

# Nature's Sunshine Canada Autumn Savings 2013

**10% OFF**

Select Herbs & Supplements

**Oct. 16th to Nov. 30th**

Vol. 2 — No. 15

**Vitamin/Mineral Supplements** ◦ **Digestive Aids**

**Herbal Energy Tonics** ◦ **Probiotics**

**Immune Support** ◦ **Natural Pain Relief**

# Are you experiencing a personal bioenergy crisis?

## Recharge your life force with Natural Health solutions

Ask the average Canadian adult what he or she would like more of and most will tell you they want more energy. In fact, you could say, among the adult population there is a bioenergy crisis. And it's no wonder. The modern lifestyle is increasingly complex and stressful. For those in the midst of this bioenergy crisis, getting a few more hours of sleep, if you can sleep at all, is only one part of the solution. Like a car sputtering on its last fumes of gas, you're running on empty.

The good news is that there are ways to recharge your bioenergy and regain the vitality you once had.

And when we talk of regaining your bioenergy, we are not referring to that morning cup of coffee, or afternoon junk-food snack. Bioenergy is that which the body needs for optimum, sustained performance at the physical, mental, and cellular level throughout the day.

With Fall now here, make it your goal to put a stop to your bioenergy crisis and adopt a new Habit of Health.

In this catalogue of Special Offers we feature natural health products to help you recharge your life force and put an end to your personal bioenergy crisis.

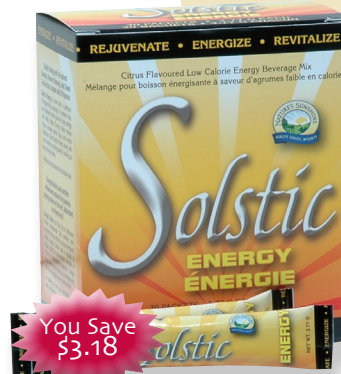


## The go-anywhere convenient alternative Energy Drink Mixes

Solstic products are 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 sport and energy drinks on the market. So whether it's the office, the classroom, or the open road, you can enjoy a Solstic beverage just about anywhere.

# Solstic

## 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.

Solstic Energy costs less than a cup of coffee.



Stock no. 14630-1  
~~\$31.79~~ retail \$28.61 retail

## 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 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.

- 15 important vitamins and minerals in a tasty drink mix.
- Great for adults and kids of all ages.
- Offers portable, convenient nutrition.

Stock no. 16492-5  
~~\$31.79~~ retail \$28.61 retail

# Chinese Mineral-Chi Tonic

Chinese Herbs with Minerals

A herbal and mineral tonic to balance chi. Chi is known in Traditional Chinese Medicine as the life force.

- Provides 180 mg of potassium per serving.
- In a solution of ionically-suspended trace minerals.
- Contains the tonic herbs astragalus, ginger, licorice, reishi mushroom, schizandra, Siberian ginseng, ginkgo and more.

Stock no. 11222-7

~~\$50.00~~ retail \$45.00 retail

You Save \$5.00



*Tonics for your health*

Herbal Tonics were a major part of early herbal medicine and they continue to be useful in today's modern herbalism; namely, because everyone can benefit from taking a daily tonic. By definition a tonic is that which balances the biochemical and physiological workings of the human body. In other words, returning the body to operating range—not a balanced, normal but just what nature intended. The whole concept of a tonic sounds appealing. Who doesn't want a life in balance? After all, it can be said that balance is the very essence of health and wellness. Today, tonics have taken on a new importance and broad appeal due to the pressures and health challenges of modern times. In today's world balance is in short supply, and herbal tonics have for centuries been what humankind looked to when the mind and body needed restoration. Characteristic of any good herbal tonic are adaptogen herbs. These herbs are thought to help the body adapt to stress and changing situations, seasons, and climates. Among them are the ginsengs, shizandra, astragalus, licorice, ashwaganda, to name a few. Look for these in combination with other nutritive herbs and allow nature to bring you into a state of balance.

Source: *Herbal Tonic Therapies* by Daniel Mowrey, Ph.D.

