



JANUARY/FEBRUARY 2026

Good Enough Isn't.

Fifty years ago, I affixed a bumper sticker to an old grey work bucket. It's still there. It states "In the Coast Guard, Good Enough Isn't." Remembering that, I smiled as I read this article from one of our valued suppliers, which is reprinted here with permission. It serves well as a reflection and guidance for new resolutions and commitments.

"Most people don't decide to settle for 'good enough' health. It happens slowly, almost quietly. Life gets busy. The system moves fast. Symptoms come and go. The path of least resistance becomes the path we follow.

I've watched this happen again and again. Not because people lack drive, but because they're taught to think their health is something handed for them, instead of something they can shape themselves. In a system built around fast fixes and short-term relief, it becomes easy to believe that 'good enough' is all we can expect.

My parents never accepted that idea.

They never believed people should settle for feeling just okay for a moment. They wanted something that held up, something honest. I learned from them that every time we accept less in our health, we give something up, even if we don't notice it right away.

When we lower our expectations, we lose touch with what we're capable of. We overlook the body's early signals. We start confusing quick relief with real progress. And over time, that wears down our confidence.

Health Sovereignty challenges all that. It invites us to raise our standard; to ask different questions; to understand what our bodies are telling us, instead of silencing those messages. It reminds us that quality matters and

that intention shapes outcomes. This is why purity and honest science matter in natural wellness. When something is made with real care, people notice. When the research is clear, trust grows. And when the bar is set high, people tend to rise with it. Integrity has a way of moving everything forward.

At Sovereign Naturals®, this is the commitment that guides my brothers and me. Our goal isn't to overwhelm people with information or to claim that one product will solve everything. Our goal is to help people recognize their own agency. When you understand your health, you know your strength. And when you hold yourself to a higher standard, you begin to see what your body is capable of.

The hidden cost of 'good enough' is the life you never fully step into. The life where you feel capable and connected to your own wellbeing. The life where you trust yourself again.

You don't need perfection to move forward. You only need awareness and the willingness to expect more - from your choices; from your understanding; and from the systems that serve you.

Health Sovereignty begins with that expectation. It begins the moment you decide that 'good enough' is no longer your goal. And once you make that decision, everything starts to change".

Theo Quinto
Sovereign Naturals®



New Products



CEDAR BEAR NATURELES® WOMEN'S FORMULAS

Forty years ago, midwives asked for an effective way to support mineral levels during pregnancy. Clinical & Formulary Herbalist L. Carl Robinson developed Herbal Minerals, the first totally alcohol-free formula to meet that need utilizing Cedar Bear's proprietary TincTract® process. This process is neither a tincture nor an extract, but the best of both, delivering alcohol-free, highly bioavailable liquid herbal formulas that are easy to take and taste great, while maintaining the herbs' integrity.

After decades of formulating highly effective tinctures under the process, Carl and Cedar Bear have created a complete line of women's formulas designed to support hormonal balance, vitality, and overall well-being throughout all stages of womanhood.

Southern Herb is pleased to introduce six of these new formulas, which are on sale at 15% off throughout January and February.

GLOW & GROW – HAIR AND BODY NOURISHMENT

This nutrient-dense blend supports healthy hair, skin, and nails by promoting circulation and nourishing follicles to support a youthful glow from the inside out and enhance overall vitality.* *Horsetail, Oatstraw, Nettle, Alfalfa, and Turmeric.*

1672 2 oz. 19.77 32.95

MENOPAUSE SUPPORT – PERIMENOPAUSAL SUPPORT

A multi-herb formula supporting women through the transitional years with botanicals traditionally used for comfort, mood balance, and tissue support to help ease the challenges of hormonal shifts.* *Black Cohosh, Chaste Tree, Ashwagandha, Shatavari, and Schisandra.*

1673 2 oz. 20.37 33.95

MOON CYCLE – MENSTRUAL HEALTH SUPPORT

Formulated to help ease muscle tension, support mood and provide calming, balancing, and cycle-supportive actions that help women experience more comfortable menstrual cycles.* *Cramp Bark, Devil's Claw, Blessed Thistle, Damiana, Cacao, and Lavender.*

1674 2 oz. 20.97 34.95

OSTEO BUILD

This blend of herbs rich in minerals and supportive phytonutrients nourishes and strengthen a woman's bone system to help promote optimal calcium utilization and long-term bone wellness.* *Nettle, Red Clover, Horsetail, Oatstraw, Sage, and Kelp.*

