Nature’s Sunshine from A to Z

Table of Contents

Alphabetical Product Listing ............................................. Page 1
Glossary of Terms ............................................................... Page 232
Sales Aids and Supplies ..................................................... Page 236
The Body as an Ecosystem .................................................. Page 238
The Body Systems ............................................................. Page 241
Product Lists by Body System or Category ....................... Page 261
ADAPTAMAX®
[Body Systems]

Benefits:
- Supports the immune system
- Provides energy to overcome stress
- May improve mood
- Fights oxidative cellular damage

How it Works:
Adaptogens help the body buffer the effects of stress and adapt to stressful situations. Adaptamax’s adaptogenic strength comes from rhodiola, eleuthero, Korean ginseng, ashwaganda, rosemary, gynostemma and schizandra. Together these herbs help the body cope with a variety of stressful conditions, including stress on the immune system, fatigue and aging. They fight oxidative cellular damage, energize the body, support positive mood and stimulate the immune system.

Other ingredients in this formula include nutrient-rich, immune-supporting herbs like astragalus, reishi mushroom, suma and ginkgo—to fortify the immune system and help protect the body from the consequences of stress. Alfalfa, kelp, chromium and a fruit and vegetable base provide nutrients to nourish the body’s cells. All told, Adaptamax is a complete, energizing formula.

Ingredients:
- 40 mcg chromium (33% Daily Value),
- Korean ginseng root extract, rhodiola root extract, eleuthero root, gynostemma whole plant extract, ashwagandha root, schizandra fruit, suma bark, alfalfa aerial parts, astragalus root, kelp leaves and stems, reishi mushroom mycelia, rosemary leaves extract, ginkgo leaves extract, broccoli flowers, carrot root, red beet root, rosemary leaves, tomato fruit, turmeric root, cabbage leaf, grapefruit bioflavonoid, hesperidin and orange bioflavonoid.

Recommendation:
Take 2 capsules with a meal two to three times daily.

NOTE: Pregnant or lactating women should consult their health care professional prior to taking this supplement.

Complementary Products:
- VS-C, Silver Shield, SUMA Combination, Astragalus, Ener-V, B-Complex, Stress-J.

Stock No. 872 (100)

ADRENAL SUPPORT
[Body Systems]

Benefits:
- Helps support adrenal function
- Supports body’s ability to regulate occasional stress
- Is formulated with a unique adrenal glandular substance plus a synergistic blend of vitamins, minerals, enzymes and adaptogenic herbs
- Offers immune system support
- Supports the glandular and nervous systems

How it Works:
Certain hormones in the body—called stress hormones—prepare the body to deal with stressful situations by increasing the heart rate and the force of contraction and
blood flow to the heart, liver, and to skeletal and adipose tissue. These stress hormones are produced and regulated by the adrenal glands. They also dilate airways to the lungs and increase blood levels of glucose and fatty acids. The adrenal hormones and their functions are linked to virtually all of the body systems. Thus, many physiological processes and bodily functions—including cardiovascular health, sex drive, pH balance, skin conditions, energy levels, mood and overall psychological outlook—often correlate to adrenal gland function. Adrenal Support is a synergistic blend of vitamins, minerals, enzymes and adaptogenic herbs specially formulated to nourish and strengthen the adrenal glands and to promote glandular secretion.

**Ingredients:**
- 25 mg vitamin C (42% Daily Value)
- 10 mg thiamin (667% DV)
- 5 mg riboflavin (294% DV)
- 5 mg vitamin B6 (250% DV)
- 45 mg pantothenic acid (450% DV)
- 10 mg magnesium (3% DV)
- 5 mg zinc (33% DV)
- 5 mg potassium, bovine adrenal substance, schizandra fruit, borage seed oil, licorice root and protease blend.

**Recommendation:**
Take 1 capsule with a meal twice daily.

**Complementary Products:**
- Nervous Fatigue TCM Conc., Master Gland,
- Liquid Methyl B12Complete, Cellular Energy,
- Magnesium Complex.

**ALFALFA**

**[General Nutrition]**

**Benefits:**
- Provides nutrients and trace minerals

**How it Works:**
Alfalfa has been cultivated for over 2,000 years as a nutritive food for people and livestock. The Spanish used it for a variety of health issues. Modern herbalists consider it very nutritive and use it to help build the blood. Alfalfa’s roots grow deep, providing the plant with a rich source of nutrients not always found at the ground’s surface.

**Ingredients:**
- Alfalfa aerial parts.

**Recommendation:**
Take 2 capsules with a meal three times daily.

**Complementary Products:**
- Barley Juice Powder Conc., Liquid Chlorophyll ES, Ultimate GreenZone.

**ALGIN**

**[Body Systems]**

**Benefits:**
- Supports the intestinal system
- May absorb heavy metal ions
- Encourages normal elimination

**How it Works:**
Sodium alginate, an important part of the kelp plant, is mucilaginous and gels in water. Many people use it as a nutritional supplement supportive of the intestinal system. Its bulking action encourages normal eliminative function.

**Ingredients:**
- Sodium alginate.

**Recommendation:**
Take 2 capsules three times daily between meals. Drink two glasses of juice or water with each serving.
Complementary Products:
Nutribiome Probiotic Eleven, LBS II, Yeast/Fungal Detox, Bowel Detox.
Stock No. 675 (100)

ALJ®
[Body Systems]

Benefits:
- Helps soothe irritated tissues
- Encourages the entire respiratory tract to gently cleanse itself
- Supports healthy lung function
- Assists the body in neutralizing allergens by nutritional means
- Provides effective respiratory system support

How it Works:
Airborne particles are everywhere. When particles enter the respiratory system via the nose or the mouth, the body turns on its cleansing mechanisms, and the immune system is put on active duty.

Herbal nourishment supports a healthy respiratory system that can be challenged by inhaled irritants. The herbal formula ALJ helps balance the natural eliminative functions of the respiratory system. It supports healthy lung function and helps support the body during seasonal changes. It also helps promote respiratory tissue health. Here’s how. Fenugreek and mullein contain mucilage, a substance that causes the herbs to swell in water. This creates a viscous, fibrous substance that provides a soothing effect. Fennel has traditionally been used as a cleansing herb and is often used after eating. Indians used boneset during seasonal times when the body needed extra nutritional support. Horseradish has a stimulating effect on the respiratory system, which you can easily discover for yourself by eating a small amount of the freshly grated herb.

Ingredients:
- Boneset aerial parts, fennel seeds, fenugreek seeds, horseradish root and mullein leaves extract.

Recommendation:
Take 2-4 capsules/tablets with a meal three times daily.

Complementary Products:
High-Potency Garlic, Sinus Support EF, Histablock, Fenugreek & Thyme.
Stock No. 774 (100) capsules, Kosher
Stock No. 777 (180) Vegitabs, Kosher

ALJ® LIQUID
[Body Systems]

Benefits:
- Helps soothe irritated tissues
- Encourages the entire respiratory tract to gently cleanse itself
- Supports healthy lung function
- Assists the body in neutralizing allergens by nutritional means
- Provides effective respiratory system support

How it Works:
Airborne particles are everywhere. When particles enter the respiratory system via the nose or the mouth, the body turns on its cleansing mechanisms, and the immune system is put on active duty.

Herbal nourishment supports a healthy respiratory system that can be challenged by inhaled irritants. ALJ helps balance the natural eliminative functions of the respiratory system. It supports healthy lung function and helps support the body during seasonal changes. It also helps promote respiratory tissue health. Here’s how. Fenugreek and mullein contain mucilage, a substance that causes the herbs to swell in water. This creates a viscous, fibrous substance that provides a soothing effect.
Fennel has traditionally been used as a cleansing herb and is often used after eating. Indians used boneset during seasonal times when the body needed extra nutritional support. Horseradish has a stimulating effect on the respiratory system, which you can easily discover for yourself by eating a small amount of the freshly grated herb.

**Ingredients:**
- Extract of boneset aerial parts, fenugreek seed, horseradish root, mullein leaves and fennel seed in vegetable glycerin and purified water.

**Recommendation:**
- Take 20–30 drops (1–2 ml) with water every two–four hours; children take 10–20 drops (0.5–1 ml) with water every two–four hours.

**Complementary Products:**
- High-Potency Garlic, HistaBlock, Fenugreek & Thyme, Sinus Support EF.

**ALL CELL DETOX**  
*Body Systems*

**Benefits:**
- Cleanses the colon, liver and kidneys
- Aids digestion
- Promotes the absorption of nutrients
- Supports the digestive and intestinal systems

**How it Works:**
- Cleansing and detoxification of the body promote good health and general well-being. Herbs and nutritional supplements can be used to nourish and cleanse the body, especially body systems that are heavily involved with metabolic processes. The digestive system feeds the entire body and must flow freely to ensure the efficient elimination of toxins from the body. The colon, in particular, must function properly to promote the elimination of waste materials from the body. The liver and kidneys are also important detoxifying organs. The liver aids in the digestive process by secreting bile that emulsifies fat, hence facilitating the actions of digestive enzymes and juices. The liver also controls the metabolism of various nutrients and serves as a reservoir for many of these nutrients. The kidneys act as a filtration system during the production of urine. All Cell Detox contains herbs that help cleanse and detoxify these organs.

**Ingredients:**
- Gentian root, Irish moss algae, cascara sagrada bark, fenugreek seeds, slippery elm bark, safflower flowers, black walnut hulls, myrrh gum, yellow dock root, dandelion root, Oregon grape root and rhizome, catnip leaves, chickweed leaf extract, parthenium root, uva ursi leaf extract and goldenseal root extract.

**Recommendation:**
- Take 2 capsules with a meal three times daily.

**NOTE:** This product contains cascara sagrada. See your health care provider prior to use if: you are pregnant or nursing, any medical condition exists, or when taking any medication. Read and follow recommendation carefully. Do not use if diarrhea, loose stools or abdominal pain are present or develop. Not intended for prolonged use. Use of this product may worsen these conditions and be harmful to your health. Chronic diarrhea can result in serious illness.

**Complementary Products:**
- Small Intestine Detox, CleanStart, Liver Cleanse Formula, Aloe Vera Juice.

*Stock No. 1072 (100) Kosher*
**ALOE VERA**

*Body Systems*

**Benefits:**
- Helps nourish the digestive and intestinal systems
- Soothes the digestive and intestinal tracts
- Contains vitamins and other important nutrients
- Encourages a healthy blood sugar profile already within the normal range
- Contains an array of antioxidants

**How it Works:**
Aloe vera is a nutritional storehouse. It also contains salicylate and prostaglandins. Aloe nutritionally benefits the intestinal system. It soothes the tissues lining the digestive tract. Aloe also contains many biologically active compounds that support the digestion and absorption of food and nourish the intestinal system.

Many companies manufacture aloe vera, but most products on the market have lost much of the plant's original benefits due to over-processing. Beware of aloe vera juice that claims to have no disagreeable taste. Removing this taste can leave you with a product that is only 10-15 percent aloe vera at best.

NSP Whole Leaf Aloe Vera provides a higher level of mucopolysaccharides than regular filleted aloe vera. Only the intense cleansing components have been removed, leaving a high level of mucopolysaccharides (7,000 mg per liter).

**Ingredients:**
Aloe vera inner leaf juice concentrate and purified water.

**Recommendation:**
Drink 2-6 oz. Aloe Vera Juice daily as is or mixed with water or juice. Or, drink 1 oz. Whole Leaf Aloe Vera Juice mixed with 8 oz. of water or juice four times daily. Shake well before using and refrigerate after opening.

**Complementary Products:**
Intestinal Soothe & Build, LBS II, Slippery Elm, Bowel Detox, Gastro Health.

*Stock No. 1680 (32 fl. oz.) Aloe Vera Juice, Kosher*

*Stock No. 1693 (32 fl. oz.) Whole Leaf Aloe Vera Juice*

**ALOE VERA, FREEZE DRIED**

*Body Systems*

**Benefits:**
- Helps nourish the digestive and intestinal systems
- Soothes the digestive and intestinal tracts
- Contains vitamins and other important nutrients
- Encourages a healthy blood sugar profile already within the normal range
- Contains an array of antioxidants

**How it Works:**
Aloe vera is a nutritional storehouse. It also contains salicylate and prostaglandins. Aloe nutritionally benefits the intestinal system.

Freeze-dried aloe vera provides the same benefits as liquid Aloe Vera Juice but in capsulated form. Freeze-drying removes water content while maintaining the full botanical value of Aloe Vera. Each capsule is equivalent to 1 fluid ounce of 100% Aloe Vera juice.

**Ingredients:**
Aloe vera inner leaf.

**Recommendation:**
Take 1 or 2 capsules with a meal three times daily.
Complementary Products:
Intestinal Soothe & Build, LBS II, Bowel Detox, Gastro Health.
Stock No. 1686 (64) Kosher

ALOE VERA GEL
[Personal Care]

Benefits:
- Soothes the skin
- May be used topically to moisturize and tone skin
- Supports skin health

How it Works:
Aloe Vera Gel is for external use. It is created by adding a gelling agent, Irish moss extract, to the juice. Aloe vera gel spreads on quickly and moisturizes, leaving no stickiness. Used externally, aloe is known for its hydrating and moisturizing properties.

Ingredients:
Aloe vera gel, xanthan gum, citric acid and carrageenan (Irish moss extract).

Recommendation:
Apply Aloe Vera Gel to the skin as desired for its moisturizing and toning properties.

Complementary Products:
HSN-W, Super Omega-3 EPA.
Stock No. 1679 (8 fl. oz.)

ALPHA LIPOIC ACID
[Body Systems]

Benefits:
- Encourages energy production
- Supports blood sugar levels already within the normal range
- Protects the liver
- Supports the cardiovascular system
- Supports nerve cell health
- Supports the nervous and glandular systems
- Enhances the efforts of other antioxidants

How it Works:
Most antioxidants are either water- or fat-soluble. Alpha lipoic acid is both, making its protective powers available to all cells in the body. Subsequently, ALA is often called the universal antioxidant. It can protect the integrity of the cell membrane as well as offset cell stress. ALA protects the cell membrane and promotes mitochondrial activity to keep your body and its tissues young. It also helps support the body’s natural removal of toxins. ALA directs calories away from fat production and toward energy production. Each capsule provides 250 mg alpha lipoic acid.

Ingredients:
Alpha lipoic acid and turmeric root.

Recommendation:
Take 1 capsule with a meal twice daily.

Complementary Products:
Heavy Metal Detox, Indole 3 Carbinol, SugarReg, Brain-Protex with Huperzine A, Ginkgo Biloba Extract T/R.
Stock No. 1505 (60) Kosher

AMINO ACIDS, FREE
(see Free Amino Acids)

ANTI-GAS
[Body Systems—Chinese]

Benefits:
- Helps detoxify the body
- Supports the digestive, intestinal and urinary systems

How it Works:
Chinese Anti-Gas supports both the digestive and detoxifying functions of the body, including the urinary system. It is considered “earth reducing” in Chinese herbology. Its
Chinese name xiao dao can be translated as “clear the congestion.” Under Chinese philosophy, this formula is designed to move energy (chi) to the head and support the natural elimination of excess moisture and toxins. Its primary herbs include agastache, crataegus fruit, hoelen and gastrodia. Agastache is traditionally used to strengthen the stomach and to increase energy. In Chinese culture, it is said to drive out moisture. Crataegus fruit helps metabolic clearing in the body. Studies show that crataegus fruit is also beneficial to the heart. Hoelen is a fungus that grows on pine tree roots. It has diuretic properties; Chinese herbalists use it to “drain dampness.” In Japanese Kampo medicine, the fungus is used to promote urination. Gastrodia is a traditional Chinese herb that is useful in modulating “exuberant yang” of the liver and calming internal wind.

Ingredients:
Agastache tops, crataegus fruit, hoelen sclerotium, magnolia bark, oryza fruit, shen-chu whole plant, citrus peel, gastrodia rhizome, ginseng root, typhonium rhizome, atractylodes rhizome, cardamon fruit, platycodon root, ginger rhizome and licorice root.

Recommendation:
Take 3 capsules with a meal three times daily.

Complementary Products:
Slippery Elm, Food Enzymes, Digestive Bitters Tonic, Liver Balance TCM Conc.
Stock No. 1869 (100) Kosher

ANTI-GAS TCM CONCENTRATE
[Body Systems—Chinese]

Benefits:
• Helps detoxify the body
• Supports the digestive, intestinal and urinary systems

How it Works:
Chinese Anti-Gas TCM Concentrate is a highly concentrated blend of 15 herbs. It supports both the digestive and detoxifying functions of the body, including the urinary system. This formula is considered “earth reducing” in Chinese herbology. Its Chinese name xiao dao can be translated as “clear the congestion.” Under Chinese philosophy, this formula is designed to move energy (chi) to the head and support the natural elimination of excess moisture and toxins. Its primary herbs include agastache tops, crataegus fruit, hoelen and gastrodia. Agastache is traditionally used to strengthen the stomach and to increase energy. In Chinese culture, it is said to drive out moisture. Crataegus fruit helps metabolic clearing in the body. Studies show that crataegus fruit is also beneficial to the heart. Hoelen is a fungus that grows on pine tree roots. It has diuretic properties; Chinese herbalists use it to “drain dampness.” In Japanese Kampo medicine, the fungus is used to promote urination. Gastrodia is a traditional Chinese herb that is useful in modulating “exuberant yang” of the liver and calming internal wind.

Ingredients:
Concentrated extract of agastache tops, crataegus fruit, hoelen sclerotium, magnolia bark, oryza fruit, shen-chu whole plant, citrus peel, gastrodia rhizome, ginseng root, typhonium rhizome, atractylodes rhizome, cardamon fruit, platycodon root, ginger rhizome and licorice root.

Recommendation:
Take 1 capsule with a meal daily.
NOTE: Pregnant or lactating women should consult with a health care provider prior to taking this supplement.

Complementary Products:
Slippery Elm, Food Enzymes, Digestive Bitters Tonic, Liver Balance TCM Conc.
Stock No. 1018 (30)

ANTI-GAS FORMULA WITH LOBELIA
[Body Systems]
Benefits:
• Supports the digestive system
• Assists the body in expelling intestinal gas
• May help calm occasional nausea

How it Works:
Papaya fruit contains enzymes that help with digestion. Ginger helps to settle and soothe the stomach and allay occasional nausea. Peppermint is a carminative and helps to drive gas out. Catnip and fennel support digestion.

Ingredients:
Papaya fruit concentrate, ginger rhizome, peppermint leaves, wild yam root, fennel seed, dong quai root, lobelia aerial parts, spearmint leaves and flowers, and catnip leaves.

Recommendation:
Take 2 capsules after meals three times daily.

Complementary Products:
Stomach Comfort, Peppermint Oil, Papaya Mints, Food Enzymes, Proactazyme.
Stock No. 1198 (100) Kosher

ANXIOUSLESS™
[Body Systems]
Benefits:
• Helps quickly ease anxiousness without drowsiness
• Promotes a feeling of confidence and security
• Improves your mood while helping to reduce fatigue
• Offers safe, non-habit forming relief

How it Works:
AnxiousLess is a fast-acting, non-drowsy formula that helps relieve the nervousness, worry and tension associated with daily living. Featuring Sceletium tortuosum—a time-honored herb—and key nutrients that replenish your body’s stress-coping reserves, AnxiousLess targets anxiety from multiple pathways. Designed to quickly calm your mind, this natural proprietary blend helps boost mood and reduce fatigue.

Ingredients:
Zembrin® (Sceletium tortuosum aerial parts extract), L-Theanine, thiamin (B1, mononitrate), magnesium (citrate) and zinc (gluconate).

Recommendation:
Take 1 capsule daily as needed to feel less anxious.

Complementary Products:
Nutri-Calm, Stress-J, Stress Relief, Nervous Fatigue, Adaptamax, Nervous System Pack.
Stock No. 1167 (30)

APS II® WITH WHITE WILLOW BARK
[Body Systems]
Benefits:
• Supports proper nervous system function
**How it Works:**
White willow bark contains salicin, a compound chemically similar to salicylic acid. Salicin appears to help prevent the production of prostaglandins. Valerian root provides additional nervous system support, including promoting feelings of relaxation.

**Ingredients:**
White willow bark, valerian root and capsimium fruit.

**Recommendation:**
Take 2 capsules with a meal three times daily.

**Complementary Products:**
Nutri-Calm, Stress-J, Herbal Sleep, Nervous System Pack.

*Stock No. 780 (100) Kosher*

**ARTEMISIA COMBINATION**
*Body Systems*

**Benefits:**
- Supports the intestinal system

**How it Works:**
This formula features two species of artemisia—sweet wormwood and mugwort. These herbs contribute to a friendly environment for intestinal flora. We’ve added elecampane, clove, garlic, ginger, spearmint and other powerful herbs for maximum effectiveness.

**Ingredients:**
Elecampane root, mugwort aerial parts, clove flower buds, garlic bulb, ginger rhizome, spearmint leaves and flowers, turmeric root, olive leaf extract and sweet wormwood aerial parts.

**Recommendation:**
Take 2 capsules with a meal three times daily for 10 days, then discontinue use for 5 days. Repeat this cycle (10 days on, 5 days off) for up to 60 days. For best results, use with Para-Cleanse.

**CAUTION:** Not recommended during pregnancy.

**Complementary Products:**
Para-Cleanse, Black Walnut, Nutribiome Probiotic Eleven, Yeast/Fungal Detox.

*Stock No. 787 (100) Kosher*

**ASORBATES, VITAMIN C**
*(see Vitamin C Asorbates)*

**ASTRAGALUS**
*Body Systems*

**Benefits:**
- Stimulates the immune system in a multitude of ways
- Protects the heart against oxidative and free radical damage
- Supports the immune and circulatory systems

**How it Works:**
Astragalus contains several beneficial compounds that have health-protecting benefits. These include saponins, sterols, isoflavones and polysaccharides, and they may help to minimize free radical damage to membranes. Astragalus promotes the production of stem cells in bone marrow and lymph tissue and encourages their development into active immune cells. It also enhances the body’s production of immunoglobulin and stimulates macrophages. Astragalus can help activate T cells and natural killer cells. It appears to help trigger immune cells from a “resting” state into heightened activity. Astragalus has also been used as a tonic to build stamina. Ancient Chinese texts record the use of astragalus for tonifying the spleen, blood and chi.
Ingredients:
Astragalus root.

Recommendation:
Take 2 capsules with a meal three times daily.

Complementary Products:
Immune Stimulator, VS-C, Silver Shield, Trigger Immune TCM Conc.
Stock No. 40 (100) Kosher

NOTE: Pregnant or lactating women should consult their health care professional prior to taking this supplement.

Complementary Products:
Adrenal Support, Female Comfort, High-Potency Garlic.
Stock No. 60 (100) Kosher

BEE POLLEN
[General Nutrition]

Benefits:
• May help boost energy
• Is a whole food

How it Works:
Bee pollen is a true gift from Mother Nature. It contains many essential nutrients. The Greeks called it the “nectar of the gods.” Bee pollen contains up to 35 percent complete protein, 22 amino acids, B vitamins, 27 mineral salts, trace elements and several enzymes. NSP Bee Pollen is naturally dried to preserve vital enzymes.

Ingredients:
Bee pollen.

Recommendation:
Take 2 capsules with meals twice daily.

Complementary Products:
Vitamin B-Complex, Cordyceps, Energ-V.
Stock No. 70 (100) Kosher

BENTONITE, HYDRATED
[Body Systems]

Benefits:
• Absorbs impurities
• Helps detoxify the intestinal tract

How it Works:
Bentonite is a natural clay that comes from volcanic ash. Taken internally, it supports the intestinal system in the elimination of toxins. This product is made by suspending...
microfine USP-grade bentonite in purified water.

**Ingredients:**
Bentonite and purified water.

**Recommendation:**
Take 1 tablespoon with a glass of water twice daily. Shake well before use.

**Complementary Products:**
Cascara Sagrada, LBS II, Chlorophyll ES, Intestinal Soothe & Build, Aloe Vera Juice.
*Stock No. 1725 (32 fl. oz.)*

**BERBERINE IR™**

*Body Systems*

**Benefits:**
- Supports healthy glucose metabolism
- Supports gut health to combat endotoxins

**How it Works:**
Berberine IR naturally supports healthy blood glucose levels by up-regulating enzymes that trigger blood glucose metabolism. Utilizing a time-honored ingredient found in both Traditional Chinese and Ayurvedic medicines, Berberine IR works to support blood sugar balance and glucose metabolism through a unique cellular action. Berberine, a constituent of certain plants, helps activate a key enzyme that supports blood glucose metabolism, turning your cells from “idle” to “on” and helping them to use glucose efficiently.

Additionally, Berberine IR supports healthy gut performance to help combat endotoxins. High-carbohydrate diets can cause certain gut bacteria to release large amounts of endotoxins, which interferes with normal glucose metabolism. Berberine specifically targets these gut bacteria and inhibits their ability to bind to muscle cells, thus helping to support proper glucose metabolism function.

Its unique mechanism of action makes Berberine IR an excellent option for those who wish to start or strengthen their glucose management regimen. Support your body’s ability to metabolize blood glucose with Berberine IR.

**Ingredients:**
Berberine from Indian barberry.

**Recommendation:**
Adults: Take 1 capsule three times daily before a meal.

**Complementary Products:**
CardioxLDL, CoQ10 100 mg
*Stock No. 1398 (90)*

**BERGAMOT ESSENTIAL OIL**
*(see Essential Oils)*

**BIFIDOPHILUS FLORA FORCE®**
*(see NutriBiome Bifidophilus Flora Force)*

**BILBERRY FRUIT CONCENTRATE**
*General Nutrition*

**Benefits:**
- Promotes eye function
- May support night vision
- Supports the circulatory system

**How it Works:**
Bilberry is also known in some parts of the U.S. as huckleberry. During World War II, British pilots ate bilberries before their night flights to nutritionally support their vision.

Bilberry’s active constituents include anthocyanins, which are strong antioxidants that offer benefits to capillaries.
Ingredients:

200 mg calcium (20% of Daily Value), 160 mg phosphorus (16% DV) and bilberry fruit extract.

Recommendation:

Take 2 tablets with a meal three times daily. Each tablet contains 40 mg bilberry fruit extract standardized to 25 percent anthocyanins. Bilberry should be used over time in order for the body to best assimilate its unique nutritional properties.

Complementary Products:

Perfect Eyes, Vitamin A&D, Eyebright, Lutein, EW.

Stock No. 74 (60) Kosher

BLACK COHOSH

[Body Systems]

Benefits:

• Supports the female glandular system
• Supports reproductive health
• Promotes balanced hormone levels
• Calms premenstrual and menstrual symptoms
• Helps ease common symptoms of menopause

How it Works:

Black cohosh has been valued by many societies for its nutritional support of the female reproductive system. Low estrogen levels have been linked to common female reproductive problems. Black cohosh possesses mild estrogenic properties (phytoestrogens) and helps balance female hormone levels by binding to estrogen receptor sites. Balanced hormone levels help ease common menopausal symptoms. Black cohosh also has antispasmodic properties and helps relax muscle spasms, including those associated with premenstrual and menstrual cycles and stages.

Ingredients:

Black cohosh root.

Recommendation:

Take 1 capsule with a meal twice daily.

Complementary Products:

Flash-Ease T/R, Dong Quai, Female Comfort, Super GLA Oil Blend, Evening Primrose Oil.

Stock No. 80 (100) Kosher

BLACK CURRANT OIL

[Body Systems]

Benefits:

• Supports the immune system

How it Works:

Black Currant Oil contains gamma-linolenic acid (GLA) along with other important polyunsaturated fatty acids, including linoleic acid and alpha-linolenic acid. Fatty acids are involved in many bodily functions, such as maintaining body temperature, insulating nerves, cushioning and protecting tissues and creating energy. These essential fatty acids are precursors of prostaglandins, which must be present for functions involved with blood vessels, maintaining arterial pressure already within the normal range, metabolizing dietary cholesterol, activating T-lymphocytes, protecting against platelet aggregation and other functions.

Ingredients:

Black currant seed oil.

Recommendation:

Take 1 capsule with a meal three times daily.

Complementary Products:

VS-C, Silver Shield, Immune Stimulator.

Stock No. 1810 (90 softgel caps)
BLACK OINTMENT  
[Personal Care/Hair & Skin]

Benefits:
• Helps tighten, tone and firm the skin
• Promotes healthy skin

How it Works:
Black Ointment is an easily absorbed herbal salve for topical use only. Soothing herbs are blended with natural oils, pine tar and beeswax for a soothing texture and wonderful absorption. Historically, many of the herbs in this ointment were used to help soothe the skin.

Ingredients:
Olive oil, beeswax, pine tar, chaparral herb, chickweed herb, comfrey root, goldenseal root, lobelia herb, marshmallow root, mullein leaves, myrrh gum, plantain root, red clover herb and vitamin E oil.

Recommendation:
Apply liberally as often as needed.

Complementary Products:
Golden Salve, HSN-W, Herbal Trim Skin Treatment, Tea Tree Oil.

Stock No. 1696 (1 oz. jar)

BLACK WALNUT  
[Body Systems]

Benefits:
• Helps to maintain the intestinal system
• Supports the immune system in its battle against invaders
• Soothes irritated tissues
• Enhances the look of the skin

How it Works:
The ancient Greeks used the hulls of black walnut to support the intestinal system and the skin. Herbalists classify black walnut as an astringent because it is rich in tannins, which have toning properties. Black walnut also contains bitter compounds. Through the ages, it has proven to be an effective yet gentle support to the intestinal system.

Ingredients:
Black walnut hulls.

Recommendation:
Take 2 capsules with a meal twice daily.
ATC concentrated: Take 1 capsule with a meal twice daily.

Complementary Products:
Para-Cleanse, LBS II, Nutribiome Probiotic Eleven, Artemisia Combination.

Stock No. 90 (100) Kosher
Stock No. 93 (50) ATC Concentrated, Kosher

BLACK WALNUT EXTRACT LIQUID  
[Body Systems]

Benefits:
• Helps to maintain the intestinal system
• Supports the immune system in its battle against invaders
• Soothes irritated tissues
• Enhances the look of the skin

How it Works:
The ancient Greeks used the hulls of black walnut to support the intestinal system and the skin. Herbalists classify black walnut as an astringent because it is rich in tannins, which have toning properties. Black walnut also contains bitter compounds. Through the ages, it has proven to be an effective yet gentle support to the intestinal system.

Ingredients:
Black walnut hulls extract, purified water and alcohol.

Recommendation:
Take approximately 20–25 drops (1 ml) with water twice daily. One ml is equal to 2 capsules of black walnut.
**Complementary Products:**
LB Extract, Para-Cleanse, LBS II, Liquid Cleanse, CleanStart.
*Stock No. 1755 (2 fl. oz.) Kosher*

**BLESSSED THISTLE**

*Body Systems*

**Benefits:**
- Supports the female reproductive system
- May help improve digestion as it supports liver function
- Supports the glandular system

**How it Works:**
Blessed thistle supports digestion by stimulating secretions of gastric juices and saliva, and stimulating the flow of bile.

**Ingredients:**
Blessed thistle aerial parts.

**Recommendation:**
Take 2 capsules with a meal twice daily.

**Complementary Products:**
*Stock No. 100 (100) Kosher*

**BLOOD PRESSUREX**

*Body Systems*

**Benefits:**
- Provides herbal support for blood pressure already within the normal range
- Provides herbal support for a healthy circulatory system
- Was developed to support the circulatory system and blood pressure levels that are already within the normal range
- Encourages optimal blood flow

**How it Works:**
The main ingredients in Blood Pressurex are the powerful herbs *Coleus forskohlii*, olive leaf extract, hawthorn berries extract and goldenrod; the amino acid arginine; and the antioxidants vitamin E and a powerful, proprietary grape seed extract. These combine to help protect blood vessels, promote blood flow in the peripheral arteries and inhibit cell damage. Grape seed extract contains an array of bioflavonoids, antioxidants and polyphenols. Studies suggest that grape seed extract may be beneficial for maintaining blood pressure levels already within the normal range and may contribute to overall cardiovascular health.

**Ingredients:**
15 IU vitamin E (50% of Daily Value), L-arginine, olive leaf extract, grape seed extract, coleus root extract, hawthorn berries extract and goldenrod aerial parts.

**Recommendation:**
Take 1 capsule with a meal three times daily.

**CAUTION:** Consult your health care provider before using this product if you are currently taking prescription medication(s). Do not discontinue use of your prescription medication(s) without your doctor’s approval.

**Complementary Products:**
Super Omega-3 EPA, Cholester-Reg II, CoQ10 100 mg, Cardio Assurance, Capsicum, Hawthorn Berries.
*Stock No. 554 (60)*

**BLOOD STIMULATOR**

*Body Systems—Chinese*

**Benefits:**
- Enhances bodily function by improving blood quality and circulation
- Helps strengthen the immune system
- Encourages an overall feeling of well-being
- Soothes the nerves and muscles
- Helps maintain healthy skin complexion
- Supports the circulatory system
How it Works:

In addition to the kidneys, the liver is a major facilitator of blood purity. But an effective blood cleanser must deal with all of the cleansing organs, including the colon and skin. This formula is designed to nutritionally support the blood, liver, glands and general circulation.

The Chinese call this formula bu xue, which translates as “to nurture the blood.” It is designed to strengthen a weakened wood constitution.

Blood Stimulator may improve blood quality and purity and help strengthen the immune system. This herbal combination is “adaptogenic,” meaning it has a tonic effect on the glandular system. This helps normalize hormone production to relieve the stress that comes from hormone imbalance.

Ingredients:

Ganoderma mushroom, lycium fruit, peony root without bark, tang-kuei root, bupleurum root, cornus fruit without seeds, curcuma root tuber, salvia root and rhizome, achyranthes root, alisma rhizome, astragalus root, atractylodes rhizome, cnidium rhizome, he shou wu root tuber, ligustrum fruit, rehmannia root tuber, cyperus rhizome and ginseng root.

Recommendation:

Take 3 capsules with a meal three times daily.

Complementary Products:

Liver Balance TCM Conc., Hepatic System Pack, Milk Thistle Combination, Mood Elevator TCM Conc., Gall Bladder Formula. 

Stock No. 1881 (100)

BLOOD STIMULATOR TCM CONCENTRATE

[Body Systems–Chinese]

Benefits:

- Enhances bodily function by improving blood quality and circulation
- Helps strengthen the immune system
- Encourages an overall feeling of well-being
- Soothes the nerves and muscles
- Helps maintain healthy skin complexion
- Supports the circulatory system

How it Works:

In addition to the kidneys, the liver is a major facilitator of blood purity. But an effective blood cleanser must deal with all of the cleansing organs, including the colon and skin. This formula is designed to nutritionally support the blood, liver, glands and general circulation.

The Chinese call this formula bu xue, which translates as “to nurture the blood.” It is designed to strengthen a weakened wood constitution.

Blood Stimulator may improve blood quality and purity and help strengthen the immune system. This herbal combination is “adaptogenic,” meaning it has a tonic effect on the glandular system. This helps normalize hormone production to relieve the stress that comes from hormone imbalance.

Ingredients:

Concentrated extract of ganoderma mushroom fruiting body, lycium fruit, Chinese peony root without bark, dong quai root, bupleurum root, asiatic dogwood fruit without seeds, turmeric root tuber, Chinese salvia root and rhizome, achyranthes root, Asian water plantain rhizome, astragalus root, bai-zhu atractylodes rhizome, ligusticum wallichii rhizome, ligustrum fruit,
rehmannia root tuber, cyperus rhizome and Asian ginseng root.

**Recommendation:**
Take 1 capsule with a meal daily.
NOTE: Pregnant or lactating women should consult their health care provider prior to taking this supplement.

**Complementary Products:**
Liver Balance TCM Conc., Hepatic System Pack, Milk Thistle Combination, Mood Elevator, Gall Bladder Formula.

*Stock No. 1005 (30)*

**BLOOD SUGAR FORMULA, AYURVEDIC**

*Body Systems*

**Benefits:**
- Provides nutrients for optimal glandular and digestive functions
- Supports the liver and pancreas
- Helps maintain blood sugar levels already in the normal range

**How it Works:**
The blood supplies a certain amount of glucose to the body in order to maintain optimal energy levels. The level of glucose in the blood is largely determined by liver and pancreatic functions. The herbs found in Ayurvedic Blood Sugar Formula nourish the liver and pancreas. One of the principal ingredients, *Gymnema sylvestre*, helps inhibit the absorption of sugar and allows the pancreas to produce optimal amounts of insulin. This formula, developed in concert with Indian Ayurvedic masters with herbs direct from India, provides nutrients necessary for glandular system function. It supports the liver, pancreas and intestines in promoting blood sugar levels already within the normal range.

**Ingredients:**

**Recommendation:**
Take 2 capsules with a meal three times daily.

**Complementary Products:**
SugarReg, Pro-Pancreas, Chromium GTF, Glandular System Pack, Hepatic System Pack.

*Stock No. 1298 (100)*

**BLUE COHOSH**

*Body Systems*

**Benefits:**
- Supports the glandular system

**How it Works:**
Also called papoose root or squaw root, blue cohosh is known to women as a mild alternative to black cohosh. It is traditionally used for female glandular support.

**Ingredients:**
- Blue cohosh root.

**Recommendation:**
Take 1 capsule with a meal twice daily.

**Complementary Products:**
Black Cohosh, Thyroid Activator, Flash Ease T/R, Natural Changes.

*Stock No. 110 (100) Kosher*
BONE/SKIN POULTICE  
[Body Systems]

Benefits:  
- Supports the structural system

How it Works:  
The herbs in this formula offer the same features associated with comfrey leaf and were specifically chosen as an alternative product.

Ingredients:  
- Plantain leaves, rehmannia root, mullein leaves and yarrow aerial parts.

Recommendation:  
Take 2 capsules with a meal three times daily.

Complementary Products:  
Skeletal Strength, HSN-W, EverFlex w/ Hyaluronic Acid, Golden Salve, Black Ointment.

Stock No. 1248 (100) Kosher

BOWEL DETOX  
[Body Systems]

Benefits:  
- Cleans and builds the intestinal system  
- Strengthens colon tissue  
- Supports proper digestion and intestinal function  
- Supports the intestinal system

How it Works:  
Bowel Detox promotes healthy, regular elimination of waste from the colon. It provides digestive enzymes to aid digestion in the upper gastrointestinal tract along with ingredients to provide needed bulk and to encourage proper flow of waste through the colon.

Bowel Detox contains pancreatin, a combination of pancreatic juices that aids in the digestion of a variety of foodstuffs. Additionally, pepsin aids in the digestion of dietary proteins. Bile salts are included to improve the digestion of fats. Psyllium, algin and apple pectin are excellent sources of soluble fiber, which creates an increase in intestinal bulk, easing the movement of digested food through the intestines. Cascara sagrada helps to keep things moving by stimulating the movement of the intestines and increasing the content of water in the bowel. The end result is that toxins spend less time in the bowel, thereby reducing the time that they can affect intestinal cells or be absorbed into the body. Bowel Detox also contains bentonite, charcoal and chlorophyll. As these ingredients bind to harmful chemicals and toxins in the body, they prevent the absorption of them, protecting the whole body, not just the bowels.

Ingredients:  
- 900 IU vitamin A as beta-carotene (18% of Daily Value), 30 mg vitamin C (50% DV), 6 IU vitamin E (20% DV), 3 mg zinc (20% DV), 15 mcg selenium (21% DV), betaine HCl, bile salts, pancreatin, pepsin, psyllium hulls, algin, cascara sagrada bark, ginger rhizome, apple pectin, parthenium root, charcoal, marshmallow root extract, sodium copper chlorophyllin and bentonite clay.

Recommendation:  
Take 2 capsules with your morning meal and 3 capsules with your evening meal daily with a glass of water.

NOTE: This product contains cascara sagrada. See your health care provider prior to use if you are pregnant or nursing, any medical condition exists or when taking any medication. Read and follow recommendation carefully. Do not use if diarrhea, loose stools or abdominal pain are present or develop. Not intended for prolonged use.
Use of this product may worsen these conditions and be harmful to your health. Chronic diarrhea can result in serious illness. May cause allergic reaction in persons sensitive to inhaled or ingested psyllium.

**Complementary Products:** LOCLO, Everybody’s Fiber, Bifidophilus Flora Force, Nature’s Three, Nutribiome Probiotic Eleven.

*Stock No. 3020 (120)*

**BP-X**

*Body Systems*

**Benefits:**
- Supports the intestinal, digestive and hepatic systems
- Helps maintain healthy bowel function
- Supports digestion
- Assists normal liver and gallbladder function
- Strengthens the lymphatic system

**How it Works:**
In most cases, internal toxicity manifests itself in the skin and other organs and disturbs normal mood and brain function. When these toxins are removed from the body, other concerns may vanish as the body restores itself. BP-X also assists with colon cleansing.

**Ingredients:**
- Burdock root
- pau d’arco bark
- red clover tops
- dandelion root
- sarsaparilla root
- yellow dock root
- buckthorn bark
- cascara sagrada bark
- yarrow flowers
- Oregon grape root
- rhizome
- prickly ash bark

**Recommendation:**
Take 2 capsules with a meal twice daily.

NOTE: This product contains cascara sagrada and buckthorn. See your health care provider prior to use if: pregnant or nursing, any medical condition exists, or when taking any medication. Read and follow recommendation carefully. Do not use if diarrhea, loose stools or abdominal pain are present or develop. Use of this product may worsen these conditions and be harmful to your health. Chronic diarrhea can result in serious illness.

**Complementary Products:**

*Stock No. 803 (100) Kosher*

**BRAIN-PROTEX WITH HUPERZINE A**

*Body Systems*

**Benefits:**
- Supports the nervous and circulatory systems
- May help block the enzyme acetylcholinesterase, helping to prevent the breakdown of acetylcholine, an important neurotransmitter
- Supports circulation throughout the body as well as to and within the brain
- Protects capillaries and strengthens the blood-brain barrier
- Helps support and protect proper brain function
- Neutralizes free radicals

**How it Works:**
This formula is designed to give the brain protection against free radical damage. It is especially helpful for those who desire extra support for brain health, nerve function and alertness.

Brain-Protex combines protective herbs, antioxidants and phospholipids that favorably impact age-related memory loss, boost mental acuity and curb free radical damage to the brain. Huperzine A is a substance that occurs naturally in Chinese club moss,
a plant used in traditional Chinese medicine. It may help prevent the breakdown of acetylcholine, which seems to be an indicator of overall memory function. Ginkgo supports cerebral circulation, which may promote proper concentration, memory and alertness. Alpha lipoic acid may also play a role in long-term memory. This formula also contains the powerful antioxidant lycopene.

**Ingredients:**
Soybean lecithin complex (phosphatidylserine, phosphatidylcholine, phosphatidylethanolamine and phosphatidylinositol), ginkgo leaves, lycopene, alpha lipoic acid and Chinese club moss whole plant extract.

**Recommendation:**
Take 2 capsules with a meal twice daily.

**Complementary Products:**

_Stock No. 3114 (60)_

---

**BREAST ASSURED**

*Body Systems*

**Benefits:**
- Supports the female glandular system
- Helps promote breast health
- Supports the body’s efforts to balance female hormones
- Supports the female reproductive system
- Provides nutritional support for mature women experiencing normal physical and emotional changes

**How it Works:**
Breast Assured is a blend of herbs and nutrients that protect the female reproductive system, including the breasts. The active compounds and metabolites that compose Breast Assured act as antioxidants, help block estrogen receptors and boost immune stimulation. Breast Assured may also improve the menopausal experience for some women as it supports a balanced hormonal profile. Maitake mushroom stimulates immune system activity. Ellagic acid has been shown to have chemo-protective properties. Flax promotes a healthy balance of estrogen levels in the body.

**Ingredients:**
Flax seed meal, ellagic acid from pomegranate fruit extract, calcium glucarate, kudzu root extract, lutein and maitake whole mushroom.

**Recommendation:**
Take 2 or 3 capsules once daily with a meal.

**Complementary Products:**
Female Comfort, Glandular System Pack, Natural Changes, Nervous Fatigue TCM Conc.

_Stock No. 1122 (60)_

---

**BREAST ENHANCE**

*Body Systems*

**Benefits:**
- Enhances breast size and shape naturally
- Provides natural ingredients that promote breast health
- Supports the glandular system

**How it Works:**
Breast Enhance is an all-natural herbal combination that helps support female reproductive health and breast tissue. It contains herbs that help maintain and enhance the size and firmness of breast tissue. The postovulatory and premenstrual experience of breast enlargement, when both estrogen and progesterone secretions are very high, suggest that hormone
levels may enhance breast size and shape. Isoflavones found in select herbs may mimic the hormones principally responsible for the growth of breast tissue.

**Ingredients:**
Kudzu root extract, alfalfa aerial parts, dong quai root extract and saw palmetto fruit extract.

**Recommendation:**
Take 1 capsule with a meal three times daily.

**Complementary Products:**
Glandular System Pack, Black Cohosh, Mood Elevator TCM Conc., Super GLA Oil Blend.  
*Stock No. 1107 (90) Kosher*

**BREATHE ACTIVATOR TCM CONCENTRATE**  
*[Body Systems—Chinese]*

**Benefits:**
- Provides nutrition to help support healthy lung function
- Helps increase the flow of mucus to remove toxins
- Works throughout the entire respiratory tract
- Enhances feelings of well-being

**How it Works:**
The Chinese name for Breathe Activator is *xuan fei*, which can be translated to mean “ventilate the lungs.” The Chinese would consider this a formula for a stressed metal constitution. Breathe Activator provides nutritional compounds long known to benefit the respiratory system. The combination of ingredients may help the bronchioles to clear waste and maintain lung health. It also encourages the production of mucus to aid in cleansing the respiratory tract. Specifically, citrus peel and schizandra support the body’s efforts to clear waste from the respiratory system and enhance energy in the lungs.

**Ingredients:**
Concentrated extract of citrus peel, typhonium rhizome, bamboo sap, bupleurum root, fritillaria bulb, hoelen sclerotium, perilla leaves, platycodon root, xingren apricot seed, magnolia bark, morus root bark, ophiopogon root tuber, tussilago flower buds, ginger rhizome, schizandra fruit and licorice root.

**Recommendation:**
Take 1 capsule daily with a meal.

**NOTE:** Pregnant or lactating women should consult their health care provider prior to taking this supplement.

**Complementary Products:**
Lung Support TCM Conc., Sinus Support EF, ALJ, Mullein, Fenugreek & Thyme, Ayurvedic Bronchial Formula.  
*Stock No. 1036 (30)*

**BREATHE DEEP ESSENTIAL OIL BLEND**  
*(see Essential Oils)*

**BRONCHIAL FORMULA, AYURVEDIC**  
*[Body Systems]*

**Benefits:**
- Supports the respiratory system
- Supports bronchial function
- Nourishes the lungs and bronchi
- Is a balancing formula to minimize respiratory irritation

**How it Works:**
The respiratory system regularly encounters airborne particles such as microorganisms, pollutants, pollens and dust, and it protects delicate body tissues. As a result,
the functions of the lungs and bronchi can be affected.

This Ayurvedic formula nourishes the lungs and bronchi and helps support the respiratory system. Bronchial Formula, developed in concert with Indian Ayurvedic masters with herbs direct from India, provides nutrients necessary for respiratory health and function.

**Ingredients:**
- *Adhatoda vasica* leaf extract,
- *Glycyrrhiza glabra* root extract,
- *Alpinia galanga* rhizome extract,
- *Clerodendrum indicum* root,
- *Inula racemosa* root extract,
- *Myrica nagi* bark extract,
- *Verbascum thapsus* leaves,
- *Phyllanthus emblica* fruit,
- *Hedychium spicatum* root,
- *Picrorrhiza kurrooa* root extract,
- *Pimpinella anisum* fruit,
- *Pistacia integerrima* gall,
- *Zingiber officinale* rhizome,
- *Ocimum sanctum* leek,
- *Tylophora asthmatica* leaf,
- *Abies webbina* leaf,
- *Elettaria cardamomum* seed and
- *Ferula assafoetida* gum.

**Recommendation:**
Take 2 capsules with a meal three times daily.

**Complementary Products:**
ALJ, HistaBlock, Sinus Support EF, Fenugreek & Thyme, Mullein.

*Stock No. 1297 (100)*

**BURDOCK**

[Body Systems]

**Benefits:**
- Supports the respiratory system
- Supports the digestive and immune systems

**How it Works:**
Burdock is a common weed with giant leaves and seeds (burrs) that cling tenaciously to clothing. It has been used traditionally as a blood purifier. Burdock’s antioxidant activity may help protect the liver from toxicity. This herb also supports immune system function.

**Ingredients:**
Burdock root.

**Recommendation:**
Take 2 capsules with a meal twice daily.

**Complementary Products:**
Sinus Support EF, E-Tea, Enviro-Detox, BP-X.

*Stock No. 140 (100) Kosher*

**BUTCHER’S BROOM**

[Body Systems]

**Benefits:**
- Supports the circulatory system

**How it Works:**
Butcher’s Broom contains important flavonoids (natural substances that strengthen capillary walls) such as rutin. It also contains saponins, which offer a variety of circulatory benefits.

**Ingredients:**
Butcher’s broom root.

**Recommendation:**
Take 2 capsules with a meal twice daily.

**Complementary Products:**
Vari-Gone, Hawthorn Berries, Super Omega-3 EPA.

*Stock No. 135 (100) Kosher*

**C, VITAMIN**

(see Vitamin C)

**C-X**

[Body Systems]

**Benefits:**
- Supports the female glandular system
• May help support a feeling of well-being

How it Works:
C-X provides herbal support for the reproductive glands of mature women. Dong quai root contains nutrients female glands need. Licorice supports adrenal gland function. Eleuthero may help calm the nervous system. Black cohosh may help support a positive mood.

Ingredients:
Dong quai root, blessed thistle aerial parts, licorice root, eleuthero root, sarsaparilla root extract, black cohosh root and rhizome extract, squaw vine whole plant and false unicorn root.

Recommendation:
Take 2 capsules with a meal three times daily.

NOTE: Pregnant or lactating women should consult their health care provider prior to taking this supplement.

Complementary Products:
Natural Changes, Flash Ease, Female Comfort.

Stock No. 1230 (100) Kosher

CA, HERBAL
[General Nutrition]

Benefits:
• Supports the structural and nervous systems

How it Works:
Alfalfa roots capture trace minerals needed by the structural system. Marshmallow root contains nutrients that help soothe tissues. Plantain helps the body eliminate various toxins. Horsetail provides an excellent herbal source of bioavailable minerals, including silicon, necessary for healthy joints and adjoining tissues. Silicon strengthens body tissues, including the sheath surrounding the nerves. Its astringent qualities may help support a healthy inflammation response. Wheat grass provides an excellent source of trace nutrients, especially superoxide dismutase, a natural antioxidant. Hops flowers support the nervous system and offer benefits to the urinary tract, liver and gallbladder.

Ingredients:
Alfalfa aerial parts, horsetail stem and strobilus, oat straw extract, plantain leaves, marshmallow root, wheat grass aerial parts and hops flowers.

Recommendation:
Take 1 capsule with a meal three times daily. ATC: Take 1 capsule with a meal twice daily.

Complementary Products:
Calcium Plus Vitamin D, Trace Mineral Maintenance, Skeletal Strength, Joint Support, EverFlex w/Hyaluronic Acid, HSN-W.

Stock No. 823 (100) Kosher
Stock No. 826 (50) ATC Concentrate, Kosher

CALCIUM, LIQUID
(see Liquid Calcium)

CALCIUM–MAGNESIUM, SYNERPRO®
[General Nutrition]

Benefits:
• Provides vital nutrients for bones, muscles, ligaments, tendons and skin
• May offer benefits to the circulatory system

How it Works:
Calcium and magnesium depend on each other for proper assimilation in the body. Calcium is essential to the health of bones, teeth and muscles, and it plays an essential
role in blood clotting, nerve conduction and many cellular functions. Magnesium is an integral part of more than 300 enzymes in the body and, with calcium, affects nerve and muscle functions. More than 80 percent of the natural magnesium in grains is lost by removal of the germ and outer layers during food processing. This product provides nutrients that support and maintain the structural system, support the maintenance of a balanced pH and benefit the circulatory system.

**Ingredients:**

100 IU Vitamin D3 (25% Daily Value), 400 mg calcium (40% DV), 250 mg phosphorus (25% DV), 200 mg magnesium (50% DV), 7.5 mg zinc (50% DV), 1 mg copper (50% DV), plus boron, broccoli flower, cabbage leaf, carrot root, red beet root, rosemary leaf, tomato fruit, turmeric root, grapefruit bioflavonoid, hesperidin and orange bioflavonoid.

**Recommendation:**

Take 2 tablets with a meal twice daily.

**Complementary Products:**
Skeletal Strength, EverFlex w/Hyaluronic Acid, Herbal CA, Coral Calcium.
Stock No. 3244 (150)

**CALCIUM PLUS VITAMIN D**

[General Nutrition]

**Benefits:**
- Provides nutrients for proper structural system function
- Is vital for bones, muscles and skin
- Provides significant amounts of vitamin D, calcium and magnesium
- Supports the body’s efforts in maintaining a balanced pH

**How it Works:**

This formula provides important amounts of three essential minerals plus calcium. Combined with certain trace minerals needed by the body, calcium helps replenish bone tissue that is constantly being replaced. It is needed by the immune system and is critical to muscle contractions. Calcium comprises half of all the minerals in the body. Calcium and magnesium work together in the body to maintain bone structure and integrity.

Magnesium is present in a 1:2 ratio with calcium. Without this important ratio, the body begins to lose one or more minerals before it can utilize them.

Vitamin D is needed for the proper dietary absorption of calcium. It helps calcium do its job. At least 400 IU of vitamin D is needed on a daily basis, especially for people not getting enough sunshine (D is the “sunshine vitamin”).

Phosphorus is the second most abundant mineral in the body. It works with calcium. This formulation provides calcium and phosphorus at a 2:1 ratio. Phosphorus works synergistically with B vitamins to help maintain a proper fluid balance in the body. Eighty-five percent of the phosphorus is found in the bone.

**Ingredients:**

133 IU vitamin D3 (30% Daily Value), 250 mg calcium (25% DV), 140 mg phosphorus (10% DV), 125 mg magnesium (30% DV) and alfalfa aerial parts.

**Recommendation:**

Take 1 tablet with a meal three times daily.

**Complementary Products:**
Skeletal Strength, Coral Calcium, EverFlex w/Hyaluronic Acid, Herbal CA.
Stock No. 3243 (150) Kosher
CANDIDA CLEAR
[Body Systems]

Benefits:
- Helps the body maintain the normal balance and colonization of Candida albicans
- Supports the immune system
- Supports the intestinal tract

How it Works:
Candida albicans is a natural part of the body’s gut flora. But certain factors can lead to candida overgrowth, making it desirable to take steps to help maintain balanced flora.

Candida Clear is a 14-day cleansing program, which consists of two packs: the Candida Clear Combo pack and the Candida Clear Enzyme pack.

The Candida Clear Combo pack is formulated with natural ingredients such as pau d’arco, caprylic acid and oregano that have been shown to help balance the colonization of candida. Other ingredients, including garlic, selenium and zinc, are used to support the body’s immune function.

The Candida Clear Enzyme pack contains a proprietary blend of enzymes specially formulated to provide support to the intestinal tract. Candida’s cell wall is composed of a variety of components, including carbohydrates and proteins. It is theorized that the cell wall may be vulnerable to the digestive action of the carbohydrolytic and proteolytic enzymes found in this formula.

Ingredients:
The Combo packet contains 2 capsules of Pau D’Arco, 2 capsules of Caprylic Acid and 2 capsules of Yeast/Fungal Detox. The Enzyme packet contains a proprietary blend of cellulase, protease concentrate, amylase, protease, bromelain, hemicellulase and glucoamylase.

Recommendation:
Adults: Take the contents of one Candida Clear Combo packet three times daily with meals. Take one Candida Clear Enzyme packet three times daily on an empty stomach.

Complementary Products:
Bifidophilus Flora Force, Ultimate GreenZone, Super Trio, Silver Shield.
Stock No. 958 (14 day)

CAPRYLIC ACID COMBINATION
[Body Systems]

Benefits:
- Supports intestinal health and balance

How it Works:
This formula is designed to nutritionally support the needs of those who want to maintain optimal balance in their friendly flora.

Ingredients:
Caprylic acid, elecampane root, black walnut hulls and red raspberry leaves.

Recommendation:
Take 2 capsules with a meal twice daily.

Complementary Products:
Pau D’Arco, Candida Clear.
Stock No. 1808 (90)

CAPSICUM
[Body Systems]

Benefits:
- Provides digestive and circulatory support
- May help improve overall circulation
- Contains 35,000–45,000 Scoville Heat Units
How it Works:
Capsicum has a warming strength. It stimulates digestion and enhances blood flow. Capsicum is added to many herbal formulas as a catalyst for the other herbs.

Ingredients:
Capsicum fruit.

Recommendation:
Take 1 capsule four times daily with food.

Complementary Products:
Stock No. 160 (100) Kosher

CAPSICUM EXTRACT LIQUID
[Body Systems]

Benefits:
• Provides digestive and circulatory support
• May help improve overall circulation
• Contains 35,000–45,000 Scoville Heat Units

How it Works:
Capsicum has a warming strength. It stimulates digestion and enhances blood flow. Capsicum Liquid Herb is a natural and pure extract.

Ingredients:
Capsicum fruit extract, water and alcohol.

Recommendation:
Take approximately 10–15 drops (0.5 ml) in water with food four times daily. One ml is equal to 2 capsules of capsicum.

Complementary Products:
Stock No. 1782 (2 fl. oz.) Kosher

CAPSICUM & GARLIC WITH PARSLEY
[Body Systems]

Benefits:
• Supports cardiovascular health
• Increases production of digestive juices
• Helps maintain blood pressure levels that are already within the normal range

How it Works:
Capsicum is one of the hottest spices. It has a warming strength that benefits digestion and circulation. Capsicum may enhance blood flow. Garlic is high in sulfur. It is also useful in helping the digestive, respiratory, immune and circulatory systems, as well as aiding in the regulation of the glandular system. Parsley contains a lot of chlorophyll, which acts as a natural deodorizer. It also contains potassium, which helps balance sodium levels, and manganese to help manage calcium levels and nourish the nerves.

Ingredients:
Garlic bulb, capsicum fruit and parsley leaves.

Recommendation:
Take 2 capsules with food three times daily.

Complementary Products:
Mega-Chel, Ginkgo & Hawthorn Combination, Black Currant Oil, Super Omega-3 EPA, Ginger, Silver Shield.
Stock No. 832 (100) Kosher

CARBO GRABBERS® WITH CHROMIUM
[Weight Management]

Benefits:
• Supports reduction of starch digestion
• May help reduce available calories
• Minimizes the need to entirely avoid certain favored foods
• Helps the body’s efforts to maintain blood sugar levels already within the normal range

**How it Works:**
Carbo Grabbers contains an amylase inhibitor derived from northern white kidney beans, which may help reduce the calories available to your body. It naturally and safely interferes with the digestion of starchy carbohydrates. Because the enzymatic breakdown of some dietary starch may be inhibited, these undigested starches can be carried through the intestinal tract where the body can eliminate them. This makes avoiding carbohydrates—a common practice among some dieters—a thing of the past!

We added 18 mcg of patented, food-bound chromium per serving. Chromium helps transport glucose from the blood into the cells. This means Carbo Grabbers provides additional help toward maintaining blood sugar levels already within the normal range. Chromium may also have a positive effect on blood fat levels.

**Ingredients:**
18 mcg chromium and white kidney bean extract.

**Recommendation:**
Take 1-2 capsules up to three times daily before eating foods high in carbohydrates. Do not take in combination with digestive enzymes that contain proteases.

**Complementary Products:**
Fat Grabbers, Ultra Therm, Ultra Therm CF, Sweet FX, SugarReg, Stixated.

**Stock No. 3070 (60) Kosher**

---

**CARDIO ASSURANCE**

[Body Systems]

**Benefits:**
• Helps the body’s effort to maintain healthy blood vessels
• Promotes circulation
• Contains the antioxidant resveratrol, a plant-based polyphenol

**How it Works:**
This formula blends heart-benefiting ingredients that are designed to support your heart and cardiovascular system. Hawthorn has been used traditionally for heart and circulatory support. It contains flavonoids, which are packed with antioxidant protection. Vitamin K2 is extracted from soy. Resveratrol is a polyphenolic phytoalexin, a chemical compound that acts to support plants that are under attack by foreign organisms. Studies indicate that resveratrol has promising heart-health benefits and may be the answer to the French Paradox. (Despite their high intake of fat, the French have a low incidence of heart issues.) Folic Acid, vitamin B6 and vitamin B12 work synergistically to metabolize homocysteine, an amino acid that can damage blood vessel linings. Vitamin B6 also aids the synthesis of coenzyme-Q10, a heart-protecting compound.

**Ingredients:**
Vitamin K2, vitamin B6, folic acid, vitamin B12, hawthorn berries and resveratrol.

**Recommendation:**
Take 1 capsule with a meal twice daily.

**Complementary Products:**
CoQ10 100 mg, Flax Seed Oil, Super Omega-3 EPA, Solstic Cardio, Red Yeast Rice.

**Stock No. 553 (60)**
CARDIOXLDL™

[Body Systems]

**BENEFITS**

- Modulates oxidation of LDL cholesterol
- Helps to maintain healthy cholesterol levels already within normal range
- Is a clinically studied, exclusive, patent-pending formula

*How it Works:*

Support healthy cholesterol levels and cardiovascular function with CardioxLDL. This unique and powerful herbal formula helps to modulate cholesterol oxidation and maintain healthy cholesterol levels already within the normal range.

CardioxLDL combines *Citrus bergamia* Risso extract with a proprietary blend of high-ORAC antioxidants that help support total cholesterol and triglyceride levels already in the normal range. It works in part by blocking an enzyme the liver needs to produce LDL cholesterol. This unique combination of *Citrus bergamia* fruit extract and antioxidants naturally supports healthy cholesterol and blood sugar levels already in the normal range.

**Ingredients:**

- Bergamot orange fruit extract, apple fruit extract, turmeric root and rhizome extract, green tea leaf extract, grape seed extract, mangosteen pericarp extract, grape skin extract, olive leaf extract, blueberry fruit concentrate and capsicum fruit.

**Recommendation:**

Adults: Take 2 capsules with your evening meal.

**Complementary Products:**

Berberine IR, CoQ10 100 mg

*Stock No. 1195 (60)*

CASCARA SAGRADA

[Body Systems]

**Benefits:**

- Is a natural herbal laxative
- Supports the elimination of digestive remnants
- Promotes the emptying of the colon

*How it Works:*

Cascara sagrada, or sacred bark, is one of Nature’s Sunshine’s most popular and best-selling herbal products. The bark has been used by cultures around the world as a nutritional support for proper waste elimination. Cascara sagrada acts as an herbal laxative, influences intestinal contraction and supports a clean, healthy colon.

**Ingredients:**

- Cascara sagrada bark.

**Recommendation:**

Take 2 capsules/tablets with a meal twice daily.

NOTE: See your health care provider prior to use if: pregnant or nursing, any medical condition exists, or when taking any medication. Read and follow recommendation carefully. Not intended for prolonged use. Do not use if diarrhea, loose stools or abdominal pain are present or develop. Use of this product may worsen these conditions and be harmful to your health. Chronic diarrhea can result in serious illness.

**Complementary Products:**

Psyllium Hulls Combination, Nature’s Three, All Cell Detox, Yeast/Fungal Detox, Aloe Vera Juice.

*Stock No. 170 (100) capsules, Kosher
Stock No. 172 (100) Vegitabs*
**CATNIP**
*Body Systems*

**Benefits:**
- Supports the nervous and immune systems

**How it Works:**
A member of the mint family, catnip supports both the nervous and immune systems. Catnip contains natural trace minerals and vitamins.

**Ingredients:**
Catnip leaves.

**Recommendation:**
Take 2 capsules with a meal three times daily.

**Complementary Products:**
Nutri-Calm, Food Enzymes, Stress-J.

Stock No. 3195 (2 fl. oz.)

**CAT’S CLAW**
*(see Uña de Gato)*

**CBG EXTRACT**
*(see Combination CBG Extract)*

**CC-A**
*Body Systems*

**Benefits:**
- Supports the circulatory and immune systems
- Provides respiratory system support

**How it Works:**
Capsicum provides circulatory system support. Goldenseal, sage and rose hips may help boost immunity. Yarrow provides respiratory system support. Rose hips are a natural source of vitamin C and are used traditionally to support the immune system. Myrrh gum contains important volatile oils that possess beneficial properties.

**Ingredients:**
Rose hips, chamomile flowers, slippery elm bark, yarrow aerial parts, capsicum fruit, goldenseal extract, myrrh gum, peppermint leaves, sage leaves and lemongrass aerial parts.

**Recommendation:**
Take 2 capsules with a meal twice daily.
Children: Take 1 capsule with a meal twice daily.

**Complementary Products:**
Olive Leaf Extract Conc., Thai-Go, Mullein, Fenugreek & Thyme.

Stock No. 840 (100) Kosher
**CC-A WITH YERBA SANTA LIQUID**

*Body Systems*

**Benefits:**
- Supports the immune, respiratory and circulatory systems

**How it Works:**
Goldenseal, astragalus, sage and rose hips help boost the immune system. Mullein and yarrow provide respiratory system support. Capsicum provides circulatory system support.

**Ingredients:**
- Extract of rose hips, chamomile flowers, mullein leaves, yarrow flowers, yerba santa leaves, goldenseal root, myrrh gum, peppermint leaves, sage leaves, astragalus root, slippery elm bark, lemongrass aerial parts and capsicum fruit with water and alcohol.

**Recommendation:**

**Complementary Products:**
Olive Leaf Extract Conc., Thai-Go, Mullein, Fenugreek & Thyme.

_Stock No. 3165 (2 fl. oz.) Kosher_

**CELLULAR ENERGY**

*Body Systems*

**Benefits:**
- Aids in the production of ATP for energy
- Supports healthy cellular metabolism
- Supports a healthy biological terrain
- Provides glandular system support
- Provides 250–330% of the Daily Value of thiamin, riboflavin and manganese

**How it Works:**
People who experience fatigue, reduced stamina, feelings of weakness or who need an energy boost for prolonged physical activity may benefit from supplementing their diets with Cellular Energy. It provides highly absorbable forms of the vitamins and minerals needed to boost cellular metabolism.

Every body cell produces energy through a series of reactions that take place in a part of the cell known as the mitochondria. These reactions are essential to maintaining optimal health, energy and vitality. Cellular Energy contains vitamins, minerals, amino acids and other co-factors involved in these vital processes that regulate normal energy production and cellular metabolism. The B vitamins in Cellular Energy perform important functions in cellular energy metabolism. Manganese and magnesium support the muscular and skeletal systems, while zinc universally supports all body systems either as an integral part or as a component of enzymes, hormones and body fluids.

**Ingredients:**
- 10 IU vitamin E (35% DV), 5 mg thiamin (330% DV), 5 mg riboflavin (290% DV), 2.5 mg niacin (15% DV), 5 mg pantothenic acid (50% DV), 5 mg magnesium (2% DV), 2.5 mg zinc (15% DV), 5 mg manganese (250% DV), l-carnitine, alpha-keto glutaric acid, co-enzyme Q10, alpha lipoic acid, dimethyl glycine HCl and ferulic acid.

**Recommendation:**
Take 1 capsule with a meal twice daily.

**Complementary Products:**
Liquid Methyl B12Complete, Adrenal Support, Magnesium Complex, CoQ10 100 mg, Energ-V.

_Stock No. 1879 (60)
**CELLU-SMOOTH® WITH COLEUS**

*Weight Management*

**Benefits:**
- Supports general circulation
- Mobilizes fat and lymph stores for efficient distribution
- Protects against free radical damage to structural skin proteins
- Promotes a shift from a more fatty body mass to a more lean body mass

**How it Works:**
Coleus is a unique herb that causes a shift from a more fatty body mass to a more lean body mass, which benefits overall health. The effect can be measured by decreases in the waist-hip ratio and the body mass index. Bladderwrack (kelp) nourishes the thyroid gland with iodine thereby supporting metabolism. It may also help decrease appetite by maintaining already normal blood sugar levels. Milk thistle fruit helps support the liver’s detox function, allowing it to efficiently emulsify fat, break down trapped particles and help remove them from the body. Ginkgo leaf, a known free radical scavenger, promotes proper circulation even to remote or problem areas, leading to efficient blood-oxygen exchange. Rhodiola root is an adaptogen more powerful than ginseng. It can improve strength and stamina and help body cells generate and use energy more effectively.

**Ingredients:**
Coleus forskohlii root extract, bladderwrack whole plant, milk thistle seed extract, ginkgo leaves extract and rhodiola root extract.

**Recommendation:**
Take 1 capsule with a meal two or three times daily. Drink at least eight glasses of water a day. Not recommended for pregnant or nursing women, or for children.

**Complementary Products:**
Ultra Therm, Ultra Therm CF, SugarReg, Fat Grabbers, Carbo Grabbers w/Chromium.

*Stock No. 926 (90)*

**CHAMOMILE**

*Body Systems*

**Benefits:**
- Provides nervous system support
- Promotes more restful sleep

**How it Works:**
Chamomile is a popular late-night herbal tea. It contains flavonoids, coumarin and volatile oil. Contemporary herbalists recommend chamomile for its ability to soothe the nerves and promote more restful sleep.

**Ingredients:**
Chamomile flowers.

**Recommendation:**
Take 1 capsule with a meal twice daily.

**Complementary Products:**
Nutri-Calm, Magnesium, Stress-J, Herbal Sleep, Melatonin.

*Stock No. 190 (100) Kosher*

**CHANGES ESSENTIAL OILS BLEND**

*(see Essential Oils)*

**CHARCOAL, ACTIVATED**

*Body Systems*

**Benefits:**
- Supports the intestinal and digestive systems
- Absorbs and helps remove toxins and other irritants in the digestive tract
- Supports the body’s cleansing and detoxifying efforts
How it Works:
Charcoal is highly adsorbent. It is often used to support the body’s cleansing and detoxification mechanisms as it helps bind toxins in the digestive tract. It may also help the body’s efforts to expel intestinal gas. Charcoal has been used safely for ages.

Ingredients:
Activated charcoal.

Recommendation:
Take 4–8 capsules daily with water at least two hours after or one hour before eating a meal.

Complementary Products:
Psyllium, Anti-Gas Formula, CleanStart, Bowel Detox.
Stock No. 366 (100) Kosher

CHICKWEED
[Body Systems]

Benefits:
• Provides urinary and glandular system support
• Promotes fat digestion
• May help inhibit appetite

How it Works:
A mild herb, chickweed has been used traditionally to support the urinary system. Some use it to help the body’s metabolism-balancing functions.

Ingredients:
Chickweed aerial parts.

Recommendation:
Take 2 capsules with a meal twice daily.

Complementary Products:
Urinary Maintenance, SF, Ultra Therm, Ultra Therm CF, Adrenal Support.
Stock No. 220 (100) Kosher

CHINESE POSITIVE PACK
[Body Systems—Chinese]

Benefits:
• Supports the circulatory, urinary, hepatic, nervous, digestive and respiratory systems
• Supports the function of the heart, kidneys, liver, lungs, pancreas and spleen

How it Works:
Each of the products in this pack supports a corresponding energy level in one of six main organs. A seventh product supports general energy function in the body.

Ingredients:
Includes one bottle each of the following Chinese TCM Concentrates: Anti-Gas, IF-C, Kidney Activator, Liver Balance, Stress Relief, Mood Elevator and Breathe EZ.

Recommendation:
Take 1 capsule from each bottle daily for 30 days. Do this for three consecutive months.
Stock No. 13343

CHINESE NEGATIVE PACK
[Body Systems—Chinese]

Benefits:
• Supports the respiratory, circulatory, structural, nervous and immune systems
• Supports the function of the heart, kidneys, liver, lungs, pancreas and spleen

How it Works:
Each of the products in this pack supports a corresponding energy level in one of six main organs. A seventh product supports general energy function in the body.
Ingredients:
Includes one bottle each of the following Chinese TCM Concentrates: Lung Support, Blood Build, HY-C, KB-C, Nervous Fatigue, Spleen Activator and Trigger Immune.

Recommendation:
Take 1 capsule from each bottle daily for 30 days. Do this for three consecutive months.

Stock No. 13344

CHLOROPHYLL ES™, LIQUID
[Body Systems]

Benefits:
• Helps promote the natural blood-cleansing functions of the body
• Promotes circulatory, intestinal, digestive and immune health
• Protects and strengthens healthy cells
• Encourages balanced pH levels in the body
• Deodorizes the body, including the bowel
• Is paraben-free

How it Works:
This extra-strength, paraben-free formula features a more potent level of chlorophyll—the green pigment in plants responsible for harnessing the sun’s energy in photosynthesis. Known to support your body on both a molecular and cellular level, chlorophyll promotes circulatory, intestinal, digestive and immune health. Featuring a proprietary chlorophyll complex, this minty fresh formula also helps neutralize body odors and acts as a natural, “internal” deodorant. Boost your energy and overall well-being today with Liquid Chlorophyll ES.

The most critical molecule in the plant world, chlorophyll is found in all green plants and vegetables. It’s particularly concentrated in spinach and wheatgrass. The sodium copper chlorophyll form contained in NSP Liquid Chlorophyll ES is soluble in water. With the exception of a magnesium atom, chlorophyll’s structure is identical to hemoglobin, the molecule that carries oxygen in the blood, so it is thought to assist with natural blood-cleansing and to support healthy circulation. It may also support digestive health, toxin elimination and regularity. Like curcumin, chlorophyll acts as a particularly potent natural antioxidant that may help keep cells healthy by protecting them from oxidative damage. Our proprietary complex also includes refreshing spearmint oil, a natural odor fighter.

Ingredients:
Sodium copper chlorophyllin, spearmint aerial parts oil and vegetable glycerin.

Recommendation:
Mix 1 teaspoon (5 ml) in an 8 ounce glass of water twice daily. Refrigerate after opening.

Complementary Products:
Blood Stimulator TCM Conc., Super Trio, Aloe Vera Juice.

Stock No. 1483 (16 fl. oz.)
Stock No. 1485 (two 16 fl. oz. bottles)

CHLOROPHYLL, LIQUID
[Body Systems]

Benefits:
• Helps promote the natural blood-cleansing functions of the body
• Strengthens cells
• Promotes a strong immune response
• Supports the intestinal system
• Deodorizes the body, including the bowel

How it Works:
Chlorophyll is the green pigment in plants that harnesses the sun’s energy in photosynthesis. The chlorophyll molecule is chemically similar to human blood, except that its
central atom is magnesium, whereas that of human blood is iron. It performs metabolic functions in plants such as respiration and growth. Chlorophyll supports the natural blood-cleansing process. It is known to help cleanse the body and maintain the action of the circulatory, intestinal and female reproductive systems. Chlorophyll helps protect and support healthy cells and promotes the elimination of toxins from the body. In addition, chlorophyll helps neutralize normal body odors and acts as a natural, “internal” deodorant. It can also be useful in external applications and as a freshening gargle. Liquid Chlorophyll may help improve immune response.

**Ingredients:**
Sodium copper chlorophyllin and spearmint aerial parts oil.

**Recommendation:**
Take 1 teaspoon in water twice daily.

**Complementary Products:**
Blood Stimulator TCM Conc., Aloe Vera Juice, Super Trio.
Stock No. 1683 (16 fl. oz.) Kosher
Stock No. 1689 (32 fl. oz.) Kosher

---

**CHLOROPHYLL**

*Body Systems*

**Benefits:**
- Helps promote the natural blood-cleansing functions of the body
- Strengthens cells
- Promotes a strong immune response
- Supports the intestinal system
- Deodorizes the body, including the bowel

**How it Works:**
Chlorophyll is the green pigment in plants that harnesses the sun’s energy in photosynthesis. The chlorophyll molecule is chemically similar to human blood, except that its central atom is magnesium, whereas that of human blood is iron. It performs metabolic functions in plants such as respiration and growth. Chlorophyll supports the natural blood-cleansing process. It is known to help cleanse the body and maintain the action of the circulatory, intestinal and female reproductive systems. Chlorophyll helps protect and support healthy cells and promotes the elimination of toxins from the body. In addition, chlorophyll helps neutralize normal body odors and acts as a natural, “internal” deodorant. Chlorophyll may help improve immune response.

**Ingredients:**
Sodium copper chlorophyllin and soybean oil.

**Recommendation:**
Take 1–2 capsules daily with a meal.

**Complementary Products:**
Blood Stimulator TCM Conc., Aloe Vera Juice, Super Trio.
Stock No. 1690 (60 softgel caps)

---

**CHOLESTER-REG® II**

*Body Systems*

**Benefits:**
- Supports the circulatory system
- Supports normal-range cholesterol levels
- Helps maintain already-normal platelet aggregation (clotting)
- Relaxes smooth muscles and improves microcirculation
- Helps maintain LDL and triglyceride levels already in the normal range
- Promotes immune system strength
- Provides antioxidant benefits that may help promote good health and protect the heart
How it Works:

Each ingredient in this formula plays an important role in the effectiveness of the product. Policosanol appears to perform a similar action in the body as red rice extract. Plant sterols compete with the absorption of cholesterol in the body. Excess plant sterols are not absorbed by the body but are eliminated. Human studies show that policosanol can effectively play a role in maintaining cholesterol levels already in the normal range and that it can help maintain already-normal platelet aggregation (clotting). Inositol nicotinate helps relax smooth muscles and improves microcirculation. Resveratrol maintains LDL and triglyceride levels already in the normal range. Artichoke powder benefits the liver, promotes digestion and is popular in Europe for its ability to maintain cholesterol levels that are already in the normal range.

Ingredients:

Artichoke leaves, phytosterols, inositol nicotinate, resveratrol and policosanol.

Recommendation:

Take 1 capsule with a meal three times daily.

CAUTION: Do not take this product if pregnant, lactating or planning to become pregnant. Consult your health care professional before using if you are currently taking any cholesterol-lowering agents. Cholesterol levels should be checked regularly. For adults 20 years or older only. Keep out of the reach of children.

Complementary Products:

LOCLO, Fat Grabbers, Krill Oil w/K2, Guggul Lipid, Vitamin E Complete with Selenium, Hawthorn Berries.

