

FREE

Feel better with Strauss.



STRAUSS

N A T U R A L S

Product and Natural Health Information Guide

Trust the tradition. Trust the original. Since 1980.

Our passion for Good Health is the Heart of our Natural Formulas



Available at fine health food stores and natural pharmacies

1-866-478-2873 • info@straussnaturals.com



www.straussnaturals.ca



EVERY FAMILY HAS A STORY, WELCOME TO OURS

Strauss Naturals® and its traditional products are the result of eight generations of practice in development, production and application of herbal remedies. Most of our products have been in use for centuries, having been passed down through generations of the Strauss family.



The chain was almost broken when my father took a career in heavy industry instead of applying the herbal training he received from his grandmother. However, fate intervened and at age 57, Dad had a serious heart attack. He couldn't walk, or sleep lying down, and was told he would die without surgery and drugs. Thankfully, he remembered a better option. When I was 15, Dad had me assemble, process and modify a collection of herbs until he was satisfied with the taste. This formulation restored Dad's health in less than a year and convinced us that we had to return to our family tradition.

Today, our remedies are distributed worldwide, having achieved global recognition primarily by word of mouth from satisfied customers. Strauss Heartdrops®, our flagship product, is used by thousands of new customers each year and this number continues to grow.

Along with this natural formula for the heart and circulatory system. Strauss Naturals® manufactures other herbal remedies for heart health, urinary health and immune health. A sincere effort and commitment are made to ensure that our customers return to and maintain their good health. Balance and proportion are key in producing remedies that are not only effective, but in many cases, fast acting. We have been helping people regain their health for decades and feel privileged to represent the result of generations of experience, and our family's unique understanding and approach to making herbal formulas.

P. Strauss

Peter Strauss, Founder

"And the fruit shall be for meat and the leaf thereof for medicine." Ezekiel 47:12

STRAUSS FAMILY OF HERBAL FORMULAS

Satisfaction Guaranteed



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"Everything our bodies need is provided by nature."

Strauss formulas have been available for over 40 years and are well known for being so effective you don't need to take them forever.

Support your arteries, heart and kidneys for ultimate cardiovascular care!



CARDIOVASCULAR SYSTEM SUPPORT

Support strong immunity with garlic, ginger and the power of goldenseal!



IMMUNE & RESPIRATORY SUPPORT

Support the urinary tract for optimum kidney, bladder and prostate control!

Support and manage Menopause and Menstruation with multi-symptom relief!



URINARY SUPPORT



HORMONAL SUPPORT

Strauss Heartdrops®



Used in Herbal Medicine to help maintain cardiovascular health and to help reduce elevated blood lipid levels/hyperlipidemia in adults.

No symptoms? Some people have silent Coronary Heart Disease with no prior signs or symptoms.

Doctors, especially Cardiologists maintain that “you are only as old as your arteries”. They know that arterial aging wears out your brain, heart, kidneys and other organs as well as causing damage to hearing and eyesight.

Did You Know?

Heart disease is the leading cause of death for North American women accounting for 1 in every 4 female deaths, killing more women than all forms of cancer combined. Heart disease is also the leading cause of death among young women. No longer a “man’s disease,” more women than men now die of heart disease. Only 54% of women recognize that heart disease is their #1 killer. Almost 65% of women

who die suddenly of coronary heart disease have no previous symptoms. And over 90% of women have one or more risk factors for developing heart disease.

Medicinal Ingredients: European mistletoe leaf extract 17.9 mg, Hawthorn fruit extract 35.8 mg, Hawthorn leaf and flower extracts 2.1 mg, Motherwort herb top extract 3.1 mg, Cayenne fruit extract 2.4 mg, Aged garlic bulb extract 435.5 mg, Bilberry leaf extract 1.9 mg, White willow bark extract 1.3 mg. **Non-Medicinal:** water, ethanol, cinnamon flavouring for Cinnamon only.



Aged garlic
(bulb)



Hawthorn
(fruit)



European mistletoe
(leaf)



Motherwort
(aerial)



Cayenne
(fruit)



Hawthorn
(leaf & flower)



Bilberry
(leaf)



White willow
(bark)

Strauss Heartdrops®

Our flagship product, Strauss Heartdrops® are formulated from carefully selected herbs that, through generations of experience and hundreds of years of historical herbal usage, have been considered beneficial for the circulatory system and overall vitality.

Ingredients used in the production of Strauss Heartdrops® are aged garlic, hawthorn, european mistletoe, motherwort, cayenne, bilberry, white willow, water, and ethyl alcohol.



Label Directions:

Shake well. (Adults) Place a minimum of 1 mL and a maximum of 2.5 mL, 3 times daily under the tongue, hold for 1 minute and then

swallow. Continue for a minimum of one year; thereafter take a minimum of 1 mL, 1 time daily. All droppers are marked with mL measurements.

Dosage:

Follow the label instructions. Some people will need to take more than others, even up to 2.5 mL, 3 times daily. Strauss Heartdrops® and other Natural Health Products are not drugs prescribed by doctors, therefore you need to find “your dosage” by experimenting within the dose range provided.

The dosage range of 1 mL to 2.5 mL, 3 times daily is effective and safe; therefore, we suggest that you start with the minimum and if required double your dose after 30-60 days, repeat if need be.

Maintenance Amount: 1 mL, 1 time daily can be very beneficial after 12-18 months of daily usage.

Duration:

We suggest taking the Strauss Heartdrops® for 12-18 consecutive months and then a maintenance regimen. Be consistent; take the product daily as directed.

If You Don't Like the Taste: Dilute the drops in approximately 1/4 cup of water or juice and swallow.

Research-Based and Historical Uses of Heartdrops® Ingredients:

Ethyl Alcohol

Alcohol mobilizes the herbal properties that are active within plant cells, and is an excellent preservative.

**Recovering Alcoholics: Through our experience, recovering alcoholics do not have any problems during or after taking Strauss Heartdrops®. A one-month supply of Heartdrops® contains about 0.5 ounces of alcohol. That's 1/3 the alcohol content of a regular cocktail in a full month's supply. If you are still concerned, and wish to remove the alcohol, there is a very simple solution. Simply add the drops to a little (1/8 oz) hot water and then leave for a minute or two. This will make the alcohol evaporate off, while maintaining the benefits of the herbs.*

Garlic*

- Lowers LDL cholesterol levels.⁴
- Stimulates cell growth and activity.^{5,6}
- Is a health-building and disease-preventative herb and dissolves cholesterol in the bloodstream.⁴
- Opens up the blood vessels and reduces blood pressure in hypertensive patients.⁷
- Prevents blood platelets from sticking together.⁸⁻¹¹
- During World Wars I and II, physicians used garlic as an antibiotic to prevent soldiers' wounds from becoming gangrenous, with fantastic results.

**Based on clinical studies, ESCOP (European Scientific Cooperative on Phytotherapy)³ recognizes the following indications for garlic: "Prophylaxis of atherosclerosis. (Treatment of elevated blood lipid levels insufficiently influenced by diet. Improvement of blood flow in arterial vascular disease." ESCOP also recognizes garlic's traditional use for relief of cough, colds, catarrh, and rhinitis, although clinical trials are not as abundant to support such uses.*

Hawthorn

- Strengthens the heart muscles when used regularly.¹²⁻¹⁴
- Has been used in preventing arteriosclerosis and in helping conditions like rapid and feeble heart action, heart valve defects, enlarged heart, angina pectoris and difficult breathing owing to ineffective heart action and lack of oxygen in the blood.¹⁵⁻¹⁹

Cayenne

- Unequaled for warding off diseases and equalizing blood circulation.²⁰
- Increases the heart action but not the blood pressure.²⁰
- Said to prevent strokes and heart attacks.²⁰
- A catalyst, carrying all other herbs quickly to the part of the body where it is most needed, and increases their effectiveness.²⁰

**References located at back of booklet*

Mosquito and Bug Bites, Bee Stings
Apply a small amount of Strauss Heartdrops® on the bites to relieve pain and itching.

