Maca 3500, Maca Gummies, Male Mojo™, Saw Palmetto Gummies, TestOrod®, Tribulus 30000

Memory
Ginkgo Gummies, Brahmi 9000, Ginkgo 6000, Ginkgo 12,000, Mega Memory®, L-Theanine 450 + Gingko, Mega B Stress + Ashwagandha, Sage

Menopause
Menopause EZE® Cool & Calm, Menopause Probiotic, Maca 3500, Sage, Shatavari 5000

Metabolism
Berberine 500, Berberine 750, Berberine Crave Less®, NMN 500

Mood Balance
Vitamin B6, Maca 3500, Rhodiola, Saffron, Stress & Anxiety Spray™, Stress EZE®, Saffron + L-Theanine, Triple Strength Fish Oil

Muscular Cramps
Cramps Away®, Super Magnesium, Super Magnesium+Ashwagandha, Super Magnesium Powder®, Super Magnesium Glycinate, Super Magnesium + Vitamin K2

Muscle Mass
Creatine + L-Theanine + Magnesium Glycinate

Pain
Total Joint Collagen, Exit Pain® Arthritis Cream, Exit Pain®, MSM Max 1500®, Pain-Algesic®

PMT
Vitamin B6, Super Magnesium, Super Magnesium Powder®

Pregnancy
Triple Strength Fish Oil

Prostate Health
Prostate EZE® Max, Saw Palmetto 3500, Saw Palmetto Gummies

Skin Health
Hawaiian Astaxanthin, Vitamin B2, Vitamin B3, Vitamin B3 1000, Total Beauty® Collagen Powder, Total Beauty® Collagen, Triple Strength Fish Oil, Hair Food®, Hair, Skin & Nails, Zinc

Sleep
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Sperm Health
ErectOmax®, Fertile Max®, Organic Selenium 150, Stress EZE®, TestOrod®, Tribulus 3000, Zinc

Stamina
Hawaiian Astaxanthin, ErectOmax®, Ginseng 5500, Maca 3500, Male Mojo™, Mega B Stress + Ashwagandha, Rhodiola, TestOrod®

Stress & Nervous Tension
Ashwagandha Gummies, Ashwagandha + Energy®, Ashwagandha + L-Theanine, Ashwagandha + Sleep™, Anxiety Aid™, Vitamin B6, Ginseng 5500, Ginseng Gummies, L-Theanine 400, Mega B Stress + Ashwagandha, Rhodiola, Saffron, Stress & Anxiety Spray™, Stress EZE®, Super Magnesium+Ashwagandha, Super Magnesium Glycinate + L-Theanine

Travel Health
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Thyroid Management
Organic Selenium 150, Thyroid Manager®

Urination
Dandelion 3000, Prostate EZE® Max, PEE LESS®, Saw Palmetto 3500, Urinary Health Probiotic, WEE LESS®

Veins Health
Veins Care Cream™, Veins Clear®

Vaginal Health
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AGELESS BEAUTY

Discover radiant beauty from the inside out with Caruso's Ageless Beauty collection! This range is specially designed to meet the nutritional needs that support healthy hair, glowing skin, and strong nails. From our innovative collagen formulations available in convenient tablet and powder forms to nutritional blends for overall beauty health, we've got you covered. Products like Caruso's HAIR FOOD®, Caruso's HAIR, SKIN & NAILS and Caruso's TOTAL BEAUTY® COLLAGEN supplements will help you achieve your beauty goals. Explore the following pages to find the perfect product to help you look and feel your best every day!

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HAIR FOOD®
HEALTHY HAIR

Health benefits

Caruso's HAIR FOOD® is a daily hair health formula for men and women. It contains valuable nutrients to support hair growth and maintain healthy hair follicles and scalp health. Caruso's HAIR FOOD® is also great for your skin and nails. It includes Biotin to support nail strength and thickness and reduce brittleness and chipping. Nicotinamide and Zinc support skin health. The Silicon in the formula supports collagen formation and the health of connective tissues, which are important for healthy hair, skin and nails.

Caruso's HAIR FOOD® indications:

- Supports hair growth
- Maintains healthy hair follicles
- Supports hair and scalp health
- Supports skin health and strong nails

Who would use Caruso's HAIR FOOD®?

- Adults looking to support overall hair, skin and nail health
- Adults wanting to support healthy hair growth, including the maintenance of hair follicles and scalp health
- Adults looking to support skin health and regeneration
- Adults wanting support for brittle, splitting and chipping nails
- Adults looking to maintain collagen formation

Formulation

Each film coated tablet contains:

Calcium Pantothenate	300mg
Equiv. to Pantothenic Acid 274.83mg	
Equiv. to Calcium 25.17mg	
Inositol	100mg
Colloidal Anhydrous Silica	53.5mg
Equiv. to Silicon 25mg	
Zinc Sulfate Monohydrate	41.16mg
Equiv. to Zinc 15mg	
Nicotinamide	20mg
Riboflavin	5mg
Biotin	2.5mg
Folic Acid	90 micrograms

Specification:

Appearance: Large capsule shaped white film coated tablet with break bar on one side.
L: 22.5mm **W:** 9mm **T:** 6.4mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

HAIR, SKIN & NAILS
COMPLETE BEAUTY COMPLEX

Health benefits

Caruso's HAIR, SKIN & NAILS beauty complex contains key active ingredients including Biotin, Silicon and Zinc to support hair, skin and nail health. It helps maintain healthy hair follicles, supports hair growth and maintains nail strength and thickness, reducing nail brittleness and chipping. Caruso's HAIR, SKIN & NAILS also contains Vitamin C to support the formation of collagen and Zinc to support wound healing and skin regeneration.

Caruso's HAIR, SKIN & NAILS indications:

Supports:

- Hair growth & helps maintain healthy hair follicles
- Skin health & healing
- Collagen formation

Maintains nail strength & thickness

Assists nail growth

Who would use Caruso's HAIR, SKIN & NAILS?

- Adults who wish to reduce nail brittleness, splitting and chipping
- Adults who wish to support nail strength and thickness
- Adults who wish to support skin healing and repair
- Adults who wish to maintain healthy hair follicles and scalp health
- Adults who wish to support collagen health and formation

Formulation

Each film coated tablet contains:

Calcium Pantothenate	250mg
Equiv. to Pantothenic Acid (Vitamin B5) 229.03mg	
Colloidal Anhydrous Silica	213.9mg
Equiv. to Silicon 100mg	
Biotin	2.5mg
Ascorbic Acid (Vitamin C)	50mg
Zinc Citrate Dihydrate	46.73mg
Equiv. to Zinc 15mg	
Inositol	50mg
Choline Bitartrate	48.62mg
Equiv. to Choline 20mg	

Specification:

Appearance: Medium capsule shaped, white to off-white, light pink/red mottled, clear film coated tablet a with break bar on one side.
L: 19.6mm **W:** 8.5mm **T:** 7.3mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

TOTAL BEAUTY® COLLAGEN
PROMOTE HEALTHY SKIN & FIRMNESS

Health benefits

Caruso's TOTAL BEAUTY® COLLAGEN tablets contain Verisol® B, a hydrolysed bioactive collagen peptide which helps improve skin health, firmness and elasticity in females by encouraging natural collagen production within the dermis of the skin. The formula also contains Vitamin C to support collagen health and Biotin to reduce nail brittleness and chipping, and support nail strength and thickness when dietary intake is inadequate.

Caruso's TOTAL BEAUTY® COLLAGEN indications:

- Helps improve skin firmness & elasticity in females
- Maintains skin integrity & structure
- Supports the formation of collagen
- Supports nail strength & thickness when dietary intake is inadequate

Who would use Caruso's TOTAL BEAUTY® COLLAGEN?

- Adults who are looking to maintain collagen formation
- Female who wish to help improve their skin firmness and elasticity
- Adults looking for an antioxidant to help protect the body cells from free radical damage
- Adults looking to support general skin health
- Adults looking to decrease nail brittleness

Formulation

Each film coated tablet contains:

Hydrolysed Collagen (Verisol® B)	1.25g (1,250mg)
Vitis vinifera (Grape Vine) seed ext. dry conc.	25mg
From min. dry seed 3g (3,000mg)	
Std. to contain Procyanidins 23.75mg	
Ascorbic Acid (Vitamin C)	50mg
Biotin	1.25mg

VERISOL® is a registered trademark of GELITA AG

Specification:

Appearance: Large oval shaped, pale pink with red speckles, clear film coated tablets with break bar on one side.
L: 23.2mm **W:** 10.5mm **T:** 8mm **Flavour:** None.

Directions for use:

Adults: Take 2 tablets daily with food, or as advised by your health professional. Swallow tablet with water.
Warning: Large tablet.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN

TOTAL BEAUTY® COLLAGEN POWDER

PROMOTE HEALTHY SKIN

Health benefits

Collagen is the most abundant protein in the body and is an important building block to many areas of the body, providing structure and elasticity. Collagen naturally starts to decline from approximately 28 years of age. Collagen plays a key role in the elasticity and firmness of skin, and overall skin health.

Caruso's TOTAL BEAUTY® COLLAGEN POWDER contains Verisol® B, a hydrolysed bioactive collagen peptide which helps enhance skin health, firmness and elasticity by encouraging natural collagen production within the dermis of the skin. This great tasting formula also contains Vitamin C to support collagen health and formation, Silicon to support hair, skin and nail health and Biotin to improve nail strength and thickness and reduce nail brittleness and chipping.

Caruso's TOTAL BEAUTY® COLLAGEN POWDER indications:

- Helps improve skin firmness and elasticity
- Maintains skin integrity and structure
- Helps promote the formation of collagen
- Supports hair and nail health
- Improves nail strength and thickness

Who would use Caruso's TOTAL BEAUTY® COLLAGEN POWDER?

- Adults who wish to enhance skin firmness
- Adults who wish to maintain skin integrity and structure
- Adults who wish to support skin health
- Adults who wish to maintain collagen formation
- Adults who wish to support nail strength and thickness

Formulation

Each 5g dose contains:

Hydrolysed Collagen (Verisol® B)	2.5g (2,500mg)
Ascorbic Acid (Vitamin C)	100mg
Biotin	2.5mg
Colloidal Anhydrous Silica	748.7mg
Equiv. to Silicon 350mg	

VERISOL® is a registered trademark of GELITA AG

Specification:

Appearance: Off-white free flowing powder.
Flavour: Forest Berry

Directions for use:

Adults: Mix 5g (1 scoop) of powder daily into 100mL of water or beverage of choice, or as advised by your health professional.
Scoop included.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

IF YOU LOVE OUR PRODUCTS, PLEASE LEAVE US A REVIEW!



I would love to hear how Caruso's has helped you on your health journey! Sharing your experiences with us will go a long way in helping fellow Australians live healthier lives!

Scan me to write a review!

"I would never put anything in my products that I wouldn't take myself or give to my family!"

Frank Caruso

Frank Caruso, Natural Health Crusader and Founder of Caruso's Natural Health

HEALTH SOLUTIONS

In the following pages, you will find a range of some of the most popular and comprehensive herbal and nutritional formulas available in leading pharmacies and health food stores throughout Australia. Many of the products in the Caruso's Health Solutions range contain a combination of both herbal and nutritional ingredients designed to help support, relieve or address your health concerns.
Our dedicated team at Caruso's have spent endless hours researching and sourcing quality ingredients that go into every Caruso's Health Solution formula. Whatever health concerns you or your family are looking to address, there is a good chance you'll find a solution within the Caruso's Health Solutions supplement range.

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ANXIETY AID®
CALMING ACTION

Health benefits

Caruso's ANXIETY AID® helps to relieve the symptoms of mild anxiety and stress. It's designed to help mind relaxation, calm the mind and support emotional wellbeing. It contains Cyracos®, Magnolia and Passion Flower. Cyracos® is an extract of *Melissa officinalis* more commonly known as Lemon Balm. It has traditionally been used in Western Herbal Medicine for its calming properties and to relieve sleeplessness. Cyracos® also reduces excess nervous energy and relieves irritability.

Caruso's ANXIETY AID® indications:

- Relieves symptoms of mild anxiety
- Decreases nervous tension
- Relieves symptoms of stress
- Relieves irritability

Who would use Caruso's ANXIETY AID®?

- Adults wanting to support a healthy emotional and mood balance
- Adults who would like a calming effect to help reduce nervous tension, restlessness and the frequency of irritability
- Adults experiencing symptoms associated with stress and mild anxiety such as sleeplessness and irritability

Formulation

Each film coated tablet contains:

Magnolia officinalis (Magnolia) stem bark outer ext. dry conc. 50mg
From dry stem bark outer 2g (2,000mg)
Melissa officinalis (Lemon Balm from Cyracos®) herb ext. dry conc 300mg
From min. dry herb 1.95g (1,950mg)
Std. to contain Rosmarinic acid 33mg
Passiflora incarnata (Passion Flower) herb flowering and fruiting ext. dry conc. 75mg
From dry herb flowering and fruiting 750mg
Colecalciferol (Vitamin D3) ..... 12.5 micrograms
Equiv. to Vitamin D3 500IU

Specification:

Appearance: Large oval shaped, light green tablet with break bar on one side. Tablet can be broken in half and/or crushed for ease of consumption.
L: 22.5mm **W:** 10mm **T:** 6.7mm **Flavour:** None.
WARNING: Large Tablet

Directions for use:

Adults: Take 1 tablet 2 times daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- ARTIFICIAL FLAVOURS

ARTHRITIS FIGHTER®

JOINT HEALTH

Health benefits

Caruso's ARTHRITIS FIGHTER® is a double action formula which contains a special combination of Turmeric root and Green Lipped Mussel. The formula may assist with relieving symptoms of mild arthritis and mild osteoarthritis including mild joint pain, stiffness and inflammation. The combination formula may also support the health and function of joints, flexibility and improving mobility.

Caruso's ARTHRITIS FIGHTER® indications:

- Relieves symptoms of mild osteoarthritis
- Relieves mild joint aches, pains and stiffness
- Relieves inflammation
- Supports joint health and mobility

Who would use Caruso's ARTHRITIS FIGHTER®?

- Adults who suffer with mild joint pain, inflammation, poor mobility or stiffness associated with mild osteoarthritis or mild arthritis
- Adults wanting a supplement to help maintain the health of their joints and maintain healthy joint function

Formulation

Each film coated tablet contains:

Curcuma longa (Turmeric) rhizome ext. dry conc. 150mg
From min. dry rhizome 1.5g (1,500mg)
Std. to contain Curcuminoids 30mg
Green Lipped Mussel (Perna canaliculus) 500mg

Specification:

Appearance: Oval shaped light yellow tablet with a break bar on one side.
L: 23.2mm **W:** 10.5mm **T:** 7.2mm **Flavour:** Lemon flavour coating

Directions for use:

Adults: Take 1 tablet 2 times daily with food, or as advised by your health professional.
WARNING: Large tablet, may be broken in half or crushed for ease of consumption

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

BLOAT EZE®
DEBLOAT & DIGEST

Health benefits

Caruso's BLOAT EZE® is a unique debloating and digestive support formula with Peppermint, Ginger, Sweet orange and four digestive enzymes.

Peppermint and Ginger are traditionally used in Western Herbal Medicine to relieve and help reduce the occurrence of abdominal bloating, and relieve flatulence. Ginger is also traditionally used in Western Herbal Medicine to relieve nausea, colic (painful wind) and symptoms of indigestion. Sweet orange is traditionally used in Western Herbal Medicine to stimulate gastric secretions.

Caruso's BLOAT EZE® maintains healthy digestive system function and supports the assimilation of nutrients from food. The combination of Amylase, Lipase and Protease support the breakdown and digestion of carbohydrates, fats and proteins.

Caruso's BLOAT EZE® indications:

Traditionally used in Western Herbal Medicine to:

- Relieve abdominal bloating
- Help reduce the occurrence of abdominal bloating
- Relieve flatulence

Helps the digestion of fats, proteins & carbohydrates

Who would use Caruso's BLOAT EZE®?

- Adults wishing to assist their digestion of fats, proteins and carbohydrates
- Adults who experience bloating and flatulence and wish to support healthy digestion
- Adults who suffer from the symptoms of indigestion such as nausea and painful wind
- Adults who require a supplement to help stimulate gastric secretions
- Adults looking for digestive support using both herbal ingredients and digestive enzymes

Formulation

Each hard capsule contains:

Amylase	10 thousand DUAA
Protease	60 thousand HUT
Lipase	800 LipU
Tilactase	1 thousand ALU
Citrus sinensis (Sweet Orange) fruit peel powder From fresh fruit peel 100mg	10mg
Mentha x piperita (Peppermint) leaf ext. dry conc. From leaf dry 2g	200mg
Zingiber officinale (Ginger) rhizome ext. dry conc. From rhizome dry 300mg	12mg

Specification:

Appearance: Brown powder with speckles in a clear hard vegetable capsule.
Capsule size: 00 **L:** 23.3mm

Directions for use:

Adults: Take 1 hard capsule before meals, 2 times per day. Maximum daily dose is 3 capsules per day, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

BOWEL CLEAR®
CONSTIPATION RELIEF

Health benefits

Constipation is a very common digestive problem which can make your life uncomfortable. It can be caused by a variety of things including simple changes to your diet, dehydration and not enough physical activity. Even travelling can upset your natural rhythm, causing constipation.

Caruso's BOWEL CLEAR® is a herbal formula designed to work with your body's natural processes to gently relieve constipation.

Caruso's BOWEL CLEAR® is a gentle stimulating laxative, which allows for easier bowel motions. This helps to relieve flatulence and assists with natural body waste elimination.

Caruso's BOWEL CLEAR® indications:

Traditionally used in Western Herbal Medicine to:

- Relieve flatulence
- Relieve constipation & help reduce occurrence of constipation
- Promote bowel evacuation & regularity
- Relieve symptoms of indigestion

Who would use Caruso's BOWEL CLEAR®?

- Adults who are experiencing constipation
- Adults who need to soften their stools to ease their bowel movements
- Adults who wish to improve and regulate their bowel movements
- Adults suffering from constipation who wish to take a gentle and natural approach to regularity
- Adults who want relief from flatulence and bloating
- Adults who feel they do not empty their bowels adequately
- Adults who want to maximise their bowel health and maintain healthy digestive function

Formulation

Each film coated tablet contains:

Frangula purshiana (Cascara) stem bark ext. dry conc. 105.3mg
From dry stem bark 500.175mg
Salvia officinalis (Sage) leaf ext. dry conc. 90.91mg
From dry leaf 500mg
Calendula officinalis (Calendula) flower ext. dry conc. 125mg
From dry flower 500mg
Juglans nigra (Black Walnut) fruit hull ext. dry conc. 35mg
From dry fruit hull 350mg
Rheum palmatum (Rhubarb) root ext. dry conc. 50mg
From dry root 200mg
Inula britannica (Elecampane) flower ext. dry conc. 25mg
From dry flower 100mg

Specification:

Appearance: Oval shaped green/brown mottled clear film coated tablet with a break bar on one side.
L: 23.2mm **W:** 10.5mm **T:** 6.5mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet 2 times daily with food, or as advised by your health professional. Swallow tablet with water.
WARNING: Large Tablet.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

CONSTIPATION EZE®

CONSTIPATION RELIEF

Health benefits

Caruso's CONSTIPATION EZE® contains a combination of herbal ingredients which have been carefully selected to help promote bowel waste elimination and maintain bowel regularity.

Caruso's CONSTIPATION EZE® relieves constipation, increases bowel evacuation and improves bowel regularity. Fennel is used in traditional Western Herbal Medicine to relieve abdominal bloating and wind. The formula also contains Cascara, Yellow Dock and Green Banana powder which is a rich source of resistant starch.

The dried bark of Cascara has been used traditionally throughout Western Herbal Medicine as a stimulant laxative which helps to relieve constipation and promote bowel regularity.

Whilst fennel has a long history of culinary use, it has also been used since ancient times in traditional Western Herbal Medicine for a variety of digestive concerns including abdominal bloating and as a carminative to relieve flatulence.

Like many herbs, Yellow Dock has been used as both a medicine and as a food. The leafy herb has been used in traditional Western Herbal Medicine as a laxative and to improve bowel regularity.

The resistant starch contained in Caruso's CONSTIPATION EZE® is Green Banana powder. A powder made from unripened bananas, and due to their unripened state, they are packed full of resistant starch. Resistant starch is the ultimate multi-fibre nutritional supplement - a unique combination of soluble, insoluble and fermentable fibre. High in prebiotic fibre, to nourish beneficial gut bacteria.

Caruso's CONSTIPATION EZE® indications:

- Relieves constipation
- Improves bowel regularity
- Increases bowel evacuation
- Promotes bowel waste elimination
- Traditionally used in Western Herbal Medicine to relieve abdominal bloating, flatulence and support healthy digestion

Who would use Caruso's CONSTIPATION EZE®?

- Adults wishing to support bowel regularity using a herbal formulation which also contains a carminative herb to help relieve digestive discomfort
- Adults who experience constipation and wish to increase bowel waste elimination
- Adults who would like a herbal formulation to assist with healthy digestion while also relieving abdominal bloating and flatulence

Formulation

Each film coated tablet contains:

Frangula purshiana (Cascara) stem bark ext. dry conc. 105.26mg
From min. dry stem bark 500mg
Std. to contain Hydroxyanthracene derivatives calc. as Cascaroside A 13.68mg
Foeniculum vulgare (Fennel) seed ext. dry conc. 250mg
From dry seed 2.5g (2,500mg)
Rumex crispus (Yellow Dock) root ext. dry conc. 50mg
From dry root 500mg
Musa x paradisiaca (Green Banana) fruit fibre powder 50mg

Specification:

Appearance: Round, brown, mottled clear film coated tablet
D: 12.7 mm **T:** 5.9mm

Directions for use:

Adults: Take 1 tablet 2 times daily after main meals, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

CRAMPS AWAY®

RELIEVE PAINFUL CRAMPS

Health benefits

Caruso's CRAMPS AWAY® is formulated to help relieve leg and muscle cramps while supporting the body's Magnesium levels. Magnesium plays a vital role in healthy muscle contraction function, relaxation, and easing mild spasms and twitches. White Willow assists in relieving pain and inflammation, while Grape Seed supports healthy blood circulation and blood capillary health.

Caruso's CRAMPS AWAY® indications:

Relieves:

- Muscle cramps
- Mild muscle spasms
- Muscle aches and pain
- Muscle tension and stiffness
- Mild joint pain and inflammation

Supports muscle function

Who would use Caruso's CRAMPS AWAY®?

- Adults who experience muscle cramping, mild muscle spasms or twitches in the legs or elsewhere
- Adults who wish to promote body and muscle relaxation
- Adults who wish to support healthy muscle function
- Adults who wish to support blood capillary health and cardiovascular system function

Formulation

Each film coated tablet contains:

Salix alba (White Willow) stem bark ext. dry conc.	75mg
From min. dry stem bark 7.5g	
Std. to contain Salicin 60mg	
Vitis vinifera (Grape Seed) ext. dry conc.	52.63mg
From min. dry seed 6.315g	
Std. to contain Procyanidins 50mg	
Magnesium (from Heavy Magnesium Oxide)	150mg
Rutoside trihydrate (Rutin)	250mg
Pyridoxine Hydrochloride	50mg
Equiv. to Pyridoxine (Vitamin B6) 41.1mg	
Colecalciferol	10 micrograms
Equiv. to Vitamin D3 400IU	

Specification:

Appearance: Oval shaped, white tablet, with a break bar on one side. Tablet can be broken in half and/or crushed for ease of consumption
L: 20.2mm **W:** 8.8mm **T:** 7.5mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet 2 times daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

CraveLESS®
KICK YOUR SUGAR HABIT

Health benefits

Caruso's CraveLESS® is a unique, dual action herbal and nutritional formula to help reduce sugar cravings whilst supporting the liver and digestive system function. It contains a carefully selected blend of herbal and nutritional ingredients to maintain healthy blood sugar, support nutrient digestion and assimilation and assist carbohydrate metabolism.

Caruso's CraveLESS® may also help to maintain a healthy appetite and aid in the breakdown of dietary fats.

Caruso's CraveLESS® indications:

- Aids in reducing sugar cravings
- Helps support healthy blood sugar
- Assists the metabolism of fats
- Supports healthy liver function

Who would use Caruso's CraveLESS®?

- Adults who wish to reduce sugar cravings
- Adults who wish to help maintain healthy blood glucose
- Adults who wish to help digestion of dietary fats
- Adults who wish to support healthy liver function and bile secretion

Formulation

Each film coated tablet contains:

Gymnema sylvestre (Gymnema) ext. dry conc. 400mg
From min. dry leaf 8g (8,000mg)
Std. to Gymnemic acids 100mg
Cinnamomum cassia (Cinnamon) ext. dry conc. 33.33mg
From dry stem bark 500mg
Silybum marianum (Milk Thistle) ext. dry conc. 114.29mg
From min. dry fruit 8g (8,000mg)
Std. to Flavanolignans calc. as Silybin 91.43mg
Cynara scolymus (Globe Artichoke) ext. dry conc. 30mg
From min. fresh leaf 1.5g (1,500mg)
Std. to Caffeoylquinic acids 1.5mg
Biotin 4mg
Chromium picolinate ..... 200 micrograms
Equiv. to Chromium 24.86 micrograms

Specification:

Appearance: Extra large oval shaped, light brown to tan with brown to green speckled film coated tablet with break bar on one side.
Tablet can be broken in half and/or crushed for ease of consumption
L: 23.2mm **W:** 10.5mm **T:** 6.9mm **Flavour:** None

Directions for use:

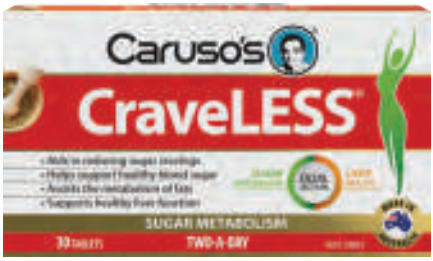
Adults: Take 1 tablet 2 times daily with food or as advised by your health professional.

Always read the label and follow the directions for use.

MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY



ERECTOMAX®
MALE SEXUAL FUNCTION

Health benefits

Caruso's ERECTOMAX® has a special combination of 7 ingredients: Testofen®, Panax Ginseng, Nettle and Oats along with Zinc, Magnesium plus Vitamin B6 to support men's health.

Testofen® supports healthy sexual function in healthy males.

Testofen® is a fenugreek extract used to maintain and support healthy libido, testosterone levels and reproductive hormones in healthy males.

Caruso's ERECTOMAX® helps to support your energy levels. ERECTOMAX® contains Panax Ginseng which is traditionally used in Chinese Medicine to promote energy levels. Caruso's ERECTOMAX® also contains Vitamin B6 to support energy levels in healthy males.

Caruso's ERECTOMAX® also contains Zinc which is a key mineral for men's health. Zinc helps to maintain and support sperm health, production and motility.

If you're looking for a powerful combination for Men's health, try Caruso's ERECTOMAX®.

Caruso's ERECTOMAX® indications:

- Enhances healthy libido in healthy males
- Supports testosterone levels in healthy males
- Maintains sperm health and production
- Traditionally used in Chinese Medicine to promote energy levels

Who would use Caruso's ERECTOMAX®?

- Healthy men who want to maintain and support their libido
- Men who want to support their energy levels
- Healthy men wanting to maintain healthy testosterone levels
- Men wanting to support their reproductive system

Formulation

Each film coated tablet contains:

Trigonella foenum-graecum (Fenugreek - Testofen®) ext. dry conc. 300mg
From dry seed 9.9g (9,900mg)
Panax Ginseng (Korean Ginseng) ext. dry conc. 135mg
From dry root 1.35g (1,350mg)
Urtica dioica (Nettle) ext. dry conc. 62.5mg
From dry root 1g (1,000mg)
Avena sativa (Oats) ext. dry conc. 100mg
From dry herb 1g (1,000mg)
AND
Magnesium Aspartate Dihydrate 225mg
Equiv. to magnesium 16.88mg
Zinc Amino Acid Chelate 75mg
Equiv. to Zinc 15mg
Pyridoxine Hydrochloride 6mg
Equiv. to Pyridoxine (Vitamin B6) 4.94mg

Specification:

Appearance: Oval shaped, sky blue film coated tablet with a break bar on one side.
L: 23.2mm **W:** 10.5mm **T:** 6.6mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet 2 times daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.
Testofen® is a registered trademark of Gencor Pacific Limited.



MADE IN AUSTRALIA
MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

EXIT PAIN® ARTHRITIS CREAM
PAIN RELIEF

Health benefits

Caruso's EXIT PAIN® ARTHRITIS CREAM contains Arnica and Camphor oil chosen for their analgesic properties. Camphor oil may assist in the pain and inflammation associated with mild osteoarthritis. Arnica has anti-inflammatory actions and may also assist mild muscle aches and pain, and mild joint inflammation.

Caruso's EXIT PAIN® ARTHRITIS CREAM is designed for those experiencing muscle or mild joint aches and pains. Caruso's EXIT PAIN® ARTHRITIS CREAM works at the site of pain to provide relief locally and may be used on its own or in conjunction with other formulations. Caruso's EXIT PAIN® ARTHRITIS CREAM has also been formulated for the temporary relief of mild joint pain, inflammation associated with mild osteoarthritis, aches and pains.

Caruso's EXIT PAIN® ARTHRITIS CREAM indications:

Relieve:

- Symptoms of mild arthritis
- Mild joint aches and pains
- Mild joint inflammation and swelling
- Mild joint stiffness
- Muscle pain and soreness

Who would use Caruso's EXIT PAIN® ARTHRITIS CREAM?

- Adults who are experiencing joint pain due to mild osteoarthritis
- Adults who have experienced soft tissue trauma or injury and would like help to manage pain and inflammation
- Adults experiencing any type of muscle or joint soreness

Formulation

Each gram of cream contains:

Arnica montana (Arnica) tincture From fresh flower 10mg	50mg
Rosemary Oil	40mg
Camphor Oil White	32mg
Emu Oil	20mg

Specification:

Appearance: Off-white coloured cream.

Directions for use:

Adults and children over 12 years apply 2.5g (approx. half a teaspoon) to the affected areas and gently massage until absorbed. Repeat up to three times daily or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- GLUTEN

FERTILE MAX®
MALE PRECONCEPTION

Health benefits

The key ingredients found in Caruso's FERTILE MAX® supports sperm health and functions such as motility (movement). It contains antioxidants which help to decrease free radical damage to body cells and assist with healthy sperm production.

Caruso's FERTILE MAX® may also help to support healthy testosterone levels and synthesis, maintaining sexual functions such as libido and support overall male preconception and reproductive health. It combines Panax Ginseng and Siberian Ginseng which are adaptogenic herbs that may that assist with the regulation of the body's physiological stress response. This helps the body to cope with environmental stressors and supports healthy stress recovery by relieving feelings of tiredness and increasing vitality.

Caruso's FERTILE MAX® indications:

Maintains and supports:

- Sperm health
- Sperm production
- Sperm motility
- Healthy sexual function
- Healthy libido

Who would use Caruso's FERTILE MAX®?

- Men who would like support for healthy sexual function and libido
- Men who would like a supplement which supports healthy sperm production
- Men who would like to support their testosterone levels
- Men looking to support preconception health

Formulation

Each film coated tablet contains:

Panax ginseng (Korean ginseng) root ext. dry conc. 270mg
From min. dry root 2.16g
Std. to contain Ginsenosides 67.5mg
Eleutherococcus senticosus (Siberian ginseng) root ext. dry conc. 166.67mg
From min. dry root 2.166g
Std. to contain Syringaresinol diglucosides 1.33mg
Trigonella foenum-graecum (Fenugreek from Testofen®) seed ext. dry conc. ... 30.30mg
From dry seed 1g (1,000mg)
AND
Ubidecarenone (Co-Enzyme Q10) 60mg
Zinc (from Zinc oxide) 25mg
Lycopene 8mg
Folic Acid ..... 500 micrograms
Selenium (from Selenomethionine) ..... 100 micrograms

Specification:

Appearance: Large capsule shaped, white film coated tablet with a break-bar on one side.
Break-Bar: Tablet can be broken in half and/or crushed for ease of consumption.
L: 22.5mm **W:** 9mm **T:** 6.5mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.
Testofen® is a registered trademark of Gencor Pacific Limited.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

FLUID AWAY®

HELP RELIEVE MILD FLUID RETENTION

Health benefits

Caruso's FLUID AWAY® is designed to support the body's natural channels of elimination using herbs such as Celery seed is traditionally used in Western Herbal Medicine to promote urine output and relieve mild rheumatic aches and pains. Stonebreaker, included in Caruso's FLUID AWAY®, is traditionally used in Ayurvedic Medicine to support urinary tract health.

Caruso's FLUID AWAY® contains the herb Dandelion, which is traditionally used in Western Herbal Medicine to temporarily relieve mild fluid retention. Dandelion can also assist with body waste elimination.

Dandelion and Celery seed also have anti-inflammatory properties, and are traditionally used in Western Herbal Medicine to relieve abdominal bloating and reduce symptoms of occasional episodes of gout.

Caruso's FLUID AWAY® indications:

Traditionally used in Western Herbal Medicine to help relieve:

- Abdominal bloating
- Temporary mild fluid retention
- Symptoms of occasional episodes of gout
- Mild rheumatic aches and pains

Who would use Caruso's FLUID AWAY®?

- Adults looking for a formula to help temporarily relieve mild fluid retention
- Adults looking to relieve the symptoms of occasional episodes of gout
- Adults suffering from mild rheumatic aches and pains
- Adults who wish to support their liver health and function

Formulation

Each film coated tablet contains:

Phyllanthus amarus (Stonebreaker) herb ext. dry conc. 187.5mg
From dry herb 1.5g (1,500mg)
Taraxacum officinale (Dandelion) leaf ext. dry conc. 150mg
From dry leaf 750mg
Apium graveolens (Celery) seed ext. dry conc. 75mg
From dry seed 750mg
Pyridoxine Hydrochloride (Vitamin B6) 30.39mg
Equiv. to Pyridoxine (Vitamin B6) 25mg

Specification:

Appearance: White pearlescent oval shaped biconvex film coated tablet.
L: 19.7mm **W:** 8.1mm **T:** 6.5mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet 2 times daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
DAIRY & LACTOSE
NUTS
PRESERVATIVES
VEGAN FRIENDLY

INFLAMMATION EZE®
ANTI-INFLAMMATORY

Health benefits

Caruso's INFLAMMATION EZE® is a multi-action formula combining a blend of four effective herbal ingredients including Turmeric standardised to contain Curcuminoids, Black Pepper standardised to contain Piperine and enhance curcumin absorption*, AKBA-rich Boswellia, and the unique Australian native herb, Old Man Weed.

This advanced formula offers a targeted herbal approach to relieve inflammation. It has been specially developed to relieve the symptoms of mild arthritis and mild osteoarthritis, while also reducing mild joint inflammation, pain, and stiffness. Additionally, this formula supports joint health, helps to improve healthy joint function, and helps to enhance joint mobility.

Caruso's INFLAMMATION EZE® indications:

- Anti-inflammatory: relieves inflammation
- Relieves symptoms of mild arthritis & mild osteoarthritis
- Reduces mild joint inflammation, pain, soreness & stiffness
- Helps improve joint mobility
- Helps enhance healthy joint function

Who would use Caruso's INFLAMMATION EZE®?