## ENERG-V: Multiple-Ingredient Herbal Supplement



You Save \$2.25

ENERG-V contains bee pollen, Ginkgo biloba, kelp, licorice root, Siberian ginseng, yellow dock, barley grass herb, rosehips fruit, schizandra, and capsicum fruit. Ideal for active adults as a daily supplement.

- Ideal as a pre- or post-workout supplement.
- Is non-stimulating and does not cause jitters or nervousness.

Stock no. 11040-1

~~\$22.50~~ retail \$20.25 retail

*Energy  
Vitality  
Wholeness*

## Cat's Claw Combination Traditional Herbal Formula



You Save \$2.94

A traditional herbal combination of immune supportive herbs.

- Contains echinacea.
- Astragalus is used in herbal medicine to help maintain a healthy immune system.
- Cat's Claw is a traditional South American rain-forest herb.

Stock no. 11496-6

~~\$29.36~~ retail \$26.42 retail

## Astragalus Chinese Adaptogen Herb



You Save \$2.26

An important herb in traditional Chinese medicine and an immune system tonic.

- As a tonic herb it is traditionally used to increase chi or "wind energy."
- Support and maintains the health of the immune system.

Stock no. 10999-8

~~\$22.64~~ retail \$20.38 retail

# FUEL FOR ALL YOU DO

## 'Total Nutrition Today'

### TNT='Total Nutrition Today' Great-tasting beverage mix to quench your thirst for a burst of nutrition

A delicious orange cream flavoured nutritious powdered 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.
- Formulated in a base of healthful vegetables.



### Pantothenic Acid Vitamin B5 Supplement



Pantothenic acid is an important vitamin required for chemical reactions that generate energy from food.

- Supplies 250 mg of pantothenic acid (as D-calcium Pantothenate).

Stock no. 11466-9

~~\$25.76~~ retail \$23.18 retail

### Vitamin B-Complex A multi-purpose supplement



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

- Complex of 8 B vitamins.
- Also contains watercress leaves, cabbage leaves and wild lettuce leaves.

Stock no. 18191-4

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

**FACT:** Multivitamins improve bone quality in the elderly according to Australian researchers: "Multivitamin supplementation raised serum vitamin B12 and folate concentrations and increased serum vitamin D, which was accompanied by an apparent positive effect on bone density. We also found a trend towards a reduction in falls and this could contribute to a reduction in fractures."

Source: *European Journal of Clinical Nutrition* (2009) 63, 558-565; doi:10.1038/sj.ejcn.1602963; published online 28 November 2007

### Nature's SilverGuard Silver Solution Mouthwash



A patented liquid silver solution.

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

Stock no. 16576-3 (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



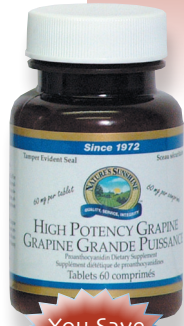
A general purpose infection-fighting gel of particle-sized pure silver colloids.

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

Stock no. 14363-9

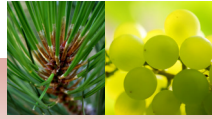
~~\$31.79~~ retail \$28.61 retail

## High Potency GraPine Pine Bark And Grape Seed Supplement



You Save  
\$5.28

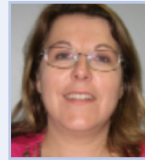
GraPine contains as much as three times as many proanthocyanidins as other competitive products. Proanthocyanidins (PACs) are considered a highly bioavailable water-soluble class of flavonoids. High Potency GraPine is derived from the bark of a select pine tree and authentic Masquelier OPC grape seed extract.



- Each capsule contains 60 mg of GraPine proanthocyanidin complex from grape seed extract and pine bark extract
- Grape seed extract contains a concentration of 95 percent 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 percent proanthocyanidins.

