

# Nature's Sunshine Canada Fall Savings 2013



Select Nutritional  
Supplements  
to help you and  
yours stay healthy

**10% OFF**

Select Herbs & Supplements

**Sept. 1st to Oct. 15th**

Vol. 2 — No. 14

**Back-to-School Kid's Nutrition &  
Brain-Smart Supplements • Digestive Aids  
Cold/Flu Remedies • Whole Foods  
Immune System Support**

# Nutritional Supplements Make An Overall Health Difference

*Start your supplement program today*

Great news for those of us that regularly take nutritional supplements: In a 2012 consumer survey by the U.S. Council For Responsible Nutrition, supplement users were found to make overall healthier lifestyle choices compared to non-users. The survey revealed that supplement users were 16% more likely to eat a balanced diet, 10% more likely to maintain a healthy weight, and 27% more likely to regularly exercise. Supplement users also got a better night's sleep, didn't smoke, and had a more positive outlook!

But what the survey revealed was not so much about nutri-

tional supplements as it was about those who take them. It revealed that a healthy lifestyle is a combination of healthy habits and not just about isolated practices. Supplement users get that! It's a person's total

lifestyle that makes a difference; and for many health-conscious adults that includes, among other practices, a daily nutritional supplement program.

If you're someone looking to start a healthier lifestyle, the best place to start is with a nutritional supplement program. It's an easy, inexpensive first step towards a healthier, happier you. With the change in season and autumn on its way, why not make a change yourself—take that first step towards a “Habit of Health” and make nutritional supplements part of your healthy lifestyle choices. Not only will it benefit you, but studies have shown that your children, friends and family are likely to join in as they see the difference your choices are making in your own health.

Also, take advantage of our special 10% OFF select kids' nutrition, brain-smart formulas, whole food supplements, cold/flu remedies—all just in time for back-to-school, back-to-work, and back-to-basics!

“  
70% of Canadians rely on  
Natural Health products”

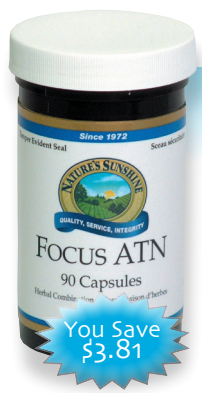
—Canadian Health Food Association





# Back-To-Basics Brain Power

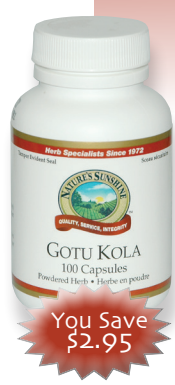
## Focus ATN: "Focus Attention"



This is a unique combination of herbal extracts and antioxidants. It contains the following: slippery elm bark, L-glutamine, DMAE Bitartrate, Melissa balm, grape seed extract, and Ginkgo biloba leaf concentrate.

- Helps to enhance cognitive abilities.
  - Contains antioxidants for the maintenance of good health.
- Stock no. 13598-0  
~~\$38.14~~ retail    \$34.33 retail

## Gotu Kola Traditional Herb



Gotu kola is a Traditional Chinese and Ayurvedic herb.

- Traditionally used for skin problems, digestive disorders, tonic, and for the nervous system in Ayurvedic medicine.

Stock no. 12397-6  
~~\$29.50~~ retail    \$26.55 retail

## Ginkgo Biloba Extract Slow-Release Formula



The ginkgo tree is believed to have pre-dated the ice age. Because of the tree's antiquity, traditionally many have believed it possesses medicinal properties.

- Helps support and enhance cognitive function and memory.
- Supports peripheral circulation through the capillaries.

Stock no. 18205-9  
~~\$38.21~~ retail    \$34.39 retail

# Back-To-School Nutrition

- ✓ Multivitamin
- ✓ Probiotics
- ✓ Vitamin C
- ✓ Elderberry

I ♥ MY  
HEROES  
SUPPLEMENTS



## Heroes Multiple Vitamins Plus Iron

A tasty, chewable, multivitamin free of any artificial colours, flavours, sweeteners, starches or preservatives.

- Provides 12 essential vitamins/minerals.
- Helps in the development of overall good health.
- Helps prevent nutritional deficiencies.
- Great citrus flavour.

