

Nature's Sunshine Canada Season's Savings 2012/13

Gift Ideas

Helping you wrap
up your gift-giving
with healthy
choices. See
pages 10 to 14.

10% OFF

Select Herbs & Supplements

Dec. 1st to Jan. 15th

Campaign No. 8

Stress Busters
New Year...New Products
Personal Care & Pampering

Make it your resolution to get control of stress in the coming year

Author and researcher Erin Bell of Peterborough, Ontario, found out just how powerful stress can be: after suffering with various debilitating symptoms, she was finally diagnosed with chronic stress and cortisol levels three times higher than normal. She has since written a book about her journey of letting go of stress called *Miss Diagnosed: Unraveling Chronic Stress*.

As Bell rightly points out in her book, beware, stress can be dangerous to your health and is easily misdiagnosed for other illnesses. Many health experts are so convinced of the role of stress in disease, they have gone so far as to label it the root of *all* disease.

Here are some simple lifestyle tips for coping with daily stress that can make your 2013 a more joyous and healthy year:

- Begin and end each day with prayer, meditation or reflection
- Keep your house tidy
- Don't over schedule
- Strive for realistic deadlines
- Never make a promise you can't keep
- Allow an extra half-hour for everything you do
- Go to bed at 9 pm twice a week
- Breathe—deeply often
- Set aside one day a week for rest and renewal
- Laugh more often
- Don't answer the phone at dinner
- Don't try to please everyone
- Start pleasing yourself
- Avoid negative people
- Don't squander time, creative energy and emotion
- Nurture friendships
- Don't be afraid of your passion
- Express love every day

Source: *Simple Abundance: A Daybook of Comfort and Joy*, by Sarah Ban Breathnach, 1996

What's on your nerves?

The nervous system—made up of the brain, the spinal cord and billions of nerve cells—does a lot more than just control thinking and movement. It gets us ready for activity, including fight or flight responses, remembering those little things (or forgetting them), handles stress, regulates appetite and mood, and, when it's functioning properly, helps us relax.



Vitamin B-Complex

A multi purpose supplement



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

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

Stock no. 11003-6
~~\$24.50 retail~~ \$22.05 retail

You Save \$2.45

Stress Formula

High-potency, B-Complex



A multi-vitamin and herbal supplement.

- Contains a complex of B vitamins plus vitamin C.
- Includes a herbal base of the traditional herbs schizandra, hops, passion flower and valerian.

Stock no. 11212-2
~~\$38.57 retail~~ \$34.71 retail

You Save \$3.86

SynerPro B-Complex

A multi purpose supplement



A combination of B vitamins in the a synergistic base.

- Complex of 8 B vitamins.
- Contains the SynerPro protector plant-based concentrate.

Stock no. 10788-0
~~\$25.71 retail~~ \$23.14 retail

You Save \$2.57

Liquid B12 Plus

Easily assimilated B12



A liquid B12 supplement with additional B vitamins.

- Contains 1000 mcg of B12 plus niacin, thiamine and vitamin B6.
- Vegetable glycerin base suitable for vegetarians.

Stock no. 12984-3
~~\$22.86 retail~~ \$20.57 retail

You Save \$2.29

The calm before the storm



Stress Pack

Vitamin/Mineral/Herbal Program

Stress Pack combines four different supplements in individual packets.

- Contains Nutri-Calm (Stress Formula), a B-vitamin/mineral/herbal formula to help relieve nervousness, promote sleep and help normal growth and development systems.
- Also contains traditional adaptogen and calmativie herbs including shizandra, ginseng, rhodiola, hops, passionflower, chamomile and valerian, to name a few.
- Conveniently packaged in individual packets.

Stock no. 14857-3

~~\$47.44~~ retail \$42.43 retail

You Save
\$4.71

St. John's Wort with Passion Flower

High-Potency, Multi-Nutrient Formula



You Save
\$3.93

Two time-honoured herbs in this traditional calmativie combination. St. John's Wort has been used in herbal medicine for over 2000 years.



St. John's Wort flowers

- St. John's Wort extract standardized to 0.3% 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

~~\$39.29~~ retail \$35.36 retail

Eight

Traditional Herbal Formula



You Save
\$2.64

A traditional herbal formula combining 8 herbs.

- Contains white willow bark, hops, wood betony, passion flower, ginger, chamomile, capsicum, and schizandra.

