

A close-up photograph of a woman with long brown hair, wearing a white knit beanie and a white turtleneck sweater. She is blowing a stream of snow from her mouth. The background is a light blue gradient with faint snowflake patterns.

Nature's Sunshine Canada **Winter Savings** **2012**

10% OFF

Herbs & Supplements

Jan. 1st to Feb. 15th

Winter Campaign No. 1

Stronger Immune Health • Lose Weight
More Energy Naturally • Beat Stress

Why Choose Nature's Sunshine

With so many people today turning to herbs and nutritional supplements, many new companies have appeared on the market in the last several years. And in the scramble to meet demand, some have sacrificed quality standards.

The best way to know you're getting the highest quality nutritional supplements is to purchase from a reputable manufacturer that guarantees the quality and purity of its products on every bottle. Nature's Sunshine Products has earned the reputation as the leader in quality nutritional supplements by establishing the highest of quality standards. For us, quality begins in the fields where the herbs are grown and in the raw materials we use, and continues right up to the moment our customer cracks the freshness seal.

As the authors of *Herbal Remedies for Canadians* have rightly recognized: "Thank you especially to the folks at Nature's Sunshine Products, Inc., whose dedication to integrity, quality, purity of product, and professionalism set the stage for the industry. Your efforts are unsurpassed."



More Energy, Naturally

Are you experiencing your own personal energy crisis? Fact is, 70% of recipients to one survey said that stress and lack of energy was their No. 1 complaint. But with these dietary supplements and the right lifestyle choices you can beat stress and regain your youthful energy.



ENERG-V

Super Energy Herbal Formula



You Save \$2.11

This energy-boosting herbal combination both nourishes and strengthens your nervous and glandular systems to give you sustained energy throughout the day. It contains nutritious bee pollen and barley grass, the adaptogen herbs Siberian ginseng and schizandra, and licorice and kelp for glandular support. Overall, this formula contains 10 herbal ingredients. Take throughout the day with meals or whenever you need more energy.

- Fights fatigue by balancing the body's energy systems.
- Nutritionally supports the nervous and glandular systems to combat energy-zapping stress.
- Improves stamina for prolonged physical and mental performance.
- Reduces bouts of tiredness and lethargy.
- Helps improve mood by increasing a feeling of well-being.

Stock no. 11040-1

\$19.03 retail

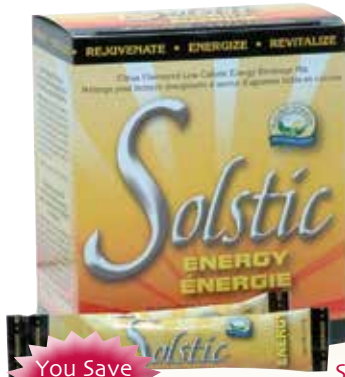
6 Tips to help Zap your energy Zappers

- 1 Get ample sleep. Between 7.5 and 8 hours is what you need to recharge your batteries.
- 2 Eat breakfast. Not just any breakfast. Research shows that for maximum energy eat a high-protein breakfast. Forget the bagel and box cereal—go for the eggs and other protein-rich foods. Better yet, make it a high-protein smoothie!
- 3 Take a multivitamin to ensure you're getting hard-to-find nutrients, especially energy-promoting B-vitamins.
- 4 Stay hydrated. Water makes everything run smoother in the body. Remember, your body is mostly water.
- 5 Exercise daily to oxygenate the blood. And it doesn't have to be strenuous, either; just a 30 min. walk will revitalize you.
- 6 Avoid stimulants and depressants such as caffeine, alcohol, tobacco, and refined carbohydrates.



Solstic Energy

Energy when you need it without the risk



You Save
\$3.10

Solstic Energy provides a nutrient-rich formula that boosts energy without the unwanted jitters and crashes of other energy drinks or coffee. Just add a packet of Solstic Energy to your drinking water or smoothie, and you can keep up with whatever life throws your way.

Solstic Energy costs less than a cup of coffee. Energy without the risk!



- Complete complex of B-vitamins for energy production.
- Contains Guarana for mental alertness and energy.
- Contains Korean Ginseng for increased mental and physical stamina.
- Formula includes green tea and grape skin extract as antioxidants.

Stock no. 14630-1

\$27.95 retail

Is adrenal exhaustion the reason for your personal energy crisis? Do the test...