Stock no. 14531-3  
~~\$52.70~~ retail \$47.51 retail

*"Outside of running a clinic, my hobby is knitting and sewing. As I'm getting older the strain on my arms and hands were becoming more prevalent. During the night the numbness would frequently wake me up. When Nature's Sunshine came out with the Super Trio I was intrigued by its great benefits. By the end of the week I was even enjoying a good night's sleep. What a great combination. Thank you Nature's Sunshine."*



Kimberley Fournier-Gair, B.Sc.  
MasterGold  
Penetanguishene, ON

## Green Tea Extract Antioxidant Superstar



You Save  
\$3.76

Numerous studies have demonstrated that green tea's polyphenols possess potent antioxidant potential.

- Possesses potent antioxidants.
- Decaffeinated green tea extract is standardized to contain 80 percent polyphenols (60 percent catechins, 30 percent EGCG).

Stock no. 13286-5  
~~\$37.64~~ retail \$33.88 retail

3 capsules of NSP's Green Tea Extract is equal to 10 cups of liquid green tea!



# 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 multivitamin containing: 12 vitamins, 10 minerals, lutein and lycopene, 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

## Vitamin D3, 1000 mg Winter's Sunshine Vitamin



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

~~\$26.00~~ retail \$18.00 retail

You Save  
\$2.00

**FACT:** Scientists at the University of Copenhagen have discovered that vitamin D is crucial to activating immune defenses and that without sufficient intake of the vitamin, the killer cells of

the immune system—T cells—are unable to react to and fight off serious infections. For the research team, identifying the role of vitamin D in the activation of T cells has been a major breakthrough. "Scientists have known for a long time that vitamin D is important for calcium absorption ... but what we didn't realize is how crucial vitamin D is for actually activating the immune system—which we know now," said researchers.

Source: *ScienceDaily* (Mar. 8, 2010)

## Bifidophilus Flora Force Probiotic Supplement



Each capsule contains the friendly bacteria *Lactobacillus acidophilus* (1.25 billion), *Lactobacillus rhamnosus* (1.25 billion), *Lactobacillus casei* (one billion), *Bifidobacterium longum* (500 million). Also contains a blend of short- and long-chain fructo-oligosaccharides (FOS).

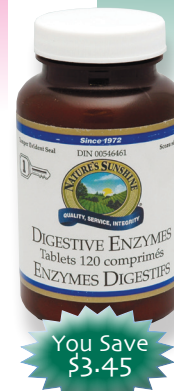
- A natural part of healthy gut flora.
- Probiotics provides live micro organisms to benefit health.

Stock no. 13520-9

~~\$37.86~~ retail \$34.07 retail

You Save  
\$3.79

## Digestive Enzymes Digestive Aid In A Bottle



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

You Save  
\$3.45

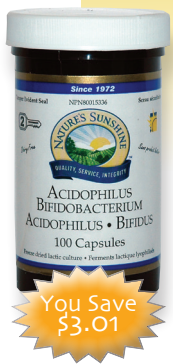
**FACT:** "Enzymes are key factors in health and healing, and their absence from

cooked food can lead to chronic degenerative diseases over time for those who consume immoderate amounts of such foods," writes health author Mark Rojek. "When our metabolic enzymes are shifted from their cellular use and called upon to digest cooked food, especially when these enzymes are drawn from the immune system, aging is accelerated." So what does author Mark Rojek suggest to replenish and maintain vital enzyme stores in the body? He recommends including raw and partially-cooked, enzyme-rich foods and fermented foods in one's diet. He also recommends taking digestive enzyme supplements with meals, especially as one ages and enzyme systems become depleted and digestion weakened.

Source: Mark Rojek, *Enzymes: Getting the Most Nutrients from Your Foods*, Wellness Journal, Vol 19, No 5, September/October, 2010



## Acidophilus Bifidobacterium Probiotic Supplement



Contains 4 billion active friendly bacteria of the following strains: *Lactobacillus rhamnosus*, *Lactobacillus acidophilus*, and *Bifidobacterium longum*.

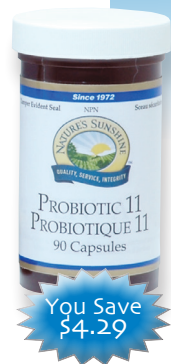
- A natural part of healthy gut flora.
- Probiotics provide live micro organisms that benefit health.

