

# Solstic REPORT

## The challenge of getting your daily nutrition is solved!

Our bodies require a variety of vitamins, minerals and other compounds to maintain optimal health, and it's up to us to provide these vital nutrients through either food or supplements. Despite the fact that we all know this, many of us fail to give our bodies adequate daily nutrition. The demands of work, family and social pressures often take up so much of our time that a balanced, healthy diet just doesn't happen on a day-to-day basis. With Solstic Nutrition, however, you can get the nutrients your body craves without upsetting your daily routine.

### Packing a Powerful, Portable Punch

Solstic Nutrition is a great-tasting, tropical fruit-flavoured drink mix in convenient, individual serving-sized packets that you can take with you wherever you go. Just add one packet of Solstic Nutrition to your drinking water or smoothies for a refreshing, nourishing beverage. It's formulated to provide 100% or more of the Recommended Dietary Allowance or Adequate Intake values for all age groups for biotin, pantothenic acid, and vitamins B1, B2, B3, B6, D and E. It provides 100% or more of the RDA/AI up to age 8 for folic acid and vitamin A, and up to age 13 for vitamin C.

We have also included vitamin K1 and the minerals calcium, magnesium and zinc.

### Kid Friendly and Parent Approved

Adequate daily nutrition is a concern for the whole family—from the youngest to the oldest. With the array of 15 vitamins and minerals and natural tropical fruit flavours, Solstic Nutrition is a tasty drink that the entire family can enjoy. And because of its

convenience and great taste, it won't be hard to make better nutrition a daily part of your family's life.

**Don't just give your body what it needs, give it what it wants—  
Solstic Nutrition...**

- 15** important vitamins and minerals
- Quickly and easily assimilated by the body
  - Great for adults and kids of all ages
  - Offers portable, convenient nutrition



**Request your FREE sample  
of Solstic Nutrition at  
[www.solstic.ca](http://www.solstic.ca)**

# Solstic Slim brings together the best of South American and Asian weight-loss herbs in a great-tasting beverage mix

Solstic Slim offers a unique combination of ingredients that work to combat hunger and stimulate your body's natural fat-burning mechanisms to help you achieve all your weight-loss goals. Conveniently packaged in individual servings, Solstic Slim goes wherever you do. With Solstic Slim, you'll always be ready whenever hunger strikes.

The following is a list of Solstic Slim's ingredients and how in combination they aid in weight loss and to combat hunger:

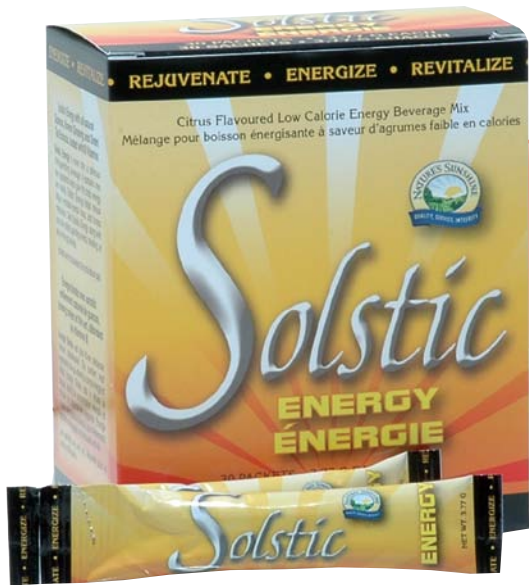
- **Red grape skin extract:** Aside from containing antioxidants which improve cardiovascular health, extracts from red- and purple-coloured fruits were found to promote weight loss in test subjects.
- **Yerba Mate:** Yerba mate is the South American jewel when it comes to weight loss. It has a long reputation for boosting calorie and fat metabolism. Researchers found compounds in yerba mate that increase energy and mental alertness, as well.
- **Damiana:** Another South American herb, damiana works synergistically with yerba mate to promote weight loss by boosting calorie and fat burning metabolism.
- **Caralluma fimbriata:** This asian cactus contains a variety of compounds that promote appetite suppression. It is theorized that Caralluma might affect the energy sensing function in the hypothalamus.
- **Green Tea extract:** Asian green tea promotes healthy weight by boosting calorie and fat burning metabolism. Green tea also contains powerful antioxidants which promote general health.