Stock No. 557 (90)

CHONDROITIN

[Body Systems]

Benefits:

- Supports the structural system
- Supports the production of glycosaminoglycans, proteoglycans and collagen—building blocks of healthy cartilage
- Helps attract fluid into the joints that acts as a sponge or shock absorber during impact
- May help increase joint flexibility and resiliency
- Aids in getting essential nutrients to the cartilage
- Helps protect cartilage from damaging, nutrition-depleting enzymes

How it Works:

Cartilage functions to protect bones from moving against each other and to reduce friction. Chondroitin helps bond connective tissue to maintain strength and inhibits enzymes that can deplete cartilage nutrition. It helps retain moisture in the joints, allowing for flexibility and resiliency, and cushioning against activities like jumping and lifting. In addition, chondroitin works with other nutrients like glucosamine to stimulate the rebuilding and maintenance of cartilage.

The body produces chondroitin, but that production decreases as we age. Chondroitin is found in foods, but usually only in small amounts. Fortunately, the body absorbs chondroitin well, making supplementation a viable alternative.

Ingredients:

Chondroitin sulfate.

Recommendation:

Take 2 capsules with a meal twice daily with 8 oz. water.
**Chromium, GTF**

*Body Systems*

**Benefits:**
- Supports blood sugar levels already within the normal range
- Aids control of fatty acids
- May help support vascular health
- Supports the circulatory system
- Provides 300 mcg chromium per tablet (250% of Daily Value)

**How it Works:**
Chromium is the central atom in the “glucose tolerance factor” (GTF), a hormone-like compound that works with insulin to transport glucose—the body’s quickest fuel—out of the blood and into the cells. GTF is composed of two niacin molecules and three amino acids, and it requires zinc and manganese. With chromium present in the diet, the intestines can produce GTF.

The liver also needs chromium to manufacture fatty acids, lecithin, cholesterol and lipoproteins.

**Ingredients:**
- 300 mcg of chromium (250% DV), horsetail stem and strobilus, red clover flowers and yarrow aerial parts.

**Recommendation:**
Take 1 tablet daily with a meal.

**Complementary Products:**
SugarReg, Sweet FX, Master Gland, Nopal, Ayurvedic Blood Sugar Formula, Pro-Pancreas.

*Stock No. 1801 (90) Kosher*
Recommendation:
Take the contents of one AM packet in the morning with breakfast and one PM packet in the evening with a meal. Follow this pattern for 30 days.

Complementary Products:
Blood Pressurex, Red Yeast Rice, Solstic Cardio, Vari-Gone, Nervous Fatigue TCM Conc.
Stock No. 5383 (30 day supply)

CITRUS BIOFLAVONOIDS
(see Vitamin C)

CLA
[Weight Management]

Benefits:
• Sustains lean muscle mass
• Enhances the burning of fat
• Maintains blood glucose levels that are already in the normal range
• Helps maintain cholesterol levels that are already in the normal range
• Provides 750 mg CLA per softgel capsule

How it Works:
Conjugated Linoleic Acid is a natural fatty acid that is important to the body. CLA has several unique structural and functional properties. It modulates cellular processes, including the maintenance of muscle mass and lipolysis. CLA has also been shown to be effective for maintaining normal cholesterol levels and supporting the immune system. It can help modify body composition by sustaining lean muscle tissue and enhancing lipolysis (the burning of fat), resulting in a number of health and weight benefits.

Ingredients:
Conjugated linoleic acid and safflower oil.

Recommendation:
Take 4 capsules daily, preferably with food.

Complementary Products:
SmartMeal, Nutri-Burn, Fat Grabbers, Ultra Therm, Ultra Therm CF, Sweet FX, SugarReg.
Stock No. 3010 (75 softgel caps)

CLARY SAGE ESSENTIAL OIL
(see Essential Oils)

CLEANSTART®
[Core Health–Cleansing]

Benefits:
• Supports the intestinal system
• Supports the natural, everyday cleansing of toxic waste from the body
• Works without posing dangerous side effects
• Improves energy and promotes a feeling of well-being

How it Works:
CleanStart is a two-week program that supports natural waste elimination to provide a sense of improved energy and well-being. It contains powerful nutrients that help cleanse and detoxify the body. Psyllium hulls provide fiber and absorb bowel toxins. In fact, the program delivers 10 grams of fiber per day to promote waste removal. Highly absorbent bentonite clay is often used to support colon health. Aloe vera juice soothes bowel tissue. Chlorophyll helps prevent odor and counteracts bowel toxins. Stevia herb contains stevioside, a natural constituent that is 300 times sweeter than sugar (sucrose). Enviro-Detox cleanses the body of many common environmental pollutants. It includes burdock root, dandelion root, fenugreek seed, ginger rhizome, pepsin, red clover flowers, yellow dock root, marshmallow root extract, sarsaparilla
root extract, *Bacillus coagulans*, cascara sagrada bark, echinacea root extract and milk thistle seed extract. LBS II combines strong, purgative herbs and protective, gentle and soothing herbs to enhance elimination, increase production of digestive enzymes and soothe the digestive tract. LBS II contains cascara sagrada bark, buckthorn bark, licorice root, capsicum fruit, ginger rhizome, Oregon grape root and rhizome, Turkey rhubarb root, couch grass rhizome and red clover flowers.

**Ingredients:**
Each drink packet contains psyllium hulls, vegetable fiber, natural apple-cinnamon or wild berry (black currant and raspberry) flavor, potassium citrate, aloe vera inner leaf, malic acid, carrot root extract, stevia leaf extract, sodium copper chlorophyllin and hydrated bentonite. Each capsule pack contains 2 capsules of LBS II and 1 capsule of Enviro-Detox.

**Recommendation:**
Take the contents of one cleanse drink packet 15–30 minutes before breakfast and again 15–30 minutes before dinner. Take the contents of 1 capsule packet with breakfast and dinner (twice daily). Mix cleanse packet powder in 8 oz. juice or water. Shake, blend or stir vigorously and drink immediately. Drink an additional glass of water immediately following this. Drink plenty of water throughout the day.

NOTICE: This product contains cascara sagrada, buckthorn and Turkey rhubarb. See your health care provider prior to use if you are pregnant or nursing, any medical condition exists, or when taking any medication. Read and follow recommendation carefully. Do not use if diarrhea, loose stools or abdominal pain are present or develop. Use of this product may worsen these conditions and be harmful to your health. Chronic diarrhea can result in serious illness. May cause allergic reaction in persons sensitive to inhaled or ingested psyllium.

**Complementary Products:**
*Stock No. 3992* *Apple-Cinnamon (28 drink and 28 capsule packets)*
*Stock No. 3993* *Wild Berry (28 drink and 28 capsule packets)*

**CLEANSTART MILD**
[Core Health–Cleansing]

**Benefits:**
- Supports the natural, everyday cleansing of waste and toxins from the body
- Gently moves intestinal contents through the digestive system
- May help to maintain natural energy levels
- Promotes a feeling of well-being
- Supports the delicate balance of friendly bacteria in the intestinal tract with *Bacillus coagulans*
- Supports healthy liver detoxification and function

**How it Works:**
Environmental pollutants can build up in the body, slowing natural cleansing and detoxifying processes. CleanStart® Mild provides complete yet gentle cleansing support for the primary detoxifying organs of the body, including the liver, kidneys and bowel.

**Ingredients:**
Each Cleansing Drink Mix packet contains psyllium hulls, vegetable fiber, natural wild berry flavor, potassium citrate, aloe vera whole leaf, malic acid, carotene extract, stevia leaf extract, sodium copper chloro-
phyllin and bentonite. Each capsule pack contains 3 capsules of Gentle Move® and 1 capsule of Enviro-Detox™.

**Recommendation:**
Take contents of one cleansing drink mix packet 15-30 minutes before breakfast and 15-30 minutes before dinner. Take contents of capsule packet with breakfast and dinner (twice daily).

**Complementary Products:**
Detox Basics, Berberine IR, Nutribiome Probiotic Eleven
*Stock No. 3991 (14-day supply - 28 drink and 28 capsule packets)*

**CLOVE Bud ESSENTIAL OIL**
*(see Essential Oils)*

**CLT-X**
*[Body Systems]*

**Benefits:**
- Supports the intestinal system

**How it Works:**
Slippery elm and marshmallow root are mucilaginous herbs that can help soothe the bowel. They may help alleviate occasional intestinal distress. Ginger adds digestive support.

**Ingredients:**
Slippery elm bark, marshmallow root, ginger rhizome, dong quai root, wild yam root and lobelia aerial parts.

**Recommendation:**
Take 2 capsules with a meal three times daily.

**Complementary Products:**
Anti-Gas TCM Conc., Intestinal Soothe & Build, LBS II.
*Stock No. 1207 (100)*

**COQ10 100 MG**
*[General Nutrition]*

**Benefits:**
- Is vital for cellular energy and cardiovascular health
- Helps support already-normal-range blood pressure levels
- Promotes healthy cardiovascular function
- Helps reduce oxidative stress in all cells throughout the body
- Supports energy production

**How it Works:**
Found in every body cell is a vitamin-like substance that is critical to both creating cellular energy and for maintaining cardiovascular health. CoQ10 performs a host of functions for this body system, including assisting in protecting the cardiovascular system and helping to prevent lipid oxidation, which helps support already-normal-range blood pressure levels. This nutrient is necessary for the production of energy (ATP) within the cells, making it a crucial component of most metabolic processes. CoQ10 also possesses antioxidant activity, reducing oxidative stress on cells throughout the body.

**Ingredients:**
Co-enzyme Q10 in a base of extra virgin olive oil.

**Recommendation:**
Take 1 softgel with a meal, twice daily for circulatory support.

**Complementary Products:**
CardioxLDL, Berberine IR
*Stock No. 4135 (60)*
COLLATRIM
[Body Systems]

Benefits:
• Promotes joint and skin health

How it Works:
Collatrim is a blended mix of collagen powder designed to promote joint, muscle and skin health. Amino acids contained within collagen help fortify connective tissue, encouraging protein regeneration. Utilizing hydrolyzed bovine collagen, which is a fibrous protein, Collatrim provides the essential building blocks for a strong structural system.

Ingredients:
Hydrolyzed collagen.

Recommendation:
Take 3 capsules with a meal three times daily.

Complementary Products:
SmartMeal, Nutri-Burn, CLA, Fat Grabbers, Ultra Therm, Ultra Therm CF.
Stock No. 3065 (180) Kosher

COLLATRIM PLUS
[Body Systems]

Benefits:
• Promotes joint and skin health

How it Works:
Collatrim is a blended mix of collagen powder designed to promote joint, muscle and skin health. Amino acids contained within collagen help fortify connective tissue, encouraging protein regeneration. Utilizing hydrolyzed bovine collagen, which is a fibrous protein, Collatrim provides the essential building blocks for a strong structural system.

Ingredients:
Hydrolyzed collagen, xylitol, citric acid, natural citrus flavor, malic acid and aloe vera inner leaf.

Recommendation:
Mix 1/3 scoop (3.6 grams) in 4 oz. water three times daily. Scoop included.

Complementary Products:
EverFlex with Hyaluronic Acid, Joint Support and Skeletal Strength
Stock No. 3062 (30 servings, 326.5 g)

COLOSTRUM
[Body Systems]

Benefits:
• Accelerates healing
• Supports the immune system
• Increases the metabolism of fat

How it Works:
Colostrum is a super-nutritional substance secreted by the mammary glands of nursing mammals. It contains immunoglobulins and broad-based immune enhancers. Colostrum regenerates and accelerates the normal growth of aged muscle, bone, cartilage and skin collagen, and it supports growth and repair of gastrointestinal and nervous tissues.

Ingredients:
Colostrum from milk.

Recommendation:
Take 1 capsule four times daily one hour before meals and at bedtime with 8 oz. water.

Complementary Products:
VS-C, Silver Shield, Immune Stimulator, EverFlex w/Hyaluronic Acid, DHA, Brain Protex w/Huperzine A, Mind-Max.
Stock No. 1828 (90)
COLOSTRUM WITH IMMUNE FACTORS

[Body Systems]

Benefits:
- Supports the intestinal and immune systems
- Stimulates cytokines, key immunological factors
- Protects the overall health of the gastrointestinal tract
- Promotes normal bowel function
- Maintains the intestinal lining

How it Works:
Colostrum is the foremilk produced by mammals before the onset of lactation. It contains 25 percent immunoglobulins (high-level IgG) and is rich in immune-protecting factors. These factors are known to stimulate cytokines and strengthen the intestinal lining. Studies show that colostrum is not only of great importance in supporting the immune system of the newborn, but it can also maintain the health of children and adults. Inositol hexaphosphate (IP6) is a low-molecular-weight carbohydrate that occurs naturally in humans. It has immunostimulatory actions and may help the body maintain blood lipid levels and fat levels within the liver that are already within the normal ranges. Maitake mushroom contains the polysaccharide beta-glucan. Studies have shown this mushroom to exhibit immunostimulatory properties in its ability to activate natural killer cells, macrophages, interleukin-1 and cytotoxic T-cells. Shiitake mushroom contains both high-molecular and low-molecular-weight polysaccharides, including lentinan, which stimulates macrophages. Astragalus offers immunostimulatory benefits. The astragaloids it provides boost the immune system by enhancing the production of immunoglobulin and stimulating macrophages.

Ingredients:
Colostrum from milk, astragalus root, IP6 (inositol), maitake whole mushroom and shiitake mushroom mycelium.

Recommendation:
Take 1 capsule with a meal three times daily.

Complementary Products:

Stock No. 1587 (60)

COMBINATION CBG EXTRACT LIQUID

[Body Systems]

Benefits:
- Provides immune system support
- Supports the nervous system

How it Works:
Goldenseal provides proven immune system support. Other herbs in this formula provide beneficial glandular (black cohosh and licorice root) and nervous system (passionflower and valerian root) support.

Ingredients:
Extract of black cohosh root, chickweed aerial parts, goldenseal root, passionflower aerial parts, licorice root and valerian root in water and alcohol.

Recommendation:
Take 1/2 teaspoon three times daily with water. This product may also be used as a mouthwash; mix 1 teaspoon (5 ml) with water.

Complementary Products:
VS-C, Echinacea/Golden Seal, Silver Shield.

Stock No. 1751 (2 fl. oz.) Kosher
Coral Calcium Powder
[General Nutrition]

Benefits:
- Helps the body offset acidity and maintain pH levels
- Provides essential calcium to help maintain strong bones and teeth
- Is sourced in an environmentally friendly way
- Provides 325 mg calcium per serving

How it Works:
Many people—especially elderly men and women, middle-aged women, persons with a family history of osteoporosis, and white and Asian women ages 11 to 35—can benefit from proper calcium intake. Scientific studies show that regular exercise and a healthy diet with adequate dietary minerals, such as those contained in Coral Calcium, can promote bone integrity and health. Calcium works to increase bone mineral density during skeletal growth and may help prevent bone loss and its subsequent risks in the elderly and in postmenopausal women. In addition to bone-strengthening benefits, Coral Calcium works to maintain balanced pH levels in the body.

Magnesium benefits bone health by increasing bone mineralization and enhancing the sensitivity of target tissues, including bone. Studies reveal an association between poor calcium and magnesium absorption and the loss of bone density. Magnesium helps the body to better absorb and utilize calcium. Minerals in Coral Calcium are believed to be well-absorbed due to the changes in the mineral complex after being digested by coral.

Montmorillonite is natural clay that comes from volcanic ash. It is excellent for adsorbing impurities and cleansing the digestive tract. In the body, it is neither digested nor absorbed, so it is easily eliminated from the digestive tract through the feces, taking adsorbed impurities with it. Montmorillonite has detoxifying, emulsifying, cleansing and toning properties. Plus it contains at least 65 trace minerals.

Ingredients:
- 325 mg calcium (33% of Daily Value), 163 mg magnesium (41% of DV) from sea coral and montmorillonite.

Recommendation:
Mix 1 rounded scoop (included) in 8 oz. of water or other beverage.

Complementary Products:
Skeletal Strength, Calcium Plus Vitamin D, Calcium–Magnesium SynerPro, Herbal CA.

Stock No. 1873 (75 g/50 servings)

Coral Calcium Capsules
[General Nutrition]

Benefits:
- Helps the body offset acidity and maintain pH levels
- Provides essential calcium to help maintain strong bones and teeth
- Is sourced in an environmentally friendly way
- Contains 110 mg calcium plus 55 mg magnesium per capsule

How it Works:
Many people—especially elderly men and women, middle-aged women, persons with a family history of osteoporosis, and white and Asian women ages 11 to 35—can benefit from proper calcium intake. Scientific studies show that regular exercise and a healthy diet with adequate dietary minerals, such as those contained in Coral Calcium, can promote bone integrity and health. Calcium works to increase bone mineral density during skeletal growth and may help
prevent bone loss and its subsequent risks in the elderly and in postmenopausal women. In addition to bone-strengthening benefits, Coral Calcium works to maintain balanced pH levels in the body.

Magnesium benefits bone health by increasing bone mineralization and enhancing the sensitivity of target tissues, including bone. Studies reveal an association between poor calcium and magnesium absorption and the loss of bone density. Magnesium helps the body to better absorb and utilize calcium. Minerals in Coral Calcium are believed to be well-absorbed due to the changes in the mineral complex after being digested by coral. Montmorillonite is natural clay that comes from volcanic ash. It is excellent for adsorbing impurities and cleansing the digestive tract. In the body, it is neither digested nor absorbed, so it is easily eliminated from the digestive tract through the feces, taking adsorbed impurities with it. Montmorillonite has detoxifying, emulsifying, cleansing and toning properties. Plus it contains at least 65 trace minerals.

**Ingredients:**

110 mg calcium (11% of Daily Value), 55 mg magnesium (14% of DV) from sea coral and montmorillonite.

**Recommendation:**

Take 1 capsule with a meal three times daily.

**Complementary Products:**

Skeletal Strength, Calcium Plus Vitamin D, Herbal CA, Calcium–Magnesium SynerPro.

**Stock No. 1899 (90)**

**CORDYCEPS**

*Body Systems*

**Benefits:**

- Offers energizing support
- Supports the upper respiratory tract
- Supports male sexual performance and female vitality
- Supports the circulatory, immune and glandular systems
- Helps the body maintain proper blood viscosity

**How it Works:**

Cordyceps is perhaps best known as the supplement that members of the Chinese women’s track and field team used in training before they broke several records in 1993 and 1994. Team members tested negative for using illegal substances, and their coach revealed that the athletes’ diets were supplemented with a Chinese “caterpillar fungus.”

A natural Chinese supplement, cordyceps benefits several body systems, including the circulatory, immune, respiratory and glandular systems. Cordyceps has properties similar to those of ginseng and is traditionally used to help the body build strength and endurance. In Traditional Chinese Medicine, cordyceps has been used to benefit the glandular system in both women and men. In addition, cordyceps supports the kidneys, aids the upper respiratory tract and may help the body maintain proper blood viscosity.

**Ingredients:**

Cordyceps mycelium.

**Recommendation:**

Take 2–3 capsules with a meal three times daily.

**CAUTION:** Cordyceps is safe for adults, but people using immune-suppressing drugs, anticoagulant drugs or bronchodilators should consult their health care practitioners before using this product. Pregnant
or lactating women should avoid using this product. Store in a cool, dry place.

**Complementary Products:**
Ginseng products, Ginkgo Biloba Extract T/R, Bee Pollen, CoQ10 100 mg, Nervous Fatigue TCM Conc., Energ-V.

*Stock No. 1240 (90) Kosher*

**CORE BALANCING ESSENTIAL OILS BLEND**
*(see Essential Oils)*

**CORN SILK**
*[Body Systems]*

**Benefits:**
- Supports the urinary system

**How it Works:**
The silky tassel inside the corn husk is used in herbology as a support to the urinary system. Cornsilk is very popular in Chinese herbology. It provides toning, soothing support for urinary tissues.

**Ingredients:**
Cornsilk.

**Recommendation:**
Take 2 capsules with a meal three times daily.

**Complementary Products:**

*Stock No. 235 (100) Kosher*

**CRAMP RELIEF**
*[Body Systems]*

**Benefits:**
- Supports the female glandular system
- Eases cramping muscles
- May help lessen discomfort and cramping associated with menstruation

**How it Works:**
Cramp Relief contains herbs that have been used traditionally to help the body relax contracted muscles and ease cramping. It contains several herbs that are antispasmodic and support various body systems to help in the management of menstrual discomfort. Wild yam supports the female reproductive system, while black cohosh supports healthy hormone balance and can help lift mild mood changes (so-called dark moods) that often accompany female discomfort. Plantain helps relieve fluid build-up in the pelvic region that is sometimes associated with menstrual cramps.

**Ingredients:**
Cramp bark, black cohosh root, lobelia aerial parts, plantain leaves and wild yam root.

**Recommendation:**
Take 2 capsules with a meal two or three times daily.

**Complementary Products:**
Menstrual Reg, Female Comfort, Super GLA Oil Blend, Magnesium Complex.

*Stock No. 1124 (100) Kosher*

**CRANBERRY & BUCHU CONCENTRATE**
*[Body Systems]*

**Benefits:**
- Cranberry has been traditionally used for centuries to support the urinary system
- Supports the body’s healthy action against bacteria in the urinary tract

**How it Works:**
Scientific studies have concluded that cranberry juice contains substances that support a healthy urinary tract. Buchu
helps nourish the urinary tract. Its powerful, penetrating aroma is akin to peppermint or camphor and helps keep the urinary tract healthy.

**Ingredients:**
Cranberry fruit and buchu leaf extract.

**Recommendation:**
Take 1–2 capsules with a meal three times daily. Children: Take 1 capsule with a meal twice daily. Use daily to help maintain a healthy urinary tract.

**Complementary Products:**

Stock No. 834 (100) Kosher

**CURCUMIN**

**Benefits:**
- Encourages a healthy inflammatory response
- Supports your body’s immune, circulatory and glandular systems
- Helps safeguard your body at the cellular level

**How it Works:**
Curcumin is an antioxidant-rich, yellow turmeric extract. It has been used safely for centuries in Indian Ayurvedic medicine. Curcumin promotes a healthy inflammatory response while supporting the immune, circulatory and glandular systems. Formulated for maximum potency, Curcumin™ features black pepper, which studies show enhances bioavailability. Enjoy naturally powerful results with Curcumin™ – your first line of defense for a healthier life. This product may also help with weight loss as well as support the skeletal and digestive systems.

**Ingredients:**
Curcumin (*Curcuma longa L.*) and black pepper extract (*Piper nigrum*).

**Recommendation:**
Take 2 capsules daily with water.

**Complementary Products:**
Silver Shield, Chlorophyll ES, SAM-e.

Stock No. 238 (60)

**DAMIANA**

**Benefits:**
- Supports the glandular system
- May support sexual health

**How it Works:**
Damiana supports glandular health and is traditionally sought to support sexual desire. It was used historically for supporting sexual performance and as a mild tonic for promoting relaxation. The Aztecs used damiana as an aphrodisiac.

**Ingredients:**
Damiana leaves.

**Recommendation:**
Take 2 capsules with a meal twice daily.

**Complementary Products:**
Men’s X-Action Reloaded, Maca, Women’s X-Action.

Stock No. 240 (100) Kosher

**DANDELION**

**Benefits:**
- Provides urinary, digestive and hepatic system support
How it Works:
Dandelion root has nutritive properties that support the liver, kidneys, stomach and blood. It provides nutrition for the glands responsible for maintaining already-balanced blood sugar levels. Herbalists consider this plant one of the most nutrient-rich in the plant kingdom. The whole plant is edible—the flowers, the leaves and the roots. The herb is a source of many important minerals and vitamins.

Ingredients:
Dandelion root.

Recommendation:
Take 2 capsules with a meal twice daily.

Complementary Products:
Hydrangea, Cranberry & Buchu Conc., Urinary System Pack, Digestive System Pack.

DEFENSE MAINTENANCE®
[Body Systems]

Benefits:
• Provides nutritional support to the immune system
• Contains antioxidants and cruciferous vegetables
• Contains essential vitamins and minerals
• Provides 200–400% of the Daily Value of vitamins A, C and E

How it Works:
Defense Maintenance provides an excellent source of free radical-scavenging antioxidants. It contains vitamins A, C and E, plus the minerals selenium and zinc, all of which have been shown to quench damaging free radical activity in the body. Defense Maintenance also contains protective herbs. It provides a concentrated source of cruciferous vegetables, shown in studies to support the liver’s detoxifying function and to modulate the immune system.

Ingredients:
10,000 IU vitamin A as beta-carotene (200% of the Daily Value), 240 mg vitamin C (400% DV), 120 IU vitamin E (400% DV), 10 mg zinc (67% DV), 50 mcg selenium (71% DV), barley grass, asparagus stem, astragalus root, broccoli flower, cabbage leaf, ganoderma mushroom fruiting body, parthenium root, pau d’arco inner bark, schizandra fruit, eleuthero root, wheat grass and myrrh gum.

Recommendation:
Take 2 capsules with a meal twice daily.

Complementary Products:
VS-C, Immune Stimulator TCM Conc., Silver Shield, Thai-Go.

DETOX BASICS™
[Core Health–Cleansing]

Benefits:
• Supports gut health and microbiome balance
• Supports liver health and detoxification
• Provides daily support for the natural elimination processes of the liver, kidneys and bowel
• Provides powerful antioxidants to help fight free radicals
• Supports the liver, circulatory, glandular and immune systems
• Offers a shelf-stable product that requires no refrigeration
• Is safe for daily use

How it Works:
The human body is brilliantly designed to neutralize the wide variety of harmful toxins it encounters each day. Pollution, allergens, chemicals, food additives and more are expertly intercepted, broken down
and eliminated on a continual basis. But even the best of our built-in defenses can use a little help. All this daily effort requires daily support.

Detox Basics provides your body with the nutrients it needs to help neutralize, prepare and convert toxins for transport and elimination on a daily basis.

**Ingredients:**
Vitamin A, berberine from Indian barberry root, N-acetylcysteine (glutathione precursor), Vitamin C, milk thistle seed extract, dandelion root, *Bacillus coagulans* (shelf-stable probiotic), inositol, choline bitartrate, turmeric rhizome and prebiotic fiber (food for probiotics).

**Recommendation:**
Take the contents of one packet (2 tablets, 4 capsules) before a meal, once daily.

**Complementary Products:**
CleanStart Wild Berry, CleanStart Mild, Berberine IR.
*Stock No. 3986 (30 day supply)*

**DEVIL’S CLAW**
*[Body Systems]*

**Benefits:**
• Supports the structural and immune systems

**How it Works:**
Herbalists consider devil’s claw a nutritional aid for the structural and immune systems.

**Ingredients:**
Devil’s claw root.

**Recommendation:**
Take 2 capsules with a meal three times daily.

**Complementary Products:**
Skeletal Strength, HSN-W, EverFlex w/Hyaluronic Acid, Defense Maintenance.
*Stock No. 255 (100)*

**DHA**
*[Body Systems]*

**Benefits:**
• Supports and protects the nervous system
• Helps maintain blood lipid levels already within the normal range
• Is specially designed to support brain and eye health
• Provides circulatory system support

**How it Works:**
Docosahexaenoic acid (DHA) is a fatty acid that is absorbed into the fatty perimeter of cells. There it exerts its biochemical properties. DHA is highly concentrated in the brain and retinal neural tissues. It is required for brain development and important in maintaining and protecting the neural tissues. NSP DHA can benefit ocular health by supporting and protecting retinal cells.

**Ingredients:**
250 mg docosahexaenoic acid, 50 mg eicosapentaenoic acid and natural lemon oil.

**Recommendation:**
Take 1 softgel with a meal three times daily.

**Complementary Products:**
Brain Protex w/Huperzine A, Perfect Eyes, CoQ10 100 mg, Super Omega-3 EPA, Mind-Max.
*Stock No. 1513 (60 softgel caps)*
DHEA-F

[Body Systems]

Benefits:
• Improves energy and overall health
• Helps the body in its efforts to cope with stress
• May help improve quality of sleep
• Supports joint function and mobility
• Supports proper metabolism
• Provides 25 mg of DHEA per serving
• Supports the female glandular system
• May improve memory and mental alertness

How it Works:
The “F” indicates that this formula is designed for females. DHEA—dehydroepiandrosterone—is a hormone precursor produced by the adrenal glands. It is converted to essential hormones in the body. After about age 25, the body’s production of DHEA declines, leading many experts to believe that DHEA plays a role in slowing the aging process. DHEA especially supports the glandular, immune and nervous systems. NSP developed DHEA-F especially for women to help optimize vitality and to fight the damaging effects of free radicals—unstable molecules believed to quicken the aging process. Wild yam, false unicorn and chastetree are prized for their ability to help the female body maintain overall balance. Both wild yam and chastetree have been the subject of numerous clinical studies to investigate their utility in maintaining reproductive health. False unicorn enjoys a long history of folk usage for the female glandular system.

Ingredients:
25 mg DHEA, wild yam root, false unicorn root and chastetree berry extract.

Recommendation:
Take 1 capsule daily with a meal or as directed by your health care provider following DHEA level assessment.

Complementary Products:
Female Comfort, Master Gland, Adrenal Support, Glandular System Pack.
Stock No. 4202 (100)

DHEA-M

[Body Systems]

Benefits:
• Improves energy and overall health
• Helps the body in its efforts to cope with stress
• May help improve quality of sleep
• Supports joint function and mobility
• Supports proper metabolism
• Provides 25 mg of DHEA per serving
• Supports the male glandular system
• May improve memory and mental alertness

How it Works:
The “M” indicates that this formula is for males. DHEA is a hormone precursor produced by the adrenal glands. After about age 25, the body’s production of DHEA declines, leading many experts to believe that DHEA plays a role in slowing the aging process. NSP developed DHEA-M with an herbal base especially valuable for men. Saw palmetto has been shown to support healthy prostate function. Pumpkin seed contains nutrients essential to male reproductive health. Sarsaparilla and damiana have been used by men for centuries. The unique, energizing Korean ginseng is known the world over for its contribution to optimal well-being.
**Ingredients:**
25 mg DHEA, sarsaparilla root, damiana leaves, saw palmetto fruit, pumpkin seeds and Korean ginseng root extract.

**Recommendation:**
Take 1 capsule daily with a meal or as directed by your health care provider following DHEA level assessment.

**Complementary Products:**
Men’s X-Action Reloaded, Men’s Formula with Lycopene, Glandular System Pack.
Stock No. 4200 (100)

**DIETER’S CLEANSE®**  
*Weight Management*

**Benefits:**
- Promotes natural, healthy elimination
- Supports normal glandular function
- Supports the liver and digestive system
- May help maximize the nutritional benefit from the food you eat

**How it Works:**
Proper cleansing of the digestive tract allows for better elimination of waste and improved absorption of nutrients from the food you eat. Dieter’s Cleanse is a safe, simple, convenient cleansing program. Product elements provide dietary fiber, support the production of digestive enzymes and bile, nourish the liver and glandular system, promote detoxification and support the body’s weight-management mechanisms. Kick off your weight-loss program by using Dieter’s Cleanse for one week.

**Ingredients:**
Each box of Dieter’s Cleanse contains 14 AM packets, 14 NOON packets and 14 PM packets. The following NSP products are elements of Dieter’s Cleanse: Bowel Detox (2 capsules in AM and NOON packets), Master Gland (2 capsules in AM and NOON packets), Enviro-Detox (1 capsule in AM and NOON packets), Liver Cleanse Formula (1 capsule in AM and NOON packets), LBS II (3 capsules in PM packet), SF (2 capsules in PM packet) and Chromium (1 capsule in PM packet).

**Recommendation:**
Take 1 AM packet with breakfast. Take 1 NOON packet with lunch. Take 1 PM packet with dinner. Then begin your weight-management program. The second-week supply of Dieter’s Cleanse can be used during recommended rest periods of other NSP weight-loss programs. This product may also be used by any adult desiring a two-week cleanse. This product may produce bowel movements during the night or in the morning.

**NOTE:** This product contains cascara sagrada, buckthorn and Turkey rhubarb. See your health care provider prior to use if you are pregnant or nursing, any medical condition exists, or when taking any medication. Read and follow recommendation carefully. Not intended for prolonged use. Do not use if diarrhea, loose stools or abdominal pain are present or develop. Use of this product may worsen these conditions and be harmful to your health. Chronic diarrhea can result in serious illness.

**Complementary Products:**
Nature’s Three, Ultra Therm, Ultra Therm CF, Nutri-Burn, SmartMeal, CLA.
Stock No. 3220 (14-day supply)

**DIFFUSER, ESSENTIAL OIL**  
*(see Essential Oils–Professional Series Nebulizing Diffuser, Ultrasonic Diffuser)*
DIGESTIVE BITTERS TONIC

[Body Systems]

Benefits:
- Improves appetite
- Tones the digestive system and boosts immunity
- Enhances the secretion of digestive juices
- Improves the absorption of nutrients
- Aids the natural cleansing processes of the liver and gallbladder
- Supports the hepatic system
- Promotes vigor and vitality

How it Works:
Bitter herbs encourage the secretion of digestive juices, resulting in improved appetite and digestion. This formula helps to ensure that food is properly digested. These herbs also influence the gallbladder to empty properly, allowing for more complete digestion of fats. Bitter herbs are especially beneficial during convalescence and for general debility.

Ingredients:
Water, glycerin, cardamom seed tincture, red raspberry syrup, stevia leaves, dandelion root, orange peel tincture and gentian root.

Recommendation:
Adults: Take 1 teaspoon 15 minutes before each meal. Children: Take 1/2 teaspoon 15 minutes before each meal.

Complementary Products:
Food Enzymes, Gall Bladder Formula, Proactazyme, PDA Combination, Digestive System Pack.
Stock No. 3113 (4 fl. oz.) Kosher

DIGESTIVE SYSTEM PACK

[Body Systems]

Benefits:
- Supports healthy digestion by breaking down all types of food
- May promote immune system health
- Supplies friendly bacteria to help rebalance the population of flora in the gut
- Aids in the elimination of toxins

How it Works:
Proactazyme facilitates digestion and improves nutrient absorption. Anti-Gas TCM supports both the digestive and detoxifying functions of the body and supports the natural elimination of excess moisture. The shelf-stable probiotic Bacillus Coagulans is blended with prebiotics conducive to the growth of friendly bacteria. This unique probiotic strain helps defend against digestive upset and occasional diarrhea, gas and bloating.

Ingredients:
Each AM packet contains 3 Proactazyme capsules. Each PM packet contains 1 Anti-Gas TCM and 2 Bacillus Coagulans capsules.

Recommendation:
Take the contents of one AM packet throughout the day before meals (1 capsule before each meal). Take the contents of the PM packet with your evening meal. Follow this pattern for 30 days.

Complementary Products:
Food Enzymes, Gastro Health, Stomach Comfort, Spleen Activator TCM Conc.
Stock No. 5380 (30-day supply)
DONG QUAI
[Body Systems]

Benefits:
• Supports the female glandular system

How it Works:
Pronounced “don kwy,” it is considered the queen of herbs by the Chinese and is China’s most popular herb for women. Chinese physicians use dong quai to enrich the blood, promote circulation, regulate menstruation, calm nerves and soothe the intestines.

Ingredients:
Dong quai root.

Recommendation:
Take 1–2 capsules with a meal three times daily.

Complementary Products:
Black Cohosh, Red Raspberry, Female Comfort, Menstrual Reg, Mood Elevator TCM Conc.
Stock No. 258 (100) Kosher

DULSE LIQUID
[Body Systems]

Benefits:
• Supports the glandular system by optimizing thyroid gland activity and function
• Provides immune system support
• Provides 150% of the Daily Value of iodine per serving

How it Works:
Dulse is a type of red seaweed that grows on rocks at the low tide line in the North Atlantic and Northwest Pacific oceans where currents are strong and the bottom is clean. It provides a natural source of iodine, an essential trace mineral that is needed by the thyroid gland to maintain proper metabolism. Iodine is an essential ingredient in thyroid hormones that helps to regulate body temperatures, blood cell production, muscle and nerve function and other bodily functions.

Ingredients:
225 mcg iodine (150% of Daily Value), dulse leaf extract, vegetable glycerin and water.

Recommendation:
Take 1 ml (approximately 15-20 drops [1/4 teaspoon]) in water once daily.

Complementary Products:
Thyroid Activator, Kelp, Energ-V, Thyroid Support.
Stock No. 3156 (2 fl. oz.) Kosher

E, VITAMIN
(see Vitamin E)

E-TEA®
[Body Systems]

Benefits:
• Supports immunity
• Helps detoxify the body systems
• Provides a convenient capsule form of Essiac Tea

How it Works:
Due to the complexity of the preparation process, it would take hours for you to make this tea at home. Thanks to NSP, it is possible to provide the same herbal combination in convenient capsule form. The ingredients in E-Tea may help support immunity, detoxification of the body and purification of the blood. Sheep sorrel is viewed as detoxifying because it has pronounced laxative effects and benefits the
gastrointestinal tract. Burdock is a cleansing and detoxifying herb. Some studies suggest that Turkey rhubarb may exert powerful immuno-supportive effects, especially with regard to integrity of cellular membranes. Slippery elm is a great help for support of the mucous linings. It can help maintain healthy mucous surfaces while drawing toxins away.

**Ingredients:**
Extract of burdock root, sheep sorrel aerial parts, slippery elm bark and Turkey rhubarb root.

**Recommendation:**
Take 2 capsules three times daily on an empty stomach. Two capsules equals 2 oz. of traditional tea. Tea: Add the contents of 2 capsules to 4 oz. hot water.

NOTE: This product contains Turkey rhubarb. See your health care provider prior to use if you are pregnant or nursing, any medical condition exists, or when taking any medication. Read and follow recommendation carefully. Not intended for prolonged use. Do not use if diarrhea, loose stools or abdominal pain are present or develop. Use of this product may worsen these conditions and be harmful to your health. Chronic diarrhea can result in serious illness.

**Complementary Products:**

**Echinacea/Golden Seal Liquid**

**Benefits:**
- Maintains a strong immune system
- Helps support the body’s efforts to clear toxins

**How it Works:**
Members of the Echinacea genus contain polysaccharides, alkylamides, polyenes and glycosides that promote the optimal function of the immune system. Echinacea supports the normal body functions of clearing toxins and maintaining wellness. Several laboratory and animal studies suggest that echinacea contains active substances that enhance the activity of the immune system, have antioxidant activity and help support a healthy inflammation response. Goldenseal root contains the powerful alkaloids berberine and hydrastine that help the body maintain strong immunity. It may also benefit the digestive and circulatory systems.

**Ingredients:**
*Echinacea purpurea* aerial parts, *E. angustifolia* root and goldenseal root extract.

**Recommendation:**
Take 2 capsules with a meal three times daily.

NOTE: Pregnant or lactating women should not take goldenseal.

**Complementary Products:**
Silver Shield, VS-C TCM Conc., Solstic Immune, Elderberry D3fense, Immune Stimulator.

**Stock No. 835 (100) Kosher**
glycosides that promote the optimal function of the immune system. Echinacea supports the normal body functions of clearing toxins and maintaining wellness. Several laboratory and animal studies suggest that echinacea contains active substances that enhance the activity of the immune system, have antioxidant activity and help support a healthy inflammation response. Goldenseal root contains the powerful alkaloids berberine and hydrastine that help the body maintain strong immunity. It may also benefit the digestive and circulatory systems.

**Ingredients:**
- *Echinacea purpurea* and *E. angustifolia* root extracts, goldenseal root extract, vegetable glycerin, and banana and orange flavor.

**Recommendation:**
Take 15–20 drops (1 ml) in water with a meal three times daily. Each 1 ml serving provides 125 mg of *Echinacea purpurea* root extract and *E. angustifolia* root extract, plus 125 mg goldenseal root extract.

NOTE: Pregnant or lactating women should not take products that contain goldenseal.

**Complementary Products:**
Silver Shield, VS-C TCM Conc., Solstic Immune, Elderberry D3fense, Immune Stimulator.
Stock No. 3180 (2 fl. oz.) Kosher

**ECHINACEA PURPUREA**

*Body Systems*

**Benefits:**
- Promotes the immune system
- Creates an unfriendly environment for bacteria

**How it Works:**
Active compounds in echinacea include polysaccharides, glycoproteins, alkamides, volatile oils and flavonoids. Several laboratory and animal studies suggest that echinacea contains active substances that enhance the activity of the immune system, have antioxidant activity and help support a healthy inflammation response.

**Ingredients:**
Extracts from the roots of *Echinacea purpurea, E. angustifolia* and *E. pallida*, vegetable glycerin, water, and banana and orange flavor.
**Recommendation:**
Adults: Take 15–20 drops (1 ml) in water with a meal three times daily.

NOTE: Pregnant or lactating women should consult their health care provider before use.

**Complementary Products:**
Silver Shield, Solstic Immune, Elderberry D3fense, Immune Stimulator.

*Stock No. 3181 (2 fl. oz.) Kosher*

---

**ELDERBERRY D3FENSE**

*Body Systems*

**Benefits:**
- Supports the immune system
- Contains naturally derived vitamin D3
- Provides 2,000 IU vitamin D3 per capsule

**How it Works:**
The cloudy winter months (when people receive little sun exposure) are the hardest on the immune system. During this time, people are less likely to have needed levels of vitamin D, the “sunshine vitamin.”

Elderberry D3fense is a unique blend specifically formulated to support the immune system. It contains a healthy dose of vitamin D3, which mounting research indicates strengthens the immune system, along with key ingredients elderberry fruit extract and *Echinacea purpurea*. Elderberry D3fense also contains willow bark extract, which contains salicin; olive leaf extract, which features oleuropein, the substance in olive wood that helps protect the tree; and royal jelly, a nutrient-dense substance secreted by the honey bee containing fats, carbohydrates, amino acids and vitamins.

**Ingredients:**
2,000 IU (500% Daily Value) vitamin D3 per serving, plus elderberry fruit extract, echinacea aerial parts, willow bark extract, royal jelly and olive leaf extract.

**Recommendation:**
Take 1 capsule with a meal three times daily.

**Complementary Products:**
Silver Shield, Solstic Immune, Echinacea, Immune Stimulator.

*Stock No. 897 (90 capsules)*

---

**ELEUTHERO**

*Body Systems*

**Benefits:**
- Supports energy
- Provides glandular system support
- Helps maintain balance in the body

**How it Works:**
Adaptogenic herbs support energy and help the body under environmental stress. Eleuthero is considered an adaptogen. It acts as a tonic at the cellular level. Eleuthero is a distant relative of Korean and American ginsengs. It is held in high esteem in China, where it has been valued for thousands of years, sometimes commanding a higher price than gold. Eleuthero is found in the Russian province of Siberia.

**Ingredients:**
Eleuthero root.

**Recommendation:**
Take 2 capsules with a meal three times daily.

**Complementary Products:**

*Stock No. 660 (100) Kosher*
**ELEVEN ELEVATED**  
*see NutriBiome Eleven Elevated*

**ENERG-V®**  
[Body Systems]

**Benefits:**
- Supports the body's energy-building system and may aid metabolism
- Provides nutrients that support the glandular system
- Supports circulatory health
- Nourishes the nervous system

**How it Works:**
Energ-V provides essential nutrition to the glandular, nervous and circulatory systems. It works with these systems to promote energy metabolism and glucose utilization. Bee pollen has been called the “perfect food” because of its remarkable array of nutrients. Eleuthero root and schizandra fruit are considered adaptogenic because they act as tonics at the cellular level throughout the body. Gotu kola aerial parts support the nervous system, especially the brain, better enabling the body to cope with stress. Licorice root supports healthy digestion and strengthens adrenal function for increased energy and endurance. Rose hips, famous for providing vitamin C and bioflavonoids, promote strength and endurance. Yellow dock root, a support to the liver and gallbladder, helps promote digestion and blood health. Barley grass aerial parts provide trace minerals and support body cleansing and balance. Kelp leaves and stems contain important micronutrients from the sea. Kelp is particularly important to the thyroid, a gland acting as the body's energy thermostat. Capsicum fruit supports circulation.

**Ingredients:**
- Bee pollen, eleuthero root, gotu kola aerial parts, licorice root, rose hips, yellow dock root, barley grass, schizandra fruit, kelp leaves and stems, and capsicum fruit.

**Recommendation:**
Take 2 capsules with a meal twice daily.

**Complementary Products:**
- Liquid Methyl B12Complete, B-Complex capsules,
- AdaptaMax, Bee Pollen, Chelated Iron, Vitamin C.

**Stock No. 875 (100) Kosher**

**ENVIRO-DETOX**  
[Body Systems]

**Benefits:**
- Nutritionally supports the body’s five main detoxifying organs and helps cleanse the body
- Aids proper digestive function
- Contains friendly flora

**How it Works:**
Environmental pollutants and toxins can build up in the body, slowing the body's natural cleansing processes. Enviro-Detox is a combination of 13 nutrients selected for their ability to provide ongoing support to the body's organs that may play roles in detoxification: the liver, kidneys, lungs, bowels and skin.

The liver performs over 500 functions in the body. Providing clean blood is one of the most important of these. Half of the herbs in this formula (sarsaparilla root, red clover flowers, yellow dock root, dandelion root, burdock root and *Echinacea purpurea* root) are well-known promoters of the natural blood purification process. Enviro-Detox also contains a natural immune system supporter, echinacea, to help send toxins on their way as the body begins to release them. Cascara sagrada helps the main eliminative channel rid the body of these toxins being released and helps to cleanse the intestines of fecal matter. In addition, fenugreek
helps loosen and dissolve intestinal mucus, and marshmallow root helps the body remove this mucus. Enviro-Detox is uniquely designed to clean and build the immune system simultaneously and, with the addition of pepsin, aids digestion by breaking down the food proteins in the stomach.

**Ingredients:**
Burdock root, dandelion root, fenugreek seed, ginger rhizome, pepsin, red clover flowers, yellow dock root, marshmallow root extract, sarsaparilla root extract, *Bacillus coagulans*, cascara sagrada bark, echinacea root extract and milk thistle seed extract.

**Recommendation:**
Take 1 capsule with a meal three times daily.

**NOTE:** This product contains cascara sagrada. See your health care provider prior to use if you are pregnant or nursing, any medical condition exists, or when taking any medication. Read and follow recommendation carefully. Not intended for prolonged use. Do not use if diarrhea, loose stools or abdominal pain are present or develop. Use of this product may worsen these conditions and be harmful to your health. Chronic diarrhea can result in serious illness.

**Complementary Products:**
CleanStart, Nutribiome Probiotic Eleven, Heavy Metal Detox.

*Stock No. 874 (100)*

---

**EQUOLIBRIUM™**

*Body Systems*

**Benefits:**
- Supports healthy prostate function and urinary flow without side effects

**How it Works:**
Equolibrium brings balance to your urinary routine by supporting healthy prostate function and cell replication.

Exclusive to Nature’s Sunshine, Equolibrium harnesses the power of equol. A powerful antioxidant, equol supports the prostate through a multi-faceted approach. First, equol binds directly to dihydrotestosterone (DHT) to prevent it from binding to receptor sites in the prostate. Equol’s unique DHT-binding ability makes it the only known molecule that protects the prostate without triggering the side effects that can be caused by enzyme-blocking products.

**Ingredients:**
6 mg Equol per capsule.

**Recommended Use:**
Take 1 capsule twice daily. Best results are seen after 3–6 months.

**Complementary Products:**
Men’s Formula, Herbal Pumpkin, Saw Palmetto, PS II.

*Stock No. 3542 (60)*

---

**ESSENTIAL OILS**

A truly authentic essential oil is one of the plant kingdom’s greatest gifts. For centuries these oils have been prized as remarkable flavors, fragrances and most notably as potent remedies. Wellness seekers through the ages have discovered that when these precious aromatic liquids are delivered in their original, unaltered state, they profoundly and safely cleanse, protect, rejuvenate and elevate the body and mind.
**AROMABALL DIFFUSER SCENT CARDS**

*Essential Oils*

For use with the Aromaball Plug-in Diffuser. Pack of 10.

*Stock No. 3951 (10)*

**AROMABALL PLUG-IN DIFFUSER**

*Essential Oils*

Use the Aromaball to get the scent of your favorite essential oil into a room quickly. Simply place a few drops of oil onto the diffuser scent card and insert the card into the Aromaball. Then plug it in and enjoy the fresh scent of your oil or blend for many hours. Comes with 10 scent cards.

*Stock No. 3895*

**BERGAMOT**

*Essential Oils*

**Benefits:**
- Is frequently used in massage therapy for a calming effect
- Promotes healthy looking, clear skin
- Is organically grown

**Ingredients:**

100% pure organically grown, *Citrus x bergamia* rind oil, cold pressed

**Recommendation:**

Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine Massage Oil or Carrier Oil before being applied topically.

*Stock No. 3840 (15 ml)*

**BOTTLE WITH SPRAYER**

*Essential Oils*

Mix your favorite oil or blend with distilled water in this convenient spray bottle so you can spray linens or freshen the air. Holds 2 fl. oz.

*Stock No. 3936*

**BREATHE DEEP**

*Essential Oils*

Take a deep breath and exhale. This clearing blend will have you breathing deeply in no time.

Now available in an easy-to-use roll-on, blended in a 1:1 ratio of BREATHE DEEP blend and NSP Carrier Oil. Apply directly to wrists, temples or back of neck as needed.

**Ingredients:**


**Recommendation:**

Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine Massage Oil or Carrier Oil before being applied topically.

*Stock No. 3879 (15 ml)*

*Stock No. 21580 (10 ml Roll-on)*

**CHANGES WOMEN’S HEALTH BLEND**

*Essential Oils*

CHANGES helps women ease the symptoms that are traditionally associated with PMS or the transitional phase of menopause.

**Ingredients:**

Clary Sage, Pine Needle, Orange, Ho Leaf, Peppermint, Ylang Ylang and Chamomile.
Recommendation:
Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine Massage Oil or Carrier Oil before being applied topically.
Stock No. 3858 (15 ml)

CINNAMON LEAF
[Essential Oils]
Benefits: • Has a calming effect and lifts the mood
Ingredients: • 100% pure Cinnamomum zeylanicum leaf oil, steam-distilled.
Recommendation: • Diffuse in a room during changing seasons. Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine Massage Oil or Carrier Oil before being applied topically.
Stock No. 3898 (5 ml)

CLARY SAGE
[Essential Oils]
Benefits: • Eases stress and tension • Balances and lifts mood • Is organically grown
Ingredients: • 100% pure, organically grown Salvia sclarea flowering tops oil.
Recommendation: • Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine Massage Oil or Carrier Oil before being applied topically.
Stock No. 3843 (15 ml)

CLEAR ROLL-ON BOTTLE
[Essential Oils]
For those who need a roll-on application of essential oils, you can mix oils with massage oil in this bottle and pinpoint where you want it.
Stock No. 3950 (.5 fl. oz.)

CLOVE BUD
[Essential Oils]
Benefits: • Diffuse during the changing seasons • Is organically grown
Ingredients: • 100% pure, organically grown Eugenia caryophyllata bud oil.
Recommendation: • Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine Massage Oil or Carrier Oil before being applied topically.
Stock No. 3842 (15 ml)

CORE BALANCING BLEND
[Essential Oils]
Achieve a natural balance and sense of purpose with this supportive and unique blend.
Now available in an easy-to-use roll-on, blended in a 1:1 ratio of CORE blend and NSP Carrier Oil. Apply directly to wrists, temples or back of neck as needed.
**Ingredients:**
Atlas Cedar, Spruce, Ho Leaf, Blue Tansy, Frankincense and Chamomile.

**Recommendation:**
Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine Massage Oil or Carrier Oil before being applied topically.

*Stock No. 3873 (15 ml)*
*Stock No. 21578 (10 ml Roll-on)*

**EMPTY AMBER BOTTLE**

[Essential Oils]

Store your own blended creations in dark amber bottles for best shelf life.

*Stock No. 3894 (15 ml)*

**ESSENTIAL SHIELD**

[Essential Oils]

Shield yourself against the changing seasons with this protective formula.

**Ingredients:**
Orange, Clove, Eucalyptus, Cinnamon, Lavender, Lemon, Pine Needle, Wild Rosemary, Peppermint, Pink Grapefruit and Thyme.

**Recommendation:**
Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine Massage Oil or Carrier Oil before being applied topically.

*Stock No. 3887 (15 ml)*
*Stock No. 3868 (5 ml)*

**EUCALYPTUS**

[Essential Oils]

**Benefits:**
- Is useful during the changing seasons
- Is organically grown

**Ingredients:**
100% pure, organically grown *Eucalyptus radiata* leaf oil.

**Recommendation:**
Dilute with carrier oil and apply to neck and chest. Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine Massage Oil or Carrier Oil before being applied topically.

*Stock No. 3844 (15 ml)*

**FRANKINCENSE, ORGANIC**

[Essential Oils]

**Benefits:**
- Is centering and comforting with mood-elevating aspects
- Is useful in meditation and prayer
- Is certified organic

**Ingredients:**
100% pure, organically grown *Boswellia carteri* gum resin oil (certified organic by Ecocert).

**Recommendation:**
Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine Massage Oil or Carrier Oil before being applied topically.

*Stock No. 3869 (15 ml)*
*Stock No. 3885 (5 ml)*
GERANIUM, ORGANIC
[Essential Oils]
Benefits:
- Promotes clear, healthy-looking skin
- Soothes and balances nerves
- Is certified organic
Ingredients:
100% pure, organically grown Pelargonium graveolens leaf oil (certified organic by Ecocert).
Recommendation:
Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine Massage Oil or Carrier Oil before being applied topically.
Stock No. 3845 (15 ml)

GRAPEFRUIT, PINK
[Essential Oils]
Benefits:
- Is known to ease nervous exhaustion
- Is organically grown
Ingredients:
100% pure, organically grown Citrus x paradisi peel oil, cold pressed.
Recommendation:
Diffuse in a room to elevate mood. Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine Massage Oil or Carrier Oil before being applied topically.
Stock No. 3846 (15 ml)

HELICHRYSUM, ORGANIC
[Essential Oils]
Benefits:
- Helps soften rough or coarse skin
- Is certified organic
Ingredients:
100% pure, organically grown Helichrysum italicum flower oil (certified organic by Ecocert).
Recommendation:
Use topically on damaged skin and scars. Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine Massage Oil or Carrier Oil before being applied topically.
Stock No. 3943 (5 ml)

INSPIRE UPLIFTING BLEND
[Essential Oils]
Inspire greatness in yourself and those around you with this uplifting and fresh blend.
Now available in an easy-to-use roll-on, blended in a 1:1 ratio of INSPIRE blend and NSP Carrier Oil. Apply directly to wrists, temples or back of neck as needed.
Ingredients:
Pink Grapefruit, Orange, Lemon, Spearmint, Peppermint, Cinnamon, Bergamot, Ginger and Vanilla.
Recommendation:
Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine
Massage Oil or Carrier Oil before being applied topically.

**JASMINE**

[Essential Oils]

**Benefits:**
- Encourages a romantic atmosphere
- Helps ease dry, sensitive skin

**Ingredients:**
100% pure, organically grown *Jasminum officinale* flower absolute.

**Recommendation:**
Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine Massage Oil or Carrier Oil before being applied topically.

*Stock No. 3860 (5 ml)*

**LAVENDER, ORGANIC**

[Essential Oils]

**Benefits:**
- Is widely used for calm and relaxation
- Promotes sleep when diffused in a room
- Helps moisturize skin
- Is certified organic

**Ingredients:**
100% pure, organically grown *Lavandula angustifolia* flower oil (certified organic by Ecocert).

**Recommendation:**
Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine Massage Oil or Carrier Oil before being applied topically.

*Stock No. 3847 (15 ml)*

**LEMON**

[Essential Oils]

**Benefits:**
- Is helpful for cleaning kitchen or bathroom areas
- Has a fresh, uplifting scent

**Ingredients:**
100% pure *Citrus x limon* peel oil, cold pressed.

**Recommendation:**
Diffuse in a room to elevate mood. Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine Massage Oil or Carrier Oil before being applied topically.

*Stock No. 3870 (15 ml)*

**LEMONGRASS**

[Essential Oils]

**Benefits:**
- Purifies and tones skin
- Brightens and elevates mood

**Ingredients:**
100% pure *Cymbopogon citratus* leaf oil.

**Recommendation:**
Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine Massage Oil or Carrier Oil before being applied topically.

*Stock No. 3870 (15 ml)*
MANDARIN, RED
[Essential Oils]

Benefits:
• Provides a soothing effect to combat agitation
• Helps settle restless children
• Is organically grown

Ingredients:
100% pure, organically grown *Citrus reticulata* peel oil, cold pressed.

Recommendation:
Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine Massage Oil or Carrier Oil before being applied topically.
Stock No. 3867 (15 ml)

MARJORAM, SWEET
[Essential Oils]

Benefits:
• Helps ease nervous exhaustion
• Is organically grown

Ingredients:
100% pure, organically grown *Origanum majorana* leaf and flower oil.

Recommendation:
Apply to muscles for a warming effect. Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine Massage Oil or Carrier Oil before being applied topically.
Stock No. 3866 (15 ml)

MASSAGE OIL
[Essential Oils]

Benefits:
• Provides essential fatty acids to the skin
• Nourishes the skin
• Acts as a carrier for essential oils

How it Works:
This light, non-greasy massage and body oil makes massage simple and fun.

Ingredients:
Apricot kernel oil, sweet almond oil, hazelnut oil, borage oil and vitamin E.

Recommendation:
Dilute 7–15 drops of essential oil per tablespoon of massage oil. Use liberally on desired areas.

Complementary Products:
Any essential oil.
Stock No. 3928 (4 fl. oz.)

MYRRH, WILD
[Essential Oils]

Benefits:
• Promotes feelings of balance and well-being

Ingredients:
100% pure *Commiphora myrrha* gum resin oil.

Recommendation:
Diffuse in a room during meditation or prayer. Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine Massage Oil or Carrier Oil before being applied topically.
Stock No. 3859 (15 ml)
NEROLI, ORGANIC
[Essential Oils]

Benefits:
• Offers restorative skin properties when applied topically
• Provides a nurturing and calming effect
• Is certified organic

Ingredients:
100% pure, organically grown *Citrus x aurantium* amara flower oil.

Recommendation:
Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine Massage Oil or Carrier Oil before being applied topically.

*Stock No. 3861 (5 ml)*

ORANGE, ORGANIC
[Essential Oils]

Benefits:
• Has an energizing and revitalizing aroma
• Diffuse to elevate mood
• May support mental focus

Ingredients:
100% pure, organically grown *Citrus sinensis* peel oil, cold pressed.

Recommendation:
Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine Massage Oil or Carrier Oil before being applied topically.

*Stock No. 3839 (15 ml)*

OREGANO, WILD
[Essential Oils]

Benefits:
• Provides natural fortification
• Is opening and clarifying

Ingredients:
100% pure, wild-harvested *Origanum vulgare* flowering tops oil.

Recommendation:
Use topically for cleansing. Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine Massage Oil or Carrier Oil before being applied topically.

*Stock No. 3884 (15 ml)*

PATCHOULI
[Essential Oils]

Benefits:
• Eases skin irritation when used topically
• Has a balancing effect on emotions

Ingredients:
100% pure *Pogostemon cablin* leaf oil.

Recommendation:
Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine Massage Oil or Carrier Oil before being applied topically.

*Stock No. 3849 (15 ml)*

PEPPERMINT
[Essential Oils]

Benefits:
• Freshens and invigorates when diffused
• Supports mental performance and alertness

**Ingredients:**
100% pure, organically grown *Mentha piperita* leaf and flower oil.

**Recommendation:**
Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine Massage Oil or Carrier Oil before being applied topically.

*Stock No. 3850 (15 ml)*

**PINE NEEDLE**

*Essential Oils*

**Benefits:**
• Is a natural deodorizer

**Ingredients:**
100% pure *Pinus sylvestris* needle oil.

**Recommendation:**
Diffuse to freshen and awaken. Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine Massage Oil or Carrier Oil before being applied topically.

*Stock No. 3851 (15 ml)*

**PROFESSIONAL SERIES NEBULIZING DIFFUSER**

*Essential Oils*

This powerful, compact, all-in-one essential oil nebulizing diffuser is the professional choice. Change oil in seconds with the innovative “quick-change” system. Simply insert a new bottle of oil at any time without the worries of mixing, spilling or messes. Easy-to-use timing controls provide exceptional flexibility and convenience.

State-of-the-art cold diffusion technology preserves the natural essence of essential oils by transforming them into a micro-fine vapor without the use of heat or water. These micro particles permeate the air, filling it with luxurious fragrance.

*Stock No. 3963*

**PROSPER SUCCESS BLEND**

*Essential Oils*

**Benefits:**
• Encourages feelings of abundance
• Promotes a sense of clarity and alertness
• Provides an empowering and revitalizing aroma

**Ingredients:**
Orange, Atlas Cedar, Cinnamon, Spruce, Clove bud, Lavender, Frankincense, Myrrh and Patchouli.

**Recommendation:**
Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine Massage Oil or Carrier Oil before being applied topically.

*Stock No. 3838 (15 ml)*

**PURITY REFRESHING BLEND**

*Essential Oils*

**Benefits:**
• Eliminates odors and freshens the air
• May be used in cleansing solutions or laundry to provide an all-natural, fresh scent
• Brightens the mood
Ingredients:

Recommendation:
Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine Massage Oil or Carrier Oil before being applied topically.

Stock No. 3972 (15 ml)

RECOVER SOOTHING BLEND
[Essential Oils]

Benefits:
- Apply this deep, cool and penetrating blend to muscles after a workout.
- Now available in an easy-to-use roll-on, blended in a 1:1 ratio of RECOVER blend and NSP Carrier Oil. Apply as needed.

Ingredients:
- Wintergreen, White Camphor, Wild Rosemary, Cajeput, Fir, Clove, Helichrysum, Juniper, Peppermint and Frankincense.

Recommendation:
Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine Massage Oil or Carrier Oil before being applied topically.

Stock No. 3876 (15 ml)
Stock No. 21579 (10 ml Roll-on)

RELIEF SETTLING BLEND
[Essential Oils]

Benefits:
- Apply topically to abdomen, chest or wrists to soothe and settle
- Diffuse to support a sense of calm and peacefulness
- Is great for long car trips

Ingredients:
- Ginger, Star Anise, Peppermint, Lemon-grass, Tarragon, Fennel, Juniper and Patchouli.

Recommendation:
Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths,
scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine Massage Oil or Carrier Oil before being applied topically.  

Stock No. 3837 (15 ml)

RENEW RELEASING BLEND  
[Essential Oils]

Benefits:  
- Purifies  
- Provides balancing and calming properties  
- May help maintain mental vitality  
- May be applied topically over trouble areas

Ingredients:  
Lemon, Grapefruit, Cypress, Laurel, Wild Rosemary and Juniper.

Recommendation:  
Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine Massage Oil or Carrier Oil before being applied topically.  

Stock No. 3852 (15 ml)

ROMAN CHAMOMILE  
[Essential Oils]

Benefits:  
- Promotes a restful state of mind when diffused at bedtime  
- Provides a calming effect when applied topically

Ingredients:  
100% pure Anthemis nobilis flower oil.

Recommendation:  
Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine Massage Oil or Carrier Oil before being applied topically.  

Stock No. 3901 (5 ml)

ROSE  
[Essential Oils]

Benefits:  
- Comforts and calms matters of the heart  
- Promotes affection and warmth when diffused in a room

Ingredients:  
100% pure Rosa x damascena flower oil.

Recommendation:  
Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine Massage Oil or Carrier Oil before being applied topically.  

Stock No. 3862 (5 ml)

ROSEMARY, WILD  
[Essential Oils]

Benefits:  
- Stimulates memory  
- Helps combat emotional fatigue

Ingredients:  
100% pure, wild-harvested Rosmarinus officinalis leaf oil.

Recommendation:  
Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine Massage Oil or Carrier Oil before being applied topically.  

Stock No. 3854 (15 ml)
SANDALWOOD
[Essential Oils]

Benefits:
- Can be diffused to lighten and balance mood
- Moisturizes dry skin when applied in a lotion or cream

Ingredients:
100% pure *Santalum album* wood oil.

Recommendation:
Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine Massage Oil or Carrier Oil before being applied topically.

Stock No. 3915 (5 ml)

SHINE ENERGIZING BLEND
[Essential Oils]

Benefits:
- Has a warm, uplifting scent
- Stimulates the spirits to a harmonious state of being

Ingredients:

Recommendation:
Apply directly to wrists, temples or back of neck as desired.

Stock No. 21582 (10 ml Roll-on)

TEA TREE
[Essential Oils]

Benefits:
- Invigorates and restores
- Can be used topically for cleansing

Ingredients:
100% pure *Melaleuca alternifolia* leaf oil.

Recommendation:
Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine Massage Oil or Carrier Oil before being applied topically.

Stock No. 3877 (15 ml)

TEI-FU® SOOTHING BLEND
[Essential Oils]

Invigorate the mind and ease the body with this soft and refreshing blend.

Ingredients:
Menthol, Camphor, Wintergreen, Eucalyptus, Lavender and Clove.

Recommendation:
Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine Massage Oil or Carrier Oil before being applied topically.

Stock No. 3875 (15 ml)

THYME, WILD
[Essential Oils]

Benefits:
- Eases mental fatigue

Ingredients:
100% pure, wild-harvested *Thymus satureioides* leaf and flower oil.

Recommendation:
Aromatherapists credit thyme with the ability to cultivate courage. Essential oils may be used aromatically or topically in a variety
of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine Massage Oil or Carrier Oil before being applied topically.

Stock No. 3853 (15 ml)

ULTRASONIC AUTHENTIC ESSENTIAL OIL DIFFUSER

[Essential Oils]

Advanced ultrasonic technology produces vibrations at a frequency of 2.4 million times per second, dispersing essential oil molecules into the air on a stream of cool water vapor. Because no heat is involved, essential oils retain their natural, authentic aromas and health benefits.

Stock No. 3889
Stock No. 6964 Mini Travel Diffuser

WINTERGREEN, WILD

[Essential Oils]

Benefits:

• Has a soothing, warming effect on body aches when used topically (always use wintergreen sparingly and with a carrier)
• Is invigorating and awakening
• Is often used in homemade shampoos, muscle rubs and salves

Ingredients:

100% pure, wild-harvested Gaultheria procumbens leaf oil.

Recommendation:

Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine Massage Oil or Carrier Oil before being applied topically. Wintergreen oil features a child protective cap and should be kept from the reach of children.

Stock No. 21400 (15 ml)

YLANG YLANG, ORGANIC

[Essential Oils]

Benefits:

• Is helpful with stress and anxiety
• Promotes feelings of happiness and gratitude
• Is certified organic

Ingredients:

100% pure Cananga odorata flower oil.

Recommendation:

Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature’s Sunshine Massage Oil or Carrier Oil before being applied topically.

Stock No. 3857 (15 ml)

ESSENTIAL SHIELD OIL BLEND

(see Essential Oils)

EUCALYPTUS ESSENTIAL OIL

(see Essential Oils)

EVENING PRIMROSE OIL

[Body Systems]

Benefits:

• Provides the body with important fatty acids
• May help the body maintain proper temperature
• Strengthens body tissues
• Supports the glandular and circulatory systems
• May help promote bone health
How it Works:
Evening primrose oil contains gamma-linolenic acid (GLA), a fatty acid that assists the body in producing prostaglandins (messengers in the body that perform hundreds of important functions).

Ingredients:
Vitamin E and evening primrose oil.

Recommendation:
Take 1 softgel daily with a meal.

Complementary Products:
GABA Plus, Flax Seed Oil, Super GLA Oil Blend, Cramp Relief.
Stock No. 1787 (90 softgel caps)

EVERFLEX® WITH HYALURONIC ACID
[Body Systems]

Benefits:
• Supports the lubrication of joints
• Promotes joint flexibility and mobility
• Helps sustain protein structure and cellular function

How it Works:
Studies suggest that glucosamine protects connective tissues and helps maintain the integrity and mobility of joints. Glucosamine also helps lubricate joints by replenishing synovial fluid, which promotes a joint’s shock-absorbing abilities. Chondroitin sulfate attracts fluid and draws nutrients into the cartilage, making the cartilage more shock absorbent. It also promotes growth and normal tissue generation and keeps enzymes in balance. Methylsulfonylmethane (MSM) is a significant component of the body’s proteins, hormones, enzymes and tissues. It is present in many fresh foods, but it is destroyed through cooking, processing and storage. Supplementing with this nutrient ensures an adequate supply of sulfur. Sulfur is an important structural component of the connective tissue that joins muscle to bone. Hyaluronic acid (HA) is an important component of cartilage and synovial fluid; it occurs naturally throughout the body. This molecule plays a crucial role in joint motion, the maintenance of joint homeostasis and skin support. HA promotes the viscosity and elasticity of the fluid surrounding the joints.

Ingredients:
Glucosamine hydrochloride, MSM, chondroitin sulfate and hyaluronic acid.

Recommendation:
Take 2 tablets twice daily with a meal.

Complementary Products:
Skeletal Strength, Joint Support, IF Relief, EverFlex Pain Cream, Relief Formula.
Stock No. 948 (60)

EVERFLEX® PAIN CREAM
[Body Systems]

Benefits:
• Enhances joint mobility and flexibility through pain reduction
• Relieves muscle and joint pain
• Is easily absorbed through the skin for fast-acting structural support

How it Works:
This cream is a combination of cetylated fatty acid esters. Clinical studies have shown that cetylated fatty acid ester formulations can significantly increase joint range of motion and flexibility. Cetylated fatty acids, especially cetyl palmitate, may also be good carriers for other active ingredients, helping to enhance their absorption through the skin. MSM (methylsulfonylmethane) is a form of biologically active sulfur found in the human diet but easily destroyed through the preparation of foods. Sulfur is an important structural component of the connective tissue.
tissue that joins muscles to bones. Menthol provides cooling relief and has local analgesic properties. It is the approved active ingredient in pain-relieving topical creams.

**Ingredients:**

Active ingredient: Menthol (1.25%).

Inactive ingredients: water, glyceryl stearate, glycerin, methylsulfonylmethane, cetyl myristoleate, cetyl myristate, olive fruit oil, lecithin, menthol, tocopheryl acetate, benzyl alcohol, phenoxyethanol, carbomer, PEG-100 stearate, potassium hydroxide, cetyl palmitoleate, cetyl oleate, cetyl palmitate, cetyl laurate, methyl paraben, propylparaben, ethylparaben, butylparaben and isobutylparaben.

**Recommendation:**

Adults and children 2 years of age and older: Apply to affected area not more than three to four times per day. For children under 2 years of age, consult a physician.

**How it Works:**

Everybody’s Fiber is a bulk powder for cleansing the digestive system. It contains fiber and many herbs and nutrients that are high in mucilage, allowing them to offer soothing and softening support for the gastrointestinal tract. Apple pectin is a soluble fiber that has adsorbing and bulking properties. It is an important polysaccharide with the ability to form gel, which allows waste to move better through the bowel. Slippery elm bark forms a gel when mixed with water and helps things slide along smoothly. Extensive studies have proven that scFOS (short-chain fructo-oligosaccharides, prebiotic dietary fiber) is beneficial in helping to maintain regularity. It also boosts the immune system and helps with the natural elimination of toxic compounds. Flax, a soluble fiber also helps to soothe the bowel and support the GI tract. Marshmallow root is soothing and adds fiber. Peppermint aids digestion and has been shown to have carminative properties. Cat’s claw supports the immune system.

**Ingredients:**

Apple pectin, slippery elm bark, short-chain fructo-oligosaccharides, chamomile flowers, flaxseed meal, fennel seed, malic acid, marshmallow root, peppermint leaves, stevia leaf extract, asparagus stem, cat’s claw inner bark, and natural peach, apricot and plum flavors.

**Recommendation:**

Mix 1 scoop powder (5 grams) in 4 ounces water or juice and drink.
Complementary Products:
Aloe Vera Juice, Nature’s Noni Juice, Gentle Move.
Stock No. 1336 (4.6 oz.)

FALSE UNICORN
[Body Systems]

Benefits:
• Supports the female glandular system
• Was used historically as a uterine tonic

How it Works:
False unicorn was used historically to support the female reproductive system.

Ingredients:
False unicorn root.

Recommendation:
Take 2 capsules with a meal twice daily.

Complementary Products:
Stock No. 267 (100) Kosher

FAT GRABBERS®
[Weight Management]

Benefits:
• Helps decrease the body’s absorption of fat
• Helps maintain cholesterol levels that are already within the normal range

How it Works:
Research conducted in our laboratories has verified many other in vitro experiments performed at independent laboratories that lecithin saponins emulsify fat in aqueous media. The logical extension of this observation to the small intestines is assumed through scientific precedent. The fat-binding properties of fiber from guar gum and psyllium hulls interfere with the absorption of the emulsified fat from the small intestine. The bound fat molecules are then eliminated. Unlike some other types of fiber, guar gum does not affect mineral absorption. However, this fiber does slow down sugar absorption, which helps to maintain blood sugar levels already within the normal range. Guar gum also swells with fluid intake, promoting a feeling of satiety.

Ingredients:
Guar gum, psyllium hulls, chickweed leaf extract and lecithin.

Recommendation:
Take 4 capsules with a meal three times daily. Drink 8 oz. pure water with the capsules, then follow with another glass of water.

NOTE: May cause allergic reaction in persons sensitive to inhaled or ingested psyllium.

Complementary Products:
Ultra Therm, Ultra Therm CF, SmartMeal, Carbo Grabbers w/Chromium.
Stock No. 3028 (180) Kosher

FCS II WITH LOBELIA
[Body Systems]

Benefits:
• Provides nutritional support for the female reproductive system
• Supports the urinary and glandular systems

How it Works:
Red raspberry leaves nutritionally support the entire female reproductive system. Blessed thistle has been acclaimed by herbalists as important for female reproductive organs. Dong quai root benefits the circulatory, nervous and immune systems. Queen
of the meadow herb has been traditionally used for the urinary system as it helps keep fluids of the body balanced. Black cohosh root is used by many women during and after menopause and is known to aid the structural and muscular systems.

**Ingredients:**
Red raspberry leaves, blessed thistle aerial parts, dong quai root, queen of the meadow leaf, marshmallow root, lobelia aerial parts, ginger rhizome, black cohosh rhizome and root extract, capsicum fruit and goldenseal root extract.

**Recommendation:**
Take 2 capsules with a meal three times daily.

**Complementary Products:**
Female Comfort, Urinary Maintenance, Natural Changes.
*Stock No. 878 (100) Kosher*

---

**FEMALE COMFORT**  
*Body Systems*

**Benefits:**
- Supports the female reproductive system
- Aids in glandular system functions
- Provides nutritional support for menopausal women

**How it Works:**
Red raspberry leaves nutritionally support the entire female reproductive system. Dong quai root benefits the circulatory, nervous and immune systems. It is also known to aid muscle, joint and skin elements of the structural system. Ginger root contains highly assimilable trace minerals. Licorice root feeds the adrenal glands and helps produce a synergistic effect with all of the other herbs in the formula. Black cohosh root is used by many women during and after menopause and is known to aid the structural and muscular systems. Blessed thistle has been acclaimed by herbalists as important for female reproductive organs. Marshmallow root contains asparagine, which is beneficial to the urinary system. Marshmallow is also used for the digestive, respiratory and circulatory systems. Queen of the meadow herb has been traditionally used for the urinary system as it functions to help keep body fluids balanced.

**Ingredients:**
Red raspberry leaves, dong quai root, ginger rhizome, licorice root, black cohosh root, blessed thistle aerial parts, marshmallow root and queen of the meadow leaves.

**Recommendation:**
Take 2 capsules with a meal three times daily.

**Complementary Products:**
Super GLA Oil Blend, Magnesium Complex, Flash Ease T/R, Menstrual Reg.
*Stock No. 882 (100) Kosher*

---

**FENUGREEK & THYME**  
*Body Systems*

**Benefits:**
- Supports the respiratory system
- Helps keep the mucus thin
- Soothes respiratory tissue

**How it Works:**
Fenugreek seed can be used as a nutritional support for the respiratory system. The herb contains mucilaginous compounds, which are gel-like substances known for their ability to help soothe tissues. Fenugreek also encourages thinner mucus, which can flush the toxins out of sinus cavities. Thyme is known to support...
immune and respiratory health, especially in the bronchial region and throat.

**Ingredients:**
Fenugreek seeds and thyme leaves.

**Recommendation:**
Take 2 capsules with a meal twice daily.

**Complementary Products:**
Sinus Support EF, ALJ, Ayurvedic Bronchial Formula, Seasonal Defense, Mullein.

*Stock No. 885 (100) Kosher*

---

**FEVERFEW CONCENTRATE**

*Body Systems*

**Benefits:**
- Supports the central nervous system
- Offers structural support for the body, particularly the joints
- Promotes the natural balance of prostaglandin levels

**How it Works:**
Feverfew may help balance the body’s synthesis of prostaglandins that cause physical discomfort. Concentrated Feverfew delivers 500 mcg of parthenolides in a total of 186 mg of feverfew per capsule. Parthenolides are sesquiterpene lactones, the major dietary components of feverfew.

**Ingredients:**
Feverfew aerial parts and leaf extract.

**Recommendation:**
Take 1 capsule daily with a meal.

**Complementary Products:**
Relief Formula, Nutri-Calm, Tei Fu Essential Oil, Stress-J.

*Stock No. 288 (100) Kosher*

---

**FIBRALGIA®**

*Body Systems*

**Benefits:**
- Helps support the structural system, especially the muscles
- Provides the body/cells with extra malic acid and magnesium
- Helps with the absorption of several vitamins and minerals
- Helps promote bone strength and regulate nerve impulses
- Provides 80 mg magnesium per serving

**How it Works:**
When the body needs energy-producing fuel, it breaks down muscle protein to create energy. Malic acid plays an important role in cellular energy production. This formula provides malic acid and magnesium, which may help the body not to rob muscle protein to create energy.

**Ingredients:**
80 mg magnesium and malic acid.

**Recommendation:**
Take 1 capsule with a meal three times daily.

**Complementary Products:**
Cordyceps, 5-HTP Power, Flax Seed Oil, Relief Formula, St. John’s Wort, MSM.

*Stock No. 4061 (90) Kosher*

---

**5-HTP POWER**

*Body Systems*

**Benefits:**
- May help regulate appetite, mood and sleep
- Helps the body adapt to stress
- Supports the nervous system
- Provides 35 mg of 5-HTP per capsule
- Provides 3 mg vitamin B6 per capsule
How it Works:

5-Hydroxytryptophan (5-HTP) is a precursor to serotonin, an important neurotransmitter that helps regulate appetite, mood and sleep. 5-Hydroxytryptophan is converted into serotonin in the body, which may help elevate mood, assist in controlling hunger and promote restful sleep. 5-HTP Power blends three adaptogenic herbs—eleuthero, ashwaganda and suma—with 5-HTP to help the body adjust to changes. It also contains vitamin B6 and zinc, which support the action of 5-HTP.

Ingredients:

- 3 mg vitamin B6 (150% of Daily Value), 3 mg zinc (20% of Daily Value), 5-HTP, eleuthero root, ashwagandha root and suma bark.