Stock no. 18216-0

~~\$25.29~~ retail \$22.76 retail



# FACT:

"Kids are being diagnosed with anxiety, depression, ADHD, irritable bowel syndrome, and migraine headaches at all-time high rates. Whatever labels we want to use, the message is clear—our children are suffering from stress." writes pediatrician Lawrence Rosen. Fortunately, trees and nature reduce stress and help depression. Studies point to more activity in nature as an effective stress-busting tool for helping kids cope. Yet, only 46% of children engage in active play for three hours or less a week.

Source: Alive Magazine, *Get Your Children Outside*, by N. Glenn Perrett, Aug. 2013



You Save  
~~\$3.00~~



You Save  
~~\$1.29~~



You Save  
~~\$1.94~~

## Heroes Bifidophilus Probiotic Formula

Contains 4 strains of friendly bacteria in a tasty chewable tablet.

- A natural part of healthy gut flora.
- A probiotic formula that provides live micro organisms to benefit gut health.

Stock no. 18210-3

~~\$30.00~~ retail ~~\$27.00~~ retail

## Heroes Vitamin C Vitamin C 250 mg

Heroes vitamin C chewable for kids contains no wheat, soy, dairy or artificial colours or sweeteners.

- Helps in connective tissue formation and wound healing.
- Healthy development of bones, teeth, cartilage, and gums.

Stock no. 12987-2

~~\$12.86~~ retail ~~\$11.57~~ retail

## Heroes Vitamin C with Elderberry

Heroes vitamin C chewable for kids with the addition of elderberry.

- Vitamin C 250 mg.
- Vitamin C is a dietary factor in connective tissue health and wound healing.
- Elderberry is popular during the cold season.

Stock no. 18214-2

~~\$19.43~~ retail ~~\$17.49~~ retail

A woman with dark curly hair is sitting in a meditative pose on a rocky beach. She has her eyes closed and her hands clasped above her head. The background shows the ocean and a clear sky. A green gradient overlay covers the middle portion of the image, where the text is located.

# Enter The GreenZone Of Whole Food Nutrition

GreenZone is a food supplement designed to provide natural whole foods in powder or capsule form. GreenZone provides balanced nutrition from carbohydrates, proteins, and fatty acids. This balance, plus its nutritional content, serves to provide nutrients for the maintenance of good health.

# GreenZone<sup>™</sup> 36 Ingredients



GreenZone contains the finest blend of 36 ingredients—some of the most nutritious land- and sea-based herbs, plus minerals, amino acids, fatty acids, chlorophyll, and bioflavonoids. This wide range of nutritionally-dense ingredients provides antioxidant health benefits. Available in capsules or powder.

- Highly nutritious formula made from whole foods.
- Provides antioxidants for overall good health.

Stock no. 11042-8 (capsules)

~~\$25.21~~ retail \$22.69 retail

Stock no. 11694-5 (powder)

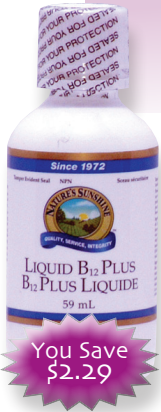
~~\$57.29~~ retail \$51.56 retail

**TIP:** Supercharge your mornings with a delicious GreenZone Smoothie.



- Spirulina powder
- Amaranth powder
- Lemon juice powder
- Soy lecithin powder
- Chlorella powder
- Wheat grass powder
- Alfalfa juice powder
- Barley grass herb
- Apple pectin
- Lemon grass herb
- Acerola cherry extract
- Bee pollen powder
- Spinach powder
- Ginger rhizome
- Astragalus root
- Echinacea root
- Milk thistle seed powder
- Papaya fruit
- Shiitake mushroom
- Beet powder extract
- Flaxseed powder
- Stevia leaf powder
- Orange bioflavonoids
- Royal jelly
- Rosemary leaf
- Hawthorn berries
- Elderberry extract
- Red grape skin extract
- Brown rice powder
- Bladderwrack powder
- Siberian ginseng root
- Sodium copper chlorophyllin
- Rhodenol root
- Ginkgo biloba leaf concentrate
- Polyphenol catechins from green tea
- Licorice root

## Liquid B12 Plus: A Boost Of Vitamin B-12



A liquid combination of vitamins B12, riboflavin, B1 and B6.

- Vitamin B12 helps in the health and formation of red blood cells.
- Vitamin B6 and riboflavin help in tissue formation.
- Vitamin B1 helps with normal growth.
- Helps in the metabolism of carbohydrates, proteins, and fats.
- Suitable for vegetarians.

