



Nature's Sunshine Canada Phenomenal Savings

On 27
Health Products

2012

10% OFF

Select Herbs & Supplements

February 16th to
March 31st

Winter Campaign No. 2

Improve your Heart Health
Traditional Chinese Medicine
Discover your Ancient Chinese Sign
and what it means for your Health

Add 10 years to your life through 7 Heart-Healthy Principles

Canadians were encouraged to adopt seven core principles, that if practiced, could result in adding 10 years or more to the average life span, according to a presentation given at the Canadian Cardiovascular Congress held in Vancouver, October 23, 2011.

Dr. Clyde Yancy of Northwestern University's Feinberg School of Medicine, and one of the researchers, predicted that "Achieving these seven simple lifestyle factors gives people a 90% chance of living to the age of 90 or 100, free of not only heart disease and stroke but from a number of other chronic illnesses including cancer. By following these steps, we can compress life-threatening disease into the final stages of life and maintain quality of life for the longest possible time."

The Heart and Stroke Foundation of Canada president Bobbe Wood agreed: "Healthy living is key to preventing heart disease and stroke."

"The opportunity for prevention is not an unrealistic expectation," Dr. Yancy affirmed. "Over the past 40 years the rates of heart disease and stroke have steadily declined."

Despite the rates of heart disease and stroke having declined in the past 40 years, it still remains the number one cause of death, and statistics show that heart disease is now affecting much younger age groups. Today, every seven minutes someone in Canada dies from heart disease or stroke.



The 7 Heart-Healthy Principles

- Increasing physical activity
- Knowing and controlling LDL cholesterol levels
- Following a healthy diet
- Knowing and controlling blood pressure
- Achieving and maintaining a healthy weight
- Managing diabetes and blood sugar
- Not smoking

Blood Pressurex

To keep the blood flowing



You Save \$5.02

A herbal and vitamin combination that targets the function of the heart and arteries to maintain blood pressure within normal ranges.

- Promotes optimal blood flow and pressure.
- Antioxidant properties inhibit damage to blood vessels.

Stock no. 16631-5

~~\$50.20~~ retail
\$45.18 retail



You Save \$3.54

This formula strengthens weakened and damaged vessels to promote optimal blood circulation, thereby relieving varicose veins, hemorrhoids, and heavy leg syndrome.

- Contains the herbs butcher's broom and horse chestnut.
- Provides bioflavonoids for improved blood vessel elasticity and strength.

Stock no. 11463-4

~~\$35.41~~ retail \$31.87 retail

FACT:

Ginkgo: Human clinical studies have demonstrated ginkgo is effective in opening up (dilating) blood vessels, including the tiny capillaries which carry blood to the cellular level. It also tends to lower blood pressure and inhibit the formation of blood clots.

Hawthorn berry: Hawthorn berries are described by Dr. Daniel Mowrey, Ph.D.,

as "perhaps the world's best cardiotoxic." One of the benefits of Hawthorn is that its effects on the heart are mild yet none the less beneficial: dilates peripheral blood vessels, increases metabolism in the heart muscle, dilates coronary vessels improving the blood supply to the heart, and stabilizes the heart's rhythm.

Cholesterol-Reg II

Helps keep cholesterol within normal range



You Save \$4.55

This formula contains the latest in natural cholesterol controlling plant extracts.

- Plant sterols and policosanol for cholesterol control.
- Resveratrol for antioxidant protection of lipids.
- Artichoke leaf for healthy cholesterol levels and liver protection.

Stock no. 11327-2

~~\$45.47~~ retail \$40.92 retail

Ginkgo & Hawthorn

Improved heart action and blood flow



You Save \$2.21

This is a traditional formula to improve the action of the heart.

- Ginkgo opens blood vessels for improved blood flow.
- Hawthorn improves the beating action of the heart muscle.
- Synergistic formula with antioxidant properties.

Stock no. 10794-3

~~\$22.10~~ retail \$19.89 retail

Super Omega-3

Keeper of the heart



Omega 3 fatty acids are universally praised for their heart-protective benefits. They help maintain the health of the heart muscle and prevent blood clotting.

- Contains 380 mg EPA and 190 mg DHA in a ratio of 33:16.
- A highly purified supplement using molecular distillation.

You Save
\$3.77

Stock no. 14772-8

~~\$37.70~~ retail \$33.93 retail

CoQ10 with Minerals

Energizing the heart



CoQ10 provides energy to the heart muscle and is a powerful antioxidant. The heart benefits greatly from adequate amounts of this nutrient.