Recommendation:

Take 1 capsule three times daily with a meal. The 35 mg of 5-HTP in this product allows flexibility when adjusting serving size.

CAUTION: If taking a prescription medication, consult a health care practitioner before taking this product. Pregnant or nursing women should seek the advice of a health care practitioner before using this supplement. Do not use this product for more than three months without taking a two-week rest.

Complementary Products:
Stock No. 2806 (60)

5-W
[Body Systems]

Benefits:
- Supports the female glandular and reproductive systems
- May help tone and strengthen the uterus
- Is recommended for the last five weeks of pregnancy

How it Works:

This formula contains natural minerals found in plants, which support vitality and healthy tissue growth. Herbs in this formula help support the female reproductive system by helping to tone the uterus and supporting circulation.

Ingredients:

Black cohosh root, squaw vine whole plant, dong quai root, butcher’s broom root and red raspberry leaves.

Recommendation:

Take 2 capsules three times daily with a meal.

Complementary Products:
Stock No. 1120 (100) Kosher

FLASH-EASE TIME-RELEASE
[Body Systems]

Benefits:
- Balances hormone levels
- Provides glandular system support for women
- Contains phytoestrogens
- Supports the mature female all day long with timed-release nutrition

How it Works:

Black cohosh is widely known for supporting the mature woman’s body as she encounters normal glandular challenges and physical changes. Women have used it for decades to help “keep cool” during menopause. Flash-Ease is a potent, time-release version of this trusted herb. It is standardized to a 2.5 percent concentration of triterpene glycosides (the key active constituent). Flash-Ease also includes dong quai, a noted Chinese herb, to further support the glan-
dular system. Each tablet contains a highly concentrated extract that provides 80 mg of black cohosh. Each specially processed tablet slowly releases its contents, providing optimal day and night support, and delivers 2 mg of triterpene glycosides.

**Ingredients:**
Dong quai root and black cohosh root and rhizome extract.

**Recommendation:**
Take 1 tablet in the morning and 1 at bedtime.

**Complementary Products:**
Natural Changes, Adrenal Support, Master Gland, Female Comfort.

*Stock No. 81 (60) Kosher*

**FLAX SEED OIL LIQUID**
*[General Nutrition]*

**Benefits:**
- Aids in the construction of healthy cell membranes
- Keeps saturated fats mobile in the bloodstream
- Maintains already-normal stickiness of blood platelets
- Plays a vital role in the production of prostaglandins
- Helps maintain cholesterol levels already in the normal range
- Stimulates immune activity

**How it Works:**
Several scientific studies show that consumption of omega-3 essential fatty acids (EFAs) can benefit the heart. Flax Seed Oil is a rich source of EFAs, including linoleic acid. Fatty acids are termed “essential” because the body cannot manufacture them. Flax seed oil contains twice as much omega-3 essential fatty acids as fish oil products, without the fishy aftertaste.

The body produces prostaglandins—precursors to hormones and other compounds. Some of these initiate beneficial reactions while others produce negative effects. An improper balance of EFAs in the diet can lead to increased production of the “bad” prostaglandins. Flax Seed Oil Liquid provides the ideal ratio of omega-3, omega-6 and omega-9 EFAs required to maintain the necessary balance between good and bad prostaglandins. EFAs from flax also support the structural integrity of cellular membranes, offering associated benefits to the cardiovascular and nervous systems.

**Ingredients:**
Flax seed oil from cold-pressed flax seeds, rosemary leaves, mixed tocopherols, ascorbyl palmitate and citric acid.

**Recommendation:**
Take 1 tablespoon three times daily.

**Complementary Products:**
Hi-Lipase, Vitamin E Complete w/Selenium, Lecithin, Super GLA Oil Blend, Super ORAC.

*Stock No. 3162 (8 fl. oz.) Kosher*

**FLAX SEED OIL WITH LIGNANS**
*[General Nutrition]*

**Benefits:**
- Aids in the construction of healthy cell membranes
- Keeps saturated fats mobile in the bloodstream
- Maintains already-normal stickiness of blood platelets
- Plays a vital role in the production of prostaglandins
- Helps maintain cholesterol levels already in the normal range
- Stimulates immune activity
How it Works:
Several scientific studies show that consumption of omega-3 essential fatty acids (EFAs) can benefit the heart. Flax Seed Oil is a rich source of EFAs, including linoleic acid. Fatty acids are termed “essential” because the body cannot manufacture them. Flax seed oil contains twice as much omega-3 essential fatty acids as fish oil products, without the fishy aftertaste.

The body produces prostaglandins—precursors to hormones and other compounds. Some of these initiate beneficial reactions while others produce negative effects. An improper balance of EFAs in the diet can lead to increased production of the “bad” prostaglandins. Flax Seed Oil with Lignans provides the ideal ratio of omega-3, omega-6 and omega-9 EFAs required to maintain the necessary balance between good and bad prostaglandins. EFAs from flax also support the structural integrity of cellular membranes, offering associated benefits to the cardiovascular and nervous systems.

Lignans are phytoestrogens that provide powerful benefits, including boosting the immune system and maintaining hormone balance. Lignans have been found to help the body excrete estrogen in the urine, decreasing its potential health risks. Studies show that women who excrete higher amounts of lignans in their urine (indicating higher dietary levels of lignans) maintain better breast health. Men who consume high amounts of lignans appear to have prostate benefits.

Ingredients:
Flax seed oil and lignans.

Recommendation:
Take 1-2 softgels with a meal three times daily.

Complementary Products:
Hi-Lipase, Vitamin E Complete w/Selenium, Lecithin, Super GLA Oil Blend, Super ORAC.
Stock No. 1583 (60 softgel caps)

FLOWER ESSENCES
[Body Systems] are liquid infusions made from flowers. They have been used for many decades to help with emotional well-being.

NSP’s unique line of both English and North American flower essences features flowers grown in certified organic gardens and pristine, wild habitats. All of the essences were formulated by Master Herbalist Steven Horne. Each of the seven formulas utilizes seven flowers, and all are designed with energetic principles, which help bring the body back to balance.

BE COURAGEOUS
(Vented Fear formula)

Benefits:
• May assist with courage and self-confidence
• May help with indecisiveness, uncertainty and nervous tension

How it Works:
Flower Essences are liquid extracts developed for modern issues of emotional and physical stress.

Ingredients:
Mountain Pride (Penstemon newberryi), Aspen (Populus tremula), Scleranthus (Scleranthus annuus), Mimulus (Mimulus guttatus), Cerato (Ceratostigma willmottianum), Blackberry (Rubus armeniacus), Red Clover
Recommendation:
Take 10–15 drops under the tongue every 10–15 minutes or as needed until symptoms improve. Then decrease to every 1-2 hours, then to four times daily until symptoms are relieved. For children under 4, consult your health care professional. Avoid any contact with dropper to eliminate product contamination.

Complementary Products:
Stock No. 8783 (2 fl. oz.)

DISTRESS REMEDY
Benefits:
• Supports emotional balance
• May assist the body with occasional emotional distress and imbalance

How it Works:
Flower Essences are liquid extracts developed for modern issues of emotional and physical stress.

Ingredients:
Arnica (Arnica mollis), Star of Bethlehem (Ornithogalum umbellatum), Rock Rose (Helianthemum nummularium), Impatiens (Impatiens glandulifera), Clematis (Clematis vitalba), Cherry Plum (Prunus cerasifera), Red Clover (Trifolium pratense), vegetable glycerin and purified water.

Recommendation:
Take 10-15 drops under the tongue every 10-15 minutes or as needed until symptoms improve. Then decrease to every 1-2 hours, then to four times daily until symptoms are relieved. For children under 12, consult your health care professional.

BE RESPONSE-ABLE
(Suppressed Fear formula)
Benefits:
• May assist the body with promoting self-honesty
• May help encourage self-responsibility
• May help with self-defeating behavior

How it Works:
Flower Essences are liquid extracts developed for modern issues of emotional and physical stress.

Ingredients:
Black cohosh (Cimicifuga racemosa), Black Eyed Susan (Rudbeckia hirta), Milkweed (Asclepia cordifolia), California Poppy (Eschscholzia californica), Agrimony (Agrimonia eupatoria), Joshua Tree (Yucca brevifolia), Mullein (Verbascum thapsus), vegetable glycerin and purified water.

Recommendation:
Take 10-15 drops under the tongue every 10-15 minutes or as needed until symptoms improve. Then decrease to every 1-2 hours, then to four times daily until symptoms are relieved. For children under 4, consult your health care professional. Avoid any contact with dropper to eliminate product contamination.

Complementary Products:
KB-C TCM Conc., Adrenal Support, Eleuthero Root, American Ginseng, Clary Sage Essential Oil, Myrrh Essential Oil, Sandalwood Essential Oil.
Stock No. 8786 (2 fl. oz.)
**FIND STRENGTH**  
*(Suppressed Anger formula)*

**Benefits:**
- May assist with feelings of unworthiness
- May help the body with emotional strength and help deal with occasional emotional stress

**How it Works:**

Flower Essences are liquid extracts developed for modern issues of emotional and physical stress.

**Ingredients:**
- Mariposa Lily (*Calochortus leichtlinii*), Pine (*Pinus sylvestris*), Scarlet Monkeyflower (*Mimulus cardinalis*), Centaury (*Centaurea erythraea*), Fuschia (*Fuschia magellanica*), Pink Yarrow (*Achillea millefolium var. rubra*), Goldenrod (*Solidago californica*), vegetable glycerin and purified water.

**Recommendation:**

Take 10–15 drops under the tongue every 10–15 minutes or as needed until symptoms improve. Then decrease to every 1–2 hours, then to four times daily until symptoms are relieved. For children under 4, consult your health care professional. Avoid any contact with dropper to eliminate product contamination.

**Complementary Products:**

**Stock No. 8778 (2 fl. oz.)**

---

**KEEP COOL**  
*(Vented Anger formula)*

**Benefits:**
- May assist the body with feelings of anger and irritability
- May also assist with empathy and communication

**How it Works:**

Flower Essences are liquid extracts developed for modern issues of emotional and physical stress.

**Ingredients:**

**Recommendation:**

Take 10–15 drops under the tongue every 10–15 minutes or as needed until symptoms improve. Then decrease to every 1–2 hours, then to four times daily until symptoms are relieved. For children under 4, consult your health care professional. Avoid any contact with dropper to eliminate product contamination.

**Complementary Products:**
- Liver Balance TCM Conc., IF Relief, Milk Thistle, Oregon Grape, Bergamot Essential Oil, Rose Essential Oil, Ylang Ylang Essential Oil.

**Stock No. 8784 (2 fl. oz.)**

---

**OPEN HEART**  
*(Suppressed Grief formula)*

**Benefits:**
- May assist with the ability to love
- May help release suppressed emotion

---
• May help increase empathy and compassion

**How it Works:**
Flower Essences are liquid extracts developed for modern issues of emotional and physical stress.

**Ingredients:**

**Recommendation:**
Take 10–15 drops under the tongue every 10–15 minutes or as needed until symptoms improve. Then decrease to every 1–2 hours, then to four times daily until symptoms are relieved. For children under 4, consult your health care professional. Avoid any contact with dropper to eliminate product contamination.

**Complementary Products:**
ALJ, Breathe Activator TCM Conc., Black Walnut, Cordyceps, Wild Thyme Essential Oil, Eucalyptus Essential Oil, Pine Needle Essential Oil, Rose Essential Oil.

**Stock No. 8779 (2 fl. oz.)**

**RELEASE IT**
*Vented Grief formula*

**Benefits:**
• May assist the body with the grieving process
• May help in letting go of the past
• May assist with emotional distress

**How it Works:**
Flower Essences are liquid extracts developed for modern issues of emotional and physical stress.

**Ingredients:**
Self-Heal (*Prunella vulgaris*), Love Lies Bleeding (*Amaranthus caudaius*), Chicory (*Cichorium intybus*), Bleeding Heart (*Dicentra formosa*), Chrysanthemum (*Chrysanthemum morifolium*), Star Thistle (*Centauria solstitialis*), vegetable glycerin and purified water.

**Recommendation:**
Take 10-15 drops under the tongue every 10-15 minutes or as needed until symptoms improve. Then decrease to every 1-2 hours, then to four times daily until symptoms are relieved. For children under 4, consult your health care professional. Avoid any contact with dropper to eliminate product contamination.

**Complementary Products:**
ALJ, Breathe Activator TCM Conc., Black Walnut, Cordyceps, Wild Thyme Essential Oil, Eucalyptus Essential Oil, Pine Needle Essential Oil, Rose Essential Oil.

**Stock No. 8779 (2 fl. oz.)**

**FOCUS ATTENTION**
*Body Systems*

**Benefits:**
• Provides important nutrients for normal brain-stimulation levels
• Helps modulate brain activity and energy levels
• Supports the nervous system nutritionally
• Encourages restful, balanced mental activity
• Supports blood circulation and neurotransmitters in the brain

**How it Works:**
Focus Attention is a special formulation of herbal nutrients that help protect the body from undesirable side effects caused by drugs or exposure to toxic chemicals,
FOCUS ATTENTION POWDER

[Body Systems]

Benefits:
- Provides important nutrients for normal brain-stimulation levels
- Helps modulate brain activity and energy levels
- Supports the nervous system nutritionally
- Encourages restful, balanced mental activity
- Supports blood circulation and neurotransmitters in the brain

How it Works:
Focus Attention is a special formulation of herbal nutrients that help protect the body from undesirable side effects caused by drugs or exposure to toxic chemicals, food additives, pesticides, etc. This formula combines powerful nutrients required for quiet, balanced mental activity. DMAE (dimethylaminoethanol) is a biodynamic nutrient used for memory and learning enhancement. It also quenches damaging free radicals. Lemon balm leaves are approved by the famous German Commission E for their ability to soothe the nervous system. Grape seed extract is high in proanthocyanidins—highly active compounds that can readily neutralize brain-damaging free radicals caused by toxins or over-stimulated brain metabolism. Ginkgo is well known for its support of brain and circulatory health.

Ingredients:
- Provides 50–130% of the Daily Value of thiamin, riboflavin, niacinamide, vitamin B6, folic acid, vitamin B12 and pantothenic acid, plus flax seed powder, DMAE, lemon balm leaf extract, bacopa leaf extract, grape seed extract, ginkgo leaf extract, natural raspberry flavor, fructo-oligosaccharides, grape skin extract, lo han fruit concentrate,
eleuthero root, malic acid, stevia leaf extract, biotin, inositol and choline.

Recommendation:
Age 12 years and above: Add approximately 3 level scoops to 2 oz. water twice daily. Age 4-12 years: Add approximately 2 level scoops to 1.5 oz. water twice daily. Age 3 years: Add approximately 1 level scoop to 1 oz. water twice daily. Mix well and drink immediately.

NOTE: Pregnant or lactating women or anyone taking prescription medication should consult a health care professional prior to use.

Complementary Products:
DHA, GABA Plus, Ginkgo Biloba Extract T/R, Brain-Protex w/Huperzine A, Nutri-Calm, Sunshine Heroes Omega 3 w/DHA.
Stock No. 1843 (3.3 oz.) powder

FOLIC ACID PLUS
[General Nutrition]

Benefits:
• Supports the nervous system
• Supports the female glandular system
• Helps prevent neural tube defects in unborn fetuses
• Provides 800 mcg folic acid per serving

How it Works:
Folic acid is essential for human health, especially for the developing fetus. It is important for all women of childbearing age to get sufficient amounts of folic acid. A healthful diet with adequate folate may reduce a woman’s risk of having a child with brain or spinal cord birth defects.

Ingredients:
Folic acid (800 mcg per serving), vitamin C (240 mg per serving) and bee pollen.

Recommendation:
Take 1 or 2 tablets daily with a meal.

Complementary Products:
Vitamin B-Complex, Super Supplemental, Nature’s Prenatal.
Stock No. 1585 (90) Kosher

FOOD ENZYMES
[Body Systems]

Benefits:
• Supports the digestive system
• Supplements the body’s production of important enzymes
• Provides a blend of enzymes to digest proteins, carbohydrates and fats
• Provides hydrochloric acid and bile salts to help digest proteins and fats
• Helps prevent or relieve occasional indigestion

How it Works:
Enzymes break down food into compounds for absorption into the bloodstream. This combination of enzymes offers more complete digestive support when taken with meals. This formula includes pepsin, which is used for pre-digesting proteins in the stomach. Betaine HCl helps create an acidic environment to facilitate the activity of pepsin. After food reaches the small intestine, the enzyme pancreatin further digests protein, carbohydrates and fats in the small intestine. Pancreatin also helps to support the pancreas. Alpha amylase digests starches. Bile salt makes fats soluble, preparing them for further digestion by lipase. The enzymes bromelain and papain aid in the digestion of proteins. Bromelain also offers other health-related benefits, including relaxing smooth muscles and supporting joint health. Taken between meals, Food Enzymes works systemically to break down proteins associated with joint health, arterial health and immune activation. One capsule will help you digest a minimum of 30 grams of
protein, 30 grams of carbohydrates and 20 grams of fats.

**Ingredients:**
Betaine HCl, bile salt, bromelain, lipase, alpha amylase, pancreatin, papain and pepsin.

**Recommendation:**
Take 1-2 capsules with a meal three times daily.

**Complementary Products:**
NutriBiome Probiotic Eleven, Gastro Health, Stomach Comfort, Small Intestine Detox.
*Stock No. 1836 (120)*
*Stock No. 2494 (20 retail sample packets)*

---

**FOUR**

*Body Systems*

**Benefits:**
- Supports respiratory function
- Encourages continued free breathing

**How it Works:**
This formula contains herbs known to support the respiratory system.

**Ingredients:**
Blessed thistle aerial parts, catnip leaves, pleurisy root and yerba santa leaves.

**Recommendation:**
Take 2 capsules with a meal twice daily.

**Complementary Products:**
ALJ, Sinus Support EF, HistaBlock, Seasonal Defense.
*Stock No. 892 (100) Kosher*

---

**FRANKINCENSE ORGANIC ESSENTIAL OIL**

*(see Essential Oils)*

---

**FREE AMINO ACIDS**

*Body Systems*

**Benefits:**
- Supports the structural system
- Helps develop, build and maintain solid muscle tissue
- Supports muscle strength and endurance
- Supports the cells’ energy transport system

**How it Works:**
Amino acids are building blocks of protein that help develop, build and maintain solid muscle tissue. They are especially beneficial in times of physical activity, stress and recovery. Twenty amino acids are needed by the body to make proteins, 12 of which the body manufactures. The other eight essential amino acids must be supplied in the diet. The eight essential amino acids in this product are formulated to meet the Food and Agricultural Organization/World Health Organization (FAO/WHO) amino acid pattern that helps ensure the most efficient use of amino acids by the human body.

L-Carnitine helps transport fatty acids into the mitochondria, where they are burned for energy. Magnesium acts as a cofactor to help activate enzymes necessary for carbohydrate and amino acid metabolism.

**Ingredients:**
Two tablets provide:
- Magnesium (oxide, aspartate) . . . . 106 mg
- L-Glutamic Acid . . . . . . . . . . . 140 mg
- L-Carnitine . . . . . . . . . . . . . . . . . 100 mg
- L-Leucine* . . . . . . . . . . . . . . . . . . . . 100 mg
- L-Lysine* . . . . . . . . . . . . . . . . . . . . . . 90 mg
- L-Aspartic acid . . . . . . . . . . . . . . . . . . . 88 mg
- L-Valine* . . . . . . . . . . . . . . . . . . . . . 70 mg
- L-Isoleucine* . . . . . . . . . . . . . . . . . . . . . 56 mg
- L-Phenylalanine* . . . . . . . . . . . . . . . . . . . . 56 mg

---

81
L-Threonine* ........................................ 56
L-Proline ........................................... 45
L-Alanine ........................................... 44
L-Serine ............................................ 41
L-Tyrosine ........................................ 30
L-Methionine* .................................... 29
L-Arginine ......................................... 22
L-Cystine .......................................... 21
Glycine ............................................ 16
L-Histidine ........................................ 16
L-Tryptophan* ................................. 14
plus hydrolyzed whey protein.

*Essential amino acids formulated to meet the FAO/WHO amino acid pattern.

Recommendation:
Take 2 tablets with a meal three times daily in addition to your daily multiple vitamin and mineral supplement.

Complementary Products:
Nutri-Burn, Love and Peas, SmartMeal, Solstic Energy, Solstic Revive.
Stock No. 3664 (60)

FV
[Body Systems]

Benefits:
- Supports the digestive system by settling the stomach from occasional upset
- Provides immune system support

How it Works:
Ginger helps soothe and settle the stomach. Capsicum may help counter stomach irritation. Goldenseal supports immunity. Licorice root can help soothe stomach upset and relieve associated discomfort.

Ingredients:
Ginger rhizome, capsicum fruit, goldenseal root extract and licorice root.

Recommendation:
Take 3 capsules with a meal twice daily.

Complementary Products:
Gastro Health, Digestive System Pack, Stomach Comfort, Ginger.
Stock No. 900 (100) Kosher

GABA PLUS
[Body Systems]

Benefits:
- Supports brain and nerve metabolism
- Normalizes nervous system function
- Promotes a greater sense of relaxation and peace

How it Works:
GABA (gamma-aminobutyric acid) is an amino acid that plays a role in neurotransmitter and brain activity. It affects the central nervous system by reducing the number of neurons firing in the brain, thus calming brain activity. This can benefit people with overstimulated nervous systems who find it difficult to relax or who have trouble focusing on one task. Other ingredients in GABA Plus add to its effectiveness in relaxing the nervous system. Glutamine (an amino acid) is converted into glutamic acid (a precursor of GABA) in the brain. Glutamic acid serves as fuel for the brain and calms the central nervous system. Passionflower contains many phytonutrients that appear to exhibit a sedative effect on the nervous system. This herb has long been used to help balance this system and relieve stress. Taurine (an amino acid) has a protective effect on the brain, aids in the development of nerve tissue and helps stabilize cellular membranes. Spirulina algae is rich in a variety of nutrients. It builds the blood, supports brain function, boosts immunity...
and supports cholesterol and blood sugar levels already within the normal ranges.

**Ingredients:**
GABA, glutamine, passionflower aerial parts, taurine and spirulina.

**Recommendation:**
Take 1-2 capsules with a meal twice daily. NOTE: Consult your health care practitioner before using if you are pregnant, nursing or suffer from any medical condition, or are taking any prescription drug.

**Complementary Products:**
Focus Attention, Ginkgo Biloba Extract T/R, Brain-Protex with Huperzine A, Nutri-Calm, Kava Kava Conc., Stress-].
*Stock No. 1823 (60) Kosher*

---

**GALL BLADDER FORMULA**
* [Body Systems] *

**Benefits:**
- Supports digestive and hepatic system functions, especially the liver and gall-bladder
- May help provide soothing action

**How it Works:**
Contains herbs known to help soothe and support the digestive system.

**Ingredients:**
Oregon grape root, ginger rhizome, cramp bark, fennel seeds, peppermint leaves, wild yam root and catnip leaves.

**Recommendation:**
Take 2 capsules with a meal three times daily.

**Complementary Products:**
Liver Cleanse Formula, Food Enzymes, Proactazyme, Nutribiome Probiotic Eleven, Bifidophilus Flora Force.
*Stock No. 1202 (100) Kosher*

---

**GARCINIA COMBINATION**
* [Weight Management] *

**Benefits:**
- Helps support weight management
- May help the body maintain blood sugar levels already within the normal range
- May help to suppress appetite
- Provides 60 mcg of chromium per serving

**How it Works:**
Garcinia fruit contains hydroxycitric acid, which may influence fat metabolism. Chickweed offers nutritional support for weight management. L-carnitine helps in the transport of long-chain fatty acids. And chromium, an essential trace mineral, plays a role in the body’s natural regulation of blood sugar.

**Ingredients:**
- 60 mcg chromium (50% of the Daily Value), garcinia fruit rind extract, chickweed aerial parts and l-carnitine.

**Recommendation:**
Take 2 capsules 30 minutes before a meal three times daily.

**Complementary Products:**
Dieter’s Cleanse, CLA, Ultra Therm, Ultra Therm CF, Fat Grabbers.
*Stock No. 906 (100) Kosher*

---

**GARLIC**
* [Body Systems] *

**Benefits:**
- Supports the immune system with antioxidants
- Supports the circulatory system

**How it Works:**
Garlic is a member of the family that includes onions, leeks and shallots. An old Welsh saying goes, “Eat leeks in March and
wild garlic in May, and all the year after physicians may play.” Olympic athletes in ancient Greece chewed a clove at the start of a competition, believing it increased their stamina. Garlic contains sulfurous compounds. One of these, allicin, is an active constituent that provides immune benefits.

**Ingredients:**
Garlic bulb.

**Recommendation:**
Take 1 capsule with a meal twice daily.

**Complementary Products:**
Silver Shield, Solstic Immune, Immune Stimulator, VS-C.

**Stock No. 290 (100) Kosher**

**GARLIC, HIGH-POTENCY, SYNERPRO®**

**[Body Systems]**

**Benefits:**
- Enhances circulation
- Supports the immune and circulatory systems

**How it Works:**
Garlic possesses important sulfur-containing compounds, including allicin, which supports immunity. High-Potency Garlic features a special locked-in freshness coating that contains chlorophyll. This helps control odor while assuring a long, effective shelf-life. Because the tablet does not break down for absorption until it reaches the small intestine, you receive the full nutritional value of garlic without the undesirable taste. Comparing total allicin potential (TAP) with other leading brands shows that Nature’s Sunshine leads the pack. One tablet equals 1,200 mg of fresh garlic, roughly equal to one clove.

**Ingredients:**
Garlic bulb, broccoli flowers, turmeric root, red beet root, rosemary leaves, carrot root, tomato fruit, cabbage leaves, orange and grapefruit bioflavonoid extract, and hesperidin.

**Recommendation:**
Adults: Take 1 tablet with a meal once or twice daily. Children: Take 1/2 tablet with a meal once or twice daily.

**Complementary Products:**
Silver Shield, Solstic Immune, Immune Stimulator, VS-C.

**Stock No. 292 (60) Kosher**

**GARLIC OIL**

**[Body Systems]**

**Benefits:**
- Supports immune function

**How it Works:**
Garlic oil contains sulfurous compounds. One of these, allicin, is an active constituent that provides immune benefits. Each softgel capsule is equivalent to 1,000 mg fresh garlic cloves.

**Ingredients:**
Garlic bulb oil and soybean oil.

**Recommendation:**
Take 1 softgel capsule with a meal three times daily.

**Complementary Products:**
Silver Shield, Solstic Immune, Immune Stimulator, VS-C.

**Stock No. 1694 (60 softgel caps)**

**GASTRO HEALTH**

**[Body Systems]**

**Benefits:**
- Aids the digestive system
• Soothes the stomach
• Minimizes gastric heartburn, acid indigestion and discomfort

How it Works:
Licorice is well known for its benefits to the glandular, intestinal and respiratory systems. It can help soothe stomach upset and relieve associated discomfort from heartburn and acid indigestion. Capsicum is added to counter imbalances. Its high level of beta-carotene is thought to be helpful in healing the surface cells of mucous membranes.

Ingredients:
Deglycyrrhizinated licorice root extract, pau d’arco bark extract, clove flower extract, Indian elecampane root extract and capsicum fruit.

Recommendation:
Take 2 capsules with a meal twice daily plus 2 capsules at bedtime.

Complementary Products:
Nutribiome Probiotic Eleven, Proactazyme, Licorice, Bifidophilus Flora Force, Capsicum, Aloe Vera Juice.

Stock No. 917 (60) Kosher

GC-X
[Body Systems]

Benefits:
• Supports the circulatory and intestinal systems
• May help deodorize the body
• Supports energy and endurance levels

How it Works:
Garlic has antioxidant, immune-supporting and circulatory-supporting actions. Capsicum is widely known for its ability to stimulate circulatory activity. Parsley is rich in chlorophyll, a natural deodorizer. Ginger and goldenseal both have time-honored reputations. Eleuthero, an adaptogenic herb, supports energy, stamina and endurance, and may help with concentration.

Ingredients:
Garlic bulb, capsicum fruit, parsley leaves, ginger rhizome, goldenseal root and rhizome, and eleuthero root.

Recommendation:
Take 2 capsules with a meal three times daily.

Complementary Products:
Super Omega-3 EPA, Blood Pressurex, Red Yeast Rice, Hawthorn Berries, Ener-V.

Stock No. 1212 (100) Kosher

GENTLE MOVE®
[Body Systems]

Benefits:
• Gently moves intestinal contents through the digestive system
• Features an herbal base designed to stimulate three different types of laxative action
• Supports intestinal and digestive health

How it Works:
Three basic types of laxatives exist: osmotic, bulk-forming and stimulant. Osmotic laxatives increase the amount of water that stays in the intestinal contents as they pass through the intestines. Bulk-forming laxatives feature fiber supplements that increase the bulk and water contents of the stool and encourage healthy bowel activity. Stimulant laxatives stimulate the muscle contractions along the intestinal tract. Gentle Move combines osmotic and bulk-forming with a mild stimulant action. It features a proprietary blend of magnesium and soothing herbs. Magnesium specifically attracts and retains fluid within the colon,
which helps soften stool. Triphala extract is a traditional Ayurvedic combination of dried fruits considered a “health harmonizer.” Traditionally, triphala is used as a gentle laxative that supports digestive and intestinal health. Gentle Move’s herbal blend also contains yellow dock, ginger, marshmallow and slippery elm to aid digestion and provide soothing support for the digestive tract.

**Ingredients:**
- 400 mg magnesium (100% of the Daily Value), triphala extract, yellow dock root, ginger rhizome, marshmallow root extract and slippery elm bark.

**Recommendation:**
- Maintenance: Take 2 capsules at nighttime or before bedtime. In times of irregularity and bowel distress: Take up to 6 capsules per day for up to 7-10 days.

**Complementary Products:**

**Stock No. 952 (90)**

**GERANIUM ORGANIC ESSENTIAL OIL**
(see Essential Oils)

**GINGER**
[Body Systems]

**Benefits:**
- Nutritionally supports the digestive process
- Helps settle occasional stomach upset
- May help prevent motion sickness

**How it Works:**
Researchers have found that ginger may help settle the stomach during times of occasional nausea, motion sickness and morning sickness.

**Ingredients:**
- Ginger rhizome.

**Recommendation:**
- Take 1 capsule with a meal twice daily.

**Complementary Products:**
- Stomach Comfort, Activated Charcoal.

**Stock No. 300 (100) Kosher**

**GINKGO BILOBA EXTRACT TIME-RELEASE**
[Body Systems]

**Benefits:**
- Supports the nervous and circulatory systems
- Promotes optimal blood circulation and oxygen to the brain
- Supports memory and concentration functions
- Helps protect blood vessels
- Helps support blood flow to the extremities
- Gives you the benefits of ginkgo extract all day long

**How it Works:**
Ginkgo is a powerful free-radical scavenger. It helps protect blood vessels and optimizes the amount of oxygen supplied to brain cells. It may also help support blood flow to the extremities. Each tablet is 120 mg concentrated ginkgo leaf extract standardized to ginkgo flavone glycosides and terpene lactones.

**Ingredients:**
- Ginkgo leaf extract.

**Recommendation:**
- Take 1 tablet daily, preferably with the morning meal.
Complementary Products:
Brain Protex with Huperzine A, Super Omega-3 EPA, DHA.
Stock No. 898 (30) Kosher

GINKGO & HAWTHORN COMBINATION
[Body Systems]

Benefits:
- Supports the circulatory system, which improves circulation throughout the body
- Provides enhanced enzyme metabolism and oxygen utilization in the heart muscle

How it Works:
Ginkgo biloba leaf is one of the most popular and well-studied herbs in the world. Its ability to increase circulation has been documented in numerous clinical trials. Ginkgo is a powerful free-radical scavenger. It helps protect blood vessels and optimizes the amount of oxygen supplied to brain cells. It may also help support blood flow to the extremities. Hawthorn berries contain flavonoids and other compounds that may benefit the circulatory system, especially the heart. They also contain volatile oils, saponins, alkaloids, vitamins and minerals.

Ingredients:
Hawthorn berries, ginkgo leaves extract and olive leaf extract.

Recommendation:
Take 1 capsule with a meal three times daily.

Complementary Products:
Flax Seed Oil, Super Omega-3 EPA, CoQ10 100 mg, Circulatory System Pack.
Stock No. 909 (100) Kosher

GINSENG, KOREAN
[Body Systems]

Benefits:
- Helps the body adapt to stress
- Boosts energy
- Strengthens and supports the immune system
- Balances the glandular system

How it Works:
As an adaptogen, Korean ginseng helps optimize bodily functions. It supports the body’s efforts to achieve balance. Active constituents in the plant, called ginsenosides, support the glandular system and boost the immune system.

Ingredients:
Korean ginseng root extract.

Recommendation:
Take 1 capsule with a meal twice daily.

Complementary Products:
Stock No. 665 (100) Kosher

GLANDULAR SYSTEM PACK
[Body Systems]

Benefits:
- Provides nutrients to nourish the body’s glands
- Supports positive mood
- Promotes energy
- Strengthens the body’s ability to manage stress

How it Works:
Master Gland Formula provides a blend of herbs, minerals and other nutrients that help balance the glandular system, particularly the pituitary, thyroid and adrenal glands. AdaptaMax is a combination of adaptogenic herbs that help the body combat
stress and adapt to stressful situations. It also supports energy levels and sexual drive. Adrenal Support contains a blend of vitamins, minerals, enzymes and adaptogenic herbs to support and strengthen the adrenal glands, which in turn helps the body better adapt to stressful situations.

**Ingredients:**
Each packet contains 1 Master Gland capsule, 2 AdaptaMax capsules and 1 Adrenal Support capsule.

**Recommendation:**
Take the contents of one packet in the morning with breakfast and again in the evening with a meal. Follow this pattern for 30 days.

**Complementary Products:**
SugarReg, Thyroid Support, Mood Elevator TCM Conc., Nervous Fatigue TCM Conc., Men’s X-Action Reloaded, Female Comfort.

**Stock No. 5388 (30 day supply)**

---

**GLUCOSAMINE**

*Body Systems*

**Benefits:**
- Helps stimulate growth of cartilage
- Supports the structural, nervous and immune systems
- Contains uña de gato (cat’s claw) for increased overall efficacy

**How it Works:**
As we age, our bodies become less efficient at manufacturing the elements necessary for healthy joint structure. A natural compound made in the body, glucosamine stimulates the building and maintenance of new cartilage, which is especially important to those needing more strength in their joints or wherever cartilage is found. Glucosamine is readily absorbed by both the blood and cells. The molecule is very small, easily diffused and water-soluble. The powerful alkaloids found in the bark of uña de gato are wonderfully tonic, and they specifically feed the immune, digestive and structural systems. Uña de Gato has become one of the world’s supreme tonic herbs.

**Ingredients:**
Glucosamine hydrochloride and cat’s claw inner bark.

**Recommendation:**
Take 2 capsules with a meal twice daily.

**Complementary Products:**
EverFlex w/Hyaluronic Acid, Chondroitin, MSM, EverFlex Pain Cream.

**Stock No. 903 (60)**

---

**GOLDEN SALVE**

*Personal Care/Hair & Skin*

**Benefits:**
- Soothes and moisturizes dry skin
- Supports healthy skin

**How it Works:**
The herbal extracts in Golden Salve offer luxurious and soothing benefits to rough, dry and patchy skin and lips.

**Ingredients:**
Olive oil, beeswax, black walnut hulls, chickweed herb, comfrey root, goldenseal root, lobelia herb, marshmallow root, mullein leaves, myrrh gum, scullcap herb, wheat germ oil, white oak bark, yarrow flower, eucalyptus leaf oil and vitamin E acetate.

**Recommendation:**
Use externally to soothe and moisturize rough, dry or patchy skin and lips. Apply liberally as often as needed.
Complementary Products:
HSN-W, Black Ointment, Herbal Trim Skin Treatment, Tea Tree Oil.
Stock No. 1698 (1 oz. jar)

GOLDEN SEAL
[Body Systems]

Benefits:
• Helps support mucous membranes
• Helps provide a friendly probiotic environment
• Provides immune system support

How it Works:
Goldenseal’s immune-supporting properties are largely due to its hydrastine, berberine and canadine alkaloids. It is said to help support the mucous membranes that line the respiratory, digestive and urinary tracts.

Ingredients:
Goldenseal root extract.

Recommendation:
Take 2 capsules with a meal twice daily.
NOTE: Pregnant women should not use goldenseal since it may influence uterine muscles.

Complementary Products:
Oregon Grape, Echinacea Purpurea, VS-C, Silver Shield, Garlic.
Stock No. 340 (100) Kosher

GOLDEN SEAL/PARTHENIUM EXTRACT LIQUID
[Body Systems]

Benefits:
• Helps support mucous membranes
• Supports the immune system

How it Works:
Goldenseal contains hydrastine and berberine, two major alkaloids. Parthenium contains sesquiterpine esters. The herbs’ beneficial nutritional elements are concentrated and rapidly absorbed by the body.

Ingredients:
Goldenseal root extract, parthenium root extract, purified water and alcohol.

Recommendation:
Adults: Use 20-25 drops two times daily.
Children: Use 10-15 drops in water twice daily. One ml is equal to 1 capsule of Golden Seal and 1 capsule of Parthenium.
NOTE: Pregnant women should not use goldenseal since it may influence uterine muscles.

Complementary Products:
Echinacea, Solstic Immune, Elderberry D3fense, Immune Stimulator.
Stock No. 1781 (2 fl. oz.) Kosher

GOTU KOLA
[Body Systems]

Benefits:
• May support memory function
• Promotes circulation and supports connective tissues
• Provides nervous and circulatory system support

How it Works:
Gotu kola is thought to support memory and brain function by promoting circulation. Ayurvedic medicine considers gotu kola a nerve tonic that can be used for overall brain and nervous system support.

Ingredients:
Gotu kola aerial parts.

Recommendation:
Take 1 capsule with a meal three times daily.
**Complementary Products:**
*Stock No. 360 (100) Kosher

**GRAPEFRUIT, PINK ESSENTIAL OIL**
(see Essential Oils)

**GRAPINE®, HIGH-POTENCY**
[General Nutrition]

**Benefits:**
- May help strengthen capillaries
- Scavenges cell-damaging free radicals
- Helps support the nervous system
- Provides 60 mg proanthocyanidins per tablet

**How it Works:**
Grapine is a blend of powerful antioxidant proanthocyanidins derived from grape seeds and maritime pine bark. Proanthocyanidins support the circulatory system. They also help protect vital nerve tissue from oxidative damage.

**Ingredients:**
Grape seed extract and pine bark extract, standardized to proanthocyanidin content.

**Recommendation:**
Take 2-4 tablets daily with a meal. 120 lb. person = 120 mg = 2 tablets.

**Complementary Products:**
Garlic, VS-C, Immune Stimulator, Super ORAC, Thai-Go, Super Omega-3 EPA, CoQ10 100 mg.
*Stock No. 1750 (90)

**GREEN TEA EXTRACT**
[Body Systems]

**Benefits:**
- Provides antioxidant properties that benefit immune and circulatory health
- Helps maintain already normal blood flow

**GRAPINE® WITH PROTECTORS, SYNERPRO®**
[General Nutrition]

**Benefits:**
- May help strengthen capillaries
- Scavenges cell-damaging free radicals
- Helps support the nervous system

**How it Works:**
Grapine is derived from grape seed and maritime pine bark. Studies have shown that the proanthocyanidins in Grapine are much more powerful antioxidants than other popular choices. Proanthocyanidins are similar to compounds in bilberry. They appear to provide antioxidant protection to the nervous system. Grape skin contains anthocyanins that have been linked to maintaining healthy cardiovascular function.

**Ingredients:**
Vitamin C, grape seed extract, pine bark extract, grape skin extract, broccoli flowers, carrot root, red beet root, rosemary leaves, tomato fruit, turmeric root, cabbage leaves, grapefruit and orange bioflavonoid extracts, and hesperidin.

**Recommendation:**
Take 1 tablet with a meal three times daily.

**Complementary Products:**
Garlic, VS-C, Immune Stimulator, Super ORAC, Thai-Go, Super Omega-3 EPA, CoQ10 100 mg.
• Supports cholesterol levels already within the normal range
• Supports healthy kidney function

How it Works:
Green tea contains catechins—a type of polyphenol with powerful antioxidants that neutralize free radicals. Green tea also provides antimicrobial immune system support, helps support the vascular blood-clotting function and helps maintain cholesterol levels already within the normal range. It also appears to support healthy kidney function.

Ingredients:
Green tea leaf extract—decaffeinated (80% polyphenols, 60% catechins, 30% EGCG).

Recommendation:
Take 1 capsule three times daily with a meal. Three capsules equal 10 cups of liquid green tea. Not recommended for children under age 6 or pregnant/nursing women.

Complementary Products:
Super ORAC, Olive Leaf Extract Conc., Cholesterol-Reg II, Thai-Go.
Stock No. 1096 (60) Kosher

GREENZONE®
(see Ultimate GreenZone)

GUGGUL LIPID
[Body Systems]

Benefits:
• Supports the circulatory system
• Helps the body maintain cholesterol and triglyceride levels that are already within the normal range
• Helps maintain proper blood consistency
• Supports thyroid function

How it Works:
Maintaining cholesterol levels is a modern concern. HDL (good cholesterol) is vital to your circulatory system and helps prevent plaque formation. Guggul lipid helps the body carefully regulate and maintain cholesterol levels already within the normal range. In addition, it makes the blood less sticky and keeps the blood running smoothly through your system. Guggul lipid has been the subject of several scientific studies that suggest that this plant extract has the ability to help the body maintain cholesterol and triglyceride levels already within the normal range. It may also help to maintain the blood’s already-normal viscosity.

Ingredients:
Guggul lipid standardized to guggulsterone content.

Recommendation:
Take 1-2 capsules with a meal three times daily.

Complementary Products:
CholesterolReg II, Fat Grabbers, LOCLO.
Stock No. 974 (90) Kosher

HAND & BODY LOTION
[Personal Care/Skin & Hair]

Benefits:
• Is an all-natural, fragrance-free formula
• Moisturizes the skin
• Is non-greasy and absorbed quickly
• Provides a carrier base for blending with Authentic Essential Oils
• Is safety- and allergy-tested by dermatologists
How it Works:
This lotion is both a stand-alone hand and body lotion AND a perfect base for blending and mixing Authentic Essential oils for a wide range of aromatic applications. Key ingredients include shea butter (known for its rich, moisturizing properties) and oils from kukui, macadamia and olive seeds (known for their moisturizing properties and ability to retain moisture in the skin).

Ingredients:
Water, glycerin, cetearyl alcohol, C13-15 alkane, caprylic/capric triglyceride, Helianthus annuus (sunflower) seed oil, pentylene glycol, glyceryl stearate, potassium olivoyl hydrolyzed oat protein, microcrystalline cellulose, behenyl alcohol, Butyrospermum parkii (shea) butter, Cocos nucifera (coconut) oil, hydroxyacetophenone, glyceryl oleate, benzyl alcohol, xanthan gum, cellulose gum, Aleurites moluccana seed oil, Macadamia ternifolia seed oil, Olea europaea (olive) fruit oil, sodium phytate and sodium hyaluronate.

Recommendation:
Apply generously to hands and body. Use as is, or infuse it with our Authentic Essential oils to create your own personalized aromatic blend!

Complementary Products:
Nature’s Sunshine Authentic Essential Oils
Stock No. 21575 (177 ml/6 fl. oz.)

HAWTHORN BERRIES
[Body Systems]

Benefits:
• Supports heart muscle function
• Provides circulatory system support

How it Works:
Hawthorn berries contain constituents that help to enhance heart muscle function and provide circulatory support. The berries’ effects on the circulatory system have been well-studied.

Ingredients:
Hawthorn berries. (Liquid Herb contains hawthorn berry extract, vegetable glycerin, water and natural blackberry flavor.)

Recommendation:
Take 2 capsules with a meal twice daily. Liquid, take 15-20 drops with water twice daily. One ml equals 2 capsules.

Complementary Products:
Super Omega-3 EPA, CoQ10 100 mg, Cardio Assurance, Solstic Cardio, Circulatory System Pack.
Stock No. 370 (100) Kosher
Stock No. 1760 (2 fl. oz.) Liquid Herb, Kosher

HCP-X
[Body Systems]

Benefits:
• Supports the immune, digestive and respiratory systems

How it Works:
This traditional formula has been used for over a century. Ginger and capsicum help support digestion. Mullein offers respiratory support. Bayberry root has astringent properties, and clove’s penetrating aroma emboldens the immune system.

Ingredients:
Bayberry root bark, ginger rhizome, mullein leaves, capsicum fruit and clove flowers.

Recommendation:
Take 2 capsules with a meal three times daily.

Complementary Products:
VS-C, Silver Shield, Lymph Gland Cleanse, Zinc, Immune Stimulator.
Stock No. 1216 (100) Kosher
HEAVY METAL DETOX
[Body Systems]

Benefits:
• Supports the digestive, intestinal and hepatic systems
• Binds with and removes heavy metals from the body
• Absorbs heavy metal ions
• Supports the liver
• Helps the body replenish vital minerals

How it Works:
Scientists estimate that over 50 percent of U.S. residents are exposed to heavy metals in their environment. These metals, which include lead, mercury, aluminum, cadmium and arsenic, are found in industrial byproducts as well as in drinking water, pesticides and even things as common as dental fillings and cooking utensils.

Heavy Metal Detox is a potent detoxification support product. Its ingredients, especially cilantro, bind with heavy metals so the body can remove them through the urine and bowel. N-Acetyl Cysteine protects detoxification pathways in the liver, while kelp replaces minerals and nutrients.

Ingredients:
5 mg vitamin B6 (250% Daily Value) per serving, plus magnesium citrate, cilantro leaves, sodium alginate, apple fruit pectin, N-acetyl cysteine, l-methionine, kelp leaf and stem, and alpha lipoic acid.

Recommendation:
Take 1 capsule with a meal twice daily. CAUTION: Do not exceed recommended dose. If headache, nausea or diarrhea develops, reduce dosage and see your health care provider.

Complementary Products:
Enviro-Detox, Milk Thistle Combination, Liver Cleanse Formula, All Cell Detox.
Stock No. 507 (90)

HELCHECHRYSUM ORGANIC ESSENTIAL OIL
(see Essential Oils)

HEPATIC SYSTEM PACK
[Body Systems]

Benefits:
• Supports the liver’s functions and protects it against toxins
• Aids in the detoxification process
• Supports elimination processes and helps remove toxins from the body

How it Works:
Milk Thistle Combination provides nutrients and antioxidants that support and protect the liver and its functions. Silymarin in milk thistle helps the liver produce cells and helps stabilize liver cell membranes, which helps guard liver cells against toxins. Liver Balance TCM contains bupleurum, which is a Chinese “cooling herb” believed to help detoxify and replenish the liver, and to aid the upward flow of chi, thereby strengthening the body against stress. Other Chinese herbs in this formula may support circulation, digestive fluids and general energy. Psyllium Hulls have a remarkable ability to absorb water and bowel toxins. They also slow the absorption of dietary sugar and may help reduce the amount of dietary cholesterol in the bloodstream.

Ingredients:
Each AM packet contains 2 Milk Thistle Combination tablets and 1 Liver Balance TCM capsule. Each PM packet contains 6 Psyllium Hulls capsules.
Recommendation:
Take the contents of one AM packet in the morning with breakfast, and one PM packet in the evening with a meal. Follow this pattern for 30 days.

Complementary Products:
Mood Elevator TCM Conc., Blood Stimulator TCM Conc., Gall Bladder Formula.  
Stock No. 5381 (30 day supply)

HERBAL CA  
(see CA, Herbal)

HERBAL PUMPKIN  
[Body Systems]

Benefits:
- Supports a balanced environment for colon health
- Supports optimal intestinal function and health

How it Works:
This herbal combination helps make the intestines hospitable to a balanced microbiological environment. Pumpkin, black walnut and chamomile help create this environment, while the other five herbs help cleanse and lubricate the colon to optimize healthy intestinal function.

Ingredients:
Pumpkin seeds, black walnut hulls, cascara sagrada bark, chamomile flowers, mullein leaves, marshmallow root and slippery elm bark.

Recommendation:
Adults: Take 2–3 capsules daily with a meal. Children age 12 and over: Take 1 or 2 capsules daily with a meal.  
NOTE: This product contains cascara sagrada. See your health care provider prior to use if you are pregnant or nursing, any medical condition exists, or when taking any medication. Read and follow recommendation carefully. Do not use if diarrhea, loose stools or abdominal pain are present or develop. Use of this product may worsen these conditions and be harmful to your health. Chronic diarrhea can result in serious illness.

Complementary Products:
All Cell Detox, LBS II, Bowel Detox.  
Stock No. 915 (100) Kosher

HERBAL PUNCH  
[General Nutrition]

Benefits:
- Is a tasty, natural alternative to sugary drinks

How it Works:
Herbal Punch is sweetened with natural honey and provides B-complex vitamins.

Ingredients:
Vitamin C, thiamin, riboflavin, vitamin B6, niacin, B12, natural honey, water, lemon juice concentrate, natural herbal flavor, grape skin extract and rose hips extract.

Recommendation:
Add 1 ounce of Herbal Punch concentrate to 7 ounces of water and serve chilled.  
Stock No. 1610 (16 fl. oz.)

HERBAL SLEEP  
[Body Systems]

Benefits:
- Supports proper nervous system function
- Promotes restful sleep
- Provides soothing and calming properties

How it Works:
Daily mental stress and occasional tension can cause the nerves to become
tired and fatigued. The nerve-supporting herbs in Herbal Sleep feed and strengthen the nervous system and allow the body to better handle daily stress effectively. Nervine herbs also have a calming, quieting effect on the nerves. Passionflower, valerian and hops can be helpful anytime a person is under normal stress.

**Ingredients:**
Valerian root, passionflower aerial parts and hops flowers.

**Recommendation:**
Take 2 capsules daily with a meal.

**Complementary Products:**
Nerve Eight, Nutri-Calm, B-Complex, Valerian Root, Nervous System Pack.

*Stock No. 940 (100) Kosher*

**HERBAL TRACE MINERALS**

*Body Systems*

**Benefits:**
- Supports the glandular, digestive and intestinal systems

**How it Works:**
The deep roots of the dandelion and alfalfa plants absorb trace nutrients that are often lacking in common, shallow-rooted vegetables preferred in Western diets. Dandelion roots contain important trace nutrients that are absorbed from the bountiful soils in which they grow.

**Ingredients:**
Kelp leaves and stems, dandelion root and alfalfa aerial parts.

**Recommendation:**
Take 1-2 capsules daily with a meal.

**Complementary Products:**
Thyroid Activator, Adrenal Support, Kelp, Red Raspberry, Master Gland.

*Stock No. 980 (100) Kosher*

**HERBAL TRIM® SKIN TREATMENT**

*Personal Care/Hair & Skin*

**Benefits:**
- Provides moisture to smooth and soften skin
- Promotes healthy-looking skin tone
- Is easily absorbed and non-greasy

**How it Works:**
As the body’s most visible organ, the skin performs protective, regulative and eliminative functions. In its protective role, the skin shields the internal organs from microorganisms, weather and injury. In its eliminative function, the skin excretes unusable substances through perspiration.

Herbal Trim Skin Treatment is a combination of herbs and other substances that complement this vital organ. It provides essential moisture benefits to smooth and soften chafed, chapped and dry skin. This emollient-rich formula offers penetrating comfort for rough, abraded skin.

**Ingredients:**
Purified water, aloe vera extract, citric acid, xanthan gum, lobelia extract, ethyl alcohol, allantoin, hydrolyzed soy protein, safflower seed oil, menthol, pau d’arco extract, propylene glycol, eucalyptus leaf oil, camphor oil, lavender flower oil, wintergreen oil, clove oil, marine colloids, hydrolyzed collagen, diazolidinyl urea, sodium benzoate and potassium sorbate.

**Recommendation:**
Apply to skin as desired. For external use only.

**Complementary Products:**
Pink Grapefruit Essential Oil Blend, HSN-W, Cellu-Smooth w/Coleus.

*Stock No. 1669 (8 fl. oz.)*
HI-LIPASE  
*Body Systems*

**Benefits:**
- Supports the digestive system
- Aids the digestion of fat-containing foods
- Contains 240 LU per serving

**How it Works:**
Lipases are enzymes that assist in the breakdown of dietary fats. Hi-Lipase is designed for people who have difficulty digesting lipids (fats).

**Ingredients:**
Potassium citrate, lipase, amylase, cellulase, protease, caraway seed, dandelion root, ginger rhizome, gentian root, fennel seed and red beet root fiber.

**Recommendation:**
Take 1 or 2 capsules before consuming high-fat foods. May also be used between meals.

**Complementary Products:**
Food Enzymes, Proactazyme, Bifidophilus Flora Force.

*Stock No. 1528 (100)*

HISTABLOCK®  
*Body Systems*

**Benefits:**
- Offers respiratory system support
- Quercetin may impact the effects of seasonal irritants and pollutants
- May support healthy airway passages

**How it Works:**
HistaBlock provides nutrients that support healthy respiratory function as the body battles irritants, pollutants and toxins. Stinging nettle provides well-known support against seasonal airborne substances. This formula provides antioxidant strength to help stabilize mast cells.

The antioxidant quercetin has been used for its reputed effects in supporting the respiratory system. Quercetin may help stabilize cells that release compounds when exposed to irritants. Bromelain is an enzyme that works to help reduce the swelling of mucous membranes during times of respiratory stress. Bitter orange contains synephrine, which helps the body support open airways.

**Ingredients:**
Nettle leaves, quercetin, bitter orange fruit and bromelain.

**Recommendation:**
Take 2 capsules with a meal twice daily.

**Complementary Products:**
ALJ, Sinus Support EF, Fenugreek & Thyme, Ayurvedic Bronchial Formula, Seasonal Defense.

*Stock No. 776 (90)*

HOPS  
*Body Systems*

**Benefits:**
- Helps calm and support the nervous system
- May promote restful sleep

**How it Works:**
Hops has a calming effect on the nervous system and is a common ingredient in products used to promote restful sleep. It has nervine properties. Hops contains xanthohumol, which possesses antioxidant properties.

**Ingredients:**
Hops flowers.

**Recommendation:**
Take 2 capsules with a meal twice daily.
Complementary Products:
Nutri-Calm, Magnesium, Herbal Sleep, Stress-J, Passion Flower.
Stock No. 380 (100) Kosher

HORSETAIL
[Body Systems]

Benefits:
• Supports the structural system, including the skin and connective tissue
• Provides nutritional support for the urinary and respiratory tracts
• Strengthens hair and nails
• Is rich in minerals, especially organic silica and selenium

How it Works:
Horsetail plant, also known as shavegrass, contains the highest amount of silica of all known herbs. Silica is found in connective tissues throughout the body and is important in the building and normal repair of healthy connective tissue. In addition to silica, horsetail contains flavonoids, quercetin, sterols and saponins.

Ingredients:
Horsetail stems and strobilus.

Recommendation:
Take 2 capsules with meals three times daily.

Complementary Products:
HSN-W, Skeletal Strength, MSM, Calcium Plus Vitamin D, EverFlex w/Hyaluronic Acid.
Stock No. 390 (100) Kosher

HS II
[Body Systems]

Benefits:
• Supports healthy circulation
• Supports heart muscle function

How it Works:
Hawthorn berries contain constituents that appear to enhance heart muscle function and circulatory health. Garlic may help to improve circulation. Capsicum may promote circulation in the extremities.

Ingredients:
Hawthorn berries, capsicum fruit and garlic bulb.

Recommendation:
Take 2 capsules with a meal three times daily.

Complementary Products:
Super Omega-3 EPA, Blood Pressurex, Red Yeast Rice, Vari-Gone.
Stock No. 930 (100) Kosher

HSN COMPLEX®, NATRIA
[Personal Care/Hair & Skin]

Benefits:
• Supports the structural system
• Supports healthy looking hair, skin and nails

How it Works:
This formula contains botanicals that nourish hair, skin and nails. Horsetail is an important source of bioavailable silica—an essential building block for structural system health.

Ingredients:
Horsetail stem and strobilus, hyssop aerial parts, rosemary leaves, ginkgo leaves extract and aloe vera inner leaf.

Recommendation:
Take 2 to 3 capsules with a meal twice daily.

Complementary Products:
Black Ointment, Golden Salve, Tea Tree Oil, Ayurvedic Skin Detox.
Stock No. 3505 (90) Kosher
HSN-W®
[Body Systems]

Benefits:
- Hair, skin and nails formula
- Enhances skin tone
- Supports healthy structural system function
- Provides 27.9 mg herbal silicon per 100 grams

How it Works:
HSN-W contains two of the richest sources of silica known in the plant kingdom—dulse and horsetail. Silica works with calcium to improve the strength and flexibility of body tissues. It also adds to skin tone and sheen. Sage contains antioxidant compounds that preserve the integrity of body tissues. Rosemary adds additional antioxidant protection.

Ingredients:
Horsetail stem and strobilus, dulse fronds, rosemary leaves and sage leaves.

Recommendation:
Take 3 capsules with a meal twice daily.

Complementary Products:
Herbal CA, Skeletal Strength, Horsetail.
Stock No. 945 (100) Kosher

HY-C
[Body Systems—Chinese]

Benefits:
- Supports the circulatory and glandular systems
- Helps maintain blood sugar levels already in the normal range
- Supports healthy respiratory system function

How it Works:
The herbs in HY-C nutritionally support the glandular system and associated metabolic processes. According to Traditional Chinese Medicine, this formula is called bu yin, which means to “supplement yin.” In this case, yin is considered moisture. These herbs work to support the body as it attempts to reduce fire and strengthen water (support associated organs and maintain normal metabolic processes).

Rehmannia root helps maintain blood sugar levels already in the normal range. Eucommia has been used to support the liver, kidneys and muscles and to strengthen the lungs. Eucommia is also believed to support cardiovascular function. Ophiopogon is used in Chinese herbology to support yin and lung function. The plant is said to be a moisturizer, moistening the lungs and intestines.

Ingredients:
Eucommia bark, glehnia root, rehmannia root tuber, kudzu root, ophiopogon root tuber, tricosanthes root, achyranthes

Recommendation:
Take 2 capsules with a meal twice daily.

Complementary Products:
Food Enzymes, Liver Cleanse Formula, Bifidophilus Flora Force, Gall Bladder Formula.
Stock No. 950 (100) Kosher

HY-A
[Body Systems]

Benefits:
- Supports the digestive system

How it Works:
Licornce root supports the gastrointestinal tract. Dandelion root was used by many North American Indian tribes for gastrointestinal support. It contains sesquiterpene lactones, which may positively influence digestion.

Ingredients:
Licornce root, safflower flowers, dandelion root and horseradish root.
root, anemarrhena rhizome, Asian water plantain rhizome, Chinese asparagus root tuber, hoelen sclerotium, tree peony root bark, Asiatic dogwood fruit without seeds, Chinese licorice root, phellodendron stem bark and schisandra fruit.

**Recommendation:**
Take 3 capsules with a meal three times daily.

**Complementary Products:**
Thyroid Activator, AdaptaMax, Adrenal Support, SugarReg, Nopal.

**HY-C TCM CONCENTRATE**
*Body Systems—Chinese*

**Benefits:**
- Helps maintain blood sugar levels already in the normal range
- Supports the circulatory and glandular systems
- Supports respiratory health

**How it Works:**
This formula contains the same herbs found in Chinese HY-C but in a highly concentrated blend. These herbs nutritionally support the glandular system and associated metabolic processes. According to Traditional Chinese Medicine, this formula is called *bu yin*, which means to “supplement yin.” In this case, yin is considered moisture. These herbs work to support the body as it attempts to reduce fire and strengthen water (support associated organs and maintain normal metabolic processes).

Rehmannia root helps maintain blood sugar levels already in the normal range. Eucommia has been used to support the liver, kidneys and muscles and to strengthen the lungs. Eucommia is also believed to support cardiovascular function. Ophiopogon is used in Chinese herbology to support yin and lung function. The plant is said to be a moisturizer, moistening the lungs and intestines.

**Ingredients:**
Concentrated extract of eucommia bark, glehnia root, rehmannia root tuber, kudzu root, ophiopogon root tuber, tricosanthes root, achyranthes root, anemarrhena rhizome, Asian water plantain rhizome, Chinese asparagus root tuber, hoelen sclerotium, tree peony root bark, Asiatic dogwood fruit without seeds, Chinese licorice root, phellodendron stem bark and schisandra fruit.

**Recommendation:**
Take 1 capsule with a meal daily.

**NOTE:** Pregnant or lactating women should consult their health care provider prior to taking this supplement.

**Complementary Products:**
Adrenal Support, SugarReg, Nopal, AdaptaMax, Thyroid Activator.

**HYDRANGEA**
*Body Systems*

**Benefits:**
- Supports the urinary system
- Possesses natural solvent qualities

**How it Works:**
Originally used by the Cherokee Indians for kidney support, hydrangea was introduced to early American settlers for similar purposes. Hydrangea is a bitter and a solvent herb. It nutritionally supports the urinary system and addresses mild edema associated with the menstrual cycle. It contains natural minerals plus silicon, flavonoids, resins and saponins.

**Ingredients:**
Hydrangea root.
Recommendation:
Take 2 capsules with a meal three times daily.

Complementary Products:
Magnesium Complex, Kidney Drainage, Urinary System Pack, Cranberry & Buchu Conc., Dandelion.
Stock No. 395 (100) Kosher

HYDRATED BENTONITE
(see Bentonite, Hydrated)

I-X
[Body Systems]

Benefits:
• Supports healthy circulatory function
• Provides trace amounts of iron from herbal sources
• May help improve the blood’s ability to carry oxygen

How it Works:
Iron is needed by the body to carry oxygen to the cells where it is combined with glucose for energy production. This combination of herbs provides natural iron with other elements needed to enhance absorption.

Ingredients:
Red beet root, yellow dock root, red raspberry leaves, chickweed aerial parts, burdock root, nettle leaves and mullein leaves.

Recommendation:
Take 2 capsules with a meal three times daily.

Complementary Products:
Super Omega-3 EPA, Vari-Gone, Blood Pressurex, Red Yeast Rice.
Stock No. 1218 (100) Kosher

IF-C
[Body Systems—Chinese]

Benefits:
• May help support the body’s natural process for muscle pain relief following exercise and massage
• Nourishes the structural and immune systems
• Promotes normal blood flow and thus supports the circulatory system
• Helps in the normal elimination of toxic, metabolic waste

How it Works:
These herbs nourish the structural and immune systems by stimulating blood flow and supporting the natural elimination of toxic waste through a variety of actions. This formula may also promote a feeling of well-being. IF-C is designed to support healthy joint function and immunity and calm a stressed fire constitution. Its Chinese name qing re can be translated as “clear the heat.”

Ingredients:
Lonicera flower bud, forsythia fruit, cnidium rhizome, chrysanthemum flowers, gardenia fruit, peony root without bark, platycodon root, schizonepeta flower, scute root, arctium fruit, bupleurum root, phellodendron stem bark, siler root, tang-kuei root, vitex fruit, carthamus flowers, coptis rhizome and licorice root.

Recommendation:
Take 4 capsules with a meal twice daily.
IF-C TCM CONCENTRATE

[Body Systems—Chinese]

Benefits:
- Nourishes the structural and immune systems
- Promotes normal blood flow and thus supports the circulatory system
- Helps in the normal elimination of toxic metabolic waste
- May help support the body’s natural process for muscle pain relief following exercise and massage

How it Works:
This formula contains the same herbs found in IF-C but in a highly concentrated blend. These herbs nourish the structural and immune systems by stimulating blood flow and supporting the natural elimination of toxic waste through a variety of actions. It may also promote feelings of well-being.

Ingredients:
Concentrated extract of lonicera flower bud, forsythia fruit, cnidium rhizome, chrysanthemum flowers, gardenia fruit, peony root without bark, platycodon root, schizonepeta flower, scute root, arctium fruit, bupleurum root, phellodendron stem bark, siler root, tang-kuei root, vitex fruit, carthamus flowers, coptis rhizome and licorice root.

Recommendation:
Take 1 capsule with a meal daily.
NOTE: Pregnant or lactating women should consult their health care provider prior to taking this supplement.

IF RELIEF

[Body Systems]

Benefits:
- Supports the structural system
- Contains compounds that may help modulate heat in the body
- Strengthens and protects the immune system

How it Works:
IF Relief contains a combination of herbal extracts that may support the body’s natural process for dealing with muscle pain following exercise and massage. Turmeric spice is used in Indian and Chinese medicine and is a major component of curry powder. Curcumin, an active ingredient in turmeric root, has been studied extensively for its beneficial effects on health. It supports a healthy inflammatory response. Mangosteen pericarp is a source of potent antioxidants called xanthones. The xanthone gambamangostin appears to partially modulate the production of prostaglandins. In Ayurvedic and Chinese medicine, andrographis is used to support the immune system. One major constituent of andrographis, andrographolide, helps modulate certain undesirable responses. Boswellia gum extract contains boswellic acids, which appear to modulate an enzyme that catalyzes leukotriene formation. White willow bark contains salicin. It appears to modulate the production of prostaglandins.

Ingredients:
Andrographis whole plant extract, boswellia gum extract, mangosteen pericarp
extract, turmeric root extract and white willow bark extract.

**Recommendation:**
Take 1 capsule three times daily with meals.

**Complementary Products:**
EverFlex w/Hyaluronic Acid, Skeletal Strength, Joint Support, Thai-Go, Super Antioxidant, IF-C TCM Conc.

**Stock No. 1175 (90) Kosher**

### IMMUNE STIMULATOR

**[Body Systems]**

**Benefits:**
- Strengthens the immune system
- Stimulates the body’s natural immune defenses
- Acts as an antioxidant

**How it Works:**
This formula provides powerful support for the immune system. Beta-glucans stimulate the immune system into action. They increase the production of macrophages, T-cells, B-cells, natural killer cells and cytokines, all of which strengthens the body’s natural defense system. Arabinogalactan stimulates natural killer cell and macrophage activity. It also helps increase Bifidobacteria and Lactobacillus flora, two beneficial types of bacteria. Rich in protein and immune-enhancing transfer factors, colostrum supports the immune system of the newborn. It also helps protect beneficial microorganisms in the intestinal tract to bolster defenses. Reishi and maitake mushrooms are thought to boost immune activity, increase the activation of natural killer cells and activate macrophages. Cordyceps increases T-cell and B-cell activity, important to immune response.

**Ingredients:**
Beta-glucans, arabinogalactan, colostrum, cordyceps mycelia, reishi mushroom mycelia and maitake whole mushroom.

**Recommendation:**
For maintenance, take 1 capsule between meals two or three times daily. For periods of immune system stress, take 6-10 capsules daily.

**Complementary Products:**

**Stock No. 1839 (90)**

### IMMUNE SYSTEM PACK

**[Body Systems]**

**Benefits:**
- Provides year-round immune system support
- Creates an environment inhospitable to foreign invaders
- Stimulates the body’s natural defenses

**How it Works:**
VS-C creates a favorable environment for microbial balance and supports general detoxification and respiratory functions. Elderberry D3fense contains an array of herbal ingredients and other nutrients that support and boost immune function. Immune Stimulator promotes immune response by stimulating macrophage, T-cell, B-cell and cytokine activity.

**Ingredients:**
Each AM packet contains 1 VS-C TCM, 1 Elderberry D3fense and 1 Immune Stimulator. Each PM packet contains 1 Elderberry D3fense and 1 Immune Stimulator.

**Recommendation:**
Take the contents of one AM packet with breakfast; take the contents of one PM packet.
with your evening meal. Follow this pattern for 30 days.

**Complementary Products:**
Silver Shield, Trigger Immune TCM Conc., Olive Leaf Extract Conc., Lymphatic Drainage.
*Stock No. 5385 (30-day supply)*

**INDOLE-3-CARBINOL**
*Body Systems*

**Benefits:**
- Supports the glandular system
- Fights free radical damage
- Protects estrogen-influenced organs
- Maintains hormonal balance in cells

**How it Works:**
Compounds in cruciferous vegetables that may protect cells from oxidative damage are called indoles. Among them are I3C and its metabolites. These compounds work by binding to or activating certain receptors in the body to protect cells. I3C may be helpful in the metabolism of estrogens, protecting breast tissue and reproductive organs from cell damage. It also appears to act as an antioxidant, helping the body to cope with the oxidative damage caused by free radicals.

**Ingredients:**
- Broccoli flowers, indole-3-carbinol and broccoli sprouts.

**Recommendation:**
Take 2 capsules daily with a meal.

**Complementary Products:**
Adrenal Support, Thyroid Support, Breast Assured, Men's Formula, Super ORAC.
*Stock No. 1506 (60)*

---

**IN.FORM™ PRODUCTS**

**IN.FORM METABOLIC AGE SUPPORT SYSTEM**
*(PEA, WHEY, SOY)*
*Body Systems*

**Benefits:**
- Supports gut health to combat endotoxins, which may interfere with gut performance and glucose metabolism
- Helps support repopulation and optimization of beneficial bacteria in the gut
- May reduce the risk of heart disease
- Helps to promote muscle recovery and enhance the buildup of lean muscle mass
- Encourages healthy body composition when combined with exercise and a healthy diet
- Modulates oxidation of LDL cholesterol, supports healthy cholesterol and triglyceride levels
- Supports a positive mood
- Supports healthy insulin response

**How it Works:**
IN.FORM is a proprietary, clinically studied program unlike any other on the market. It utilizes the untapped power of the gut microbiome to support healthy metabolic function and metabolic age.

**Contents:**
- 4 bags of IN.FORM Metabolic Age Support Shake - Pea (3095), Whey (3092) and Soy (3099)
- 1 IN.FORM Cardio Kit (3096)
- 1 IN.FORM Berberine (3098)
- 1 IN.FORM Probiotic (3097)
- 1 English IN.FORM Program Guide
- 1 Spanish IN.FORM Program Guide
Ingredients:
The IN.FORM Metabolic Age Support System consists of five unique product formulas. For detailed ingredient information, please view the respective product pages.

Recommendation:
Each IN.FORM Metabolic Age Support System kit contains a 30-day supply of products. Detailed use instructions are available on each product label, and each System kit includes an English and Spanish IN.FORM Program Guide.

Stock No. 21239 (Pea), 21241 (Whey), 21240 (Soy)

IN.FORM METABOLIC AGE SUPPORT MAINTENANCE SYSTEM (PEA, WHEY, SOY)

[Body Systems]

Benefits:
- Supports cellular integrity and function of intestinal lining
- Activates detoxification signaling
- Helps support repopulation and optimization of beneficial bacteria in the gut
- May reduce the risk of heart disease
- Helps to promote muscle recovery and enhance the buildup of lean muscle mass
- Encourages healthy body composition when combined with exercise and a healthy diet
- Modulates oxidation of LDL cholesterol, supports healthy cholesterol and triglyceride levels
- Supports a positive mood

How it Works:
Unlike any other program on the market, and with the clinical proof to back it up, the INFORM program utilizes the untapped power of the microbiome to support healthy metabolic function.

The IN.FORM Maintenance System is designed to be used following the first 90 days of the IN.FORM system. The Maintenance System supports and maintains the improvements gained during the initial phase of the program on an ongoing basis. The Maintenance System features the PURIFY healthy microbiome and detoxification product, a patent-pending formula with nutrients that support purification of the gut and help to restore balance to the microbiome.

Contents:
- 2 bags of IN.FORM Metabolic Age Support Shake - Pea (3095), Whey (3092) or Soy (3099)
- 1 IN.FORM Purify (21401)
- 1 IN.FORM Cardio Kit (3096)
- 1 IN.FORM Probiotic (3097)
- 1 English IN.FORM Program Guide
- 1 Spanish IN.FORM Program Guide

Ingredients:
The IN.FORM Metabolic Age Support Maintenance System consists of six unique product formulas. For detailed ingredient information, please view the respective product pages.

Recommendation:
Each IN.FORM Metabolic Age Support Maintenance System kit contains a 30-day supply of products. Detailed use instructions are available on each product label, and each System kit includes an English and Spanish IN.FORM Program Guide.

Stock No. 21242 (Pea), 21244 (Whey), 21243 (Soy)
IN.FORM METABOLIC AGE SUPPORT BERBERINE
[Circulatory]

Benefits:
- Supports gut health to combat endo-toxins that can interfere with gut performance and glucose metabolism
- Supports healthy insulin response
- Supports already-healthy cholesterol and triglyceride levels

How it Works:
IN.FORM Metabolic Age Support Berberine is a natural extract of Indian Barberry root. Berberine was selected for the patent-pending, clinically studied IN.FORM program that supports balance of the microbiome. A balanced microbiome can contribute to healthy metabolic function.

IN.FORM utilizes the power of the gut microbiome to support cardiometabolic health and a healthy metabolic age.

Ingredients:
Berberine from Indian Barberry Root (*Berberis aristata*).

Recommendation:
Take 1 capsule before a meal, three times daily. To experience the full benefits and dramatic success the IN.FORM program has to offer, use as part of the complete IN.FORM Metabolic Age Support product line.

Complementary Products:
IN.FORM Metabolic Age Support System, IN.FORM Metabolic Age Support Shake, IN.FORM Probiotic, IN.FORM Cardio Kit. Stock No. 3097 (90)

IN.FORM METABOLIC AGE SUPPORT CARDIO KIT
[Circulatory]

Benefits:
- Features a proprietary, patent-pending antioxidant blend with bergamot extract to synergistically support modulation of LDL cholesterol and healthy cholesterol levels
- Provides 760 mg EPA and 380 mg DHA to maintain blood pressure already within the normal range, and to support cardiovascular function, brain health and a positive mood
- Provides 22 essential vitamins and minerals as well as choline, lycopene, herbs and antioxidant fruit extracts

How it Works:
The IN.FORM™ Metabolic Age Support Cardio Kit is a convenient, daily-use solution that supports cardiovascular health and antioxidant cellular protection in one go-anywhere cello pack. The Cardio Kit features breakthrough supplements that include a patent-pending, proprietary phytonutrient formula, omega-3 fatty acids DHA and EPA, plus vitamins and minerals. These supplements were selected as part of the clinically studied IN.FORM program for their ability to support healthy cardiometabolic function.

The Cardio Kit is an essential component of the patent-pending, clinically studied IN.FORM system that utilizes the power of the gut microbiome to support cardiometabolic health and a healthy metabolic age.

Ingredients:
Proprietary Antioxidant Blend: apple fruit extract, turmeric root and rhizome extract, green tea leaf extract, grape seed extract, mangosteen pericarp extract, grape skin extract, olive leaf extract, blueberry fruit concentrate and capsicum fruit.
Bergamot orange fruit extract  
Fish oil (EPA/DHA)

Plus the following nutrients: vitamin A, C, D3, E, B1, B2, niacin, B6, B12, biotin, pantothenic acid, iodine, magnesium, zinc, selenium, copper, manganese, folic acid, calcium, phosphorus, chromium, inositol, p-aminobenzoic acid, choline and lycopene.

Antioxidant Fruit Blend (white grape, apple, pear, orange, pineapple, cherry, strawberry, blueberry), plus dandelion root, alfalfa aerial parts, asparagus stem, broccoli flowers, cabbage leaf, hesperidin bioflavonoid extract, lemon bioflavonoid extract, rutin, rose hips, chlorophyll, kelp leaf and stem, cranberry fruit, mangosteen fruit, carrot root, spinach leaf and stem, tomato fruit, açai berry, pomegranate fruit extract, l-leucine, l-lysine, l-valine, l-isoleucine, l-phenylalanine, l-threonine, l-arginine, l-methionine, l-tyrosine and l-cysteine.

**Recommendation:**

Take 1 capsule packet daily. To experience the full benefits and dramatic success the IN.FORM program has to offer, use as part of the complete IN.FORM Metabolic Age Support product line.

**Complementary Products:**

IN.FORM Metabolic Age Support System, IN.FORM Metabolic Age Support Shake, IN.FORM Berberine, IN.FORM Probiotic.  
*Stock No. 3096 (30 packets)*

---

**IN.FORM METABOLIC AGE SUPPORT PROBIOTIC**

[Digestive]

**Benefits:**

- Provides 18 billion colony-forming units (CFU) of 11 strains of beneficial bacteria
- Helps support repopulation and optimization of beneficial bacteria in the gut
- Supports digestive and immune health

**How it Works:**

IN.FORM Metabolic Age Support Probiotic is a blend of 11 beneficial strains of bacteria to help maintain and replenish friendly bacteria in the gut. This probiotic was selected for the clinically studied IN.FORM program, which supports balance of the microbiome. A balanced microbiome can contribute to healthy metabolic function.

The IN.FORM Metabolic Age Support Probiotic is an essential component of the patent-pending, clinically studied IN.FORM system that utilizes the power of the gut microbiome to support cardiometabolic health and a healthy metabolic age.

**Ingredients:**

Probiotic blend; *Lactobacillus rhamnosus, Bifidobacterium bifidum, Lactobacillus acidophilus, Lactobacillus brevis, Lactobacillus bulgaricus, Lactobacillus plantarum, Streptococcus thermophilus, Bifidobacterium infantis, Bifidobacterium longum, Lactobacillus casei* and *Lactobacillus salivarius*.

Prebiotic blend: inulin, FOS and plant fiber.

**Recommendation:**

Take 3 capsules daily with a meal. To experience the full benefits and dramatic success the IN.FORM program has to offer, use as part of the complete IN.FORM Metabolic Age Support product line.

**Complementary Products:**

IN.FORM Metabolic Age Support System, IN.FORM Metabolic Age Support Shake, IN.FORM Berberine, IN.FORM Cardio Kit.  
*Stock No. 3097 (90 capsules)*
IN.FORM PURIFY
[Body Systems]

Benefits:
• Supports cellular integrity and function of intestinal lining
• Aids in gut metabolism and microbiome balance
• Balances gut pH to support balance of beneficial bacteria
• Activates detoxification signaling
• Supports elimination of heavy metals

How it Works:
IN.FORM PURIFY Healthy Microbiome and Detoxification supplement is a patent-pending formula with nutrients that support purification of the gut and help restore balance of the microbiome. This exclusive formula supports integrity and function of the microbiome, cleanses the digestive tract, detoxifies the body and provides sustained energy.

Ingredients:
Psyllium hulls, inulin, L-glutamine and a proprietary blend of apple fruit fiber, flax seed, acacia gum, guar gum, broccoli flowers, sodium copper chlorophyllin, apple fruit extract, green tea leaf extract, cabbage leaf, carrot root, red beet root, rosemary leaf, tomato fruit, turmeric rhizome, grape seed extract and olive leaf extract.