Stock no. 12984-3

~~\$22.93~~ retail \$20.64 retail

*"I've used this a lot with one of my daughters who overextends herself frequently. When I see her starting into a stressed out tailspin I remind her to take a squirt of Vitamin B12 Plus and hold it under her tongue for a minute. The transformation is remarkable as her resilience and resourcefulness return immediately to help her cope with the stress."*



Judith Cobb  
MasterGold  
Calgary, Alberta

## FACT:

Oregon grape is the state flower of Oregon. Native Americans made a bark tea to offset digestive disorders characterized by an excess of bile and to stimulate the appetite.

It soon became a popular herb and the root became a major trade item to the extent that at the beginning of the century the species was almost wiped out around towns and villages. The roots, which contain berberine, were official in the *U.S. Pharmacopoeia* from 1905 to 1916.

Source: Micheal A. Weiner, Ph.D. and Janet A. Weiner, *Herbs that Heal*, Quantum Books, Mill Valley, CA, 1994.

## Oregon Grape Extract Gentle Digestive Aid



Native Americans used the bark to make a medicinal tea.

- Increase the flow of bile to act as an aid in digestion.
- Easy to take vegetable glycerine base. Ideal for adults and children.

Stock no. 11935-4

~~\$33.00~~ retail \$29.70 retail



## Catnip & Fennel Liquid Herbal Extract



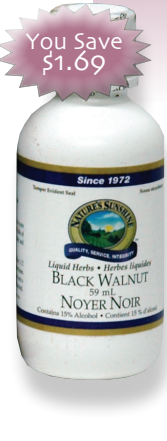
Traditional herbal medicine combination.

- Contains the herbal extract of catnip and fennel in a vegetable glycerin base.
- Easy-to-take liquid supplement.

Stock no. 18220-6

~~\$30.03~~ retail ~~\$27.84~~ retail

## Black Walnut Extract Traditional Herbal Extract



Early settlers valued black walnut's meaty inside and bitter outer hulls.

- Used as a traditional herbal medicine.
- Walnut hulls in a water and alcohol extract.

Stock no. 11080-3

~~\$16.86~~ retail ~~\$15.17~~ retail

## LB Extract: Liquid Herbal Laxative Formula



A traditional herbal formula of 10 herbs to support proper bowel function as a traditional herbal laxative. Contains cascara sagrada, senna leaves, buckthorn bark, psyllium hulls, rhubarb root, and more.

This liquid extract is ideal for those who find it difficult to swallow capsules or tablets.

- A traditional herbal laxative formula.
- Contains the laxative herb cascara sagrada.

Stock no. 13112-6

~~\$29.43~~ retail ~~\$26.49~~ retail



*Cascara Sagrada branch*

**FACT:** THE MOST HOLY BARK: The bark of Cascara Sagrada (meaning sacred bark) has been

called the most widely used cathartic on the earth.

Traditionally employed as a remedy by Native Americans, the bark became known to early settlers and eventually passed into use by the medical profession. The bark makes an effective laxative by promoting peristalsis—the involuntary constriction and relaxation of the muscles of the intestines resulting in a bowel movement. Cascara Sagrada can be taken on its own or in combination with other cleansing and laxative herbs. The pharmaceutical house of Parke, Davis & Co. first marketed Cascara Sagrada in 1877, and in 1890 it was included in the *U.S. Pharmacopoeia*.

Source: Michael A Weiner, Ph.D. and Janet A. Weiner, *Herbs That Heal*, Quantum Books, 1994

# Autumn brings colourful landscapes, and the *rhinovirus*...



**A**utumn will soon be painting its colourful splendor across the country, and in its path will come the fall/winter cold and flu season here in Canada. Arriving just in time for the back-to-school kids, people back from vacation, and everyone spending more time inside is the rhinovirus, aka the common cold. This is a class of several minor infectious viruses of the upper respiratory tract. These viruses are relatively harmless; nevertheless, the common cold is responsible for much lost time off work and school and a whole lot of physical discomfort. The common cold can also develop into more severe infections in weakened individuals.

By mid-October the cold season starts to decline and give rise to the influenza (flu) and respiratory syncytial virus (RSV) season, which typically runs from November to April. The flu affects millions of Canadians each year. It can result in a few sick days, to hospitalization and even death.

