

Nature's Sunshine Canada **Healthy Summer Savings 2013**



Happy 
Birthday Canada

**Nutritional products
to help you enjoy
all that summer has
to offer**

10% OFF

Select Herbs & Supplements

June 1st to July 13th

Vol. 2—No. 12

**Summer Nutrition • Digestive Aids
Men's/Prostate Health • Joint Health
Energizing Supplements**



OH CANADA, From Sea To Shining Sea **Canadians Embrace Natural Health**

Statistics compiled by the Canadian Health Food Association (CHA) reveal a Canada where the majority of us fully embrace the idea of using natural health products to improve our health or treat an illness. Here's what some of CHA's research found out about our Canadian attitude towards natural health products:

- 70% of Canadians use natural health products.
- 45% of Canadians use a natural health product on a daily basis.
- 79% of natural health product users believe the products are safe.
- 80% of natural health product users indicate that these products are "very or somewhat important" to their families.
- 85% of users use the products because they want to help maintain and improve their health.

Natural health products, including herbs, nutritional supplements and whole foods, have clearly gone mainstream with Canadians. Their value to improving one's health and lifestyle is recognized by most, and consumers are becoming self-educated in the benefits of natural and alternative health like no other time in history.

With so much information and product availability, there has never been a better time to experience the benefits of better nutrition through natural health supplements. And as the leader in quality nutritional supplements, NSP offers a wide range of supplements you can trust to deliver the best to you and your family.

As we head into the very active summer months here in Canada, we offer for a limited time a selection of our quality nutritional supplements at 10% OFF. Here's to a healthy and safe summer season!

Solstic



The Solstic family of products is designed to help you make healthier choices. Solstic Energy and Solstic Nutrition packets can go anywhere you go. They mix easily in water or your favourite beverage and are a delicious alternative to many of the beverages on the market. So whether it's off to the beach or off to the office, you can enjoy a Solstic beverage just about anywhere.

Solstic Nutrition: Give Your Body The Nutrition It Needs



Don't just give your body what it needs, give it what it wants: Solstic Nutrition, a tasty, nutritious drink that can be enjoyed at any time. 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.

- 15 important vitamins and minerals in a tasty drink mix.
- Offers portable, convenient nutrition.

Stock no. 16492-5

~~\$31.70~~ retail \$28.61 retail

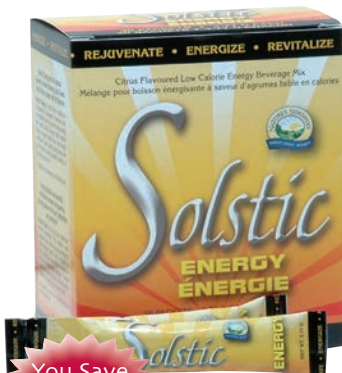
You Save \$3.18

Quench Your Need For Thirst And Energy With Solstic Products

Whenever thirst hits you this summer, beat it with a packet of Solstic. Mix with your family's favourite juice or just in cold water and you'll be ready to go again. Great when you're on the trail, bike, boat, in the car, or just need a bolt of energy and nutrition.



Solstic Energy: Energy When You Need It



Solstic Energy is a convenient drink mix that promotes healthy energy levels 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!

- Contains B-complex 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

~~\$31.70~~ retail \$28.61 retail

You Save \$3.18

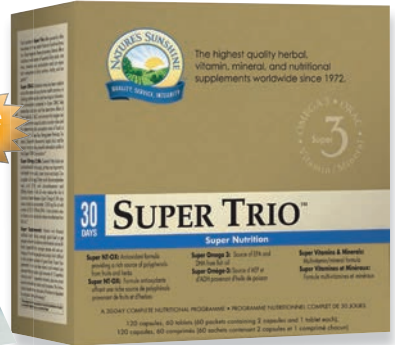
Solstic Energy costs less than a cup of coffee.



SUMMER NUTRITION

Your Everyday Nutritional Insurance Program

You Save \$8.86



SUPER TRIO

A Complete 30-day Nutritional Program

Three proprietary blends offer a nutritious combination of essential fatty acids, vitamins, minerals, antioxidants and plant extracts—each an important component of daily nutrition and health maintenance.

Take two packets daily.