- Adults who are seeking relief from inflammation
- Adults who are seeking relief from the symptoms of mild arthritis and mild osteoarthritis
- Adults who would like to reduce mild joint inflammation, pain and stiffness
- Adults who would like help to enhance their joint mobility and healthy joint function

Formulation

Each film coated tablet contains:

Curcuma longa (Turmeric) rhizome ext. dry conc. 526.32mg
From min. dry rhizome 13.158g (13,158mg)
Std. to contain Curcuminoids 500mg
Piper nigrum (Black Pepper) fruit ext. dry conc. 5.26mg
From min. dry fruit 89.47mg
Std. to contain Piperine 5mg
Boswellia serrata (Boswellia) gum oleoresin ext. dry conc. 125mg
From min. dry gum oleoresin 1.25g (1,250mg)
Std. to contain 3-O-Acetyl-11-keto-beta-boswellic acid (AKBA) 37.5mg
Centipeda cunninghamii (Old Man Weed) whole plant powder 20mg
From fresh whole plant 200mg

Specification:

Appearance: Oval shaped, orange with dark orange speckles, clear coated tablet with a break bar on one side.
L: 21.0mm **W:** 8.7mm **T:** 7.0mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet 2 times daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.

**Black pepper standardised to contain Piperine for enhanced Curcumin absorption.*



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

LIVER DETOX
LIVER CLEANSER

Health benefits

Caruso's LIVER DETOX is a one-a-day formula featuring Milk Thistle, traditionally used in Western Herbal Medicine to support natural liver cleansing and detoxification processes, protect the liver, help relieve symptoms of indigestion, promote bile flow from gall bladder and support healthy liver function. This formula also contains herbal extracts of Dandelion, Bupleurum, Schisandra chinensis, Astragalus and Barberry, combined with the nutrients Inositol, Choline Bitartrate and Taurine.

Caruso's LIVER DETOX indications:

Traditionally used in Western Herbal Medicine to:

- Support natural liver cleansing & detoxification processes
- Protect the liver & support healthy liver function
- Help relieve symptoms of indigestion
- Promote bile flow from gall bladder

Who would use Caruso's LIVER DETOX?

- Adults who would like to support the natural detoxification processes of the liver
- Adults who experience symptoms associated with indigestion, such as dyspepsia, abdominal bloating, cramping, griping and/or a feeling of fullness

Formulation

Each film coated tablet contains:

Silybum marianum (Milk Thistle) fruit ext. dry conc.	214.29mg
From min. dry fruit 15g (15,000mg)	
Std. to contain Flavanolignans calc. as Silybin 180mg	
Taraxacum officinale (Dandelion) root ext. dry conc.	100mg
From dry root 500mg	
Bupleurum falcatum (Bupleurum) root ext. dry conc.	25mg
From dry root 250mg	
Schisandra chinensis (Schisandra) fruit ext. dry conc.	62.50mg
From dry fruit 250mg	
Astragalus membranaceus (Astragalus) root ext. dry conc.	10mg
From dry root 100mg	
Berberis vulgaris (Barberry) root ext. dry conc.	8.33mg
From dry root 50mg	
Inositol	250mg
Choline Bitartrate	250mg
Taurine	150mg

Specification:

Appearance: Oval shaped light beige coloured with brown speckles clear coated tablets with break bar on one side.
L: 23.2mm **W:** 10.5mm **T:** 7.3mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet daily with food, or as advised by your health professional. Swallow tablet with water.
WARNING: Large Tablet

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

MALE MOJO®
APHRODISIAC FORMULA

Health benefits

Caruso's MALE MOJO® is specifically formulated to support the physiological needs of men. Caruso's MALE MOJO® is designed to help maintain healthy libido and healthy sexual function. Caruso's MALE MOJO® is a combination of 4 herbs: Fenugreek, Tribulus, Korean Ginseng and Ashwagandha plus Tyrosine, all designed to synergistically work together to help support male sexual function. Caruso's MALE MOJO® contains the aphrodisiac herbs Tribulus and Korean Ginseng to enhance a healthy libido and maintain healthy sexual function. It also contains Ashwagandha which is traditionally used in Ayurvedic Medicine to support physical stamina and help the body adapt to stress.

Caruso's MALE MOJO® indications:

- Maintains healthy libido
- Supports healthy sexual function
- Relieves symptoms of stress
- Traditionally used in Ayurvedic Medicine to maintain physical endurance and stamina

Who would use Caruso's MALE MOJO®?

- Healthy men seeking an aphrodisiac formulation which helps to promote a healthy libido and support healthy sexual function
- Males who would like to maintain nervous system health
- Males who experience stress and would like to support a healthy stress response
- Men wanting to support physical stamina
- Males wanting additional support for thyroid and adrenal glands

Formulation

Each film coated tablet contains:

Trigonella foenum-graecum (Fenugreek from Testofen®) seed ext. dry conc. 90.9mg
From dry seed 3g
Tribulus terrestris (Tribulus) fruit ext. dry conc. 50mg
From min. dry fruit 2.25g
Std. to contain Furostanol saponins calc as protodioscin 20mg
Tribulus terrestris (Tribulus) root ext. dry conc. 50mg
From min. dry root 2.25g
Std. to contain Furostanol saponins calc as protodioscin 20mg
Panax ginseng (Korean Ginseng) root ext. dry conc. 150mg
From min. dry root 1.2g
Std. to contain Ginsenosides 37.5mg
Withania somnifera (Ashwagandha) root ext. dry conc. 300mg
From dry root 1.5g
Tyrosine 500mg

Specification:

Appearance: Oval shaped, light blue film coated tablet with break bar on one side.
L: 23.2mm **W:** 10.5mm **T:** 8.0mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet 2 times daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.

Testofen® is a registered trademark of Gencor Pacific Limited.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

MEGA MEMORY®
COGNITIVE PERFORMANCE

Health benefits

Caruso's MEGA MEMORY® is a natural formula which combines standardised herbal extracts from key ingredients, Bacopa monnieri (Brahmi) and Ginkgo biloba (Ginkgo). These herbs help to support memory and mental recall, and support cognitive function in adults. Bacopa monnieri also supports learning and information processing. Caruso's Mega Memory also features the patented extract of Brahmi known as BacoMind®.

Caruso's MEGA MEMORY® indications:

Support:

- Memory and mental recall
- Cognitive function in adults
- Learning and information processing

Traditionally used in Ayurvedic medicine to improve memory and cognition

Who would use Caruso's MEGA MEMORY®?

- Individuals looking to improve their memory and support mental recall
- Individuals wanting support for mental concentration and focus
- Individuals looking to enhance their cognitive performance
- Individuals who are wanting to promote their learning abilities
- Individuals who want to maintain healthy brain function and support their general mental wellbeing
- Beneficial for adults, elderly people, students and working professionals

Formulation

Each film coated tablet contains:

Bacopa monnieri (Brahmi from Bacomind®) whole plant ext. dry conc. . 450mg
From min. dry whole plant 9g (9,000mg)
Std. to contain Bacosides calculated as Bacoside A 202.5mg
Ginkgo biloba (Ginkgo) leaf ext. dry conc. 120mg
From min. dry leaf 6g (6,000mg)
Std. to contain Ginkgo Flavonglycosides 28.8mg
Std. to contain Ginkgolides and Bilobalides 7.2mg

Specification:

Appearance: Large capsule shaped, light blue film coated tablet with break bar on one side.
L: 22.4mm **W:** 9mm **T:** 6.8mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet daily with food, or as advised by your health professional.
WARNING: Large tablet size. If you have swallowing concerns, break, cut or crush the tablet before consuming.

Always read the label and follow the directions for use.
Bacomind® is a registered trademark.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

MENOPAUSE EZE® COOL & CALM

MENOPAUSE MANAGER

Health benefits

MENOPAUSE EZE® COOL & CALM is a high quality herbal formula which helps take the heat out of menopause!

MENOPAUSE EZE® COOL & CALM contains the herb Black Cohosh which helps to reduce the occurrence of menopausal symptoms. This herb helps to reduce and relieve uncomfortable hot flushes associated with menopause.

MENOPAUSE EZE® COOL & CALM also contains Vitamin D3 which helps the body to absorb calcium and maintain bone strength and density.

So, if you're suffering from fiery hot flushes, try Caruso's MENOPAUSE EZE® COOL & CALM today!

Caruso's MENOPAUSE EZE® COOL & CALM indications:

- Helps reduce hot flushes associated with menopause
- Helps reduce the occurrence of menopausal symptoms
- Maintains bone strength and density
- Supports calcium absorption in bones

Who would use Caruso's MENOPAUSE EZE® COOL & CALM?

- Women who are experiencing the symptoms of menopause such as hot flushes and wish to reduce their occurrence
- Menopausal women who wish to support the health of their bones and maintain bone mass and density
- Menopausal women who wish to support the absorption of dietary calcium to help support bone strength

Formulation

Each film coated tablet contains:

Eleutherococcus senticosus (Siberian ginseng) ext. dry conc. 133.34mg
From min. dry root 2g (2,000mg)
Std. to Syringaresinol diglucosides 1.07mg
Pueraria lobata (Kudzu) ext. dry conc. 125mg
From min. dry root 1.25g (1,250mg)
Std. to isoflavones 50mg
Tribulus terrestris (Tribulus) ext. dry conc. 25mg
From min. dry fruit 1.25g (1,250mg)
Std. to protodioscin 10mg
Tribulus terrestris (Tribulus) ext. dry conc. 25mg
From min. dry root 1.25g (1,250mg)
Std. to protodioscin 10mg
Actaea racemosa (Black cohosh) ext. dry conc. 40mg
From min. dry root and rhizome 200mg
Std. to triterpene glycosides calc. 27-desoxyactein 1mg
Vitex agnus-castus (Vitex) ext. dry conc. 20mg
From min. dry fruit 120mg
Std. to Agnuside 100 micrograms
Std. to Aucubin 80 micrograms
AND
Colecalciferol ..... 12.5 micrograms
Equiv. to Vitamin D3 500IU

Specification:

Appearance: Oval shaped lilac coloured film coated tablet with a break bar.
L: 21mm **W:** 8.7mm **T:** 5.4mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet 2 times daily with main meals, or as advised by your health professional.

Always read the label and follow the directions for use.

MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN



Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

PAIN-ALGESIC®
ALTERNATIVE PAIN RELIEF

Health benefits

Caruso's PAIN-ALGESIC® is a unique, analgesic pain reducing formula that relieves symptoms of mild osteoarthritis, joint pain, joint inflammation, soreness, joint stiffness, reduces nerve pain, improves joint mobility and maintains joint flexibility.

Caruso's PAIN-ALGESIC® contains Levagen®+, an innovative ingredient that contains Palmidrol (also known as PEA) attached to LipiSperse® technology. LipiSperse® is a technology that, when attached to an active ingredient such as PEA, assists with absorption. PEA mimics your body's own biological response to pain.

Caruso's PAIN-ALGESIC® indications:

- Relieves symptoms of mild osteoarthritis
- Reduces mild joint pain and soreness
- Relieves pain and inflammation
- Reduces mild nerve pain

Who would use Caruso's PAIN-ALGESIC®?

- Adults looking for relief from mild joint pains
- Adults looking for a product which may help to relieve pain and inflammation, including mild nerve pain
- Adults who would like to reduce symptoms of mild osteoarthritis

Formulation

Each hard capsule contains:

Palmidrol 273mg
(from Levagen®+ 300mg)

Specification:

Appearance: White powder in a clear vegetable capsule.
Capsule size: 00 **L:** 23.3mm **W:** 8.5mm **Flavour:** None.

Directions for use:

Adults: Take 2 hard capsules daily with food or as advised by your health professional.

Always read the label and follow the directions for use.

Levagen®+ is a registered trademark of Gencor Pacific Limited
LipiSperse® is a registered trademark of Gencor Pacific Limited

MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY



PEE LESS®
PROSTATE HEALTH FOR MEN

Health benefits

Caruso's PEE LESS® is a formula for men that relieves the annoyance and inconvenience of frequent trips to the bathroom. It contains a blend of herbs and nutrients, including the herb *Schisandra chinensis* which is traditionally used in Chinese Medicine to relieve urinary frequency. Caruso's PEE LESS® also contains Zinc to support the health of the male prostate gland and help maintain healthy prostate function.

Caruso's PEE LESS® indications:

FOR MEN

- With Schisandra chinensis, traditionally used in Chinese Medicine to relieve urinary frequency
- Supports prostate health
- Helps maintain healthy prostate function

Who would use Caruso's PEE LESS®?

- Men who wish to relieve urinary frequency
- Men who wish to support the health of the prostate gland
- Men who would like to maintain healthy prostate function
- Men who would like to reduce free radicals formed in their body

Formulation

Each film tablet contains:

Crateva magna (Crateva) ext. dry conc.	150mg
From dry stem bark 1.5g (1,500mg)	
Cucurbita pepo (Pumpkin Seed) ext. dry conc.	437.5mg
From dry seed 8.75g (8,750mg)	
Glycine max (Soya Bean) ext. dry conc.	83.5mg
From min. dry pressed seed cake 13.36g (13,360mg)	
Std. to Isoflavones (calc. as daidzin/ein, genestin/ein, glycitin/ein)	33.4mg
Schisandra chinensis (Schisandra) ext. dry conc.	150mg
From dry fruit 3g (3,000mg)	
Conifer Phytosterol Complex	92.86mg
Equiv. to Sitosterol 65mg	
Zinc Citrate Dihydrate	21.81mg
Equiv. to Zinc 7mg	

Specification:

Appearance: Extra large, oval shaped, light beige to brown with speckles coloured, clear film coated tablet with break bar on one side.
L: 23.2mm **W:** 10.5mm **T:** 7.4mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet 2 times daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

PROSTATE EZE® MAX

RELIEVE FREQUENCY OF NIGHT-TIME URINATION IN MEN

Health benefits

Caruso's PROSTATE EZE® MAX is a proprietary blend of 5 botanical extracts, including Pygeum, which has been clinically shown to be effective at relieving the frequency of night-time urination (also called nocturia) in men who have been medically diagnosed with benign prostatic hypertrophy (BPH).

Supported by scientific evidence, assessed by the Therapeutic Goods Administration (TGA) and scientifically supported by an Australian Clinical Study, science confirms the benefits of Caruso's PROSTATE EZE® MAX.

Caruso's PROSTATE EZE® MAX utilises 15,000mg of Pygeum which has been standardised for its sitosterol content. Pygeum has been clinically trialled and shown to be beneficial for the relief of nocturia (night-time urinary frequency) associated with medically diagnosed benign prostatic hypertrophy.

Caruso's PROSTATE EZE® Max indications:

- For the relief of nocturia (night-time urinary frequency) associated with medically diagnosed benign prostatic hypertrophy

Who would use Caruso's PROSTATE EZE® Max?

- Men who require relief of night-time urinary frequency associated with medically diagnosed benign prostatic hypertrophy

Formulation

Each soft capsule contains:

Prunus africana (Pygeum) dry stem bark extract	75mg
From min. dry stem bark 15g Standardised to contain sitosterol and sitosterol glycosides calculated as sitosterol 9.75mg	
Serenoa repens (Saw Palmetto) dry seed extract	44mg
From min. dry seed 660mg Standardised to contain Fatty Acids 39.6mg	
Epilobium parviflorum (Willow Herb) dry herb extract	125mg
From dry herb 500mg	
Cucurbita pepo seed oil fixed (Pumpkin seed oil)	160mg
Lycopene	2.1mg

Specification:

Appearance: Brown paste filled in a blue coloured, oblong shaped soft gelatine capsule.
Capsule size: 20 minim oblong **Flavour:** None.

Directions for use:

Adults: Take 1 capsule daily with food, or as advised by your Medical Practitioner.

Always read the label and follow the directions for use. Not suitable for children under the age of 18. If you have not had your symptoms diagnosed, or if your symptoms persist or worsen, consult a medical practitioner.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN

TGA assessed

QUICK CLEANSE® MAX
INTERNAL CLEANSING DETOX PROGRAM

Health benefits

Caruso's QUICK CLEANSE® MAX Program has been formulated to cleanse, detox, suppress your appetite, help you manage food cravings, support your body's metabolism, and maintain healthy digestion. Caruso's QUICK CLEANSE® MAX also contains ingredients that are traditionally used in Western Herbal Medicine to support natural liver cleansing, liver detoxification processes, and relieve bloating and constipation.

This Detox Program kit includes 4 carefully selected products, a specially developed nutritional eating plan with easy-to-follow meal recipes, and essential lifestyle strategies that help you to achieve the best results throughout the course of the Caruso's QUICK CLEANSE® MAX program.

Caruso's QUICK CLEANSE® MAX indications:

LIVER DETOX

Traditionally used in Western Herbal Medicine to:

- Support natural liver cleansing & detoxification processes
- Protect the liver & support healthy liver function

GUT, DIGESTION & CONSTIPATION

Traditionally used in Western Herbal Medicine to:

- Relieve digestive spasms, symptoms of indigestion & stomach upset
- Relieve abdominal bloating, distention & flatulence
- Relieve constipation & promote bowel evacuation
- Promote bowel regularity & healthy digestive system function
- Helps in digestion of fats & protein

APPETITE SUPPRESSION & METABOLISM

- Suppresses hunger & reduces appetite
- Helps in management of food cravings
- Assists in sugar & carbohydrate metabolism
- Support healthy thyroid gland function

Formulation

QUICK CLEANSE® MAX DETOX PROGRAM contains:

BOWEL CLEAR® (page 28)
BERBERINE CRAVE LESS® (page 112)
BLOAT EZE® (page 27)
LIVER DETOX (page 37)

Directions for use:

Adults: Follow recommended daily timeline routine during detox program.
Warning: Large Tablets. Swallow tablets with water.
Before Breakfast: 1x BOWEL CLEAR®
With Breakfast: 1x BERBERINE CRAVE LESS®
Before Lunch: 1x BLOAT EZE®
With Lunch: 1x BERBERINE CRAVE LESS®
Before Dinner: 1x BLOAT EZE®
With Dinner: 1x LIVER DETOX
After Dinner: 1x BOWEL CLEAR®
Or as advised by your health professional.

Always read the label and follow the directions for use.

MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY



Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

SLEEP +
CALM + RELAX + SLEEP

Health benefits

Caruso's SLEEP + is a premium, multi-action formula designed to support the mind and body through three core actions: calm the mind, relax the body and induce sleep.

L-Theanine CALMS THE MIND and aids mind relaxation. Magnesium RELAXES THE BODY by supporting muscle relaxation. Hops & Passionflower have been traditionally used in Western Herbal Medicine to INDUCE SLEEP. The formula also features the backed by science and patented Holy Basil extract Holixer®, which supports healthy sleeping patterns and assists the body to cope with environmental stress.

Caruso's SLEEP + indications:

Traditionally used in Western Herbal Medicine to:

- Reduce time to fall asleep
- Induce sleep & reduce restlessness

Supports muscle relaxation

Calms & helps relax the mind

Supports healthy sleeping patterns

Who would use Caruso's SLEEP +?

- Adults who struggle to sleep and would like to try herbs traditionally used in Western Herbal Medicine to induce sleep.
- Adults who struggle to sleep and would like to try a supplement to calm the mind and relax the body's muscles.

Formulation

Each film coated tablet contains:

Humulus lupulus (Hops) flower ext. dry conc.	166.67mg
From dry flower 1g (1,000mg)	
Passiflora incarnata (Passionflower) herb flowering & fruiting ext. dry conc.	150mg
From dry herb flowering & fruiting 750mg	
Ocimum tenuiflorum (Holy basil from Holixer®) herb ext. dry conc.	125mg
From dry herb 2.5g (2,500mg)	
Magnesium (from Magnesium Glycinate)	52.5mg
Theanine	25mg

Specification:

Appearance: Oval shaped clear film coated brown to dark grey mottled tablet with break bar on one side.
L: 22.2mm **W:** 10.7mm **T:** 8mm **Flavour:** None.

Directions for use:

Adults: Take 2 tablets, 30 minutes before bed, or as advised by your health professional.
WARNING: Large Tablet

Always read the label and follow the directions for use.

Holixer® is a registered trademark of Natural Remedies Pvt Pty Ltd.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

SLEEP MORE®

SLEEP & MILD ANXIETY AID

Health benefits

Caruso's SLEEP MORE® is a herbal sleeping tablet with five herbs to relieve sleeplessness and improve the quality of your sleep. It contains Hops and Passion Flower which reduce the time you take to fall asleep and promote deep sleep. The Green Tea and Kava in Caruso's SLEEP MORE® reduce the symptoms of mild anxiety, calm the mind and help to support emotional wellbeing, whilst Ziziphus relieves restlessness and excess nervous energy.

Caruso's SLEEP MORE® indications:

- Relieves sleeplessness
- Improves sleep quality and promotes deep sleep
- Decreases the time to fall asleep
- Reduces symptoms of mild anxiety
- Calms the mind
- Relieves restlessness and excess nervous energy

Who would use Caruso's SLEEP MORE®?

- Adults who wish to relieve their sleeplessness and would like to promote quality sleep
- Adults who wish to relieve restlessness
- Adults who do not get restful sleep and wish to promote deep sleep
- Adults who experience symptoms associated with mild anxiety
- Adults wishing to relieve restlessness

Formulation

Each film coated tablet contains:

Camellia sinensis (Green Tea) leaf ext. dry conc. 125mg
From min. dry leaf 10g (10,000mg)
Std. to contain Theanine 27.5mg
Ziziphus jujuba var. spinosa (Ziziphus) seed ext. dry conc. 135mg
From dry seed 1.35g (1,350mg)
Humulus lupulus (Hops) flower ext. dry conc. 250mg
From dry flower 1g (1,000mg)
Piper methysticum (Kava) root ext. dry conc. 75mg
From fresh root 750mg
Passiflora incarnata (Passion Flower) herb ext. dry conc. 150mg
From dry herb 750mg

Specification:

Appearance: Large capsule shaped, light yellow film coated tablets with break bar on one side.
Tablet can be broken in half and/or crushed for ease of consumption
L: 22.5mm **W:** 9mm **T:** 6.9mm **Flavour:** None.

Directions for use:

Adults: Take 2 tablets with food 30 to 60 minutes before retiring, or as advised by your health professional.
WARNING: Large tablet size. If you have swallowing concerns, break, cut or crush the tablet before consuming.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

STRESS & ANXIETY SPRAY
MIND CALMING FORMULA

Health benefits

Caruso's STRESS & ANXIETY SPRAY is a calming formula containing the ingredient Bluenesse®, which is an extract of the herb Melissa officinalis. Bluenesse® helps to soothe the nerves and calm the mind. Caruso's STRESS & ANXIETY SPRAY is an easy to use oral spray that can relieve the symptoms of mild anxiety and can assist the body to cope with environmental stress, plus support healthy mood balance.

Caruso's STRESS & ANXIETY SPRAY may help maintain memory, increase memory recall and support mental concentration, focus and clarity. In addition, Caruso's STRESS & ANXIETY SPRAY may help improve mental alertness. Melissa officinalis was traditionally used in European Herbal Medicine to relieve nervous tension and unrest, and relieve sleeplessness.

Caruso's STRESS & ANXIETY SPRAY indications:

- Soothes and calms the nerves
- Relieves symptoms of mild anxiety
- Helps the body to cope with environmental stress
- Supports mental concentration, alertness and memory

Who would use CARUSO'S STRESS & ANXIETY SPRAY?

- Adolescents, men and women who require help to reduce the occurrence of symptoms of mild anxiety
- Adults unable to swallow tablets
- Adults who need aid to help the body cope with environmental stresses
- Adults who wish to reduce nervous tension

Formulation

Per 6 sprays (900 microlitres):

Melissa officinalis (Lemon Balm from Bluenesse®) leaf ext. dry conc. 117mg
From min. dry leaf 409.5mg
Std. to contain Rosmarinic Acid 7.0mg

Specification:

Appearance: Brown liquid. **Flavour:** Peppermint.

Directions for use:

Adults and children over the age of 12: Place spray nozzle into mouth and spray 6 times. Use 3 times a day (maximum 18 sprays per day) during times of stress and/or mild anxiety or as advised by your health professional.

Always read the label and follow the directions for use.
Bluenesse® is a registered trademark of Vital Solutions GmbH



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
DAIRY & LACTOSE
NUTS
GLUTEN
VEGAN FRIENDLY

STRESS EZE®

STRESS & ANXIETY

Health benefits

Caruso's STRESS EZE® is a health solution formula containing a combination of herbal extracts from Ashwagandha, Siberian Ginseng and Korean Ginseng to reduce the symptoms of stress, support a healthy stress response in the body, and reduce the occurrence of mild anxiety symptoms.

With traditional uses in Western Herbal Medicine, Withania somnifera has been used as an adaptogen and to support healthy stress recovery in the body, Eleutherococcus senticosus has been used to relieve feelings of weariness and Panax ginseng has been used to relieve fatigue.

Caruso's STRESS EZE® contains a patent extract of Withania somnifera known as KSM-66 Ashwagandha®, which is a full-spectrum extract using the roots only, along with standardised root extracts of Siberian Ginseng and Korean Ginseng.

Caruso's STRESS EZE® indications:

- Supports healthy stress response in the body
- Relieves symptoms of stress and mild anxiety
- Contains Ashwagandha, traditionally used in Western Herbal Medicine to support a healthy body stress recovery

Who would use Caruso's STRESS EZE®?

- Adults seeking to relieve symptoms of stress
- Adults seeking herbal medicine to help body adapt to stress using an ingredient used in traditional Western Herbal Medicine
- Adults seeking herbal medicine to support healthy body stress recovery using an ingredient used in traditional Western Herbal Medicine
- Adults seeking to support healthy stress response in the body
- Adults seeking to relieve symptoms of mild anxiety

Formulation

Each film coated tablet contains:

Withania somnifera (KSM-66 Ashwagandha®) root ext. dry conc. 300mg
From dry root 3.75g (3,750mg)
Eleutherococcus senticosus (Siberian Ginseng) root ext. dry conc. 66.67mg
From min. dry root 1g (1,000mg)
Std. to contain Syringaresinol Diglucosides 534 micrograms
Panax ginseng (Korean Ginseng) root ext. dry conc. 50mg
From dry root 500mg

Specification:

Appearance: Capsule shaped, beige to cream coloured film-coated tablet, with a break-bar on one side.
Break-Bar: Tablet can be broken in half and/or crushed for ease of consumption.
L: 22.5mm **W:** 9mm **T:** 7.2mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet 2 times daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- NUTS
- PRESERVATIVES
- GLUTEN

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

SUPER CURCUMIN®
ANTI-INFLAMMATORY

Health benefits

Curcumin is a bioactive compound naturally extracted from the root of the Turmeric plant. Curcumin must be absorbed by your body to benefit your health. CurcuWIN™ is an extract of turmeric used in Caruso's SUPER CURCUMIN®. It undergoes the proprietary UltraSOL® technology process. This advanced technology means CurcuWIN™ is bound to a special hydrophilic molecule making it water loving which may assist absorption.

Curcumin, the bioactive compound in Turmeric, is responsible for its therapeutic anti-inflammatory and antioxidant properties. . Caruso's SUPER CURCUMIN® contains a unique form of Curcumin called CurcuWIN™ which uses the advanced UltraSOL® technology to enhance absorption.

Caruso's SUPER CURCUMIN® relieves inflammation and supports joint health. Free radicals are reactive molecules that can damage cells through oxidative stress. Curcumin helps reduce formation and the damage they cause to body cells.

Caruso's SUPER CURCUMIN® indications:

- Relieve inflammation
- Support and maintain joint health
- Antioxidant to reduce free radicals formed in the body

Who would use Caruso's SUPER CURCUMIN®?

- Adults wanting to support and maintain joint health
- Adults looking for an anti-inflammatory supplement
- Adults looking to reduce free radical damage to body cells

Formulation

Each film coated tablet contains:

Curcumin.....36mg
From CurcuWIN™ 150mg
Equiv. to *Curcuma longa* rhizome dry 712.5mg

Specification:

Appearance: Small, capsule shaped, yellow coloured film coated tablet.
L: 17.0mm **W:** 6.7mm **T:** 5.2mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet 2 times daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN

VEGAN FRIENDLY

TESTOROD®
MALE PERFORMANCE

Health benefits

Caruso's TESTOROD® is a targeted approach to men's health, powered by 7 specially selected herbs and nutrients designed to help support and maintain healthy testosterone levels in healthy males.

Caruso's TESTOROD® may help to maintain energy levels and production. Caruso's TESTOROD® also contains Panax ginseng which is traditionally used in Chinese Medicine to relieve tiredness and fatigue. So, if you are feeling low on energy and looking to support your physical endurance and stamina, try Caruso's TESTOROD® today!

Caruso's TESTOROD® supports reproductive hormones, reproductive system health in males, and sperm production and health in healthy males. Caruso's TESTOROD® also maintains and supports healthy sexual function in older males.

Caruso's TESTOROD® indications:

Supports and maintains:

- Testosterone levels
- Healthy sexual function in older males
- Sperm health and production in healthy males
- Physical endurance and stamina
- Energy levels

Who would use Caruso's TESTOROD®?

- Healthy men who are wanting to support healthy reproductive system hormones including maintenance of testosterone levels
- Healthy men looking to support healthy sexual function and libido

Formulation

Each film coated tablet contains:

Trigonella foenum-graecum (Fenugreek Testofen®) ext. dry conc.	300mg
From dry seed 9.9g (9,900mg)	
Panax ginseng (Korean ginseng) ext. dry conc.	135mg
From dry root 1.35g (1,350mg)	
Urtica dioica (Nettle) ext. dry conc.	62.5mg
From dry root 1g (1,000mg)	
Avena sativa (Oats) ext. dry conc.	100mg
From dry herb 1g (1,000mg)	
AND	
Magnesium aspartate dihydrate	225mg
Equiv. to Magnesium 16.88mg	
Zinc Amino Acid Chelate	37.5mg
Equiv. to Zinc 7.5mg	
Pyridoxine Hydrochloride	6mg
Equiv. to Pyridoxine (Vitamin B6) 4.94mg	

Specification:

Appearance: Oval shaped, white tablets with a break bar on one side. Tablet can be broken in half and/or crushed for ease of consumption
L: 23.2mm **W:** 10.5mm **T:** 6.6mm **Flavour:** None.

Directions for use:

Adults: Take one tablet in the morning an hour before breakfast, and one tablet an hour before dinner.

Always read the label and follow the directions for use.
Testofen® is a registered trademark of Gencor Pacific Limited.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

THYROID MANAGER®

HEALTHY THYROID FUNCTION

Health benefits

Caruso's THYROID MANAGER® is a convenient one-a-day tablet which provides the necessary nutrients involved to support healthy thyroid hormones and assist thyroid hormone production. It may also relieve fatigue and symptoms of stress. The key ingredients include Iodine, Selenium, Tyrosine, Zinc and Vitamin D. Iodine is a trace element and one of the most important components of thyroid hormones. It supports healthy thyroid gland function and assists thyroid hormone production. It is also required for many other different reactions in the body. Selenium and Tyrosine have been added as these two nutrients assist thyroid hormone production and support healthy thyroid gland function. Caruso's THYROID MANAGER® also contains Zinc and Vitamin D3 which may help support healthy thyroid gland function.

Caruso's THYROID MANAGER® indications:

- Maintains healthy thyroid gland function
- Assists thyroid hormone production
- Supports energy production
- Relieves symptoms of stress
- Supports healthy emotional and mood balance

Who would use Caruso's THYROID MANAGER®?

- Adults wanting to support their healthy thyroid gland function
- Adults wanting to support energy production and thyroid gland health
- Adults wishing to support a healthy stress response in the body and healthy mood balance
- Adults wishing to relieve tiredness, fatigue and weariness

Formulation

Each film coated tablet contains:

Tyrosine	1g (1,000mg)
Ascorbic Acid (Vitamin C)	40mg
Zinc Oxide	18.67mg
Equiv. to Zinc 15mg	
Thiamine Hydrochloride	11.21mg
Equiv. to Thiamine (Vitamin B1) 10mg	
Nicotinamide	10mg
Pyridoxine Hydrochloride	12.16mg
Equiv. to Pyridoxine (Vitamin B6) 10mg	
Selenomethionine	249 micrograms
Equiv. to Selenium 100 micrograms	
Potassium Iodide	391 micrograms
Equiv. to Iodine 299 micrograms	
Colecalciferol (Vitamin D3)	25 micrograms
Equiv. to Vitamin D3 1000IU	

Specification:

Appearance: Pale apricot oval tablet with a break bar on one side.
L: 23.2mm **W:** 10.5mm **T:** 7.2mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet daily in the morning with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN

TOTAL JOINT COLLAGEN

BUILD HEALTHY JOINT CARTILAGE

Health benefits

Over time, joint cartilage wear and tear can occur if you have an active lifestyle. Caruso's TOTAL JOINT COLLAGEN contains FORTIGEL®, a hydrolysed collagen peptide which helps maintain healthy joint cartilage growth and production. Caruso's TOTAL JOINT COLLAGEN can improve joint mobility and support joint flexibility.

Caruso's TOTAL JOINT COLLAGEN helps to reduce cartilage wear and tear. Furthermore, it can relieve mild joint pain, aches, stiffness and symptoms of mild osteoarthritis.

With a great tasting orange flavour, this formula also contains key active ingredients including: Manganese to support joint cartilage health, Boron to relieve symptoms of mild osteoarthritis and Silicon to promote connective tissue health. Caruso's TOTAL JOINT COLLAGEN powder easily mixes with water for a daily therapeutic dose of FORTIGEL®.

Caruso's TOTAL JOINT COLLAGEN indications:

- Relieves mild joint pain, aches, stiffness and symptoms of mild osteoarthritis
- Reduces cartilage wear and tear
- Supports collagen formation
- Helps support healthy joint cartilage growth

Who would use Caruso's TOTAL JOINT COLLAGEN?

- Adults wishing to relieve the symptoms of mild osteoarthritis
- Adults wishing to support joint health and mobility
- Adults wishing to support healthy bone growth and development
- Adults looking for an easy to drink powder to support their joint health

Formulation

Each 7.5g dose contains:	
Hydrolysed Collagen (Fortigel B®)	5g
Manganese amino acid chelate	50mg
Equiv. to Manganese 5mg	
Borax	22.05mg
Equiv. to Boron 2.5mg	
Ascorbic Acid (Vitamin C)	20mg
Colloidal anhydrous silica	107mg
Equiv. to Silicon 50mg	

Specification:

Appearance: Off-white, powder **Flavour:** Orange

Directions for use:

Adults: Mix 7.5g (2 scoops) with 100mL of water, or as advised by your health professional. **Scoop included.** Contains desiccant canister for quality and freshness. Do not consume canister.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

TOTAL SLEEP®
DEEP RESTFUL SLEEP

Health benefits

Caruso's TOTAL SLEEP® has been formulated to support people who experience difficulty sleeping. Numerous factors such as stress, nervous tension, irritability and restlessness can impact on sleep. Caruso's TOTAL SLEEP® contains Valerian, Hops, Chamomile and the clinically trialled KSM-66 Ashwagandha®, to help address common symptoms of sleeplessness. Hops and Valerian promote quality sleep by decreasing sleeplessness and promoting healthy sleeping patterns. Caruso's TOTAL SLEEP® may also decrease the time to fall asleep.

