



Nature's Sunshine Canada
Summer Savings
2012

10% OFF

Select Herbs & Supplements

June 11 to July 22

Campaign No. 4

Her & His Health Supplements
Healthy Summer Products
Hormonal Balance

Women's Health, Naturally

A woman's nutritional needs are unique and change as she travels through life. A delicate interplay of hormones can influence well-being and moods. Nature's Sunshine offers products that help women achieve overall balance.



F.E. Formula Black Cohosh Formula



You Save \$2.79

A standardized black cohosh, time-release formula to support a woman during the change of life.

- Helps relieve symptoms associated with menopause.
- Also contains the Chinese herb dong quai.

Stock no. 10168-3
~~\$27.91~~ retail \$25.12 retail

FCS-II PMS Symptom Relief



You Save \$2.52

FCS II is used for the relief of menstrual pain or cramps.

- Contains herbs red raspberry, blessed thistle, cramp bark, squawvine and black cohosh.

Stock no. 10784-6
~~\$25.21~~ retail \$22.69 retail

Evening Primrose Oil Time-Honoured PMS Support



You Save \$3.94

Evening Primrose is a source of essential fatty acids.

- Evening Primrose Oil is a source of essential fatty acids, including gamma linolenic acid (GLA). Each capsule contains 40 mg GLA, 340 mg linoleic acid (LA) and 35 mg oleic acid.

Stock no. 10757-1
~~\$39.40~~ retail \$35.46 retail

C-X Traditional Herbal Menopause Formula



You Save \$3.03

C-X is used for the relief of symptoms associated with menopause.

- Seven-herb formula including blessed thistle, false unicorn, black cohosh, squaw vine, sarsaparilla and siberian ginseng.

Stock no. 9601-1
~~\$30.26~~ retail \$27.23 retail

Cal-Mag Plus D: Two Of The Most Important Minerals



You Save \$2.95

A macro mineral supplement of calcium, magnesium, phosphorus and vitamin D3. This is a synergistic formula to help maintain the health of bones and teeth. Calcium and magnesium are easily depleted through stress and poor diet.

- Helps in the development and maintenance of bones and teeth.
- When combined with sufficient vitamins and a healthy diet and exercise calcium may reduce the risk of osteoporosis.
- Magnesium and phosphorus help the body metabolize carbohydrates, fats and proteins.

Stock no. 16249-6
~~\$29.50~~ retail \$26.55 retail

FACT:

According to population projections by the government of Canada, one in six women (a total of 2.4 million women) will hit menopause within the next decade. Menopause, which can begin as early as 40 years of age, is not just about estrogen decline. Supplies of progesterone, testosterone and DHEA also tend to dry up, right along with the skin, hair, eyes and libido!...The trying symptoms of menopause stem from an imbalance of estrogen, progesterone and testosterone. The most common symptoms of menopause include the following:

- Hot flashes
- Difficulty sleeping
- Emotional changes, including depression, anxiety and irritability
- Headaches
- Heart palpitations
- Poor memory
- Urinary urgency or incontinence
- Vaginal Dryness
- Weight gain around the waist
- Changes in the appearance of your skin and hair

—*The Hormone Diet*, by Dr. Natasha Turner, N.D., Random House, Canada

Candida Clear: For The Relief Of Yeast Infections



You Save \$9.29

Candida Clear is a 14-day program to help restore the balance of friendly gut bacteria and minimize harmful organisms, particularly Candida and fungus. The Candida Clear program is formulated with natural ingredients such as pau d'arco, caprylic acid and oregano.

- Pau d'Arco provides support for immune system and antimicrobial, antibacterial and antifungal activity.

Stock no. 14856-2
~~\$92.86~~ retail \$83.57 retail

Candida Clear also includes a proprietary blend of protease enzymes. These enzymes are used as digestive aids and to help break down undigested proteins.