Recommendation:
For ongoing maintenance of gut health, detoxification and microbiome support, take 1 serving daily between meals.
For temporarily boosted cleansing and detoxification, take 2 servings daily: one serving between breakfast and lunch and one serving between lunch and dinner.

Complementary Products:
IN.FORM Metabolic Age Support System, IN.FORM Metabolic Age Support Shake, IN.FORM Probiotic.
Stock No. 21401

IN.FORM METABOLIC AGE SUPPORT SHAKE – PEA
[Weight Management]

Benefits:
• Provides 20 grams of vegan pea protein
• Provides 2 grams of phytosterols per serving, which may reduce the risk of heart disease
• Free from common allergens; dairy-free, lactose-free, gluten-free, soy-free and vegan
• Helps promote muscle recovery after physical exercise and enhances the buildup of lean muscle mass
• Promotes healthy body composition when combined with exercise and a healthy diet
• Makes an ideal, high-protein, low-carb snack or meal replacement
• Provides 20% or more of the Daily Value of 17 vitamins and minerals

How it Works:
The IN.FORM Metabolic Age Support Pea Protein Shake blends heart-healthy phytosterols with high-quality, vegan pea protein isolate in a unique formula that is free from common allergens.
Each serving delivers 20 grams of protein, 2 grams of phytosterols plus dietary fiber and essential vitamins and minerals.
The IN.FORM Metabolic Age Support Shake is the convenient, tasty and satisfying cornerstone of the patent-pending, clinically studied IN.FORM system that utilizes the power of the gut microbiome to support
cardiometabolic health and a healthy metabolic age.

**Ingredients:**
Pea protein isolate, fructose, inulin, sunflower oil, phytosterols, acacia gum, natural vanilla flavor, tricalcium phosphate, medium chain triglycerides, pea fiber, rice protein, flax seed, bamboo fiber, rice bran, xanthan gum, potassium citrate, sodium citrate, magnesium oxide, sea salt, carrot, stevia extract, proteolytic enzyme blend, cranberry, broccoli, grape seed extract, black bean, blueberry, borage oil, ascorbic acid, d-alpha tocopherol (vitamin E), zinc citrate, niacinamide, selenium, monk fruit extract (luo han guo), ferrous fumarate, biotin, adzuki bean, vitamin A palmitate, manganese citrate, d-calcium pantothenate, chromium nicotinate, potassium iodide, pomegranate, copper citrate, folic acid, pyridoxine hydrochloride (vitamin B6), thiamine hydrochloride, riboflavin, ergocalciferol (vitamin D2), grape skin extract, garbanzo bean, beta glucans and cyanocobalamin (vitamin B12).

**Recommendation:**
Mix 2 level scoops (51g) with approximately 9 ounces of cold water, or mix to taste. To experience the full benefits and dramatic success the IN.FORM program has to offer, use as part of the complete IN.FORM Metabolic Age Support product line.

**Complementary Products:**
IN.FORM Metabolic Age Support System (Pea), IN.FORM Cardio Kit, IN.FORM Probiotic, IN.FORM Berberine.

**Stock No. 3095 (765 g - 15 servings)**

---

**IN.FORM METABOLIC AGE SUPPORT SHAKE – SOY**

**[Weight Management]**

**Benefits:**
- Provides 20 grams of non-GMO soy protein
- Provides 2 grams of phytosterols per serving, which may reduce the risk of heart disease
- Helps promote muscle recovery after physical exercise and enhances the buildup of lean muscle mass
- Promotes healthy body composition when combined with exercise and a healthy diet
- Makes an ideal, high-protein, low-carb snack or meal replacement
- Provides 20% or more of the Daily Value of 18 vitamins and minerals
- Is rich in soy isoflavones

**How it Works:**
The IN.FORM Metabolic Age Support Soy Protein Shake blends heart-healthy phytosterols with high-quality, non-GMO soy protein isolate in a unique formula that is easily digestible to promote muscle recovery after physical exercise and build lean muscle mass.

Each serving delivers 20 grams of protein, 2 grams of phytosterols plus dietary fiber and essential vitamins and minerals.

The IN.FORM Metabolic Age Support Shake is the convenient, tasty and satisfying cornerstone of the patent-pending, clinically studied IN.FORM system that utilizes the power of the gut microbiome to support cardiometabolic health and a healthy metabolic age.

**Ingredients:**
Soy protein isolate, sugar cane, sunflower oil, inulin, gum arabic, phytosterols, natural vanilla flavor, tricalcium phosphate, medium chain triglycerides, potassium citrate, flax seed, xanthan gum, salt, magnesium oxide,
stevia extract, cellulose gum, guar gum, pea protein isolate, ascorbic acid, vitamin E tocopherol, zinc citrate, chlorella, niacinamide, sodium selenate, biotin, ferrous fumarate, vitamin A palmitate, manganese citrate, d-calcium pantothenate, chromium nicotinate, potassium iodide, copper citrate, folic acid, pyridoxine hydrochloride, thiamine hydrochloride, riboflavin, cholecalciferol, cyanocobalamin and sodium caseinate.

**Recommendation:**

Mix 2 level scoops (45 g) with approximately 9 ounces of cold water, or mix to taste. To experience the full benefits and dramatic success the IN.FORM program has to offer, use as part of the complete IN.FORM Metabolic Age Support product line.

**Complementary Products:**
IN.FORM Metabolic Age Support System (Soy), IN.FORM Cardio Kit, IN.FORM Probiotic, IN.FORM Berberine.

*Stock No: 3099 (675 g – 15 servings)*

**IN.FORM METABOLIC AGE SUPPORT SHAKE – WHEY**

[Weight Management]

**Benefits:**

- Provides 20 grams of ultra-filtered, lactose-free, undenatured whey protein isolate
- Provides 2 grams of phytosterols per serving, which may reduce the risk of heart disease
- Helps promote muscle recovery after physical exercise and enhances the buildup of lean muscle mass
- Promotes healthy body composition when combined with exercise and a healthy diet
- Makes an ideal, high-protein, low-carb snack or meal replacement
- Provides 20% or more of the Daily Value of 17 vitamins and minerals

**How it Works:**

The IN.FORM Metabolic Age Support Whey Protein Shake blends heart-healthy phytosterols with ultra-filtered, lactose-free, undenatured whey protein isolate in a unique formula that is easily digested to promote muscle recovery after physical exercise and build lean muscle mass.

Each serving delivers 20 grams of protein, 2 grams of phytosterols plus dietary fiber and essential vitamins and minerals.

The IN.FORM Metabolic Age Support Shake is the convenient, tasty and satisfying cornerstone of the patent-pending, clinically studied IN.FORM system that utilizes the power of the gut microbiome to support cardiometabolic health and a healthy metabolic age.

**Ingredients:**
Whey protein isolate, milk protein isolate, sunflower oil, sugar cane, inulin, natural vanilla flavor, phytosterols, acacia gum, tricalcium phosphate, xanthan gum, sea salt, gum blend, potassium citrate, magnesium oxide, stevia extract, ascorbic acid, d-alpha-tocopherol (vitamin E), zinc citrate, niacinamide, sodium selenate, biotin, ferrous fumarate, vitamin A palmitate, manganese citrate, folic acid, pyridoxine hydrochloride, thiamin hydrochloride, riboflavin, cholecalciferol (vitamin D3) and cyanocobalamin (vitamin B12).

**Recommendation:**

Mix 2 level scoops (47 g) with approximately 9 ounces of cold water, or mix to taste. To experience the full benefits and dramatic success the IN.FORM program has to offer, use as part of the complete IN.FORM Metabolic Age Support product line.
Complementary Products:
IN.FORM Metabolic Age Support System (Whey), IN.FORM Cardio Kit, IN.FORM Probiotic, IN.FORM Berberine
Stock No. 3092 Vanilla (705 g – 15 servings)
Stock No. 21571 Chocolate (765 g – 15 servings)
Stock No. 21574 Chocolate, Single-Serve Sachets (15 servings)

INSPIRE UPLIFTING ESSENTIAL OIL BLEND
(see Essential Oils)

INTESTINAL SOOTHE & BUILD
[Body Systems]

Benefits:
- Supports the intestinal system
- Provides nutrients to support the lower bowel
- Relieves occasional bloating and pressure

How it Works:
The lower bowel contains millions of microorganisms to help the body process nutrients. Improperly digested or slow-moving food may affect the balance of this intestinal flora. Ingredients in this formula help relieve occasional bloating pressure and soothe the intestinal tract.

Slippery elm bark had been used traditionally to soothe intestinal tissue. Chamomile flowers have nervine qualities, which can help the body cope with tension. Chamomile also stimulates and supports digestive function. Plantain leaves are known for their antiseptic properties. Rose hips contain vitamin C and related compounds, which help neutralize waste in the body. Marshmallow root concentrate is also known for its soothing properties, especially for the mucous membranes. Since the stomach and intestines are lined with these protective membranes, marshmallow helps the body get rid of substances that often collect or stick to these membranes. Its pectin fiber is capable of carrying a host of substances from the body.

Ingredients:
- Marshmallow root extract, slippery elm bark, chamomile flowers, plantain leaves and rose hips.

Recommendation:
Take 3 capsules with a meal three times daily.

Complementary Products:
Nutribiome Probiotic Eleven, LBS II, Cascara Sagrada, Bowel Detox, Psyllium Hulls, Slippery Elm, Aloe Vera Juice.
Stock No. 1106 (100) Kosher

IN-X
[Body Systems]

Benefits:
- Supports the immune and intestinal systems
- Helps maintain microbiological balance
- Supports mucous membrane health
- Helps maintain internal tissues
- Supports the body’s eliminative channels

How it Works:
Goldenseal supports the immune system and helps maintain an environment more hospitable to microbiological balance. Black walnut hulls are prized for their cleansing properties. Marshmallow root (also known as althea root) contains mucilage, which supports mucous membrane health. Historically, parthenium has been used in a manner similar to echinacea for immune system support. Plantain helps maintain internal tissues.
**Ingredients:**
Black walnut hulls, echinacea aerial parts, marshmallow root, plantain leaves, goldenseal root extract, and parthenium aerial parts and root.

**Recommendation:**
Take 2 capsules with a meal twice daily.

**Complementary Products:**
VS-C, Silver Shield, Lymph Gland Cleanse, Echinacea & Golden Seal, High-Potency Garlic.

*Stock No. 1220 (100) Kosher*

---

**IONIC MINERALS WITH AÇAI**

*General Nutrition*

**Benefits:**
- Supplies a full spectrum of 70 highly bioavailable ionic minerals
- Helps regulate pH balance in the body
- Supports the circulatory and immune systems
- Provides antioxidant benefits

**How it Works:**
This product provides 70 charged trace minerals that are ready for absorption. Ionic minerals are easily and quickly absorbed and taken into the cells that line the intestinal tract. These minerals may be readily employed in the body’s many physiologic activities, including nutrient transport, enzyme reactions, metabolism help and immune system support. Ionic minerals also play an important role in supporting a healthy pH balance. Fulvic acid supplies electrolytes, enhances nutrient transport, catalyzes enzyme reactions, increases assimilation and helps rebuild the immune system. Açai berry concentrate provides valuable antioxidants, amino acids, anthocyanins and essential fatty acids. Açai also gives a delicious natural flavor.

**Ingredients:**
Varying amounts of 70 trace minerals in purified water, fulvic acid, vegetable glycerin, açai berry concentrate, red grape skin extract, citric acid and açai berry.

**Recommendation:**
Take 1 tablespoon twice daily with a meal.

**Complementary Products:**
Ultimate GreenZone, Chlorophyll ES, Vitamin D3, Vitamin B-Complex.

*Stock No. 310 (32 fl. oz.)*

---

**IRON, CHELATED**

*Body Systems*

**Benefits:**
- Provides circulatory system support
- Supports the transport of oxygen to the tissues
- Supports energy metabolism
- Provides 25 mg iron per tablet

**How it Works:**
Iron is a mineral used by the body in the production of red blood cells. It helps the blood transport oxygen from the lungs throughout the body. Without sufficient iron, the tissues, muscles and other systems do not receive adequate oxygen and thus they cannot perform properly. This product provides iron (ferrous gluconate) that is gentle on the bowel and contains vitamin C to promote iron absorption by the body.

**Ingredients:**
25 mg iron and 50 mg vitamin C per serving plus calcium, phosphorus, rose hips extract, yellow dock root, thyme leaves, mullein leaves and chickweed aerial parts.

**Recommendation:**
Take 1 tablet daily with a meal.
JASMINE ESSENTIAL OIL
(see Essential Oils)

JOINT HEALTH, AYURVEDIC
[Body Systems]

Benefits:
• May help provide joint support and flexibility
• Provides nutritional support for the structural system

How it Works:
Ayurveda, Sanskrit for “The Science of Life,” is one of the world’s oldest recorded systems of natural health. Nature’s Sunshine’s authentic Ayurvedic formulas were developed in concert with Indian Ayurvedic masters and are composed of herbs direct from India. This formula contains Ayurvedic herbs for joint and structural system support.

Ingredients:
Withania somnifera root, Commiphora mukul gum extract, Smilax china root, Boswellia serrata gum, Holarrhena antidysenterica bark, Paederia foetida leaf extract, Vitex negundo leaf extract, Tinospora cordifolia stem, Cyperus rotundus tuber, Apium graveolens seed, Boerhaavia diffusa root, Trachyspermum ammi fruit, Tribulus terrestris fruit and Trigonella foenum-graecum seed.

Recommendation:
Take 2 capsules with a meal three times daily.

Complementary Products:
Skeletal Strength, Joint Support, EverFlex w/ Hyularonic Acid, EverFlex Pain Cream.
Stock No. 1296 (100)

JOINT SUPPORT
[Body Systems]

Benefits:
• Provides nutrition to the joints and bones
• Supports the structural system

How it Works:
This product features many herbs that support structural and joint health. Alfalfa aerial parts help keep joints healthy and contain many trace minerals due to its unusually deep root system. Horsetail stem and strobilus are noted for providing many trace minerals necessary for healthy joints and adjoining tissue. Bromelain fruit enhances the efficiency of protein digestion needed for repairs. Catnip leaves contain aromatic compounds that help the body maintain a balanced nervous system. Celery seed helps the body deal with excessive uric acid in the blood. Black cohosh root helps prevent muscle spasms and supports the circulatory system. Yarrow aerial parts help the body’s healthy inflammation response. Capsicum fruit contains aromatic resins and influences the circulatory and digestive systems. Valerian root encourages the relaxation of the nervous system. Hydrangea root extract provides both bitter and astringent compounds that support tissues. Yucca root extract contains saponins that support the body’s inflammation response.
Ingredients: Alfalfa aerial parts, horsetail stem and strobilus, bromelain, catnip leaves, celery seed, black cohosh root, yarrow aerial parts, capsicum fruit, slippery elm bark, valerian root, hydrangea root extract, yucca root extract, white willow bark, burdock root and sarsaparilla root.

Recommendation: Take 2 capsules with a meal three times daily.

NOTE: Pregnant or lactating women should consult their health care provider prior to taking this supplement.

Complementary Products: EverFlex w/Hyaluronic Acid, Yucca, Skeletal Strength, MSM, Calcium–Magnesium, EverFlex Pain Cream.

Stock No. 810 (100) Kosher

JOJOBA OIL [Personal Care/Hair & Skin]

Benefits: • Restores luster to dry or damaged hair • Protects hair against damage

How it Works: Jojoba oil is a botanical extract of the seed of the jojoba tree. It isn’t actually oil but a wax ester. This wax ester is very similar to human skin oil (sebum). Applying jojoba to the skin may help balance oil production. A few drops lightly massaged into the hair and scalp after shampooing helps cleanse and moisturize the scalp. Jojoba also lightly coats the hair, giving it extra shine, body and protection. Jojoba oil makes an excellent conditioning treatment.

Ingredients: Jojoba oil.

Recommendation: After shampooing, apply a few drops to the scalp and rub vigorously over entire scalp area.

Complementary Products: HSN-W & Horsetail.

Stock No. 1695 (0.5 fl. oz.)

JP-X [Body Systems]

Benefits: • Supports the glandular and urinary systems • Helps support the kidneys and bladder

How it Works: Juniper berries support the urinary system and help the body maintain proper fluid balance. Uva ursi is also known to support the urinary system as it may promote urine flow and acts to keep the urinary system clean.

Ingredients: Dong quai root, juniper berry (cones), parsley leaves, uva ursi leaves, ginger rhizome, marshmallow root and golden seal root extract.

Recommendation: Take 2 capsules with a meal three times daily.

Complementary Products: Thyroid Activator, Adrenal Support, Urinary System Pack, Men’s Formula.

Stock No. 1222 (100) Kosher

JUNIPER BERRIES [Body Systems]

Benefits: • Supports the urinary system • Helps the body maintain proper fluid balance
• May help maintain proper levels of uric acid in the body

How it Works:
Juniper berries are found on the evergreen juniper shrub, which grows widely throughout the Northern Hemisphere. These berries are antiseptic and promote proper kidney function and flow of digestive fluids. The berries’ nutritional profile includes quercetin, proanthocyanidins and volatile oil. Volatile oils may help cleanse the urinary tract as they pass through it. Juniper berries are particularly supportive of the urinary system as they help the body maintain proper fluid balance.

Ingredients:
Juniper berry cones.

Recommendation:
Take 2 capsules with a meal twice daily.

Complementary Products:
Hydrangea, Cranberry & Buchu Conc., Urinary Maintenance, Dandelion, Kidney Activator, KB-C TCM Conc., Uva Ursi.
Stock No. 400 (100) Kosher

KAVA KAVA CONCENTRATE
[Body Systems]

Benefits:
• Supports the nervous system
• Helps muscles relax without dulling the senses
• Promotes relaxation, especially during occasional stress
• May promote more restful sleep
• Promotes feelings of well-being

How it Works:
Kava kava reduces anxiety but does not impair mental function or promote sedation.

It contains compounds called kavalactones that have been shown to help the body cope with occasional anxiety and relax muscles.

Ingredients:
Kava kava root extract, standardized to 30 percent total kavalactones.

Recommendation:
Take 1 capsule with a meal twice daily. Bedtime dose: Take 1-2 capsules 30 minutes prior to retiring.

CAUTION: Do not use while driving a motor vehicle or operating machinery. Not intended for use by pregnant or lactating women. Not for use by persons under age 18. Consult a health-care professional prior to use if you have liver problems, if you frequently use alcohol or take any medication. Stop use if you develop symptoms that may signal liver problems. Do not exceed recommended dose. Keep out of the reach of children.

Complementary Products:
Nutri-Calm, Stress-J, AnxiousLess, Stress Relief TCM Conc., B-Complex, Nerve Eight.
Stock No. 405 (60) Kosher

KB-C
[Body Systems—Chinese]

Benefits:
• Strengthens the urinary system
• Supports the structural system, specifically the bones
• May help the body restore energy

How it Works:
Its Chinese name jian gu can be translated to mean “strengthen the bones.” It is designed to strengthen the water element. In Traditional Chinese Medicine, this formula is used to nourish the kidneys and nutritionally support the urinary and structural systems, eliminating water and providing extra joint support.
Chinese herbalists believe eucommia nourishes the kidney yang and the ligaments and bones. Eucommia has been used for centuries in the Far East for weakness. No single Western herb has been found to substitute for these qualities. Chinese herbalists also believe achyranthes relieves the body of excess fluids and strengthens it. They hold that achyranthes strengthens the liver, kidneys, bones and tendons. It has been used for convalescence, comfort and certain gynecological needs.

**Ingredients:**

- Eucommia bark, cistanche stem, achyranthes root, dipsacus root, drynaria rhizome, hoelen sclerotium, morinda root, rehmannia root tuber, astragalus root, cornus fruit without seeds, dioscorea rhizome, epimedium leaf, ligustrum fruit, liquidambar fruit, lycium fruit, ginseng root, tang-kuei root and atractylodes rhizome.

**Recommendation:**

Take 3 capsules with a meal three times daily.

NOTE: Pregnant or lactating women should consult their health care provider prior to taking this supplement.

**Complementary Products:**

- Skeletal Strength, Kidney Activator TCM Conc., EverFlex w/Hyaluronic Acid, Calcium–Magnesium, Cranberry & Buchu Conc., Hydrangea.
- Stock No. 1883 (100)

**KB-C TCM CONCENTRATE**

*Body Systems—Chinese*

**Benefits:**

- Strengthens the urinary system
- Supports the structural system, specifically the bones
- May help the body restore energy

**How it Works:**

This formula contains the same herbs found in KB-C but in a highly concentrated blend. Its Chinese name *jian gu* can be translated to mean “strengthen the bones.” It is designed to strengthen the water element. In Traditional Chinese Medicine, this formula is used to nourish the kidneys and nutritionally support the urinary and structural systems, eliminating water and providing extra joint support.

Chinese herbalists believe eucommia nourishes the kidney yang and the ligaments and bones. Eucommia has been used for centuries in the Far East for weakness. No single Western herb has been found to substitute for these qualities. Chinese herbalists also believe achyranthes relieves the body of excess fluids and strengthens it. They hold that achyranthes strengthens the liver, kidneys, bones and tendons. It has been used for convalescence, comfort and certain gynecological needs.

**Ingredients:**

- Concentrated extract of eucommia bark, cistanche stem, achyranthes root, dipsacus root, drynaria rhizome, hoelen sclerotium, morinda root, rehmannia root tuber, astragalus root, cornus fruit without seeds, dioscorea rhizome, epimedium leaf, ligustrum fruit, liquidambar fruit, lycium fruit, ginseng root, tang-kuei root and atractylodes rhizome.

**Recommendation:**

Take 1 capsule with a meal daily.

NOTE: Pregnant or lactating women should consult their health care provider prior to taking this supplement.

**Complementary Products:**

- Skeletal Strength, Kidney Activator TCM Conc., EverFlex w/Hyaluronic Acid,
Calcium-Magnesium, Cranberry & Buchu Conc., Hydrangea.  
Stock No. 1016 (30)

**KELP**  
*Body Systems*

**Benefits:**  
- Provides natural trace minerals, including iodine, for glandular support  
- May help maintain levels of energy  
- Supports proper metabolism  

**How it Works:**  
Kelp contains naturally varying amounts of trace minerals, which may be useful in maintaining proper glandular function and metabolism.

**Ingredients:**  
Kelp leaf and stem.

**Recommendation:**  
Take 2 capsules with a meal twice daily.

**Complementary Products:**  
Thyroid Support, Target TS II, Thyroid Activator.

Stock No. 410 (100) Kosher

**KIDNEY ACTIVATOR**  
*Body Systems*

**Benefits:**  
- Supports the urinary system  
- Encourages proper water balance in body tissues  
- Provides soothing support for the kidneys and bladder  

**How it Works:**  
This formula nutritionally supports the urinary system, specifically bladder and kidney health. Juniper berries promote proper kidney function and flow of digestive fluids. They also support the urinary system as it works to maintain proper fluid balance.

Parsley supports digestion and kidney function. Uva ursi has been used for generations for kidney health. Dandelion root encourages normal kidney function and contains many minerals important to the urinary tract. Chamomile contains volatile oils to encourage cleansing action in the kidneys. It is soothing to body tissues, especially the nervous system.

**Ingredients:**  
- Juniper berries, parsley leaves, uva ursi leaves, dandelion root and chamomile flowers.

**Recommendation:**  
Take 2 capsules daily with a meal; ATC concentrated, take 1–2 capsules daily with a meal.

NOTE: Pregnant or lactating women should consult their health care professional prior to taking this supplement.

**Complementary Products:**  
Urinary System Pack, Kidney Drainage, Hydrangea, KB-C TCM Concentrate.

**Stock No. 970 (100) Kosher**  
**Stock No. 973 (50) ATC Concentrate, Kosher**

**KIDNEY ACTIVATOR, CHINESE**  
*Body Systems—Chinese*

**Benefits:**  
- Promotes kidney function  
- May help clear retained water  
- Supports the urinary tract  
- May support joint health  
- Is traditionally used to support the lymphatic system  

**How it Works:**  
The Chinese name for this formula, *qu shi*, can be translated to mean “clear the dampness.” Morus root bark is thought to help eliminate excess moisture. Hoelen was used historically by the Chinese to “drain damp-
ness.” Alisma is said to help promote the flow of moisture and is used in Traditional Chinese Medicine to support the bladder and urinary tract. According to Chinese concepts, astragalus may help to clear retained water from the body.

Ingredients:
Hoelen sclerotium, siler root, chaenomeles fruit, morus root bark, astragalus root, alisma rhizome, plantago seed, peony root without bark, atractylodes rhizome, magnolia bark, polyporus sclerotium, citrus peel, cinnamon twig, ginger rhizome, typhonium rhizome and licorice root.

Recommendation:
Take 3 capsules with a meal three times daily.

NOTE: Pregnant or lactating women should consult their health care provider prior to taking this supplement.

Complementary Products:
Kidney Activator, Urinary Maintenance, Hydrangea, Cranberry & Buchu Conc. Stock No. 1872 (100)

KIDNEY ACTIVATOR TCM CONCENTRATE
[Body Systems—Chinese]

Benefits:
• Promotes kidney function
• May help clear retained water
• Supports the urinary tract
• May support joint health
• Is traditionally used to support the lymphatic system

How it Works:
This formula contains the same herbs found in Chinese Kidney Activator but in a highly concentrated blend. Kidney Activator is called qu shi, which can be translated as “to get rid of dampness.” Morus root bark is thought to help eliminate excess moisture. Hoelen was used historically by the Chinese to “drain dampness.” Alisma is said to help promote the flow of moisture and is used in Traditional Chinese Medicine to support the bladder and urinary tract. According to Chinese concepts, astragalus may help to clear retained water from the body.

Ingredients:
Concentrated extract of hoelen sclerotium, siler root, chaenomeles fruit, morus root bark, astragalus root, alisma rhizome, plantago seed, peony root without bark, atractylodes rhizome, magnolia bark, polyporus sclerotium, citrus peel, cinnamon twig, ginger rhizome, typhonium rhizome and licorice root.

Recommendation:
Take 1 capsule with a meal daily.

NOTE: Pregnant or lactating women should consult their health care provider prior to taking this supplement.

Complementary Products:
Kidney Activator, Urinary Maintenance, Hydrangea, Cranberry & Buchu Conc. Stock No. 1040 (30)

KIDNEY DRAINAGE LIQUID
[Body Systems]

Benefits:
• Supports the urinary and circulatory systems
• Enhances kidney function
• Supports healthy urinary function

How it Works:
Every day the kidneys filter the equivalent of nearly 200 liters of fluid in the bloodstream. They excrete toxins, metabolic wastes and excess ions and reabsorb necessary metabolic byproducts. These two bean-
shaped organs also regulate the volume and chemical composition of the blood. Good nutrition and fluid intake support kidney function and promote proper waste removal and healthy tissue.

This product provides the kidneys with the nutritional support they need to meet the constant stress placed on them. Asparagus increases the rate of cellular activity and urine production, and plantain leaf may help support fluid removal from the kidneys. Juniper berries support the urinary system as it works to maintain proper fluid balance. Goldenrod increases the production of urine without reducing levels of important electrolytes.

**Ingredients:**
Asparagus tops, plantain leaves, juniper berries and goldenrod aerial parts in glycerin and water.

**Recommendation:**
Take 1 ml (approximately 15-20 drops or ¼ teaspoon) in water twice daily.

**Complementary Products:**
Urinary Maintenance, Dandelion, Hydrangea, Cranberry & Buchu Conc., Kidney Activator TCM Concentrate.
*Stock No. 3168 (2 fl. oz.) Kosher*

**KRILL OIL WITH VITAMIN K2**
*[General Nutrition]*

**Benefits:**
- Supports cardiovascular system and brain function
- Provides joint and skin support
- Is a natural source of astaxanthin, a powerful antioxidant carotenoid
- Provides an extremely bioavailable source of omega-3 essential fatty acids (EPA and DHA)
- May support already-normal-range cholesterol levels

**How it Works:**
Antarctic krill provides a highly bioavailable source of EPA and DHA, essential omega-3 fatty acids (EFAs). EFAs are vital to the health of the cell membrane and also contribute to cardiovascular, brain and structural system function. They provide joint and skin support and may help support cholesterol levels already within the normal range. Krill is also a natural source of astaxanthin, a powerful antioxidant carotenoid. Krill oil also contains phospholipids, which bind to the omega-3 fatty acids, improving their absorption in the body. These phospholipids provide strength and elasticity to the cell membrane, helping to keep toxins out and let nutrients and oxygen in. Vitamin K2 provides added support for the cardiovascular system and bone health.

**Ingredients:**
20 mcg vitamin K (25% of Daily Value), plus krill oil, fish oil, EPA, DHA and astaxanthin.

**Recommendation:**
Take 1 capsule with a meal one or two times daily.

**Complementary Products:**
Mega-Chel, Cardio Assurance, Ever-Flex w/ Hyaluronic Acid, Brain-Protex w/Huperzine A, Red Yeast Rice, LOCLO.
*Stock No. 1516 (60 softgel caps)*

**KUDZU/ST. JOHN’S WORT COMBINATION**
*[Body Systems]*

**Benefits:**
- Supports the nervous system
- May help the body under stress
- Provides 1 mg hypericin and 1 mg daidzin per capsule
How it Works:
Hypericin, an active constituent in St. John’s Wort, supports the nervous system by helping to promote positive mental attitude and mood. Research links hypericin to the alleviation of stress. Kudzu contains daidzin, an isoflavone that may support the nervous system.

Ingredients:
St. John’s Wort aerial parts extract, alfalfa aerial parts and kudzu root extract.

Recommendation:
Take 1 capsule with a meal three times daily.

WARNING: Do not use this product while taking any prescription drug without the advice of your prescribing physician. Do not take with prescription anti-depressant drugs, including SSRIs and MAOIs. Avoid excessive exposure to UV radiation (e.g. sunlight, tanning) when using this product. Not recommended for use by pregnant or lactating women. Keep out of the reach of children.

Complementary Products:
Nutri-Calm, Stress-J, GABA Plus, Mood Elevator TCM Concentrate.

Stock No. 975 (100) Kosher

L-CARNITINE
[Body Systems]

Benefits:
• Supports the circulatory system
• Supports the energy process
• Supports overall healthy heart function
• Provides 295 mg l-carnitine per capsule

How it Works:
L-carnitine is an amino acid from which certain proteins are made. It is synthesized in the liver and kidneys. The body requires l-carnitine for the transport of long-chain fatty acids into the cells. L-carnitine also supports the overall function of the heart.

Ingredients:
L-carnitine.

Recommendation:
Take 1-3 capsules daily with a meal.

Complementary Products:
Vitamin B-Complex, Magnesium Complex, Solstic Energy, Super Omega-3 EPA.

Stock No. 1632 (30) Kosher

L-GLUTAMINE
[Body Systems]

Benefits:
• Helps supply the brain with energy
• Supports cellular growth, energy and repair
• Also supports the immune system and digestion
• Provides 500 mg l-glutamine per capsule

How it Works:
L-glutamine is an amino acid (a protein building block) that is important in supplying the brain with energy. Its main function is to support cellular growth, energy and repair. It also helps with muscle pain (from exercise).

Ingredients:
L-glutamine.

Recommendation:
Take 1-2 capsules daily with a meal.

Complementary Products:
Nutri-Calm, GABA Plus, 5-HTP Power, Brain Protex w/Huperzine A, Mind-Max.

Stock No. 1776 (30) Kosher
**L-LYSINE**

*Body Systems*

**Benefits:**
- Supports the structural system
- Strengthens circulation
- Helps the immune system
- Provides 474 mg l-lysine per capsule

**How it Works:**
L-lysine is an essential amino acid (cannot be produced by the body) required by the body for the manufacture of proteins. It helps ensure adequate absorption of calcium and the formation of collagen for bone, cartilage and connective tissue. L-lysine strengthens circulation and helps the immune system manufacture antibodies.

**Ingredients:**
L-lysine.

**Recommendation:**
Take 1 capsule with a meal three times daily.

**Complementary Products:**
Super Omega-3 EPA, Olive Leaf Extract Conc., VS-C, Zinc, Skeletal Strength.

*Stock No. 1631 (100) Kosher*

---

**LACTASE PLUS**

*Body Systems*

**Benefits:**
- Supports the digestive process
- Aids in the breakdown of dairy foods

**How it Works:**
Lactase and protease enzymes help people who have difficulty digesting dairy products by aiding the breakdown of milk sugar and milk protein. This is an effective and convenient solution for people with lactose intolerance. For many people, it’s not just the lactose (milk sugar) in dairy products that causes bloating, gas and other discomfort, it’s also the protein and fat. Lactase Plus combines lactase, lipase and protease for maximum digestion to minimize discomfort. This product contains an exclusive herbal blend that relaxes and soothes the stomach, and supports digestion.

**Ingredients:**
Lactase, protease, lipase, beet root fiber, potassium citrate, caraway seed, dandelion root, fennel seed, gentian root and ginger rhizome.

**Recommendation:**
Take 1-2 capsules up to 3 times daily before consuming foods and beverages containing lactose.

**Complementary Products:**
Food Enzymes, Proactazyme, Bifidophilus Flora Force, Stomach Comfort.

*Stock No. 1655 (100)*

---

**LAVENDER ORGANIC ESSENTIAL OIL**

*(see Essential Oils)*

---

**LB EXTRACT® LIQUID**

*Body Systems*

**Benefits:**
- Supports the intestinal system
- Encourages proper elimination
- Provides some dietary fiber

**How it Works:**
Cascara sagrada bark is known for its laxative effect. Senna and buckthorn have similar properties and encourage bowel movement. Psyllium adds bulk to the stool. Licorice helps support the respiratory tract and digestive function.

**Ingredients:**
Extracts of cascara sagrada bark, senna leaves, buckthorn bark, alfalfa aerial parts, psyllium seed hulls, licorice root, rhubarb
root, barberry bark, ginger rhizome and slippery elm bark in purified water and alcohol.

**Recommendation:**

Adults: Take 1 teaspoon once daily. Children age 4 and older: Take 1/4 to 1/2 teaspoon once daily.

NOTE: This product contains cascara sagrada, buckthorn and senna. See your health care provider prior to use if you are pregnant or nursing, any medical condition exists, or when taking any medication. Read and follow recommendation carefully. Do not use if diarrhea, loose stools or abdominal pain are present or develop. May cause allergic reaction in persons sensitive to inhaled or ingested psyllium.

**Complementary Products:**
Black Walnut, CleanStart, Everybody’s Fiber.  
*Stock No. 1794 (2 fl. oz.) Kosher*

**LBS II**

*Body Systems*

**Benefits:**
- Supports the intestinal system
- Promotes normal bowel function
- Helps clear the bowels of toxic waste
- Works gently
- Encourages better digestion
- Supports proper waste elimination

**How it Works:**

Cascara sagrada bark influences the peristaltic muscles of bowel tissue and encourages the normal flow of bile and secretions of the stomach, pancreas and liver. Buckthorn bark is a powerful herb renowned for its ability to loosen the bowels. Licorice root gently supports peristalsis and general digestion. Capsicum fruit supports elimination and circulation. Ginger root supports digestion and helps allay nausea. It is gentle and soothing to the entire digestive tract. Oregon grape root supports the liver and gallbladder. Turkey rhubarb root is known for its support of bowel health. Couch grass herb provides gentle support to the intestines as well as the urinary system. Red clover tops are well-known blood purifiers.

**Ingredients:**
Cascara sagrada bark, buckthorn bark, licorice root, capsicum fruit, ginger rhizome, Oregon grape root and rhizome, Turkey rhubarb root, couch grass rhizome and red clover flowers.

**Recommendation:**

Take 2-4 capsules/tablets daily with a meal.

NOTE: This product contains cascara sagrada, buckthorn and Turkey rhubarb. See your health care provider prior to use if you are pregnant or nursing, any medical condition exists, or when taking any medication. Read and follow recommendation carefully. Not intended for prolonged use. Do not use if diarrhea, loose stools or abdominal pain are present or develop. Use of this product may worsen these conditions and be harmful to your health. Chronic diarrhea can result in serious illness.

**Complementary Products:**
Everybody’s Fiber, Chlorophyll ES, Psyllium Hulls, Anti-Gas TCM Conc., Bowel Detox, Tiao He Cleanse, Para-Cleanse.  
*Stock No. 990 (100) capsules, Kosher  
Stock No. 993 (100) Vegitabs  
Stock No. 2497 (20 retail sample packets) Kosher*

**LB-X**

*Body Systems*

**Benefits:**
- Supports the intestinal system
- Assists the body’s normal bowel functions
How it Works:
LB-X encourages the elimination of waste and supports colon cleansing.

Ingredients:
Cascara sagrada bark, dong quai root, Turkey rhubarb root, capsicum fruit, goldenseal root and rhizome, ginger rhizome, Oregon grape root and rhizome, fennel seeds, red raspberry leaves and lobelia aerial parts.

Recommendation:
Take 2–4 capsules daily with a meal.

NOTE: This product contains cascara sagrada and Turkey rhubarb. See your health care provider prior to use if you are pregnant or nursing, any medical condition exists, or when taking any medication. Read and follow recommendation carefully. Do not use if diarrhea, loose stools or abdominal pain are present or develop. Use of this product may worsen these conditions and be harmful to your health. Chronic diarrhea can result in serious illness.

Complementary Products:
Intestinal Soothe & Build, CleanStart, Tiao He Cleanse, Everybody’s Fiber, Chlorophyll ES.

Stock No. 1226 (100) Kosher

LECITHIN
[Body Systems]

Benefits:
• Maintains cell membrane structure
• Supports the nervous system
• Supports digestion and healthy circulatory system function

How it Works:
Lecithin contains fat-like substances called phospholipids. Components of lecithin protect cells from oxidation and largely comprise the protective sheaths surrounding the nerves in the brain and nervous system. Lecithin is needed by every cell in the body and is a key building block of cell membranes, helping them to maintain flexibility. Although lecithin is a fatty substance, it is also a fat emulsifier. Emulsifiers in the body play an important role in fat digestion and circulatory health. The nervous system may benefit from the choline in lecithin. Choline is useful for making acetylcholine, an important neurotransmitter.

Ingredients:
Soy lecithin.

Recommendation:
Take 2 softgels with meals three times daily.

Complementary Products:
Brain-Protex w/Huperzine A, MSM, NutriCalm, DHA, 5-HTP Power, Flax Seed Oil w/Lignans, Mind-Max.

Stock No. 3760 (180 softgel caps)

LEMON ESSENTIAL OIL
(see Essential Oils)

LEMONGRASS ESSENTIAL OIL
(see Essential Oils)

LICORICE ROOT
[Body Systems]

Benefits:
• Provides nutritional support for the glandular system
• Supports the adrenal glands
• Provides lymphatic energy
• Supports the liver and proper sugar balance

How it Works:
We know this herb for its wide use as a candy flavoring, but its value goes far...
beyond that. The dietary use of licorice goes back several thousand years. Traditional herbalists use licorice root as a general tonic and for glandular support. It also supports the liver. Most Chinese herb combinations use licorice to balance the other herbs and to promote vitality. It has a reputation for helping the entire body maintain balance (particularly helpful to women who menstruate) and for promoting well-being. Licorice contains triterpenoid saponins, flavonoids, isoflavonoids and other beneficial constituents.

**Ingredients:**
Licorice root. (Liquid Extract contains licorice root extract, alcohol and purified water.)

**Recommendation:**
Take 2 capsules with a meal three times daily. ATC concentrate: Take 1 capsule with a meal twice daily. Liquid: Take 20-25 drops (1 ml) with water three times daily. One ml is equal to 2 capsules of licorice root.

**Complementary Products:**
Adrenal Support, Energ-V, B-Complex, Glandular System Pack.
**Stock No. 420 (100) Kosher**
**Stock No. 424 (50) ATC Concentrated, Kosher**
**Stock No. 1780 (2 fl. oz.) Liquid Herb, Kosher**

---

**LIQUID METHYL B12 COMPLETE**

___

**Benefits:**
- Supports the immune and nervous systems
- Provides 1,000 mcg vitamin B12 per serving

**How it Works:**
The B vitamins help promote energy, maintain the nervous system, support immune functions and buffer the effects of stress. Notably, the B vitamins influence the health of most of the internal organs of the body. Vitamins can be obtained from the diet, but some of the vitamins, especially B and C vitamins, are easily lost or destroyed during cooking and processing. Liquid B vitamins may be essential for vegetarians since dietary sources of vitamin B12 are mostly foods of animal origin.

**Ingredients:**
1,000 mcg vitamin B12 (16,666% of Daily Value), plus 50% of the Daily Value of riboflavin, niacinamide and vitamin B6. Also includes thiamin, distilled water, sorbitol, vegetable glycerin, natural flavors and citric acid.

**Recommendation:**
Take 1 ml (17-18 drops) once daily. Hold under the tongue for 30 seconds before swallowing. May take an additional dose as needed for energy.

**Complementary Products:**
Nutri-Calm, Vitamin B-Complex, Super Supplemental, Super Omega-3 EPA.
**Stock No. 21690 (59 ml)**

---

**LIQUID CALCIUM**

___

**Benefits:**
- Provides nutrients for the structural system
- Provides 500 mg calcium per serving
- May help maintain balanced pH levels

**How it Works:**
Liquid Calcium supports bone health. It helps maintain the level of natural bone mineralization with aging. Calcium supports
the structural integrity of bone tissues, especially among elderly people. It may also be used to help maintain balanced pH levels, due to the fact that it provides calcium that can replace calcium borrowed from the bones and other organs.

**Ingredients:**
500 mg calcium, magnesium, zinc, vitamin D3, filtered water, fructose, glycerin and natural flavors from mango and passionfruit.

**Recommendation:**
Adults: Take 1 tablespoon with a meal twice daily. Children 4 and older: Take 1 tablespoon with one meal daily.

**Complementary Products:**
Herbal CA, Vitamin D3, Vitamin B-Complex, Calcium–Magnesium, Super Trio.

**Stock No. 3191 (16 fl. oz.)**

**LIQUID CLEANSE**

*Body Systems*

**Benefits:**
- Supports intestinal health
- Provides nutritional support to the bowel and liver
- Promotes regularity in maintaining healthy bowel movements
- Offers a convenient, drinkable liquid formula for those who don’t like to swallow pills

**How it Works:**
Liquid Cleanse provides a host of beneficial ingredients that help support healthy, natural bowel function. Aloe vera acts as an emollient and is soothing to the digestive tract and mucous membranes. Red raspberry and citrus extract lend their pleasant taste to the formula, and they provide important antioxidants. Senna helps to maintain soft stools and promotes bowel movements. Cassia cinnamon and fennel, aromatic herbs, are often used to support the action of cleansing herbs. Ginger and capsicum, two digestive aids, stimulate the flow of saliva, bile and gastric juices. Barberry, corn silk and dandelion may help remove toxins by supporting the function of the liver, gallbladder and kidneys.

**Ingredients:**
Aloe vera inner leaf juice concentrate, red raspberry fruit concentrate, senna leaves, raspberry natural flavor, cassia cinnamon bark, trace minerals, barberry root bark, xanthan gum, fennel seeds, stevia leaf extract, corn silk, ginger rhizome, dandelion root and capsicum fruit.

**Recommendation:**
Take 1 ounce (30 ml) daily as part of your personal cleansing program.

**NOTE:** Not intended for prolonged use. This product contains senna. See your health care provider prior to use if you are pregnant or nursing, any medical condition exists or when taking any medication. Read and follow recommendation carefully. Do not use if diarrhea, loose stools or abdominal pain are present or develop. Not intended for prolonged use. Use of this product may worsen these conditions and be harmful to your health. Chronic diarrhea can result in serious illness.

**Complementary Products:**
Aloe Vera Juice, Nature’s Three, CleanStart, Nutribiome Probiotic Eleven.

**Stock No. 3193 (16 fl. oz.)**

**LIVER BALANCE**

*Body Systems—Chinese*

**Benefits:**
- Supports the hepatic, digestive and nervous systems
- Supports the liver cleansing function
May help reduce stress and restore vigor
Enhances digestion
May increase feelings of well-being

How it Works:
Liver Balance is a Chinese combination designed to support the needs of a stressed wood constitution. The Chinese call this formula tiao he, which can be translated to mean “harmonizing.” In Traditional Chinese Medicine, it is used to support both the digestive and nervous systems, optimizing liver health and reducing stress.

Its primary herbs—scute, peony, bupleurum and atractylodes—have been used traditionally to maintain normal nervous system function during mental stress and to support the upper digestive system during tension and distress. Bupleurum is the most important “cooling herb” according to Chinese herbology. It is believed to aid the upward flow of chi, or the body’s living force, thereby strengthening the body against stress. Other herbs support these functions in what the Chinese refer to as a “wood-reducing” formula.

Ingredients:
Bupleurum root, peony root without bark, typhonium rhizome, cinnamon twig, dang gui root, fushen sclerotium with root, scute root, zhishi fruit, atractylodes rhizome, ginseng root, ginger rhizome and licorice root.

Recommendation:
Take 4 capsules with a meal twice daily.

Complementary Products:
Liver Cleanse Formula, LIV-J, Blood Pressurex, Milk Thistle Combination, Hepatic System Pack.
Stock No. 1860 (100)

LIVER BALANCE TCM CONCENTRATE
[Body Systems—Chinese]

Benefits:
- Supports the hepatic, digestive and nervous systems
- Supports the liver cleansing function
- May help reduce stress and restore vigor
- Enhances digestion
- May increase feelings of well-being

How it Works:
This formula contains the same herbs as Liver Balance, but in a highly concentrated blend. Liver Balance is designed to support the needs of a stressed wood constitution. The Chinese call this formula tiao he, which can be translated to mean “harmonizing.” In Traditional Chinese Medicine, it is used to support both the digestive and nervous systems, optimizing liver health and reducing stress.

Its primary herbs—scute, peony, bupleurum and atractylodes—have been used traditionally to maintain normal nervous system function during mental stress and to support the upper digestive system during tension and distress. Bupleurum is the most important “cooling herb” according to Chinese herbology. It is believed to aid the upward flow of chi, or the body’s living force, thereby strengthening the body against stress. Other herbs support these functions in what the Chinese refer to as a “wood-reducing” formula.

Ingredients:
Concentrated extract of bupleurum root, peony root without bark, typhonium rhizome, cinnamon twig, dang gui root, fushen sclerotium with root, scute root, zhishi fruit, atractylodes rhizome, ginseng root, ginger rhizome and licorice root.
Recommendation:
Take 1 capsule with a meal daily.  
NOTE: Pregnant or lactating women should consult their health care provider prior to taking this supplement.

Complementary Products:
Liver Cleanse Formula, LIV-J, Blood Pressurex, Milk Thistle Combination, Hepatic System Pack.
*Stock No. 1008 (30)*

**LIVER CLEANSE FORMULA**
[Body Systems]

**Benefits:**
- Provides nutritional support to the liver and gallbladder
- Promotes cleansing and detoxification mediated by the liver
- Supports digestive functions
- Supports the hepatic system

**How it Works:**
The liver performs many important functions in the body. It supports digestive functions by secreting bile for emulsification of fat, controlling the metabolism of nutrients (including alcohols) and serving as a reservoir for many nutrients and metabolites. The liver’s involvement in metabolic functions makes it susceptible to stressors.

Liver Cleanse Formula provides nutritional support to the liver and gallbladder, promotes cleansing and detoxification, and supports digestive function. Red beet root has been used traditionally to support the liver. Dandelion is reported to have tonic effects on the liver and gallbladder. Parsley contains chlorophyll and thus acts as a natural digestive deodorizer. Horsetail is reported to benefit the gallbladder. Yellow dock is a cleansing and detoxifying herb. Black cohosh exerts antioxidant effects. Birch leaves contain flavonoids, which exert antioxidant effects, thereby supporting the liver. Blessed thistle supports the stomach, intestines and gallbladder. Angelica root has been effectively used for digestive support. It is thought to protect liver cells from oxidative damage. Chamomile exerts demulcent and soothing effects on the gastrointestinal tract. Gentian exerts antioxidant effects. Goldenrod has traditionally been used for liver support.

**Ingredients:**
- Red beet root, dandelion root, parsley leaves, horsetail stem and strobilus, yellow dock root, black cohosh root, birch leaves, blessed thistle aerial parts, angelica root, chamomile flowers, gentian root and goldenrod aerial parts.

Recommendation:
Take 1 capsule with a meal three times daily.

Complementary Products:
Milk Thistle Combination, Liver Balance TCM Conc., LIV-J, Hepatic System Pack.
*Stock No. 1010 (100) Kosher*

**LIV-J**
[Body Systems]

**Benefits:**
- Supports the digestive and hepatic systems
- Nourishes the liver

**How it Works:**
This herbal blend has been used traditionally to support digestion, cleanse the digestive system, and nourish the liver and spleen. Dandelion is reported to have tonic effects on the liver and gallbladder. Parsley contains chlorophyll and acts as a natural digestive deodorizer. Red beet root has been used traditionally to support the liver.
**Ingredients:**
Dandelion root, rose hips, barberry root bark, fennel seeds, parsley leaves, red beet root and horseradish root.

**Recommendation:**
Take 2 capsules with a meal three times daily and before bedtime.

**Complementary Products:**
Food Enzymes, Liver Cleanse Formula, Gall Bladder Formula, Milk Thistle Combination, Hepatic System Pack.

*Stock No. 1011 (100) Kosher*

---

**LOBELIA**

*Body Systems*

**Benefits:**
- Supports the respiratory system
- Calms the nervous system
- Works as a universal relaxant

**How it Works:**
Lobelia herb possesses many properties that make it valuable to the respiratory system. It has the ability to work as both a stimulant (in small doses) and as a calmative (in larger doses). One of its key constituents, lobeline, acts in a way similar to nicotine.

**Ingredients:**
Lobelia aerial parts.

**Recommendation:**
Take 1 capsule daily with a meal.

**Complementary Products:**
Breathe Activator TCM Conc., ALJ, Fenugreek & Thyme, HistaBlock, Sinus Support EF.

*Stock No. 430 (100) Kosher*

---

**LOBELIA ESSENCE LIQUID**

*Personal Care*

**Benefits:**
- Use as a universal relaxant

**How it Works:**
Lobelia possesses many properties that make it a calmative when used topically.

**Ingredients:**
Extract of lobelia aerial parts, alcohol, water and apple cider vinegar.

**Recommendation:**
Add to a bath, relaxing poultices or other external preparations.

**Complementary Products:**
Breathe Deep Essential Oil Blend, Lavender Organic Essential Oil, Black Ointment, Golden Salve.

*Stock No. 1765 (2 fl. oz.) Kosher*

---

**LOCLO®**

*Body Systems*

**Benefits:**
- Supports the intestinal system
- Helps carry excess dietary fat out of the body
- Absorbs toxins in the bowel and helps remove them
- Stimulates normal bowel function
- Encourages a softer stool
- Aids in slowing down sugar assimilation
- Each serving provides 5 grams total dietary fiber

**How it Works:**
LOCLO contains both soluble and insoluble fiber. Soluble fiber stimulates the liver to give up stored cholesterol for eventual elimination. Insoluble fiber passes through the digestive system nearly intact, absorbing toxins during transit and encouraging normal bowel movement.

**Ingredients:**
Psyllium hulls, apple fruit fiber, cassia cinnamon bark, acacia gum, flax seed, fructose, guar gum, oat bran, citric acid, malic acid, stevia leaf extract, broccoli
flowers, turmeric root, rosemary leaf, red beet root, tomato fruit, carrot root, cabbage leaf, hesperidin, grapefruit bioflavonoid and orange bioflavonoid.

**Recommendation:**
Add 1 tablespoon to 8 oz. liquid and stir. Drink immediately.

NOTE: Take this product as recommended. Drinking enough water is essential. Avoid use if you have ever had esophageal narrowing or swallowing difficulties. May cause allergic reaction in persons sensitive to inhaled or ingested psyllium.

**Complementary Products:**
Cholester-Reg II, Cascara Sagrada, Krill Oil w/K2, Mega-Chel, Bowel Detox.

*Stock No. 1348 (12 oz.) Kosher*

**LOVE AND PEAS**
[Weight Management]

**Benefits:**
- Provides 20 grams of vegetable protein per serving
- Provides 75% of the Daily Value of 18 vitamins and minerals
- Supports the urinary and circulatory systems
- Is free from common allergens, dairy, lactose and gluten
- Contains a powerful antioxidant blend
- Offers a balanced amino acid profile
- Is vegan-certified

**How it Works:**
Love and Peas is high in protein (20 grams), which is known to help build and maintain lean muscle mass. The protein and fiber in this blend may increase satiety and may support healthy weight management when combined with diet and exercise. This product is vegan-certified.

**Ingredients:**
Provides 75% of the Daily Value of vitamins A and D, riboflavin, thiamin, vitamin B6, niacinamide, vitamin B12, folic acid, pantothenic acid, biotin, zinc, iodine, copper, selenium, chromium, manganese, vitamin C and molybdenum, plus pea protein isolate (from split yellow peas), rice protein (from brown rice), adzuki bean powder, black bean powder, garbanzo bean flakes, fructose, sunflower oil, soluble dietary vegetable fiber, natural flavors, medium-chain triglycerides, short-chain fructo-oligosaccharides (SCFOS), salt, flax seed, potassium citrate, sodium citrate, xanthan gum, guar gum, carrageenan, pea fiber, bamboo fiber, stevia (sweetener), rice bran, rice germ, mono and diglycerides, plant enzyme blend, beta-glucans, calcium phosphate, blueberry powder, cranberry powder, broccoli powder, carrot powder, grape skin extract, grape seed extract, pomegranate powder, ascorbic acid, borage oil and lo han extract.

**Recommendation:**
Mix 2 level scoops (45 g) of Love and Peas powder with approximately 12–16 ounces of cold water, or mix to taste. For best results, use the NSP Power Shaker.

**Complementary Products:**

*Stock No. 3082 (675 g – 15 servings)*

**LOVE AND PEAS SUGAR FREE**
[Weight Management]

**Benefits:**
- Is vegan-certified
- Provides 20 grams of vegetable protein per serving
- Contains 0 grams of sugar and only 140 calories
- Features a blend of antioxidants
- Contains digestive enzymes
- Is free from common allergens, dairy, lactose and gluten

**How it Works:**

Love and Peas is our popular blend of pea protein and nourishing whole foods. Now this tasty vegan meal replacement is available in a sugar-free formula featuring a natural sweetener system that includes luo han (monk fruit) and stevia.

**Ingredients:**

Provides an array of nutrients, including vitamin B12, biotin, pantothenic acid, zinc, copper, manganese, chromium, molybdenum, vitamins A, D, C, thiamine, iodine and selenium. Contains pea protein isolate (from split yellow peas), rice protein (from brown rice), black bean, adzuki bean, garbanzo bean, natural flavors (vanilla), sunflower oil, soluble dietary vegetable fiber, erythritol, short chain fructooligosaccharides, medium chain triglycerides, sea salt, flax seed, potassium citrate, sodium citrate, pea fiber, stevia extract, xanthan gum, bamboo fiber, rice bran, rice germ, guar gum, plant enzyme blend, carrot, ascorbic acid, borage oil, cranberry, broccoli, grape seed extract, sodium selenate, biotin, blueberry, carrageenan, luo han (monk fruit) extract, pomegranate, grape skin extract and oat beta-glucans.

**Recommendation:**

Mix 2 level scoops (40 g) of Love and Peas powder with approximately 9 ounces of cold water, or mix to taste. For best results, use the NSP Power Shaker.

**Complementary Products:**


*Stock No. 3087 (600 g - 15 servings)*

---

**LUNG SUPPORT**

*Body Systems—Chinese*

**Benefits:**

- May act as a tonic for the respiratory system
- Maintains tissue surfaces
- Supports the lungs and sinuses
- Helps promote mucous membrane moisture
- Offers additional benefits to the circulatory and urinary systems

**How it Works:**

This Chinese combination was specially formulated to supplement the needs of a weakened metal constitution. The Chinese call this formula *fu lei*, which can be translated to mean “strengthen the weak and thin.” Lung Support is considered a lung tonic formula. Its primary herbs—anemarrhena, aster, bupleurum and astragalus—have been used in Traditional Chinese Medicine to boost the immune system, build energy and support the respiratory system.

Chinese Lung Support combines various herbs that have been used traditionally to support different parts of the respiratory system. Many of its ingredients have western counterparts. For example, astragalus is similar to goldenseal in the way it works with the immune system. Platycodon provides benefits somewhat like fenugreek. And aster helps support the smooth muscles much the way mullein does. Licorice root and ginseng root help the body combat stress. Chinese Lung Support may be beneficial as a nutritional aid for people experiencing occasional fatigue or loss of weight.

**Ingredients:**

Astragalus root, tartarian aster root, large-leaf gentian root, platycodon root, anemarrhena rhizome, Asian ginseng root, bupleurum root, dong quai root, lycium
root bark, ophiopogon root tuber, bai-zhu atractylodes rhizome, schisandra fruit, tangerine green fruit rind, tangerine mature fruit rind, typhonium rhizome and Chinese licorice root.

**Recommendation:**
Take 3 capsules with a meal three times daily.

**Complementary Products:**
HistaBlock, Sinus Support EF, ALJ, Fenugreek & Thyme, Ayurvedic Bronchial Formula, Mullein.

*Stock No. 1887 (100)*

**LUNG SUPPORT TCM CONCENTRATE**

[Body Systems—Chinese]

**Benefits:**
- May act as a tonic for the respiratory system
- Maintains tissue surfaces
- Supports the lungs and sinuses
- Helps promote mucous membrane moisture
- Offers additional benefits to the circulatory and urinary systems

**How it Works:**
This formula contains the same herbs as Chinese Lung Support but in a highly concentrated blend. This Chinese combination was specially formulated to supplement the needs of a weakened metal constitution. The Chinese call this formula *fu lei*, which can be translated to mean “strengthen the weak and thin.” Lung Support is considered a lung tonic formula. Its primary herbs—*anemarrhena*, aster, *bupleurum* and *astragalus*—have been used in Traditional Chinese Medicine to boost the immune system, build energy and support the respiratory system.

Many of its ingredients have western counterparts. For example, *astragalus* is similar to goldenseal in the way it works with the immune system. *Platycodon* provides benefits somewhat like *fenugreek*. And aster helps support the smooth muscles much the way *mullein* does. Licorice root and *ginseng* root help the body combat stress. This formula may be beneficial as a nutritional aid for people experiencing occasional fatigue or loss of weight.

**Ingredients:**

**Recommendation:**
Take 1 capsule with a meal daily.

**NOTE:** Pregnant or lactating women should consult their health care provider prior to taking this supplement.

**Complementary Products:**
HistaBlock, Sinus Support EF, ALJ, Fenugreek & Thyme, Ayurvedic Bronchial Formula, Mullein.

*Stock No. 1004 (30)*

**LUTEIN**

[Body Systems]

**Benefits:**
- Supports the nervous system
- Supports vision
- Helps protect against UV damage to the eyes and skin
- Provides powerful antioxidant properties
- Provides 10 mg lutein per capsule
How it Works:
   Lutein is a member of the carotenoid family that occurs in nature with zeaxanthin. These nutrients are highly concentrated in the macula of the eye. The macula is responsible for focus and color differentiation. Research shows that higher plasma levels of lutein and zeaxanthin may be associated with macular health. Lutein and zeaxanthin are also found in plants to protect against the toxic effects of ultraviolet radiation and oxidation. As an antioxidant, lutein can protect healthy cells from damage caused by free radicals and can filter out damaging light, protecting eye tissues.

Ingredients:
   Lutein, zeaxanthin and hibiscus flowers.

Recommendation:
   Take 1 capsule once or twice daily with a meal.

Complementary Products:
   Perfect Eyes, Super ORAC.

Stock No. 1855 (60) Kosher

LYMPH GLAND CLEANSE
   [Body Systems]

Benefits:
   • Supplies nutrients that help support glandular function
   • May promote better immunity

How it Works:
   Parthenium has been used traditionally to support the immune system. Golden-seal root extract provides the alkaloids berberine, hydastine and canadine, which support the immune system. Yarrow may support circulation. Capsicum supports circulation and ensures the distribution of the active constituents of other herbs.

Ingredients:
   Parthenium root, goldenseal root extract, yarrow aerial parts and capsicum fruit.

Recommendation:
   Take 2 capsules with a meal three times daily.

Complementary Products:
   Lymphomax, Lymphatic Drainage, Kidney Drainage, VS-C, Silver Shield.

Stock No. 960 (100) Kosher

LYMPH GLAND CLEANSE–HY
   [Body Systems]

Benefits:
   • Helps soothe a stressed immune system
   • Supports circulation and the lymph system

How it Works:
   This herbal formula helps meet the nutritional needs of a stressed immune system and is particularly helpful to the circulatory system, which benefits the lymphatic system.

Ingredients:
   Parthenium root, yarrow aerial parts, myrrh gum and capsicum fruit.

Recommendation:
   Take 2 capsules with a meal three times daily.

Complementary Products:
   LymphoMax, Lymphatic Drainage, VS-C, Silver Shield, SugarReg.

Stock No. 920 (100) Kosher

LYMPHATIC DRAINAGE
   [Body Systems]

Benefits:
   • Supports the lymphatic, circulatory and immune systems
• Helps the body maintain a healthy network of internal vessels
• Helps remove cellular waste from the body

How it Works:
The lymphatic system consists of a myriad of delicate vessels found in almost every tissue of the body that contains blood vessels. These vessels perform essential functions, including the transportation of nutrients from the small intestine into the interstitial space and the removal of waste products from cellular metabolism. A vast array of materials must be transported by this system through small movements such as the pressure changes that occur during breathing and pulsations from arterial circulation. Consequently, efficient lymphatic system drainage is helpful to promoting overall health.

Lymphatic Drainage is designed to support the body’s efforts to drain the lymphatic system. It may help disperse lymphatic congestion, improve nutrient absorption and enhance immune function. The ingredients in Lymphatic Drainage work together to clean and tone the lymphatic system. Cleavers (or clivers) tones the lymphatic system through its purifying and diuretic properties. Red clover supports blood circulation. Stillingia root increases drainage and limits stagnation, while prickly ash bark stimulates the circulatory and the lymphatic systems of the body and is especially effective on mucous membranes.

Ingredients:
Extracts of cleavers aerial parts, red clover blossom, stillingia root, prickly ash bark plus vegetable glycerin and water.

Recommendation:
Take 1 ml (approximately 15-20 drops or 1/4 teaspoon) in water twice daily.

Complementary Products:
Kidney Drainage, Lymphomax, Nervous Fatigue TCM Conc., Red Clover, Mullein.
Stock No. 3171 (2 fl. oz.) Kosher

LYPHOMAX®
[Body Systems]

Benefits:
• Supports the immune and respiratory systems
• Supports the lymphatic system

How it Works:
Lymphomax is a blend of reported blood-purifying, cleansing and supporting herbs for the respiratory and lymphatic systems. Mullein helps promote natural respiratory function. Lobelia contains lobeline, an ingredient that helps stimulate the respiratory system, which supports breathing function. Plantain may help protect the liver against cellular damage due to its antioxidant effects, and it helps maintain the lymphatic system. Cleavers (also known as clivers) has reported diuretic, astringent and tonic effects. This herb is used historically to cleanse the lymphatic and other glandular systems. Red root is traditionally used for supporting the lymph system. It contains components that help make the body environment more acceptable to microorganic balance.

Ingredients:
Mullein leaves, bayberry root bark, cleavers aerial parts, plantain leaves, alfalfa aerial parts, chamomile flowers, echinacea root, yarrow aerial parts, garlic bulb, red root, lobelia aerial parts and chlorophyll.

Recommendation:
Take 2 capsules with breakfast and lunch.
Complementary Products:
VS-C, Red Clover, Lobelia, Lymph Gland Cleanse, Silver Shield, E-Tea.
Stock No. 4077 (100) Kosher

MACA
[Body Systems]

Benefits:
• Supports the glandular system
• Promotes libido and sexual function
• Enhances physical energy and endurance
• Supports stamina and helps with stress

How it Works:
Maca (Lepidium meyenii), a member of the radish family, addresses the needs of the glandular system. It grows in the Andes Mountains of South America and may provide a natural means for improving sexual desire and performance. It may also support physical and mental strength in both males and females. Also known as Peruvian ginseng, maca may help enhance physical energy and endurance, promote mental clarity and concentration and boost work capacity. As an adaptogen, it helps restore stamina and buffer the effects of stress.

Maca contains several flavones and flavonoid glycosides, which may support the balance of female reproductive hormones.

Ingredients:
Maca root extract.

Recommendation:
Take 1 capsule with a meal three times daily.

MAGNESIUM
[General Nutrition]

Benefits:
• Helps relax muscles
• Maximizes energy production
• Supports the nervous and structural systems
• Provides 250 mg magnesium per tablet

How it Works:
Magnesium is a macro mineral, essential to the proper utilization of other minerals in the body, including calcium and phosphorus. Magnesium is also critical to energy production and to over 300 enzymatic reactions in the body. It helps metabolize carbohydrates, proteins and fats, plus other minerals and nutrients, including vitamin C.

Ingredients:
250 mg of magnesium (magnesium oxide and magnesium acid chelate, 63% of the Daily Value), licorice root, kelp leaf and stem, peppermint leaves and white willow bark.

Recommendation:
Take 1 tablet daily with a meal.

Complementary Products:
Men’s X-Action Reloaded, Women’s X-Action, Cordyceps, Energ-V.
Stock No. 1117 (90) Kosher

MAGNESIUM COMPLEX
[General Nutrition]

Benefits:
• Is highly bioavailable
• Contributes to energy production
• Promotes musculoskeletal health
How it Works:
Magnesium is an essential mineral. It is present in more than 300 enzymatic systems where it is crucial for energy production and other metabolic functions. The heart, brain and kidneys cannot function without adequate levels of this nutrient. Magnesium is used in reaction to form Tri Carboxylic Acid (TCA), which aids in the cells’ energy-producing cycle. It is also involved in smooth muscle contractions, affecting the heart, gastrointestinal, urinary and female reproductive tracts.

Ingredients:
Magnesium citrate and magnesium malate.

Recommendation:
Take 2 capsules twice daily with a meal.

Complementary Products:
Cardio Assurance, Cramp Relief, Intestinal Soothe & Build.
Stock No. 1859 (100) Kosher

MANDARIN, RED ESSENTIAL OIL
(see Essential Oils)

MARJORAM, SWEET ESSENTIAL OIL
(see Essential Oils)

MARSHMALLOW
[Body Systems]

Benefits:
- Strengthens mucous membranes
- Supports the respiratory and digestive systems
- Eases gastrointestinal irritation

How it Works:
Marshmallow has a high mucilage content; in fact it is 25-30% polysaccharides (mucilage) and 25-30% starch, which account for its demulcent effects on the digestive tract. It has been used historically for respiratory support and to soothe mucous membranes.

Ingredients:
Marshmallow root.

Recommendation:
Take 1 capsule with a meal twice daily.

Complementary Products:
ALJ, Mullein, Sinus Support EF.
Stock No. 440 (100) Kosher

MARSHMALLOW & FENUGREEK
[Body Systems]

Benefits:
- Supports the respiratory system
- Strengthens the mucous membranes
- Is rich in soothing mucilaginous compounds

How it Works:
Marshmallow has demulcent properties, while fenugreek possesses mucilaginous compounds. Slippery elm is also mucilaginous and supports delicate body tissues.

Ingredients:
Fenugreek seed, marshmallow root and slippery elm bark.

Recommendation:
Take 2 capsules with a meal twice daily.

Complementary Products:
ALJ, Mullein, Sinus Support EF.
Stock No. 843 (100) Kosher

MASTER GLAND®
[Body Systems]

Benefits:
- Provides nutritional support for all of the glands of the body
- Supports energy metabolism
• Provides protection to the glandular system
• Contains essential minerals in an easily assimilated form

How it Works:
Master Gland supports energy metabolism by nourishing the thyroid, pancreas and adrenal glands, which also help maintain already-normal-range blood sugar levels. This formula provides the glandular system with beta-carotene, vitamins C and E, bioflavonoids and zinc, all of which are powerful antioxidants. A terrific herbal base adds nutritional support. Alfalfa aerial parts can help strengthen the pituitary gland. Dandelion root provides nutrition for the glands responsible for maintaining already-normal-range blood sugar levels. Dong quai root contains nutrients needed for female glands. Kelp provides trace minerals essential for the thyroid, pituitary, adrenal and pineal glands. Licorice supports adrenal gland function. Parsley may support the adrenal, pituitary and prostate glands. Thyme leaves nourish the reproductive glands.

Ingredients:
Provides an array of nutrients, including vitamins A, C, E, pantothenic acid, zinc, manganese and potassium plus licorice root, alfalfa aerial parts, asparagus stem extract, black walnut hulls, parsley leaves, parthenium root, thyme leaves, dandelion root, dong quai root, eleuthero root, kelp leaves and stem, lemon bioflavonoids, schisandra fruit, marshmallow root extract, uva ursi leaf and soy lecithin.

Recommendation:
Take 2 capsules with breakfast and 2 capsules with lunch daily.

Complementary Products:
Super Supplemental Vitamins and Minerals, AdaptaMax, Adrenal Support.
Stock No. 3040 (120) Kosher

MEGA-CHEL®
[Body Systems]

Benefits:
• Provides 100% or more of the Daily Value for 14 essential vitamins and minerals
• Supports the glandular system

How it Works:
This formula combines vitamins, minerals, herbs, nutrients, amino acids and glandular substances into a powerful circulatory-system supplement.

Ingredients:
Provides an array of nutrients, including vitamins A, C, D, E, thiamin (B1), riboflavin (B2), niacin, B6, folic acid, B12, pantothenic acid, magnesium, zinc, selenium, manganese and chromium. Mega-Chel also contains beneficial levels of biotin, calcium, iron, phosphorus, iodine, copper, potassium, cysteine, p-aminobenzoic acid, l-methionine, citrus bioflavonoids, rutin, adrenal substance, spleen substance, thymus substance, inositol, cod liver oil, ginkgo leaves, hawthorn berries and coenzyme Q10.

Recommendation:
Begin by taking 1 tablet twice daily for a week. Then take 2 tablets twice daily for the second week. Gradually increase to 4 tablets with a meal twice daily. Maintain this level for three to four months. Then gradually taper off in a similar manner.

CAUTION: If pregnant or planning pregnancy, your daily vitamin A intake should not exceed 5,000 IU. Quantities in excess of 10,000 IU may result in
reproductive hazards or birth defects. Beta-carotene as a natural source of vitamin A poses no such risk. Close lid tightly and keep out of the reach of children.

**Complementary Products:**
Hawthorn Berries, CoQ10 100 mg, Vari-Gone, Krill Oil w/K2.
*Stock No. 4201 (120)*

**MELATONIN EXTRA®—3 MG**

*Body Systems*

**Benefits:**
- Supports the nervous system
- Helps promote the body’s natural sleep rhythm
- Helps you feel more alert and rested after a night’s sleep
- May help fight jet lag
- Provides 3 mg melatonin per capsule

**How it Works:**
Melatonin is a natural compound produced by the pineal gland (located in the center of the brain). It is vitally important to health when you consider three factors: aging, energy and sleep. As people age, they produce less melatonin. Melatonin can help restore the body’s natural sleep rhythm. Used as directed, it may help you feel more alert and satisfied after a full night of rest. Melatonin acts as a powerful antioxidant. *Ginkgo biloba* leaves may aid circulation to the brain. Eleuthero may have a calming effect on the nervous system.

**Ingredients:**
3 mg melatonin, 30 IU vitamin E, ginkgo leaf and leaf extract, and eleuthero root.

**Recommendation:**
Take 1 capsule 30 minutes prior to bedtime.
CAUTION: Melatonin should not be taken during the day; it may cause drowsiness. It is not recommended for use by children, teenagers or pregnant or lactating women. Do not take this product when driving a motor vehicle or operating machinery.

**Complementary Products:**
Herbal Sleep, Valerian Root Extract T/R, Chamomile, Kava Kava Conc., Hops.
*Stock No. 2830 (60)*

**MEN’S X-ACTION®**

*(see X-Action Reloaded, Men’s)*

**MEN’S FORMULA**

*Body Systems*

**Benefits:**
- Protects prostate gland from active forms of testosterone
- Is designed to support prostate health

**How it Works:**
Men’s Formula is specifically created for men 40 and older who seek a nutritional boost for prostate gland function. Native Americans discovered that the saw palmetto fruit supports the glandular, urinary and digestive systems. Saw palmetto supports the prostate gland. Lycopene has been shown to have a protective effect on prostate gland function. Gotu kola herb supports the nervous system and promotes endurance.

**Ingredients:**
Zinc, saw palmetto fruit extract (standardized to 20 percent essential fatty acids), pumpkin seeds, pygeum bark extract (standardized to 2.5 percent total sterols, calculated as beta-sitosterol), gotu kola aerial parts, lycopene concentrate and stinging nettle root extract.

**Recommendation:**
For intensive use: Take 3 capsules twice daily with morning and evening meals. For
maintenance: Take 2 capsules daily with a meal.

**Complementary Products:**
PS II, Vitamin E, Korean Ginseng, Zinc.

*Stock No. 3112 (60)*

**MENSTRUAL REG**

*Body Systems*

**Benefits:**
- Supports the female glandular system
- Helps with heavy menstruation
- Helps maintain proper hormone balance in the female body
- Supports a more comfortable menstrual cycle

**How it Works:**
Menstrual Reg contains antihemorrhagic herbs as well as herbs that provide overall support to the female body. These herbs help regulate blood flow and keep hormones properly balanced.

**Ingredients:**
Lady’s mantle aerial parts, shepherd’s purse aerial parts, yarrow aerial parts, yarrow leaf and flower extract, black haw root, nettle leaves, sarsaparilla root, chaste tree fruit concentrate and false unicorn root.

**Recommendation:**
Take 2-3 capsules with a meal three times daily. For a more immediate effect, it can be taken in larger amounts for short periods of time, i.e., every two hours for a period of several days. For best results, this formula should be taken over several months.

**Complementary Products:**
Female Comfort, Cramp Relief, Magnesium Complex.

*Stock No. 1125 (100) Kosher*

---

**METABOMAX FREE**

*Weight Management*

**Benefits:**
- Helps promote fat loss
- Increases metabolism
- Helps to curb appetite
- Boosts energy levels

**How it Works:**
This formula was developed in tandem with MetaboMax Plus for those who desire a weight-management boost without caffeine. Its ingredients help increase thermogenesis and metabolic fat burn as part of a program that includes healthy diet and exercise. This effective blend may help boost calorie expenditure, helps promote fat burning and boosts energy levels.

Capsicum and green tea combine to increase thermogenesis and decrease body fat. EGCG in green tea is a powerful antioxidant. Some studies show that green tea may have beneficial effects on maintaining cholesterol levels already within the normal range. Bitter orange fruit naturally contains synephrine, which helps the body use energy properly, stimulates metabolism, helps with the uptake of amino acids into muscle and increases lipolysis (the breakdown of fat). Ginger has been used traditionally to promote lipolysis and weight management and may have a metabolic-boosting effect. Chickweed is an essential ingredient in our popular Fat Grabbers product. Guggulipid herb contains guggulsterones, which, according to studies, help maintain cholesterol levels already within the normal range and decrease circulatory fat deposits. Guggulsterones may help reduce fat stores due to their thyroid-stimulating activity.
Ingredients:
Decaffeinated green tea leaf extract, capsicum fruit, ginger rhizome, bitter orange fruit extract, guggulipid and chickweed aerial parts.

Recommendation:
Take 1-2 capsules three times daily with food.

Complementary Products:
SmartMeal, Nutri-Burn, Carbo Grabbers w/Chromium, Stixated, Sweet FX, Fat Grabbers, CLA.

Stock No. 3074 (120) Kosher

METABOMAX PLUS
[Weight Management]

Benefits:
• Helps promote fat loss
• Increases metabolism
• Helps to curb appetite
• Boosts energy levels

How it Works:
This formula should be part of a program that includes healthy diet and exercise. Capsicum and green tea combine to increase thermogenesis and decrease body fat. EGCG from green tea is a powerful antioxidant, and some studies show that green tea may have beneficial effects on cholesterol levels already in the normal range. Bitter orange fruit (Citrus aurantium) naturally contains synephrine, which helps the body use energy properly, stimulates metabolism, helps with the uptake of amino acids into muscle, increases lipolysis (the breakdown of fat) and can exert mild hunger-suppressant effects. Yerba mate and guarana increase thermogenesis by boosting energy expenditure and metabolism. These two herbs provide natural sources of caffeine (20 mg per capsule) that is utilized by the body for energy and endurance. Ginger has been used traditionally for lipolysis and weight management, and it may have a metabolic-boosting effect. Chickweed is an essential ingredient in our popular Fat Grabbers product. Guggulipid herb contains guggulsterones, which, according to studies, help maintain cholesterol levels already within the normal range. Guggulsterones may help reduce fat stores due to their thyroid-stimulating activity.

Ingredients:
Decaffeinated green tea leaf extract, capsicum fruit, guarana seed extract, ginger rhizome, bitter orange fruit extract, guggulipid, yerba mate leaves extract and chickweed aerial parts.

Recommendation:
Take 1-2 capsules three times daily with food.

NOTE: Too much caffeine may cause nervousness, irritability, sleeplessness and occasionally rapid heartbeat. Not recommended for use by anyone under 18 years of age.

Complementary Products:
SmartMeal, Solstic Energy, Nutri-Burn, Carbo Grabbers w/Chromium, Stixated, Sweet FX, Fat Grabbers, CLA.

Stock No. 3072 (120) Kosher

METHYL COMBO
[General Nutrition]

Benefits:
• Contributes to the maintenance of normal neurological and psychological functions
• Contributes to a reduction in tiredness and fatigue
• Supports the nervous and immune systems
• Provides nutrients essential for prenatal development
• Supports general well-being
How it Works:
While cyanocobalamin is the most common form of vitamin B12, this nutrient is only active in the body as methylcobalamin and adenosylcobalamin. Similarly, folic acid (the most common form of folate in supplements and fortified foods) must be converted into methylfolate to be used by the body.

Methyl Combo is a powerful blend of Methyl B12 and Methyl Folate designed using the most biologically active forms of these nutrients. This blend delivers the active forms of B12 and folic acid so that they are available immediately upon absorption. These essential vitamins support the nervous system and overall well-being, and they may assist people suffering from situational emotional stress.

Ingredients:
1,000 mcg per serving vitamin B12 as methylcobalamin and 800 mcg per serving folate as methyltetrahyrdrofolate calcium salt.

Recommendation:
Take 1 capsule twice daily or as directed by your healthcare practitioner.

