

Nature's Sunshine Canada **Summer Savings 2012**



**29 products
to get you and
your family
through a
busy Summer**

10% OFF

Select Herbs & Supplements

July 23rd to Aug 31st

Campaign No. 5

**Digestive Aids • Nutrition • Personal
Care & Cleaning • Oils & Lotions
Aches & Pains • Immune**

Sensational Summertime

We're now into full-fledged Summer here in Canada. Cold weather is a distant memory and our surroundings and activities have taken on a whole new character. People are vacationing and spending more time outside. Kids and adults alike are enjoying sports, swimming, camping, car rides, and just soaking up some glorious rays of the sun.

We feel better during Summer. And researchers tell us there's good reason for this: during the warm weather we're frequently outdoors and we socialize more with others; we're more active, and in greater touch with our natural surroundings. In a 2004 study of over 2000 children of all ages with symptoms of ADHD, researchers found that turning off the TV and spending time outside in the natural environment reduced symptoms (*University Of Illinois At Urbana-Champaign 2004, August 30*). The same can be said for everyone—Summer is like a health tonic for our bodies, minds, and souls.

So to help you get the most out of your Summer, we've put together this special offering of products ideal for your many Summer activities. There's something here for everyone—from digestive aids, skin care, daily nutrition, personal care and cleaning aids, to lotions and ointments to soothe your bumps and bruises.

From all of us at Nature's Sunshine Canada, have a wonderful and safe Summer!

Ginger

Calms A Restless Stomach



You Save
\$1.82

This ancient aromatic herb has been clinically shown to aid the stomach and digestive tract.

- Helps prevent nausea and vomiting due to motion sickness.
- Use to calm a distressed digestive system.

Stock no. 10798-8

~~\$18.21 retail~~ \$16.39 retail

Garden Essence

Plant-Sourced Enzyme Formula



You Save
\$3.53

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

~~\$35.20 retail~~ \$31.76 retail

Papaya Mint

Tasty Chewable Digestive Aid



You Save
\$1.71

A refreshing mint flavoured, chewable after-dinner digestive aid.

- Contains peppermint and papaya fruit.
- Peppermint has traditionally been used to aid digestion and help relieve flatulent dyspepsia, nausea, and vomiting.

Stock no. 11991-2

~~\$17.14 retail~~ \$15.43 retail

Digestive Enzymes

Digestive Aid In A Bottle



You Save
\$3.43

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. 11008-7

~~\$34.20 retail~~ \$30.86 retail

FACT:

Digestion and digestive enzymes provide a link between the food we eat and the nutrition we receive. Naturopathic doctor, Carolee Bateson-Koch writes: "Many people think that if they do not have pain or discomfort in their stomachs, they do not have digestive disorders. Excess gas, belching, burning, diarrhea and constipation are all symptoms signaling that the digestive process is not proceeding normally and should not be ignored."

Stomach Comfort

Quench The Fires Of Indigestion



- A natural alternative to over-the-counter antacids.
- Relieves discomfort and burning associated with heartburn.
 - Relieves symptoms of indigestion and acid reflux.
 - Chewable tablets with a pleasant taste.

Stock no. 12538-1

~~\$23.80~~ retail \$21.50 retail

You Save \$2.39

When there's nothing 'magic' about what you just ate...reach for Stomach Comfort.



Cat's Claw Combination

Traditional Herbal Formula



- 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

~~\$29.21~~ retail \$26.29 retail

You Save \$2.92

Lobelia

Liquid Herbal Expectorant



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

- As a herbal expecto- rant, lobelia helps expel excess mucous from the lungs.

Stock no. 10890-0

~~\$24.34~~ retail \$21.91 retail

You Save \$2.43

LBS II: Herbal Laxative Formula



A traditional herbal formula of nine herbs to support proper bowel function as a traditional herbal laxative. Contains cascara bark, buckthorn bark, licorice root, turkey rhubarb root, ginger root, capsicum, couch grass herb, oregon grape root, and red clover tops.

- A traditional herbal laxative formula.
- Contains the laxative herb cascara sagrada.
- Helps relieve symptoms of constipation.

Stock no. 10940-7

~~\$22.86~~ retail \$20.57 retail

You Save \$2.29

The Summer Cold: Proof That Life's Not Fair

It's a beautiful summer weekend and you've got plans to take full advantage of it. But wait. What's this familiar feel- ing? Could it be? Oh no, you've just come down with the dreaded Summer Cold.

And, according to Dr. Bruce Hirsch, attending physician for infectious diseases at North Shore University Hospital in Manhasset, N.Y., to make things worse, summer colds often last longer and have a higher chance of recurring. "The summer cold is really kind of tricky," Hirsch said, "probably because the viruses that cause it can be different than a winter cold. Something about it is awful and insidious."