Neutralizing the Garlic Smell
The strong odour of Strauss Heartdrops® may be passed on to the consumer but is usually short lived (about 15 minutes). Nonetheless, nature in her wisdom has provided an antidote to bad breath caused by garlic. Parsley, a readily available garden herb, contains chlorophyll and enzymes that neutralize garlic's strong odour. Chew a few leaves after use.

Traditional Knowledge or Modern Science?

Frank's Sign or Ear Lobe Crease (ELC) is a diagonal crease of the ear lobe, proposedly related to cardiac pathology, and has strongly been associated with coronary artery atherosclerosis.

“After a study by Harvard Medical in the early 1970’s, it was determined the ear lobe crease was not only the best predictor of clogged arteries, it is better than all the other indicators put together. This was confirmed again in 2008, in a much larger study in Denmark.”

These customers have complaints about symptoms of poor circulation such as cold hands and feet, low energy and chest pain.



In our experience, these creases usually show up before the other symptoms. Although treatment can improve the symptoms of heart disease, the creases do not go away.

It is interesting to see that a number of studies have found a similar correlation of over 70% between the presence of the diagonal earlobe crease and obstructive coronary atherosclerosis.^{21,22}

If you have earlobe creases like that shown in the picture, we suggest Strauss Heartdrops®. Once you have the creases however, they will not go away but you should expect to feel much better!



European mistletoe



Hawthorn



Sauerkraut

Acid Reflux or Chronic Indigestion?

Try a forkful of traditional sauerkraut (salt, cabbage & water, no wine or vinegar) 3 times a day for a week or as needed.

Scientific Studies

"The Original - 45 year track record"

"Effect of Herbal Strauss Heartdrops® in Patients with Chronic Stable Angina"

In a clinical trial²³ with 19 patients taking Strauss Heartdrops®, at the minimum dose of 0.5 mL three times a day for twelve weeks, reports included:

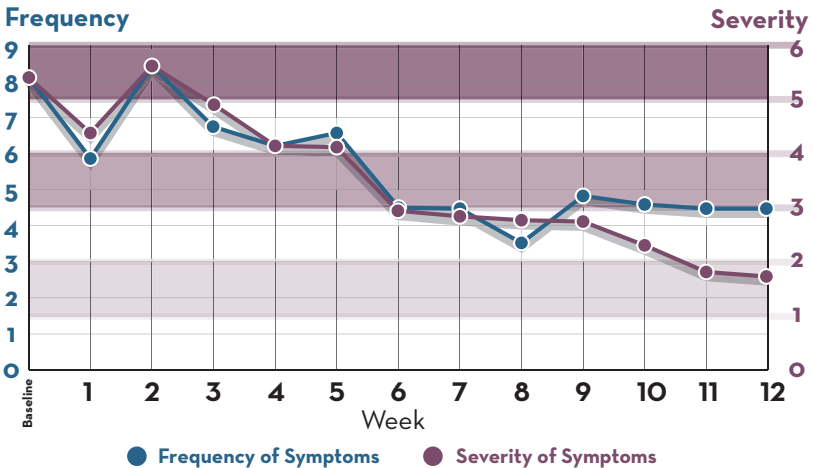
- No reported adverse effects
- No reports of interactions with other health products or drugs that the patients were taking (average of seven (7) other products/patient)
- A small drop in systolic blood pressure
- Improved quality of life by reducing the severity of heart disease symptoms

The symptoms monitored and rated on a scale of 0 (minimum) to 10 (maximum) were:

- Pain • Shortness of breath
- Fatigue • Mood
- Sleeping problems
- Swelling in legs
- Palpitations • Anxiety
- Poor appetite

Reduction in Frequency of Symptoms over a 12 Week Period: 44%
Reduction in Severity of Symptoms over a 12 Week Period: 68%
(Actual monthly results averaged for 19 participants)

Effect of Treatment with Strauss Heartdrops® on Heart Disease Frequency and Severity of Symptoms



“A One Year Observational Study of the Effects of Strauss Heartdrops® on Risk Factors for Coronary Heart Disease”

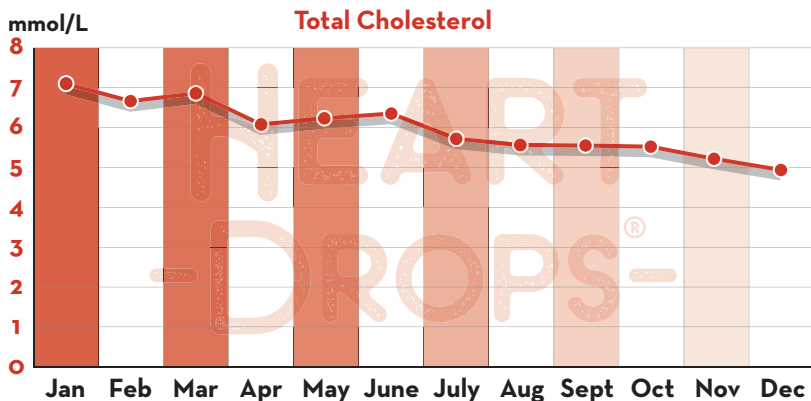
Strauss Heartdrops®, an all herbal dietary supplement, was tested for efficacy and safety in a year-long trial utilizing 14 volunteers by an independent research company in Vancouver, BC.²⁴ Over the one-year period, subjects ingested 1 mL dosages of the Heartdrops®, three times per day, while maintaining the usual lifestyle and habits.



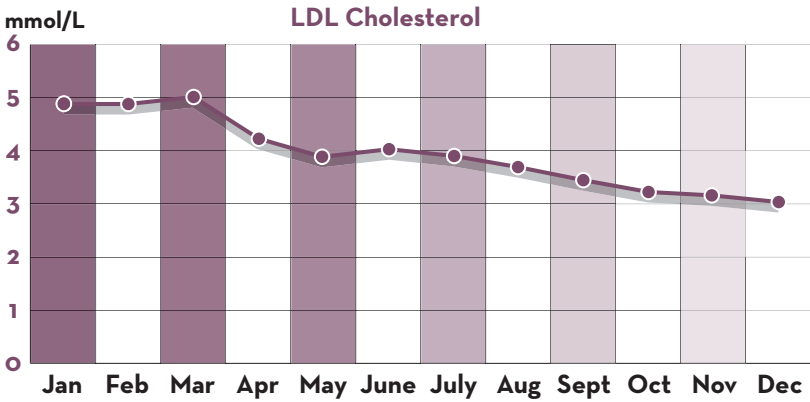
Over the one-year period, the subject group moved from blood lipid values that indicated increased risk to one of ‘normal’ or reduced chance of coronary heart disease. None of the subjects taking Strauss

Heartdrops® expressed detection of undesirable side effects, discomfort, or interactions with their prescription drugs. Reduction in blood lipid values was statistically significant.

