

# Product Guide

Helping People Achieve A Healthier, Happier Life

- Herbal Remedies
- Nutritional Supplements
- Alternative Health
- Personal Care



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# Taking your health seriously

People all over the world are increasingly interested in and aware of their own health and well-being. Nature's Sunshine Products is dedicated to helping people achieve good health by providing the finest natural herbal, nutritional and personal care products.

Everyone knows the saying "you are what you eat," and for most of us this is a rather unsettling prospect. Obviously, eating correctly and properly is important. However, it is nearly impossible to achieve a balanced, healthy diet through food alone. The unnatural processing and preservation methods used to prepare the foods we eat, combined with the effects of

atmospheric and environmental pollution can obviously put our health at risk.

But don't despair! Fortunately, there are positive choices we can make to restore our nutritional balance, and reclaim our healthcare.

Nature's Sunshine Products would be pleased to assist you in taking immediate action to help you and your family enjoy the good health you deserve. Please take a few minutes to learn how Nature's Sunshine Products can bring you peace of mind in a world of nutritional uncertainty.



The year was 1972, and Gene Hughes, a junior mathematics instructor in Provo, Utah, was experiencing a particular health concern.

A neighbour suggested Gene take spoonfuls of capsicum powder (cayenne pepper). . .

Fortunately the neighbour's advice worked, in spite of the obvious bad taste. Gene's wife, Kristine, had an ingenious idea — why not stuff the capsicum powder into a gelatin capsule and then swallow the capsule? That way Gene could enjoy the benefits without the unpleasant taste.

## From humble beginnings . . .

With the help of Gene's sister-in-law, Pauline, they soon sold the idea of encapsulated herbal products to local health-food stores. With that, Nature's Sunshine was born.

Today, over a quarter century later, that table-top project has evolved into an international public company that Forbes magazine has ranked as one of the top small companies in America.

## To a world leader.

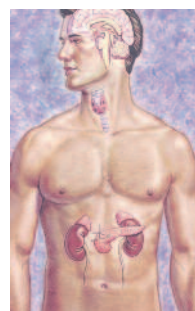




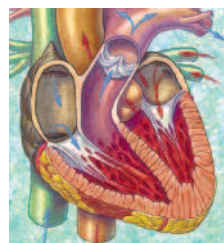
# The Body Systems Approach to Natural Health



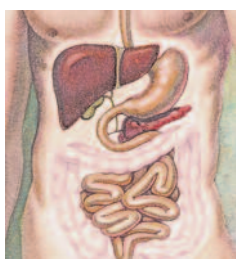
To better understand the principles of health, we need to realize that the body is actually a community composed of billions of individual living entities called cells. Each cell must be provided with a constant supply of oxygen, nutrients, pure water and heat in order to survive. Waste must be removed, and if the cells are not supported in this manner, they will die.



It would be impractical and impossible in so large a community for each cell to supply its own needs. Hence, the cells of the body have specialized tasks. Different types of cells utilize their unique talents for the good of the whole. For example, some cells are specialized in supplying food to the community (the digestive system), while others are specialized in pumping fresh air into the community and removing stale air (the respiratory system).



These specialized cells not only perform specific tasks, they also have specific needs. The structural system, for example, needs more silica and calcium, while the filtering system—the kidneys—requires more potassium. If the various specialized cells are not supplied with the correct elements, they cannot perform their specific functions. When this occurs, the whole community feels it. We call this "disease," meaning literally, "the lack of ease."



In this catalogue, you will find Nature's Sunshine products listed in their respective body system categories. We hope this will enable you to think of our products as foods



for specific needs of the various body systems (a holistic approach), rather than for specific actions in specific needs (an analytical approach).

Although it is possible to divide the human body into countless different parts and tissue types and then to catalogue and name the thousands of incredibly complex and intricate workings of the body, what is needed most in our modern world is an approach that helps us to see ourselves as "whole" again.

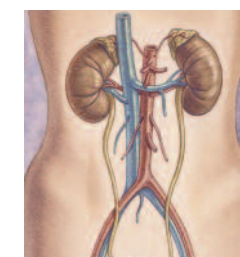
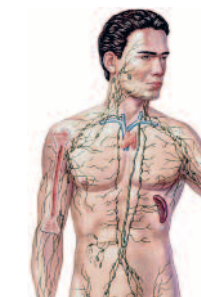
The human body cannot and does not exist in pieces. The time has come for us to take care of our bodies as a "whole" again, so that we can once more enjoy that wholeness known as "health."

At Nature's Sunshine, we have identified the nine body systems plus a General Health & Nutrition category as a way of understanding and maintaining good health. By recognizing and understanding these systems, one can better identify areas of concern in the body, and therefore understand how to treat them.

9 Body System plus General Nutrition:

- 1. Digestive System
- 2. Intestinal System
- 3. Circulatory System
- 4. Nervous System
- 5. Immune System
- 6. Respiratory System
- 7. Urinary System
- 8. Glandular System
- 9. Structural System
- 10. General Nutrition

Followed by special needs categories



**Finding the right products:**



**Look for the Key Product Symbol.**

A Key beside certain products in this guide indicates the product is a Key product for that particular body system or special need and provides a maximum benefit. These Keys also appear on some product labels.

# General Nutrition

**10** Equals Key General Nutrition Products



## The importance of good nutrition in your diet

Have you ever considered whether your diet provides you with enough nutrition? Most of us know so little about nutrition. Rarely do we consider whether we're getting enough vitamins, minerals and plant nutrients from our diet.

Supplementing is "nutrition insurance." For the many who are taking responsibility for their own health, taking nutritional supplements is just as important as eating the right foods.

Vitamins, minerals, carbohydrates, fats, proteins, and water — they're each considered a nutrient. We can also add other food substances to this list, such as enzymes, fibre and certain plant chemicals, since in the body these work closely with nutrients.

An important characteristic of nutrients is that they work synergistically; that is, the activity of each nutrient is enhanced by the activity of the others. This knowledge provides all the more reason to eat a variety of foods to ensure the widest range of nutrients every day.

### Additional Products:

GreenZone (powder)	1095-4
GreenZone (capsules)	1097-7
Nature'sGold I	8003-1
Nature'sGold II	8004-9
NutriBurn (cocoa)	3212-4
NutriBurn (vanilla)	3214-9
SynerProtein	8228-0
Zambar	8237-3
Zambrzo	4104-1

## TNT (TOTAL NUTRITION TODAY)

TNT is an explosion of energy and nutrition. In a time when quick pace and junk foods have become synonymous with our Western lifestyle, Nature's Sunshine has designed a unique nutritional beverage and convenient bars to keep you nutritionally topped up.

Stock# 4300-5 (532 g)

Stock# 8236-2 (12 Bars)

## Chlorophyll **10**

Chlorophyll is the green pigment in plants that harnesses the sun's energy through the process known as photosynthesis. Chlorophyll is to plants what blood is to humans — it performs metabolic functions such as respiration and growth. Interestingly, the

chlorophyll molecule is chemically similar to human blood, except that its central atom is magnesium, instead of iron.

Stock# 1689-6 (liquid - 946 mL)

Stock# 1683-7 (liquid - 473 mL)

Stock# 1690-7 (capsules)

## Super Vitamins/Minerals **10**

Super Vitamins & Minerals is a comprehensive supplement providing 23 important vitamins and minerals in a base of herbs, vegetables and phytonutrients. This base helps increase absorption and assimilation of the vitamins and minerals, and provides additional antioxidant and nutritional benefits. Balanced nutrients are often



in short supply during special periods of physical stress or convalescence, or in a diet consisting of mostly processed foods.

Stock# 1791-2

## Nature's Noni

The fruit-bearing Morinda plants are found in tropical and subtropical regions of the world.

Historically many parts of the plant were used to target the digestive, intestinal, respiratory, and immune systems. Noni continues to be popular today and enjoys widespread use, particularly as a general health tonic promoting increased immunity and a greater sense of well-being.

Nature's Sunshine pleasant-tasting Noni juice and convenient capsules combine ancient tradition, by employing the best information from native folk healers, with the most up-to-date herbal scientific research available. Select plant parts from two species are utilized to ensure the maximum and broadest health benefits.

Stock# 4066-7 (Liquid)

Stock# 456-5 (100 capsules)



# Whole "SuperFood" Supplements

SuperFoods are nutritionally dense whole foods that possess an array of nutrients, including carbohydrates, proteins, fatty acids, vitamins, minerals and antioxidants. Compared to regular foods, they pack a nutritional wallop because they are so much more dense and nutritionally concentrated. As a whole food they can be added to the diet like any food.

## Nature's Gold: 100% organic Superfood

Nature's Gold is sprouted, organic barley seeds that have been synchronized to sprout within minutes of each other, resulting in a completely uniform nutrient concentration. The sprouts are then naturally treated by the proprietary Nutrient Stabilization Process (NSP) to enormously enhance their nutritional value and keep the nutrient level stable for months. These unique germination and stabilization processes make Nature's Gold up to 97% digestible and nutritionally concentrated to a level that even stretches the definition of a 'Superfood.' When

digestive and metabolic enzymes are stabilized to such an extent, the result is enhanced digestion, thereby increasing the delivery of vitamins, minerals, amino acids, fatty acids, fibre, enzymes and antioxidants to body tissues. With the superior delivery and absorption of essential nutrients, organs can then begin the cleansing process of eliminating waste build-up. This nourishing plus cleansing effect helps cells renew and repair themselves more efficiently and will increase one's overall energy, health and vitality.

Enjoy Nature's Gold in smoothies, over cereal, on top of yogurt, in a favourite beverage or protein mix.

### Tailoring your own Nature's Gold nutritional program

Because Nature's Gold is a whole food, it is extremely versatile in how it can be taken and what it can be taken with. If you are currently on a nutritional or herbal supplement program, simply add Nature's Gold to your daily regimen. By aiding your digestion, Nature's Gold will be improving the absorption of all nutrients in your food and your supplements.

Take Nature's Gold as suggested on the label, starting with Level I and moving to Level II as instructed. A progressive increase in the portion size of Nature's Gold allows the body to detoxify, nourish and build at a slow but steady pace. Listening to your body is the key.

And remember, because Nature's Gold is a whole food you can consider it part of your regular diet for as long as you want to receive its benefits.

Stock# 8003-1 (level I)

Stock# 8004-9 (level II)



## GreenZone

GreenZone is the finest blend of some of the most nutritious land- and sea-based herbs, plus minerals, amino acids, fatty acids, and bioflavonoids. A nutritionally dense whole food that makes you feel vibrant and alive!

GreenZone provides balanced nutrition following the 40-30-30 principle: 40 percent of calories come from carbohydrates, 30 percent from proteins and 30 percent from fatty acids. This balance allows GreenZone to help maximize the body's fat-burning, energy-releasing and protective mechanisms. All the ingredients are blended in ratios that maximize their utilization.

In all, GreenZone contains 36 herbs, minerals, amino acids, fatty acids and bioflavonoids long recognized for their antioxidant richness and amazing nutritional value. This wide variety of ingredients has many health-promoting benefits.

### GreenZone's 36 healthful ingredients

GreenZone contains spirulina which is rich in proteins, carotenoids, B-vitamins, iron, trace minerals, essential fatty acids and essential amino acids. Spirulina is a superior quick-energy food. Amaranth flour is added because it is a highly nutritious grain loaded with minerals, lysine, essential fatty acids and vitamin E. Soy lecithin powder emulsifies fat to aid in its elimination. Wheat grass is known for its blood cleansing and immune-stimulating ability. Barley grass is an excellent source of calcium, fibre, iron, enzymes and antioxidants, including beta-carotene and vitamin C. Chlorella is a sea algae with powerful cleansing and detoxifying properties.

GreenZone also includes the potent nutrition of lemon juice powder, alfalfa, apple pectin, acerola cherry extract, bee pollen, spinach, astragalus root, Echinacea purpurea root, ginger rhizome, milk thistle, papaya fruit, shitake mushrooms, beet extract, flaxseed, stevia leaf, orange bioflavonoids, royal jelly, rosemary leaf, hawthorn berries, elderberry extract, grape skin extract, brown rice, bladderwrack, Siberian ginseng, chlorophyll, rhodenol root, Ginkgo biloba leaf concentrate, polyphenol catechins and licorice root.

### Benefits to the whole body

The benefits from this whole food or "superfood" vary widely. The herbs, plant extracts, chlorophyll, amino acids, enzymes, vitamins and minerals found in GreenZone are recommended for everyone. They support the immune system, strengthen connective tissues, aid in healing and regenerating, provide the body with the benefits of cleansing and detoxification, offers valuable nutrition that supports energy, endurance and stamina, and strengthens the body's ability to cope with stress.

Stock# 1095-4

Stock# 1097-7 (capsules)



# Zambroza™ and Zambar's remarkable health-promoting formula



Formulated for the promotion of energy, health and longevity, this powerful juice blend and fruit bar combines 11 fruits and herbs to yield a uniquely formulated natural health product with truly exceptional holistic properties. Zambroza and Zambar are made from the exotic-tasting mangosteen, wolfberry and sea buckthorn fruits from the Orient. Plus, we've added the antioxidant power of red and concord grapes, raspberries, blueberries, grape seed and grape skin, apple fruit extract and decaffeinated green tea extract.

Start a health habit you can stick with, today. Find out more by visiting: [www.naturessunshine.ca](http://www.naturessunshine.ca) and click the Zambroza Club button.



## Zambroza™/Zambar

Ingredients Benefit the Entire Body

- Wolfberry
- Sea
- Apple
- Blueberry
- Concord
- Grape Seed
- Grape Skin
- Green Tea
- Red Grape
- Raspberry

	Wolfberry	Sea	Apple	Blueberry	Concord	Grape Seed	Grape Skin	Green Tea	Red Grape	Raspberry
Circulatory System	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Digestive System	✓	✓	✓	✓				✓		✓
Immune System	✓	✓	✓	✓	✓	✓	✓	✓		✓
Nervous System	✓	✓		✓			✓			✓
Structural System	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Urinary System	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Energy	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Vision	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Longevity		✓	✓					✓	✓	
Skin	✓	✓	✓					✓	✓	
Respiratory	✓	✓	✓		✓	✓	✓	✓	✓	

Stock# 4104-1



Stock# 8237-3

### Controlling antioxidant damage

Antioxidants scavenge the free radicals that occur in the body as a byproduct of energy production or as a result of pollution, tobacco smoke, ultraviolet light and radiation. Zambroza and Zambar deliver a powerful punch of antioxidant protection.

In formulating Zambroza and Zambar, NSP scientists drew from Mother Nature's arsenal of antioxidant protectors.

Each ingredient was carefully researched for the highest antioxidant activity and only the most potent were selected. An independent lab found that Zambroza and Zambar have more than twice the ORAC antioxidant capacity—the power to neutralize free radicals—of their nearest competitors.