- Has an energizing effect on the heart muscle.
- Provides endurance.
- Antioxidant protection.
- Includes magnesium for additional support.

You Save
\$5.31

Stock no. 13033-6

~~\$53.08~~ retail \$47.77 retail

FACT:

CoQ10 has been proven to both *prevent* and *treat* a host of health problems including heart disease, cancer, periodontal disease and neurodegenerative diseases like Alzheimer's. It is also an effective anti-aging remedy, offering a better quality of life as we grow older; moreover, it can help overcome male infertility and immune system dysfunction.

— *The Coenzyme Q10 Phenomenon*,
Stephen T. Sinatra, M.D.



Christopher Opolski
Platinum Manager
Mississauga, ON

"MC happens to be one of my favourite and best performing products. It gained an immense popularity with my client base back in 2004 when for the first time I talked about the idea of oral chelation in my talk show as well as my newsletter. The product is incredibly effective as evidenced by success in helping even the most complicated cases of cardiovascular challenges. A number of people continue to use MC even after so many years. Every time I promote it the response is overwhelming. And so are the testimonials. MC truly is one the best products in the market today."

MC (Mega Chelation)

Nutritional support for your entire cardiovascular system



MC is a mega-nutrient chelation supplement designed to support the entire circulatory system—arteries, veins, capillaries and the tissues and organs they serve.

MC contains a variety of natural chelating substances that act like a nutritional detergent to break up deposits of debris in blood vessels thus improving blood circulation. MC contains no artificial colours, preservatives, starches, sugars or yeast.

You Save
\$6.14

- "Mega" amounts of cardiovascular system nutrients.
- Contains butcher's broom, adrenal, spleen and thymus substances (bovine), and Ginkgo biloba.
- Heavy metal detox.
- Improves blood circulation.

Stock no. 10947-5

~~\$61.38~~ retail \$55.24 retail

FACT:

In a 2007 article by the University of Maryland Medical Centre, they indicate that omega-3 fatty acids reduce inflammation and help prevent risk factors associated with chronic diseases such as heart disease, cancer and arthritis. They also state that the essential fatty acids are highly concentrated in the brain and appear to be particularly important for cognitive (brain memory and performance) and behavioural function.

In the journal, *Neurology*, researchers reported that older adults with high levels of omega-3 fatty acids and vitamins B, C, D and E in their blood performed better on certain measures of thinking abilities, and also tended to have larger brain volume. Researchers said the findings suggest that nutrients work "in synergy" with one another to be protective to brain health. To the contrary, seniors with high levels of trans fats in their blood fared worse on certain thinking tests than those with lower levels of the unhealthy fats, and also had more brain shrinkage. The report concluded that people with high levels of trans fats performed worse on tests of mental abilities and had smaller brains.

In another study (*European Journal of Clinical Nutrition*), increased blood levels of omega-3 fatty acids were associated with lower levels of compounds linked to inflammation and heart disease. Levels of C-reactive protein (CRP), a marker of inflammation and heart attack risk, decreased as levels of omega-3 fatty acids increased.

Neurology, January 27, 2004

European Journal of Clinical Nutrition,
63:1154-1156, 2009



Arginine Plus: *The miracle molecule for heart health*



Many consider the breakthrough discovery of the amino acid L-arginine to be one of the most important advancements in the fight to naturally support the function of the cardiovascular system, in the last 50 years!

NSP's Arginine Plus contains additional heart-protective nutrients. Sweetened with xylitol and berry flavoured.

- Supports cardiovascular health.
- Enhances blood flow to vital organs.
- Combats the negative effects of premature cardiovascular aging.
- Improves endurance.

You Save
\$32.14

Stock no. 16633-2 (1887 g)
~~\$321.43~~ retail \$289.29 retail

You Save
\$9.86

Stock no. 16632-0 (377 g)
~~\$98.57~~ retail \$88.71 retail

Say N.O. to heart disease and premature cardiovascular aging

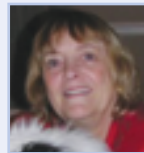
If you're over 40 years of age your blood vessels will benefit greatly from an increase in the molecule Nitric Oxide (NO). In recent years NO has literally taken on "Super Star" status: Readers Digest named low NO the #1 risk factor for heart disease; in 1992, it was named "Molecule of the Year" by the American scientific community. Then, to top that, in 1998, its discovery was awarded a Nobel Prize in medicine. As we age, we produce less NO and the artery lining (endothelium) of our blood vessels becomes dysfunctional, resulting in the vessel walls stiffening and becoming less relaxed. NO is a special molecule and the first molecule ever discovered to literally communicate with other molecules. When NO is made by the cells in our blood vessels, it signals the surrounding arterial tissue cells telling them to relax. This in turn lowers blood pressure, expands narrow blood vessels, prevents clots, improves oxygen and nutrient delivery, and reduces artery-clogging plaque.