Provides All This Per Packet:

- Super-strength multi containing: 12 vitamins, 10 minerals, lutein and lycopen, and extra amounts of B-vitamins. Iron-free.
- Antioxidants from green tea, mango-steen, turmeric, resveratrol, quercetin, açai berry, and selenium.
- Super Omega-3 essential fatty acids.

Stock no. 14213-1

~~\$88.57~~ retail \$79.71 retail

SynerPro B-Complex

A multi-purpose supplement



A combination of B vitamins containing no yeast, binders, fillers, starches or sugars.

- Complex of 8 B vitamins.
- Includes the SynerPro base of cruciferous vegetables and herbs.
- Yeast-free formula.

Stock no. 10788-0

~~\$25.71~~ retail \$23.14 retail

You Save \$2.57

Vitamin B-Complex

A multi-purpose supplement



A combination of B vitamins containing no yeast, binders, fillers, starches or sugars.

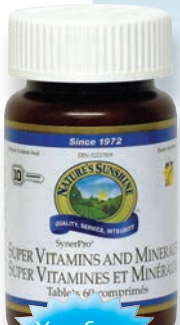
- Complex of 8 B vitamins.
- Yeast-free formula.

Stock no. 18191-4

~~\$24.50~~ retail \$22.05 retail

You Save \$2.45

SynerPro Super Vitamins & Minerals Daily Nutrition



You Save \$2.07

Taking a daily multi-vitamin supplement is believed to be an important practice towards maintaining good health.

- Provides 24 important vitamins and minerals.
- Includes the SynerPro base of cruciferous vegetables and herbs.
- A factor in the maintenance of good health.

Stock no. 13399-5
~~\$20.71~~ retail ~~\$18.64~~ retail

Super Vitamins & Minerals Complete Daily Nutrition



You Save \$3.22

Taking a daily multi-vitamin supplement is believed to be an important practice towards maintaining good health.

- Provides 23 important vitamins and minerals.
- Includes a base of herbs, and vegetables.
- A factor in the maintenance of good health.

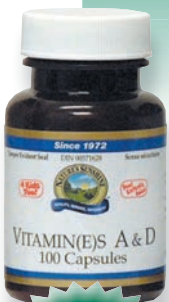
Stock no. 10098-0
~~\$32.21~~ retail ~~\$28.99~~ retail

"Nature's Sunshine has been an important part of our lives for over 30 years. The integrity of the company and the exceptional and consistent product quality has always impressed our family and my clients. I have complete confidence in Nature's Sunshine's products ability to improve our overall health and change the quality of our lives."



Linda Kennedy
 MasterGold
 Orangeville, Ontario

Vitamins A & D Combination Formula



You Save \$1.93

Both vitamin A and D occur together naturally in cod liver oil.

- Supports overall good health.
- Helps in the development of bones and teeth.
- Softgel capsules.

Stock no. 12986-1
~~\$19.29~~ retail ~~\$17.36~~ retail

Vitamin E with Selenium Antioxidant Supplement



You Save \$3.34

Vitamin E and selenium are antioxidants with a synergistic relationship.

- Supplies antioxidants.
- Supports overall good health.
- Natural source mixed tocopherols.

Stock no. 10942-2
~~\$33.43~~ retail ~~\$30.09~~ retail

'Total Nutrition Today'

FUEL FOR ALL YOU DO

TNT='Total Nutrition Today'
Great-tasting nutritious beverage mix for the whole family

A delicious orange cream flavoured nutritious drink mix. Just stir into your favorite beverage and enjoy. 28 servings per container.

Stock no. 11219-3

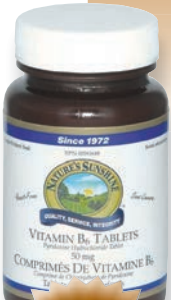
~~\$32.86~~ retail \$29.57 retail



- 25 vitamins and minerals for the maintenance of good health.
- Soluble fibre.
- Contains a base of healthful vegetables.

Vitamin B6

Single B Vitamin



You Save
\$1.83

A single B vitamin with multiple functions.

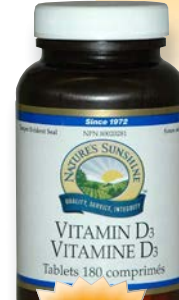
- 50 mg of vitamin B6 (pyridoxine hydrochloride).
- Helps the body to metabolize fats, proteins and carbohydrates, and also helps in tissue formation.