### Bioflavonoid Power

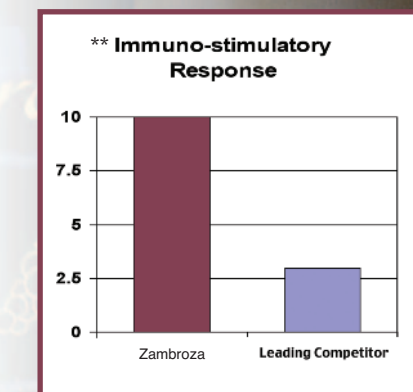
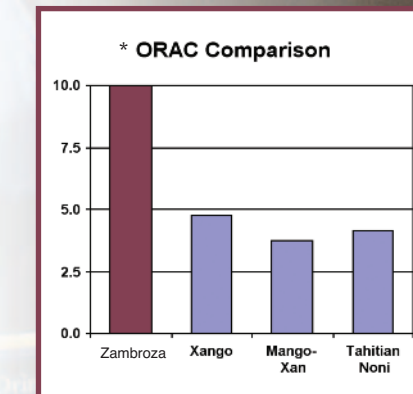
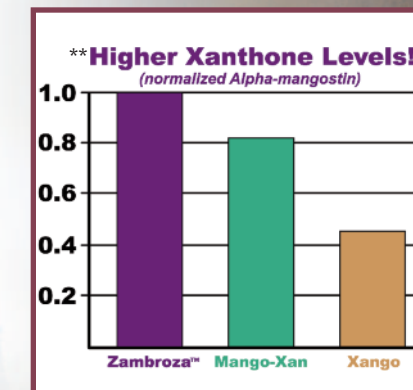
Bioflavonoids are responsible for giving fruits and vegetables their bright colours. In the body, bioflavonoids enhance vitamin C absorption and help maintain collagen integrity and

capillary walls. They also aid in the body's defenses. Zambroza is unsurpassed in bioflavonoid content. And an independently conducted immune response test found that Zambroza is 3.1 times stronger than its closest competitor in stimulating the immune system.

### The highest levels of Xanthenes

Mangosteen yields very high concentrations of xanthenes, compounds that offer immune and cardiovascular support. Xanthenes have recently attracted attention from scientists and researchers who are investigating mechanisms whereby these compounds support the immune and structural systems as well as several other health benefits.

The extract of mangosteen fruit and pericarp used in Zambroza and Zambar significantly contributes to its higher xanthone content versus other mangosteen juices, as shown by independent lab analysis and the accompanying graphs.



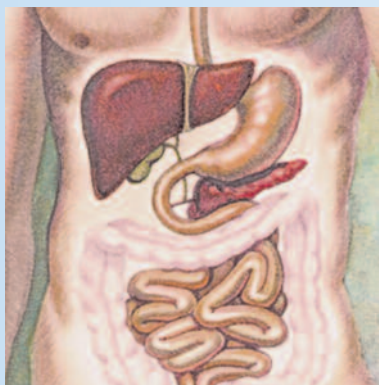
Each Zambar is equal to one serving of fruit and one whole serving of Zambroza juice blend.

Zambar can be enjoyed by the whole family. And it has no artificial sweeteners, colours, flavours or preservatives added.

\*Brunswick Laboratories; Wareham, Mass.  
ORAC= Oxygen Radical Absorbance Capacity  
\*\*Monocyte/Macrophage Activation Assay conducted by David S. Pasco, Ph.D., University of Mississippi

# The Digestive System

**1** Equals Key Digestive System Products



The digestive system carries out a series of physical and chemical changes by which food is broken down in preparation for absorption into the blood stream. The digestive system includes:

- mouth
- pharynx
- esophagus
- stomach
- small intestine
- large intestine (colon)

Digestive juices, called “enzymes,” cause the chemical breakdown of food. Further processing takes place in the small and large intestine. Imbalances in this system affect nutrient absorption and therefore impact all other body systems. The circulatory system is often affected by imbalances in the digestive system as unwanted toxins are absorbed and elimination is stagnated. The need for efficient digestion cannot be overstated.

### Additional Products:

All Cell Detox	1078-2
Aloe Vera Juice	1680-4
E-Tea	1360-4
Fat Grabbers	2946-3
LIV-A	1013-8
LIV-C	1862-8
LIV-GD	4015-8
Marshmallow & Pepsin	848-2
Noni Caps	456-5
Noni,Liquid	4066-7
P-14	1023-0
Potas	4978-9
St. John's Wort	655-3
Tiao He Pak	4005-7

affects the amount of protein they can digest.

Undigested proteins have been shown to contribute to muscle loss, and allergic food sensitivities, as undigested protein substances can activate allergic reactions.

Stock# 1756-2

### Stomach Comfort

Stomach Comfort is an antacid formulation that provides natural ingredients to help nutritionally support digestion in times of stomach discomfort. Stomach Comfort helps normal body processes in soothing symptoms of heart burn and indigestion—a burning sensation in the stomach or an uncomfortable acidic taste in the throat or mouth. Chew 2 tablets when quick, temporary digestive support is needed. Can also be used for pH balancing.

Stock# 1820-0

### Papaya Mints

Papaya Mint chewable tablets function not only as refreshing dinner mints, but as digestive stimulants as well. Papaya Mints can be taken before or during a meal to facilitate digestion and relieve indigestion. Their fresh mint flavour makes them an excellent after meal breath freshener, as well as to aid digestion.

Stock# 485-6



### Garden Essence **1**

Garden Essence delivers a full spectrum of plant enzymes in a blend of five digestion-enhancing herbs. Therefore, you can enjoy the benefits of eating fresh raw fruits and vegetables in the convenience of a capsule. The herbal food blend acts as a digestive aid and enzyme stabilizer to further enhance and prolong enzyme activity.

Stock# 1643-9

### Protease Plus

Protease Plus provides supplemental protease enzymes that break down proteins into smaller proteins and amino acids, maximizing digestion. Protease Plus also supports immunity. As we grow older, our bodies produce fewer enzymes. Protease Plus also provides a full spectrum of plant-derived trace minerals.

Stock# 1841-7

### ULC-R+

In the last decade, researchers have come to agree that gastric ulcers, once thought to be caused by stress and related excess acid, are mostly caused by a bacteria now known as *Helicobacter pylori*.

Recent scientific studies have found that certain herbal combinations have a strong inhibitory action against *H. pylori* bacteria. *H. pylori* infection is also thought to be responsible for other gastrointestinal disorders including gastric cancers.

ULC-R+ contains five herbs that support healthy digestive function: a proprietary blend of DGLE (deglycyrrhizinated licorice root extract), Pau D'Arco bark concentrate, clove flowers concentrate, Inula racemosa root extract, and capsicum fruit

Stock# 917-9



### Digestive Enzymes **1**

These enhance the digestive process, with the additional support of natural food enzymes, by supplementing the natural production of hydrochloric acid, bile salts and digestive enzymes.

Stock# 1761-1

### Protein Digestive Aid **1**

Protein Digestive Aid supplements the body's own digestive secretions with pepsin and hydrochloric acid. It is designed to help individuals break down and better digest proteins.

As people age they generally produce less hydrochloric acid, which



# The Intestinal System

**2** Equals Key Intestinal System Products



The intestinal system is part of the digestive system and consists of the small and large intestine (colon). It is in the small intestine that the vital nutrients which the body needs are absorbed into the blood. In the large intestine, water is absorbed from the digestive waste. The waste is subsequently eliminated from the body.

Peak efficiency results from good muscle tone, a healthy bacterial environment and sufficient amounts of indigestible fibre that give bulk to the stool.

Imbalances of the intestinal system affect all other systems. The result is a general build up of waste and toxins in the body. Herbalists traditionally start a program by cleansing the intestinal system before addressing other concerns, since the intestines must carry away the toxic by-products of the healing process.

### Additional Products:

All Cell Detox	1078-2
Acidophilus/	
Bifidobacterium	8002-4
Aloe Vera Juice	1680-4
Artemisia Combination	787-6
Black Walnut	90-8
Bod-E-Klenz	4082-5
Caprylic Acid	1808-2
Cascara Sagrada	170-8
Cat's Claw Combination	175-0
Chlorophyll, Liquid	1689-6
Enviro D-T-X	874-4
GreenZone	1095-4
Herbal Pumpkin	914-5
Herbasaur's Bifidophilus	3302-0
LBS II	994-0
LB-X	1227-4
Loclo	1347-6
Slippery Elm	670-7
UC3-J	1105-8

mins, production of immune bodies for a strong immune system, helping to maintain cholesterol levels that are already in the normal range, and the maintenance of urinary and intestinal tract health.

Stock# 4080-4

### BWL-BLD Formula **2**

BWL-BLD formula is designed as an intestinal cleansing and maintenance formula to eliminate toxins, promote regularity and tone the bowel. BWL-

min, production of immune bodies for a strong immune system, helping to maintain cholesterol levels that are already in the normal range, and the maintenance of urinary and intestinal tract health.

Stock# 2855-3

### Psyllium Hulls **2**

An excellent fibre supplement formula which gives bulk to the stool, absorbs water and toxins, promotes the growth of friendly bacteria, helps with regularity, and helps clean the colon by acting as a broom against the colon walls.

Stock# 1375-6

### Yeast/Fungal Detox

Yeast/Fungal Detox is a special blend of herbs and nutrients that inhibits the growth of unfriendly organisms while building up the body systems that have been affected. In addition, it supports the immune, digestive and urinary systems to promote optimal health; creates an unfriendly environment for yeast and fungus; stimulates detoxification in the liver; and supports normal microorganism balance throughout the body.

Stock# 508-9

### Tiao He Pak **2**

A 10-day herbal cleanse program that helps the body achieve balance and harmony. The Tiao He cleanse is designed to support the mechanisms of the body by targeting the intestinal, digestive and circulatory systems. (Caution: Pregnancy, nursing and children.)

Stock# 4005-7

### Para Pak **2**

A 10-day herbal program to help the body rid itself of parasites. (Caution: Pregnancy and nursing.)

Stock# 4021-5

### Citrus CleanStart

The colon eliminates waste and toxins from the body. The low-fiber, highly processed Western diet typically doesn't supply the body with the essential enzymes and fiber it needs to eliminate these wastes. This can result in a buildup of toxic waste material in the colon.

The CleanStart cleansing and detoxifying program provides the most complete and balanced herbal cleanse available to help eliminate waste and protect the body from waste that affects health. In addition to laxative and detoxifying herbs, it also provides psyllium fiber and bentonite to further aid in the elimination of toxic wastes. Citrus CleanStart is effective yet is gentler and more easily tolerated than other cleanses. Citrus CleanStart has a tangy citrus flavor and smooth texture for ease of use.

Stock# 3994-2

### Bifidophilus Flora Force **2**

Bifidophilus Flora Force provides billions of beneficial intestinal microorganisms that ensure a healthy balance of flora in the GI tract, and in turn provide a whole range of health benefits.

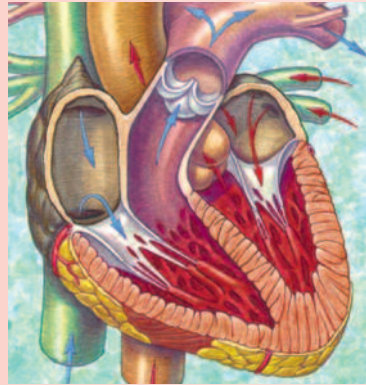
NSP Bifidophilus Flora Force contains four different strains of friendly bacteria: Lactobacillus casei, Lactobacillus rhamnosus, Lactobacillus acidophilus and Bifidobacterium longum. The activities of these microorganisms result in many health benefits, including the synthesis of B vita-





# The Circulatory System

**3** Equals Key Circulatory System Products



The circulatory system is an incredible network of over 96,000 kilometres of blood vessels. With the heart at its centre, it is responsible for transporting life-giving oxygen to cells while carrying away harmful by-products. The circulatory system consists of:

- The heart
- Blood
- Blood vessels
- Lymphatic vessels

Maintaining this system requires pure water, regular exercise, stress management and good nutritional support. Imbalances in the circulatory system can affect all other systems, particularly the nervous, respiratory and gastro-intestinal systems.

### Additional Products:

Bilberry	74-8
Butcher's Broom	135-5
BP-C	1882-1
Capsicum	160-5
Capsicum 2 Shaker Pack	166-7
Capsicum/Garlic/Parsley	829-9
Flax Seed Oil	1770-3
Focus ATN	1833-4
Ginger	300-6
Ginkgo Biloba, Slow Release	898-8
Green Tea Extract	1096-6
GraPine, High Potency	1699-3
Gotu Kola	8005-3
Hawthorn	370-3
Magnesium	1786-6
Olive Leaf Extract	204-7
Perfect Eyes	4075-0
VariGone	985-3
Vit C Time Release	1727-2
Vit C 500 mg	1651-7
Vitamin E with selenium	1667-8
Zambrzoa	4104-1
Zambar	8237-3



supporting the heart and helping regulate its beating action.  
Stock# 909-3

of fresh garlic (1,000 mg of fresh garlic is equal to 1 clove).  
Stock# 292-9

### Ginkgo & Hawthorn

Ginkgo biloba leaves and hawthorn berries have been used in many cultures to support the circulatory system. This combination is known as a heart tonic.

Ginkgo biloba enhances circulation by opening capillaries and reducing swelling. Ginkgo leaves are an excellent source of iron, calcium and vitamin C, all important nutrients. Hawthorn is famous for nutritionally

### High Potency Garlic **3**

The secret to the odour-controlled qualities of High Potency Garlic is the special enteric coating containing chlorophyll which releases the garlic only within the intestine (where nutrient absorption occurs) and not in the stomach. This way, the unpleasant odour and belching associated with garlic is greatly diminished.

The 400 mg of garlic in High Potency Garlic is equal to 1,200 mg

### MC **3**

This is one of the most exciting, synergistic supplements on the market today. This combination of vitamins, minerals, trace minerals, lipotropic factors, and its specially formulated base, is designed to strengthen the arteries, veins and capillaries, and to rid the circulatory system of debris.

Stock# 4002-8

### Super Oil **3**

This unique dietary supplement provides the essential fatty acids (EFA) required in the diet because they cannot be manufactured by the body itself. Studies show that Omega-3 fatty acid contained in cold water fish oil reduces LDL cholesterol and raises the good HDL cholesterol. EFAs are also considered essential for maintaining healthy heart function, and reducing circulatory system inflammation.

Stock# 8235-8

### CoQ10 with Minerals **3**

Coenzyme Q10, also known as ubiquinone, is a vitamin-like substance essential for energy production in the mitochondria of cells and antioxidant protection. Because the heart muscle is so active, its cells contain some of the greatest amounts of mitochondria. Adequate CoQ10 levels help heart muscle maintain its high level of activity. Age, heart disease, cholesterol-lowering drugs and poor diet may reduce the level of CoQ10 available making supplementation beneficial.