Complementary Products:
AnxiousLess, Nutri-Calm, Vitamin B Complex
Stock No. 21689 (60)

MILK THISTLE COMBINATION
[Body Systems]

Benefits:
• Supports the hepatic system
• Stabilizes liver cell membranes
• Facilitates elimination of toxins in the body
• Acts as a powerful antioxidant
• Provides 14,000 IU of vitamin A and 480 mg vitamin C per serving

How it Works:
Milk thistle helps protect the liver from the toxins it collects and breaks down. It contains a constituent called silymarin, which has been the subject of numerous liver health studies. Silymarin helps the liver produce cells and helps stabilize liver cell membranes. It actually changes the structure of the outer liver cell membrane, preventing toxins and poisons from entering the cell. N-acetyl cysteine (NAC) optimizes the production of glutathione in the liver. NAC is also a powerful antioxidant that helps support the health of the eyes, supports nerve integrity, and protects against oxidative damage. Glutathione is used in the breakdown and elimination of toxins in the body.

Ingredients:
Amount per two tablets: Vitamin A 14,000 IU (280% Daily Value per serving), vitamin C 480 mg (800% DV), choline, inositol, milk thistle seed extract (80 percent silymarin), N-acetyl cysteine and dandelion root.

Recommendation:
Take 2 tablets with a meal twice daily.

Complementary Products:
LIV-J, Liver Cleanse Formula, Enviro-Detox.
Stock No. 4076 (90)

MILK THISTLE TIME-RELEASE
[Body Systems]

Benefits:
• Supports the hepatic system
• Promotes and maintains blood sugar levels already within the normal range
• Helps prevent damage from environmental toxins

How it Works:
Silymarin (a constituent of milk thistle) may help stabilize cellular membranes,
preventing the intake of some toxins and subsequent tissue damage. It also stimulates protein synthesis in liver cells indicative of tissue integrity and has antioxidant properties. This product provides a consistent supply of silymarin to the liver, which may help protect the liver against ingested toxins. The liver performs 500+ functions, including filtering and destroying toxins in the body. Providing it with proper nutrients allows this essential organ to function at top capacity.

**Ingredients:**
- Milk thistle seed extract (80 percent silymarin).

**Recommendation:**
- Take 1 tablet with a meal twice daily.

**Complementary Products:**
- Enviro-Detox, Liver Cleanse Formula, LIV-J.
- Stock No. 4071 (60) Kosher

---

**MIND-MAX™**

*Body Systems*

**Benefits:**
- Supports brain function, memory and concentration
- Promotes optimal circulation to the brain
- Maintains blood pressure already within the normal range

**How it Works:**
- Between the ages of 20 and 90, the average person loses 5-10% of his/her brain weight, with an accompanying loss in memory, attention and other cognitive functions. Research shows that a decreased number of nerve synapses (the connections between nerve cells) may be responsible for this cognitive decline. Magnesium plays an essential role in nerve synapses. However, magnesium shortages have become common with the increase in processed foods and the lack of magnesium-rich whole foods in the diet. Moreover, most forms of magnesium are not well-absorbed by nervous tissue. Researchers at MIT have discovered that magnesium l-threonate, a highly absorbable form of magnesium, can easily cross the blood-brain barrier and that it increases the brain’s magnesium level.

Mind-Max contains magnesium l-threonate plus gotu kola aerial parts, bacopa leaf and ginkgo leaf—herbs well-known to benefit circulation and brain health—for a powerful brain boost.

**Ingredients:**
- Magnesium l-threonate, gotu kola aerial parts, bacopa leaf extract and ginkgo leaf.

**Recommendation:**
- Take 3 capsules before breakfast and 3 capsules before bed. Only the nighttime dose is recommended in the first week; add the morning dose as tolerated.

**Complementary Products:**
- Super Omega-3 EPA, Super ORAC, Brain Protex w/Huperzine A, Focus Attention.
- Stock No. 3134 (90)
- Stock No. 5458 (20 retail sample packets)

---

**MINERAL-CHI TONIC**

*Body Systems—Chinese*

**Benefits:**
- Supports the glandular system
- Helps boost and maintain balance in the body’s energy system
- Provides tonic herbs
- Contains a full spectrum of naturally chelated trace minerals

**How it Works:**
- According to Traditional Chinese Medicine, the human body is a vast electrical energy system consisting of 12 two-sided meridians (energy channels) with more than 800 switches or acupuncture points.
Chinese medicine teaches that when the energy meridians are in balance, the body will maintain itself. Tonic herbs balance the meridians and nourish the adrenal glands—the major managers of the energy that powers the “electric” human body.

This product contains renowned Chinese tonic herbs used in Traditional Chinese Medicine. Gynostemma feeds the adrenal glands. Lycii and schizandra berries balance the 12 meridians and energize the five constitutional types. Eleuthero root is an adrenal tonic that acts as an energizer. Astragalus root builds the immune system and energizes. Licorice root is an adrenal/pituitary tonic. Reishi mushroom supports the body when under stress and boosts immunity. Ginkgo builds mental energy, alertness, clarity and focus.

**Ingredients:**

Potassium, lycium fruit extract, schizandra fruit extract, gynostemma whole plant extract, ginger rhizome, deglycyrrhizinated licorice root extract, reishi mushroom mycelia, astragalus root extract, eleuthero root extract, ginkgo leaves extract, purified water, white grape juice, fulvic acid, trace minerals, and natural apple and cherry flavors.

**Recommendation:**

Take 1 tablespoon in the morning and 1 tablespoon in the evening daily. Mix with water or juice if desired.

**Complementary Products:**

Ionic Minerals w/Açai, Cordyceps, Energ-V, Super Supplemental Vitamins and Minerals. *Stock No. 1818 (32 fl. oz.)*

---

**MOOD ELEVATOR**

[Body Systems—Chinese]

**Benefits:**

- Encourages an overall sense of well-being
- Strengthens liver function, which may affect mood
- Supports the nervous, hepatic, circulatory and lymphatic systems

**How it Works:**

This formula contains 17 herbs used in Traditional Chinese Medicine as a “fire enhancing” combination to regulate and untrap the chi (vitality). Its Chinese name *jie yu* can be translated to mean “relieve anxiety and tension.” Because the liver helps provide filtered blood to all cells of the body, liver health and function can greatly influence mood. Undesirable blood compounds must be properly neutralized by the liver. Chinese Mood Elevator herbs help cleanse and support the liver. Bupleurum is thought to strengthen the liver, providing a “yang” energy that the Chinese believe raises the chi (the body’s living force) in the digestive organs. Cyperus also influences the liver and improves digestion with its bitter and aromatic properties.

**Ingredients:**

Perilla leaves, cyperus rhizome, chih-shih fruit, typhonium rhizome, aurantium peel, bamboo sap, bupleurum root, cnidium rhizome, gambir stem, hoelen sclerotium, ophiopogon root tuber, ginger rhizome, ginseng root, platycodon root, tang-kuei root, coptis rhizome and licorice root.

**Recommendation:**

Take 4 capsules with a meal twice daily.
MOOD ELEVATOR TCM CONCENTRATE

[Body Systems—Chinese]

Benefits:
• Encourages an overall sense of well-being
• Strengthens liver function, which may affect mood
• Supports the nervous, hepatic, circulatory and lymphatic systems

How it Works:
This formula contains the same herbs found in Chinese Mood Elevator but in a highly concentrated blend. Traditional Chinese Medicine would consider this a “fire enhancing” combination to regulate and untrap the chi (vitality). Its Chinese name jie yu can be translated to mean “relieve anxiety and tension.” According to Traditional Chinese Medicine, when the liver functions at its peak, positive mood is maintained. Because the liver helps provide filtered blood to all cells of the body, liver health and function can greatly influence mood. Undesirable blood compounds must be properly neutralized by the liver. Chinese Mood Elevator contains Chinese herbs that help cleanse and support the liver. Bupleurum is thought to strengthen the liver, providing a “yang” energy that the Chinese believe raises the chi (the body’s living force) in the digestive organs. Cyperus also influences the liver and improves digestion with its bitter and aromatic properties.

Ingredients:
Concentrated extract of perilla leaves, cyperus rhizome, chih-shih fruit, typhonium rhizome, aurantium peel, bamboo sap, bupleurum root, cnidium rhizome, gambir stem, hoelen sclerotium, ophiopogon root tuber, ginger rhizome, ginseng root, platycodon root, tang-kuei root, coptis rhizome and licorice root.

Recommendation:
Take 1 or 2 capsules with a meal daily.
NOTE: Pregnant or lactating women should consult their health care provider prior to taking this supplement.

MSM

[Body Systems]

Benefits:
• Supports the structural and circulatory systems
• Strengthens connective tissues
• Supports healthy joints
• Maintains structure of proteins

How it Works:
Methylsulfonylmethane (MSM) is a naturally occurring organic form of dietary sulfur used by the body. MSM is a significant component of many of the body’s proteins, hormones, enzymes and tissues. It helps maintain protein structure and cellular function, helps maintain circulation, and assists the body in certain immune functions. MSM helps fortify connective tissues and maintain healthy joints. In addition, it scavenges free radicals, helps regulate elimination and may help create a healthy internal environment.

Ingredients:
1,500 mg MSM per serving.

Recommendation:
Take 2 tablets with a meal three times daily.
**MSM/GLUCOSAMINE CREAM**  
*Personal Care/Hair & Skin*

**Benefits:**
- Provides the body with organic sulfur—essential to the structure of several amino acids and proteins
- Supports joints, cartilage and connective tissue
- Helps form molecules that help keep water in the cartilage
- Promotes skin health and resilience

**How it Works:**
This fragrance-free skin cream provides support for healthy joint-, cartilage- and connective-tissue function as well as mobility. It is a significant source of glucosamine sulfate (4%), a component of healthy joints, and the organic sulfur MSM (2%), an important component of the body’s tissues. This deep-penetrating formula provides prolonged-release action of both MSM and glucosamine sulfate through a patented liposome delivery system.

**Ingredients:**
4 percent glucosamine sulfate and 2 percent MSM, microencapsulated in patented liposomes, in a cream base.

**Recommendation:**
Apply liberally as needed to the skin and joint areas.

**Complementary Products:**
MSM, EverFlex w/Hyaluronic Acid, Joint Support, Structural System Pack.  
*Stock No. 3522 (2 oz. tube)*

---

**MULLEIN**  
*Body Systems*

**Benefits:**
- May help soothe the respiratory system
- Provides lymphatic support

**How it Works:**
Mullein’s high mucilage content and mild saponins make it a support for the respiratory system. Mucilage absorbs water in the body and becomes slippery.

**Ingredients:**
Mullein leaf.

**Recommendation:**
Take 2 capsules with a meal twice daily.

**Complementary Products:**
ALJ, Marshmallow, Respiratory System Pack.  
*Stock No. 460 (100) Kosher*

---

**MULTIPLE VITAMINS AND MINERALS, SYNERPRO®**  
*General Nutrition*

**Benefits:**
- Provides 100% of the Daily Value for 17 essential vitamins and minerals
- Also provides varying amounts of six other vitamins and minerals
- Offers added nutrients from a cruciferous vegetable and antioxidant base

**How it Works:**
Vitamins and minerals play a key role in growth and development, physical fitness, mental aptitude and in supporting the body’s systems.

**Ingredients:**
Provides 100% of the Daily Value of vitamins A, C, D, E, thiamin (B1), riboflavin (B2), niacin, B6, folic acid, B12, biotin, pantothenic acid, iron, iodine, zinc, copper and molybdenum. Also contains calcium, phosphorus, magnesium, selenium, manga-
nese and chromium, plus broccoli flowers, turmeric root, red beet root, rosemary leaves, carrot root, tomato fruit, cabbage leaves, orange bioflavonoids, grapefruit bioflavonoids and hesperidin.

**Recommendation:**
Take 1 tablet with a meal twice daily.

**Complementary Products:**
Super Omega-3 EPA, Thai-Go.
*Stock No. 1644 (60)*

**MULTIPLE VITAMINS & MINERALS, TIME-RELEASE**
*General Nutrition*

**Benefits:**
- Provides 17 essential vitamins and minerals
- Offers time-release technology for constant and consistent nourishment

**How it Works:**
Vitamins and minerals play a key role in growth and development, physical fitness, mental aptitude and in supporting the body’s systems. Time-Release Multiple Vitamins and Minerals ensures that you get the essential nutrition you need. Time-release technology offers a steady release of essential vitamins and minerals to nourish the body’s cells throughout the day or night.

**Ingredients:**
Provides an array of nutrients, including vitamins A, C, D, E, thiamin (B1), riboflavin (B2), niacin, B6, folic acid, B12, biotin, pantothenic acid, iron, iodine, zinc, copper, manganese, calcium, phosphorus, magnesium and selenium, plus yucca root, PABA, choline, inositol, lemon bioflavonoids, rutin, hesperidin, alfalfa aerial parts, kelp leaf and stem, rose hips and hips extract, chamomile flowers, psyllium seed, dande-

lion root, myrrh gum, goldenseal root and rhizome, and wheat germ.

**Recommendation:**
Take 1 tablet daily with a meal.

**CAUTION:** If you are pregnant or planning pregnancy, your daily vitamin A intake should not exceed 3,000 mcg/day (10,000 IU). Quantities in excess of 3,000 mcg/day may result in reproductive hazards or birth defects.

**Complementary Products:**
Super Omega-3 EPA, Thai-Go.
*Stock No. 1619 (60)*

**MYRRH, WILD ESSENTIAL OIL**
*(see Essential Oils)*

**N**

**N-ACETYLCYSTEINE**
*Body Systems*

**Benefits:**
- Supports the circulatory, hepatic, glandular and immune systems
- Protects the liver
- Enhances the body’s natural antioxidant systems
- Promotes skin and eye health
- Provides 300 mg N-acetyl cysteine per tablet

**How it Works:**
NAC is a chemical precursor to glutathione, one of the body’s most powerful antioxidants. Consequently, NAC can step up the body’s own efforts to combat oxidative stress and damage. NAC’s benefits include protecting the liver, maintaining blood pressure levels already in the normal range and protecting the skin and eyes. Turmeric is added for extra antioxidant liver support.
**Ingredients:**
N-acetyl cysteine and turmeric root.

**Recommendation:**
Take 1 tablet twice daily with a meal. Do not exceed recommended dose. If symptoms of headache, nausea or diarrhea develop, reduce dosage and see your health care practitioner.

NOTE: Consult a medical professional before taking this product if you are currently undergoing any treatment for cancer.

**Complementary Products:**
Hepatic System Pack, Perfect Eyes.

**Stock No. 509 (60)**

---

**NATTOZIMES PLUS**

**[Body Systems]**

**Benefits:**
- Supports the circulatory system
- May help improve blood flow as it helps dissolve fibrin
- Supports platelet aggregation levels already within the normal range

**How it Works:**
Nattozimes Plus is a unique enzyme composition designed to support cardiovascular function by maintaining already-normal blood flow. Nattozimes Plus is an alternative to nattokinase, a protease compound formed during the soybean fermentation process that offers circulatory benefits. While natto has been consumed in Japan for thousands of years, only recently have scientists realized the health benefits of nattokinase. Because nattokinase is often expensive, unavailable or unstable, NSP designed Nattozimes Plus. In addition to protease enzyme complexes, it contains other heart-supporting herbs, including hawthorn berries, capsicum fruit, dandelion leaf and the nutrient resveratrol. Hawthorn berries have long been used to support the heart muscles and cardiac function. Capsicum promotes healthy circulation of the blood. Dandelion and resveratrol may also support cardiac function and blood flow.

**Ingredients:**
Fungal enzymes (nattozimes), hawthorn berries, dandelion leaf, capsicum fruit and resveratrol.

**Recommendation:**
Take 1 capsule between meals twice daily on an empty stomach. Each capsule contains 165 mg of nattozimes material, providing 2,500 fibrin units (FU).

WARNING: Consult your health care provider prior to using this product if you are taking blood thinning medications or have a bleeding disorder. Do not use or handle this product if you are allergic to aspergillus.

**Complementary Products:**
Cardio Assurance, Mega-Chel, High-Potency Garlic, Vitamin E Complete with Selenium.

**Stock No. 520 (60)**

---

**NATURAL CHANGES®**

**[Body Systems]**

**Benefits:**
- Supports the female glandular system
- Helps the mature female body balance hormones
- Strengthens the body by providing nutrients for the structural system
- Aids the body under stress

**How it Works:**
Around age 50, many women experience menopause and its symptoms due to a natural decrease in hormone levels. Natural Changes provides nutrients and herbs that help support the mature female body
going through life’s changes. C-X provides herbal support for the reproductive glands of mature women. Wild Yam & Chaste Tree nourishes the female reproductive system. Super GLA provides a generous amount of essential omega-6 fatty acids (both linoleic and gamma-linolenic acid). In the body, these can be converted into eicosanoids. These hormone-like compounds regulate many important bodily functions and processes, including heart health, already-normal-range blood pressure maintenance and hormonal responses. Skeletal Strength contains minerals and other building blocks the body can use to manufacture bones, muscles, ligaments, tendons and skin. These nutrients counteract many of the forces that rob the structural system of strength and flexibility. Nutri-Calm supports the nervous system, especially when under stress, by providing generous amounts of B vitamins in a base of herbs known to support optimal nervous system health.

**Ingredients:**
Each packet of Natural Changes contains the following supplements: two capsules of C-X, one capsule of Wild Yam & Chaste Tree, one softgel of Super GLA Oil Blend, one tablet of Skeletal Strength and one tablet of Nutri-Calm.

**Recommendation:**
Take the contents of 1 packet in the morning and another packet in the evening.

**Complementary Products:**
*Stock No. 4106 (42 packets)*

---

**NATURE’S CHI® TCM CONCENTRATE**
[Body Systems—Chinese]

**Benefits:**
- Energizes the body during physical activity
- Supports metabolism
- Invigorates blood circulation by improving the flow of internal energy, or chi
- May help reduce the body’s desire to eat (according to Traditional Chinese Medicine)
- Stimulates the immune, glandular and circulatory systems

**How it Works:**
Nature’s Chi is called *sheng mai*, which can be translated as “generate chi.” The 15 herbs in this formula work harmoniously to support metabolic functions, boost the immune response and help reduce the desire to eat. The body is then ready to receive a boost of energy from energizing herbs in the formula. Eleuthero root and ginseng root are a powerful energy-boosting combination. Ginseng root and astragalus root improve the flow of internal energy, or chi. Tang-kuei root and polygonum root invigorate blood circulation.

**Ingredients:**
Concentrated extract of eleuthero root, cinnamon twig, peony root without bark, forsythia fruit, gardenia fruit, ginseng root, hoelen sclerotium, ginseng root, schizonepeta flower, scute root, siler root, mint leaves, tang-kuei root, polygonum root, astragalus root and licorice root.

**Recommendation:**
Take 1-2 capsules twice daily between meals.
Complementary Products:
Thai-Go, Ultra Therm, Mineral-Chi Tonic.
Stock No. 836 (30)

NATURE’S CORTISOL FORMULA®
[Weight Management]

Benefits:
• May help with reaction to stress
• May help maintain cortisol levels that are already within the normal range
• May help maintain blood glucose levels already within the normal range

How it Works:
Cortisol is a hormone produced in the adrenal glands in response to stress. It promotes the formation of glucose, which is used as fuel during stressful situations. Researchers have begun to notice a connection between cortisol levels and weight-management indicators, such as calorie consumption and weight gain.

This formula contains Relora® to help the body manage stress and maintain cortisol levels already within the normal range. Other key ingredients—banaba, holy basil, chromium and vanadium—help maintain blood glucose levels already within the normal range. This product also features DHEA, a hormone precursor that interacts with the adrenal glands, which may subsequently affect cortisol production. Nature’s Cortisol Formula also features decaffeinated green tea extract (60% EGCG), l-theanine (Suntheanine®, which supports the body during times of stress) and calcium ascorbate.

Ingredients:
60 mg vitamin C (100% Daily Value) and 100 mcg chromium (83% DV) per serving, Relora (a proprietary blend of magnolia bark extract and phellodendron bark extract), holy basil leaves extract, green tea leaf extract, banaba leaf extract, l-theanine, DHEA and vanadium.

Recommendation:
Take 1 capsule with a meal three times daily. Combine with a sensible diet and exercise program. Please allow two to three months for best results. Individual results may vary.

NOTE: Not for use by individuals under the age of 18 years.

Complementary Products:
Ultra Therm, Ultra Therm CF, SmartMeal, Nutri-Burn, 7-Keto, CLA.
Stock No. 3209 (90)

NATURE’S FRESH ENZYME SPRAY

Benefits:
• Contains plant-derived enzymes that safely break down organic stains and odors
• Does not contain any cleaning agents that may cause allergic reactions, skin irritation or fumes
• Is biodegradable
• Features 100% recyclable plastics and packaging

How it Works:
This environmentally friendly enzyme spray uses enzymes and proteins derived from vegetables and fruits to eliminate stains and odors. These enzymes break down the molecular structure of stains and odors without harming fabric. This spray is unscented, hypoallergenic and all-natural.

Ingredients:
Water, oxidoreductases, transferases, lyases, hydrolases, isomerases and ligases.
**Recommendation:**
To eliminate organic odors: spray into air or directly onto odor-causing source such as shoes, clothing, bed linens, upholstery, carpet, auto interiors, etc. To eliminate organic stains: spray on stained area, let product sit, then blot stain until gone. (More difficult organic stains may require more than one application.)

*Stock No. 1549 (22 fl. oz.)*

**NATURE’S HARVEST**
[General Nutrition]

**Benefits:**
- Provides nutrient-dense plants, fruits and herbs for health and energy
- Provides 75% of the Daily Value for 18 essential vitamins and minerals
- Contains green foods, antioxidants, essential fatty acids, nutritive herbs, fiber and more
- Provides 13 g vegetable protein per serving
- Supports the intestinal and circulatory systems
- Is vegan, dairy-free and lactose-free

**How it Works:**
Nature’s Harvest drink mix packs powerful nutrition. It contains whole foods, greens, vegetable protein and many other nutrients.

**Ingredients:**
- Vegetable Protein Blend (pea protein [from split yellow peas], adzuki beans, black beans, garbanzo beans, rice protein [from brown rice])
- Green and Whole Food Blend (amaranth, brown rice grain, spirulina, quinoa, flax seed hull lignans, chia, chlorella, millet, alfalfa, carrot, broccoli, rice bran and rice germ, artichoke, spinach, asparagus, kale, beet, parsley, chlorophyll), sunflower oil

Natural Sweeteners (fructose, stevia, brown rice syrup)
Fiber Blend (short-chain fructo-oligosaccharides [scfos], soluble dietary vegetable fiber, pea fiber, bamboo fiber), natural flavors
Essential Fatty Acid Blend (flax seed, borage oil).
Antioxidant Fruit Blend (mangosteen, goji, watermelon, blueberry, cranberry, grape skin, grape seed, pomegranate, acerola, lemon bioflavonoid), medium-chain triglycerides
Herbal Blend (ceremonial grade matcha, lemongrass, chicory, horsetail), potassium citrate, sodium chloride, sodium citrate
Enzyme Blend (papaya, plant-derived proteolytic enzyme, bromelain)
Plus mono and diglycerides, ascorbic acid, beta-glucans, xanthan gum, guar gum, carrageenan (Irish moss extract), sodium selenate, potassi um, niacinamide, vitamin A palmitate, zinc oxide, copper gluconate, d-calcium pantothenate, manganese, vitamin D2, folic acid, potassium iodide, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamine hydrochloride (vitamin B1), sodium molybdate, cyanocobalamin (vitamin B12) and chromium chloride.

**Recommendation:**
Mix 2 scoops of powder with 8 oz. water or juice in the NSP Shaker. Shake vigorously and drink. Or blend with juice, water or your favorite fruits.

**Complementary Products:**
Super Trio, Nutribiome Probiotic Eleven.

*Stock No. 3090 (465 grams)*

**NATURE’S NONI® CAPSULES**
[General Nutrition]

**Benefits:**
- Offers structural, immune and digestive system support
• Is useful for promoting healthy joints
• Provides antioxidant protection
• Helps support digestion

How it Works:
Historically, *Morinda citrifolia* targets the digestive, intestinal, respiratory and immune systems. It is particularly useful in supporting the nervous and structural systems (especially the joints), for skin health and for promoting a general feeling of well-being. It contains unique phytonutrients and antioxidants. Phytonutrients nourish the body’s cells, organs and tissues. They also fight free radical damage caused by harmful chemicals, pollution and a host of other free radical-generating processes. Nature’s Noni Juice is particularly useful for promoting healthy skin, healthy joints and a general feeling of well-being. Years of native use suggest that the many benefits of the morinda fruit come from these phytonutrients, antioxidants and its other physiologically unique ingredients.

Ingredients:
Reconstituted *Morinda citrifolia* fruit juice and other natural flavors.

Recommendation:
Adults take 2 tablespoons (1 oz.) daily, preferably before meals. Children take 1 tablespoon daily.

NOTE: Pregnant or lactating women should consult their health care provider prior to taking this supplement.

Complementary Products:
Blood Pressurex, EverFlex w/Hyaluronic Acid, Immune Stimulator.
*Stock No. 4042 (two 1-quart bottles)*
*Stock No. 4066 (16 fl. oz.)*

NATURE’S NONI® JUICE
*[General Nutrition]*

Benefits:
• Offers structural, immune and digestive system support
• Is useful for promoting healthy joints
• Provides antioxidant protection
• Helps support digestion

How it Works:
*Morinda citrifolia* fruit juice contains unique phytonutrients and antioxidants. Phytonutrients nourish the body’s cells, organs and tissues. They also fight free radical damage caused by harmful chemicals, pollution and a host of other free radical-generating processes. Nature’s Noni Juice is particularly useful for promoting healthy skin, healthy joints and a general feeling of well-being. Years of native use suggest that the many benefits of the morinda fruit come from these phytonutrients, antioxidants and its other physiologically unique ingredients.

Ingredients:
Reconstituted *Morinda citrifolia* fruit juice and other natural flavors.

Recommendation:
Take 1-2 capsules with a meal three times daily.

NOTE: Pregnant or lactating women should consult their health care provider prior to taking this supplement.

Complementary Products:
Blood Pressurex, EverFlex w/Hyaluronic Acid, Immune Stimulator.
*Stock No. 457 (100)*

NATURE’S PRENATAL® MULTIVITAMINS AND MINERALS
*[General Nutrition]*

Benefits:
• Provides essential nutrients needed for energy and metabolism during pregnancy and lactation
• Provides 800 mcg folic acid needed to prevent neural tube defects
• Contains antioxidants to help fight the damaging effects of free radicals
• Helps allay nausea/morning sickness
• Provides 100% of the Daily Value of eight vitamins and minerals

**How it Works:**
Formulated for pregnant and lactating women, Nature’s Prenatal provides a balanced combination of vitamins and minerals to support the nutritional needs of both mother and baby. It also contains ginger root to help support and soothe the stomach.

**Ingredients:**
Provides 100% or more of the Daily Value of vitamins C, D3, E, thiamin (B1), riboflavin (B2), B6, folic acid and iron, plus valuable amounts of betacarotene, niacin, B12, biotin, pantothenic acid, iodine, magnesium, zinc, copper and ginger rhizome.

**Recommendation:**
Take 1 tablet daily with a meal.

**Complementary Products:**
Red Raspberry, Calcium–Magnesium, Trace Mineral Maintenance, Herbal Trace Minerals, Vitamin E.

*Stock No. 3242 (120)*

### NATURE’S SEA CALCIUM
*[General Nutrition]*

**Benefits:**
• Supports the structural system
• Provides a good source of naturally occurring, plant-sourced calcium
• May help the body offset acidity
• Contains prebiotic fibers shown to help increase the absorption of minerals
• Offers a calcium-rich option to vegetarians
• Provides 100 mg calcium and 50 mg magnesium per capsule

**How it Works:**
Used by the body in a myriad of processes, calcium is most noted for its integral role in promoting bone density and health. Nature’s Sea Calcium is derived from Lithothamnium, a hard, brittle red algae that grows off the southwestern coast of Ireland. In these pure, mineral-rich waters, lithothamnium conglomerates to form large beds of stone-like algae. The seaweed’s mineralized matrices contain high concentrations of naturally occurring, plant-sourced calcium along with up to 70 other minerals, including magnesium, boron, copper and zinc. Lithothamnium provides a renewable source as the plant is left undisturbed.

Nature’s Sea Calcium has a large surface area and a porous structure, which may increase its bioavailability. This formula contains a proprietary blend of short-chain fructo-oligosaccharides, which, when converted to short-chain fatty acids by beneficial flora in the body, have been shown to improve calcium absorption. This product offers buffering capacity and may help in maintaining normal pH levels. Magnesium aids in the absorption and utilization of calcium in the body.

**Ingredients:**
Calcium, magnesium, short-chain fructo-oligosaccharides and up to 70 naturally occurring trace minerals.

**Recommendation:**
Take 1 capsule with a meal three to four times daily.

**Complementary Products:**
Skeletal Strength, Calcium Plus Vitamin D, Calcium–Magnesium, Herbal CA.

*Stock No. 1577 (120 capsules) Kosher*
**NATURE’S SWEET LIFE MOUTHWASH**

**Benefits:**
- May help improve dental health
- Helps prevent bacteria from sticking to teeth
- Freshens the breath and cleans the mouth

**How it Works:**
Over 20 years of clinical studies confirm that regular use of xylitol helps improve dental health. When used in the mouth, xylitol helps prevent plaque-forming micro-organisms from adhering to teeth. Rinsing with xylitol-containing mouthwash regularly helps freshen breath and clean the mouth, neutralizing odors and unpleasant taste. Dentists recommend sugar-free mouthwashes as they do not promote the development of tooth decay.

**Ingredients:**
- Water, xylitol, vegetable glycerin, peppermint oil, citric acid, PEG-40 hydrogenated castor oil, calcium glycerophosphate, *Aloe barbadensis* leaf juice, sodium benzoate, potassium sorbate and grapefruit seed extract.

**Recommendation:**
Rinse while swishing around in the mouth for at least one minute and then expel. Use after meals, before bedtime or whenever desired.

**Complementary Products:**
Nature’s Sweet Life Gum and Mints, XyliBrite Toothpaste.

*Stock No. 5425 (16 fl. oz.)*

**NATURE’S SWEET LIFE XYLIBRITE TOOTHPASTE**

**Benefits:**
- Promotes oral health and makes the mouth less hospitable to microbes
- Cleans and polishes teeth with baking soda and silica
- Is all-natural and contains no artificial colors, flavors, sweeteners or preservatives
- Does not promote tooth decay
- Is fluoride-free and safe to swallow

**How it Works:**
XyliBrite toothpaste features xylitol, a natural sweetener derived from vegetables and fruits. Xylitol gives XyliBrite a sweet taste, and, more importantly, it helps create an oral environment where microbes can’t linger. Xylitol inhibits the ability of cavity-causing bacteria to adhere to teeth and mouth tissues. The regular use of xylitol helps reduce dental plaque and promotes better oral health. Baking soda and silica powder act as mild abrasives to clean and polish teeth, leaving them smooth and clean. XyliBrite is flavored with natural spearmint, cinnamon and anise, for a fresh, minty taste.

**Ingredients:**
- Water, xylitol, sorbitol (vegetable source), glycerin (vegetable source), silica, hydrated silica (natural mineral), sodium lauroyl sarcosinate (from coconut), sodium bicarbonate (baking soda), natural flavors (spearmint, cinnamon and anise essential oils), cocamidopropyl betaine (foaming agent from coconut), stevia (*Stevia rebaudiana*), sodium hydroxide (mineral source), cellulose gum, titanium dioxide (natural mineral) and carrageenan (seaweed extract).
Recommendation:
Brush with XyliBrite between meals. Apply a small amount to toothbrush and brush for 1 to 2 minutes. Rinse mouth and brush as desired.

Complementary Products:
Nature’s Sweet Life Mints, Gum and Mouthwash.
Stock No. 5420 (3.5 oz.)

**NATURE’S SWEET LIFE XYLITOL BULK**

Benefits:
- Supplies 40% fewer calories than sugar
- Does not promote tooth decay
- Is safe for diabetics, hypoglycemics, children and pregnant women
- Replaces sugar in most recipes and is heat stable

How it Works:
Xylitol looks and tastes like table sugar, but it’s a natural, low-calorie, low-carb substitute. Its remarkable properties stem from its unique molecular structure. Most sugar-like molecules have a six-carbon “hexose” unit. Xylitol is a five-carbon “pentitol” sugar. Because of its distinctive arrangement of atoms, bacteria cannot utilize it for energy. This chemical structure inhibits the ability of our bodies to fully metabolize it as well. For this reason, xylitol has a limited effect on blood sugar levels. Its low glycemic index of 7 makes it a terrific solution for carb-counters as well as those trying to lose weight.

Ingredients:
100% pure xylitol without any corn residue.

Recommendation:
Xylitol can be substituted for table sugar and other sweeteners without compromising taste or texture. It can be used to sweeten foods and beverages or in cooking and baking. Because xylitol does not ferment or crystallize, it cannot be used to replace table sugar in some bread and candy recipes. Unlike sugar, xylitol can be left on the teeth overnight. To obtain the maximum dental benefits of xylitol, use 4-12 grams each day. It may take a few days for the body to become accustomed to digesting xylitol; until that time we recommend that xylitol be gradually introduced into the diet over a period of a few weeks.

CAUTION: This product and other products containing xylitol must not be given to pets.

Complementary Products:
Nature’s Sweet Life Gum, Mints and Mouthwash; XyliBrite Toothpaste.
Stock No. 5435 (1 lb. bag) Kosher

**NATURE’S SWEET LIFE XYLITOL GUM**

Benefits:
- Promotes oral health
- Cleans teeth
- Helps freshen breath

How it Works:
Chewing Nature’s Sweet Life Gum can help reduce cavities in two ways. First, chewing gum after a meal stimulates the production of saliva, which washes the teeth and neutralizes harmful acid produced by bacteria. Second, xylitol helps inhibit the ability of bacteria to attach to teeth and tissues in the mouth and cannot be metabolized by bacteria, thus drastically slowing the process that creates harmful, enamel-eating acids. Regular use of xylitol has been shown to help reduce dental plaque—the first stage of cavity development, tartar formation and tooth staining—and promote better oral health.
Ingredients:

*Cinnamon Gum* contains xylitol, gum base, natural flavor from cinnamon oil, vegetable glycerin, gum arabic, soy lecithin and beeswax.

*Green Tea Gum* contains xylitol, gum base, green tea (natural flavor), vegetable glycerin, gum arabic, soy lecithin and beeswax.

*Peppermint Gum* contains xylitol, gum base, natural flavor from peppermint oil, vegetable glycerin, gum arabic, soy lecithin and beeswax.

*Spearmint Gum* contains xylitol, gum base, natural flavor from spearmint oil, vegetable glycerin, gum arabic, soy lecithin and beeswax.

Recommendation:

Chew after or between meals to freshen breath and promote oral health.

Complementary Products:

Nature’s Sweet Life Mouthwash, XyliBrite Toothpaste, Nature’s Sweet Life Xylitol Mints.

*Cinnamon Stock No. 5400 (100)*

*Green Tea Stock No. 5403 (100)*

*Peppermint Stock No. 5408 (100)*

*Spearmint Stock No. 5405 (100)*

### NATURE’S SWEET LIFE XYLITOL MINTS

Benefits:
- Promotes oral health
- Freshens breath

How it Works:

Eating Xylitol Mints after a meal or between meals helps promote dental health in two ways. First, it increases the production of saliva, which helps wash food particles and tooth-damaging acids from the mouth. Second, xylitol inhibits the ability of bacteria to adhere to tissues in the mouth and cannot be metabolized by bacteria, thus drastically slowing the process that creates harmful, enamel-eating acids. Regular use of xylitol has been shown to reduce the formation of dental plaque and improve oral health.

Ingredients:

*Berry mints* contain xylitol, calcium lactate, magnesium stearate, gum arabic, natural flavor (berry) and beeswax.

*Lemon mints* contain xylitol, calcium lactate, magnesium stearate, gum arabic, natural flavor from lemon oil and beeswax.

*Peppermint mints* contain xylitol, calcium lactate, magnesium stearate, gum arabic, natural flavor from peppermint oil and beeswax.

Recommendation:

Use after or between meals to freshen breath and promote dental health.

Complementary Products:

Nature’s Sweet Life Mouthwash, XyliBrite Toothpaste, Nature’s Sweet Life Xylitol Gum.

*Berry Stock No. 5412 (240)*

*Lemon Stock No. 5415 (240)*

*Peppermint Stock No. 5410 (240)*

### NATURE’S THREE

[Body Systems]

Benefits:
- Supports the digestive and intestinal systems
- Provides both soluble and insoluble fiber from three sources
- Promotes regularity in maintaining healthy bowel movements
- Relieves occasional constipation

How it Works:

There are two basic types of fiber: soluble and insoluble. Soluble fiber is found in foods such as fruits, seeds, brown rice, barley and
oats. It works mainly by helping to produce a softer stool. It also chemically prevents or reduces the absorption of certain substances into the bloodstream. Insoluble fiber is found in whole grains, vegetables, legumes and the outside of seeds. This fiber works like a sponge, absorbing many times its weight in water and swelling up inside the intestines. The result is more efficient elimination.

Nature’s Three provides soluble and insoluble fiber from three different sources:

- **Psyllium** - has the highest level of soluble fiber known—more than eight times that of oat bran.
- **Oat fiber** - this wholesome source of fiber is not only rich in water-soluble fiber but also helps maintain blood-sugar and cholesterol levels already within the normal range.
- **Apple fiber** - provides insoluble fiber, responsible for a host of health benefits. Each 10-calorie serving provides 2 g of dietary fiber.

**Ingredients:**
Psyllium seed hulls, apple fruit fiber and oat inner husk bran.

**Recommendation:**
Mix 1-1/2 teaspoons with 8 oz. water or juice. Drink with one or two meals daily.

**NOTE:** May cause allergic reaction in persons sensitive to inhaled or ingested psyllium.

**Complementary Products:**
Food Enzymes, Super Omega-3 EPA, Bifidophilus Flora Force, Thai-Go.
Stock No. 1345 (12 oz.) Kosher

**NERE Control**

**Benefits:**
- Supports the nervous system
- May help with occasional restlessness, anxiety and stress

**How it Works:**
Contains herbs that traditionally support the central nervous system. This formula may help relax irritable nerves and soothe muscle tension.

**Ingredients:**
Black cohosh root, valerian root, capsicum fruit, passionflower aerial parts, catnip leaf, hops flower and wood betony aerial parts.

**Recommendation:**
Take 2 capsules with a meal twice daily.

**Complementary Products:**
Nervous System Pack, Kava Kava Conc., Nutri-Calm, Stress-J.
Stock No. 1242 (100) Kosher

**Nerve Eight®**

**Benefits:**
- Supports proper nervous system function
- Helps calm nerves and supports restful sleep
- Helps soothe the digestive system

**How it Works:**
White willow and devil’s claw may help reduce cellular stress. Capsicum and ginger have an overall soothing effect on the digestive system. Hops, valerian and wood betony are calming to the nervous system.

**Ingredients:**
Capsicum fruit, white willow bark, hops flowers, valerian root, wood betony aerial

**NEROLI ORGANIC ESSENTIAL OIL**
(see Essential Oils)
parts, ginger rhizome, devil’s claw root and black cohosh root extract.

**Recommendation:**
Take 2 capsules with a meal three times daily.

**NOTE:** Pregnant or lactating women should consult their health care provider prior to taking this supplement.

**Complementary Products:**
Nutri-Calm, Nervous System Pack, Kava Kava Conc., 5-HTP Power.

*Stock No. 873 (100) Kosher*

**NERVOUS FATIGUE FORMULA**

*Body Systems—Chinese*

**Benefits:**
- Relieves stress and promotes feelings of well-being
- Nourishes the circulatory and nervous systems
- Supports digestion
- Promotes sleep
- Invigorates the body

**How it Works:**
Traditional Chinese Medicine would consider this a fire-enhancing formula. Its Chinese name yang xin translates to “nurture the heart.” Weakness in the fire element usually manifests itself in the digestive, cardiovascular or reproductive systems. Biota seed contains aromatic compounds that have a sedative effect. Jujuba seed contains bitter compounds that help promote relaxation. Schisandra fruit, a supporting herb in this formula, allows the body to respond quickly to stress, thus increasing the body’s capacity to work. Its bitter compounds also support circulation. Ginseng acts as an adaptogen to help maintain balance in the body and help the body adapt to stress.

**Ingredients:**
- Schisandra fruit, biota seed, cistanche stem, cuscuta seed, lycium fruit, ophiopogon root tuber, succinum amber, tangkuei root, acorus rhizome, astragalus root, dioscorea rhizome, hoelen sclerotium, lotus seed, ginseng root, polygala root, polygonatum rhizome, jujuba seed and rehmannia root tuber.

**Recommendation:**
Take 3 capsules with a meal three times daily.

**Complementary Products:**
HS II, CoQ10 100 mg, l-Carnitine, Hawthorn Berries.

*Stock No. 1884 (100)*

**NERVOUS FATIGUE TCM CONCENTRATE**

*Body Systems—Chinese*

**Benefits:**
- Relieves stress and promotes feelings of well-being
- Nourishes the circulatory and nervous systems
- Supports digestion
- Promotes sleep
- Invigorates the body

**How it Works:**
This TCM concentrate contains the same herbs found in Nervous Fatigue formula but in a highly concentrated blend. Traditional Chinese Medicine would consider this a fire-enhancing formula. Its Chinese name yang xin translates to “nurture the heart.” Weakness in the fire element usually manifests itself in the digestive, cardiovascular or reproductive systems. Biota seed contains aromatic compounds that have a sedative effect. These compounds also have a mild laxative effect. Jujuba seed contains bitter
compounds that help promote relaxation. Schisandra fruit, a supporting herb in this formula, allows the body to respond quickly to stress, thus increasing the body’s capacity to work. Its bitter compounds also support circulation. Ginseng acts as an adaptogen to help maintain balance in the body and help the body adapt to stress.

**Ingredients:**
Concentrated extract of schisandra fruit, biota seed, cistanche stem, cuscuta seed, lycium fruit, ophiopogon root tuber, succinum amber, tang-kuei root, acorus rhizome, astragalus root, dioscorea rhizome, hoelen sclerotium, lotus seed, ginseng root, polygala root, polygonatum rhizome, jujuba seed and rehmannia root tuber.

**Recommendation:**
Take 1 capsule daily with a meal.

**NOTE:** Pregnant or lactating women should consult their health care provider prior to taking this supplement.

**Complementary Products:**
HS II, CoQ10 100 mg, L-Carnitine, Hawthorn Berries.

*Stock No. 1017 (30)*

**NERVOUS SYSTEM PACK**

*Body Systems*

**Benefits:**
- Feeds and soothes the nervous system
- Builds the body’s ability to adapt to stress
- Helps calm nerves and supports restful sleep

**How it Works:**
Stress-J contains a powerful blend of four calmative herbs known to help support proper nervous system function. It promotes relaxation and well-being. AdaptaMax provides adaptogenic herbs that help the body combat stress and adapt to stressful situations, including stress on the immune system, fatigue and stress-related aging. Nerve Eight helps support proper nervous system function, reduce cellular stress, promote sleep and provide digestive support. Nutri-Calm provides B-complex vitamins, antioxidants and other essential nutrients that support and calm the nervous system and encourage restful sleep.

**Ingredients:**
Each packet contains 2 Stress-J capsules, 2 AdaptaMax capsules, 1 Nerve Eight capsule and 1 Nutri-Calm tablet.

**Recommendation:**
Take the contents of one packet in the morning with breakfast, and one packet in the evening with a meal. Follow this pattern for 30 days.

**Complementary Products:**
Brain-Protex with Huperzine A, Nervous Fatigue TCM Conc., Focus Attention, Mind-Max.

*Stock No. 5384 (30-day supply)*

**NF-X**

*Body Systems*

**Benefits:**
- Supports the female glandular system
- Supports female reproductive health

**How it Works:**
This traditional formula supports the health of the female reproductive system. Ingredients may help to support hormone balance and tone female reproductive organs.

**Ingredients:**
Goldenseal root, capsicum fruit, ginger rhizome, uva ursi leaves, cramp bark, squaw vine whole plant, blessed thistle aerial parts, red raspberry leaves and false unicorn root.
Recommendation:
Take 2 capsules with a meal three times daily.

Complementary Products:
Red Raspberry, Wild Yam & Chaste Tree, Maca.
Stock No. 1232 (100) Kosher

NIACIN
[Body Systems]

Benefits:
- Supports the body’s energy system
- Nourishes the nervous and circulatory systems
- Provides 250 mg niacinamide per tablet

How it Works:
Niacin helps the body utilize carbs, proteins and fats for energy. It also supports skin health and the nerves. This supplement provides niacin (vitamin B3) in the form of niacinamide.

Ingredients:
250 mg niacinamide (1,250% Daily Value), hops flowers and feverfew aerial parts.

Recommendation:
Take 1 tablet daily with a meal.

Complementary Products:
Super Omega-3 EPA, B-Complex, Nutri-Calm, Cardio Assurance.
Stock No. 1797 (90) Kosher

NOPAL
[Body Systems]

Benefits:
- Supports the digestive and glandular systems
- Helps maintain blood-sugar levels that are already within the normal range

How it Works:
Nopal is a cactus plant commonly known as the prickly pear. It contains pectins and mucilage that are beneficial to the digestive system. This low-glycemic-index food is commonly consumed for its nutrient content. Several human studies show that nopal provides nutritional support for already-normal-range blood sugar and blood lipid levels.

Ingredients:
Nopal leaf.

Recommendation:
Take 2 capsules with a meal three times daily.

Complementary Products:
SugarReg, Chromium, Pro-Pancreas.
Stock No. 475 (100) Kosher

NUTRIBIOME® ACIDOPHILUS
[Body Systems]

Benefits:
- Helps regulate the intestinal tract
- Supports the digestive, immune and intestinal systems
- Promotes healthy bacteria colonies in the gut

How it Works:
Acidophilus is a strain of Lactobacillus, a symbiotic, homo-fermentative, lactic acid-producing microorganism. Friendly bacteria help keep in check other microbes that produce toxins that may be absorbed into the bloodstream. As long as all of these different species work in harmony, dangerous types are kept in small enough numbers that they, too, are often beneficial! This illustrates one of nature’s ironies: what is harmful in one amount may actually be healthful in another amount. Acidophilus and all other helpful bacteria are often destroyed by antibiotics. Supplementation can reintroduce
them, creating an optimal balance. Each capsule contains a minimum of 100 million organisms, freeze-dried to maintain viability. Probiotics are well absorbed in the diet and can be taken between meals to maximize absorption. Best if stored in a freezer or refrigerator.

Ingredients:
Lactobacillus acidophilus.

Recommendation:
Take 1-2 capsules daily with a meal.

Complementary Products:
Everybody’s Fiber, LOCLO, Nature’s Three.
Stock No. 1666 (90)

NUTRIBIOME™ BACILLUS COAGULANS
[Core Health–Nutrition]

Benefits:
- May provide relief from occasional digestive upset like diarrhea, gas and bloating
- Supports gastrointestinal health
- Helps support healthy detoxification
- Helps support the immune system
- Is shelf-stable, requiring no refrigeration
- Contains prebiotic fiber conducive to the growth of friendly bacteria

How it Works:
Bacillus coagulans is a strain of friendly probiotic that is naturally heat-stable. It can also more readily withstand the stomach’s acidic environment, thereby better providing targeted support to the intestine and maintaining balance in the microbiome. This shelf-stable probiotic is also blended with a prebiotic fiber conducive to the growth of friendly bacteria.

Ingredients:
Contains 3 billion CFU (colony forming units) of Bacillus coagulans per serving plus prebiotic fiber.

Recommendation:
Take 1-3 capsules daily with a meal. Capsules may also be opened and sprinkled directly on food or mixed in beverages.

Complementary Products:
CleanStart Wild Berry, CleanStart Mild, Detox Basics
Stock No. 6109 (90 capsules)

NUTRIBIOME BIFIDOPHILUS FLORA FORCE®
[Body Systems]

Benefits:
- Improves immune system function
- Helps maintain female vaginal and urinary tract system health
- Helps promote intestinal health in children
- May support respiratory system health in children
- Helps synthesize B vitamins
- Supports the digestive and intestinal systems
- Provides 4 billion beneficial microorganisms per capsule

How it Works:
The healthy human intestinal tract contains billions of flora that live in a delicate balance with each other and in symbiosis with us. We provide them with a home, and in turn they break down our food into easily absorbed nutrients. They also aid digestion in a variety of ways and promote immunity. Factors such as stress, environmental conditions or the use of certain substances can affect their vitality.

Bifidophilus Flora Force provides billions of beneficial intestinal microorganisms that offer a whole range of health benefits. They help to maintain the natural, delicate balance of flora that inhabit the human intestinal tract. These friendly flora also
help to decompose fecal matter, improving nutrient absorption and producing certain vitamins as metabolic byproducts. NSP added fructo-oligosaccharides (short- and long-chain), which support the growth of these beneficial organisms to ensure the potency of this product. This product is recommended for daily use to help maintain a healthy balance of friendly flora in the intestinal tract and to support the immune system.

**Ingredients:**

*L. rhamnosus, L. casei, L. acidophilus, B. longum* and fructo-oligosaccharides (short- and long-chain).

**Recommendation:**

Adults: Take 1-2 capsules with meals daily.
Children: Take 1 capsule daily with a meal.
Refrigerate or freeze to maintain freshness.

**Complementary Products:**

Everybody’s Fiber, LOCLO, Nature’s Three.  
*Stock No. 4080 (90)*

---

**NUTRIBIOME ELEVEN ELEVATED™**  
[Core Health–Nutrition]

**Benefits:**

- Provides 30 billion CFU of 11 strains of beneficial bacteria per serving
- Helps support repopulation and optimization of beneficial bacteria in the gut
- Is more potent than original Probiotic Eleven formula
- Features delayed-release vegetarian capsules

**How it Works:**

Probiotic supplementation may help to maintain friendly bacteria colonies in the gut, or microbiome, which can be depleted by stress, antibiotics or gastrointestinal disturbances.

Renew or intensify your probiotic regimen with Eleven Elevated. Providing 30 billion CFU of 11 strains of friendly bacteria per serving, Eleven Elevated helps support your microbiome, digestive health and immune system, and it helps rebalance your gut.

Eleven Elevated contains the same blend of beneficial bacteria and prebiotics found in NutriBiome Probiotic Eleven, but with a higher CFU (colony forming unit) count. Eleven Elevated is approximately 67% more potent per serving and 150% more potent per capsule than NutriBiome Probiotic Eleven.

**Ingredients:**

Probiotic blend: *Lactobacillus rhamnosus, Bifidobacterium bifidum, Lactobacillus acidophilus, Lactobacillus brevis, Lactobacillus bulgaricus, Lactobacillus plantarum, Streptococcus thermophilus, Bifidobacterium infantis, Bifidobacterium longum, Lactobacillus casei* and *Lactobacillus salivarius.*

Prebiotic blend: inulin, FOS and plant fiber.

**Recommendation:**

Take 2 capsules daily with a meal.

When beginning a probiotic regimen, start with Eleven Elevated for 30 days then transition to Probiotic Eleven® as a daily use probiotic. You may also use Eleven Elevated periodically to boost or strengthen your daily regimen or under times of increased stress.

**Complementary Products:**

NutriBiome Probiotic Eleven, Bacillus Coagulans, CleanStart, CleanStart Mild, Detox Basics, Berberine IR.  
*Stock No. 1514 (60 capsules)*
**NUTRIBIOME PROBIOTIC ELEVEN®**

*Body Systems*

**Benefits:**
- Regulates intestinal and digestive functions
- Provides 11 strains of good bacteria
- Helps eliminate toxins
- Supports the immune system

**How it Works:**
Nutribiome Probiotic Eleven is a unique combination of healthful probiotics to help maintain and replenish intestinal supply. These microorganisms perform essential functions in the body and are affected by aging, adverse intestinal pH, microbial interactions, environmental and dietary temperatures, stress, physiological factors, peristalsis, bile acids, host secretions and immune responses. Nutribiome Probiotic Eleven provides 11 species of live microorganisms that exert many beneficial health effects. This specially formulated blend contains strains of important gut-beneficial organisms and prebiotics (non-digestible foodstuffs, including fiber) that serve as food for the probiotics in the colon. Clinical studies have shown that short- and long-chain fructo-oligosaccharides (FOS) may improve growth of friendly microorganisms, enhance mineral absorption, support bowel health and function, and promote immune function.

**Ingredients:**

* Lactobacillus rhamnosus, Bifidobacterium bifidum, Lactobacillus acidophilus, Lactobacillus brevis, Lactobacillus bulgaricus, Lactobacillus plantarum, Streptococcus thermophilus, Bifidobacterium infantis, Bifidobacterium longum, Lactobacillus casei and Lactobacillus salivarius.

**Recommendation:**
- Take 1-2 capsules daily with a meal. Keep refrigerated or frozen.

**Complementary Products:**
Thai-Go, Super Supplemental Vitamins & Minerals, Everybody’s Fiber.
Stock No. 1510 (90)

**NUTRI-BURN®**

*Weight Management*

**Benefits:**
- Promotes lean muscle mass and fat burning
- Provides 25 grams of lactose-free whey protein per serving
- Helps boost energy levels
- May help increase resting metabolic rate
- Provides 60 percent or more of the Daily Value of 14 essential vitamins and minerals

**How it Works:**
Nutri-Burn provides essential nutrients to support metabolism while allowing additional energy needs to be met by the body’s fat stores. It contains lactose-free whey protein and conjugated linoleic acid (CLA), which enhance the buildup of lean muscle mass. Green tea helps boost energy levels and increases lipolysis.

Protein helps build and repair muscle tissue. Nutri-Burn’s patented protein matrix contains an optimal blend of both whey protein and calcium caseinate protein. It undergoes extreme filtration to remove all impurities. The result is premium-quality, lactose-free whey protein that is ready to be utilized for muscle repair and energy. Whey protein provides essential amino acids and has the highest biological value of any protein. It releases quickly into the body and is best for fast, efficient muscle support. Ideally, you should consume whey protein...
within 45 minutes of exercise. Calcium caseinate offers a sustained release of amino acids and may help curb appetite for a longer period of time.

Additionally, Nutri-Burn contains plant enzymes that help break down protein molecules into smaller, better-absorbed amino acids. Nutri-Burn also contains one gram of prebiotic fiber (scFOS) per serving to help support gut health.

**Ingredients:**
Protein matrix, fat matrix (including CLA), fructose, cocoa powder (chocolate flavor only), milk calcium, fructo-oligosaccharides, natural flavors, soy lecithin, magnesium amino acid chelate, potassium citrate, xanthan gum, l-carnitine, proteolytic plant enzyme blend, lo han fruit extract, sodium chloride, mono and diglycerides, ascorbic acid, green tea extract, potassium phosphate, calcium phosphate, stevia extract, vitamins and minerals.

**Recommendation:**
Mix 2 rounded scoops of Nutri-Burn powder with 12–16 oz. cold water or mix to taste. For best results, use the NSP Power Shaker.

**Complementary Products:**
Ultra Therm, Ultra Therm CF, MetaboStart, CLA.
*Stock No. 3080 Vanilla (870 g)*
*Stock No. 3078 Chocolate (915 g)*

**NUTRI-CALM®**
*Body Systems*

**Benefits:**
• Provides 100% or more of the daily value of important nutrients

**How it Works:**
During times of stress, the body rapidly loses B vitamins. B-complex vitamins support the nervous system and replenish needed nutrients.

**Ingredients:**
Provides 100–4,000% of the Daily Value of vitamin C, thiamin (B1), riboflavin (B2), niacin, B6, folic acid, B12, biotin and pantothenic acid, plus schisandra fruit, choline, inositol, bee pollen, PABA, lemon bioflavonoids, valerian root extract, passionflower flowers extract and hops flowers extract.

**Recommendation:**
Take 1 tablet with a meal three times daily.

**Complementary Products:**
Kava Kava Conc., Herbal Sleep, Stress-J, Stress Relief TCM Conc., Adrenal Support.
*Stock No. 1617 (100)*
*Stock No. 4803 (60)*
*Stock No. 2493 (20 retail sample packets)*

**OLIVE LEAF EXTRACT CONCENTRATE**
*Body Systems*

**Benefits:**
• Supports cardiovascular health and has antioxidant properties
• Naturally contains the plant polyphenol oleuropein
• Protects LDL particles from oxidative damage
• Supports the circulatory system
• Supports blood sugar levels already within the normal range
How it Works:
Most people know the benefits of olive oil for circulatory health. But NSP Olive Leaf Extract appears to support several circulatory needs all at once, including blood pressure balance, arterial health, heart rhythm and providing free radical protection. Oleuropein, a key constituent, is thought to prevent LDL or “bad” cholesterol from oxidation.

Ingredients:
Olive leaf extract standardized to 12 percent oleuropein.

Recommendation:
Take 1–3 capsules daily with a meal.

Complementary Products:
Cholesterol-Reg II, Flax Seed Oil, Elderberry D3fense, Silver Shield, High-Potency Garlic.
Stock No. 204 (60) Kosher

PANTOTHENIC ACID
[Body Systems]

Benefits:
• Provides 250 mg pantothenic acid per capsule
• Supports the nervous and glandular systems

How it Works:
Also known as vitamin B5, pantothenic acid is manufactured in part by intestinal microorganisms. This water-soluble vitamin is necessary for proper adrenal function, the conversion of fat and sugar into energy, the maintenance of normal growth and tissue replacement, and the development of the central nervous system. It works in tandem with the other B-complex vitamins. Pantothenic acid is needed to make steroid hormones and the neurotransmitter acetylcholine. The body may need increased amounts of this vitamin when under physical stress. For best results, take Pantothenic Acid in conjunction with other B vitamins.

Ingredients:
250 mg pantothenic acid (2,500% of the Daily Value).

Recommendation:
Take 1 capsule daily with a meal.
**Complementary Products:**
Nutri-Calm, Nervous System Pack, B-Complex Capsules.
*Stock No. 1640 (100) Kosher*

**PAPAYA MINT CHEWABLE TABLETS**
*Body Systems*

**Benefits:**
- Supports the digestive system
- Enhances protein digestion
- Sweetens breath

**How it Works:**
Papaya is the only known food to contain papain, a powerful enzyme that helps break down protein. For centuries, people have tenderized meats by wrapping them in the leaves of the papaya tree prior to cooking. Within the body, papain is also able to act on other compounds such as carbohydrates and fats, making it a good, all-around supplement for improved digestion.

Peppermint oil has been used from time immemorial as a culinary herb to enhance the digestive functions of the body. Mint is known to freshen the breath, and it helps soothe the motility of the digestive system. Together, papaya and peppermint make an ideal combination.

**Ingredients:**
Sorbitol, papaya fruit concentrate, fructose, peppermint leaf and peppermint aerial parts oil.

**Recommendation:**
Chew 2 tablets with a meal three times daily, or use between meals as a breath freshener.

**Complementary Products:**
Food Enzymes, Proactazyme, Stomach Comfort.
*Stock No. 485 (70 chewable tablets)*

---

**PARA-CLEANSE**
*Body Systems*

**Benefits:**
- Supports the intestinal system
- Is safe, natural, gentle and effective
- Cleanses and detoxifies
- Comes in convenient individual serving packets

**How it Works:**
The herbs in Para-Cleanse work synergistically to create an environment that supports the health and viability of “healthy” microorganisms, also known as intestinal flora. These include our Black Walnut ATC Concentrate, Paw Paw Cell-Reg (helps the body’s natural cleansing process), Herbal Pumpkin Formula and Artemisia Combination. These formulas help make the intestines inhospitable to foreign invaders, help remove debris and lubricate the colon to optimize intestinal function.

**Ingredients:**
Each cello packet contains one capsule of Paw Paw Cell-Reg, two capsules of Herbal Pumpkin, one capsule of Black Walnut ATC Concentrate and two capsules of Artemisia Combination.

**Recommendation:**
Take the contents of one cello packet twice a day 15 minutes before your morning and evening meals with at least 8 oz. pure water. Continue the program for 10 days, eating lots of fresh fruits and vegetables and whole grains.

NOTE: See your health care provider prior to use if: pregnant or nursing, any medical condition exists or when taking any medication. Read and follow recommendation carefully. Not intended for prolonged use. Do not use if diarrhea, loose stools or abdominal pain are present.
or develop. Use of this product may worsen these conditions and be harmful to your health. Chronic diarrhea can result in serious illness.

**Complementary Products:**
Caprylic Acid Combination, Candida Clear, CleanStart.
*Stock No. 4115 (10 day)*

**PARSLEY**

[Body Systems]

**Benefits:**
- Supports the kidneys
- Nourishes and supports the urinary system

**How it Works:**
Parsley is the well-known sprig of green that typically garnishes your dinner plate. Herbalists use the leaves to nutritionally support the kidneys and urinary system. It may promote urine flow but not electrolyte loss. Parsley also helps strengthen and tone urinary tissues. The whole plant can be used for general nutritional needs.

**Ingredients:**
Parsley leaves.

**Recommendation:**
Take 2 capsules with a meal twice daily.

**Complementary Products:**
Kidney Activator, Urinary System Pack, Cranberry & Buchu Conc.
*Stock No. 490 (100) Kosher*

**PARTHENIUM**

[Body Systems]

**Benefits:**
- Enhances and supports the immune system

**How it Works:**
Also known as Missouri Snake Root, parthenium is a perennial herb indigenous to North and South America and the West Indies. In years past, parthenium was often mislabeled as echinacea by herbal suppliers, but the plant’s properties are different from those of echinacea. Parthenium has been used traditionally to support the immune system.

**Ingredients:**
Parthenium aerial parts and root.

**Recommendation:**
Take 2 capsules with a meal twice daily.

**Complementary Products:**
VS-C, Pau D’Arco, Golden Seal.
*Stock No. 265 (100) Kosher*

**PASSION FLOWER**

[Body Systems]

**Benefits:**
- Supports the nervous system
- Soothes the nerves
- Supports restful sleep

**How it Works:**
Passionflower leaves have been used traditionally as a mild calmative. In fact, Algonquin Indians used passionflower tea to help soothe their nerves. Passionflower supports the nervous system in a variety of ways. Many have found that it helps with relaxation of tense muscles. It is widely used to promote a restful night’s sleep.

**Ingredients:**
Passionflower aerial parts.

**Recommendation:**
Take 1 capsule with a meal twice daily.

**Complementary Products:**
Nutri-Calm, AnxiousLess, Stress-J.
*Stock No. 500 (100) Kosher*
PATCHOULI ESSENTIAL OIL
(see Essential Oils)

PAU D’ARCO
[Body Systems]

Benefits:
- Strengthens and supports the immune system
- Fortifies against foreign invaders

How it Works:
The pau d’arco tree grows in the rainforests of Brazil. Unlike other trees in its midst, pau d’arco does not develop fungus growth, even though it grows in the most lush tropical rainforests in the world. Pau d’arco contains a chemical called lapachol, which may account for the herb’s traditional use in strengthening and supporting the immune system.

Ingredients:
Pau d’arco inner bark. Liquid herb contains extract of inner bark plus water and alcohol.

Recommendation:
Take 2 capsules with a meal three times daily. Five capsules are equivalent to two cups of Pau D’Arco tea. Liquid: Take 1/2 teaspoon with water three times daily. Bulk/tea: Add 1 heaping tablespoon to 2 pints boiling water and remove from heat. Steep for 20 minutes and strain. Makes 4 cups.

Complementary Products:
E-Tea, SC Formula, VS-C, Paw Paw Cell-Reg.
Stock No. 504 (100) Kosher
Stock No. 1372 (7 oz.) Tea, Kosher
Stock No. 1774 (2 fl. oz.) Liquid Herb, Kosher

PAU D’ARCO LOTION
[Personal Care]

Benefits:
- Strengthens and supports the immune system
- Fortifies against foreign invaders

How it Works:
The pau d’arco tree grows in the rainforests of Brazil. Unlike other trees in its midst, pau d’arco does not develop fungus growth. Pau d’arco contains a chemical called lapachol, which may account for the herb’s traditional use in strengthening and supporting the immune system.

Ingredients:
Purified water, pau d’arco extract, ethylhexyl palmitate, hybrid safflower seed oil, glycerin, sunflower oil, glyceryl stearate, cetyl alcohol, stearic acid, aloe leaf juice, sodium steroyl lactylate, tocopheryl acetate, panthenol, allantoin, disodium EDTA, carbomer, aminomethyl propanol, dimethicone, polysorbate-20, phenoxyethanol, methylparaben, ethylparaben, propylparaben, butylparaben and isobutylparaben.

Recommendation:
Apply to skin. For external use only.

Complementary Products:
E-Tea, SC Formula, VS-C, Paw Paw Cell-Reg.
Stock No. 1614 (4 oz. tube)

PAW PAW CELL-REG®
[Body Systems]

Benefits:
- Supports the immune system
- Selectively affects specific cells
- Modulates ATP production in specific cells
- Modulates blood supply to specific cells
How it Works:
The active compounds in Paw Paw Cell-Reg are a mixture of over 50 acetogenins. Acetogenins are active compounds that affect the production of ATP (adenosine triphosphate) in the mitochondria (the powerhouse) of the cell. ATP is the cells’ major source of energy. Acetogenins selectively modulate the production of ATP in specific cells. Modulating the production of ATP affects the viability of specific cells and may help modulate the blood supply to them. Acetogenins also support and enhance the effectiveness of conventional medical regimens. A clinical study with over 100 participants showed that the paw paw extract, containing a mixture of acetogenins, supports the body’s normal cells during times of cellular stress. Paw Paw Cell-Reg is the only standardized acetogenin product available to regulate specific cells. Nature’s Sunshine uses an extract of the twigs of the North American paw paw tree, which contain the most concentrated amount of acetogenins. These twigs are harvested when they are most biologically active, and the extract is standardized biologically using an invertebrate bioassay. This is a renewable resource since the tree is not harmed during the harvest.

Ingredients:
Paw paw twig extract.

Recommendation:
Take 2 capsules with food three times daily. Do not exceed recommended serving size or nausea may occur.

NOTE: CoQ10, Thyroid Support and 7-Keto may decrease the effectiveness of this product. Only those with cellular abnormalities should take this product on a regular/daily basis. Do not take this product if you are pregnant, think you may become pregnant, or if you are breastfeeding.

Complementary Products:
Stock No. 515 (180) Kosher

PBS
[Body Systems]

Benefits:
- Supports the glandular system
- Nourishes the pancreas
- Maintains already-normal-range blood sugar levels

How it Works:
PBS is designed to nourish the pancreas and help maintain blood sugar levels that are already within the normal range. PBS contains burdock root, nopal leaves, eleuthero root, horseradish root and goldenseal root. Goldenseal has traditionally been employed to support the liver. Nopal and burdock root support blood sugar levels already within the normal range. Eleuthero acts as a tonic for the body. Horseradish aids digestion.

Ingredients:
Nopal leaves, burdock root, eleuthero root, horseradish root, and goldenseal root extract.

Recommendation:
Take 3 capsules with a meal three times daily.

Complementary Products:
Pro-Pancreas, SugarReg, Chromium.
Stock No. 1054 (100) Kosher

PDA COMBINATION
[Body Systems]

Benefits:
- Supports the digestive system
• Contains hydrochloric acid, which helps the body digest proteins

How it Works:
PDA supplements the body’s digestive secretions with hydrochloric acid (HCl) and provides pepsin, a natural protein-digesting enzyme. The stomach manufactures hydrochloric acid to break down proteins. But, as people age, they may produce less HCl, which can affect the amount of protein they can break down and ultimately absorb. Inefficient protein digestion can affect the viability of the intestinal flora that feast on these compounds.

Ingredients:
Betaine hydrochloric acid, pepsin.

Recommendation:
Take 1-4 capsules with a meal three times daily.

Complementary Products:
Bifidophilus Flora Force, Small Intestine Detox, Intestinal Soothe & Build.
Stock No. 3245 (180)

PEPPERMINT ESSENTIAL OIL
(see Essential Oils)

PEPPERMINT OIL
[Body Systems]

Benefits:
• Promotes digestion
• Freshens breath

How it Works:
This popular flavoring has a variety of uses in herbology. A couple of drops can be added to a glass of water or a cup of hot water for a soothing, refreshing after-meal drink. Peppermint (Mentha piperita) has been used to help promote digestion and has cooling and stimulating properties.

Ingredients:
Peppermint aerial parts oil.

Recommendation:
Add 2-3 drops to 8 oz. hot (tea) or cold water for a refreshing after-meal drink.
WARNING: Avoid contact with eyes, nose and other sensitive areas.

Complementary Products:
Food Enzymes, Chlorophyll ES, Stomach Comfort.
Stock No. 1706 (.17 fl. oz.)

PERFECT EYES®
[Body Systems]

Benefits:
• Supports the macular region of the eye and total eye health
• Fights free radical damage
• Provides 10 mg of lutein per serving

How it Works:
Our eyes are constantly exposed to sunlight and artificial lighting, which can generate free radicals that have harmful effects on ocular cells. After middle age, our natural antioxidant production decreases, and the pigments in our eyes change. Perfect Eyes has been specially formulated with herbs and nutrients that support eye health. The two key ingredients are lutein and N-acetyl cysteine (NAC). Lutein is an important antioxidant that supports the macular region of the eye. Aging bodies can easily convert NAC into the eye-protecting antioxidant glutathione, making NAC supplementation an important step in protecting the eye from harmful free radical damage and nerve cell damage. Perfect Eyes also contains taurine (an amino acid that protects proteins in the eye lens); zinc gluconate and selenium (powerful antioxidants that are particularly beneficial to older individuals); and quercetin and hesperidin.
(two bioflavonoids that act as antioxidants to protect against toxic damage to the eye).

**Ingredients:**
Vitamin A (as beta-carotene), zinc (as gluconate), selenium (as amino acid chelate), lutein, hesperidin bioflavonoid extract, N-acetyl cysteine, taurine, carotenoid blend (alpha-carotene, lycopene, zeaxanthin, cryptoxanthin), quercetin (from *Sophora japonica*), turmeric root extract (*Curcuma longa*), eyebright aerial parts (*Euphrasia officinalis*) and bilberry fruit extract (*Vaccinium myrtillus*).

**Recommendation:**
Take 2 capsules daily with a meal.

**Complementary Products:**
Lutein, Bilberry Fruit Concentrate.

**Stock No. 4075 (60) Kosher**

**PHYTO-SOY**
* (Body Systems)

**Benefits:**
- Supports the glandular and circulatory systems
- Helps maintain hormonal balance
- Contains beneficial isoflavones

**How it Works:**
Soy contains phytoestrogens—plant-sourced, hormone-like compounds, weaker than human estrogens, that may help balance hormone levels. One group of phytoestrogens—isoflavonoids—is found in great concentration in soybeans and soy products. Isoflavonoids appear to positively influence estrogen levels in younger women. Phyto-Soy contains 48 times more isoflavonoids than comparable amounts of tofu, 25 times more than tempeh and 10 times more than roasted soybeans. NSP Phyto-Soy is certified as non-genetically modified (non-GMO). Three capsules supply 36 mg isoflavones, 28 mg of which are genistein glycosides.

**Ingredients:**
Soy isoflavones.

**Recommendation:**
Take 1 capsule with a meal three times daily.

**Complementary Products:**
Glandular System Pack, Circulatory System Pack.

**Stock No. 4981 (90) Kosher**

**PINE NEEDLE ESSENTIAL OIL**
* (see Essential Oils)

**PINK GRAPEFRUIT ESSENTIAL OIL**
* (see Essential Oils)

**PLS II**
* (Body Systems)

**Benefits:**
- Soothes intestinal lining
- Supports the intestinal system

**How it Works:**
PLS II provides nutrients to support proper intestinal function. It contains slippery elm bark, marshmallow root, goldenseal root and rhizome, and fenugreek seed. Slippery elm, marshmallow and fenugreek have soothing properties. Goldenseal helps soothe the mucous membranes that line the digestive tract. It also has immune-supporting properties.

**Ingredients:**
Slippery elm bark, marshmallow root, goldenseal root and rhizome, and fenugreek seed.

**Recommendation:**
Take 2 capsules with a meal three times daily.
**POTASSIUM COMBINATION**

*Body Systems*

**Benefits:**
- Supports the urinary system
- Provides 42 mg of elemental potassium per capsule
- Helps generate energy
- Drives excess sodium from the body
- Supports kidney function

**How it Works:**
Potassium fulfills a long list of jobs in the body, including helping to regulate water balance (via the active transport pump), maintaining pH balance, maintaining blood pressure levels already within the normal range and supporting neuromuscular function. Although there’s plenty of potassium in many natural foods, commercial over-processing results in the loss of potassium and increases the sodium content. The ratio may be as high as 4:1 in favor of sodium. In addition, certain diseases and physical exertion can also deplete the body of potassium. Adequate potassium levels are essential for the body’s active transport pump, which moves nutrients into cells. This herbal formula provides essential potassium from several rich, natural sources.

**Ingredients:**
Potassium, kelp leaf and stem, alfalfa aerial parts, dulse frond, horseradish root, white cabbage leaf, and horsetail stem and strobilus.

**Recommendation:**
Take 2 capsules with a meal three times daily.

**COMPLEMENTARY PRODUCTS:**
- Nutribiome Probiotic Eleven, Bowel Detox, Intestinal Soothe & Build.
  *Stock No. 1029 (100) Kosher*

---

**PROACTAZYME®**

*Body Systems*

**Benefits:**
- Supports the digestive system
- Helps break down food
- Improves digestion
- Provides plant-sourced enzymes

**How it Works:**
Breaking food down into usable form requires digestive enzymes. Digestive enzymes bind with food particles to enhance the reactions necessary to turn solid foods into liquid solutions of nutrients to be absorbed in the intestinal tract and used by our cells. Enzymes have the capacity to process food at an amazing rate, making digestion infinitely more efficient. Refined foods and overcooked foods contain minimal, if any, enzymes. Proactazyme is a unique, general-purpose, food-enzyme supplement to assist in the everyday digestion of most food types, including sugars, vegetable fibers, long-chain starches and proteins. It contains plant-sourced enzymes in a digestion-enhancing herbal base.

**Ingredients:**
Protease, amylose, glucoamylase, lipase, cellulase, hemicellulase, invertase, malt diastase, alpha galactosidase, peptidase, potassium, beet root fiber, caraway seed, dandelion root, fennel seed, gentian root and ginger rhizome.

**Recommendation:**
Take 1-2 capsules with or between meals daily.

**COMPLEMENTARY PRODUCTS:**
- Urinary Maintenance, Kidney Activator, Kidney Drainage.
  *Stock No. 3673 (180) Kosher*
Complementary Products:
Papaya Mint Chewable Tablets, Anti-Gas TCM Conc., Stomach Comfort.
Stock No. 1525 (100)

PROBIOTIC ELEVEN
(see NutriBiome Probiotic Eleven)

PRO-PANCREAS FORMULA
[Body Systems]

Benefits:
• Helps the liver control blood sugar
• Helps tone the pancreas
• Enhances digestion
• Builds immunity
• Encourages urinary, prostate and glandular health

How it Works:
Today’s average diet lacks many of the nutrients needed to support normal blood sugar levels, strong digestion, immunity and glandular function. Pro-Pancreas Formula blends herbs that provide many needed nutritional compounds, supporting several body systems—digestive, glandular, urinary and immune—simultaneously. These systems interrelate to control blood sugar levels, aid blood cleansing and provide protection from toxic or microbial attack.

Ingredients:
Juniper berries, slippery elm bark, licorice root, rose hips, garlic bulb, yarrow aerial parts, capsicum fruit, goldenseal root extract, uva ursi leaf extract, dandelion root, marshmallow root, nettle leaves, mullein leaf extract and white oak stem inner bark.

Recommendation:
Take 2 capsules with meals three times daily.

Complementary Products:
Ayurvedic Blood Sugar Formula, Chromium, Cordyceps, SugarReg.
Stock No. 1027 (100) Kosher

PROSPER SUCCESS
ESSENTIAL OIL BLEND
(see Essential Oils)

PROTEASE PLUS
[Body Systems]

Benefits:
• Supports the digestive system
• Contains trace minerals to activate enzymes
• Digests protein compounds

How it Works:
Proteases are a type of digestive enzyme that break down proteins into smaller proteins and amino acids. Some proteases act in the stomach, and others are secreted by the pancreas into the intestinal tract. When taken with meals, Protease Plus acts to help digest proteins in the diet. Taken between meals, it may help digest foreign proteins in the blood and support immunity by possibly activating macrophages and natural killer cells.

Ingredients:
Protease (60,000 HUT), beet root fiber and trace mineral concentrate.

Recommendation:
Take 1-3 capsules with or between meals.

Complementary Products:
Immune Stimulator, Olive Leaf Extract Conc., Food Enzymes, PDA Combination.
Stock No. 1841 (90)
PROTEASE, HIGH-POTENCY

[Body Systems]

Benefits:
• Enhances protein digestion
• Increases nutrient absorption
• Supports the immune, digestive and circulatory systems

How it Works:
Enzymes that break down proteins are especially critical to good health because undigested and foreign proteins can impact your overall health. Protease is an important enzyme that helps digest proteins. Taken with meals, High-Potency Protease helps digest high-protein foods. Taken between meals, it acts systemically to break down foreign proteins associated with mucus production and arterial health. High-Potency Protease also supports immunity by activating the body’s immune defenses. It delivers 180,000 HUT protease with a full spectrum of plant-derived trace minerals. Enjoy the same benefits of three Protease Plus capsules in one capsule of High-Potency Protease.

Ingredients:
Protease (180,000 HUT), beet root fiber and trace mineral concentrate.

Recommendation:
Take 1 capsule up to three times daily with or between meals.

Complementary Products:
Immune Stimulator, PDA Combination, EverFlex w/Hyaluronic Acid, Cardio Assurance.
Stock No. 1876 (60)

PS II®

[Body Systems]

Benefits:
• Helps the body support a healthy prostate gland
• Provides nutrition for the male glandular system

How it Works:
PS II supplies varying amounts of macro and trace minerals—nutrition needed to nourish the male glandular system and support a healthy prostate gland.

Ingredients:
Pumpkin seeds, saw palmetto fruit, licorice root, black cohosh root, gotu kola aerial parts, capsicum fruit, golden seal root extract, ginger rhizome, dong quai root, lobelia aerial parts, and kelp leaves and stem.

Recommendation:
Take 1 capsule with a meal three times daily.