It's called the Orthostatic Blood Pressure Test and it's easy to do at home on your own. With a blood pressure monitor simply compare your blood pressure when you are standing against when you are lying down. Normally, your blood pressure is lower when you are lying down and increases when you stand. This is because you extend more effort when standing than in a lying down position. If you suffer from adrenal gland exhaustion, however, your blood pressure will drop when you change from a lying down to standing position. The good news is that a tired adrenal gland can be functioning better in no time with some lifestyle changes and various nutrients and herbs.

Adrenal Support

Nutritional support for your stress and energy gland



You Save
\$3.61

What could be making you feel so tired and fatigued is an exhausted adrenal gland. This little gland is one of the major glands of your body and is most affected by stress. Chronic stress exhausts the adrenal gland, which then affects many other body systems including metabolism, mood, thyroid function, inflammation, immune function, and energy.

Adrenal Support provides a combination of nutrients, herbs, and minerals that support function of the adrenal gland to withstand a stress-filled, fast-paced world.

- Includes the herbs holy basil and rhodiola which strengthen the adrenal gland.
- Regulates stress response.
- Helps you cope with stressful events.
- Improves energy.

Stock no. 14204-5

\$34.93 retail

FACT:

Author and stress researcher

Dr. Kenneth Pelletier has contended that, in North America, between 80 and 90% of all illness can be linked to stress and that 75 to 90% of all visits to the doctor are for stress and anxiety-related concerns.

FACT:

Fatigue is a sensation of exhaustion during or after usual activities, or a feeling of inadequate energy to begin these activities. In national population surveys, 20-30% of adults will report that they have significant fatigue at any given time. —*Journal of the Canadian Medical Association*



Weight Management

Millions of us struggle with our weight each day. And as we age the struggle becomes even worse. To get the advantage in your weight-loss program, use Nature's Sunshine's proven weight loss products to help make your goals a reality.



Solstic Slim

Sip Your Way To Your Healthiest Weight



You Save \$3.10

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

- Appetite suppressant
- Contains Yerba Maté for increased metabolism and fat burning.
- Green Tea for fat burning and energy.
- A herbal combination that synergistically increases the body's ability to burn up fat and use it for energy.
- Drink daily.

Stock no. 14978-8
\$27.95 retail

FACT:

The past 40 years has seen a dramatic increase in obesity in Canada. Between 1970 and 1998, the proportion of Canadian adults considered overweight or obese increased from 40 to 50.7%. In 2004, approximately 6.8 million Canadian adults ages 20 to 64 were overweight. By 2010, 4.5 million Canadians were considered clinically obese.

Men, if your waist measurement is greater than 40 inches, and ladies greater than 38 inches, then the additional fat you're carrying around your waist is already producing risk factors for diabetes, heart disease, and cancer.

—Statistics Canada and Health Canada



Yvonne Dollard
Gold Manager
Nanoose Bay, BC

"Collatrim Plus is an amazing supplement. Not only is it excellent as a weight loss aid, but it's great for restoring connective tissue throughout the body. It provides collagen, and collagen gives the body more elasticity and therefore can help reverse the signs of aging by restoring elasticity to the skin and tissues. It also speeds recovery from injury. Collatrim Plus truly has many uses."
See page 8.



Nutri-Burn or SynerProtein Powders

The power of protein to fuel your weight-loss program



You Save \$6.90

Adequate daily protein is the most important component of any weight management program.

Nutri-Burn is a high-quality whey protein isolate formula that includes the super fat-burning nutrient conjugated linoleic acid (CLA), (see 'FACT' on page 8). Whey protein is the most bioavailable protein there is and assists in many fat-burning processes. With the addition of CLA this protein powder is a true muscle building, fat burning formula that will deliver results.

- Promotes weight loss by increasing metabolism.
- Helps control blood sugar levels.
- Increases and maintains lean muscle mass.
- Decreases hunger.
- Easily added to smoothies.
- Increases exercise endurance and stamina.

Nutri-Burn (vanilla)
Stock no. 14973-7
\$62.08 retail



You Save \$4.28

SynerProtein is a superior quality soy isolate protein powder made from non-GMO soy. Soy isolates are an excellent source of vegetable protein. Soy also provides specific estrogen benefits to women. In addition, SynerProtein contains a high-antioxidant base of cruciferous vegetables that help balance hormones and protect against degenerative diseases.

SynerProtein (vanilla)
Stock no. 11221-3
\$38.52 retail

For Weight Loss and Energy nothing beats the Smoothie

The smoothie has become a health phenomenon, and for good reason—smoothies are easy to make, flavourful, and highly nutritious. They can be used to lose weight, increase energy, or renew your health. They're versatile enough to be a healthy between-meal snack, or comprehensive enough to provide a complete meal including ample protein, carbohydrates, fats, and vitamins and minerals.