Make more N.O. with Arginine Plus

Science has discovered that the amino acid L-arginine increases the ability of blood vessel cells to release more NO. Supplemental L-arginine has now become the preferred means to easily increase the amount of NO the body produces, and stop the slow decline of NO production associated with aging.

NSP's Arginine Plus supports healthy levels of NO and provides the following benefits:

- Supports all aspects of cardiovascular health.
- Enhances blood, oxygen and nutrient flow to vital organs.
- Combats the negative effects of premature cardiovascular aging.
- Sweetened with Xylitol to enhance oral health.
- Great-tasting mixed berry flavour.
- Supports healthy sexual performance by combatting erectile dysfunction.
- May aid in decreasing body fat.
- Maintains healthy blood sugar levels already in the normal range.
- May boost energy levels.
- May help improve resistance training results.



*Barb Bakke
Master Gold Manager
Richmond, BC*

"I fell in love with Arginine Plus when it restored circulation to my hands and feet affected by a stroke 4.5 years ago. I had recovered in many ways, but my hands and feet were always cold. Then, on March 2011, I started taking Arginine Plus. To my amazement (and my massage therapist) my hands and feet no longer suffered from lack of circulation. My husband, too, has experienced less trips to the washroom at night. I will never stop taking Arginine Plus every day."

FACT:

A consistent and accurate indicator of the risk of having a heart attack is inflammation measured by high levels of c-reactive protein (CRP) in the blood. In a study involving aerobic exercise and heart disease patients, participants experienced an average of 40.5% reduction in CRP over a 12-week period. Researchers concluded that aerobic exercise is an effective method to reduce CRP and other heart-disease indicators.

"If the physiological benefits of physical activity could be put in a pill, you would have the most powerful anti-aging and health-promoting medication available," states Dr. Julian Whitaker, M.D., and specialist in conventional and alternative health. "Research shows that every single hour you exercise, you increase your longevity by two hours."



FACT:

Heart patients with high blood pressure may receive substantial benefit from a daily dose of vitamin C — something researchers said could be an inexpensive alternative to prescription drugs.

A dose of 500 milligrams each day lowered blood pressure by up to 9 %, a level comparable to expensive prescription drugs, according to researchers from the Boston University School of Medicine and the Linus Pauling Institute at Oregon State University.

Vitamin C may improve the way the body synthesizes nitric oxide (NO), a compound important for keeping blood vessels relaxed. The vitamin also may work to improve anti-hypertension medication.

Researchers did caution not to stop taking any medication without your doctor's permission.

Finding Balance: Using traditional Chinese herbal medicine to achieve better health

In Traditional Chinese Medicine (TCM), a more than 2,500 year-old system of healing, there are five basic constitutional types, based on the five Chinese elements: water, wood, fire, earth and metal. Discovering your predominate constitutional type and balancing the elements is a key to maximizing your health. To find out which element(s) you need to balance look over the list of characteristics on the survey on the next page. If the personality trait or health tendency currently describes you, put a 2 in the white circle to the right of the characteristic. If it is a problem or trait you used to have, put a 1 in the circle. Total your scores at the bottom. The element with the highest score generally indicates your constitutional type and what element you should supplement for first.

Which constitutional type describes you?

Complete the survey on the next page to discover your Chinese constitution and which element you need to balance for optimum health in 2012.

Water—related to the kidneys and bladder. Water people are calm, patient and peaceful.

Wood—related to the liver and gallbladder. Wood people are bold, driven and decisive.

Fire—related to the nervous, circulatory and glandular systems. Fire people are charismatic and charming.

Earth—related to the stomach and pancreas. Earth people are nurturing, helpful and loyal.

Metal—related to the lungs and colon. Metal people are precise, orderly and reserved.