Stock# 4034-2

### Cardio Assurance **3**

An elevated level of homocysteine is a risk factor in cardiovascular disease because it plays a major role in damaging the lining of blood vessels. Some studies show that elevated homocysteine is just as strong a predictor of heart attack as elevated cholesterol levels.

Cardio Assurance contains vitamin B6, vitamin B12 and folic acid in the proper amounts required to help lower homocysteine levels. These three B vitamins work together to metabolize homocysteine to reduce its damaging effects to the blood vessels.

The formula is further enhanced with other powerful ingredients known to benefit cardiovascular health, such as hawthorn berries extract, red grape extract, betaine, and the amino acids L-arginine, taurine and L-proline.  
Stock# 807-7

### Blood Pressurex

Blood Pressurex is specifically formulated to help the body maintain blood pressure levels already within the normal range.

Blood Pressurex targets several of the cardiovascular system's functions to provide maximum support and efficient control.

The main ingredients of this formula are the powerful herbs Coleus forskohlii, olive leaf extract, hawthorn extract and golden rod; the amino acid arginine; and the potent antioxidants vitamin E and grape seed extract. These combine to help

inhibit cell damage (potent antioxidant properties), support and maintain blood vessels, encourage optimal blood flow, promote blood flow in the peripheral arteries and help to maintain normal blood clotting.

Stock# 554-8

### Cholesterol-Reg II

Science has discovered extracts called sterols which come from certain plants inhibit the absorption of cholesterol in the small intestine. In combination with a healthy diet and lifestyle habits, sterols have been found to reduce LDL cholesterol levels by up to 10%.

Cholesterol-Reg II contains a blend of 150 mg of an extract standardized to not less than 79% total sterols derived from soybeans, corn oils and cottonseed, to name a few.

It also contains the antioxidant resveratrol for additional cardiovascular support.  
Stock# 557-7



# The Nervous System

 Equals Key Nervous System Products



The primary function of the nervous system is to communicate responses between the internal and external environments of the body. This system consists of:

- The brain
- Spinal cord
- Peripheral system
- Sensory system (ears, eyes, nose and tongue)

Imbalances in the nervous system interfere with our responses to the external environment and can cause us to react negatively toward stressors. A nervous system imbalance can affect all the body systems and interfere with our overall well-being.

### Additional Products:

ADC	1877-2
Cal-Mag Plus	1758-6
Flax Seed Oil	1770-3
Ginkgo Biloba, Slow Release	898-8
Lecithin	1661-6
LIV-C	1862-8
Lobelia	1765-8
Magnesium	1786-6
Noni Caps	456-5
STR-J	1087-0
Super Oil Caps	8235-8
SynerPro Cal-Mag	4041-3
Wild Yam & Chaste Tree	1108-7
Chinese Mineral Chi	1818-3

relaxation and emotional stability. The herb schizandra is also included for its adaptogenic strength to help the body remain in a state of balance during times of stress.

Stock# 1645-6

### Liquid B12 Plus

The B vitamins help promote energy, maintain the nervous system, improve immune functions and buffer the effects of stress.

Vitamin B12 supplements may be essential for vegetarians since dietary sources of vitamin B12 are mostly foods of animal origin. Symptoms of vitamin B12 deficiency may take more than five years to appear after the body stores have been depleted. People at risk for deficiency are those who have digestion problems or have had intestinal surgery or radiation, anyone aged 60 or older, strict vegetarians, breast-fed infants of vegetarian mothers, heavy alcohol drinkers and people taking drugs to lower cholesterol.

Supplementing with Liquid B12 Plus helps replenish the body's supply of this essential nutrient.

Stock# 1588-7

### Focus ATN

Focus ATN provides nutrients that are essential for normal brain stimulation while supporting the circulatory system. This unique proprietary combination contains potent antioxidants which are utilized in the synthesis of neurotransmitters and has a positive effect on energy. Included in this combination is Ginkgo, DMAE (Dimethylaminoethanol), Melissa officinalis and grape seed extract to encourage restful, balanced brain activity and preserve nerve function.

Stock# 1833-4



### Melatonin Extra

Melatonin is a hormone produced by the pineal gland. Its secretion follows the light-dark cycle of day and night, with most of the secretion occurring during the night to produce sound sleep.

Supplementing with melatonin is beneficial as a natural sleep aid for persons experiencing jet lag or insomnia. Melatonin may also improve mood disorders.

Melatonin Extra also contains ginkgo biloba for improved circulation to the brain, vitamin E as an antioxidant, and Siberian ginseng for improved stress response.

Stock# 2830-4

### St. John's Wort with Passion Flower

Also known as hypericum, St. John's Wort has been a part of the herbal tradition for over 2000 years.

Throughout the years this herb has gained a solid reputation as a tranquilizer and as a treatment for depression and insomnia. The plant has been used as a muscle relaxant to lessen menstrual cramps.

Also included in this combination is Passion Flower, a herb traditionally used to calm the nerves and promote relaxation.

The St. John's Wort used in this product is standardized to 0.3% hypericins.

Caution: Consult your health care practitioner if you are taking prescription anti-depressant drugs including selective serotonin uptake inhibitors as well as any MAO inhibitors. While taking this product avoid exposure to strong sunshine and tanning lights.

Stock# 655-3

### HTP Power

HTP stands for hydroxytryptophan, a supplement described as the natural alternative to Prozac®.

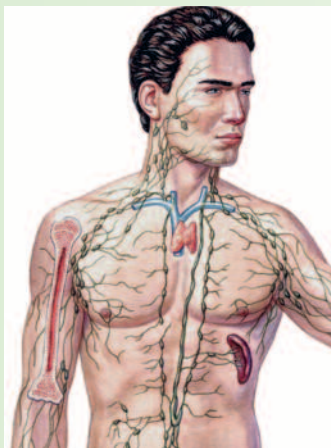
HTP works to increase the brain cell's production of serotonin. Serotonin is the brain's "feel-good" hormone, involved in regulating mood, appetite and sleep. The more of the hormone serotonin one has the better one's mood. Serotonin is also a precursor to melatonin, the sleep-regulating hormone.

Stock# 2806-4



# The Immune System

**5** **Key** Equals Key Immune System Products



The immune system is not an organ or group of cells; rather, it is a sum of the body's defense functions against unwanted invaders. This system consists of:

- White blood cells
- T-cells
- Macrophages
- Lymphokines
- Immunoglobins
- Superoxide dismutase
- Histamine

The overall function of immune defenses is to correctly identify and eliminate metabolic waste, cell mutations and allergens. Immune processes are a part of every cell and affect all the systems of the body. A healthy immune system is essential for good health.

## Additional Products:

Astragalus	40-1
Echinacea Purpurea	262-6
Echinacea/Goldenseal (liquid)	3180-1
Fax Hull Lignans	8006-7
Garlic, High Potency	292-9
GraPine, High Potency	1699-3
Green Tea Extract	1096-6
GreenZone (powder)	1095-4
GreenZone (capsules)	1097-7
IGS II	964-3
IMM-C	1892-4
Liquid Silver	4011-1
LYM-MX	4036-0
Noni Capsules	456-5
Noni, Liquid	4066-7
Vitamin C (1000 mg) T/R	1727-2
Zambroza	4104-1
Zinc	1657-9

Combination has been enhanced with two additional immune system herbs: astragalus and echinacea. Caution: Pregnancy and nursing.

Stock# 175-0

## Olive Leaf Extract **5** **Key**

Olive Leaf Extract is a natural way to support the immune system. Its powerful ingredient, oleuropein, disrupts the growth of bacteria and viruses. It also stimulates some of the immune system's most powerful defenses to fight off harmful invaders. In clinical practice, Olive Leaf Extract has demonstrated itself effective in eliminating bacterial infections that were not responding to conventional antibiotics. Olive (Olea europa) leaf extract, includes 48 mg of standardized oleuropein.

Stock# 204-7

## Ultimate Echinacea **5** **Key**

Echinacea is highly acclaimed for its immune boosting properties during times of illness. Ultimate Echinacea combines three species of echinacea in a liquid formula for potency and

bioavailability. Ultimate Echinacea provides the purest and most natural concentrate of echinacea available.

Stock# 3181-2

## HRP-C

Chinese herbalists would describe this popular combination as a metal-enhancing formula. Nutritionally, it supports the immune system by strengthening immunity against bacterial and viral infections. HRP-C con-

tains herbs which provide powerful antibacterial, antimicrobial, anti-parasitic, and antiviral activity against numerous pathogenic organisms.

Stock# 937-7 (capsules)

Stock# 3167-6 (liquid)

## Colostrum **5** **Key**

Colostrum (sourced from cow's milk) is nature's most abundant source of powerful immune factors.

Immunoglobulins are the most abundant immune factors found in colostrum. IgG neutralizes toxins and microbes in the lymph and circulatory system. IgM kills bacteria while IgE and IgD are antiviral.

Lactoferrin is antiviral, anti-bacterial and anti-inflammatory.

It also contains Proline-Rich Polypeptide (PRP), a hormone-like substance that regulates the thymus gland to stimulate an underactive immune system while down-regulating an overactive one.

Stock# 1828-7

## Paw Paw

The body's cells have important health goals. That's why it is important to keep cells healthy and lend support to maintain normal cells in the body and avoid cellular disruption. Paw Paw is a unique, patent-pending product that targets specific cells to enhance the overall health of your body. Paw Paw works directly on the production of ATP in the cell mitochondria and regulates the production of blood vessels that nourish specific cells.

Stock# 511-3



## Cat's Claw Combination **5** **Key**

From deep in the rain forests of Peru comes a truly remarkable herb known as Cat's Claw, or Una de Gato in Spanish. Some claim it has immune supporting and tonic abilities that are superior to such classic herbs as echinacea, golden seal, astragalus, Siberian and Panax ginseng, miatake and reishi mushrooms and shark's cartilage. It has been referred to as the "opener of the way" for its ability to cleanse the entire intestinal tract. Nature's Sunshine's Cat's Claw

# The Respiratory System

**6** Equals Key Respiratory System Products



Blood cells need oxygen to survive. The lungs perform the vital function of drawing fresh air into the body and expelling air that has been used, and airborne toxins. This system consists of:

- Lungs
- Trachea
- Throat
- Mouth
- Sinuses

The lungs are a "gas exchange" unit. The blood that enters the lungs is dark red in colour. After being re-oxygenated, blood leaves the lungs regenerated and the colour changes to a bright red.

Imbalances of the respiratory system often affect the immune, circulatory and nervous systems.

## Additional Products:

Colostrum	1828-7
Echinacea Purpurea	262-6
MSM	4059-4
Mullein	460-7
Noni Caps	456-5
Noni, Liquid	4066-7
Garlic, High Potency	292-9
GreenZone	1095-4
HRP-C Liquid	3167-6
Zambroza	4104-1
Zambar	8237-3

## LH-C **6**

LH-C is a Chinese combination which helps strengthen the lungs and immune system by enabling the body to recuperate from illness. LH-C is especially beneficial for dry, weakened respiratory conditions and poor digestive function. LH-C contains herbs which improve circulation, dilate the bronchioles for easier breathing, increase the production of mucosal fluids to moisten dry and inflamed tissues, and relax muscle spasms to suppress coughing. LH-C also promotes expectoration, reduces fever, calms the nerves, and fights infection, particularly where there is chronic respiratory weakness. Caution: Pregnancy and nursing.

Stock# 1890-3

## AL-J **6**

AL-J is an excellent respiratory formula for relieving sinus and upper respira-

tory congestion associated with allergies. AL-J contains herbs that help stimulate perspiration and the production of mucosal fluids to remove allergens and other toxins.

Stock# 778-8 (capsules)

Stock# 3166-5 (liquid)

## Lobelia Extract

Lobelia is an indigenous North American annual plant. It is sometimes called Indian tobacco because the American Indians smoked it for various benefits, and has been shown to contain a substance called lobeline, similar to nicotine. The plant is beautiful as well as useful. Lobelia is among the most beneficial herbs for the respiratory system. It is a very good respiratory stimulant and bronchodilator. It is also a very effective expectorant.

Stock# 1765-8

## SN-X **6**

SN-X is an herbal decongestant and expectorant which helps soothe lung and sinus inflammation and fights infection. SN-X combines herbs which help clear sinus congestion, expel excess mucus, shrink swollen tissues, lower fever, and relax muscle spasms to control coughing. SN-X does not



cause drowsiness like many over-the-counter decongestants. SN-X is effective for allergies, asthma, bronchitis, colds, coughs, pleurisy, rhinitis, sinus headache, sinus infection, sinusitis, and sore throat. This combination is a natural source of magnesium, potassium, silicon and zinc. It is also a source of vitamins A, C and thiamin. Caution: Pregnancy and nursing.

Stock# 1247-8

## Fenugreek & Thyme

Fenugreek & Thyme is a popular combination for nutritionally supporting the respiratory system.

Fenugreek & Thyme is an herbal decongestant and expectorant which helps relieve symptoms of respiratory congestion and constriction, including allergies, asthma, bronchitis, colds, hayfever, and sinus/lung congestion.

The herbs in this combination help to relax muscle spasms to reduce coughing and stimulate expectoration, and have been shown to help soothe inflamed tissues.

Stock# 884-6

## HistaBlock **6**

HistaBlock is a bioflavonoid-rich combination designed to block the release of histamine to help control allergic reactions and breathing disorders. Specifically, HistaBlock helps to support mucous membrane health; minimize the effects of irritants and pollutants; and, maintain open nasal passageways.

Stinging Nettle has a long history of use as an anti-inflammatory and histamine blocker. The majority of participants in one study felt that stinging nettle provided better relief from

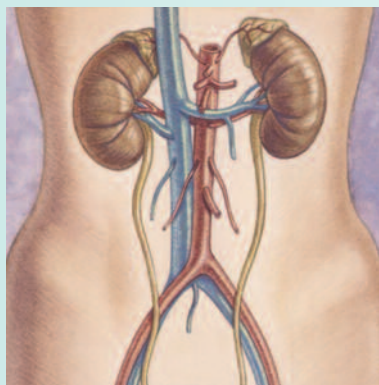
allergy symptoms than their conventional drugs. The bioflavonoids quercetin, bromelain and fructus aurantia immaturi (rind of an immature orange) have all demonstrated significant anti-inflammatory activity due to their ability to block the release of histamine. In addition, bromelain assists in the absorption, and therefore the effectiveness, of quercetin.

Stock# 776-1



# The Urinary System

 Equals Key Urinary System Products



The primary functions of the urinary system are to maintain proper fluid balance in the body and to remove harmful toxins from the blood and eliminate them as urine. This system consists of:

- Kidneys
- Bladder
- Ureter
- Urethra

Imbalances in the urinary system often affect the glandular and circulatory system, particularly the reproductive organs, adrenal glands and the major blood vessels.