Caruso's TOTAL SLEEP® indications:

- Promotes healthy sleep patterns
- Reduces the time to fall asleep
- Enhances refreshing sleep
- Improves sleep quality
- Reduces disturbed and restless sleep

Who would use Caruso's TOTAL SLEEP®?

- Adults who have difficulty falling asleep
- Adults who suffer from restlessness and nervous tension
- Light, restless sleepers who would like to achieve a deep restful sleep
- Adults who are woken easily
- Adults who don't wake up feeling refreshed

Formulation

Each film coated tablet contains:

Withania somnifera (KSM-66 Ashwagandha®) ext. dry conc. 300mg
From dry root 3.75g (3,750mg)
Valeriana officinalis (Valerian) ext. dry conc. 250mg
From min. dry root 1g (1,000mg)
Std. to Valerenic Acid 750 micrograms
Matricaria chamomilla (Chamomile) ext. dry conc. 250mg
From dry flower 1g (1,000mg)
Humulus lupulus (Hops) ext. dry conc. 187.50mg
From dry flower 750mg

Specification:

Appearance: Navy blue oval shaped tablet with a break bar on one side.
L: 22.5mm **W:** 10mm **T:** 7.9mm **Flavour:** None.

Directions for use:

Adults: Take 2 tablets half an hour before bedtime, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- NUTS
- PRESERVATIVES
- GLUTEN

VEINS CARE CREAM™
SUPPORT VEIN HEALTH

Health benefits

Caruso's VEINS CARE CREAM™ has been specifically developed for people suffering from mild varicose veins or the symptoms of haemorrhoids.

Caruso's VEINS CARE CREAM™ contains *Aesculus hippocastanum* (Horse Chestnut) seed extract which can help to support healthy blood vessels and can also aid in the relief of bruise pain.

It also contains *Hamamelis virginiana* (Witch Hazel), which has traditionally been used in Western Herbal Medicine as an astringent to help tighten tissues, and to reduce the symptoms of mild varicose veins. In Traditional Native American Medicine Witch Hazel was seen as an anti-inflammatory herb and was also used to help reduce the symptoms of haemorrhoids.

Caruso's VEINS CARE CREAM also contains Oligopin® an extract of French Maritime Pine Bark, Magnesium and Jojoba Oil.

Caruso's VEINS CARE CREAM™ may also be used alongside Caruso's VEINS CLEAR® to support blood vessel health.

Caruso's VEINS CARE CREAM™ indications:

- Contains Witch Hazel which was traditionally used in Western Herbal Medicine to relieve symptoms of mild varicose veins
- Maintain blood vessel health
- Relieve bruise pain

Who would use Caruso's VEINS CARE CREAM™?

- Men and women who suffer from mild varicose veins or the symptoms of haemorrhoids
- Adults who suffer leg aches associated with mild varicose veins
- Adults who would like to support blood vessel health
- Adults who would like to reduce bruise pain

Formulation

Each gram of cream contains:

Pinus pinaster (French Maritime Pine Bark Oligopin®) ext. dry conc. 2.5mg
From stem bark outer dry 2.5g (2,500mg)
Hamamelis virginiana (Witch Hazel) ext. dry conc. 10mg
From dry leaf 100mg
Aesculus hippocastanum (Horse Chestnut) ext. dry conc. 16.6mg
From seed dry 99.6mg
Dried Magnesium Sulfate.....80mg
Equiv. to Magnesium 10.4mg
Simmondsia chinensis (Jojoba Oil) seed oil fixed 10mg

Specification:

Appearance: Brown coloured cream.

Directions for use:

Adults: Apply 5g (approx. 1 tsp) onto the affected areas and gently massage until fully absorbed. Repeat up to 3 times daily or as needed.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- GLUTEN

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

VEINS CLEAR®

REDUCE THE PAINFUL SYMPTOMS ASSOCIATED WITH MILD VARICOSE VEINS

Health benefits

Veins are the blood vessels that carry blood back to the heart. Caruso's Veins Clear® maintains the health of blood vessels. It assists in the production of connective tissues and maintains the health of connective tissues such as collagen, which is an important component of the walls of blood vessels. The Grape Seed and Vitamin C in Caruso's Veins Clear® are both antioxidants and help to reduce free radical damage to body cells.

Mild varicose veins appear as twisted, raised, darkish-blue veins under the skin, usually on the legs and feet. They are caused by blood pooling in the vein, which then stretches the vein wall and causes a bulging effect. Mild varicose veins can affect both men and women.

Caruso's Veins Clear® is a one-a-day tablet containing the herb Horse Chestnut which is traditionally used in Western Herbal Medicine to reduce and relieve the uncomfortable symptoms of mild varicose veins such as aching and tired legs, pain, leg swelling, and itchy legs. Caruso's Veins Clear® also contains Butcher's Broom, Grape Seed, Hesperidin and Vitamin C.

Caruso's Veins Clear® indications:

- Horse Chestnut is traditionally used in Western Herbal Medicine to reduce and relieve the symptoms of mild varicose veins including:
  - Aching and tired legs
  - Pain and leg swelling
  - Itchy legs
- Supports healthy blood circulation

Who would use Caruso's Veins Clear®?

- Adults who experience aches and pains due to mild varicose veins
- Adults looking for a product to help maintain health of blood vessels
- Adults who wish to support healthy blood circulation and healthy blood flow to the peripheral areas of the body such as legs, hands and feet
- Adults who wish to support blood vessel health
- Adults looking for a product to help maintain collagen formation and support collagen health

Formulation

Each film coated tablet contains:

Vitis vinifera (Grape) seed ext. dry conc.	184.21mg
From min. dry seed 22.11g (22,105mg)	
Std. to contain Procyanidins 175mg	
Ruscus aculeatus (Butcher's Broom) root & rhizome ext. dry conc.	220mg
From min. dry root & rhizome 1.54g (1,540mg)	
Std. to contain Ruscogenin 22mg	
Aesculus hippocastanum (Horse Chestnut) seed ext. dry conc.	166.67mg
From min. dry seed 1g (1,000mg)	
Std. to contain Escin 31.67mg	
Hesperidin	300mg
Ascorbic Acid (Vitamin C)	200mg

Specification:

Appearance: Oval shaped, pale blue coloured tablet with a break bar on one side.
L: 23.2mm **W:** 10.5mm **T:** 7.4mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet daily with food, or as advised by your health professional. Swallow tablet with water.
WARNING: Large Tablet

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

WEE LESS®

RELIEVE URINARY FREQUENCY

Health benefits

Caruso's WEE LESS® relieves the inconvenience of frequent trips to the bathroom. It contains a blend of herbs and nutrients, including the herb *Schisandra chinensis* which is traditionally used in Chinese Medicine to relieve urinary frequency. Caruso's WEE LESS® also contains Magnesium, which maintains muscle health and function and supports the health of the nervous system.

Caruso's WEE LESS® indications:

- With *Schisandra chinensis*, traditionally used in Chinese Medicine to relieve urinary frequency
- Maintains muscle health and function

Who would use Caruso's WEE LESS®?

- Adults who wish to relieve urinary frequency using a herb that has been traditionally used in Chinese Medicine
- Adults who wish to support muscle health and function
- Adults who wish to support nervous system health

Formulation

Each film coated tablet contains:

Crateva magna (Crateva) ext. dry conc. 150mg
From dry stem bark 1.5g (1,500mg)
Cucurbita pepo (Pumpkin Seed) ext. dry conc. 437.5mg
From dry seed 8.75g (8,750mg)
Glycine max (Soya Bean) ext. dry conc. 62.5mg
From min. dry pressed seed cake 10g (10,000mg)
Std. to Isoflavones calc. as genistin/ein and glycitin/ein 25mg
Urtica dioica (Nettle) ext. dry conc. 25mg
From dry leaf 250mg
Schisandra chinensis (Schisandra) ext. dry conc. 150mg
From dry fruit 3g (3,000mg)
Magnesium amino acid chelate 250mg
Equiv. to Magnesium 50mg

Specification:

Appearance: Large oval shaped, red coloured film coated tablet with a break bar on one side.
L: 23.2mm **W:** 10.5mm **T:** 5.6mm

Directions for use:

Adults: Take 1 tablet 2 times daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

XPEL WORMS®
HERBAL DEWORMING

Health benefits

Caruso's XPEL WORMS® is a refined herbal blend combining Wormwood, Black Walnut, and Pumpkin Seed, which have been carefully selected to provide a gentle vermifuge action to help remove intestinal threadworms and pinworms, as used traditionally in Western Herbal Medicine.

Caruso's XPEL WORMS® includes Wormwood, which has been used traditionally in Western Herbal Medicine as a bitter tonic to stimulate gastric secretions, and to relieve symptoms of indigestion.

Caruso's XPEL WORMS® indications:

Traditionally used in Western Herbal Medicine to:

- Help remove intestinal threadworms & pinworms
- Relieve symptoms of indigestion
- Stimulate gastric secretions as a bitter tonic

Who would use Caruso's XPEL WORMS®?

Adults looking for a product that contains a combination of herbal ingredients Traditionally used in Western Herbal Medicine to:

- Help remove intestinal threadworms & pinworms
- Provide a vermifuge action
- Relieve symptoms of indigestion & dyspepsia
- Provide a bitter tonic action
- Stimulate gastric secretions.

Formulation

Each film coated tablet contains:

Artemisia absinthium (Wormwood) herb top ext. dry conc. 100mg
From dry herb top 1g (1,000mg)
Juglans nigra (Black Walnut) fruit hull ext. dry conc. 350mg
From dry fruit hull 3.5g (3,500mg)
Cucurbita pepo (Pumpkin) seed ext. dry conc. 500mg
From dry seed 10g (10,000mg)

Specification:

Appearance: Oval shaped, beige coloured, speckled, clear and colourless film coated tablet with a break bar on one side.
L: 23.2mm **W:** 10.5mm **T:** 7.2mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet daily for 14 days, then stop taking for 10 days. Repeat the 14 day course after the break. Or use as advised by your health professional. Swallow tablet with water.
WARNING: Large Tablet

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
DAIRY & LACTOSE
PRESERVATIVES
GLUTEN
VEGAN FRIENDLY

NUTRITIONAL SUPPORT

In the following pages you will find the Caruso's Nutritional Support supplement range. Many clinical studies have shown that nutritional supplements may be helpful for those whose dietary intakes are inadequate. Today over 70% of Australians of all ages take nutritional or herbal supplements to address various health conditions, to prevent chronic conditions and to maintain their health and wellbeing. Caruso's Nutritional Support range includes products containing single active ingredients or complex nutritional formulas. These include B Complex Vitamins, Vitamin D3, Odourless Fish Oil, Krill Oil, Multivitamins, Vitamin K2, Magnesium, Astaxanthin and lots more.

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CO-ENZYME Q10 150mg
HEART HEALTH & ENERGY PRODUCTION

Health benefits

Caruso's CO-ENZYME Q10 150mg contains a fermented source of CoQ10. CO-ENZYME Q10 or CoQ10 is an antioxidant that is naturally found in every cell of your body. This nutrient maintains heart health and supports cardiovascular system health. As the heart muscle requires large amounts of energy, CoQ10 levels are important for the heart muscle.

Caruso's CO-ENZYME Q10 150mg supports energy production and therefore helps maintain energy levels. Due to the fact that it is an antioxidant, it helps decrease free radical damage to body cells. CoQ10 also supports general health and wellbeing.

Caruso's CO-ENZYME Q10 150mg indications:

Supports:

- Heart health
- Cardiovascular system health
- Energy production
- General health & wellbeing

Antioxidant

Who would use Caruso's CO-ENZYME Q10 150mg?

- Individuals wanting to support cardiovascular health and function
- Adults looking to support their energy levels
- Adults who would like to maintain their general health and wellbeing, with additional antioxidant support in a convenient one-a-day capsule

Formulation

Each soft capsule contains:

Ubidecarenone 150mg 150mg

Specification:

Appearance: Oblong shaped, red soft gelatin capsule.
Capsule size: 20 minim oval **L:** 20mm **Flavour:** None.

Directions for use:

Adults: Take 1 capsule daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN

CREATINE + L-THEANINE + MAGNESIUM GLYCINATE

FOCUS & MUSCLE STRENGTH

Health benefits

Caruso's CREATINE + L-THEANINE + MAGNESIUM GLYCINATE is a 30-day supply formula providing a multi-action approach to supporting cognitive function and muscle strength during high intensity training, in a daily serve of delicious mango flavour powder. This formulation supports cognitive function, mental focus, concentration, and clarity, and helps to enhance attention span temporarily. It supports a healthy stress response in the body, calms the mind and assists with mind relaxation. Additionally, it supports nervous system health and function. It maintains muscle health and relaxation, and muscles are supported during resistance training by helping to enhance muscle strength, performance, endurance and stamina. This formula also helps to promote lean body mass during resistance training.

Caruso's CREATINE + L-THEANINE + MAGNESIUM GLYCINATE indications:

- Supports cognitive function, mental concentration, focus & clarity
- Helps increase lean body mass, muscle strength & performance during resistance training
- Supports a healthy stress response in the body & calms the mind
- Helps improve attention span temporarily
- Supports cardiovascular system health

Who would use Caruso's CREATINE + L-THEANINE + MAGNESIUM GLYCINATE?

- Adults looking to support cognitive function
- Adults looking to support mental concentration, focus and clarity
- Adults wanting to help increase lean body mass, muscle strength and muscle performance during resistance training
- Adults that want to support a healthy stress response in the body and calm their mind
- Adults that want help to improve their attention span temporarily
- Adults that want to support cardiovascular system health

Formulation

Each scoop (7.5g dose) contains:	
Creatine monohydrate	5g (5,000mg)
Theanine	200mg
Magnesium (from Magnesium glycinate)	120mg

Specification:

Appearance: Beige coloured powder. **Flavour:** Mango.

Directions for use:

Adults: mix 1 scoop (7.5g) with 250mL of water or fruit juice and drink immediately, or as advised by your health professional. Scoop included.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

HAWAIIAN ASTAXANTHIN
SKIN & EYE HEALTH

Health benefits

Caruso's HAWAIIAN ASTAXANTHIN provides support for eye and skin and immune system health. Astaxanthin helps to maintain and support the health of many body systems. It may relieve eye strain, and visual fatigue as well as helps maintain eye retina health. In addition to eye support, Astaxanthin supports the health of the skin and its elasticity, firmness and hydration. It also helps to support collagen formation and immune system health.

Astaxanthin has a unique structure compared to other antioxidants and works differently in your body. It offers antioxidant support from free radical damage on both the inside and outside of the cell, thus allowing for it to support numerous cells and body systems.

Caruso's HAWAIIAN ASTAXANTHIN indications:

- Maintains healthy eyesight, vision & eye retina health
- Relieves visual fatigue & eye strain
- Maintenance of skin health including skin firmness, elasticity and hydration
- Supports collagen formation & collagen health
- Supports immune system health

Who would use Caruso's HAWAIIAN ASTAXANTHIN?

- Adults who wish to supports skin health, elasticity, firmness and hydration
- Adults wanting to promote collagen formation and collagen Health

Formulation

Each soft capsule contains:

Astaxanthin esters extracted from *Haematococcus pluvialis* 60mg
Equiv. to Astaxanthin 6mg

Specification:

Appearance: Red oval soft gelatine capsule.
Capsule Size: 3 minim oval **Flavour:** None

Directions for use:

Adults take 1 capsule daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- GLUTEN

KING KRILL® 1000

SUPPORT BRAIN, HEART & EYE HEALTH

Health benefits

Caruso's KING KRILL 1000® is a convenient source of Omega-3 Fatty Acids, providing 1000mg of Krill Oil in each capsule. Krill Oil is extracted from the Antarctic Krill species Euphausia superba which is a rich source of Omega-3 Fatty Acids.

The Omega-3 Fatty Acids EPA and DHA support healthy functioning of the cardiovascular system, nervous system health, cognitive function, healthy neurotransmission, general mental wellbeing and brain health.

Krill Oil has anti-inflammatory actions that can relieve the symptoms of mild arthritis and osteoarthritis. It may assist with mild joint pain, stiffness, swelling and inflammation. Being a rich source of Omega-3, it also helps to support eye health and healthy eye development.

Caruso's KING KRILL® 1000 indications:

- Relieves symptoms of mild osteoarthritis and mild joint pain

Maintains and supports:

- Heart and brain health
- Nervous system and eye health
- General health and wellbeing

WHO WOULD USE CARUSO'S KING KRILL® 1000?

- Adults wanting to take a convenient one-a-day dose of Omega-3 Essential Fatty Acids
- Adults wanting to maintain and support the health of their eyes, brain and nervous system
- Adults wishing to support their cardiovascular system function
- Adults wanting relief from the symptoms of mild osteoarthritis
- Adults wanting relief from mild joint pain, stiffness and inflammation

Formulation

Active Ingredients. Each capsule contains:

Euphausia superba Oil (Krill Oil)	1000mg
Equiv. to Eicosapentaenoic acid	100mg
Equiv. to Docosahexaenoic acid	50mg

Specification:

Appearance: Red oblong soft gelatine capsule. **Capsule size: L:** 26mm **D:** 12mm This capsule is large and may be difficult to swallow **Flavour:** None.

Directions for use:

Adults: Take 1 capsule daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

KING KRILL® 2000

RELIEVE MILD OSTEOARTHRITIS & JOINT PAIN

Health benefits

Caruso's KING KRILL 2000 contains a high quality blend of both Krill Oil and Vitamin D3 at the highest dose of Krill Oil - 2000mg.

The Omega-3 Fatty Acids in Krill Oil may provide benefits to maintain eye health, healthy neurotransmission and brain health. Krill Oil supports overall joint health and function by relieving mild joint stiffness, pain and swelling associated with mild osteoarthritis, and also helps to support joint mobility.

Caruso's KING KRILL 2000 may assist with maintaining healthy cognitive function and performances including concentration, focus, learning ability and memory.

Vitamin D3 may help to support healthy bone mass density by aiding calcium absorption and bone mineralisation. Vitamin D3 helps to support healthy muscle contraction function and supports healthy cardiovascular system function, and heart health.

Caruso's KING KRILL® 2000 indications:

- Relieves symptoms of mild osteoarthritis, mild joint pain and inflammation
- Supports muscle health and function
- Supports brain, heart and eye health

Who would use Caruso's King Krill® 2000?

- Adults wanting relief from the symptoms of mild osteoarthritis
- Adults wanting relief from mild joint pain, aches, and inflammation
- Anyone wanting to maintain heart health, healthy eyes, brain health and healthy nerve transmission
- Anyone wanting to maintain healthy bone mineralisation

Formulation

Each soft capsule contains:

Euphausia superba oil (Krill Oil)	2g (2,000mg)
Equiv. to Eicosapentaenoic acid	200mg
Equiv. to Docosahexaenoic acid	100mg
Colecalciferol (equiv. to Vitamin D3 1000IU)	25 micrograms

Specification:

Appearance: Red oblong gelatine capsule.
Capsule size: L: 27mm **D:** 14mm **Flavour:** None.

Directions for use:

Adults: Take 1 capsule daily with food, or as advised by your health professional.
This capsule is large and may be difficult to swallow
WARNING: Large Capsule Size

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN

L-THEANINE 400
CALM & CONCENTRATION

Health benefits

Caruso's L-THEANINE 400 is a one-a-day, 400mg strength capsule which utilises L-Theanine for its ability to increase alpha brainwave activity and offer mind relaxation and calming benefits without causing drowsiness. Caruso's L-THEANINE 400 can relieve symptoms of stress and assist the body to cope with environmental stressors. It can also support mental concentration, focus and clarity as well as cognitive and mental function.

The active ingredient L-Theanine also known as just Theanine, stimulates alpha brainwave activity (brainwaves present during relaxation and deep meditation), which are beneficial for those experiencing the symptoms of stress. Theanine also helps to calm the mind and assist with mind relaxation which then helps to support mental function and concentration.

Caruso's L-THEANINE 400 indications:

- Relieves symptoms of stress
- Aids mind relaxation and calms the mind
- Maintains mental concentration, focus and clarity
- Supports cognitive and mental function

Who would use Caruso's L-THEANINE 400?

- Adults who are looking for relief from the symptoms of stress
- Adults who are looking for a supplement to help maintain mental concentration and clarity
- Adults who wish to support cognitive function
- Adults who require assistance to help calm and relax the mind

Formulation

Each hard capsule contains:	
Theanine	400mg

Specification:

Appearance: White to off-white coloured powder filled in a size 00 clear hard capsule. **Capsule size:** 00 **Flavour:** None.

Directions for use:

Adults: Take 1 capsule daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

L-THEANINE 450 + GINKGO
FOCUS & MEMORY

Health benefits

Caruso's L-THEANINE 450 + GINKGO is a convenient one-a-day formula that contains a high-strength* 450mg daily dose of Theanine, and the herbal extract Ginkgo biloba, simply known as Ginkgo, which has been standardised to contain active constituents of Ginkgo flavonglycosides, Ginkgolides and bilobalide.

This formula has been developed to support cognitive function, mental concentration, focus and clarity. It also supports memory, mental recall, and helps to enhance the attention span temporarily. Additionally, it supports a healthy stress response in the body, and assists the body to cope with environmental stress, with the benefit of calming the mind within 3 hours, and aiding in mind relaxation.

Additional benefits of Caruso's L-THEANINE 450 + GINKGO include maintaining healthy blood circulation, and supporting blood flow to the peripheral areas of the body - including the hands, legs and feet. It has antioxidant benefits that reduce free radicals formed in the body, and supports general health and wellbeing.

Caruso's L-THEANINE 450 + GINKGO indications:

- Supports cognitive function, memory recall, mental concentration & focus
- Helps enhance attention span temporarily
- Calms the mind in 3 hours

Who would use Caruso's L-THEANINE 450 + GINKGO?

- Adults who would like support with their cognitive function
- Adults who would like support with their mental concentration, focus and clarity
- Adults looking for help to enhance their attention span temporarily
- Adults looking to calm their mind within 3 hours
- Adults wanting help with mind relaxation
- Adults wanting to support a healthy stress response in the body

Formulation

Each Film Coated Tablet Contains:

Theanine	450mg
Ginkgo biloba (Ginkgo) leaf ext. dry conc.	240mg
From min. dry leaf 11.52g (11,520mg)	
Std. to contain Ginkgo Flavonglycosides 57.60mg	
Std. to contain Ginkgolides and Bilobalide 14.40mg	

Specification:

Appearance: Oval shape, clear film coated beige to brown coloured tablet with brown speckles, with a break-bar on one side.
Break-Bar: Tablet can be broken in half for ease of consumption.
L: 24.0mm **W:** 10.5mm **T:** 7.2mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet daily with food, or as advised by your health professional. Swallow tablet with water.
WARNING: Large Tablet

Always read the label and follow the directions for use.
**Compared to Caruso's L-Theanine 400*



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN

MAGNESIUM GLYCINATE + D + ZINC + SELENIUM

IMMUNE, BONE & MUSCLE

Health benefits

Caruso's MAGNESIUM GLYCINATE + D + ZINC + SELENIUM is your daily multi-action support for immune system health, muscle and bone health, nervous system health, cardiovascular system health, healthy thyroid gland function, and antioxidant effects.

This convenient one-a-day formula combines four essential nutrients, delivering two forms of Magnesium, alongside Vitamin D3, Zinc plus Selenium.

Caruso's MAGNESIUM GLYCINATE + D + ZINC + SELENIUM indications:

Maintains & Supports:

- Healthy immune system function
- Muscle & bone health
- Nervous system health & function
- Cardiovascular system health
- Healthy thyroid gland function

Antioxidant

Who would use Caruso's MAGNESIUM GLYCINATE + D + ZINC + SELENIUM?

- Adults who are looking to support immune system health and healthy immune system function
- Adults that are wanting to support muscle health and relaxation
- Adults that want support for bone health, and help maintain bone mineralisation
- Adults that want to support their nervous system health and function
- Adults who would like to maintain cardiovascular system health and body electrolyte balance
- Adults who wish to support healthy thyroid gland function and thyroid hormone production in healthy adults

Formulation

Each film coated tablet contains:

Magnesium (from Magnesium glycinate) 96.76mg
Magnesium (from Magnesium glycinate dihydrate) 23.4mg
Total Magnesium 120.16mg; from a 886.24mg blend of 2 Magnesium forms
Colecalciferol (Vitamin D3 1000IU) 25 micrograms
Selenium (from Selenomethionine) 150 micrograms
Zinc (from Zinc citrate dihydrate) 28.97mg

Specification:

Appearance: Extra large, oval shaped, opaque white coloured film coated tablet with a break-bar on one side.
L: 23.2mm **W:** 10.5mm **T:** 7.7mm **Flavour:** None.

Directions for use:

Adults take 1 tablet daily with food, or as advised by your health professional. Swallow tablet with water.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

MEGA B COMPLEX
DAILY STRESS SUPPORT

Health benefits

Each member of the B vitamin family has a unique function and performs a special role in the body. B vitamins are water soluble vitamins that support the body during times of stress, physical activity, poor diet and general health and wellbeing. Being water soluble means we cannot store B vitamins, so we need to replenish them daily. B vitamins are essential to our wellbeing and are necessary to help fulfill many essential functions. They help support the body with energy production, metabolism, immune system health, a healthy stress response, and maintaining the health and function of the nervous system. Collectively, the B vitamins are involved in energy metabolism, by providing assistance to the biological process of converting the food we eat into energy. This process helps to provide the energy the body requires to perform many daily functions.

Caruso's MEGA B COMPLEX is a one-a-day formula which contains eight B vitamins, choline and inositol to provide support to your everyday general health and wellbeing.

Caruso's Mega B Complex indications:

Supports and maintains:

- Energy production
- Healthy stress response in the body
- Hair, skin and nail health
- Immune system health
- Nervous system health and function

Who would use Caruso's Mega B Complex?

- Adults who wish to support their energy levels
- Individuals wanting to support the health, strength and the growth of their nails
- People who consume a diet high in refined carbohydrates and low in nutritious foods

Formulation

Each film coated tablet contains:

Thiamine Hydrochloride	56.06mg
Equiv. to Thiamine (Vitamin B1) 50mg	
Riboflavin (Vitamin B2)	50mg
Nicotinamide	100mg
Calcium Pantothenate	54.58mg
Equiv. to Pantothenic Acid (Vitamin B5) 50mg	
Pyridoxine Hydrochloride	91.07mg
Equiv. to Pyridoxine (Vitamin B6) 75mg	
Biotin	2mg
Cyanocobalamin (Vitamin B12)	150 micrograms
Folic Acid	400 micrograms
Choline Bitartrate	121.56mg
Equiv. to Choline 50mg	
Inositol	50mg

Specification:

Appearance: Dark brown, film coated, oval shaped tablet with a break bar on one side.
L: 22.5mm **W:** 10mm **T:** 6.9mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet in the morning with breakfast, or as advised by your health professional. Swallow tablet with water.
WARNING: Large Tablet

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

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NO ADDED
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- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

MEGA B STRESS + ASHWAGANDHA

STRESS + ENERGY

Health benefits

Caruso's MEGA B STRESS + ASHWAGANDHA contains B vitamins and the herb Ashwagandha to relieve symptoms of stress and mild anxiety, reduce fatigue and support energy levels.

Caruso's MEGA B STRESS + ASHWAGANDHA can also help to enhance physical stamina and endurance, whilst also increasing cognitive performance.

Caruso's MEGA B STRESS + ASHWAGANDHA indications:

- Supports energy levels
- Relieves symptoms of stress and mild anxiety
- Relieves tiredness, fatigue and feeling of weakness
- Enhances physical endurance and stamina

Who would use Caruso's MEGA B STRESS + ASHWAGANDHA?

- Individuals who are experiencing mild anxiety and stress and are looking for a supplement to help relieve their symptoms
- Individuals who are tired and experiencing feelings of weakness and fatigue
- Individuals who would like to enhance their physical endurance and stamina with a supplement which can also help to support their energy levels
- Individuals who would like a supplement to help them adapt to stress

Formulation

Each film coated tablet contains:

Withania somnifera (KSM 66 Ashwagandha®) root ext. dry conc.	300mg
From dry root 3.75g (3,750mg)	
Thiamine Hydrochloride	28.03mg
Equiv. to Thiamine (Vitamin B1) 25mg	
Riboflavin (Vitamin B2)	25mg
Nicotinamide	50mg
Calcium Pantothenate	27.29mg
Equiv. to Pantothenic Acid (Vitamin B5) 25mg	
Pyridoxine Hydrochloride	45.58mg
Equiv. to Pyridoxine (Vitamin B6) 37.5mg	
Biotin	1mg
Folic Acid	200 micrograms
Cyanocobalamin (Vitamin B12)	75 micrograms
Choline Bitartrate	60.78mg
Equiv. to Choline 25mg	
Inositol	25mg

Specification:

Appearance: Yellow to orange with white, brown and red speckles, medium oval shaped, clear film coated tablet, with a break-bar on one side.
L: 20.2mm **W:** 8.8mm **T:** 6.9mm **Flavour:** None.

Directions for use:

To support energy production: Adults take 1 tablet daily with breakfast, or as advised by your health professional. **For the relief of symptoms of stress and mild anxiety, reduce sleeplessness, enhance physical endurance and stamina or cognitive performance:** Adults take 1 tablet 2 times daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- NUTS
- PRESERVATIVES
- GLUTEN

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

MEGA MAGNESIUM COMPLEX
SUPERIOR ABSORPTION*

Health benefits

Caruso's MEGA MAGNESIUM COMPLEX is a superior absorption* formula combining 7 active forms of Magnesium, including Magnesium Glycinate and Magnesium Bisglycinate^ for optimal bioavailability. Each tablet of Caruso's Mega Magnesium Complex delivers 200mg of elemental Magnesium from a 1,094mg blend of 7 Magnesium forms.

Specially formulated with 7 different forms of Magnesium, Caruso's Mega Magnesium Complex optimises the use of Magnesium in the body to relieve muscle cramps, mild muscle spasms and twitches when dietary intake is inadequate, maintain muscle relaxation, support a healthy stress response in the body, along with maintaining muscle and nervous system health and healthy neuromuscular function.

Caruso's MEGA MAGNESIUM COMPLEX indications:

- Relieves and reduces muscle cramps when dietary intake is inadequate
- Supports muscle relaxation and muscle health
- Supports a healthy stress response in the body
- Maintains nervous system health and function
- Supports cardiovascular system health
- Maintains bone health and supports healthy teeth

Who would use Caruso's MEGA MAGNESIUM COMPLEX?

- Adults who have an inadequate dietary intake of magnesium and would like to:
  - Reduce muscle cramps
  - Relieve muscle spasms and twitches
- Adults who would like to support muscle relaxation and muscle health

Formulation

Each film coated tablet contains:

Magnesium Glycinate	10mg
Equiv. to Magnesium 1.41mg	
Magnesium Phosphate Pentahydrate	422.75mg
Equiv. to Magnesium 87.34mg	
Magnesium Glycinate Dihydrate	175.13mg
Equiv. to Magnesium 20.49mg	
Magnesium Orotate Dihydrate	10mg
Equiv. to Magnesium 640 micrograms	
Magnesium Citrate	85.11mg
Equiv. to Magnesium 13.15mg	
Magnesium Aspartate Dihydrate	10mg
Equiv. to Magnesium 748 micrograms	
Magnesium Amino Acid Chelate	381.1mg
Equiv. to Magnesium 76.22mg	

Total Magnesium 200mg; from a 1,094mg blend of 7 Magnesium forms

Specification:

Appearance: Oval shaped, white coloured film coated tablet, with a break-bar on one side. **L:** 22.5mm **W:** 10mm **T:** 7mm **Flavour:** None.

Directions for use:

For muscle & nervous system health: Adults take 1 tablet daily with food, or as advised by your health professional.

To relieve muscle cramps & mild muscle spasms: Adults take 2 tablets daily with food, or as advised by your health professional.

WARNING: Large Tablet

Always read the label and follow the directions for use.

**When Compared to Magnesium Oxide*

^Magnesium Glycinate Dihydrate



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

MEN'S SUPER MULTI
YOUR DAILY ENERGY

Health benefits

Caruso's MEN'S SUPER MULTI is a high-potency, convenient, one a day formula that combines essential vitamins, minerals, antioxidants and other nutrients that have been carefully selected to support the overall general wellbeing and health of men.

Formulation

Thiamine hydrochloride	50mg
Equiv. to Thiamine (Vitamin B1) 44.6mg	
Riboflavin (Vitamin B2)	50mg
Nicotinamide	50mg
Calcium pantothenate	50mg
Equiv. to Pantothenic acid (Vitamin B5) 45.81mg	
Equiv. to Calcium 4.2mg	
Pyridoxine hydrochloride	50mg
Equiv. to Pyridoxine (Vitamin B6) 41.13mg	
Biotin	200 micrograms
Folic acid	300 micrograms
Cyanocobalamin (Vitamin B12)	50 micrograms
Choline Bitartrate	25mg
Inositol	25mg
Calcium Ascorbate dihydrate	121.04mg
Equiv. to Ascorbic acid (Vitamin C) 100mg	
Equiv. to Calcium 11.38mg	
D-alpha-Tocopheryl Acid Succinate(Vitamin E 25IU)	20.66mg
Colecalciferol (Vitamin D3 500IU)	12.5 micrograms
Calcium (from Calcium phosphate)	100mg
Total Calcium: 115.58mg	
Magnesium (from Magnesium phosphate pentahydrate)	50mg
Potassium (from Dibasic potassium phosphate)	20mg
Zinc (from Zinc sulfate monohydrate)	15mg
Iron (from Iron amino acid chelate)	3mg
Copper (from Copper gluconate)	200 micrograms
Chromium (from Chromium picolinate)	50 micrograms
Iodine (from Potassium iodide)	200 micrograms
Selenium (from Selenomethionine)	75 micrograms
Manganese (from Manganese sulfate monohydrate)	2.5 micrograms
Lycopene	150 micrograms

Specification:

Appearance: oval shaped, red coloured film coated tablet with a break-bar on one side. **L:** 23.2mm **W:** 10.5mm **T:** 6.9mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet daily with breakfast, or as advised by your health professional. Swallow tablet with water. **WARNING:** Extra-large Tablet

Always read t he label and follow the directions for use.

Caruso's MEN'S SUPER MULTI indications:

- Maintains energy levels & energy production
- Supports healthy immune system function
- Supports hair & skin health
- Supports sperm health
- Supports reproductive system health in males
- Supports nervous system health & function
- Maintains general health & wellbeing

Who would use Caruso's MEN'S SUPER MULTI?

- Men who want a convenient multivitamin
- Men who exercise and wish to support energy production
- Men who wish to support nervous system function
- Men who wish to support skin, hair, nail strength, collagen formation and wound healing
- Men who would like to support general health and wellbeing



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

MSM MAX 1500®
JOINT INFLAMMATION & SWELLING

Health benefits

Dimethyl Sulfone often called MSM is an organic Sulfur compound found throughout the body. It is a structural molecule and is utilised in connective tissue such as joints, tendons, and cartilage. Caruso's MSM MAX 1500® helps to relieve mild osteoarthritis symptoms such as mild joint swelling and mild joint pain. It also relieves symptoms of mild osteoarthritis by supporting the flexibility and mobility of joints. MSM also has anti-inflammatory and antioxidant mechanisms of action and can decrease free radical damage to body cells which trigger inflammation.