Why summer colds are worse

The rhino-, corona- and parainfluenza viruses that cause upper respiratory infections in winter are joined in the warmer months by a particularly nasty accomplice: enterovirus, which can cause more complicated symptoms, Hirsch said.

Enterovirus spreads by coughing and sneezing, and by the fecal-to-oral route. Symptoms can include diarrhea, sore throats, rashes and other symptoms beyond the common cold's typical headache, hacking cough, congestion and low fever.

"Winter cold viruses tend to make you feel really sick, and then you get over it," he said. "Summer colds just seem to lurk in the background ... and just go on and on and on."

Another summer-specific factor that can up the odds for colds is constant exposure to re-circulated air from air conditioning, which can dry out the lining of the nostrils, giving an opportunity for viruses to settle in.

Hirsch and others offered these preventative tips:

- Wash your hands often and keep a stash of hand sanitizer handy in pocket or purse.
- Get plenty of sleep to bolster your immune system.
- Stay well-hydrated.
- Eat a balanced diet.
- Use common sense and avoid contact with sick people.
- Spend some time in the sun to increase your supply of vitamin D.

Protein Digestive Aid

Hydrochloric Acid And More



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

You Save \$3.03

Acidophilus Bifidobacterium

Probiotic Supplement



Contains 4 billion active friendly bacteria of the fol- lowing strains: *lactobacillus rhamnosus*, *lactobacillus acidophilus*, and *bifidobac- terium longum*.

- A natural part of healthy gut flora.
- Probiotic that forms part of a natural healthy gut flora, provides live micro organisms to benefit health.

Stock no. 11005-8

~~\$36.00~~ retail \$27.00 retail

You Save \$3.00

Silver Shield Gel

Infection-Fighting Gel



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

- Helps prevent infection of minor burns, cuts and wounds.
- Assists in the healing of wounds, cuts and abrasions.
- Has an emollient effect that softens and soothes skin.

Stock no. 14363-9

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

You Save
\$2.93

FACT:

Silver has been used for centuries to fight infections. Even as far back as the Greeks and Romans, silver was believed to be an infection fighter. During medieval times, well-off families used silverware for eating because it was thought to have protective properties.

First developed in the late 1800s, silver particles have been used and recognized as infection-fighting agents. By 1940, approximately 48 different silver compounds were on the market for treating a variety of ailments in liquid and topical form. Today, silver particles can be found in ointments, lotions, bandages, etc.



Tea Tree Oil

A Natural Antiseptic



A quality tea tree oil made by steam distillation of the leaves of the Australian melaleuca tree.

- Helps to treat minor skin infections and irritations.
- Possess antiseptic qualities against bacteria.
- External use only.

Stock no. 9675-4

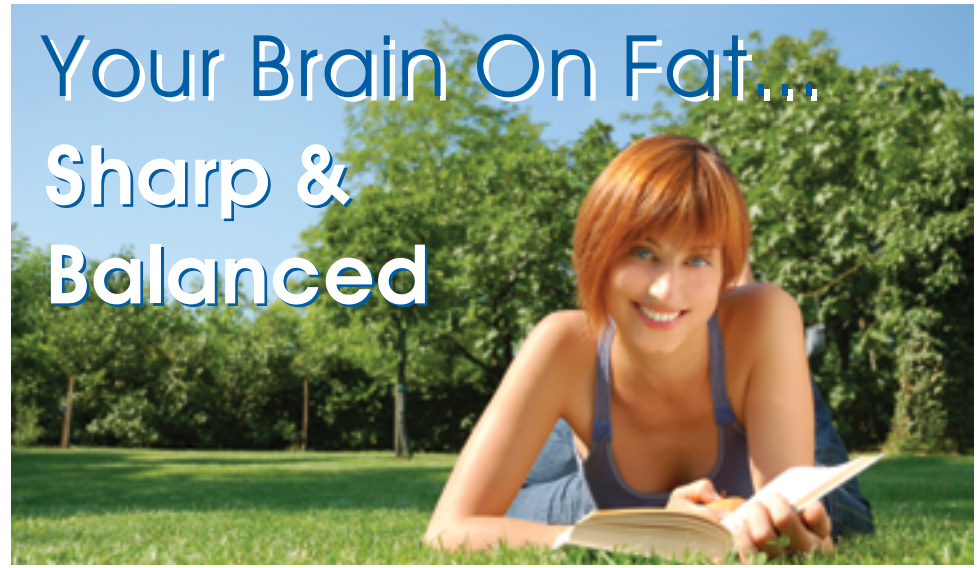
~~\$26.20~~ retail \$23.58 retail

You Save
\$2.62

FACT:

Tea tree oil comes from the melaleuca tree native to Australia. It has many uses and is so versatile and safe that no medicine cabinet or travel kit should be without it. It is used in shampoos, creams, skin cleansers, cosmetics, and other external preparations.

