NSP From A to Z

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Activated Charcoal
(see Charcoal, Activated)

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.

A&D, Vitamin
(see Vitamin A&D)

Acidophilus
[Core Health—Nutrition]

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 helpful 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, Intestinal System Pack.

Stock No. 1666-7 (90)
Adrenal Support
[Body Systems]

**Benefits:**
- Helps maintain normal adrenal function.
- Supports the body’s ability to regulate stress.
- Supports a healthy biological terrain.
- Supports the glandular and nervous systems.
- Provides 250% or more of the Daily Value of thiamin, riboflavin, vitamin B6 and pantothenic acid.

**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 2 capsules with a meal two to three times daily.

**Complementary Products:**

**Stock No. 872-9 (100)**

Alfalfa
[Core Health—Nutrition]

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

**How it Works:**
Alfalfa has been cultivated for over 2,000 years as a nutritious 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, Ultimate GreenZone.

**Stock No. 30-2 (100) Kosher**

**Algin**
[Core Health—Nutrition]

**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:**
Probiotic Eleven, LBS II, Yeast/Fungal Detox, Bowel Detox.

**Stock No. 675-1 (100)**

**ALJ®**
[Body Systems]

**Benefits:**
- Provides effective respiratory system support.
- Assists the body in neutralizing allergens by nutritional means.
- Helps soothe irritated tissues.
- Encourages the entire respiratory tract to gently cleanse itself.
- Supports healthy lung function.
- Provides effective respiratory system support.
- 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 bone set 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:**
- Bone set 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. 774-3 (100) capsules, Kosher**

**Stock No. 777-2 (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.
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**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. 774-3 (100) capsules, Kosher**

**Stock No. 777-2 (180) Vegitabs, Kosher**
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. ALI 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.

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Ingredients:
Extract of boneseed aerial parts, fenugreek seed, horseradish root, mullein leaves and fennel seed in vegetable glycerin.

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.
Stock No. 3166-5 (2 fl. oz.) Kosher

All Cell Detox
[Core Health—Cleansing]

Benefits:
• Cleanses the colon, liver and kidneys.
• Aids digestion.
• Promotes the absorption of nutrients.

Complementary Products:
Small Intestine Detox, CleanStart, Liver Cleanse Formula, Aloe Vera Juice.
Stock No. 1072-4 (100) Kosher

Aloe Vera
[Core Health—Nutrition]

Benefits:
• Nourishes the digestive and intestinal systems.
• Soothes internal tissues of the digestive and intestinal tracts.
• Contains vitamins, minerals and other important nutrients.
• Supports intestinal health.

How it Works:
Aloe vera is a nutritional storehouse. It also contains salicylate and prostaglandins. Aloe nutritionally benefits the intestinal system. Aloe soothes the tissues lining the digestive tract. It 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:
Aloe vera inner leaf.
Take 1 or 2 capsules with a meal three times daily.

Complementary Products:
Intestinal Soothe & Build, LBS II, Slippery Elm, Bowel Detox, Gastro Health.
Stock No. 1680-4 (32 fl. oz.) Aloe Vera Juice, Kosher
Stock No. 1693-4 (32 fl. oz.) Whole Leaf Aloe Vera

Aloe Vera, Freeze Dried
[Core Health—Nutrition]

Benefits:
• Nourishes the digestive and intestinal systems.
• Soothes the internal tissues of the digestive and intestinal tracts.
• Contains vitamins, minerals and other important nutrients.

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 encapsulated 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. 1686-1 (64) Kosher

Leaf Aloe Vera

Formula, Aloe Vera Juice.

Small Intestine Detox, CleanStart, Liver Cleanse

Aloe Vera

HistiBlock, Fenugreek &

Thyme, Sinus Support EF.

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

NOTE: This product contains cascarasagrad.
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. 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.

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. 1680-4 (32 fl. oz.) Aloe Vera Juice, Kosher
Stock No. 1693-4 (32 fl. oz.) Whole Leaf Aloe Vera

Intestinal Soothe & Build, LBS II, Slippery Elm, Bowel Detox, Gastro Health.
Stock No. 1686-1 (64) Kosher

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Leaf Aloe Vera

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Complementary Products:
Intestinal Soothe & Build, LBS II, Slippery Elm, Bowel Detox, Gastro Health.
Stock No. 1680-4 (32 fl. oz.) Aloe Vera Juice, Kosher
Stock No. 1693-4 (32 fl. oz.) Whole Leaf Aloe Vera

Aloe Vera, Freeze Dried
[Core Health—Nutrition]

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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. 1686-1 (64) Kosher

Leaf Aloe Vera

Formula, Aloe Vera Juice.

Small Intestine Detox, CleanStart, Liver Cleanse

Aloe Vera

HistiBlock, Fenugreek &

Thyme, Sinus Support EF.

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Complementary Products:
Intestinal Soothe & Build, LBS II, Slippery Elm, Bowel Detox, Gastro Health.
Stock No. 1680-4 (32 fl. oz.) Aloe Vera Juice, Kosher
Stock No. 1693-4 (32 fl. oz.) Whole Leaf Aloe Vera

Aloe Vera, Freeze Dried
[Core Health—Nutrition]

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• Contains vitamins, minerals and other important nutrients.

How it Works:
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Freeze-dried aloe vera provides the same benefits as liquid Aloe Vera Juice but in encapsulated 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.
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. The gel 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.

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. 1679-2 (8 fl. oz.)

Alpha Lipoic Acid
[Core Health—Nutrition]

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, and 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. 1505-6 (60) Kosher

Amino Acids, Free
(see Free Amino Acids)

Anamú
[Body Systems]

Benefits:
- Provides immune and structural system support.
- Provides protection to cells.

How it Works:
Historically, anamú leaf has been used to support the structural system, particularly the joints. It may also support healthy immune response and protect cells.

Ingredients:
Anamú leaf.

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

NOTE: Pregnant women or women considering pregnancy should not use this product.

Complementary Products:

Stock No. 39-8 (100) Kosher

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.

Antigas
[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.

Complementary Products:
Slippery Elm, Food Enzymes, Digestive Bitters Tonic, Liver Balance TCM Conc.

Stock No. 1869-9 (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.

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Complementary Products:
Slippery Elm, Food Enzymes, Digestive Bitters Tonic, Liver Balance TCM Conc.

Stock No. 1869-9 (100) Kosher
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. 1018-9 (30)**

**Anti-Gas Formula with Lobelia**

[BODY SYSTEMS]

**Benefits:**
- Supports digestion.
- 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. 1198-4 (100)**

**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 capiscum fruit.

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

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

**Stock No. 780-8 (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, Probiotic Eleven, Yeast/Fungal Detox.

**Stock No. 787-6 (100) Kosher**

**Ascorbates, Vitamin C**
(see Vitamin C Ascorbates)

**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. 40-1 (100) Kosher**

**B12 Complete, Liquid**
(see Liquid B12 Complete)

**B-Complex**
(see Vitamin B-Complex, Vitamin B6, Liquid B12 Complete, Niacin and Pantothenic Acid)

**Balanced B-Complex**
(see Vitamin B-Complex, Balanced)

**Barley Juice Powder Concentrate**

[BODY SYSTEMS]

**Benefits:**
- Provides an excellent source of nutritive chlorophyll.

**How it Works:**
This product is derived from young barley plants, which have strong enhancing functions. Barley greens (dry weight) are also a superior source of chlorophyll, the nutrient-rich byproduct of photosynthesis that makes plants green and is chemically similar to human blood.

**Ingredients:**
Barley leaf juice concentrate.

**Recommendation:**
Take 8 capsules daily with water on an empty stomach.

**Complementary Products:**
Liquid Chlorophyll, Ultimate GreenZone, Vitamin B-Complex, Super Trio.

**Stock No. 55-1 (100) Kosher**
Bayberry  
[Body Systems]  
**Benefits:**  
• Supports the glandular and immune systems.  
**How it Works:**  
Bayberry root bark has astringent properties. It has been used traditionally for a variety of systems and organs, including the female reproductive system, the liver, the immune system, oral health and more.  
**Ingredients:**  
Bayberry root bark.  

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

**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. 60-6 (100) Kosher**  

Bee Pollen  
[Core Health—Nutrition]  
**Benefits:**  
• May help boost energy.  
• Is a whole food.  
**How it Works:**  
Bee pollen is 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, 8 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. 70-9 (100) Kosher**  

Bentonite, Hydrated  
[Core Health—Cleansing]  
**Benefits:**  
• Supports the intestinal system.  
• Helps detoxify the body.  
**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 as an aid for detoxification via the alimentary canal. Shake well before use. May also be used in a warm bath for soothing skin conditioning and external detoxification.  

**Complementary Products:**  
Cascara Sagrada, LBS II, Liquid Chlorophyll, Intestinal Soothe & Build, Aloe Vera Juice.  

**Stock No. 1725-9 (32 fl. oz.)**  

Bergamot BIO Pure Essential Oil  
(see Essential Oils)  

**Bifidophilus Flora Force®**  
[Core Health—Nutrition]  
**Benefits:**  
• 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, Intestinal System Pack.  

**Stock No. 4080-4 (90)**  

Bilberry Fruit Concentrate  
[Core Health—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. 74-8 (60) Kosher**  

Black Cohosh  
[Body Systems]  
**Benefits:**  
• Supports the female reproductive system.  
• 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 anti-inflammatory properties and helps relax muscle spasm, including those associated with menopausal 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.

**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. 1810-9 (90 softgel caps)**

**Black Ointment**
[Personal Care]

**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. 1696-9 (1 oz. jar)**

**Black Walnut**
[Core Health—Cleansing]

**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, Probiotic Eleven, Artemisia Combination.

**Stock No. 90-8 (100) Kosher**

**Black Walnut Extract Liquid**
[Core Health—Cleansing]

**Benefits:**
- Provides potent antioxidant properties.
- Supports and maintains blood vessels.
- Encourages optimal blood flow.
- Supports blood pressure levels already within the normal range.
- Promotes blood flow in the peripheral arteries.
- Helps maintain normal blood viscosity.

**How it Works:**
The main ingredients in Blood Pressurex are the powerful herbs Coleus forskohlii, olive leaf extract, hawthorn berries extract and goldenerod; 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, including resveratrol. Studies suggest that grape seed extract may be beneficial for maintaining blood pressure levels and may contribute to overall cardiovascular health.

**Ingredients:**
- 15 IU vitamin E (50% of Daily Value), l-arginine, olive leaf extract, grape seed extract, colesus 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, Cholesterol-Reg II, Co-Q10 50 mg, Cardio Assurance, Capsicum, Hawthorn Berries.

**Stock No. 554-8 (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. Not only does Blood Stimulator help the body get rid of irritating toxins, it works to prevent more toxic buildup. 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, aegle sylvestre root, alisma rhizome, astragalus root, atractylodes rhizome, cirnium 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. 1881-9 (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:**
This formula contains the same herbs found in Blood Stimulator but in a highly concentrated blend. 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. Not only does Blood Stimulator help the body get rid of irritating toxins, it works to prevent more toxic buildup. 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, lycium fruit, peony root without bark, tang-kuei root, bupleurum root, cornus fruit without seeds, curcuma root tuber, salvia root and rhizome, aegle sylvestre root, alisma rhizome, astragalus root, atractylodes rhizome, cirnium rhizome, he shou wu root tuber, ligustrum fruit, rehmannia root tuber, cyperus rhizome 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:**
- Liver Balance TCM Conc., Hepatic System Pack, Milk Thistle Combination, Mood Elevator, Gall Bladder Formula.

**Stock No. 1005-9 (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, gynemna 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:**
- Gymnema sylvestre leaf extract, Momordica charantia fruit bark extract, Pterocarpus marsupium gum extract, Aegle marmelos leaf extract, Enicostemma littorale herb extract, Andrographis paniculata herb extract, Curcuma longa rhizome extract, Syzygium cumini seed extract, Azadirachta indica leaf extract, Picrorhiza kurroa root extract, Trigonella foenum-graecum seed extract and Cyperus rotundus tuber extract.

**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. 1298-8 (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. 110-0 (100) Kosher**

**Blue Vervain Liquid**

[Body Systems]

**Benefits:**
- Supports the nervous system.

**How it Works:**
- Blue 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:**
- Blue 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-I, Focus Attention.

**Stock No. 3160-8 (2 fl. oz.) Kosher**

**Bone/Skin Poultice**

[Body Systems]

**Benefits:**
- Supports the structural system.

**How it Works:**
- Blue vervain aerial parts extract, glycerin, leaves and yarrow aerial parts.
- Plantain leaves, rehmanna root, mullein leaves and yarrow aerial parts.

**Recommendation:**
- Take 2 capsules with a meal three times daily, or mix with Golden Salve or Black Ointment and use as a poultice.

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

**Stock No. 1248-2 (100) Kosher**

**Boomerang Air and Surface Sanitizer**

**Benefits:**
- Sanitizes the air by neutralizing and killing airborne pathogens and allergens (pollen).
- Helps neutralize indoor odors.
- Costs very little to operate.
- Supports the immune system.

**How it Works:**
- Indoor air pollutants are plentiful and many can be harmful to health. From hair spray to cleaning chemicals, from cigarette smoke to dander, these odors and particles present health challenges.

**Complementary Products:**
- Silver Shield, Immune Stimulator, Nature's Fresh Silver Shield Surface Wipes.

**Stock No. 7030-5 PCO Replacement Cell:**

**Stock No. 7040-9**

**Bowel Detox**

[Core Health—Cleansing]

**Benefits:**
- Cleans and builds the intestinal system.
- Strengthens colon tissue.

**How it Works:**
- In the battle to clean our air and promote better health for all, NSP proudly offers the Boomerang Air Sanitizer. This amazing unit kills airborne microbes and neutralizes pollen and particulates, making the air you breathe cleaner and less harmful. It also helps neutralize indoor odors of all types. And it costs very little to operate!
- The Boomerang’s effectiveness is due in part to a patent-pending Silver+ Photo Catalytic Oxidation (PCO) cell. The cell contains nano-sized metal catalysts—silver, nickel and copper as well as rhodium and titanium—which react with photons from ultraviolet (UV) light to create millions of redundant oxidizers, including super oxide ions, hydroxyl ions, hydro peroxide ions and ozonide ions. All of these have been demonstrated to kill or neutralize airborne organisms.
- The unit sanitizes 2,000 square feet of open living space, and it requires no cleaning or filter replacement. There’s no maintenance for up to three years! The Boomerang is also lightweight and energy-efficient and features quiet operation. Made in the U.S., using only the highest quality parts.

**Recommendation:**
- Place your Boomerang on a flat surface like a counter or shelf. Or mount it on a wall. Turn it on and enjoy cleaner air.

**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. 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:** LOCEO, Everybody’s Fiber, Bifidophilus Flora Force, Nature’s Three, Probiotic Eleven.

**Stock No.** 3020-8 (120)

**BP-X®**

**[Body Systems]**

**Benefits:**
- 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 and rhizome, and prickly ash bark.

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

**Breast Assured®**

**[Body Systems]**

**Benefits:**
- Supports the female reproductive system.
- 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 normal female hormone levels 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.** 1107-3 (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 scleretum, 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, ALI, Mullein, Fenugreek & Thyme, Ayurvedic Bronchial Formula.

**Stock No. 1036-3 (30)**

Breathe Free

**Pure 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 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. This 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, Hula racemosa root extract, Myrica nagi bark extract, Verbascum thapsus leaves, Phyllanthus emblica fruit, Hedychium spicatum root, Picrorhiza kurrooa root extract, Pimpinella anisum fruit, Pistacia integerrima gall, Zingiber officinal rhizome, Ocimum sanctum leaf extract, 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:**

ALI, HistaBlock, Sinus Support EF, Fenugreek & Thyme, Mullein, Boomerang Air & Surface Sanitizer.

**Stock No. 1297-2 (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 (burs) 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. 140-2 (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. 135-5 (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, Pro-G-Yam Cream, Flash Ease, Female Comfort.

**Stock No. 1230-6 (100) Kosher**
Hops flowers.

marshmallow root, wheat grass, strobilus, oat straw extract, plantain leaves, marshmallow root, wheat grass aerial parts and hops flowers.

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. 823-5 (100) Kosher
Stock No. 826-3 (50) ATC Concentrate, Kosher

Calcium, Liquid
(see Liquid Calcium)

Calcium–Magnesium, SynerPro®
[Core Health—Nutrition]

Benefits:
• Provides nutrients that support the structural system.
• Aids in the maintenance of teeth, bones, tendons and skin.
• Supports the maintenance of a balanced pH.
• May offer benefits to the circulatory system.
• Provides 25–50% of the Daily Value of vitamin D, calcium, phosphorus, magnesium, zinc and copper per serving.

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:
Herbal CA, Skeletal Strength, EverFlex w/Hyaluronic Acid, Coral Calcium.

Stock No. 3244-6 (150)

Calcium Plus Vitamin D
[Core Health—Nutrition]

Benefits:
• Supports the structural system, especially the bones, muscles, ligaments, tendons and skin.
• Supports the body’s efforts in maintaining a balanced pH.
• Provides 25–30% of the Daily Value of vitamin D, calcium and magnesium per serving.

How it Works:
This formula provides important amounts of three essential minerals plus calcium. Combined with other 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. 3243-4 (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 two capsules of Pau D’Arco, two capsules of Caprylic Acid and two 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 cellophane packet three times daily with meals. Take one Candida Clear Enzyme cellophane packet three times daily on an empty stomach.

**Complementary Products:**
Bifidobillus Flora Force, Ultimate GreenZone, Super Trio, Silver Shield.

**Stock No. 958-7 (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, Caprylimune.

**Stock No. 1808-2 (90)**

**Caprylimune**

**[Body Systems]**

**Benefits:**
- Supports the immune system.
- Provides antioxidant benefits.

**How it Works:**
Caprylimune is a Dr. Jack Ritchason formula designed to nutritionally support the immune system. It combines immune-boosting vitamins and minerals with herbs and nutrients known for their ability to support and maintain immune health. Pau d’arco, garlic and goldenseal support a balanced microbiological environment. Rose hips, hesperidin and citrus bioflavonoids promote immunity.

**Ingredients:**
3,666 IU vitamin A (73% of Daily Value), 333 mg vitamin C (555% DV), 100 IU vitamin E (333% DV), 133 mcg biotin (44% DV), 120 mg pantothenic acid (1,200% DV), 185 mg calcium (19% DV), 144 mg phosphorus (14% DV), 13 mg zinc (87% DV), 133 mcg selenium (190% DV), plus caprylic acid, pau d’arco inner bark, garlic bulb, goldenseal root and rhizome, yucca root, lemongrass aerial parts, rose hips extract, hesperidin and citrus bioflavonoids.

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

**Complementary Products:**
VS-C, Pau D’Arco, High-Potency Garlic, Solstic Immune.

**Stock No. 2808-5 (150)**

**Capsicum**

**[Body Systems]**

**Benefits:**
- Supports 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. 160-5 (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 Extract Liquid is a natural and pure extract.

**Ingredients:**
Capsicum fruit extract, water and alcohol.

**Recommendation:**
Take 2 capsules with food three times daily.

**Complementary Products:**
Ginkgo & Hawthorn Combination, Black Currant Oil, Super Omega-3 EPA, Ginger, Silver Shield.

**Stock No. 832-3 (100) Kosher**

**Carbo Grabbers® with Chromium**

**[Weight Management]**

**Benefits:**
- Helps maintain blood pressure levels that are already within the normal range.
- Helps reduce the conversion of some starches to calories.
- 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 starch 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 (15% of Daily Value) 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, MetaboMax Plus, MetaboMax Free, SugarReg.

**Stock No. 3070-7 (60) Kosher**

**Cardio Assurance**
*Core Health—Nutrition*

**Benefits:**
- Helps the body’s effort to maintain healthy blood vessels.
- Promotes circulation to peripheral tissues.
- Modulates blood flow.
- Provides antioxidant benefits.
- Provides 125–208% of the Daily Value of vitamin B6, folic acid and vitamin B12.

**How it Works:**
This formula blends heart-benefiting ingredients that are designed to support your heart and cardiovascular system. Hawthorn is one of the most thoroughly researched herbs for heart and circulatory support. It contains flavonoids, which are packed with antioxidant protection and help maintain blood vessels and promote blood flow in the heart arteries. Hawthorn also aids in reducing cholesterol synthesis as well as facilitating the metabolism of cholesterol in the liver. Research shows that vitamin K2, a menaquinone, may support bone mineral density. Recent studies show that osteocalcin, a vitamin K-dependent protein, improves insulin synthesis while directing cells to store less fat. This process plays an important role in the regulation of fat cells and glucose metabolism, which may result in more effective weight management. 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-healthy 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:**
- 22.5 mcg vitamin K2 (28% of Daily Value), 4 mg vitamin B6 (200% DV), 500 mcg folic acid (125% DV), 12.5 mcg vitamin B12 (208% DV), hawthorn berries and resveratrol.

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

**Complementary Products:**
Co-Q10 50 mg, Flax Seed Oil, Super Omega-3 EPA, Solstic Cardio, Red Yeast Rice.

**Stock No. 553-2 (60)**

**Carotenoid Blend**
*Core Health—Nutrition*

**Benefits:**
- Quenches dangerous free radicals.
- Supports prostate health.
- Supports vision and helps protect against UV damage to the eyes and skin.
- Supports immune function.
- Supports the heart and circulatory system.

**How it Works:**
Beta-carotene is a carotenoid found naturally in carrots and other sources. Its antioxidant properties make it important to overall health. Many members of the carotenoid family have been shown to have a positive influence on health. For example, lycopene (responsible for the red color of tomatoes) may support prostate health; lutein (found in dark green vegetables) offers a variety of health benefits, particularly to the eyes; and zeaxanthin (also found in dark green veggies) may support immune function as an antioxidant.

Although individual carotenoids offer distinctive health advantages, their combined effects may enhance their influence and range of benefits. These include powerful free-radical quenching ability, heart and circulatory system support and support of healthy vision. This blend may also provide some protection from ultraviolet light damage to the eyes and skin, in addition to supporting the glandular system and offering a host of immuno-supportive benefits.

**Ingredients:**
- 4,000 IU vitamin A as beta-carotene (80% of Daily Value), hibiscus flowers, alpha-carotene, lycopene, lutein, zeaxanthin, cryptoxanthin, astaxanthin, phytene and phytofluene.

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

**Complementary Products:**
Super ORAC, Eyebright, EW, Perfect Eyes, Thai-Go.

**Stock No. 4073-3 (60) Kosher**

**Cascara Sagrada**
*Body Systems*

**Benefits:**
- Supports waste elimination.
- Helps cleanse the colon of toxins.
- Provides intestinal support.

**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. 170-8 (100) capsules, Kosher**

**Stock No. 172-1 (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:
Kava Kava Conc., Nutri-Calm, 5-HTP Power, St. John’s Wort.

Stock No. 180-4 (100) Kosher

Catnip & Fennel Liquid
[Body Systems]
Benefits:
• Supports the nervous and digestive systems.

How it Works:
Catnip supports both the nervous and immune systems. Fennel, an aromatic herb, helps soothe digestion.

Ingredients:
Catnip leaves extract and fennel seed oil in glycerin and water.

Recommendation:
Adults: Take 1/2 to 1 teaspoon in water with a meal three times daily. Children: Take 1/4 teaspoon in water with a meal three times daily. Shake well before using. One ml is equal to 1 capsule of catnip and 1 capsule of fennel.

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

Stock No. 3195-3 (2 fl. oz.)

Cat’s Claw
(see Uña de Gato)

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 flowers, 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. 3165-0 (2 fl. oz.) Kosher

Cellular Energy
[Body Systems]
Benefits:
• Aids in the production of ATP for energy.

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 pantethenic 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 lipic acid, dimethyl glycine HCl and fulvic acid.

Recommendation:
Take 1 capsule with a meal twice daily.

Complementary Products:
Liquid B12 Complete, Adrenal Support, Magnesium Complex, Co-Q10 50 mg, Energ-V.

Stock No. 1879-6 (60)

Cellu-Smooth® with Coleus
[Weight Management]
Benefits:
• Supports general circulation.

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

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 pantethenic 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 lipic acid, dimethyl glycine HCl and fulvic acid.

Recommendation:
Take 1 capsule with a meal twice daily.

Complementary Products:
Liquid B12 Complete, Adrenal Support, Magnesium Complex, Co-Q10 50 mg, Energ-V.

Stock No. 1879-6 (60)

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.

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10 IU vitamin E (35% DV), 5 mg thiamin (330% DV), 5 mg riboflavin (290% DV), 2.5 mg niacin (15% DV), 5 mg pantethenic 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 lipic acid, dimethyl glycine HCl and fulvic acid.

Recommendation:
Take 1 capsule with a meal twice daily.

Complementary Products:
Liquid B12 Complete, Adrenal Support, Magnesium Complex, Co-Q10 50 mg, Energ-V.

Stock No. 1879-6 (60)

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 pantethenic 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 lipic acid, dimethyl glycine HCl and fulvic acid.

Recommendation:
Take 1 capsule with a meal twice daily.

Complementary Products:
Liquid B12 Complete, Adrenal Support, Magnesium Complex, Co-Q10 50 mg, Energ-V.

Stock No. 1879-6 (60)

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 pantethenic 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 lipic acid, dimethyl glycine HCl and fulvic acid.

Recommendation:
Take 1 capsule with a meal twice daily.

Complementary Products:
Liquid B12 Complete, Adrenal Support, Magnesium Complex, Co-Q10 50 mg, Energ-V.