The Sulfur in MSM has long been associated with skin health. Caruso's MSM MAX 1500® may support the health and elasticity of the skin.

Caruso's MSM MAX 1500® indications:

Relieves symptoms of mild osteoarthritis such as:

- Mild joint inflammation & swelling
- Mild joint pain & soreness
- Supports joint mobility & flexibility
- Relieves inflammation
- Supports skin health
- Antioxidant

Who would use Caruso's MSM MAX 1500®?

- Men and women who suffer from the symptoms associated with mild osteoarthritis such as mild joint pain, swelling and stiffness
- Adults wishing to support overall joint health and enhance healthy joint function

Formulation

Each film coated tablet contains:

Dimethyl Sulfone (MSM) 1.5g (1,500mg)

Specification:

Appearance: Oval shaped, white coloured film coated tablets with a break bar on one side.
Tablet can be broken in half for ease of consumption.
L: 23.2mm **W:** 10.5mm **T:** 6.5mm **Flavour:** None.

Directions for use:

For antioxidant and to relieve inflammation: Adults take 1 tablet daily with food, or as advised by your health professional. **To support symptoms of mild osteoarthritis and skin health:** Adults take 2 tablets daily with food or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

NMN 500
ENERGY & WELLBEING

Health benefits

Energy and wellbeing is now within reach with Caruso's NMN 500!

Caruso's NMN 500 combines Nicotinamide Mononucleotide (NMN) and Nicotinamide (Vitamin B3) to maintain energy levels, support energy production, and assist in the metabolism of carbohydrates, proteins and fats. This formula also helps to maintain general health and wellbeing, and supports Vitamin B3 levels in your body.

NMN is a molecule that is absorbed into the bloodstream, and is a direct precursor in supporting the intracellular production of NAD+. NAD+ is a vital coenzyme that plays a key role in numerous biological processes in your body, including cellular energy production.

Caruso's NMN 500 indications:

- Supports energy levels & energy production
- Assists in the metabolism of carbohydrates, proteins & fats
- Maintains general health & wellbeing
- Maintains Vitamin B3 levels in the body

Who would use Caruso's NMN 500?

- Adults who would like to support their energy levels and energy production
- Adults who are looking for assistance in the metabolism of carbohydrates, proteins and fats
- Adults who would like to maintain Vitamin B3 (Nicotinamide) levels in their body
- Adults wanting to support their general health and wellbeing

Formulation

Each hard capsule contains:

Nicotinamide Mononucleotide (CellVive NMN™)	500mg
Nicotinamide	16mg

Specification:

Appearance: White to off white free flowing powder filled in a clear, two-piece, hard vegetable capsule.
Capsule size: 00 **Flavour:** None.

Directions for use:

Adults: Take 1 capsule daily, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

ORGANIC SELENIUM 150
ANTIOXIDANT

Health benefits

Selenium is a mineral with antioxidant properties and helps to reduce the formation of free radicals in the body. Caruso's ORGANIC SELENIUM 150 contains 150 micrograms of elemental selenium in the form of the amino acid selenomethionine, which is better retained than the inorganic form of selenium. It supports healthy thyroid gland function and healthy thyroid hormones. Caruso's ORGANIC SELENIUM 150 also supports immune system health and healthy immune system function. Selenium is an important mineral for male reproductive health. It supports sperm health, sperm production and sperm motility in healthy males.

Caruso's ORGANIC SELENIUM 150 indications:

Supports:

- Healthy thyroid gland function
- Healthy immune system function
- Sperm health, production and motility in healthy males

Who would use Caruso's ORGANIC SELENIUM 150?

- Adults who wish to provide support for healthy thyroid function
- Adults who wish to support their immune systems with an absorbable form of selenium
- Healthy males who wish to support sperm health, motility and production

Formulation

Each hard capsule contains:

Selenomethionine	372.58 micrograms
Equiv. to Selenium 150 micrograms	

Specification:

Appearance: White powder filled in a clear hard vegetable capsule.
L: 19.4mm **W:** 6.9mm **Flavour:** None.

Directions for use:

Adults: Take 1 capsule daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

QUERCETIN
ANTIOXIDANT

Health benefits

Caruso's QUERCETIN is a high strength antioxidant. Antioxidants play an important role in protecting the body from free radical damage due to oxidative stress. Quercetin is also beneficial for maintaining blood capillary and blood vessel health. Caruso's QUERCETIN has been formulated to provide antioxidant support by reducing free radical damage to body cells. Caruso's QUERCETIN also helps to support the health of blood capillaries and blood vessels throughout the body.

Quercetin is part of a group of plant pigments called flavonoids. Like most flavonoids, quercetin is known for its potent antioxidant properties. Flavonoids provide plants with their bright colours so you'll find them in colourful foods such as capsicums, chillies and blueberries.

Quercetin can be found naturally occurring in many fruit and vegetables, in particular those which contain high levels of vitamin C, such as citrus fruit. Other good sources of quercetin include apples, onions, grapes, cherries, berries, red wine and black tea.

Caruso's QUERCETIN indications:

- Antioxidant
- Reduces free radicals formed in the body
- Helps reduce free radical damage to body cells
- Maintains blood capillary health
- Supports blood vessel health

Who would use QUERCETIN?

- Adults who wish to reduce the free radicals formed in their body
- Adults who wish to reduce free radical damage to their body cells
- Adults looking for antioxidant support
- Adults who are looking to maintain the health of their blood vessels
- Adults who wish to maintain the health of their blood capillaries

Formulation

Each film coated tablet contains:	
Quercetin Dihydrate	500mg

Specification:

Appearance: Medium, oval shaped yellow film coated tablet. **L:** 19.7mm **W:** 8.1mm **T:** 7.9mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet 2 times daily, or as directed by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- *DAIRY & LACTOSE*
- *NUTS*
- *PRESERVATIVES*
- *GLUTEN*
- *VEGAN FRIENDLY*

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

SUPER CALCIUM + VITAMIN K2 & D3

STRONG BONES

Health benefits

Caruso's SUPER CALCIUM + VITAMIN K2 & D3 combines key nutrients for strong healthy bones.

It supports bone strength and mass and assists with the growth of healthy bones.

The formula also maintains bone density and bone health in post-menopausal women.

Caruso's SUPER CALCIUM + VITAMIN K2 & D3 contains Vitamin D3 to help support calcium absorption into the bones and the trace mineral boron, which is found in the structure of bones.

Caruso's SUPER CALCIUM + VITAMIN K2 & D3 indications:

- Supports bone strength and bone mass
- Maintains bone density in post-menopausal women
- Assists healthy bone growth
- Helps maintain bone mineralisation
- Supports muscle health and function

Who would use Caruso's SUPER CALCIUM + VITAMIN K2 & D3?

- Adults looking for a supplement to help support bone strength and density
- Post-menopausal women who would like to maintain bone mass and density while also supporting bone health
- Adults looking to maintain and support muscle function
- Adults looking for a comprehensive bone health formula to help support strong bones
- The elderly who may not be getting adequate amounts of calcium in their diet and who wish to maintain their bone mass and integrity

Formulation

Each film coated tablet contains:

Calcium Citrate Tetrahydrate	1.209g (1,209.94mg)
Equiv. to Calcium 255mg	
Colecalciferol	12.5 micrograms
Equiv. to Vitamin D3 500IU	
Menaquinone 7	45 micrograms
Borax	13.23mg
Equiv. to Boron 1.5mg	

Specification:

Appearance: White oval shaped tablet with a break bar on one side.
L: 23.2mm **W:** 10.5mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet 2 times daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN

SUPER MAGNESIUM + ASHWAGANDHA

SLEEP & STRESS

Health benefits

Caruso's SUPER MAGNESIUM + ASHWAGANDHA combines the relaxation benefits of Magnesium and Ashwagandha. It contains 6 forms of Magnesium to optimise bioavailability and absorption, plus KSM-66 Ashwagandha®, a certified organic, full-spectrum extract of the root of the Ashwagandha plant.

Caruso's SUPER MAGNESIUM + ASHWAGANDHA relieves symptoms of stress and mild anxiety, promotes deep sleep, and improves sleep quality. It also supports muscle relaxation and nervous system health.

Caruso's SUPER MAGNESIUM + ASHWAGANDHA indications:

- Relieves symptoms of stress and mild anxiety
- Promotes deep sleep and sleep quality
- Supports muscle relaxation
- Supports nervous system health

Who would use Caruso's SUPER MAGNESIUM + ASHWAGANDHA?

- Adults wanting relief from the symptoms of stress and mild anxiety
- Adults who are experiencing sleeplessness and wish to improve their sleep quality by taking a product which promotes deep sleep
- Adults who wish to support their muscle health and maintain muscle relaxation
- Adults who wish to support their nervous system health and function
- Adults who don't get enough magnesium in their diet and are experiencing muscle cramps or twitches

Formulation

Each film coated tablet contains:

Withania somnifera (KSM-66 Ashwagandha®) ext. dry conc.	300mg
From dry root 3.75g (3,750mg)	
Magnesium Amino Acid Chelate	57mg
Equiv. to Magnesium 11.4mg	
Heavy Magnesium Oxide	206.08mg
Equiv. to Magnesium 119.3mg	
Magnesium Citrate	32.36mg
Equiv. to Magnesium 5mg	
Magnesium Phosphate Pentahydrate	51.06mg
Equiv. to Magnesium 10.55mg	
Magnesium Aspartate Dihydrate	16.67mg
Equiv. to Magnesium 1.25mg	
Magnesium Glycinate	17.73mg
Equiv. to Magnesium 2.5mg	
Total Magnesium 150mg	

Specification:

Appearance: Extra large, oval shaped brown and white mottled tablet with a break bar on one side.
L: 23.2mm **W:** 9.7mm **T:** 6.5mm **Flavour:** None.

Directions for use:

Adults: Take 2 tablets daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- NUTS
- PRESERVATIVES
- GLUTEN

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

SUPER MAGNESIUM
MUSCLE CRAMPS

Health benefits

Caruso's SUPER MAGNESIUM is a broad-spectrum Magnesium formula which helps reduce and relieve muscle cramps and mild muscle spasms when dietary intake is inadequate. It also helps relieve period cramps. Magnesium supports heart and muscle health and healthy cardiovascular system function. Magnesium also maintains the health and function of the nervous system and supports a healthy stress response in the body. Caruso's SUPER MAGNESIUM combines 6 different forms of Magnesium in a convenient one-a-day 300mg, time release tablet.

Caruso's SUPER MAGNESIUM indications:

- Reduces and relieves muscle cramps when dietary intake is inadequate
- Relieves menstrual cramps and spasms
- Maintains muscle health and function
- Supports heart health
- Maintains nervous system health and function

Who would use Caruso's SUPER MAGNESIUM?

- Adults who experience mild muscular cramping, spasms or twitches due to inadequate intake of magnesium
- Adults who wish to support muscle function
- Women who experience symptoms associated with premenstrual tension, such as cramping, mild muscle spasming, mild fluid retention and breast tenderness

Formulation

Each film coated tablet contains:

Magnesium Phosphate Pentahydrate	508.23mg
Equiv. to Magnesium 105mg	
Heavy Magnesium Oxide	259.11mg
Equiv. to Magnesium 150mg	
Magnesium Orotate	156.25mg
Equiv. to Magnesium 10mg	
Magnesium Citrate	123.76mg
Equiv. to Magnesium 20mg	
Magnesium Aspartate Dihydrate	66.67mg
Equiv. to Magnesium 5mg	
Magnesium Amino Acid Chelate	50mg
Equiv. to Magnesium 10mg	
Total Magnesium 300mg	

Specification:

Appearance: White oval tablet with a break bar on one side.
L: 23.2mm **W:** 10.5mm **T:** 7.1mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet daily with food, or as advised by your health professional. Swallow tablet with water.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- GLUTEN
- VEGAN FRIENDLY

SUPER MAGNESIUM GLYCINATE + L-THEANINE

NERVOUS SYSTEM HEALTH

Health benefits

Racing mind and tense muscles? Caruso's SUPER MAGNESIUM GLYCINATE + L-THEANINE contains Magnesium Glycinate and Magnesium Bisglycinate^ to help reduce muscle cramps when dietary intake is inadequate, support muscle relaxation and maintain muscle health. This formula also contains L-Theanine, to support cognitive function, assist the body to cope with environmental stress, and assist in mind relaxation, calming the mind in just 3 hours.

Caruso's SUPER MAGNESIUM GLYCINATE + L-THEANINE indications:

- Relieves and reduces muscle cramps when dietary intake is inadequate
- Supports muscle relaxation and muscle health
- Supports cognitive function, mental concentration and focus
- Helps enhance attention span temporarily
- Calms the mind and assists in mind relaxation
- Assists the body to cope with environmental stress and support a healthy stress response in the body

Who would use Caruso's SUPER MAGNESIUM GLYCINATE + L-THEANINE?

- Adults who are looking to support a healthy stress response and assist the body to cope with environmental stress
- Adults who would like to support muscle relaxation and muscle health
- Adults who would like to support their cognitive function, and mental concentration, focus and clarity
- Adults wanting to calm their mind within 3 hours and have assistance with mind relaxation

Formulation

Each film coated tablet contains:

Magnesium Glycinate	412.76mg
Equiv. to Magnesium 58.2mg	
Magnesium Glycinate Dihydrate	400mg
Equiv. to Magnesium 46.8mg	
Total Magnesium 105mg; from a 812.76mg blend of 2 Magnesium forms	
Theanine	200mg

Specification:

Appearance: Oval shaped, white coloured film coated tablet, with a break-bar on one side. **L:** 24mm **W:** 10.5mm **Flavour:** None.

Directions for use:

For Cognitive Function, Healthy Stress Response, Muscle & Mind Relaxation: Adults take 1 tablet daily with food, or as advised by your health professional.

To Relieve Muscle Cramps, Mild Muscle Spasms & Twitches*: Adults take 2 tablets daily with food, or as advised by your health professional.

*When dietary intake is inadequate.

Always read the label and follow the directions for use.

^Magnesium Glycinate Dihydrate



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

SUPER MAGNESIUM GLYCINATE + SLEEP

SLEEP & MUSCLE RELAXATION

Health benefits

Caruso's SUPER MAGNESIUM GLYCINATE + SLEEP was specially formulated to help you get the sleep you've been dreaming of!

Containing a combination of Magnesium Glycinate and Magnesium Bisglycinate^, plus herbal extracts of Hops and Valerian, this formula relieves sleeplessness and restless sleep and reduces the time to fall asleep. The herbal ingredients in this formula, Hops and Valerian, have also been traditionally used in Western Herbal Medicine for their calmative actions, to induce sleep, relieve nervous tension and reduce restlessness.

Caruso's SUPER MAGNESIUM GLYCINATE + SLEEP also supports a healthy stress response in the body, supports muscle relaxation and maintains muscle health and nervous system health and function.

Caruso's SUPER MAGNESIUM GLYCINATE + SLEEP indications:

- Relieves sleeplessness and restless sleep
- Reduces time to fall asleep
- Contains Hops and Valerian, which are Traditionally used in Western Herbal Medicine as a calmative and to induce sleep
- Supports a healthy stress response in the body
- Maintains muscle health and nervous system health and function
- Relieves muscle cramps when dietary intake is inadequate
- Supports muscle relaxation

Who would use Caruso's SUPER MAGNESIUM GLYCINATE + SLEEP?

- Adults who would like to relieve sleeplessness, restless or disturbed sleep and reduce the time to fall asleep
- Adults wanting to support nervous system health and muscle relaxation

Formulation

Each film coated tablet contains:

Magnesium Glycinate	412.77mg
Equiv. to Magnesium 58.2mg	
Magnesium Glycinate Dihydrate	400mg
Equiv. to Magnesium 46.8mg	
Total Magnesium 105mg; from a 812.77mg blend of 2 Magnesium forms	
Humulus lupulus (Hops) flower ext. dry conc.	60mg
from dry flower 360mg	
Valeriana officinalis (Valerian) root ext. dry conc.	250mg
from min. dry root 1.25g	
std. to contain total valerenic acids (Valerenic acid, Hydroxyvalerenic acid and Acetoxyvalerenic acid) 1mg	

Specification:

Appearance: Oval shaped, beige or brown mottled tablet with a clear, colourless film coating and a break bar on one side
L: 24mm **W:** 10.5mm **T:** 7mm **Flavour:** None.

Directions for use:

For Muscle Relaxation, Nervous System Health & Healthy Body Stress Response: Adults take 1 tablet daily with food, or as advised by your health professional.
For Sleeplessness Relief: Adults take 2 tablets daily with food, or as advised by your health professional.
WARNING: Large Tablet

Always read the label and follow the directions for use.
^*Magnesium Glycinate Dihydrate*



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

SUPER MAGNESIUM™ CREAM

MUSCLE INJURY & MILD JOINT PAIN RELIEF

Health benefits

Caruso's SUPER MAGNESIUM™ CREAM combines Magnesium Chloride with the herbal ingredient, Arnica in a topical cream that works directly at the site of application. *Arnica montana* has a long history of traditional use in Western Herbal Medicine to relieve mild joint aches and pains, reduce the symptoms of muscle injuries and muscle ailments, while also relieving bruise pain. Additionally, Caruso's SUPER MAGNESIUM™ CREAM helps to support Magnesium levels in the body.

Caruso's SUPER MAGNESIUM™ CREAM indications:

Contains Arnica which is traditionally used in Western Herbal Medicine to relieve:

- Mild joint aches and pains
- Symptoms of muscle injury and ailments
- Bruise pain

Can you use Caruso's SUPER MAGNESIUM™ CREAM with Magnesium tablets or powder?

Caruso's SUPER MAGNESIUM™ CREAM can be used in conjunction with Caruso's Super Magnesium tablets or powder. Massage the cream onto your muscles or joints up to twice daily.

Formulation

Each 5g of cream contains:	
Magnesium (from Magnesium chloride hexahydrate)	179mg
Arnica montana (Arnica) flower tincture	500mg
From fresh flower	100mg

Specification:

Appearance: Off-white to light brown cream.

Directions for use:

Adults: Apply 5g (approx. 1 tsp) to the affected area(s) and massage gently until fully absorbed 1 to 2 times daily, or as advised by your health professional.

Always read the label and follow the directions for use.





Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

SUPER MAGNESIUM GLYCINATE

MUSCLE RELAXATION

Health benefits

Caruso's SUPER MAGNESIUM GLYCINATE utilises a high dose of a form of magnesium that is known for its high absorption^ and for being gentle on the stomach. It can relieve and help reduce the occurrence of muscle cramps, and relieve mild muscle spasms when dietary intake is inadequate. Caruso's SUPER MAGNESIUM GLYCINATE also supports muscle relaxation and the health of your muscles as well as the health and function of your nervous system. It also helps with supporting a healthy stress response in the body.

Caruso's SUPER MAGNESIUM GLYCINATE indications:

- Relieves and helps reduce the occurrence of muscle cramps when dietary intake is inadequate
- Supports:
  - Muscle relaxation and muscle health
  - Nervous system health and function
  - A healthy stress response in the body

Who would use Caruso's SUPER MAGNESIUM GLYCINATE?

- Adults who find it hard to get adequate magnesium in their diet and are experiencing muscle cramping and mild muscle spasms as a result
- Adults who are stressed and wish to support a healthy stress response in their body
- Adults who wish to support the health and function of their nervous system with a highly absorbable form of magnesium^

Formulation

Each film coated tablet contains:

Magnesium glycinate 1.134g (1134.8mg)
Equiv. to Magnesium 160mg

Specification:

Appearance: Extra large oval shaped, white film coated tablet with break bar on one side.
L: 23.2mm **W:** 10.5mm **T:** 7.7mm **Flavour:** None.

Directions for use:

Adults: For muscle, nervous system and stress support: Take 1 tablet.
For relief of muscle cramps: Take 2 tablets.
Take daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.
^When compared to Magnesium Oxide



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN

VEGAN FRIENDLY

SUPER MAGNESIUM POWDER® BERRY FLAVOUR

MUSCLE CRAMPS & STRESS

Health benefits

Caruso's SUPER MAGNESIUM POWDER® Berry is a delicious powder which combines six different forms of Magnesium with Vitamin C, Zinc and Taurine. It is naturally sweetened with the herb Stevia and is ideal for people who find it difficult to take tablets.

Magnesium helps to reduce and relieve muscle cramps and mild muscle spasms when dietary intake is inadequate. It also maintains muscle health, muscle function and bone health.

Magnesium supports heart health and healthy cardiovascular system function. It also maintains the health and function of the nervous system and supports a healthy stress response in the body. Magnesium relieves menstrual cramps and other symptoms of premenstrual tension. The Zinc and Vitamin C in Caruso's SUPER MAGNESIUM POWDER® Berry are antioxidants which help to decrease the formation of free radicals and reduce free radical damage to body cells. Zinc and Vitamin C also support immune system health and skin health.

Caruso's SUPER MAGNESIUM POWDER® indications:

- Reduces and relieves muscle cramps when dietary intake is inadequate
- Relieves menstrual cramps and spasms
- Maintains muscle health and function
- Supports heart health
- Maintains nervous system health and function

Who would use Caruso's SUPER MAGNESIUM POWDER®?

- Adults who find it difficult to swallow tablets or prefer a liquid
- Adults who experience muscle cramping, twitching or spasms due to inadequate dietary intake of magnesium
- Women who suffer from menstrual cramping, mild fluid retention and breast tenderness

Formulation

Each 5g dose contains:

Magnesium Citrate (equiv. to Magnesium 125mg)	773.5mg
Magnesium Phosphate Pentahydrate (equiv. to Magnesium 125mg)	605.3mg
Magnesium Glycinate (equiv. to Magnesium 25mg)	177.3mg
Magnesium Aspartate Dihydrate (equiv. to Magnesium 15mg)	200mg
Magnesium Orotate Dihydrate (equiv. to Magnesium 5mg)	78.1mg
Magnesium Amino Acid Chelate (equiv. to Magnesium 5mg)	25mg
Total Magnesium 300mg	
Taurine	1,000mg
Colloidal Anhydrous Silica (equiv. to Silicon 250mg)	535mg
Ascorbic Acid (Vitamin C)	50mg
Zinc Oxide (equiv. to Zinc 15mg)	18.75mg

Specification:

Appearance: Fine pink powder.
Flavour: Berry, naturally sweetened with Stevia

Directions for use:

Adults: Mix 2 scoops (5g) with 250mL of water or fruit juice and drink immediately, or as advised by your health professional. **Scoop included.**

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

SUPER MAGNESIUM + VITAMIN K2

RELAXED MUSCLES & STRONG BONES

Health benefits

Caruso's SUPER MAGNESIUM + VITAMIN K2 combines the muscle and bone health benefits of Magnesium, Vitamin K2 and Vitamin D3 in a convenient, one-a-day tablet. It contains 6 forms of Magnesium which release into the body over an eight-hour period to support muscle health and relaxation, and healthy muscle contraction function. Magnesium also helps relieve muscle cramps and mild muscle spasms when dietary intake is inadequate. Caruso's SUPER MAGNESIUM + VITAMIN K2 also contains Vitamin D to support the absorption of Calcium into bones and together with Vitamin K2, help to increase the metabolism of Calcium in the bones.

Caruso's SUPER MAGNESIUM + VITAMIN K2 indications:

Maintains and supports:

- Muscle function and relaxation
- Bone health and bone strength
- Calcium absorption into bones
- Heart and artery health

Who would use Caruso's SUPER MAGNESIUM + VITAMIN K2?

- Adults who wish to support and maintain their bone health and strength
- Adults who would like to support calcium absorption into their bones
- Adults who wish to support heart and artery health
- Adults who wish to maintain their muscle function and support muscle relaxation

Formulation

Each film coated tablet contains:

Menaquinone 7 (Vitamin K2)	180 micrograms
Colecalciferol	25 micrograms
Equiv. to Vitamin D3 1000IU	
Heavy Magnesium Oxide	259.11mg
Equiv. to Magnesium 150mg	
Magnesium Amino Acid Chelate	50mg
Equiv. to Magnesium 10mg	
Magnesium Aspartate Dihydrate	66.67mg
Equiv. to Magnesium 5mg	
Magnesium Citrate	129.45mg
Equiv. to Magnesium 20mg	
Magnesium Orotate	156.25mg
Equiv. to Magnesium 10mg	
Magnesium Phosphate Pentahydrate	508.23mg
Equiv. to Magnesium 105mg	
Total Magnesium 300mg	

Specification:

Appearance: Extra large oval shaped white tablet with a break bar on one side **L:** 23.2mm **W:** 10.5mm **T:** 7.1mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
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- GLUTEN

TRIPLE STRENGTH FISH OIL
OMEGA 3 - EPA & DHA CONCENTRATE

Health benefits

Caruso's TRIPLE STRENGTH FISH OIL is a 1,500mg capsule and contains three times the EPA and DHA of a standard 1,000mg Fish Oil capsule, therefore, you take fewer capsules for the same results as you would a regular 1000mg Fish Oil capsule.

Fish oil is the oil which is derived from the tissues of oily fish and contains large amounts of essential Omega-3 Fatty Acids Eicosapentaenoic Acid (EPA) and Docosahexaenoic Acid (DHA). Omega-3 Fatty Acids are "essential" as they cannot be made by the human body. They make up the primary structure of cell membranes therefore are required by every cell in the body.

Omega-3 Fatty Acids are highly concentrated in the brain and appear to be important for overall brain and cognitive function. DHA alone makes up a significant proportion of brain tissue such as the brain's cerebral cortex and is found in high levels in neurons, the cells of your central nervous system, where it provides structural support.

Another of Omega-3's many functions is to reduce inflammation in the body, particularly reducing inflammation around the joints and reducing symptoms of mild osteoarthritis whilst supporting overall joint health.

Caruso's TRIPLE STRENGTH FISH OIL indications:

Helps maintain:

- Healthy blood lipids
- Heart health and healthy cardiovascular system function
- Brain and eye health
- Joint health and relieve inflammation

Caruso's TRIPLE STRENGTH FISH OIL may help:

- Reduce symptoms associated with mild osteoarthritis
- Helps in the maintenance of healthy blood lipids
- Maintain healthy heart and cardiovascular system function
- Help support brain and eye health

Formulation

Each soft capsule contains:

Concentrated Fish Omega-3 Triglycerides (Fish Oil)	1.5g (1,500mg)
Equiv. to Eicosapentaenoic Acid (EPA)	540mg
Equiv. to Docosahexaenoic Acid (DHA)	360mg

Specification:

Appearance: Oblong clear capsule with vanilla odour containing light yellow oily liquid. **Capsule size:** 26mm **Flavour:** None.

Directions for use:

For general health and wellbeing: Adults take 1 capsule daily with food, or as advised by your health professional. **For mild osteoarthritis, joint health, healthy blood lipids, brain and eye health:** Adults take 1 capsule 3 times daily with food, or as advised by your health professional.
WARNING: This capsule is large and may be difficult to swallow.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

VITAMIN B1

HELP CONVERT CARBOHYDRATES INTO ENERGY

Health benefits

Caruso's VITAMIN B1 (Thiamine) is a one-a-day tablet for those who require additional Vitamin B1 to assist with the synthesis of neurotransmitters and to help support nervous system function.

Caruso's VITAMIN B1 may also help to maintain energy production through carbohydrate and protein metabolism.

Vitamin B1 is an essential, water soluble vitamin required by the body to ensure that all its tissues function properly.

Similar to other B vitamins, Thiamine is essential for the metabolism of proteins, carbohydrates and fats which the body turns into energy. Vitamin B1 is found in foods such as beef, oats, eggs, seeds, legumes, brown rice and oranges.

Caruso's VITAMIN B1 indications:

- Aids sugar metabolism
- Helps convert carbohydrates into energy
- Supports nervous system health and energy production
- Maintains general health and wellbeing

Who would use Caruso's VITAMIN B1?

- Adults looking to help to metabolise carbohydrates into energy
- Adults who are looking to support their energy levels
- Adults looking to support the health and function of their nervous system

Formulation

Each film coated tablet contains:

Thiamine hydrochloride (Vitamin B1) 280mg
Equiv. to Thiamine 250mg

Specification:

Appearance: Round, white tablet. **D:** 11mm **T:** 5.3mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

VITAMIN B2

RELIEVE SYMPTOMS OF MILD MIGRAINES

Health benefits

Caruso's VITAMIN B2 is an easy to swallow tablet with multiple health benefits. It supports energy levels and maintains energy production, supports the repair and regeneration of body tissues and maintains the health of skin, hair and eyes. At the higher dose, Caruso's VITAMIN B2 also reduces the duration and symptoms of mild migraines.

Vitamin B2 can be found in animal products including organ meats, such as liver. Animal based foods, especially products of a dairy origin such as milk and cheese, contribute towards approximately one half of the adult recommended daily intake.

Vitamin B2 is also found in eggs, legumes, almonds and yeast products.

Caruso's VITAMIN B2 indications:

- Reduces the duration and symptoms of mild migraines
- Supports energy levels
- Supports skin, hair and eye health

Who would use Caruso's VITAMIN B2?

- Adults who wish to reduce and relieve mild migraine symptoms (see directions for use)
- Adults who require support for eye health
- Adults who require support for metabolism and energy levels
- Adults who require support for skin health
- Adults who require support for cardiovascular system health and body tissue repair
- Adults looking to support general health and wellbeing
- Adults who wish to support hair growth and health

Formulation

Each film coated tablet contains:	
Riboflavin (Vitamin B2)	100mg

Specification:

Appearance: Orange coloured, small, round tablet.
D: 10.3mm **T:** 4.8mm **Flavour:** None.

Directions for use:

Adults and children over 16: Take 1 tablet daily with food, or as advised by your health professional. **Mild migraine management:** Adults take 1 tablet 4 times daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

VITAMIN B3

SKIN HEALTH & ASSIST CARBOHYDRATE METABOLISM

Health benefits

Caruso's VITAMIN B3 is a high strength, one-a-day tablet specifically designed for those who require additional Vitamin B3 to help support skin health and maintain energy production through carbohydrate metabolism.

Like all B vitamins, B3 is a water soluble vitamin, mostly found in foods such as meat, legumes, nuts, yeast and fruit. It is involved in the cellular production of the body's major energy molecule - adenosine triphosphate (ATP).

Caruso's VITAMIN B3 indications:

Maintains and supports:

- Skin health
- Energy levels
- General health and wellbeing

Helps sugar metabolism

Who would use Caruso's VITAMIN B3?

- Adults wanting to support the health of their skin
- Adults who are looking to support their energy levels
- Adults looking to help metabolise carbohydrates into energy
- Adults who require additional Vitamin B3 to help prevent dietary B3 deficiency
- Adults who wish to relieve skin inflammation

Formulation

Each film coated tablet contains:
Nicotinamide 500mg
Specification:
Appearance: White or off-white coloured, medium, oval shaped tablet. **L:** 19.7mm **W:** 8.1mm **T:** 6.1mm **Flavour:** None.
Directions for use:
Adults and children over 16: Take 1 tablet daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

VITAMIN B3 1000

DOUBLE THE STRENGTH* TO SUPPORT YOUR SKIN HEALTH

Health benefits

Caruso's VITAMIN B3 1000 contains 1000mg of Nicotinamide in a one-a-day tablet designed to supplement your daily Vitamin B3 intake. Caruso's VITAMIN B3 1000 supports skin health and can soothe and relieve skin inflammation. Additionally, Vitamin B3 can maintain and support energy levels and energy production and help convert sugars into energy. It is involved in the cellular production of a molecule called adenosine triphosphate (ATP), which your body uses for energy.

Vitamin B3 is also important for skin health and for relieving skin inflammation.

Caruso's VITAMIN B3 1000 indications:

- Soothes and relieves skin inflammation
- Supports skin health
- Maintains and supports energy levels and production
- Helps convert sugars into energy

Who would use Caruso's VITAMIN B3 1000?

- Adults who experience skin inflammation
- Adults who wish to support their skin health
- Adults looking to support their energy levels by maintaining energy production
- Adults who wish to support their general health and wellbeing

Formulation

Each film coated tablet contains:
Nicotinamide (Vitamin B3) 1,000mg
Specification:
Appearance: Extra large oval shaped, white, tablet with a break bar on one side. **L:** 23.2mm **W:** 10.5mm **T:** 7.1mm **Flavour:** None.
Directions for use:
Adults: Take 1 tablet daily with food, or advised by your health professional.

Always read the label and follow the directions for use.
**Compared to Caruso's Vitamin B3 (500mg)*



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
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- GLUTEN
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

VITAMIN B6
PMS RELIEF

Health benefits

Caruso's VITAMIN B6 is a one-a-day supplement formulated to relieve breast tenderness, mood swings and temporary mild fluid retention associated with premenstrual tension and also supports red blood cell health.

Vitamin B6 is contained in many plant and animal based foods. The best of which include fish, organ meats, legumes, eggs and nuts. Vitamin B6 is an essential nutrient as it functions as a coenzyme in many different physiological systems in the body.

Caruso's VITAMIN B6 indications:

Relieves symptoms of premenstrual tension:

- Breast tenderness
- Mood swings
- Temporary relief of mild fluid retention

Who would use Caruso's VITAMIN B6?

- Women who are experiencing premenstrual tension
- Women who wish to relieve mood swings and irritability associated with premenstrual tension
- Women who require relief from temporary mild fluid retention associated with premenstrual tension
- Adults individuals who wish to maintain their red blood cell health
- Women who wish to relieve morning sickness

Formulation

Each film coated tablet contains:

Pyridoxine hydrochloride 121.55mg
Equiv. to Pyridoxine (Vitamin B6) 100mg

Specification:

Appearance: White or off-white coloured, small, round tablet.
D: 10.3mm **T:** 5.7mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
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- GLUTEN
- VEGAN FRIENDLY

VITAMIN B12 ACTIVATED

RED BLOOD CELL AND NERVOUS SYSTEM SUPPORT

Health benefits

Caruso's VITAMIN B12 ACTIVATED maintains energy levels and red blood cell health and aids in the production of healthy red blood cells.

Caruso's VITAMIN B12 ACTIVATED also supports immune system health and healthy immune system function. As an added benefit Caruso's VITAMIN B12 ACTIVATED maintains nervous system health and function, and supports mental function when dietary intake is inadequate.

Just one tablet a day helps prevent dietary deficiency of Vitamin B12. It may be of particular benefit to elderly people, vegetarians, vegans and anyone with a limited meat and dairy intake.

Caruso's VITAMIN B12 ACTIVATED indications:

Maintains:

- Energy levels
- Healthy red blood cells
- Immune system health
- Nervous system function

Who would use Caruso's VITAMIN B12 ACTIVATED?