1675 2 oz. 20.97 34.95

REPRODUCTIVE BUILDER – PRE-PREGNANCY PREPARATION

Created to help build reproductive system vitality and promote balance, regularity, and overall reproductive wellness before conception.* *Shatavari, Chaste Tree, Dong Quai, Red Clover, Red Raspberry Leaf and other supportive herbs.*

1676 2 oz. 20.97 34.95

SLEEP & CALMING

This relaxing blend offers calming and soothing support for body and mind to help women of all ages unwind, ease tension, and support deeper, more restorative sleep.* *Kava, Passionflower, Valerian, Hops, Skullcap, and Lavender.*

1678 2 oz. 20.97 34.95

CEDAR BEAR NATURELES® OTHER

LIVER CLEANSER

Helps to recondition the liver and blood. *Red Clover Herb, Burdock Root, Alfalfa Leaf, Sarsaparilla Root, Dandelion Root, Yellow Dock Root, Oregon Grape Root.*

1677 2 oz. 19.77 32.95

MULLEIN LEAF

Moistens and soothes irritated respiratory tissues.*

1679 1 oz. 10.17 16.95

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

New Products

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AST ENZYMES

DIGEST-GI EXTRA STRENGTH

Formulated with a blend of digestive enzymes designed to break down dairy, legumes, cruciferous vegetables, proteins, and other foods. Supports nutrient absorption and provides relief from digestive discomfort.*

7778 60 caps 18.49 29.99

NATTOKINASE

This potent fibrinolytic enzyme promotes a healthy fibrin metabolism and contains NattoSEB®, which is resistant to the acidic condition of the stomach, maximizing efficacy.*

7779 60 caps 15.19 24.99

AUSTRALIAN BUSH FLOWER ESSENCES

2026 ESSENCE

This essence is designed to align, optimize and elevate your journey throughout the year.

2026 30 ml. 10.25 16.70

FLOWER ESSENCE SERVICES

HOPE FORMULA

This formula addresses a core condition in present-time humanity – the need for the soul to sustain a positive and engaged outlook for the future despite personal and/or planetary adversity that paralyze the forward-moving impulses of the human will.*

1480 1 oz. spray 11.40 19.00

This product is on sale throughout the month of February.

KATES MAGIK

ROSE MEDICINE

A blend of exquisite Rose Otto and Rose Absolute essential oils for heart awakening, mood elevation and the encouragement of sacred connection. The cosmic wisdom and tender healing ability of rose, with the highest vibrational frequency of all essential oils, will help comfort your heart, soothe your nerves and mend your soul.*

SACRED MIST

8233 60 ml. 17.49 26.99

SACRED BODY OIL

8234 60 ml. 19.39 29.99

SACRED BODY OIL ROLL-ON

8235 10 ml. 16.15 24.99

WHITE SAGE SACRED MIST

A powerful and sacred herb revered for its cleansing and purifying properties, and as an aid for connecting with the spiritual realm. For use when you are unable to burn sage or those moments that need clearing, cleansing and purification.

8232 4 oz. mist 12.29 18.99

LIVING TREE ORCHID ESSENCES

TRANSCENDENCE

This combination essence transmutes dark imprints from childhood and is regarded as a 'spiritual centrifuge'.

5292 15 ml. 13.99 22.65

5296 100 ml. spray 20.95 33.95

SELF HEALTH RESOURCES

CLOVES

Cloves, 500mg.

141 100 caps 12.75 18.79

X-TRAX

GREEN FOODS – The two True Vitality shakes (#5607 and #5608) and the 11 Oz. Matcha Green Tea (#5628) are out of stock until February.

LIDTKE TECHNOLOGIES - True-B6 (# 5613) remains out of stock until further notice.

MOTHER EARTH MINERALS –

Production issues persist with the following products out of stock until further notice: Iodine 8 oz. (#7027), Essential Earth Enzymes 8 oz. (7040), Minerals of Life 8 oz. (#7039), and Healthy Balance (#7055).

TOPICAL BIOMEDICS – As of the catalog print date we do not have additional information from this manufacturer of Topricin for when these products will be back in stock.

WASHINGTON HOMEOPATHIC

PRODUCTS – The cell salts Calcarea Phosphorica (#2531) and Silicea (#2238) are back in stock.