Reduction in Total Cholesterol over One Year Period: 31%
(Actual monthly results averaged for 14 participants)
(Above 5 mmol/L indicates increased risk to Coronary Heart Disease)

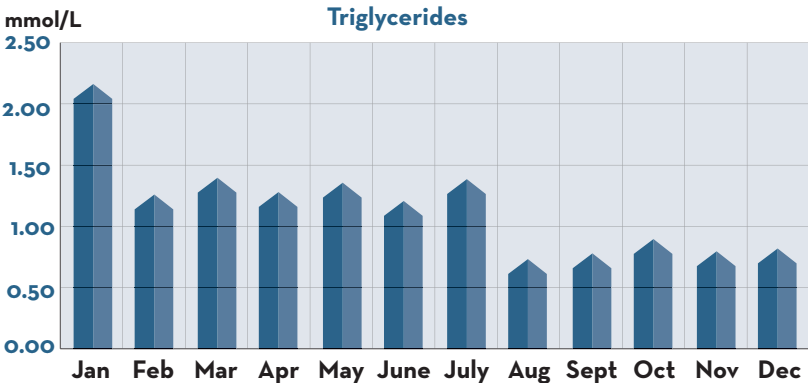


Reduction in LDL Cholesterol over one-year period: 38%
 (Above 3.5 mmol/L indicates increased risk to Coronary Heart Disease)



Note: Temporary rise in serum cholesterol levels for 3-4 months is typical for Heartdrop® users.

Reduction in Triglycerides Over One Year Period: 63%
 (Above 2.0 mmol/L indicates increased risk to Coronary Heart Disease)



From the results of this study, we conclude that Strauss Heartdrops® are

a safe and effective product for people at elevated risk of heart disease.

Copenhagen City Heart Study on Triglyceride Levels

In the Copenhagen City Heart Study²⁵ a low triglyceride level was associated with low risk (estimated relative risk of 0.6 for the lowest

20% of study population), and diabetes with an increased risk (estimated relative risk of 1.8) for cardiovascular disease.²³



Cardio Calm Drops™

Used in Herbal Medicine to help relieve restlessness and nervousness (calmative). Used to help support cardiovascular health in adults.



Cardiovascular health requires good heart rhythm.

The master pacemaker in our heart sends electrical signals that stimulate the cardiac muscle and the heart to expand and contract to pump oxygenated blood throughout your body.

Ideal for those seeking a gentle yet effective solution for stress reduction and heart wellness.

There are several types of irregular rhythms known as arrhythmia, or irregular heartbeat including Bradycardia (less than 60 beats/min), Tachycardia (greater than 100 beats/min), and Atrial Fibrillation (characterized by a disorganized, irregular heartbeat) - that can lead to a number of symptoms:

- Silent arrhythmia can also occur without symptoms
- Palpitations, fluttering or racing heart
- Pounding in the chest
- Dizziness or feeling lightheaded
- Shortness of breath • Chest discomfort
- Weakness or fatigue (feeling very tired)

Did You Know?

Arrhythmias can have a number of causes:

- Heart failure • Coronary artery disease
- High blood pressure • Shock, fright or stress
- Changes in the heart muscle (cardiomyopathy)
- Electrolyte (e.g. sodium or potassium) imbalances in the blood
- Dietary intake of caffeine, nicotine, alcohol, cocaine, inhaled aerosols, diet pills, etc.
- Pharmaceuticals, including cold remedies

How can Cardio Calm Drops™ help?

Cardio Calm Drops™ contains the most Hawthorn extract of any licensed formula available in Canada.

Medicinal Ingredients (per ml): Hawthorn leaf and flower extract 317.65 mg, Skullcap herb top extract 85 mg, Indian sarsaparilla root extract 38.57 mg, Peppermint leaf extract 35.18 mg, European mistletoe leaf extract 31.75 mg, Hawthorn fruit extract 31.65 mg, Cayenne fruit extract 1.98 mg **Non-Medicinal Ingredients:** Water, Ethanol, Glycerine, Spearmint flavouring.

Recommended Dose: take 1ml - 3ml, 3 times daily.



"These work!!!"

My resting heart rate is usually about 85...I'm a nervous and easily stressed person.

My heart rate after a couple weeks of usage is between 75-80."

– Alina

Consider taking with Strauss Heartdrops®



Hawthorn (fruit)



Skullcap (herb top)



Indian sarsaparilla (root)



Peppermint (leaf)



European mistletoe (leaf)



Hawthorn (leaf & flower)



Cayenne (fruit)

Kidney & Blood Pressure Drops™



Used traditionally in Herbal Medicine as a diuretic to relieve symptoms of temporary water retention like edema.

Good health depends on healthy blood pressure.

Your kidneys are key organs that help regulate blood pressure levels. When functioning properly, kidneys constantly filter waste and extra fluids from the blood. However, when the kidneys are damaged, infected or congested, filtration can become limited and the extra fluids may not be sufficiently removed, which can lead to dangerously high blood pressure levels.

High Blood Pressure (Hypertension) can lead to a number of symptoms that you may not even associate with the condition. Almost 30% of all people with high blood pressure don't know they have it. Here are some common high blood pressure symptoms:

- Severe headache
- Fatigue or confusion
- Vision problems
- Chest pain
- Difficulty breathing
- Irregular heartbeat
- Kidney or urinary tract infection
- Pounding in your chest, neck, or ears

Did You Know?

High Blood Pressure can be related to or cause the following complications:

- Heart failure
- Sleep apnea
- Stroke or aneurysm
- Erectile dysfunction
- Blood clots (thrombosis)
- Kidney disease
- Osteoporosis
- Dementia and Alzheimers
- Kidney or urinary tract infection
- Vision loss, blurred vision, bleeding behind the eyes
- Hardening of the arteries
- Vaginal dryness, lowered sexual desire

How can Kidney & Blood Pressure Drops™ help?

Congested, damaged or infected kidneys have a hard time clearing water from the blood. Kidney & Blood Pressure Drops™ contain a number of natural ingredients that can help.

- Gravel Root is used Traditionally in Herbal Medicine to help prevent the formation of kidney stones and diminish existing stones
- Juniper berry and its essential oil are diuretic and strongly antibacterial. They are used Traditionally in Herbal Medicine to help improve urinary flow and clear bacterial infection from the kidneys
- Goldenrod is also used Traditionally in Herbal Medicine to help promote urination, drain water, relieve edema, and to also nourish and strengthen the kidneys
- Uva ursi leaf is specifically indicated for bladder and kidney conditions and infections, helping to heal and soothe, strengthen and tonify Kidneys that are healthy and function properly can do their part to regulate blood pressure, and reduce your risk of dangerous complications.

Medicinal Ingredients (per ml): Juniper fruit 189.0 mg, Uva ursi leaf 59.1 mg, Golden rod herb top 59.1 mg, Marshmallow root 44.6 mg, Ginger root 34.1 mg, Parsley Leaf Extract 26.25 mg, Gravel root 22.8 mg, Horsetail herb top 22.3 mg, Nettle leaf 19.2 mg, Goldenseal root 17.1 mg, Lobelia leaf 3.9 mg, Cayenne fruit 2.6 mg
Non-Medicinal Ingredients: Water, Ethanol, Glycerine, Spearmint flavouring.

Recommended Dose: take 1ml, 2 - 3 times daily.



Gravel
(root)



Juniper berry
(fruit)



Goldenrod
(herb)



Uva ursi
(leaf)



Goldenseal
(root)



Cayenne
(fruit)



Parsley
(leaf)



Ginger
(root)

Strauss Bladder Drops™



A traditional herbal blend used to help support a healthy bladder and urinary tract functions.



Diuretics are substances that help the body get rid of salts and excess water via increased urine production.

Help relieve urinary tract infections and symptoms such as burning sensation and frequent urination.

Noticeable results in 1 - 4 weeks.

Did You Know?

Stress & Urinary Incontinence.