Wild Yam & Chaste Tree

Restoring Progesterone Levels



A herbal combination containing ingredients historically used by women to alleviate some of the undesirable symptoms of menopause.

- Helps relieve symptoms of menopause and PMS.
- Used in Herbal Medicine as a hormone normalizer to help stabilize menstrual cycle irregularities.

You Save \$2.35

Stock no. 10164-8
~~\$23.53~~ retail \$21.18 retail

Herbal CA

Traditional Herbal Formula



A combination containing a traditional blend of nutritive herbs.

- Contains alfalfa, marshmallow, plantain, Irish moss, oatstraw, wheatgrass, and hops flowers.

You Save \$2.20

Stock no. 16771-5
~~\$22.63~~ retail \$20.37 retail

FACT:

Herbal remedies have been used for centuries to relieve the symptoms of PMS and menopause: red raspberry, black cohosh, blessed thistle, cramp bark and squawvine have all been used traditionally for this purpose. Chaste Tree is used in Herbal Medicine to help relieve premenstrual symptoms, as a hormone normalizer to help stabilize menstrual cycle irregularities, and to help relieve symptoms associated with menopause, such as hot flashes. Black cohosh is traditionally used in Western herbalism to help relieve menopausal and premenstrual symptoms. Black cohosh is also traditionally used to relax skeletal muscle and ease nervous tension. Evening primrose oil is a source of essential fatty acids, including omega-6 and linoleic acids, for the maintenance of good health.

—Dr. Edward Group, *9 Ways to Balance your Hormones Naturally*

Women's Formula

Overall Female Support



This combination is designed to provide support to the female glandular system.

- Contains the herb black cohosh which is traditionally used to help relieve symptoms of menopause, and premenopause.
- Traditionally used to relax skeletal muscles and support the nervous system.

You Save \$2.32

Stock no. 10167-7
~~\$23.17~~ retail \$20.85 retail



Vivian O'Neill
 Diamond Manager
 Belleville, ON

Women's Formula is great formula which we have used very successfully with our clients for many years for any kind of reproductive hormonal imbalance including PMS symptoms and irregular cycles. It can be started after the onset of puberty and safe for long term use with many women continuing to take it until menopause. It may take a few cycles for the imbalances to become a thing of the past!

Men's Natural Health

As a man ages his hormones go through fluctuations similar to that of a woman. This period in his life is called "andropause," and the hormone most affected is testosterone.



Saw Palmetto

Prostate Support



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

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

You Save \$2.51

Stock no. 13539-7
~~\$25.14~~ retail \$22.63 retail

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.

You Save \$3.00

Stock no. 10905-2
~~\$36.00~~ retail \$32.40 retail

Testosterone and male health

Only free testosterone can carry out its positive influence on male health. For the middle-aged male it's bad enough that his free testosterone level is in dwindling supply, but to make matters worse, it's under constant assault; diet, toxins, lifestyle and genetics threaten to inhibit it from doing its male magic. Thankfully, Saw Palmetto extract helps to improve prostate health and support masculine virility.

Saw Palmetto is used in Herbal Medicine to help relieve the urologic symptoms (e.g. weak urine flow, incomplete voiding, frequent daytime and night time urination) associated with mild to moderate benign prostatic hyperplasia.

Men's Formula (featured on page 5) helps in connective tissue formation and in maintaining healthy skin and immune function. It also helps the body to metabolize carbohydrates, fats and proteins.

Men's Formula

For Men Over 40



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

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

Stock no. 10166-6

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

You Save \$3.71



Eugene Orr
Diamond Manager
Edmonton, AB

"Barber Shop Talk"

In my practice, I have helped many men with age-related concerns with my "M & M formula" (Nature's Sunshine's Maca and Men's Formula). I have also added our Arginine Plus to help improve circulation with exceptional results. In summary, I must say there are a lot of very happy men at the Barber Shop that I visit.

MACA

Female And Male Tonic Herb



An adaptogen herb traditionally used by both women and men.