Becoming your own Smoothie Chef doesn't take any amount of training, only your taste buds and a little creativity. To take the guesswork out of making a nutritious smoothie, start with a blender and Nature's Sunshine products as your base, then create a flavourful masterpiece by adding a variety of your favourite healthful ingredients.



This is a recipe from Senior Diamond Manager Rhéa Goudreau (Quebec). She calls it "The Busy Woman's

Energy and Weight Loss Smoothie." But whether you're a woman or a man, this smoothie is sure to help you reach your weight loss and energy goals for 2012. Rhéa says: "I take this twice a day when busy with work, playing golf, or skiing."
4 tsp of Nutri-Burn powder
1 tsp of GreenZone powder
½ tsp of SynerProtein powder
½ tsp of Collatrim Plus
30 to 40 mL of Zambroza



Science And Nature Meet:

Clinical study shows Fat Grabbers® is an effective natural weight-loss supplement

Results of a double-blind clinical study conducted in Norway by Dr. Erling Thom, Ph.D demonstrated that Fat Grabbers nutritional supplement effectively produced significant weight loss for individuals in a test group of 64 participants.

This unique, patented formula has been proven in laboratory tests to grab fat molecules inside the intestinal tract and eliminate them before they can be absorbed into the bloodstream and stored in fat cells in the body.

"The study supports our view that Fat Grabbers is simple, safe and effective," reported Nature's Sunshine. "Fat Grabbers allows fat to be eliminated from the body, and it enables people to lose weight without taking stimulant drugs."

In the study, Fat Grabbers was administered orally to 22 male and 42 female overweight or obese subjects over a 12-week period. The average weight loss experienced by the Fat Grabbers group was 16 pounds, whereas the placebo group showed an average weight

loss of only eight pounds. In addition to weight loss, subjects also experienced a reduction in total cholesterol. Conclusively, the Fat Grabbers group experienced an 81% weight reduction due to fat loss, with a minimum loss of water and lean muscle tissue when consuming the product three times per day complemented with light exercise and a sensible diet.

Study participants also reported a reduction in hunger and no side effects.



Fat Grabbers® Clinically proven to grab the fat and remove it before it gets to your fat cells



You Save
\$2.96

Fat Grabbers is a proven fat loss supplement and is the ideal complement to any weight management program.

Fat Grabbers contains fat emulsifiers and fibre which help control the intake of fats in the body by grabbing fat and eliminating it before it can be stored in fat cells.

- Grabs fat and eliminates it.
- Chickweed and lecithin help break-down fat deposits.
- Non stimulating.
- Helps control appetite.
- High in fibre.

Stock no. 10944-6
\$26.60 retail

Green Tea Extract

The natural fat burner



You Save
\$3.45

Numerous studies have demonstrated that green tea's catechins burn body fat and use that fat to increase energy.

- Burns abdominal fat
- Increases energy
- Possesses potent antioxidants

Stock no. 13286-5
\$31.87 retail

FACT:

Studies have shown that green tea helps the body burn its own fat for energy. Even better: University of Toronto Medical School researchers found that green tea on its own reduced body fat by 12%. However, when combined with CLA (conjugated linoleic acid) the result was a surprising 58% reduction in body fat. So for enhanced fat loss, use Nutri-Burn with CLA and Green Tea together for even better results. (See page 6 for Nutri-Burn.)

GTF Chromium

Helping control blood sugar



You Save
\$1.56

Chromium helps control a major cause of fat gain— blood sugar and insulin abnormalities.

- Efficient use of glucose for energy.
- Helps maintain normal insulin levels.
- Helps prevent junk food cravings and hypoglycemic events.

Stock no. 10943-4
\$13.97 retail

Collatrim Plus

Lose while you snooze



You Save
\$5.17

Collatrim contains collagen, a fibrous protein for the building of lean muscle and weight loss.

- Facilitates weight loss during sleep.
- Releases Human Growth Hormone.
- Builds muscle which increases metabolism and fat burning.

Stock no. 11006-2
\$46.51 retail



QUIZ Your Immune System

The question is should you BUILD or should you CLEANSE? It really makes a difference in what product you choose to take. At Nature's Sunshine, we like to believe that educating you about our different formulas and how best to use them is part of our commitment to quality, service, and integrity. So, give your immune system a little thought and complete the below quiz to determine which immune product best suits your symptoms—is it IGS II or HRP-C? If you have any more questions about your nutritional supplement needs please speak to your Nature's Sunshine Associate.