Stock No. 1879-6 (60)
Ingredients:
Chamomile flowers.

Recommendation:
Take 1 capsule with a meal twice daily.

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

Stock No. 190-7 (100) Kosher

Chamomile, Roman
Pure Essential Oil
(see Essential Oils)

Charcoal, Activated
[Body Systems]

Benefits:
• 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 1 capsule with a meal twice daily.

Complementary Products:
Urinary Maintenance, SF, MetaboMax Plus, MetaboMax Free, Adrenal Support.

Stock No. 220-2 (100) Kosher

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. 13344-8

Chlorophyll, Liquid
[Core Health—Nutrition]

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 refreshing 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. 1683-7** (16 fl. oz.) Kosher
**Stock No. 1689-6** (32 fl. oz.) Kosher

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**Chlorophyll**
[Core Health—Nutrition]

**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. 1690-7**
(60 softgel caps)

**Choles-Reg® II**
[Body Systems]

**Benefits:**
- 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:**
LOCL®O, Fat Grabbers, Krill Oil w/K2, Guggul Lipid, Vitamin E Complete with Selenium, Hawthorn Berries.

**Stock No. 557-7** (90)

**Chocolate**
(see Nature’s Sweet Life)

**Benefits:**
- 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. Drink 8 oz. water along with the capsules.

**Complementary Products:**
Glucosamine, MSM, EverFlex w/Hyaluronic Acid, EverFlex Pain Cream, Skeletal Strength.

**Stock No. 1811-5** (60)

**Chromium, GTF**
[Body Systems]

**Benefits:**
- Helps maintain blood sugar levels already within the normal range.
- Aids in the control of glucose and fatty acids.
- Promotes energy by helping transport glucose to cells.
- Cuts down on the body’s need for insulin, which may result in improved arterial health.
- 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 energy source—to 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. Chromium may positively affect blood fat levels and the liver filtration process.

**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, Master Gland, Nopal, Ayurvedic Blood Sugar Formula, Pro-Pancreas.

**Stock No. 1801-6 (90) Kosher**

**Circulatory System Pack**

**Benefits:**
- Supports circulatory health and heart function.
- May increase circulation to the extremities.
- Provides essential fatty acids, which benefit heart health.

**How it Works:**
Ginkgo is traditionally known to increase circulation, and it has antioxidant properties that support cardiovascular health. Hawthorn berries contain flavonoids and other compounds that may benefit the heart, and may increase the efficiency of nerve impulses in, and protect against oxygen deprivation of, the heart muscle. Co-Q10 50 mg helps produce energy at a cellular level and acts as an antioxidant. It protects cardiac cells and promotes the regeneration of vitamin E, another heart-healthy antioxidant. Co-Q10 can also help maintain blood pressure levels already in the normal range. Super Omega-3 EPA provides essential fatty acids that are good for the heart. Among a host of other benefits, supportive but not conclusive research shows that the consumption of EPA and DHA fatty acids may reduce the risk of coronary heart disease.

**Ingredients:**
- Each AM packet contains 2 Ginkgo & Hawthorn capsules, 1 Co-Q10 50 mg softgel capsule and 1 Super Omega-3 EPA softgel capsule. Each PM packet contains 1 Ginkgo & Hawthorn capsule and 1 Super Omega-3 EPA softgel capsule.

**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. 5383-6 (30 day supply)**

**Citrus Bioflavonoids**
(see Vitamin C)

**CLA**

**[Weight Management]**

**Benefits:**
- Provides 750 mg CLA per softgel capsule.
- Maintains blood glucose levels that are already in the normal range.
- Helps maintain cholesterol levels that are already in the normal range.

**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. CLA is a patented ingredient for fat reduction.

**Ingredients:**
- Conjugated linoleic acid and safflower oil.

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

**Complementary Products:**
SmartMeal, Nutri-Burn, MetaboMax Plus, MetaboMax Free, Fat Grabbers.

**Stock No. 3010-1 (75 softgel caps)**

**Clary Sage Pure**

**Essential Oil**
(see Essential Oils)

**CleanStart®**

**[Core Health—Cleansing]**

**Benefits:**
- 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. The formulation includes burdock root, dandelion root, fenugreek seed, ginger rhizome, pepsin, red clover flowers, yellow dock root, marshmallow root extract, sarsaparilla root extract, Bacillus coagulans, cascar 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 cascaras sagrada bark, buckthorn bark, licorice root, capsicum fruit, ginger rhizome, Oregon grape root and rhizome, Turkey thubab 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, alo 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 in 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. Drink immediately. Drink an additional glass of water immediately following this. Drink plenty of water throughout the day.

**NOTICE:** This product contains cascaras sagrada, buckthorn and Turkey rhubarb. 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. May cause allergic reaction in persons sensitive to inhaled or ingested psyllium.

**Complementary Products:**
*Stock No. 3992-6 Apple-Cinnamon (28 drink and 28 capsule packets)*
*Stock No. 3993-8 Wild Berry (28 drink and 28 capsule packets)*

**Clove Bud BIO Pure 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 labelia 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. 1207-7 (100)*

**Co-Enzyme Q10 50 mg**
*Core Health—Nutrition*

**Benefits:**
- Helps reduce oxidative stress in all cells throughout the body.
- Supports the health of the heart, kidneys, liver and pancreas.
- Promotes healthy cardiovascular function and general longevity.
- Supports energy production.
- Exhibits antioxidant and neuron-protective properties.
- Supports already-normal-range blood pressure levels.
- Provides 50 mg non-crystallizing, highly bioavailable co-enzyme Q10 per serving.

**How it Works:**
Co-Q10 is a vitamin-like substance present in every cell in the body. It is vital for cellular energy, cardiovascular health and longevity. Co-Q10 is required for energy production in the mitochondria of the cell where carbohydrates and fatty acids are converted into energy (ATP). This energy-making process fuels most metabolic processes. As an antioxidant, Co-Q10 scavenges free radicals, reducing oxidative stress on cells throughout the body. It protects cardiac cells, prevents lipid oxidation and promotes the regeneration of vitamin E, another antioxidant. Co-Q10 especially contributes to the health of the heart, kidneys, liver and pancreas. It also supports already-normal-range blood pressure levels.

Co-Q10 material is often marketed in a crystalline state, which is less-absorbable by the body. Nature’s Sunshine uses a patented lipid blend to keep Co-Q10 from crystallizing, and it yields maximum bioavailability. A double-blind human clinical trial showed that this form of Co-Q10 was at least eight times more readily absorbed by the body than competing (crystalline) products.

**Ingredients:**
- Co-enzyme Q10, conjugated linoleic acid, flaxseed oil and soy monoglycerides.

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

**Complementary Products:**
Vitamin E Complete with Selenium, Mega-Chel, Cardio Assurance, Cellular Energy.
*Stock No. 4109-8 (30 softgel caps)*

**Collatrim**
*Weight Management*

**Benefits:**
- Strengthens the structural system.
- Contains amino acids, the building blocks of protein.
- Supports weight-management goals.

**How it Works:**
Collatrim contains bovine collagen—the fibrous protein in bones, tendons and connective tissues. Collatrim is designed to support weight management by providing high levels of protein and important amino acids to rebuild muscles and strengthen lean muscle mass. Collagen is also important for healthy skin and strong joints.

**Ingredients:**
- Hydrolyzed collagen.

**Recommendation:**
For weight management, take 6 to 9 capsules daily before bedtime with 8 oz. water on an empty stomach. For structural benefits and skin support, take 2 to 3 capsules with a meal three times daily.

**Complementary Products:**
Nutri-Burn, SmartMeal, CLA, Fat Grabbers, MetaboMax Plus, MetaboMax Free.
*Stock No. 3062-0 (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 supports growth and repair of gastrointestinal tissues and nervous tissue.

**Ingredients:**
- Colostrum from milk.
**Recommended: **
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. 1828-7 (90)**

**Colostrum with Immune Factors**

[Body Systems]

**Benefits:**
- 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 astragalisodes 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:**
VS-C, Silver Shield, Immune Stimulator, Nature’s Three, Intestinal Soothe & Build.

**Stock No. 1587-3 (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 Chinese licorice root) and nervous system (passionflower and valerian root) support.

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

**Recommendation:**
Adults: Take 1/2 teaspoon three times daily with water. Children: Take 1/4 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 (2 fl. oz.) Kosher**

**Coral Calcium Powder**

[Core Health–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 one rounded scoop (included) in 8 oz. of water or other beverage.

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

**Stock No. 1873-7 (75 g/50 servings)**

**Coral Calcium Capsules**

[Core Health–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. 1899-7 (90)**

**Cordyceps**

[Body Systems]

**Benefits:**
- Is traditionally used to help the body build strength, endurance and stamina.
- 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, Co-Q10 50 mg, Nervous Fatigue TCM Conc., Energ-V.

**Stock No. 1540-5 (90) Kosher**

**Cranberry & Buchu Concentrate**

[Body Systems]

**Benefits:**
- Nutritionally supports the health of the urinary tract.
- Helps deodorize urine.

**How it Works:**
For centuries, herbalists have known the diuretic properties of cranberry. Scientific studies have concluded that cranberry juice contains substances that support a healthy urinary tract. Cranberries also help promote healthy digestion. 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 two or three times daily. 

**Complementary Products:**

**Stock No. 1235-3 (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. 1124-9 (100) Kosher**

**Cornsilk**

[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 actions on urinary tissues.

**Ingredients:**
Cornsilk.

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

**Complementary Products:**

**Stock No. 235-3 (100) Kosher**

**Damiana**

[Body Systems]

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

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

**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. 240-9 (100) Kosher**

Dandelion

**[Body Systems]**

**Ingredients:**
- Provides urinary system support.
- Supports digestion and nourishes the liver.

**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.

**Stock No. 250-4 (100) Kosher**

Deep Relief Pure

**Essential Oil Blend**

(see Essential Oils)

**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, astringus 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, Silver Shield, Thai-Go.

**Stock No. 1654-5 (120)**

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:**
- Brain Protex w/Huperzine A, Perfect Eyes, Co-Q10 50 mg, Super Omega-3 EPA, Mind-Max.

**Stock No. 1513-5 (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 the aging process. DHEA especially supports the glandular, immune and nervous systems. NSP developed DHEA-F especially for women to help optimize vitality and fight the damaging effects of free radicals—unstable molecules believed to quicken the aging process. Wild yam, false unicorn and chaste tree are prized for their ability to help the female body maintain overall balance. Both wild yam and chaste tree have been the subject of numerous clinical studies that 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 chaste tree berry extract.

**Recommendation:**
Take 1 softgel with a meal three times daily.
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. 4202-2 (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 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 herb 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. 4200-7 (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: 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, MetaboMax Plus, MetaboMax Free, Nutri-Burn, CLA, SmartMeal.
Stock No. 3220-4 (14-day supply)

Digestive Bitters Tonic
[Body Systems]
Benefits:
• Improves digestion and promotes natural, healthy elimination.
• Supplies friendly bacteria to help rebalance the population of flora in the gut.
• Aids in the elimination of toxins.

How it Works:
If you have digestive problems, this formula is for you. Digestive Bitters Tonic is a safe, convenient and effective solution to digestive problems. This product helps reduce bloating, gas and undesirable flatulence. These 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. 3113-9 (4 fl. oz.) Kosher

Digestive System Pack
[Body Systems]
Benefits:
• Supports healthy digestion by breaking down all types of food.
• 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 and toxins. Probiotic Eleven combines 11 types of friendly bacteria that support proper digestion and nutrient absorption. Probiotics help the small intestine and colon by producing enzymes, supporting immune function and helping to prevent occasional constipation.

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

Recommendation:
Take the contents of one AM packet throughout the day before meals (one capsule before each meal). Take the contents of the
**Dulse Liquid**

**[Body Systems]**

**Benefits:**
- Supports optimal 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 1–2 capsules with a meal three times daily.

**Complementary Products:**
- Thyroid Activator, Kelp, Energ-V, Thyroid Support.

**Stock No. 3568-6 (2 fl. oz.) Kosher**

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

**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: 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:**
- Paw Paw Cell-Reg, Pau D’Arco, Nature’s Noni, Immune Stimulator, Thai-Go.

**Stock No. 1360-4 (100) Kosher**

**Echinacea/Golden Seal Liquid**

**[Body Systems]**

**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 has become one of the most popular herbs in America. Goldenseal may also benefit the digestive and circulatory systems.

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

**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, Solstice Immune, Elderberry D3fense, Immune Stimulator.

**Stock No. 835-2 (100) Kosher**
in America. Goldenseal may also benefit the digestive and circulatory systems.

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

**Recommendation:**
- Adults: 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.
- Children: Take approximately 5–10 drops (.5 ml) in water with a meal three times daily.

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

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

**Stock No. 3180-1 (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:**
- Extract from the roots of *Echinacea purpurea*, *E. angustifolia* and *E. pallida*, banana and orange flavor, vegetable glycerin and water.

**Recommendation:**
- Adults: Take 15–20 drops (1 ml) in water with a meal three times daily. Children age 6 or older: Take approximately 5–10 drops 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. 3180-1 (2 fl. oz.) Kosher**

**Echinacea, Ultimate (Liquid)**

**[Body Systems]**

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

**How it Works:**
- This unique formula combines the synergistic benefits of the three most popular echinacea species into a powerful immune system product. It contains echinacosides, glycoproteins, isobutylamides and polysaccharides found selectively in each species. 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:**
- *Echinacea purpurea*, *E. angustifolia* and *E. pallida* aerial parts and root.

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

**Complementary Products:**
- Solstic Immune, Immune Stimulator, VS-C.

**Stock No. 897-2 (90 capsules)**

**Energ-V®**

**[Body Systems]**

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

**How it Works:**
- Energ-V provides essential nutrition to the glandular, nervous and circulatory systems of the body. 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, promotes 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

**How it Works:**
- The cloudy winter months (when people receive little sun exposure) are the hardest months for the immune system. During these times, 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 oleanepirin, the substance in olive wood that helps protect the tree; and royal jelly, a nutrient-dense substance secreted by the honey bee and containing fats, carbohydrates, amino acids and vitamins.

**Ingredients:**
- 2,000 IU (500% Daily Value) vitamin D3, 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:**
- Solstic Immune, Immune Stimulator, VS-C.

**Stock No. 897-2 (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. 860-9 (100) Kosher**
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 B12 Complete, B Complex capsules, AdaptaMax, Bee Pollen, Iron, Vitamin C.

**Enviro-Detox [Core Health—Cleansing]**

**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. Cascarasagradabark, 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 sagradabark, 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:
- 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, Probiotic Eleven, Heavy Metal Detox.

**Stock No. 874-4 (100)**

**ESSENTIAL OILS**

Essential oils are an important part of any aromatherapy program. Using aromas that remind us of different moods, aromatherapy can help elicit feelings and help us experience harmony, balance and stability in our lives. NSP Essential Oils are versatile, effective, calming, soothing, revitalizing and balancing. Pure, genuine and complete, they are the best you can buy. Essential oils will strengthen any holistic program and can be used in conjunction with herbal and other nutritional supplements. Their amazing benefits can be enjoyed not only through massage and inhalation, but in the bath, shower, vaporizer, humidifier, in gargles, skin care and more.

All oils should be diluted prior to topical use. Do not use essential oils near the eyes or mucous membranes.

**Aromaball Diffuser Scent Cards [Essential Oils]**

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

**Stock No. 3951-3 (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. 3895-7**

**Aromatherapy Product Pack [Essential Oils]**

This pack contains everything you need to get started making your own pampering and cleaning products for pennies! Includes each of these oils: Lavender, Bergamot, Cinnamon Leaf, Lemon Bio, Pink Grapefruit, Geranium, Frankincense, Pine Needle, Mandarin and Peppermint. Plus:
- 1 Bottle of Nature’s Sunshine Concentrate
- 1 Bottle of Massage Oil
- 1 Bottle of Aloe Vera Gel
- 3 Bottles with Sprayers
- 3 Roll-on Bottles

**Stock No. 11164-9**

**Bergamot BIO [Essential Oils]**

**Benefits:**
- Soothes the nerves.
- May help the body deal with stress.
- Is useful for oily skin.
- Has balancing, cooling, refreshing, stimulating and uplifting properties.

**Ingredients:**
- Bergamot fruit peel oil, cold pressed, organic.

**Recommendation:**
All oils should be diluted prior to topical use. Do not use essential oils near the eyes or mucous membranes.

**NOTE:** Do not use topically prior to sun exposure or during pregnancy.

**Complementary Products:**
- Nutri-Calm, B-Complex, Kava Kava Conc.

**Stock No. 3900-5 (5 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. 3936-9**

**Breathe Free Blend [Essential Oils]**

**Benefits:**
- May help clear and soothe mucous membranes.

**Ingredients:**
- Geranium aerial parts, niaouli leaf, peppermint aerial parts and rosemary aerial parts essential oils.

**Recommendation:**
All oils should be diluted prior to topical use. Lightly apply this clearing and stimulating blend to the forehead and behind the ears and neck.
NOTE: Do not use during pregnancy or with high blood pressure or epilepsy. Not for use on children under 2.

**Complementary Products:**
Sinus Support EF, Lobelia, ALI, Fenugreek & Thyme.

**Stock No. 3919-1 (5 ml)**

**Cellu-Tone Blend**
[Essential Oils]

**Benefits:**
- Provides powerful, beneficial properties for the skin.
- Is a stimulating combination.

**Ingredients:**
Cypress needles and twigs, geranium aerial parts, juniper berry, niaouli leaf, pink grapefruit rind, rosemary aerial parts, thyme linalol flower and leaf, and vetiver root essential oils.

**Recommendation:**
All oils should be diluted prior to topical use. Massage well into desired area. Do not administer to people with kidney disorders.

**Complementary Products:**
Collatrim Plus, Cellu-Smooth w/Coleus, Vari-Gone, Vari-Gone Cream, MetaboMax Free, MetaboMax Plus.

**Stock No. 3927-3 (5 ml)**

**Chamomile, Roman**
[Essential Oils]

**Benefits:**
- Provides refreshing, calming and soothing benefits.
- Is particularly useful for sensitive skin and other skin types.
- Is widely used in shampoos.

**Ingredients:**
Chamomile flower oil, steam-distilled.

**Recommendation:**
All oils should be diluted prior to topical use. Mix with Rose Bulgaria and Thyme Linalol.

**NOTE:** Not for use during pregnancy.

**Complementary Products:**
Bowel Detox, Intestinal Soothe & Build, Stress-J.

**Stock No. 3901-6 (5 ml)**

**Cinnamon**
[Essential Oils]

**Benefits:**
- Has warming properties that make it excellent for massage when well diluted.
- Comforts and soothes the mind and spirit.

**Ingredients:**
Cinnamomum zeylanicum, steam-distilled.

**Recommendation:**
All oils should be diluted prior to topical use.

**NOTE:** Do not use in cases of hemophilia or severe kidney or liver disease.

**Complementary Products:**
Capsicum & Garlic with Parsley, ALI, Stomach Comfort.

**Stock No. 3898-6 (5 ml)**

**Citrus Fresh Diffuser Kit**
[Essential Oils]

Fragrance your home with the refreshing smell of pure citrus oils. Lemon, Mandarin and Pink Grapefruit are included with this easy-to-use, refillable plug-in diffuser. To change the fragrance, simply replace the diffuser scent card (includes 10 replacement cards).

**Stock No. 3949-4**

**Clary Sage**
[Essential Oils]

**Benefits:**
- Is balancing and relaxing.
- Is especially helpful for women
- Is beneficial for dry skin.
- Has an inspiring, regenerating aroma.

**Recommendation:**
All oils should be diluted prior to topical use. Apply to ankles, knees and arms. Do not use during pregnancy or on children under 2.

**Complementary Products:**
Everflex w/Hyaluronic Acid, Everflex Pain Cream, Joint Support, Fibralgia.

**Stock No. 3926-2 (5 ml)**

**Empty Amber Bottle**
[Essential Oils]

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

**Stock No. 3894-0 (15 ml)**

**Eucalyptus BIO**
[Essential Oils]

**Benefits:**
- Is cooling, stimulating and penetrating.
- Inspires feelings of emotional balance.
- Is useful during the changing seasons.
- Contains strong compounds and can be used for all skin types.

**Ingredients:**
Eucalyptus leaf and twig, steam-distilled, organic.

**Recommendation:**
All oils should be diluted prior to topical use. For external use only. Not for use during pregnancy, on children under the age of 2 or by asthmatics.

**Complementary Products:**
Sinus Support EF, Fenugreek & Thyme, ALI.

**Stock No. 3904-9 (5 ml)**

**Fragrance Testing Papers**
[Essential Oils]

These papers come in handy when sharing aromatherapy with others, as they allow customers to sample different fragrances without opening and closing bottles.

**Stock No. 2799-0 (100)**
Frankincense
[Essential Oils]
Benefits:
• Soothes the nerves.
• Is centering, comforting and elevating.
• Has been associated with meditation and spirituality.
• Is useful for the skin, especially mature or dry skin.
Ingredients:
Frankincense resin oil, steam-distilled, wildcrafted.
Recommendation:
All oils should be diluted prior to topical use. Not for use during pregnancy.
Complementary Products:
Stress-J, Focus Attention, HSN-W.
Stock No. 3905-3 (5 ml)

Grapefruit, Pink BIO
[Essential Oils]
Benefits:
• Is astringent, uplifting, soothing and refreshing.
• Possesses toning and stimulating properties.
• Is beneficial for oily skin and hair.
Ingredients:
Pink grapefruit rind oil, cold-pressed, organic.
Recommendation:
Do not use topically prior to sun exposure; can irritate skin. All oils should be diluted prior to topical use. Not for use during pregnancy.
Complementary Products:
Cellu-Smooth w/Coleus, Vari-Gone, Vari-Gone Cream.
Stock No. 3906-7 (5 ml)

Guardian Blend
[Essential Oils]
Benefits:
• Is spiritually "strengthening."
Ingredients:
Lavender flower, ravensara leaf, Roman chamomile flower and leaf, and tea tree leaf essential oils.
Recommendation:
All oils should be diluted prior to topical use. Not for use during pregnancy.
Complementary Products:
Immune Stimulator, Defense Maintenance, Olive Leaf Extract Conc., High-Potency Garlic.
Stock No. 3922-9 (5 ml)

Health, Home and Beauty Pack
[Essential Oils]
This collection contains bottles of the following oils: Lavender, Bergamot, Cinnamon leaf, Lemon Bio, Pink Grapefruit, Geranium, Frankincense, Pine Needle, Mandarin and Peppermint. This versatile collection can be used to create hundreds of blends for everything from women's concerns to cleaning your bathroom tiles.
Stock No. 14818-1

Helichrysum
[Essential Oils]
Benefits:
• Is useful for rough, patchy skin.
Ingredients:
Helichrysum blossom oil, steam-distilled.
Recommendation:
All oils should be diluted prior to topical use. Not for use during pregnancy.
Complementary Products:
Ayurvedic Skin Detox, HSN-W, Super GLA Oil Blend, Jojoba Oil.
Stock No. 3943-0 (5 ml)

Jasmine
[Essential Oils]
Benefits:
• Has been used in human sexuality for centuries.
• Is especially helpful for those with dry, sensitive skin.
Ingredients:
Jasmine blossom oil.
Recommendation:
All oils should be diluted prior to topical use. Do not use essential oils near the eyes or mucous membranes.
Complementary Products:
Sunshine Concentrate, Coral Calcium, Energ-V, Immune Stimulator.
Stock No. 3908-2 (5 ml)
Mandarin, Red
[Essential Oils]

Benefits:
• Has a fruity, cheerful aroma.
• Is invigorating and uplifting.
• Possesses astringent properties.
• Is beneficial for skin tone.
• Contains natural antioxidants that help protect the skin.

Ingredients:
Citrus reticulate fruit peel oil, cold-pressed.

Recommendation:
Do not use topically prior to sun exposure; can irritate skin. All oils should be diluted prior to topical use.

Complementary Products:
Super ORAC, Super GLA Oil Blend.
Stock No. 3897-4 (5 ml)

Marjoram, Sweet
[Essential Oils]

Benefits:
• Soothes the nerves.
• Calms and strengthens.

Ingredients:
Origanum majorana flower oil, steam-distilled.

Recommendation:
Makes an excellent massage oil. All oils should be diluted prior to topical use. Not for use during pregnancy.

Complementary Products:
Fibralgia, Magnesium, Relief Formula, Energ-V, Nervous Fatigue TCM Conc.
Stock No. 3896-3 (5 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. 3928-7 (4 fl. oz.)

Myrrh
[Essential Oils]

Benefits:
• Is centering and peaceful.
• Has long been associated with inspiration, strength and endurance.

Ingredients:
Commiphora myrrha resin oil, steam-distilled.

Recommendation:
All oils should be diluted prior to topical use. Not for use during pregnancy.

Complementary Products:
Cordyceps, Target Endurance Formula, Olive Leaf Extract Conc.
Stock No. 3939-3 (5 ml)

Nebulizing Diffuser
[Essential Oils]

Benefits:
• Acts as a carrier for essential oils.
• 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. 3928-7 (4 fl. oz.)

Myrrh
[Essential Oils]

Benefits:
• Is centering and peaceful.
• Has long been associated with inspiration, strength and endurance.

Ingredients:
Commiphora myrrha resin oil, steam-distilled.

Recommendation:
All oils should be diluted prior to topical use. Not for use during pregnancy.