**Sip Your Way  
to Your Healthiest Weight**

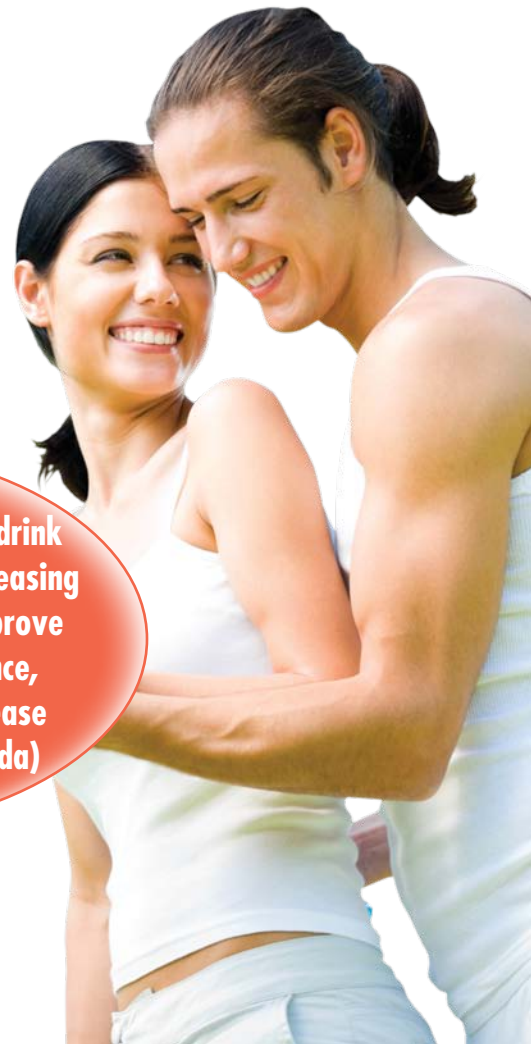




# Revitalize your mind, body and soul



Research suggests that energy drink formulations, in addition to increasing energy utilization, may also improve mood, enhance physical endurance, reduce mental fatigue, and increase reaction time. (Agriculture Canada)



Solstic Energy provides a nutrient-rich formula that boosts energy without the unwanted jitters and crashes of other energy drinks. Its ingredients support the body's natural energy-producing mechanisms, so you get the stamina you need without getting sapped in the end. Conveniently packaged in individual servings, Solstic Energy is great for those on the go. Whether at work, school or play, just add Solstic Energy to your drinking water, and you can keep up with whatever life throws your way.

## More Energy without More Risk

People all over the world use different forms of energy drinks including coffee, teas, sodas and other carbonated beverages to help give them that 'kick.' Unfortunately, that short-term energy burst can lead to long-term health problems because of the amount of sugars and artificial ingredients

that make up these drinks. Solstic Energy is a nutrient-rich formula that will boost your energy without giving you that 'crash' associated with most energy drinks. Its synergistic ingredients also promote over-all health and endurance.

## Health Features & Benefits

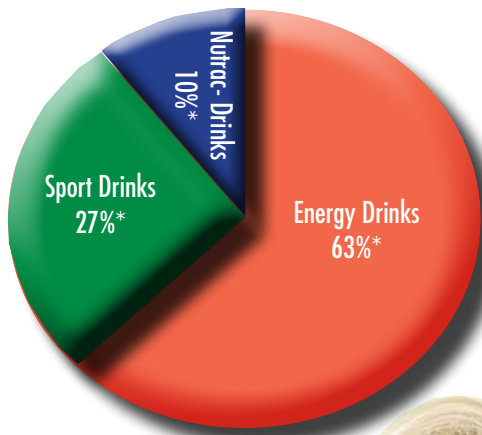
- Solstic is a low-calorie energy booster that has no added sugar and only 12 calories/packet.
- Costs less than a coffee a day and doesn't have the negative side effects of coffee and sugar.
- Provides not only energy, but long-term health benefits
- Contains Guarana which promotes mental alertness and increased energy levels with its naturally-occurring caffeine. Also contains Korean Ginseng for increased stamina.
- Contains Green Tea Extract and Grape Skin Extract as antioxidants.

Green Tea also promotes healthy weight loss and fat metabolism for energy.

- Contains the complete complex of B vitamins which are essential for energy production and the health of the central nervous system.

**Did you know** that there are over \$1-billion worth of energy drinks, power bars and weight-loss products consumed by Canadians every year? With so many products constantly proliferating, how are you supposed to know which one is right for you? The answer is Solstic Energy. This product is a healthy alternative to the numerous energy drinks and other caffeinated beverages that so many Canadians are reaching for.

# Solstic family of products



Energy and health drinks are huge business. Consumers are spending billions on trying to feel great, look great and be healthy.

Since their introduction, energy, sport and nutraceutical beverage drinks have grown into a multibillion dollar market. Currently, energy drinks hold the most market share followed by sport drinks and the newcomer nutraceutical (nutritional and/or specialized) drinks. Future trends predict continued growth in these markets with energy drinks keeping the lead and a strong growth in nutraceutical drinks.\*

**Which Solstic Are You?** At Nature's Sunshine we've created the Solstic family of products to meet the growing demand among health conscious consumers for convenience, ease of use, quality ingredients, and proven results.

From Solstic's convenient packaging, easy mixing and combining with other health products, and great taste, these drink mixes fit perfectly into your busy life and personal health goals.

So whether you're looking for better nutrition for you and your family, weight loss, or need extra energy, there's a Solstic that's just right for you!

## Solstic

Made To Perfectly Fit  
Your Busy Life



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\*Source: COMPREHENSIVE REVIEWS IN FOOD SCIENCE AND FOOD SAFETY, Vol 9, 2010: *Energy Drinks: An Assessment of Their Market Size, Consumer Demographics, Ingredient Profile, Functionality, and Regulations in the United States*, M. A. Heckman, K. Sherry, and E. Gonzalezde Mejia