Research shows that Stress Incontinence affects up to 50% of both men and women ages 19-55 and more as the age increases.

Over Active Bladder Syndrome (OAB) is a chronic, challenging condition consisting of urinary storage related symptoms (urinary urgency, urinary frequency, urgency incontinence and nocturia) demonstrated to have an impact on the quality of life for both men and women.

A urinary tract infection (UTI) is an infection in any part of your urinary system — your kidneys, ureters, bladder and urethra. Most infections involve the lower urinary tract — the bladder and the urethra.*

Many things can affect one's bladder health. However, certain signs may mean a bladder problem.

Some signs and symptoms are:

- leaking urine (called urinary incontinence)
- needing to urinate eight or more times in one day
- frequently waking up at night to urinate
- sudden and urgent need to urinate
- infection; pain or burning while urinating
- cloudy urine or blood in urine
- passing only small amounts of urine after strong urges to urinate
- weak stream while urinating
- difficulty voiding the bladder

The synergistic blend of herbs in the Bladder Drops™ formula, work together in addressing complaints of the urinary tract.

Medicinal Ingredients (per ml): Birch leaf extract 268.7 mg, Uva ursi leaf extract 210.0 mg, Bilberry leaf extract 201 mg, Juniper fruit extract 110.0 mg, Saw Palmetto fruit extract 91.3 mg, White willow bark extract 45.6 mg, Linden flower extract 45.6 mg, Nettle Herb top extract 45.6 mg, Corn silk stigma extract 45.6 mg, Goldenseal root extract 32.6 mg

Non-Medicinal Ingredients: Water, Ethanol, Glycerine, Spearmint flavouring.

Recommended Dose: take 1ml, 3 times per day.



Birch
(leaf)



Bilberry
(leaf)



Uva ursi
(leaf)



Juniper
(fruit)



Saw palmetto
(fruit)



White willow
(bark)



Linden
(flower)



Nettle
(leaf)



Corn silk
(stigma)



Goldenseal
(root)



"My recurring bladder infections have finally stopped and my bladder control has improved greatly." – Natalie

Strauss Prostate Drops™



Helps relieve the urologic symptoms associated with mild to moderate benign prostatic hyperplasia (BPH)

This includes:

- weak urine flow
- frequent day and night-time urination
- incomplete voiding



"Prostate Relief. This is great for any men suffering from enlarged prostate." – Dingus



What is benign prostatic hyperplasia?

Benign prostatic hyperplasia—also called BPH—is a condition in men in which the prostate gland is enlarged and non-cancerous. By 70 years of age, almost all men will have some prostate enlargement. At normal size, the prostate gland is about the size and shape of a walnut or golf ball.

How can Strauss Prostate Drops™ help?

Our synergistic blend of Traditional Herbal ingredients provides a naturally sourced, safe and effective formula that goes beyond only concerns for benign prostatic hyperplasia, offering total urological support.

Did You Know?

Benign prostatic hyperplasia affects about 50 percent of men between the ages of 51 and 60 and up to 90 percent of men older than 80. Men with the following factors are more likely to develop benign prostatic hyperplasia (BPH):

- age 40 years and older
- erectile dysfunction
- family history of benign prostatic hyperplasia
- medical conditions such as obesity, heart and circulatory disease and type 2 diabetes
- lack of physical exercise
- having extra fat on your abdomen (abdominal obesity)

Signs and symptoms of BPH start when the enlarged prostate put pressure on the urethra and bladder. This can narrow (constrict) or block the urethra, which can cause changes in bladder habits such as the following lower urinary tract symptoms:

- difficulty passing urine
- more frequent urination (called urinary frequency), especially at night
- a strong or sudden urge to urinate (called urinary urgency)
- weak or slow urine stream
- being unable to empty the bladder completely, which can lead to urinary tract infections and bladder stones
- difficulty starting the urine stream (called straining)
- difficulty controlling the bladder (called incontinence), which can cause urine to leak and dribble
- blood in the urine

Medicinal Ingredients (per ml): Uva ursi leaf 24.0 mg, Birch leaf 48.3 mg, Goldenseal root 34.6 mg, Juniper fruit 96.9 mg, White willow bark 48.3 mg, Saw palmetto fruit 333.3 mg, Linden leaf & flower 48.3 mg, Nettle leaf 165.4 mg, Bilberry leaf 212.6 mg, Corn silk stigma & style 48.3 mg **Non-medicinal ingredients:** Water, Ethanol, Glycerine, Spearmint flavouring.

Recommended Dose: Shake well. Take 1 ml, 3 times per day.



Uva ursi
(leaf)



Birch
(leaf)



Goldenseal
(root)



Juniper
(fruit)



White willow
(bark)



Saw palmetto
(fruit)



Linden
(flower)



Nettle
(leaf)



Bilberry
(leaf)

Strauss Menopause Drops™



Menopause Drops™ are used traditionally in Herbal Medicine to relieve symptoms associated with menopause and post menopause; such as hot flashes and night sweats.



Helps to reduce mineral bone density loss when used with adequate amounts of Calcium and Vitamin D.

For women seeking natural alternatives to traditional hormone therapy, prioritizing holistic wellness and healthy aging.

How can Menopause Drops™ help?

Helps women regain control of their bodies and improve their overall well-being using a mild and non-invasive approach, suitable for individuals who may be hesitant about traditional medications.

Alleviates hot flashes, night sweats, mood swings, sleep disturbances, vaginal dryness and other menopausal symptoms.

Uses high-quality herbal ingredients with a proven track record for addressing menopause symptoms.

Contains extracts of 20 different medicinal herbs that all have use as female tonics and as other remedies in support of the female reproductive system and symptoms associated with menopause and/or pre- and post-menopause.

Medicinal Ingredients (per ml): Red Clover Isoflavone Extract (13.33 mg AIÉ* flower), Black Cohosh (50.7 mg root), Blue Cohosh (30.4 mg root), Ginger (22.2 mg rhizome), Squawvine (20.4 mg herb top), Raspberry (17.0 mg leaf), Crampbark (11.1 mg bark), Valerian (11.1 mg root), Eleuthero (10.0 mg root), Uva-ursi (10.0 mg leaf), Blessed Thistle (8.2 mg herb top), Lady's-mantle (6.7 mg herb top), Lobelia (6.0 mg herb top), Dong Quai (5.9 mg root), Bayberry (5.6 mg bark), Damiana (4.8 mg leaf), Chinese Licorice (4.8 mg root), Indian Sarsaparilla (4.8 mg root), False Unicorn (4.1 mg root), Safflower (3.4 mg flower).

Non-Medicinal Ingredients: Water, Ethanol, Glycerine, Spearmint flavouring.

Recommended Dose: take 1ml, 3-5 times per day.



Red Clover
(Isoflavone Extract)



Black Cohosh
(root)



Blue Cohosh
(root)



Ginger
(root)



Squaw Vine
(herb top)



Raspberry
(leaf)



Valerian
(root)



Eleuthero
(root)



Uva Ursi
(leaf)



Blessed Thistle
(herb top)



Lady's Mantle
(herb top)



Lobelia
(herb top)



Dong Quai
(root)



Bayberry
(root)



Damiana
(leaf)



Chinese Licorice
(root)



Indian Sarsaparilla
(root)



False Unicorn
(root)



Safflower
(flower)

Strauss Woman's Wonder™ Drops



Menstrual Pain and Cramping.

Used traditionally in herbal medicine.

- to help relieve cramping (dysmenorrhea) associated with menstruation
- to help alleviate excessive/heavy bleeding associated with menstruation (menorrhagia)
- to help women cope with the natural stresses placed on the body during your period

Woman's Wonder is a liquid combination product containing extracts of 11 different naturally-sourced herbs with a long history of use in supporting a healthy menstrual cycle, balanced energy, mood levels, and hormonal health.