Another virus circulating during this same time is the norovirus. Commonly called the stomach flu, this is really a misnomer since it is not related to the influenza virus at all. Norovirus carries no cold or flu symptoms but attacks the gastrointestinal system with the most common symptoms being vomiting and diarrhea, or both.

Those most susceptible to catching a virus are small children, the elderly and infirm, and those with weakened immune systems. Taking preventative measures and practicing healthy lifestyle and dietary habits are important as we enter this time of year. And should you contract one of the many circulating viruses, knowing the symptoms can help you chart a course to your recovery (*see next page*).

Sources: [http://www.phac-aspc.gc.ca/fluwatch/12-13/w28\\_13/index-eng.php](http://www.phac-aspc.gc.ca/fluwatch/12-13/w28_13/index-eng.php);  
[http://www.huffingtonpost.ca/2013/01/14/cold-and-flu-season\\_n\\_2475131.html](http://www.huffingtonpost.ca/2013/01/14/cold-and-flu-season_n_2475131.html)



# Know Your Symptoms

Symptoms	Cold (rhinovirus)	Flu (influenza) & RSV	Norovirus
Fever	Rare	Usually present	Usually present
Nausea	Rare	Uncommon	Present
Vomiting	No	Rare	Very common
Diarrhea	No	No	Very common
Stomach ache	No	No	Very common
Aches	Slight	Usual, often severe	Common
Chills	Uncommon	Fairly common	Common
Tiredness	Mild	Moderate to severe	Moderate to severe
Sudden Symptoms	Appear gradually	Appear suddenly	Appear suddenly
Coughing	Hacking, productive	Dry, unproductive	No
Sneezing	Common	Uncommon	No
Stuffy nose	Common	Uncommon	No
Sore throat	Common	Uncommon	No
Chest Discomfort	Mild to moderate	Often severe	No
Headache	Uncommon	Common	Common
Weight lose	No	Uncommon	Common

# Echinacea Flower Power

While in the last 30 years modern North Americans have come to appreciate the herbal qualities of the echinacea plant, Native Americans were well acquainted with echinacea's medicinal properties for 100's of years, using the plant to help heal insect stings, infections and skin irritations; pieces of the root were also chewed to relieve tooth aches. Current research shows that when used at the onset of illness, echinacea can help bolster the immune system and defend against common viruses. Echinacea represents about 10 percent of herb product sales and it has become something of a household name. Few people, however, would recognize a majestic stand of *echinacea purpurea*, or Purple Coneflower, in a late-summer's garden. For horticulturist and hobby gardeners, this decorative member of the daisy family is a showy favourite with its bristly orange central cone surrounded by purplish petals.

Sources—Micheal A. Weiner, Ph.D. and Janet A. Weiner, *Herbs that Heal*, Quantum Books, Mill Valley, CA, 1994. Patrick Lima, *A Complete Gardener's Guide, Herbs*, Firefly Books, 2001.

## Ultimate Echinacea Traditional Herbal Extract



A unique combination containing three of the best known echinacea species.

- Echinacea is used to fight off respiratory tract infections due to cold and flu.
- Contains *echinacea purpurea*, *echinacea angustifolia* and *echinacea pallida*.

Stock no. 11083-8

~~\$31.06~~ retail \$26.49 retail



## Echinacea & Golden Seal Traditional Herbal Formula



Echinacea combined with golden seal is a classic herbal combination during the cold season.

- Helps relieve the symptoms of upper respiratory tract infections.
- Contains both *echinacea purpurea* and *echinacea angustifolia* species plus golden seal herb.

Stock no. 18218-9 (capsules)

~~\$38.14~~ retail \$34.33 retail

Stock no. 11083-8 (liquid)

~~\$30.50~~ retail \$27.45 retail



## Zinc & Vitamin C

### Soothing, Tasty Throat Lozenge



The combination of the mineral zinc and vitamin C in a tasty throat lozenge. It also contains echinacea purpurea and the oils of spearmint, peppermint and eucalyptus.

- To help ease the discomfort of colds and sore throats.

Stock no. 11465-1

~~\$32.00~~ retail ~~\$28.80~~ retail

You Save  
\$3.20



Peach and orange flavour  
the whole family will enjoy.

## Licorice Extract: Traditional Herbal Extract



Licorice has a long history of use by cultures throughout the world and is still prized in today's Herbal Medicine.