Stock no. 16827-9

~~\$26.39~~ retail \$23.75 retail

Vitamin B6

Single B Vitamin



You Save
\$1.83

A single B vitamin with multiple functions.

- 50 mg of vitamin B6 (pyridoxine hydrochloride).
- Helps the body to metabolize fats, proteins and carbohydrates and also helps in tissue formation.

Stock no. 10822-7

~~\$18.29~~ retail \$16.46 retail

FACT:

Vitamin B6, also called pyridoxine, is involved in more bodily functions than almost any other single nutrient.

Vitamin B6 is a cofactor that helps activate over 100 different enzymes involved in hundreds of biochemical tasks in the body. It is used to metabolize protein as well as fats and nucleic acids. As protein intake increases, so does the need for vitamin B6.

Melatonin Extra

Sleep Hormone Supplement



Melatonin Extra is derived from non-bovine sources and blended with selected herbs and nutrients. Contains 3 mg Melatonin, 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

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

STR-J

Traditional Herbal Formula



A combination of calmative herbs.

- Contains chamomile, passion flower, hops, fennel seeds, marshmallow, and feverfew.
- Feverfew is traditionally used in herbal medicine to help relieve headaches. Chamomile is used as a calmative and/or sleep aid.

Stock no. 14358-9

~~\$20.64~~ retail \$18.58 retail

STR-C

Traditional Chinese Medicine



A traditional combination containing 16 herbs.

- Traditional Chinese Medicine to strengthening and reestablishing the normal flow of Chi.

Stock no. 11778-8

~~\$29.57~~ retail \$26.61 retail

Top tips to revitalizing sleep

- Establish how much sleep you need and try to reach it each night. Remember that the body repairs itself in the delta sleep phase in the early hours of the morning, so the earlier to bed the longer you'll stay in delta sleep.
- Avoid eating two to three hours before bedtime. Eating too close to bedtime can alter growth hormone production due to high insulin levels.
- Supplement with the amino acid tryptophan, which is required to stimulate the sleep-inducing neurotransmitter serotonin. Tryptophan is found in protein from meat and especially whey protein isolates.
- Sleep in as much darkness as possible. Light on your skin sends messages to the brain to lower melatonin response.
- Establish a regular sleeping and waking routine.
- Have a regular eating schedule and eat a light dinner.
- Limit your consumption of coffee, tea, cola drinks, alcohol, and chocolate.
- Get physical after dinner with a brisk walk. However, avoid strenuous activity within two hours of bedtime.
- End your day on a low key. Avoid stressful events, TV shows, movies, balancing the cheque book, heated discussions, etc.
- Take nutritional supplements that promote sleep. Herbal teas, B vitamins, calcium and magnesium and melatonin are helpful sleep aids.
- Take a warm bath in the evening. Raising the temperature of your body stimulates melatonin secretion.

Just How Stressed Are You?

If left unchecked, stress can overwhelm our lives and impact our health, jobs, and relationships. Here's a quick quiz to help determine just how much stress you're shouldering.

Category 1

- Have you experienced a negative life-changing event in the past year? (death of a loved one, serious illness, divorce, job loss or change, financial troubles etc.)
- Do you regularly get less than seven hours of sleep per night?
- Would you consider your life to be generally stressful?
- Do you frequently use stimulants to relax or energize? (caffeine, alcohol, medication)

Category 2

- Do you ever have feelings of despair, dread, being overwhelmed, or exhaustion?
- Are you unfulfilled in your life path, accomplishments, or career?
- Have you been diagnosed with depression, or are you depressed?
- Do you frequently battle minor illnesses? (infections, cold, flu)
- Are you experiencing trouble remembering daily tasks?
- Do you find yourself irritable over even minor incidences?
- Do you eat out or eat takeout food more than twice a week?
- Do you experience regular digestive system disturbances?



What your score is telling you:

If you scored 1 or more in Category 1 you are under high stress.

A score of 1 in Category 1 plus a score of 1 in category 2 indicates chronic high stress.

A score of 3 or less in Category 2 only, indicates you experience low to moderate stress which is manageable with healthy lifestyle habits.

Passion Flower

Traditional Single Herb



360 mg of the traditional single herb, passion flower.

- Traditionally used in herbal medicine as a sleep aid (in cases of restlessness or insomnia due to mental stress).

Stock no. 13537-1

~~\$19.71~~ retail \$17.74 retail

You Save \$1.97

MACA

Peruvian Ginseng



A South American food and medicinal herb.