Developed by Dr. Kim Balas to determine whether you should cleanse or build your immune system and with what products you should take based on your symptoms and highest score. Check the boxes that apply to you and total.

Cleanse

- Flushed or fever
- Swollen lymph nodes
- Heavy/yellow coating on tongue
- Acute cold or flu-like symptoms
- Feels better with cold
- Swelling or edema
- Mucus drainage or post-nasal drip



You Save \$3.61

Build

- Cold conditions, chills
- Little or no coating on tongue
- On-going or recurring conditions
- Fatigue
- Feel better with heat
- Digestive weaknesses
- Elderly



You Save \$2.05

Total Take IGS II (Stock 16621-4)
See page 12

Total Take HRP-C (Stock 11772-5)
See page 11

Immune System Health

Because the immune system is our primary line of defense against an ever-growing list of pathogens, strengthening and supporting our immune system takes on great importance in a world of super-bugs and antibiotic-resistant germs.



Cat's Claw Combination Superior Immune Strength X 3



You Save \$3.07

This herbal combination contains the most powerful immune herbs from three continents: cat's claw from the jungles of Peru; astragalus from Asia; and echinacea from North America.

- Stimulates the immune system into action.
- Antiviral (colds & flu)/antibacterial.
- Possesses anti-inflammatory properties that help relieve pain and discomfort associated with colds and flu.
- Speeds recovery and wound healing.

Stock no. 11496-6
\$27.61 retail



Donna Roth
Diamond Manager
Kelowna, BC

"Cat's Claw is an amazing combination. It's very effective at opening up the lymphatic system to rid the body of all types of infections. It's one of my favourite immune supplements."

This Flu Season—Go Natural

In 2009, Canadian researchers from the British Columbia Centre for Disease Control and Laval University, Quebec, shocked the medical world by publishing a study that revealed people are twice as likely to contract pandemic H1N1 if they have received a seasonal flu shot. — *The Globe and Mail, Sept. 29th, 2009*



The Alternative Approach

Instead of a flu shot, alternative health practitioners would rather recommend that you:

- Wash your hands regularly
- Get plenty of rest
- Eat lots of fruits and vegetables
- Take herbs and supplements to strengthen your immune defenses and to combat germs and viruses

Note: Follow the advice of your health care provider if you are in a high-risk group for contracting flu complications.

E-Tea

ESSIAC Tea in a capsule



This is the recipe that was handed down to Rene M. Caisse for the healing of tumours, abscesses, and malignancy. Can be taken in capsule form or contents mixed into a tea.

- Blood purifier.
- Immune stimulant.
- Lymph drainage.
- Anti-tumour.

Stock no. 10826-4
\$33.60 retail

You Save
\$3.73

Olive Leaf Extract

Potent infection fighter



Olive leaf contains *oleuropein*, a potent infection fighter even in cases where conventional antibiotics have failed.

- Vast powers to fight infections of all types.
- Anti-fungal.
- Fights colds and flu.
- Aids circulation.

Stock no. 10896-2
\$37.19 retail

You Save
\$4.14

Super Trio

Hi-Potency Daily Nutrition

A strong immune system depends on a wide spectrum of vitamins, minerals, and nutrients. Three-in-one formula contains:

- Hi-potency multivitamin/mineral
- Omega 3 fish oils
- Antioxidant formula

Stock no. 14213-1
\$77.58 retail



You Save
\$8.62

FACT:

In one random, double-blind, placebo-controlled study involving 477 healthy men and women, a multivitamin/mineral supplement reduced the incidence and severity of cold symptoms when taken for three months. In the group taking supplements the respiratory infection rate dropped by 13.6 % and they reported fewer symptoms.



Nature's SilverGuard: The Next Antibiotic



SilverGuard with silver sol technology has resulted in a silver product with the ability to inhibit or kill a wide range of pathogens that plague mankind. Once SilverGuard comes in contact with a virus or bacterium, its electric charge and silver properties go to work on destroying that pathogen. Effective wherever germs reside!

- Cold & flu eliminator.
- Yeast and fungus killer.
- Stubborn wounds.
- Infections of the ears, eyes, throat and nose.
- Internal and external use.