- Traditionally used as an expectorant to help relieve chest complaints, such as catarrhs, coughs and bronchitis.
- Used in Herbal Medicine to help relieve inflammatory conditions of the gastrointestinal tract, such as gastritis in adults.

Stock no. 11933-2

~~\$30.86~~ retail ~~\$27.77~~ retail

You Save  
\$3.09

## CBG

### Liquid Herbal Formula



An herbal formula in easy-to-take liquid form.

- Contains golden seal, licorice and black cohosh.
- The herbs passionflower and valerian are traditional herbal calmatives.

Stock no. 9670-9

~~\$39.24~~ retail ~~\$35.22~~ retail

You Save  
\$3.92

## AL-J

### Herbal Formula



AL-J is a unique formula combining five herbs used in traditional herbalism.

- Contains horseradish, mullein, fenugreek, fennel, and boneset herb.

Stock no. 11079-1

~~\$23.50~~ retail ~~\$21.23~~ retail

You Save  
\$2.36

# 'Life's First Food'

“Colostrum is the perfect food, combining all the crucial immune and growth factors in the exact synergistic combination necessary to promote life.”

Source: Dr. Andrew M Keech, Ph.D. “Peptide Immunotherapy, Colostrum: A Physicians’s Reference Guide,” AKS Publishing, 2009



You Save  
~~\$3.99~~

## Colostrum:

Bovine colostrum is known as a “universal donor.” Humans are able to use it because its immune and growth factors, along with key immunoglobulins, are identical in molecular structure to those of humans.

NSP’s Colostrum is sourced from North American antibiotic- and growth hormone-free, grade A dairy cows raised in pristine conditions.

The Colostrum then goes through low-heat processing to retain its unique nutritional properties.

- Provides immune system support.
- Supports immune system function against infections within the upper respiratory tract.
- Source of essential amino acids for the maintenance of overall good health.

Stock no. 12479-6

~~\$39.93~~ retail    \$35.94 retail

## IMM-C

Increases A Deficient Chi



You Save  
~~\$3.49~~

A Traditional Chinese Medicine (TMC) formula used in times of weakness.

- Raises chi (or Qi).
- Tonifies the middle.
- Raises the yang and lifts what has sunken.
- General tonic for all five elements of Traditional Chinese Medicine.

Stock no. 13099-0

~~\$34.86~~ retail    \$31.37 retail

# HRP-C Capsules or Liquid Extract

## Traditional Chinese Formula



You Save  
\$2.67



You Save  
\$2.76

In Traditional Chinese Medicine (TCM), this is considered a “chi” regulating formula and has a cooling effect.

- Traditional Chinese Medicine to clear heat and resolve toxicity (resolve sores and lesions).

Stock no. 11487-0 (capsules)

~~\$26.73~~ retail \$24.06 retail

Stock no. 11772-5 (Liquid)

~~\$27.57~~ retail \$24.81 retail



*“HRP-C is your first line of defense. It’s useful in clearing heat and resolving toxicity. It is also helpful in allowing quick recovery and a return to normal during bouts of seasonal issues.”*



Marilène Perreault  
Senior Diamond  
Victoriaville, Quebec

# Olive Leaf Extract

## Traditional Herbal Remedy



You Save  
\$3.32

Cultivated for centuries in the Mediterranean region for culinary and medicinal purposes.

- Contains the extract *oleuropein* standardized to 12% oleuropein.
- Traditionally used during cold and flu seasons.

Stock no. 10896-2

~~\$33.17~~ retail \$29.85 retail

# Lobelia

## Liquid Herbal Expectorant



You Save  
\$2.50

This delicate garden flower has a long history of use in traditional herbalism and is a folk remedy staple.


- As a herbal expectorant, lobelia is thought to help expel excess mucous from the lungs.

Stock no. 18207-2

~~\$25.00~~ retail \$22.50 retail

to/from

To order contact your Nature's Sunshine Business Associate  
or call: 1-800-265-9163 or [www.naturessunshine.ca](http://www.naturessunshine.ca)

 Find us on: **facebook** Join us on Facebook for  
even more product specials.



**10% OFF**

Select Herbs & Supplements

**Sept. 1st to Oct. 15th**

Vol. 2 — No. 14

**Back-to-School Kid's Nutrition &  
Brain-Smart Supplements • Digestive Aids  
Cold/Flu Remedies • Whole Foods  
Immune System Support**