- Also known as Peruvian ginseng, Maca was prized by native people of the Andes as a rejuvenator of youth, increased libido and sexual function, and more energy and drive, in both people and animals.

Stock no. 11498-3

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

You Save \$3.47

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

~~\$25.56~~ retail \$23.00 retail

You Save \$2.56

FACT:

PASSION FLOWER: Are feelings of anxiousness, nervousness, over-tired and irritability robbing you of your passion for life? Passion flower, used by herbalists for centuries, may be just what you're looking for to restore your sense of control. The plant has been safely used worldwide as a supplement to combat anxiety and loss of sleep. In traditional herbalism it is respected as nature's premier tranquilizer for its support to the body's nervous system and is included in many herbal formulas.

The most popular use of passion flower, however, is as a sedative. Note that passion flower does not cause healthy, conscious individuals to be sedated. Instead, it removes anxiety and tension that would prevent a person from relaxing or falling asleep.

Sources: Dr. Daniel B. Mowrey, Ph.D., *Herbal Tonic Therapies*, Keats Publishing, New Canaan, Connecticut, 1993 and Michael A. Weiner, Ph.D. & Janet A. Weiner, *Herbs that Heal*, Quantum Books, Mill Valley, CA, 1994.

MACA: During the height of the Incan empire, legend has it that Incan warriors would consume Maca before entering into battle. This would make them fiercely strong. But after conquering a city the Incan soldiers were prohibited from using Maca, to protect the conquered women from their powerful sexual impulses. Thus, as far back as 500 years ago, peoples of South America were using Maca with the belief that it gave them strength, libido and fertility.

Source: Discovery Health Channel, *Maca: Peru's Natural Viagra*, by Chris Kilham.

Giving you the Leading Edge in Nutrition and Supplement Research & Development

NEW FOR 2012/13



The Delicious, High-Potency Antioxidant Drink has now been ENHANCED!

What's New: An enhanced Preservative Free formula that now includes Pomegranate and Açai Fruit for increased potency!

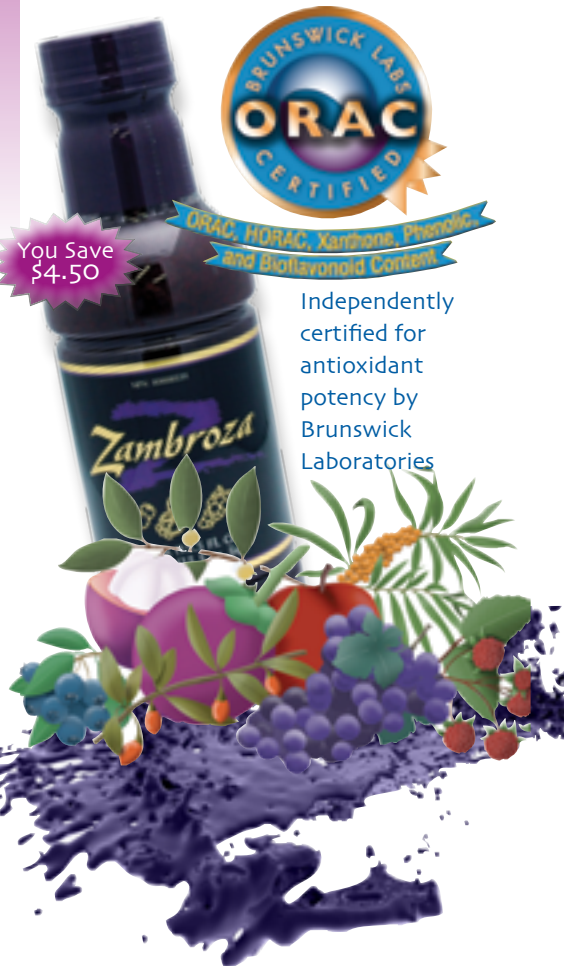
Antioxidants scavenge the free radicals that the body accumulates as a byproduct of energy production in addition to the negative effects of pollution, tobacco smoke, ultraviolet light and radiation. Antioxidants benefit virtually every organ and body system because they mop up damaging free radicals. Zambroza delivers a punch of antioxidant potential with an independently certified very high ORAC value.

