## A-Z NATURES SUNSHINE Products & Benefits of Each

<table>
<thead>
<tr>
<th>Product</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>AD-C</strong></td>
<td>Anxiety, depression, fatigue, insomnia, neurosis and nervous disorders</td>
</tr>
<tr>
<td><strong>Adrenal Support</strong></td>
<td>Vitamins, minerals and enzymes and herbs that strengthen and support the adrenal gland function</td>
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<tr>
<td><strong>AG-C</strong></td>
<td>Digestive system, helps detoxify, helps generally with digestive, urinary &amp; circulatory system</td>
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<tr>
<td><strong>AL-C</strong></td>
<td>Respiratory system and lungs, lung congestion, congestive heart failure</td>
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<tr>
<td><strong>Alfalfa</strong></td>
<td>Natures herbal vitamin and minerals, arthritis, fibre, joint pain</td>
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<tr>
<td><strong>AL-J</strong></td>
<td>Allergies and lungs and smoking, sinus</td>
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<tr>
<td><strong>All Cell Detox</strong></td>
<td>Cleansing and detoxifying, helps lower toxins in liver kidneys and colon</td>
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<tr>
<td><strong>Aloe Vera Gel</strong></td>
<td>Burns, healing of wounds, soothes. For topical usage</td>
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<tr>
<td><strong>Aloe Vera Juice</strong></td>
<td>Healing properties, intestinal worms, skin, total nutritional, calms digestive tract</td>
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<tr>
<td><strong>Art-A with Devils Claw</strong></td>
<td>Arthritis, joint formula, gout, pain in joints</td>
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<tr>
<td><strong>Artemisia Comb.</strong></td>
<td>Balances chi and fights infections</td>
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<tr>
<td><strong>Astragalus</strong></td>
<td>Stimulates immune system, increases stem cells, respiratory, protects heart&amp; spleen.</td>
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<tr>
<td><strong>Bifidus Flora Force</strong></td>
<td>Probioatic micro-organism support, fights diarrhoea, promotes production of Vit. K</td>
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<tr>
<td><strong>Black Ointment</strong></td>
<td>Poultice</td>
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<tr>
<td><strong>Black Walnut</strong></td>
<td>Helps valves contract, anti parasite, high nutritive herb, skin cond. &amp; Psoriasis</td>
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<tr>
<td><strong>Blood Pressurex</strong></td>
<td>Normalizes blood pressure</td>
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<tr>
<td><strong>Bod-E-Klenz</strong></td>
<td>Speeds weight loss, cleans bowel and blood, benefits to the liver</td>
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<tr>
<td><strong>BP</strong></td>
<td>Blood Purifier</td>
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<tr>
<td><strong>BP-C</strong></td>
<td>Chinese blood purifier</td>
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<tr>
<td><strong>Butchers Broom</strong></td>
<td>Promotes better circulation, improves brain circulation</td>
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<tr>
<td><strong>Bwl-BLD</strong></td>
<td>Helps build strength and health in the bowel, intestinal cleansing, contains charcoal</td>
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<tr>
<td><strong>CA-ATC</strong></td>
<td>Herbal Calcium, strengthened formulation</td>
</tr>
<tr>
<td><strong>Calcium Liquid</strong></td>
<td>Supports bone and blood cell formation. Initially formulated with the elderly in mind, Balances pH levels, used successfully in all cases where Calcium is needed</td>
</tr>
<tr>
<td><strong>Calcium Magnesium (Syner Pro)</strong></td>
<td>Bones teeth &amp; muscles, nerve health, activates 300 enzyme actions, is a complex formula with bioflavonoid for better absorption</td>
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<tr>
<td><strong>Cal Mag plus D</strong></td>
<td>Calcium formulated with Vitamin D improves absorption of Calcium</td>
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**Caprylic acid Comb.** Destroys yeast

**Capsicum** Simulates circulation, a catalyst that strengthens herbs used with it.

**Capsicum/garlic/parsley** Circulation, heart and vein health, lower cholesterol

**Carbo Grabbers** Absorbs carbohydrates making them inaccessible to the digestive process

**Cardio Assurance** Heart health, veins and artery health, rich in antioxidant protection. Healing

**Cascara** Promotes normal bowel function, non habit forming laxative.

**Catnip and fennel extr.** Supports comfort in the digestive system and nervous system

**Cat's Claw** Anti cancer, Counteracts the effects of chemotherapy & radiation, arthritis, rheumatism, ulcers, hemorrhoids, intestinal flora balance, Crohn’s disease.