- Also known as "Peruvian ginseng."

Stock no. 11498-3

~~\$34.74~~ retail ~~\$31.27~~ retail

You Save \$3.47

MSM

Pain Relief



MSM (Methylsulfonylmethane) is a form of sulfur found in dietary sources. MSM helps to relieve joint pain associated with osteoarthritis.

- Anti-inflammatory.
- Relieves pain associated with osteoarthritis.

Stock no. 12060-0

~~\$36.37~~ retail ~~\$32.73~~ retail

You Save \$3.64

Her & His Nutritional Supplements

While there are differences in the supplement

needs of women and men, truth is there's more the sexes have in common. For instance, both women and men go through hormonal changes as they age. And both men and women benefit from the same supplements that help with stress, energy, and healthy aging.



CoQ10 with Minerals

Energizing The Heart



CoQ10 supports cardiovascular health and is an antioxidant in support of overall health.

- Antioxidant protection against damaging free radicals.
- Helps maintain and support cardiovascular health.

Stock no. 13033-6

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

You Save \$5.31

Super Oil

The Ultimate Omega 3-6-9



A source of essential fatty acids for the maintenance of good health.

- Provides the essential fatty acids the body needs.
- A balanced blend of omega 3, 6, and 9 essential fatty acids.

Stock no. 10948-0

~~\$44.86~~ retail ~~\$40.37~~ retail

You Save \$4.49

Adrenal Support

To Support Overall Good Health



Adrenal Support is a factor in the maintenance of good health.

- Includes the herbs holy basil and rhodiola for the maintenance of good health.
- Contains Borage seed oil, a source of the essential fatty acid GLA.

Stock no. 14204-5

~~\$31.36~~ retail ~~\$28.22~~ retail

You Save \$3.14

Magnesium Complex

The Mega-Health Mineral



A complex using different sources of magnesium to ensure maximum utilization.

- Helps metabolize carbs, protein and fats.
- Supports the maintenance of healthy bones and teeth.
- Helps with proper muscle function.

Stock no. 10789-3

~~\$17.29~~ retail ~~\$15.56~~ retail

You Save \$1.73

Flax Hull Lignans

Antioxidant Supplement



Provides antioxidants for the maintenance of good health.

- Mechanical extraction process provides all 27 of the lignans in the flax hull.

Stock no. 13961-3

~~\$58.57~~ retail ~~\$52.71~~ retail

You Save \$5.86

Super Omega-3

Essential Fats For Better Health



Omega 3 fatty acids are universally praised for their broad health benefits.

- For overall maintenance of good health.
- Supports healthy levels of triglycerides and triacylglycerols.
- Cardiovascular health.
- Supports brain function.
- Supports the nervous system.

You Save \$3.88

Stock no. 14772-8

~~\$38.79~~ retail \$34.91 retail

HSN-W

Herbal Formula



A blend of herbs that support general good health.

- Contains dulse, also known as sea parsley.
- Other ingredients include ginger, sage, and rosemary.

Stock no. 16510-7

~~\$23.93~~ retail \$21.54 retail

You Save \$2.39



SN-X

Herbal Formula



SN-X is a unique formula combining 9 different herbs.

- Contains immature bitter orange, burdock, parsley, horehound, Siberian ginseng, marshmallow, golden seal, capsicum, and yerba santa.

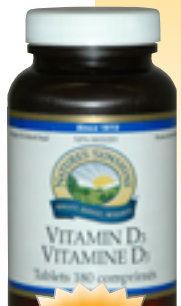
Stock no. 11161-6

~~\$27.93~~ retail \$25.14 retail

You Save \$2.79

Vitamin D3, 1000 mg

The 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.

You Save \$2.00

Stock no. 14243-4

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

Super Vitamins/Minerals

Hi-Potency Daily Nutrition



It's agreed that taking a multivitamin supplement is one of the most important health practices you can do for better health.