Mangosteen (from Thailand) and its pericarp contain the greatest known supply of potent xanthenes. But it doesn't stop there: other ingredients in this nutritious juice include red grape, concord grape, blueberry, mangosteen fruit, red raspberry fruit, red grape skin, wolfberry fruit, sea buckthorn fruit, green tea leaves, red grape seed, apple fruit and skin, and now with concentrated pomegranate juice and açai fruit flavour and preservative free.

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

Stock no. 16824-5

~~\$45.00~~ retail \$40.50 retail



You Save \$4.50

Independently certified for antioxidant potency by Brunswick Laboratories

NEW FOR 2012/13

CoQ10—50 mg

Energizing The Heart



You Save \$3.54

Co-enzyme Q10, also known as ubiquinone, is a vitamin-like substance present in the mitochondria of every living organism and is essential for all life. Its antioxidant activity scavenges free radicals, reducing oxidative stress on cells throughout the body.

- 50 mg of high absorptive, crystal-free CoQ10.
- Antioxidant protection against damaging free radicals.

Stock no. 16818-9

~~\$35.36~~ retail \$31.82 retail

What's New: NSP's new formulation of CoQ10 contains a highly absorptive, bioavailable crystal-free form for superior results.

"What is quality? Simply put it is EXCELLENCE, SUPERIORITY. This is what NSP exemplifies without question in every aspect of how they pursue the goal of helping others to help themselves to a healthier, happier life. NSP has stringent checks and balances every step of the way starting with the absolute best worldwide suppliers of herbs and vitamins and world class leading edge in-house systems, equipment and personnel to insure we get the best desired results. You can prove this to yourself by dropping in anytime at NSP production facilities in Spanish Fork UTAH during working hours for a tour. The only company in the industry that allows this, as far as I know. Lyn and I have been privileged to visit on several occasions. They are true to their mission of quality, honesty and integrity. Best regards and thank you NSP."



Allan Bailey
Platinum
Winnipeg, MB

EverFlex with Hyaluronic Acid

Joint and arthritis pain relief

EverFlex tablets contain a blend of glucosamine, MSM, chondroitin and Devil's Claw.

What's New: Everflex capsules now contain hyaluronic acid. Hyaluronic acid's role in the body includes: Supports joint health. Helps keep your joints properly lubricated and resilient – more mobility, viscosity and flexibility.

- EverFlex Tablets helps to maintain the health of joints. Also helps to relieve joint pain associated with osteoarthritis. Helps to maintain healthy cartilage and joint health. Helps to relieve joint pain associated with osteoarthritis.

Stock no. 16822-3

~~\$37.50~~ retail \$33.75 retail



You Save \$3.75

Fill the Season with Gifts of Health

Looking for the unique gift? Prepare a gift basket of NSP personal health products and a little imagination.



Tea Tree Oil

A Natural Antiseptic



You Save \$2.62

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.
- A natural antiseptic.
- External use only.

Stock no. 9675-4

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

Gift Idea

Nature's SilverGuard

Silver Solution



You Save \$3.57

A patented silver sol particles in liquid and gel form.

- Silver 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

You Save \$10.57

Gift Idea

Silver Shield Gel

Infection-Fighting Gel



You Save \$2.93

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

- Helps prevent infection of minor burns, cuts and wounds.
- An antibacterial gel to help treat minor skin infections.
- Has an emollient effect that softens and soothes skin.

Stock no. 14363-9

~~\$29.20~~ retail \$26.36 retail

Gift Idea

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

Gift Idea

EverFlex Analgesic Cream

Warm, Soothing, Penetrating Relief



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 cream is a soothing analgesic cream for external use.

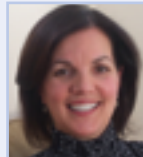
Stock no. 12401-6

~~\$33.64~~ retail \$30.28 retail

You Save \$3.36

Gift Idea

"I have used Everflex Cream successfully with clients for years. The analgesic action often gives immediate relief to sore achy muscles or arthritic pain. This nutrient rich compound which is absorbed through the skin helps with repair of the affected area, while the menthol provides deep heating action for pain relief."



Deborah Ferguson Gold
Rothesay, NB

Crystal Clear Deodorant

Full Body Spray



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

You Save \$1.96

Gift Idea

Tei Fu Massage Lotion

Deep, Penetrating Warmth



Melt away tensions with a massage using an ancient Chinese formula.

- Time-honoured Chinese combination.
- A relaxing lotion to help relieve tension and stress.
- A rich, penetrating, soothing massage lotion.