Complementary Products:
Cordyceps, Target Endurance Formula, Olive Leaf Extract Conc.
Stock No. 3939-3 (5 ml)

Nebulizing Diffuser Maintenance Kit
[Essential Oils]

Contains two replacement corks, extra air tube, pipe cleaner, 2 oz. bottle of cleaner, extra dip and screw, and instructions.

Stock No. 3930-7
Stock No. 3933-4
(Glass Nebulizer Replacement)

Neroli
[Essential Oils]

Benefits:
• Soothes the nerves.
• Brightens the spirits and clears the mind.

Ingredients:
Citrus aurantium blossom oil, steam-distilled.

Recommendation:
Soothing properties enhance skin tone. All oils should be diluted prior to topical use. Not for use during pregnancy.

Complementary Products:
Stress-J, Valerian T/R, HSN-W, Vitamin C.
Stock No. 3891-2 (2 ml)

Oregano, Wild
[Essential Oils]

Benefits:
• Is both warming and cooling.
• Refreshes, uplifts and invigorates.
• Soothes the skin.
• Helps balance oily skin and hair.

Ingredients:
Mentha piperita aerial parts oil, steam-distilled.

Recommendation:
Not for use during pregnancy or on children under 2. May irritate skin. All oils should be diluted prior to topical use.
Complementary Products:
Stomach Comfort, Focus Attention, ALI.
Stock No. 3910-9 (5 ml)

**Pine Needle**
[Essential Oils]

**Benefits:**
- Warms, stimulates and revitalizes.
- Acts as a household deodorizer.

**Ingredients:**
- Pinus sylvestris needle oil, steam-distilled.

**Recommendation:**
Do not use on children under 2 or on those with kidney disorders. Can irritate skin. All oils should be diluted prior to topical use.

Complementary Products:
ALI, Fenugreek & Thyme, Sunshine Concentrate, Energy-V.
Stock No. 3911-5 (5 ml)

**Rose Bulgaria**
[Essential Oils]

**Benefits:**
- Is sensual, balancing and uplifting.
- Is calming, relaxing and comforting in matters of the heart.
- Supports mature, dry skin.
- Is considered the queen of oils for women.

**Ingredients:**
- Rosa damascene flower petal oil, steam-distilled.

**Recommendation:**
All oils should be diluted prior to topical use. Not for use during pregnancy.

Complementary Products:
HSN-W, Cordyceps, Stress-J, Natural Changes.
Stock No. 3892-8 (2 ml)

**Rosemary**
[Essential Oils]

**Benefits:**
- Is balancing, invigorating, revitalizing and regenerating.
- Conditions the scalp and helps with oily hair and skin.

**Ingredients:**
- Rosmarinus officinalis flower and leaf oil, steam-distilled.

**Recommendation:**
Not for use during pregnancy or on those with high blood pressure or epilepsy. Can irritate skin. All oils should be diluted prior to topical use.

Complementary Products:
Ginkgo/Gotu Kola with Bacopa, Focus Attention, HSN-W, Cholester-Reg II.
Stock No. 3914-8 (5 ml)

**Sandalwood**
[Essential Oils]

**Benefits:**
- Is calming, balancing and harmonizing.
- Has a balancing action on the skin.

**Ingredients:**
- Santalum album wood oil, steam-distilled.

**Recommendation:**
All oils should be diluted prior to topical use. Not for use during pregnancy, with children under the age of 2, or on those with kidney problems.

Complementary Products:
Kava Kava Conc., Urinary Maintenance, Focus Attention.
Stock No. 3915-4 (5 ml)

**Tea Tree Oil**
[Essential Oils]

**Benefits:**
- Supports the structural system, particularly the skin.
- Exhibits antiseptic properties.

**How it Works:**
Tea Tree Oil has been referred to as “the wonder from Down Under.” It comes from the melaleuca tree, which is native to Australia and has long been used by the Aborigines. Tea tree’s beneficial properties make it a popular ingredient in shampoos, creams, skin cleansers and other external cosmetic applications. The compounds in tea tree oil benefit the skin and are non-irritating. The oil contains several important compounds, including terpenes, cymones, pines, terpinen-4-ol, sesquiterpenes and sesquiterpene alcohols.

**Ingredients:**
- Pure oil of the Australian tea tree.

**Recommendation:**
Tea tree oil is recommended for external use only in poultices and other skin-cleansing applications.

Complementary Products:
Pau D’Arco Lotion, Pau D’Arco, Olive Leaf Extract Conc., VS-C.
Stock No. 1777-1 (0.5 fl. oz.)

**Thyme Linalol BIO**
[Essential Oils]

**Benefits:**
- Has stimulating and invigorating properties.
- Is also called sweet thyme.

**Ingredients:**
- Thymus linalol flower and leaf oil, steam-distilled.

**Recommendation:**
All oils should be diluted prior to topical use. Do not use during pregnancy.

Complementary Products:
Immune Stimulator, Echinacea/Golden Seal, Sinus Support EF, Fenugreek & Thyme.
Stock No. 3913-2 (5 ml)

**Ylang Ylang Complete BIO**
[Essential Oils]

**Benefits:**
- Is sensual, warming, calming and balancing.
- Is good for the skin and for hair.

**Ingredients:**
- Cananga odorata flower oil, steam-distilled.

**Recommendation:**
All oils should be diluted prior to topical use. Not for use during pregnancy.

Complementary Products:
Blood Pressurex, Men’s X-Action Reloaded, X-Action for Women, Maca.
Stock No. 3917-7 (5 ml)

**Evening Primrose Oil (EPO)**
[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:**
- 15 IU vitamin E (50% Daily Value) and evening primrose oil.
EverFlex® with Hyaluronic Acid  
[Body Systems]

Benefits:
- Promotes joint health and structural system function.
- Helps lubricate joints.
- May increase shock absorption in the joints.
- Enhances flexibility.
- May contribute to healthy cartilage.

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. EverFlex also contains devil’s claw, an herb long used to support joint health and to maintain comfort.

Ingredients:
- Glucosamine hydrochloride, MSM, devil’s claw root, 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. 948-4 (60)

EverFlex® Pain Cream  
[Personal Care]

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 that joins muscles to bones. Olive oil has been studied extensively. 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, lecitin, menthol, tocopheryl acetate, benzyl alcohol, phenoxyethanol, carborner, PEG-100 stearate, potassium hydroxide, cetyl palmitoleate, cetyl oleate, cetyl palmitate, cetyl laurate, methyl paraben, propylparaben, ethylparaben, butylparaben and isobutylparaben.

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

NOTE: For external use only. Avoid contact with eyes. If condition worsens, or if symptoms persist for more than seven days or clear up and occur again within a few days, discontinue use of product and consult a physician. Do not apply to wounds or damaged skin. Do not bandage tightly. Keep out of the reach of children.

Complementary Products:
EverFlex w/Hyaluronic Acid, MSM, Relief Formula, Joint Support, Skeletal Strength.

Stock No. 3535-6 (2 oz. jar)

Everybody’s Fiber  
[Core Health—Cleansing]

Benefits:
- Supports the digestive and immune systems.
- Provides nutritional support to the bowel.
- Helps support the removal of toxins and waste.
- Promotes regularity in maintaining healthy bowel movements.
- Provides 3 grams dietary fiber per serving.

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 fructooligosaccharides, 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 fructooligosaccharides, chamomile flowers, flaxseed meal, fenel 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:
Intestinal System Pack, Aloe Vera Juice, Nature’s Noni Juice, Gentle Move.

Stock No. 1336-6 (4.6 oz.)

EW  
[Body Systems]

Benefits:
- Supports healthy eye function.
- Provides nervous system support.

How it Works:
EW contains herbs that support overall health in a variety of ways.
Ingredients:
Bayberry root bark, goldenseal root and rhizome, red raspberry leaves, and eyebright aerial parts and extract.

Recommendation:
Take 2 capsules daily with a meal.

Complementary Products:
Nutri-Calm, Stress-J, Eyebright, Perfect Eyes.

Stock No. 861-3 (100) Kosher

Eyebright
[Body Systems]

Benefits:
• Promotes eye health.
• Supports the nervous system.

How it Works:
This herb was used historically to cleanse the eye. It contains tannins, lignans and flavonoids.

Ingredients:
Eyebright aerial parts.

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

Complementary Products:
Bilberry Fruit Conc., Perfect Eyes, Lutein, Carotenoid Blend.

Stock No. 260-3 (100) Kosher

False Unicorn
[Body Systems]

Benefits:
• Supports the female reproductive system.
• 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. 267-1 (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. It 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:
MetaboMax Plus, MetaboMax Free, SmartMeal, Carbo Grabbers wChromium.

Stock No. 3028-4 (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, Pro-G-Yam Cream.

Stock No. 878-7 (100) Kosher

Fenugreek & Thyme
[Body Systems]

Benefits:
• 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 synergetic 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, Pro-G-Yam Cream.

Stock No. 882-2 (100) Kosher

Female Comfort
[Body Systems]

Benefits:
• Supports the female reproductive system.

Recommendation:

Complementary Products:
Flash Ease T/R, Menstrual Reg, Pro-G-Yam Cream.

Stock No. 878-7 (100) Kosher

Fenugreek & Thyme
[Body Systems]

Benefits:
• Supports the respiratory system.
• Helps keep the mucus thin.
• Soothes respiratory tissue.

Recommendation:

Complementary Products:
Super GLA Oil Blend, Magnesium Complex, Flash Ease T/R, Menstrual Reg, Pro-G-Yam Cream.
**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. 885-1 (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.

**NOTE:** Do not take feverfew during pregnancy.

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

**Stock No. 288-1 (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 (20% Daily Value) 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. 4061-6 (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 Power per capsule.
- Provides 3 mg vitamin B6 per capsule.

**How it Works:**
5-Hydroxytryptophan 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—eleutherococcus, ashwagandha 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, eleutherococcus 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. 2806-4 (60)**

**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:**
Feverfew 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 glandular 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.
While others produce negative effects, some beneficial reactions occur. 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 tablet in the morning and 1 at bedtime.

**Complementary Products:**
- Natural Changes, Adrenal Support, Master Gland, Pro-G-Yam Cream, Female Comfort.
- Stock No. 81-4 (60) Kosher

**Flax Seed Oil Liquid**
[Core Health—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. 3162-1 (8 fl. oz.) Kosher

**Flax Seed Oil with Lignans**
[Core Health—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. 1583-6 (60 softgel caps)

**Flora Force, Bifidophilus**
(see Bifidophilus Flora Force)

**Flower Essences**
[Body Systems]

**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 neevberri), Aspen (Populus tremula), Scleranthus (Scleranthus annuus), Mimulus (Mimulus guttatus), Cerato (Ceratostigma willmottianum), Blackberry (Rubus armeniacus), 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 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. 8786-0 (2 fl. oz.)

**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 (Asclepias 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. Avoid any contact with dropper to eliminate product contamination. For children under 12, consult your health care professional.

**Complementary Products:**

Stock No. 8778-3 (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 (Centaurium erythraea), Fuschia (Fuchsia 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. 8783-8 (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 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 Bulgaria essential oil, Ylang Ylang Complete essential oil.

Stock No. 8784-2 (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:**
- California Wild Rose (Rosa californica), Baby Blue Eyes (Nemophila menziesii), Yerba Santa (Erinoctyon californicum), Star Tulip (Calochortus tolmici), Evening Primrose (Oenothera elata), Pink Monkeyflower (Mimulus lewissii), Golden Ear Drops (Dicentra chrysanth), 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:**
Lung Support TCM Conc., SugarReg, Cordyceps, Geranium essential oil, Helichrysum essential oil, Rose Bulgaria essential oil.

Stock No. 8782-6 (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 caudatus), Chicory (Cichorium intybus), Bleeding Heart (Dicentra spectabilis), Vegetable Glycerin, 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. 8781-4 (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:**
- California Poppy (Eschscholzia californica), Snapdragons (Antirrhinum majus), Impatiens (Impatiens glandulifera), Grape Vine (Vitis vinifera), Willow (Salix vitellina), Holly (Ilex aquifolium), Tiger Lily (Triteleia iodoxides), 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. 8778-3 (2 fl. oz.)
formosa), Chrysanthemum (Chrysanthemum morifolium), Borage (Borago officinalis), Star Thistle (Centaura 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, Sweet Thyme essential oil, Eucalyptus essential oil, Pine Needle essential oil, Rose Bulgaria essential oil.

**Stock No. 8779-1 (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, food additives, pesticides, etc. Focus Attention 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 have been 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 biloba is well known for its support of brain and circulatory health.

**Ingredients:**
- Slippery elm bark, l-glutamine, DMAE (dimethylaminoethanol), lemon balm leaf extract, grape seed extract and ginkgo leaf extract.

**Recommendation:**
Over 12 years: Take 2 capsules with a meal twice daily. Age 6–12 years: Take 1 capsule with a meal twice daily. Under 6 years: Consult your health care professional.

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

**Complementary Products:**
DHA, Ginkgo Biloba Extract T/R, Brain-Protect w/Huperzine A, Nutri-Calm, Sunshine Heroes Omega 3 w/DHA.

**Stock No. 1833-4 (90)**

**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. Focus Attention 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 have been 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 flav seed powder, DMAE, lemon balm leaf extract, bacopa leaf extract, grape seed extract, ginkgo leaf extract, natural raspberry flavor, fructooligosaccharides, 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-Protect w/Huperzine A, Nutri-Calm, Sunshine Heroes Omega 3 w/DHA.

**Stock No. 1843-0 (3.3 oz.) powder**

**Folic Acid Plus**

**[Core Health—Nutrition]**

**Benefits:**
- Supports the female glandular 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:**
- 800 mcg folic acid (200% of the Daily Value), 240 mg vitamin C (400% of the Daily Value) 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. 1585-8 (90) Kosher**

**Food Enzymes**

**[Core Health—Nutrition]**

**Benefits:**
- 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 pancreatic 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, pancreatic, papain and pepsin.

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

**Complementary Products:**
Probiotic Eleven, Gastro Health, Stomach Comfort, Small Intestine Detox.

**Stock No. 1836-9 (120)**
**Stock No. 2494-1 (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.

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**Complementary Products:**
ALL, Sinus Support EF, HistaBlock, Seasonal Defense.

**Stock No. 892-5 (100) Kosher**

**Frankincense Pure**

**Essential Oil**
(see Essential Oils)

**Free Amino Acids**

**[Energy & Fitness]**

**Benefits:**
- 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: mg
Magnesium (oxide, aspartate)......106
l-Glutamic Acid..........................140
l-Carnitine..................................100
l-Leucine*.................................100
l-Lysine*..................................90
l-Aspartic acid...........................88

l-Valine*.................................70
l-Isoleucine*..............................56
l-Phenylalanine*........................56
l-Threonine*................................56
l-Proline....................................45
l-Alanine...................................44
l-Serine....................................41
l-Tyrosine.................................30
l-Methionine*............................29
l-Aarginine...............................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. 3664-6 (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 and rhizome, and licorice root.

**Recommendation:**
Take 3 capsules with a meal twice daily.

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**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.

**Complementary Products:**
Gastro Health, Digestive System Pack, Stomach Comfort, Ginger.

**Stock No. 900-7 (100) Kosher**
**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-Protei with Hyperzine A, Nutri-Calm, Kava Kava Conc., Stress-J.

**Stock No. 1202-0 (100) Kosher**

**Garcinia Combination [Weight Management]**

**Benefits:**
- Helps support weight management.

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

**Complementary Products:**
Silver Shield, Solstic Immune, Immune Stimulator, VS-C.

**Stock No. 290-0 (100) Kosher**

**Garlic High-Potency, SynerPro® [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. 1694-6 (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.
**Geranium Pure Essential Oil**
(see Essential Oils)

**Germanium Combination**
[Body Systems]

**Benefits:**
- Supports the immune system.

**How it Works:**
Germanium is a trace mineral with antioxidant and immune-supporting actions. Echinacea is known for its immune-boosting effects.

**Ingredients:**
- Germanium sesquioxide and Echinacea purpurea root.

**Recommendation:**
Take 1–3 tablets daily with a meal.

**Complementary Products:**
- Immune Stimulator, Ultimate Echinacea, Solstic Immune, V-S-C.

**Stock No. 1652-3 (30)**

**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. 300-6 (100) Kosher**

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**Ginkgo Biloba Extract**

**Time-Release**
[Body Systems]

**Benefits:**
- 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. 898-8 (30) Kosher**

**Ginkgo & Hawthorn Combination**
[Body Systems]

**Benefits:**
- 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, Co-Q10 50 mg, Circulatory System Pack.

**Stock No. 909-3 (100) Kosher**

**Ginkgo/Gotu Kola with Bacopa**

**Body Systems**

**Benefits:**
- Supports circulation to the brain.
- Provides “brain food” for stress conditions.
- Protects the brain against dangerous free radicals.
- Supports capillary function.
- Supports the nervous system by increasing resistance to aging.

**How it Works:**
Ginkgo provides potent food for the body’s circulatory system because it contains flavonoid glycosides like quercetin and other important compounds. 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. Bacopa is an Ayurvedic herb that appears to stimulate memory through non-specific pathways. Researchers theorize that bacopa allows the body to maintain old neurons and synthesize new neurons more quickly. Studies show that people who took bacopa supplements had reduced memorization time, increased memory time and decreased retrieval time. It also may help boost concentration. Many herbalists have called gotu kola “brain food.” Despite the sound of its name, it is not considered a stimulant like the kola nut. Rather, it provides many nutritional benefits, especially to the aging body. Gotu kola gained a reputation in eastern nations for promoting longevity.

**Ingredients:**
Gotu kola aerial parts extract, bacopa leaf extract and ginkgo leaf extract.

**Recommendation:**
Adults: Take 1 tablet with a meal three times daily. Children: Take 1/2 tablet with a meal three times daily.

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

**Complementary Products:**

**Stock No. 899-6 (60) 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. 665-4 (100) Kosher**

**Ginseng, Wild American**

**Body Systems**

**Benefits:**
- Provides natural stimulation without caffeine.
- Offers restorative powers, especially useful during convalescence.
- Has relaxant properties to help battle stress.
- Helps with normal-range blood pressure support.
- Promotes vitality, including sexual functions.
- Supports the glandular system.

**How it Works:**
This adaptogenic, revitalizing, tonic herb helps the body cope with change and life’s stresses. Wild American ginseng’s ginsenosides differ from those of Asian ginseng, although the two share similar properties. It is the more expensive of the two ginsengs. American ginseng is considered to have more cooling properties than its Asian counterpart. It is only used after the roots are aged at least four years.

**Ingredients:**
Wild American ginseng root.

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

**Complementary Products:**
SugarReg, Thyroid Support, Mood Elevator TCM Conc., Nervous Fatigue TCM Conc., Men’s X-Action Reloaded, Female Comfort.

**Stock No. 5388-7 (30 day supply)**

**Glucosamine**

**Body Systems**

**Benefits:**
- Promotes joint health.
- Contains uña de gato for increased overall efficacy.
- Supports the structural, nervous and immune systems.

**How it Works:**
Wild American ginseng is a potent source of ginsenosides that help the body 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. 5388-7 (30 day supply)**

**Glucosamine**

**Body Systems**

**Benefits:**
- Helps stimulate growth of cartilage.
- Contains uña de gato for increased overall efficacy.
- Supports the structural, nervous and immune systems.

**How it Works:**
Wild American ginseng is a potent source of ginsenosides that help the body 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.

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**Recommendation:**
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**Complementary Products:**
SugarReg, Thyroid Support, Mood Elevator TCM Conc., Nervous Fatigue TCM Conc., Men’s X-Action Reloaded, Female Comfort.

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**Glucosamine**

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**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. 5388-7 (30 day supply)**
How it Works:
As we age, our bodies become less efficient at managing 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 (cat’s claw) are not only wonderfully tonic, but they also 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. 903-4 (60)

Golden Salve
[Personal Care]

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. 1698-0 (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 and rhizome.

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. 340-7 (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, water and alcohol.

Recommendation:

Complementary Products:
Echinacea, Solstic Immune, Elderberry D3fense, Immune Stimulator.

Stock No. 1781-5 (2 fl. oz.) Kosher

Gotu Kola
[Body Systems]

Benefits:
- May support memory function.
- Promotes circulation and supports connective tissues.
- Provides nervous 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:
Brain Protex w/Huperzine A, Nutri-Calm, Stress-1, Ginkgo Biloba Extract T/R, Mind-Max.

Stock No. 360-0 (100) Kosher

Grapefruit, Pink BIO Pure
Essential Oil
(see Essential Oils)

Grapine®, High-Potency
[Core Health—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, Co-Q10 50 mg.

Stock No. 1699-3 (60)

Grapine® with Protectors,
SynerPro®
[Core Health—Nutrition]

Benefits:
- May help strengthen capillaries.
- Scavenges cell-damaging free radicals.
- Helps support the nervous system.
- Provides 20 mg proanthocyanidins per tablet.

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:**
- 20 mg vitamin C (35% of Daily Value), 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, Co-Q10 50 mg.

**Green Tea Extract**
[Core Health—Nutrition]

**Benefits:**
- Provides antioxidant properties that benefit immune and circulatory health.
- Helps maintain already normal blood flow.
- Supports cholesterol levels already within the normal range.
- Supports healthy kidney function.
- May help protect the digestive and respiratory systems.

**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 equals 10 cups of liquid green tea. Not recommended for children under 6 or pregnant/nursing women.

**Complementary Products:**
- Super ORAC, Olive Leaf Extract Concentrate, Cholesterol-Reg II, Thai-Go.

**Stock No. 1096-6 (60) Kosher**

**GreenZone®**
(see Ultimate GreenZone)

**Guardian Pure**
Essential Oil Blend
(see Essential Oils)

**Guggul Lipid**
[Body Systems]

**Benefits:**
- Helps the body maintain cholesterol and triglyceride levels that are already within the normal range.
- Helps maintain proper blood consistency.
- Supports thyroid function.
- Promotes healthy weight loss.

**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:**
- CholesterReg II, Fat Grabbers, LOCLO.

**Stock No. 974-1 (90) Kosher**

**He Shou Wu**
[Body Systems]

**Benefits:**
- Helps protect and maintain healthy blood vessel function.
- Supports the immune and circulatory systems.

**How it Works:**
This remarkable herb possesses properties similar to ginseng. It is highly prized in China as an adaptogenic herb. He shou wu contains quercetin that helps protect and maintain healthy blood vessel function. This herb is used to promote longevity.

**Ingredients:**
- He shou wu root.

**Recommendation:**
Take 2 capsules with a meal twice daily.
**Heavy Metal Detox**  
*Core Health—Cleansing*

**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 their environment. These metals, which include lead, mercury, aluminum, cadmium and arsenic, can remove them through the urine and bowel.

**Ingredients:**
- Magnesium citrate, 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 develop, reduce dosage and see your health care provider.

**Helichrysum Pure 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 help absorb bowel toxins. They also slow the absorption of dietary sugar and may help reduce the amount of dietary cholesterol in the bloodstream.

**Ingredients:**
- 5 mg vitamin B6 (250% Daily Value), 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 develop, reduce dosage and see your health care provider.

**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:**
Herbal Pumpkin is sweetened with natural honey and provides B-complex vitamins.

**Herbal Punch**  
*Core Health—Nutrition*

**Benefits:**
- Is a tasty, sugar-free drink.
- Provides 125% of the Daily Value of vitamin C.

**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, cascaras 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 cascaras sagrada. 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.

**Herbal CA**  
*(see CA, Herbal)*

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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 root and kelp contain important trace nutrients that are absorbed from the bountiful soils in which they are grown.

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. 980-5 (100) Kosher

Herbal Trim®
Skin Treatment
[Personal Care]

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 the bowel, kidneys, lungs and other organs. 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:
Cellu-Tone Essential Oil Blend, HSN-W, Irish Moss Hand & Body Lotion, Cellu-Smooth w/ Coleus.

Stock No. 1669-0 (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, amylose, 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 in between meals.

Complementary Products:
Food Enzymes, Proactazyme, Bifidophilus Flora Force.

Stock No. 1528-4 (100)

Histablock®
[Body Systems]

Benefits:
• Supports the body in times of respiratory stress.
• Supports the body's efforts to maintain a healthy mucous membrane.
• Supports free breathing and may help reduce unpleasant symptoms associated with irritants.

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. 776-1 (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 nerve 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. 380-9 (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. 390-2 (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. 930-9 (100) Kosher

HSN Complex®, Natria
[Personal Care]
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, 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. 945-0 (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, gledhnia root, rehmannia root tuber, ophiopogon root tuber, pueraria root, trichosanthes root, achyranthes root, alisma rhizome, anemarrhena rhizome, asparagus root tuber, hoelen sclerotium, moutan root bark, cornus fruit without seeds, licorice root, phellodendron stem bark and schizandra fruit.

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

**Complementary Products:**
Thyroid Activator, AdaptaMax, Adrenal Support, SugarReg, Nopal.

**Stock No. 1886-5 (100)**

**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).

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**Ingredients:**
- Concentrated extract of eucommia bark, gledhnia root, rehmannia root tuber, ophiopogon root tuber, pueraria root, trichosanthes root, achyranthes root, alisma rhizome, anemarrhena rhizome, asparagus root tuber, hoelen sclerotium, moutan root bark, cornus fruit without seeds, licorice root, phellodendron stem bark and schizandra 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.

**Stock No. 1006-1 (30)**

**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:**
Super Omega-3 EPA, Vari-Gone, Blood Pressurex, Red Yeast Rice.

**Stock No. 1218-4 (100) Kosher**

**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:**
VS-C, IF Relief, Thai-Go, EverFlex w/Hyaluronic Acid, Skeletal Strength, KB-C TCM Conc., Relief Formula.