Stock no. 10822-7

~~\$18.29~~ retail \$16.46 retail

Vitamin D3, 1000 mg

The Sunshine Vitamin



You Save
\$2.00

Due to vitamin D's broad health benefits, health professionals are recommending supplementation, and they are increasingly calling for the daily upper intake levels to be raised.

- Helps in the development and maintenance of healthy bones and teeth.
- Helps in the absorption of calcium and phosphorus.

Stock no. 14243-4

~~\$20.00~~ retail \$18.00 retail

Nature's SilverGuard

Silver Solution Mouthwash



You Save
\$3.57

You Save
\$10.57

A patented liquid silver solution.

- Aqua Sol Technology.
- Virtually tasteless.
- Easy to take liquid.

Stock no. 13397-3 (118 mL)

~~\$35.71~~ retail \$32.14 retail

Stock no. 16303-5 (473 mL)

~~\$105.71~~ retail \$95.14 retail

Silver Shield Gel

Infection-Fighting Gel



You Save
\$2.93

A general purpose infection-fighting gel of particle-sized pure silver colloids.

- An antibacterial gel to help treat minor skin infections.
- Has an emollient effect that softens and soothes skin.

Stock no. 14363-9

~~\$29.29~~ retail \$26.36 retail

"Silver Shield gel is my favourite product. I use it in place of commercial hand sanitizer. Not only is it great for your skin but it's protective against infection—when I go to public places I put it in my nose and on any exposed skin. I had a recent stay in hospital and all I had with me was Silver Shield gel. I was blessed to come home without bringing any of the unwanted invaders that are so prevalent in those places. It is nontoxic which makes it a great choice for parents to use on their kids and my elderly clients love it for wound care. Thanks NSP!"



Tammy Holmes
Bronze
Napanea, Ontario

Vitamin C, 1000 mg

Time Release Formula



You Save
\$2.78

Stock no. 10829-8

~~\$27.70~~ retail
\$25.01 retail

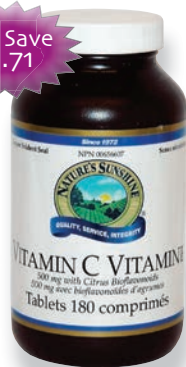
Vitamin C, 1000 mg is a time-release formula providing a steady supply of vitamin C throughout the day.

Vitamin C 500 mg is a non-time-release formula supplying the same vitamin C.

- Antioxidant for the maintenance of good health.
- Helps in connective tissue formation and wound healing.
- Healthy development and maintenance of bones, teeth, cartilage, gums and other connective tissues.
- Helps the body metabolize fats and proteins.
- 500 mg vitamin C formula includes a complex of bioflavonoids.

Vitamin C, 500 mg

Potent Antioxidant



You Save
\$3.71

Stock no. 9331-6

~~\$37.14~~ retail
\$33.43 retail

The Big Vitamin C

Still one of our most important vitamins

Vitamin C was first made famous by the discovery that it cures scurvy. In recent years, it's been recognized as one of nature's most potent antioxidants, able to quench cell-damaging free radicals before they wreak havoc throughout the body.

The vitamin has also been identified with several other functions in the human body including production of the body's most abundant protein called collagen, an integral part of almost all body tissue including bones, cartilage, tendons, ligaments, skin, and blood vessels. You could compare collagen to the strands of threads that are woven together to form a fabric. The strands of threads give the fabric form, structure, and strength, much like collagen does to body tissue.

In recent years, the relationship between collagen and vitamin C has become more realized. As it turns out vitamin C is involved in every step of the body's process of manufacturing and replacing collagen. No structural tissue in the body could be made or maintained without vitamin C. This means that vitamin C has become a most important nutrient for maintaining the health and manufacture of connective tissue throughout the body.

Sources: Roger J. Williams, *Nutrition Against Disease*, 1971; www.vitaminfoundation.org/collagen.html; *Nutrition, An Applied Science, Encyclopedia of Nutritional Supplements*.



Red and yellow bell peppers are one of the highest food sources of vitamin C. A half cup (125 mL) serving can provide 101-144 mg.