How to use the Chinese formulas

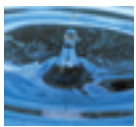
When using NSP Chinese formulas, pick the one that most closely matches your profile and use it first. Example: If your highest score is wood start with wood formulas. Determine whether you are experiencing an excess or deficient condition and choose accordingly (see pages 9-14). After that area improves, you can try another formula if you have another strong imbalance.

Some of NSP's Chinese formulas contain over 15 synergistic herbal ingredients, representing ancient Chinese herbal recipes. For best results be sure to take a sufficient dose; many formulas call for as many as three or four capsules two or three times daily. Also, most people need to take the formula for three to six months for best results.

Source: The source for most of the Chinese Herbs information came from Steven Horne and the Tree Of Light Institute. It is greatly appreciated.

Characteristics

	Water	Wood	Fire	Earth	Metal
Abdominal pain or discomfort				●	
Angry and defensive		●			
Anxious and nervous			●		
Arthritis or osteoporosis	●				
Asthma, hayfever or bronchitis					●
Bad breath or foul belching				●	
Burning or painful urination	●				
Sugar cravings				●	
Discouraged or depressed		●			
Easily excited			●		
Fearful, indecisive or timid	●				
Feeling "burned-out"			●		
Feeling overwhelmed			●		
Food sits heavy on stomach				●	
Forgetful or absent-minded			●		
Frequent colds					●
Frequent digestive problems				●	
Frequent respiratory problems					●
Frequent urinary problems	●				
Gallbladder problems		●			
Headaches or migraines		●			
Intestinal gas or bloating				●	
Irritable and impatient		●			
Lack of muscle tone or overweight				●	
Loss of appetite or poor appetite				●	
Low back pain or backache	●				
Muscle tension or cramps			●		
Morning fatigue or sluggishness		●			
Nervous and excitable			●		
Prostate or vaginal problems	●				
Reserved and analytical					●
Restless sleep or disturbed dreams			●		
Sinus headaches or congestion					●
Skin problems (acne, rashes, etc.)		●			
Tightness in chest					●
Waking up frequently at night			●		
Water retention or edema	●				
Weak knees, legs or ankles	●				
Wheezing or shortness of breath					●
Withdrawn, grieving or sad					●
Total each column here:					



Water Element

Related to the kidneys and bladder. Water people are calm, patient and peaceful.

Excess condition: Scanty or clear urine; fluid retention, edema; damp tongue with moist coating; puffy under eyes.

Deficient condition: Frequent, urgent urination; brittle bones, weak structure; pale tongue, often dry; dark circles under eyes.

K-C (Excess condition)



- Decreases water energy.
- Relieves swelling and water retention.
- Diuretic.
- Can be helpful for weight loss.

Stock no. 11776-1

~~\$27.85~~ retail
\$25.06 retail

You Save
\$2.79

KB-C (Deficient condition)



- Increases water energy.
- Helps strengthen back and structural system.
- Improves kidney function.

Stock no. 11775-9

~~\$29.20~~ retail
\$26.28 retail

You Save
\$2.92



Fire Element

Related to the nervous, circulatory and glandular systems. Fire people are charismatic and charming.

Excess condition: Restless, fast moving; mania, overly enthusiastic; difficulty getting to sleep; red tip on tongue.

Deficient condition: Extreme fatigue; feeling "overwhelmed" and burned out; difficulty staying asleep; quivering tongue.

STR-C (Excess condition)



- Decreases fire.
- Calms the spirit.
- Reduces stress and nervousness.
- Relaxes muscle tension.
- Helpful for anxiety, stress and insomnia.

Stock no. 11778-8

~~\$28.76~~ retail
\$25.88 retail

You Save
\$2.88

HS-C (Deficient condition)



- Increases fire.
- Tones the heart muscle.
- Adaptogenic.
- Helps when feeling exhausted and "burned-out."
- Improves sleep.
- Detoxifies the liver.

Stock no. 13098-2

~~\$27.28~~ retail
\$24.55 retail

You Save
\$2.73



Wood Element

Related to the liver and gallbladder. Wood people are bold, driven and decisive.

Excess condition: Toxic blood; reddish complexion; menstrual pain; angry, irritable feelings; active and tense.

Deficient condition: Anemic blood; pale complexion; scant menstruation; depressed, discouraged feelings; fatigue.

LIV-C (Excess condition)



- Helps detoxify liver.
- Reduces feelings of anger and irritability.
- Helps internal organs work harmoniously together.