- Adults looking to support energy levels
- Individuals who need assistance in red blood cell health
- Adults who wish to maintain the health and function of their nervous system

Formulation

Each orally disintegrating tablet (melt) contains:	
Mecobalamin	1.2mg

Specification:

Appearance: Pink coloured with dark speckles, small, round orally disintegrating tablet. **D:** 9.5mm **T:** 3.6mm **Flavour:** Berry

Directions for use:

Adults and children over 16 years: Dissolve 1 orally disintegrating tablet in your mouth daily with food, or advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

ACTIVATED B12 6000
FATIGUE & NERVOUS SYSTEM HEALTH

Health benefits

Caruso's ACTIVATED B12 6000 contains a high dose of co-methylcobalamin, the activated form of vitamin B12, in a convenient one-a-day, The Quick Melt technology used in Caruso's ACTIVATED B12 6000 means the delicious berry flavour tablet quickly dissolves in your mouth.

Caruso's ACTIVATED B12 6000 supports energy levels and relieves fatigue and feelings of weakness when dietary intake is inadequate. It also maintains red blood cell health and aids in the production of healthy red blood cells. The Mecobalamin in Caruso's ACTIVATED B12 6000 maintains nervous system function and health and supports mental function when dietary intake is inadequate. Caruso's ACTIVATED B12 6000 also supports healthy immune system function and immune system health.

Caruso's ACTIVATED B12 6000 indications:

- Relieves fatigue and feelings of weakness when dietary intake is inadequate
- Maintains red blood cell health and assists production of healthy red blood cells
- Supports nervous system health and function

Who would use Caruso's ACTIVATED B12 6000?

- Adults who wish to relieve fatigue and weakness due to dietary deficiency of vitamin B12
- Adults who wish to maintain the health of their red blood cells and assist with the production of healthy red blood cells
- Adults who require assistance in supporting the health of their nervous system
- Adults whose diets are deficient in vitamin B12 and wish to maintain cognitive function
- Adults who are looking for support to help maintain their immune system function

Formulation

Each orally disintegrating tablet (melt) contains:
Mecobalamin 6mg
Specification:
Appearance: Pink coloured, orally disintegrating, round tablet with dark speckles. **D:** 9.5mm **T:** 3.6mm **Flavour:** Berry
Directions for use:
Adults: Dissolve 1 orally disintegrating tablet in your mouth daily with food, or advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- VEGAN FRIENDLY

VITAMIN C 1000 + BIOFLAVONOIDS

FIGHT ILLNESS & RELIEVE DURATION OF COMMON COLDS

Health benefits

Caruso's VITAMIN C 1000 + BIOFLAVONOIDS contains a carefully formulated blend of three forms of vitamin C, combined with bioflavonoids and herbal extracts.
This formulation includes two buffered forms of vitamin C (sodium ascorbate and calcium ascorbate), which are less acidic and designed for gentle use. With added citrus bioflavonoids to support the absorption and function of vitamin C, plus rosehip, a natural source of vitamin C, this well-balanced formula supports daily immune system health.

Caruso's VITAMIN C 1000 + BIOFLAVONOIDS indications:

- Supports healthy immune system function to fight illness
- Reduces severity & duration of the common cold symptoms
- Antioxidant
- Supports collagen formation
- Supports skin health & wound healing

Who would use Caruso's VITAMIN C 1000 + BIOFLAVONOIDS?

- Adults who wish to improve and enhance immune defence, and help to support immune system function and to fight illness
- Adults who wish to reduce and relieve symptoms of the common cold including severity and duration of a cold
- Adults who wish to decrease and relieve symptoms of a head cold
- Adults who wish to support skin health including wound healing and repair
- Adults who wish to support bone development and gum health

Formulation

Each film coated tablets contains:

Ascorbic Acid	250mg
Sodium Ascorbate	421.83mg
Equiv. to Ascorbic Acid 375mg	
Calcium Ascorbate Dihydrate	453.89mg
Equiv. to Ascorbic Acid 375mg	
Citrus Bioflavonoids extract	50mg
Rutoside trihydrate	50mg
Hesperidin	50mg
AND	
Rosa canina (Rosehip) fruit ext. dry conc.	16.67mg
Equiv. to dry fruit 100mg	
Malpighia glabra (Acerola) fruit ext. dry conc.	12.5mg
Equiv. to dry fruit 50mg	
Equiv. to Ascorbic Acid 500 micrograms	
Total Ascorbic Acid (Vitamin C) 1000.5mg	

Specification:

Appearance: Oval shaped mottled beige coloured tablet with a break bar on one side. **L:** 23.2mm **W:** 10.5mm **T:** 7mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

C + D + ZINC
ALL-IN-ONE IMMUNE DEFENCE

Health benefits

Caruso's C + D + ZINC is your daily immune support. A convenient one-a-day supplement, which combines three essential nutrients to support and maintain the health of your immune system. Vitamin C can help to support the immune system to fight illness. Vitamin D3 maintains immune system health and Zinc can aid in supporting healthy immune system function. Caruso's C + D + ZINC also supports general health and wellbeing.

Caruso's C + D + ZINC indications

- Maintains immune system health
- Supports the immune system to fight illness
- Maintains healthy immune system function
- Supports general health and wellbeing

Who would use Caruso's C + D + ZINC?

- Adults who are looking to support their overall immune system health and function all year round
- Adults who are looking for the convenience of an inclusive formulation containing these immune supporting nutrients versus taking these individually

Formulation

Each film coated tablet contains:

Calcium Ascorbate Dihydrate	605.19mg
Equiv. to Ascorbic Acid (Vitamin C) 500mg	
Colecalciferol	25 micrograms
Equiv. to Vitamin D3 1000IU	
Zinc Citrate Dihydrate	93.46mg
Equiv. to Zinc 30mg	

Specification:

Appearance: Off white, oval shaped tablet with a break bar on one side. **L:** 23.2 minim oval **W:** 10.5mm **T:** 6.9mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN

VITAMIN D3 1000IU
BONE & IMMUNE HEALTH

Health benefits

Vitamin D supports the absorption of calcium in the bones and also supports bone mineralisation. Vitamin D3 supports muscle health and functions. Vitamin D is naturally produced in the skin when it is exposed to sunlight and is then used throughout the body to support various functions. Low vitamin D levels are therefore more commonly found in those people who have limited sunlight exposure, i.e. working indoors during the day. Caruso's VITAMIN D3 CONTAINS 1000IU of Vitamin D, providing a convenient one-a-day dose.

Caruso's Vitamin D3 1000IU indications:

Supports:

- Muscle health and muscle function
- Bone strength and bone density
- Calcium absorption into bones
- Immune system health

Who would use Caruso's Vitamin D3 1000IU?

- People wanting to maintain and support overall bone health including assisting in healthy bone growth and development
- Adults looking to promote bone mass and maintain strength
- Adults who require support with enhancing bone mineralisation and bone density
- Adults wanting to maintain healthy immune function
- Individuals who have a diet deficient in calcium, which can potentially lead to osteoporosis later in life. Vitamin D3 supports calcium absorption in bones
- People who have limited daily exposure to sunlight

Formulation

Each soft capsule contains:	
Colecalciferol (Vitamin D3) Equiv. to Vitamin D3 1000IU	25 micrograms

Specification:

Appearance: Clear yellow oil filled in an oval shaped clear natural soft gelatin capsule. **Capsule size:** 5 minim oval **Flavour:** None.

Directions for use:

Adults: Take 1 capsule daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

VITAMIN K2
BONE HEALTH FORMULA

Health benefits

Caruso's VITAMIN K2 supports bone health. Your skeleton is almost completely renewed about every ten years via a complex and highly organised metabolic process involving specialised cells called osteoblasts and osteoclasts. Osteoblasts help move Calcium into your bones, and osteoclasts move Calcium out of your bones and into your bloodstream.

Vitamin K2 plays an important role in the production and activity of osteocalcin, a protein secreted by osteoblasts. Osteocalcin binds Calcium and incorporates it into your bones (a process known as mineralisation). Caruso's VITAMIN K2 helps to support bone mineralisation and increase the metabolism of Calcium in bones.

In addition to its bone health benefits, Caruso's VITAMIN K2 also maintains heart health and supports the health of your arteries and blood vessels.

Caruso's VITAMIN K2 indications:

- Maintains bone health
- Helps support bone mineralisation
- Helps increase metabolism of calcium in bones
- Maintains heart and artery health
- Supports cardiovascular system health

Who would use Caruso's VITAMIN K2?

- Adults who wish to support their bone health
- Adults who want to maintain bone health
- Adults who wish to support a healthy cardiovascular system
- Adults who wish to promote the metabolism of calcium into bones
- Adults looking to support a healthy cardiovascular system and maintain blood vessel health

Formulation

Each soft capsule contains:

Menaquinone 7 ..... 90 micrograms

Specification:

Appearance: brown opaque, soft gelatine oval capsule.
Capsule size: 5 minim oval **Flavour:** None.

Directions for use:

Adults: Take 2 capsules daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN

VITAMIN K2 DOUBLE STRENGTH*

BONE & HEART HEALTH

Health benefits

Caruso's VITAMIN K2 DOUBLE STRENGTH at 180 micrograms supports bone health.

Your skeleton is almost completely renewed about every ten years via a complex and highly organised metabolic process involving specialised cells called osteoblasts and osteoclasts. Osteoblasts help move Calcium into your bones, and osteoclasts move Calcium out of your bones and into your bloodstream. Vitamin K2 plays an important role in the production and activity of osteocalcin, a protein secreted by osteoblasts. Osteocalcin binds Calcium and incorporates it into your bones (a process known as mineralisation). Caruso's VITAMIN K2 DOUBLE STRENGTH helps to support bone mineralisation and increase the metabolism of Calcium in bones. In addition to its bone health benefits, Caruso's VITAMIN K2 DOUBLE STRENGTH also maintains heart health and supports the health of your arteries and other blood vessels.

Caruso's VITAMIN K2 DOUBLE STRENGTH* indications:

- Maintains bone health
- Helps support bone mineralisation
- Helps increase metabolism of calcium in bones
- Maintains heart and artery health
- Supports cardiovascular system health

Who would use Caruso's VITAMIN K2 DOUBLE STRENGTH*?

- Adults who wish to support and maintain their bone health
- Adults who would like to support bone mineralisation by increasing the metabolism of calcium into their bones
- Adults who wish to support their cardiovascular health by maintaining a healthy heart and artery health

Formulation

Each soft capsule contains:

Menaquinone 7 ..... 180 micrograms

Specification:

Appearance: Clear yellow liquid filled in a brown opaque soft beef gelatine oval capsule.
Capsule size: 5 minim oval **Flavour:** None.

Directions for use:

Adults: Take 1 capsule daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.
**Compared to Caruso's Vitamin K2 90 micrograms*



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

VITAMIN K2+D3
BONE HEALTH & STRENGTH

Health benefits

Just one capsule a day of Caruso's VITAMIN K2+D3 supports strong, healthy bones and maintains bone mass and bone density.

Your skeleton is almost completely renewed about every ten years via a complex and highly organised metabolic process involving specialised cells called osteoblasts and osteoclasts. Osteoblasts help move Calcium into your bones, and osteoclasts move Calcium out of your bones and into your bloodstream.

Vitamin K2 plays an important role in the production and activity of osteocalcin, a protein secreted by osteoblasts. Osteocalcin binds Calcium and incorporates it into your bones (a process known as mineralisation). Caruso's VITAMIN K2+D3 helps to support bone mineralisation and increase the metabolism of Calcium in bones.

Caruso's VITAMIN K2+D3 also helps your body to absorb dietary Calcium. A diet deficient in calcium can lead to osteoporosis in later life.

In addition to its many benefits for bone health, Caruso's VITAMIN K2+D3 also maintains healthy cardiovascular system function and supports the health of your heart, arteries and other blood vessels.

Caruso's VITAMIN K2+D3 indications:

- Maintains bone strength
- Maintains bone mass and bone density
- Helps increase the metabolism of calcium in bones
- Supports heart and artery health

Who would use Caruso's VITAMIN K2+D3?

- Adults wanting to maintain bone health through supporting bone mineralisation
- Adults looking to assist in healthy bone development and building
- Adults who would like to support calcium absorption in the bones
- Adults looking to support cardiovascular system health and function, including heart, artery and blood vessel health
- Adults looking to prevent a dietary vitamin D deficiency
- Adults wanting additional support for a healthy immune system or muscle function

Formulation

Each soft capsule contains:

Menaquinone 7	180 micrograms
Colecalciferol	25 micrograms
Equiv. to Vitamin D3 1000IU	

Specification:

Appearance: Clear yellow liquid filled in an oval shaped brown coloured soft gelatine capsule. **Capsule size:** 12 minim oval **Flavour:** None.

Directions for use:

Adults: Take 1 capsule daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- GLUTEN

K2+D3+MAGNESIUM

BONE STRENGTH, HEART & MUSCLE HEALTH

Health benefits

Caruso's K2+D3+MAGNESIUM maintains bone strength and helps support bone health, it also helps to support the body's absorption of dietary Calcium and Phosphorus. Vitamin D supports the absorption of Calcium into bones and together with Vitamin K2 helps to increase the metabolism of Calcium in the bones. Caruso's K2+D3+MAGNESIUM contains six forms of Magnesium in a time-release formula which releases Magnesium into the body over an eight-hour period. Magnesium supports muscle function, healthy muscle contraction and muscle relaxation. It helps to relieve muscle cramps and mild muscle spasms, and reduce the occurrence of muscle cramps, when dietary intake is inadequate.

Caruso's K2+D3+MAGNESIUM indications:

- Supports bone health
- Maintains bone strength
- Supports calcium absorption into bones
- Helps relieve muscle cramps and mild muscle spasms when dietary intake is inadequate
- Supports muscle function and relaxation
- Maintains heart and artery health

Who would use Caruso's K2+D3+MAGNESIUM?

- Adults looking to support their bone and muscle health
- Adults who would like to maintain their bone strength
- Adults looking for a supplement to support the absorption of calcium into their bones
- Adults looking for a supplement to help maintain heart health
- Adults who have low levels of Vitamin D3
- Adults looking to increase their Magnesium intake
- Adults looking for help to relieve muscle cramps and mild muscle spasms when dietary Magnesium intake is inadequate

Formulation

Each Vitamin K2+D3 soft capsule contains:

Menaquinone 7	180 micrograms
Colecalciferol	25 micrograms
Equiv. to Vitamin D3 1000IU	

Each Caruso's Super Magnesium modified release tablet contains:

Magnesium Phosphate Pentahydrate	508.23mg
Equiv. to Magnesium 105mg	
Heavy Magnesium Oxide	259.11mg
Equiv. to Magnesium 150mg	
Magnesium Orotate	156.25mg
Equiv. to Magnesium 10mg	
Magnesium Citrate	123.76mg
Equiv. to Magnesium 20mg	
Magnesium Aspartate Dihydrate	66.67mg
Equiv. to Magnesium 5mg	
Magnesium Amino Acid Chelate	50mg
Equiv. to Magnesium 10mg	

Total Magnesium 300mg

Specification:

Magnesium tablet: Extra large oval shaped white tablet with a break bar on one side. **L:** 23.2mm **W:** 10.5mm **T:** 7.1mm **Flavour:** None.
Vitamin K2 + D3 soft capsule: Clear yellow liquid filled in an oval shaped brown coloured, soft gelatin capsule.
Capsule size: 12 minim oval **Flavour:** None.

Directions for use:

Adults: Take 1 brown capsule (Vitamin K2 + D3) and 1 white tablet (Caruso's Super Magnesium) daily with food or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- PRESERVATIVES
- GLUTEN

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

VITAMIN K2+UBIQUINOL
HEART & ENERGY

Health benefits

Caruso's VITAMIN K2+UBIQUINOL is a 2-in-1 formula which combines heart, energy and bone health benefits in a convenient, one-a-day capsule.

Vitamin K2 helps maintain healthy heart function and the health of the heart. Vitamin K2 also supports the health of arteries and blood vessels.

Ubiquinol is the active form of an antioxidant called Coenzyme Q10. It supports healthy cardiovascular system function, and along with Vitamin K2, it maintains heart health, healthy heart function and supports the health of arteries and blood vessels.

Ubiquinol also plays an important role in the cellular process that our bodies use to produce energy. It maintains energy production in the body and supports energy levels. And as an antioxidant it reduces the formation of free radicals in the body and helps to reduce the damage they cause to body cells.

The Vitamin K2 in Caruso's VITAMIN K2 +UBIQUINOL provides the additional benefit of supporting bone health. It helps to increase the metabolism of calcium in bone tissue and helps to maintain bone mineralisation. In post-menopausal women, Vitamin K2 also helps to maintain bone density and bone strength.

Caruso's VITAMIN K2+UBIQUINOL indications:

- Maintains heart health and healthy heart function
- Supports artery and blood vessel health
- Maintains energy production and energy levels
- Supports bone health

Who would use Caruso's VITAMIN K2+UBIQUINOL?

- Adults who wish to support cardiovascular health while maintaining heart health and function
- Adults who would like a supplement which supports the health of their arteries and blood vessels
- Adults who wish to maintain their energy levels and support energy production
- Adults who wish to support bone health by increasing the metabolism of calcium in their bones

Formulation

Each soft capsule contains:

Menaquinone 7 (K2VITAL™ Vitamin K2)	180micrograms
Ubiquinol-10 (Kaneka-QHTM)	150mg

Specification:

Appearance: Red, orange, oval shaped soft capsule. **Capsule size:** 12 minim oval

Directions for use:

Adults: Take 1 capsule daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.

K2VITAL is a registered trademark of Kappa Bioscience AS.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN

WOMEN'S SUPER MULTI
YOUR DAILY ENERGY

Health benefits

Caruso's WOMEN'S SUPER MULTI is a high-potency, convenient, one a day formula that combines essential vitamins, minerals, antioxidants and other nutrients that have been carefully selected to support the overall general wellbeing and health of women.

Formulation

Thiamine hydrochloride	50mg
Equiv. Thiamine (Vitamin B1) 44.6mg	
Riboflavin (Vitamin B2)	50mg
Nicotinamide (Vitamin B3)	50mg
Calcium pantothenate	50mg
Equiv. Pantothenic acid (Vitamin B5) 45.81mg	
Equiv. Calcium 4.2mg	
Pyridoxine hydrochloride	50mg
Equiv. Pyridoxine (Vitamin B6) 41.13mg	
Biotin	2.5mg
Folic acid	300 micrograms
Cyanocobalamin (Vitamin B12)	50 micrograms
Choline bitartrate	25mg
Inositol	25mg
Calcium ascorbate dihydrate	121.04mg
Equiv. Ascorbic acid (Vitamin C) 100mg	
Equiv. Calcium 11.38mg	
D-alpha-Tocopheryl acid succinate (Vitamin E 25IU)	20.66mg
Colecalciferol (Vitamin D3 500IU)	12.5 micrograms
Calcium (from Calcium phosphate)	100mg
Total Calcium: 115.58mg	
Magnesium (from Magnesium phosphate pentahydrate)	50mg
Potassium (from Dibasic potassium phosphate)	20mg
Zinc (from Zinc sulfate monohydrate)	10mg
Iron (from Iron amino acid chelate)	5mg
Copper (from Copper gluconate)	200 micrograms
Chromium (from Chromium picolinate)	50 micrograms
Iodine (from Potassium iodide)	200 micrograms
Selenium (from Selenomethionine)	75 micrograms
Manganese (from Manganese sulfate monohydrate)	2.5 micrograms

Specification:

Appearance: oval shaped, red coloured film coated tablet with a break-bar on one side. **L:** 23.2mm **W:** 10.5mm **T:** 6.9mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet daily with breakfast, or as advised by your health professional. Swallow tablet with water. **WARNING:** Large Tablet.

Always read the label and follow the directions for use.

Caruso's WOMEN'S SUPER MULTI indications:

- Maintains energy levels & energy production
- Supports healthy immune system function
- Supports hair & skin health
- Supports collagen formation
- Assists healthy red blood cell production
- Supports nervous system function
- Maintains general health & wellbeing

Who would use Caruso's WOMEN'S SUPER MULTI?

- Women who want a convenient multivitamin
- Women who want to support a healthy stress response in the body
- Women who want to support and maintain energy levels and production
- Women who want to support their hair, skin and nails
- Women who wish to support nervous system health and function



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

ZINC
IMMUNE DEFENCE & SKIN HEALTH

Health benefits

Caruso's ZINC is a high strength, convenient one-a-day tablet which can help to support many different aspects of your health. Zinc helps to maintain the health and function of the immune system. It also helps to support the health of the skin by supporting skin healing and repair. Zinc also plays a role in supporting reproductive system health in males, helping to maintain sperm health and production in healthy males.

Caruso's ZINC indications:

- Supports healthy immune system function
- Supports reproductive system health in males
- Supports skin health, skin repair and healing

Who would use Caruso's ZINC?

- Adults wishing to support their immune system function
- Individuals who is looking to support skin health, skin repair and healing
- Adults wishing to reduce the occurrence of acne and pimples
- Males who would like to support their sperm health, particularly the production and motility of sperm
- Men who would like to support a healthy reproductive system
- Individuals who want to reduce free radical damage to the body
- Individuals who would like to support their sense of taste and smell

Formulation

Each film coated tablet contains:

Zinc Citrate Dihydrate 93.46mg
Equiv. to Zinc 30mg

Specification:

Appearance: Small, round shaped, white coloured, film coated tablet.
D: 9.5mm **T:** 3.7mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet daily with food, or as advised by your health professional

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

THE HEALING POWER OF HERBS
BY FRANK CARUSO

I believe that Mother Nature has provided us with everything we need for healing.

I've read many books on the healing benefits and one of my favourite Australian authors is 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.

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 should be my first choice when looking for a remedy for healing my body.

Today, in many parts of the world, billions of people use herbs for their healing and restorative powers every day.

Plants have been used for medicinal purposes long before recorded history. Indigenous cultures used herbs in their healing rituals, while others developed traditional medical systems (such as traditional Ayurvedic and Chinese Medicine) in which herbal therapies were used. Researchers are finding that people in different parts of the world used the same or similar plants for the same purposes.

The first herbal medicines known to be used by ancient doctors, date back to over 5000 years ago. The oldest known list of medicinal herbs compiled in China was from 3000 BC and lists even older traditions that were used at the time, some of which are still practised.

In the early nineteenth century when chemical analysis techniques first became available, scientists began to extract, measure and isolate the active ingredients from plants. By the 1850's chemists were able to extract and concentrate traditional plant-based remedies, giving rise to treatments such as morphine and quinine. Today, a quarter of pharmaceutical drugs are derived from botanicals.

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 can fully identify and test the chemical compounds within botanicals that have been used for centuries.

Thousands of well known 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.



Caruso's NATURAL HEALTH
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HERBAL THERAPEUTICS

In the following pages, you will find a range of the healing herbs used by hundreds of millions of people around the world today. These premium formulas provide benefits for many areas of health and may help to address a number of health concerns.

Most of the herbal formulas within the Caruso's herbal range contain standardised extracts. Standardised means that the herbal preparation is guaranteed to contain a specific amount of the active component within the herb. This way we can guarantee that every tablet or capsule contains the active biological component that's listed on our labels. It's important to note that standardised extracts are used in most clinical trials. With that said, whole herbs also have powerful healing properties. When using the whole herb, you receive a synergistic blend of active constituents working together. Whether you are using the whole herb or a standardised extract, however, the main focus should be on product quality. This is why the team at Caruso's sources our herbs from their native climates or countries. This ensures that the growing conditions are optimal for the health of the herb, and that the active constituents in the herb are at their most favourable upon harvesting.

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AGED GARLIC
COLDS & FLU

Health benefits

Caruso's AGED GARLIC is created by an aging process using controlled temperature, humidity and time. It produces an odourless garlic rich in the amino acid S-Allyl cysteine (SAC). The aging process removes the odour and provides Aged Garlic with its various health benefits.

Caruso's AGED GARLIC can help to maintain and support immune system health. Garlic is also traditionally used in Western Herbal Medicine to help support cardiovascular system health and clear respiratory tract mucous.

Caruso's AGED GARLIC indications:

Traditionally used in Western Herbal Medicine to support:

- Cardiovascular system health
- Clearing respiratory tract mucous

Maintains and supports immune system health.

Who would use Caruso's AGED GARLIC?

- Adults who wish to use a herb traditionally used in Western Herbal Medicine to:
  - Support the health of their cardiovascular system
  - Help clear their respiratory tract mucous
- Adults who wish to support their immune system health
- Adults looking for an antioxidant supplement

Formulation

Each film coated tablet contains:

Allium sativum (Garlic) ext. dry conc. 240mg
From fresh bulb 9.6g (9,600mg)

Specification:

Appearance: Dark green to black oval shaped tablet.
L: 19mm **W:** 8.5mm **T:** 5.8mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet daily with food, or as advised by your health professional
For more intensive use: Adults take 1 tablet 2 times daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

ASHWAGANDHA 7500
STRESS & SLEEP QUALITY

Health benefits

Caruso's ASHWAGANDHA 7500 contains a one-a-day therapeutic dose of the herb Ashwagandha to relieve the symptoms of stress and mild anxiety. Ashwagandha enhances the body's ability to adapt to stress, and supports a healthy stress response in the body. Ashwagandha also relieves sleeplessness, improves sleep quality and promotes healthy sleeping patterns.
Caruso's ASHWAGANDHA 7500 utilises KSM-66 Ashwagandha®, a certified organic, full spectrum extract of the root of the Ashwagandha plant.

Adaptogens are herbs which support an individual's ability to adapt to stress. Stress is a condition that can arise from internal or external factors. It is a natural response which signals the body to take action and respond to a perceived threat. Ashwagandha will help support a healthy stress response in the body.

It has also been used in traditional Ayurvedic Medicine as a nervine to support the nervous system, and also to relieve feelings of general debility and assist with recovery from illness.

Caruso's ASHWAGANDHA 7500 indications:

- Relieves symptoms of stress and mild anxiety
- Supports a healthy stress response in the body
- Relieves sleeplessness

Who would use Caruso's ASHWAGANDHA 7500?

- Adults wanting to support a healthy body stress recovery
- Adults experiencing stress and mild anxiety
- Adults who experience sleeplessness

Formulation

Each film coated tablet contains:

Withania somnifera (KSM-66 Ashwagandha®) ext. dry conc 600mg
From min. dry root 7.5g (7,500mg)
Std. to Withanolides 30mg

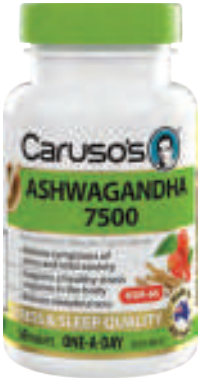
Specification:

Appearance: Beige speckled medium capsule shaped clear film coated tablet
L: 19.6mm **W:** 8.5mm **T:** 6.8mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- NUTS
- PRESERVATIVES
- GLUTEN

ASHWAGANDHA 12,500
STRESS, SLEEP & MEMORY

Health benefits

Caruso's ASHWAGANDHA 12,500 delivers a high- strength*, one-a-day therapeutic dose of KSM-66 Ashwagandha®—a certified organic, full-spectrum root extract of the Ashwagandha plant – to provide relief from the symptoms of stress and mild anxiety. Caruso's ASHWAGANDHA 12,500 also relieves sleeplessness, reduces the time it takes to fall asleep, and promotes deep sleep and sleep quality. Additionally, it helps you maintain mental focus and think more clearly and improves your memory and overall cognitive performance.

De-stress, sleep better, remain focused and improve your memory with Caruso's ASHWAGANDHA 12,500!

Caruso's ASHWAGANDHA 12,500 indications:

- Relieves symptoms of stress & mild anxiety
- Promotes sleep quality & deep sleep
- Improves memory, recall & cognitive performance
- Supports mental focus & clarity

Who would use Caruso's ASHWAGANDHA 12,500?

- Adults who are looking for relief from symptoms of stress and mild anxiety
- Adults who would like to promote their sleep quality while enhancing a deep sleep
- Adults who are looking to relieve sleeplessness and reduce time to fall asleep
- Adults wanting to improve memory, recall and cognitive performance
- Adults wanting to support mental focus and clarity

Formulation

Each film coated tablet contains:

Withania somnifera (KSM-66 Ashwagandha®) root ext. dry conc 1g
From dry root 12.5g (12,500mg)

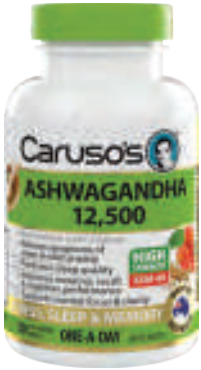
Specification:

Appearance: Brown and white mottled, clear film coated tablet with break bar on one side
L: 23.2mm **W:** 10.5mm **T:** 7.1mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.
**Compared to Caruso's Ashwagandha 7500*



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- NUTS
- PRESERVATIVES
- GLUTEN

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

ASHWAGANDHA + ENERGY®

STRESS & ENERGY

Health benefits

Caruso's ASHWAGANDHA + ENERGY® is a convenient one-a-day tablet that combines the calming benefits of Ashwagandha with the energy boost of Green Tea. Featuring KSM-66 Ashwagandha®, a certified organic, full-spectrum root extract, and Green Tea, a rich source of natural caffeine, this formula helps relieve stress and mild anxiety while enhancing energy levels.

Caruso's ASHWAGANDHA + ENERGY® indications:

- Relieves symptoms of stress and mild anxiety
- Enhances and promotes energy levels
- Antioxidant: Reduces free radicals formed in the body
- Supports general health and wellbeing
- Traditionally used in Western Herbal Medicine to help the body adapt to stress

Who would use Caruso's ASHWAGANDHA + ENERGY®?

- Adults who are experiencing stress and mild anxiety and wish to decrease the symptoms
- Adults who wish to take a supplement to assist with antioxidant support
- Adults who wish to support their general health and wellbeing
- Adults who wish to take a supplement which utilises an ingredient which has been used in traditional Western Herbal Medicine to help the body adapt to stress

Formulation

Each film coated tablet contains:

Withania somnifera (KSM-66 Ashwagandha®) ext. dry conc 600mg
From min. dry root 7.5g (7,500mg)
Camellia sinensis (Green Tea) ext. dry conc. 160mg
From min. dry leaf 1.92g (1,920mg)
Std. to Caffeine 80mg

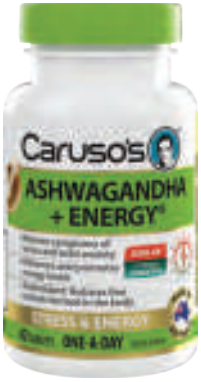
Specification:

Appearance: Extra large oval shaped, mottled beige to brown coloured tablet.
L: 23.2mm **W:** 10.5mm **T:** 7.2mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- NUTS
- PRESERVATIVES
- GLUTEN

ASHWAGANDHA + L-THEANINE

CALM & FOCUS

Health benefits

Too much stress can negatively impact on your ability to concentrate and think clearly, and make you feel tired and drained. Caruso's ASHWAGANDHA + L-THEANINE has been formulated to help you relieve the symptoms of stress and mild anxiety while supporting mental concentration, focus and clarity. It can also help increase your attention span temporarily and support your overall cognitive and mental function. Additionally, Caruso's ASHWAGANDHA + L-THEANINE can provide support for your energy levels to help you get through your day.

Caruso's ASHWAGANDHA + L-THEANINE indications:

- Relieves symptoms of stress
- Supports mental focus & clarity
- Helps increase attention span temporarily
- Supports cognitive & mental function

Who would use Caruso's ASHWAGANDHA + L-THEANINE?

- Adults experiencing the symptoms of stress and mild anxiety who are looking for a product to support them during this time
- Adults who are having trouble with focus and clarity and would like a product to support their mental concentration
- Adults with busy lives who would like support for their energy levels
- Adults who wish to take a supplement that can help to calm their mind
- Adults who have a lot on their plate and would like to temporarily increase their attention span to help support them through their busy day

Formulation

Each film coated tablet contains:

Theanine. 100mg
Withania somnifera (KSM-66 Ashwagandha®) ext. dry conc. 350mg
From dry root 4.375g

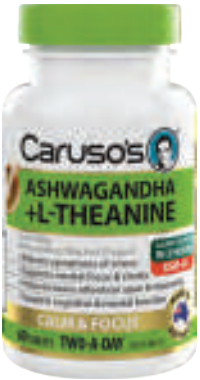
Specification:

Appearance: Oval shaped, clear film coated, beige coloured tablet with speckles.
L: 19mm **W:** 9.7mm **Flavour:** None.

Directions for use:

Adults: Take 2 tablets daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

ASHWAGANDHA + SLEEP™

STRESS & SLEEP

Health benefits

Caruso's ASHWAGANDHA + SLEEP™ is a convenient one-a-day tablet formulated with the herbs Ashwagandha, Hops and Skullcap, plus Magnesium. It relieves symptoms of stress and mild anxiety while also reducing sleeplessness, improving sleep quality and promoting deep sleep. It utilises KSM-66 Ashwagandha®, a certified organic, full-spectrum extract of the root of the Ashwagandha plant; Magnesium amino acid chelate, an elemental magnesium which is bound to an amino acid carrier to assist with absorption; and Hops, a herb traditionally used in Western Herbal Medicine to induce sleep.

Caruso's ASHWAGANDHA + SLEEP™ indications:

- Relieves symptoms of stress and mild anxiety
- Reduces time to fall asleep
- Reduces sleeplessness
- Traditionally used in Western Herbal Medicine to induce sleep
- Improves sleep quality
- Promotes deep sleep

Who would use Caruso's ASHWAGANDHA + SLEEP™?

- Adults who are experiencing stress and mild anxiety and are finding this is impacting their sleep
- Adults who wish to relieve the symptoms of mild anxiety and stress
- Adults who are having trouble falling asleep
- Adults who find it difficult to fall into a deep sleep

Formulation

Each film coated tablet contains:

Withania somnifera (KSM-66 Ashwagandha®) ext. dry conc.	600mg
From dry root 7.5g (7,500mg)	
Scutellaria lateriflora (Skullcap) ext. dry conc.	10mg
From dry herb 1g (1,000mg)	
Humulus lupulus (Hops) ext. dry conc.	133.33mg
From dry flower 1g (1,000mg)	
Magnesium amino acid chelate	525mg
Equiv. to Magnesium 105mg	

Specification:

Appearance: Extra large, oval shaped brown and white mottled tablet with a break bar on one side.
L: 23.2mm **W:** 10.5mm **T:** 7.8mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet 30 to 60 minutes before retiring, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- NUTS
- PRESERVATIVES
- GLUTEN

BERBERINE 500
BLOOD SUGAR

Health benefits

Berberine is a bioactive alkaloid sourced from the roots of *Berberis aristata*, a plant belonging to the Barberry family. Caruso's BERBERINE 500 contains a standardised extract of berberine. It helps maintain healthy blood sugar and assists sugar and carbohydrate metabolism. Berberine is also used in traditional Ayurvedic Medicine to help protect the liver and support bile flow.

Caruso's BERBERINE 500 indications:

- Helps maintain healthy blood sugar
- Assists sugar and carbohydrate metabolism
- Traditionally used in Ayurvedic Medicine to help protect the liver and support bile flow

Who would use Caruso's BERBERINE 500?