**Stock No. 1875-9 (100)**

**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, vitae fruit, carthamus flowers, coyis rhizome and licorice root.

**Recommendation:**
Take 4 capsules with a meal twice daily.

**Complementary Products:**
VS-C, IF Relief, Thai-Go, EverFlex w/Hyaluronic Acid, Skeletal Strength, KB-C TCM Conc., Relief Formula.

**Stock No. 1875-9 (100)**

**IF-C TCM Concentrate**
* [Body Systems—Chinese]

**Benefits:**
- Nourishes the structural and immune systems.
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 a feeling of well-being.

Ingredients:
Concentrated extract of Ionicera flower bud, forsythia fruit, cridium 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.

Complementary Products:
VS-C, IF Relief, Thai-Go, EverFlex w/Hyaluronic Acid, Joint Support, Thai-Go, Super Antioxidant, IF-C TCM Conc.

Stock No. 1007-2 (30)

IF Relief
[Body Systems]

Benefits:
• 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.

IGF-1
[Body Systems]

Benefits:
• Helps restore and maintain muscle and bone mass.
• Improves energy and endurance.
• Supports the structural system, specifically healthy joint function.
• Boosts the immune and nervous systems.

How it Works:
Insulin-like Growth Factor 1 (IGF-1) is a metabolite of human growth hormone. It helps restore and maintain muscle mass and reduces the breakdown of proteins for energy production in the absence of glucose. This means muscles stay larger and stronger longer. IGF-1 also helps to provide extra glucose for the nervous system. Without sufficient energy stores, nerves can become affected, and organs and body systems reflect this in old age.

Researchers have found that deer antler velvet contains eight known growth factors, plus prostaglandins, nerve-protective fatty acids, prohormones, amino acids and components of cartilage (including glucosamine, chondroitin sulfate, collagen type I and II, and minerals).

NSP IGF-1 is concentrated and cold-processed to assure optimum bioactivity. NSP takes great care to harvest deer antler velvet in the most humane and careful ways.

Ingredients:
Purified water, natural and artificial flavors, xylitol, IGF-1 from deer antler velvet extract, stevia leaf extract, purified water, citric acid and lecithin.

Recommendation:
Spray twice under the tongue three times daily. Hold for 20 seconds before swallowing.

Complementary Products:
Silver Shield, Trigger Immune TCM Conc., Olive Leaf Extract Conc., Lymphatic Drainage.

Stock No. 5385-8 (30 day supply)

Immune Stimulator
[Body Systems]

Benefits:
• Strengthens the immune system.
• Stimulates the body’s natural immune defenses.
• Acts as an antioxidant.

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. 966-1 (1 fl. oz. spray)

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:
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 mushroom 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. 1839-3 (90)**

**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.

**Intestinal System Pack**

**[Body Systems]**

**Benefits:**
- Cleans and builds the intestinal system and strengthens colon tissue.
- Populates the gut with friendly microflora.
- Supports digestion.
- Aids in the elimination process.

**How it Works:**
Bowel Detox provides enzymes to aid in upper gastrointestinal tract digestion. Also contains bulking agents to help encourage the proper flow of waste through the colon. Probiotic Eleven provides 11 strains of friendly bacteria that support proper digestion and nutrient absorption. Probiotics help produce vitamins and enzymes, support immune function and help prevent constipation. Psyllium Hulls are a soluble fiber that absorb water and help absorb bowel toxins. They also slow the absorption of dietary sugar, and may reduce the absorption of dietary cholesterol.

**Ingredients:**
- Each packet contains 2 Bowel Detox capsules, 2 Psyllium Hulls capsules and 1 Probiotic Eleven 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:**
- Adrenal Support, Thyroid Support, Breast Assured, Men’s Formula, Super ORAC.

**Stock No. 1506-4 (60)**

**Intestinal Soothe & Build**

**[Body Systems]**

**Benefits:**
- Supports the intestinal system.
- Helps to ease and soothe a toxic bowel.
- Provides nutrients that help cleanse the bowel.
- Restores the bowel to a cleaner, healthier state.

**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. This product provides an environment for friendly flora to fend off outbreaks of unfriendly flora. Ingredients in the formula help relieve occasional bloating pressure and soothe the intestinal tract, relaxing the bowel and encouraging the removal of toxins. Slippery elm bark is a soothing balm for intestinal tissue. It is mild enough for use by small children. Slippery elm is one of the best and mildest cleansers for the digestive system. 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 and have been used to help neutralize certain poisons. They help soothe the tissue. This allows blood to circulate better. Rose hips fruit contains vitamin C and related compounds, which help neutralize toxic waste in the body. Bugleweed amplifies the properties of other herbs and has tonic properties. As an astringent herb, bugleweed helps tighten the capillaries—a benefit that may provide critical support to the bowel and stomach in times of stress. 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 toxic substances from the body.

**Ingredients:**
- Slippery elm bark, chamomile flowers, plantain leaves, rose hips fruit, bugleweed aerial parts and marshmallow root extract.

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

**Complementary Products:**
- Probiotic Eleven, LBS II, Cascara Sagrada, Bowel Detox, Psyllium Hulls, Slippery Elm, Aloe Vera Juice.

**Stock No. 1106-2 (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. Bugleweed herb was used historically for respiratory support.

**Ingredients:**
- Echinacea aerial parts, black walnut hulls, marshmallow root, plantain leaves, goldenseal root and rhizome, bugleweed aerial parts, goldenseal root extract and parthenium root.
Recommendation:
Take 2 capsules with a meal twice daily.

**Complementary Products:**
Ultimate GreenZone, Liquid Chlorophyll, Vitamin D3, Vitamin B-Complex.

**Stock No. 310-5 (32 fl. oz.)**

**Iron, Chelated**
**[Core Health—Nutrition]**

**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 (139% of Daily Value), 50 mg vitamin C (83% DV), calcium, phosphorus, rose hips extract, yellow dock root, thyme leaves, mullein leaves and chickweed aerial parts.

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

**Complementary Products:**
Super Omega-3 EPA, Blood Pressurex, Red Yeast Rice, Mega-Chel, I-X.

**Stock No. 1784-8 (180) Kosher**

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**Joint Support**
**[Body Systems]**

**Benefits:**
- Provides nutrition to the joints and bones.
- Supports the structural system.

**Complementary Products:**
EverFlex, Chondroitin w/Hyaluronic Acid, Yucca, Skullcap, MSM, Calcium–Magnesium, EverFlex Pain Cream.

**Stock No. 810-8 (100) Kosher**

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**Iron, Chelated**
**[Core Health—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. Keep out of the reach of children.

**Complementary Products:**
Ultimate GreenZone, Liquid Chlorophyll, Vitamin D3, Vitamin B-Complex.

**Stock No. 310-5 (32 fl. oz.)**

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**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, Tribulus terrestris fruit, Trigonella foenum-graecum seed.

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

**Complementary Products:**
Skeletal Strength, Joint Support, EverFlex w/ Hyaluronic Acid, EverFlex Pain Cream.

**Stock No. 1296-1 (100)**

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**Joint Support**
**[Body Systems]**

**Benefits:**
- Provides nutrition to the joints and bones.
- Supports the structural system.

**Complementary Products:**
EverFlex w/Hyaluronic Acid, Yucca, Skeletal Strength, MSM, Calcium–Magnesium, EverFlex Pain Cream.

**Stock No. 810-8 (100) Kosher**

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**Iron, Chelated**
**[Core Health—Nutrition]**

**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 (139% of Daily Value), 50 mg vitamin C (83% DV), calcium, phosphorus, rose hips extract, yellow dock root, thyme leaves, mullein leaves and chickweed aerial parts.

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

**Complementary Products:**
Super Omega-3 EPA, Blood Pressurex, Red Yeast Rice, Mega-Chel, I-X.

**Stock No. 1784-8 (180) Kosher**

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**Joint Support**
**[Body Systems]**

**Benefits:**
- Provides nutrition to the joints and bones.
- Supports the structural system.

**Complementary Products:**
EverFlex, Chondroitin w/Hyaluronic Acid, Yucca, Skullcap, MSM, Calcium–Magnesium, EverFlex Pain Cream.

**Stock No. 810-8 (100) Kosher**
Jojoba Oil
[Personal Care]

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, Herbal Shampoo, Hotsetail.

Stock No. 1695-1 (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 promotes 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:
Hydrangea, Cranberry & Buchu Conc., Urinary Maintenance, Dandelion, Kidney Activator, KB-C TCM Conc., Uva Ursi.

Stock No. 400-4 (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. Kava kava 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 healthcare professional prior to use if you have liver problems, 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, Stress Relief TCM Conc., B-Complex, Nerve Eight.

Stock No. 405-9 (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. 1883-3 (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 coxalvescence, 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, dicoryza 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. 1016-0 (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. 410-3 (100) Kosher**

**Kidney Activator**

*Body Systems*

**Benefits:**
- Supports the urinary system.
- Encourages proper water balance in body tissues.
- Supports body mechanisms designed to prevent (not cure) stone formation.
- Soothes the kidneys and bladder.

**How it Works:**
This formula nutritionally supports the urinary system, specifically bladder and kidney health. Juniper berries are antiseptic and 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 very 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. 970-2 (100) Kosher**

**Kidney Activator, Chinese**

*Body Systems—Chinese*

**Benefits:**
- Promotes kidney function.
- May help clear retained water.
- Supports the urinary tract.
- May support joint health.

**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

**Ingredients:**
Hoelen sclerotium, siler root, chanoeles fruit, morus root bark, astragalus root, alisma rhizome, plantago seed, peony root without bark, atractylodes rhizome, magnolia bark, polyphus sclerotium, citurs peel, cinnamon twig, ginger rhizome, typhonium rhizome and licorice root.

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

**NOTE:** May cause allergic reaction in persons sensitive to inhaled or ingested psyllium. 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. 1872-5 (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.

**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
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 from 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 a glycerin base.

Recommendation:
Take 1 ml (approximately 15–20 drops or ¼ teaspoon) in water twice daily.

Complementary Products:
Kidney Activator, Urinary Maintenance, Hydrangea, Cranberry & Buchu Conc., Kidney Activator TCM Concentrate.

Stock No. 316B-4 (2 fl. oz.) Kosher

Krill Oil with Vitamin K2
[Core Health—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-Proxet w/Huperzine A, Red Yeast Rice, LOCLO. Stock No. 1516-3 (60 softgel caps)

Kudzu/St. John’s Wort Combination
[Body Systems]

Benefits:
• Provides an extremely bioavailable source of omega-3 essential fatty acids (EPA and DHA).
• Supports joint and skin support.
• Provides joint and skin support.
• 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 which 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 one or two 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. 975-6 (100) Kosher

I-L-Carnitine
[Energy & Fitness]

Benefits:
• Supports the energy process.
• Supports overall healthy heart function.
• Provides 295 mg I-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.

Recommendation:
Take 1–3 capsules daily with a meal.

Complementary Products:
Vitamin B-Complex, Magnesium Complex, Solstic Energy, Super Omega-3 EPA. Stock No. 1632-6 (30) Kosher

L-Glutamine
[Energy & Fitness]

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.
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. 1776-0 (30) 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. 1655-2 (100)

Lavender Fine Pure
Essential Oil
(see Essential Oils)

Benefits:
• 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 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.

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: 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, Intestinal System Pack.

Stock No. 1794-1 (2 fl. oz.) Kosher

LBS II®
[Core Health—Cleansing]

Benefits:
• 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 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, Liquid Chlorophyll, Psyllium Hulls, Anti-Gas TCM Conc., Bowel Detox, Tiao He Cleanse, Para-Cleanse.

Stock No. 990-1 (100) capsules, Kosher

Stock No. 993-5 (100) Vegitabs

Stock No. 2497-0 (20 retail sample packets) Kosher
Cleanse, Everybody’s Fiber, Liquid Chlorophyll.

and rhizome, ginger rhizome, Oregon grape 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 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 fever are present. 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, Liquid Chlorophyll.

Stock No. 1226-3 (100) Kosher

Licorice Root [Body Systems]

Benefits:
- Maintains cell membrane structure.
- Supports the nervous system.
- Supports digestion and healthy circulatory system function.

How it Works: Licorice 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. It 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, Nutri-Calm, DHA, 5-HTP Power, Flax Seed Oil w/Lignans, Mind-Max.

Stock No. 1660-5 (270 softgel caps)

Lemon BIO Pure 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.

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. 420-6 (100) Kosher

Liquid B12 Complete [Core Health—Nutrition]

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. 1588-7 (2 fl. oz.) Kosher

Liquid Calcium [Core Health—Nutrition]

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 (50% of Daily Value per serving), plus magnesium (50% DV), zinc (10% DV), 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.
**Liver Cleanse**  
[Core Health—Cleansing]

**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:**
Liver 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 capscium, two digestive aids, stimulate the flow of saliva, bile and gastric juices. Barberry, corn silk and dandelion help to 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.

** 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 sclerotonin with root, scute root, zhishi fruit, atractylodes rhizome, gingseng root, ginger rhizome and licorice root.

**Recommendation:**
Take 4 capsules with a meal twice daily.

**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 traditionally been used to support the
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.

**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 calming (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.

**LOCLO®**

**[Core Health—Cleansing]**

**Benefits:**
- 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, citrus 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.

**LOCLO®**

**[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 certified vegan.

**How it Works:**
Love and Peas is a blend of 20 grams of pea protein (per serving) from split yellow peas and a host of other nourishing whole foods. Pea protein is gaining favor in the natural health marketplace as a source of plant-based protein. In addition, recent studies show that pea protein supports the urinary system and is effective in helping to maintain blood pressure levels that are already in the normal range. 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, pantothentic 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 flake, fructose, sunflower oil, soluble dietary vegetable fiber, natural flavors, medium-chain triglycerides, short-chain fructooligosaccharides (SCFOS), salt, flax seed, potassium citrate, sodium citrate, xanthan gum, guar gum, carrageenan (Irish moss extract), 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. 3082-9 (675 g)**

**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 gingeng 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:**

**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. 1887-6 (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 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.

This formula contains the same herbs found in Chinese Lung Support but in a highly concentrated blend. It 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 gingeng 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:**
- Concentrated extract of astragalus root, aster root, qingjiao root, platycodon root, anemarrhena rhizome, bupleurum root, lycium fruit, ophiopogon root tuber, ginseng root, tang-kuei root, atractylodes rhizome, blue citrus peel, citrus peel, schizandra fruit, typhoon rhizome and licorice root.

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

**Lymph Gland Cleanse**

**[Body Systems]**

**Benefits:**
- Supplies nutrients that help support glandular function.
- May promote better immunity.

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

**Stock No. 1004-3 (30)**

**Lutein**

**[Body Systems]**

**Benefits:**
- 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:**
Carotenoid Blend, Eyebright, Perfect Eyes, Super ORAC.

**Stock No. 1855-6 (60) Kosher**
How it Works:
Parthenium has been used traditionally to support the immune system. Goldenseal root and rhizome provide the alkaloids berberine, hydrastine 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 and rhizome, 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. 960-4 (100) Kosher

Lymph Gland Cleanse—HY
[Body Systems]

Benefits:
- Helps soothe a stressed immune system.
- Supports circulation and the lymph system.
- Is designed for people with low blood sugar.

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. 920-3 (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. Stillinia 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:
Cleavers aerial parts, red clover blossom extract, stillinia root, prickly ash bark and vegetable glycerin.

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. 3171-7 (2 fl. oz.) Kosher

Lymphomax®
[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 microbial balance.

Ingredients:
Maca root extract.

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

Complementary Products:
Cordyceps, Energ-V.

Stock No. 1117-2 (90) Kosher

Magnesium
[Core Health—Nutrition]

Benefits:
- Provides 250 mg magnesium per tablet.
- Helps relax muscles.
- Maximizes energy production.
- Supports the nervous and structural systems.

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. It also 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.

Complementary Products:
Men’s X-Action Reloaded, Women’s X-Action, Cordyceps, Energ-V.

Stock No. 1117-2 (90) 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. It also 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.

Complementary Products:
Cordyceps, Energ-V.

Stock No. 1117-2 (90) Kosher

Magnesium
[Core Health—Nutrition]

Benefits:
- Provides 250 mg magnesium per tablet.
- Helps relax muscles.
- Maximizes energy production.
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Ingredients:
Maca root extract.

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

Complementary Products:
Cordyceps, Energ-V.

Stock No. 1117-2 (90) Kosher
**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:**
APS II w/White Willow Bark, Liquid Chlorophyll, Kelp.

**Stock No. 1786-6 (180)**

**Magnesium Complex**
[Core Health—Nutrition]

**Benefits:**
- Helps relax muscles.
- Maximizes energy production.
- Supports the nervous and structural systems.
- Provides 100 mg magnesium per capsule.

**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 meals.

**Master Gland®**
[Body Systems]

**Benefits:**
- Strengthens mucous membranes.
- Is rich in soothing muclilaginous compounds.

**How it Works:**
Marshmallow has demulcent properties, while fenugreek possesses muclilaginous compounds. Slippery elm is also muclilaginous 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. 843-1 (100) Kosher**

**Mega-Chel®**
[Body Systems]

**Benefits:**
- Provides a powerhouse of nutritional support for the circulatory system.
- Provides 100% or more of the Daily Value for 10 essential vitamins and minerals.
- Promotes healthy circulation through maintaining arteries, veins and capillaries.
- Balances 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 33–4,446% of the Daily Value of 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,
As people age, they produce less melatonin. How it Works:

Men's X-Action®
(see X-Action Reloaded, Men's)

Melatonin Extra®—3 mg
[Body Systems]

Men's Formula
[Body Systems]

Benefits:
• Provides nutritional support for the prostate gland.
• Contains lycopene, which may have a supportive effect on prostate function.
• Contains standardized extracts used in clinical trials to support the prostate.
• Provides 100% of the Daily Value for zinc per serving.

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 found the saw palmetto fruit to support the glandular, urinary and digestive systems. Saw palmetto supports the prostate gland. It protects this gland from active forms of testosterone. Lycopene has been shown to have a protective effect on prostate gland function.

Stock No. 4201-8 (120)

Metabolism:

CAUTION:
If pregnant or planning pregnancy, a similar manner.

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. 2830-4 (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:

Gotu kola herb supports the nervous system and promotes endurance.

Ingredients:
15 mg zinc (100% Daily Value), 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. 3112-7 (60)

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.

MetaboMax Plus
[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.

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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, Fat Grabbers, CLA.

Stock No. 3074-6 (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, Fat Grabbers, CLA.

Stock No. 3072-2 (120) Kosher

MetaboStart
[Weight Management]

Benefits:
• Boosts energy and metabolism.
• Increases or enhances fat burning.
• Helps prevent some calories from starchy foods from reaching the bloodstream.
• Helps build lean muscle mass.
• Helps prevent the digestion of some dietary fat and cholesterol.

How it Works:
This two-week program provides weight-management benefits from five different product formulas: 7-Keto™, Fat Grabbers, Carbo Grabbers w/Chromium, Conjugated Linoleic Acid (CLA) and MetaboMax Plus. These product formulas are combined in convenient cellophane packets for life on the go. 7-Keto can help increase the body’s resting metabolic rate and help stimulate thermogenic enzymes. It also stimulates increased production of T3, a thyroid hormone essential to metabolism.

Fat Grabbers traps some fat molecules and dietary cholesterol, eliminating them through the intestinal system. It helps prevent absorption of some fat in the diet by making it unavailable for digestion and storage.

Carbo Grabbers w/Chromium partially blocks the digestion of dietary starches, reducing the amount of carbs that are converted to calories. It also contains chromium to help the body maintain blood sugar levels already within the normal range.

CLA is an essential fatty acid that helps sustain lean muscle mass and enhance fat burning. It may help support cholesterol levels that are already in the normal range.

MetaboMax Plus helps increase thermogenesis and metabolic fat burning.

Ingredients:
MetaboMax Plus, 7-Keto, Fat Grabbers, Carbo Grabbers w/Chromium and CLA.

Recommendation:
Take the contents of one AM packet before breakfast, one NOON packet before lunch and one PM packet before dinner. Take all supplements with a large glass of water.

NOTE: See your health care provider prior to use if: pregnant or nursing, any medical condition exists, or when taking any prescription drug. Discontinue if nervousness, sleeplessness or nausea occur. Those with hyperthyroidism should consult their health care professional prior to use of 7-Keto.

Complementary Products:
SmartMeal, Solstic Energy, Nutri-Burn, Super Supplemental Vitamins and Minerals.

Stock No. 3076-9 (14 day)

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:
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% Daily Value), 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-I, Liver Cleanse Formula, Enviro-Detox.

Stock No. 4076-5 (90)

Milk Thistle Combination
[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-plus 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. 4071-9 (60)**

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**Mind-Max™**
[Body Systems]

**Benefits:**
- Supports brain function, memory and concentration.

**How it Works:**
Mind-Max contains magnesium l-threonate plus gotu kola aerial parts, bacopa leaf extract and ginkgo leaf—herbs well-known to benefit circulation and brain health—for a powerful brain boost. 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.

**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 nighttime dose is recommended in the first week; add morning dose as tolerated.

**Complementary Products:**
Super Omega-3 EPA, Super ORAC, Brain Protex w/Huperzine A, Focus Attention.

**Stock No. 3134-4 (90)**

**Stock No. 5458-8 (20 retail sample packets)**

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**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, lyricum fruit extract, schizandra fruit extract, gynostemma whole plant extract, ginseng root extract, licorice 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. 3134-4 (90)**

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**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, 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 jeyu 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.

**Ingredients:**
Perilla leaves, cyperus rhizome, chih-shih fruit, typhonium rhizome, aurantum peel, bamboo sap, bupleurum root, cridium rhizome, gambir stem, hoelen sclerotium, ophiopogon root tuber, ginseng rhizome, ginseng root, platycodon root, tang-kuei root, cotpis rhizome and licorice root.

**Recommendation:**
Take 4 capsules with a meal twice daily.

**Complementary Products:**
5-HTP Power, Nervous System Pack, Stress Relief TCM Conc., Thyroid Activator.

**Stock No. 1878-8 (100)**
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 properties.

**Ingredients:**
Concentrated extract of perilla leaves, bupleurum root, chin-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, selenium, mullein root, rosemary leaves, bamboo sap, grapefruit bioflavonoids and thespirin.

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

**Complementary Products:**
5-HTP Power, Nervous System Pack, Stress Relief TCM Conc., Thyroid Activator.

**Stock No. 1035-7 (30)**

**MSM**

**Benefits:**
- Supports the structural and circulatory systems.
- Strengthens connective tissues.
- Supports healthy joints.
- Maintains structure of proteins.

**How it Works:**
Methylsulfonylmethane, or 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.

**Complementary Products:**
Vitamin C Citrus Bioflavonoids, Time Released Vitamin C, EverFLEX with Hyaluronic Acid.

**Stock No. 4059-4 (90)**

**MSM/Glucosamine Cream**

**[Personal Care]**

**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 extended-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 with Hyaluronic Acid, Joint Support, Structural System Pack.

**Stock No. 3522-4 (2 oz. tube)**

**Mullein**

**[Body Systems]**

**Benefits:**
- May help soothe the respiratory system.
- Provides lymphatic support.
- Supports healthy ears and lungs.

**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:**
ALI, Marshmallow, Respiratory System Pack.

**Stock No. 460-7 (100) Kosher**

**Multiple Vitamins and Minerals**

**[Core Health—Nutrition]**

**Benefits:**
- Provides 100–1,470% of the Daily Value for 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 vitamin and mineral 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 100–1,470% of the Daily Value of vitamin A, C, D, E, thiamin (B1), riboflavin (B2), niacin, B6, folic acid, B12, biotin, pantothentic acid, iron, iodine, zinc, copper and molybdenum. Also contains calcium, phosphorus, magnesium, selenium, manganese and chromium, plus broccoli, strawberries, mangosteen, grapefruit, bioflavonoids and hesperidin.

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

**Complementary Products:**
Super Omega-3 EPA, Thai-Go.

**Stock No. 1644-1 (60)**

**Multiple Vitamins & Minerals, Time-Release**

**[Core Health—Nutrition]**

**Benefits:**
- Provides 100–1,470% of the Daily Value for 17 essential vitamins and minerals.
- Provides 100–1,470% of the Daily Value of vitamin A, C, D, E, thiamin (B1), riboflavin (B2), niacin, B6, folic acid, B12, biotin, pantothentic acid, iron, iodine, zinc, copper and molybdenum. Also contains calcium, phosphorus, magnesium, selenium, manganese and chromium, plus broccoli, strawberries, mangosteen, grapefruit, bioflavonoids and hesperidin.

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

**Complementary Products:**
Super Omega-3 EPA, Thai-Go.

**Stock No. 1644-1 (60)**

**MSM**

**[Body Systems]**

**Benefits:**
- Provides 100–1,470% of the Daily Value for 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 vitamin and mineral 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 100% of the Daily Value of vitamin A, C, D, E, thiamin (B1), riboflavin (B2), niacin, B6, folic acid, B12, biotin, pantothentic acid, iron, iodine, zinc, copper and molybdenum. Also contains calcium, phosphorus, magnesium, selenium, manganese and chromium, plus broccoli, strawberries, mangosteen, grapefruit, bioflavonoids and hesperidin.
bioflavonoids, rutin, hesperidin, alfalfa aerial parts, kelp leaf and stem, rose hips and hips extract, chamomile flowers, psyllium seed, dandelion 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 5,000 IU. Quantities in excess of 10,000 IU may result in reproductive hazards or birth defects.