### Additional Products:

Cornsilk	235-3
Dandelion	250-4
KB-C	1883-3
K-C	1872-5
Saw Palmetto	630-4
Saw Palmetto Concentrate	635-9
Wild Yam & Chaste Tree	1108-7

### Cranberry & Buchu Concentrate

Cranberry juice has become famous as a home remedy for the prevention of urinary tract infections, particularly in women. Nature's Sunshine's Cranberry and Buchu Concentrate uses a specially prepared concentrate of cranberry juice that provides all the goodness of fresh cranberries, without the calories. Buchu (an African herb) has been added for its diuretic properties. Cranberry inhibits bacteria from adhering to the bladder wall, while buchu causes the bladder to empty. This combination is beneficial for both children and adults. Caution: Pregnancy and nursing.

Stock# 834-5

### Potas

Potas is an herbal source of potassium, the main mineral found in the intracellular fluid of humans. This mineral is responsible for muscle control, iron balance in the tissues and acid/alkaline balance in the body. Potas assists in moving substances

such as nutrients and waste through the cell walls. Potassium helps to counterbalance high sodium levels and lowers the effects of hypertension caused by excessive salt intake. Some research suggests high blood pressure may be the result of insufficient potassium, rather than excessive salt.

Stock# 4978-9

### K

K Formula is an herbal combination which helps fight infection and reduce inflammation in the urinary system, particularly in the bladder and kidneys. K Formula helps strengthen and

tone the urinary system, relax muscle spasms, soothe nerves, and stimulate urine flow to reduce lactic and uric acid build up. It also increases circulation to promote healing of tissues damaged by infection or inflammation. Caution: Pregnancy and nursing.

Stock# 959-5

### Uva Ursi

Uva ursi, also known as bearberry, has a strong affinity to the urinary system. This evergreen shrub was used by Native Americans and early settlers to promote the flow of urine and to strengthen the bladder. Before the discovery of synthetic drugs, uva ursi

was the physician's choice as an anti-septic for the urinary system. The strong astringent properties of the leaves make uva ursi an excellent diuretic, anti-inflammatory and urinary system tonic. The leaves have a tendency to turn urine a harmless greenish colour due to its principle ingredients hydroquinone and arbutin.

Stock# 710-9

### P-14

This urinary (and glandular) formula contains 14 herbs to provide nutrients that nourish and strengthen the urinary system (as well as the prostate and pancreas glands).

Herbs of note include: Juniper berries which act as a gentle stimulant and diuretic. Golden seal for its antibacterial properties on the mucosa lining of the urinary system. Uva ursi is a diuretic and urinary system antiseptic and tonic. Dandelion has cleansing and diuretic properties.

P-14 is a natural herbal source of chromium, iron, magnesium, manganese, phosphorus, selenium, silicon, sodium, tin and zinc.

Stock# 1023-0

### Saw Palmetto

Saw palmetto has been referred to as the "plant catheter" because of its tonic effect on the neck of the bladder and the prostate gland. It is used to treat excessive urination and frequent night urination due to an enlarged prostate gland or inflamed bladder.

Stock# 630-4

Stock# 635-9 (concentrate, page 24)

### Horsetail

Horsetail plant contains the highest amount of silicon of all known herbs. In addition to silicon, horsetail contains large amounts of potassium, aconitic acid, starch and many fatty acids.

Horsetail has traditionally been used for several ailments related to the urinary system. It encourages the flow of urine. It has been used to treat blood in the urine, kidney stones, urinary tract infections, and irritation of the bladder and urinary tract.

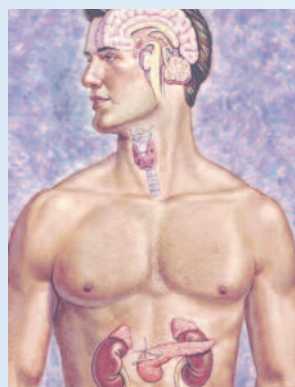
Traditional sources also indicate that Horsetail has a specific action in the nocturnal urinal incontinence of children, and in urinal incontinence.

Stock# 390-2



# The Glandular System

**8** Equals Key Glandular System Products



The glandular system is responsible for performing a myriad of regulatory functions, including temperature control and metabolic rate. It is made up of the hormone-producing organs of the body, listed below:

- Pituitary Gland
- Thyroid
- Adrenal glands
- Pancreas
- Parathyroid
- Thymus
- Ovaries/Testes
- Prostate

### Additional Products:

Chinese Mineral Chi	1818-3
Chromium	1802-4
Collatrim Caps	3065-4
Collatrim Liquid	3060-9
Dandelion	250-4
Essential Liquid Minerals	4037-1
Evening Primrose Oil	1787-7
Flax Seed Oil	1770-3
HTP Power	2806-4
Kelp	410-3
Maca	1117-2
Melatonin Extra	2830-4
P-14	1023-0
Red Raspberry	560-8
Saw Palmetto	630-4
Super Oil Capsules	8235-8
Three	980-5
Wild Yam & Chaste Tree	1108-7

### MASTER G Formula **8**

MASTER G Formula is a key product that provides nutritional support for all the glands of the body. Hormones that are produced by these glands influence the health of the entire body, and the glands must be strengthened to ensure balance and harmony. MASTER G Formula also contains essential vitamins and minerals, combined with specific herbs rich in easily-absorbed trace minerals.

Stock# 2874-6

### Adrenal Support **8**

The adrenal glands are primarily responsible for offsetting the effects of

emotional, mental and physical stress on the body. Modern dietary habits and stressful lifestyles have a deleterious effect on the capabilities of the adrenal glands. Your level of energy, muscular strength, blood sugar levels and ability to respond to environmental stressors are all affected by adrenal function.

Adrenal Support is specially formulated to nourish the adrenal glands and to promote glandular secretion. The formulation includes adrenal glandular substance (from New Zealand BSE-free bovine) plus vitamins and herbs to help maintain proper adrenal function.

Stock# 1507-0

### FCS-II

This combination is designed to provide the nutrition necessary for proper balance of the female reproductive and glandular systems. It is especially useful in relieving symptoms of PMS. Some time-honoured herbs in this formula include red raspberry, blessed thistle, cramp bark, squawvine and black cohosh. Nutritionally, the formula is a natural herbal source of iron, magnesium, manganese, selenium, silicon, sodium, B vitamins

niacin and riboflavin and vitamins A and C. Caution: Pregnancy and nursing.

Stock# 879-5

### TS-II

TS II is a formula designed to nutritionally support the glandular system to balance hormonal activity, especially the thyroid gland.

TS II contains kelp, Irish moss, parsley, hops and capsicum.

Kelp contains an above average amount of naturally occurring iodine, which is a nutrient essential for proper thyroid function.

Stock# 1092-0



### KC-X **8**

KC-X is a rich source of organic iodine and numerous trace minerals that provide nourishment to the glandular system.

KC-X, which contains Irish moss plant, kelp plant, black walnut hulls, parsley herb, watercress, and sarsaparilla root, helps balance hormonal deficiency, especially in the thyroid gland.

Stock# 1224-0

### Essential Liquid Minerals **8**

Minerals play a vital role in the health of the glandular system and the secretion of hormones. The typical Western diet is lacking in many minerals due to poor soil and food processing.

Essentials Liquid Minerals contains potassium along with other vital minerals in suspension. These minerals come from ancient plant deposits in central Utah and provide varying amounts of naturally-occurring minerals.

The 64 minerals and trace minerals in this suspension have the advantage of being readily available for assimilation into the body when ingested.

Stock# 4037-1

### Saw Palmetto Concentrate

Saw Palmetto has gained a solid reputation for helping to relieve symptoms of benign prostate hypertrophy

(BPH), or enlargement of the prostate—a condition in men which causes frequent and painful urination and which can lead to prostate cancer. BPH is considered to be caused by testosterone accumulating in the prostate. The testosterone is then converted to dihydrotestosterone (DHT), which causes the cells to multiply too quickly and leads to enlargement of the prostate. It is thought that saw palmetto extract prevents testosterone from converting to dihydrotestosterone.

Saw Palmetto Concentrate contains 160 mg of concentrated saw palmetto extract standardized to a minimum 85% fatty acids and sterols.

Stock# 635-9

### Flax Hull Lignans **8**

Lignans from flaxseed hulls contain weak phytoestrogens that compete with stronger estrogens the body manufactures. In so doing, lignans are capable of reducing estrogen dominance in both men and women and are gaining considerable attention in the prevention and treatment of breast and prostate cancers.

Nature's Sunshine's Flax Hull Lignans contain the highest concentration of lignans on the market.

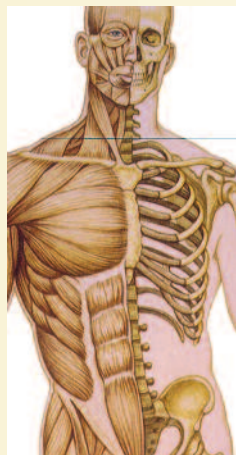
For more information see page 33.

Stock# 8006-7



# The Structural System

 **Equals Key Structural System Products**






The primary function of the structural system is to provide the body with form and frame, and to give the body the ability to move and work. Calcium, one of the most abundant minerals in the body, is used constantly to replace old bone tissue. The structural system consists of:

- Bones
- Teeth
- Muscles
- Connective Tissue (tendons & ligaments)
- Skin
- Hair
- Nails

The structural system is also responsible for shielding the body from the outside environment, and aiding in the cooling of the body.

### Additional Products:

Chondroitin	1811-5
Collatrim, capsules	3065-4
Collatrim, liquid	3060-9
Colostrum	1828-7
Glucosamine	903-4
GreenZone 	1095-4
Horsetail	390-2
KB-C	1883-3
Magnesium	1786-6
MSM	4059-4
Nature's Gold I 	8003-1
Nature's Gold II 	8004-9
SynerPro Cal-Mag	4041-3
Tea Tree Oil	1777-1
Tei Fu Massage Lotion	3538-5

### Cal-Mag Plus D

Calcium is essential to the health of bones, teeth and muscles, and plays an essential role in blood clotting and nerve health. Magnesium activates more than 300 enzymes in the body and, with calcium, affects nerve and muscle functions. Receiving adequate calcium is important in preventing osteoporosis. Calcium and magnesium have a natural affinity, and when ingested together in proper proportion, they are utilized more efficiently by the body. Vitamin D is also an important co-factor in the utilization of calcium and helps increase intestinal absorption of calcium and phosphorus.

Stock# 1758-6

### Liquid Calcium

To help you get more of the goodness of calcium, Nature's Sunshine has developed a great-tasting liquid calcium supplement.

Nature's Sunshine's Liquid Calcium is made from easily absorbed calcium citrate, and because it is in liquid form, its absorption is further enhanced. It is ideal for children and adults who find it difficult to swallow calcium tablets. Liquid Calcium has a delicious tropical flavour and doesn't leave behind a chalky taste.

Liquid Calcium also contains magnesium, vitamin D, and zinc.  
Stock# 3191-6

### EverFlex

EverFlex tablets contain four ingredients believed effective in the maintenance of joint health and for the relief of joint pain and inflammation due to arthritic symptoms and joint injuries. Glucosamine is a natural compound present in joint cartilage. It stimulates the production of synovial fluid, the cushioning fluid in joint structures. MSM (methylsulfonylmethane) is essential for the

maintenance of joint structures.

Chondroitin is helpful in bonding collagen fibers in the joints and structural tissues. Devil's Claw is an African herb with a traditional use for relieving the symptoms of arthritis.

Stock# 925-5

### EverFlex Analgesic Cream

The penetrating action of EverFlex Analgesic Cream provides temporary relief of aches and pains of muscles and joints associated with backache, lumbago, strains, bruises, sprains and arthritic or rheumatic pain, pain of tendons and ligaments. It is also useful for tired, aching muscles.



EverFlex contains MSM, menthol, and a proprietary CFA blend that has been clinically proven to relieve arthritic symptoms.

Stock# 3535-6

### HSN-W

HSN-W is an herbal combination that complements nutrients essential to the protective tissues of the body, particularly the hair, skin and nails.

This formula is an excellent source of minerals, particularly silicon, which is necessary for the formation of collagen for bones and connective tissues, healthy hair, skin and nails, and for calcium absorption.

Stock# 944-7

### ART-A with Devil's Claw

This is a traditional arthritis formula combining herbs with time-honoured use for the relief of joint pain and inflammation.

White willow bark is to relieve pain stemming from muscular and structural aches. It is from white willow bark that the active ingredient in Aspirin® was discovered.



Devil's claw has been traditionally used for pain relief and inflammation, particularly in arthritic conditions.

Marshmallow's demulcent and emollient properties help soothe conditions of inflammation and irritation.

Burdock and rosemary have both been traditionally used to alleviate rheumatic symptoms.

Stock# 798-9



# Chinese Herbs

Nature's Sunshine brings 5000 years of Chinese herbal tradition to the West in its complete line of quality Chinese herbal formulas. Those familiar with Chinese herbology will find much to like in Nature's Sunshine Chinese herbs. In particular, Nature's Sunshine's old-world formulas follow the Chinese tradition, which is to have a broad enough effect, a formula must contain several herbs. Some of Nature's Sunshine formulas contain no less than 18 different herbs. Nature's Sunshine has developed a Chinese herbal formula for each constitution. And each bottle indicates the constitution and whether it acts to enhance or reduce.

It is estimated that over one billion people around the world use the principles of Chinese herbology as part of their daily health practices.

Chinese herbalists teach that the determining factors of health are a person's lifestyle, environment and nature (or constitution). The term "constitution" refers to a person's basic nature. It takes into account lifelong tendencies, personal preferences and tastes. In all traditional health care systems, understanding a person's basic constitution is important when determining the type of diet, exercises and other health-building practices the person needs. Chinese herbology compares the substances of nature with human qualities. It examines a person's basic nature, using a system of five constitutions: wood, fire, earth, metal and water.



## FORMULAS for YANG/STRESS/EXCESS CONDITIONS

## CONSTITUTIONS

## FORMULAS for YIN/WEAK/DEFICIENT CONDITIONS

### LIV-C (Brings about harmony)

Normalizes liver and gallbladder function; reduces hyperactivity; strengthens digestion; relieves nervous stress; nourishes blood; regulates menstruation; relieves cramping and tension; calms agitation and irritation; enhances circulation of Chi.

Stock# 1862-8

### STR-C (Pacifies the spirit)

Normalizes heart functions; calms the nervous system; relieves inflammation; settles rising Chi; opens up circulation of Chi in the chest; clears Chi that irritates the intestines and urinary tract; reduces excitability; stabilizes emotions; improves memory; purges excess Chi.

Stock# 1871-0

### AG-C (Clears the congestion)

Clears stagnant moisture in the digestive system; relieves reaction to foods; settles nausea; normalizes appetite; normalizes the digestive system and the nerves; relieves congestion of the gastrointestinal tract and the joints; broadens interests; expands thinking.

Stock# 1870-4

### AL-C (Ventilates the lungs)

Removes congestion; improves digestion; normalizes lung functions, clears phlegm; relieves inflammation; aids circulation in the upper body; helps one to look up and let go of the past; relaxes defensive posture; tonifies Chi; deepens breathing.