- Adults wishing to use a traditional Ayurvedic herb to assist with bile secretion and protect the liver
- Adults who wish to maintain healthy blood sugar and aid glucose metabolism

Formulation

Each film coated tablet contains:

Berberis aristata (Indian Barberry) ext. dry conc. 1g (1,000mg)
From min. dry root 90g (90,000mg)
Std. to Berberine 500mg

Specification:

Appearance: Yellow to brown coloured with speckles. Oval shaped, clear film coated tablet, with a break bar on one side.
L: 22.5mm **W:** 10mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet, up to 2 to 3 times a day with each main meal, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

BERBERINE 750
METABOLISM

Health benefits

Caruso's BERBERINE 750 utilises a high strength* standardised extract of *Berberis aristata* which contains the bioactive alkaloid compound Berberine. Caruso's BERBERINE 750 assists sugar and carbohydrate metabolism and helps maintain healthy blood sugar. *Berberis aristata* is also used in traditional Ayurvedic Medicine to help protect the liver and support bile flow.

Caruso's BERBERINE 750 indications:

- Helps maintain healthy blood sugar
- Assists sugar and carbohydrate metabolism
- Traditionally used in Ayurvedic Medicine to help protect the liver and support bile flow

Who would use Caruso's BERBERINE 750?

- Adults who wish to support healthy blood sugar
- Adults who require a supplement to help metabolism of sugar and carbohydrates
- Adults who wish to utilise the benefits of a herb which has been traditionally used in Ayurvedic Medicine to help protect the liver

Formulation

Each film coated tablet contains:

Berberis aristata (Indian Barberry) ext. dry conc. 1g (1,000mg)
From min. dry root 100g
Std. to Berberine 750mg

Specification:

Appearance: Oval clear film coated yellow to brown coloured tablet with speckles and a break bar on one side.
L: 22.5mm **W:** 10mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet 2 times daily with a main meal, or as advised by your health professional.

Always read the label and follow the directions for use.
**Compared to Caruso's Berberine 500*



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

BERBERINE CRAVE LESS®
REDUCES APPETITE

Health benefits

Caruso's BERBERINE CRAVE LESS® formulation contains a combination of herbal extracts along with trace minerals. This formula helps to suppress the appetite, reduce hunger and assist in the management of food cravings.

Caruso's BERBERINE CRAVE LESS® contains a high extract ratio of *Berberis aristata*, which has been standardised to the herbal constituent, Berberine. *Berberis aristata* has been traditionally used in Ayurvedic medicine as a hepatoprotectant (to protect the liver) and to support the flow of bile, while Caralluma plays an important role in helping to manage food cravings and suppress the appetite. The trace minerals Iodine and Chromium have various actions in this formulation. Iodine supports the body's metabolic rate, along with supporting healthy thyroid gland function and energy production. Chromium assists in the digestion and metabolism of carbohydrates including sugar and maintains healthy blood sugar in healthy individuals.

Caruso's BERBERINE CRAVE LESS® indications:

- Suppresses hunger & reduces appetite
- Helps in the management of food cravings
- Assists in sugar and carbohydrate metabolism
- Maintains healthy thyroid gland function

Who would use Caruso's BERBERINE CRAVE LESS®?

- Adults who are looking to suppress their hunger and reduce their appetite
- Adults who are wanting help in the management of food cravings
- Adults who would like assistance in the metabolism of sugar and carbohydrates
- Adults wanting to support healthy thyroid gland function

Formulation

Each film coated tablet contains:

Berberis aristata (Indian Barberry) root ext. dry conc.	334mg
From min. dry root 33.4g	
Std. to contain Berberine 250mg,	
Caralluma adscenders var. fimbriata (Caralluma) herb ext. dry conc.	500mg
From dry herb 6g	
Iodine (From Potassium Iodide)	75 micrograms
Chromium (From Chromium Picolinate)	25 micrograms
Chromium (From Chromic Chloride Hexahydrate)	75 micrograms
Total Chromium:100 micrograms	

Specification:

Appearance: Dark green coloured, oval shape, film coated tablet with a break bar on one side.
L: 22.5mm **W:** 10mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet before a main meal 2 times daily, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

BERGAMOT
CHOLESTEROL SUPPORT

Health benefits

Bergamot is a fragrant citrus fruit, roughly the size of an orange with a yellow to green coloured tint to its knobbly skin.

The fruit has a long history of use with early records dating back more than 4000 years, however it has been cultivated in Italy for the last 600 years, where it thrives in the rich soil and ideal climate. Today, most of the world's Bergamot is sourced from the Calabrian region in southern Italy.

While Bergamot is well-known for its essential oil and for providing Earl Grey tea with its distinctive flavour, the juice of the fruit is also renowned for its valuable health benefits.

Caruso's BERGAMOT has been developed for people who wish to maintain cardiovascular health. The polyphenols in Bergamot may help maintain healthy cholesterol levels in healthy individuals and also support the health of the heart. Bergamot may help maintain and support healthy blood sugar levels.

Bergamot juice differs from other citrus fruits because it contains exceptionally large amounts of unique polyphenols which help to support cardiovascular health. The juice is extracted and the active polyphenols are concentrated.

Caruso's BERGAMOT indications:

- Helps maintain healthy cholesterol in healthy individuals
- Supports cardiovascular system health
- Maintains blood vessel and artery health

Who would use Caruso's BERGAMOT?

- Adults customers wanting to support the maintenance of healthy cholesterol levels
- Adults customers who want a product to help support healthy blood sugar levels
- Adults who wish to take a supplement to complement a healthy lifestyle
- Help to maintain the overall health of the cardiovascular system

Formulation

Each film coated tablet contains:

Citrus aurantium (Bergamot) fruit juice ext. dry conc. 500mg
From min. fresh fruit juice 75g (75,000mg)
Std. to contain flavonoids 155mg

Specification:

Appearance: Dark green oval shaped tablet.
L: 22.7mm **W:** 9.7mm **T:** 6mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet daily after food, or as advised by your health professional. Dose may be increased to 2 a day, if required.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

BILBERRY 15,000
EYE HEALTH

Health benefits

Caruso's BILBERRY 15,000 combines 3 of nature's most powerful antioxidants to help maintain healthy vision, relieve eye strain and soreness and help reduce visual fatigue.

The eyes are our organ of sight, they are sensitive and vulnerable to free radical damage. In addition to aging, the decline of cellular function and continual exposure to light, long-term exposure to insults, such as UV light, visible light and environmental toxins, may contribute to oxidative damage in ocular tissue.

Caruso's BILBERRY 15,000 contains Bilberry, Lutein and Zeaxanthin to help maintain healthy vision, relieve eye strain and visual fatigue. Bilberry may help relieve dry eyes, eye discomfort and soreness. Lutein and Zeaxanthin are both found in the macula and retina of your eye and are important for maintaining healthy eye function, supporting both retina and macula health.

Caruso's BILBERRY 15,000 indications:

- Maintains healthy eye function
- Helps support eye macula health
- Helps eye retina health
- Relieves eye strain and visual fatigue

Who would use Caruso's BILBERRY 15,000?

- Adults who regularly use digital devices and suffer from associated symptoms such as eye strain and soreness
- Adults wishing to support the health and function of their eyes
- Adults wanting to assist their night vision and their visual adaptation to light and intensity variations
- Adults who wish to reduce free radical formation in the body

Formulation

Each soft capsule contains:

Vaccinium myrtillus (Bilberry) ext. dry conc. 166.7mg
From min. fresh fruit 15g(15,000)
Std. to anthocyanosides 60mg
Tagetes erecta (Lutemax 2020™) ext. dry conc. 30mg
From min. dry flower 675mg
Std. to Lutein esters calculated as Lutein 6mg
Std. to Zeaxanthin 1.2mg

Specification:

Appearance: Soft brown gelatine capsule.
Capsule size: 12 minim oval **Flavour:** None.

Directions for use:

Adults: Take 1 capsule daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

BLACK SEED OIL
IMMUNE HEALTH

Health benefits

Caruso's BLACK SEED OIL features a cold-pressed, standardised oil of Black Cumin Seed in a one-a-day, easy-to-swallow capsule. Derived from the *Nigella sativa* plant, Black Seed Oil has been used in traditional remedies for over 2,000 years and contains the bioactive compound Thymoquinone.

Caruso's BLACK SEED OIL is a natural antioxidant that reduces free radicals formed in the body. It is also traditionally used in Middle Eastern Herbal Medicine to support immune system health as well as general health and wellbeing.

Caruso's BLACK SEED OIL features standardised cold-pressed Black Seed oil containing 3% Thymoquinone and low levels of free fatty acids. Maintaining an optimal balance between active compounds and free fatty acids is essential, as higher free fatty acid content can indicate lower oil quality. This ensures a premium grade product with demonstrated purity.

Caruso's BLACK SEED OIL indications:

- Antioxidant: Reduces free radicals formed in the body

Traditionally used in Middle Eastern Herbal Medicine to support:

- Immune system health
- General health and wellbeing

Who would use Caruso's BLACK SEED OIL?

- Adults who wish to take an antioxidant supplement to reduce free radical damage
- Adults who wish to support their immune system health using an ingredient used in traditional Middle Eastern Herbal Medicine
- Adults who wish to support their general health and wellbeing using traditional Middle Eastern Herbal Medicine

Formulation

Each soft capsule contains:

Nigella sativa (Black Cumin) seed oil fixed 500mg
Equiv. to Thymoquinone 15 mg

Specification:

Appearance: Oval, clear, soft capsule containing green yellow to dark yellow oil
L: 15.0mm **W:** 9.0mm **Flavour:** None.

Directions for use:

Adults: Take 1 capsule daily, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN

BOSWELLIA 2500
ANTI-INFLAMMATORY

Health benefits

Boswellia is used in traditional Ayurvedic Medicine to relieve mild joint aches and pains. It is also used traditionally in Ayurvedic Medicine to relieve mild joint inflammation and swelling. Caruso's BOSWELLIA 2500 utilises a high strength extract standardised to contain 3-O-acetyl-11-keto- β-boswellic acid (AKBA). AKBA has anti-inflammatory properties which can help to relieve the symptoms associated with mild Osteoarthritis such as mild joint aches and pains, mild joint stiffness and swelling. It also helps to decrease cartilage wear and tear to support healthy joint function.

Boswellia serrata (Boswellia) has been used as a medicinal plant in traditional Ayurvedic medicine for over 2000 years. It can be found growing in the dry, arid and mountainous regions of India, North Africa and the Middle East. Commonly known as Indian Frankincense, it belongs to a family of resinous trees known for their aromatic oils. The resin is taken from the tree and then dried into incense. Both the resin and incense have a deep history in culture and medicine.

In traditional Ayurvedic Medicine, Boswellia is used to help relieve mild joint aches and pains and to reduce mild joint inflammation and swelling.

Caruso's BOSWELLIA 2500 indications:

Relieves:

- Symptoms of mild osteoarthritis
- Mild joint inflammation and swelling
- Mild joint aches and pains

Who would use Caruso's BOSWELLIA 2500?

- Adults who would like to support joint cartilage health
- Adults who would like to support joint mobility and flexibility
- Adults who would like to reduce symptoms of mild arthritis and mild osteoarthritis

Formulation

Each film coated tablet contains:

Boswellia serrata ext. dry conc. 250mg
From min. dry gum-oleoresin 2.5g (2,500mg)
Std. to contain 3-O-acetyl-11-keto-β-boswellic acid (AKBA) 75mg

Specification:

Appearance: Cream to beige tablet with light brown speckles and a break bar on one side. **L:** 21mm **W:** 9mm **T:** 5.6mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN

VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

BRAHMI 9000
MEMORY & COGNITION

Health benefits

Bacopa monnieri, commonly known as Brahmi is a medicinal herb which has been used in India as a traditional Ayurvedic Medicine for generations. It is a creeping herb found growing in the wetlands of Southern and Eastern India and across the globe.

For almost 3000 years Brahmi has been used traditionally for a variety of ailments. Brahmi is used in traditional Ayurvedic Medicine to improve memory and cognition.

Caruso's BRAHMI 9000 supports memory recall and your ability to learn and process information. Another benefit of Caruso's BRAHMI 9000 is that it supports cognitive and mental function. The use of Brahmi has traditions in Ayurvedic Medicine where it is used to improve memory and cognition.

Caruso's BRAHMI 9000 indications:

Supports:

- Memory recall
- Learning and information processing
- Cognitive and mental function

Traditionally used in Ayurvedic Medicine to improve memory and cognition.

Who would use Caruso's BRAHMI 9000?

- Adults wanting to support mental and cognitive function
- Adults looking to support learning and information processing - beneficial for adult students
- Adults seeking support for memory and mental recall

Formulation

Each film coated tablet contains:

Bacopa monnieri (Brahmi - Bacomind®) whole plant ext. dry conc. 450mg
From min. dry whole plant 9g (9,000mg)
Std. to contain Bacosides calculated as Bacoside A 202.5mg

Specification:

Appearance: Large oval shaped, dark green/black coloured tablet with break bar on one side.
L: 22.5mm **W:** 10mm **T:** 6.2mm **Flavour:** None.

Directions for use:

Adult: Take 1 tablet daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

CURCUMIN MAX
ANTI-INFLAMMATORY

Health benefits

Caruso's CURCUMIN MAX is a convenient one-a-day formula specifically developed to relieve inflammation. It combines a daily dose of 31,580mg Turmeric, standardised to contain 1,200mg of Curcuminoids, with Black Pepper*, standardised to contain Piperine for enhanced Curcumin absorption.

Caruso's CURCUMIN MAX is a premium herbal combination that has been developed to relieve the symptoms of mild arthritis and mild osteoarthritis. It relieves mild joint pain, stiffness and inflammation. Additionally, it helps to promote healthy joint function and enhance joint mobility.

Caruso's CURCUMIN MAX indications:

- Anti-inflammatory: Relieves inflammation
- Relieves symptoms of mild arthritis
- Relieves mild joint pain & stiffness
- Helps promote healthy joint function & joint mobility

Who would use CURCUMIN MAX?

- Adults who are looking for a natural anti-inflammatory, to relieve inflammation
- Adults wanting to relieve the symptoms of mild arthritis and mild osteoarthritis
- Adults wanting to relieve mild joint inflammation and swelling
- Adults wanting to relieve mild joint pain, soreness and stiffness
- Adults who would like to promote healthy joint function and mobility
- Adults who are wanting to support joint health

Formulation

Each film coated tablet contains:

Curcuma longa (Turmeric) rhizome ext. dry conc. 1.263g (1,263.2mg)
From min. dry rhizome 31.58g (31,580mg)
Std. to contain Curcuminoids 1.2g (1,200mg)
Piper nigrum (Black pepper) fruit ext. dry conc. 12.63mg
From min. dry fruit 202.08mg
Std. to contain Piperine 12mg

Specification:

Appearance: Extra large oval shaped orange with orange speckles, clear and colourless film coated tablet, with break-bar on one side.
L: 23.2mm **W:** 10.5mm **T:** 7.4mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet daily with food, or as advised by your health professional. Swallow tablet with water.

Always read the label and follow the directions for use.
**Black pepper standardised to contain Piperine for enhanced Curcumin absorption*



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

DANDELION 3000
INDIGESTION RELIEF

Health benefits

The root of the Dandelion plant is traditionally used in Western Herbal Medicine to support healthy digestion and relieve the uncomfortable symptoms of indigestion.

It is used in traditional Western Herbal Medicine to enhance liver health and to support gallbladder function. It helps promote the secretion and flow of bile, a digestive fluid which is produced by the liver and stored in the gallbladder. Other traditional Western Herbal Medicine uses include its ability to relieve the loss of appetite, reduce constipation and increase urine output.

Caruso's DANDELION 3000 indications:

Traditionally used in Western Herbal Medicine to:

- Relieve the symptoms of indigestion
- Support gallbladder function
- Promote bile flow from the liver
- Enhance liver health

Who would use Caruso's DANDELION 3000?

- Adults who suffer from the symptoms of indigestion and dyspepsia
- Adults who wish to support gallbladder function and promote the flow of bile from the liver
- Adults who wish to enhance the health of their liver

Formulation

Each film coated tablet contains:

Taraxacum officinale (Dandelion) ext. dry conc. 600mg
From dry root 3g (3,000mg)

Specification:

Appearance: Large oval shaped, mottled beige-brown, clear film coated tablet with break bar.
L: 22.5mm **W:**10.0 mm **T:** 7.2 mm

Directions for use:

Adults: Take 2 tablets daily, one with the morning meal and one with the evening meal, or advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

GARCINIA 7500
APPETITE SUPPRESSION

Health benefits

Garcinia cambogia is the scientific name for the exotic fruit Tamarind. *Garcinia cambogia* is naturally rich in the active compound Hydroxycitric acid (HCA), is traditionally used in Ayurvedic Medicine to suppress appetite and assist healthy weight reduction. Caruso's GARCINIA 7500 supports a healthy diet and exercise plan and contains valuable B group vitamins to support energy production.

Garcinia cambogia is naturally rich in the active constituent Hydroxycitric acid (HCA) and Caruso's GARCINIA 7500 is guaranteed to contain 60% HCA. HCA is a natural appetite suppressant which may help promote healthy eating patterns. Caruso's GARCINIA 7500 has been specially formulated to support a healthy diet and exercise plan.

Apart from the guaranteed 60% HCA in every tablet, Caruso's GARCINIA 7500 contains B-group Vitamins to support your energy requirements and help maintain energy production to help maintain an active lifestyle.

Caruso's GARCINIA 7500 indications:

Traditionally used in Ayurvedic Medicine to:

- Assist healthy weight reduction
- Suppress appetite

Includes B vitamins to support energy levels.

Who would use Caruso's GARCINIA 7500?

- Adults who wish to reduce their appetite
- Adults wanting assistance in maintaining a healthy weight alongside a healthy diet and exercise program
- Adults wanting to maintain energy levels
- Adults who require assistance with sugar metabolism

Formulation

Each film coated tablet contains:

Garcinia gummi-gutta (Garcinia cambogia) fruit peel ext. dry conc	750mg
From min. dry fruit peel 7.5g (7,500mg)	
Std. to contain Hydroxycitric acid 450mg	
Pyridoxine hydrochloride	12.16mg
Equiv. to Pyridoxine (Vitamin B6) 10mg	
Thiamine hydrochloride	11.21mg
Equiv. to Thiamine (Vitamin B1) 10mg	
Nicotinamide	10mg

Specification:

Appearance: Beige film coated oval shaped tablet with a break bar on one side. **L:** 21mm **W:** 8.7mm **T:** 6.6mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet twice daily half an hour before food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

GINGER

RELIEVE SYMPTOMS OF MORNING & MOTION SICKNESS

Health benefits

Caruso's GINGER relieves nausea and menstruation pain as well as helps reduce the occurrence of symptoms of travel or motion sickness. Ginger is also well known for its long historic use as both a culinary and medicinal herb.

Caruso's Ginger utilises a specific ginger extract containing 2.5mg of the active constituents Gingerols. Gingerols have an anti-inflammatory action which may help to support joint health. Ginger also has benefits in promoting healthy digestive function and the anti-inflammatory effects may help in reducing menstrual pain and cramps.

Caruso's GINGER indications:

- Relieves nausea
- Helps reduce symptoms of motion, travel and sea sickness
- Relieves morning sickness and menstruation pain

Who would use Caruso's GINGER?

- Adults who are experiencing nausea due to motion/travel sickness or morning sickness
- Adults suffering from symptoms of indigestion including dyspepsia, flatulence, abdominal bloating or nausea
- Adults who wish to enhance healthy digestion and increase bile flow

Formulation

Each film coated tablet contains:

Zingiber officinale ext. dry conc. 25mg
From min. dry root 500mg
Std. to Gingerols 2.5mg

Specification:

Appearance: Medium round biconvex, light yellow coloured speckled, clear film coated tablet.
L: 12.7mm **T:** 4.7mm **Flavour:** Ginger.

Directions for use:

For nausea and travel sickness: Adults and children over 12: Take 1 tablet when required with food up to 4 times daily. **Children 6-12 years:** Take half a tablet half an hour before travelling, or when required with food up to 4 times daily. **For morning sickness: Adults:** Take 1 tablet with food when required up to 4 times daily. **For symptoms of period pain:** Take 2 tablets daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

GINKGO 6000
MEMORY & CONCENTRATION

Health benefits

Ginkgo biloba has been used in Traditional Chinese Medicine for thousands of years. Caruso's GINKGO 6000 increases blood circulation and enhances blood circulation to the legs, hands and feet.

Caruso's GINKGO 6000 helps maintain brain function, cognitive performance and improves attention span. Ginkgo increases short term memory and memory recall. In addition, Ginkgo acts as an antioxidant to reduce free radicals formed in the body.

Caruso's GINKGO 6000 indications:

- Improves memory and recall
- Enhances cognitive performance
- Maintains brain function
- Supports mental concentration and focus
- Helps promote healthy blood circulation

Who would use Caruso's GINKGO 6000?

- Adults who wish to improve their memory and cognitive performance and concentration
- Students who would like to support their mental concentration, focus and clarity
- Adults who would like to improve their blood flow, particularly their peripheral circulation
- Adults who wish to increase their attention span
- Adults who wish to improve their cognitive performance and maintain brain health
- Adults looking for an antioxidant supplement to reduce free radicals formed in the body

Formulation

Each film coated tablet contains:

Ginkgo biloba (Ginkgo) ext. dry conc. 120mg
From min. dry leaf 6g (6,000mg)
Std. to Ginkgo flavonglycosides 28.8mg
Std. to Ginkgolides and Bilobalides 7.2mg

Specification:

Appearance: Dark green film coated oval shaped tablet with a break bar on one side.
L: 20.2mm **W:** 8.8mm **T:** 6.2mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet daily with a food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

GINKGO 12,000
FOCUS & CLARITY

Health benefits

Caruso's GINKGO 12,000 is a high-strength, one-a-day tablet formula that supports memory, mental recall and cognitive function in adults. It also supports healthy blood circulation to peripheral areas of the body such as legs, hands and feet, while providing antioxidant support to help reduce free radicals formed in the body.

Caruso's GINKGO 12,000 indications:

Supports:

- Memory recall
- Cognitive function in adults
- Healthy blood circulation

Antioxidant: Reduces free radicals formed in the body

Who would use Caruso's GINKGO 12,000?

- Adults who wish to support their memory recall
- Adults wanting to support their cognitive function
- People wanting to support blood circulation
- Adults looking for antioxidant support

Formulation

Each film coated tablet contains:

Ginkgo biloba (Ginkgo) leaf ext. dry conc. .....240 mg
From min. dry leaf 12g (12,000mg)
Std. to contain Ginkgo flavonglycosides 57.6 mg
Std. to contain Ginkgolides and Bilobalides 14.4mg

Specification:

Appearance: Beige brown coloured medium, oval shaped clear film coated tablet, with a break bar on one side.
L: 20.2mm **W:** 8.8mm **T:** 6.2mm

Directions for use:

Adults: Take 1 tablet daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

GINSENG 5500
ENERGY & SEXUAL FUNCTION

Health benefits

Caruso's GINSENG 5500 contains three types of Ginseng: Korean Ginseng, to maintain energy levels and vitality, and soothe and calm the nerves; Siberian Ginseng, to relieve the symptoms of stress, and enhance physical endurance and stamina; and American Ginseng, to help the body adapt to stress, and support healthy immune system function.

Caruso's GINSENG 5500 indications:

- Relieves symptoms of stress
- Maintains energy levels and vitality
- Enhances physical endurance
- Supports healthy immune system function

Who would use Caruso's GINSENG 5500?

- Men and women who would like to support their mental and physical endurance
- Adults with fatigue or low vitality
- Adults wanting to relieve the symptoms of stress
- Healthy individuals wanting to promote immunity
- Adults wanting to help promote a healthy libido and support sexual health

Formulation

Each film coated tablet contains:

Panax ginseng **(Korean Ginseng)** root ext. dry conc. 250mg
From min. dry root 2g (2,000mg)
Std. to contain Ginsenosides Rg1-Re-Rf-Rg2-Rb1-Rb2-Rc-Rd 62.5mg
Eleutherococcus senticosus **(Siberian Ginseng)** root ext. dry conc. 166.67mg
From min. dry root 2.17g (2,167mg)
Std. to contain Syringaresinol diglucosides 1.33mg
Panax quinquefolius **(American Ginseng)** root ext. dry conc. 50mg
From min. dry root 400mg
Std. to contain Ginsenosides Rg1-Re-Rb1-Rb2-Rc-Rd 7.5mg

Specification:

Appearance: Dark green to black film coated oval shaped tablet.
L: 19.7mm **W:** 8.1mm **T:** 6.2mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet daily after food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

GREEN TEA 25,000
BODY METABOLISM SUPPORT

Health benefits

Caruso's GREEN TEA 25,000 is a convenient one-a-day tablet which supports calorie burning and helps improve body metabolic rate. It enhances energy levels and supports energy production and thermogenesis. Caruso's GREEN TEA 25,000 is rich in catechins, including Epigallocatechin-3-0-gallate (EGCG), which are potent antioxidants. They reduce the production of free radicals in the body and help decrease the damage they cause to body cells.

While Green Tea has been enjoyed in China for around 5000 years, its history in the West is relatively short in comparison. Today over 80% of the world's Green Tea is still grown in China, some using ancient methods of growing and harvesting, with others using modern technology to grow teas rich in polyphenols and other antioxidants. Although it is believed that Green Tea first came into use in China, it also has its roots firmly in Southeast Asia and widely throughout many other Asian countries. Green Tea comes from the leaves of *Camellia sinensis*, but are not subjected to the same drying and oxidation processes used to make oolong and black teas. This makes Green Tea extremely rich in the polyphenol catechin called EGCG (Epigallocatechin Gallate).

Caruso's GREEN TEA 25,000 indications:

- Supports calorie burning and thermogenesis
- Helps promote body metabolism metabolism and metabolic rate
- Enhances energy levels
- Supports energy production

Who would use Caruso's GREEN TEA 25,000?

- Adults who want to support a healthy body metabolism and thermogenesis
- Adults looking for an antioxidant supplement
- Adults who are wanting to promote energy levels and support calorie burning

Formulation

Each film coated tablet contains:

Camellia sinensis (Green Tea) ext. dry conc. 833.33mg
From min. dry leaf 25g (25,000mg)
Std. to Catechins 691.7mg
Std. to Epigallocatechin-3-0-gallate 416.67mg

Specification:

Appearance: Extra large oval shaped, green/black coloured film coated tablet with a break-bar on one side.
L: 23.2mm **W:** 10.5mm **T:** 7.6mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

HAWTHORN
HEART & CARDIOVASCULAR SYSTEM HEALTH

Health benefits

Caruso's HAWTHORN is a convenient one-a-day formula which uses a standardised extract of Hawthorn. It has been used traditionally in Western Herbal Medicine for thousands of years as a cardiotonic to strengthen the heart and help maintain healthy heart function. Hawthorn is also traditionally used in Western Herbal Medicine to maintain heart and cardiovascular system health.

Hawthorn contains antioxidant properties to reduce free radical formation within the body and also helps to decrease free radical damage to body cells.

Hawthorn has a long history of traditional use in Western herbal medicine as a cardiotonic to strengthen the heart, support healthy heart function and maintain cardiovascular system health. The fruit contains naturally occurring antioxidant compounds-Vitexin-2-O-rhamnoside, which provides antioxidant support to help reduce free radicals formed in the body and decrease free radical damage to body cells. Caruso's Hawthorn contains a concentrated extract equivalent to 3.2 g (3,200 mg) of dry Hawthorn fruit, standardised to contain 16 mg of Vitexin-2-O-rhamnoside, standardisation helps ensure a consistent potency of key active compound in every dose.

Caruso's HAWTHORN indications:

Traditionally used in Western Herbal Medicine to:

- Strengthen the heart
- Help maintain healthy heart function
- Support heart and cardiovascular system health

Who would use Caruso's HAWTHORN?

- Adults wanting a supplement to support and maintain the healthy functioning of the cardiovascular system
- Adults looking for a supplement to support their general health and wellbeing
- Adults wanting to maintain and support their heart health
- Adults looking for an antioxidant supplement

Formulation

Each film coated tablet contains:

Crataegus monogyna (Hawthorn) fruit ext. dry conc. 800mg
From min. dry fruit 3.2g (3,200mg)
Std. to contain Vitexin-2-O-Rhamnoside 16mg

Specification:

Appearance: Extra large, dark green film coated oval shaped tablet with a break-bar on one side.
L: 23.2mm **W:** 10.5mm **T:** 7.4mm **Flavour:** None

Directions for use:

Adults: Take 1 tablet daily with main meals, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

MACA 3500
HEALTHY LIBIDO

Health benefits

Maca is a root crop that comes from the Peruvian Andes where it has been used for thousands of years. Maca has more recently been used traditionally in Western Herbal Medicine to support a healthy libido and energy levels. Caruso's MACA 3500 is suitable for both men and women providing the benefit as an antioxidant, reducing free radicals formed in the body as well as supporting general health and wellbeing.

Caruso's MACA 3500 indications:

Traditionally used in Western Herbal Medicine to support energy levels and healthy libido:

- Antioxidant
- Supports general health and wellbeing

Who would use Caruso's MACA 3500?

- For adults seeking a herb used in traditional Western herbal medicine that:
  - Supports healthy libido
  - Supports energy levels
- Adults who want antioxidant action to reduce free radicals formed in the body
- Adults seeking support for general health and wellbeing

Formulation

Each film coated tablet contains:

Lepidium meyenii (Maca) tuber ext. dry conc. 350mg
From dry tuber 3.5g (3,500mg)

Specification:

Appearance: Dark green film coated oval shaped tablet with a break-bar on one side.
L: 20.2mm **W:** 8.8mm **T:** 6.2mm **Flavour:** None

Directions for use:

Adults: Take 1 tablet daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

MORINGA 7000
ANTI-INFLAMMATORY

Health benefits

Caruso's MORINGA 7000 provides a high-strength 7000 mg equivalent dose of organic Moringa from non-GMO, fresh leaves. It delivers antioxidant support, helps reduce free radical damage to body cells, while also being traditionally used in Ayurvedic Medicine as an anti-inflammatory to help relieve inflammation.

Caruso's MORINGA 7000 indications:

- Antioxidant: Reduces free radicals formed in the body
- Helps reduce free radical damage to body cells
- Traditionally used in Ayurvedic Medicine to relieve inflammation

Who would use Caruso's MORINGA 7000?

- Adults wanting antioxidant support to reduce free radicals formed in the body
- Adults looking for help to reduce free radical damage to body cells
- Adults looking for Moringa supplements, which has been traditionally used in Ayurvedic Medicine as an anti-inflammatory, to relieve inflammation

Formulation

Each film coated tablet contains:

Moringa oleifera (Moringa) leaf ext. dry conc. ..... 1g (1,000 mg)
from fresh leaf 7g (7,000mg)

Specification:

Appearance: Large oval shaped, clear coated brown colour tablet with speckles, with a break-bar on one side.
Break-Bar: Tablet can be broken in half for ease of consumption.
L: 24mm **W:** 10.5mm **T:** 6.8mm **Flavour:** None.

Directions for use:

Adults:
For Antioxidant Benefits: Take 1 tablet daily;
To Relieve Inflammation: Take 2 tablets daily;
Take with food, or as advised by your health professional. Swallow tablet with water.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

8 MUSHROOMS COMPLEX

STRESS, ENERGY, IMMUNITY & ANTIOXIDANT

Health benefits

Caruso's 8 MUSHROOMS COMPLEX is a comprehensive formula that brings together 8 different mushroom extracts with the herbal addition of Astragalus. This unique formula features an expertly selected combination of ingredients, blended to target multiple areas of health, with added antioxidant benefits.

The formula also incorporates mushrooms such as Reishi which is an antioxidant, and has been traditionally used in Chinese Medicine to relieve cough, nourish the heart and replenish blood. Cordyceps is also included in this formula, and has been used in Traditional Chinese Medicine to resolve phlegm, strengthen the lungs and tonify the kidneys.

Caruso's 8 MUSHROOMS COMPLEX indications:

Traditionally used in Western Herbal Medicine to:

- Help the body adapt to stress
- Promote energy levels
- Relieve fatigue and tiredness
- Support immune system health.

Who would use Caruso's 8 MUSHROOMS COMPLEX?

Adults looking for a product that contains a combination of Mushrooms, Traditionally used in Chinese Herbal Medicine and Astragalus, traditionally used in Western Herbal Medicine to:

- Help the body adapt to stress with an adaptogen action
- Relieve fatigue, tiredness, weariness and feelings of weakness
- Promote energy levels
- Support immune system health

Formulation

Each film coated tablet contains:

Ganoderma lucidum (Reishi) fruiting body ext. dry conc. 75mg
from dry fruiting body 750mg
Grifola frondosa (Maitake) fruiting body ext. dry conc. 150mg
from dry fruiting body 1.5g (1,500mg)
Lentinula edodes (Shiitake) fruiting body ext. dry conc. 300mg
from dry fruiting body 3g (3,000mg)
Trametes versicolor (Turkey Tail) fruiting body ext. dry conc. 100mg
from dry fruiting body 1g (1,000mg)
Tremella fuciformis (Snow fungus) fruiting body ext. dry conc. 50mg
from dry fruiting body 500mg
Polyporus umbellatus (Chuling) fruiting body ext. dry conc. 50mg
from dry fruiting body 500mg
Wolfiporia cocos (China Root) fruiting body ext. dry conc. 100mg
from dry fruiting body 1g (1,000mg)
Cordyceps sinensis (Cordyceps) hyphae ext. dry conc. 75mg
from dry hyphae 750mg
Astragalus membranaceus (Astragalus) root ext. dry conc. 133.34mg
from dry root 2g (2,000mg)

Specification:

Appearance: Extra large, brown coloured, mottled, oval-shaped clear film coated tablet with a break bar on one side.
L: 23.2mm **W:** 10.5mm **T:** 8.1mm **Flavour:** None

Directions for use:

Adults: Take 2 film coated tablets daily with food, or as advised by your health professional. Swallow tablet with water.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

MILK THISTLE 35,000
LIVER HEALTH

Health benefits

Caruso's MILK THISTLE 35,000 contains extracts equivalent to 35,000mg of Milk Thistle and 6,000mg of Globe Artichoke. Milk Thistle (*Silybum marianum*) is used in traditional Western Herbal Medicine to support liver function and protect the liver. Globe Artichoke (*Cynara scolymus*) is traditionally used in Western Herbal Medicine to relieve symptoms of indigestion and abdominal bloating. Caruso's MILK THISTLE 35,000 is also an antioxidant, it reduces free radicals formed in the body.

Caruso's MILK THISTLE 35,000 indications:

Traditionally used in Western Herbal Medicine to:

- Support liver function
- Relieve abdominal bloating and indigestion
- Protect the liver
- Antioxidant: Reduces free radicals formed in the body

Who would use Caruso's MILK THISTLE 35,000?

- Adults wanting relief from symptoms of indigestion, abdominal bloating or flatulence
- Adults looking for an antioxidant supplement

Formulation

Each film coated tablet contains:

Silybum marianum (Milk Thistle) fruit ext. dry conc. 500mg
From min. dry fruit 35g (35,000mg)
Std. to contain Flavanolignans calculated as Silybin 400mg
Cynara scolymus (Globe Artichoke) leaf ext. dry conc. 120mg
From min. fresh leaf 6g (6,000mg)
Std. to contain Caffeoylquinic Acids calculated as Cynarin 6mg

Specification:

Appearance: Large dark green oval film coated shaped tablet with a break-bar on one side.
L: 20.2mm **W:** 8.8mm **T:** 6mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

ORGANIC OREGANO OIL
80% CARVACROL

Health benefits

Caruso's ORGANIC OREGANO OIL is made with certified organic Origanum vulgare (Oregano) essential oil, which is standardised to contain a minimum of 80% Carvacrol. Carvacrol is the key active compound responsible for this formula's antioxidant and anti-inflammatory benefits. Caruso's ORGANIC OREGANO OIL is an easy-to-take, convenient, one-a-day capsule that uses organic olive oil as a base liquid.