* Please visit our website for a complete listing of ingredients.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

New Products

**CEDAR BEAR NATUREALES®
WOMEN'S FORMULAS**

CEDAR BEAR NATUREALES® OTHER

AST ENZYMES

AUSTRALIAN BUSH FLOWER ESSENCES

FLOWER ESSENCE SERVICES

KATES MAGIK

LIVING TREE ORCHID ESSENCES

SELF HEALTH RESOURCES



Southern Herb Co., LLC

211 Talley Street

Troutman, NC 28166

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January Specials

Medinatura Line Drive (15% Off)

Kroeger Herb Products' Immune Boosting Formulas (15% Off)

- 004 Black Radish and Parsley
- 094 HPX Formula
- 016 INF Blend
- 033 Lung Formula
- 001 Olive Leaf
- 034 Sinus Blend

Cedar Bear Naturales' Women's Health Products (15% Off)

- 1672 Glow and Grow
- 1673 Menopause Support
- 1674 Moon Cycle
- 1675 Osteo Build
- 1676 Reproductive Builder
- 1678 Sleep and Calming

Celtic Sea Salt Light Grey Salt (15% Off)

- 606 ½ lb.
- 607 1 lb.
- 6061 8 oz. shaker

Celtic Sea Salt Flower of the Ocean Salt (15% Off)

- 612 1 lb.

Celtic Sea Salt Fine Ground (15% Off)

- 609 ½ lb.
- 610 1 lb.
- 6062 8 oz. shaker

Quantum Health Eye Care (15% Off)

- 1047 Digital Blue
- 1048 Macula 30+

Quantum Health Thera Zinc (15% Off)

- 1019 Thera Zinc Spray 4 oz
- 1020 Thera Zinc Lozenges 60 ct
- 1031 Thera Zinc Elderberry Lozenges
6 rolls

Christopher's Original Formulas' Ointments (10% Off)

- 885 Black Drawing Ointment
- 911 Cayenne Heat Ointment 2 oz.
- 8053 Cayenne Heat Ointment 4 oz.
- 889 Comfrey Ointment 2 oz.
- 888 Soothing Skin Ointment 2 oz.
- 884 Complete Tissue and Bone
Ointment 2 oz.
- 961 Complete Tissue and Bone
Ointment 4 oz.

Flower Essence Services (FES) Self Heal Skin Creme (15% Off)

- 1476 Self Heal Skin Crème 2 oz.
- 1184 Self Heal Skin Crème 4 oz.
- 1185 Self Heal Skin Crème 8 oz

Eco-Dent Special Purpose Tooth Powders (15% Off)

- 7416 Ex-Brite Whitening
- 7417 Tartar Guard

Ancient Secrets Neti-Pot (15% Off)

- 7424 Ceramic Nasal Cleansing Pot
- 7427 Nasal Cleansing Salt Packets

Washington Homeopathic Products Kit (15% Off)

- 2270 30C and 200C Remedies Kit

February Specials

Kroeger Herb Products' Heart and Circulatory Health Products (15% Off)

- 050 BLM Tea
- 005 Blood Toner
- 1691 Cinnamon
- 015 Circu Flow
- 014 Heart Care Blend
- 177 Schizandra

Eco-Dent Line Drive (15% Off)

- 7415 Original Mint Tooth Powder
- 7416 Ex-Brite Whitening Tooth Powder
- 7417 Tartar Guard Tooth Powder
- 7418 Premium Dental Floss
- 7419 Daily Rinse Clean Mint
Mouthwash

Flower Essence Services (FES) Flourish Formulas (15% Off)

- 1188 Flourish Formulas Kit
- 1190 Active-8
- 1191 Fear-Less
- 1186 Flora Sleep
- 1199 Grace
- 1193 Grief Relief
- 1192 Grounding Green
- 1400 Illumine
- 1194 Kinder Garden
- 1195 Magenta Self-Healer
- 1196 Mind-Full
- 1197 Post Trauma Stabilizer
- 1198 Sacred Heart
- 1408 Compassionate Care Giver
- 1480 Hope

Cedar Bear Naturales' Women's Health Products (15% Off)

- 1672 Glow and Grow
- 1673 Menopause Support
- 1674 Moon Cycle
- 1675 Osteo Build
- 1676 Reproductive Builder
- 1678 Sleep and Calming

Quantum Health Eye Care (15% Off)

- 1047 Digital Blue
- 1048 Macula 30+

Quantum Health Thera Zinc (15% Off)

- 1019 Thera Zinc Spray 4 oz
- 1020 Thera Zinc Lozenges 60 ct
- 1031 Thera Zinc Elderberry Lozenges
6 rolls