**Complementary Products:**
- Super Omega-3 EPA, Thai-Go. 
*Stock No. 1619-5 (60)*

**Myrrh Pure Essential Oil**
(see Essential Oils)

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**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. 509-7 (60)*

**Natria Irish Moss Hand & Body Lotion**
*[Personal Care]*

**Benefits:**
- Supports skin’s natural moisture barrier—keeps harmful, drying external elements out and beneficial moisture in.
- Enhances skin’s ability to retain vital moisture and essential lipids.
- Helps support healthy skin appearance.
- Smooths rough skin areas all over the body.

**How it Works:**
Irish Moss Hand & Body Lotion is designed for overall skin care needs and promotes skin health, suppleness and elasticity. It contains a unique moisture-replenishing complex that protects against harmful, external, drying elements and ensures optimal hydration. It also provides important vitamins (A, B, C and E) that deposit vital nutrients directly to the skin and essential herbal and botanical extracts, including Irish Moss extract, aloe vera gel, green tea, soybean seed extract, Icelandic moss and noni juice that provide natural skin-nourishing benefits.

**Ingredients:**
- Water, butylene glycol, cetearyl alcohol, glycerin, sodium stearoyl lactylate, glyceryl stearate, Irish moss extract, Iceland moss extract, safflower seed oil, soybean seed extract, soybean lipids, squalene, biosaccharide gum-1, vitamin A, vitamin B, vitamin C, vitamin E, aloe vera, green tea extract, matricaria flower extract, ginkgo extract, Asian ginseng root extract, sea lettuce extract, grape seed extract, fragrance (essential oils), corn oil, noni extract, sodium PCA, ergothioneine, sodium hyalurionate, dipotassium glycyrrhizate, hydrogenated vegetable oil, caprylic/capric triglyceride, xanthan gum, tetrasodium EDTA, carbomer, dimethicone, phenoxyethanol, methylparaben, butylparaben, ethylparaben and propylparaben.

**Recommendation:**
Apply generously as needed to hands and body to promote soft, smooth skin.

**Complementary Products:**
- Natria Moisture Full Body Wash, Natria HSN Complex. 
*Stock No. 6021-0 (250 ml/8.4 oz. tube)*

**Natria Moisture Full Body Wash**
*[Personal Care]*

**Benefits:**
- Cleans and nourishes skin.
- Protects your skin with free-radical fighting antioxidants.
- Energizes and revitalizes.
- Protects against dryness.

**How it Works:**
This nutrient-rich formula energizes and revitalizes your skin with a soft lathering gel. It protects against dryness with conditioning cleansers and penetrating hydrators. Cleansing agents derived from natural sources clean skin gently and effectively. Abundant herbal and botanical extracts like aloe, green tea leaf extract and stinging nettle indulge skin with nourishing properties. Powerful vitamins A, B, C and E soak into the skin where they deposit free-radical fighting antioxidants. Moisture Full Body Wash leaves your skin thoroughly clean, moisturized and refreshed.

**Ingredients:**
- Water, sodium methyl cocoyl taurate, cocamidopropyl betaine, sodium lauroamphoacetate, vitamin A, vitamin B, vitamin C, vitamin E, aloe, green tea leaf extract, matricaria flower extract, ginkgo leaf extract, Asian ginseng root extract, sea lettuce extract, grape seed extract, yucca extract, hyssop extract, burdock root extract, nettle extract, evening primrose oil, kukui seed oil, avocado oil, grape seed oil, jojoba seed oil, rose hips fruit oil, wheat germ oil, fragrance (essential oils), sodium PCA, ergothioneine, dimethicone copolyol avocadoate, glycol stearate, citric acid, polyethy-1, disodium EDTA, acrylates/C10-30 alkyl acrylate crosspolymer, phenoxyethanol, methylparaben, ethylparaben, propylparaben and butylparaben.

**Recommendation:**
In shower or bath, squeeze a generous amount into hands or onto a washcloth or shower sponge. Lather over entire body. Rinse thoroughly.

**Complementary Products:**
- Natria HSN Complex, Irish Moss Hand & Body Lotion. 
*Stock No. 6020-4 (250 ml/8.4 fl. oz.)*

**Natria Restoring Shampoo**
*[Personal Care]*

**Benefits:**
- Promotes shiny, healthy, manageable hair.
- Strengthens and revitalizes hair.
- Removes buildup without stripping hair.
- Contains conditioning botanicals.
- Moisturizes deep into hair shafts.

**How it Works:**
Natria Restoring Shampoo is a gentle, thorough cleansing shampoo that is ideal for daily use. A wholesome blend of vitamins strengthens hair and provides reinforcement
Natria Restructuring Conditioner

[Personal Care]

Benefits:
• Protects and strengthens hair while restoring natural luster and shine.
• Helps repair and prevent damage to hair shafts.

How it Works:
Herbal and botanical extracts provide needed moisture to stressed or overworked hair, helping to repair and prevent damage to hair shafts.

Ingredients:
Water, sodium lauroamphoacetate, cocamidopropyl betaine, sodium cocyl isethionate, polyether-1, wheat flour lipids, avocado oil, vitamin A, vitamin B, vitamin C, vitamin E, aloe vera, burdock root extract, nettle extract, matricaria flower extract, cedarwood bark oil, evening primrose oil, kukui seed oil, grape seed oil, jojoba seed oil, rose hips seed oil, wheat germ oil, nettle extract, tea tree leaf oil, matricaria flower extract, lavender oil, peppermint oil, rosemary leaf oil, soybean protein, fragrance (essential oils), myristic acid, palmitic acid, stearic acid, guar hydroxypropyltrimonium chloride, polyglyceryl-3 distearate, disodium EDTA, citric acid, laurate-4, glycol stearate, acrylates/C10-30 alkyl acrylate crosspolymer, phenoxyethanol, methylparaben, ethylparaben, propylparaben and butylparaben.

Recommendation:
Apply shampoo to wet hair. Lather and rinse thoroughly. Repeat as desired.

Complementary Products:
Natria HSN Complex.
Stock No. 6030-8 (240 ml/8 fl. oz.)

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, NSF 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. 520-7 (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. 4106-4 (42 packets)**

**NatureSeal® Cookware**
NatureSeal five-ply cookware with tight-fitting, self-sealing lids decreases nutrient and flavor loss by cooking foods in their own juices. Too often the nutrients and flavor are boiled right out of food. This five-ply, aluminum core and stainless steel cookware can be used at lower temperatures, which prevents food shrinkage and makes cooking more energy-efficient. Features durable, stainless-steel construction. Available in a 12-piece set and open stock pieces. Good health begins with healthful food preparation.

**Stock No. 7121-1 12-pc. set**
**Stock No. 7012-2 12-quart pan with cover**
**Stock No. 7032-4 Square griddle**
**Stock No. 7004-7 4-quart pan with cover**
**Stock No. 7030-8 8” Chef pan**
**Stock No. 7012-2 10” Chef pan**

**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:**
The 15 herbs in Nature’s Chi work harmoniously to support metabolic functions, boost the immune response and help reduce the body’s 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 ho shou wu root invigorate blood circulation.

**Ingredients:**
- Eleuthero root, cinnamon twig, peony root without bark, forsythia fruit, gardenia fruit, ginseng root, hoelen sclerotium, mint leaves, schizonepeta flower, scute root, siler root, tang-kuei root, ho shou wu root, astragalus root and licorice root.

**Recommendation:**
Take 1–2 capsules twice daily between meals.

**Complementary Products:**
Thai-Go, MetaboMax Plus, Mineral-Chi Tonic.

**Stock No. 836-8 (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)
- 100 mcg chromium (83% DV), 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:**
MetaboMax Plus, SmartMeal, Nutri-Burn, 7-Keto, CLA.

**Stock No. 3209-4 (90)**

**Nature’s Fresh Automatic Dishwasher Gel**

**Benefits:**
- Contains natural surfactants and cleaning agents derived from plants.
- Does not contain any cleaning agents that may cause allergic reactions, skin irritation or fumes.
- Is biodegradable and pH neutral.
- Leaves no residue.
- Features 100% recyclable plastics and packaging.

**How it Works:**
Nature’s Fresh Automatic Dishwasher Gel is formulated to effectively clean your dishes and glassware with all-natural, plant-based ingredients. The cleaning agents in this product are 100% biodegradable and are human- and earth-friendly. This gel is concentrated (2x) and contains the Sunshine Essential Oil blend for both cleaning and aromatherapeutic enhancement!

**Ingredients:**
Purified water, sodium citrate, xanthan gum, biodegradable low foam surfactants (from coconut), enzymes and 100% pure Sunshine Essential Oil Blend (lemon oil, lime oil, Mandarin orange oil, grapefruit oil).

**Recommendation:**
Remove excess food and debris from dishes. Do not overload dishwasher. Fill one dishwasher detergent cup with gel.

**Complementary Products:**

**Stock No. 1567-7 (40 fl. oz.)**

**Nature’s Fresh Citrus Surface Cleaner**

**Benefits:**
- Contains natural surfactants and cleaning agents derived from plants.
- Does not contain any cleaning agents that may cause allergic reactions, skin irritation or fumes.
- Contains essential oil of orange.
- Is biodegradable and pH neutral.
- Features 100% recyclable plastics and packaging.
How it Works:
Nature’s Fresh Citrus Surface Cleaner uses orange essential oil as a safe, effective and natural solvent to remove stains and clean surfaces. Use this citrus cleaner on any washable, non-porous surface such as countertops, stoves, refrigerators, floors, walls, backsplashes, sinks, pantry shelves, porcelain, showers and bathtubs. The fresh citrus scent will make you happy.

Ingredients:
Purified water, essential oil of mandarin orange and plant-based biodegradable surfactants (from coconut).

Recommendation:
Spray directly onto surface and wipe. Repeat as necessary.

Complementary Products:
Nature’s Fresh Dish Soap, Nature’s Fresh Automatic Dishwasher Gel, Nature’s Fresh Fresh Enzyme Spray.

Stock No. 1565-4 (22 fl. oz.)

Nature’s Fresh Dish Soap

Benefits:
• Contains natural surfactants and cleaning agents derived from plants.
• Does not contain any cleaning agents that may cause allergic reactions, skin irritation or fumes.
• Can also be used as a hand soap.
• Is biodegradable and pH neutral.
• Features 100% recyclable plastics and packaging.

How it Works:
Nature’s Fresh Dish Soap is free from unfriendly cleaning agents such as phosphates and chlorine that are commonly found in dish soaps. Enjoy the fresh citrus scent of Sunshine Essential Oil Blend as you wash your dishes. This essential oil blend not only helps clean and break up grease, its citrus scent lifts your spirits while you wash.

Ingredients:
Purified water, coconut oil-derived surfactants and 100% pure Sunshine Essential Oil Blend (lemon oil, lime oil, Mandarin orange oil and grapefruit oil).

Recommendation:
Squirt approximately 2 tablespoons of soap into every 2–4 gallons of warm water. Wash dishes and rinse.

Complementary Products:
Nature’s Fresh Automatic Dishwasher Gel, Nature’s Fresh Fresh Citrus Surface Cleaner, Nature’s Fresh Enzyme Spray, Nature’s Fresh Surface Wipes with Silver Shield.

Stock No. 1566-6 (28 fl. oz.)

Nature’s Fresh Dryer Sheets

Benefits:
• Softens fabrics in the dryer.
• Removes static electricity on clothes.
• Provides a fresh, natural citrus scent.
• Breaks down after time and is 100% biodegradable.
• Is made from 100% organic bamboo.

How it Works:
Nature’s Fresh Dryer Sheets, made from sustainable, organic bamboo, break down microfibers in your laundry, giving a soft feel to towels, jeans and everything else. The Sunshine Essential Oil Blend gives a fresh, clean aroma to dry clothes, towels and linens.

Ingredients:
Bamboo, Sunshine Essential Oil Blend.

Recommendation:
Toss one sheet in the dryer with wet clothes and start dryer. You may find that sheets can be used for more than one dryer load.

NOTE: Keep out of the reach of children. Do not use on flame-resistant clothing. Avoid contact with eyes.

Complementary Products:
Nature’s Fresh Laundry Soap, Nature’s Fresh Fresh Fabric Brightener.

Stock No. 1564-8 (50)

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:
For difficult stains and whitening: Dissolve 2–10 tablespoons Fabric Brightener in one gallon warm or hot water. Soak soiled or stained fabric up to 6 hours in solution. When finished soaking, remove fabric and wash or rinse. The amount of powder per gallon and the

Nature’s Fresh Fabric Brightener

Benefits:
• Is an oxygen-based fabric brightener.
• Is free of cleaning agents that may cause allergic reactions, skin irritation or fumes.
• Is biodegradable and pH neutral.
• Features 100% recyclable plastics and packaging.

How it Works:
Nature’s Fresh Fabric Brightener uses the power of oxygen to brighten fabric, eliminate odors and remove stains without the toxicity of hazardous bleaching agents. This brightener is safe for colored fabrics and most water-washable items and surfaces. Use in the washer for everyday brightening, or use as a concentrated solution for tougher stains on carpets, clothing or other fabrics.

Nature’s Fresh Fabric Brightener contains sodium percarbonate, a blend of sodium carbonate and hydrogen peroxide that breaks down into sodium carbonate, oxygen and water. As a fabric brightener, sodium percarbonate works by releasing oxygen, which breaks the bond of a chromophore (the part of a molecule that has color), changing the molecule to either have no color or to reflect color outside the visible spectrum. It also contains sodium carbonate, sometimes called soda ash or washing soda, which is a sodium salt. It softens the calcium salts found in hard water that interfere with the cleaning actions of laundry soaps.

Ingredients:
Sodium percarbonate and sodium carbonate.

Recommendation:
AS A SOLUTION
For difficult stains and whitening: Dissolve 2–10 tablespoons Fabric Brightener in one gallon warm or hot water. Soak soiled or stained fabric up to 6 hours in solution. When finished soaking, remove fabric and wash or rinse. The amount of powder per gallon and the

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time needed to remove stains depends on the degree of the stain.
For everyday stains on fabric and other washable material and surfaces: Apply 1 teaspoon solution mixed with 16 oz. water and let stand for up to 30 minutes. Aggravate surface if necessary. Blot and rinse.

FOR WASHING MACHINE
For stained and dirty laundry: Fill machine with warm or hot water. Add 2–8 tablespoons (or 1–4 tablespoons for HE machines) Fabric Brightener. Let fabrics soak for 30 minutes before beginning wash cycle.Stubborn stains may require more than one treatment or longer pre-wash soaking time.
For everyday laundry/color-safe bleach: Fill machine with warm or hot water. Add 2 tablespoons (or 1 tablespoon for HE machines) Fabric Brightener. When dissolved, add laundry soap and laundry and wash as usual. Use as a maintenance brightener for colors and whites.

Complementary Products:
Nature’s Fresh Laundry Soap, Nature’s Fresh Dryer Sheets.

Stock No. 1563-2 (3.2 lbs)

Nature’s Fresh Laundry Soap

Benefits:
• Cleans clothes when used as directed in automatic washing machines.
• Is designed to accommodate high-efficiency (HE) washing machines.
• Is concentrated 2x.

How it Works:
Most laundry detergents on the market are full of chemicals like phosphates, chlorine, linear alkyl sulfonates and other things not found in nature. Some of these are hard on skin and lungs. Others are hard on the environment.
Nature’s Fresh Laundry Soap contains plant-based surfactants derived from coconut kernel oil. They effectively break up stains and dirt. This product has a neutral pH and is concentrated 2x, low-sudsing, and safe and effective in all temperatures. It is suitable for regular and high-efficiency machines.

Ingredients:
Purified water and 100% anionic coconut kernel oil-based surfactant.

Recommendation:
Fill machine with warm or hot water. Add 2 tablespoons (or 1 tablespoon for HE machines) Fabric Brightener. When dissolved, add laundry soap and laundry and wash as usual.
NOTE: Keep out of the reach of children. Avoid contact with eyes.

Complementary Products:
Nature’s Fresh Fabric Brightener, Nature’s Fresh Dryer Sheets.

Stock No. 1561-5 (50 fl. oz.)

Nature’s Fresh Surface Wipes with Silver Shield®

Benefits:
• Sanitizes surfaces while you clean.
• Helps prevent the spread of bacteria by killing them on contact.

How it Works:
Nature’s Fresh home cleaning products are an alternative to other household products that may contain harsh chemicals or unfriendly cleaning agents that can cause irritation, allergic reaction or harm the environment. Alcohol kills bacteria on contact, providing a cleaner, disinfected surface in your home or office. Silver Shield is NSP’s patented ingredient for combating microbes, and is 100% safe for you and the environment. Additionally, plant-based surfactants effectively break up stains and spills on most surfaces.

Ingredients:
100% biodegradable wood pulp, water, alcohol, Silver Shield (colloidal and ionic silver) and plant-based surfactants.

Recommendation:
Apply wipe directly to stain or spill, or use as a general surface cleaner.

Complementary Products:
Nature’s Fresh Orange Citrus Surface Cleaner.

Stock No. 1568-3 (30)

Nature’s Harvest
[Core Health—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 (papain, plant-derived proteolytic enzyme, bromelain), mono and diglycerides, ascorbic acid, beta glucans, xanthan gum, guar gum, carrageenan (Irish moss extract), sodium selenate, biotin, 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 molibdate, 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, Probiotic Eleven.

Stock No. 3090-6 (465 grams)

Nature’s Hoodia Formula®
[Weight Management]

Benefits:
• May reduce the desire to eat.
• May help metabolize fats.

How it Works:
Hoodia has been used for centuries as a food by the San tribesmen of South Africa to help hunters endure long hunting expeditions without food. Nature’s Sunshine has combined Hoodia gordonii with other natural supplements to help support a healthy appetite.
Caralluma fimbriata is traditionally used in India as a famine food to curb the desire to eat. Dry apple cider vinegar appears useful in suppressing the desire to eat. Garcinia is thought to affect fat metabolism, and l-carnitine helps in the production of cellular energy. Gymnema, chromium, marshmallow
root and psyllium hulls used as part of the diet, all help to maintain blood glucose levels already within the normal range. The high mucilage content of marshmallow and psyllium also help protect the digestive system.

**Ingredients:**
- 100 mcg chromium (83% Daily Value) per two capsules, plus Hoodia gordonii aerial parts, Caralluma fimbriata aerial parts extract, gymnema leaves, apple cider vinegar extract, garcinia pericarp extract, L-carnitine, marshmallow root and psyllium seed hulls.

**Recommendation:**
Take 1–2 capsules between meals three times daily.

**Complementary Products:**
- MetaboMax Plus, Fat Grabbers, Carbo Grabbers w/Chromium, SmartMeal, Nutri-Burn.

**Stock No. 3009-8 (90)**

**Nature’s Noni® capsules**
[Core Health—Nutrition]

**Benefits:**
- May help boost immune function.
- Supports joint health and mobility.
- Supports the female reproductive system.
- Promotes a feeling of well-being.
- Helps support proper 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 noni 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 with Hyaluronic Acid, Immune Stimulator.

**Stock No. 4042-7 (two 1-quart bottles)**

**Stock No. 4066-7 (16 fl. oz.)**

**Nature’s Prenatal® Multivitamins and Minerals**
[Core Health—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 vitamin 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. 3242-2 (120)**

**Nature’s Sea Calcium**
[Core Health—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 congregates 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 fructooligosaccharides, 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 fructooligosaccharides 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. 1577-5 (180 capsules)
Kosher

Nature's Spring Reverse Osmosis (RO)
With years of expertise in the production of countertop reverse osmosis water treatment systems, Nature's Sunshine has developed an improved Nature's Spring RO device to meet the growing challenges facing our drinking water. This unit is still designed around a semi-permeable membrane that allows only pure water, oxygen and a small amount of minerals to pass through, while sending everything else down the drain. This technology has been used for decades to purify seawater into drinking water.

When combined with the purifying abilities of activated carbon, reverse osmosis is a proven method for making great-tasting, high-quality drinking water for your family. The new and improved Nature's Spring is a four-stage system that offers one unit for all city water systems and solid-block activated carbon in the pre- and post-filters. It also has a special timer with indicator lights so you know when to change the filters.

The four stages of the improved Nature's Spring RO unit:
Stage One
Water first enters a 5-micron pre-filter that is 12 inches long. It removes any large sediment or debris that may damage the membrane.

Stage Two
A solid-block, activated carbon filter (inside the sediment pre-filter) removes excess chlorine to protect the PA membrane and assists in removing chloramines.

Stage Three
An efficient Polyamide (PA) reverse osmosis membrane produces purified, highly oxygenated drinking water. Reverse osmosis effectively removes total dissolved solids, including fluoride, lead and cadmium.

Stage Four
A 12-inch, solid-block, activated carbon filter removes traces of any pollutants while improving the taste. This improved Nature's Spring RO unit features snap-on use, with a yield of 35 gallons of pure drinking water per day. One unit works on all potable water supplies. It’s also easier to service.

Stock No. 1935-3
Treated water must be stored for use. Remember, since chlorine is no longer in the water, it is susceptible to harboring germs from the air. Keep it covered and cool in a glass or polycarbonate container.

RO Accessories
Polycarbonate Water Bottles
Collect and store your reverse osmosis water in one-gallon jug-style bottles with screw-top lids. Fill with RO water then put in the refrigerator for easy cold-water dispensing.
Stock No. 1746-9 (2) one gallon
Rectangular two-gallon containers fit nicely on the top shelf of your refrigerator. The built-in spigot means easy pouring of delicious, cold water. Screw-top lid.
Stock No. 1939-0 (1) two gallon w/spigot
Five-gallon bottle with cap fits any standard water service unit.
Stock No. 1904-7 (1) five gallon

Nature’s Sweet Life Dark Chocolate Bar
Benefits:
• Has a great chocolate taste with no artificial aftertaste.
• Contains fewer calories and carbohydrates than normal chocolate bars.
• Is safe for diabetics, hypoglycemics, children and pregnant women.

How it Works:
The remarkable properties of xylitol stem from its unique molecular structure. Most sugarlike molecules have a six-carbon "hexose" unit. Xylitol is a five-carbon or "pentitol" sugar. Because of its distinctive arrangement of atoms, xylitol has a very limited effect on blood sugar levels, making it the perfect sweetener for those concerned with blood sugar balance, weight loss or carb counting. Xylitol provides 40% fewer calories than sucrose.

Ingredients:
55% cocoa, maltitol, chocolate liquor, cocoa butter, milk fat, soy lecithin emulsifiers, vanilla and xylitol.

Recommendation:
Eat as desired. It may take a few days for the body to become accustomed to digesting xylitol. We recommend that you gradually introduce xylitol into the diet over a period of a few weeks.

Complementary Products:
Nature's Sweet Life Chocolate Bars, XyliBrite Toothpaste.
Stock No. 5425-6 (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, leaving your mouth fresh and minty.

**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), cocoaamidopropyl betaine (foaming agent from coconut), stevia (*Stevia rebaudiana*), sodium hydroxide (natural mineral), cellulose gum, titanium dioxide (natural mineral) and carrageenan (seaweed extract).

**Recommendation:**
Apply a small amount to toothbrush and brush for 1 to 2 minutes. Rinse mouth and brush as desired. Brush with XyliBrite between meals.

**Complementary Products:**
Nature’s Sweet Life Mints, Gum and Mouthwash.

**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 may take a few days for the body to become accustomed to digesting xylitol; until that time it is recommended that xylitol be gradually introduced into the diet over a period of a few weeks. Xylitol 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.

**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. 5435-3 (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.

**Stock No. 5400-8 (100)**

**Cinnamon Stock No. 5400-8 (100)**

**Green Tea Stock No. 5402-3 (100)**

**Peppermint Stock No. 5408-4 (100)**

**Spearmint Stock No. 5405-0 (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), glazing agent and beeswax.
- **Lemon mints** contain xylitol, calcium lactate, magnesium stearate, gum arabic, natural flavor from lemon oil, glazing agent and beeswax.
- **Peppermint mints** contain xylitol, calcium lactate, magnesium stearate, gum arabic, natural flavor from peppermint oil, glazing agent 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.

**Stock No. 5410-7 (240)**

**Berry Stock No. 5410-7 (240)**

**Lemon Stock No. 5415-1 (240)**

**Peppermint Stock No. 5410-7 (240)**
Nature’s Three
[Core Health—Cleansing]

**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. Each 10-calorie serving provides 2 g of dietary fiber.

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.

**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. 1345-0 (12 oz.) Kosher**

**Neroli Pure Essential Oil**
(see Essential Oils)

**Nerve Control**
[Body Systems]

**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. 1242-4 (100) Kosher**

**Nerve Eight®**
[Body Systems]

**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 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. 873-6 (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 system. Biota seed contains aromatic compounds that have a sedative effect. Jujuba seed contains bitter compounds that help promote relaxation. Schizandra 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 circadian rhythm.

**Ingredients:**
Schizandra fruit, biota seed, cistanche stem, cuscuta seed, lycium fruit, ophiopogon root tuber, succinum amber, kuei 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 3 capsules with a meal three times daily.

**Complementary Products:**
HS II, Co-Q10 50 mg, l-Carnitine, Hawthorn Berries.

**Stock No. 1884-7 (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 system. Biota seed contains aromatic compounds that have a sedative effect. Jujuba seed contains bitter compounds that help promote relaxation. Schizandra 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 circadian rhythm.