**CBG Extr.** Known to combat virus, used for ear infections and sinus infection.

**Chinese Mineral Chi** Comprehensive mineral balancer.

**Chlorophyll** Bile flow, deodorizer for the bowel, digestion, green tonic, cleansing and for kids too. Helps promote sweet breath. Soothes throat after chemo therapy

**Cholesterol Reg.** Heart health and cholesterol control, Do not take with prescribed medication improves artery circulation

**Chromium GTF** Plays a vital role in cellular process, essential in maintaining proper weight & blood sugar levels. Co-factor with insulin in sugar balance and protein and fat metabolism

**CLT-X** Bowel comfort and the treatment of discomfort due to colitis, mucous in the bowel

**Collatrim** Contains bovine collagen the fibrous protein in bones, tendons and connective tissue. Lupus, helps rebuild muscle and joints. Supports tightening up in weight loss

**Colostrum** Immune function, contains growth factors for stem cell production

**CoQ 10** Fuels and repairs cells, gum diseases, heart and circulatory benefits

**Cornsil** Kidneys, bladder function, urinary, bedwetting.

**Cranberry & Buchu** Cleans the urinary tract, lowers bacterial count in bladder infections

**Crystal Clear Deodorant** Natural enzyme base deodorant. No chemicals, non -irritating.

**C-X** Natural herbal glandular for women during menopause

**Dandelion** Best source natural sodium, liver, digestion, cleansing to cells

**Digestive Enzymes** Enhances digestion, helps gall bladder conditions and liver function

**Echinacea & Golden Seal** Anti-microbial & antiviral & bacterial, healing
**Echinacea** Known to combat colds and flu, strengthens lymphatic system.

**Echinacea Ultimate Extr.** Hi potency immune boost against colds and flu.

**Echinacea/Golden Seal extr.** Anti-microbial and anti bacterial properties, colds & flu symptoms

**Eight** 8 nutritional builders for the nerves, muscle pain relief and circulatory system

**Energ-V** Energy, vitality, taken with B Vitamins & Bee Pollen and Iron

**Enviro DTX** Helps purge environmental toxins, reduces allergies, helps clean blood of impurities

**Essential Liquid Minerals** 64 minerals and trace minerals which helps maintain body vitality/rebuilding process, taken from ancient plant deposits found in central Utah.

**E-Tea** Blood purifier, anti-cancer

**Evening Primrose Oil** An essential fatty acid, helps in Female hormone production, PMS

**Everflex Cream** Soothes muscle discomfort. Anti-inflammatory, penetrating pain relief for strains, bruises and aches. Light, absorbent and non greasy

**Everflex Tablets** Joint and muscle health, with the benefits of glucosamine/chondroitin, promote flexibility

**F E Formula** Eases the incidence of hot flashes in menopause

**Fat Grabbers** Soaks up fats eaten and renders them inaccessible, a fat blocker

**FCS 11** Female corrective formula, regulates menstruation, eases PMS symptoms

**Fenugreek & thyme** Respiratory, balancing, regulates pH

**Feverfew HP** Migraine headaches, to prevent

**Fibralgia** Promotes healing in nerve endings, Fibromyalgia

**Flax Hull Lignans** Contains 27 different lignans, including SDG, Enhances immune system, mimics the female hormone oestrogen, anti cancer properties

**Flax Seed Oil** Brain, blood factor, nerves, healing, an essential fatty acid, a good fat.

**Focus ATN** Promotes clear thinking and focus, Attention deficit disorders.

**Folic Acid Plus** Birth defects, hair-loss, nerves

**Garden Essence** Five digestion enhancing herbs, get benefits of fruits & veggies in a capsule

**Garlic HP** Natural antiseptic, circulation, parasites, circulation

**Ginger** Gas, digestant, pelvic discomfort, source of dietary sulphur, nausea, morning sickness, vertigo, motion sickness

**Ginko-Hawthorne** Heart and muscle formula, Ginko is the memory herb.
Ginseng Korean
Balances up and down cycles, bi-Polar mania, when used with brain formulas

Gluco Reg
Regulates Glucose for proper insulin, Diabetes, Hypo-glycaemia

Glucosomine
Helps in treating arthritis, joints and bones

Golden Salve
Contains beeswax,; soothes and moisturizes rough chaffed and chapped skin & lips.