Caruso's ORGANIC OREGANO OIL indications:

- Antioxidant: Reduces free radicals formed in the body
- Anti-Inflammatory: Relieves inflammation

Who would use Caruso's ORGANIC OREGANO OIL?

- Individuals that are seeking a certified organic oregano oil supplement which has been standardised to a minimum of 80% Carvacrol
- Adults who are looking for an antioxidant to reduce free radical formation in the body
- Adults who are wanting an anti-inflammatory to relieve inflammation

Formulation

Each soft capsule contains:

Origanum vulgare (Oregano) leaf oil essential..... 100mg
Containing a minimum of Carvacrol 80mg

Specification:

Appearance: Oval shaped clear soft veggie capsule containing yellowish brown to reddish brown oily liquid.
Capsule size: 12 minim **Flavour:** None.

Directions for use:

Adults: Take 1 capsule daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

RHODIOLA
HEALTHY STRESS RESPONSE

Health benefits

Rhodiola is traditionally used in Russian Medicine as an adaptogen. The health benefits of Caruso's RHODIOLA come from its natural adaptogenic functions. Adaptogens help your body to cope with stress and support a healthy stress response in the body. Caruso's RHODIOLA helps relieve the symptoms of mild anxiety and restlessness. In addition, Caruso's RHODIOLA can reduce mental fatigue, support mental concentration and focus, and calm the nerves.

Caruso's RHODIOLA indications:

- Relieves symptoms of mild anxiety
- Supports mental concentration and focus
- Relieves nervous tension
- Decreases mental fatigue
- Supports a healthy stress response in the body

Who would use Caruso's RHODIOLA?

- Adults looking to reduce the symptoms of mild anxiety
- Adults wanting to relieve the symptoms of stress, and reduce nervous tension, excess nervous energy and restlessness
- Adults who would like to support nervous system health and function
- Adults who would like to support mental concentration, focus and clarity while working or studying
- Adults who want to enhance physical endurance and capacity
- Adults looking to decrease mental fatigue and support mental endurance

Formulation

Each film coated tablet contains:

Rhodiola rosea (Rose Root) root ext. dry conc. 375mg
From min. dry root 750mg
Std. to contain Total Rosavins 11.25mg
Std. to contain Rosavin 7.50mg
Std. to contain Salidroside 3.75mg

Specification:

Appearance: Dark green film coated oval shaped tablet.
L: 19.7mm **W:** 8.1mm **T:** 6.9mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

SAFFRON
SUPPORT MENTAL WELLBEING

Health benefits

Saffron is one of the oldest spices known to man and has been used in the "spice trade" for over 4000 years. It was also known that the last Queen of Egypt, Cleopatra, used Saffron as it was commonly used in ancient Egyptian Herbal Medicine and by Egyptian healers.

The health benefits of Caruso's SAFFRON come from its positive effect on emotional balance and mood. Saffron aids mind relaxation and soothes the nerves by decreasing excess nervous energy, nervous tension and symptoms of mild anxiety. Caruso's SAFFRON contains a proprietary extract of Saffron called Affron®. Affron® has been studied in Australia, and the research demonstrated that Affron® can support healthy emotional and mood balance and a healthy stress response in the body while also decreasing nervous tension and providing relief from the symptoms of mild anxiety.

Caruso's SAFFRON indications:

- Supports healthy emotional and mood balance
- Relieves symptoms of mild anxiety
- Calms the mind

Who would use Caruso's SAFFRON?

- Men, women and children over 12 years old who want help to support a healthy mood and emotional balance
- Adults wanting to reduce the symptoms of stress or mild anxiety
- Adults who would like to help calm the nerves
- Adults who want to reduce nervous tension and unrest

Formulation

Each film coated tablet contains:

Crocus sativus (Saffron from Affron®) stigma ext. dry conc. 13.5mg
From dry stigma 45mg

Affron® is a registered trademark of Pharmactive Biotech Products S.L.

Specification:

Appearance: Dark green film coated round tablet. **D:** 9.5mm **T:** 4.4mm
Flavour: None.

Directions for use:

Adults and **children over 12 years:** Take 1 tablet 2 times daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

SAFFRON + L-THEANINE

EMOTIONAL BALANCE & MENTAL FOCUS

Health benefits

Caruso's SAFFRON + L-THEANINE is a convenient, one-a-day formula containing L-Theanine and a patented extract of Saffron from Affron®.

This formula supports a healthy emotional and mood balance, assists in mind relaxation and calms the mind. It helps to relieve symptoms of stress and mild anxiety, while assisting the body to cope with environmental stress. It also helps to increase the attention span temporarily, and supports cognitive function, mental concentration, focus and clarity. Additionally, it relieves sleeplessness, enhances sleep quality and promotes a deep sleep.

Caruso's SAFFRON + L-THEANINE indications:

- Supports healthy emotional balance
- Relieves symptoms of stress & mild anxiety
- Supports mental focus & clarity
- Improves sleep quality & deep sleep

Who would use Caruso's SAFFRON + L-THEANINE?

- Adults who are looking to support a healthy emotional and mood balance
- Adults that are wanting to relieve the symptoms of stress and mild anxiety
- Adults that want support with mental focus, clarity and concentration
- Adults who wish to improve their sleep quality and enhance a deep sleep
- Adults who would like to calm their mind within 3 hours

Formulation

Each film coated tablet contains:

Crocus sativus (Saffron from Affron®) stigma ext. dry conc. 28mg
From dry stigma 84mg
Theanine 200mg

Specification:

Appearance: Oval shaped, light orange to yellow tablet with speckles.
L: 19mm **W:** 9mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet daily or as advised by your health professional.

Always read the label and follow the directions for use.

Affron® is a registered trademark of Pharmactive Biotech Products S.L.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

SAGE
REDUCE SYMPTOMS OF MENOPAUSE

Health benefits

The use of Sage in Western Herbal Medicine dates back to the Middle Ages. Used for both medicinal and culinary purposes, Sage was touted as one of the most important herbs of its time by Dioscorides, the father of Modern Herbal Medicine.

Sage is traditionally used in Western Herbal Medicine to relieve excessive perspiration and sweating in menopause. Caruso's SAGE uses the specialised Sibelius™ Sage extract which is standardised to Rosmarinic acid. In addition to reducing symptoms of menopause, the Rosmarinic acid in Caruso's SAGE may also help increase memory recall and support mental concentration, focus and clarity.

Caruso's SAGE indications:

- Relieves symptoms of menopause
- Reduces night sweats associated with menopause
- Supports concentration and focus

Who would use Caruso's SAGE?

- Adults wishing to improve their memory recall
- Adults looking to maintain concentration and focus
- Women wanting to relieve hot flushes and night sweats associated with menopause
- Adults looking for antioxidant support

Formulation

Each film coated tablet contains:

Salvia officinalis (Sibelius™ Sage) ext. dry conc. 167mg
From min. dry leaf 1.17g (1,170mg)
Std. to Rosmarinic acid 4.175mg

Specification:

Appearance: Brown and white speckled clear film coated round tablet.
D: 13mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet 2 times daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

SAW PALMETTO 3500

PROSTATE HEALTH & SEXUAL FUNCTION

Health benefits

Saw Palmetto is a small, low growing palm tree native to North America. Native Americans have used Saw Palmetto berries for hundreds of years as both a food and a medicine to treat a wide variety of conditions.

Use in traditional Western Herbal Medicine began around 1870, and the medicinal value of Saw Palmetto has been reported in scientific literature since the 1800's, when interest was sparked in the European medical community.

The Saw Palmetto plant (*Serenoa Repens*) is native to Central and South America. It produces fruit (berries) that are traditionally used in Western Herbal Medicine to maintain the health of the prostate in men, support urogenital health, and as an aphrodisiac to enhance a healthy libido. Caruso's SAW PALMETTO 3500 contains an extract of the fruit which has been standardised for its fatty acid content.

Caruso's SAW PALMETTO 3500 indications:

Traditionally used in Western Herbal Medicine to:

- Maintain prostate health
- Promote urine output
- Enhance a healthy libido

Who would use Caruso's SAW PALMETTO 3500?

- Men who wish to support a healthy prostate
- Men who wish to maintain urogenital health
- Men wishing to maintain healthy bladder function
- Men who wish to support a healthy libido

Formulation

Each soft capsule contains:

Serenoa repens (Saw Palmetto) ext. soft conc. 355.56mg
From min. dry fruit 3.556g (3,556mg)
Std. to Fatty Acids 320mg

Specification:

Appearance: Opaque brown oval shaped soft gelatin capsule
Capsule size: 12 minim oval **Flavour:** None.

Directions for use:

Adults: Take 1 capsule daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

SHATAVARI 5000
PERIMENOPAUSE RELIEF

Health benefits

Caruso's SHATAVARI 5000 is a herbal formula featuring SRI-81™, an organic shatavari root only extract supported by modern scientific research, standardised to contain the key bioactive compound - shatavarins, for consistent potency, quality, and reliable perimenopausal support, including support healthy female hormonal balance and relieve symptoms including hot flushes, mood swings, stress, tiredness and feelings of weakness in perimenopausal women.

Traditionally used in Ayurvedic Medicine, Shatavari is used as a rejuvenative tonic and aphrodisiac, and also promotes healthy libido, supports healthy sexual function and reproductive system health.

Caruso's SHATAVARI 5000 indications:

- Antioxidant: Reduces free radicals formed in the body
- Helps reduce free radical damage to body cells
- Traditionally used in Ayurvedic Medicine to relieve inflammation

Who would use Caruso's SHATAVARI 5000?

Women looking for relief of symptoms associated with perimenopause and menopause including:

- Hot flushes
- Moodiness, mood swings and stress
- Fatigue, weariness, tiredness and feeling of weakness

Women wanting to support a healthy hormonal balance during menopause and perimenopause

Adults looking for a supplement containing Shatavari, traditionally used in Ayurvedic Medicine:

- As an aphrodisiac to promote a healthy libido and increase virility
- To support healthy sexual function
- As a galactogogue to promote and increase breast milk production
- To maintain reproductive system health
- As a rejuvenative tonic

Formulation

Each film coated tablet contains:

Asparagus Racemosus (Shatavari from SRI-81™) root ext. dry conc. . 384.62mg
From min. dry root 5g (5,000mg)
Std. to contain Shatavarin 38.46mg

Specification:

Appearance: White and brown mottled, clear coated, oval shaped tablet with a break-bar on one side.
L: 20.2mm **W:** 8.8mm **T:** 5.0mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

SLIPPERY ELM POWDER™
INTERNAL HEALTH

Health benefits

Caruso's SLIPPERY ELM POWDER™ is an easily digested prebiotic fibre beverage which comes from the bark of the Slippery Elm tree. It forms a gel when mixed with water and is a premium grade, 100% natural plant powder. Mix with your favourite drink. Alternatively, can be mixed with yogurt, smoothie or shake. Caruso's SLIPPERY ELM POWDER™ contains fibre to help support digestive system health.

It is called Slippery Elm for its gelatinous inner bark, as it becomes mucilaginous or gel-like in texture, when it comes into contact with water, which accounts for the majority of its properties. It has "demulcent" actions on all mucous membranes meaning that it has a soothing effect.

Native Americans used Slippery Elm for centuries both orally and topically. They would peel the red, inner bark to use for a myriad of common ailments.

When ingested, the mucilage gel coats the mouth, oesophagus, and gastrointestinal tract with a soft gel which acts like a lubricant throughout your stomach, intestines and large bowel.

Caruso's SLIPPERY ELM POWDER™ is excellent when you have a sensitive stomach as it is gentle and easily digested, therefore it is well tolerated.

Caruso's SLIPPERY ELM POWDER™ indications:

Nutritional benefits:

- Internal health
- Easily digestible
- Premium, high quality grade
- Prebiotic

Formulation

Powder contains:
Slippery Elm Bark powder 100%
Specification:
Appearance: Fine, light brown powder. **Flavour:** None.
Directions for use:
30 minutes before a meal, add half a tablespoon into a glass of water, milk or juice (250mL), stir thoroughly and drink immediately, up to 3 times a day. Always use a dry spoon and replace lid after use.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- ARTIFICIAL COLOURS
- ARTIFICIAL FLAVOURS
- ARTIFICIAL SWEETENERS
- PRESERVATIVES

VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

TRIBULUS 30000
HEALTHY LIBIDO & VITALITY

Health benefits

Caruso's TRIBULUS 30000 is a high strength formula containing the aphrodisiac herb Tribulus terrestris to support healthy sexual function and libido.

In women, it helps maintain uterine health and regulates a healthy menstrual cycle. In men, it supports sperm health and testosterone levels. Tribulus also supports nervous system health and function.

Caruso's TRIBULUS 30000 uses both the fruit and the root of the Tribulus plant, both of which contain the bioactive component of the plant called protodioscin.

Tribulus terrestris has been traditionally used in Ayurvedic and Western Herbal Medicine as an aphrodisiac herb, which helps to support a healthy libido. Traditionally, it was also used to support urinary tract health, including the maintenance of healthy urine output.

Caruso's TRIBULUS 30000 indications:

- Supports healthy libido and vitality
- Traditionally used in Ayurvedic Medicine as an aphrodisiac and to support healthy sexual function
- Supports nervous system function

Who would use Caruso's TRIBULUS 30000?

- Men and women who would like to maintain and support healthy libido and sexual function
- Women who would like a supplement which supports uterine and reproductive system health
- Men and women who would like a supplement to help maintain their vitality
- Men and women who would like to support nervous system function

Formulation

Each film coated tablet contains:

Tribulus terrestris (Tribulus) fruit ext. dry conc. 300mg
From min. dry fruit 15g (15,000mg)
Std. to contain Furostanol saponins calc as Protodioscin 120mg
Tribulus terrestris (Tribulus) ext. dry conc. 300mg
From min. dry root 15g (15,000mg)
Std. to contain Furostanol saponins calc as Protodioscin 120mg

Specification:

Appearance: Dark green coloured film coated oval shaped tablet.
L: 19.0mm **W:** 8.5mm **T:** 5.7mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

TURMERIC
ANTI-INFLAMMATORY

Health benefits

Turmeric has been used for centuries in Ayurvedic Medicine as an anti-inflammatory herb. Caruso's TURMERIC anti-inflammatory properties help to maintain joint health.

Curcumin is the bioactive compound extracted from the root of the Turmeric plant. CurcuWIN™ is an extract of Turmeric used in Caruso's TURMERIC. It undergoes the proprietary UltraSOL® technology process. This advanced technology means CurcuWIN™ is bound to a special hydrophilic molecule which may assist absorption.

As an antioxidant, Caruso's Turmeric helps decrease free radical damage to body cells. Its anti-inflammatory properties help to maintain joint health.

Caruso's TURMERIC indications:

- Relieves inflammation
- Supports joint health
- Antioxidant to help reduce free radical damage to body cells

Who would use Caruso's TURMERIC?

- Adults wanting to supplement with an antioxidant to help reduce free radical damage
- Adults who wish to reduce inflammation
- Adults who wish to support joint health

Formulation

Each film coated tablet contains:

Curcumin.....72mg
From *Curcuma longa* (CurcuWIN™) ext. dry conc. 300mg
From min. dry rhizome 1.4g (1,425mg)
Std. to Curcuminoids 60mg

Specification:

Appearance: Yellow film coated, oval shaped tablet with a break-bar on one side.
L: 20.2mm **W:** 8.8mm **T:** 6.0mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet daily with food, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

VALERIAN
ENHANCE SLEEP QUALITY

Health benefits

The medicinal use of Valerian can be traced as far back to the era of the Greek physicians Hippocrates and Dioscorides, and was used by Galen, a physician to the Roman Emperor Marcus Aurelius.

Valerian root has pungent odour and was proclaimed to have been used by the Pied Piper to lure the rats into the water along with his magical tune.

With its long history of use in traditional Western Herbal Medicine, Valerian root is used for its ability to induce sleep and provide support for the nervous system.

Valerian has traditionally used in Western Herbal Medicine to relax the nerves. It is used to support the nervous system providing calmative properties, helping to induce sleep. Valerian's active component, Valerenic acid, used in Caruso's VALERIAN helps relieve excess nervous energy and helps relieve symptoms of mild anxiety.

Caruso's VALERIAN may help improve sleep by helping to reduce the time to fall asleep and reduce disturbed or restless sleep. Valerian works as a sleep aid to increase sleep quality, allowing you to have a enjoy deeper and more refreshing sleep.

Caruso's VALERIAN indications:

- Enhance deep sleep/sleep quality
- Promote refreshing sleep
- Reduce time to fall asleep
- Relieve restless sleep

Who would use Caruso's VALERIAN?

- Adults who that wish to reduce time to fall asleep, restless sleep and sleeplessness
- Adults who wish to soothe and calm the nerves
- Adults wanting to establish and restore their sleep-wake cycle
- Adults who wish to increase and enhance sleep quality and have a deeper sleep
- Adults wanting to support the nervous system health and function
- Adults wanting to help reduce or relieve the symptoms of mild anxiety

Formulation

Each film coated tablet contains:

Valeriana officinalis (Valerian) ext. dry conc. 562.50mg
From min. dry root 2.25g (2,250mg)
Std. to Valerenic acids 4.5mg

Specification:

Appearance: Large, oval shaped dark green film coated tablet
L: 22.5mm **W:** 10mm **T:** 7mm **Flavour:** None.

Directions for use:

Adults: Take 1 tablet daily half an hour before retiring, or as advised by your health professional.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

PROBIOTICS

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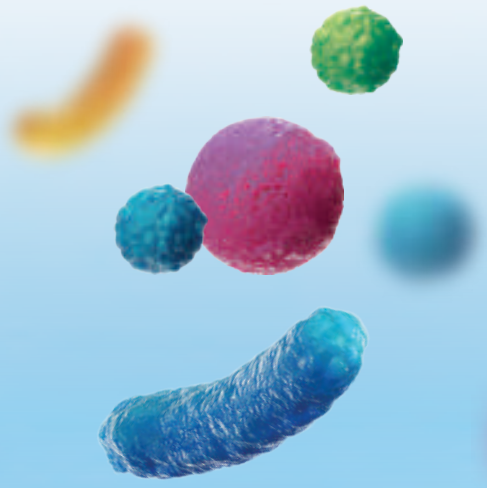
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What are Probiotics?

Probiotics are live bacteria, also known as friendly or good bacteria. We usually think of bacteria as causing disease, but your body is full of bacteria, both good and bad. Probiotics play a role in supporting the healthy digestion of the food you eat. They can also help to maintain a healthy immune system and are important for general health and wellbeing. Our gut microbiome is made up of trillions of microorganisms that live in your intestinal tract and are involved in functions that are important to your health and wellbeing.

Maintaining a good balance

There are many factors that can impact the growth of probiotics and encourage them to thrive. Things like antibiotics, diet (including: processed foods, sugar, unhealthy fats) and stress can have a negative impact. Alternatively, a healthy diet with lots of raw foods, fruit and vegetables including prebiotic fibre, fermented foods and healthy fats can help to keep them healthy. A healthy lifestyle including regular exercise will also contribute to your overall health and wellbeing.

What is a Prebiotic?

A prebiotic is a soluble fibre found in various plant-based foods containing inulin, which helps to aid in the growth or activity of probiotics. Each of the formulas below contain prebiotics in addition to the probiotic strain.

ONCE DAILY PROBIOTIC
IMMUNE & DIGESTIVE HEALTH

Health benefits

Caruso's ONCE DAILY PROBIOTIC combines six beneficial probiotic strains, delivering 32 billion CFU per delayed-release capsule, plus the prebiotic inulin. This formula helps restore and maintain beneficial intestinal flora, supports intestinal and gastrointestinal system health, and maintains healthy gastrointestinal immune function. It also helps relieve flatulence and reduce gastrointestinal pain to support everyday gut comfort.

Caruso's ONCE DAILY PROBIOTIC utilises Delayed Release (DR) capsules which allow beneficial live bacteria to be better protected against stomach acid to deliver multiple health benefits when compared to standard capsules.

Caruso's ONCE DAILY PROBIOTIC indications:

- Relieves flatulence and carminative
- Decreases gastrointestinal pain
- Helps restore good/beneficial/friendly intestinal/gut/bowel flora
- Supports healthy gastrointestinal immune function
- Maintains intestinal good flora
- Supports intestinal and gastrointestinal system health

Who would use Caruso's ONCE DAILY PROBIOTIC?

- Adults who wish to reduce flatulence and carminative
- Adults who wish to relieve gastrointestinal pain
- Adults who wish to support healthy gastrointestinal immune function
- Adults who wish to support intestinal health by maintaining intestinal beneficial flora
- Adults who wish to support gastrointestinal system health

Formulation

Each delayed release capsule contains 32 Billion CFU - 6 Strains

Bifidobacterium animalis ssp. lactis (HN019)	1.8 Billion CFU
Lactobacillus rhamnosus (GG™)	10 Billion CFU
Lactobacillus plantarum (SpaLp-35)	9 Billion CFU
Lactobacillus casei (SpaLc-21)	7 Billion CFU
Bifidobacterium lactis (UABla-12™)	1 Billion CFU
Lactobacillus acidophilus (SpaLa-88)	3.2 Billion CFU
Inulin (prebiotic)	110mg

CFU = Colony Forming Unit

UABla-12 is a trademark of Novonesis Group.

Directions for use:

Adults: Take 1 hard capsule daily with food, or as advised by your health professional.

Specifications:

Appearance: Off white to beige colour powder in a clear two-piece delayed release capsule.
Size: 0

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- SOYA BEANS
- WHEAT
- VEGAN FRIENDLY

OVER 50'S PROBIOTIC
RESTORES BENEFICIAL GUT FLORA

Health benefits

Caruso's OVER 50'S PROBIOTIC is a multi-strain probiotic which has been specially formulated for individuals over 50 years old, to support gastrointestinal system health and helps restore beneficial bowel flora.
Caruso's OVER 50'S PROBIOTIC also helps to support immune system health and function in individuals over 50 years old.

Caruso's OVER 50'S PROBIOTIC indications:

Individuals over 50 years:

- Supports bowel regularity and relieves abdominal bloating associated with medically diagnosed Irritable Bowel Syndrome
- Supports immune system health and healthy gastrointestinal function

Who would use Caruso's OVER 50'S PROBIOTIC?

- Adults over 50 who wish to support gastrointestinal health
- Adults over 50 who wish to nourish and restore beneficial intestinal flora
- Adults over 50 who experience the symptoms of medically diagnosed Irritable Bowel Syndrome, such as abdominal bloating and pain and wish to relieve the discomfort
- Adults over 50 who wish to support the health of their immune system

Formulation

Each hard capsule contains 15 Billion CFU

Lactobacillus paracasei (LPC-37)	2 Billion CFU
Lactobacillus plantarum (LP-115)	3.5 Billion CFU
Lactobacillus casei (Lc-11)	2 Billion CFU
Lactobacillus salivarius ssp salivarius (LS-33)	2.5 Billion CFU
Bifidobacterium animalis ssp lactis (UABla-12)	5 Billion CFU
Inulin (prebiotic)	55mg

L = Lactobacillus; B = Bifidobacterium; CFU = Colony Forming Unit

Directions for use:

Adults: Take 2 capsules daily with food or as advised by your health professional.

Specifications:

Appearance: White powder in a hard vegetable capsule.
Size: 0

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

SUPER BROAD SPECTRUM PROBIOTIC

35 BILLION CFU

Health benefits

Caruso's SUPER BROAD SPECTRUM PROBIOTIC contains a broad variety of 20 probiotic and postbiotic strains*. Each delayed release capsule delivers a potent daily dose of 35 Billion CFU (colony forming units) of live beneficial bacteria to support a healthy gut microflora balance. This premium formulation supports beneficial intestinal flora (microbiota), helping to maintain healthy function of digestive, gastrointestinal and immune systems. Additionally, it also relieves and reduces flatulence, a common digestive discomfort.

Caruso's SUPER BROAD SPECTRUM PROBIOTIC utilises Delayed Release (DR) capsules which allows beneficial live bacteria to be better protected against stomach acid, and therefore probiotics reach the gut (intestines) in higher numbers, to deliver multiple health benefits, when compared to standard capsules.

Caruso's SUPER BROAD SPECTRUM PROBIOTIC indications:

- Relieves & reduces flatulence
- Supports healthy digestive system function
- Supports healthy immune system function
- Nourishes friendly intestinal flora

Who would use Caruso's SUPER BROAD SPECTRUM PROBIOTIC?

- Adults who want to nurture their gut microflora diversity to support general health and wellbeing
- Adults who want to relieve and reduce flatulence
- Adults that are wanting to support healthy digestive system function
- Adults that want support healthy immune system function
- Adults who wish to nourish their friendly intestinal flora

Formulation

Each delayed release capsule contains 35 Billion CFU

L. rhamnosus (GG™) 8 Billion CFU; *B. animalis ssp lactis* (HN019) 2 Billion CFU; *B. lactis* (Blac38™) 4 Billion CFU; *L. plantarum* (ULp-05™) 6 Billion CFU; *L. casei* (ULc-03™) 6 Billion CFU; *L. acidophilus* (ULa-01™) 1 Billion CFU; *L. gasseri* (ULg-05™) 400 Million CFU; *L. rhamnosus* (Lrha-51™) 1 Billion CFU; *S. thermophilus* (USt-09™) 500 Million CFU; *B. bifidum* (SpaBI-22) 50 Million CFU; *L. reuteri* (ULre-16™) 100 Million CFU; *L. rhamnosus* (HN001) 300 Million CFU; *L. plantarum* (SpaLp-35) 5 Billion CFU; *B. breve* (SpaBb-23) 300 Million CFU; *B. infantis* (SpaBi-82) 50 Million CFU; *B. longum* (SpaBl-06) 50 Million CFU; *L. johnsonii* (SpaLj-22) 50 Million CFU; *L. brevis* (SpaLb-15) 200 Million CFU; *L. rhamnosus* (LRa66) (Postbiotic) 330 micrograms; *B. bifidum* (BBi32) (Postbiotic) 2mg.

B.* = *Bifidobacterium*, *L.* = *Lactobacillus*, *S.* = *Streptococcus

CFU* = *Colony Forming Unit.

Lrha-51, Blac38, ULp-05, ULc-03, ULre-16 and other UA-formative marks are trademarks of Novonesis Group.

Directions for use:

Adults: Take 1 delayed release capsule daily with food, or as advised by your health professional.

Specifications:

Appearance: Beige (off-white) free flowing powder, filled in a clear, two piece, delayed release hard capsule.
Size: 0

Always read the label and follow the directions for use.
** 20 strains - 18 Probiotic Strains + 2 Postbiotic Strains*



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

SUPER STRENGTH PROBIOTIC

50 BILLION - 12 STRAINS

Health benefits

Caruso's SUPER STRENGTH PROBIOTIC is a powerful formula designed to support intestinal health. It contains 12 strains of beneficial bacteria combined with inulin, working together to help restore healthy intestinal flora and maintain a healthy gastrointestinal system.

Caruso's SUPER STRENGTH PROBIOTIC has been formulated to support your digestive system function and health. By relieving abdominal bloating and flatulence, particularly for those with medically diagnosed Irritable Bowel Syndrome (IBS), this product helps ease discomfort while nourishing friendly intestinal flora. Additionally, it supports a healthy immune system and helps to maintain general health and wellbeing.

Caruso's SUPER STRENGTH PROBIOTIC indications:

- Relieves abdominal bloating associated with medically diagnosed Irritable Bowel Syndrome (IBS)
- Reduces and relieves flatulence
- Supports healthy immune system function
- Nourishes and helps restore beneficial intestinal flora

Who would use Caruso's SUPER STRENGTH PROBIOTIC?

- Adults who wish to relieve bloating associated with medically diagnosed IBS
- Adults who wish to support their immune system function by nourishing the beneficial flora in their gut
- Adults who wish to relieve flatulence by supporting their digestive system health

Formulation

Each hard capsule contains 50 Billion CFU -12 Strains

Bifidobacterium animalis ssp lactis (UABla-12)	10 billion CFU
Bifidobacterium animalis ssp lactis (BLa80)	1 billion CFU
Bifidobacterium breve (BBr60)	500 million CFU
Bifidobacterium lactis (HN019)	1.8 billion CFU
Bifidobacterium longum (BL21)	100 million CFU
Lactobacillus acidophilus (LA85)	100 million CFU
Lactobacillus casei (LC89)	500 million CFU
Lactobacillus paracasei (LC86)	400 million CFU
Lactobacillus plantarum (LP90)	30 billion CFU
Lactobacillus rhamnosus (LRa05)	5 billion CFU
Lactobacillus salivarius ssp salivarius (LS97)	100 million CFU
Streptococcus thermophilus (ST81)	500 million CFU
Inulin	110mg

L = Lactobacillus; B = Bifidobacterium; CFU = Colony Forming Unit

Directions for use:

Adults: Take 1 capsule daily with food or as advised by your health professional.

Specifications:

Appearance: Beige powder in a clear hard vegetable capsule.
Size: 00

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

ULTRAMAX® 100 PROBIOTIC
100 BILLION CFU

Formulation

Each delayed release capsule contains 100 Billion CFU:

Probiotics: *L. rhamnosus* (GG™) 50 Billion CFU; *B. animalis ssp lactis* (HN019) 2 Billion CFU; *B. lactis* (Blac38™) 8 Billion CFU; *L. plantarum* (Lp05) 2 Billion CFU; *L. plantarum* (UALp-05™) 8 Billion CFU; *L. casei* (UALc-03™) 2 Billion CFU; *L. acidophilus* (UALa-01™) 1 Billion CFU; *L. gasseri* (UALg-05™) 400 Million CFU; *L. fermentum* (Lfer67™) 300 Million CFU; *L. rhamnosus* (Lrha-51™) 500 Million CFU; *S. thermophilus* (UASt-09™) 500 Million CFU; *L. crispatus* (UALcr-35™) 100 Million CFU; *B. longum* (BB536) 300 Million CFU; *B. breve* (M-16V) 300 Million CFU; *B. bifidum* (SpaBl-22) 200 Million CFU; *L. reuteri* (UALre-16™) 100 Million CFU; *L. rhamnosus* (HN001) 1 Billion CFU; *B. animalis ssp lactis* (BLa80) 100 Million CFU; *L. plantarum* (SpaLp-35) 8 Billion CFU; *L. rhamnosus* (SpaLr-12) 4 Billion CFU; *L. casei* (LC89) 2.5 Billion CFU; *L. casei* (SpaLc-21) 1 Billion CFU; *L. gasseri* (SpaLg-26) 100 Million CFU; *L. fermentum* (SpaLf-01) 100 Million CFU; *L. reuteri* (SpaLr-11) 200 Million CFU; *L. helveticus* (SpaLh-42) 100 Million CFU; *L. salivarius ssp salivarius* (SpaLs-13) 100 Million CFU; *L. fermentum* (LF61) 100 Million CFU; *B. animalis ssp lactis* (SpaBl-14) 2.6 Billion CFU; *B. breve* (SpaBb-23) 2 Billion CFU; *B. animalis ssp animalis* (SpaBa-32) 1 Billion CFU; *B. infantis* (SpaBi-82) 100 Million CFU; *B. longum* (SpaBl-06) 100 Million CFU; *B. breve* (SpaBb-22) 200 Million CFU; *S. thermophilus* (SpaSt-23) 100 Million CFU; *L. johnsonii* (SpaLj-22) 100 Million CFU; *L. brevis* (SpaLb-15) 100 Million CFU; *L. crispatus* (SpaLcr-88) 100 Million CFU; *L. plantarum* (SpaLp-18) 100 Million CFU; *L. casei* (SpaLc-16) 100 Million CFU; *L. rhamnosus* (SpaLr-55) 100 Million CFU; *L. acidophilus* (SpaLa-88) 100 Million CFU; *B. adolescentis* (SpaBa-30) 100 Million CFU; *L. plantarum* (SpaLp-10) 100 Million CFU. ***Postbiotics:*** *L. rhamnosus* (LRa66) 30 micrograms; *L. casei* (LC16) 30 micrograms; *B. longum* (BL21) 200 micrograms; *B. bifidum* (BBi32) 200 micrograms; *L. helveticus* (LH76) 200 micrograms; *B. animalis ssp lactis* (BLa36) 30 micrograms.

B. = Bifidobacterium, L. = Lactobacillus, S. = Streptococcus.
CFU = Colony Forming Unit.

Lfer67, Lrha-51, Blac38, UALp-05, UALc-03, UALre-16 and other UA-formative marks are trademarks of Novonesis Group.

Directions for use:

Adults: Take 1 capsule daily with food or as advised by your health professional.

Specifications:

Appearance: White powder in a hard vegetable capsule.
Size: 0

Always read the label and follow the directions for use.
^ When compared to Caruso's Super Strength Probiotic
** 50 strains - 44 Probiotic Strains + 6 Postbiotic Strains*

Health benefits

Caruso's ULTRAMAX® 100 PROBIOTIC contains a wide variety of 50 probiotic and postbiotic strains*. Each delayed release capsule delivers a potent daily dose of 100 billion CFU (colony forming units) of live beneficial bacteria per daily capsule to support a healthy and diverse microbial balance. This premium, high-strength^ formulation nourishes beneficial intestinal flora (microbiota) and helps restore the friendly flora of the gut, intestines and bowel, maintaining healthy gastrointestinal and immune system functions. Additionally, it helps to relieve flatulence and support bowel regularity.

Caruso's ULTRAMAX® 100 PROBIOTIC indications:

- Supports bowel regularity
- Relieves & reduces flatulence
- Helps restore friendly intestinal, gut & bowel flora
- Supports immune & digestive system health



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- *DAIRY & LACTOSE*
- *NUTS*
- *SOYA BEANS*
- *GLUTEN*
- *VEGAN FRIENDLY*

ANXIETY EZE® PROBIOTIC
STRESS RELIEF

Health benefits

Caruso's ANXIETY EZE® PROBIOTIC has been carefully formulated to relieve the symptoms of stress and mild anxiety. It combines 2 Billion CFU from a blend of 3 beneficial probiotic strains, plus the certified organic, root only extract, KSM-66 Ashwagandha®.

Caruso's ANXIETY EZE® PROBIOTIC contains Cerebiome®, which is a combination of Lactobacillus helveticus (Rosell®-52) and Bifidobacterium longum (Rosell®-175). They support, nourish and help to restore friendly intestinal flora, supporting digestive system health and healthy gastrointestinal function.

Caruso's ANXIETY EZE® PROBIOTIC indications:

- Relieves symptoms of stress & mild anxiety
- Decreases sleeplessness & reduces time to fall asleep
- Promotes deep sleep & enhances sleep quality
- Supports energy levels
- Maintains cognitive function
- Supports mental concentration, focus & clarity
- Nourishes and helps restore friendly intestinal flora
- Supports digestive system health
- Supports healthy gastrointestinal function

Who would use Caruso's ANXIETY EZE® PROBIOTIC?