The Woman's Wonder formulation was designed to provide a safe, balanced product for self-use. The Woman's Wonder formulation is safe and effective when taken as recommended for its intended uses/purposes.

Consider taking Strauss Woman's Wonder™ Drops with Strauss Heartdrops®.

Did You Know?

Period pain, or dysmenorrhea, is a common experience for many during menstruation. Around 80% of women experience period pain at some stage in their lifetime. You can suffer from period pain from your early teens right up to menopause. Most women experience some discomfort during menstruation, especially on the first day.

In fact, pain is the most common problem that people complain of during their menstrual cycles alongside premenstrual symptoms including bloating, mood swings, tender breasts, swollen stomach, lack of concentration, tiredness, and clumsiness.

Recommend Dose: -Women (18 years and over): 3 mL, 3 times per day

-Take beginning 1 day before menstruation, and for a maximum of 3 days.

-Allow at least 1-hour between taking this product and other medications or health products.

-For occasional use only. Contraindicated in pregnancy or in those planning a pregnancy.

Medicinal Ingredients: Blessed Thistle Herb Top (Cnicus benedictus) 109 mg; Squawvine Herb Top (Mitchella repens) 109 mg; Raspberry Leaf (Rubus idaeus) 91 mg; Crampbark (Viburnum opulus) 58 mg; Uva Ursi Leaf (Arctostaphylos uva-ursi) 44 mg; Dong Quai Root (Angelica sinensis) 33 mg; Ginger Root (Zingiber officinale) 24 mg; Lobelia Herb Top (Lobelia inflata) 12 mg; Marshmallow Root (Althaea officinalis) 12 mg; Goldenseal Root (Hydrastis canadensis) 11 mg; False Unicorn Root (Chamaelirium luteum) 9 mg **Non-Medicinal Ingredients:** water, glycerin, ethanol, spearmint flavour.



Squawvine
(herb top)



Blessed Thistle
(herb top)



Raspberry
(leaf)



Crampbark
(bark)



Uva Ursi
(leaf)



Dong Quai
(bark)



Ginger
(root)



Lobelia
(herb top)



Marshmallow
(root)



False Unicorn
(root)



Goldenseal
(root)

Strauss ColdStorm® Drops



Used in Herbal Medicine to help relieve the symptoms associated with upper respiratory tract infections and catarrhal conditions.

The only bottle you need for the **WHOLE FAMILY!**



Nursing Mothers*



Toddlers



Kids



Adults



Seniors

Respiratory & Immune Support

Common colds are the main reason that children miss school and adults miss work. While winter and spring are the most common times people get sick, you can get a cold anytime of year. Colds usually last 7-10 days and adults usually catch 2-3 colds per year and children catch even more.

ColdStorm® Drops are made with naturally sourced fresh garlic, which can help relieve symptoms associated with upper Respiratory tract infections and catarrhal conditions like congestion and mucus buildup. Catarrh is a build-up of mucus in an airway or cavity of the body. It usually affects the back of the nose, the throat or the sinuses and can lead to:

- reduced sense of smell and taste
- constant need to clear your throat
- the feeling that your throat is blocked
- blocked or stuffy nose that you can't clear
- persistent cough
- a headache or facial pain
- crackling sensation in your ear and some temporary hearing loss
- runny nose and the feeling of mucus running down the back of your throat

Strauss ColdStorm® Drops
Get it before you need it!



"I have been taking the Cold Storm and Cardio Calm and feel great. They help when I feel like I am coming down with something and overall is a great product. I highly recommend these products." – Tina

These symptoms can be frustrating to live with and may affect your sleep, making you feel tired. ColdStorm® Drops can help relieve these symptoms.

How to use Strauss ColdStorm® Drops

Take it daily during the fall and winter and during times of seasonal change. Take it at the first sign of a cold or when you are feeling run down.

ColdStorm® can also be taken daily.

Once a cold sets in, taking ColdStorm® can still help with fast relief of a sore throat, coughs and sinus symptoms as well as reduce the duration of your cold dramatically.

Medicinal Ingredients (per ml): Garlic bulb fresh 660 mg **Non-medicinal ingredients:** Glycerine, Ethanol, Cherry juice, Natural mint flavouring.

Recommended Dose: take 1 ml to 3 ml, 3 times per day.

Usage: Adults, nursing mothers & adolescents take 2-3 ml/3 times daily. Children 2-9 Years old; take 1 ml up to 3 times daily. Shake well. Can dilute in juice, yogurt or honey.

*Safe for nursing mothers and toddlers.

Refreshing Arctic Cherry & Mint flavour



Garlic



Strauss TravelBug® Drops



To help relieve nausea, vomiting, upset stomach, cough and cold symptoms.

Travel Bug® Drops are easy-to-take liquid drops with a refreshing ginger mint flavour for people on the go!

Made with fresh garlic bulb and fresh ginger.

Suitable for ages 6 and up, teens and adults alike.

Travel Bug® Drops are great for road trips, an ideal addition to your backpack when you go camping or fishing, your carry-on luggage when you are travelling for business or on a family vacation, or in your purse or bag for everyday life.

Ginger is traditionally used in Herbal Medicine to help relieve digestive upset including lack of appetite, nausea, digestive spasms, indigestion, dyspepsia and flatulent colic. Helps prevent nausea and vomiting associated with motion sickness and/or seasickness.

Garlic and ginger are traditionally used in Herbal Medicine as an expectorant and anti-tussive to help relieve symptoms associated with upper respiratory tract infections and catarrhal conditions, including nasal congestion, coughs, colds, and bronchitis.

Travel Bug® Drops may help with:

Seasickness and Motion sickness – whether you're on the bus, in the backseat of a car on a road trip, or out boating, Travel Bug® drops can help relieve the nausea and vomiting that can accompany these activities.

Dyspepsia – affecting approximately 30% of the population, Travel Bug® Drops can help relieve the symptoms of bloating, discomfort, feeling too full, nausea, and gas associated with Dyspepsia after you eat or drink.

Medicinal Ingredients (per ml): Allium sativum (garlic bulb fresh /bulbe d'ail frais) 270 mg, Zingiber officinale (ginger root fresh/ racine de gingembre) 270mg, Zingiber officinale (ginger root extract/ racine de gingembre) 10.45mg **Non-medical ingredients:** Glycerine, ethanol, citric acid, spearmint flavouring.

Recommended Dose: Adults, adolescents and children: (6 years and older): 2 ml 1-4 times per day.

For anti-nausea use, take a single dose 30 minutes before travel and every 4 hours after that, as needed. Shake well before use.



Stay happy on your travels.

Strauss Immune Plus Drops™

Helps support and maintain immune function in adults.



Traditionally used in Herbal Medicine to help alleviate mild infectious and inflammatory conditions of the upper respiratory tract (including coughs and colds) and digestive tract (including gastritis and dyspepsia).

Immune Plus™ Drops are a multi-functional product designed to maintain and support both immune and digestive health, supporting the symbiotic relationship between the gut, immune and brain.

- Helps relieve coughs, colds, and non-acute bronchitis
- Helps support a healthy immune system
- Helps relieve gastritis and dyspepsia
- Can help stimulate appetite
- Easy to take, effective liquid drops in an ideal travel size
- For adults aged 19 and older
- Refreshing Spearmint flavour

What factors can depress our immune system?