14 reasons why YOU might benefit from nutritional supplements

1. Poor Digestion — Even when your food intake is good, inefficient digestion can limit your body's uptake of nutrients.
2. Laxatives — Overuse of laxatives can result in poor absorption of vitamins and minerals from food, by hastening the intestinal transit time.
3. Vegetarian Diets — Vegetarian diets, which exclude meat and other foods from animal sources, must be very skillfully planned to avoid B12 deficiency, which may lead to anemia.
4. Overcooking/microwaving — Overcooking, microwaving or reheating of meats and vegetables can oxidize and destroy heat-susceptible vitamins and minerals.
5. Convenience Foods — A diet of simple carbohydrates, such as sugar, white flour, white rice, starches, and fast foods places greater demand on additional resources of vitamins and minerals to process the refined carbohydrates and food additives.
6. Antibiotics — Some antibiotics (although valuable in fighting infection) also kill off friendly bacteria in the stomach, which would normally be producing certain vitamins to be absorbed through the intestinal walls.
7. Food Allergies — The omission of whole food groups from the diet, as in the case of individuals allergic to gluten or lactose, can result in a lack of key nutrients.
8. Accidents & Illness - Surgery increases the body's need for nutrients involved in cellular repair and healing.
9. Stress — Chemical, physical and emotional stresses and pollution, alcohol and smoking, can increase the body's requirements for certain vitamins.
10. Premenstrual Syndrome (PMS) — Research has demonstrated that up to 60% of women suffering from PMS can benefit from better nutrition.
11. Pregnancy — Pregnancy creates higher than normal demands for nutrients, to ensure healthy growth of the baby. Doctors now routinely recommend supplements for expecting moms.
12. Oral Contraceptives — Oral contraceptives can decrease absorption of some vitamins and minerals.
13. Seniors — Seniors have been shown to have a low intake of vitamins and minerals, due to a reduced appetite and the aging process.
14. Athletes/Physically Active Individuals — Athletes are subjected to large amounts stress and increased nutritional demands. Supplementation can meet the need for increased amounts of vitamins and minerals.



Zambroza's Potency "off the charts" according to independent testing, says science author

Health and science author, Kimberly Day, compared the antioxidant claims of two leading supplements against Zambroza and found Zambroza's potency "off the charts" in independent laboratory testing. Below is an excerpt from her article.

From a marketing standpoint, Zambroza claims to deliver "antioxidant protection with a high ORAC value."

ORAC stands for Oxygen Radical Absorbance Capacity and is the accepted method of measuring antioxidant content in a food. To market an antioxidant drink without a word about ORAC seemed strange to me, so I took my investigation one step further and sent all three beverages to an independent lab for testing.

I chose Brunswick Laboratories to do the evaluation due to their strong reputation for specializing in antioxidant testing. I had all three products tested for their water-soluble antioxidant capacity. The results were quite interesting.

The lowest was found to have an ORAC value of 23,323. The next, wasn't much higher, coming in at 24,480. But Zambroza was off the charts at 51,939.

(Note that since this article Zambroza has been enhanced with the addition of pomegranate and açai berry.)



Independently certified for antioxidant potency by Brunswick Laboratories



A potent exotic plant juice blend with a high antioxidant value to fight damage caused by free radicals. Made from 13 ingredients known for their powerful antioxidant activity, including mangosteen, goji berry, blueberries, grapes, green tea, pomegranate, açai berry, and more.

- For the maintenance of overall good health.
- Source of antioxidants.

Stock no. 13578-4

~~\$45.00~~ retail \$40.50 retail



Saw Palmetto Concentrate

Prostate Support



Saw Palmetto has a long history of use in relieving enlargement of the prostate (BPH).

- Helps relieve symptoms of benign prostatic hyperplasia (BPH).
- Reduces the frequent need to urinate.
- Standardized saw palmetto extract.

Stock no. 11055-1
~~\$38.44~~ retail ~~\$34.60~~ retail

Men's Formula

For Men Over 40



As a man ages his nutritional concerns change. This formula addresses the concerns of men over 40.

- A unique combination of herbal extracts.
- Contains saw palmetto, stinging nettle, ginkgo, and zinc.

Stock no. 10166-6
~~\$37.29~~ retail ~~\$33.56~~ retail

Men, if you're over 40 read this...