Gota Kola
Clear thinking, brain health, circulation

Grapine
Proanthocyanodins, protectors, anti-oxidant

Green Tea Extr.
Antioxidant, weight loss, metabolism, frees brain of lipids, anti-inflammatory.

Green Zone
Finest whole food algae, Energy, immune, connective tissue, cleansing/detox.

Hawthorn
Strengthens heart, muscle and soft muscle tissue

Heavy Metal Detox
Cleanse Heavy Metal contaminant’s from the body

Herbal CA
Herbal calcium from vegetation source

Herbal Pumpkin
Parasite cleanser, mild laxative

Herbasaurus Bifidophilus
Children’s supplemental aid for abdominal and stomach discomfort, probiotic

Herbasaurus C Chewable
Chewable vitamin formula for children, promotes proper growth and development.

Herbasaurus Elderberry Plus
Promotes overall well being, supplying optimal nutrition for growth.

Histablock
Allergies (all), combats pollen reactions, antihistamine properties, anti-inflammatory natural decongestant, reduces runny nose and watery eyes.

Hoodia
May help in weight-loss, reduces desire to eat, increases energy & fat burning

Horsetail
Silica supplement, arthritis, diabetes, connective tissue, broken or chipped nails

HRP-C
Strengthens immunity against bacterial and viral infections

HS-C
Chinese heart health

HSN-W
Hair, skin and nails, mild thyroid support

HTP-Power
Serotonin production, mood, appetite, depression, sleep disorders, precursor to melatonin, hyperactivity in children, weight control, Use with B6 and Zinc.

HVP
Calms the nerves, natural mild sedative

HY-C
Hypoglycemia

Hydrangea
Kidney / gall stones, cystitis, alkalines urine, blood in the urine, gout, arteriosclerosis, backache.

Hydrated Bentonite
Draws impurities from other parts of the body, diarrhea, cleanses parasites
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<tr>
<td>IF-C</td>
<td>Detoxify through lungs, kidneys, bowel.</td>
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<tr>
<td>IGS-11</td>
<td>Glands, Breast inflammation, antibiotic properties</td>
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<tr>
<td>IMM-C</td>
<td>Immune system formulation</td>
</tr>
<tr>
<td>Iron / C</td>
<td>Natural Iron chelate with Vitamin C for better assimilation</td>
</tr>
<tr>
<td>IX</td>
<td>Natural Iron from vegetable source</td>
</tr>
<tr>
<td>K</td>
<td>Kidney problems</td>
</tr>
<tr>
<td>KB-C</td>
<td>Kidney Bladder and urinary tract Formula</td>
</tr>
<tr>
<td>K-C</td>
<td>Kidney formula</td>
</tr>
<tr>
<td>KC-X</td>
<td>Both over and under active thyroid</td>
</tr>
<tr>
<td>Kelp</td>
<td>Mild glandular, good for thyroid health, high in iodine and sulfur</td>
</tr>
<tr>
<td>LB Extr.</td>
<td>Mild laxation, can be used by children</td>
</tr>
<tr>
<td>LBS-11</td>
<td>Mild laxative, promotes a healthy bowel, good source of fiber</td>
</tr>
<tr>
<td>LB-X</td>
<td>Mild laxative, promotes a healthy bowel, good source of fibre</td>
</tr>
<tr>
<td>Lecithin</td>
<td>Lumps in the breast, brain function, nerve endings, helps prevent blood clots from forming</td>
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<tr>
<td>LH-C</td>
<td>Lungs</td>
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<tr>
<td>Licorice (root)</td>
<td>Quiets menopausal symptoms, supports adrenal function, dry cough &amp; laryngitis, anti-inflammatory, intestinal inflammation and bloating.</td>
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<tr>
<td>Liquid B 12</td>
<td>Used extensively in elderly, normalizes blood cell production</td>
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<tr>
<td>Liquid Silver ...</td>
<td>Most powerful anti viral, natural disinfecting antibiotic. Destroys over 650 disease causing organisms including diphtheria, Pneumonia, typhoid, and food poisoning.</td>
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<tr>
<td>Liv-A</td>
<td>Promotes healthy liver function, Build formula</td>
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<tr>
<td>Liv-C</td>
<td>Liver cleanser, take until the bowels become loose and proceed with Liv-A</td>
</tr>
<tr>
<td>Liv-GD</td>
<td>Helps build liver cells, alcohol consumption, guards against liver damage due to disease</td>
</tr>
<tr>
<td>Liv-J</td>
<td>Mild Liver cleanse</td>
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<tr>
<td>Lobelia Etr.</td>
<td>Asthma attacks, mucous in the lungs. Chronic bronchitis, epilepsy, whooping cough and croup.</td>
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<tr>
<td>Loclo Bulk</td>
<td>Helps lower Cholesterol for heart health, fibre supplement</td>
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<tr>
<td>Lym-Mx</td>
<td>Cleans and strengthens the lymph system</td>
</tr>
<tr>
<td>Maca...</td>
<td>Enhances sexual desire and performance. Aphrodisiac in nature, Peruvian Genseng</td>
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</table>
**Magnesium Complex**  Anti stress, aids in heart health, supports nerves, prevents tremors good for Metabolism of calcium, vit C, phosphorus, sodium and potassium