- Older age
- Environmental toxins
- Excess weight
- Poor diet
- Chronic diseases
- Chronic mental stress
- Lack of sleep and rest

Medicinal Ingredients: Myrrh gum (*Commiphora myrrha*) 527.7 mg, Goldenseal root and rhizome (*Hydrastis canadensis*) 263.9 mg, Cayenne fruit (*Capsicum annum*) 4.4 mg, Vitamin C (ascorbic acid) 3mg. **Non-Medicinal:** water, ethanol, spearmint flavour, Citric Acid

Recommend Dose: Adults: 19 years and older: 1mL, 3 times per day

Did You Know?

The design of our immune system is complex and influenced by an ideal balance of many factors, not just diet, and especially not by any one specific food or nutrient. However, a balanced diet consisting of a range of vitamins and minerals, combined with healthy lifestyle factors like adequate sleep, proper gut health, exercise and low stress, most effectively primes the body to fight infection and disease.



Myrrh
(gum)



Goldenseal
(root)



Cayenne
(fruit)



Vitamin C

8 Steps to Help Support a Healthy Immune System

1. Eat a balanced diet
2. If a balanced diet is not readily accessible, taking herbals and a multivitamin can help
3. Don't smoke or quit if you do
4. Drink alcohol in moderation
5. Perform moderate regular exercise
6. Aim for 7-9 hours of sleep nightly
7. Aim to manage stress
8. Wash hands throughout the day

Herbal Information

Why Herbs?

Simply stated, when herbs are taken as directed they are very safe, effective and gentle. Herbs can be used for both prevention and as a treatment for a wide variety of ailments. They are products that you can select yourself to keep your body in a healthy state, which puts you in some control of your health. Herbs are a product of nature, containing essential substances necessary for building up and maintaining the body, and optimizing the performance of vital functions. The best way to fix something that is broken or malfunctioning is to use the parts from which it was originally made. Herbs provide great assistance to your body's own ability to maintain or return to a healthy state.

Herbs are not chemicals synthesized in a laboratory; they are high quality plants, rich in compounds that may be missing in your diet. Plants have the power of taking up mineral substances through their roots from the soil, and assimilating and transforming them into organic forms in such a way that they

become bioavailable and readily utilized by the human body.

Many new drugs are actually purified compounds extracted from whole plants. Experience is now showing that purified chemicals from plant extracts do not necessarily provide all the benefits of the whole plant, and especially of whole plants in specific combinations, which is the specialty of Strauss Naturals®

From ancient times, herbs and herbal preparations have been widely used as the safest and best medicines for a wide variety of ailments. The vast knowledge of the beneficial effects of herbs and plants was acquired in early civilization by experimentation and intuition, then passed down and perfected by succeeding generations. Scientific research and medical experience are continually confirming the health-giving properties of herbs.

Did you know that natural remedies are still the primary source of healthcare for two thirds of the world's population?

Strauss Traditional Herbal Formulas

There are many herbal products on the market today, so why will you choose one over another? The answer is in the product's effectiveness, safety and quality. Does it work, and does my body tolerate the product? Strauss

products have a reputation for their effectiveness, a reputation created and voiced by consumers of our products originally and solely by word of mouth. We are so confident in our products we provide a no hassle money back guarantee. It



Cayenne (fruit)

Saw palmetto (fruit)

works or your money back (see page 30). Our products are very safe and easy to tolerate. All our products come complete with all the information you need to safely use and achieve the results you are looking for. Our products are of high quality, and licensed by Health Canada to produce Natural Health Products (NHPs).

Herbs in our Strauss formulas are chosen for three main reasons: complimentary, additive or as a catalyst, which is synergy. Utilizing complementary herbs in a formula allows the formula to assist the body in resolving the health issue while offering support to other organs or parts of the body while the body is healing. The result is a gentle holistic healing approach. Additive herbs have the same intended uses or action, because not every herb will work on everyone. Additive herbs with the same action are used to have a broader spectrum of efficacy on a greater number of people. As an example, saw palmetto is an herb that has been traditionally used for benign prostate enlargement (BPE). Recent studies have found that a combination of saw palmetto and stinging nettle is more effective in alleviating the symptoms of BPE. Our Strauss Prostate product contains both herbs (and eight others that provide complimentary actions). Catalyst herbs are chosen to enhance the effectiveness of other herb(s). This is known as synergy. Strauss uses cayenne in many cases

as a catalyst to increase absorption and assist in the metabolizing of other herbs. The goal of a properly formulated herbal product is to provide increased effectiveness, safety and gentleness compared to a single herb product.



Compliance (taking the product as directed) and efficient absorption are the crucial first steps in any healing process, with significant signs of improvement in some symptoms often experienced within the first week or two of taking the product. However, it is important to keep in mind that health regimens involving Strauss herbal supplementation should be followed as directed and for many products this process can take 3 months or more.

The reward for vigilance in such a natural health regimen can be renewed health and vigor and improved quality of life.

Much research and countless studies have been completed, proving the various health benefits of so many herbs. Once the best herbs are selected, perfect proportion and disciplined process are the keys to making great formulas. Many people around the world agree, it is a painless, non-invasive, economical way to improved health.



Aged garlic
(bulb)



Hawthorn
(fruit)



European mistletoe
(leaf)

Detoxification

Many herbs have a detoxifying or cleansing action. Although cleansing occasionally has some undesirable effects, such as joint or muscle pain, diarrhea, rashes, or flu like symptoms, it is a normal part of the herbs' action. Symptoms usually pass within 1-3 days, but on rare occasions can last longer. If uncomfortable, reduce dosage by 1/2 or 2/3 or stop until detox symptoms disappear and then restart with 1/2 dosage and increase to recommended dose over a few weeks.

The goal is to cleanse your blood system, organs and tissues of poisons, bacteria, plaque and other undesirables from your body safely and efficiently. After all, you would not stay in the kitchen too long if you never removed the trash, so do your best to take your Strauss formula(s) regularly (best 3 times daily). Even though you may well experience great improvement in several days or one week, please finish your bottle and know that a thorough cleanse takes 2-3 months. Bacteria grows and grows back very quickly and even a small amount of increased blood flow can be

invigorating, but it is best to finish properly the first time, as with many things and tasks in our daily lives.

Of course, if you become uncomfortable, have any concerns, want more information, or just want to call and tell the Strauss team how you're doing, please call us toll free (866) 478-2873. We care about your health and wellbeing very much!

Natural Health Products (NHPs) are considered extremely safe, however, every product bears some risk; even the peanut. The risk information on our labels include theoretical or potential risks. The risk information is there to inform you that even though the product is not known to cause a certain issue, you are made fully aware that the potential may exist. This allows you to use our products with full confidence and, at the same time, be aware of any risks, potential or otherwise, that may be associated with Strauss products. In the unlikely event you experience any negative effects, we encourage you to promptly contact us. (See back cover).

Strauss formulas are in Liquid Form

Our products are available in a liquid extract. The added convenience of an extract compared with making numerous cups of tea or capsules in

a day will increase the chances the product is taken regularly, which is very important.

Strauss liquid advantages

- Very convenient compared to teas
- Very stable final preparation with long shelf life
- High bioavailability and absorption.
- Fast acting and can be absorbed without digestion under the tongue (sublingually)
- Ideal for less than optimal digestive systems
- More than 70 million Americans have digestive disorders. Based on a US population of 300 million, means approx. 20-25% of citizens suffer some kind of digestive issue. The result is often incidence of weight gain, illness and other health issues that afflict humans and negatively impact quality of life.

Herbal medicine uses plants as medicines to keep people healthy and heal illness. Herbal medicine has been around for thousands of years. Many conventional medicines are based on herbal medicines. For example, willow bark tea was used for centuries to control fever. Drug companies learned to copy the chemical makeup of willow bark to produce aspirin.