Stock# 1864-0

### K-C (Clears the dampness)

Removes excess moisture; relieves swelling; restores normal function of the kidney and bladder; normalizes tissues of the urinary tract; relieves the stress of edema; clarifies and focuses attention; clears excessive moisture.

Stock# 1872-5

### IF-C (Clears the heat)

Cools the blood; clears the excess; normalizes tissues of the head; activates circulation of Chi and blood; calms agitation; harmonizes internal feelings with external expression; clears excess Chi.

Stock# 1874-3

### AD-C (Relieves the depression)

Settles agitation; disperses congested Chi, moisture, and blood; regulates the hormones; relieves tightness in the chest and congestion; activates circulation of Chi and blood; opens a wider view of the world; relieves emphasis on personal conditions; promotes circulation of Chi.

Stock# 1877-2

## WOOD (Liver)

### BP-C (Nourishes the blood)

Enhances immune functions; normalizes menstruation; normalizes liver and cellular functions; vitalizes blood circulation; softens responses; increases decisiveness; strengthens Chi; strengthens lower body.

Stock# 1882-1

## FIRE (Heart)

### HS-C (Nurtures the heart)

Nourishes the blood; tonifies Yin; normalizes the heart functions; improves circulation in the chest; strengthens lower body; clarifies mind; improves memory; strengthens will; strengthens Chi and Yang; nurtures the heart.

Stock# 1884-7

## EARTH (Pancreas/ Spleen)

### UC-C (Warms the centre)

Enhances absorption and utilization of nutrients; removes excessive moisture; normalizes the digestive functions; strengthens the muscles supporting the internal organs; activates circulation of Chi in the interior and the limbs; increases responsiveness.

Stock# 1891-4

## METAL (Lungs)

### LH-C (Supports the weak)

Moistens dryness; reduces feverish feeling; aids utilization of nutrients; normalizes lung functions; relaxes tension in the chest; restores sense of power and strength; tonifies and consolidates Chi.

Stock# 1890-3

## WATER (Kidneys)

### KB-C (Strengthens the bones)

Improves hearing; regulates hormones; normalizes function of kidney and bladder; strengthens will and drive; tonifies Chi and Yang.

Stock# 1883-3

## HEAT/DRYNESS (Subdivision of Wood)

### HY-C (Nourishes the Yin)

Moistens the dryness; regulates the hormones and the circulation; strengthens lower body; cools the blood; strengthens will; relaxes overbearing nature; tonifies and regulates the Chi.

Stock# 1885-0

## ENERGY (Two formulas to balance the Chi [energy] in individuals)

### IMM-C (Generates the pulse)

Restores normal organ functions; nourishes the blood; strengthens the bones; regulates the moisture; normalizes the immune system; enhances circulation; improves outlook on life; tonifies Chi and Yang.

Stock# 1892-6



# Products for a Woman's Health



## Equals Key Products for Women's Health

A woman's nutritional needs are unique and change as she travels through life.

Monthly hormone fluctuations place unique demands on a woman's body. A delicate interplay of hormones orchestrated between the ovaries, adrenal glands, uterus, pituitary gland, and hypothalamus gland can influence well-being, moods, energy, blood sugar levels, fertility and immunity.

Nature's Sunshine offers products that help women achieve overall balance.

### Women's Formula

This combination is designed to provide the nutrition necessary for proper balance of the female reproductive and glandular systems. It is an herbal source of iron, magnesium, manganese, selenium, silicon, sodium, B vitamins niacin and riboflavin and vitamins A and C. Caution: Pregnancy and nursing. Stock# 891-0

### F.E. Formula

Black Cohosh, a principal herb in this formula, is widely known for its ability to help support the mature woman's body as she encounters normal glandular imbalances and physical changes. In fact, women have used it for decades to help "keep cool" during menopause.

F.E. Formula is a potent timed-release version of this trusted herb. F.E. Formula is standardized to a 2.5 percent concentration of triterpene glycosides (the key active component) and includes dong quai, a noted Chinese herb, to further support the glandular system.

Each tablet provides 80 mg of black cohosh (concentrated extract). A slow-release matrix process ensures a full 10 hours of support. Caution: Pregnancy and nursing. Stock# 81-4

### Maca

Maca, a rainforest herb that is a member of the radish family, grows in the Andes mountains of South

America. Women have reported for centuries that the herb helps ease symptoms of postmenstrual syndrome and menopause. It is not known by what mechanism maca accomplishes this, but it is thought that the herb regulates the thymus/pituitary axis and thus balances hormonal changes in the body. Stock# 1117-2

### Evening Primrose Oil

Women have relied on Evening Primrose oil to relieve the discomforts of PMS for centuries. Evening Primrose Oil owes much of its reputation to the presence of gamma linolenic acid (GLA), an omega-6 fatty acid. Evening Primrose oil promotes a prostaglandin that inhibits the action of prolactin—which is found in high levels in women with PMS. High levels of prolactin can cause progesterone levels to drop causing PMS symptoms. Evening Primrose oil is also helpful for relieving cramping and heavy bleeding. Stock# 1787-7

### Wild Yam & Chaste Tree

Wild Yam & Chaste Tree is an herbal formula designed to balance the glandular system with a special focus on female hormone activity.

The combined benefits of Wild Yam & Chaste Tree may be helpful for treating numerous female complaints associated with a woman's reproductive system, whether from over- or under-active glandular function.

Wild yam contains a compound called diosgenin, which is similar to the hormone progesterone.

The diosgenin in wild yam (approximately 40%) mimics progesterone's effect upon the body and has become increasingly popular in the treatment of PMS symptoms. Progesterone buffers the negative effect of elevated estrogen levels. Stock# 1108-7

### SynerPro Calcium/Magnesium

Women entering menopause are at a high risk of developing osteoporosis unless they consume bone-building nutrients like calcium/magnesium and vitamin D.

SynerPro Calcium/Magnesium is a balanced supplement providing women with the essential nutrients for bone health. Additionally, it contains the SynerPro blend of antioxidant herbs and vegetables for enhanced mineral absorption and free radical defense.

The minerals calcium and magnesium are also beneficial for heart health and the relief of PMS and menopausal symptoms. Stock# 4041-3

### Flax Hull Lignans

Recent studies have revealed that the substances called "lignans" within plants have specific antiestrogenic activity which can prevent and treat certain hormonal conditions related to estrogen overload. Most of this research is being carried out in preventing and treating breast cancer and symptoms of menopause.

Flax seed is by far nature's richest source of plant lignans. Some 27 different lignans are found in the fibrous hull of flax seed, the most researched lignan being SDG (secoisolaricresinol diglycoside).

Nature's Sunshine's Flax Hull Lignans are derived through a unique mechanical extraction process that leaves all 27 lignans in the final product. Flax Hull Lignans are certified organic. And, while most competitive products contain only 1.6% lignans, Nature's Sunshine's Flax Hull Lignans contain a remarkable 8 – 9% lignans.

Furthermore, the SDG lignan is a potent antioxidant and has also been shown to enhance immune system function. Stock# 8006-7





### Equals Key Products for Men's Health

The typical man's diet lacks adequate fibre, carotenoids, antioxidants, B vitamins, vitamin E and minerals like calcium, magnesium and zinc. In addition, as a man ages he needs to protect his prostate gland and manage stress and hormone levels. A herbal program suited for a man should seek to balance the male hormonal system while strengthening his endurance, manage his stress and ensuring prostate health.

# Products for Men's Health

## Men's Formula

Men's Formula is formulated for the special needs of men over 40 years of age. This is a unique, powerful blend of concentrated, standardized herbal extracts and nutrients that have been identified in scientific studies to benefit prostate health.

Benign prostate hypertrophy (BPH), or enlargement of the prostate, is considered to be caused by testosterone accumulating in the prostate. The testosterone is then converted to dihydrotestosterone (DHT), which causes the cells to multiply too quickly and leads to enlargement of the prostate and accompanying discomfort. Both standardized saw palmetto and stinging nettle help to prevent the conversion of testosterone into dihydrotestosterone.

In addition, Men's Formula contains zinc, an essential mineral for a healthy prostate gland.

Stock# 3111-3

## Korean Ginseng

Korean Ginseng has been described as the world's best anti-stress tonic. As such, Korean ginseng is referred to as an "adaptogen"—having a normalizing effect on whatever is affecting the body.

What is enjoyed most about this herb is its ability to increase both mental and physical capabilities. Its effects are broad and touch all areas of the body and mind seeking to bring the whole person into balance. It generally strengthens the body against disease and stress. Athletes have prized the herb for its ability to

increase endurance during physically demanding activity.

It has a reputation for increasing male hormonal activity and is viewed by many to be a male aphrodisiac.

Stock# 665-4

## Maca

Like women, men also experience a change of life called andropause. In men, this change of life is characterized by mood swings, lack of self esteem, low confidence, low libido, and a lack of energy and drive.

Maca to the rescue.

Maca, also known as Peruvian ginseng, is being acclaimed as a rejuvenator of male hormonal youth, most notably in increased libido and sexual function, and more youthful energy and drive. It is not known by what action maca accomplishes this, but it is speculated that the herb regulates the thymus/pituitary axis and thus balances hormonal changes in the body.

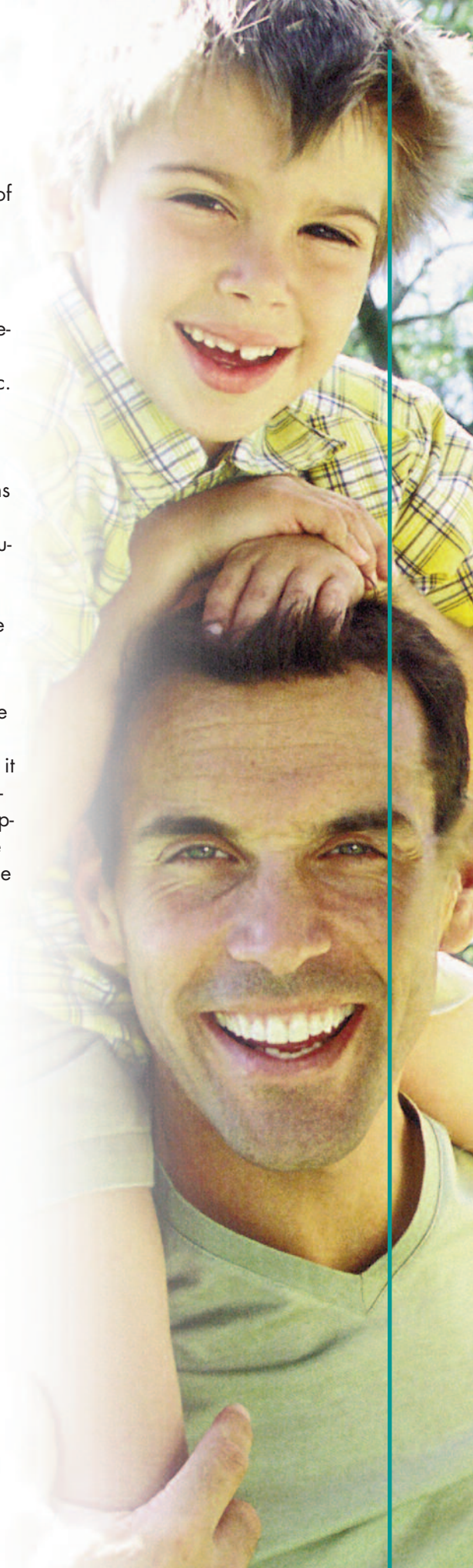
Stock# 1117-2

## Stress Formula

Men are more prone to internalizing stress and worry than women—one of the reasons the average woman will out live the average man. Therefore, stress management becomes an important factor in the health of a man, especially as he ages and experiences changes to his masculinity, family, relationships, employment, etc. Coping with these life changes is stressful. In times of stress the body uses more of certain nutrients, especially the B-complex family of vitamins and vitamin C, than at other times. Because these nutrients are water-soluble, they are easily eliminated and must be replenished on a regular basis. In addition to this, the average diet is lacking in these vital nutrients.

Stress Formula is a B-complex vitamin and vitamin C formula to provide a nutritional defense against chronic and acute stress. For further support, it contains the nervine herbs hops, passion flower and valerian that help support the nervous system and promote relaxation and emotional stability. The herb schizandra is also included for its adaptogenic strength to help the body remain in a state of balance during times of stress.

Stock# 1645-6





# Children's Supplements

## Zambroza™ and Zambar

The whole family will love the taste and nutritional goodness of Zambroza juice blend and Zambar fruit bars. Each is bursting with the natural goodness of antioxidant-rich fruits and plant extracts such as mangosteen, apple, raspberry, green tea, blueberries, grape juice, sea buckthorn, wolfberry and grape seed extract.

Zambroza and Zambar's nutritional benefits affect many body systems. Most noticeably your family will experience an increase in energy and strengthened immunity. They'll also enjoy the delicious grape flavour.

No artificial sweeteners, colours, flavours or preservatives added.

Please see page 6, 7 for more information.

Stock# 4104-1 (458 ml)

Stock# 8237-3 (18 Bars)

## TNT (Total Nutrition Today)

Nature's Sunshine has designed a unique nutritional beverage and convenient bars to keep your family nutritionally topped up. It contains all essential vitamins and minerals, plus fibre, plant extracts and herb for optimal nutrition. TNT is an explosion of energy, nutrition and taste. So, when they can't always eat right, give them TNT. New gluten-free formula.

Stock# 4300-5 (532 g)

Stock# 8236-2 (12 Bars)



## Herbasaur's Elderberry Plus Chewable

Nature's Sunshine combines the great taste and nutritional benefits of elderberry with immune-stimulating and adaptogen herbs, reishi mushroom and astragalus root. The medicinal properties of elderberry have been recognized since early Greece. Elderberry jams and pies are still a favourite treat. Combining elderberry with reishi mushroom and astragalus creates a supplement specially designed to help children overcome seasonal changes and upsets.

Stock# 3300-9

## Herbasaur's Bifidophilus

The intestinal system is home to millions of friendly bacteria that play an important part in maintaining a healthy internal environment and immune system. Bifidophilus is a supplement that helps replenish friendly bacteria in children. Here's a partial list of the good things friendly bacteria do:

- 1) Make it difficult for unfriendly organisms like fungus and yeast (candida) to live in the colon.
- 2) Normalize bowel movements.
- 3) Improve the ability of the immune system.
- 4) Help produce B vitamins and vitamin K.
- 5) Help produce lactase, an enzyme necessary to digest milk products.

Stock# 3302-0

## Herbasaur's Children's Chewable Multiple Vitamins and Iron

Herbasaur's Multi-Vitamins contain thirteen essential vitamins and iron to give your child a nutritious start to each day. Each tablet is sweetened with fructose and natural-source lemon-lime flavour in a base of bioflavonoids and herbs (rose hips, choline, inositol, wheat germ, myrrh gum, and kelp).