Stock no. 11791-4

~~\$26.98~~ retail
\$24.28 retail

You Save
\$2.70

BP-C (Deficient condition)



- Nourishes the blood.
- Helps women with heavy menstrual bleeding.
- Enhances blood flow in the liver.
- Overcomes anemia.

Stock no. 11770-4

~~\$31.69~~ retail
\$28.52 retail

You Save
\$3.17



Earth Element

Related to the stomach and pancreas. Earth people are nurturing, helpful and loyal.

Excess condition: Acute acid indigestion; belching with foul taste in mouth; abdominal pain or discomfort; heavily coated tongue.

Deficient condition: Lack of HCl (hydrochloric acid), poor protein digestion; food sits heavy in the stomach; chronically poor appetite; pale tongue.

AG-C (Excess condition)



- Dispels excess earth.
- Clears congestion from digestive tract to relieve bloating, indigestion and gas.
- Enhances digestive function.

Stock no. 11768-6

~~\$38.34~~ retail
\$34.51 retail

You Save
\$3.83

UC-C (Deficient condition)



- Increases earth energy.
- Increases spleen chi (ability to build muscle).
- Enhances digestion and nutrient assimilation.

Stock no. 11792-6

~~\$33.34~~ retail
\$30.01 retail

You Save
\$3.33



Metal Element

Related to the lungs and colon. Metal people are precise, orderly and reserved.

Excess condition: Heavy mucus production; acute respiratory congestion; productive (damp) cough, moisture; excessive grieving, sadness.

Deficient condition: Scant mucus production; chronic respiratory weakness; dry cough, tightness in chest; aloof and emotionally distant, repressed grief.

LH-C (Excess condition)



- Increases metal energy and lung chi.
- Moistens and nourishes lungs.
- Helps prevent colds during winter months.
- Great for chronic lung weakness.

Stock no. 11777-2

~~\$30.68~~ retail

\$27.61 retail

You Save \$3.07

AL-C (Deficient condition)



- Decreases metal energy.
- Relieves congestion (expectorant and decongestant).
- Diuretic.
- Immune stimulating.

Stock no. 11769-9

~~\$31.27~~ retail

\$28.14 retail

You Save \$3.13

Tiao He Pak: *Body cleanse to restore balance*



You Save \$4.69

Tiao He Pak is a 10-day balancing and cleansing program to gently cleanse the internal organs of built-up toxins and debris that may have accumulated with poor diet, environmental toxins, and emotional stress. It employs the time-honoured systems of both Chinese and Western herbology.

- Overall body cleanse.
- Rids the body of toxins.
- Increases energy.
- Heightens a sense of well-being.
- Daily dose is individually packaged for convenience.

Stock no. 10756-0

~~\$46.94~~ retail \$42.25 retail

Para-Pak: *Parasite killer and cleanser*



You Save \$4.17

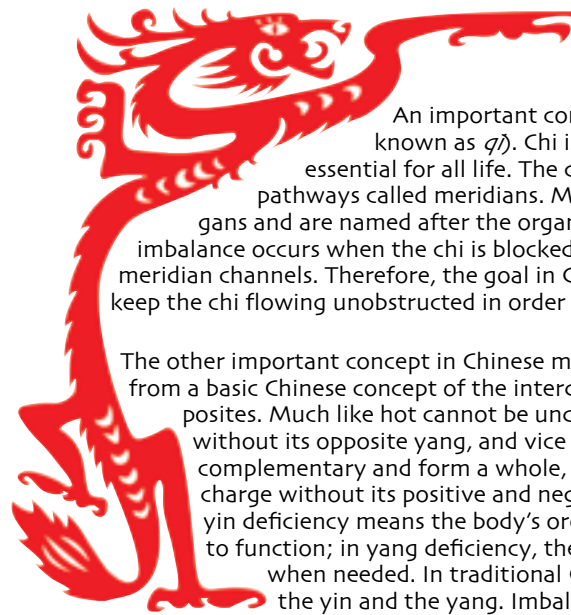
Despite that we live in a modern world, parasites remain a constant problem due to travel, food contamination, and microscopic organisms. This 10-day cleanse contains herbs traditionally used to destroy common human parasites.

- Expels a variety of common parasites.
- Effective against yeast.
- Black walnut, herbal pumpkin, caprylic acid and clove herb.