**Marshmallow Pepsin** Soothes stomach and abdominal distress, digestive enzyme formula, high mucilage content,

**Marshmallow** Soothing and healing to the digestive tract. Used in poultices.

**Master G formula** The pituitary governs the glandular function of the endocrine glands. To keep this system functioning at its optimum, use Master G formula

**MC** Strengthens arteries veins and capillaries, bruising, good for heart

**Melatonin Extra** Promotes natural sleep, combats aging, promotes energy, also helps in dementia

**Mens formula** Total help for all male glandular and sexual problems

**Milk Thistle** Helps rebuild the liver and protect it against viral attack, hepatitis

**MSM** Painful joints, Dietary sulphur. Strengthens connective tissue, maintains healthy joints, improves circulation, Helps regulate blood sugar improves skin hair & nails, promotes Collagen, combats rheumatoid attacks, anti- allergy, combats asthma,

**Mullein** Glandular balance, gum disease,

**Natures Conc. Liq. Cleaner** All purpose bio- degradable cleaner.

**Natures Fresh Enzyme Spray** May be used as a stain cleaner. Interferes with odour- causing bacteria before odours can happen, May be used as a wash for vegetables. Natural and non toxic.

**Natures Gold L1 and L2...** Best source of fibre, diabetes, arthritis, stiff joints, irregularity, diverticulitis. Stabilized at maximum enzyme level. Carries more amino acids, minerals /vitanms to the cells.

**Noni Liquid** Helps coughs, sore throat, flu, painful menstruation, urinary disorders, bones, haemorrhage, bruises, fever, infertility, memory loss and senility.

**Nutra-burn Vanilla/Chocolate** Weight-watchers dream, Protein Powder, body building /weight loss

**Olive Leaf Extr.** Immune building, circulatory health, antibacterial, for virus, bacteria fighter.

**Oregon Grape Extr.** Enhances bile flow, liver and lymphatic stagnation.

**P-14** Herbal combination for the Pancreas

**Pantothenic Acid** (Vitamin B 15)Helps insomnia, depression and anxiety. Anti stress vitamin

**Papaya Mint** Digestive, sooths stomach, sweeten breath, triggers digestive juices & saliva

**Para Pack** Parasite cleanse take as directed, two packs per cleanse is needed

**Parsley** Used successfully to dry up breasts at the end of lactation. Heals cysts, high nutrient value. High in chlorophyll, freshens breath, Diuretic action, kidney stones, anti-cancer
**Passion Flr**... Mild relaxant and/or sedative.