Herbal medicines can do all of the same things that conventional drugs can do. They may prevent illness. They may cure infection. They may soothe a fever or help wounds heal. They may keep you regular or ease your pain. They may calm you down or perk you up.



Motherwort
(aerial)



Cayenne
(fruit)



Hawthorn
(leaf & flower)



Bilberry
(leaf)

Research & Development

Don Schulz, B.Sc. Compliance Manager
Travis Huyghebaert, B.Sc. Compliance Associate

Since its inception in 1980, Strauss Naturals® has been committed to the manufacturing of consistent, high quality herbal blends that offer maximum therapeutic value to those with compromised health.

The Company has relied on eight generations of herbal knowledge and experience in formulating and standardizing its products.

We're All a Little Different

Generally, people who take Strauss Heartdrops® are impressed and start recommending them to friends and loved ones in a very short time. As body types differ, so can the results. Many people experience effects in a few days, while for others it takes weeks, and

for some it takes a few months. Our customer satisfaction is over 98%. Quantity and frequency are the keys for maximum success.

Stay Active

Activity certainly improves circulation and the distribution of the Strauss Heartdrops® in your circulatory system.



Quality Control

Sarsaparilla



Don Schulz, B.Sc. Compliance Manager

Natural Health Products for sale in Canada are subject to the Natural Health Product Regulations which came into force January 1, 2004. The regulations define the requirements for the manufacture, packaging, labeling, storing, importing, distributing, and sale of natural health products in Canada to ensure that all Canadians have access to natural health products that are safe, effective, and of good quality.

The Natural and Non-prescription Health Products Directorate issues Site Licenses to qualified companies for activities related to the manufacturing, packaging, labeling, or importing of natural health products. Sites must have procedures in place for distribution records and product recalls and for the handling, storage and delivery of their products. They

must also demonstrate that they meet Good Manufacturing Practice (GMP) requirements to ensure product safety and quality. They require the manufacturers to implement appropriate standards and practices regarding product manufacture, storage, handling and testing.

Natural Health Products Regulations cover final product testing for identity, microbiological contaminants, heavy metals and pesticides; product specifications; premises; equipment; personnel; sanitation program; operations; quality assurance; stability; records; lot or batch samples; recall reporting. The GMPs are designed to ensure safe, high quality products. At Strauss Naturals® we have successfully demonstrated GMP compliance and the requirements of a Site License.

Strauss Product Features

- ✓ All Strauss Naturals® products are unique and formulated to maximize synergistic effects of all herbal ingredients. Determining the exact proportion of ingredients is key in capitalizing on this synergy. This skill has been perfected by Jim and Peter Strauss through eight generations of traditional herbal healers.
- ✓ Strauss herbal products are specifically formulated to empower and strengthen specific body functions that have become deficient as a result of illness. They can also be utilized to complement orthodox forms of healing.
- ✓ Every herb shipment received by Strauss Naturals® comes with a Certificate of Analysis to ensure quality and purity.
- ✓ Manufactured within GMP (Good Manufacturing Practices) compliant facilities.
- ✓ Every batch of every product is independently tested for identity, microbiological contaminants, heavy metals and pesticides, and meets established final product specifications before release for sale.

Prevention is the Key to Healthy Living

Preventive maintenance is taking control of your health.

If you are like most people, you may take your health for granted, at least until it becomes compromised. At this point it will become the most important thing to you. There are many things you can do to achieve and maintain good health. Most of these things can be done in small quantities frequently so that, when added up, they amount to a large, positive impact on your health. Some of the things that you can do include:

- Stay active daily; take a brisk walk, perform gentle stretching and full range of movement for all your joints
- Eat quality foods; choose healthy foods as much as possible
- Be happy and laugh; it can help to reduce stress
- Protect yourself from toxic environments and chemicals in and out of the home.
- Incorporate Natural Health Products (NHPs) as a part of your preventive health program.

NHPs are health products that you can select yourself to maintain your good health. When combining these with daily exercise and a healthy diet, you are practicing preventative health maintenance.

There are many NHPs on the market that will cleanse your liver, colon, blood and lymphatic system. There are products that will support and maintain your cardiovascular system, reproductive system, kidneys, heart, brain, lungs, bones and joints. There is an NHP for just about every part of your body. Do you remember the saying “An ounce of prevention is worth a pound of cure?” This is still excellent advice even in today’s hi-tech world of “instant results”. You do not need to wait until an illness or disease strikes before acting. The complete Strauss product line can be used as part of your preventive maintenance program to keep you and your family healthy. So why not start today? Start with high quality NHPs. Start with Strauss herbal products and take control of your health.

To Maximize Your Objectives

Just as herbs can be blended to work synergistically, healing should also be done synergistically. People cannot live on one food or food group alone. Some ailments require several products to support more than just the depleted body function or organ. They should be used

together to provide support to the body as a whole.

A healthy diet is also very important for healing. We cannot create an environment for health when we continue to bombard the body with counter-productive toxins.



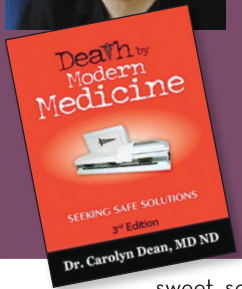
Recommended Diet:

There are many things you can do to improve your overall health. Remember, you are what you eat, so think twice before consuming non-beneficial foods. If you can, try to eat wholesome foods at least 80% of the time. Your body will thank you. Consider the following:

- Drink 1-2 teaspoons of apple cider vinegar daily in water or juice
- Minimize dairy products (rice milk is a good replacement)
- Limit red meat intake
- Use olive oil, flaxseed oil, sunflower oil, fish oils
- Use kamut, spelt, millet, quinoa, brown rice breads and grains
- Eat plenty of raw, washed fresh fruits and vegetables in a variety of colours
- Drink pure high quality, non-chlorinated water, natural juices, herbal teas
- Cut down or eliminate all processed and sugary foods
- Avoid genetically altered foods (what had seeds before should have them now). Organically grown is your safest source
- Season foods with herbs, garlic, chives, fresh lemon juice or sea salt
- Exercise daily
- Please, do not smoke

Professional Comments

Dr. Carolyn Dean MD, ND



According to the on-line publication Brain Briefings, about 25 percent of people are “supertasters,” and this ability is passed on genetically. Supertasters tend to experience an overall higher level of tasting ability than others. They also have a greater number of papillae (or bumps) on the tongue that hold over 10,000 taste buds. The four basic tastes are sweet, sour, salty, and bitter.

From her book, “Death by Modern Medicine”

In our culture we have become so used to feeding only our sweet and salt taste buds we don't realize that there are other tastes and great variations in those tastes. But supertasters are able to distinguish variations of these four, allowing them to be great wine tasters, chefs, and herbalists. According to a 2002 discussion paper produced by The Natural Health Products Directorate, “Despite all of the recent advances in analytical technology, the human senses are still superior to chemical techniques in making fine discriminations in taste and aroma.” This is evidenced by the fact machines have yet to replace professional wine, coffee and tea tasters or professional noses in the perfume industry. An experienced

pharmacologist can accurately identify botanical material and assess its “quality” based upon organoleptic features, often in a matter of seconds.

The Strauss family possesses this supertasting ability, which has been passed down through generations. This skill allows them to compete with the most sophisticated equipment, such as

gas chromatography, in distinguishing herbal constituents. In spite of all the right measurements, dials, temperatures and ingredients, you know how different the same recipe can be in the hands of different cooks. One can be a disaster, and the other can be a delight. It's the same with herbal formulations.