Stock no. 11218-0

~~\$41.70~~ retail

\$37.53 retail



Feed Your Vital Energy With Chinese Herbs

An important concept in Chinese medicine is *chi* (also known as *qi*). Chi is the vital life energy of the body and is essential for all life. The chi flows through the body following pathways called meridians. Meridians flow through the internal organs and are named after the organ which they flow through. Illness and imbalance occurs when the chi is blocked or becomes stagnant in any of these meridian channels. Therefore, the goal in Chinese medicine and herbology is to keep the chi flowing unobstructed in order to maintain optimum health.

The other important concept in Chinese medicine is *yin* and *yang* which stems from a basic Chinese concept of the interdependence and relationship of opposites. Much like hot cannot be understood without cold, yin cannot exist without its opposite yang, and vice versa. Together the two poles are complementary and form a whole, much like a battery cannot generate a charge without its positive and negative poles. In relation to health issues, yin deficiency means the body's organs do not have enough raw material to function; in yang deficiency, the body's organs don't react adequately when needed. In traditional Chinese medicine, the goal is to balance the yin and the yang. Imbalances disrupt energy flow and compromise optimum health.

氣 Chi-regulating Formulas

Chinese herbal combinations to enhance and maximize the flow of chi throughout the body systems and organs.

Deficient chi: General weakness and lethargy; pale face and tongue; lack of appetite; soft-spoken, quiet; shallow breathing.

Stagnant chi: Soft lumps; dark purplish tongue; rebellious chi (energy flowing in the wrong direction); wiry or tense pulse; anxiety and depression.

IMM-C

(Increase deficient chi)



- Increases chi.
- Builds the blood.
- Acts as a general tonic for all five elements.
- Enhances energy and immune function.
- Helps recovery from chronic illnesses.

Stock no. 13099-0

~~\$33.10~~ retail

\$29.87 retail

You Save \$3.22

Chinese Mineral Chi Tonic

(Increase deficient chi)



- Increases chi.
- Overall chi tonic.
- Provides colloidal minerals and potassium.
- Provides electrolytes for energy.
- Opens meridian channels for enhanced flow of chi.
- Formula of 9 renowned Chinese herbs.
- Strengthens against stress.
- Immune supportive.

Stock no. 9680-3

~~\$60.62~~ retail \$54.56 retail

You Save \$6.06

AD-C

(Formula to unblock and move stagnant chi)



- Enhances upright chi.
- Relieves sagging chi.
- Lifts and calms the spirit.
- Counteracts depression.
- Elevates the mood.
- Good for insomnia.
- Relieves anxiety.
- Hormone balancing.
- Relieves chest congestion.

Stock no. 11767-4

~~\$32.53~~ retail
\$29.28 retail

You Save
\$3.25

FACT:

When rhythms get out of sync, we get sick. This has led scientists to coin a new term: *dynamical diseases*. Dynamical diseases are diseases characterized by abnormal temporal organization, or variations of rhythms outside of normal limits, or appearance of new rhythms where none existed previously. Dynamical diseases show imbalances in the relationship between what the Chinese would call *yin* and *yang*.

— *Chinese Healing Herbs: The Simple Principle That Works* by Dean Black



Yin & Yang-regulating Formulas

Chinese herbal combinations to balance the complementary forces of yin and yang.

Deficient yin: Burning sensation in skin, palms and feet; night sweats, insomnia; dry skin, eyes, mouth; constant thirst with frequent urination; agitation.

Excess yang: Fever or fever with chills; sore throat, gums; eye irritation (red, bloodshot); heat, dryness; craving for cold foods and drinks; bright red tongue; redness, acute inflammation; rapid, floating pulse.

HY-C

(Increase deficient yin)



- Increases yin.
- Enhances moisture.
- Helps balance blood sugar.
- Aids fluid/mineral balance.
- Relieves thirst.

Stock no. 11773-7

~~\$38.12~~ retail
\$34.31 retail

You Save
\$3.81

IF-C

(Reduces excess yang)

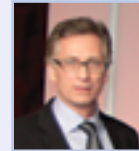


- Reduces yang (heat).
- Reduces fire due to external heat.
- Anti-inflammatory.
- Fever reducing.
- Blood purifying.