Complementary Products:
Stock No. 1050 (100) Kosher

PSYLLIUM HULLS

[Body Systems]

Benefits:
• Supports the intestinal system
• Is an excellent source of soluble fiber
• Encourages normal bowel movements
• Helps maintain cholesterol levels already in the normal range

How it Works:
Psyllium has one of the highest levels of soluble fiber known—much more than that of oat bran. Encapsulated psyllium hulls are a convenient way to add essential fiber
to the daily diet. Psyllium hulls can play an important part in helping the body maintain cholesterol levels that are already within the normal range and may help to support cardiovascular health.

**Ingredients:**
- Psyllium hulls.

**Recommendation:**
- Take 2 capsules with at least 8 oz. water with a meal twice daily.
- NOTE: May cause allergic reaction in persons sensitive to inhaled or ingested psyllium.

**Complementary Products:**
- Gentle Move, Cascara Sagrada, LBS II.

**Stock No. 545 (100) Kosher**

**PSYLLIUM HULLS COMBINATION**

**[Body Systems]**

**Benefits:**
- Offers intestinal system support
- Is an excellent source of soluble fiber
- Facilitates the natural process of waste elimination
- May support cholesterol levels already in the normal range

**How it Works:**
Psyllium Hulls Combination provides bulk to the diet. The hulls absorb several times their weight in liquid. Psyllium has high amounts of soluble fiber, which has a mucilaginous quality. NSP Psyllium Hulls Combination contains psyllium hulls, hibiscus flowers and licorice root in bulk rather than encapsulated form. Psyllium hulls can play an important part in helping the body maintain cholesterol levels that are already within the normal range.

**Ingredients:**
- Psyllium seed hulls, hibiscus flowers and licorice root.

**Recommendation:**
- For adults: Mix 2 teaspoons in a glass of water or juice and drink.
- For children 6 years and over: Mix 1/4 teaspoon in 1/2 glass of water or juice once daily.
- NOTE: May cause allergic reaction in persons sensitive to inhaled or ingested psyllium.

**Complementary Products:**
- Gentle Move, Cascara Sagrada, LBS II.

**Stock No. 1376 (11 oz.) Kosher**

**PSYLLIUM SEEDS**

**[Body Systems]**

**Benefits:**
- Supports the intestinal system
- Is an excellent source of soluble fiber
- Helps maintain cholesterol levels already in the normal range

**How it Works:**
Psyllium seeds are small and dull-colored, covered with a thin, white hull. They contain 10–30% mucilage. When placed in water, their outer walls swell to form a layer of mucilage around the seed. This mucilage may serve as a lubricant and help to cleanse the areas through which it passes. As an all-natural vegetable substance, psyllium’s purely mechanical action to promote colon health and provide pure bulk fiber in the diet is exceptional. Nature’s Sunshine offers the seeds in encapsulated form.

**Ingredients:**
- Psyllium seeds.

**Recommendation:**
- Take 2 capsules with at least 8 oz. water with a meal twice daily.
NOTE: May cause allergic reaction in persons sensitive to inhaled or ingested psyllium.

**Complementary Products:**
Gentle Move, Cascara Sagrada, LBS II.  
*Stock No. 540 (100) Kosher*

**PURITY ESSENTIAL OIL BLEND**
*(see Essential Oils)*

**P-X**
*[Body Systems]*

**Benefits:**
- Supports the urinary system

**How it Works:**
Juniper berries support the urinary system and help the body maintain proper fluid balance. Parsley supports digestion and kidney function. Uva ursi has urinary astringent actions and helps support healthy microbial balance.

**Ingredients:**
Juniper berries, goldenseal root and rhizome, capsicum fruit, parsley leaves, ginger rhizome, eleuthero root, uva ursi leaves, queen of the meadow leaves and marshmallow root.

**Recommendation:**
Take 2 capsules with a meal three times daily with at least 8 oz. water.

**Complementary Products:**
Urinary Maintenance, Hydrangea.  
*Stock No. 1234 (100) Kosher*

**RECOVER SOOTHING ESSENTIAL OIL BLEND**
*(see Essential Oils)*

**RED BEET ROOT FORMULA**
*[Body Systems]*

**Benefits:**
- Is great for use during fasting  
- Provides vital nutrients  
- Supports the glandular system

**How it Works:**
Red Beet Root Formula is designed to replenish nutrients the body might need while fasting or during periods of weakness. The glands may require additional nutrients as the body uses energy stores.

**Ingredients:**
Licorice root, red beet root, fennel seeds and hawthorn berries.

**Recommendation:**
Take 2 capsules five times daily.

**Complementary Products:**
Gall Bladder Formula, Milk Thistle Combination, Liver Cleanse Formula.  
*Stock No. 870 (100) Kosher*

**RED CLOVER**
*[Body Systems]*

**Benefits:**
- Supports the circulatory and glandular systems  
- Provides isoflavones

**How it Works:**
Red clover contains estrogen-like compounds known as isoflavones, including genistein (also found in soy). Isoflavones are phytoestrogens that may help support cardiovascular health and may be beneficial
for the female glandular system. Red clover may also promote skin health. The blossoms and leaves provide trace amounts of some minerals and vitamins.

**Ingredients:**
- Red clover flowers.

**Recommendation:**
- Adults: Take 2 capsules with a meal three times daily.

**Complementary Products:**
Super Omega-3 EPA, Hawthorn Berries, Adrenal Support.

*Stock No. 550 (100) Kosher*

---

**RED CLOVER BLEND LIQUID**

*Body Systems*

**Benefits:**
- Supports the circulatory and glandular systems
- Is easily swallowed

**How it Works:**
Red clover contains estrogen-like compounds known as isoflavones that may help support the cardiovascular system and may be beneficial for the female glandular system. Red Clover blend contains red clover, burdock, pau d’arco and sage.

**Ingredients:**
- Red clover blossoms, burdock root, pau d’arco bark and sage leaves plus vegetable glycerin and purified water.

**Recommendation:**
- Adults: Take 1/2 to 3/4 teaspoon (2.5 to 3.75 ml) in water with a meal three times daily. Children: Take 1/4 to 1/2 teaspoon (1.25 to 2.5 ml) in water with a meal three times daily. For tea, use 1/2 teaspoon (2.5 ml) in a cup of hot water.

**Complementary Products:**
Blue Cohosh, Female Comfort, FCS II, Nature’s Prenatal.

*Stock No. 560 (100) Kosher*

---

**RED RASPBERRY**

*Body Systems*

**Benefits:**
- Supports the glandular system
- Promotes balance throughout the digestive tract
- Helps strengthen the uterus

**How it Works:**
The leaves of the red raspberry plant contain trace amounts of several minerals and vitamins. Women have used red raspberry leaves for centuries to support the female reproductive system, especially during pregnancy. Red raspberry leaves contain high levels of tannins and fruit acids, making this herb a popular astringent. Astringents tighten and tone tissues. Red raspberry may also help support the digestive system and colon.

**Ingredients:**
- Red raspberry leaves.

**Recommendation:**
- Take 2 capsules with a meal three times daily.

**Complementary Products:**
Blue Cohosh, Female Comfort, FCS II, Nature’s Prenatal.

*Stock No. 3420 (2 fl. oz.) Kosher*

---

**RED RASPBERRY LIQUID**

*Body Systems*

**Benefits:**
- Supports the glandular system
- Promotes balance throughout the digestive tract
- Helps strengthen the uterus
How it Works:
The leaves of the red raspberry plant contain trace amounts of several minerals and vitamins. Women have used red raspberry leaves for centuries to support the female reproductive system, especially during pregnancy. Red raspberry leaves contain high levels of tannins and fruit acids, making this herb a popular astringent. Astringents tighten and tone tissues. Red raspberry may also help support the digestive system and colon.

Ingredients:
Extracts of peppermint leaves, rose hips, hibiscus flowers and red raspberry leaves in vegetable glycerin and water.

Recommendation:
Adults: Take 1/2 to 3/4 teaspoon in water with a meal three times daily. For tea, use 1/2 teaspoon in hot water. Children: Take 1/4 to 1/2 teaspoon in water three times daily with a meal.

Complementary Products:
Blue Cohosh, Female Comfort, FCS II, Nature’s Prenatal.
Stock No. 3425 (2 fl. oz.) Kosher

RED YEAST RICE
[Body Systems]

Benefits:
• Supports the circulatory system
• Helps the body maintain normal-range cholesterol levels
• Supports the production of HDL (good) cholesterol in the liver

How it Works:
Red yeast rice is a natural byproduct of fermented red rice that supports the body’s normal ability to maintain normal-range cholesterol levels. It supports the liver in its efforts to regulate the release of cholesterol into the bloodstream. Those using red rice products should supplement with coenzyme Q10 (CoQ10), because red yeast rice can interfere with the normal production of this important liver metabolite.

Ingredients:
Red yeast rice.

Recommendation:
Take 2 capsules with a meal two to three times daily.

WARNING: Do not use this product if you are pregnant, may become pregnant, or are breastfeeding because using this product may cause birth defects. Consult your health care provider before using if you currently take any cholesterol-lowering agents. Cholesterol levels should be checked regularly. For adults 20 years of age or older. People with or at risk for liver disease should not use this product. Keep out of the reach of children.

Complementary Products:
Cholesterol-Reg II, Guggul Lipid, CoQ10 100 mg, LOCLO.
Stock No. 558 (120) Kosher

RELIEF FORMULA
[Body Systems]

Benefits:
• Supports the structural system
• May support temporary relief following exercise or rigorous activity
• Provides natural relief
• Is well tolerated and absorbed by the body

How it Works:
This product contains a proprietary blend of herbal extracts, including a protease enzyme blend and a special hops extract. The protease blend provides excellent support for soft-tissue soreness. Proteases support a healthy inflammatory response,
which may promote the recovery process. The hops extract used in Relief Formula contains a high concentration of alpha acids, isolated and enriched by state-of-the-art supercritical carbon dioxide extraction technology. Alpha acids are strong antioxidants, recently linked to support the body’s natural response to inflammation and pain.

**Ingredients:**
- Hops cone extract, turmeric root extract, willow bark extract, protease enzyme blend, boswellia gum extract, rutin, phellodendron bark extract, dl-phenylalanine, mangosteen pericarp extract and andrographis whole plant extract.

**Recommendation:**
- Maintenance Dose: Take 2 capsules twice daily prior to meals. Best if taken on an empty stomach. Under times of body system stress, take 2-5 capsules.

**Complementary Products:**
- EverFlex w/Hyaluronic Acid, Joint Support, Super GLA Oil Blend, EverFlex Pain Cream.

**Stock No. 1190 (60)**

**REFUGE CALMING ESSENTIAL OIL BLEND**
(see Essential Oils)

**RELIEF SETTLING ESSENTIAL OIL BLEND**
(see Essential Oils)

**RENEW RELEASING ESSENTIAL OIL BLEND**
(see Essential Oils)

**RESPIRATORY SYSTEM PACK**
[Body Systems]

**Benefits:**
- Supports the lungs and sinuses
- Strengthens the bronchial system

**How it Works:**
- Lung Support TCM acts as a tonic to moisten and nourish the tissues of the respiratory tract, particularly the lungs. Bronchial Formula is designed to nourish the lungs and bronchi and to offer general protection to the respiratory tract. ALJ helps to soothe tissues. It supports healthy lung function, especially during seasonal changes.

**Ingredients:**
- Lung Support TCM, Bronchial Formula and ALJ.

**Recommendation:**
- Take the contents of one AM packet with breakfast; take the contents of one PM packet with your evening meal. Follow this pattern for 30 days.

**Complementary Products:**
- HistaBlock, Breathe Activator TCM Conc., Sinus Support EF.

**Stock No. 5386 (30-day supply)**

**ROMAN CHAMOMILE ESSENTIAL OIL**
(see Essential Oils)

**ROSE ESSENTIAL OIL**
(see Essential Oils)

**ROSE HIPS**
[General Nutrition]

**Benefits:**
- Is a natural source of vitamin C
- Is rich with bioflavonoids
- May support immune function

**How it Works:**
- Rose hips are the portion of the rose that remains after the petals fall off. Historically they have been used as a source of vitamin C and contain other vitamins and nutrients.
Ingredients:
Rose hips fruit.

Recommendation:
Take 2 capsules with a meal three times daily.

Complementary Products:
Vitamin E Complete w/ Selenium, Super Trio, Thai-Go.
Stock No. 580 (100) Kosher

ROSEMARY WILD ESSENTIAL OIL
(see Essential Oils)

SAGE
[Body Systems]

Benefits:
• Supports the immune system
• Helps create microbial balance
• Is a source of antioxidants

How it Works:
Sage is highly astringent and aromatic. Extracts of sage have antioxidant properties; they act as a preservative, which probably explains sage’s wide use as a meat seasoning for centuries. Its aromatic properties help sage create an environment that is friendly to microbial balance.

Ingredients:
Sage leaf.

Recommendation:
Take 1 capsule with a meal twice daily.

Complementary Products:
VS-C, Pau D’Arco, Silver Shield.
Stock No. 610 (100) Kosher

SAFFLOWERS
[Body Systems]

Benefits:
• Supports the intestinal and hepatic systems
• Supports toxin elimination
• Strengthens liver and gallbladder function

How it Works:
Safflowers have been used traditionally to help support liver and gallbladder function and may help in the normal removal of toxins from the body. They also provide nutritional aid for the intestinal system.

Ingredients:
Safflower flowers.

Recommendation:
Take 1 capsule with a meal twice daily.

Complementary Products:
Milk Thistle Combination, Gall Bladder Formula, Enviro-Detox.
Stock No. 600 (100) Kosher

SAM-E
[Body Systems]

Benefits:
• Supports the nervous system
• Enhances mood
• Supports joints
• Promotes longevity by aiding the regeneration of cells
• Facilitates muscle/nerve harmony

How it Works:
SAM-e is a natural compound manufactured by the body and present in all living cells. It is required in over 40 biochemical reactions, helping with a variety of functions, including mood regulation, cognitive function, general nerve conditions, a healthy inflammation response, and liver and heart health. Most of the body’s SAM-e is made
in the liver. People who are deficient in this nutrient or who cannot tolerate antidepressant drugs or anti-inflammatory agents might benefit from supplemental SAM-e. It is necessary for manufacturing important brain compounds like neurotransmitters and phospholipids. It is also involved with the production of hormones (like serotonin and melatonin), proteins, the powerful antioxidant glutathione and various cartilage components. It also appears to help fight premature aging by regenerating new cells, especially in joint and liver tissue.

**Ingredients:**  
S-adenosylmethionine.

**Recommendation:**  
Take 1 tablet once or twice daily on an empty stomach with 8 oz. water. For best results, take SAM-e with folic acid and vitamin B12.

**CAUTION:** If you are taking prescription antidepressants or have bipolar (manic) depression, consult your physician before or during the use of this product. Pregnant or lactating women should consult their health care provider prior to taking this supplement.

**Complementary Products:**  
B-Complex Vitamins, Folic Acid Plus, Vitamin B12, Brain-Protex w/Huperzine A.  
*Stock No. 1845 (30)*  

## SANDALWOOD ESSENTIAL OIL  
*(see Essential Oils)*

## SARSAPARILLA  
*Body Systems*

**Benefits:**  
- Supports the glandular, circulatory and digestive systems

**How it Works:**  
Sarsaparilla is used traditionally to support the circulatory system and the liver. It also has tonic properties and has been used traditionally for skin support. It may also promote normal digestion and appetite.

**Ingredients:**  
Sarsaparilla root.

**Recommendation:**  
Take 2 capsules with a meal twice daily.

**Complementary Products:**  
Super Omega-3 EPA, Milk Thistle Combination, Liver Cleanse.  
*Stock No. 620 (100) Kosher*

## SAW PALMETTO  
*Body Systems*

**Benefits:**  
- Supports the glandular system  
- Supports prostate gland health  
- Provides balance, especially for men over 40

**How it Works:**  
Saw palmetto supports glandular weakness and is most well-known for supporting prostate health. Saw palmetto contains a compound used by the body to manufacture cortisone. Cortisone is an adrenal hormone that helps regulate the metabolism of fats, carbohydrates, sodium, potassium and proteins. It is used primarily to support glandular tissues (especially the prostate gland) and to maintain optimal balance in hormone levels. Scientific research validates its use for supporting prostate health.

**Ingredients:**  
Saw palmetto fruit.

**Recommendation:**  
Take 2 capsules with a meal three times daily.
Complementary Products:
Men’s Formula, Zinc.
Stock No. 630 (100) Kosher

SAW PALMETTO CONCENTRATE
[Body Systems]

Benefits:
• Supports the glandular system
• Supports prostate gland health
• Provides balance, especially for men over 40

How it Works:
Saw palmetto supports glandular weakness and is most well-known for supporting prostate health. Saw palmetto contains a compound used by the body to manufacture cortisone. Cortisone is an adrenal hormone that helps regulate the metabolism of fats, carbohydrates, sodium, potassium and proteins. It is used primarily to support glandular tissues (especially the prostate gland) and to maintain optimal balance in hormone levels. Scientific research validates its use for supporting prostate health. Each softgel capsule provides a minimum of 85 percent fatty acids and phytosterols, including beta-sitosterol. These fatty acids are the most sought-after components in saw palmetto.

Ingredients:
Saw palmetto berry extract.

Recommendation:
Take 1 capsule with a meal twice daily.

SC FORMULA (SHARK CARTILAGE)
[Body Systems]

Benefits:
• Supports the immune system
• Offers support for joint health
• Is responsibly harvested

How it Works:
Shark cartilage is a pure source of an important family of carbohydrates called mucopolysaccharides. Typical assays report that more than 20 percent of its weight is mucopolysaccharides, over 20 percent is protein, more than 4 percent is chondroitin sulfate and less than 1 percent is fat. Shark cartilage also contains vital amino acids plus other important nutrients. SC Formula is composed of 100 percent freeze-dried shark cartilage combined with reishi mushroom (also known as ganoderma). Reishi mushroom has a long history of use in China and is found in nearly 30 percent of Chinese herbal formulas. No chemical agents, solvents or bleaches are used in processing this product. Various sharks are used, none of which is an endangered species. The cartilage used by NSP is a byproduct of sharks caught for human consumption.

Ingredients:
Shark cartilage and reishi mushroom.

Recommendation:
Take 3 capsules with a meal three times daily.

Complementary Products:
E-Tea, Una de Gato, Pau D’Arco.
Stock No. 1602 (100)
SEASONAL DEFENSE

[Body Systems]

Benefits:
- Helps the body maintain optimal health during seasonal changes
- Helps support mucous membranes

How it Works:
This unique herbal combination contains andrographis, which is an immune and respiratory system-supporting agent. When taken during seasonal changes, the ingredients in Seasonal Defense may support mucous membranes and help the body maintain optimal health.

Ingredients:
Andrographis paniculata whole plant extract, thyme leaves, bitter orange fruit, eleuthero root and oregano leaves.

Recommendation:
Take 1 capsule with a meal three times daily.

Complementary Products:
Immune Stimulator, Colostrum with Immune Factors, VS-C, Silver Shield.
Stock No. 806 (90) Kosher

SENNA COMBINATION

[Body Systems]

Benefits:
- Supports the intestinal system
- Supports healthy elimination

How it Works:
Senna supports the intestinal system and liver. It encourages intestinal contraction and supports proper waste elimination.

Ingredients:
Senna leaves, fennel seed, ginger rhizome and catnip leaves.

Recommendation:
Take 4 capsules before bedtime. To be taken only occasionally.

NOTE: This product contains senna. See your health care provider prior to use if you are pregnant or nursing, any medical condition exists or when taking any medication. Read and follow recommendation carefully. Do not use if diarrhea, loose stools or abdominal pain are present or develop. Use of this product may worsen these conditions and be harmful to your health. Chronic diarrhea can result in serious illness.

Complementary Products:
Bifidophilus Flora Force, Nature’s Three, Psyllium Hulls Combination, Nutribiome Probiotic Eleven.
Stock No. 650 (100) Kosher

7-KETO™

[Weight Management]

Benefits:
- Boosts metabolism
- Facilitates healthy weight management
- Enhances immune function

How it Works:
7-Keto is a safe, natural metabolite of dehydroepiandrosterone (DHEA). Supplementing with 7-Keto may increase the production of T3, a thyroid hormone. The thyroid hormones play a role in determining the body’s basal metabolic rate. 7-Keto also supports the body’s immune system efforts by enhancing the function of white blood cells. It can also help the body’s efforts to maintain overall health. It is important to note that, unlike other metabolites of DHEA, 7-Keto is not converted to sex hormones (either androgens or estrogens).

Ingredients:
7-Keto and chickweed leaf extract.
Recommendation:
Take 1 capsule daily with a meal.
CAUTION: Those with hyperthyroidism should consult their health care professional prior to using 7-Keto capsules.

Complementary Products:
CLA, SmartMeal, Dieter’s Cleanse, Ultra Therm.
Stock No. 2922 (30)
7-Keto is a trademark of Humanetics Corp., Patent no. 5,296,481.

SF®
[Weight Management]
Benefits:
• Supports weight management efforts
• Provides intestinal, urinary and digestive support

How it Works:
SF is designed to help with weight management as it supports the body’s intestinal, urinary and digestive systems.

Ingredients:
Cascara sagrada bark, hawthorn berries, papaya fruit, licorice root, safflower flowers, black walnut hulls, chickweed leaf extract, fennel seeds, parthenium root, gotu kola aerial parts and dandelion root.

Recommendation:
Take 2 capsules 30 minutes before meals three times daily.
NOTE: This product contains cascara sagrada. See your health care provider prior to use if you are pregnant or nursing, any medical condition exists or when taking any medication. Read and follow recommendation carefully. Do not use if diarrhea, loose stools or abdominal pain are present or develop. Not intended for prolonged use. Use of this product may worsen these conditions and be harmful to your health. Chronic diarrhea can result in serious illness.

Complementary Products:
Dieter’s Cleanse, Fat Grabbers, Garcinia Combination, SmartMeal.
Stock No. 1067 (100) Kosher

SHINE ENERGIZING BLEND
(see Essential Oils)

SILVER SHIELD® WITH AQUA SOL TECHNOLOGY
[Body Systems]
Benefits:
• Supports the immune system
• Offers broad-spectrum immune support
• Is composed of nano-size particles to ensure maximum bioavailability and potency.
• Provides 20 ppm of pure silver (100 mcg per serving).

How it Works:
The human body is constantly bombarded. At these times, your body’s immune system naturally puts up shields for protection. Exclusively from Nature’s Sunshine, Silver Shield® with bioavailable Aqua Sol Technology offers safe and effective broad-spectrum immune support that supports your natural shield. Silver Shield with Aqua Sol Technology features pure silver particles suspended in pure water for powerful immune-system support. It is manufactured using a patented process with strict quality control to verify potency and purity. The result is fine nano silver particles with 99% bioavailability. Silver particles are processed by the kidneys and may not affect populations of beneficial bacteria in the colon.

Ingredients:
20 ppm of pure silver (100 mcg per serving).
Recommendation:
Take 1 teaspoonful, swish and swallow, three times daily. Each teaspoonful provides 100 mcg (20 ppm) of pure silver. Do not mix with salt or salty liquids.

Complementary Products:
Olive Leaf Extract Conc., Echinacea/Golden Seal, Immune Stimulator, Silver Shield Gel.
Stock No. 4274 (4 fl. oz.)
Stock No. 4280 (16 fl. oz.)
Stock No. 21488 (32 fl. oz.)

SILVER SHIELD GEL WITH AQUA SOL TECHNOLOGY
[Personal Care/Skin & Hair]

Benefits:
• Uses fine particle-size colloids for maximum bioavailability
• Is non-toxic; poses no risk of heavy metal contamination
• Provides 24 ppm of bioavailable silver
• Acts as a skin moisturizer

How it Works:
Silver Shield Gel is a clear gel product that has been shown to be an effective cleaning agent. It also promotes natural hydration and moisturizes the skin. This product is manufactured with a patented process using Aqua Sol Technology. Silver Shield Gel is made with food grade ingredients, contains no alcohol and is safe for children.

Ingredients:
Silver Shield solution [purified water, silver (24 ppm)]

Recommendation:
Apply a small amount of gel to skin as needed.

Complementary Products:
Silver Shield (liquid), Olive Leaf Extract Conc., Echinacea/Golden Seal, Immune Stimulator.
Stock No. 4950 (3 oz. tube)
Stock No. 4952 (1 oz. tube)

SILVER SHIELD RESCUE GEL
[Personal Care/Skin & Hair]

Benefits:
• Is ideal for the topical management of minor cuts, lacerations, abrasions, skin irritations and 1st and 2nd degree burns
• May help inhibit the growth of microorganisms within the dressing
• Has been evaluated in standard tests showing it can reduce the levels of common microorganisms and fungi, including*: Staphylococcus aureus, Pseudomonas aeruginosa, Escherichia coli, MRSA, Candida albicans and Aspergillus niger
  * USP<51>

How it Works:
Silver Shield Rescue Wound Dressing Gel is a water-based hydro gel for use in moist wound care management. It may help inhibit the growth of microorganisms within the dressing. Silver Shield Rescue Gel is ideal for the topical management of minor cuts, lacerations, abrasions, skin irritations and 1st and 2nd degree burns. It has been evaluated in standard tests showing it can reduce the levels of common microorganisms and fungi.

Silver Shield Rescue Gel is manufactured with a patented process using Bioavailable Aqua Sol Technology, which utilizes only fine particle-sized silver to optimize bioavailability and efficiency. Provides 24 ppm of bioavailable silver.
**Ingredients:**
24 ppm proprietary silver solution (purified water, nano-silver at .01 micron).

**Recommendation:**
Clean wound. Use a clean applicator to liberally cover the wound with Silver Shield Rescue Wound Dressing Gel and secondary dressing.

*Stock No. 4951 (3 oz. tube)*
*Stock No. 4953 (1 oz. tube)*

**SINUS SUPPORT EF®**

*Body Systems*

**Benefits:**
- Supports the respiratory system
- Supports healthy nasal passages
- Provides nutrients for support of respiratory health

**How it Works:**
Provides nutritional support of respiratory cleansing and tissue-protecting processes. The herbs in Sinus Support EF provide practical and safe support for the respiratory system, especially during seasonal changes. Sinus Support EF features synephrine (from immature orange peel), which possesses properties somewhat similar to the alkaloid ephedrine in providing respiratory support, but it acts much more mildly in the body.

**Ingredients:**
Capsicum fruit, burdock root, goldenseal root extract, parsley leaf, horehound leaf and flower, marshmallow root, yerba santa leaf and bitter orange fruit extract.

**Recommendation:**
Take 2 capsules with a meal three times daily.

**Complementary Products:**
ALJ, Lung Support TCM Conc., Vitamin C.

*Stock No. 1250 (100) Kosher*

**SKELETAL STRENGTH®**

*Body Systems*

**Benefits:**
- Supports the structural system
- Helps rebuild and preserve bone and muscle tissue

**How it Works:**
Skeletal Strength provides essential nutrients that help increase the body’s ability to support tissue and maintain cellular integrity. Calcium helps build bone strength, normalize muscle contraction and regulate nerve function. Magnesium governs the proper utilization of calcium in joints, bones, muscles and nerves. Boron, copper and zinc help build and maintain strong bones and muscles. Iron and manganese are essential for calcium absorption and blood building. Vitamin A promotes the efficient use of calcium.

Vitamin D aids bone mineralization and increases calcium absorption. Vitamin C helps cement cells together with collagen. Vitamin B6 is used by the body to manufacture proteins needed for strong bones, new red blood cell production and energy. Vitamin B12 contributes to hemoglobin production.

**Ingredients:**
Contains 100% of the Daily Value of vitamin C, vitamin B6 and vitamin B12. Also contains vitamin A, vitamin D, calcium, iron, phosphorus, magnesium, zinc, copper, manganese, potassium, boron, horsetail stems, betaine HCl, papaya fruit, parsley leaves, pineapple fruit, valerian root and licorice root concentrate.

**Recommendation:**
Take 2 tablets with a meal twice daily.
Complementary Products:
Structural System Pack, HSN-W, Ionic Minerals w/ Açai, EverFlex w/Hyaluronic Acid, Joint Support.
Stock No. 1806 (150)

SKIN DETOX, AYURVEDIC
[Body Systems]

Benefits:
• Supports the structural system
• Helps pull toxins from the skin

How it Works:
As the largest organ of the body and one that has continuous contact with the environment, the skin needs proper care and nourishment to remain healthy. Since the skin is a primary detoxifying organ, the state of the skin often reflects our general state of internal health. As with all NSP Ayurvedic formulas, Skin Detox is designed to maintain a balanced state of well-being.

Ingredients:
Taraxacum officinale root, Acacia catechu bark, Azadirachta indica bark, Smilax china root, Picrorhiza kurroa root, Hemidesmus indicus root, Holarrhena antidysenterica bark, Rubia cardifolia root, Swertia chirata whole plant extract, Caesalpinia crista seed extract, Fumaria parviflora whole plant, Alstonia scholaris bark extract, Tinospora cordifolia stem, Curcuma longa rhizome, Phyllanthus emblica fruit, Terminalia belerica fruit and Terminalia chebula fruit.

Recommendation:
Take 2 capsules with a meal three times daily.

Complementary Products:
BP-X, HSN-W, Silver Shield Gel.
Stock No. 1299 (100)

SLIPPERY ELM
[Body Systems]

Benefits:
• Supports the digestive and intestinal systems
• Soothes the digestive tract
• Helps maintain normal elimination
• Absorbs toxins from the bowel

How it Works:
Slippery elm is rich in nutrients, easy to digest and soothing to the digestive system. For centuries people have used it to support the digestive system and to maintain regular waste elimination. Slippery elm supplies mucilage to soothe the digestive and intestinal tracts. Mucilage is a long chain of sugars that form a slippery substance when combined with water. Mucilage can settle the digestive tract, absorb toxins from the bowel and help maintain regular elimination patterns.

Ingredients:
Slippery elm bark.

Recommendation:
Take 2 capsules with a meal twice daily. For bulk, mix 1 or 2 heaping teaspoon(s) in 8 oz. of pure water or juice.

Complementary Products:
Intestinal Soothe & Build, Aloe Vera Juice, Anti-Gas Formula.
Stock No. 670 (100) Kosher
Stock No. 1391 (7 oz., 200 g) Kosher

SMALL INTESTINE DETOX
[Body Systems]

Benefits:
• Acts as a small intestine cleanse
• Supports nutrients absorption
How it Works:
Small Intestine Detox supports the digestive system. Marshmallow has a high mucilage content, which may help to soothe digestive tract tissues. Pepsin is produced naturally in the body to help digest protein.

Ingredients:
Marshmallow root and pepsin.

Recommendation:
Take 2 capsules with a meal three times daily. For best results, use with Bowel Detox.

Complementary Products:
Bowel Detox, Food Enzymes, Bifidophilus Flora Force.

Stock No. 848 (100)

SMARTMEAL®
[Weight Management]

Benefits:
• Provides 15 grams of protein plus essential amino acids
• May help contribute to a feeling of fullness
• Supports cardiovascular health
• Contains nutrients for energy
• Provides 35% of the DV for 18 vitamins and minerals

How it Works:
SmartMeal Nutritional Shake Mix gives you a delicious, healthful drink that’s only 130–140 calories and chock full of nutrients to vitalize your body and give you energy. As you reduce the calories you consume daily, and especially if you increase your activity level, your weight goes down. SmartMeal contains 2 grams of dietary fiber per serving, plus cold-pressed, organic flax seed to help contribute to a feeling of fullness. Protein may also help curb appetite.

Ingredients:
Protein matrix (soy protein isolate, pea protein isolate, golden chlorella protein), sugar cane, sunflower oil, natural flavor, vegetable fiber (chicory inulin), cold-pressed organic flax seed, medium-chain triglycerides, calcium phosphate, stevia extract, potassium citrate, xanthan gum, guar gum, sodium caseinate (from milk), magnesium oxide, magnesium amino acid chelate, ascorbic acid, d-alpha tocopherol, sodium chloride, sodium selenate, biotin, niacinamide, soy lecithin, vitamin A palmitate, zinc citrate, copper citrate, d-calcium pantothenate, manganese citrate, ergocalciferol, folic acid, potassium iodide, pyridoxine hydrochloride, riboflavin, thiamin hydrochloride, sodium molybdate, cyanocobalamin and chromium polynicotinate.

Recommendation:
Mix 2 level scoops of powder in approximately 8 oz. of water or milk, or to taste, then shake and enjoy. Blend with your favorite fruits for a unique flavor, or add supplements like fiber for more nutritional benefit.

Complementary Products:
MetaboStart, Fat Grabbers, Carbo Grabbers w/Chromium, CLA.

Stock No. 3085
(510 grams, 15 servings) Vanilla
Stock No. 3084
(555 grams, 15 servings) Chocolate
Stock No. 3086
(510 grams, 15 servings) Chai

SNOREASE®
[Body Systems]

Benefits:
• Supports the respiratory system
• Reduces snoring
• Promotes normal nighttime breathing
• Opens nasal passageways

How it Works:
SnorEase helps reduce the tendency to snore. Its unique formulation features three key ingredients: immature bitter orange, bromelain from pineapple fruit and CoQ10. These components work together to promote air flow through the nasal passages. Immature bitter orange contains natural synephrine. Bromelain, an enzyme derived from pineapple, may help to break down mucus, which can help to facilitate respiration. CoQ10, an antioxidant, helps support the circulatory system.

Ingredients:
Fructus aurantia immature fruit, bromelain and CoQ10.

Recommendation:
Take 1-3 capsules daily 30 minutes before bedtime. Do not use during pregnancy.

Complementary Products:
ALJ, HistaBlock, Sinus Support EF.
Stock No. 1815 (60)

SOLSTIC® CARDIO
[Body Systems]

Benefits:
• Supports the circulatory system
• Provides 5 grams of l-arginine per serving
• Helps protect against premature aging
• Supports healthy sexual function in men and women
• Contributes to more productive exercise
• Supports overall energy levels

How it Works:
NSP Solstic Cardio is a convenient drink packet that is formulated to provide nutrition and maximum benefit to the cardiovascular system. Solstic Cardio contains 5 grams of l-arginine per serving in a blend of minerals, amino acids and other ingredients that contribute to cardiovascular and immune health. In the body, l-arginine is converted to nitric oxide, which causes relaxation of blood vessels and regulates blood vessel tone and flexibility. L-citrulline is added to prolong the action of l-arginine in the nitric oxide pathway. Solstic Cardio also contains resveratrol (a powerful antioxidant that supports the cardiovascular system), vitamin K2 (contributes to bone health and facilitates calcium absorption), vitamin D3 (supports immune function, mood and bone health, and helps maintain normal calcium and phosphorous levels in the blood), pomegranate (may support cardiovascular function) and an amino acid blend. Solstic Cardio is flavored with natural strawberry and lemon powders.

Ingredients:
Vitamin D, vitamin K, l-arginine, natural flavors, natural citrus sweetener, l-citrulline, grape skin extract, taurine, pomegranate fruit, stevia leaf, l-isoleucine, l-leucine, l-methionine, l-tyrosine, l-threonine, N-acetyl cysteine, l-glutamine, acetyl l-carnitine and resveratrol.

Recommendation:
Empty the contents of one Solstic Cardio packet into 8-10 oz. of cold water, shake and enjoy. Take one packet daily.

NOTE: Consult your health care provider prior to using if you are pregnant, nursing or have a known medical condition, including cancer, diabetes, herpes, coronary heart disease, or have had a heart attack. Consult your health care provider before use if you take any medications, including those for diabetes, high blood pressure, heart conditions or erectile dysfunction.
**Complementary Products:**
Thai-Go, Blood Pressurex, CoQ10 100 mg.  
*Stock No. 6520 (30 packets)*

**SOLSTIC ENERGY**
*[Body Systems]*

**Benefits:**
- Supports the nervous system
- Helps reduce physical fatigue
- Increases mental clarity and focus
- Helps mobilize fat stores to be used as fuel
- Increases exercise endurance and stamina
- Provides energy for daily tasks

**How it Works:**
Solstic Energy is a low-calorie, sugar-free energy drink featuring guarana, green tea and B vitamins. Solstic Energy tastes great; it’s sweetened with stevia and flavored with natural lemon, mandarin orange and pineapple powders. Many energy drinks contain questionable levels of artificial caffeine and sugar. Solstic Energy contains only natural ingredients—including guarana, a natural source of caffeine—to help energize the body, reduce fatigue, increase mental focus and boost metabolism. Like all Solstic products, Solstic Energy comes ready-to-use in a convenient stick packet. Each serving contains 60 mg of natural caffeine from guarana seed extract plus thiamin, riboflavin, niacin, vitamin B6, vitamin B12, pantothenic acid, potassium, Korean ginseng root extract, stevia leaf extract, grape skin extract and green tea leaf extract.

**Ingredients:**
Thiamin, riboflavin, niacin, vitamin B6, vitamin B12, pantothenic acid, potassium, scFOS, natural fruit flavors, natural citrus sweetener, guarana seed extract, Korean ginseng root extract, stevia leaf extract, grape skin extract and green tea leaf extract.

**Recommendation:**
Use product as a temporary source of energy. Empty the contents of one Solstic Energy packet into 14-16 oz. of cold water, shake and enjoy.

NOTE: Too much caffeine may cause nervousness, irritability, sleeplessness and occasionally rapid heartbeat. Not recommended for use by children under 18 years of age.

**Complementary Products:**
Vitamin B12, Energ-V.  
*Stock No. 6521 (30 packets)*

**SOLSTIC IMMUNE**
*[Body Systems]*

**Benefits:**
- Provides ingredients that maintain and boost the immune system
- Contains antioxidant-rich vitamins and berries
- Is designed for daily immune support

**How it Works:**
Solstic Immune provides an immune system boost in a convenient drink stick packet. It offers daily, drinkable immune support. Its key ingredients are elderberry fruit extract, *Echinacea purpurea* and vitamin D3, all of which have been shown to support the immune system. Solstic Immune also contains arabinogalactan and beta glucans, which stimulate natural killer cell and macrophage activity; Panax ginseng, another promoter of natural killer cell activity; vitamin C, long known for its role in maintaining a healthy immune system; zinc, responsible for neutrophil, natural killer cell and T- and B-lymphocyte function; and blueberry, blackberry, raspberry and

187
cranberry fruits, chock full of antioxidants and anthocyanins.

**Ingredients:**
Vitamin C, vitamin D, zinc, potassium, elderberry fruit extract, beta-glucans, echinacea root concentrate, arabinogalactan, blueberry fruit concentrate, red raspberry fruit concentrate, cranberry fruit, blackberry fruit concentrate, Korean ginseng root extract, scFOS, natural citrus sweetener, natural flavors and stevia leaf extract.

**Recommendation:**
For daily immune support, empty the contents of one Solstic Immune packet into 14–16 oz. of cold water, mix and enjoy.

**Complementary Products:**
Elderberry D3fense, Immune Stimulator, VS-C.

Stock No. 6530 (30 packets)

**SOLSTIC REVIVE**
[Body Systems]

**Benefits:**
- Supports the structural system
- Replaces electrolytes lost through exercise or stress
- Supports joint and cartilage health
- Provides amino acids for muscular support
- Boosts energy and endurance
- Helps maintain joint health

**How it Works:**
Solstic Revive replaces vital nutrients—including calcium, magnesium, sodium and potassium—lost during exercise, stress, exertion, dehydration and malnutrition. Revive is perfect for before, during and after any strenuous activity or as a refreshing beverage anytime throughout the day. Solstic Revive contains 500 mg glucosamine per serving to help support joint and cartilage health; electrolytes, essential for hydration, nerve and muscle function and proper pH levels; the amino acids l-carnitine, l-taurine and l-glycine to facilitate muscle repair, increase endurance, aid general rebuilding and offer muscle and structural support; and B vitamins, which help produce energy, metabolize fats and proteins, and benefit the nervous system.

**Ingredients:**
Vitamin C, vitamin E, thiamin (B1), riboflavin (B2), niacin, vitamin B6, vitamin B12, pantothenic acid, calcium, magnesium, sodium, potassium, glucosamine, fructose, chicory root fiber, d-ribose, natural citrus sweetener, sea salt, natural flavors, stevia leaf extract, grape skin extract, pomegranate fruit juice concentrate, l-carnitine, l-taurine and l-glycine.

**Recommendation:**
Empty the contents of one Solstic Revive packet into 14–16 oz. of cold water, shake and enjoy! Ideal for mixing in bottled water or any container that you can close and shake.

**Complementary Products:**
Super Trio, EverFlex w/Hyaluronic Acid.

Stock No. 6507 (30 packets)

**SOLSTIC TWENTY-FOUR**
[General Nutrition]

**Benefits:**
- Provides at least 100% of the Daily Value for 13 vitamins
- Supports the immune and cardiovascular systems
- Offers bone support through calcium absorption
- May improve energy and stamina

**How it Works:**
Solstic Twenty-Four offers 24 hours’ worth of primary nutrition in a convenient, single-
serving drink packet. It features vitamin D3 for immune, mood and bone support; vitamin K to help with calcium absorption and cardiovascular support; and B vitamins for energy and stamina. Solstic Twenty-Four also contains many other vitamins and minerals.

**Ingredients:**
Vitamin A, vitamin C, vitamin D, vitamin E, vitamin K, thiamin (B1), riboflavin (B2), niacin, vitamin B6, folic acid, vitamin B12, biotin, pantothenic acid, calcium, magnesium, zinc, potassium, scFOS, natural citrus sweetener, natural flavors, beet root extract, tartaric acid and stevia leaf extract.

**Recommendation:**
Empty the contents of one Solstic Twenty-Four packet into 14–16 oz. of cold water, shake and enjoy. Take one packet daily.

**Complementary Products:**
Super Omega-3 EPA, CoQ10 100 mg.

**Stock No. 6525 (30 packets)**

---

**SPIRULINA**

*[General Nutrition]*

**Benefits:**
- Supports the nervous system
- Provides 400 mg of 100% blue-green microalgae per capsule
- Is a great source of protein
- Contains plant-sourced vitamin B12

**How it Works:**
Spirulina is a blue-green algae that grows in warm, alkaline, fresh waters around the world. Spirulina naturally contains protein representing all eight essential amino acids, as well as chelated minerals, natural plant sugars, trace minerals and enzymes. Spirulina is easily assimilated by the body. It also provides naturally occurring chlorophyll. Spirulina can be used as a pre-meal supplement. It is one of the few plant sources of vitamin B12.

**Ingredients:**
Spirulina.

**Recommendation:**
Take 2 capsules with a meal three times daily.

**Complementary Products:**
Super Algae, Chlorophyll ES, Ultimate GreenZone, Mineral-Chi Tonic, Ionic Minerals w/Açai.

**Stock No. 681 (100) Kosher**

---

**SPLEEN ACTIVATOR**

*[Body Systems—Chinese]*

**Benefits:**
- Supports the digestive system
- Soothes, tones and strengthens body tissues and functions
- Improves digestion and bowel tone
- Increases circulation and improves blood quality
- Provides immune system support

**How it Works:**
When you want to restore strength to the body, the best place to start is with the digestive and circulatory systems. Proper nutrient absorption and an efficient transport system allow the whole body to be more easily strengthened. This formula is based on the remarkable effects of both ginseng root and licorice root. Both are considered key glandular nutrients. Ginseng is world renowned as an anti-aging supplement, and licorice aids both digestion and adrenal function. These two plants are favored more than any other in the entire Chinese herbal pharmacopoeia. Fifteen other herbs support these functions and add their own benefits to magnify or balance all others in the formula.
Ingredients:
Ginseng root, astragalus root, atractylodes rhizome, hoelen sclerotium, dioscorea rhizome, lotus seed, chaenomeles fruit, citrus peel, galangal rhizome, ginger rhizome, hyacinth bean, licorice root, magnolia bark, tang-kuei root, typhonium rhizome, cardamon fruit and zanthoxylum hull of seed.

Recommendation:
Take 3 capsules with a meal three times daily.

Complementary Products:
Bowel Detox, Intestinal Soothe & Build, Pro-Pancreas, Nature’s Noni.
Stock No. 1880 (100)

SPLEEN ACTIVATOR TCM CONCENTRATE
[Body Systems—Chinese]

Benefits:
• Supports the digestive system
• Soothes, tones and strengthens body tissues and functions
• Improves digestion and bowel tone
• Increases circulation and improves blood quality
• Provides immune system support

How it Works:
When you want to restore strength to the body, the best place to start is with the digestive and circulatory systems. Proper nutrient absorption and an efficient transport system allow the whole body to be more easily strengthened. This formula is based on the remarkable effects of both ginseng root and licorice root. Both are considered key glandular nutrients. Ginseng is world renowned as an anti-aging supplement, and licorice aids both digestion and adrenal function. These two plants are favored more than any other in the entire Chinese herbal pharmacopoeia. Fifteen other herbs support these functions and add their own benefits to magnify or balance all others in the formula.

Ingredients:
Concentrated extract of ginseng root, astragalus root, atractylodes rhizome, hoelen sclerotium, dioscorea rhizome, lotus seed, chaenomeles fruit, citrus peel, galangal rhizome, ginger rhizome, hyacinth bean, licorice root, magnolia bark, tang-kuei root, typhonium rhizome, cardamon fruit and zanthoxylum hull of seed.

Recommendation:
Take 1 capsule with a meal daily.
NOTE: Pregnant or lactating women should consult their health care provider prior to taking this supplement.

Complementary Products:
Bowel Detox, Intestinal Soothe & Build, Pro-Pancreas, Nature’s Noni.
Stock No. 1070 (30)

ST. JOHN’S WORT CONCENTRATE
[Body Systems]

Benefits:
• Supports the nervous system
• Supports mood improvement
• Balances the emotions
• Improves feelings of well-being, self-worth and self-control

How it Works:
St. John’s Wort is an important herb for the nervous system. It has long been popular for supporting this system. St. John’s Wort contains at least 10 pharmacologically active constituents. Numerous studies show that one of these, hypericin, appears to act by elevating mood and acting as a mild calming. Other scientific studies have shown
that another constituent, hyperforin, may have more powerful mood-enhancing, spirit-lifting properties. A randomized, double-blind, placebo-controlled study published in 1998 showed that patients who received the highest amounts of hyperforin-containing St. John’s Wort scored highest on the Hamilton Rating Scale for Depression. (A high score on the rating scale indicates lower levels of depression.) NSP St. John’s Wort also contains passionflower, an herb with a long history of nervous system support. Each capsule contains 300 mg St. John’s Wort standardized to 0.3% hypericin.

Ingredients:
St. John’s Wort extract and passionflower aerial parts.

Recommendation:
Take 1 capsule with a meal three times daily.

CAUTION: While taking this product, avoid exposure to strong sunshine and tanning rays or tanning salons. It is advisable to wear sunglasses when being exposed to strong sunlight conditions. Consult your health care provider before using this product if you are taking prescription antidepressant drugs, including SSRIs and MAOIs. Not recommended for use by pregnant or lactating women. Keep out of the reach of children.

Complementary Products:
Nutri-Calm, AnxiousLess, Kava Kava Conc., Nervous System Pack.
Stock No. 655 (100) Kosher

ST. JOHN’S WORT, TIME-RELEASE
[Body Systems]

Benefits:
• Supports the nervous system
• Supports mood improvement
• Balances the emotions
• Improves feelings of well-being, self-worth and self-control

How it Works:
St. John’s Wort is an important herb for the nervous system. It has long been popular for supporting this system. St. John’s Wort contains at least 10 pharmacologically active constituents. Numerous studies show that one of these, hypericin, appears to act by elevating mood and acting as a mild calmative. Other scientific studies have shown that another constituent, hyperforin, may have more powerful mood-enhancing, spirit-lifting properties. A randomized, double-blind, placebo-controlled study published in 1998 showed that patients who received the highest amounts of hyperforin-containing St. John’s Wort scored highest on the Hamilton Rating Scale for Depression. (A high score on the rating scale indicates lower levels of depression.) Time-Release St. John’s Wort contains the finest raw St. John’s Wort herb, standardized to contain 0.3% hypericin in a base of 450 mg St. John’s Wort extract powder.

Ingredients:
St. John’s Wort aerial parts extract.

Recommendation:
Take 1 tablet in the morning and 1 in the evening with water for all-day, all-night support.

CAUTION: While taking this product, avoid exposure to strong sunshine and tanning rays or tanning salons. It is advisable to wear sunglasses when being exposed to strong sunlight conditions. Consult your health care provider before using this product if you are taking prescription antidepressant drugs, including SSRIs and MAOIs. Not recommended for use by preg-
nant or lactating women. Keep out of the reach of children.

**Complementary Products:**
Nutri-Calm, AnxiousLess, Kava Kava Conc., Nervous System Pack.
*Stock No. 653 (60)*

**STIXATED™**
[Weight Management]

**Benefits:**
- Satisfies cravings between meals
- Promotes a feeling of fullness
- Helps you consume fewer calories

**How it Works:**
This delicious, berry-flavored drink mix features *Garcinia cambogia* and chromium picolinate to help curb appetite between meals. An extract of the rind of a small, pumpkin-shaped fruit native to Southeast Asia, *Garcinia cambogia* has a long tradition of safe use. Our pure extract is standardized to 60 percent of its active ingredient, hydroxycitric acid (HCA), which may promote feelings of fullness, helping you consume fewer calories during the day.

A trace mineral found in small amounts in whole grains and brightly colored fruits and vegetables, chromium picolinate helps activate insulin, a hormone that helps the body burn blood sugar instead of storing it as fat. By supporting already-normal blood sugar balance, chromium may also help with food cravings that are triggered by low glucose levels.

Studies show that consuming fiber may help with weight management partly by promoting feelings of fullness. Each stick pack contains 3 grams of soluble fiber from vegetables and short-chain fructo-oligosaccharides (FOS), a naturally sweet, prebiotic fiber. This blend promotes satiety, helping you consume fewer calories throughout the day.

**Ingredients:**
*Garcinia cambogia* fruit rind extract, chromium picolinate (500% of Daily Value), vegetable fiber, erythritol, fructo-oligosaccharides (FOS), natural flavors (raspberry, açai berry, huckleberry, blueberry), citric acid, grape skin extract and stevia leaf extract.

**Recommendation:**
Simply pour the contents of one packet into approximately 16 ounces of water and stir. Consume one packet or more daily between meals when you feel hungry.

**Complementary Products:**
Ultra Therm, Ultra Therm CF, Sweet FX, SmartMeal, Nutri-Burn, Fat Grabbers, Carbo Grabbers.
*Stock No. 6540 (30)*

**STOMACH COMFORT**
[Body Systems]

**Benefits:**
- Supports the digestive system
- Relieves occasional digestive discomfort
- May balance stomach acid

**How it Works:**
This pH-balancing formula provides natural ingredients to help nutritionally support digestion in times of occasional stomach upset. Stomach Comfort contains calcium carbonate, which is alkaline in nature and helps buffer acid. Alginic acid, which is converted to sodium alginate, helps maintain the mucous lining of the esophagus. Slippery elm bark coats and soothes the digestive tract while ginger root, papaya fruit and licorice root work synergistically to aid proper digestion. Licorice root has also long been used to support healthy stomach function.
**Ingredients:**
Calcium carbonate, vegetable prebiotic fiber, alginic acid from brown seaweed, papaya fruit concentrate, guar gum, slippery elm bark, ginger rhizome and licorice root extract.

**Recommendation:**
Chew 1 or 2 tablets up to three times daily for quick, temporary stomach relief. Remember that digestive problems may be a sign of more serious health concerns.

**Complementary Products:**
Gastro Health, Papaya Mint Chewable Tablets, Anti-Gas Formula.  
*Stock No. 1820 (60 chewable tablets)*  
*Stock No. 2489 (20 retail packets)*

**STRESS-J**

*Body Systems*

**Benefits:**
- Supports the nervous system
- Promotes natural calming
- Supports proper stress mechanism function
- Aids proper digestion
- Provides help for occasional stress relief

**How it Works:**
This anti-stress formula provides nutrients to help facilitate proper function of the nervous system. Passionflower is a natural support to relaxation centers of the nervous system and has been used historically to help with restlessness. Calming and soothing, it doesn’t affect mood or orientation. Fennel has long been known to strengthen the digestive system, where emotional stress is most likely to center. Feverfew is an aromatic herb able to help the body deal with muscular tension. Hops is considered a tonic herb and is especially recognized for promoting sleep and helping the body deal with occasional restlessness.

It also benefits the digestive system, thereby helping to prevent intestinal stress from undigested food. Chamomile is known for supporting nerve health and mental alertness. It also aids digestion and helps with circulation. It is soothing with no harmful side effects. Marshmallow has demulcent effects on the digestive tract. It has been used historically for respiratory support and to soothe mucous membranes.

**Ingredients:**
Passionflower aerial parts, fennel seeds, feverfew aerial parts, hops flowers, chamomile flowers extract and marshmallow root extract.

**Recommendation:**
Take 2-3 capsules with a meal three times daily.

**Complementary Products:**
Nutri-Calm, AnxiousLess, B-Complex, Nerve Eight.  
*Stock No. 1084 (100) Kosher*

**STRESS-J LIQUID**

*Body Systems*

**Benefits:**
- Supports the nervous system
- Promotes natural calming
- Supports proper stress mechanism function
- Aids proper digestion
- Provides help for occasional stress relief
- Can be used by children

**How it Works:**
This anti-stress formula provides nutrients to help facilitate proper function of the nervous system. Passionflower is a natural support to relaxation centers of the nervous system and has been used historically to help with restlessness. Calming and soothing, it doesn’t affect mood or
orientation. Fennel has long been known to strengthen the digestive system, where emotional stress is most likely to center. Feverfew is an aromatic herb able to help the body deal with muscular tension. Hops is considered a tonic herb and is especially recognized for promoting sleep and helping the body deal with occasional restlessness. It also benefits the digestive system, thereby helping to prevent intestinal stress from undigested food. Chamomile is known for supporting nerve health and mental alertness. It also aids digestion and helps with circulation. It is soothing with no harmful side effects. Marshmallow has demulcent effects on the digestive tract. It has been used historically for respiratory support and to soothe mucous membranes.

**Ingredients:**
Extracts of chamomile flowers, passionflower aerial parts, hops flowers, fennel seeds, marshmallow root and feverfew leaves in vegetable glycerin and purified water.

**Recommendation:**
Take 15–30 drops in water every four hours. Children: Take 10–20 drops in water every four hours. One ml is approximately equal to 2 capsules.

**Complementary Products:**
Nutri-Calm, AnxiousLess, B-Complex, Nerve Eight.

*Stock No. 3163 (2 fl. oz.) Kosher*

**STRESS RELIEF**

*(Body Systems—Chinese)*

**Benefits:**
• Nourishes the nervous system
• May optimize gastric function
• Supports circulatory health

**How it Works:**
Chinese Stress Relief is a combination of 14 herbs and natural substances used in Traditional Chinese Medicine to support emotional balance and calm a stressed fire constitution. The Chinese call this formula *an shen*, which can be translated to mean “to pacify the spirit.” These herbs may help to nourish the nervous system and subsequently help improve gastric function and strengthen the urinary system. Key ingredients include oyster shell, haliotis shell and fushen. In Chinese medicine, oyster shell is considered to be calming and is used to relieve anxiety. Haliotis has properties similar to oyster shell. Oyster shell and haliotis are principally made of calcium carbonate, which may support gastric and circulatory health. Fushen is used in Chinese modalities as a stabilizing herb for restlessness and to relieve anger.

**Ingredients:**
Oyster shell, albizzia bark, polygonatum rhizome, haliotis shell, fushen sclerotium with root, acorus rhizome, curcuma root tuber, ginseng root, jujuba seed, polygala root, coptis rhizome, cinnamon twig, ginger rhizome and licorice root.

**Recommendation:**
Take 4 capsules with a meal twice daily.

**NOTE:** Pregnant or lactating women should consult their health care provider prior to taking this supplement.

**Complementary Products:**
Nutri-Calm, B-Complex, SUMA Combination.

*Stock No. 1863 (100)*

**STRESS RELIEF TCM CONCENTRATE**

*(Body Systems—Chinese)*

**Benefits:**
• Nourishes the nervous system
• May optimize gastric function
• Supports circulatory health

How it Works:
Chinese Stress Relief TCM Concentrate contains the same combination of 14 herbs found in Chinese Stress Relief but in a highly concentrated blend. These herbs and natural substances are used in Traditional Chinese Medicine to support emotional balance and calm a stressed fire constitution. The Chinese call this formula *an shen*, which can be translated to mean “to pacify the spirit.” These herbs may help to nourish the nervous system and subsequently help improve gastric function and strengthen the urinary system. The key ingredients are oyster shell, haliotis shell and fushen. In Chinese medicine, oyster shell is considered to be calming and is used to relieve anxiety. Haliotis has properties similar to oyster shell. Oyster shell and haliotis are principally made of calcium carbonate, which may support gastric and circulatory health. Fushen is used in Chinese modalities as a stabilizing herb for restlessness and to relieve anger.

Ingredients:
Concentrated extract of oyster shell, albizzia bark, polygonatum rhizome, haliotis shell, fushen sclerotium with root, acorus rhizome, curcuma root tuber, ginseng root, jujuba seed, polygala root, coptis rhizome, cinnamon twig, ginger rhizome and licorice root.

Recommendation:
Take 1 capsule with a meal daily.
NOTE: Pregnant or lactating women should consult their health care provider prior to taking this supplement.

Complementary Products:
Nutri-Calm, B-Complex, SUMA Combination.
*Stock No. 1033 (30)*

**STRUCTURAL SYSTEM PACK**
*[Body Systems]*

Benefits:
• Provides minerals and nutrients to build and strengthen the structural system
• Provides nutrition to the joints and bones
• Helps build connective and joint tissue

How it Works:
Skeletal Strength provides materials that the body uses to manufacture bones, muscles, ligaments, tendons and skin. This balanced calcium-magnesium supplement is complete with vitamins, minerals and herbs, plus enzymes that help improve absorption. Joint Support helps maintain joint tissues, supports the joints during physical stress and supports muscle tissue. EverFlex with Hyaluronic Acid offers the joint-supporting benefits of glucosamine, chondroitin, MSM, hyaluronic acid and devil’s claw in one tablet. This formula supports the integrity of the joint by providing nutrients that support normal viscosity and elasticity of fluid surrounding the joint, which helps maintain mobility. It also attracts fluid into the cartilage, making it more shock absorbent.

Ingredients:
Skeletal Strength, Joint Support and EverFlex w/Hyaluronic Acid.

Recommendation:
Take the contents of one packet in the morning with breakfast and the contents of one packet in the evening with a meal.

Complementary Products:
IF Relief, Krill Oil w/K2, HSN-W, KB-C TCM Conc., Relief Formula.
*Stock No. 5389 (30-day supply)*
SUGARREG®
[Body Systems]

Benefits:
• Supports the glandular system
• Supports already normal-range blood sugar levels
• Activates cell glucose transporters
• Supports the liver
• Aids digestion

How it Works:
SugarReg is a formulation of eight nutrients that support proper glandular function. Specifically, this combination helps support the body’s effort to maintain blood sugar levels that are already within the normal range. Banaba leaf, gymnema and bitter melon provide nutrients that support the healthy function of the glandular system, particularly the pancreas. All three have been used extensively. Fenugreek supports normal blood sugar levels and provides significant antioxidant benefits. Nopal provides needed nutrients to the liver and aids in digestion. This prickly pear cactus has a well-documented history of helping the body maintain acceptable blood sugar levels. Chromium, an important trace mineral, is essential for healthy blood sugar levels. It helps insulin get into the cell. A deficiency in chromium can affect blood sugar levels. Vanadium may help the body control blood sugar because it mimics the activity of insulin. Cinnamon extract may have a positive effect on blood glucose levels.

Ingredients:
Chromium, vanadium, cinnamon bark extract, fenugreek seeds, bitter melon fruit, gymnema leaves extract, nopal leaves and banaba leaf.

Recommendation:
Take 1 capsule with a meal three times daily.

Complementary Products:
Pro Pancreas, Nopal, GTF Chromium. 
Stock No. 927 (60)

SUMA COMBINATION
[Body Systems]

Benefits:
• Supports the immune system
• Boosts energy
• Provides adaptogenic herbs

How it Works:
SUMA Combination supplies nutrients that support the body’s regenerative functions. It is a blend of six powerful adaptogenic herbs that bolster the immune system and provide energy and emotional support. Suma root is referred to as para todo in South America, meaning “for everything.” Suma is not a true ginseng, but it shares many of ginseng’s properties. Astragalus root is a Chinese herb that also shares many properties of ginseng and is a known energy-booster.

Ingredients:
Echinacea aerial parts, suma bark, astragalus root, eleuthero root, ginkgo leaves concentrate, and gotu kola root and rhizome concentrate.

Recommendation:
Take 2–3 capsules with a meal three times daily.

NOTE: Pregnant or lactating women should consult their health care professional prior to taking this supplement.

Complementary Products:
VS-C, AdaptaMax, Energ-V. 
Stock No. 1088 (100) Kosher
SUNSHINE BRITE TOOTHPASTE
[Personal Care/Skin & Hair]

Benefits:
• Contains no artificial flavors, sweeteners or colors
• Contains no fluoride
• Has superior cleaning ability
• Has a refreshing mint tingle flavor

How it Works:
Sunshine Brite Toothpaste features hydrated silica powder, calcium carbonate and sodium bicarbonate to help remove stains and polish teeth without damaging tooth enamel. Sunshine Brite also contains soothing aloe vera gel, goldenseal, myrrh, Icelandic moss, astragalus, green tea and elderberry for natural oral health care. Sunshine Brite is naturally flavored with real mint. It contains no fluoride, which can be dangerous to children. Enjoy its fresh Mint Tingle sensation as you brush.

Ingredients:
Sorbitol, hydrated silica, deionized water, glycerin, sodium bicarbonate, calcium carbonate, sodium lauroyl sarcosinate, natural mint flavors, stevia, sodium hydroxide solution, cellulose gum, carrageenan, corn oils unsaponifiables, Astragalus sinicus extract, myrrh gum resin, goldenseal root extract, Icelandic moss extract, green tea leaf extract, elderberry fruit extract and Aloe barbadensis.

Recommendation:
Brush teeth at least twice daily after meals. See your dentist regularly. For maximum gum health, let toothpaste foam remain in the mouth for one minute before rinsing.

Complementary Products:
Skeletal Strength, Nature’s Sweet Life Xylitol Gum, Nature’s Sweet Life Xylitol Mints, XyliBrite Toothpaste.
Stock No. 2851 (3.5 oz. tube)

SUNSHINE CONCENTRATE CLEANER
[Personal Care/Skin & Hair]

Benefits:
• Is a natural, all-purpose cleaner
• Offers powerful cleaning in a biodegradable formula
• Is phosphate-, borate- and acid-free

How it Works:
This all-purpose, concentrated cleaner is tough on dirt, grease and grime, yet it won’t harm the environment or your family because it contains no phosphates, borates or acids. Its biodegradable cleaning and sudsing agents break down easily, helping to prevent foaming in lakes and streams. It can be used in the kitchen, laundry, outdoors, indoors and for bathing.

Recommendations:
Use on:
Appliances, kitchen and bathroom fixtures, walls, etc.: 1 tsp. per quart of warm water.
Dishes, bowls, glasses, silverware, etc.: 2 tsp. per average basin of hot water.
Pots and pans: 2 Tbsp. per gallon of hot water.
Floors: 2 Tbsp. per gallon of hot water. Rinse thoroughly with clean water before applying wax.
Mirrors, windows, glass: 1 tsp. per gallon of water; spray or sponge on, rinse, wipe dry.
Stain removal: Use full strength before laundering, to help remove ball-point ink,
chocolate, lipstick, shoe polish or grease from washable, color-fast material.

Ceramic and plastic tile: 2 Tbsp. per gallon of water. Sponge or spray on. Rinse. Is also safe for wood floors and woodwork.

Hand and body cleanser and shampoo: Place a few drops in palm, rub well, rinse. For bathing, add 2 tsp. per tub of water.

Fruits and vegetables: 1/2 tsp. per basin of cool water. Wash well, rinse thoroughly to remove sprays, waxes and pesticides.

Hand washables: 1 tsp. per quart of lukewarm water. Use for silks, woolens and other fine washables. Wring gently, rinse well.

Laundry booster: Add 1/4 cup to water to boost the cleaning power of laundry compound.

Complementary Products:
Lemon Essential Oil, Pine Needle Essential Oil.
Stock No. 1551 (32 fl. oz.)
Stock No. 2601 Decanter pump—Available while supplies last

SUNSHINE HEROES™
This full line of chewable children’s products contains NSP’s proprietary Protector Shield Blend®, chock full of fruits and vegetables with concentrated amounts of powerful phytonutrients—potent plant compounds noted for their health-protective benefits. The Protector Shield Blend provides valuable nutrients and potent antioxidant action, and it supports the immune system. Ingredients include:

• Acai Berry is an antioxidant-rich superfood considered by many to have the best nutritional value of any fruit on earth. Acai berries naturally contain protein, fatty acids, vitamin A, thiamin, vitamin C, calcium, phosphorus, iron and anthocyana-

ins—water-soluble pigment compounds with potent antioxidant actions.

• Cranberry Fruit is a rich source of phytonutrients, including anthocyanidins, ellagitannins, flavonols, catechins and phenolic acids. In addition, cranberries naturally contain vitamin C, beta-carotene, vitamin E and the antioxidant glutathione.

• Mangosteen Fruit is rich in xanthones, a class of active phytonutrients that are potent antioxidants.

• Pomegranate Fruit Extract contains several types of polyphenols—more than red wine or grapes, cranberry, blueberry and orange juice—including anthocyanins, tannins, ellagic acid and gallic acid.

• Fruit Juice Blend. The Protector Shield Blend includes a combination of fruit juice concentrates from white grape, apple, orange, pineapple, cherry, pear, strawberry and blueberry.

• Broccoli Flowers are a natural source of phytonutrients, including indoles that help protect against cell damage and modulate the body’s natural metabolism of hormones.

• Asparagus Stems are a rich vegetable source of protein and a good source of the B-complex vitamins thiamin, riboflavin and niacin.

• Carrot Root is considered to be the richest source of vitamin A among vegetable foods.

• Tomato Fruit naturally contains generous amounts of vitamin C, beta-carotene and the antioxidant lycopene.

• Spinach Leaves and Stems naturally contain vitamin C, vitamin E, vitamin K and magnesium.
• **Essential Amino Acids**: l-arginine, l-isoleucine, l-leucine, l-lysine, l-methionine, l-phenylalanine, l-threonine, l-valine, l-cysteine HCl and l-tyrosine.

• **Choline** can be synthesized (in small amounts) by the human body. But to obtain sufficient quantities, it must be consumed in the diet to maintain health. Obtaining adequate choline in infancy is important for healthy brain development and cognitive function.

• **Inositol** aids cell-to-cell communication and other processes related to nerve impulse transmission.

**SUNSHINE HEROES CALCULUM PLUS D3**

*Children's Supplements*

**Benefits:**
- Supports the structural system
- Provides 300 mg of calcium, equivalent to 8 oz. of milk
- Supports the health of bones and teeth
- Provides 75% of the American Academy of Pediatrics’ new vitamin D3 guidelines

**How it Works:**
Calcium is the most abundant mineral, and lifelong calcium intake is essential for the development and maintenance of healthy bones and teeth. Obtaining adequate calcium is especially important during childhood and adolescence, when bones grow and develop.

Each serving of Sunshine Heroes Calcium Plus D3 provides calcium, phosphorus and vitamin D, which work closely together to build strong bones and teeth. Vitamin D is well-known for its role in helping the body maintain healthy levels of calcium and phosphorus and for building and maintaining healthy bones. Calcium can only be absorbed by the body when vitamin D is present. Recent scientific evidence suggests that vitamin D also plays a vital part in maintaining innate immunity. The American Academy of Pediatrics (AAP) recently doubled the recommended amount of vitamin D that children should get daily. The new guidelines recommend at least 400 international units (IU) per day. But most children don’t get enough vitamin D. The AAP states that the best way to ensure that children receive adequate vitamin D is through supplementation.

**Ingredients:**
- Vitamin D3, calcium, phosphorus, sodium and the Sunshine Heroes Protector Shield blend.

**Recommendation:**
Chew up to 3 soft chews per day as a dietary supplement. Chew carefully and thoroughly before swallowing.

**Complementary Products:**
Sunshine Heroes product line.

**Stock No. 3343 (90 soft chews)**

**SUNSHINE HEROES ELDERBERRY IMMUNE**

*Children's Supplements*

**Benefits:**
- Supports the immune system
- Supplies key immune-enhancing herbs and vitamins
- Has a delicious fruit flavor kids love

**How it Works:**
Fall and winter months can be especially challenging for children. Their underdeveloped immune systems, combined with picky habits that often result in a lack of vitamins and nutrients, can leave them vulnerable. Sunshine Heroes Elderberry Immune soft chews provide key vitamins, minerals, herbs and other nutrients that play essential roles in building
and maintaining healthy immune function, including vitamin D and elderberry. Mounting evidence shows that in addition to supporting bone health, vitamin D is critical to the immune system. Vitamin D shortages are now being recognized as widespread in the United States, prompting health officials to plan an increase to the Recommended Daily Intakes for children and adults. Scientific evidence suggests that vitamin D offers a variety of benefits to the immune system, including enhancing innate immunity. In fact, vitamin D receptors are present on activated T- and B-lymphocytes, monocytes and macrophages—all important components of the immune system.

Elderberry fruit contains flavonoids—antioxidants that help support the immune system. Elderberry has been widely studied and found to boost the immune system. A randomized double-blind, placebo-controlled study found that people who received elderberry extract had significantly stronger immune system response compared to a placebo group (*Phytochemistry*. 2009 Jul; 70 (10): 1255–61).

**Ingredients:**
Vitamin C, vitamin D3, zinc, sodium, elderberries extract, astragalus root, *Echinacea purpurea* root extract, reishi mushroom mycelium, maitake mushroom and the Sunshine Heroes Protector Shield blend.

**Recommendation:**
Chew up to 2 soft chews per day as a dietary supplement. Chew carefully and thoroughly before swallowing.

**Complementary Products:**
Sunshine Heroes products line.
*Stock No. 3347 (90 soft chews)*

---

**SUNSHINE HEROES MULTIPLE VITAMIN & MINERAL**

*Children’s Supplements*

**Benefits:**
- Provides 50–100% of the children’s RDA for 11 vitamins and minerals
- Contains a proprietary blend of whole foods, fruit juice concentrates and micro-nutrients
- Supplies antioxidants and phytochemical nutrients for general nutrition
- Ensures growing bodies get adequate amounts of vital nutrients

**How it Works:**
Sunshine Heroes Multiple Vitamin & Mineral provides 100% of the Recommended Daily Allowance for vitamins A, C, D3, E, B6, B12, folic acid, biotin, pantothenic acid and zinc. Pediatricians recommend a daily multiple vitamin and mineral supplement for children who may not eat regular, well-balanced meals with lots of fresh, whole foods; picky eaters; children with high activity levels; children who eat a lot of fast food and processed foods; and children who eat a dairy-free or other restricted diet. A multiple vitamin and mineral supplement is also recommended for children who may drink a lot of carbonated sodas, which can leach nutrients from the body.

**Ingredients:**
Vitamin A, vitamin C, vitamin D3, vitamin E, vitamin B6, folic acid, vitamin B12, biotin, pantothenic acid, calcium, iodine, magnesium, zinc, sodium and the Sunshine Heroes Protector Shield blend.

**Recommendation:**
Chew up to 4 soft chews per day as a dietary supplement. Chew carefully and thoroughly before swallowing.
Complementary Products:
Sunshine Heroes product line.  
*Stock No. 3341 (90 soft chews)*

**SUNSHINE HEROES OMEGA 3 WITH DHA**  
*Children’s Supplements*

**Benefits:**
- Supports the nervous and circulatory systems
- Provides essential building blocks for health and development
- May help enhance brain growth and development
- Supports the brain, eyes and central nervous system

**How it Works:**
Sunshine Heroes Omega 3 with DHA is a uniquely formulated children’s supplement that provides omega-3 fatty acids. DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid) are essential fatty acids found almost exclusively in fish that live in deep, cold water. These fatty acids are key building blocks in every cell in the body. DHA and EPA are recognized for their health benefits in all life stages and are essential components as the body grows and develops. DHA is critical for the optimal development and function of the brain, eyes and central nervous system during infancy and childhood. Further, DHA is a major structural fat in the brain and eyes, representing approximately 97% of all omega-3 fats in the brain and 93% of all omega-3 fats in the retina.

**Ingredients:**
Fish oil, DHA, EPA and the Sunshine Heroes Protector Shield blend.

**Recommendation:**
Chew up to 4 soft chews per day as a dietary supplement. Chew carefully and thoroughly before swallowing.

Complementary Products:
Sunshine Heroes product line.  
*Stock No. 3342 (90 soft chews)*

**SUNSHINE HEROES PROBIOTIC POWER**  
*Children’s Supplements*

**Benefits:**
- Supports the digestive and intestinal systems
- Aids digestive and intestinal function
- Strengthens immune response

**How it Works:**
The human body relies on a healthy level of probiotics for numerous functions, including metabolizing foods, absorbing nutrients and maintaining a proper balance of intestinal flora. Probiotic microbes have a symbiotic relationship with their human hosts—both the probiotics and the humans benefit from their relationship. It is estimated that over 400 different types of normal flora inhabit the human gastrointestinal and genitourinary tracts. Studies have shown that children age 1 to 6 years old who attended day care centers and were given milk containing *Lactobacillus rhamnosus* missed fewer days of day care than children not receiving the probiotic. Studies have also shown that a healthy intestinal bacterial colonization may reduce the risk of food allergies in infants. Researchers have also found that probiotics aid digestion. Each chewable tablet of Sunshine Heroes Probiotic Power contains 1 billion friendly cultures from 11 strains of probiotics.
Ingredients:
Bifidobacterium bifidum, Bifidobacterium infantis, Bifidobacterium longum, Lactobacillus rhamnosus, Lactobacillus acidophilus, Lactobacillus bulgaricus, Lactobacillus brevis, Lactobacillus plantarum, Lactobacillus salivarius, Lactobacillus casei, Streptococcus thermophilus and the Sunshine Heroes Protector Shield blend.

Recommendation:
Chew 1 to 2 tablets daily as a dietary supplement. Chew carefully and thoroughly before swallowing.

Complementary Products:
Sunshine Heroes product line.
Stock No. 3346 (90 chewable tablets)

SUNSHINE HEROES WHOLE FOODS PAPAYAZYMEx
[Children's Supplements]

Benefits:
• Supports the digestive and immune systems
• Aids digestion and intestinal function
• Strengthens immune response

How it Works:
Digestive enzymes are protein complexes that are essential for food digestion. They break down foods into nutrients that can be absorbed and used to build all body systems, including cells, tissues, organs, glands, hormones, etc. There are three main categories of digestive enzymes: proteolytic enzymes that digest protein, amylases for carbohydrate digestion, and lipases to break down fat. Whole Foods Papayazyme combines pineapple and papaya fruits—whole food sources of digestive enzymes—and is fortified with additional digestive enzymes, including proteolytic amylase for healthy digestion of most food types. Whole Foods Papayazyme provides digestive enzymes at levels that are safe for chewing and gentle enough for children.

Ingredients:
Bromelain, alpha-amylase, papain, papaya fruit concentrate, pineapple fruit juice concentrate and the Sunshine Heroes Protector Shield blend.

Recommendation:
Chew 1 tablet (children under 4) or 2 tablets (children over 4) before meals as a dietary supplement.

Complementary Products:
Sunshine Heroes product line.
Stock No. 3345 (90 chewable tablets)

SUPER ALGAE
[General Nutrition]

Benefits:
• Helps build the blood and strengthen the immune system
• Provides the body with a pure source of chlorophyll and natural protein
• Is rich in essential minerals and B vitamins
• Contains nine essential amino acids

How it Works:
Super Algae combines all of the benefits of the three most popular algae supplements. Algae is a super-food, rich in easily assimilable nutrients. Spirulina contains two-and-a-half times more vitamin B12 than liver, is the best botanical source of protein available, and contains several antioxidant-rich carotenoids. Chlorella is a freshwater green algae noted for its chlorophyll content. Klamath Lake in Oregon is a pristine source of Klamath Lake blue-green algae. Super Algae maximizes protein, amino acid, chlorophyll and carotenoid content of each algae species, providing a
balanced, nutritional formula. Super Algae also supports the immune system.

**Ingredients:**
Spirulina, Klamath Lake blue-green algae and *Chlorella vulgaris*.

**Recommendation:**
Take 2–4 capsules with a meal three times daily.

**Complementary Products:**
Chlorophyll ES, Ultimate GreenZone, Mineral-Chi Tonic, Ionic Minerals w/Açai.

Stock No. 1056 (100)

---

**SUPER ANTIOXIDANT**

*Body Systems*

**Benefits:**
- Fights free radicals
- Prevents cellular damage
- Supports the liver
- Protects the nervous system
- Enhances immunity
- Supports the nervous, immune and hepatic systems

**How it Works:**
Super Antioxidant is an exclusive formulation of several powerful antioxidants that help neutralize damaging free radicals inside the body and maintain the structure and integrity of cellular makeup. This formula combines tocotrienols (scavenge free radicals within circulating lipoproteins), lycopene (a carotenoid antioxidant) and alpha lipoic acid (is both fat- and water-soluble to provide antioxidant protection throughout the body) in a base of rose hips fruit (a natural source of vitamin C, carotenoids and flavonoids), milk thistle seed (protects liver from toxins) and turmeric root (protects liver tissue).

**Ingredients:**
Turmeric root, tocotrienols, rose hips fruit, milk thistle seed, lycopene and alpha lipoic acid.

**Recommendation:**
Take 1 capsule with a meal twice daily.

**Complementary Products:**
Alpha Lipoic Acid, Cardio Assurance, Thai-Go.

Stock No. 1825 (60)

---

**SUPER GLA OIL BLEND**

*Body Systems*

**Benefits:**
- Supports the glandular system
- Provides support to the female glandular system, particularly before menstruation
- Plays a role in proper nerve development and function
- Provides 130 mg of gamma-linolenic acid per capsule

**How it Works:**
Super GLA provides generous amounts of essential omega-6 fatty acids (both linoleic and gamma-linolenic acid) from evening primrose, black currant and borage oils. In the body, these can be converted into eicosanoids. Three important eicosanoids include prostaglandins, thromboxanes and leukotrienes. This group of hormone-like compounds regulates many important bodily functions and processes. These compounds may affect circulatory system health, skin and joint health, immunity and nerve function. Super GLA provides nutritional support to the female reproductive system, particularly before menstruation when normal conditions of mild mood changes, breast tenderness, cramps and swelling can occur.
Ingredients:
Evening primrose oil, black currant oil and borage oil.

Recommendation:
Take 1 capsule with a meal three times daily.