Stock no. 16576-3 (118 mL)
\$31.87 retail

You Save
\$3.54

Stock no. 16303-5 (473 mL)
\$94.48 retail

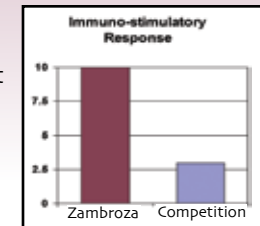
You Save
\$10.50

Zambroza: Proven Immune Support



A great-tasting exotic juice blend that strengthens the immune system and fights inflammation.

Independently verified to boost the immune system above competitors.



- Overall immune system support.
- Reduces inflammation.
- High in antioxidants.

Stock no. 12675-7
\$39.47 retail

You Save
\$4.39

HRP-C Liquid Extract

Chinese infection formula



This is a traditional Chinese herbal combination which strengthens immunity against bacterial and viral infections.

- Liquid form for quick assimilation.
- Good for chronic viral and bacterial infections.
- Lowers fever.
- Blood purifier.

Stock no. 11772-5
\$23.89 retail

You Save
\$2.65

Astragalus

Tonic herb to strengthen resistance



Astragalus is an adaptogen herb that restores overall strength to the immune system.

- Strengthens immune resistance.
- Helps in recovery from chronic illness.
- Immune system rejuvenator.

Stock no. 10999-8
\$18.96 retail

You Save
\$2.11

LYM-Mx

Lymphatic cleansing



The lymph glands play a major part in the immune system. They can become infected or stagnant in draining away toxins and pathogens. This formula tones and cleanses the lymphatic system.

- Swollen glands.
- Chronic illness.
- Tonsillitis/adenoids.
- Ear infections.

Stock no. 11054-6
\$23.73 retail

You Save
\$2.64

IGS II

Soothes mucus membranes



This formula is for fighting off acute infections. Contains parthenium, golden seal and yarrow to help clear away mucus and inflammation, and start the healing.

- Coughs and respiratory illness.
- Bronchitis.
- Sinus infections.

Stock no. 16621-4
\$32.53 retail

You Save
\$3.61

Colostrum: Powerful defense against today's viruses



"Colostrum is the only food supplement that will destroy viruses, something no other food supplement or drug can yet do.

Colostrum has been shown to be effective in its ability to stop colds, herpes, cold sores, flu viruses, viral bronchitis, viral pneumonia, and chronic fatigue syndrome."

— Dr. Daniel G. Clark, M.D.

"Colostrum is specifically cited for its unique effectiveness against potential deadly outbreaks of (new) Asian flu viruses..."

— *Journal of Tropical Pediatric*

- A natural antidote to cold and flu viruses.
- Adds components to the immune system for maximum performance.
- Most powerful immune support in Nature.

Stock no. 14935-1

\$34.47 retail



Is it a cold or the flu: What do your symptoms say?

The flu is a common respiratory illness that affects millions of Canadians each year. It can result in a few sick days, to hospitalization and even death.

A cold is a minor infection of the upper respiratory tract that can be caused by several different viruses. Typically, these viruses are relatively harmless. Colds are caused by viruses different from those that cause the flu, and colds tend to be less severe than the flu.

Antibiotics are ineffective against cold and flu viruses. And rarely, if ever, are cold and flu viruses associated with vomiting.



Symptoms	Cold	Flu
Fever	Very rare	Usually
Aches	Slight	Usual, often severe
Chills	Uncommon	Fairly common
Tiredness	Mild	Moderate to severe
Sudden Symptoms	Appear gradually	Sudden, within 3-6 hours
Coughing	Hacking, productive	Dry, unproductive
Sneezing	Common	Uncommon
Stuffy nose	Common	Uncommon
Sore throat	Common	Uncommon
Chest Discomfort	Mild to moderate	Often severe
Headache	Uncommon	Common

FACT:

Studies have shown that getting moderate exercise actually boosts the strength of the immune system. Participants who participated in daily exercise had far less bouts of illness and higher white blood cell counts. In contrast, heavy exercise stressed and weakened the strength of the immune system.

FACT:

Various herbs can provide both direct and indirect support to the immune system. Some herbs may stimulate the production of immune cells—including white blood cells, macrophages, and phagocytes—which fight viral and bacterial invaders. Other herbs may provide support to major organs like the liver and kidneys, which eliminate toxins from the body.

— *Well Being Journal, Vol. 21, No. 1*



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To order contact your Nature's Sunshine Business Associate:

Or call: 1-800-265-9163 or www.naturessunshine.ca

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**Stronger Immune Health • Lose Weight
More Energy Naturally • Beat Stress**