Benign Prostatic Hyperplasia (BPH) is a common condition in men as they age in which the prostate becomes enlarged. Approximately 50% of men have evidence of BPH by age 50 and 75% by age 80. In 40-50% of men it becomes a clinical issue. BPH can cause bothersome urinary symptoms, and over time, BPH can block the flow of urine and cause severe bladder, urinary tract and kidney problems. In worse cases, BPH can develop into prostate cancer.

As the prostate grows larger with a man's age, it squeezes the urethra (which carries urine and semen) and this can cause partial or complete blockage of the urethra, interfering with the normal flow of urine. It also compresses the bladder, which can cause less urine to be stored and a more urgent need to urinate.

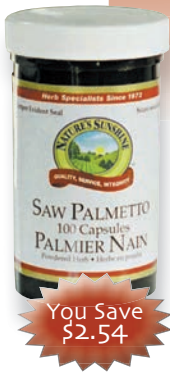
Men, do you have signs of BPH? Quiz your prostate:

- Weak urine stream
- Difficulty starting urination
- Stopping and starting while urinating
- Dribbling at the end of urination
- Frequent or urgent need to urinate
- Increased frequency of urination at night
- Straining while urinating
- Not being able to completely empty the bladder
- Urinary tract infection
- Formation of stones in the bladder
- Reduced kidney function

Source: *The Canadian Continence Foundation*



Saw Palmetto Prostate Support



Saw Palmetto has a long history of use in relieving enlargement of the prostate (BPH).

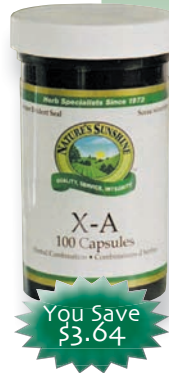
- Helps relieve symptoms of benign prostatic hyperplasia (BPH).
- Reduces the frequent need to urinate.

Stock no. 13539-7

~~\$25.43~~ retail ~~\$22.89~~ retail

You Save
\$2.54

X-A Herbal Formula For Men



A traditional herbal combination created specifically for men.

- Contains Siberian ginseng, parthenium, saw palmetto, alfalfa, damiana, sarsaparilla, cornsilk, garlic, capsicum, and chickweed.

Stock no. 10905-2

~~\$36.43~~ retail ~~\$32.79~~ retail

You Save
\$3.64

A little goes a long way... There's no better time to reap the benefits of an active lifestyle than summertime!



FACT:

Thanks to brain-imaging studies in humans, sci-

entists have found evidence that exercise actually makes a stronger brain. Physical exertion induces the cells in the brain to reinforce old connections between neurons and to forge new connections. This denser neuron network is better able to process and store information, essentially resulting in a smarter brain.

With age the brain loses nerve tissue. But people who exercise lose brain tissue more slowly. In early 2003, researchers demonstrated that athletic older adults had denser brains than their inactive counterparts, suggesting that workouts protected their brains.

And no need for strenuous workouts. The kind of exercise that made a difference in these studies was not hard. Subjects only worked up from a slow 15-minute walk to a brisk 45-minute jaunt. They followed this regimen three days a week for six months.

Source: Hara Estroff Marano, *Psychology Today*, December 5, 2003

FACT:

Never underestimate the power of fitness.

A study took a small group of men in their 50s and for six months put them through a fitness training program. The men could choose from among walking, jogging, and cycling, gradually upping the frequency, duration and intensity. By the end of the study all men were performing rigorous exercise for about 4.5 hours a week over four or five sessions.

According to the doctors, exercise brought these 50-year-olds to the fitness level of sedentary 20-year-olds.

"Their message is that no matter what your age, it's your current fitness level, not your past fitness level, that really dictates how fit you are," says Tufts University exercise physiologist Miriam Nelson, PhD. "In other words, it's what you are participating in, not how old you are that's important."

Source: Tufts University, *Health & Nutrition Letter*, January 2002, Vol 19, No. 11

Supplements for the health of Joints & Muscles



EverFlex Cream & Tablets For Joint And Muscle Support

EverFlex tablets contain a blend of glucosamine, MSM, chondroitin, hyaluronic acid, and Devil's Claw. EverFlex Analgesic Cream is a proprietary blend of fatty acid esters (cetylated fatty acids), olive oil and MSM.