Complementary Products:
Flax Seed Oil, Cramp Relief, Brain-Protex w/ Huperzine A, Magnesium, Super Omega-3 EPA.

Stock No. 1844 (90 softgel caps)

SUPER OMEGA-3 EPA
[Body Systems]

Benefits:
• Supports the circulatory system
• Protects cell membranes
• Contains lemon oil for improved taste and aftertaste

How it Works:
Omega-3 fatty acids are one of four basic fats that the body derives from foods. While many of the other fats are harmful, omega-3s benefit the body and are especially good for the heart. Super Omega-3 EPA is a source of two fatty acids, EPA and DHA. Supportive but not conclusive research shows that the consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease. The body uses omega-3 fatty acids as one of the primary components of cell membranes. Omega-3s are also beneficial to the structural system and to the skin. Super Omega-3 EPA softgels contain approximately 1,000 mg fish oil, with a ratio of 33:16 EPA to DHA (380 mg EPA, 190 mg DHA) per softgel. It also contains lemon to significantly reduce the aftertaste from fish oil and to reduce gas.

Ingredients:
Eicosapentaenoic acid and docosahexaenoic acid from fish such as anchovy, sardine and mackerel.

Recommendation:
Take 1 softgel with a meal two or three times daily.

Complementary Products:
Flax Seed Oil, CoQ10 100 mg, Hawthorn Berries, Solstic Cardio.

Stock No. 1515 (60 softgel caps)

SUPER ORAC
[General Nutrition]

Benefits:
• Provides key nutrients to neutralize free radicals while combating the effects of cellular oxidation
• Has a powerful antioxidant profile

How it Works:
Antioxidants are the body’s natural defense against free radicals. They scavenge them, “mopping up” free radicals before they have a chance to harm cells. Super ORAC combines eight powerful ingredients known to quench free radicals. Green tea contains polyphenols, which are potent antioxidants. EGCG is considered the most active polyphenol. It appears to help protect brain cells from damage. Mangosteen xanthones are potent antioxidants with a special affinity for supporting the circulatory system. One such xanthone, mangostin, helps the body battle the oxidation of LDL cholesterol. Resveratrol protects both the nervous system and the cardiovascular system. Turmeric contains curcumin, a polyphenol with wonderful health benefits for the immune, circulatory and glandular systems. In studies, curcumin has been shown to inhibit oxidative DNA damage. The acai berry contains powerful anthocyanins—water-soluble compounds with
potent antioxidant actions. This fruit also helps protect against superoxide and peroxyl radicals. Other ingredients offer similar antioxidant benefits.

**Ingredients:**
Green tea leaves extract, mangosteen pericarp extract, turmeric root extract, quercetin dehydrate, resveratrol, apple fruit extract, açai berry concentrate and selenium.

**Recommendation:**
Take 1-2 capsules twice daily with meals.

**Complementary Products:**

Stock No. 808 (90)

**SUPER SUPPLEMENTAL VITAMINS AND MINERALS**
[General Nutrition]

**Benefits:**
- Contains a blend of herbs, fruits and vegetables
- Contains an array of trace minerals and Protector Shield® Blend—a mix of polyphenols, antioxidants and amino acids

**How it Works:**
Super Supplemental augments any diet. Balanced nutrients are often in short supply during periods of physical stress or convalescence, or in a diet consisting of mostly processed foods. Super Supplemental can help fill the void. It packs 11 vitamins, 11 minerals, 10 amino acids, 10 herbs, 12 fruit powders, three veggie powders, plus lutein, lycopene, inositol, PABA and choline for practically unbeatable supplement and antioxidant support. Lutein supports healthy eyes, heart and skin. It also promotes breast health in women. Lycopene helps maintain the health of the liver, lungs, prostate gland, colon and skin.

**Ingredients:**
Provides an array of the following nutrients: vitamin A, vitamin C, vitamin D3, vitamin E, vitamin B1, vitamin B2, niacin, vitamin B6, vitamin B12, biotin, pantethenic acid, iron, iodine, magnesium, zinc, selenium, copper and manganese. Also contains calcium, phosphorus, chromium, potassium, choline, inositol, p-aminobenzoic acid, lycopene, lutein, Antioxidant Fruit Blend (white grape, apple, pear, orange, pineapple, cherry, strawberry, blueberry), dandelion root, alfalfa aerial parts, asparagus stem, broccoli flowers, cabbage leaf, hesperidin bioflavonoid extract, lemon bioflavonoid extract, rutin, rose hips, chlorophyll, kelp leaf and stem, cranberry fruit, mangosteen fruit, carrot root, spinach leaf and stem, tomato fruit, açai berry, pomegranate fruit extract, l-leucine, l-lysine, l-valine, l-isoleucine, l-phenylalanine, l-threonine, l-arginine, l-methionine, l-tyrosine and l-cysteine.

**Recommendation:**
Take 4 tablets daily with meals. These may be taken all at once with a meal or one at a time with each meal and at bedtime.

**Complementary Products:**
Nature’s Harvest, Super Omega-3 EPA, Super ORAC, Nutribiome Probiotic Eleven.

Stock No. 1377 (120 tablets)

**SUPER SUPPLEMENTAL VITAMINS & MINERALS W/O IRON**
[General Nutrition]

**Benefits:**
- Contains a blend of herbs, fruits and vegetables
- Contains an array of trace minerals and Protector Shield® Blend—a mix of polyphenols, antioxidants and amino acids
How it Works:
Super Supplemental augments any diet. Balanced nutrients are often in short supply during periods of physical stress or convalescence, or in a diet consisting of mostly processed foods. Super Supplemental without Iron can help fill the void. It packs 11 vitamins, 10 minerals, 10 amino acids, 10 herbs, 12 fruit powders, three veggie powders, plus lutein, lycopene, inositol, PABA and choline for practically unbeatable supplement and antioxidant support. Lutein supports healthy eyes, heart and skin. It also promotes breast health in women. Lycopene helps maintain the health of the liver, lungs, prostate gland, colon and skin.

Ingredients:
Provides an array of the following nutrients: vitamin A, vitamin C, vitamin D3, vitamin E, vitamin B1, vitamin B2, niacin, vitamin B6, vitamin B12, biotin, pantothenic acid, iodine, magnesium, zinc, selenium, copper and manganese. Also contains calcium, phosphorus, chromium, potassium, choline, inositol, p-aminobenzoic acid, lycopene, lutein, Antioxidant Fruit Blend (white grape, apple, pear, orange, pineapple, cherry, strawberry, blueberry), dandelion root, alfalfa aerial parts, asparagus stem, broccoli flowers, cabbage leaf, hesperidin bioflavonoid extract, lemon bioflavonoid extract, rutin, rose hips, chlorophyll, kelp leaf and stem, cranberry fruit, mangosteen fruit, carrot root, spinach leaf and stem, tomato fruit, açai berry, pomegranate fruit extract, l-leucine, l-lysine, l-valine, l-isoleucine, l-phenylalanine, l-threonine, l-arginine, l-methionine, l-tyrosine and l-cysteine.

Recommendation:
Take 4 tablets daily with meals. These may be taken all at once with a meal or one at a time with each meal and at bedtime.

Complementary Products:
Nature’s Harvest, Super Omega-3 EPA, Super ORAC, Nutribiome Probiotic Eleven.
Stock No. 1379 (120 tablets)

SUPER TRIO
[General Nutrition]

Benefits:
- Provides antioxidant support
- Promotes vitality and longevity

How it Works:
Each packet of Super Trio offers powerful, effective doses of three potent Nature’s Sunshine formulas. Taken together, these proprietary blends offer a nutritious combination of essential fatty acids, vitamins, minerals and antioxidants—each an important component of daily nutrition, vitality and longevity.

Ingredients:
Super Supplemental Vitamins & Minerals, Super Omega-3 EPA and Super ORAC.

Recommendation:
Take the contents of 2 packets daily with meals. This represents a 30-day program.

Complementary Products:
Stock No. 222 (30 day)

SWEET FX™
[Weight Management]

Benefits:
- Helps block the complete absorption of sugar
- Supports healthy blood sugar levels already in the normal range
- Reduces stress and helps improve mood
How it Works:
This feel-good formula contains l-arabinose, l-theanine and cinnamon.

Found naturally in some foods, l-arabinose is a unique simple sugar that helps block the complete absorption of sugar in the body. In studies, taking l-arabinose with a high-carbohydrate meal seems to both delay and reduce peaks in blood glucose and insulin levels. Blood sugar control can play an important role in reducing feelings of hunger, making it easier to stick to a healthy diet.

l-theanine is a unique amino acid. Found in teas, especially green tea (*Camellia sinensis*), it helps boost mood and calm anxiety. l-theanine increases the brain’s alpha wave activity, which seems to reduce anxiety and encourage feelings of relaxation and calm without drowsiness. In studies, taking l-theanine has been associated with improvements in both mental alertness and stress response. Stress reduction can make it easier to avoid “emotional eating.”

Cinnamon (*Cassia cinnamon*) bark extract, a potent antioxidant, has been shown to help maintain already-normal, healthy blood sugar and insulin levels in overweight individuals. Sweet FX also helps maintain healthy blood sugar levels already in the normal range—whether you’re concerned about managing your weight or encouraging normal glucose balances. Add some positive sweetness to your day with Sweet FX.

**Ingredients:**
Chromium (104% of Daily Value), l-arabinose, l-theanine and cinnamon bark.

**Recommendation:**
Take 3 capsules once daily, preferably before your largest meal, which for most people is dinner.

Complementary Products:
Ultra Therm, Ultra Therm CF, Stixated, SmartMeal, Nutri-Burn, Fat Grabbers, Carbo Grabbers.
Stock No. 3068 (90)

**TARGET ENDURANCE FORMULA**

[Body Systems]

**Benefits:**
- Supports the structural system
- Supports the body during physical activity
- Enhances enzyme function

**How it Works:**
Target Endurance Formula is a caffeine-free nutritional supplement to support the physiological needs of the body during strenuous activity. Organic target minerals are chelated to specific amino acids, aiding absorption by the body. In this formula, copper and zinc are chelated to the amino acids arginine, leucine and glycine, which play roles in energy production. Copper and zinc are balanced for optimal use in the body. Zinc is stored in rather large amounts in the bones and muscles. It appears to be easily utilized and is important for many enzyme functions.

**Ingredients:**
Provides vitamin B6 and vitamin B12. Also contains vitamin C, niacin, folic acid, pantothenic acid, calcium, phosphorus, iodine, zinc, copper, potassium, bee pollen, gotu kola aerial parts, eleuthero root, capsicum fruit, licorice root, ginger root, l-glutamine and choline.
**Recommendation:**
Take 1–2 capsules with a meal three times daily.

**Complementary Products:**
Vitamin B-Complex, Super Supplemental Vitamins & Minerals.
*Stock No. 2809 (90)*

**TARGET P-14 FORMULA**
*[Body Systems]*

**Benefits:**
- Supports the digestive and glandular systems
- Supports the pancreas
- Is an excellent source of minerals
- Helps maintain blood glucose levels already in the normal range

**How it Works:**
Target P-14 Formula combines nutrients to support proper pancreatic function. Target minerals (chromium and zinc) are chelated to specific amino acids (glutamine, leucine and lysine) and are readily absorbed. Chromium is part of the glucose tolerance factor (GTF), which helps maintain blood glucose levels already within the normal range. It works with the body’s natural production of insulin in the pancreas. Zinc is a companion mineral involved in maintaining blood sugar levels already within the normal range. It also supports the function of B vitamins.

**Ingredients:**
Zinc, chromium, goldenseal root, juniper berries, uva ursi leaves, rose hips, mullein leaves, garlic bulb, yarrow flowers, slippery elm bark, capsicum fruit, dandelion root, marshmallow root, nettle leaves, white oak bark and licorice root.

**Recommendation:**
Take 1 capsule with a meal three times daily.

**Complementary Products:**
SugarReg, Pro-Pancreas.
*Stock No. 2810 (90)*

**TARGET TS II FORMULA**
*[Body Systems]*

**Benefits:**
- Nourishes the glandular system
- Provides 30 mg zinc and 10 mg manganese per serving

**How it Works:**
Target TS II Formula is designed to help meet the nutritional needs of the glandular system—the pituitary, thyroid and hypothalamus glands in particular. Target minerals zinc and manganese are chelated to the amino acids glutamine, proline and histidine to aid absorption. Cell growth and repair are highly dependent on zinc, which is also key to enzyme reactions. The herbs in this formula also provide trace amounts of minerals that support proper thyroid function.

**Ingredients:**
Provides 200–500% of the Daily Value of zinc and manganese. Also contains hops flowers, parsley leaves, capsicum fruit, Irish moss plant and kelp plant leaves and stem.

**Recommendation:**
Take 2 capsules before breakfast and 1 before lunch daily.

**Complementary Products:**
Thyroid Activator, Thyroid Support, Adrenal Support, Kelp.
*Stock No. 2815 (90)*
TEA TREE OIL
(see Essential Oils)

TEI-FU® ESSENTIAL OIL
[Personal Care/Hair & Skin]

Benefits:
• Invigorates the mind
• Is cleansing, refreshing and softening
• Contains mood-enhancing scents

How it Works:
Tei-Fu Essential Oil was developed and perfected using the wisdom and experience of Chinese herbalists. It is based on decades of Chinese herbal knowledge. Tei-Fu Oil can be used for a wide variety of applications, especially where the refreshing, invigorating properties of essential oils are desired. Avoid contact with eyes, nose and other sensitive areas.

Ingredients:
Safflower seed oil, menthol, eucalyptus leaf oil, camphor, wintergreen leaf and bark oil, lavender flower oil and clove flowering bud and leaf oil.

Recommendation:
Apply 1–4 drops to desired area and rub in as an aid in conditioning skin.

Complementary Products:
EverFlex w/Hyaluronic Acid, IF Relief, Feverfew Concentrate, Relief Formula.
Stock No. 1618 (.17 fl. oz.)

TEI-FU® MASSAGE LOTION
[Personal Care/Hair & Skin]

Benefits:
• Supports the structural system
• May promote muscle relaxation
• Deeply penetrates skin
• Leaves skin smooth and supple

How it Works:
Tei-Fu Massage Lotion provides all of the benefits of Tei-Fu Essential Oils but in a creamy lotion form. It’s especially designed for broad skin application. Contains essential oils of menthol, wintergreen, camphor, eucalyptus and clove. Packaged in a tube for easy application and improved stability.

Ingredients:
Essential oils of menthol, wintergreen, camphor, eucalyptus and clove.

Recommendation:
Apply to painful muscles and joints and massage into the skin. Avoid contact with eyes and nose. For external use only.

Complementary Products:
Skeletal Strength, EverFlex w/Hyaluronic Acid, HSN-W, IF Relief, Relief Formula.
Stock No. 3538 (4 fl. oz. tube)

THAI-GO®
[General Nutrition]

Benefits:
• Enhances the immune system
• Supports the cardiovascular system
• Promotes energy

How it Works:
Thai-Go contains ingredients rich in bioflavonoids and antioxidants. Bioflavonoids enhance vitamin C absorption and help maintain collagen and capillary walls. They also aid in the body’s immune-defense system. Antioxidants scavenge damaging free radicals that the body accumulates as a byproduct of energy production as well as through exposure to pollution, tobacco smoke, ultraviolet light and radiation. Antioxidants benefit virtually every organ and body system because they mop up damaging free radicals. Thai-Go delivers a punch of antioxidant potential with a very
high ORAC value. Among Thai-Go’s key ingredients is mangosteen, a tasty fruit found in eastern tropical nations, such as Thailand. Mangosteen and its pericarp contain the greatest known supply of compounds called xanthones. Xanthones offer powerful immune and cardiovascular support.

**Ingredients:**
- Mangosteen fruit concentrate and pericarp extract, Concord grape fruit concentrate, red grape fruit concentrate, blueberry fruit concentrate, red raspberry fruit concentrate, red grape skin extract, wolfberry/goji fruit extract, açaí berry concentrate, pomegranate fruit juice concentrate, sea buckthorn fruit extract, red grape seed extract, green tea leaves extract and apple fruit extract.

**Recommendation:**
- Take 1 ounce (2 tablespoons) twice daily.

**Complementary Products:**
- Stock No. 4195 (2, 25 fl. oz. ea.)

---

**THIM-J**

*Body Systems*

**Benefits:**
- Provides immune system support
- Supports thymus gland function and response
- Is rich in antioxidants

**How it Works:**
- THIM-J supports the immune system and may aid thymus gland function and response. This formula contains antioxidants to neutralize dangerous free radicals and provides herbal sources of many trace minerals.

**Ingredients:**
- Vitamin A, rose hips fruit, wheat grass aerial parts, red clover flowers, parsley leaves, eleuthero root, cabbage leaves, broccoli flowers and horseradish root.

**Recommendation:**
- Take 2 capsules with a meal three times daily.

**Complementary Products:**
- Adrenal Support, Thai-Go, VS-C.
- Stock No. 1089 (100) Kosher

---

**THYME, WILD ESSENTIAL OIL**

*(see Essential Oils)*

**THYROID ACTIVATOR®**

*Body Systems*

**Benefits:**
- Supports the glandular system
- Nourishes the thyroid gland
- Supports the actions of thyroid hormones
- Provides trace amounts of important minerals

**How it Works:**
- The herbal ingredients in Thyroid Activator help nourish the thyroid gland by providing trace amounts of many essential nutrients that may be lacking in the diet, including protein, fatty acids, minerals, alginic acid, amino acids and mineral salts.

**Ingredients:**
- Irish moss algae, kelp leaf and stem, black walnut hulls, parsley leaf and sarsaparilla root.

**Recommendation:**
- Take 2 capsules with a meal three times daily.

**Complementary Products:**
- Dulse Liquid, 7-Keto, Kelp, Adrenal Support.
- Stock No. 1224 (100)
**THYROID SUPPORT**

*Body Systems*

**Benefits:**
- Thyroid support provides glandular extracts, amino acids, vitamins, minerals, enzymes and phytonutrients to support thyroid function
- Supports a healthy metabolism

**How it Works:**
Thyroid Support is a blend of nutritional and herbal supplements specially designed to nourish the thyroid gland and to support the actions of the thyroid hormones. The thyroid hormones regulate many body functions, including oxygen use, basal metabolic rate, cellular metabolism, growth and development, and body temperature.

**Ingredients:**
- Vitamin B6, zinc, copper, manganese, l-tyrosine, kelp leaves and stems, thyroid substance, nettle leaves, protease blend, pituitary substance and hypothalamus substance.

**Recommendation:**
Take 1 capsule with a meal twice daily.

**Complementary Products:**
Kelp, Adrenal Support, Dulse Liquid, 7-Keto.  
*Stock No. 1228 (60)*

---

**TIAO HE CLEANSE**

*Body Systems*

**Benefits:**
- Supports the intestinal system
- Supports intestinal regularity
- May improve energy and well-being

**How it Works:**
Tiao He Cleanse is a 15-day nutritional program designed to help the body achieve balance and harmony. It combines Chinese nutritional and Western herbal experience.

The Tiao He Cleanse is designed to support the cleansing mechanisms of the body by targeting the intestinal, digestive and circulatory systems.

**Ingredients:**
Each packet contains 1 capsule each of Chinese Liver Balance TCM Concentrate, All Cell Detox, LBS II, Psyllium Hulls, Burdock Root and Black Walnut ATC Concentrate.

**Recommendation:**
Take the contents of 1 packet 15 minutes before meals up to two times daily (for 15 days) with 8 oz. water, followed by another 8 oz. water. This should produce two or three bowel movements daily. If stools become too loose, reduce the number of packets you use. Continue the program until you have used all 30 packets. Not recommended for children.

**NOTE:** This product contains cascara sagrada, buckthorn, turkey rhubarb and ginseng. See your health care provider prior to use if you are pregnant or nursing, any medical condition exists or when taking any medication. Read and follow recommendation carefully. Do not use if diarrhea, loose stools or abdominal pain are present or develop. Not intended for prolonged use. Use of this product may worsen these conditions and be harmful to your health. Chronic diarrhea can result in serious illness. May cause allergic reaction in persons sensitive to inhaled or ingested psyllium.

**Complementary Products:**
*Stock No. 3050 (15 day)*
TRACE MINERAL MAINTENANCE
[General Nutrition]

Benefits:
• Provides naturally occurring trace minerals that can activate enzymes

How it Works:
Trace Mineral Maintenance contains a bentonite formula that provides a naturally occurring source of trace minerals. These minerals replace the minerals commonly found deficient in today’s diet. Minerals are essential for numerous enzymatic reactions in the body.

Ingredients:
Iron, bentonite formula (trace mineral concentrate), cellulose (plant fiber), stearic acid (vegetable), magnesium stearate (vegetable) and ferrous fumarate.

Recommendation:
Take 2 tablets with a meal three times daily.

Complementary Products:
Vitamin B-Complex, Super Supplemental Vitamins & Minerals.
Stock No. 4205 (360) Kosher

TRIGGER IMMUNE®
[Body Systems—Chinese]

Benefits:
• Supports the immune system
• Helps guard against nutrient depletion
• Fortifies the circulatory system
• Nutritionally enhances the body’s ability to respond to weakening forces

How it Works:
Trigger Immune is a combination of herbs designed to support natural immunity. According to Traditional Chinese Medicine, this formula is designed to strengthen a weakened energy constitution. Its Chinese name sheng mai can be translated to mean “generate the pulse.” Trigger Immune is considered a general tonic formula. Its key herbs—schisandra, astragalus, dong quai, ginseng and ganoderma—build the immune system and promote energy.

Ingredients:
Astragalus root, Asian ginseng root, ganoderma mushroom, epimedium leaf, eucommia bark, lycium fruit, rehmannia root tuber, dong quai root, achyranthes root, atractylodes rhizome, tangerine mature fruit rind, hoelen sclerotium, ligustrum fruit, ophiopogon root tuber, Chinese peony root without bark, polygala root, schisandra fruit and Chinese licorice root.

Recommendation:
Take 3 capsules with a meal three times daily.

Complementary Products:
VS-C, Ultimate Echinacea, Golden Seal/Parthenium Extract, Elderberry D3fense.
Stock No. 1889 (100)

TRIGGER IMMUNE TCM CONCENTRATE
[Body Systems—Chinese]

Benefits:
• Supports the immune system
• Helps guard against nutrient depletion
• Fortifies the circulatory system
• Nutritionally enhances the body’s ability to respond to weakening forces

How it Works:
Trigger Immune TCM Concentrate is a combination of herbs designed to support natural immunity. According to Traditional Chinese Medicine, this formula is designed to strengthen a weakened energy constitution. Its Chinese name sheng mai can be trans-
lated to mean “generate the pulse.” Trigger Immune TCM Concentrate is considered a general tonic formula. Its key herbs—schisandra, astragalus, tang-kuei, ginseng and ganoderma—build the immune system and promote energy.

**Ingredients:**

**Recommendation:**
Take 1 capsule with a meal daily.

NOTE: Pregnant or lactating women should consult their health care provider prior to taking this supplement.

**Complementary Products:**
VS-C, Ultimate Echinacea, Golden Seal/Parthenium Extract, Elderberry D3fense. 
*Stock No. 1034 (30)*

**TS II**

*Body Systems*

**Benefits:**
- Supports the glandular system
- Helps normalize an underactive thyroid

**How it Works:**
TS II contains herbs to support proper thyroid function and may help maintain balance in the thyroid gland. As the iodine from kelp and Irish moss enhance the metabolism, hops flower and parsley protect the body from overreacting. Capsicum, an effective facilitator of many herbal substances, is added to help the body transport and use the companion ingredients of TS II.

**Ingredients:**
Kelp leaves and stems, Irish moss plant, parsley leaves, hops flowers and capsicum fruit.

**Recommendation:**
Take 2 capsules with a meal twice daily.

**Complementary Products:**
Kelp, Thyroid Activator, Master Gland Formula, Target TS II, Target Endurance. 
*Stock No. 1092 (100)*

**ULTIMATE ECHINACEA**
(see Echinacea)

**ULTIMATE GREENZONE®**

*General Nutrition*

**Benefits:**
- Enhances elimination
- Supports immunity
- Provides nutrition that’s easily absorbed
- Is pH-balancing

**How it Works:**
Ultimate GreenZone offers a perfect complement to a meal by providing extra nutrients and energy. Ultimate GreenZone is easily metabolized into energy and helps promote proper bodily functions, including waste elimination and immune capability. Each serving provides 1 gram of a proprietary prebiotic fiber blend (scFOS) that helps feed the body’s friendly bacteria, plus enzymes to support digestion.

**Ingredients:**
Amaranth seed, brown rice, flax seed, spirulina algae, fructo-oligosaccharides, quinoa seed, flax seed hull lignans, chia
seed, chlorella algae, millet seed, alfalfa leaf and stem juice concentrate, licorice root, soy lecithin, carrot root, lemongrass aerial parts, papaya fruit concentrate, artichoke leaves, spinach leaves and stems, broccoli flowers, kale leaves, asparagus stems, red beet root extract, bromelain (from pineapple fruit extract), chicory root, acerola fruit extract, horsetail stem and strobilus, lemon bioflavonoid extract, sodium copper chlorophyllin, parsley leaves and pau d’arco bark extract.

Recommendation:
Mix 1 heaping scoop in 8 oz. of water or juice. For capsules: Take 4 capsules three or four times daily with a meal.

Complementary Products:
Super Supplemental Vitamins & Minerals, Thai-Go.

Stock No. 1103 (368 g)
Stock No. 1104 (180 capsules)

ULTRA THERM™
[Weight Management]

Benefits:
• Supports calorie burn throughout the day
• Aids in the breakdown of body fat
• Promotes weight management

How it Works:
Ultra Therm features a powerful combination of green coffee bean extract, green tea and a sustained release energy blend to support calorie burn while aiding your body in the breakdown of fat.

Chlorogenic acid (CGA), thought to be the active ingredient in safe, caffeine-free green coffee bean extract (Coffea canephora), may help block sugar absorption, promoting satiety and healthy blood sugar levels already in the normal range. In initial studies, taking green coffee bean extract has resulted in weight loss, much of it fat, in overweight individuals.

Drinking polyphenol-rich green tea (Camellia sinensis) has been linked to good health for centuries. Beyond already documented benefits for cardiovascular health, brain health and healthy aging, the extract’s active components—including polyphenols such as epigallocatechin gallate (EGCG)—now show promise for weight loss. Researchers believe green tea may have a thermogenic (calorie- and fat-burning) effect, and also may inhibit fat absorption.

Our sustained-release energy blend includes a patent-pending form of caffeine, provides safe, lasting energy support that may increase energy expenditure throughout the day, increases calorie burn rate and supports moderate weight loss over time. Ultra Therm contains 150 mg of caffeine per serving (slightly more than a cup of coffee).

Ingredients:
Green tea leaf extract, sustained release energy blend (caffeine, guarana seed extract, yerba mate leaf extract) and green coffee bean extract.

Recommendation:
For the first three days, take 1 capsule at breakfast and 1 capsule at lunch, then increase to 2 capsules at breakfast and 2 capsules at lunch. Each bottle contains a 30-day supply.

Complementary Products:
Stixated, Sweet FX, SmartMeal, Nutri-Burn, CLA, Fat Grabbers, Carbo Grabbers, 7-Keto.

Stock No. 3077 (120)

ULTRA THERM CF™
[Weight Management]

Benefits:
• Supports calorie burn throughout the day
• Aids in the breakdown of body fat
• Promotes weight management
• Is caffeine-free

How it Works:
Combining rhodiola, green coffee bean, green tea and hesperidin with a novel herbal blend, this caffeine-free, thermogenic formula supports calorie burn while aiding your body in the breakdown of fat.

Our patent-pending combination of two herbs—*Sphaeranthus indicus* and *Garcinia mangostana*—may help promote weight loss, especially as fat, when combined with a weight-reduction diet, according to initial research. The extracts are thought to promote fat breakdown and weight loss. Specifically, they may affect levels of adiponectin in the body. Secreted mostly by white adipose tissue, adiponectin levels tend to be lower in individuals who are overweight.

Rhodiola root extract (*Rhodiola rosea*) has well documented adaptogenic properties. Adaptogenic herbs like rhodiola help safely counteract adverse physical, chemical or biological stressors. Study results indicate that rhodiola may improve physical performance and mental capacity, and it promotes a sense of well being. Our extract is standardized to 3% of the active ingredient rosavin, the amount used in clinical trials.

Chlorogenic acid, thought to be the active ingredient in safe, caffeine-free green coffee bean extract (*Coffea canephora*), may help block sugar absorption, promoting satiety and healthy blood sugar levels already in the normal range. In initial studies, taking green coffee bean extract has resulted in weight loss, much of it fat, in overweight individuals.

Drinking polyphenol-rich green tea (*Camellia sinensis*) has been linked to good health for centuries. Beyond already-documented benefits for cardiovascular health, brain health and healthy aging, the extract’s active components—including polyphenols such as epigallocatechin gallate (EGCG)—now show promise for weight loss. Researchers believe that even decaffeinated green tea may have a thermogenic (calorie- and fat-burning) effect and may inhibit fat absorption.

Hesperidin bioflavonoid extract (from citrus fruit) is a phenol that promotes blood flow and a healthy inflammatory response by helping to support healthy blood vessels.

Ingredients:
Patent-pending herbal blend (*Sphaeranthus indicus* flower and *Garcinia mangostana* fruit), hesperidin bioflavonoid extract, decaffeinated green tea leaf extract, rhodiola root extract and decaffeinated green coffee bean extract.

Recommendation:
Take 2 capsules in the morning and 2 at lunch. Each bottle contains a 30-day supply.

Complementary Products:
Stixated, Sweet FX, SmartMeal, Nutri-Burn, CLA, Fat Grabbers, Carbo Grabbers, 7-Keto.

**UÑA DE GATO (CAT’S CLAW)**

[Body Systems]

Benefits:
• Supports the immune system
• Cleanses the digestive tract
• Supports joint strength

How it Works:
The ingredients in Uña de Gato combine for a powerful, immune system-supporting and tonifying herbal product. Grown in the rainforests of South America, uña de gato vine contains six alkaloids that have been isolated by scientists. Research suggests that
four of these promote the functions of white blood cells and macrophages. Astragalus supports the production of stem cells in bone marrow and lymph tissue and encourages their development into active immune cells. Additionally, it helps enhance the body’s production of immunoglobulin and stimulates macrophages. *Echinacea purpurea*, one of the most scientifically studied herbs, enhances the body’s own defenses and helps in the fight to maintain overall health.

**Ingredients:**
- Uña de gato inner bark, astragalus root and *Echinacea purpurea* root.

**Recommendation:**
- Take 1 capsule daily with a meal.

**Complementary Products:**

*Stock No. 175 (100) Kosher*

---

**URINARY MAINTENANCE**

*Body Systems*

**Benefits:**
- Supports the urinary system
- Helps maintain fluid/mineral balance
- Supports urine flow
- Helps sanitize the urinary tract

**How it Works:**
Watermelon seed contains cucurbitacins, which have been shown to possess remarkable properties. Watermelon seed also contains citrulline and arginine, both of which are thought to increase urea production in the liver, thus promoting the flow of urine. Asparagus contains asparagine, which is a strong diuretic. It may also be useful in helping to flush waste products accumulated in the joints. Magnesium is used by the body to help control the passing of urine. It can be helpful in many cases of bedwetting. Potassium helps keep other minerals in solution in the urine, thus helping to prevent hard mineral deposits in the kidneys or bladder.

**Ingredients:**
- Magnesium, potassium, asparagus stem, dandelion leaf, parsley leaf, corn silk, watermelon seed, dong quai root, horsetail stem and strobilus, hydrangea root, uva ursi leaves, eleuthero root and schisandra fruit.

**Recommendation:**
- Take 1 capsule with a meal three times daily.

**Complementary Products:**
- Hydrangea, Kidney Activator, KB-C TCM Conc.

*Stock No. 2884 (120)*

---

**URINARY SYSTEM PACK**

*Body Systems*

**Benefits:**
- Strengthens and balances the entire urinary system
- Provides potassium and sodium, essential to the urinary system
- Supports kidney health and function

**How it Works:**
Urinary Maintenance supports the delicate fluid and mineral balance controlled by the kidneys, and it helps promote proper urinary function. This formula also contains adaptogens that help the body cope with stress. Combination Potassium provides necessary potassium to help maintain fluid and electrolyte balance in the body. Potassium is a critical component of the filtration and excretion process. The Chinese formulation KB-C TCM helps the kidneys to remove toxins while protecting water-soluble minerals that support bone integrity. This formula may
also help maintain the body's proper acid/alkaline balance.

**Ingredients:**
Each packet contains 1 Urinary Maintenance capsule, 2 Combination Potassium capsules and 1 KB-C TCM capsule.

**Recommendation:**
Take the contents of one packet in the morning with breakfast, and one packet in the evening with a meal. Follow this pattern for 30 days.

**Complementary Products:**
*Stock No. 5387 (30-day supply)*

**UVA URSI**
*Body Systems*

**Benefits:**
- Supports the urinary system
- Provides soothing support for urinary tissues
- May promote urine flow
- Acts as a urinary cleanser

**How it Works:**
The leaves of this mountain bush contain hydroquinones, including arbutin and allantoin.

**Ingredients:**
Uva ursi leaf.

**Recommendation:**
Take 1 capsule with a meal twice daily.

**Complementary Products:**
Herbal Sleep, Kava Kava Conc.
*Stock No. 720 (100) Kosher*

**VALERIAN ROOT**
*Body Systems*

**Benefits:**
- Provides gentle sleep support
- Helps the body relax
- Supports the nervous system

**How it Works:**
Valerian has been used for occasional sleeplessness for over 1,000 years. Its ability to help relax the central nervous system, promote feelings of calm, decrease levels of anxiety and stress, and enhance sleep are known to millions the world over.

**Ingredients:**
Valerian root.

**Recommendation:**
Take 1 capsule with a meal twice daily.

**Complementary Products:**
Urinary System Pack, JP-X.
*Stock No. 710 (100) Kosher*

**VALERIAN, TIME-RELEASE**
*Body Systems*

**Benefits:**
- Promotes restful sleep
- Offers a steady release of valerian for better sleep
- Supports the nervous system
- Contains 500 mg valerian root extract per tablet

**How it Works:**
Valerian has been used for occasional sleeplessness for over 1,000 years. Its ability to help relax the central nervous system, promote feelings of calm, decrease levels of anxiety and stress, and enhance sleep are known to millions the world over. Unlike some prescription sleep-aids, valerian is not
known to cause morning grogginess and is non-addictive.

**Ingredients:**
Valerian root extract, concentrated and standardized to 0.8% valerenic acids.

**Recommendation:**
Take 1-2 tablets one hour before bedtime.

**Complementary Products:**
Herbal Sleep, Kava Kava Conc., Melatonin.

*Stock No. 721 (60)*

**VARI-GONE®**

*Body Systems*

**Benefits:**
- Supports the circulatory system
- Supports vein health, strength and function

**How it Works:**
Vari-Gone is designed to tone, strengthen and nourish veins. It enhances the elasticity and conditioning of vein walls. Continued use may minimize the appearance of varicose and spider veins. This formula may not only improve appearance, but may also support optimal blood flow to the heart and legs.

**Ingredients:**
48 mg Vitamin C per capsule (80% of the Daily Value) plus horse chestnut seed extract, fenugreek seed, rutin, hesperidin and lemon bioflavonoid extract.

**Recommendation:**
Take 1 or 2 capsules twice daily with a meal.

**NOTE:** Individuals who are taking prescription anti-coagulant medicines, and pregnant or lactating women should consult their health care providers before using this product.

**Complementary Products:**
Butcher’s Broom, Vari-Gone Cream, Cellu-Smooth w/Coleus.

*Stock No. 999 (90) Kosher*

**VARI-GONE CREAM®**

*Personal Care/Hair & Skin*

**Benefits:**
- Improves the appearance of varicose veins
- Hydrates skin
- Improves softness
- May improve the general condition of skin

**How it Works:**
Ingredients in this formula help to tone skin, improve the look of saggy veins, may improve the appearance of stretch marks and weeping skin, and promote skin health and appearance.

**Ingredients:**
Water, safflower seed oil, isopropyl palmitate, glycerin, glyceryl stearate, cetyl alcohol, stearic acid, *Melilotus officinalis* extract, *Ruscus aculeatus* root extract, horse chestnut seed extract, *Aloe barbadensis* leaf juice, menthol, dimethicone, inulin lauryl carboxinate, aminomethyl propanol, carbomer, disodium EDTA, caprylyl glycol, hexylene glycol and phenoxyethanol.

**Recommendation:**
Apply the cream to leg, calf and thigh. Apply in the early morning and again at bedtime.

**NOTE:** Do not take internally. Individuals who are taking prescription anti-coagulant medicines should consult their health care providers before using this product.
Complementary Products:
Vari-Gone capsules, Butcher’s Broom, Pink Grapefruit Essential Oil and Frankincense Organic Essential Oil.
Stock No. 4947 (2 oz. tube)

VERVAIN LIQUID
[Body Systems]

Benefits:
• Supports the nervous system

How it Works:
Vervain is considered a bitter and a tonic. The plant contains glycosides, volatile oils, tannins, alkaloids and bitter substances. This highly concentrated liquid form has active substances that are extracted and suspended in a base of pure vegetable glycerin. Contains no preservatives or additives.

Ingredients:
Vervain aerial parts extract, glycerin, alcohol and water.

Recommendation:
Adults: Take 1/2 to 1 teaspoon (2.5 to 5 ml) three times daily. Children age 4 and older: Take 1/4 to 1/2 teaspoon (1.25 to 2.5 ml) three times daily.

Complementary Products:
Nutri-Calm, Stress-J, Focus Attention.
Stock No. 3160 (2 fl. oz.) Kosher

VITAMINS

VITAMIN A & D
[General Nutrition]

Benefits:
• Supports the immune and glandular systems
• Is vital for healthy skin and eyes
• Supports strong bones and teeth

How it Works:
Vitamin A is essential for maintaining good vision and promoting normal growth. It is necessary for the health of epithelial cells and is required for the digestion of protein. Vitamin A is essential for lactation, reproduction and the formation of steroid hormones. It is used to form the cells lining the digestive, respiratory, reproductive and urinary tracts and in all tissue linings of the body. Vitamin A is best absorbed when taken with oil or fat. It occurs in animal tissues as retinol but in plants as carotene, a precursor of vitamin A.

Vitamin D works synergistically with vitamin A. It plays a role in absorbing and regulating calcium and phosphorus. This vitamin helps the body synthesize protein. It is vital to the health of the nervous system and kidneys.

Ingredients:
Vitamin A and V vitamin D from fish oil.

Recommendation:
Take 1 capsule daily with a meal.
CAUTION: If pregnant or planning pregnancy, daily vitamin A intake should not exceed 3,000 mcg (10,000 IU). Quantities in excess of 3,000 mcg/day may result in reproductive hazards or birth defects.

Complementary Products:
Perfect Eyes, Skeletal Strength, Super Omega-3 EPA.
Stock No. 4065 (100 softgel caps)

VITAMIN B6
[General Nutrition]

Benefits:
• May positively affect homocysteine levels
• May offer cardiovascular support
• Provides 50 mg vitamin B6 per tablet
How it Works:
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 amino acids (protein management) as well as lipids (fats) and nucleic acids. As protein intake increases, so does the need for B6. This vitamin may help affect homocysteine levels, a factor in cardiovascular health. Vitamin B6 is important for the production of energy and for proper nervous system function.

Ingredients:
50 mg Vitamin B6, calcium and phosphorus.

Recommendation:
Take 1 tablet daily with a meal.

Complementary Products:
Energ-V, Solstic Cardio, Cardio Assurance.

Stock No. 1626 (120) Kosher

VITAMIN B12
(see Liquid Methyl B12 Complete)

VITAMIN B-COMPLEX
[General Nutrition]

Benefits:
• Supports nervous system function
• May improve mood

How it Works:
B vitamins are particularly important for the nervous system. They are also vital for enzyme reactions that control energy, circulation, hormones and overall health. Their actions are interdependent, so for greatest efficiency the complex should be taken together.

Ingredients:
Provides an array of vitamins, including thiamin, riboflavin, niacinamide, vitamin B6, folic acid, vitamin B12, biotin and pantothenic acid, plus choline, inositol, lemon bioflavonoid extract, PABA, rutin, wheat germ, rose hips and acerola fruit extract.

Recommendation:
Take 1 capsule with a meal three times daily.

Complementary Products:

Stock No. 1778 (100)

VITAMIN B-COMPLEX, BALANCED
[General Nutrition]

Benefits:
• Supports the nervous system
• Aids digestion
• Enhances enzyme reactions
• Is suitable for vegetarians

How it Works:
B vitamins are particularly important for the nervous system. They are also vital for good digestive function and enzyme reactions that control energy, circulation, hormones and overall health. This formula is balanced to assist B12 absorption.

Ingredients:
Provides 100% or more of the Daily Value of thiamin, riboflavin, niacinamide, vitamin B6, folic acid, vitamin B12 and pantothenic acid per tablet, plus biotin, calcium, inositol, choline, PABA and cabbage leaves.

Recommendation:
Take 1 tablet daily with a meal.

Complementary Products:

Stock No. 1625 (120)
**VITAMIN C ASCORBATES**  
*[General Nutrition]*

**Benefits:**
- Supports the immune system
- Scavenges free radicals
- Supports tissue development
- Aids in collagen production
- Provides 1,800 mg vitamin C per serving

**How it Works:**
Vitamin C is an antioxidant, and it performs many functions involving the immune system and tissue development. It is involved in iron absorption and in the synthesis of enzymes, hormones and proteins. The adrenal glands need large amounts of this nutrient in order to support immunity and to help produce energy. Water-soluble, vitamin C is easily washed from the body and needs to be replaced consistently. Without vitamin C, the body cannot make collagen, the substance that holds the body’s cells together and maintains skin integrity.

**Ingredients:**
1,800 mg vitamin C per serving, plus calcium, potassium and magnesium ascorbates; acerola fruit extract; rutin and hesperidin bioflavonoid extract.

**Recommendation:**
Add approximately 1 slightly rounded teaspoon (4.5 grams) to a glass of liquid and stir vigorously.

**Complementary Products:**
Immune Stimulator, Super ORAC, Vitamin D3, Solstic Immune.  
*Stock No. 1606 (9 oz.)*

---

**VITAMIN C, CHEWABLE**  
*[General Nutrition]*

**Benefits:**
- Supports the immune system
- Protects against free radical damage
- Aids in collagen production
- Provides 250 mg vitamin C per tablet

**How it Works:**
Vitamin C is an antioxidant, and it performs many functions involving the immune system and tissue development. It is involved in iron absorption and in the synthesis of enzymes, hormones and proteins. The adrenal glands need large amounts of this nutrient in order to support immunity and help produce energy. Vitamin C is easily washed from the body and needs to be replaced consistently. Without vitamin C, the body cannot make collagen, the substance that holds the body’s cells together and maintains skin integrity.

**Ingredients:**
250 mg vitamin C per tablet plus fructose, sorbitol, freeze-dried orange juice, calcium ascorbate, xylitol, rose hips, and natural orange, lemon and lime flavors.

**Recommendation:**
Adults: Chew 2 tablets with meals twice daily. Children: Chew 1 tablet with meals twice daily.

**Complementary Products:**
Immune Stimulator, Super ORAC, Vitamin D3, Solstic Immune.  
*Stock No. 3241 (90) Kosher*

---

**VITAMIN C, CITRUS BIOFLAVONOIDS**  
*[General Nutrition]*

**Benefits:**
- Supports the immune system
- Protects against free radical damage
- Aids in collagen production
- Provides 500 mg vitamin C per tablet
How it Works:
Vitamin C performs many functions involving the immune system and tissue development. It is involved in iron absorption and in the synthesis of enzymes, hormones and proteins. The adrenal glands need large amounts of this nutrient in order to support immunity and help produce energy. Vitamin C is easily washed from the body and needs to be replaced consistently. Without vitamin C, the body cannot make collagen, the substance that holds the body’s cells together and maintains skin integrity. Vitamin C works best with attending bioflavonoids, which help protect the body from free radical damage.

Ingredients:
500 mg vitamin C per tablet plus calcium, phosphorus, grapefruit bioflavonoid extract, hesperidin, lemon bioflavonoid extract, orange bioflavonoid extract, rutin and rose hips.

Recommendation:
Take 1-2 tablets with a meal three times daily.

Complementary Products:
Immune Stimulator, Super ORAC, Vitamin D3, Solstic Immune.

Stock No. 1646 (90) Kosher

VITAMIN C, TIME-RELEASE
[General Nutrition]

Benefits:
• Supports the immune system
• Protects against free radical damage
• Aids in collagen production
• Provides 1,000 mg vitamin C per time-release tablet

How it Works:
Vitamin C performs many functions involving the immune system and tissue development. It is involved in iron absorp-

Ingredients:
1,000 mg vitamin C per tablet plus lemon bioflavonoid extract, hesperidin, rutin, acerola fruit extract and rose hips.

Recommendation:
Take 1 tablet daily with a meal.

Complementary Products:
Immune Stimulator, Super ORAC, Vitamin D3, Solstic Immune.

Stock No. 1635 (60) Kosher
Stock No. 3240 (120) Kosher

VITAMIN D3
[General Nutrition]

Benefits:
• May help improve mood
• May contribute to the overall health of the cardiovascular system
• Supports bone health
• Helps maintain the immune system

How it Works:
Vitamin D comes in two forms: D2 and D3. Of the two, D3 is more bioactive. The body synthesizes vitamin D3 from cholesterol and sunlight; which makes it difficult to obtain adequate amounts of vitamin D during cloudy or winter months. In the body,
vitamin D is responsible for maintaining normal blood levels of calcium and phosphorus, and helping to build strong bones. Vitamin D may also contribute to the overall health of the cardiovascular system. It works with other vitamins, minerals and hormones to promote bone mineralization. Research shows that vitamin D may help support a healthy immune system by regulating lymphocyte function, cytokine production and macrophage activity. Studies also show that Vitamin D may improve seasonal mood disorders.

**Ingredients:**
100 mcg vitamin D3 per tablet.

**Recommendation:**
Take 1-2 tablets daily with a meal.

**Complementary Products:**
Structural System Pack, Immune System Pack.

*Stock No. 1155 (60) Kosher*

---

**VITAMIN E**

*General Nutrition*

**Benefits:**
- Protects against free radicals
- Supports circulatory and glandular health
- Maintains already normal-range blood viscosity
- Helps maintain already-normal-range cholesterol levels
- Provides 100 IU vitamin E per softgel

**How it Works:**
Vitamin E is a fat-soluble antioxidant. It helps quench free radicals that form as byproducts of metabolic activity and as a result of exposure to damaging environmental chemicals. Vitamin E helps in the production of certain enzymes that are needed to maintain overall health and keep tissue supple. This vitamin helps to maintain the fluidity of the blood and is necessary for maintenance of the skeletal, cardiac and smooth muscle membranes. It helps maintain and increase the storage of vitamin A and iron in the body.

**Ingredients:**
100 IU Vitamin E (330% of Daily Value) per capsule and cold-pressed soybean oil.

**Recommendation:**
Take 1 capsule daily with a meal.

**Complementary Products:**
Cardio Assurance, HSN-W, Super Omega-3 EPA.

*Stock No. 1650 (180 softgel caps)*

---

**VITAMIN E COMPLETE WITH SELENIUM**

*General Nutrition*

**Benefits:**
- May be beneficial for the prevention of lipoprotein oxidation in the bloodstream
- Benefits the reproductive organs and the liver
- Is a powerful antioxidant formula that protects against free radicals

**How it Works:**
Vitamin E and selenium are antioxidants. They work together to help quench free radicals that form as byproducts of metabolic activity and as a result of exposure to damaging environmental chemicals. Both nutrients play key roles in the production of certain enzymes that are needed to maintain overall health and keep tissue supple. This formula offers the antioxidant benefits of vitamin E and the glandular and cellular benefits of the trace mineral selenium in a complete vitamin E formulation. This antioxidant formula may quench free radicals before they can damage cells.
For maximum activity and benefits, both vitamin E tocotrienols and tocopherols are necessary. Vitamin E Complete with Selenium contains alpha, beta, delta and gamma tocopherol; and alpha, beta, gamma and delta tocotrienols, rather than isolated alpha tocopherol as is found in most vitamin E supplements. Our vitamin E provides two families of metabolically active compounds that we know generically as vitamin E.

Ingredients:
268 mg vitamin E plus 25 mcg selenium per softgel.

Recommendation:
Take 1 softgel capsule daily with a meal.

Complementary Products:
Cardio Assurance, HSN-W, Super Omega-3 EPA.

Stock No. 1509 (60 softgel caps)
Stock No. 1508 (200 softgel caps)

VITAWAVE
[General Nutrition]

Benefits:
• Provides vital nutritional support
• Provides 100–4,000% of the Daily Value for 16 nutrients
• Contains beneficial trace minerals
• Tastes great
• Is easy to take

How it Works:
VitaWave provides vitamins, minerals and other nutrients necessary for optimal health.

Ingredients:
Provides 100–4,000% of the Daily Value of vitamins A, E, K, thiamin, riboflavin, niacinamide, B6, B12, biotin, pantothentic acid, iodine, selenium, copper, manganese, chromium and molybdenum per serving, plus calcium, magnesium and zinc.

The Herbal Blend contains oat straw extract, saw palmetto fruit, Korean ginseng root extract, green tea leaf extract, stevia leaf, stinging nettle root extract, damiana leaf, grape skin extract, bilberry fruit extract and grape seed extract.

The Amino Acid Blend contains 220 mg of taurine, arginine, cysteine, glutamine, glycine, histidine, isoleucine, leucine, lysine, methionine, phenylalanine, proline, threonine, tyrosine and valine.

The Body Support Blend contains lemon bioflavonoid extract, choline bitartrate, inositol, PABA, lutein, lycopene, alpha lipoic acid, salt from the Dead Sea, plant-derived trace minerals and boron.

Other ingredients include purified water, fructose, natural fruit flavoring (huckleberry, strawberry and vanilla) and citric acid.

Recommendation:
Adults: Take 2 tablespoons (1 oz.) daily with a meal. Children: Take 1 tablespoon (1/2 oz.) daily with a meal.

Complementary Products:

Stock No. 3332 (32 fl. oz.)

VS-C®
[Body Systems—Chinese]

Benefits:
• Supports the immune system
• Fights off biological stressors
• Nourishes the liver
• Supports detoxification
• Promotes a healthy respiratory tract

How it Works:
This immune-supporting formula is a combination that Chinese herbalists would describe as a “metal-enhancing” formula. These herbs create a favorable environment for microbial balance and overall health.
Dandelion root has nutritive properties for the liver, kidneys, stomach and blood. Purslane tops were eaten by American pioneers and in the Orient in the belief that they nourish the liver and blood. Indigo leaves and root were used traditionally to support detoxification processes. Bupleurum root is a Chinese bitter herb that nourishes the liver and promotes perspiration. Typhonium rhizome supports the respiratory system. Scute root has been used to support the gallbladder and spleen. Cinnamon twig benefits the intestinal tract. Licorice root adds harmony and nourishes the adrenal glands. Ginseng root is a well-known adaptogen, promoted as a general body builder.

VS-C is also available in liquid form, with the components of its dried counterpart extracted and preserved in a glycerin base.

**Ingredients:**
Dandelion whole plant, purslane tops, indigo leaves and root, thlaspi whole plant, bupleurum root, scute root, typhonium rhizome, cinnamon twig, licorice root and ginseng root.

**Recommendation:**
Adults: Take 4 capsules two–four times daily; liquid, take 30–40 drops two–four times daily. Children: Use half the adult recommendation.

NOTE: Pregnant or lactating women should consult their health care professional prior to taking this supplement.

**Complementary Products:**
Stock No. 937 (100)
Stock No. 3167 (2 fl. oz.)
Liquid Herb, Kosher

---

**VS-C® TCM CONCENTRATE**

**[Body Systems—Chinese]**

**Benefits:**
- Supports the immune system
- Fights off biological stressors
- Nourishes the liver
- Supports detoxification
- Promotes a healthy respiratory tract

**How it Works:**
Exclusive to Nature’s Sunshine, this immune-supporting formula is a combination that Chinese herbalists would describe as “metal enhancing.” These herbs create a favorable environment for microbial balance and overall health. Dandelion root has nutritive properties for the liver, kidneys, stomach and blood. Purslane tops were eaten by American pioneers and in the Orient in the belief that they nourish the liver and blood. Indigo leaves and root were traditionally used to support detoxification processes. Bupleurum root is a Chinese bitter herb that nourishes the liver and promotes perspiration. Typhonium rhizome supports the respiratory system. Scute root has been used to support the gallbladder and spleen. Cinnamon twig benefits the intestinal tract. Licorice root adds harmony and nourishes the adrenal glands. Ginseng root is a well-known adaptogen, promoted as a general body builder. This formula contains the same herbs found in VS-C but in a highly concentrated blend.

**Ingredients:**
Concentrated extract of dandelion whole plant, purslane top, indigo leaves and root, thlaspi whole plant, bupleurum root, scute root, typhonium rhizome, cinnamon twig, licorice root and ginseng root.
Recommendation:
Take 1 capsule with a meal daily.
NOTE: Pregnant or lactating women should consult their health care provider prior to taking this supplement.

Complementary Products:
Stock No. 949 (30)

V-X
[Body Systems]

Benefits:
• Supports the female glandular system
• Helps cleanse and nourish the female reproductive system
• Helps maintain female reproductive health

How it Works:
Combines herbs that help nourish the female reproductive system.

Ingredients:
Squaw vine whole plant, chickweed aerial parts, goldenseal root and rhizome, marshmallow root, mullein leaves, plantain leaves, slippery elm bark and yellow dock root.

Recommendation:
Take 3 capsules with a meal twice daily.

Complementary Products:
Red Raspberry, Female Comfort.
Stock No. 1382 (100)

How it Works:
White oak bark is rich in tannins, which give it bitter and astringent qualities. It may have an astringent effect on digestive tissues.

Ingredients:
White oak stem inner bark.

Recommendation:
Take 2 capsules with a meal three times daily.

Complementary Products:
HSN-W, Aloe Vera Juice.
Stock No. 730 (100) Kosher

WILD OREGANO PURE ESSENTIAL OIL
(see Essential Oils)

WILD YAM
[Body Systems]

Benefits:
• Helps support and balance the female glandular system

How it Works:
Wild yam contains diosgenin, a steroidal saponin that is used commercially to produce steroid hormones. Wild yam is used widely to support menopausal women.

Ingredients:
Wild yam root.

Recommendation:
Take 1-2 capsules with a meal twice daily.

Complementary Products:
Black Cohosh, Flash-Ease T/R.
Stock No. 745 (100) Kosher

WILD YAM & CHASTE TREE
[Body Systems]

Benefits:
• Supplies nutrients for glandular function
**How it Works:**
Wild yam and chaste tree berries feed the glandular system. Wild Yam was commonly called colic root 100 years ago in the U.S. It is also famous in Chinese herbology. Chaste tree, also known as vitex, was called monk’s pepper during the Middle Ages. It is commonly used to support menopausal women. Wild yam can be used for a variety of female concerns, while chaste tree berries nourish the pituitary gland, where other hormones are produced. These two herbs work together to support ideal hormone levels and enhance glandular and reproductive health.

**Ingredients:**
Wild yam root extract and chaste tree berries extract.

**Recommendation:**
Take 1-2 capsules with a meal twice daily.

**Complementary Products:**
Natural Changes, Flash-Ease T/R.

**Stock No. 1108 (100) Kosher**

---

**WINTERGREEN, WILD ESSENTIAL OIL**
*(see Essential Oils)*

**WOMEN’S X-ACTION®**
*(see X-Action, Women’s)*

**WOOD BETONY**
*[Body Systems]*

**Benefits:**
- Supports the nervous system
- Promotes relaxation and calmness

**How it Works:**
Wood betony has nervine, astringent and bitter tonic properties.

**Ingredients:**
Wood betony aerial parts.

**Recommendation:**
Take 1 capsule with a meal twice daily.

**Complementary Products:**
Nutri-Calm, AnxiousLess, Chamomile, Kava Kava Conc., Nervous System Pack.

**Stock No. 740 (100) Kosher**

---

**X-A®**
*[Body Systems]*

**Benefits:**
- Supports the male glandular system
- Provides minerals that support prostate function
- Boosts energy levels

**How it Works:**
This formula nourishes the prostate gland and provides nutrients that aid in the production of male hormones.

**Ingredients:**
Eleuthero root, saw palmetto fruit, garlic bulb, gotu kola aerial parts, damiana leaves, sarsaparilla root, horsetail stem and strobilus, capsicum fruit, chickweed aerial parts and parthenium root.

**Recommendation:**
Take 1 capsule with a meal three times daily.

**Complementary Products:**
Men’s X-Action Reloaded, PS II, Men’s Formula with Lycopene.

**Stock No. 1130 (100) Kosher**
**X-ACTION® RELOADED, MEN’S**

*Body Systems*

**Benefits:**
- May help increase blood flow
- Supports the entire circulatory system
- Provides powerful support for sexual health
- May support male glandular function
- Provides natural, drug-free support

**How it Works:**

Men’s X-Action Reloaded combines nutrients to support male reproductive function, sexual performance and enjoyment, prostate health and cardiovascular health. Ingredients in the formula work together to support optimal nitric oxide levels in the body. Nitric oxide relaxes blood vessels to enable optimal blood flow. Efficient blood flow is crucial for healthy male sexual activity and overall vascular health. Icariin, a flavonoid extracted from epimedium, may selectively inhibit phosphodiesterase type V (PDE-5), an enzyme that causes the male sexual response to subside. By blocking this enzyme, sustained activity may be promoted. Icariin also plays a role in increased smooth muscle relaxation and increased blood flow through its actions on cyclic guanosine monophosphate (cGMP) levels and nitric oxide synthase (NOS) activity.

**Ingredients:**

L-arginine, damiana leaf, oat straw extract, saw palmetto fruit, epimedium leaf extract standardized to icariin content, maca root extract, pomegranate fruit extract, yohimbe root bark extract and DHEA.

**Recommendation:**

Take 2 capsules before bedtime daily for general libido support. Take 2-6 capsules one hour prior to sexual activity.

**CAUTION:** Consult a doctor if you have a known medical condition, in particular those affecting blood pressure, hormone sensitivity, or the heart, liver or kidneys. Consult a doctor if you are taking any medication, in particular those affecting blood pressure, heart conditions, diabetes, depression or erectile dysfunction. Discontinue use if troubling symptoms occur. Do not exceed recommended dosage. Not for use by persons under the age of 18 and/or pregnant or lactating women. Keep out of the reach of children.

**Complementary Products:**

Solstic Cardio, Men’s Formula with Lycopene.

*Stock No. 1133 (60)*

*Stock No. 2486 (10 retail sample packets)*

**X-ACTION®, WOMEN’S**

*Body Systems*

**Benefits:**
- Supports energy and vitality levels
- Provides glandular system support
- Nourishes the female nervous system

**How it Works:**

L-arginine helps facilitate blood flow to the reproductive area and promotes circulation. Maca root may provide a natural means for improving sexual desire and performance. It may also enhance physical energy and endurance and help buffer the effects of stress.

**Ingredients:**

Maca root extract, l-arginine, eleuthero root, oat straw extract, red raspberry leaves, damiana leaves, licorice root and sarsaparilla root.

**Recommendation:**

Take 2 capsules with a meal three times daily.
Complementary Products:
Maca, Cordyceps, Glandular System Pack.
Stock No. 1121 (100) Kosher

XYLITOL PRODUCTS
(see Nature’s Sweet Life)

YARROW
[Body Systems]
Benefits:
• May help maintain respiratory health
• Nutritionally supports mucous membranes
• Has a soothing effect on the digestive system

How it Works:
Legend has it that yarrow’s unique virtues were discovered by Achilles. Yarrow contains an alkaloid principle called achilleine, as well as flavonoids, volatile oils, potassium and calcium salts of organic acids, and tannins. Its effects are mostly astringent, which make yarrow helpful for firming and tightening tissues. Yarrow nutritionally supports the mucous membranes and has a soothing effect on the digestive system. It is closely related to chamomile, both botanically and chemically.

Ingredients:
Yarrow aerial parts.

Recommendation:
Take 1 capsule with a meal twice daily.

Complementary Products:
Respiratory System Pack, HistaBlock, Sinus Support EF.
Stock No. 750 (100) Kosher

YEAST/FUNGAL DETOX
[Body Systems]
Benefits:
• Promotes optimal balance of microflora
• Boosts the immune system
• Stimulates detoxification in the liver
• Supports the digestive and hepatic systems
• Supports normal microorganism balance

How it Works:
A healthy body is host to a delicate balance of yeasts and friendly microflora. That balance is affected by poor diet and certain other factors, which can influence the immune, digestive and urinary systems. Yeast/Fungal Detox is a special blend of herbs and nutrients that help the body detoxify itself and promote optimal balance in microflora levels. This formula helps maintain the balance of microorganisms and supports the immune, digestive and urinary systems to promote optimal health.

Ingredients:
Selenium, zinc, Echinacea purpurea root, caprylic acid, sodium propionate, sorbic acid, pau d’arco inner bark, garlic bulb and oregano leaf.

Recommendation:
Take 1 capsule three times daily with a meal.

CAUTION: Do not exceed recommended dose. If symptoms of headache, nausea or diarrhea develop, reduce dosage and see your health care practitioner.

Complementary Products:
Caprylic Acid Combination, Pau D’Arco.
Stock No. 508 (90)
YELLOW DOCK

[Body Systems]

Benefits:
- Promotes proper elimination and colon health
- Supports liver function
- Supports the urinary, hepatic and intestinal systems

How it Works:
Yellow dock’s active principles include anthraquinones, which are responsible for its mild colon-stimulating activity, and tannins, which provide an astringent effect. A member of the buckwheat family, yellow dock grows abundantly throughout the U.S. Pioneers used it for nutritional support of the urinary system.

Ingredients:
- Yellow dock root.

Recommendation:
Take 2 capsules with a meal twice daily.

Complementary Products:
Urinary System Pack, LBS II, Hydrangea, Dandelion.
Stock No. 760 (100) Kosher

YWLANG YLANG ORGANIC ESSENTIAL OIL
(see Essential Oils)

YUCCA

[Body Systems]

Benefits:
- Supports the structural system

How it Works:
Yucca grows abundantly in the southwestern U.S. and Mexico. The plant is also called soap root, with the reference to soap coming from a long historical use of the plant’s roots as a foaming cleanser. Yucca contains large amounts of steroidal saponins, which account for its lathering ability. Saponins also support structural health due to their influence on joint health and function.

Ingredients:
- Yucca root.

Recommendation:
Take 1 capsule with a meal twice daily.

Complementary Products:
HSN-W, Calcium Plus Vitamin D, Structural System Pack.
Stock No. 770 (100)

ZINC

[General Nutrition]

Benefits:
- Supports immune function
- Provides 25 mg zinc per tablet

How it Works:
The trace mineral zinc is involved in hundreds of important functions in the body, including sugar metabolism, DNA formation, protein metabolism and energy production. It is also needed for the growth and development of bones. Pregnant and lactating women require extra zinc. More zinc is found in the body than any other trace element except for iron. Relatively large amounts are found in bone and muscle. It’s also prevalent in the prostate and retina.

Ingredients:
25 mg of zinc (167% of the Daily Value) per tablet plus calcium, phosphorus, kelp leaves and stem, thyme leaves and alfalfa aerial parts.

Recommendation:
Take 1 tablet daily with a meal.
Complementary Products:
Elderberry D3fense, Solstic Immune, VS-C
TCM Conc.
Stock No. 1657 (150) Kosher

ZINC LOZENGES
[Body Systems]

Benefits:
- Supports immune function
- Is a convenient fast-melt throat lozenge
- Contains natural fruit flavors

How it Works:
The mineral zinc boosts the immune system. Vitamin C also supports immune function.

Ingredients:
Zinc (from zinc gluconate, zinc acetate),
Vitamin C (from ascorbic acid), plus sorbitol,
mannitol, stearic acid, natural flavors
(citrus, peach, tropical fruit blend), guar
gum, magnesium stearate (vegetable) and
stevia leaf extract.

Recommended Use:
Take 1 lozenge each hour or as needed.
Allow lozenge to dissolve slowly in the mouth. Do not use more than six lozenges daily.

Complementary Products:
Elderberry D3fense, Solstic Immune, VS-C
TCM Conc., Immune Stimulator.
Stock No. 8788 (60)

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to
diagnose, treat, cure or prevent any disease.
Amino Acids:
Amino acids are 22 nitrogen-containing acids that are basic building blocks of proteins. Essential amino acids must come from the diet or supplements. Our bodies cannot manufacture them. Non-essential amino acids are made by the body.

ATC (Ancient Traditional Concept):
These products are air-dried and are concentrated 4 to 1.

Ayurvedic:
The ancient Ayurvedic natural health system comes from India. This “science of life” methodology considers the complete human—body, mind and spirit—with the goal of integrating all parts into one harmonious whole. Ayurvedic practice strives to nourish the body at a cellular level, trusting the body to do what only it can to optimize itself to wholeness and harmony. The selection of herbs, growth conditions, processing, concentrating and standardizing of NSP’s line of Ayurvedic products are supervised by a world-renowned Ayurvedic practitioner in India. NSP Ayurvedic products combine the best of both worlds: ancient theory and modern processing technology to preserve nutritional freshness.

B-Vitamin Processing:
NSP vitamins, hormones and other organic compounds from plants, animals and/or microbes are all natural. Most B vitamins and folic acid are isolated from microbial fermentation (yeast). We isolate the B vitamins from the yeast and get rid of all the excess yeast. Most fat-soluble vitamins come from natural vegetable or fish oils. The components used in NSP vitamin products are carefully selected and analyzed by our QA/R&D departments to be sure that they are true, natural materials.

Binders:
Binders help hold a tablet together. Nature’s Sunshine uses only plant cellulosics in the production of its tableted products. One of these is vegetable stearate, which acts as a natural lubricant and keeps the tablet from sticking to the tablet press. NSP uses no animal products as binders in the tableted products.

Buffered:
Buffering usually involves mixing an acid with its conjugate base salt. This is done so when a supplement goes into solution (like in the stomach), any changes in pH that would normally occur in the presence of acid or alkali are reduced. Buffering helps keep the pH of the blood and body fluids at a virtually constant level.

Bulk Products:
These products come in a powder form and need to be mixed with water, juice or milk.

Capsules:
Capsules are made of 100 percent bovine (beef) gelatin.

CU:
Cellulase units, or the amount of cellulase digested.

Chelated:
Most minerals are better-absorbed when bound to certain compounds. This binding is called “chelation.” The best chelates differ for each mineral. Amino acid chelates have been found to be the most effective.
Children:
Children’s Rule: (for children 2 years and older) \( \frac{\text{Age}}{\text{Age} + 12} \times \text{Adult Dose} \). For example: 3.5 year old child to be given ALJ Liquid: Adult Dose = 20 drops with a meal three times a day. So, \( \frac{3.5}{(15.5)} \times 20 \) drops = 4.5 drops with each meal three times a day.

NSP labels recommend that you consult a pediatrician before administering vitamins or herbs to any child age 4 or younger.

Disintegration:
NSP follows pharmaceutical industry test standards for tablet and capsule disintegration as outlined in the United States Pharmacopoeia (USP). The disintegration testing requirements hold true for all capsules and tablets, except those that are timed-release (which follow a different set of requirements) or chewable (which begin dissolving at the time of chewing in the mouth).

DU:
Digestive units, or the amount that is digested.

Enzymes:
Digestive enzymes are essential for digestion as they help break down foods. Our bodies may lack or be low in necessary enzymes, and if we don’t get them from the food we eat, supplementation is often helpful.

Essential Oil Information:
Each 5 ml bottle has approximately 125 drops. For recommended usage, please consult the Authentic Essential Oils Guide.

Excipients:
The nature of the manufacturing process requires that NSP use some excipients in its products. These include:
- Capsules [empty] (dosage delivery, containment)

- Cellulose & Modified Celluloses (compression aid, flow aid, disintegrant and coating film)
- Magnesium Stearate (dry lubricant, flow aid)
- Stearic Acid (dry lubricant)
- Silicon Dioxide (flow aid)
- Maltodextrin (flow aid, compression aid)
- Sorbitol (compression aid, sweetener)
- Dicalcium Phosphate (binding agent)
- Guar Gum (smoothing agent, extended release of tablets)
- Acacia Gum (smoothing agent, extended release of tablets)

FIP
FIP (Federation Internationale Pharmaceutique) is an international standard used to measure the activity of lipase.

HUT:
Hemoglobin units on tyrosine (amino acid) basis. This test evaluates the activity of the enzyme based on how much tyrosine it gets out of hemoglobin in a certain amount of time.

IU:
International unit. The conversion of IU to mg depends on the vitamin.

Kosher Certified:
Products marked kosher are certified by KO Kosher Service, Philadelphia, Pa. Their experts annually inspect Nature’s Sunshine’s manufacturing plant and oversee production to ensure that kosher standards and procedures are being followed for our kosher products.

Liquid Herbs and Extracts:
An herb is extracted with a solution of water and alcohol. After the herb material is extracted, the alcohol and water are evaporated from the extract, and vegetable glycerin is added to the herbs.
Polyethylene Plastic Bottles:
These are designated as number 2 for recycling purposes and are recycled in most areas. Polyethylene is less fragile and provides a better moisture barrier. Polyethylene has been tested extensively and is approved safe for use as a food container. No gases are released from the plastic once it has cooled.

Probiotics:
Probiotics are “friendly” bacteria that populate the intestinal tract. Probiotics help keep harmful microorganisms in check, enhance digestion and improve elimination. NSP Nutribiome Acidophilus, Nutribiome Bifidophilus Flora Force and Nutribiome Probiotic Eleven are probiotic products.

Product Combination Key:
X = Dr. John Christopher
A = Paavo Airola
J = Jeanne Burgess
W = Dr. Eugene Watcliff

Proprietary Formulas:
Many of our herbal combinations are proprietary formulas, and the amount of milligrams of any particular ingredient cannot be disclosed. Each label lists all of the ingredients in a formula from the highest to the lowest amounts.

Softgel Capsules:
These capsules are made of glycerin, gelatin (from either porcine or bovine sources) and water. Our softgel capsules are sealed to hold the liquid or gel inside.

Standardization:
Standardization applies to a whole herb or, more frequently, to an extract made from a whole herb. Because plant content can differ depending on the time of year plants are harvested and the amount of sunshine, rainfall and variation in temperature the plants experience, different amounts of active ingredients can be present in the plants. In order to ensure that our customers receive the same product time after time, we analyze plant material for active ingredients. Then we analyze each batch of herb to ensure the same levels of active ingredients. We assay and adjust our concentrates. Too much of a particular active ingredient may result in illness; not enough active ingredient could result in an ineffective product. For example: ginkgo biloba is standardized to 24% ginkgo flavone glycosides and 6% terpene lactones.

Sweeteners:
Vitamins and minerals have a very unpalatable taste. NSP uses natural sweeteners in its chewable products. Many sweeteners such as molasses and syrups contain sucrose that cause tooth decay. NSP uses sorbitol, which occurs naturally in berries, cherries, plums, apples and blackstrap molasses and is very safe. It is 60 percent as sweet as sugar. We use 500 mcg (0.005 g) or less in each tablet. Mannitol, another sweetener, is found in pineapples, olives, asparagus, carrots, seaweed and grasses. We use mannitol in a few chewable products.

SynerPro®:
Syner is short for synergy, and that’s what the dynamic SynerPro vitamin/herb/mineral line is all about. Each combination comes in a natural herb base consisting of dehydrated broccoli, carrot, red beet, rosemary, tomato, turmeric, cabbage, Chinese cabbage, grapefruit and lemon bioflavonoids, and hesperidin.

USP Alcohol:
USP (United States Pharmacopoeia) is a scientific body with the object of “establishing one uniform standard and guide for the use of those engaged in the practice of
medicine and pharmacy in the United States whereby the identity, strength and purity of all such medicines and drugs may be accurately determined.” Hence, a material (such as alcohol) with a USP rating is guaranteed to be of the purest standard (no deadly contaminants, high level of activity, etc.).

**Vegitabs:**
These small, oval-shaped coated tablets are vegetarian, including the coating, which is plant cellulose. Vegitabs contain 10% more herbal ingredient than capsules.

**Vitamin Coating:**
A special coating enhances the life of the tablet and makes them easier to package and to swallow. We use a water solution containing a vegetable fiber base. Tablets are loaded into the coater. Then four spray guns inside the machine spray the water-based solution onto the tablets. Tumble-heating seals the coating.
Sales Aids and Supplies

Authentic Essential Oils Brochure

Quickly and easily introduce a friend or customer to Nature’s Sunshine’s line of Authentic Essential Oils. Discover which scent family (citrus, floral, wood, etc.) every oil belongs to and the benefits of each family. This four-panel brochure also includes information on our commitment to authenticity and purity along with definitions of organic, wild-harvested and more.

*Stock No. 5864 (English, 10)*  
*Stock No. 5865 (Spanish, 10)*

Authentic Essential Oils Product Guide

This colorful booklet provides excellent information about aromatherapy quality and Nature’s Sunshine’s exclusive SureSource guarantee. It features all of our premium-quality singles and blends, including the benefits they offer and how to use them.

*Stock No. 5861 (English, 10)*  
*Stock No. 5863 (Spanish, 10)*

Master Order Form

Lists the stock number, suggested retail price, QV, direct cost and Member to Member cost for virtually all NSP products and sales aids. Products are listed in categories. Also includes an alphabetical listing.

*Stock No. 2000 (Bilingual)*

NSP from A to Z with Sales Aids and Supplies and Systems Guide

Totally new! This is the definitive listing of all NSP products in alphabetical order, from Acidophilus to Zinc Lozenges. Each entry includes benefit statements, how the product works, ingredients, recommended usage, cautions, complementary products and stock numbers. This manual also includes a helpful glossary of terms, a comprehensive listing of all NSP sales aids plus general information on all 10 body systems.

*Stock No. 2720 (English)*  
*Stock No. 2722 (Spanish)*

NSP Power Shaker

Mix up your NSP drinks with this handy, clear, plastic shaker cup. Special wire whisk ball helps to thoroughly mix your powder drinks. Graduated markings let you see how much you’re drinking. Includes green, domed, twist-on lid with drinking spout. Holds 20 fl. oz.

*Stock No. 2877*

pH Test Strips

Test your salivary and urinary pH levels at home with these convenient test strips.

*Stock No. 2918 (100)*

pH Test Card Charts

Share your pH knowledge with your customers. Give them a test card chart with several test strips and a brochure so they can monitor their pH levels.

*Stock No. 2843 (25)*

Retail Trial Packs

Allow customers to sample your products by offering retail trial packs. Each bag contains 20 trial packs (one serving per pack) packaged matchbook style, with product information and recommended use. Choose from:

- Food Enzymes, Stock No. 2494
- LBS II, Stock No. 2497
- Mind-Max, Stock No. 5458
- Nutri-Calm, Stock No. 2493
- Relief Formula, Stock No. 5456
- Stomach Comfort, Stock No. 2489
**Reusable Shopping Bag**

This bright-green, ultra-lightweight tote is plastic-free and perfect for life on the go. Features Nature’s Sunshine logo on one side and IN.FORM on the other. 13x12x8”

*Stock No. 21312-1*

---

**Vitamin/Herb Pocket Pack**

This sturdy, beige, plastic, pocket-size nutritional supplement carrier is divided into five sections so you can carry your supplements with you wherever you go. Measures 3-½ x 2-¼ x ¾” deep. Easy to carry to work, school or on vacation in your purse or pocket.

*Stock No. 2692*
The world around us provides a variety of distinct habitats populated by a vast array of flora and fauna that have adapted to their environment. Plant and animal life in a given habitat form an ecosystem, and they work individually and interdependently to preserve the balance within their bionetwork.

For example: Bees pollinate blossoms as they collect nectar to make honey for the hive. Bears eat the honey and excrete waste. Their excrement fertilizes the ground so that the seeds of pollinated blossoms can grow.

As long as each organism in an ecosystem fulfills its role, the system is self-sustaining. This is vital as smaller ecosystems often form part of a larger ecosystem. A seemingly inconsequential imbalance in a minor ecosystem can have a significant impact upon the world.

Unfortunately, natural and unnatural occurrences often threaten the delicate balance of many ecosystems. Floods, forest fires, pollution, urban expansion and a host of other events endanger our world. With the knowledge and tools to help mitigate the risk and stabilize affected ecosystems, ecologists around the globe strive to maintain and restore Mother Nature’s delicate balance.

In a way, Mother Nature draws an interesting parallel to the body. Your body is composed of trillions of cells that require a constant supply of oxygen, nutrients and pure water. They also need the correct temperature and regular waste removal to survive. If cells are not supported in all of these ways, they will die.

Each cell type is organized into a beautiful system of interdependence that works for the good of the whole. Some cells (the digestive system) are grouped to specialize in supplying food to the whole body. Others (the respiratory system) are adapted to coordinate the pumping of fresh oxygen into the body and the removal of carbon dioxide from it. The nutritional needs of each body system are different, depending on that system’s functions and activities. For example, the structural system needs more calcium, while the urinary system requires more sodium and potassium and so on. If the various specialized systems aren’t supplied with the elements they need, they can’t perform their unique functions, which affects the entire body. These systems and subsystems work individually and interdependently to maintain life and health. An imbalance in one system can have drastic implications for other systems and for the body as a whole. But when each system is balanced, the body functions optimally and it becomes practically self-sustaining.

Regrettably, aging, diet, injury, environmental conditions and a multitude of other activities threaten our internal bionetwork. In fact, food plays a highly significant role. Research has linked most of the health issues people face to lifestyle and diet. What we eat and breathe and how we live affects how we feel and how our bodies function. Special attention to diet along with the right tools and the right plan, can help preserve the balance of our individual ecology and protect against future imbalances.
PLANT POWER
Edward Shook, an herbalist and biochemist who lived in the early 20th century, is one of the few researchers who based his work mainly on the nutritional value of herbs. In his Advanced Treatise of Herbology, Dr. Shook argued eloquently that herbs are sources of organic compounds (or foods) that body tissues can use to build, repair and maintain themselves. He postulated that herbs are sources of nutrients (especially minerals) vital to maintaining health.

Historically, plants have been used for centuries for “health care.” More recently, prior to World War II, many herbs were listed side-by-side with chemical drugs in the U.S. Pharmacopoeia, the official list of accepted medicines. Even now, nearly 50 percent of the most commonly used and prescribed drugs are either derived from a plant source or contain chemical imitations of a plant compound.