Stock no. 11412-6

~~\$24.56~~ retail \$22.10 retail

You Save \$2.46

Gift Idea

Nature's Sweet Life Spearmint and Cinnamon Gums

Satisfy your craving for something sweet without guilt

Nature's Sweet gums are sweetened with xylitol, a natural sweetener with the taste and texture of sugar and none of the side effects of harmful sweeteners. The benefits of Xylitol start in the mouth. Because saliva cannot break down Xylitol molecules, teeth are not subjected to the acid attack that occurs with sugar. Xylitol also does not raise blood sugar levels making it ideal for diabetics.

- Great tasting.
- Sweetened with xylitol.
- Safe for diabetics.

Stock no. 14442-7 (cinnamon)

~~\$15.01~~ retail \$13.51 retail

Stock no. 14443-9 (spearmint)

~~\$15.01~~ retail \$13.51 retail



You Save \$1.50

Gift Idea



You Save \$1.50

Freshens breath with the delicious taste of cinnamon or spearmint



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

Gift Idea



Laurie Stewart
Mastergold
Newmarket, ON



"Tei Fu oil has a wonderful track record for helping with congestion, sore and aching muscles, headaches, insect bites and for helping to stay awake while driving or studying. I keep one bottle in my purse and another in my first aid kit. Never leave home without it."

How healthy is the skin you're in? Do the skin elasticity pinch test.

As we age, our skin loses its elasticity, becoming leathery and wrinkled. This is the result of free-radical destruction and is a sign of degeneration and loss of function. Significant changes in the skin become evident at about age 45. The following skin test indicates approximately how old functionally the skin has become as a result of free radical deterioration. Take this test and see how your skin rates as compared with the age groups listed. Test to see if your skin is functionally younger or older than your biological age.

For this test, pinch the skin on the back of your hand with the thumb and forefinger and hold it for five seconds. Let go and time how long it takes for the skin to completely flatten back out. The shorter the time, the younger the functional age of the skin. Compare your results to the table

Time (seconds)	Functional Age (years)
1-2	Under 30
3-4	30-44
5-9	45-50
10-15	60
35-55	70
56 or more	over 70

How did you fare? Did your skin test older than your true age, or were you right on target? If you want to prevent further degeneration and perhaps even regain some youthfulness to your skin consider the following tips:

Four Tips for healthy, youthful skin: 1. Consume foods rich in antioxidants; 2. Include essential fatty acids in your diet; 3. Stay hydrated by drinking pure water; 4. Use a skin moisturizer, especially during winter months when air is dry.



Irish Moss Hand & Body Lotion

A Luxurious Moisturizing Lotion



Rich in emollients and nutrients that hydrate and condition for hours. Cares for your skin with a unique moisture replenishing complex that helps skin to retain essential moisture and lipids. Non-greasy, fast-absorbing formula is ideal for hands and body. Leaves your skin smooth, soft, and naturally healthy looking.

- Moisturizing lotion.
- Non-greasy.
- Quickly absorbed.

Stock no. 12533-0

~~\$24.24~~ retail \$21.82 retail

You Save
\$2.42

Gift Idea

The 'Dynamic Duo' For All Your Cleaning Needs

Your cleaning products shouldn't be a threat to you, your family, or the environment. At NSP we offer powerful cleaning solutions that meet virtually all your household cleaning needs, but won't hurt you or the environment.



Nature's Sunshine Concentrate

The only cleaner you'll ever need!



You Save
\$2.86

NSP Concentrate is a general purpose, non-flammable cleaning concentrate that is effective on all types of dirt and grime, yet won't harm the environment or you because it contains no polluting phosphates, borates or nitrates. Its biodegradable cleaning and sudsing agents break down easily, helping to prevent foaming or sudsing problems in our lakes and streams. That's a good thing. NSP Concentrate is a versatile product with literally hundreds of uses. Used full strength, it is a powerful cleanser. In various dilutions, it can be used to clean an extensive variety of items.

Stock no. 10975-5

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

Gift Idea

Nature's Fresh

Stain and odour remover through the power of enzymes!



You Save
\$2.67

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.

Stock no. 14629-4

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

Gift Idea

to/from

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



Join us on FaceBook for
even more product specials.



10% OFF

Select Herbs & Supplements

Dec. 1st to Jan. 15th

Campaign No. 8

Stress Busters
New Year...New Products
Personal Care & Pampering

Winter 2012/13 Campaign No. 8, Stock no. 15862-4 (50). For educational purposes only.