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

You Save \$3.22

Stock no. 11986-7

~~\$32.21~~ retail \$28.99 retail

HistaBlock

Seasonal Allergy Relief



Histablock helps alleviate allergy symptoms by reducing inflammation of the nose and sinuses.

- Contains the proven natural ingredients quercetin, stinging nettle, and bromelain to combat irritants and pollutants.
- Natural herbal formula that does not cause drowsiness.

You Save \$3.33

Stock no. 14627-9

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

AL-J

Herbal Formula



AL-J is a unique formula combining 5 different herbs used in traditional herbalism.

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

Stock no. 13519-5

~~\$22.14~~ retail \$19.93 retail

You Save \$2.21

Vitamin C, 1000 mg

Potent Antioxidant



Vitamin C has numerous health benefits. This time-release formula provides a steady supply throughout the day.

- Antioxidant for the maintenance of good health.
- Helps in connective tissue formation and wound healing.
- Healthy development and maintenance of bones, teeth, cartilage, and gums.
- Helps the body metabolize fats and proteins.

Stock no. 10829-8

~~\$27.79~~ retail \$25.01 retail

You Save \$2.78

LH-C

Chinese Herbal Formula



LH-C is a unique herbal based on Traditional Chinese Medicine (TMC).

- Traditional Chinese Medicine to treat lung qi deficiency.
- 15-herb Chinese formula.

Stock no. 11777-2

~~\$31.43~~ retail \$28.29 retail

You Save \$3.14

CBG

Liquid Herbal Formula



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

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

Stock no. 9670-9

~~\$38.81~~ retail \$34.93 retail

You Save \$3.88



Healthy Products For All

With warm weather here it's time to get out and enjoy all it has to offer. Whether it's family fun or just soaking up some sun, NSP has products that will keep you and yours going all Spring/Summer long.

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

You Save \$3.18

Quench Your Need For Thirst And Energy With Solstic Products

Make a great-tasting, thirst-quenching nutritious beverage with Solstic drink mixes. 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
~~\$31.79~~ retail \$28.61 retail

Solstic Energy costs less than a cup of coffee.



You Save \$3.18

Liquid Chlorophyll: Nature's Green Magic



Chlorophyll is the green pigment in plants that harnesses the sun's energy through the process known as photosynthesis. Chlorophyll is to plants what blood is to humans—it performs metabolic functions such as respiration and growth.

Stock no. 10895-8 (473 mL) Paraben free
~~\$22.71~~ retail \$20.44 retail

You Save \$2.27

- Chlorophyll can be used to control body odour.
- Chlorophyll is a refreshing spearmint-tasting beverage.

Stock no. 10894-4 (946 mL)

~~\$32.93~~ retail \$29.64 retail

You Save \$3.29

Zambroza: Great-Tasting, High-Potency Antioxidant Drink



A potent exotic plant juice blend with a high antioxidant value to fight damage caused by free radicals. Made from 11 ingredients known for their powerful antioxidant activity, including mangosteen, goji berry, blue berries, grapes, green tea and more.

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

Stock no. 13578-4
~~\$45.00~~ retail \$40.50 retail

You Save \$4.50



Florence Dyck,
Diamond Manager
and Jenn Penner,
MasterGold Manager
Winnipeg, MA

What an amazing product Liquid Chlorophyll is — our #1 seller. Our customers use this product for a wide range of complaints and are extremely happy with it. We love our Liquid Chlorophyll!



GreenZone: Whole 'SuperFood' Supplement



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 smoothie mix.

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

Stock no. 11042-8 (caps)

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

Stock no. 11694-5 (bulk)

~~\$57.14~~ retail \$51.43 retail

You Save \$5.71

You Save \$2.50

to/from

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



10% OFF

Select Herbs & Supplements

June 11 to July 22

Campaign No. 4

**Summer Savings
2012 Order Today.**

Her & His Health Supplements
Healthy Summer Products
Hormonal Balance