**Ingredients:**
Hops, valerian and wood betony are calming to the nervous system.

**Recommendation:**
- Capsicum fruit, white willow bark, hops flowers, valerian root, wood betony aerial parts, ginger rhizome, devil’s claw root and black cohosh root extract.
- Take 2 capsules with a meal three times daily.
- 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. 873-6 (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 system. Biota seed contains aromatic compounds that have a sedative effect. Jujuba seed contains bitter compounds that help promote relaxation. Schizandra 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 circadian rhythm.

**Ingredients:**
Schizandra fruit, biota seed, cistanche stem, cuscuta seed, lycium fruit, ophiopogon root tuber, succinum amber, kuei 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 3 capsules with a meal three times daily.

**Complementary Products:**
HS II, Co-Q10 50 mg, l-Carnitine, Hawthorn Berries.

**Stock No. 1884-7 (100)**

**Nervous Fatigue TCM Concentrate**
[Body Systems—Chinese]
circulation. Ginseng acts as an adaptogen to help maintain balance in the body and help the body adapt to stress.

**Ingredients:**
- Concentrated extract of schizandra fruit, biota seed, cistanche stem, cuscata seed, lycium fruit, ophiopogon root tuber, succinum amber, tang-kuei root, aconus rhizome, astragalus root, dioecere rhizome, hoelen sclerotium, lotus seed, ginseng root, polygala root, polygonatum rhizome, jujuba seed and rehmannia root tuber.

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

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

**Complementary Products:**
- HS II, Co-Q10 50 mg, l-Carnitine, Hawthorn Berries.

**Stock No. 1017-1 (30)**

**Nervous System Pack**

**[Systems]**

**Benefits:**
- 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 calming 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. 5384-4 (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. 1232-3 (100) 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. It is a low-glycemic-index food that 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. 475-3 (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. 1797-0 (90) Kosher**

**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:**
- Protein helps build and repair muscle tissue. 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.

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...
Nutri-Calm®
[Body Systems]

Benefits:
• Supports the nervous system.
• Soothes frayed nerves.
• Aids in relaxation and encourages restful sleep.
• Boosts the immune system.
• Is a source of antioxidants (vitamin C and lemon bioflavonoids).
• Provides 100% or more of the daily value of nine 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 schizandra 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.

Olive Leaf Extract Concentrate
[Body Systems]

Benefits:
• Helps protect against unwanted invaders.
• Supports blood pressure levels already within the normal range.
• Fights free radical damage by bad cholesterol.
• Supports blood sugar levels already within the normal range.
• Supports the immune, circulatory, urinary and digestive systems.

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.

Oregano, Wild,
Pure Essential Oil
(see Essential Oils)

Oregon Grape Liquid
[Body Systems]

Benefits:
• Supports the immune system.
• Is easily assimilated in the body.

How it Works:
Oregon Grape contains a powerful immune-supporting alkaloid called berberine, which is also found in goldenseal root.

Ingredients:
Oregon grape root bark extract, glycérin and water.

Recommendation:
Take 1/4 to 1/2 teaspoon in water three times daily with a meal.

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, Prooactyme, Stomach Comfort.

**Stock No. 485-6 (70 chewable tablets)**

**Para-Cleanse**

[Core Health—Cleansing]

**Benefits:**
- 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 NSP's Black Walnut ATC Concentrate, Paw Paw Cell-Reg, which 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:** Capryliclime, Candida Clear, CleanStart.

**Stock No. 4115-7 (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 promotes 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. 490-9 (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 root.

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

**Complementary Products:** VS-C, Pau D’Arco, Golden Seal.

**Stock No. 285-5 (100) Kosher**

**Passion Flower**

[Body Systems]

**Benefits:**
- Supports the nervous system.
- Soothes the nerves.
- Supports restful sleep.

**How it Works:** Passionflower aerial parts.

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

**Complementary Products:** E-Tea, SC Formula, VS-C, Paw Paw Cell-Reg.

**Stock No. 500-3 (100) Kosher**

**Patchouli Pure 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 rain forests 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.

**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:** F-Tea, SC Formula, VS-C, Paw Paw Cell-Reg.

**Stock No. 504-2 (100) Kosher**

**Stock No. 1372-7 (7 oz.) Tea, Kosher**

**Stock No. 1774-2 (2 fl. oz.) Liquid Herb, Kosher**

**Pau D’Arco Lotion**

[Personal Care]

**Benefits:**
- Strengthens and supports the immune system.
- Fortifies against foreign invaders.

**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:** F-Tea, SC Formula, VS-C, Paw Paw Cell-Reg.

**Stock No. 500-3 (100) Kosher**
How it Works:
The pau d’arco tree grows in the rain forests 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 the body’s 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 sterolyl lactylate, tocopheryl acetate, panthenol, allantoin, disodium EDTA, carbomer, aminomenthyl propanol, dimethicone, polysorbate-20, phenoxyethanol, methylparaben, ethylparaben, propylparaben, butylparaben and isobutyrlparaben.

Recommendation:
Apply to skin. For external use only.

Complementary Products:
- E-Tea, SC Formula, VS-C, Paw Paw Cell-Reg.

Stock No. 1614-4 (4 fl. 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: Co-Q10, 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. 515-6 (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 and rhizome.

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

Complementary Products:
- Pro-Pancreas, SugarReg, Chromium.

Stock No. 1054-7 (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:
- Bifidophillus Flora Force, Small Intestine Detox, Intestinal Soothe & Build.

Stock No. 3245-1 (180)

Peppermint Pure
Essential Oil
(see Essential Oils)

Peppermint Oil
[Personal Care]

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. Many people put a touch of Peppermint Oil on the temples for stress relief or focus.

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, Liquid Chlorophyll, Stomach Comfort.

Stock No. 1706-8 (.17 fl. oz.)

Perfect Eyes®
[Body Systems]

Benefits:
- Supports the circulatory system.
- Supports the macular region of the eye and total eye health.
• Fights free radical damage.
• Provides 6 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. Plus Perfect Eyes 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, eyebright aerial parts, bioflavonoids, N-Acetyl-Cysteine, taurine, mixed carotenoids (lycopene, alpha-carotene, cryptoxanthin, zeaxanthin), curcuma root extract and bilberry fruit concentrate.

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

**Complementary Products:**
- Lutein, Eyebright, Bilberry Fruit Concentrate, Carotenoid Blend.

**Stock No. 4075-0 (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:**
- Pro-G-Yam Cream, Glandular System Pack, Circulatory System Pack.

**Stock No. 4981-5 (90) Kosher**

**Pine Needle Essential Oil**

*(see Essential Oils)*

**Pink Grapefruit Essential Oil**

*(see Essential Oils)*

**Pregnenolone**

*Body Systems*

**Benefits:**
- Is a natural hormone.
- Helps the body combat stress.
- Increases energy.
- Enhances mood and memory.
- Supports healthy brain function.

**How it Works:**
Pregnenolone is made from the finest wild yam root, and is a hormone that can be easily converted into other hormones necessary for overall hormone balance and a feeling of well-being. Because pregnenolone levels decrease as we age, supplemental amounts can make a big difference. Human studies have confirmed pregnenolone’s benefits for brain function and age-related wear in the joints.

**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.

**Complementary Products:**
- Probiotic Eleven, Bowel Detox, Intestinal Soothe & Build.

**Stock No. 1029-4 (100) Kosher**

**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:**
- Urinary Maintenance, Kidney Activator, Kidney Drainage.

**Stock No. 3673-1 (180) Kosher**
Ingredients:
- Progesterone, Macadamia ternifolia seed oil, wild yam root extract, soybean sterols root extract, grapefruit peel oil, bergamot fruit oil, Cananga odorata flower oil, Cimicifuga racemosa root extract, Caulophyllum thalictroides root, licorice root extract, soybean germ extract, aloe leaf juice, Panax ginseng root extract and ginkgo leaf extract.

Recommendation:
- Apply 1/4 teaspoon of cream to desired areas (soft skin regions, such as the inside of upper arm, inner thigh or abdomen) once or twice daily. Apply to a different area each day. Use no more than one tube per month. For external use only.

CAUTION: Consult doctor if you are on hormone replacement therapy, pregnant or lactating. Avoid contact with eyes. Keep out of the reach of children. This product contains a chemical known to the state of California to cause cancer. This statement is legally required by the state of California.

Complementary Products:
- Natural Changes, Flash-Ease T/R, Glandular System Pack.

Stock No. 4948-0 (2 oz. tube) 5 mg

Pro-G-Yam® Cream 500 mg
[Body Systems]

Benefits:
- Helps balance hormone levels.
- Supports the glandular system.
- Fights free radicals.
- Soothes and softens skin.
- Provides 500 mg progesterone per serving.

How it Works:
- Progesterone plays a vital role in maintaining hormonal balance in the female body. It supports several normal body functions relating to the reproductive cycle in the female.

Like estrogen, natural progesterone is made by the ovaries during the menstrual cycle. It balances the effects of estrogen. Progesterone supports cell oxygenation, already-normal blood sugar levels, mood regulation, bone formation and utilization of fat for energy. Many women experience a decrease in progesterone levels as they age. Pro-G-Yam Cream is a fragrance-free, paraben-free body cream containing natural progesterone. Each ounce contains 5 mg progesterone in a unique herbal base designed for maximum skin absorption and efficacy.

Ingredients:
- Lactobacillus rhamnosus, Bifidobacterium bifidum, L. acidophilus, L. brevis, L. bulgaricus, L. plantarum, Streptococcus thermophilus, B. infantis, B. longum, L. casei, L. salivarius and FOS (short- and long-chain).

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. 1510-1 (90)
Cream is a fragrance-free, paraben-free body cream containing natural progesterone. Each ounce contains 500 mg progesterone in a unique herbal base designed for maximum skin absorption and efficacy.

**Ingredients:**

Progesterone, *Macadamia ternifolia* seed oil, wild yam root extract, soybean sterol root extract, grapefruit peel oil, bergamot fruit oil, *Cananga odorata* flower oil, *Cimicifuga racemosa* root extract, *Caulophyllum thalictroides* root, licorice root extract, soybean germ extract, aloe leaf juice, Panax ginseng root extract and ginkgo leaf extract.

**Recommendation:**

Apply 1/4 teaspoon of cream to desired areas (soft skin regions, such as the inside of upper arm, inner thigh or abdomen) once or twice daily. Apply to a different area each day. Use no more than one tube per month. For external use only.

**CAUTION:** Consult doctor if you are on hormone replacement therapy, pregnant or lactating. Avoid contact with eyes. Keep out of the reach of children. This product contains a chemical known to the state of California to cause cancer. This statement is legally required by the state of California.

**Complementary Products:**

Natural Changes, Flash-Ease T/R, Glandular System Pack.

**Stock No. 4949-3 (2 oz. tube) 500 mg**

**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. 1027-9 (100) Kosher**

**Protease Plus**

**[Body Systems]**

**Benefits:**

- Supports the digestive and immune systems.
- Activates macrophages and natural killer cells.
- Digests protein compounds.
- Provides plant-derived trace minerals.

**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 from 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. 1841-7 (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. 1876-1 (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, capsicium fruit, golden seal root and rhizome, 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. 1050-8 (100) Kosher**

**Psyllium Hulls**

**[Core Health—Cleansing]**

**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:**

It 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
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. 1376-4 (11 oz.) Kosher**

**Psyllium Seeds**
[Core Health—Cleansing]

**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. 1234-5 (100) Kosher**

**Red Clover Blend Liquid**
[Body Systems]

**Benefits:**
• Supports the circulatory and glandular systems.
• Provides isoflavones.

**How it Works:**
Red clover contains estrogen-like compounds known as isoflavones, 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. 550-9 (100) Kosher**

**Red Beet Root Formula**
[Core Health—Nutrition]

**Benefits:**
• 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. 870-0 (100) Kosher**
**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:**
Super Omega-3 EPA, Hawthorn Berries, Adrenal Support.

**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:**
Peppermint leaves, rose hips, hibiscus flowers and red raspberry leaves.

**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.

**Red Yeast Rice [Body Systems]**

**Benefits:**
- Provides natural relief.
- For temporary relief of minor aches and pains following exercise.
- Is well tolerated and absorbed by the body.
- Promotes balance throughout the digestive tract.
- Helps strengthen the uterus.

**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 (Co-Q10), 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 breast feeding because using this product may cause birth defects. Consult your health care provider before using if you are currently taking 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, Co-Q10 50 mg, LOCLLO.

**Red Raspberry Liquid [Body Systems]**

**Benefits:**
- Supports the glandular system.
- Supports the production of HDL (good) cholesterol in the liver.

**How it Works:**
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:**
Female Comfort, FCS II, Nature’s Prenatal.

**Respiratory System Pack [Body Systems]**

**Benefits:**
- For temporary relief of minor aches and pains associated with physical activities and exercise.
- Provides natural relief.

**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.
**Safflowers**

*Body Systems*

**Benefits:**
- Supports the intestinal system.
- 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. 600-2 (100) Kosher**

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**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.

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**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.

**Complementary Products:**
VS-C, Pau D’Arco, Silver Shield.

**Stock No. 610-1 (100) Kosher**

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**Sarsaparilla**

*Body Systems*

**Benefits:**
- Supports the glandular, circulatory and digestive systems.

**How it Works:**
Sarsaparilla is traditionally used 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. 620-8 (100) Kosher**

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**Saw Palmetto**

*Body Systems*

**Benefits:**
- Supports the glandular system.
- Supports prostate gland health.
- Provides hormone balance, especially for men over 40.
- Boosts immunity.

**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. 1845-2 (30)**

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**Sandalwood**

*Pure Essential Oil*

(see Essential Oils)

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**Rose Hips**

*Core Health—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. 580-1 (100) Kosher**

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**Rosemary Pure Essential Oil**

(see Essential Oils)
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. It also contains polysaccharides that may have immune-boosting properties. 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 fruit.

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

Complementary Products:
Men’s Formula, Zinc.

Stock No. 630-4 (100) Kosher

Saw Palmetto Concentrate [Body Systems]

Benefits:
• Supports the glandular system.
• Supports prostate gland health.
• Provides hormone balance, especially for men over 40.
• Boosts immunity.

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. It also contains polysaccharides that may have immune-boosting properties. 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.

Complementary Products:
Saw palmetto berry extract.

Stock No. 635-9 (60)

SC Formula (Shark Cartilage) [Shark Cartilage]

Benefits:
• Supports the immune system.
• Provides a good source of amino acids.
• 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, Uña de Gato, Pau D’Arco.

Stock No. 1602-8 (100)

Sea Salt Shaker [Body Systems]

Benefits:
• Contains no additives.
• Adds great taste.
• Is all natural.

How it Works:
All-natural salt is void of fillers and other additives that are commonly used in everyday white table salt. Sea salt is mined from pure salt deposits of an ancient sea that covered most of North America thousands and thousands of years ago. Try this salt and you’ll taste the difference!

Ingredients:
Redmond salt and celery seed.

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

Complementary Products:
Immune Stimulator, Colostrum with Immune Factors, VS-C, Silver Shield.

Stock No. 806-6 (90) Kosher

Senna Combination [Core Health—Cleansing]

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

7-Keto™ [Weight Management]

Benefits:
- Stimulates thyroid production.
- Supports weight management goals.
- Supports the immune system.

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.

Silver Shield® with Aqua Sol Technology [Body Systems]

Benefits:
- Supports the immune system.
- Provides 90 mcg silver per serving.

How it Works:
Silver Shield with Aqua Sol Technology features pure silver colloids for powerful immune-system support. It contains 18 ppm silver suspended in pure water. NSP Silver Shield is a safe, effective product. It is manufactured using a patented process with strict quality control to verify potency and purity. The result is fine, particle-sized colloids with 99% bioavailability. Silver particles are processed by the kidneys and may not affect populations of beneficial bacteria in the colon. NSP Silver Shield is a safe and effective product. It is manufactured using a patented process with strict quality control to verify potency and purity. The result is fine, particle-sized colloids with 99% bioavailability.

Ingredients:
- Deionized water and silver.

Recommendation:
Apply a small amount of gel to skin as needed.

Silver Shield Gel with Aqua Sol Technology [Body Systems]

Benefits:
- Supports the respiratory system.
- Encourages proper nasal function.
- Helps maintain nasal tissues.
- Is ephedra-free.

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 when pollen levels soar. Sinus Support EF supports nasal passages and supplies nutrients for proper respiratory function. 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.

How it Works:
Silver Shield Gel is a clear gel product that has been shown to be an effective cleaning agent. It 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.
In order to maintain strong bones, new red blood cell formation, and the production of proteins, Vitamin B6 is used by the body. It is used to manufacture proteins needed for strong bones, new red blood cells, and muscle and nerve tissue. Magnesium governs the proper utilization of calcium in joints, bones, muscles, and nerves. 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 connect tissue collagen. Vitamin B6 is used by the body to manufacture proteins needed for strong bones, new red blood cells, and muscle and nerve tissue. Vitamin B12 contributes to hemoglobin production.

**Ingredients:**
- Capsicum fruit, burdock root, goldenseal root, parsley herb, horehound herb, althea root, bitter orange fruit and yerba santa herb.

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

**Complementary Products:**
- ALI, Lung Support TCM Conc., Vitamin C.
- Stock No. 1250-3 (100) Kosher

**Skeletal Strength**

**[Core Health—Nutrition]**

**Benefits:**
- Supports the structural system.
- Helps rebuild and preserve bone and muscle tissue.
- Supports stressed nerves.
- Provides balanced nutrients for best utilization.

**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. 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 connect tissue collagen. Vitamin B6 is used by the body to manufacture proteins needed for strong bones, new red blood cells, and muscle and nerve tissue. 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/Acai, EverFlex w/Hyaluronic Acid, Joint Support.
- Stock No. 1806-7 (150)

**Skin Detox, Ayurvedic**

**[Body Systems]**

**Benefits:**
- Supports the structural system.
- Helps pull toxins from the skin.
- May relieve skin dryness and non-ycotic acne.

**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, Sverita 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. 1299-6 (100)

**Slippery Elm**

**[Core Health—Cleansing]**

**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 mucus 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:**
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. 1391-2 (7 oz., 200 g)
- Kosher

**Small Intestine Detox**

**[Core Health—Cleansing]**

**Benefits:**
- Supports the digestive system.
- Helps digest proteins.
- Soothes digestive tissue.

**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.
Support the circulatory system.

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 Co-Q10. 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 an enzyme derived from pineapple, may help to break down mucus, which can help to facilitate

Nutrition Facts:

Servings: 1

Calories: 29

Total Fat: 0g

Sodium: 10mg

Total Carbohydrates: 1g

Fiber: 0g

Chromium, CLA.

How it Works:
SmartMeal Nutritional Shake Mixes give you a delicious, healthful drink that’s only 130–140 calories and choke 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:

• Fructose auranti a immature fruit, bromelain and Co-Q10.

Recommendation:
Take 1–3 capsules daily 30 minutes before bedtime. Do not use during pregnancy.

Complementary Products:
ALJ, HistaBlock, Sinus Support EF.

Stock No. 1815-4 (60)

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.

How it Works:
SmartMeal Nutritional Shake Mixes give you a delicious, healthful drink that’s only 130–140 calories and choke 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. 3085-8 (510 grams, 15 servings) Vanilla
Stock No. 3084-4 (555 grams, 15 servings) Chocolate

Stock No. 3086-2 (510 grams, 15 servings) Chai

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 offers daily nutrition for your cardiovascular system. Solstic Cardio is formulated to provide maximum benefit to the cardiovascular system. It 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, Co-Q10 50 mg.

Stock No. 6520-1 (30 packets)

Solstic Energy
[Energy & Fitness]

Benefits:

• 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. Solstic Energy contains 60 mg of natural caffeine from guarana seed extract. It also contains thiamin, riboflavin, niacin, vitamin...
Spirulina

**[Core Health—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:**
- Vitamin A, vitamin C, vitamin D, vitamin E, folic acid, vitamin B12, biotin, pantothenic acid, calcium, magnesium, zinc, potassium, scfOS, natural citrus sweetener, natural flavors, beets root extract, tartaric acid and stevia leaf extract.

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

**Complementary Products:**  
Super Algae, Liquid Chlorophyll, Ultimate GreenZone, Mineral-Chi Tonic, Ionic Minerals w/ Acai.

**Stock No. 681-1 (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. 1880-8 (100)**

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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.

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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 calmative. Recent 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, Kava Kava Conc., Nervous System Pack.

**Stock No. 655-3 (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. Recent 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 SSRI’s and MAOIs. Not recommended for use by pregnant or lactating women. Keep out of the reach of children.

**Complementary Products:**
- Nutri-Calm, Kava Kava Conc., Nervous System Pack. Stock No. 653-1 (60)

**Stomach Comfort**
[Body Systems]

**Benefits:**
- Supports the digestive system.
- Promotes natural calming.
- Soothes the stomach.
- Supports proper digestion.

**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 mucus 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:**
Calium, alginic acid from brown seaweed, papaya fruit, guar gum, slippery elm bark, ginger rhizome, licorice root concentrate and caseinate powder.

**Recommendation:**
Chew 1 or 2 tablets up to three times daily for quick, temporary stomach relief. Chew 1–2 tablets between meals for pH balancing. 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. 1820-0 (60 chewable tablets)
- Stock No. 2489-1 (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.

**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, B-Complex, Nerve Eight. Stock No. 1084-1 (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.

**Ingredients:**
Passionflower aerial parts, fennel seeds, feverfew aerial parts, hops flowers, chamomile flowers extract and marshmallow root extract.

**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, B-Complex, Nerve Eight. Stock No. 3163-3 (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. 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:**
- 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. 1863-5 (100)

**Stress Relief TCM Concentrate**

**[Body Systems—Chinese]**

**Benefits:**
- Supports already normal-range blood sugar levels.
- Aids digestion.
- Supports the liver.
- 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:**
- 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. 1033-5 (30)

**Structural System Pack**

**[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 known as an 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.
**Sunshine Brite Toothpaste**

**Complementary Products:**
- Stock No. 1088-5 (100) Kosher

**Ingredients:**
- Aloe barbadensis leaf extract, goldenseal, myrrh, Iceland moss, astragalus, green tea and elderberry for natural astragalus, green tea and elderberry.

**Benefits:**
- Is a natural, all-purpose cleaner.
- Is phosphate-, borate- and acid-free.
- Offers powerful cleaning in a biodegradable formula.

**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, Iceland 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.

**Recommendations:**
- 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, XylBrite Toothpaste.
- Stock No. 2851-6 (3.5 oz. tube)

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**Sunshine Concentrate Cleaner**

**[Personal Care]**

**Benefits:**
- Is a natural, all-purpose cleaner.
- Contains no fluoride.
- Has superior cleaning ability.
- Has a refreshing mint tingle flavor.

**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:**
- 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.

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**Sunshine Heroes™**

**[Core Health—Children’s Products]**

**Benefits:**
- Supports the structural system.
- Provides 300 mg of calcium, equivalent to 8 oz. of milk.
- Supports the health of bones and teeth.

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**Complementary Products:**
- Calcium Plus D3
- Stock No. 1551-6 (32 fl. oz.)
- Stock No. 2601-5 Decanter pump

**Hand washables:** 1 tsp. per quart of lukewarm water. Use for silks, woolens and other fine washables. Wiring gently, rinse well.

**Laundry booster:** Add 1/4 cup to water to boost the cleaning power of laundry compound.

**Sunshine Concentrate Cleaner**

**[Personal Care]**

**Benefits:**
- Is a natural, all-purpose cleaner.
- 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.

**Recommendations:**
- 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, XylBrite Toothpaste.
- Stock No. 2851-6 (3.5 oz. tube)
• 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. 3343-1 (90 soft chews)

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**Sunshine Heroes Elderberry Immune**
[Core Health—Children’s Products]

**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 and picky diets often lack vitamins and nutrients. 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 product line.
Stock No. 3347-8 (90 soft chews)

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**Sunshine Heroes Multiple Vitamin & Mineral**
[Core Health—Children’s Products]

**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 micronutrients.
- Supplies antioxidants and phytochemical nutrients.
- 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 vegetarian, dairy-free or other restricted diets. 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. 3341-6 (90 soft chews)

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**Sunshine Heroes Omega 3 with DHA**
[Core Health—Children’s Products]

**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.
Children not receiving the probiotic. Studies found 11 strains of probiotics.

Power contains 1 billion friendly cultures from chewable tablet of Sunshine Heroes Probiotic also found that probiotics aided digestion. Each food allergies in infants. Researchers have shown that 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.

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.

Benefits:
• Supports the digestive and intestinal systems.
• Aids digestion and intestinal function.
• Strengthens immune response.

Sunshine Heroes Whole Foods Antioxidant
[Core Health—Children’s Products]

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. 3346-7 (90 chewable tablets)

How it Works:
Sunshine Heroes Whole Foods Antioxidant ensures that children receive the benefits of more fruits and vegetables. Modern diets often lack sufficient amounts of fruits, vegetables and other whole foods, making them low in essential nutrients and antioxidants needed for optimal health. Research shows the benefits of an antioxidant-rich diet. The National Cancer Institute recommends eating at least 5 to 9 servings of fruits and vegetables per day.

Sunshine Heroes Whole Foods Antioxidant offers the antioxidant power equivalent to two average servings of fruit or vegetables (based on ORAC values). A healthy diet that includes whole foods provides antioxidants to counter the damaging effects of free radicals. Free radicals are atoms that are missing an electron, making them highly unstable. Unstable free radicals attack nearby molecules, stealing an electron from them. This begins a destructive chain reaction, which can lead to the disruption of living cells.