Stock no. 11774-3

~~\$27.99~~ retail
\$25.19 retail

You Save
\$2.80



Jean Dansereau
Platinum Manager
St. Albert, AB

"I've been studying and practicing Chinese medicine for the past 30 years and I love the Nature & Sunshine Chinese herb line. I use all of the Chinese products in teaching my clients the value of staying healthy and in harmony with the seasons, and which Chinese formulas to use during certain times of the year. What I find most beneficial, is how much value people get physically and emotionally from using Chinese formulas. I have some favourites for this time of year that I would not be without: HRP-C during the flu season, and KB-C for keeping the body in balance during these long winter days."

HRP-C

(Reduces excess yang)



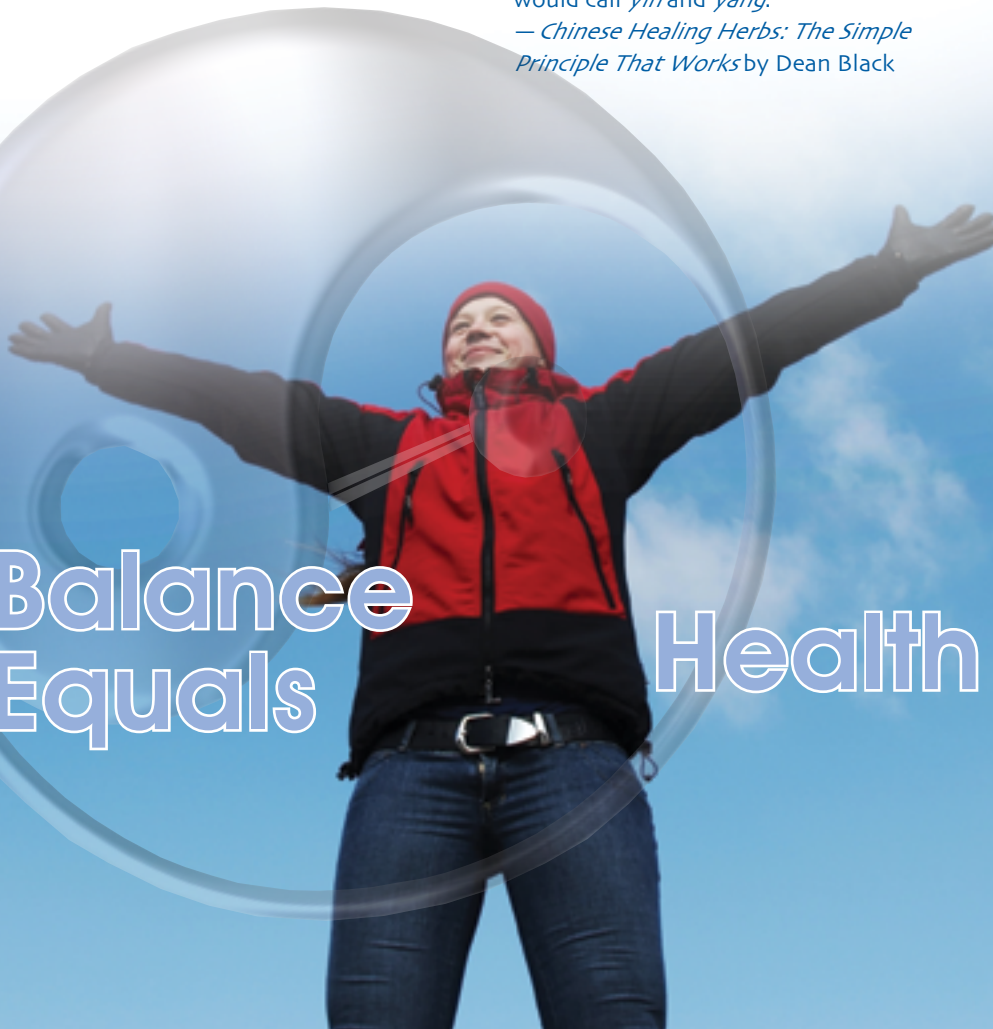
- Reduces yang (heat).
- Increases chi
- Reduces fire due to external heat.
- Anti-inflammatory.
- Fever reducing.
- Blood purifying.
- Strengthens immune system.

Stock no. 11487-0

~~\$28.46~~ retail
\$25.62 retail

You Save
\$2.84

Balance Equals Health





10% OFF

Select Herbs & Supplements

**February 16th to
March 31st**

Winter Campaign No. 2

To order contact your Nature's Sunshine Business Associate:

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**Phenomenal Savings
2012 Order Today.**

**Heart Health &
Traditional Chinese Medicine**