Stock# 1722-9



### Equals Key Products for Children's Health

Every parent will agree: ensuring your child receives proper nutrition is nearly impossible! Sweets, chips and fast food are very appealing to children. But as we all know, these "foods" are filled with sugar, hydrogenated fats and empty calories – a nutritional disaster! Worst of all, when your children are out of sight—at school or at play—you have even less control over their eating habits.



# Weight Management



## Equals Key Products for Weight Management

Nature's Sunshine features a variety of products that are essential tools for any weight management program. Dietary choices are important, as is the need to give your body the right nutritional balance to achieve any weight management goals. For weight management programs that aim to achieve: increased energy, lowered fat intake, decreased cholesterol levels, an increase in the body's levels of proper nutrients or maintaining muscle integrity, consider these Nature's Sunshine products.

### Nutri-Burn Whey Protein

Protein is essential for a healthy metabolism and lean muscle development. Whey protein is the most effective protein supplement for supporting weight loss. Nutri-Burn has also been enhanced with CLA (conjugated linoleic acid), a natural polyunsaturated fat that research has shown has powerful weight-loss potential, particularly for abdominal fat. Natural cocoa or vanilla flavour.

Stock# 3212-4 (1014 g) cocoa

Stock# 3214-9 (1018 g) vanilla

### SynerProtein (non-GMO)

Protein is essential for providing structure to all living things. In a weight management program, supplementing with protein helps build lean muscle and increase metabolism. If a weight control program includes calorie restrictions, SynerProtein's blend of vitamins, minerals and phytonutrients provides needed nutrition without the calories. SynerProtein is made from non-GMO isolated soy protein.

Stock# 8228-0 (483g)

### Collatrim

Collatrim is a product containing collagen—the fibrous protein found in bones, tendons and connective tissues. As such, it provides an excellent source of protein and amino acids to build lean muscle mass and facilitate weight

loss. Collatrim supplements the body's collagen production with high concentrations of protein and amino acids (essential building blocks of protein), specifically arginine, proline and glycine.

Stock# 3060-9 Collatrim, liquid

Stock# 3065-4 Collatrim, capsules

### Fat Grabbers

Nature's Sunshine has help for those who want to absorb less fat. Fat Grabbers works by utilizing specific fibres to trap, or "grab", fat molecules. Fat is subsequently unavailable for digestion and is eliminated through the intestinal system. Scientific studies have documented guar gum

and psyllium as having a trapping action on fat molecules. Chickweed and lecithin emulsify fat, allowing the body to reduce the amount of fat available for digestion.

Stock# 2946-3

### Carbo Grabbers

Carbo Grabbers is a specially formulated supplement made from white kidney bean extract to help reduce the amount of carbohydrates allowed to be stored as fat. An in vitro study showed that one gram of the extract prevented the generation of 2250 calories from complex carbohydrates. That is equal to over 500 grams of carbohydrates. No side effects were noted. Caution: Pregnancy or nursing

Stock# 2958-0

### Nature's Bod-E-Klenz

Speed up weight-loss with this powerful cleansing program of herbs, vitamins and minerals. The Bod-E-Klenz program, taken at the beginning or between weight-loss plans, stimulates your body's own digestion and elimination processes to begin ridding itself of unwanted buildup, and activates body systems for efficient metabolism of proteins and carbohydrates.

Stock# 4082-5

### Green Tea Extract

Green Tea Extract contains catechins, powerful substances that have been shown to aid the body's fat burning processes. NSP's Green Tea Extract is caffeine free and contains 80 per cent polyphenols (60 per cent catechins and 30 per cent EGCGs).

Stock# 1096-6

### Glucoreg

An important factor in weight management is the control of blood sugar (glucose). When there is an over sup-

ply of glucose in the blood the pancreas secretes more and more insulin. Because insulin is the fat-storage hormone, an over abundance of insulin makes one more prone to storing fat. For those who have plateaued in their weight loss efforts, controlling glucose levels and insulin secretion may be the answer to losing those last few stubborn inches.

Glucoreg contains chromium and vanadium, two important trace minerals for regulating blood glucose and insulin levels.

Glucoreg also contains a proprietary herbal combination to assist in glucose regulation and weight management which includes nopal leaf, fenugreek seeds, bitter melon fruit, gymnema leaf extract and banaba leaf.

Stock# 927-1

### Nature's Hoodia Formula

The African herb, hoodia, is a popular weight management supplement to reduce one's desire to eat and to support a healthy, controlled appetite.

Knowing when to quit eating is important in the success of any weight management program.

Hoodia does this by tricking the brain into telling the body one is full and satisfied. Therefore, the desire to eat is reduced and individuals consume less calories.

Nature's Hoodia Formula is also enhanced with a unique, synergistic blend of supporting ingredients that help one reach weight-loss goals by reducing the desire to eat, while at the same time increasing the body's ability to burn fat, metabolize carbohydrates and control blood sugar levels.

Nature's Hoodia Formula's synergistic blend contains the Indian herbs caralluma fimbriata, gymnema sylvestre and garcinia cambogia, as well as supporting ingredients of dry apple cider vinegar, chromium, marshmallow root and psyllium hulls.

Stock# 3024-7



# Energy & Endurance



## Equals Key Products for Energy & Endurance

Whether you work hard or play hard, your body requires certain cellular fuel to get you through your busy day. Nature's Sunshine offers several products to increase your physical and mental performance, reduce stress, and increase your stamina and endurance. Be the best you can be in every area of your life!

### TNT (TOTAL NUTRITION TODAY)

TNT is an explosion of energy and nutrition. In a time when quick pace and junk foods have become synonymous with our Western lifestyle, Nature's Sunshine has designed a unique nutritional beverage and convenient bars to keep you nutritionally topped up and ready for anything.

Stock# 4300-5 (532 g)

Stock# 8236-2 (12 bars)

### SynerProtein (non-GMO)

SynerProtein is a delicious, high efficiency, complete protein, vitamin- and mineral-enriched drink made from non-GMO soy protein. Protein is important for the building and maintenance of muscle tissue and for energy during athletic and/or strenuous activity.

Stock# 8228-0

### Nutri-Burn Whey Protein

Nutri-Burn is the choice of athletes and body-builders seeking maximum performance. Whey protein is the most biologically active and easily-absorbed form of protein, containing all the essential amino acids your body needs for muscle growth, tissue repair, and increased energy and stamina. Nutri-Burn has also been enhanced with CLA (conjugated linoleic acid), which has been shown to increase muscle growth and repair, and the burning of fat. Natural cocoa and vanilla flavour.

Stock# 3212-4 (1014 g) cocoa

Stock# 3214-9 (1018 g) vanilla

### ENERG-V

ENERG-V is a popular herbal supplement for one of the most widely spread complaints in the civilized world: lack of energy or fatigue. It is also considered a type of "spring tonic" which improves stamina and vitality by cleansing the body of metabolic by-products.

Stock# 859-7



### Stress Formula

In times of physical stress, the body uses more of certain nutrients, especially the B-complex family and vitamin C. Because these nutrients are water-soluble, they are easily washed away and must be replenished on a regular basis.

Stock # 1645-6

### Chinese Mineral-Chi Tonic

East meets West as Nature's Sunshine combines the finest source of liquid trace minerals (including potassium) with time-honoured Chinese tonic herbs to create an exciting adrenal/energizing tonic to "light up" and balance the body's energy systems.

Stock# 1818-3 (946 mL)

### GreenZone

GreenZone consists of energy-enhancing green foods like sea algae and land-grown cereal grasses in a blend of carbohydrates, protein, and essential fat. Full of nutrient-rich goodness, green foods are the most healthful foods nature has to offer.

Stock# 1095-4 (250 g powder)

Stock# 1097-7 (capsules)

See page 8 for more information.

### Additional Products:

#### Zambrza and Zambar

Antioxidant-rich juice blend and fruit bars—page 5.

#### Nature'sGold I & II

High-energy "SuperFood"—page 7.

#### Colostrum

Growth factors to increase athletic endurance and performance—page 42.

#### Chlorophyll, Liquid

Chlorophyll help to oxygenate the blood and therefore may increase endurance. See page 10.





# Aging and Longevity



## Equals Key Products for Aging & Longevity

Science has discovered that free radical damage and a reduction in growth factors is at the heart of aging. Many of the diseases associated with aging today are preventable through proper diet, exercise and a balanced nutritional program. The later years do not have to be a time of illness and loss of vitality. In fact, many today are staying cellularly young as they age through the use of diet, exercise and nutritional supplements. Nature's Sunshine offers several supplements to protect your cells and help slow the aging process.

### Ginkgo biloba

Ginkgo is an herb with special qualities to enhance longevity. As one of the most extensively studied herbs, ginkgo has been proven to: improve circulation by dilating capillaries and increasing their permeability; lower cholesterol; preventing oxygen deprivation to the heart; benefit vision problems and tinnitus (ringing of the ears); and protect against toxic nerve damage. Much of its healthful benefits are due to a high content of flavonoids and flavonoid-like substances which are known as antioxidants.

Stock# 898-8

### Milk Thistle Extract

Milk thistle (80% standardized silymarin extract in a time release formula) provides nutritional support to the liver. The liver performs over 500 functions and is the body's detoxification plant. The liver is the only internal organ that can repair and regenerate itself.

Various studies have shown milk thistle to be a liver protectant. Scientists believe that its antioxidant properties protect the liver against chemicals and other toxins.

Stock# 4071-9

### Gotu Kola

Researchers who studied the amazing properties of gotu kola agreed that the plant contains an

unknown vitamin they termed "vitamin X." Their research led them to believe that gotu kola has a rejuvenating effect on the brain and endocrine glands.

Stock# 8005-3

### Perfect Eyes

Perfect Eyes is loaded with eye-supporting nutrients. Numerous scientific studies suggest that supplementing with the ingredients in Perfect Eyes may support eye health and protect eye tissue from damage.

The two key ingredients are lutein and N-Acetyl-Cysteine (NAC). Lutein is an important antioxidant that supports the macular region of the eye.

Stock# 4075-0

### Colostrum

Colostrum (sourced from cow's milk) is nature's most abundant source of powerful growth factors in perfect balance —just as nature intended. These growth factors include IgF-1 (insulin-like growth factor 1), TgF-A & B (Transforming Growth Factor, alpha and beta) and EgF (Epithelial Growth Factor). Growth factors in Colostrum slow the aging process by improving the health of skin, hair and nails; increase immune response; promote bone health; and encourage the development of lean muscle.

Stock# 1828-7

### High Potency GraPine

Nature's Sunshine's GraPine contains proanthocyanidins derived from both grape seed and Maritime pine bark extracts.

These highly bioavailable, water-soluble flavonoids have unparalleled antioxidant activity. They have been found to be 50 times stronger than vitamin E and 20 times stronger than vitamin C as antioxidants. In addition, they are capable of crossing the blood-brain barrier and can remain in the bloodstream up to 72 hours to protect the brain and central nervous system. These powerful antioxidants also offer protection against free radical damage to the cardiovascular system, retina, skin and connective tissue, and inhibit inflammation.

Grape seed extract yields specific antimicrobial, immuno-stimulating, and liver-protecting properties. Grape seed extract contains a concentration of 95% proanthocyanidins. Pine bark extract contains a rich supply of proanthocyanidins, as well as other water-soluble nutrients. Pine bark extract yields a concentration of 85% proanthocyanidins.

Stock# 1798-5

### Green Tea Extract

Green Tea Extract contains catechins, powerful antioxidants that are 200 times stronger than vitamin E at neutralizing cell-damaging free radicals. Green tea also contains anti-ulcer and anti-inflammatory compounds, helps support the immune system, and aids the body's fat burning processes. NSP's Green Tea Extract is caffeine free and contains 80 per cent polyphenols (60 per cent catechins and 30 per cent EGCGs).

Stock# 1096-6

### All-Cell Detox

All-Cell Detox is a unique herbal combination designed to eliminate residual toxins from the body after a digestive system purge.

Toxic build up in the body can damage cell structures and mitochondria. The herbal tradition of cleansing is well founded. Cleansing results in better digestion, healthy looking complexion and more vitality.

The herbs in this formula are laxative, diuretic, cholagogue, antiseptic, and immune system supportive.

Stock# 1078-2

### GlucoReg

Syndrome X, insulin resistance and Type II diabetes have become epidemics. When glucose and insulin are out of control, over time, they cause accelerated aging of body systems with severe consequences.

Successful, healthy aging requires control of blood glucose levels and insulin secretion. GlucoReg was developed to help do just that.

GlucoReg contains chromium and vanadium, two important trace minerals for regulating blood glucose and insulin levels. Each supports healthy aging by increasing the efficiency of insulin in escorting glucose into cells for use in energy production.

GlucoReg also contains a proprietary herbal combination to assist in glucose regulation and weight management which includes nopal leaf, fenugreek seeds, bitter melon fruit, gymnema leaf extract and banaba leaf.

Stock# 927-1

### Additional Products

**Zambrza and Zambar**

page 6

**Nature's Gold I and II**

page 8

**GreenZone**

page 9

**Cardio Assurance**

page 17



# Essential Oils & Lotions

## Essential Oil Singles (5 ml unless otherwise stated)

- |                           |               |
|---------------------------|---------------|
| • Eucalyptus BIO          | Stock# 3904-9 |
| • Grapefruit, Pink BIO    | Stock# 3906-7 |
| • Lavender, Fine AOC      | Stock# 3907-8 |
| • Lemon BIO               | Stock# 3908-2 |
| • Massage Oil (4 fl. oz.) | Stock# 3928-7 |
| • Oregano, Wild           | Stock# 3934-6 |
| • Peppermint              | Stock# 3910-9 |
| • Pine Needle             | Stock# 3911-5 |
| • Tea Tree                | Stock# 1777-1 |
| • Tei Fu Oil              | Stock# 1618-7 |



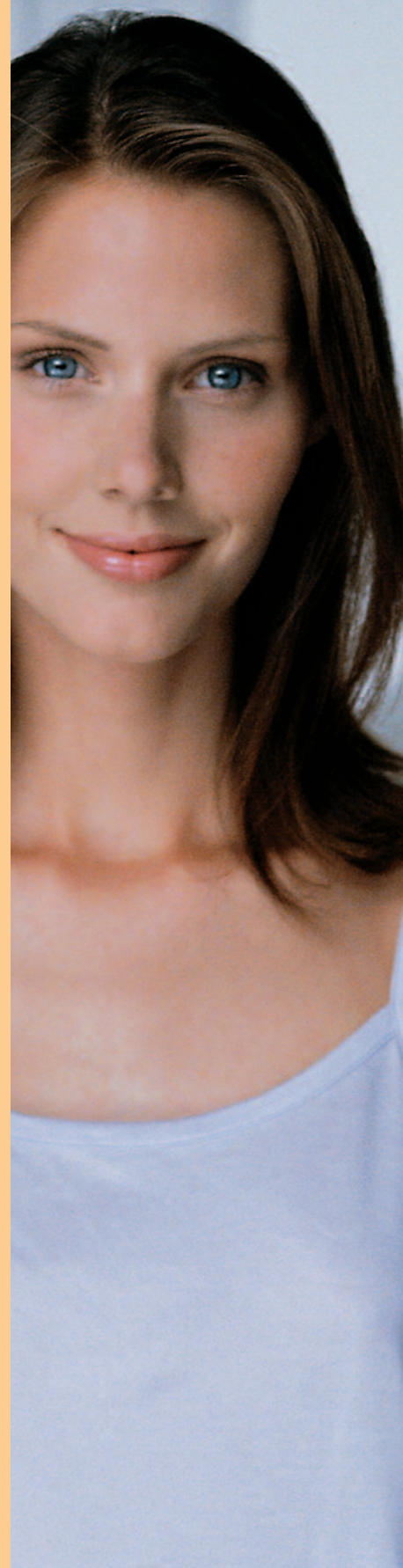
Since ancient times, healers have used the essential oils of many plants for their healing benefits. They have also used various herbs in lotions, ointments and salves to treat irritations and speed external healing.