Ingredients:
Vitamin C, vitamin E, apple fruit, grape seed, strawberry fruit, raspberry fruit, blueberry fruit, tart cherry fruit, pomegranate fruit, cranberry fruit, carrot root, tomato fruit, broccoli flower, spinach leaves, kale leaves and the Sunshine Heroes Protector Shield blend.

Recommendation:
Chew 3 soft chews per day as a dietary supplement. Chew carefully and thoroughly before swallowing.

Complementary Products:
Sunshine Heroes product line.
Stock No. 3344-9 (90 soft chews)

Super Algae
[Core Health—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 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, Chlamath Lake blue-green algae and Chlorella vulgaris.
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. 1844-5 (90 softgel caps)

Super Omega-3 EPA
[Core Health—Nutrition]

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, Co-Q10 50 mg, Hawthorn Berries, Solstic Cardio.

Stock No. 1515-7 (60 softgel caps)

Super ORAC
[Core Health—Nutrition]

Benefits:
- May exhibit anti-aging benefits.
- Helps prevent cellular damage.
- May exhibit anti-aging benefits.

How it Works:
Eucalyptus oil, rose hips, rosehip berry concentrate and selenium.

Ingredients:
- Eucalyptus oil, rose hips, rosehip berry concentrate and selenium.

Recommendation:
Take 1–2 capsules twice daily with meals.

Complementary Products:

Stock No. 808-3 (90)

Super Supplemental Vitamins and Minerals
[Core Health—Nutrition]

Benefits:
- Provides 100% or more of the Daily Value for 11 essential vitamins.

Recommendation:
Take 2–4 capsules with a meal three times daily.

Complementary Products:
Liquid Chlorophyll, Ultimate GreenZone, Mineral-Chi Tonic, Ionic Minerals w/Açai.

Stock No. 1056-5 (100)

Turmeric root, tocotrienols, rose hips, particularly before menstruation when normal conditions of mild mood changes, breast tenderness, cramps and swelling can occur.

Ingredients:
- Turmeric root, tocotrienols, rose hips, milk thistle seed, lycopenes and alpha lipoic acid.

Recommendation:
Take 1 capsule with a meal twice daily.

Complementary Products:
Alpha Lipoic Acid, Cardio Assurance, Thai-Go.

Stock No. 1825-8 (60)
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 12 vitamins, 10 minerals, 10 amino acids, 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 100% or more of the DV of the following nutrients: vitamin A, vitamin C, vitamin D3, vitamin E, vitamin B1, vitamin B2, niacin, vitamin B6, vitamin B12, biotin, pantothenic acid, iron, iodine, magnesium, zinc, selenium, copper and manganese. Also contains calcium, phosphorus, chromium, potassium, choline, inositol, p-amino benzoic 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, 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, Probiotic Eleven.

Stock No. 1377-0 (120 tablets)

Super Supplemental Vitamins & Minerals w/o Iron
[Core Health—Nutrition]

Benefits:
• Provides 100% or more of the Daily Value for 11 essential vitamins.
• Offers significant amounts of 9 important minerals.
• Provides antioxidants, phytonutrients and amino acids from the NSP Protector Shield® Blend.
• Features a proprietary chlorophyll coating.

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 12 vitamins, nine 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 100% or more of the DV 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-amino benzoic 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, 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, Probiotic Eleven.

Stock No. 1379-8 (120 tablets)

Super Trio
[Core Health—Nutrition]

Benefits:
• Provides needed nutrients.
• Is conveniently packaged.
• Promotes vitality and longevity.
• Has powerful oxidant-scavenging capacity.

How it Works:
Super Trio offers the basic nutrients your body needs for optimal function in easy-to-carry cello packs. Taken twice a day, it provides a full month’s supply of portable, powerful nutrition. Each pack contains one capsule of each of improved Super Supplemental to support your daily vitamin and mineral needs, Super Omega-3 to satisfy your body’s vital need for essential fatty acids, and Super ORAC, an exclusive formulation packed with potent free-radical-quenching antioxidants.

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. 222-7 (30 day)
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. 2809-8 (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. 2810-1 (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. 2815-7 (90)**

**Tea Tree Oil**
(See Essential Oils)

**Tei Fu® Essential Oil**
[Personal Care]

**Benefits:**
- Invigorates the mind.
- Stimulates the respiratory system.
- 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 oil, menthol, wintergreen oil, camphor and other essential oils.

**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. 1618-7 (.17 fl. oz.)**

**Tei Fu® Massage Lotion**
[Personal Care]

**Benefits:**
- Supports the structural system.
- May promote muscle relaxation.
- Leaves skin smooth and supple.
- Deeply penetrates skin.

**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. It also leaves the skin smooth and supple. 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. 3538-5 (4 fl. oz. tube)**

**Thai-Go®**
[Core Health—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 pump 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, açai berry concentrate, pomegranate fruit juice concentrate, sea buckthorn fruit extract, red...
Thymus Linalol BIO Pure Kosher (see Essential Oils)

Thymol Activator® [Body Systems]

Benefits:
• Supports the glandular system.

How it Works:
Thymol Activator® 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:
Dulse Liquid, 7-Keto, Kelp, Adrenal Support.

Stock No. 1224-0 (100)

Thyro Support
[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 Support 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 plant, kelp leaves and stems, black walnut hulls, parsley leaves, fo-ti root and sarsaparilla root.

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

Complementary Products:
Dulse Liquid, 7-Keto, Kelp, Adrenal Support.

Stock No. 1228-6 (60)

Tiao He Cleanse® [Core Health—Cleansing]

Benefits:
• Supports the intestinal system.
• Supports intestinal regularity.
• Nourishes the intestinal lining.
• Supports gut flora.

How it Works:
The herbal ingredients in Tiao He Cleanse® are designed to support the cleansing mechanisms of the body by targeting the intestinal, digestive and circulatory systems.

Ingredients:
L-carnitine, L-tyrosine, kelp leaves and stems, thyroid hormone, horsetail root, cornelian cherry bark, colostrum, oat straw, alfalfa, licorice, yellow dock, black walnut hulls, sarsaparilla root.

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

Complementary Products:
Betaine Hydrochloride, Peppermint Oil, Psyllium Hulls.

Stock No. 3050-5 (15 day)

Tofu Moo
[Body Systems]

Benefits:
• Provides calcium and vitamins A & D.
• Is all-natural and fat-free.
• Is made from non-GMO soy.
• Tastes great—in natural or carob flavors.

How it Works:
Tofu Moo drink mix comes from tofu, a soybean product that originated in the Orient. Soybeans are known for their many health benefits. Tofu Moo (powdered tofu) tastes similar to milk but contains no lactose—good news for the estimated 70 percent of the world’s population that is lactose-intolerant. Tofu Moo is low-fat, cholesterol-free and low in sodium. One 8-ounce serving contains 50% of the Daily Value for calcium. Tofu Moo also contains phosphorus, potassium, vitamin A and vitamin D. Tofu Moo is a healthful addition to the daily diet. It can be mixed with water for a tasty drink, substituted for milk or added to recipes. Carob Tofu Moo contains no hydrogenated oils.

Ingredients (Carob flavor):
• Carob, rice flour, spinach flour, wheat flour, flaxseed, apple powder, potato starch, pea fiber, lecithin, soy lecithin, vitamin B6, vitamin B12, vitamin E, vitamin C, vitamin A, vitamin D3, vitamin K2, natural carob flavor, natural spices.

Ingredients (Almond flavor):
• Almonds, rice flour, potato flour, pea protein, pea fiber, apple powder, flaxseed, lecithin, flavor, vitamins, minerals.

Ingredients (Natural flavor):
• Almonds, rice flour, potato flour, pea protein, pea fiber, apple powder, flaxseed, lecithin, flavor, vitamins, minerals.

Ingredients (Carob flavor):
• Carob, rice flour, spinach flour, wheat flour, flaxseed, apple powder, potato starch, pea fiber, lecithin, soy lecithin, vitamin B6, vitamin B12, vitamin E, vitamin C, vitamin A, vitamin D3, vitamin K2, natural carob flavor, natural spices.

Ingredients (Almond flavor):
• Almonds, rice flour, potato flour, pea protein, pea fiber, apple powder, flaxseed, lecithin, flavor, vitamins, minerals.

Ingredients (Natural flavor):
• Almonds, rice flour, potato flour, pea protein, pea fiber, apple powder, flaxseed, lecithin, flavor, vitamins, minerals.

Ingredients (Carob flavor):
• Carob, rice flour, spinach flour, wheat flour, flaxseed, apple powder, potato starch, pea fiber, lecithin, soy lecithin, vitamin B6, vitamin B12, vitamin E, vitamin C, vitamin A, vitamin D3, vitamin K2, natural carob flavor, natural spices.

Ingredients (Almond flavor):
• Almonds, rice flour, potato flour, pea protein, pea fiber, apple powder, flaxseed, lecithin, flavor, vitamins, minerals.

Ingredients (Natural flavor):
• Almonds, rice flour, potato flour, pea protein, pea fiber, apple powder, flaxseed, lecithin, flavor, vitamins, minerals.
salt, lecithin (from soy), carrageenan, vitamin A palmitate and vitamin D3.

**Recommendation:**
Add 1 scoop of powder to 6 oz. of hot or cold water. Stir briskly until dissolved, then add enough water to make 8 ounces.

**NOTE:** Not to be used as an infant formula.

**Complementary Products:**
Super Trio, Thai-Go, Nature’s Three.

**Stock No. 3207-9 (25.9 oz.) Carob**
**Stock No. 1703-0 (22.5 oz.) Nature’s Three**

**Trace Mineral Maintenance**
[Core Health—Nutrition]

**Benefits:**
- Provides 70 plant-derived trace minerals.
- Provides minerals to activate enzymes.

**How it Works:**
Trace Mineral Maintenance contains 70 plant-derived trace minerals that are chelated by nature for better absorption. The body uses even tiny amounts of various minerals, some of which were previously thought to be insignificant to the body. Minerals activate enzymes, which power thousands of necessary reactions in the body. The form the mineral takes is also important. For example, trace amounts of aluminum are commonly found in foods, but it is harmless in the natural form when eaten in moderation. Elemental aluminum can be toxic.

**Ingredients:**
Aluminum, antimony, barium, beryllium, bismuth, boron, bromine, cadmium, calcium, cerium, cesium, chlorine, chromium, cobalt, copper, dysprosium, erbiun, europium, fluorine, gadolinium, gallium, germanium, gold, hafnium, holmium, indium, iodine, iridium, iron, lanthanum, lithium, lutetium, magnesium, manganese, molybdenum, neodymium, nickel, niobium, osmium, palladium, phosphorus, platinum, potassium, praseodymium, rhenum, rhodium, rubidium, ruthenium, samarium, scandium, selenium, silicon, silver, sodium, sulfur, tantalum, tellurium, terbium, thallium, thorium, thulium, tin, titanium, tungsten, uranium, vanadium, ytterbiun, yttrium, zinc and zirconium.

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

**Complementary Products:**
Vitamin B-Complex, Super Supplemental Vitamins & Minerals.

**Stock No. 4205-1 (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 18 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—schizandra, astragalus, tang-kuei, ginseng and ganoderma—build the immune system and promote energy.

**Ingredients:**
Concentrated extract of astragalus root, ginseng root, epimedium leaf, eucommia bark, ganoderma mushroom, lycium fruit, rhamnus root tuber, achyranthes root, tang-kuei root, atracyloides rhizome, citrus peel, hoelen sclerotium, ligustrum fruit, ophiopogon root tuber, peony root without bark, polygala root, schizandra fruit 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:**
VS-C, Ultimate Echinacea, Golden Seal/ Parthenium Extract, Elderberry D3fense.

**Stock No. 1889-2 (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 18 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 TCM Concentrate is considered a general tonic formula. Its key herbs—schizandra, astragalus, tang-kuei, ginseng and ganoderma—build the immune system and promote energy.

**Ingredients:**
Concentrated extract of astragalus root, ginseng root, epimedium leaf, eucommia bark, ganoderma mushroom, lycium fruit, rhamnus root tuber, achyranthes root, tang-kuei root, atracyloides rhizome, citrus peel, hoelen sclerotium, ligustrum fruit, ophiopogon root tuber, peony root without bark, polygala root, schizandra fruit and licorice root.

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

**Complementary Products:**
VS-C, Ultimate Echinacea, Golden Seal/ Parthenium Extract, Elderberry D3fense.

**Stock No. 1034-0 (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:**
Parthenium Extract, Elderberry D3fense.

**Stock No. 1092-0 (100)**

**Ultimate GreenZone®**
[Core Health—Nutrition]

**Benefits:**
- Enhances elimination.
- Supports immunity.
- Provides nutrition that’s easily absorbed.
- Is gluten-free.
- Is pH-balancing.

**Ultimate Echinacea**
(see Echinacea)

**Ultimate GreenZone®**
[Core Health—Nutrition]

**Benefits:**
- Enhances elimination.
- Supports immunity.
- Provides nutrition that’s easily absorbed.
- Is gluten-free.
- 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, fructooligosaccharides, quinoa seed, flax seed hull lignans, chia seed, chlorella algae, millet seed, alfalfa leaf and stem juice concentrate, licorice root, soy lecithin, carrot root, lemon grass 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 asparagus stems, red beet root extract, broccoli flowers, kale leaves, and strobilus.

**Recommendation:**

- Take 1 capsule daily with a meal.

**Complementary Products:**

- Super Supplemental Vitamins & Minerals, Thai-Go.

**Stock No. 1103-6 (368 g)
Stock No. 1104-4 (180 capsules)**

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**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 NSP 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. 175-0 (100) Kosher**

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**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, eleutherococcus root and schizandra fruit.

**Recommendation:**

- Take 1 capsule with a meal three times daily.

**Complementary Products:**

- Hydrangea, Kidney Activator, KB-C TCM Conc.

**Stock No. 2884-4 (120)**

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**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 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. 5387-3 (30 day supply)**

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**Uva Ursi**

**[Body Systems]**

**Benefits:**

- Supports the urinary system.
- May help soothe 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.

**NOTE:** Do not take with Cranberry & Buchu Conc.

**Complementary Products:**

- Urinary System Pack, JP-X.

**Stock No. 710-9 (100) Kosher**

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**Valerian Root**

**[Body Systems]**

**Benefits:**

- Provides gentle sleep support.
- Helps the body relax.
- Supports the nervous system.
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 capsule with a meal twice daily.

**Complementary Products:**
Herbal Sleep, Kava Kava Conc.

**Stock No. 720-0 (100) Kosher**

**Vari-Gone®**
[Body Systems]

**Benefits:**
- Supports circulation.
- 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, lemon bioflavonoid extract and butcher’s broom rhizome extract.

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

**NOTE:** 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, Celul-Tone Essential Oil Blend.

**Stock No. 4947-5 (2 oz. tube)**

**Vita-Lemon**
[Core Health—Nutrition]

**Benefits:**
- Provides valuable sodium and potassium.
- Provides 10% of Daily Value of 12 nutrients.

**How it Works:**
Vita-Lemon contains a healthful amount of fiber, including guar gum, cellulose, citrus pectin and xanthan gum. Fiber has been directly linked to colon health. A one-scoop serving of Vita-Lemon provides at least 10 percent of the Daily Value of vitamins A, C, D, E, B6, B12, thiamin, riboflavin, niacin, folic acid, biotin and pantothenic acid.

**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 carbamate, aminomethyl propanol, carborner, disodium EDTA, caprylyl glycol, hexylene glycol and phenoxethanol.

**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:**
CleanStart, Nature’s Three.

**Stock No. 2932-7 (25 oz.)**

**VITAMINS**

**Vitamin A & D**
[Core Health—Nutrition]

**Benefits:**
- Supports the immune and glandular systems.
- Is vital for healthy skin and eyes.
- Supports strong bones and teeth.
- Provides 10,000 IU vitamin A per capsule.
- Provides 400 IU vitamin D per capsule.

**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:
10,000 IU of vitamin A (200% of the Daily Value) and 400 IU of vitamin D from fish oil (100% of the Daily Value).

Recommendation:
Take 1 capsule daily with a meal.

CAUTION: If pregnant or planning pregnancy, 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.

Complementary Products:
Perfect Eyes, Skeletal Strength, Super Omega-3 EPA.

Stock No. 4065-3 (100 softgel caps)

Vitamin B6
[Core Health—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 (2,500% of Daily Value), calcium and phosphorus.

Recommendation:
Take 1 tablet daily with a meal.

Complementary Products:
Energy-V, Solstic Cardio, Cardio Assurance.

Stock No. 1626-6 (120) Kosher

Vitamin B12
Complete, Liquid
(see Liquid B12 Complete)

Vitamin B-Complex
[Core Health—Nutrition]

Benefits:
• Supports nervous system function.
• Aids digestive functions.
• Enhances enzyme reactions.

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. Their actions are interdependent, so for greatest efficiency the complex should be taken together.

Ingredients:
Provides 100–6,600% of the Daily Value of thiamin, riboflavin, niacinamide, vitamin B6, folic acid, vitamin B12, biotin and pantothenic acid per tablet, plus biocid, calcium, inositol, choline, PABA and cabbage leaves.

Recommendation:
Take 1 tablet daily with a meal.

Complementary Products:

Stock No. 1625-4 (120)

Vitamin C Ascorbates
[Core Health—Nutrition]

Benefits:
• Provides 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 help produce energy. Vitamin C is easily washed from the body and needs to be replaced constantly. 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 (3,000% Daily Value) 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. 1606-3 (9 oz.)

Vitamin C, Chewable
[Core Health—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 syntheses 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 constantly. 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 (415% of the Daily Value), fructose, sorbitol, freeze-dried orange juice, calcium ascorbate, xylitol, rose hips extract, and natural orange, lemon and lime flavors.

Stock No. 1778-9 (100)
**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. 1646-4 (90) Kosher**

**Vitamin C, Time-Release [Core Health—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 absorption and in the syntheses 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 constantly. Without vitamin C, the body cannot make collagen, the substance that holds the body’s cells together and maintains skin integrity. This product allows more efficient use of vitamin C by slowly releasing it into the body. Each tablet is designed with a sustained release profile to slowly deliver the vitamin C over a six-hour period.

**Ingredients:**
1,000 mg vitamin C per tablet (1,670% of the Daily Value), lemon bioflavonoid extract, hesperidin, rutin, acerola fruit extract and rose hips extract.

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

**Vitamin D3 [Core Health—Nutrition]**

**Benefits:**
- Supports bone health.
- Helps maintain the immune system.
- May help improve mood.
- Provides 2,000 IU vitamin D per tablet.

**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:**
- 2,000 IU vitamin D3 per tablet (500% Daily Value).

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

**Complementary Products:**
Cardio Assurance, HSN-W, Super Omega-3 EPA.

**Stock No. 1650-6 (180 softgel caps)**

**Vitamin E Complete with Selenium [Core Health—Nutrition]**

**Benefits:**
- Provides 400 IU vitamin E and 25 mcg selenium per softgel.

**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, prevent premature aging and keep tissue supple. This formula offers the cardio-protective and 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; 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 generally as vitamin E.

**Ingredients:**
- 400 IU vitamin E (1330% Daily Value) plus 25 mcg selenium per softgel.

**Recommendation:**
- Take 1 softgel daily with a meal.

**Complementary Products:**
- Cardio Assurance, HSN-W, Super Omega-3 EPA. 
- Stock No. 1509-8 (60 softgel caps) 
- Stock No. 1508-5 (200 softgel caps)

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**VitaWave**
[Core Health—Nutrition]

**Benefits:**
- Provides vital nutritional support.
- Tastes great.
- Is easy to take.
- Contains beneficial trace minerals.
- Provides 100–4,000% of the Daily Value for 16 nutrients.

**How it Works:**
- Vitamino provides vitamins, minerals and other nutrients necessary for optimal health.

- Provides 100–4,000% of the Daily Value of vitamins A, E, K, thiamin, riboflavin, niacinamide, B6, B12, biotin, pantetholic 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, dead sea salt, 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. 3332-3 (32 fl. oz.)

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**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 "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 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.

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

**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 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.

**Ingredients:**
- Dandelion whole plant, purslane top, indigo leaves and root, thaslpi whole plant, bupleurum root, scute root, typhonium rhizome, cinnamon twig, licorice root and ginseng root.

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

**How it Works:**
- Concentrated extract of dandelion whole plant, purslane top, indigo leaves and root, thaslpi whole plant, bupleurum root, scute root, typhonium rhizome, cinnamon twig, licorice root and ginseng root.

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

**How it Works:**
- Concentrated extract of dandelion whole plant, purslane top, indigo leaves and root, thaslpi whole plant, bupleurum root, scute root, typhonium rhizome, cinnamon twig, licorice root and ginseng root.

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

**How it Works:**
- Concentrated extract of dandelion whole plant, purslane top, indigo leaves and root, thaslpi whole plant, bupleurum root, scute root, typhonium rhizome, cinnamon twig, licorice root and ginseng root.

**Recommendation:**
- Take 1 capsule with a meal daily.
Complementary Products:
Stock No. 949-2 (30)

V-X
[Body Systems]
Benefits:
- 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. 1382-4 (100)

Wild Oregano Pure Essential Oil
(see Essential Oils)

Wild Yam
[Body Systems]
Benefits:
- Helps support and balance the female endocrine 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:
Pro-G-Yam Cream, Black Cohosh, Flash-Ease T/R.
Stock No. 745-2 (100) Kosher

Wild Yam & Chaste Tree
[Body Systems]
Benefits:
- Supplies nutrients for glandular function.
- Nourishes the female reproductive system.
- Harmonizes hormone levels.
- Provides support for menopausal women.

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:
Flash-Ease T/R.
Stock No. 1108-7 (100) Kosher

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, Chamomile, Kava Kava Conc., Nervous System Pack.
Stock No. 740-6 (100) Kosher

X-A® Reloaded, Men’s
[Body Systems]
Benefits:
- 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:
Eleuther 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. 1130-2 (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. Icarin, 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, muira puama stem extract, 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 1 capsule with a meal twice daily.

**Complementary Products:**
- Respiratory System Pack, HistaBlock, Sinus Support EF.
- Stock No. 750-2 (100) Kosher

**Yeast/Fungal Detox**

**[Core Health—Cleansing]**

**Benefits:**
- Creates an unfriendly environment for yeast and fungus.
- Boosts the immune system.
- Stimulates detoxification in the liver.
- Supports the digestive system.
- Supports normal microorganism balance.

**Ingredients:**
- Yellow dock root.

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

**Complementary Products:**
- Urinary System Pack, LBS II, Hydrangea, Dandelion.
- Stock No. 760-1 (100) Kosher

**Yin Pack**

(See Chinese Negative Pack)

**Ylang Ylang Complete BIO**

**Pure 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. 770-3 (100)

Z

Zinc
[Core Health—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) 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, V5-C.
Stock No. 1657-9 (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, V5-C, Immune Stimulator.
Stock No. 8788-9 (60)
Glossary of Terms

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’s 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 cellulose 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) Age/(Age + 12) x 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, 3.5/(15.5) x 20 drops = 4.5 drops with each meal three times a day.

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.

Equivalents:
See chart on page 215.

Essential Oil Information:
AOC = Appelation d’Origine Contrôlée. This notation signifies that an essential oil has been certified of authentic origin.

BIO = NSP “BIO” essential oils are certified organic by Eco-Cert, a highly regarded European organic certifier.

Each 5 ml bottle has approximately 125 drops. For recommended usage, please consult the 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

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 kosher by Rabbi David Novoseller of Kosher Service, Philadelphia, Pa. He periodically examines NSP’s manufacturing plant and oversees the mixing and manufacturing processes to ensure the kosher status of these products. Offering kosher products makes NSP supplements available to more people worldwide.

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.

Preservatives:
We use sodium benzoate that is found in natural benzoin gum. Other preservatives used in the products include methyl paraben and propyl paraben. These two parabens work best when they are used together and require less than one-tenth of one percent in a combined form. The parabens and sodium benzoate are derived from benzoic acid. Benzoic acid is found naturally in benzoin, Peru and tolu balsams, and several other balsamic substances. The only way to produce plant products without using some other balsamic substances is derived from benzoic acid. Benzoic acid is found naturally in benzoin, Peru and tolu balsams, and

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 herbs 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 are 7/8” round (or small oval) coated tablets. These 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. They are then tumble-heated, and four spray guns inside the machine spray the water-based solution onto the tablets.