Nature’s Sunshine offers an extensive line of herbal and dietary supplements to help you balance and maintain your body’s internal ecology. But knowing which of 500+ products will best help for a specific health function can be a daunting task.

To help you ascertain how to approach your body’s needs, Nature’s Sunshine offers the Transformational Habit of Health, a life-changing program that provides a natural, proven path to a more fulfilling, productive and meaningful life. The Transformational Habit of Health features three key pillars of health: Daily Essentials, Weight Management and Targeted Care. Your Body Ecology offers a simplified approach to the Targeted Care pillar of this program, helping you better determine where to begin when selecting products to effectively meet your unique needs.

A CLOSER LOOK AT YOUR INTERNAL ECOLOGY
With a variety of distinct systems—each with its own specific nutritional needs—the body is very similar to an ecosystem. Each body system fulfills an individualized role, and they work together to sustain life.

Nature’s Sunshine defines these body systems as follows:
- Nervous
- Digestive
- Intestinal
- Structural
- Endocrine (Glandular)
- Respiratory
- Urinary
- Hepatic
- Circulatory
- Immune
- Traditional Chinese Medicine (TCM)

Each body system acts as an ecosystem unto itself as well. Within an ecosystem, each plant and animal plays a vital role in maintaining the sustainability of the biome. If a single organism fails to perform its role, the entire system can suffer.

Similarly, a number of subsystems or functions exist within each body system. For example, the heart, the blood and blood vessels have unique functions within the circulatory system. A failure in one function can upset the balance of the entire system and eventually the body. To maintain your internal ecology, the body requires nutrients targeted to the specific functions within each system.

At this functional level, Nature’s Sunshine offers an Essential Product in two categories,
Nutraceutical and Botanical, to address the nutritional needs of each function.

**Nutraceutical Products**

These formulas feature naturally occurring and scientifically supported ingredients, including vitamins and minerals, amino acids, enzymes and other phytonutrients.

**Botanical Products**

These plant-based formulas offer a blend of all-natural herbs and herbal extracts that have been observed to provide nutritional support to the body.

Essential Products are not the only choices available to support each function; they’re simply a good place to start.

Nature’s Sunshine also offers a variety of Complementary Products to help support each function. Though not essential, each Complementary Product can be considered a Nutraceutical or Botanical product. Should you desire additional support, prefer a different product or seek an alternative form, consider these related products. For simplicity, this guide does not contain many of the Complementary Products.

The System/Function approach greatly simplifies Nature’s Sunshine’s product offering, making it easier for both the experienced and novice customer to determine the products best suited for the needs of their internal ecosystem.
The Body Systems

The Circulatory System

The role of the circulatory system is twofold: it delivers oxygen and nutrients to all parts of the body while picking up waste and toxic materials that need to be eliminated. It accomplishes this monumental task through a network of nearly 60,000 miles of blood vessels and a fist-sized organ, the heart, which pumps more than 2,000 gallons of blood through its chambers each day.

Transporting your life blood

Blood vessels are divided into three main categories: arteries, veins and capillaries. Arteries are thick-walled vessels that carry blood from the heart to all parts of the body. Each time a person’s heart beats, the elastic walls of the arteries swell to make room for the blood that is forced into them. The muscles inside the walls contract slowly, in effect squeezing the blood and forcing it to move along the arteries toward the capillaries. If arteries lose their elasticity—known as arteriosclerosis (hardening of the arteries)—the heart has to work much harder to keep the blood circulating. Like a machine, if the heart is overworked and not properly maintained, it cannot function optimally.

The Lymphatic System

In addition to moving the blood along, the squeezing process forces fat globules, tiny protein particles and other nutrients to go outside of vessel walls. Once these things are out, due to their size, they cannot re-enter. Instead, they are collected along with other cellular debris lying between cells.

The lymphatic system picks up these particles and mixes them with plasma, which forms lymph. The lymph is then purified, recycled in the lymph nodes, and added back to the blood. This process, which is vital to the circulatory system, is also essential to the success of the immune system.

The return trip

Veins are thin-walled blood vessels. Their purpose is to return the blood from the body to the heart. Many larger veins have valves to prevent a back-flow of blood. If these valves experience prolonged or excessive pressure, veins can become overstretched, and the valves may be destroyed or rendered incompetent. This results in problems like varicose veins.

Capillaries are the smallest blood vessels in the body. They serve as intermediaries, connecting arteries with veins. Since capillaries are extremely small and have permeable walls, it’s possible for capillaries to reach nearly every cell in the body and to transfer substances, including important nutrients, to and from the tissues.
The Heart

The heart is made up primarily of muscles that facilitate its pumping action. This most vital of organs consists of four compartments or chambers. The upper two are referred to as the atria, and the lower two as ventricles. Oxygen-poor blood enters the right atrium and moves through it to the right ventricle. From there, blood is sent via the pulmonary arteries to the lungs so that it can pick up a fresh supply of oxygen. Once it has taken on a supply of oxygen, blood moves through the pulmonary veins—first to the left atrium and then to the left ventricle.

The heartbeat is sustained by the sinoatrial (SA) node, which functions as a pacemaker. A healthy heart has a regular beat, although the rate can vary depending on several factors including age, sex, physical activity and emotion.

Health factors

For the circulatory system to function properly, the heart must be strong, the vessels capable of safely transporting optimal amounts of blood, and the blood itself must be healthy. Serious problems can arise when these conditions are not met. Each year approximately 25 percent of all deaths in the U.S. occur from heart attacks, and the majority of these are attributable to hardening of the arteries. In addition to heart attacks, a poor circulatory system can lead to strokes, kidney disease, varicose veins, blood clots and a variety of other conditions that can kill or severely limit the enjoyment of life.

Three major factors that contribute to circulatory problems are hypertension (high blood pressure), high levels of triglycerides and cholesterol in the bloodstream, and smoking. Nutrition has been linked directly to hypertension and high levels of triglycerides and cholesterol. Other factors include obesity, heredity and emotional stress. Unfortunately, the threat of problems increases significantly when more than one factor is present. That means that when a person has three risk factors, his chances for disease are six times greater than when only one is present.

How can you maintain a healthy circulatory system? Most experts agree that the keys are to avoid smoking, monitor your diet, exercise regularly and manage stress.

THE DIGESTIVE SYSTEM

The digestive system is the means by which the body transforms food into the energy it needs to build, repair and fuel itself. On average, an adult body processes roughly 2-1/2 gallons of digested food, liquids and digestive secretions each day.

Digestion begins in the mouth, where food is chewed by the teeth and mixed with saliva. The saliva helps lubricate both the mouth and the food and dissolves food particles to enhance taste and facilitate swallowing. Saliva also cleanses the mouth.

Chewing is important because as food is ground into increasingly fine particles,
digestive juices containing enzymes mix with it. The more thoroughly food is chewed, the more complete the digestive functions are that occur at this point.

Once food is swallowed, it travels through the throat or pharynx to the esophagus. Both the pharynx and the esophagus are muscular tubes that work through a series of contractions to move the food along and eventually empty it into the stomach. The stomach then churns it into a paste called chyme, which is easier to digest. Some of the components of the food, such as water and sugar, are absorbed directly from the stomach into the bloodstream.

The next stop is the pyloric sphincter, which serves as the gateway to the small intestines. The digestion of starches, proteins and fat occurs in the small intestine with the help of secretions that originate in the pancreas, liver and intestinal villi.

How different nutrients are digested

Carbohydrates (starches and sugars), proteins and fats are made up of extremely complex molecules that must be broken down or digested in order to be useful to the body. The process of digestion changes starches and complex sugars into simple sugars, proteins into amino acids, and fats into fatty acids and glycerin. In these forms the nutrients can finally be absorbed into the bloodstream.

The digestion of carbohydrates begins in the mouth. Saliva contains the enzyme ptyalin, which changes some of the starches into sugar and makes them available to the bloodstream. The process continues in the stomach.

Proteins begin the digestive process only after reaching the stomach. This is due to the presence of hydrochloric acid and another enzyme called pepsin. Only a small amount of absorption occurs between the stomach and the bloodstream; most of it takes place after the contents have moved on to the small intestine, where it is met by pancreatic secretions that contain the enzymes amylase, trypsin and lipase. Amylase works to change starch into simple sugars, trypsin breaks down partially digested proteins, and lipase splits fats into fatty acids and glycerin.

In addition to these fluids, the intestinal walls produce secretions that, while milder than pancreatic juices, perform similar functions. Bile, which is produced in the liver and stored in the gall bladder, also flows into the small intestine through the bile duct. Bile helps to further digest and absorb fats. In addition to producing bile, the liver stores fats, carbohydrates, proteins and vitamins. It also absorbs poisons and toxic substances before neutralizing them.

About 90 percent of absorption takes place in the small intestine. Food is digested when it has been broken down into particles small enough to be absorbed by the tiny blood and lymph capillaries located in the walls of the small intestine. From there the nourishment is circulated to all the cells in the body.

Factors in digestive health

There are many ways to abuse and weaken the digestive system. Overeating, constant snacking and diluting digestive secretions with liquids can all place undue stress on digestive organs. Eating too fast, or feelings of emotional stress may adversely affect digestion. In addition, as people age, the amount of hydrochloric acid (HCl) their bodies produce decreases. The decrease starts between ages 35–45. By age 55, almost everyone has reduced levels of HCl.
Heredity may also be a factor in digestive health. Some people begin life with digestive organs predisposed to problems. Of course, when this is the case, any kind of abuse only compounds the problem.

**The importance of enzymes**

Enzymes are the catalysts of all chemical changes that occur in the body. They are found in both the food we eat and in our bodies. Without enzymes, body functions would be too slow to sustain life. Unfortunately, although they are absolutely essential, each person is born with a limited potential for enzymes. That’s why maintaining an adequate supply of enzymes plays such an important role in supporting the health of the body.

When the enzymes that exist naturally in foods are destroyed by heat, wilting or other abuse prior to digestion, the body must create new ones before it can properly digest the food. One of the best ways to help maintain a healthy supply of enzymes in the digestive system is to eat fresh, raw fruits and vegetables as often as possible. In addition to the enzymes these foods contain, fruits and vegetables are a rich source of the vital coenzymes (vitamins) needed by the body on a constant basis.

<table>
<thead>
<tr>
<th>Region</th>
<th>Time</th>
<th>Enzymes</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mouth</td>
<td>minutes</td>
<td>ptyalin</td>
<td>starch to malt sugar</td>
</tr>
<tr>
<td>Pharynx</td>
<td>seconds</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Esophagus</td>
<td>5-10 seconds for solids;</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 second for liquids</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stomach</td>
<td>2-6 hours</td>
<td>pepsin</td>
<td>proteins to peptones acts on milk protein</td>
</tr>
<tr>
<td>Small intestine</td>
<td>5-6 hours</td>
<td>various enzymes acting on</td>
<td>maltose to simple sugars, mainly glucose</td>
</tr>
<tr>
<td></td>
<td></td>
<td>carbohydrates</td>
<td></td>
</tr>
<tr>
<td>From pancreas</td>
<td></td>
<td>trypsin, amylase, lipase</td>
<td>turns proteins into amino acids, starch to maltose, and fats to fatty acids and glycerol</td>
</tr>
<tr>
<td>From liver/ Gallbladder</td>
<td></td>
<td>bile</td>
<td>makes fats water-soluble</td>
</tr>
</tbody>
</table>
What Are Enzymes?
Enzymes are complex organic substances produced in plants and animals that catalyze (speed up) chemical reactions in cells and organs. The digestive enzymes work with the body fluids to break down large chemical chains into smaller particles. The body is then able to absorb and utilize these smaller food particles.

THE GLANDULAR SYSTEM
The human body has two types of glands—exocrine glands that secrete fluids into a duct or a tube, and endocrine glands that release chemicals known as hormones into general circulation. Endocrine glands include the pituitary, pineal, thyroid, parathyroids, thymus, pancreas, adrenals and sex glands (ovaries and testes). The hormones they release regulate basic drives and emotions while promoting growth and sexual identity and controlling body temperature. They also help to repair broken tissue and generate energy.

The amount of hormones released by the endocrine glands depends on the body’s needs. Levels change in response to infection, stress and changes in the chemical composition of the blood. Hormones are regulated by control mechanisms within the body. The process is something like this: an endocrine gland secretes its hormone and then the hormone travels to receptors on cells located within a particular tissue or organ. The tissue or organ is then able to carry out its function. However, when the level of activity of the tissue or organ becomes too high, there is a “negative feedback” to the gland that tells it to cut back on production and secretion of this hormone.

Factors in glandular health
The endocrine system functions best when it has ample stores of minerals—particularly trace minerals. For example, the thyroid gland maintains proper metabolic rates and levels of body fluids when it has ample iodine. Similarly, the pancreas, which controls blood sugar levels, needs chromium.

Eating foods rich in trace minerals helps support the body’s glandular functions. Unfortunately, many foods that are a mainstay of the modern diet are devoid of trace minerals. This is due in part to the depletion of soil and the effects of processing. For example, raw sugar loses 94 percent of its chromium and 89 percent of its manganese during processing. Likewise, as wheat is processed into white flour, it loses 50 percent of its chromium and 86 percent of its manganese.

Nutritional supplements rich in trace minerals, when taken with a well-balanced diet, help ensure the endocrine system gets the nutritional elements it needs to function properly.

Pituitary
The pituitary is roughly the size of a pea. The front lobe produces hormones that stimulate the thyroid, adrenals, testes
and ovaries; encourage the growth of the body; and stimulate the secretion of milk in a mother’s breasts. Growth hormone affects almost every tissue in the body by regulating the amount of nutrients taken into cells. Too much growth hormone results in gigantism in children, while too little causes dwarfism.

The intermediate part of the pituitary may be involved with melanin secretion, which affects skin color.

The back lobe produces a hormone that causes the uterus to contract during childbirth and then stimulates the production of milk in the mammary glands. It also produces another hormone that regulates the retention of water by the kidneys.

**Pineal**

Named for its pinecone shape, the pineal gland may function in hormonal regulation, menstruation and sex development. It secretes a large number of active chemicals, the most important of which is melatonin, a substance that is present in higher concentrations during the night. Melatonin plays a role in controlling the sleep cycle. It also inhibits the secretion of gonadotropins. This is why tumors of the pineal gland may slow down the development of sexual maturity or in some cases accelerate it.

**Thyroid and parathyroid**

The thyroid controls the body’s metabolism and has the ability to concentrate iodine consumed with the diet. It also produces the hormone calcitonin, which helps to lower the level of calcium in the blood.

The parathyroid glands are small glands, usually four in number, embedded within the back of the thyroid. They produce the hormone parathormone, which regulates calcium and phosphorus metabolism. Calcium plays an important role in many metabolic processes. Too much calcium (hypercalcemia) or too little (tetany) can disrupt the normal function of the muscles and nerves. The body’s cells are extremely sensitive to changing amounts of blood calcium.

**Thymus**

The thymus gland is central to the body’s defense mechanisms. It is composed largely of developing lymphocytes, a special type of infection-fighting cells. Although its function is not fully understood, it is known that the thymus plays an important role in developing immunities against various diseases. This is especially true during the early years of life. After puberty the thymus begins to shrink in size. Researchers have speculated that the progressive shrinking of the thymus gland as age increases is one of the reasons older people are somewhat prone to infections.

**Hypothalamus**

The hypothalamus is actually a tiny cluster of nerve cells located at the base of the brain. It serves as a link between the autonomic nervous system and the endocrine system. It is responsible for many body functions because it integrates and ensures appropriate responses to stimuli. In addition, it regulates hunger, thirst, sleep and wakefulness and also plays an important role in the regulation of most of the involuntary mechanisms of the body including body temperature, sexual drive and the female menstrual cycle. Finally, it regulates the work of the pituitary gland.

**Pancreas**

The pancreas contains cells that secrete enzymes involved in the digestion of food, and other cells that produce the hormones insulin and glucagon. Insulin lowers the amount of sugar in the blood by facilitating its movement into the cells of the body. It is also important in the manufacture and
storage of fats and proteins and in growth. Glucagon increases the amount of sugar present in the blood by causing the breakdown of fats and proteins. It tends to be secreted in times of stress.

**Adrenal**

The adrenal glands are essential for functions such as the body’s chemical regulation of sodium and potassium; blood concentration; pulse rate; smooth muscle relaxation or contraction; and dilation of pupils. Although it appears to be one organ, it is actually two small glands. The outer cortex of each is essential for the body’s chemical regulation. The adrenal cortex secretes two hormones, cortisol and aldosterone, which are known collectively as corticosteroids. They help the body reduce stress and are essential for life. Cortisol is an energy generator that regulates the conversion of carbohydrates into glucose and directs reserves to the liver. It also suppresses inflammation. Aldosterone regulates the mineral and water balance of the body. It prevents excessive loss of water through the kidneys and maintains the balance between sodium and potassium in the bloodstream. This balance is important to the contraction of muscles. The inner part, or medulla, secretes epinephrine and norepinephrine, two hormones that help the body reduce stress and are important in the fight-or-flight response.

**Ovaries**

The ovaries are located on each side of the abdomen. They have a dual function: producing and releasing ova (eggs), and secreting female sex hormones such as estrogen and progesterone. These hormones are responsible for the development of secondary sexual characteristics in girls after puberty and, along with others, are responsible for the regular bodily changes that accompany the menstrual cycle. Both of these functions cease at menopause.

**Testes**

Located in the scrotum, the testes produce sperm and secrete testosterone, which is responsible for the development of secondary sexual characteristics in boys after puberty, and for maintaining maleness throughout a man’s adult life.

**THE HEPATIC SYSTEM**

The hepatic system delivers blood from parts of the gastrointestinal tract to the liver. The liver then processes the blood and either releases nutrients to be used by the rest of the body or stores them for future use. The liver also delivers any waste to the proper channels to be eliminated. The hepatic system is a critical part of metabolism, detoxification and digestion.

The liver is the largest organ in the human body, weighing approximately three pounds. It is also one of the most versatile and complex processing plants in existence. It is the metabolic mastermind of the body and plays a role in digestion, metabolism and the elimination of toxins. All of the blood from the digestive system is shunted through the hepatic vein to the liver where this organ...
stores or processes nutrients, removes toxins and produces vital secretions.

**Functions of the Liver**

The liver filters over one liter of blood every minute. Its work affects nearly every body process. The liver also performs over 500 different chemical functions. It manufactures important substances, such as bile, which aids in the digestion of fats, and it serves as a channel for the elimination of excess cholesterol and environmental toxins. The liver also makes lipoproteins (aka cholesterol) to transport fats through the body. Low-density lipoproteins (LDL) transport fats to cells while high-density lipoproteins (HDL) transport fats back to the liver for elimination.

The liver acts as a storage system, warehousing nutrients to later be released into the bloodstream as they are needed by the body’s cells. As the storage center, the liver, acting alongside the pancreas and adrenal glands, plays a vital role in regulating blood sugar levels. The liver stores excess sugar when blood sugar is high, and releases it when blood sugar levels drop.

The liver contains many enzyme systems that detoxify the blood and break down metabolic waste and environmental toxins. These are then eliminated through the urine and feces. The liver also helps the immune system by destroying bacteria and infectious organisms that are absorbed from the intestinal tract before they can impact the rest of the body. In this way, the liver acts as a back-up immune defense.

**Factors in hepatic system health**

Reducing the amount of chemicals your liver must process helps reduce stress on the hepatic system. Reducing or eliminating alcohol consumption and avoiding pesticides, food additives and other chemicals will go a long way toward nutritionally supporting the hepatic system. Heavy metals and environmental toxins can be especially problematic in the body because they are not water-soluble, and thus they are more difficult to remove from the body.

Certain foods and herbs build and support the liver. These may include raw red beets, raw carrots, zucchini, raw green leafy vegetables, black cherry juice, lemon water and milk thistle. In Chinese medicine, sour foods—such as raspberries, blueberries, rose hips, hawthorn berries, lyceum and wolfberries—are believed to tonify the liver.

**THE IMMUNE SYSTEM**

According to one scientist, the immune system is the sixth sense; it recognizes viruses and bacteria the brain doesn’t identify, and then converts that information into hormones that go to the brain to activate the immune process.
The immune system works in partnership with other protective body systems. For example, the skin forms a physical barrier against foreign materials, while the respiratory system utilizes cilia, mucus and coughing to rid the body of inhaled microbes and pollutants. In addition, acid in the stomach and enzymes in the pancreas and intestines destroy many harmful microorganisms.

If foreign materials overcome the body’s other protective mechanisms, then the immune/defense system begins operating. This system is composed of lymph nodes, blood proteins (known as immunoglobulin) and specialized white blood cells such as lymphocytes, as well as the organs that produce these cells and the blood vessels that transport them.

Lymph nodes, or lymph glands as they are sometimes called, are usually small oval structures that are normally the size of small kidney beans. They are generally located in clusters near veins at strategic points along medium-sized lymph vessels at the knee, elbow, armpit, groin, neck, abdomen and chest.

The lymph nodes clean and filter blood. The also serve as a gathering place for germ-fighting cells during illness. The filtration process prevents bacteria, cancer cells and other infectious agents from entering the blood and circulating through the system. The lymph nodes are also centers for production and storage of some of the white blood cells, namely the lymphocytes and monocytes, which are important elements in the body’s immune mechanism. During any kind of infection, the nodes become enlarged due to the multiplication of lymphocytes in the node.

All of the parts of the immune system are designed to react rapidly to disease-producing organisms and their toxins. If the disease gets past these defenses, the body produces a generalized fever, localized inflammations and other reactions designed to conquer unwelcome invaders.

Antibodies (immunoglobulin) are important for proper function of the immune system. These proteins distinguish between the body’s own protein and foreign protein. When foreign protein is identified, antibodies can destroy it. It is estimated that there are 100 million different kinds of antibodies, each of which is custom-built.

The body constantly battles mutant (cancer) cells. Some immunologists believe that there are always malignancies in the body and that they are usually recognized and destroyed by the immune system.

Factors in immune system health

We live in a world of natural poisons and man-made pollutants. These environmental pollutants, along with improper diet and other harmful habits such as smoking and improper rest, can reduce the body’s ability to protect itself from harmful bacteria, viruses, chemicals and other factors that can lead to disease.

Purdue University nutritionist Thomas Petro, Ph.D., wrote, “It’s not that certain nutrients affect the immune system—it’s that every nutrient affects the immune system.” For that reason, a balanced diet is probably the most important consideration in maintaining a healthy immune system. In addition, when the body is deprived of some minerals, it is more likely to retain pollutants.

A great deal of focus has been directed at the antioxidant vitamins A, C and E because of their function in protecting the cells from damage caused by natural body processes, lifestyles, and environmental and chemical pollutants. These vitamins and other powerful antioxidant nutrients, along with
the trace mineral selenium, help prevent important molecules and structures within the cell from reacting with oxygen, which often injures—literally burns—the cell structure. This process is called oxidation.

**THE INTESTINAL SYSTEM**

After food leaves the small intestine, it moves into the large intestine or colon, a muscular tube—about five feet in length and approximately two inches in diameter—coiled into a frame around the convoluted small intestine. Waste material is forced through the colon by the action of the muscles. It then exits the body through the rectum.

The colon has three main parts: the ascending, transverse and descending colons. Since much of the digestion process has already taken place, what enters the colon is mostly waste material in liquid form. As the colon contracts, this substance is pushed along its length. Most of the water and mineral salts in the liquid are reabsorbed back into the body. What remains is a semi-solid waste—60–70 percent water and 10–30 percent bacteria, plus indigestible cellulose material, dead cells and other waste materials.

The process of elimination takes anywhere from 12–24 hours or longer. Generally, the shorter the time, the better. Unfortunately, modern diets and health habits sometimes result in greatly increased transit times. As transit time increases, the stool becomes increasingly hardened and difficult to pass due to dehydration. Moreover, as the body reabsorbs the fluid content of the feces, it also absorbs many soluble toxins.

**Factors in Colon health**

People whose diets are high in refined foods (including sugar and white flour) and low in fiber content are especially susceptible to intestinal problems. In fact, colon and rectal disorders are much more common in America than Africa, where the average diet contains seven times as much fiber as in the U.S.

The colon works best when it is moderately full. Dietary fiber fills this need. Although it contains no nutrients, fiber helps promote good health by providing the necessary bulk to encourage timely movement of fecal material through the colon. As this happens, certain toxic materials are removed along with many times the fiber's weight in water. This is important because it helps maintain bowel regularity and shortens the time toxic materials remain in the body.

**Fiber**

There are two basic types of fiber: soluble and insoluble. Soluble fiber includes pectin, gums and some hemicellulose. Fruits, vegetables, seeds, brown rice, barley and oats are sources of soluble fiber. Soluble fiber works mainly by helping to produce a softer stool. It also chemically reduces the absorption of certain substances into the bloodstream.

Insoluble fiber includes cellulose, some hemicellulose and lignin. Whole grains and the outside of seeds, fruits, legumes and other foods are the main sources for insoluble fiber, which works like a sponge, absorbing many times its weight in water and swelling up inside the intestines. The result is more efficient elimination.
When extra fiber is added to the diet, it is important that extra fluids also be added. If not, the beneficial effects can be diminished as the added fiber actually slows down or even blocks proper intestinal elimination. Spreading out fiber intake is also suggested to help ease any unpleasant side effects that may occur at the start of a new, fiber-rich dietary regimen.

Exercise also plays a role in the health of the intestinal system. Without sufficient exercise, bowel action may slow and normal circulation within the digestive system may be reduced.

**Beneficial bacteria**

In addition to eating sufficient amounts of fiber, it is important to maintain a good supply of beneficial bacteria, such as Lactobacillus acidophilus. Unlike bacteria that cause disease, L. acidophilus is extremely helpful. It produces digestive enzymes and assists in the final processing of food. It also produces important vitamins such as vitamin K and the B vitamins (B12, thiamine and riboflavin), and helps inhibit the growth of harmful bacteria. Unfortunately, naturally occurring lactobacillus can be destroyed by a course of antibiotic treatment.

**THE BRAIN & THE NERVOUS SYSTEM**

Together, the brain and nervous system are responsible for processing and storing information, thinking, sleeping, perceiving pain, breathing, contracting muscles, glandular secretions, maintaining body temperature and more. In short, they provide a vital communication link between our internal and external worlds. This happens because the sensory organs of the nervous system receive external information and relay it to the brain. There it is sorted, prioritized and passed to organs, tissues and cells so that they can adapt to changes in both environments.

The nervous system has two parts, the central and the peripheral systems. The central system consists of the brain and spinal cord, both made up of nerve fibers. The peripheral system is the network of nerves located throughout the body.

The brain has three main parts: the cerebrum, cerebellum and brain stem. The cerebrum receives information, thinks about it, processes it and then sends it out. The cerebellum is essential for balance and coordination. The brain stem connects the cerebrum to the spinal cord and is responsible for
regulating such functions as respiration, heart rate and blood flow, eye movements and pupil size, and neck and head movement.

The peripheral system penetrates every tissue of the body just as the circulatory system does. It is composed of 28 billion neurons, or nerve cells that transmit messages by means of electrical impulses, or signals, to organs. When the impulses arrive at an “end organ” or effector, they cause activity. If the effector is a muscle, the activity is contraction. But if it is a gland cluster connected with the digestive tract, the action is the release of digestive enzymes.

The communication process and stress

The nervous system communicates two basic types of messages: one is to activate, the other is to relax. Some of its actions are automatic (e.g. the heartbeat, breathing and digestion) and some are voluntary (e.g. eating, drinking and walking).

In addition to influencing the physical functions of the body, the nervous system also influences how it acts or reacts to stress. The fight-or-flight response is a good example. This is a hormonally stimulated state that prepares the body for an upcoming challenge.

Stress is a factor in every life, and the degree to which it affects us negatively is largely determined by how we react to stimuli around us. We need to supply the nervous system with good food so that our nerves can accurately communicate and handle the various stresses to which they are constantly exposed.

Even though everyday hassles may seem minor, researcher Dr. Richard Lazarus has found that in combination they can have an even bigger impact on our health than traumatic events such as death, major illness or financial difficulties.

It seems that our nervous system doesn’t differentiate between a physical threat and an emotional one. Thus, crying children, a critical boss, unpaid bills, traffic jams, missed deadlines and a host of other mental/emotional crises can be perceived by our nervous system as a form of danger, and may even evoke our fight-or-flight response. This defense mechanism can actually damage our health if it is evoked constantly and unnecessarily and the energy released by it is not dispelled through fighting or fleeing.

Prolonged emotional stress can lead to a breakdown of health. Evidence shows that many of us may not handle stress well. In fact, it has been estimated that one-half of those going to see a doctor have symptoms that can be traced to psychological stress.

Of course, emotional stress is not the only factor involved in illness and disease, nor is it necessarily the primary cause. It is, however, one of the risk factors associated with poor health.

Stress management

Psychologist Donald A. Tubesing related stress to the tension on a violin string. He said we need “enough tension to make music but not so much that it snaps.”

Fortunately, stress can be managed and its effects reduced. Exercise, meditation and relaxation techniques, attitude changes and improved nutrition are some effective ways to handle it.

Stress can also increase the need for certain nutrients since it alters our metabolic process. For example, an increased metabolic rate means an increase in the burning of carbohydrates. When larger than normal amounts of carbohydrates are metabolized, the need for thiamine and other members of the B-complex family may increase.

Stress is closely related to nutrition. The fight-or-flight response increases the metabolic process, which in turn increases the need for certain vitamins—particularly
the water-soluble vitamins that must be replenished on a daily basis. This is why the B-complex and C vitamins are the core of all anti-stress vitamin supplements.

The nervous system works electrochemically. Tiny impulses, or currents, pass along the fibers without the fiber moving, changing color or altering its appearance in any manner. The current is generated through millisecond exchanges of charged potassium and sodium particles across nerve cell membranes.

THE RESPIRATORY SYSTEM

The lungs are the center of the respiratory system, which includes the nose, throat and trachea (windpipe). Air comes into the body through the nose and mouth and travels past the larynx (voice box) to the trachea, which branches into two main tubes or bronchi. From there, air moves into the inner recesses of the lungs, where the lungs transfer oxygen into the blood via small air sacs called alveoli. Each alveolus has extremely thin walls containing a network of capillaries involved in the exchange of oxygen and carbon dioxide.

Breathing, usually automatic and regulated in the medulla oblongata of the brain, takes place 10–15 times per minute. Inhaling occurs when a message is sent from the respiratory center of the brain to the diaphragm and certain rib muscles. These contract, pulling the lower surfaces of the lungs downward so they can fill with air. Stretch receptors in the lungs then send signals back to the brain, which causes the diaphragm and rib muscles to relax. This in turn causes the diaphragm to move upward, so that the air is exhaled.

Blood is responsible for carrying both food and oxygen to cells. The cells use the oxygen to convert carbohydrates and fats into energy. The byproduct of this process is carbon dioxide, which the body exhales.

It happens this way: The right side of the heart pumps blood with a high concentration of carbon dioxide into the lungs. There the carbon dioxide is replaced with oxygen, which causes the blood to change from a dark red to a bright red color. This indicates that hemoglobin has picked up the oxygen. The oxygen-enriched blood is then pumped through the left side of the heart, and next circulated throughout the body. Then the carbon dioxide is exhaled.

The respiratory system is sensitive to the amount of carbon dioxide present in the blood. If this amount rises, the breathing response will increase so that more oxygen is available for energy metabolism.

Factors in respiratory health

Most people start out with a pair of bright, healthy pink lungs. As they go through life, many individuals either knowingly or unknowingly abuse and weaken their lungs. The seriousness of this cannot be overemphasized. Remember, the respiratory system is responsible for supplying oxygen to the blood and expelling waste gases. Without
life-giving oxygen, cells cannot utilize the energy resources that are available to them and so cannot function. If the efficiency of the respiratory system begins to diminish, any energy stored in the body has to be released at a slower rate.

Cigarette smoking is a major cause of lung damage. Of the more than 4,000 substances found in cigarette smoke, two of the most dangerous are nicotine and carbon monoxide. Nicotine, believed responsible for the addictive properties of cigarettes, causes the release of epinephrine, a hormone secreted by the body. This in turn produces an increase in blood pressure and heart rate. Carbon monoxide prevents the blood from carrying the full amount of oxygen, and over time this can be extremely harmful.

Cigarette smoke damages the lungs, bronchi, blood vessels, heart and other organs and tissues. In addition, it is associated with increased risks for all of the following conditions and diseases: coughing, breathing problems, respiratory infections, pneumonia, stroke, hardening of the arteries (aortosclerosis), stomach and intestinal ulcers, and cancer of the mouth, throat, esophagus, kidneys, bladder and pancreas. Smoking during pregnancy increases the risk of miscarriage and fetal death. Even secondhand smoke has been reported to increase the risk of respiratory and middle ear infections in children and has been related to deaths due to lung cancer and heart disease.

Beyond smoking, the respiratory tract is especially vulnerable to particles floating in the air due to pollution. Professor Julius Comroe of the University of California has estimated that city dwellers may take in as much as 20 trillion particles of foreign matter per day.

The respiratory system has several ways of dealing with these particles. For example, the cough and the sneeze reflexes keep the passageways of the lungs clear of foreign matter. Cilia, the hairs in the nose, trap irritants, contaminants, bacteria, viruses, fungi, vehicle exhaust and other materials. But not all particles are trapped here.

There are also cells in the respiratory tract especially designed to engulf and rid the body of foreign particles. These particles irritate the tissues, causing them to swell and produce extra mucus. The lining of respiratory tract becomes uncomfortable and sore, and swelling and mucus eventually obstruct the passages. If particles are trapped further down in the tract, bronchitis and asthma may result.

Since oxygen is so vital to the energy needs of the body, it is essential that we maintain healthy lungs by breathing unpolluted air as much as possible and by supplying the body with good nutrition.

**THE STRUCTURAL SYSTEM**

The structural system provides a framework for the body. Consisting of bones, muscles and connective tissues, it gives the body not only form, but also the ability to move.

When a baby is born, it has about 350 bones, all soft because they are composed mostly of a watery substance called cartilage. As the baby grows, calcium phosphate
permeates the bones, and they stiffen. This process is called calcification. Eventually calcified cartilage is replaced by true bone, made up largely of calcium phosphate, and some of the bones fuse together. A normal adult has between 206 and 209 bones in his body, depending upon whether he has one or two additional ribs and an extra bone in the coccyx (tailbone).

Calcium phosphate is deposited in bones in two ways. At the outer edge it takes the form of a solid, compact material covered by a membrane called the periosteum. Deeper inside, it becomes a honeycomb of sponge-like, porous material called cancellous bone. A soft material known as marrow fills the spaces inside the cancellous bone. Marrow is actually the manufacturing site of both red and white blood cells, and as such is tunnelled with vessels that move freshly made red and white blood cells out and bring in red ones containing essential nutrients.

Although bones generally stop growing in length during mid-teens for girls and at around age 20 for boys, they never really stop the growing process, because they are constantly rebuilding themselves.

Bones contain two types of cells, osteoblasts and osteoclasts. These work together to continually build new bone material on the outside and remove old, unneeded material from the inside. To sustain this growth, the body must have sufficient supplies of certain nutrients, including calcium, phosphorus and vitamin D. If there is a shortage of calcium in the bloodstream, the body will remove it from the bones without replacing it. This can eventually cause bones to become weak and porous. Unchecked, it can lead to a severely lifestyle-limiting, sometimes fatal condition known as osteoporosis.

**Connections**

Joints have been called masterpieces of engineering because they are designed to permit movement between bones that must meet, but not touch each other. Their role is to bind two or more bones firmly together while cushioning and lubricating them well enough to last through a lifetime of lifting, swinging, bending, walking, etc.

While their individual construction may vary, most joints are made up of the same elements. The joint is enclosed in a tough, fibrous capsule of connective tissue that secretes a liquid called synovial fluid. The synovial fluid lubricates the moving parts. Outside the capsule, fibrous anchors called
ligaments surround the joint and link the bones. Ligaments protect the capsule and help keep all motion of the joint within safe limits. In places where muscle tissues, called tendons or sinews, pass next to large joints so that muscles on one side will be linked to bones on the other, small fluid-filled pouches, or bursae, also act as buffers.

**Muscles**

Bones and sinews may control the movements of the body, but muscles create them by converting chemical energy from food into mechanical energy.

Muscles perform their work by contracting. This means that they pull, never push, and because of this it takes a pair of them to make a range of movement possible. There are more than 600 muscles in the body consisting of three basic types: heart muscle, smooth muscle, and skeletal muscle. Each muscle is made up of innumerable tiny, string-like fibers, and each of these, in turn, is composed of bundles of infinitesimal filaments varying in length from half an inch to about a foot. Small muscles have just a few fibers, while large ones have a great many.

Muscles grow strong through use. The effort it takes to use muscles makes the heart supply them with more blood and nutrients. This stimulates the growth of new muscle fibers and blood vessels. In effect, exercise enlarges and strengthens muscles just as it does bones.

**Factors in structural health**

Regular, lifelong activity is essential to keeping bones and muscles functioning optimally. If a person is never very active, his/her bones won’t be able to grow as dense as nature meant them to be. Likewise, if a person is active enough to develop the strongest skeleton possible, but then becomes inactive, the bone that is no longer needed will eventually be lost.

Diet is also extremely important. As mentioned earlier, a shortage of calcium over an extended period of time can spell disaster. In fact, the loss of calcium is the most serious nutritional problem experienced by older Americans. Bone loss appears to begin as early as age 35, and is particularly serious for women. As they approach menopause, their rate of bone loss accelerates greatly, partly because of a decreased secretion of the hormone estrogen, which helps maintain bone mass. An estimated 5 million women are affected by bone loss. Men, too, should be cautious, although the number of men experiencing serious loss is only about one-fifth that of women. The National Institutes of Health suggests that a daily calcium intake of at least 1,200 mg is required by adults. Because it is difficult to obtain that amount from food alone, and because some individuals may be allergic to the best dietary sources of calcium, supplementation is recommended.

Although an adult’s skeleton weighs only a little more than 20 lbs., it is capable of bearing incredible loads. This is largely due to the fact that bones are not only hard, but resilient. In fact, bone tissue is almost 20 times as resilient as steel.

**SKIN & HAIR**

A protective barrier against the elements, skin is the largest and most exposed organ of the body. It is a waterproof covering that shields more vulnerable organs and protects the body from toxins, damage and infection. It does this while maintaining body temperature and helping to eliminate certain wastes.

Skin is composed of three basic layers: the outer epidermis, inner dermis and the inner subcutaneous layer. The epidermis can be
further divided into two layers. The outermost is actually a covering of dead cells and a protein called keratin. Next to it is a layer containing melanin and keratin. Melanin determines skin color.

The dermis houses hair follicles, blood vessels, nerves, muscle tissue and sweat, oil and other glands. All of these components are loosely connected by collagen, a protein substance that is found not only in skin, but in tendons, bones and cartilage, too. Collagen works with elastin, another protein substance, to give the skin its tone and suppleness.

The subcutaneous layer is made up of connective tissue that specializes in the formation of fat. It helps prevent heat loss and cushions the body against injury.

Hair

Hair is an elastic filament made up of keratin. Only the root, which is located in the dermis, is alive. There are approximately 100,000–200,000 strands of hair on the average head, with the number varying, sometimes dramatically, from person to person. Individual hairs grow about 1/2 inch per month for two to six years, and then rest for about three months. (Eyebrows and eyelashes grow for 10 weeks and then rest for nine months.) At the end of the rest cycle, the hairs fall out. At any given time about 90 percent of the hairs on a head are growing, and 10 percent are resting. People normally shed anywhere from 30–200 hairs a day. However, emotional stress can boost the number to 500 per day, and extreme physical or emotional shock can also make hair fall out.

Each hair has three layers, with color forming in the middle. Its shape and texture is determined by the shape and size of the follicle from which it grows. Cross sections of hair show that straight hair tends to be round, while curly hair is flat or oval. The number of active follicles per square inch determines whether hair is thick or thin, while coarseness or fineness describes the width of the hair itself.

Nails

Fingernails and toenails are a specialization of the epidermis that is formed by a hardened protein called keratin. Contrary to popular belief, nails have a very low calcium content. In fact, keratin has a high sulfur content. Nails have three major sections: the root, the body of the nail, and the free portion that extends over the tip of the finger or toe. Fingernails grow more slowly than hair, about 1/10 inch a month, and they grow about four times faster than toenails. For some reason, they seem to grow more slowly during infancy, old age and in the wintertime.

Fingernails have long been known as an indicator of health, and any dramatic changes in their texture, shape, color or growth rate may be a signal to see a health care professional.

Factors in skin, hair and nail health

Genetics are a major determining factor in the health of skin. Some people have naturally great skin, while others are troubled with a variety of conditions. Heredity isn’t the only factor, however. Skin is also affected
by diet, exercise, rest and stress. Even the climate in which a person lives can play a big role in his/her appearance. People who live in warm places inevitably get more exposure to the sun than those who live in colder areas. Skin cells absorb the sun’s rays. These cells produce vitamin D as well as a healthy-looking tan. Unfortunately, excessive exposure to the sun can also cause skin cancer, especially among people who are very fair skinned. In addition, overexposure can cause signs of premature skin aging.

Internal skin care begins with proper nutrition, including whole grains and plenty of fresh fruits and vegetables. It also includes drinking plenty of fresh, pure water, which helps to hydrate skin from the inside out as it helps flush toxins out of the body.

Obesity can make an individual prone to eczema, rashes and fungal infections, largely because extreme weight makes people sweat too much. This generally interferes with the body’s own systems of self-disinfection.

At the other extreme, a diet containing too few calories can give skin a withered, dry, rough, inelastic and even cold appearance. Adequate amounts of nutrients including the B-complex vitamins, vitamin C, vitamin A, vitamin K, essential fatty acids, the minerals zinc and iron, and protein are all important for healthy skin and hair—as are exercise and rest. Finally, stress has been called one of the biggest enemies of beautiful skin.

For external skin care, a good daily treatment regimen is vital. This can help maintain the skin’s current state of health by nourishing and protecting it, as well as removing any oily buildup of debris that accumulates throughout the day.

Like skin, hair is affected by diet, cleanliness and stress. Proper nutrition is essential for healthy hair that looks its best, while thinning hair can sometimes signal anemia or a hormonal problem. One note: Although the skin on the head renews itself about once a month, occasionally the rate of this regeneration becomes unusually rapid. The result is flaky dead skin cells known as dandruff.

The health of nails can be affected by things as obvious and simple as exposing them to harsh chemicals (while cleaning, etc.) or continual moisture. Nutrition also plays an important role. In fact, whitening of the nails may indicate a protein-deficient diet, whereas spooning—when the nails become concave—may signal iron deficiency.

THE URINARY SYSTEM

The urinary system consists of two kidneys, each having a ureter connecting it to the bladder. The bladder is then connected to the urethra, which ultimately leads to an opening out of the body. The function of the urinary system is to produce and remove a waste product called urine, and to regulate the amount, alkalinity or acidity, and consistency of body fluids.

Kidneys filter blood. Every minute, one-fourth of the blood in the body enters the kidneys, which are composed of about 2 million microscopic filters called nephrons. Nephrons are responsible for absorbing nutrients and eliminating toxins and other waste materials from the blood. In addition, the kidneys help regulate other bodily functions by secreting the hormones renin, erythropoietin and prostaglandin. Renin helps control blood pressure, while erythropoietin helps stimulate the body to produce more red blood cells.

Prostaglandin is not limited to the kidneys. In other tissues and situations, it causes smooth muscles to contract or relax, is involved in abnormal fluid collection in the body, is responsible for some types of fevers
and pain, and is heavily involved in the process of inflammation. But in the kidneys, prostaglandin causes dilation of the veins and helps with the urine-making process.

The bladder is a sac-like organ located in the pelvis. Its function is to store urine until it is excreted. It is made up of three layers of involuntary muscles that provide it with the ability to expand and contract. When empty, the bladder shrivels up to the shape of a small prune, but it swells and stretches as needed to hold urine. Most people’s bladders can hold about a pint of urine. Then, when the bladder is full, the walls expand and send impulses to the brain telling it to urinate.

Urine is 96 percent water. The other 4 percent includes a mix of urea, salt, sugar, proteins, fat, vitamins and coloring from bile pigments. Its color is usually clear or yellow, though this depends upon the diet and health of the individual. Urine has a distinct, ammonia-like smell that is primarily due to the nitrogenous wastes it contains.

**Factors in Urinary health**

Kidneys are designed to keep the blood clean. They spend every minute of the day filtering out impurities. However, like any intricate structure, they have limitations. Even so, modern society seems to dictate that they must deal with more and more abuse. Drinking water frequently during the day can alleviate some potential problems by helping the kidneys flush toxins from the body.

Healthy cells need the proper concentration of salts. That’s why potassium and sodium are crucial to the body’s fluid balance. More than half of the water in the body is located inside the cells. The rest is mixed with salt—rather like diluted seawater—that bathes the cells.

The kidneys are the major regulating mechanism for maintaining proper sodium and potassium balance. They are designed to excrete extra potassium and save sodium. In times past, there was plenty of potassium in foods, but not as much sodium. Today, people eat more foods that contain sodium (mainly processed foods with added sodium) and not as many fresh foods with natural potassium.

Unfortunately, even with a high-sodium diet, the kidneys still save sodium and excrete potassium. Obviously, we can’t change the way our kidneys function, but we can change our diet. Since food processing lowers the potassium content of foods, we should eat plenty of fresh foods.

Herbal supplements, vitamins and minerals can also help provide the urinary system with the nutrients it needs to effectively perform its delicate chemical balancing act.

**GENERAL NUTRITION**

It’s probably an illusion that Americans are well-nourished. We may be overfed, but not with substantial nutrients. Chances are that most Americans are not getting all the nutritional support they need to maintain good health from their diets alone.

Dietary surveys indicate that 30–50 percent of the total caloric intake of the typical American is made up of highly processed, adulterated and nutrient-defi-
cient foods. For example, white flour has been deprived of 60 percent of its original calcium, 71 percent of phosphorus, 75 percent of iron, 67 percent of copper and 85 percent of manganese. The loss of vitamins is similar.

The National Research Council’s Committee on Diet and Health has stated, “A comprehensive review... indicates that diet influences the risk of several major chronic diseases.”

Studies show that health and longevity are increased by avoiding smoking, drinking moderate amounts of alcohol or none at all, controlling weight, reducing stress, exercising regularly and eating a well-balanced diet.

Learn to eat smart
The first step to eating smart is making sure your diet includes sufficient amounts of fiber and other essential nutrients, and restricting the amounts of fat and refined sugar and flour that you consume.

The American Cancer Society recognizes a relationship between certain types of cancer and the way people eat. Most people should eat as varied a diet as possible and become better acquainted with all kinds of fresh vegetables, fruits, fish, poultry, eggs, 100 percent whole grains, nuts and seeds.

The American Heart Association proposes that total fat intake should be less than 30 percent of total calories consumed. Saturated fat intake should be as low as possible, and polyunsaturated fat should be less than 10 percent. Amounts of monounsaturated fat can be as high as desired as long as it doesn’t increase total fat intake to more than 30 percent of daily calories.

Nature’s Sunshine provides products aimed at increasing the levels of general nutrition for all the systems in the body. Make sure that you are getting the nutrients you need.
Product Lists by Body System or Category

CIRCULATORY

Astragalus
Berberine IR
Bilberry Fruit Conc.
Blood Pressurex
Blood Stimulator, Chinese
Blood Stimulator, Chinese TCM Conc.
Butcher’s Broom
Capsicum (capsules & liquid)
Capsicum & Garlic with Parsley
Cardio Assurance
CardioxLDL
CC-A
CC-A with Yerba Santa
Cellu-Smooth w/Coleus
Chinese Negative Pack
Chinese Positive Pack
Cholesterol-Reg II
Circulatory System Pack
CoQ10 100 mg
Cordyceps
DHA
Energ-V
Evening Primrose Oil
Flax Seed Oil w/Lignans (capsules & liquid)
Focus Attention (capsules & powder)
Garlic
Garlic, High Potency, SynerPro
Garlic Oil
GC-X
Ginkgo Biloba, Extract T/R
Ginkgo & Hawthorn Combination
Gotu Kola
Green Tea Extract
Guggul Lipid
Hawthorn Berries (capsules & liquid)
HS II

HY-C, Chinese
HY-C, Chinese TCM Conc.
I-X
IF-C, Chinese
IF-C, Chinese TCM Conc.
IN.FORM Berberine
IN.FORM Cardio Kit
Ionic Minerals with Açai
Iron, Chelated
Kidney Drainage
Krill Oil w/K2
L-Carnitine
L-Glutamine
L-Lysine
Lecithin
Love and Peas
Lung Support, Chinese
Lung Support, Chinese TCM Conc.
Lymph Gland Cleanse-HY
Lymphatic Drainage (liquid)
Mega-Chel
Mind-Max
Mood Elevator, Chinese
Mood Elevator, Chinese TCM Conc.
MSM
N-Acetyl Cysteine
Nattozimes Plus
Nature’s Chi TCM Conc.
Nature’s Harvest
Nervous Fatigue, Chinese
Nervous Fatigue, Chinese TCM Conc.
Niacin
Olive Leaf Extract Conc.
Perfect Eyes
Phyto-Soy
Protease, High Potency
Red Clover (capsules)
Red Clover Blend (liquid)
Red Yeast Rice
Respiratory System Pack
Sarsaparilla
Spleen Activator, Chinese
Spleen Activator, Chinese TCM Conc.
Stress Relief, Chinese
Stress Relief, Chinese TCM Conc.
Super Omega-3 EPA
Thai-Go
Vari-Gone
Vari-Gone Cream
Vitamin B6
Vitamin E
Vitamin E Complete w/Selenium

DIGESTIVE
All Cell Detox
Aloe Vera (juice & capsules)
Anti-Gas, Chinese
Anti-Gas, Chinese TCM Conc.
Anti-Gas Formula with Lobelia
Blessed Thistle
Blood Sugar Formula, Ayurvedic
BP-X
Burdock
Capsicum (capsules & liquid)
Capsicum & Garlic with Parsley
Catnip & Fennel (liquid)
Charcoal, Activated
Chinese Positive Pack
Dandelion
Dieter’s Cleanse
Digestive Bitters Tonic (liquid)
Digestive System Pack
Enviro Detox
Everybody’s Fiber
Food Enzymes
FV
Gall Bladder Formula
Gastro Health
Gentle Move
Ginger
Green Tea Extract
HCP-X
Heavy Metal Detox
Herbal Trace Minerals
Hi Lipase
HY-A
l-Glutamine
IN.FORM Purify
Lactase Plus
Lecithin
Liver Balance, Chinese
Liver Balance, Chinese TCM Conc.
Liver Cleanse Formula
LIV-J
Marshmallow
Nature’s Noni (capsules)
Nature’s Noni Juice
Nature’s Three
Nerve Eight
Nervous Fatigue, Chinese
Nervous Fatigue, Chinese TCM Conc.
Nopal
NutriBiome Acidophilus
NutriBiome Bacillus Coagulans
NutriBiome Bifidophilus Flora Force
NutriBiome Eleven Elevated
NutriBiome Probiotic Eleven
Olive Leaf Extract Conc.
Oregon Grape (liquid)
Papaya Mint Chewable Tablets
PDA Combination
Peppermint Oil
Proactazyme
Pro-Pancreas
Protease, High Potency
Protease Plus
Red Raspberry (capsules & liquid)
SF
Slippery Elm (capsules & bulk)
Small Intestine Detox
Spleen Activator, Chinese
Spleen Activator, Chinese TCM Conc.
Stomach Comfort
Target P-14
Uña de Gato
Vitamin B-Complex
Vitamin B-Complex Balanced
Yarrow
Yeast/Fungal Detox

ESSENTIAL OILS & ACCESSORIES
(see Section E)
Aromaball Diffuser Scent Cards
Aromaball Plug-in Diffuser
Bergamot
Bottle with Sprayer
Breathe Deep
CHANGES Women’s Health
Cinnamon Leaf
Clary Sage
Clear Roll-on Bottle
Clove Bud
CORE Balancing
Empty Amber Bottle
ESSENTIAL SHIELD
Eucalyptus
Frankincense, Organic
Geranium, Organic
Grapefruit, Pink
Helichrysum, Organic
INSPIRE Uplifting
Jasmine
Lavender, Organic
Lemon
Lemongrass
Mandarin, Red
Marjoram, Sweet
Massage Oil
Myrrh, Wild
Neroli, Organic
Orange, Organic
Oregano, Wild
Patchouli
Peppermint
Pine Needle
PROSPER Success
Professional Series Nebulizing Diffuser
PURITY Refreshing
RECOVER Soothing
REFUGE Calming
RELIEF Settling
RENEW Releasing
Roman Chamomile
Rose
Rosemary, Wild
Sandalwood
Tea Tree
TEI-FU Soothing
Thyme, Wild
Ultrasonic Diffuser
Wintergreen, Wild
Ylang Ylang, Organic

FLOWER ESSENCES
Be Courageous (Vented Fear formula)
Be Response-Able
(Suppressed Fear formula)
Distress Remedy
Find Strength
(Suppressed Anger formula)
Keep Cool (Vented Anger formula)
Open Heart (Suppressed Grief formula)
Release It (Vented Grief formula)

GENERAL NUTRITION
Alfalfa
Barley Juice Powder Concentrate
Bee Pollen
Bilberry Fruit Conc.
CA-Herbal
CA-Herbal ATC Conc.
Calcium, Liquid
Calcium-Magnesium, SynerPro
Calcium Plus Vitamin D
CoQ10 100 mg
Coral Calcium (capsules & powder)
Folic Acid Plus
Grapine, High Potency
Grapine with Protectors, SynerPro
Herbal Punch
Ionic Minerals with Acai
Krill Oil w/K2
Liquid Methyl Vitamin B12 Complete
Magnesium
Magnesium Complex
Methyl Combo
Multiple Vitamins & Minerals, SynerPro
Multiple T/R Vitamins & Minerals
Nature’s Harvest
Nature’s Noni (capsules & juice)
Nature’s Prenatal
Nature’s Sea Calcium
Rose Hips
Sea Salt Shaker
Solstic Twenty-Four
Spirulina
Super Algae
Super ORAC
Super Supplemental Vit. & Min.
Super Trio
Thai-Go
Trace Mineral Maintenance
Ultimate GreenZone (powder & capsules)
Vitamin A & D
Vitamin B-Complex (capsules)
Vitamin B-Complex, Balanced (tablets)
Vitamin B6
Vitamin C, Ascorbates
Vitamin C, Chewable
Vitamin C, Citrus Bioflavonoids
Vitamin C, Time-Release
Vitamin D3
Vitamin E
Vitamin E Complete w/Selenium
VitaWave
Zinc

**GLANDULAR**
Adrenal Support
Alpha Lipoic Acid
Bayberry
Black Cohosh
Blessed Thistle
Blood Sugar Formula, Ayurvedic
Blue Cohosh
Breast Assured
Breast Enhance
C-X
Cellular Energy
Chickweed
Chromium, GTF
Coral Calcium (powder & capsules)
Cordyceps
Cramp Relief
Damiana
DHEA-F
DHEA-M
Dieter’s Cleanse
Dong Quai
Dulse Liquid
Eleuthero
Energ-V
Evening Primrose Oil
False Unicorn
FCS II
Female Comfort
5-W
Flash-Ease T/R
Folic Acid
Ginseng, Korean
Glandular System Pack
Herbal Trace Minerals
HY-C, Chinese
HY-C, Chinese TCM Conc.
Indole-3 Carbinol
JP-X
Kelp
Licorice Root (capsules & liquid)
Lymph Gland Cleanse
Maca
Master Gland
Mega-Chel
Melatonin Extra
Men's Formula
Menstrual Reg
Mineral-Chi Tonic
N-Acetyl Cysteine
Natural Changes
Nature's Chi TCM Conc.
Nature's Noni (capsules & juice)
NF-X
Nopal
Pantothenic Acid
PBS
Phyto-Soy
Pro-Pancreas
PS II
Red Beet Root
Red Clover (capsules)
Red Clover Blend (liquid)
Red Raspberry (capsules & liquid)
Sarsaparilla
Saw Palmetto
Saw Palmetto Concentrate
SugarReg
Super GLA Oil Blend
Target P-14
Target TS II Formula
Thyroid Activator
Thyroid Support
TS II
Vitamin A & D
Vitamin E
Vitamin E Complete w/Selenium
V-X
Wild Yam
Wild Yam/Chaste Tree
X-A
X-Action Reloaded, Men's
X-Action, Women's

HEPATIC

Alpha Lipoic Acid
Blood Sugar Formula, Ayurvedic
Blood Stimulator, Chinese
Blood Stimulator, Chinese TCM Conc.
BP-X
Chinese Positive Pack
Dandelion
Dieter's Cleanse
Enviro Detox
Gall Bladder Formula
Heavy Metal Detox
Hepatic System Pack
Liver Balance, Chinese
Liver Balance, Chinese TCM Conc.
Liver Cleanse
LIV-J
Milk Thistle Combination
Milk Thistle, Time Release
Mood Elevator, Chinese
Mood Elevator, Chinese TCM Conc.
Safflowers
Yeast/Fungal Detox
Yellow Dock

IMMUNE

AdaptaMax
Astragalus
Bayberry
Black Currant Oil
Black Walnut (capsules & liquid)
Blood Stimulator, Chinese
Blood Stimulator, Chinese TCM Conc.
Burdock
Candida Clear
Capsicum & Garlic w/Parsley
Catnip
Catnip & Fennel
CC-A
CC-A w/Yerba Santa
Chinese Negative Pack
Chlorophyll (capsules & liquid)
Colostrum
Colostrum w/Immune Factors
Combination CBG Extract
Cordyceps
Defense Maintenance
Devil’s Claw
Dulse Liquid
E-Tea
Echinacea/Golden Seal (caps & liquid)
Echinacea Purpurea
Echinacea, Ultimate
Elderberry D3fense
Everybody’s Fiber
Flax Seed Oil with Lignans (caps & liquid)
Food Enzymes
FV
Garlic capsules
Garlic, High-Potency
Garlic Oil capsules
Golden Seal
Golden Seal/Parthenium Extract
Green Tea Extract
HCP-X
IF-C, Chinese
IF-C, Chinese TCM Conc.
Immune Stimulator
Immune System Pack
IN-X
Ionic Minerals with Açai
L-Glutamine
L-Lysine
Liquid Methyl Vitamin B12 Complete
Lymph Gland Cleanse
Lymph Gland Cleanse-HY
Lymphomax
Lymphatic Drainage
N-Acetyl Cysteine
Nature’s Chi TCM Conc.
Nature’s Noni (capsules & juice)
Olive Leaf Extract
Parthenium
Pau D’Arco (capsules & liquid)
Paw Paw Cell-Reg
Probiotic Eleven
Protease Plus
Protease, High Potency
Rose Hips
Sage
Saw Palmetto
Saw Palmetto Concentrate
SC Formula
Seasonal Defense
7-Keto
Silver Shield
Silver Shield Gel
Solstic Immune
Spleen Activator, Chinese
Spleen Activator, Chinese TCM Conc.
SUMA Combination
Super Algae
Super Antioxidant
Thai-Go
THIM-J
Trigger Immune, Chinese
Trigger Immune, Chinese TCM Conc.
Ultimate GreenZone, (capsules & powder)
Uña de Gato
Vitamin A&D
Vitamin C
Vitamin D3  
VS-C, Chinese (capsules & liquid)  
VS-C, Chinese TCM Conc.  
Yeast/Fungal Detox  
Zinc  
Zinc Cold & Flu Lozenges

**INTESTINAL**

Acidophilus  
Algin  
All Cell Detox  
Aloe Vera (juice & capsules)  
Anti-Gas, Chinese  
Anti-Gas, Chinese TCM Conc.  
Artemisia Combination  
Bentonite, Hydrated  
Bifidophilus Flora Force  
Black Walnut (capsules & liquid)  
Bowel Detox  
BP-X  
Candida Clear  
Cascara Sagrada  
Chlorophyll (capsules & liquid)  
CleanStart  
CLT-X  
Colostrum w/Immune Factors  
Everybody’s Fiber  
GC-X  
Gentle Move  
Heavy Metal Detox  
Herbal Pumpkin  
Herbal Trace Minerals  
Intestinal Soothe & Build  
IN-X  
LB Extract  
LBS II  
LB-X  
Liquid Cleanse  
LOCLO  
Nature’s Harvest  
Nature’s Three

**NERVOUS**

Adrenal Support  
Alpha Lipoic Acid  
AnxiousLess  
APS II with White Willow Bark  
Brain-Protex with Huperzine A  
CA, Herbal  
Catnip  
Catnip & Fennel (liquid)  
Chamomile  
Chinese Negative Pack  
Chinese Positive Pack  
Combination CBG Extract  
DHA  
Energ-V  
EW  
Feverfew Concentrate  
5-HTP Power  
Focus Attention (capsules & powder)  
Folic Acid  
GABA Plus  
Ginkgo Biloba Extract T/R  
Gotu Kola
Grapine, High Potency
Grapine with Protectors, SynerPro
Herbal Sleep
Hops
Kava Kava
Krill Oil w/K2
Kudzu/St. John’s Wort Combination
L-Glutamine
Lecithin
Liquid Methyl Vitamin B12 Complete
Liver Balance, Chinese
Liver Balance, Chinese TCM Conc.
Lobelia
Lutein
Magnesium
Magnesium Complex
Melatonin Extra
Mind-Max
Mood Elevator, Chinese
Mood Elevator, Chinese TCM Conc.
Nerve Control
Nerve Eight
Nervous Fatigue, Chinese
Nervous Fatigue, Chinese TCM Conc.
Nervous System Pack
Niacin
Nutri-Calm
Pantothentic Acid
Passion Flower
SAM-e
St. John’s Wort
St. John’s Wort, Time Release
Solstic Energy
Spirulina
Stress-J (capsules & liquid)
Stress Relief, Chinese
Stress Relief, Chinese TCM Conc.
Tei-Fu Essential Oils
Valerian Root
Valerian Root Extract, T/R
Vervain
Vitamin B-Complex
Vitamin B-Complex, Balanced
Wood Betony

RESPIRATORY
ALJ (capsules & liquid)
Breathe Activator, Chinese TCM Conc.
Bronchial Formula, Ayurvedic
Burdock
CC-A w/Yerba Santa
Chinese Negative Pack
Chinese Positive Pack
Cordyceps
Fenugreek & Thyme
Four
Green Tea Extract
HCP-X
HistaBlock
Horsetail
HY-C, Chinese
HY-C, Chinese TCM Conc.
Lobelia (capsules & liquid)
Lung Support, Chinese
Lung Support, Chinese TCM Conc.
Lymphomax
Marshmallow
Marshmallow & Fenugreek
Mullein
Sinus Support EF
SnorEase
Super Antioxidant
Yarrow

PERSONAL CARE/HAIR & SKIN
Aloe Vera Gel
Black Ointment
Golden Salve
Hand & Body Carrier Lotion
Herbal Trim Skin Treatment
HSN Complex, Natria
HSN-W
Jojoba Oil
Lobelia Essence
Massage Oil
Pau D’Arco Lotion
Silver Shield Gel
Skin Detox, Ayurvedic
Sunshine Brite Toothpaste
Sunshine Concentrate Cleaner
Tea Tree Oil
Tei-Fu Oil
Vari-Gone Cream
White Oak Bark

**STRUCTURAL**
Bone/Skin Poultice
CA, Herbal
Calcium-Magnesium, SynerPro
Calcium Plus Vitamin D
Chinese Negative Pack
Chondroitin
Collatrim (capsules & powder)
Coral Calcium (powder & capsules)
Devil’s Claw
DHEA-F
DHEA-M
EverFlex with Hyaluronic Acid
EverFlex Pain Cream
Fibralgia
Free Amino Acids
Glucosamine
Horsetail
HSN-W
IF-C, Chinese
IF-C, Chinese TCM Conc.
IF Relief
Joint Health, Ayurvedic
Joint Support

KB-C, Chinese
KB-C, Chinese TCM Conc.
Krill Oil w/K2
L-Lysine
Liquid Calcium
Magnesium
Magnesium Complex
MSM
MSM/Glucosamine Cream
Nature’s Noni (capsules & juice)
Nature’s Sea Calcium
Relief Formula
Skeletal Strength
Skin Detox, Ayurvedic
Solstic Revive
Structural System Pack
Target Endurance
Tei-Fu Massage Lotion
Uña de Gato
Vitamin D3
Yucca

**SUNSHINE HEROES**

**CHILDREN’S SUPPLEMENTS**
Calcium Plus D3
Elderberry Immune
Multiple Vitamin & Mineral
Omega 3 with DHA
Probiotic Power
Whole Foods Papayazyme

**URINARY**
Anti-Gas, Chinese
Anti-Gas, Chinese TCM Conc.
Bifidophilus Flora Force
Chickweed
Chinese Positive Pack
Cornsilk
Cranberry/Buchu Concentrate
Dandelion
Equilibrium
FCS II
Horsetail
Hydrangea
JP-X
Juniper Berries
KB-C, Chinese
KB-C, Chinese TCM Conc.
Kidney Activator
Kidney Activator, Chinese
Kidney Activator, Chinese TCM Conc.
Kidney Drainage
Love and Peas
Lung Support, Chinese
Lung Support, Chinese TCM Conc.
Olive Leaf Extract Conc.
Parsley
Potassium
Pro-Pancreas
P-X
SF
Urinary Maintenance
Urinary System Pack
Uva Ursi
Yellow Dock

WEIGHT MANAGEMENT
Carbo Grabbers with Chromium
Cellu-Smooth w/Coleus
CLA
Collatrim (capsules & powder)
Dieter’s Cleanse
Fat Grabbers
Garcinia Combination
IN.FORM Shakes (Pea, Whey, Soy)
IN.FORM Metabolic Age Support Systems
(Pea, Whey, Soy)
Love and Peas
Love and Peas Sugar Free
MetaboMax Free
MetaboMax Plus
MetaboStart Plus
Nature’s Cortisol Formula
Nutri-Burn
7-Keto
SF
SmartMeal
Stixated
Sweet FX
Ultra Therm
Ultra Therm CF
<table>
<thead>
<tr>
<th>Body System</th>
<th>Key Products</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Nervous</strong></td>
<td></td>
</tr>
<tr>
<td>Stress</td>
<td>Nutri-Calm®; Stress-J®</td>
</tr>
<tr>
<td>Anxiousness</td>
<td>AnxiousLess™</td>
</tr>
<tr>
<td>Mood/seasonal blues</td>
<td>5-HTP; SAM-e</td>
</tr>
<tr>
<td>Eye Health</td>
<td>Perfect Eyes®</td>
</tr>
<tr>
<td>Cognitive → Memory</td>
<td>Mind-Max®; Brain Protex®</td>
</tr>
<tr>
<td>Cognitive → Focus</td>
<td>Focus Attention; Solstic Energy</td>
</tr>
<tr>
<td>Tonic</td>
<td>Nervous System Pack</td>
</tr>
<tr>
<td>Sleep</td>
<td>Herbal Sleep; Melatonin Extra</td>
</tr>
<tr>
<td>Pain* → Joint/Muscle</td>
<td>Relief Formula; APS II® with White Willow</td>
</tr>
<tr>
<td>Pain* → Cramps</td>
<td>Magnesium Complex; Cramp Relief</td>
</tr>
<tr>
<td><strong>Digestive</strong></td>
<td></td>
</tr>
<tr>
<td>Antacid</td>
<td>Stomach Comfort; Catnip &amp; Fennel</td>
</tr>
<tr>
<td>Anti-Gas</td>
<td>Liq. Chlorophyll; Anti-Gas Formula</td>
</tr>
<tr>
<td>Stimulation</td>
<td>LOCLO; Nature’s Three</td>
</tr>
<tr>
<td>Enzymes</td>
<td>Food Enzymes; Proactazyme®</td>
</tr>
<tr>
<td>Tonic</td>
<td>Digestive System Pack; Nature’s Noni</td>
</tr>
<tr>
<td>Occasional Nausea</td>
<td>FV</td>
</tr>
<tr>
<td>Irritation</td>
<td>Probiotic Eleven®; Gastro Health</td>
</tr>
<tr>
<td><strong>Intestinal</strong></td>
<td></td>
</tr>
<tr>
<td>Cleansing</td>
<td>CleanStart® Wild Berry; CleanStart® Apple/Cinnamon</td>
</tr>
<tr>
<td>Diarrhea**</td>
<td>Activated Charcoal; Ginger</td>
</tr>
<tr>
<td>Intestinal Invaders</td>
<td>Para-Cleanse; Artemisia Combo</td>
</tr>
<tr>
<td>Probiotics</td>
<td>NutriBiome Eleven Elevated or Bifidophilus Flora Force®</td>
</tr>
<tr>
<td>Laxatives → Bulking</td>
<td>Psyllium Hulls</td>
</tr>
<tr>
<td>Laxatives → Stimulant</td>
<td>Bowel Detox; LBS II®</td>
</tr>
<tr>
<td>Laxatives → Gentle</td>
<td>Gentle Move®; Everybody’s Fiber</td>
</tr>
<tr>
<td>Soothing</td>
<td>Small Intestine Detox; Intestinal Soothe &amp; Build</td>
</tr>
<tr>
<td>Toning</td>
<td>L-Glutamine; Uña de Gato</td>
</tr>
</tbody>
</table>
### Structural

<table>
<thead>
<tr>
<th>Category</th>
<th>Products</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skin/Nails</td>
<td>HSN-W®; Super Supplemental</td>
</tr>
<tr>
<td>Skin/Nails → Salves</td>
<td>Black Ointment; Golden Salve</td>
</tr>
<tr>
<td>Skin/Nails → Essential Oil</td>
<td>Tei-Fu</td>
</tr>
<tr>
<td>Bone Health</td>
<td>Skeletal Strength®; Calcium-Magnesium SynerPro®</td>
</tr>
<tr>
<td>Pain*</td>
<td>Nerve Eight; Curcumin®</td>
</tr>
<tr>
<td>Joint Health</td>
<td>EverFlex®; Joint Support; Tei-Fu® Lotion</td>
</tr>
<tr>
<td>Muscle Cramps</td>
<td>Combination Potassium; Cramp Relief</td>
</tr>
</tbody>
</table>

### Endocrine/Glandular

<table>
<thead>
<tr>
<th>Category</th>
<th>Products</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adrenal</td>
<td>Adrenal Support; Energ-V®</td>
</tr>
<tr>
<td>Adrenal → Stimulant-Adaptogenic</td>
<td>Mineral Chi Tonic; Adaptamax®</td>
</tr>
<tr>
<td>Pituitary</td>
<td>Master Gland® Formula; Alfalfa</td>
</tr>
<tr>
<td>Thyroid</td>
<td>Thyroid Support; Thyroid Activator®</td>
</tr>
<tr>
<td>Tonic</td>
<td>Master Gland® Formula; Glandular System Pack</td>
</tr>
<tr>
<td>Pancreas → Energetic</td>
<td>SugarReg®; Berberine IR™</td>
</tr>
<tr>
<td>Pancreas → Lethargic</td>
<td>Chromium GTF; Sweet FX</td>
</tr>
<tr>
<td>Female → Sexual Health</td>
<td>X-Action® (Women)</td>
</tr>
<tr>
<td>Female → Hormone Balance</td>
<td>DHEA-F; Female Comfort</td>
</tr>
<tr>
<td>Female → Menstrual-Cramps &amp; Flow</td>
<td>Cramp Relief; Menstrual Reg</td>
</tr>
<tr>
<td>Female → Menopause</td>
<td>Flash Ease; Natural Changes®</td>
</tr>
<tr>
<td>Female → Prenatal</td>
<td>Nature's Prenatal®; Red Raspberry</td>
</tr>
<tr>
<td>Female → Progesterone</td>
<td>Breast Assured®</td>
</tr>
<tr>
<td>Male → Sexual Health</td>
<td>X-Action Reloaded</td>
</tr>
<tr>
<td>Male → Prostate</td>
<td>Equilibrium™; Men’s Formula</td>
</tr>
<tr>
<td>Male → Testosterone</td>
<td>DHEA-M</td>
</tr>
</tbody>
</table>

### Respiratory

<table>
<thead>
<tr>
<th>Category</th>
<th>Products</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lung Support</td>
<td>HistaBlock®; ALJ®</td>
</tr>
<tr>
<td>Stimulant - Chest &amp; Sinus</td>
<td>ALJ®; Sinus Support EF®</td>
</tr>
<tr>
<td>Soothing - Damp &amp; Dry</td>
<td>ALJ®; CC-A; Marshmallow &amp; Fenugreek</td>
</tr>
<tr>
<td>Category</td>
<td>Products</td>
</tr>
<tr>
<td>----------------</td>
<td>--------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Irritation</td>
<td>Bronchial Formula</td>
</tr>
<tr>
<td>Tonic</td>
<td>Respiratory System Pack; Lung Support TCM</td>
</tr>
<tr>
<td>Invaders</td>
<td>Silver Shield®; Seasonal Defense</td>
</tr>
<tr>
<td><strong>Urinary</strong></td>
<td></td>
</tr>
<tr>
<td>UT Support-Suppression &amp; Prevention</td>
<td>JP-X; Cranberry &amp; Buchu Concentrate</td>
</tr>
<tr>
<td>Soothing</td>
<td>Urinary Maintenance; Marshmallow</td>
</tr>
<tr>
<td>Blockage</td>
<td>Hydrangea</td>
</tr>
<tr>
<td>Tonic</td>
<td>Urinary System Pack; KB-C TCM</td>
</tr>
<tr>
<td>Diuretic^</td>
<td>Kidney Activator; Kidney Activator TCM</td>
</tr>
<tr>
<td><strong>Circulatory</strong></td>
<td></td>
</tr>
<tr>
<td>Blood → Thinner</td>
<td>Nattozones Plus; High Potency Garlic</td>
</tr>
<tr>
<td>Blood → Stimulant</td>
<td>Blood Pressurex; Capsicum &amp; Garlic with Parsley</td>
</tr>
<tr>
<td>Blood → Cholesterol</td>
<td>Cholesterol-Reg II; Olive Leaf Extract</td>
</tr>
<tr>
<td>Heart Tonic</td>
<td>Solstic® Cardio; Super Omega-3 EPA</td>
</tr>
<tr>
<td>General Tonic</td>
<td>Cardio Assurance®; HS II; Circulatory System Pack; Solstic® Cardio; Thai-Go*</td>
</tr>
<tr>
<td>Blood Vessels → Vascular Tonic</td>
<td>Vari-Gone®</td>
</tr>
<tr>
<td>Blood Vessels → Chelation</td>
<td>Mega-Chel®; Guggul Lipid</td>
</tr>
<tr>
<td>Blood Vessels → Flow</td>
<td>Menstrual Reg</td>
</tr>
<tr>
<td>Blood Vessels → Endothelial</td>
<td>Solstic® Cardio</td>
</tr>
<tr>
<td><strong>Hepatic</strong></td>
<td></td>
</tr>
<tr>
<td>Blood Cleanse</td>
<td>Enviro-Detox; BP-X®</td>
</tr>
<tr>
<td>Blood Tonic</td>
<td>Liquid Chlorophyll; Blood Stimulator TCM</td>
</tr>
<tr>
<td>Gallbladder - Soften</td>
<td>Gall Bladder Formula; Hydrangea</td>
</tr>
<tr>
<td>Tonic</td>
<td>Milk Thistle Combination; Milk Thistle T/R; Hepatic System Pack</td>
</tr>
<tr>
<td>Detox → Cleanse</td>
<td>Liver Cleanse Formula; Enviro-Detox</td>
</tr>
<tr>
<td>Detox → Heavy Metal</td>
<td>Heavy Metal Detox; Sarsaparilla</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Cholesterol-Reg II; Guggul Lipid</td>
</tr>
<tr>
<td>Glucose</td>
<td>SugarReg®; Sweet FX™</td>
</tr>
<tr>
<td><strong>Immune</strong></td>
<td></td>
</tr>
<tr>
<td>---------------------</td>
<td>--------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Foreign Invaders B</td>
<td>Silver Shield®; Solстиc® Immune</td>
</tr>
<tr>
<td>Cellular Health</td>
<td>Paw Paw Cell-Reg®; E-Tea®</td>
</tr>
<tr>
<td>Fungal</td>
<td>Yeast/Fungal Detox; Candida Clear</td>
</tr>
<tr>
<td>Foreign Invaders V</td>
<td>L-Lysine; VS-C TCM</td>
</tr>
<tr>
<td>Foreign Invaders V →</td>
<td>Elderberry D3fense®; Sunshine Heroes Elderberry Immune</td>
</tr>
<tr>
<td>Seasonal Invaders</td>
<td></td>
</tr>
<tr>
<td>Stimulating</td>
<td>Immune Stimulator; Colostrum with Immune Factors</td>
</tr>
<tr>
<td>Lymphatic</td>
<td>Lymphomax®; Lymphatic Drainage</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>TCM</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Metal</td>
<td>Lung Support; Breathe Activator</td>
</tr>
<tr>
<td>Earth</td>
<td>Spleen Activator; Anti-Gas</td>
</tr>
<tr>
<td>Water</td>
<td>KB-C; Kidney Activator</td>
</tr>
<tr>
<td>Fire</td>
<td>Nervous Fatigue; Stress Relief</td>
</tr>
<tr>
<td>Wood</td>
<td>Blood Stimulator; Liver Balance</td>
</tr>
<tr>
<td>Yin/Yang</td>
<td>HY-C; IF-C; VS-C</td>
</tr>
<tr>
<td>Chi</td>
<td>Trigger Immune®; Mood Elevator; Nature’s Chi</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Daily Essentials</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Multi/Vitamin</td>
<td>Super Trio; Super Supplemental</td>
</tr>
<tr>
<td>Multi/Vitamin → Children’s</td>
<td>Sunshine Heroes Multiple Vitamin &amp; Mineral</td>
</tr>
<tr>
<td>Minerals &amp; Vitamins</td>
<td>Ionic Minerals w. Acai; Vitamin B-Complex</td>
</tr>
<tr>
<td>Energy</td>
<td>Solстиc® Energy; Vitamin B-Complex</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Weight Management</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Meal Replacement</td>
<td>Nature’s Harvest; Love and Peas; SmartMeal</td>
</tr>
<tr>
<td>Thermogenic</td>
<td>Ultra Therm™; Garcinia Combination</td>
</tr>
<tr>
<td>Cleansing</td>
<td>Dieter’s Cleanse</td>
</tr>
<tr>
<td>Fat Binding</td>
<td>Fat Grabbers®</td>
</tr>
<tr>
<td>Hunger</td>
<td>Stixated™; Garcinia Combination</td>
</tr>
</tbody>
</table>

* Muscle pain after exercise or overuse
** Occasional
*Excess water elimination following normal temporary fluid shifts*