Stock no. 11005-8

~~\$30.14~~ retail \$27.13 retail

You Save  
\$3.01

## Probiotic II Eleven Strains Of Probiotics



Probiotic 11 provides billions of beneficial intestinal micro-organisms from 11 probiotic strains.

- Utilizes the most beneficial strains of probiotics.
- Probiotics provide live micro organisms to benefit health.

Stock no. 16947-1

~~\$42.86~~ retail \$38.57 retail

You Save  
\$4.29



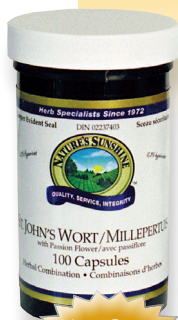
## Reset your body's circadian rhythm and return to sound sleep with natural sleep aids

St. John's Wort is a summer flower that in medieval Europe was considered to protect against ill health



and evil spirits. By the 19th century it had fallen into disuse, but because of positive research into its use for depression and nervous exhaustion, the herb has risen to new heights of popularity. St. John's Wort acts as a

### St. John's Wort with Passion Flower Traditional Herbal Sleep And Anxiety Formula



Two time-honoured herbs in this traditional calmative combination. St. John's Wort has been used in herbal medicine for over 2000 years. Passion Flower is a traditional herbal sleep aid.

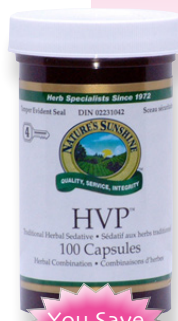
- St. John's Wort extract standardized to 0.3 percent hypericins.
- Passion Flower has traditionally been used in cases of restlessness or insomnia due to mental stress.
- For relief of symptoms of occasional nervous stress and debility.

Stock no. 14299-8

~~\$39.36~~ retail \$35.42 retail

You Save \$3.94

### HVP Traditional Herbal Sedative



A traditional herbal formula of three calming herbs.

- Contains the herbs hops, passion flower, and valerian.
- A herbal sedative.

Stock no. 10785-1

~~\$22.43~~ retail \$20.19 retail

You Save \$2.24

### Eight Traditional Herbal Formula



A traditional herbal formula combining 8 herbs.

- Contains white willow bark, hops, wood betony, passion flower, ginger, chamomile, capsicum, and schizandra.
- Passion flower is traditionally used as a sleep aid for insomnia.

Stock no. 16827-9

~~\$26.57~~ retail \$23.91 retail

You Save \$2.66

tonic for the nervous system and can be used for nervous exhaustion, anxiety, moderate depression, and sleep difficulties.



Passion flower, named for its beautiful flower thought to represent Christ's crucifixion, was a valued sedative and tranquilizing herb by the Algonquian people. Passion flower is best known as a remedy for insomnia and disturbed sleep patterns, and is useful for short-term bouts of sleeplessness. This herb is widely acknowledged as good for anxiety, tension, irritability, and insomnia. Its gentle sedative properties produce a relaxing effect, reducing nervous activity and panic, thus making it a good mild and nonaddictive herbal tranquilizer.



Melatonin has been on the market in Canada since 2004 and it quickly became a top-selling supplement among sleep-deprived consumers. "Its connection to the sleep/wake cycle has been scientifically established," says Toronto naturopath Penny Kendall-Reed, "but it is neither a sleeping pill nor a sedative. Some people take it and wonder why they have not fallen asleep. But it has no sedative properties. Instead it resets the sleep/wake cycle and pushes you into stage four sleep, that deep healing kind of sleep."

Sources: Andrew Chevallier, FNIMH, *Encyclopedia of Herbal Medicine*, Dorling Kindersley Publishing, London, 2000; Daniel B. Mowrey, Ph.D., *Herbal Tonic Therapies*, Keats Publishing, Inc., New Canaan, Connecticut, 1993; Marilyn Linton, *Melatonin: What does it do, really?*, Toronto Sun, July 22nd, 2013.