Pamper your senses with the most popular therapeutic essential oils nature has to offer. And use our unique selection of lotions, ointments and salves when external healing is needed.

## Lotions, Salves, Ointments and other oils

- |                                  |               |
|----------------------------------|---------------|
| • Aloe Vera Gel (220 ml)         | Stock# 1679-2 |
| • Black Ointment (28 g)          | Stock# 1696-9 |
| • Golden Salve (28 g)            | Stock# 1698-0 |
| • Pau d'Arco Lotion (120 ml)     | Stock# 1614-4 |
| • Peppermint Oil (4 ml)          | Stock# 1706-8 |
| • Tea Tree Oil (14 ml)           | Stock# 1777-1 |
| • Tei Fu Oil (5 ml)              | Stock# 1618-7 |
| • Tei Fu Massage Lotion (120 ml) | Stock# 3538-5 |





# Natria™

Healthy, beautiful skin is achieved by caring for your body both internally and externally. The foods and supplements you consume help nourish your skin from the inside. But just as important are the nutrients required on the outside for your skin's health and well-being, and for a beautiful appearance at any age.

NATRIA™ is an innovative personal care product line formulated with naturally derived, nourishing ingredients that condition, strengthen, and defend your skin. Vitamins and botanical extracts deposit powerful antioxidant protection and vital nutrients directly to your skin. A unique moisture replenishing complex guards against harmful external elements and ensures optimal hydration. Specialized DNA defense enzymes counteract the damaging effects of UV rays and help correct visible damage caused by sun exposure. In addition, a powerful skin renewal complex dramatically reduces the noticeable signs of aging, restoring your skin's youthful appearance.

Clinically tested by cosmetic scientists and dermatologists – proven to offer visible results. Discover your source of skin nourishment. Discover your most beautiful self. Discover NATRIA – Nature's Skin Nutrition.



## Moisture Full Body Wash

Bathes your skin in an invigorating cleansing experience. This nutrient-rich formula energizes and revitalizes your skin with soft lathering gel. Protects against dryness with conditioning cleansing and penetrating hydration. Stock# 6020-4

## Irish Moss Hand & Body Lotion

Rich in emollients and nutrients that hydrate and condition for hours. Cares for your skin with a unique moisture replenishing complex that restores and increases skin's ability to retain essential moisture and lipids. Stock# 6021-0

## Restoring Shampoo

Gently and effectively cleanses while enhancing and preserving hair's healthy appearance. NatriSpheres technology deposits an advanced hair repair complex directly onto individual hair strands. Throughout the day, these time-released spheres open, releasing their active contents that help repair and prevent damage. Stock# 6030-8

## Restructuring Conditioner

Protects and strengthens while returning natural luster and shine to your hair. Hydrating herbal and botanical extracts, and fortifying vitamins envelope stressed, overworked hair in luxurious conditioning. NatriSpheres technology targets split ends and damage to ensure that weak areas are reinforced and repaired. Stock# 6031-9

## Five-Phase Eye Refine

Five-Phase Eye Refine fights the five most visible signs of aging and stress around the eyes. Stock# 6012-4

## Advanced Recovery Cream

Advanced Recovery Cream drenches your skin with instant hydration and protects against moisture loss with a specialized moisture replenishing complex. Stock# 6007-9

## Advanced Recovery Lotion

Quenches skin's thirst for moisture and helps maintain an ideal level of hydration. Each morning your skin looks younger and feels better than the night before. Stock# 6008-1

## Skin Refining Serum

Skin Refining Serum works deep within the skin to dramatically reduce the visible signs of aging and restore your natural radiance. Stock# 6004-5

## Nourishing Cleansing Lotion

Nourishing Cleansing Lotion gently and effectively removes all traces of makeup and skin impurities with natural, soap-free cleansers. Hydrates and conditions while restoring vital moisture and nutrients. Leaves skin feeling soft, healthy, and thoroughly cleansed. Stock# 6000-6

## Completely Clean Makeup Remover

Gently and thoroughly sweeps away even stubborn eye and lip makeup. Naturally derived cleansing agents, perfect for delicate eye area skin. Stock# 6010-5

## Nourishing Toner/ Balancing Toner

As a vital step in your daily regimen, toning completes the cleansing process by sweeping away any remaining impurities. Natria toners balance skin's natural pH level and prepare skin for optimal moisturization—or provide a burst of skin refreshment at any time throughout the day. Alcohol-free formulas soothe and rejuvenate while replenishing skin's natural barrier.

Stock# (Nourishing Toner) 6002-3  
Stock# (Balancing Toner) 6003-0

## Balancing Cleansing Gel

Refreshes and purifies while balancing skin's normal sebum levels. A natural blend of non-soap cleansing agents rids skin of makeup, surface debris, and excess oils that can clog pores. Antioxidants from essential vitamins and botanical extracts supply reinforcement against harmful environmental aggressors.

Stock# 6001-7





# Maximum odour protection without harmful chemicals

## Nature's Sunshine's Crystal Clear Deodorant & All-Over Body Spray

Crystal Clear is made from naturally occurring bauxite ore, mined and refined into pure alum crystals. Alum is a natural compound found in nature. It is present in the water we drink, in the foods we eat, and the air we breathe. Alum is the third most abundant element on earth, next to oxygen and silicon.

Nature's Sunshine's Crystal Clear contains large alum molecules in a salt form that cannot be absorbed into the body or blood stream. It also contains no aluminum that can clog pores or enter the body. Neither does it stop the natural process of perspiration in attempting to eliminate odour. Crystal Clear works naturally by keeping the bacteria on the skin from multiplying. The crystals impede the growth of bacteria by raising the pH level of the skin, forming a high alkaline environment that stops bacteria in its tracks. Crystal Clear does not mask odour but actually eliminates it.

Crystal Clear is free of synthetic oils (oils will stain clothing), alcohol (which can burn and irritate skin), emulsifiers and solvents (which can clog pores), perfumes (which can cause allergic reactions), and other chemical additives (such as propellants) which can harm the ozone layer.

These natural deodorant crystals are safe and effective. For centuries they have been used in Asia and Europe and are becoming increasingly popular with health-conscious North Americans.

Stop applying harmful chemicals and compounds to your body and reach for Crystal Clear Deodorant and All-over Body Spray.

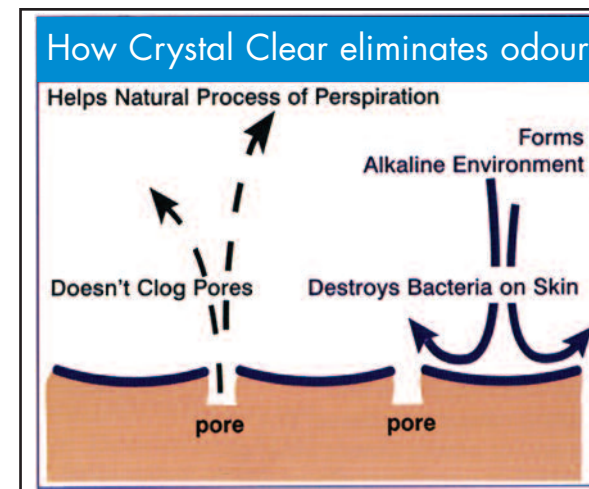
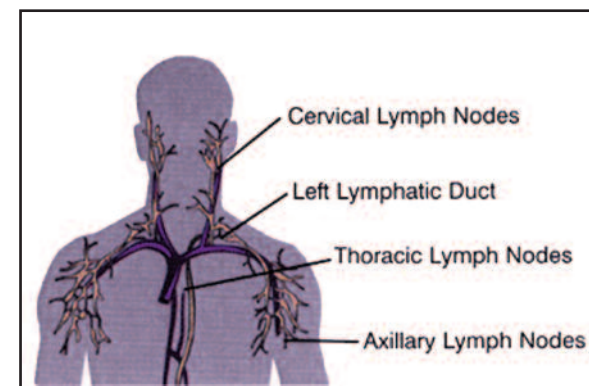
## Nature's Sunshine's Crystal Clear

mineral salt deodorant and body spray provides 100%, all-natural, 24-hour maximum odour protection. Crystal Clear stops odour-causing bacteria before they multiply on the skin's surface, rather than just temporarily masking odours as other deodorants do. Crystal Clear does not clog pores or stop the natural process of sweating, which is an important toxin-eliminating function of the body. After bathing, just spray 4-6 times on any part of the body requiring odour control. It can even be used as an after-work freshen-up.

### The benefits are Crystal Clear:

- No aluminum chlorhydrates or zirconium
- No parabens
- No chemical additives
- Hypoallergenic
- No animal testing involved
- Non-staining
- Dries quickly
- Ideal for both women and men
- Safe on children

Traditional deodorants/antiperspirants block the pores of the skin by using synthetic chemicals, oils, alcohol and waxes. Maintaining good health means allowing the lymph glands to function properly.



Stock# 8016-6 (120 ml)  
(includes spray pump attachment)

# Introducing



Nature's Sweet Life™

## Make Your Life a Little Sweeter

**Guilt-free indulgence plus natural oral hygiene**

**Stop the sugar madness.** Ever stop to consider how much sugar you consume? Many of us will end up consuming over 180 pounds of sugar each year (that's over 13,000 pounds of sugar in a lifetime.) Our bodies pay the price for this level of consumption.

Health experts agree that over-use of sugar is at least partly responsible for a myriad of diseases such as obesity, tooth decay, ADHD, hyperactivity and diabetes. Many people have decided to use artificial sweeteners instead, but these man-made chemicals seem to cause more health problems than they prevent. But we can have our proverbial cake and eat it too. Scientists have found a sweetener that is made from natural ingredients and tastes like sugar yet is low-calorie and does not cause cavities. It's called xylitol. Nature's Sunshine's new line of xylitol-sweetened products called Nature's Sweet Life is going to make your life a little sweeter.

**Xylitol is the answer!** Xylitol is a naturally sweet compound that looks and tastes just like sugar. Our bodies already digest the xylitol found in fruits, vegetables and other organic substances. About 15 grams of xylitol is actually produced by our own bodies as part of normal metabolism every day. Nature's Sweet Life xylitol is derived from non-genetically modified corn, making it a completely natural sugar substitute. Xylitol has a safe track record; it has been used for over 40 years around the world. Nature's Sweet Life xylitol is gluten-free and without any corn residue. Not only does xylitol offer great taste, but it contains 40% fewer calories and 75% fewer carbohydrates than regular table sugar. It also has none of the side effects or bad aftertaste of artificial sweeteners.

### Sweet Indulgence

Few foods inspire passion in people as well as chocolate. Chocolate is not just a snack, it's an indulgence. Used by the natives of ancient Mesoamerica, chocolate has been recognized for centuries for its ability to give energy, restore vitality and stimulate the pleasure centers in the brain. Nature's Sweet Life dark chocolate is infused with natural flavours to create a delicious treat you will savor each time you sample. Since it is sweetened with low-calorie, low-carb xylitol, you won't feel guilty about indulging in the pleasure of high-quality, sugar-free chocolate every day.



Calcium Crunch Stock #5451-0  
(1 box of 28 bars)

Fortified with calcium and other minerals essential for healthy bones and teeth.



Natural Raspberry Flavour Stock #5450-4  
(1 box of 28 bars)

Enhanced with co-enzyme Q10, flax (source of omega 3 fatty acids) and other cardio friendly ingredients.

Note: Nature's Sweet Life Chocolates are seasonal and only available for purchase from October to March. Subject to 'While Supplies Last.'

### Fresh Breath & Clean Teeth

Nature's Sweet Life mints are an excellent way to promote good oral health throughout the day and a sweet experience that won't weigh on your conscience. Nature's Sweet Life gum and mints freshen breath while actually promoting healthy teeth and gums. Having Nature's Sweet Life gum or mints after meals helps reduce cavities in two ways. First, it stimulates the production of saliva, which washes away and neutralizes damaging acid produced by bacteria in the mouth. Second, because it is sweetened with xylitol, it helps curb the growth of bacteria. The result is a cleaner mouth and fantastic breath.

Our xylitol-sweetened gum is the perfect aid for children who just won't brush enough, or for adults who can't find the time to brush between meals.

Our mints help freshen your breath while helping fight cavities.

Nature's Sweet Life gum and mints are sugar-free, safe for diabetics and non-cariogenic.

Enjoy after meals, as a snack, or anytime.



Spearmint Gum Stock #5405-0  
Cinnamon Gum Stock #5400-8



Peppermint Mints Stock #5410-7  
Lemon Mints Stock #5415-1

# Nature's Fresh

Environmentally-Friendly  
Enzyme-Based Odour and  
Stain Eliminator.

## All-natural environmental breakthrough from Nature's Sunshine Products!

This widely tested deodorizer utilizes a special formulation of enzymes gleaned from plant sources. These enzymes work as deodorizers and break down the molecular structure of stains without harming fabric. Eliminates organic odours, such as those created by foods, smoke, urine, feces, mildew, vomit, and pets. Eliminates stains caused by food, juices, blood, pets, urine and other organic substances.

### Special Features

- Safe for all fabrics not harmed by water.
- Eliminates organic odours and stains.
- Unscented.
- Non-irritating.
- Hypoallergenic
- Non-toxic and environmentally safe for children and pets.

Stock# 9289-2 (includes spray pump attachment)



Use wherever you encounter odour and stains: Spray into air or directly onto the source— shoes, clothing, bed linens, lingerie, upholstery, carpet, auto interiors, etc. For stain prevention and removal, spray or soak stained area.

# NSP Concentrate



## The only cleaner you'll ever need!

NSP Concentrate is a general purpose, non-flammable cleaning concentrate that is effective on all types of dirt and grime, yet won't harm the environment or the ones you love because it contains no polluting phosphates, borates or nitrates. Its biodegradable cleaning and sudsing agents break down easily, helping to prevent foaming or sudsing problems in our lakes and streams. That's a good thing.