Dr. Robert Jackman, PhD

As a Food Biochemist with over 20 years of combined academic and industry experience in food and related fields, I've written half-a-dozen book chapters, over 25 research publications, and several patents. I know the importance of organoleptics as applied to foods. Organoleptics is the science of taste, smell and the other senses. They are vital to the production of food, whether in the kitchen, in restaurants, or by the giant food manufacturers. If a product does not look, taste or smell good or as expected, the consumer will not purchase or consume it. Organoleptics is no less important to the herbalist, to identify

an herb and determine its efficacy and potency in the formulation of high quality, effective natural health products.

Peter Strauss, and his father Jim before him, have formulated over 20 herbal products over the past 28 years, based on their extensive knowledge of herbs and their unique organoleptic (skills, passed down through eight generations). They have the ability to identify herbs and their potency, which are best combined and in what proportions to maximize their synergistic or complimentary effects and the therapeutic value of the blended product.

Dr. Muriel Grant, DC, ND

I was fortunate enough to be mentored for 25 years by a brilliant medical doctor. Dr. Leo Roy was a researcher, teacher, author and lecturer. He loved nature and natural methods of healing. Dr. Roy was one of the founders of the Ontario College of Naturopathic Medicine.

Dr. Roy was extremely particular as to the type of food supplements he would recommend to his patients or students. He felt confident of very few companies on the North American continent.

He invited me to visit him in British

Columbia to view some of the research he was working on, together with other researchers. While there he mentioned that I should investigate the Strauss Naturals®. Dr. Roy was most impressed with not only the quality of their products, but also the integrity of Strauss Naturals®.

On my return to work at my clinic in Toronto, I started asking patients about their experiences with supplements, and many patients gave me very positive feedback about Strauss Naturals®.

“Everything our bodies need is provided by nature”

Jim Strauss, Founder



Our Experts & Podcasts

HEALTH & WELLNESS WITH WAYNE ELLIOTT

Listen to Wayne discuss topics on GMO foods, heart disease, detox, circulation, diabetes, blood pressure, urinary health, men's prostate health and women's health.

Wayne is a natural health advocate and promotes the use of Strauss products because of his personal success with these formulas. His passion is helping people regain and maintain their health. Wayne was

good friends and taught throughout his career by Jim Strauss senior, the founder of Strauss Naturals along with his son Peter Strauss.

Wayne can be heard on several podcasts and radio shows nationally!



LISTEN TODAY:

Website: loveyourheartdrops.com

Youtube: youtube.com/@healthandwellnesswithwayne2139

ASK DR. GARKO

Dr. Michael Garko, Ph.D. is an award-winning university professor and researcher, nutritionist, consultant, writer, journalist and radio host producer.

Dr. Garko passionately believes that your health is your wealth, and your health is the wealth of those who care about and love you. In that regard, he has extensively studied, written about, lectured and reported (as a journalist) on the use of nutrition, dietary

supplementation and diet and lifestyle strategies to educate and empower others on how to create, sustain and reclaim their health.

Dr. Garko can be heard on several podcasts and radio shows nationally!



ASK DR. GARKO YOUR QUESTION:

Visit: straussnaturals.ca



Guarantee | FAQ



100% NO HASSLE SATISFACTION GUARANTEE

We offer a 100% No Hassle, Satisfaction Guarantee on all Strauss Naturals products. If you are not completely satisfied, please call our super friendly Customer Service Team toll free **1-866-478-2873** and we'll be happy to address your concerns and refund your purchase in a timely manner; or help you with the store you purchased it from.

FAQ

1. Is it true that Heartdrops have a strong flavor?

Garlic has always been a herb with a robust flavor. For this reason, we now offer two flavors – Cinnamon and Original.

2. How long and how often do I take Heartdrops?

We suggest you take Strauss Heartdrops 3 times daily for a minimum of 3 months and ideally for one year. After that time, you may choose to continue on a maintenance schedule by reducing the daily amount.

3. Can I return it if I don't like the taste?

Yes, but we strongly suggest that if you are struggling with the taste, try taking the minimum dose or dilute it in a little liquid, water or juice until you get used to it.

4. Why is ethyl alcohol used in your products?

The alcohol that is used in all Strauss products, including Heartdrops®, is ethanol. It is high quality, extremely pure, derived from natural NON-GMO corn that is distilled and purified such that it is corn and gluten free, and 200 proof. All herbal companies manufacture their tinctures with ethanol. Ethanol is considered safe and is the same alcohol present in red wine. The alcohol is present for two reasons, one as a catalyst to aid body absorption of the herbal components; two as a preservative for the herbs that helps prevent microbial contamination.

5. Would a Certified Physician recommend these?

We currently do have Registered Natural Health Practitioners, Chiropractors and Naturopathic doctors that recommend and incorporate Strauss products with their clients.

6. Can I take it with my prescription medicines?

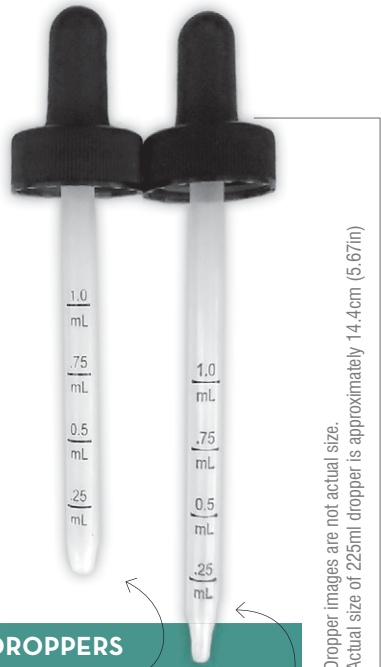
We recommend 1-2 hours apart. Please always consult with your health care practitioner prior to use if you are taking other medications and/or supplements.

7. How many calories are in Heartdrops?

As Strauss Heartdrops® are a dietary supplement, we don't conduct nutritional content testing. However, there are approximately 6 calories per 2.5 ml serving size due mainly to the ethyl alcohol present.

8. Is there a shelf-life or expiry date of your products?

All Strauss Naturals herbal formulas have a 5 year shelf life from their date of lab testing and manufacture. This ensures that you will always get a product at its best. The expiry date for our products can be found on the back of the bottle next to the Lot Number. We always recommend that you store our products away from children and out of direct sunlight. Do not refrigerate. We suggest you keep it on the counter where you'll see it and use it every day.



DROPPERS

3.4 fl.oz./100ml bottle dropper
7.6 fl.oz./225ml bottle dropper

SHARE YOUR EXPERIENCE!

straussnaturals.ca



Feel better with Strauss.

There is only one Strauss Heartdrops®

Insist on the Original.

All of our products are manufactured in a GMP Compliant, NNHPD licensed and USFDA inspected facility.



Strauss Naturals Commitment

- ✓ At Strauss Naturals we are committed to making natural health products that work, and we are motivated by improving the length and quality of the lives of our customers above all else.
- ✓ As a leader in the Natural Health industry, you will find our formulas to be effective, fast-acting, and a welcome addition to your lifestyles.
- ✓ At Strauss Naturals, we bring multiple generations of experience producing formulas that improve our customers lives and health. Our unique extraction methods allow us to capture not only the key herbal compounds studied in clinical research but also the full spectrum of lesser known, or even undiscovered, components that work together holistically to deliver the results you are looking for in an herbal preparation. For this reason, our formulas consistently outperform the competition. **We guarantee it.**



Toll Free: 1-866-478-2873 • Phone: 250-376-5216

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STRAUSS
NATURALS

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