**FACT:** Trouble sleeping? You're not alone. An estimated 3.3 million Canadians aged 15 or older, or about one in every seven, have problems going to sleep or staying asleep, and thus are considered to have insomnia, according to a Canadian study. Based on data from the 2002 Canadian Community Health Survey (CCHS), the study found that just under one-fifth (18 percent) of these people average less than five hours of sleep a night.

Source: Statistics Canada, *The Daily*, Wednesday, November 16, 2005

### Melatonin Extra Sleep Hormone Supplement



Melatonin Extra is derived from non-bovine sources and blended with selected herbs and nutrients. Contains 3 mg Melatonin, plus vitamin E, ginkgo biloba, and Siberian ginseng.

- Helps improve total sleep time and sleep quality.
- Helps to reduce the time it takes to fall asleep (sleep onset latency aspect of sleep quality) in people with delayed sleep phase syndrome.
- Helps re-set the body's sleep/wake cycle (circadian rhythm).

Stock no. 14297-0

~~\$27.43~~ retail \$24.69 retail

You Save \$2.74

**NEW from NSP**

**For All That Pains You**



**All Natural Pain Relief**  
Proprietary Blend Of Essential Oils

A natural solution for the temporary relief of aches and pains of muscles and joints associated with arthritis, strains, backache and bruises. Temporarily relieves aches and pains of muscles and joints associated with one or more of the following: simple backache, lumbago, strains and sprains (involving muscles, tendons, and/or ligaments), and arthritis. External use only.

- Contains a proprietary blend of peppermint oil, rosemary oil, eucalyptus oil, camphor oil, L-menthol, eucalyptol, aloe leaf extract, orange and lemon oil.
- In a convenient spray applicator or individually-packaged, towelettes.

Spray Bottle

Stock no. 18211-4

~~\$35.00~~ retail \$31.50 retail

Towelettes

Stock no. 18215-5

~~\$28.57~~ retail \$25.71 retail



*“Tried this new product myself on lower back pain and felt a significant decrease in pain. Also, a client with a persistent shoulder pain which dated back several years used the product at a moment of intense pain and felt an immediate calming relief.”*



Rhéa Goudreau  
Sr. Diamond  
Verdun, PQ

**FACT:** Pain Awareness Week in Canada is November 3rd—8th, 2013  
Anyone can be affected

by pain. It can suddenly come on as a result of stress, injury, repetitive use, strains, or aging itself. It may affect joint tissue, muscle tissue, areas deep within the body or on the surface of the skin. Wherever and whenever pain manifests, it alters one's ability to cope with everyday life and disrupts normal-living routines. While acute pain is the natural sensation triggered by the nervous system to alert us to injury or other physiological needs, chronic pain is different. Chronic pain is persistent and can last weeks, months, even years. It can range from mild to excruciating and affect any part of the body. Millions of people throughout the world live with chronic pain and its side effects of depression, stress, fatigue, and loss of work.



In Canada, almost one in 10 has chronic pain. Of those age 35 to 44, 14 percent of males and 17 percent of females live with chronic pain. According to the Canadian Pain Coalition, 17 to 31 percent of the general population reports living with chronic pain.

The president of the Canadian Pain Society, Dr. Mary Lynch, says pain is misunderstood and under treated, and can be a lifelong struggle. “Chronic pain is among the most disabling and costly medical conditions in North America,” says Dr. Lynch.

Sources: The Canadian Press, *Almost 1 in 10 Canadians has Chronic Pain*; The Canadian Pain Society; Canadian Pain Coalition

**Art-A with Devil's Claw**  
Joint Pain Relief Herbal Formula



A combination of 11 traditional herbs and a digestive enzyme to support the structural system in times of minor pain. Includes the African herb Devil's Claw and the Western herb White Willow bark.

- Use for the relief of minor joint pain associated with osteoarthritis.
- Effective in the relief of short-term lower back pain.

Stock no. 11807-7


~~\$31.10~~ retail \$27.99 retail

**You Save \$3.11**



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)

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even more product specials.



**10% OFF**

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**Herbal Energy Tonics** ◦ **Probiotics**

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