NSP Concentrate is a versatile product with literally hundreds of uses. Used full strength, it is a powerful cleanser. In various dilutions, it can be used to clean an extensive variety of items.

Stock# 1551-6 (946 mL)  
(includes spray pump attachment)



One litre of NSP Concentrate makes over 8000 litres of window cleaner equivalent to the leading commercial brand!



Great for washing fruits and vegetables.

# Supplements for Pet Health

It is estimated that in Canada there are approximately 12,000,000 household pets and that there are over 250,000 horses in the Province of Ontario alone. Every year Canadian pet owners spend millions of dollars to treat animals with pharmaceuticals and other chemicals.

But just as humans benefit from natural herbal remedies, so too can their pets. Nature's Sunshine has produced a convenient brochure to help pet owners utilize the healing properties of herbs and nutrition to improve the health of their pets. Request a copy from your Nature's Sunshine Independent Associate.

## Anti-tumor, anti-fungal

Paw Paw

## Intestinal System

Chlorophyll

Herbasaur's Bifidophilus

Bifidophilus Flora Force

## Urinary System

Cranberry and Buchu

## Immune System

Cat's Claw Combination

Colostrum

Echinacea and Goldenseal

GreenZone

## General Nutrition

Essentials Liquid Minerals

SynerProtein

## Structural System

ART-A with Devil's Claw

## Digestive System

Acidophilus

Catnip and Fennel

## Nervous System

Valerian

AD-C

## Circulatory System

Bilberry

High Potency Grapine

## Respiratory System

Echinacea Purpurea

Lobelia

# Products Listed by Body Systems

**For more information on Nature's Sunshine products and complete ingredient listings, please contact your Nature's Sunshine Associate, or refer to the NSP Fact Sheets.**

## Circulatory

Bilberry	74-8
Blood Pressurx	554-8
BP-C	1882-1
Capsicum	160-5
Capsicum 2 Shaker Pack	166-7
Capsicum, Garlic & Parsley	829-9
Cardio Assurance	807-7
Cholester Reg-II	557-7
Butcher's Broom	135-5
CoQ10	4034-2
Evening Primrose Oil	1787-7
Flax Seed Oil	1770-3
Focus ATN	1833-4
Formula CR II	557-7
Garlic, High Potency	292-9
Ginger	300-6
Ginkgo Biloba, Slow Release	898-8
Ginkgo/Hawthorn	909-3
Glucoreg	927-1
Gotu Kola	8005-3
Grapine, High Potency	1699-3
Green Tea Extract	1096-6
Hawthorn	370-3
HS-C	1884-7
Lecithin	1661-6
Magnesium	1786-6
MC	4002-8
Olive Leaf Extract	204-7
Perfect Eyes	4075-0
Super Oil Caps	8235-8
Tiao He Pak	4005-7
Vari-Gone	985-3
Vit C 500 mg (180)	1651-7
Vit C Time Release	1727-2
Vit E w/Selenium	1667-8
Vit E 400 IU	1711-6
Zambar	8237-3
Zambroza	4104-1

## Digestive

All Cell Detox	1078-2
Aloe Vera Juice	1680-4

Digestive Enzymes	1761-1
E-Tea	1360-4
Enviro D-TX	874-4
Fat Grabbers	2946-3
Garden Essence	1643-9
Heavy Metal Detox	507-1
LIV-A	1013-8
LIV-C	1862-8
LIV-GD	4015-8
Marshmallow & Pepsin	848-2
Milk Thistle Extract	4071-9
Noni Caps	456-6
Noni, Liquid	4066-7
P-14	1023-0
Papaya Mint	485-6
Potas	4978-9
Protease Plus	1841-7
Protein Digest Aid	1756-2
St. John's Wort	655-3
Stomach Comfort	1820-0
Tiao He Pak	4005-7

## General Health & Nutrition

Acidophilus/Bifidobacterium	8002-4
All Cell Detox	1078-2
Astragalus	40-1
Bifidophilus Flora Force	4080-4
Carbo Grabbers	2958-0
Chinese Mineral Chi	1818-3
Chlorophyll Caps	1690-7
Chlorophyll, Liquid	1689-6
Chlorophyll, Liquid (473 ml)	1683-7
Chromium	1802-4
Colostrum	1828-7
CoQ10	4034-2
Energ-V	859-7
Enviro D-TX	874-4
Essentials Liquid Minerals	4037-1
Fat Grabbers	2946-3
Flax Hull Lignans	8006-7
Garden Essence	1643-9
Garlic, High Potency	292-9
Ginseng, Korean	665-4

Ginseng, Siberian	660-9
GlucoReg	927-1
Grapine - High Potency	1699-3
Green Tea Extract	1096-6
Green Zone, powder	1095-4
GreenZone, capsules	1097-7
Heavy Metal Detox	507-1
Herbasaur's Bifidophilus	3302-0
Herbasaur's Children's	1722-9
Chewables	
Liquid B12 Plus	1588-7
Nature's Gold I	8003-1
Nature's Gold II	8004-9
NutriBurn (cocoa)	3212-4
NutriBurn (vanilla)	3214-9
Spirulina	681-1
Super Vitamins/Minerals	1791-2
SynerPro B Complex	1773-8
SynerPro Super Vitamins/Minerals	4057-9
SynerProtein Powder	8228-0
TNT Nutritional Drink	4300-5
TNT Bars	8236-2
Vitamin A & D	1724-2
Vitamin B Complex	1723-7
Vitamin C 500 mg	1651-7
Vitamin C Chewable 250 mg	1726-1
Vit C Time Release	1727-2
Vit E w/Selenium	1667-8
Vit E 400 IU	1711-6
Zambar	8237-3
Zambroza	4104-1

**Glandular**

Adrenal Support	1507-0
Chinese Mineral Chi	1818-3
Chromium	1802-4
Collatrim, capsules	3065-4
Collatrim, liquid	3060-9
Dandelion	250-4
Evening Primrose Oil	1787-7
FCS II	879-5
FE Formula	81-4
Flax Hull Lignans	8006-7
Flax Seed Oil	1770-3
HTP Power	2806-4
KC-X	1224-0
Kelp	410-3
Maca	1117-2
Master G Formula	2874-6
Melatonin Extra	2830-4
Men's Formula	3111-3
P-14	1023-0
Red Raspberry	560-8
Saw Palmetto	630-4
Saw Palmetto Conc.	635-9
Super Oil	8235-8

Three	980-5
Wild Yam & Chaste Tree	1108-7
Women's Formula	891-0
X-A	1112-5

**Immune**

Acidophilus	8002-4
Astragalus	40-1
Bod-E-Klenz	4082-5
BP	799-7
BP-C	1882-1
Cat's Claw Comb.	175-0
Colostrum	1828-7
Echinacea Purpurea	262-6
Echinacea, Ultimate	3181-2
Echinacea/Goldenseal	3180-1
Enviro D-TX	874-4
E-Tea	1360-4
Garlic, High Potency	292-9
Grapine, High Potency	1699-3
Green Tea Extract	1096-6
GreenZone, powder	1095-4
GreenZone, capsules	1097-7
HRP-C, capsules	937-7
HRP-C, liquid	3167-6
IGS II	964-3
IMM-C	1892-4
Liquid Silver	4011-1
LYM-MX	4036-0
Noni Caps	456-5
Noni, Liquid	4066-7
Olive Leaf	204-7
Paw Paw	511-3
Protease Plus	1841-7
Vitamin C 500 mg	1651-7
Vitamin C Chewable 250 mg	1726-1
Vit C Time Release	1727-2
Vit E w/Selenium	1667-8
Vit E 400 IU	1711-6
Zambar	8237-3
Zambroza	4104-1
Zinc	1657-9
Zinc & Vitamin C Lozenges	1596-8

**Intestinal**

All Cell Detox	1078-2
Acidophilus/Bifidobacterium	8002-4
Aloe Vera Juice	1680-4
Artemisia	787-6
Bifidophilus Flora Force	4080-4
Black Walnut	90-8
Bod-E-Klenz	4082-5
Caprylic Acid	1808-2
Cascara Sagrada	170-8
Cat's Claw Comb.	175-0
Chlorophyll Caps	1690-7

Chlorophyll, Liquid	1689-6
Chlorophyll, Liquid(473 ml)	1683-7
Citrus CleanStart	3994-2
Colostrum	1828-7
Enviro D-TX	874-4
GreenZone, powder	1095-4
GreenZone, capsules	1097-7
Herbal Pumpkin	914-5
Herbasaur's Bifidophilus	3302-0
LBS II	994-0
Loclo	1347-6
Para Pak	4021-5
Psyllium Hulls	545-9
Psyllium Hulls Combo	1375-6
Slippery Elm	670-7
Tiao He Pak	4005-7
UC3-J	1105-8

**Nervous**

AD-C	1877-2
Cal-Mag Plus	1758-6
Flax Seed Oil	1770-3
Focus ATN	1833-4
Gotu Kola	8005-3
Heavy Metal Detox	507-1
HTP Power	2806-4
Lecithin	1661-6
LIV-C	1862-8
Liquid B12 Plus	1588-7
Lobelia	1765-8
Magnesium	1786-6
Melatonin Extra	2830-4
Noni Caps	456-5
St. John's Wort	655-3
STR-C	1871-0
Stress Formula	1645-6
STR-J	1087-0
Super Oil Caps	8235-8
SynerPro Cal-Mag	4041-3
Wild Yam & Chaste Tree	1108-7
Chinese Mineral Chi	1818-3

**Respiratory**

AL-J Liquid	3166-5
AL-J Veggie Tabs	778-8
Astragalus	40-1
Cat's Claw Comb.	175-0
CBG	1751-2
Colostrum	1828-7
Echinacea/Goldenseal	3180-1
Echinacea Purpurea	262-6
Fenugreek & Thyme	884-6
HistaBlock	776-1
LH-C	1890-3
Lobelia	1765-8
MSM	4059-4
Noni Caps	456-5

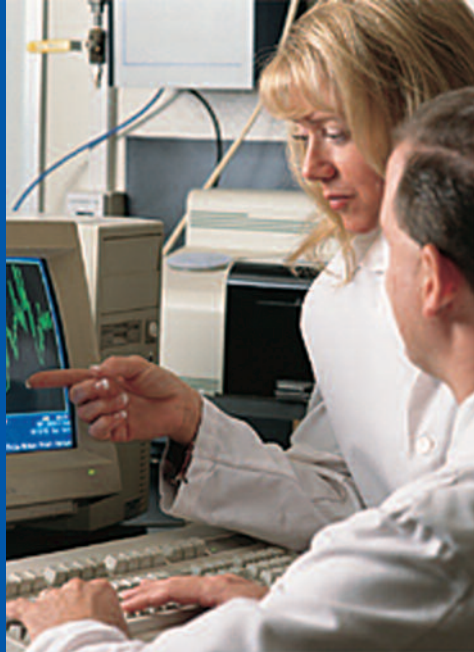
Noni, Liquid	4066-7
SN-X	1247-8
Wild Yam & Chaste Tree	1108-7
Zambar	8237-3
Zambroza	4104-1

**Structural**

Aloe Vera Juice	1680-4
ART-A with Devil's Claw	798-9
CA Conc. ATC	827-4
Calcium, Liquid	3191-6
Cal-Mag Plus	1758-6
Chondroitin	1811-5
Collatrim Capsules	3065-4
Collatrim Liquid	3060-9
Colostrum	1828-7
EverFlex	925-5
EverFlex Analgesic Cream	3535-6
Glucosamine	903-4
GreenZone, powder	1095-4
GreenZone, capsules	1097-7
Horsetail	390-2
KB-C	1883-3
Magnesium	1786-6
MSM	4059-4
Nature's Gold I	8003-1
Nature's Gold II	8004-9
Noni Capsules	456-5
Noni, Liquid	4066-7
SynerPro Cal-Mag	4041-3
Tea Tree Oil	1777-1
Tei Fu Massage Lotion	3538-5

**Urinary**

Cornsilks	235-3
Cranberry & Buchu	834-5
Dandelion	250-4
Horsetail	390-2
KB-C	1883-3
K	959-5
K-C	1872-5
P-14	1023-0
Potas	4978-9
Saw Palmetto	630-4
Saw Palmetto Conc.	635-9
Uva Ursi	710-9
Wild Yam & Chaste Tree	1108-7



# Quality is our key ingredient

At Nature's Sunshine Products quality begins in the fields where only the finest herbs and raw materials are selected. Global sourcing of the raw materials ensures the highest quality of products. We then subject the raw herbs, vitamins, minerals and plant nutrients to over 150 rigorous quality control tests. Once a product is manufactured, it goes through further testing to ensure it has been manufactured according to the highest standards. At Nature's Sunshine, quality is not just a word—it is our commitment.



## 21 of the most important quality assurance tests

- Acid insoluble testing
- Ash testing
- Bacteria testing
- E.coli testing
- Foreign organic/inorganic matter testing
- Gas chromatography/mass spectrometry (GC/MS)
- Heavy metals testing
- High performance liquid chromatography (HPLC)
- Inductively coupled plasma spectrometer (ICP)
- Infrared spectroscopy (FTIR)
- Microscopy
- Moisture testing
- Mold and yeast testing
- Organoleptic ID testing
- Particle size testing
- pH testing
- Potency status
- Salmonella testing
- Tablet disintegration/dissolution testing
- Thin layer chromatography (TLC)
- Total bacteria testing

# The NSP Business Opportunity...Helping people to a healthier, happier life.

No matter what your goals in life are, there is a place for you to experience personal growth and enhanced wellness with Nature's Sunshine. We offer a comprehensive business plan with a place for every-one.

**Preferred Customer:** The perfect entry level for the health-conscious Canadian who appreciates quality and value through our Preferred Customer discount pricing. Over 400 of the finest quality herbs and nutritional products are just a phone call away. Enjoy wholesale-direct purchasing, monthly product specials, 24-hour ordering, 48-hour delivery and our customer satisfaction guarantee.

**Associate:** You're one who appreciates the benefits that herbs and nutritional supplements bring to you, your

family and friends. You'll also enjoy increased product discounts and the opportunity to create a small business from your home. As a Nature's Sunshine Associate you also have the option of achieving even greater rewards by building a sustainable business as you learn and grow by helping others achieve better health.

**Manager:** You know that herbs and nutritional supplements are helping millions of Canadians live healthier lives. You're ready to make a commitment to your own success in this exciting market. Benefits to successful Managers include increased product discounts, business-building bonuses, incentive trips, educational opportunities, and more. The rewards continue to increase as your business grows.



**Your Nature's Sunshine Associate:**



**Nature's Sunshine Products of Canada Ltd.**

90 Walker Drive, Unit 1 • Brampton, Ontario • L6T 4H6 • (905) 458-6100  
Toll-Free Customer Service 1-800-265-9163 • Fax 1-800-822-4884

Check us out online: [www.naturessunshine.ca](http://www.naturessunshine.ca)

Stock No.: #15171-1 single