Your Brain On Fat... Sharp & Balanced



Omega-3 fatty acids are called essential fatty acids because they are vital to human health and cannot be manufactured by the body but must be supplied through the diet. While omega-3 fatty acids benefit many body systems, the brain benefits greatly. In fact, the brain is made up of approximately 60 percent fatty acids — up to 70-80 percent of its dry weight. Interestingly, the body's highest concentration of omega-3 fatty acids is in the brain. Complete omega-3 fatty acid is made up of two fractions: DHA (docosahexaenoic acid), and EPA (eicosapentaenoic acid). Dietary deficiencies of these essential fatty acids affect mental performance, learning, emotional state and mood in adults and children alike.

The DHA fraction of omega-3 makes up to one quarter of the human brain's fatty acid stores, and has a particular affinity to the brain's intelligence, memory, and attention span capacities. Only the DHA fraction of the omega-3 gives brain cell membranes their soft, pliable texture for maximized brainpower.

The EPA fraction, on the other hand, helps to reduce inflammation and helps the membranes absorb DHA. EPA produces mood-regulating messenger chemicals that assist the brain and nervous system.

Completely formed omega-3 fatty acids are commonly found in cold-water fish such as salmon and in meats of pasture-fed animals or wild game.



FACT:

Aloe vera is a member of the lily family. The term Aloe is from the Arabic *alloe* or the Hebrew *halal*, which means a 'shining' and 'bitter substance.' Vera is from the Latin root *verus*, which means 'true.' Aloe vera is only one of about 300 known species of aloes. Most of these are native to Africa where aloe vera has had a long history of use by native peoples as both a health and beauty aid.

Aloe vera gel is derived from the fleshy interior of the plant's spiny leaves. The major constituent of the gel is the polysaccharide glucomannan. Other lesser polysaccharides are present too (galactose, xylose, and arabinose), as well as steroids, organic acids, enzymes, antibiotic principles, amino acids, saponins and minerals.

Polysaccharides are a form of fibre. Their ability to hold moisture gives them softening, soothing and protective qualities; hence, they're ideal for use in commercial cosmetics, sunscreens, lotions, conditioners and ointments. The pulpy gel from the leaves has been used for centuries by native peoples for the treatment of burns, abrasions and other minor skin irritations.

Aloe Vera Gel

Soothing, Healing Gel



This quality aloe gel is cold-stabilized and derived from pure aloe pulp.

- Helps to treat minor burns and cuts.
- Assists in the healing of wounds, cuts and abrasions.
- Has an emollient effect that softens and soothes skin.

Stock no. 11137-1

~~\$24.40~~ retail ~~\$21.96~~ retail

You Save
\$2.44



Pau D'Arco Lotion

Moisturizing Lotion



You Save
\$2.61

Made of an extract from the inner bark of the pau d'arco tree of South America.

- Also contains aloe vera gel.
- Use as a topical moisturizing gel.
- Luxurious skin care lotion.

Stock no. 13580-4

~~\$26.07~~ retail ~~\$23.46~~ retail

FACT:

Pau D'Arco is the name of a tree growing in the rainforests of South America where it resists fungal growth. It is known by many names. In Argentina, it is called "Lapacho" and in Brazil, "Ipe." In North America, however, the herb is known most frequently by *Pau D'Arco*.

The Incas and native tribes of South America use Pau D'Arco externally as a poultice or decoction for treating a variety of skin conditions.

Nature's Fresh

Stain and odour remover with the power of enzymes

This widely tested deodorizer utilizes a special formulation of enzymes gleaned from plant sources. These enzymes work as deodorizers and break down the molecular structure of stains without harming fabric. Eliminates organic odours, such as those created by foods, smoke, urine, feces, mildew, vomit, and pets. Eliminates stains caused by food, juices, blood, pets, urine and other organic substances.

Use wherever you encounter odour and stains: Spray into air or directly onto the source—shoes, clothing, bed linens, lingerie, upholstery, carpet, auto interiors, etc. For stain prevention and removal, spray or soak stained area.

- Safe for all fabrics not harmed by water.
- Eliminates organic odours and stains.
- Unscented.
- Non-irritating.
- Hypoallergenic.
- Non-toxic and environmentally safe for children and pets.

Stock no. 14629-4

~~\$26.71~~ retail ~~\$24.04~~ retail



You Save
\$2.67



ENERG-V: Multiple Ingredient Herbal Supplement



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 to help maintain good health.

Stock no. 11040-1
~~\$22.29~~ retail ~~\$20.06~~ retail

You Save
\$2.23



Fuel Your Passions

SynerProtein Powder: Non-GMO Soy Protein



A pleasant-tasting protein supplement for the maintenance of good health.