- Adults looking for relief from symptoms of stress and mild anxiety
- Adults wanting to relieve sleeplessness, reduce time to fall asleep, promote a deep sleep and enhance sleep quality
- Adults that would like to support their energy levels
- Adults who wish to support their digestive system health, intestinal friendly flora and healthy gastrointestinal function
- Adults that are looking to nourish and help restore their friendly intestinal flora

Formulation

Each hard capsule contains 2 Billion CFU

Lactobacillus helveticus (Rosell®-52 from Cerebiome®) ..... *1.35 Billion CFU*
Bifidobacterium longum (Rosell®-175 from Cerebiome®) ..... *150 Million CFU*
Lactobacillus plantarum (Rosell®-1012) ..... *500 Million CFU*
Total CFU = 2 Billion
Withania somnifera (KSM-66 Ashwagandha®) root ext. dry conc. 350mg
from dry root 4.375g (4,375mg)
CFU = Colony Forming Unit
Cerebiome® and Rosell® are registered trademarks of Danstar Ferment AG.

Directions for use:

Adults: Take 1 hard capsule, 2 times daily, or as advised by your health professional.

Specifications:

Appearance: Light oat coloured powder in clear hard vegetable capsule.
Size: 0

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- SOYA BEANS
- GLUTEN
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

BLOAT LESS® PROBIOTIC
DEBLOATING FORMULA

Health benefits

Caruso's BLOAT LESS® PROBIOTIC is a convenient one-a-day formula that combines the patented probiotic LactoSpore® with herbal extracts from Sweet Orange, Peppermint and Ginger, plus the prebiotic, inulin.

Formulated to relieve abdominal bloating, distension and feelings of fullness, while reducing the symptoms of indigestion, Caruso's BLOAT LESS® PROBIOTIC also supports friendly intestinal flora, digestive system health and gastrointestinal system health.

Caruso's BLOAT LESS® PROBIOTIC indications:

- Relieves abdominal bloating, distension & feelings of fullness
- Contains Peppermint and Ginger which are traditionally used in Western Herbal Medicine to help reduce the occurrence of abdominal bloating
- Reduces symptoms of indigestion
- Supports digestive system health

Who would use Caruso's BLOAT LESS® PROBIOTIC?

- Adults who are looking for relief from abdominal bloating
- Adults who may also be experiencing abdominal distension and feelings of fullness
- Adults who would like to relieve the symptoms of indigestion
- Adults wanting to support their digestive system health
- Adults who wish to support their intestinal friendly flora

Formulation

Each hard capsule contains 2 Billion CFU

Bacillus coagulans (MTCC No. 5856 from LactoSpore®) ..... *2 Billion CFU*
Total CFU = 2 Billion
Citrus sinensis (Sweet Orange) fruit peel powder 30mg
from fresh fruit peel 300mg
Mentha x piperita (Peppermint) leaf ext. dry conc. 300mg
from dry leaf 3g (3,000mg)
Zingiber officinale (Ginger) rhizome ext. dry conc. 100mg
from dry rhizome 1g (1,000mg)
Inulin 59mg
CFU = Colony Forming Unit
LactoSpore® is a registered trademark of Sabinsa Corporation.

Directions for use:

Adults: Take 1 hard capsule daily, or as advised by your health professional.

Specifications:

Appearance: Brown coloured powder filled in a clear hard vegetable capsule.
Size: 00

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- SOYA BEANS
- GLUTEN
- VEGAN FRIENDLY

INDIGESTION EZE® PROBIOTIC

HEARTBURN RELIEF

Health benefits

Caruso's INDIGESTION EZE® PROBIOTIC has been carefully formulated to relieve symptoms of heartburn often associated with indigestion.

By combining Magnesium Carbonate Hydrate with beneficial probiotics that support healthy gastrointestinal function and maintain intestinal friendly flora, Caruso's INDIGESTION EZE® PROBIOTIC offers a comprehensive approach to help reduce the symptoms of indigestion.

Caruso's INDIGESTION EZE® PROBIOTIC indications:

- Relieves and helps reduce the occurrence of indigestion symptoms
- Relieves symptoms of heartburn
- Supports digestive system health

Who would use Caruso's INDIGESTION EZE® PROBIOTIC?

- Adults who experience the symptoms of indigestion or dyspepsia
- Adults who wish to relieve the symptoms of heartburn
- Adults who wish to maintain their digestive system health by supplementing with beneficial flora shown to benefit the gastrointestinal system

Formulation

Each hard capsule contains 1.8 Billion CFU

Magnesium carbonate hydrate	500mg
Lactobacillus johnsonii (LJ 1088) (Postbiotic)	260 micrograms
Bifidobacterium lactis (HN019)	1.8 Billion CFU

CFU = Colony Forming Unit

Directions for use:

Adults: For digestive & gastrointestinal support: Take 1 capsule daily.
For relief of indigestion & heartburn: Take 2 capsules per dose, up to 3 times per day. Take with food, or as advised by your health professional.
Do not exceed the recommended daily dose.

Specifications:

Appearance: White powder filled in a clear hard vegetable capsule.
Size: 00EL

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

REDUCE PROBIOTIC®
REDUCE HUNGER

Health benefits

Caruso's REDUCE PROBIOTIC® has been specially formulated with a combination of probiotics, a unique herbal extract, Caralluma, and trace minerals to help you reduce your hunger and nurture your gut.

Probiotics help to support friendly intestinal flora, supporting digestive system health and healthy gastrointestinal system function. Caralluma has been carefully selected to reduce hunger and suppress the appetite, while assisting in the management of food cravings. Iodine is an essential mineral for supporting thyroid gland health and healthy thyroid gland function. It supports healthy thyroid hormones and assists in the production of thyroid hormones, which in-turn can support body metabolism and energy production. Chromium also has benefits in helping with the metabolism of sugar and carbohydrates, plus helps to maintain healthy blood sugar in healthy individuals.

Caruso's REDUCE PROBIOTIC® indications:

- Reduces appetite & suppresses hunger
- Helps in the management of food cravings
- Assists sugar & carbohydrate metabolism
- Helps maintain healthy blood sugar in healthy individuals
- Assists with thyroid hormone production
- Maintains digestive system health & intestinal friendly flora

Who would use Caruso's REDUCE PROBIOTIC®?

- Adults who want to reduce their appetite and suppress their hunger
- Adults who are looking for help with managing their food cravings
- Adults who are looking for assistance with sugar and carbohydrate metabolism
- Adults who would like to support their body's metabolic rate and metabolism
- Adults wanting support with their intestinal flora and digestive system health

Formulation

Each hard capsule contains 5 Billion CFU

Iodine (From Potassium iodide)	12.5 micrograms
Chromium (From Chromium picolinate)	16.7 micrograms
Chromium (From Chromic chloride hexahydrate)	50 micrograms
Total Chromium: 66.7 micrograms	
Bifidobacterium breve (BBr60)	3.34 Billion CFU
Bifidobacterium breve (B-3)	1.67 Billion CFU
Caralluma adscendens var. fimbriata (Caralluma) herb ext. dry conc.	333.34mg
Equiv. to dry herb 4g	
CFU = Colony Forming Unit	

Directions for use:

Adults: Take 1 hard capsule 3 times daily, or as advised by your health professional.

Specifications:

Appearance: Brown coloured powder filled in a clear hard vegetable capsule.
Size: 0

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

ANTIBIOTIC COMPANION PROBIOTIC + SB

ANTIBIOTIC USE GUT SUPPORT

Health benefits

Caruso's ANTIBIOTIC COMPANION PROBIOTIC + SB is a dual action formula containing 7 Billion CFU from Saccharomyces cerevisiae (Boulardii) and Lactobacillus rhamnosus (LGG®), along with Zinc and Gum Arabic. It helps maintain friendly gut flora during antibiotic use, helps reduce the occurrence of symptoms of traveller's diarrhoea, and relieves diarrhoea in adults and children.

Caruso's ANTIBIOTIC COMPANION PROBIOTIC + SB indications:

- Helps reduce the occurrence of symptoms of traveller's diarrhoea
- Helps maintain friendly gut flora during antibiotic use
- Relieves diarrhoea in adults & children
- Supports healthy immune system function

Who would use Caruso's ANTIBIOTIC COMPANION PROBIOTIC + SB?

- Individuals who are using antibiotics and want help to maintain beneficial gut flora during the antibiotic course
- Those who are travelling and are looking to help reduce the occurrence of symptoms of traveller's diarrhoea
- Adults and children that want to relieve diarrhoea
- People who want to support intestinal friendly flora
- Individuals wanting to maintain healthy immune system function.

Formulation

Each hard capsule contains:

Saccharomyces cerevisiae (Boulardii) (CNCM I-3799 from Lynside® Pro SCB)	5 Billion CFU
Lactobacillus rhamnosus (LGG®)	2 Billion CFU
Total CFU = 7 Billion	
Zinc (from Zinc Glycinate)	10mg
Acacia (Gum Arabic)	25mg

CFU = Colony Forming Units

Directions for use:

Adults & Children 12+ Years:
To Relieve Diarrhoea & Help Maintain Friendly Gut Flora During Antibiotic Use: Take 2 hard capsules daily.
To Help Reduce Occurrence of Symptoms of Traveller's Diarrhoea: Take 2 hard capsules daily; for 5 days prior, and during travel.
To Support Intestinal Friendly Flora & Healthy Immune System Function: Take 1 hard capsule daily. Take with food, at least 2 hours after antibiotics, or as advised by your health professional.

Specifications:

Appearance: Off-white to beige coloured powder filled in a clear hard capsule. **Size:** 0

Always read the label and follow the directions for use.
Lynside® is a Registered Trademark of Lesaffre et Compagnie, S.A.
LGG® is a Registered Trademark of Novonesis Group



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- GLUTEN
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

MENOPAUSE PROBIOTIC
MENOPAUSE RELIEF

Health benefits

Caruso's MENOPAUSE PROBIOTIC is specially formulated for women seeking to support overall vaginal health during menopause. This unique blend includes clinically trialled* probiotic strains that help maintain a healthy vaginal pH and support balanced vaginal microflora, which can be disrupted during menopause. As oestrogen levels decline, the vaginal microbiome becomes more vulnerable to imbalance, affecting vaginal health.

In addition to friendly bacteria, this formula contains Black cohosh, traditionally used in Western Herbal Medicine to relieve common menopausal symptoms like hot flushes, providing comprehensive support during this transitional phase.

**Source: Gregor Reid 1, Duane Charbonneau, Julie Erb, Barbara Kochanowski, Dee Beuerman, Russ Poehner, Andrew W Bruce*

Caruso's MENOPAUSE PROBIOTIC indications:

- Relieves symptoms of menopause
- Contains Black cohosh which is traditionally used in Western Herbal Medicine to help reduce hot flushes associated with menopause
- Supports vaginal health and vaginal healthy microflora

Who would use Caruso's MENOPAUSE PROBIOTIC?

- Women who wish to relieve the symptoms of menopause, such as hot flushes
- Women who wish to support healthy vaginal microflora
- Women who wish to maintain healthy vaginal pH

Formulation

Each hard capsule contains:

Lactobacillus crispatus (LBV 88™)	1 Billion CFU
Lactobacillus reuteri (RC-14™)*	1.5 Billion CFU
Lactobacillus rhamnosus (GR-1™)*	1.5 Billion CFU
Actaea racemosa (Black Cohosh) ext. dry conc.	80mg
From min. dry root and rhizome	400mg
Std. to triterpene glycosides (27-desoxyactein)	2mg

CFU=Colony Forming Units, **Clinically trialled strains GR-1, RC-14, and LBV 88 are trademarks of Chr. Hansen A/S, part of the Novonesis Group*

Directions for use:

Adults: Take 1 capsule daily with food, or as advised by your health professional.

Specifications:

Appearance: Cream with beige tinge, speckled powder filled in a clear hard vegetable capsule. **Size:** 1

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- VEGAN FRIENDLY

URINARY HEALTH PROBIOTIC
CYSTITIS RELIEF

Health benefits

Caruso's URINARY HEALTH PROBIOTIC has been specially formulated to help support urinary tract health by assisting in the maintenance of healthy vaginal pH and supporting healthy vaginal microflora. This targeted blend includes clinically trialled* probiotic strains and PACRAN®, a premium cranberry extract, high in antioxidants.

Caruso's URINARY HEALTH PROBIOTIC may help to reduce the occurrence of medically diagnosed cystitis. In traditional Western Herbal Medicine, cranberry is also used to relieve symptoms associated with medically diagnosed cystitis.

A healthy urinary tract is essential for maintaining the vaginal microbiome. The two systems are interconnected; disruptions in urinary health can lead to imbalances in vaginal flora, increasing the risk of infections and irritations. Supporting urinary tract health helps ensure a balanced and thriving vaginal environment.

**Source: Gregor Reid 1, Duane Charbonneau, Julie Erb, Barbara Kochanowski, Dee Beuerman, Russ Poehner, Andrew W Bruce*

Caruso's URINARY HEALTH PROBIOTICS indications:

- Helps reduce the occurrence of medically diagnosed cystitis
- Traditionally used in Western Herbal Medicine to help relieve symptoms of medically diagnosed cystitis
- Helps maintain healthy vaginal pH

Who would use Caruso's URINARY HEALTH PROBIOTICS?

- Women who are prone to and experience recurrent medically diagnosed cystitis or UTIs
- Women who are seeking preventative measures to maintain their urinary health
- Women who are looking for proactive ways to nurture their vaginal health and maintain healthy vaginal pH

Formulation

Each hard capsule contains:

Lactobacillus crispatus (LBV 88™)	500 Million CFU
Lactobacillus reuteri (RC-14™)*	750 Million CFU
Lactobacillus rhamnosus (GR-1™)*	750 Million CFU
Vaccinium macrocarpon (Cranberry - PACRAN®) dry fruit powder	250mg
From fresh fruit 12.5g	

***CFU=Colony Forming Units**, *Clinically trialled strains*
GR-1, RC-14, and LBV 88 are trademarks of Chr. Hansen A/S, part of the Novonesis Group

Directions for use:

Adults: Take 1 capsule 2 times daily with food, or as advised by your health professional

Specifications:

Appearance: Reddish pink powder with white speckles in a clear hard vegetable capsule. **Size:** 00

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

VAGINAL CARE PROBIOTIC
FLORA MICROBIOME

Health benefits

Caruso's VAGINAL CARE PROBIOTIC is a convenient one-a-day capsule that contains 3 probiotic strains with a total of 5 Billion CFU.

Caruso's VAGINAL CARE PROBIOTIC has been formulated with a carefully selected blend of probiotics including the clinically trialled Lactobacillus reuteri (RC-14®) and Lactobacillus rhamnosus (GR-1®) to support vaginal health, maintain healthy vaginal microflora and help support healthy vaginal pH. The formula also features Bacillus coagulans (MTCC No. 5856) to relieve abdominal bloating and support digestive system health.

Caruso's VAGINAL CARE PROBIOTIC indications:

Contains herbs traditionally used in Western Herbal Medicine to:

- Relieve symptoms of premenstrual tension and reduce menstrual cycle irregularity — Vitex
- Relieve menstrual cramps, spasms and pain — Cramp Bark
- Helps maintain healthy vaginal pH
- Maintains vaginal healthy microflora

Who would use Caruso's VAGINAL CARE PROBIOTIC?

- Women that wish to maintain healthy vaginal microflora
- Women who want to support their vaginal health
- Women who would like help in maintaining a healthy vaginal pH
- Women that would like to relieve abdominal bloating
- Women who are looking to support their digestive system health

Formulation

Each hard capsule contains:

Lactobacillus reuteri (RC-14®)* ..... 1.5 Billion CFU
Lactobacillus rhamnosus (GR-1®)* ..... 1.5 Billion CFU
Bacillus coagulans (MTCC No. 5856) ..... 2 Billion CFU
CFU=Colony Forming Units, **Clinically trialled strains*
GR-1 and RC-14 are registered trademarks of Chr. Hansen A/S, part of the Novonesis Group.

Directions for use:

Adults: Take 1 capsule daily with food, or as advised by your health professional.

Specifications:

Appearance: Cream to faint orange powder with light orange speckles, filled in a clear hard vegetable capsule. **Size:** 1

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- VEGAN FRIENDLY

PMS EZE® + PROBIOTIC
VAGINAL PROBIOTIC

Health benefits

Caruso's PMS EZE® + PROBIOTIC is a convenient one-a-day formula that combines a vaginal beneficial probiotic strain with two carefully selected herbs. It supports vaginal health, healthy vaginal microflora and help maintain healthy vaginal pH. It also features Vitex and Cramp Bark, traditionally valued in Western Herbal Medicine for generations - Vitex to relieve the symptoms of premenstrual tension and menstrual cycle irregularities, along with Cramp Bark to relieve menstrual cramps, spasms and pain.

Caruso's PMS EZE® + PROBIOTIC indications:

- Traditionally used in Western Herbal Medicine to: relieve symptoms of premenstrual tension, relieve menstrual cramps, spasms & pain, reduce menstrual cycle irregularity
- Helps maintain healthy vaginal pH
- Maintains vaginal healthy microflora

Who would use Caruso's PMS EZE® + PROBIOTIC?

For women who would like to use herbs traditionally used in Western herbal medicine to support their menstrual cycle concerns, such as:

- Women who suffer from symptoms of premenstrual tension and menstrual cycle irregularities
- Women who suffer from menstrual pain, cramps, and spasms
- Women wanting to support their vaginal health, maintain a healthy vaginal flora and healthy vaginal pH

Formulation

Each hard capsule contains 2.5 Billion CFU:

Saccharomyces cerevisiae cell whole powder 312.5mg
Equiv. to *Saccharomyces cerevisiae* (CNCM I-3856 from Quatreflora™) ..... 2.5 Billion CFU
Vitex agnus-castus (Vitex) fruit ext. dry conc. 30mg
From dry fruit 600mg
Viburnum opulus (Cramp Bark) stem bark ext. dry conc. 150mg
From dry stem bark 3g (3,000mg)
CFU = Colony Forming Units
Quatreflora™ is a trademark of Lesaffre et Compagnie

Directions for use:

Adults: Take 1 hard capsule daily with food, or as advised by your health professional

Specifications:

Appearance: Brown coloured powder with speckles filled in clear hard capsule. **Size:** 00

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- PRESERVATIVES
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

Herbal Gummies

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 adults.*

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.

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VEGAN | **99% SUGAR FREE** | **NATURAL COLOURS**

* McCloskey, A. P., Penson, P. E., Tse, Y., Abdelhafiz, M. A., Ahmed, S. N., & Lim, E. J. (2022). Identifying and addressing pill aversion in adults without physiological-related dysphagia: A narrative review. British journal of clinical pharmacology, 88(12), 5128–5148. https://doi.org/10.1111/bcp.15463 https://pmc.ncbi.nlm.nih.gov/articles/PMC9805106



ASHWAGANDHA GUMMIES
STRESS & SLEEP

Health benefits

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.

Caruso's ASHWAGANDHA Gummies health indications:

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

Who would use Caruso's ASHWAGANDHA Gummies?

A convenient dosage format for:

- Adults who would like to reduce the symptoms of stress and mild anxiety
- Adults looking for an adaptogen used in traditional Western Herbal Medicine to help their body adapt to stress
- Adults looking to relieve sleeplessness, decrease the time to fall asleep, promote a deep sleep and enhance sleep quality
- Adults who would like an antioxidant to reduce free radical formation in the body
- Adults who wish to support general health and wellbeing

Formulation

Each Pastille (Soft Gummie) Contains:

Withania somnifera (KSM-66 Ashwagandha®) root ext. dry conc. 150mg
From dry root 1.875g

Directions for use:

To support general health and wellbeing and for antioxidant benefits: Adults chew (do not swallow whole) 2 pastilles (soft gummies) daily with food, or as advised by your health professional.
To reduce symptoms of stress and mild anxiety and to relieve 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.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- GLUTEN
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

GINKGO GUMMIES
MEMORY & COGNITION

Health benefits

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, and support memory and mental recall in adults. Caruso's GINKGO Gummies also help maintain cognitive and mental function in adults, and supports general health and wellbeing.

Caruso's GINKGO Gummies health indications:

Supports:

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

Who would use Caruso's GINKGO Gummies?

A convenient dosage format for:

- Adults looking to support cognitive and mental function
- Adults wanting support with memory and mental recall
- Adults who would like to support healthy blood circulation
- Adults who would like an antioxidant to reduce free radical formation in the body.
- Adults who would like to maintain their general health and wellbeing

Formulation

Each Pastille (Soft Gummie) Contains:

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

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
DAIRY & LACTOSE
NUTS
GLUTEN
VEGAN FRIENDLY

GINSENG GUMMIES
STRESS & FATIGUE

Health benefits

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, commonly known as Korean Ginseng, a plant Traditionally used in Western Herbal Medicine to help the body adapt to stress, relieve feelings of weakness, fatigue and tiredness plus support general health and wellbeing.

Caruso's GINSENG Gummies health indications:

Traditionally used in Western Herbal Medicine to:

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

Who would use Caruso's GINSENG Gummies?

A convenient dosage format, using an ingredient traditionally used in Western Herbal Medicine for:

- Adults who are looking for an adaptogen to help their body adapt to stress
- Adults who are looking for relief from fatigue, tiredness, weariness and feelings of weakness
- Adults who wish to support general health and wellbeing

Formulation

Each Pastille (Soft Gummie) Contains:

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

Directions for use:

To support general health and wellbeing*:
Adults chew (do not swallow whole) 1 pastille (soft gummy) daily with food, or as advised by your health professional.

To 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.

**Traditionally used in Western Herbal Medicine*

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.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
DAIRY & LACTOSE
NUTS
GLUTEN
VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

MACA GUMMIES
LIBIDO & ENERGY

Health benefits

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 Maca which has been Traditionally used in Western Herbal Medicine to support a healthy libido and maintain energy levels. Maca is also an antioxidant that reduces the formation of free radicals in the body, and supports general health and wellbeing.

Caruso's MACA Gummies health indications:

Traditionally used in Western Herbal Medicine to:

- Support a healthy libido
- Maintain energy levels

Antioxidant: Reduces free radicals formed in the body

Who would use Caruso's MACA Gummies?

A convenient dosage format for:

- Adults who would like to support a healthy libido using an ingredient used in traditional Western Herbal Medicine
- Adults who wish to maintain their energy levels using an ingredient used in traditional Western Herbal Medicine
- Adults who would like an antioxidant to reduce free radical formation in the body.
- Adults who would like to maintain their general health and wellbeing

Formulation

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.
Flavour & Aroma: Raspberry flavour and aroma, with Maca taste.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
DAIRY & LACTOSE
NUTS
GLUTEN
VEGAN FRIENDLY

MILK THISTLE GUMMIES
LIVER & INDIGESTION

Health benefits

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 which has been Traditionally used in Western Herbal Medicine to protect the liver, support healthy liver function and relieve symptoms of indigestion.

Caruso's MILK THISTLE Gummies health indications:

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

Who would use Caruso's MILK THISTLE Gummies?

A convenient dosage format for:

- Adults who would like to protect their liver with a hepatoprotectant herb using an ingredient used in traditional Western Herbal Medicine
- Adults wanting to support healthy liver function using an ingredient used in traditional Western Herbal Medicine
- Adults looking for help to relieve the symptoms of indigestion, also known as dyspepsia using an ingredient used in traditional Western Herbal Medicine
- Adults who would like an antioxidant to reduce free radical formation in the body
- Adults who wish to support general health and wellbeing

Formulation

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.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- GLUTEN
- VEGAN FRIENDLY

Caruso's NATURAL HEALTH

100% MONEY BACK GUARANTEE*

100% AUSTRALIAN OWNED FAMILY COMPANY

SAW PALMETTO GUMMIES
LIBIDO & PROSTATE HEALTH

Health benefits

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 a healthy libido and support general health and wellbeing.

Caruso's SAW PALMETTO Gummies health indications:

Traditionally used in Western Herbal Medicine to:

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

Who would use Caruso's SAW PALMETTO Gummies?

A convenient dosage format for:

- Men who would like to support their prostate health using an ingredient used in traditional Western Herbal Medicine
- Adults wanting to promote a healthy libido with an aphrodisiac herb using an ingredient used in traditional Western Herbal Medicine
- Adults who would like to maintain their general health and wellbeing using an ingredient used in traditional Western Herbal Medicine

Formulation

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.

Always read the label and follow the directions for use.



MADE IN AUSTRALIA

MONEY BACK 100% GUARANTEE

NO ADDED
- DAIRY & LACTOSE
- NUTS
- GLUTEN

IF YOU LOVE OUR PRODUCTS, PLEASE LEAVE US A REVIEW!



I would love to hear how Caruso's has helped you on your health journey! Sharing your experiences with us will go a long way in helping fellow Australians live healthier lives!

Scan me to write a review!

"I would never put anything in my products that I wouldn't take myself or give to my family!"

Frank Caruso

Frank Caruso, Natural Health Crusader and Founder of Caruso's Natural Health

PRODUCT TESTIMONIALS
FROM SATISFIED CUSTOMERS



★★★★★

I have suffered from chronic constipation for most of my life. I have tried so many products. None have ever worked. I eat lots of fruit and vegetables but that just doesn't work for me either. The only thing that worked for me was harsh laxatives. So, I was very sceptical when I first tried Caruso's Bowel Clear®. I was very pleasantly surprised. It works better than any other product I have ever tried.

Anonymous **Verified Customer*

★★★★★

I have IBS and have found that since I started using this product I am not suffering any where as badly from wind and bloating as I was beforehand. It has made a huge difference to my life.

Sharon **Verified Customer*





★★★★★

Fantastic product! It has been so helpful and I have tried everything.

Stacey **Verified Customer*

★★★★★

This product has helped enormously, even medical practitioners can see the results. It is a great product for me personally.

Carole J. **Verified Customer*





★★★★★

I have been taking Caruso's Hair Food® for 10 weeks now and my hair feels so much more healthier since taking it. I cannot recommend this product highly enough! Definitely 5/5 for me.

Kylie **Verified Customer*



★★★★★

I feel in such a short time that I have taken them it has already made a difference, especially at night. I will definitely keep using them.

John M. *Verified Customer



★★★★★

After trying several products with the same claims, I was sceptical about trying Caruso's Wee Less but I have been proved completely wrong! I have found it has helped me enormously and I would recommend it wholeheartedly.

Yvonne. *Verified Customer

★★★★★

I tried this product just after the festive season as I felt my body needed a detox. Together with the suggested meal plan, this program didn't disappoint. I feel a lot less bloated, I didn't experience the 3pm energy slump. Would definitely recommend this product if you are wanting a body reset.



Frances *Verified Customer



★★★★★

I have tried many sleep products and find this one the best, sends me into a good deep sleep. Also, do not feel drowsy the next morning. It also doesn't take too long to fall asleep either.

Lyn *Verified Customer

★★★★★

My grandma has been on her feet all her life with work, children and recently (the past 4 years) with my grandfather being sick, her leg was so sore with her varicose veins (unfortunately she can't get them stripped). She now takes Veins Clear® every day and can walk so much better without the aches and pains of her varicose veins.

Amy *Verified Customer



PRODUCT TESTIMONIALS
FROM SATISFIED CUSTOMERS



★★★★★

I have noticed that I am not struggling with my computer work at the end of the day. I have noticed that my eyes are not sore like they used to be. I credit the change from being on this wonderful supplement!

Jillian D. **Verified Customer*

★★★★★

Incredibly effective for me. I have taken one a day at 4pm for a week now. This is a valuable supplement for me, gives me a sense of calm and I'm falling asleep much easier now.

Karen. **Verified Customer*





★★★★★

I take an array of supplements in the hopes that my body has all that it may need to be its best. I am loyal to Caruso's because they fully support all Australian products, right down to the printing company they use. Respect to Caruso's and all that they stand for!

Katherine D. **Verified Customer*

★★★★★

I find this product very relaxing for both muscles and sleep.

Jill C. **Verified Customer*





★★★★★

I have been using Caruso's Vitamin K2 supplements for a few years. First time I have ordered direct online and found the service excellent.

Barbara W. **Verified Customer*

★★★★★

I took this product for a month to trial it and found it to help tremendously. I suffer from cramps and the additional vitamins definitely help. I find that the combination of Vitamin K2 and D3 helps my body better absorb calcium.

Gael K. **Verified Customer*





★★★★★

Australian owned and Australian made, nothing but the best! Excellent product and quality, I wouldn't buy from another brand!

Michele B. **Verified Customer*

★★★★★

We have tried many different products to stop the multiple cramps my husband gets... I would recommend this to anyone.

Jennifer A. **Verified Customer*





★★★★★

I have been using this product for over a year and can't find anything better.

Kerrie A. **Verified Customer*

★★★★★

I have been using Caruso's Zinc to help boost my immune system - I say it works! I order all my supplements with Caruso's online. The order reaches me incredibly fast and is well packaged.

Fizz H. **Verified Customer*



PRODUCT TESTIMONIALS
FROM SATISFIED CUSTOMERS

★★★★★

I started Caruso's Bergamot and my doctor has praised me by saying 'whatever you're doing keep it up'. This was two years ago, and I have been able to maintain my cholesterol to normal. Thanks Caruso's!

Lori H. **Verified Customer*





★★★★★

I have been taking your product for the last two years. I noticed a huge difference on eye quality, including vision. Thank you.

Erin H. **Verified Customer*

★★★★★

I've been using Caruso's Brahmi for about 2 years now. Memory is as good as ever.

Peter R. **Verified Customer*





★★★★★

This really helps me to have a great sleep. I wake up refreshed after a wonderful relaxing sleep. Most other tablets are somewhat hit and miss but this formulation has been working every night so far.

Helen M. **Verified Customer*

★★★★★

When I shop for supplements I always look for the Caruso brand because they are Australian. I have recently bought the Aged Garlic, I am 82 years old, fit and healthy and I put this down to research done before producing a product. Well done Caruso's.

Wendy. **Verified Customer*



★★★★★

I have just started taking these tablets about a week ago and have seen a marked improvement in my energy levels and 'im not craving food as much. I highly recommend them as a form of assistance to being healthy with diet and exercise.

Moriah **Verified Customer*





★★★★★

I have taken Caruso's Maca 3500 tablets for years. I have tried a lot of different brands and formulas but this is the best on the market!

Caroline S. **Verified Customer*

★★★★★

I've tried various remedies in dealing with ongoing hot flushes over many years. Some have worked very well, but were also too expensive and impacted my digestive system negatively. Some made very little impression on the hot flushes. But, I have found Caruso's Sage to be quite helpful. I started taking it at the beginning of Summer and haven't experienced many hot flushes at all - just the occasional one. It doesn't impact my digestive system at all and works with the other supplements I'm taking. I'm very grateful.

Anonymous **Verified Customer*





★★★★★

This product is amazing, I have been using them for about a month now and my sleep pattern is really good after taking the gummies. They also helped me with my stress. I am certainly impressed and would recommend highly to everyone.

Jacquelyn B. **Verified Customer*

PRODUCT TESTIMONIALS
FROM SATISFIED CUSTOMERS

★★★★★

I have found Caruso's Once Daily Probiotic very helpful. They are easy to take and find that they work well, and I would recommend them to anyone who is thinking of improving their health. Also, I have been taking Caruso's St Johns Wort to support a healthy stress response in my body, balance my mood and decrease the symptoms of my mild anxiety. It is also doing a great job. Thank you for sending the encyclopedia book on vitamins, herbal and nutritional supplements as it is a wonderful guide to better health.

Carol N. **Verified Customer*





★★★★★

This probiotic works wonders! 1 capsule each morning and I feel so much healthier. Less tummy rumbles, less bloated feeling and an overall feeling of having a healthier gut.

Anonymous **Verified Customer*

★★★★★

I used to suffer from painful bloating daily since I was a teenager. I tried everything, including other brand's probiotics and nothing helped. So, I did some research and found that I needed a probiotic with a prebiotic. I only found one product that had both in 1 capsule. I found Caruso's Once Daily Probiotic and researched everything that was written about this product as to why it worked. It made sense to me so I tried it. I've now been on these for 4 months. Thank you for making an honest product that really helps!

Prue H. **Verified Customer*





★★★★

Symptoms have changed for the better from the very first tablet. If this continues I will be over the moon. After 30 plus years of issues it is amazing to see this product help.

Anonymous **Verified Customer*

COMPANY TESTIMONIALS
FROM SATISFIED CUSTOMERS

★★★★★

I love Caruso's brand of vitamins as they work well and are value for money. Australian made is a plus!!

Margaret O. **Verified Customer*

★★★★★

These supplements are the best around. I feel they are the only most natural and proper real true supplements around on the market today. Being fully Australian you also cannot beat that. The ones I use out of the range work really well. I can recommend you at least give them a fair try.

Anonymous **Verified Customer*

★★★★★

Very happy with products from Caruso's, not only a quality product but very competitively priced

Helene W. **Verified Customer*

★★★★★

Caruso's is my go to for supplements. Love that they are Australian made and owned and the fact that they work really well and do as they say they do. Thank you very much! I hope you never sell and that you always stay true to being an Australian family owned company and keep your awesome supplements 100% Australian made. I can highly recommend these products.

Anonymous **Verified Customer*

★★★★★

I take an array of supplements in the hopes that my body has all that it may need to be it's best. I am loyal to Caruso's because they fully support ALL Australian products, right down to the printing company they use. Respect to Caruso's and all that they stand for!

Katherine **Verified Customer*

ENCYCLOPEDIA
of
VITAMIN, HERBAL & NUTRITIONAL SUPPLEMENTS

About the Author



Frank Caruso

In 1979, Frank's life changed forever after reading a book on natural health. He was so captivated by the learnings of the book that he gave up his career to open a health food store and share his passion with the world.

He said to his wife Grace, "I would really love to open a health food store so I can do this full-time!" They had just put a deposit on a block of land and were planning to build their new home. Grace always wanted a new house. Frank said "Darling, do we build a new home or do we open a health food store?" They discussed it and Grace said "It's your passion. Let's open a health food store and we can build the house another day!" To this day, every time Frank tells the story it still brings tears to his eyes.

On 1st November 1982, on his 28th birthday, Frank opened his health food store to follow his dream to help people live healthier lives. In 1988, Frank started publishing a newspaper called "Health News". Health News was distributed to over one million homes every quarter. At the time and for over 6 years, it was the largest circulated tabloid newspaper in Australia.

After working in his store for 13 years, Frank realised that not many health companies were as passionate as he was about natural living, so in 1995, Frank started his own vitamin brand called Totally Natural Products. In 2012, he decided to change the brand name to Caruso's Natural Health. Frank said "It's my family name, I'm the founder of the company, so I thought it was appropriate to change the brand to Caruso's!" Today, Caruso's Natural Health is distributed to over 2500 pharmacies and health food stores nationally.

In 2016, Frank was presented with the complementary medicines most prestigious prize, the "Lady Cilento Award for Lifetime Achievement." The award acknowledges the individual's professionalism, contribution of outstanding merit and reflection of high aspirations benefiting the complementary healthcare ethos.

Frank truly believes that if you take responsibility for your own health, and embrace the principles of natural living you can live a long, healthy and vibrant life.

His motto: ***"Make time for good health and you will always have enough health for a good time!"***

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