**Pau-D-Arco** Fungal & Parasites, anti-Cancer, Candida, Eczema, psoriasis, skin cancer, herpes, nose and throat conditions, antiviral.

**Pau-D-Arco lotion** Soothing Topical healing, sunburn damage, sores and bruises

**Paw Paw** Targets specific cells for elimination, restores healthy cells, Anti Cancer.

**Peppermint oil** Digestion, dispel gas, stomach ache, combats nausea

**Perfect Eyes** Contains lutein and N Acetyl-Cystine, may diminish effects of macular degeneration, total nutrition for the eyes

**Potas** Potassium, lacking Potas gives weakness in muscles, depression, mental confusion

**Protase Plus** Protase enzymes, breaks down protein, digestion, combats Leaky gut Syn

**Protein Digestive Aid** Digestant, breaks down Protein and Pepsin, destroys harmful bacteria

**Psyllium Hulls capsules** An excellent source of fibre, absorbs toxins, promotes regularity smoothly

**Psyllium Seeds** Soothing to digestive tract, promotes regularity

**Red Clover** Blood Purifier, anti cancer

**Red Raspberry** Strengthens uterus, combats menstrual problems, childbirth, combats diarrhea

**RE-X** Calms and soothes nerves

**Rosehips** Natural form of pro vitamin C, balances pH.

**Saw Palmeto** Improves hair loss in men when used with folic acid, good for prostate problems

**Silver Shield Gel Caps** Intestinal infections, virus, bacteria.

**SN-X** Sinus and upper respiratory

**Spirilina** Polarity, weight loss and maintenance, brain function and health. Protein.

**St. John's Wart** Calming, hysteria, fears, most nervous conditions, menstrual cramps, ulcers

**Stomach Comfort** Antacid, soothes all stomach discomfarts including sour Stomach heartburn, gas and indigestion.

**STR-C** Calms nerves, contains calcium, relieves muscle spasms, anxiety

**Stress Formula** Vitamins and minerals that support the nervous system and combats stress

**STR-J** Most favoured to combat everyday stress, promotes relaxation

**Super Oil Capsules** Provides EFA. Promotes good Cholesterol. (HDL) brain development. Heart, F hormone

**Super Omega three** Fatty acid formula, supports nerves and circulation. Combats free radicals, arthritis.
Super Vitamins  Scientifically formulated nutrition supplement for every day use


SynerProtein Pdr  High protein beverage with vitamins and minerals. Soy Protein isolate

Tea Tree Oil  Antiseptic, head lice, flees, combats yeast externally.

Tei Fu Lotion  Soothing calming use in message.

Tei Fu Oil  De-contestant, for pain when used topically, restless leg syndrome, frostbite

Three  Colitis, diverticulitis. It influences nutrient absorption in the small intestine.

Tiao He Pac  Chinese Cleanse. Mild formulation

TNT Pdr  Most unique formula of vitamins and nutrition in a powder. Increases energy, helps maintain healthy weight. Good for elderly as an all around nutrient support backup.

TS11  Thyroid, minerals

UC3-J  Crohn's disease, celiac disease, intestinal inflammation, iloceleal valve, gas, bloat, heartburn, indigestion, candida, edema. Use with with AL-J & Liv-J for gut.

UC-C  General tonic

ULC-R  Ulcers and stomach distress

Uva Ursi  Mild Kidney support, Urinary tract

Vari-Gone  Improves vein, circulation, relieves fluid in the legs, hemorrhoids, high in natural flavonoid.

Wild Yam/Chaste Tree  Female hormonal, pre and post menopausal

Woman's Formula  For all female problems

X-A  Men's formula for prostate and sexual imbalances.

Yeast Fungal Detox  To combat Yeast and fungal infections inhibits growth of unfriendly organisms.

Zambrosa  General Tonic and healing formula. Good for all health conditions, promotes balance.

Zinc & C lozenges  Treatment of cold and scratchy throat, relieves cough, helps fight viral infections

Zinc  Necessary for enzyme production, combats colds and flu, male hormone production, healing. A deficiency may result in damage to the pineal gland in the brain, normally containing high levels of zinc. Zinc deficiency may make an individual vulnerable to schizophrenia & other psychosis. Helps lubricate vaginal tissue.