Serving Size Equivalents

Volume Measurement Equivalents

| 1/4 teaspoon | 15–20 drops | 1 ml |
| 1 teaspoon | 1/3 Tablespoon | 5 ml |
| 1 tablespoon | 3 teaspoons | 1/2 fl. oz. | 15 ml |
| 2 tablespoons | 1/8 cup | 1 fl. oz. | 30 ml |
| 4 tablespoons | 1/4 cup | 2 fl. oz. | 59 ml |
| 1/2 quart | 1 pint | 16 fl. oz. | 473 ml |
| 1 quart | 2 pints | 32 fl. oz. | 946 ml |

Weight Measurement Equivalents

| 1 gram | .001 gram | 1000 mg | 1000 mcg |
| 1 milligram | .035 oz. | 1 ounce | 28.35 grams |

Concentrations

| 1 ppm | 1 ml/L | .001 g/L | .0038 g/gallon |

Some abbreviations commonly used on product labels

| fl. oz. | fluid ounce (volume) |
| oz. | ounce (weight) |
| g. gm | gram |
| mg | milligram |
| mcg | microgram |
| l | liter |
| ml | milliliter |
| ppm | parts per million |
**Boomerang Air Quality Test Kit**
The Test Kit allows you to witness what the Boomerang Air Sanitizer can do for you and your family. Test the quality of your air before and after you use the Boomerang. See the difference in what you’re breathing. You’ll be amazed at the results!
The Test Kit contains everything needed to conduct up to 5 indoor air quality tests (10 Petri dishes, 10 liquid gel containers and 5 Boomerang Air Quality booklets). The booklet explains Indoor Air Quality and how to use the kit to conduct in-home tests.
**Stock No. 5287-0 Bilingual**

**Cholestrak® Home Cholesterol Test Kit**
High cholesterol can have serious and even lethal effects on the body. With the help of NSP’s Cholestrak test kit, you can measure your cholesterol level quickly, simply and conveniently in your own home. This kit contains everything you need to obtain one accurate cholesterol reading:
- 1 test device
- 1 cholesterol result chart
- 1 finger stick device (lancet)
- 1 gauze pad
- 1 bandage
**Stock No. 2060-4 (Bilingual)**

**Sales Aids & Supplies**

**Boomerang Brochure**
This brochure provides an introduction to the Boomerang Air Sanitizer, describing the science behind how its patent-pending technology works, the research that proves its effectiveness. Explains Indoor Air Quality and how to use the Boomerang.
**Stock No. 2916-1 (1 kit)**

**Flip-top Lids**
Stop twisting off every lid. Just flip it open and pour out your supplements. Larger size lids fit 100-count bottles. Small lids fit most vitamin bottles (60 counts). Sold in batches of 10.
**Stock No. 5290-9 (Large, 10 lids) Stock No. 5291-5 (Small, 10 lids)**

Available while supplies last.

**Customer Receipt Pad**
This standard receipt pad is customized for the needs of an NSP independent distributor and embossed with the company logo. Helps you keep track of payment method, taxable and non-taxable items, shipping costs, sponsor/ Manager and QV month. Measures 6x4”, three-part NCR. 50 pages per pad.
**Stock No. 2049-2 (English) Stock No. 2307-2 (Spanish)**

**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. 2000-7 (Bilingual)**

**Nature’s Fresh Brochure.**
Get acquainted with NSP’s safe, natural home cleaning products with the Nature’s Fresh brochure. It describes every product in the lineup and its ingredients and benefits. The handy chart on the back panel lists dangerous chemicals found in many home cleaning products today and their ill effects. It makes a strong case for using natural, environmentally safe cleaning and laundry products from NSP.
**Stock No. 5370-7 (5)**

**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 Cold & Flu 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

**Customer Price List/Order Form**
A complete listing of NSP products, broken down alphabetically in categories, with stock numbers, suggested retail prices and ordering information makes it easy for your customer to order NSP products at a glance. (Note: Lists only retail prices.)
**Stock No. 2060-4 (Bilingual)**

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Totally new! This is the definitive listing of all NSP products in alphabetical order, from Acidophilus to Zinc Cold & Flu 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. 2720-7 (English)
Stock No. 2722-2 (Spanish)

NSP Catalog—Brilliant Body
NSP products are a brilliant choice! This sales piece provides a brief background on the company and its commitment to quality. Then it covers Habit of Health, JumpStart and each of the 10 body systems. Includes top-selling products and support products for each grouping. Also includes pages on Sunshine Heroes Children’s Supplements, Flower Essence Formulas and Essential Oils, plus an order form.

Stock No. 1041-1 (10) English
Stock No. 1153-4 (10) Spanish

NSP Logo Posters
Set of five posters that have NSP Independent Distributor logo. 16x14-¼”.
Stock No. 2207-4 (bilingual)

NSP Chewable/Lozenge Tablet Refillable Tube
This plastic carrying tube can be used to carry all chewable tablets, including Stomach Comfort, Papaya Mints and Chewable Vitamin C.
Stock No. 2689-3

NSP Pocket Container
This sturdy plastic container is the perfect size to fit in a pocket or purse. Holds Sunshine Heroes Soft chews and tablets as well as Nature’s Sweet Life gum and mints!
Stock No. 5285-6

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. 2877-5

pH Balancing Simplified Brochure
Get a quick education on pH and how it affects health with this 16-page booklet. Find out the difference between acidity and alkalinity. Discover what you don’t know about the dangers of high acidity and high alkalinity. You’ll find a complete supplement program for both acidic and alkaline conditions plus other helpful hints, including a chart of the effects of common foods on pH balance.

Stock No. 2836-1 (English, 10)

pH Test Strips
Test your salivary and urinary pH levels at home with these convenient test strips.

Stock No. 2918-8 (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. 2843-8 (25)

Presenter Kit, Brilliant Body
The Brilliant Body Party Presenter Kit contains everything you need to hold several Brilliant Body Parties:
• 1 Presenter Kit Carrying Case, w/wheels and pull handle (Stock No. 1038-6)
• 20 Brilliant Body Catalogs (Stock No. 1041-1, 10)
• 1 Opportunity Flip Chart (Stock No. 1146-3)
• 1 Opportunity Flip Chart binder (Stock No. 1042-9)
• 1 Party Flip Chart (Stock No. 1052-1)
• 1 Party Flip Chart Binder (Stock No. 1044-4)
• 1 Brilliant Business Booklet (Stock No. 1068-0)

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 in matching style, with product information and recommended use. Choose from:

Food Enzymes, Stock No. 2494-1
LBS II, Stock No. 2497-0
Mind-Max, Stock No. 5458-8
Nutri-Calm, Stock No. 2493-9
Relief Formula, Stock No. 5456-1
Stomach Comfort, Stock No. 2489-1

Sales Receipt Book
Keep track of sales, and provide your customer with a receipt of purchase with this sales receipt book designed especially for the needs of the NSP distributor. 8-½x4”, two-part NCR. 50 pages per pad.
Stock No. 2040-8

Sign-up Application
Use this standard, one-page form to sign up an NSP Distributor or Member. Instructions are included on the form. Simply fill out and return to NSP Home Office. Two-page, self-carbon. Shrink-wrapped in packs of 10.
Stock No. 2120-2 (English)
Stock No. 2119-3 (Spanish)

Small Shipping Box
Heavy-duty cardboard folds out to a shipping box 4-½” deep, with sides 7-¾x6-¾”.
Stock No. 2450-1 (10)

Sunshine Heroes Booklet
This full-color booklet is loaded with Sunshine Heroes product information. A great way to introduce individuals to our Sunshine Heroes products. Sold in packs of 10.
Stock No. 5284-1 (English, 10)

Thai-Go brochure
Our best-selling product shines in this brochure, which promotes the antioxidant and immuno-stimulatory benefits of NSP’s unique Thai-Go antioxidant juice. It includes a brief discussion of antioxidants, ORAC, bioflavonoids and xanthones. This brochure also spotlights each of Thai-Go’s 13 powerful ingredients and shows which body systems they support.
Stock No. 5353-1 (English)
Weight Loss Booklet
In cooperation with Max Wettstein—fitness expert, fitness model and NSP Member—Nature’s Sunshine has created a weight-loss booklet. This 41-page booklet contains information on the importance of losing fat, not just weight. It tackles realistic goal setting, energy equations, metabolism, exercise, nutrition, heart rate, exercise intensity, and specific fitness and nutritional instructions for different weight-loss scenarios. It also includes information on the NSP weight-loss products and has an expanded section of tips for healthy weight loss.

Stock No. 5322-1 (English, 5)

The Body Systems Guide to Natural Health

The Nature’s Sunshine philosophy
Throughout history, health care trends and fads have risen and receded like tides of the ocean. However, along the way some undeniable truths have emerged. Perhaps the most important of these is the notion that food plays a significant role in the human condition.

Mankind must have always understood—at least at some level—the importance of supplementing the diet with particular foods when health becomes a concern. Stone and papyrus records dating back to 4,000 B.C. extol the virtues of special foods in relation to certain health conditions. In the Orient, food has been a standard part of health care procedure for more than 5,000 years.

According to Irwin Ziment, M.D., a professor of medicine at the University of California at Los Angeles (UCLA) College of Medicine, “The use of food as a drug had always been important until the modern drug industry arose in the 19th century.”

Indeed, prior to World War II many herbs were listed side-by-side with chemical drugs in the U.S. Pharmacopoeia, the official listing 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.

Only recently has society scoffed at relying upon nutrition as a means to improve health. For several decades in this century, people believed that laboratories and man-made materials—not nature—were the source of all necessary answers.

Times have changed. Today science tells us that most of the health issues people face can be traced to lifestyle and diet. It tells us, too, that what we eat and breathe and how we live affects how we feel and how our bodies function.

Nature’s Sunshine was established on the premise that natural foods—herbs, in particular—are beneficial for health. It has always been NSP’s goal to make herbs available in the purest, most effective form possible. As NSP matured, its list of product offerings grew to include vitamins, minerals, Chinese formulations, homeopathic remedies and other health-related items. Nevertheless, the company’s focus remains constant—promoting and supporting optimal health through quality nutritional supplements.

A vital key to health: good nutrition
Although there are many principles of good health, one of the most important is proper nutrition. Wise food selection is critical to good health.

What is true health and well-being? To be truly healthy is to be whole. The word health even comes from the same root as the word whole. Unfortunately, many people equate health with merely the absence of disease, and these individuals hardly consider their health...until after they have lost it.

Health involves three important concepts: balance, harmony and joy. A truly healthy person possesses all these elements. When we are whole, our bodies are in balance and our spirits are in harmony with our surroundings. The result is a wonderful feeling of well-being.
Health isn’t just the absence of disease; it goes beyond just feeling “normal.” To be truly healthy is to have a zest for life and the ability to enjoy the activities you love.

The wonderful machine

More than 100 years ago, American herbalist Samuel Thomson compared the body to a furnace that needs both air and fuel to function. The furnace burns air and fuel to create energy. In the process, it eliminates the smoke while the residue, or ash, falls away. If high-quality fuel and sufficient oxygen are used in the furnace, it burns clean and hot with minimal waste. However, if poor fuel or too little air is present, the fuel smolders and produces a great deal of ash and smoke.

Actually, one could also compare the human body to a high-performance machine made to burn high-performance fuel and produce large amounts of energy. The body can’t work efficiently if we throw in low-grade fuel such as junk foods. When people complain that they are tired and don’t have enough energy, they should take a close look at what they’re eating. Many times they are using low-quality fuel, resulting in their internal furnaces burning poorly.

Eliminating waste

Natural health care seeks not only to provide the body with a nutritious diet, but also to open up the eliminative channels to keep the internal furnace hot and clean.

Why?

The ability to absorb dietary nutrients is only part of being healthy. To keep its internal furnace functioning properly, the body also needs to eliminate toxic waste. In fact, healthy elimination is a part of good nutrition. Hippocrates, the father of medicine, taught that illness results from man’s inability to properly digest his food and eliminate waste.

This view is the foundation of every modern natural health philosophy.

Healthful changes

What kind of dietary changes should people make if their goal is optimal health? They can begin by limiting or avoiding the four whites: refined sugar, refined flour, salt and shortening (or highly hydrogenated and saturated fats). One should gradually replace them with healthier substitutes. Of course, individuals should also avoid smoking and excessive alcohol consumption.

Eat plenty of fresh fruits and vegetables, whole grains, nuts, seeds, legumes; consume meat sparingly. In general, the closer foods are to their natural state, the better they are for us.

When basic concepts of natural health are applied on a consistent basis, the body can usually take care of its natural processes with amazing efficiency. Almost anyone can understand and follow these simple, tried-and-true principles of health.

Beyond the basics: herbs and health

Millions of people use herbs regularly in the belief that they are a good source of important elements either missing or greatly diminished in modern diets. People usually take the herbs in the form of encapsulated powders, concentrated liquids or teas.

However, in the past, many herbs were used as foods. At one time dandelions, burdock, marshmallow, comfrey leaves and alfalfa were served at mealtime. Unfortunately, many of these wonderful plants have lost favor in the eyes of modern people whose tastes became accustomed to an unwholesome, highly refined regimen.

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. His premise was that herbs are sources of nutrients (especially minerals) vital to maintaining health.

In an effort to add to the research that has been done on the nutritional value of herbs, a few years ago Nature’s Sunshine Products undertook studies to verify the longstanding historical belief in herbal nutrition. For example, our scientists found that alfalfa is a source of many trace minerals. The plant naturally contains potassium, calcium and magnesium with smaller quantities of phosphorus, sulfur, copper, cobalt, molybdenum, iron, boron, sodium, fluorine, chlorine and strontium. Alfalfa naturally contains vitamin K, vitamin D, vitamin C, vitamin E, beta-carotene, folic acid, thiamine, riboflavin, pantothenic acid and niacin. Pyridoxine and choline are also present in varying amounts. That’s not all. Alfalfa contains flavonoids, lipids, chlorophyll, volatile oils, proteins, sugars, starches, organic acids, alkaldoids and saponins. Every one of these elements is processed in the human body, even if the required amount is minute.

Understanding the body

Trillions of living organisms called cells make up the body. Each cell requires a constant supply of oxygen, nutrients, pure water and the right temperature to survive. Waste must be removed. If cells are not supported in all of these ways, they will die.

It is impossible for each cell to supply its own needs. In order to perform specialized functions, each type of cell is organized in a beautiful system of interdependence that works for the good of the whole. Some cells are grouped to specialize in supplying food to the whole body (the digestive system). Others are adapted to coordinate the pumping of fresh air into the body and the removal of stale air (the respiratory system).

Because of the specialized nature of these cells, their nutritional needs may be different, depending on their activities. For example, the structural system needs more calcium, while the kidneys’ filtering system requires more sodium and potassium. If the various specialized systems aren’t supplied with correct elements, they can’t perform their unique functions, which affects the entire body. Once the body’s balance breaks down, various symptoms may appear. These symptoms are commonly called disease, meaning “the lack of ease.”

Chinese herbal formulas

Nature’s Sunshine recognizes the unique benefits of both Eastern and Western health care philosophies. The primary intent of Chinese herbal formulas is to provide nutritional support for harmony and balance in the body. For more than five millennia, Chinese herbalists have carefully observed the nutritional advantages of herbs and learned how to blend them carefully to meet the needs of people according to their constitutional differences.

Based on the principles of yin and yang, the Chinese herbal system is one major example of how ancient ideals are being recognized by modern scientific research—particularly the concept of treating each person as unique, rather than assuming that good results for one person will apply to everyone else the same way.

Another Chinese concept gaining attention in the West is the idea of treating the whole person, not just some of his/her manifestations. This includes taking a look at seemingly unrelated issues and emotional makeup.

NSP is proud to bring the expertise and success of Chinese experience to the West. Nature’s Sunshine has a number of Chinese herbal formulas. In addition, many of Nature’s Sunshine’s exclusive formulas incorporate the time-honored principles of Chinese herbology.

The body system(s) that each product nutritionally supports is/are listed after the product name. This will help you think of our products as foods, to be used for the special needs of various body systems.

For more information on the history of the company, our Quality Assurance, Research & Development, Manufacturing, Educational offerings or our product guarantee, visit our website at www.naturessunshine.com.
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 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 in 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 amino acids.
gland. 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 foods 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.

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**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
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.

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.

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.

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 in. 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.

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.

Pineal

Named for its pinecone shape, the pineal gland may function in hormonal regulation, menstruation and sexual 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.

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.

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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 anioxidant 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.

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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 exalhes.

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 (arteriosclerosis), 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 peristeme. 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 tunneled 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.

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
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 sea water—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-deficient 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

**Boomerang**
- Air Quality Test Kit
- Air & Surface Sanitizer
- PCO Replacement Cell

**Circulatory**
- Astragalus
- 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
- Carotenoid Blend
- CC-A
- CC-A with Yerba Santa
- Cellos-Smooth w/Coleus
- Chinese Negative Pack
- Chinese Positive Pack
- Cholesterol-Reg II
- Circulatory System Pack
- Co-Q10 50 mg
- Cordyceps
- DHA
- Energy-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/Gotu Kola w/Bacopa
- Ginkgo & Hawthorn Combination
- Gotu Kola
- Green Tea Extract
- Guggul Lipid
- Hawthorn Berries (capsules & liquid)
- He Shou Wu
- HS II

**HY-C, Chinese**
- I-X
- IF-C, Chinese
- IF-C, Chinese TCM Conc.
- Ionic Minerals with Acai
- Iron, Chelated
- Kidney Drainage
- Krill Oil w/K2
- 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
- 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
Nature’s Noni (capsules & juice)  
Nature’s Prenatal  
Nature’s Sea Calcium  
Proactazyme  
Probiotic Eleven  
Red Beet Root Formula  
Rose Hips  
Skeletal Strength  
Solstic Twenty-Four  
Spirulina  
Super Algae  
Super Antioxidant  
Super Omega-3 EPA  
Super ORAC  
Super Supplemental Vit. & Min.  
Super Trio  
Thai-Go  
Trace Mineral Maintenance  
Vita-Lemon Drink Mix  
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  

Digestive  
Acidophilus  
All Cell Detox  
Aloe Vera (juice & capsules)  
Anti-Gas, Chinese  
Anti-Gas, Chinese TCM Conc.  
Anti-Gas Formula with Lobelia  
Bifidophilus—Flora Force  
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  
Lactase Plus  
Lecithin  
Liver Balance, Chinese  
Liver Balance, Chinese TCM Conc.  
Liver Cleanse Formula  
LIV-I  
Marshmallow  
Nature’s Noni (capsules)  
Nature’s Noni Juice  
Nature’s Three  
Nerve Eight  
Nervous Fatigue, Chinese  
Nervous Fatigue, Chinese TCM Conc.  
Nopal  
Olive Leaf Extract Conc.  
Oregon Grape (liquid)  
Papaya Mint Chewable Tablets  
PDA Combination  
Peppermint Oil  
Proactazyme  
Probiotic Eleven  
Pro-Pancreas  
Protease, High Potency  
Protease Plus  

Core Health  
Acidophilus  
Alfalfa  
Algin  
Aloe Vera Juice  
Alpha Lipoic Acid  
Barley Juice Powder Concentrate  
Bee Pollen  
Bifidophilus Flora Force  
Bilberry Fruit Conc.  
CA-Herbal  
CA-Herbal ATC Conc.  
Calcium, Liquid  
Calcium–Magnesium, SynerPro  
Calcium Plus Vitamin D  
Carotenoid Blend  
Chlorophyll  
Co-Q10 50 mg  
Coral Calcium (capsules & powder)  
DHA  
EverFlex w/Hyaluronic Acid  
Flax Seed Oil (softgel caps & liquid)  
Folic Acid Plus  
Food Enzymes  
Grapine, High Potency  
Grapine with Protectors, SynerPro  
GreenZone, Ultimate (powder & capsules)  
Herbal Beverage  
Herbal Punch  
Ionic Minerals with Açai  
Krill Oil w/K2  
B12 Complete, Liquid  
LOCLO  
Lutein  
Magnesium  
Magnesium Complex  
Multiple Vitamins & Minerals, SynerPro  
Multiple T/R Vitamins & Minerals  
N-Acetyl Cysteine  
Nature’s Harvest  
VitaWave  

Energy & Fitness  
Energ-V  
Free Amino Acids  
I-Carnitine  
I-Glutamine  
Solstic Energy  
Solstic Revive  
Target Endurance  

Essential Oils & Accessories  
Aromaball Diffuser Scent Cards  
Aromaball Plug-in Diffuser  
Aromatherapy Product Pack  
Bergamot Bio  
Bottle with Sprayer  
Breathe Free  
Cellu-Tone  
Chamomile, Roman  
Cinnamon  
Citrus Fresh Diffuser Kit  
Clary Sage  
Clear Roll-on Bottle  
Clove Bud Bio  
Deep Relief  
Empty Amber Bottle  
Eucalyptus Bio  
Fragrance Testing Papers  
Frankincense  
Funnel  
Geranium  

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
Grapefruit, Pink Bio
Guardian
Health, Home & Beauty Pack
Helichrysum
Jasmine
Lavender Fine
Lemon Bio
Mandarin
Marjoram, Sweet
Massage Oil
Myrrh
Nebulizing Diffuser
Nebulizing Maintenance Kit
Neroli
Oregano, Wild
Patchouli
Peppermint
Pine Needle
Rose Bulgaria
Rosemary
Sandalwood
Tea Tree
Thyme Linalol Bio
Ylang Ylang Complete Bio

**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)

**Glandular**
- Adrenal Support
- Alpha Lipoic Acid
- Bayberry
- 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
- S-W
- Flash-Ease T/R
- Folic Acid
- Ginseng, Korean
- Ginseng, Wild American
- 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
- Pregnenolone
- Pro-G-Yam Cream
- 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-I
- Milk Thistle Combination
- Milk Thistle Time Release
- Mood Elevator, Chinese
- Mood Elevator, Chinese TCM Conc.
- Safflowers
- Yeast/Fungal Detox
- Yellow Dock

**Immune**
- AdaptaMax
- Anamú
- Astragalus
- Bayberry
- Black Currant Oil
- Black Walnut (capsules & liquid)
- Blood Stimulator, Chinese
- Blood Stimulator, Chinese TCM Conc.
- Boomerang Air & Surface Sanitizer
- Burdock
- Candida Clear
- Caprylimune
- Capsicum & Garlic w/Parsley
- Carotenoid Blend
- 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
Super Algae
Super Antioxidant
Thai-Go
THIM-J
Trigger Immune, Chinese
Trigger Immune, Chinese TCM Conc.
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, Hydrated
Bifidophilus Flora Force
Black Walnut (capsules & liquid)
Bowel Detox
BP-X
Candida Clear
Caprylic Acid Combination
Cascara Sagrada
Chlorophyll (capsules & liquid)
CleanStart
CLT-X
Colon/Intestinal w/Immune Factors
Everybody’s Fiber
GC-X
Gentle Move
Heavy Metal Detox
Herbal Pumpkin
Herbal Trace Minerals
Intestinal Soothe & Build
Intestinal System Pack
IN-X
LB Extract
LBS II
LB-X
Liquid Cleanse
Nature’s Harvest
Nature’s Three
Para-Cleanse
PLS II
Probiotic Eleven
Psyllium Hulls
Psyllium Hulls Combination
Psyllium Seeds
Safflowers
Senna Combination
SF
Slippery Elm (capsules & bulk)
Tiao He Cleanse
Yellow Dock

Nature's Fresh “Healthy Home” Cleaning Products
Automatic Dishwashing Gel
Citrus Surface Cleaner
Dish Soap
Drier Sheets
Enzyme Spray
Fabric Brightener
Laundry Soap
Surface Wipes w/Silver Shield

Nature’s Life
Dark Chocolate Bars
XylBrite Toothpaste
Xylitol Bulk
Xylitol Gum
Xylitol Mints
Xylitol Mouthwash

NatureSeal Cookware
Nature’s Spring Reverse Osmosis (RO)
Polycarbonate Water Bottles

Nervous
Adrenal Support
Alpha Lipic Acid
APS II with White Willow Bark

Blue Vervain
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
Ginkgo/Gotu Kola w/Bacopa
Gotu Kola
Grapple, High Potency
Grapple with Protectors, SynerPro
Herbal Sleep
Hops
IGF-1
Kava Kava
Krill Oil w/K2
Kudzu/St. John’s Wort Combination
L-Glutamine
Lecithin
B12 Complete, Liquid
Liver Balance, Chinese
Liver Balance, Chinese TCM Conc.
Lobelia
Magnesium
Magnesium Complex
Melatonin Extra 3 mg
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

Nature’s Life
Dark Chocolate Bars
XylBrite Toothpaste
Xylitol Bulk
Xylitol Gum
Xylitol Mints
Xylitol Mouthwash

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Nature’s Spring Reverse Osmosis (RO)
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Nerve Control
Nerve Eight
Nervous Fatigue, Chinese
Nervous Fatigue, Chinese TCM Conc.
Nervous System Pack
Niacin
Personal Care/Hair & Skin

Aloe Vera Gel
Black Ointment
Golden Salve
Herbal Shampoo
Herbal Trim Skin Treatment
HSN Complex, Natria
HSN-W
Irish Moss Hand & Body Lotion, Natria
Jojoba Oil
Lip Balm, Natria
Massage Oil
Moisture Full Body Wash, Natria
Pau D’Arco Lotion
Restoring Shampoo, Natria
Restructuring Conditioner, Natria
Silver Shield Gel
Skin Detox, Ayurvedic
Sunshine Brite Toothpaste
Sunshine Concentrate Cleaner
Tea Tree Oil
Tei Fu Massage Lotion
Tei Fu Oil
Vari-Gone Cream
White Oak Bark

Structural

Anamú
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
Glucosamine
Horsetail
HSN-W
IF-C, Chinese

Sunshine Heroes

Children’s Supplements

Calcium Plus D3
Elderberry Immune
Multiple Vitamin & Mineral
Omega 3 with DHA
Probiotic Power
Whole Foods Antioxidant
Whole Foods Papayzyme

Urinary

Anti-Gas, Chinese
Anti-Gas, Chinese TCM Conc.
Bifidophilus-Flora Force
Chickweed
Chinese Positive Pack
Corn silk
Cranberry/Buchu Concentrate
Dandelion
FCS II
Horsetail

Weight Management

Carbo Grabbers with Chromium
Cellu-Smooth w/Coleus
CLA
Collatrim (capsules & powder)
Dieter’s Cleanse
Fat Grabbers
Garcinia Combination
Love and Peas
MetaboMax Free
MetaboMax Plus
MetaboStart
Nature’s Cortisol Formula
Nature’s Hoodia Formula
Nutri-Burn
7-Keto
S-F
SmartMeal