- EverFlex Analgesic Cream's penetrating action provides temporary relief of aches and pains of muscles and joints due to minor strains, bruises and tiredness, and arthritic or rheumatic pain.
- EverFlex Tablets helps to maintain the health of joints. Also helps to relieve joint pain associated with osteoarthritis.

Stock no. 14244-6 (tablets)

~~\$37.50~~ retail \$33.75 retail

Stock no. 12401-6 (cream)

~~\$33.93~~ retail \$30.54 retail



You Save
~~\$3.75~~

You Save
~~\$3.39~~

Glucosamine For Joint Health



You Save
~~\$3.58~~

Highly absorbable glucosamine hydrochloride.

- Glucosamine is a factor in the building and maintaining of healthy cartilage.
- Combination also contains the South American herb cat's claw.

Stock no. 11495-4

~~\$35.79~~ retail \$32.21 retail

Supporting good digestion: Don't let digestive upsets spoil your summer activities



JUST IN TIME FOR BBQ SEASON:

If you eat a diet mostly of cooked foods you can probably benefit from more enzymes, since heat destroys the naturally-present enzymes in food. In addition, the body's ability to produce adequate digestive fluids and enzymes decreases with age. As a result of either diet or advancing age, a deficiency in digestive enzymes can mean that you're not entirely digesting your food and this can cause some annoying and uncomfortable symptoms: belching, abdominal bloating, constipation and/or diarrhea, flatulence, bad breath, heartburn, indigestion, cramping, and vitamin/mineral deficiencies. Think of enzymes as that important link between your food and the nutrition food provides. Without enzymes to unlock the nutrients from your food, even the most nutritious meal cannot bestow its benefits.

Source: David R Keith, MH, RNC, *Enzymes: The Missing Link*, Alive 193, November, 1998

Protein Digestive Aid Hydrochloric Acid And More



You Save
\$3.03

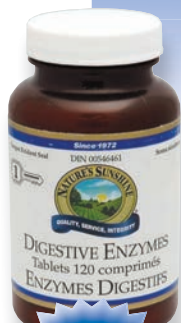
Protein Digestive Aid supplements the body's own digestive secretions to help break down and better digest proteins.

- Contains pepsin, a natural source of protein digestive enzyme, in a base of betaine hydrochloride.
- Aids in the digestion of proteins.

Stock no. 11373-8

~~\$30.31~~ retail \$27.28 retail

Digestive Enzymes Digestive Aid In A Bottle



You Save
\$3.45

A combination of digestive enzymes to help digest protein, fat, and carbohydrates (excluding dairy).

- Aids in the proper and complete digestion of food.
- Helps in the digestion and assimilation of nutrients from food.

Stock no. 13032-9

~~\$34.50~~ retail \$31.05 retail

Garden Essence Plant-Sourced Enzyme Formula



You Save
\$3.54

A full-spectrum plant enzyme formula excluding hydrochloric acid.

- Contains the plant-sourced enzymes protease, amylase, glucoamylase, lipase, pectinase, and cellulase.
- Includes a base of aromatic herbs.
- Aids in the digestion of food.
- Suitable for vegetarians.

Stock no. 11002-9

~~\$35.43~~ retail \$31.89 retail

Crystal Clear Deodorant

This Summer Go Natural

Deodorant And Body Spray Provides All-Day Protection

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.

The benefits are Crystal Clear:

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

Mineral salt deodorant and body spray to keep you fresh all day, without the use of harmful chemicals.

- Provides 100%, all-natural, 24-hour maximum odour protection.
- Ideal for both men and women.
- Does not clog pores or stop the natural process of sweating.
- Use as a deodorant or after work freshen-up spray.

Stock no. 14212-4

~~\$19.57~~ retail \$17.61 retail

You Save
\$1.96



to/from

To order contact your Nature's Sunshine Business Associate
or call: 1-800-265-9163 or www.naturessunshine.ca



Find us on:
facebook.

Join us on FaceBook for
even more product specials.



10% OFF
Select Herbs & Supplements

June 1st to July 13th
Vol. 2—No. 12

Summer Nutrition • Digestive Aids
Men's/Prostate Health • Joint Health
Energizing Supplements

Summer 2013 Campaign No. 12, Stock no. 15862-4 (50). For educational purposes only.