You Save
\$4.50

- Contains soy protein isolates in a blend of vitamins and minerals and the SynerPro vegetable and herb formula.

Stock no. 11221-3
~~\$45.00~~ retail ~~\$40.50~~ retail

'Total Nutrition Today'



You Save
\$3.29



TNT='Total Nutrition Today'

A delicious orange cream flavoured nutritious drink mix for all ages. 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.



EverFlex Cream & Tablets



You Save \$3.75

You Save \$3.36

Joint & Muscle Pain Relief

EverFlex tablets contain a blend of glucosamine, MSM, chondroitin 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)
~~\$33.64~~ retail \$30.28 retail

Collatrim Plus & Collatrim Capsules

You Save \$3.78

A source of the non-essential amino acids that are involved in protein synthesis: alanine, arginine, aspartic acid, glycine, proline and serine.

Stock no. 14244-6 (powder)
~~\$53.07~~ retail \$47.76 retail

You Save \$5.31

• Amino acids provide the building blocks for the synthesis of protein, which goes into the healthy formation of hair, skin, nails, muscles, connective tissues, etc.

Stock no. 11006-2 (caps)
~~\$37.79~~ retail \$34.01 retail

FACT:

Joints were meant to move and last a lifetime, according to renowned Canadian orthopaedic surgeon, Dr. Robert Salter. Your body is a mechanical miracle and marvel with 206 different bones and 143 different joints that keep you erect, hold your structure, and enable you to stand and move. They also act as protectors, levers, shock absorbers and hinges. Bones and joints throughout your body perform thousands of motions everyday with you barely giving them a thought. That is of course, until something goes wrong. Diet, lifestyle, obesity, and injury can turn your once happy bones into centres of pain and inflammation. Remember, your bones and joints are meant to last you a lifetime. And with the right care they'll carry you to the finish line.



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

MSM Joint Pain Relief



You Save \$3.64

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

- Relieves pain associated with osteoarthritis.

Stock no. 12060-0
~~\$36.37~~ retail \$32.73 retail

Art-A with Devil's Claw

Traditional Herbal Formula



A unique combination of 12 herbs that have traditionally been used in the relief of pain associated with arthritic conditions.

- Contains the African herb Devil's Claw.
- Formulated to help relieve joint pain associated with arthritis.

Stock no. 11807-7

~~\$30.79~~ retail ~~\$27.71~~ retail

You Save
\$3.08

KB-C

Traditional Chinese Formula



In Traditional Chinese Medicine (TCM), jian gu is a formulation designed to strengthen the water element.

- A TCM jian gu formula is used to nourish the kidneys and nutritionally support the urinary and structural systems.
- Helps eliminate water and provides extra joint support.

Stock no. 11775-9

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

You Save
\$3.29

AD-C

Traditional Chinese Formula



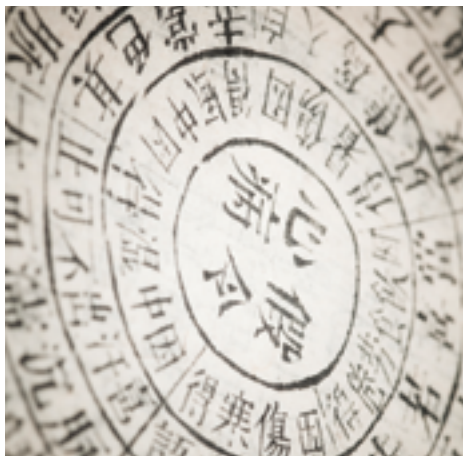
Traditional Chinese Medicine used as a "fire enhancing" combination to regulate and untrap the chi (vitality).

- The Chinese believe "yang" energy formulas raise the body's living force, which they call *chi*.

Stock no. 11767-4

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

You Save
\$3.14



FACT:

Tei Fu Oil is a formula revised and perfected by a noted Chinese herbalist some seventy years ago, based on an ancient formula dating back more than one thousand years to the era of the Tong Dynasty. Through a special agreement, Nature's Sunshine gained permission to bring this blend to market. Tei Fu Oil contains the volatile and aromatic oils of wintergreen, menthol and camphor.

Tei Fu Oil

Ancient Chinese Formula



An ancient family formula containing aromatic oils of camphor, menthol, and wintergreen.

- Used as a skin conditioner.
- For external use only.

Stock no. 11489-8

~~\$18.00~~ retail ~~\$16.20~~ retail

You Save
\$1.80

Crystal Clear Deodorant

Deodorant And
Body Spray Provides
All Day Protection



You Save
\$1.96

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.
- 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

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

July 23rd to Aug 31st

Campaign No. 5

**Digestive Aids • Nutrition • Personal
Care & Cleaning • Oils & Lotions
Aches & Pains • Immune**

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