

A-Z NATURES SUNSHINE Products & Benefits of Each

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

<u>Caprylic acid Comb.</u>	Destroys yeast
<u>Capsicum</u>	Simulates circulation, a catalyst that strengthens herbs used with it.
<u>Capsicum/garlic/parsley</u>	Circulation, heart and vein health, lower cholesterol
<u>Carbo Grabbers</u>	Absorbs carbohydrates making them inaccessible to the digestive process
<u>Cardio Assurance</u>	Heart health, veins and artery health, rich in antioxidant protection. Healing
<u>Cascara</u>	Promotes normal bowel function, non habit forming laxative.
<u>Catnip and fennel extr.</u>	Supports comfort in the digestive system and nervous system
<u>Cat's Claw</u>	Anti cancer, Counteracts the effects of chemotherapy & radiation, arthritis, rheumatism, ulcers, hemorrhoids, intestinal flora balance, Crohn's disease.
<u>CBG Extr.</u>	Known to combat virus, used for ear infections and sinus infection.
<u>Chinese Mineral Chi</u>	Comprehensive mineral balancer.
<u>Chlorophyll</u>	Bile flow, deodorizer for the bowel, digestion, green tonic, cleansing and for kids too. Helps promote sweet breath. Soothes throat after chemo therapy
<u>Cholesterol Reg.</u>	Heart health and cholesterol control, <u>Do not take with prescribed medication</u> Improves artery circulation
<u>Chromium GTF</u>	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
<u>CLT-X</u>	Bowel comfort and the treatment of discomfort due to colitis, mucous in the bowel
<u>Collatrim</u>	Contains bovine collagen the fibrous protein in bones, tendons and connective tissue. Lupus, helps rebuild muscle and joints. Supports tightening up in weight loss
<u>Colostrum</u>	Immune function, contains growth factors for stem cell production
<u>CoQ 10</u>	Fuels and repairs cells, gum diseases, heart and circulatory benefits
<u>Cornsilk</u>	Kidneys, bladder function, urinary, bedwetting.
<u>Cranberry & Buchu</u>	Cleans the urinary tract, lowers bacterial count in bladder infections
<u>Crystal Clear Deodorant</u>	Natural enzyme base deodorant. No chemicals, non -irritating.
<u>C-X</u>	Natural herbal glandular for women during menopause
<u>Dandelion</u>	Best source natural sodium, liver, digestion, cleansing to cells
<u>Digestive Enzymes</u>	Enhances digestion, helps gall bladder conditions and liver function
<u>Echinacea & Golden Seal</u>	Anti-microbial & antiviral & bacterial, healing

<u>Echinacea</u>	Known to combat colds and flu, strengthens lymphatic system.
<u>Echinacea Ultimate Extr.</u>	Hi potency immune boost against colds and flu.
<u>Echinacea/Golden Seal extr.</u>	Anti- microbial and anti bacterial properties, colds & flu symptoms
<u>Eight</u>	8 nutritional builders for the nerves, mile pain relief and circulatory system
<u>Energ-V</u>	Energy, vitality, taken with B Vitamins & Bee Pollen and Iron
<u>Enviro DTX</u>	Helps purge environmental toxins, reduces allergies, helps clean blood of impurities
<u>Essential Liquid Minerals</u>	64 minerals and trace minerals which helps maintain body vitality/rebuilding process, taken from ancient plant deposits found in central Utah.
<u>E-Tea</u>	Blood purifier, anti- cancer
<u>Evening Primrose Oil</u>	An essential fatty acid , helps in Female hormone production, PMS
<u>Everflex Cream</u>	Soothes muscle discomfort. Anti-inflammatory, penetrating pain relief for strains, bruises and aches. Light ,absorbent and non greasy
<u>Everflex Tablets</u>	Joint and muscle health, with the benefits of glucosomine/chondroitin, promote flexibility
<u>F E Formula</u>	Eases the incidence of hot flashes in menopause
<u>Fat Grabbers</u>	Soaks up fats eaten and renders them inaccessible, a fat blocker
<u>FCS 11</u>	Female corrective formula, regulates menstruation, eases PMS symptoms
<u>Fenugreek & thyme</u>	Respiratory, balancing, regulates pH
<u>Feverfew HP</u>	Migraine headaches, to prevent
<u>Fibralgia</u>	Promotes healing in nerve endings, Fibromyalgia
<u>Flax Hull Lignans</u>	Contains 27 different lignans, including SDG, Enhances immune system. promotes regularity, mimics the female hormone oestrogen, anti cancer properties
<u>Flax Seed Oil</u>	Brain, blood factor, nerves, healing, an essential fatty acid, a good fat.
<u>Focus ATN</u>	Promotes clear thinking and focus, Attention deficit disorders.
<u>Folic Acid Plus</u>	Birth defects, hair-loss, nerves
<u>Garden Essence</u>	Five digestion enhancing herbs, get benefits of fruits & veggies in a capsule
<u>Garlic HP</u>	Natural antiseptic, circulation, parasites, circulation
<u>Ginger</u>	Gas, digestant, pelvic discomfort, source of dietary sulphur, nausea, morning sickness, vertigo, motion sickness
<u>Ginko-Hawthorne</u>	Heart and muscle formula, Ginko is the memory herb.

Ginseng Korean	Balances up and down cycles, bi-Polar mania, when used with brain formulas
<u>Gluco Reg</u>	Regulates Glucose for proper insulin, Diabetes, Hypo- glycaemia
<u>Glucosomine</u>	Helps in treating arthritis, joints and bones
<u>Golden Salve</u>	Contains beeswax,, soothes and moisturizes rough chaffed and chapped skin & lips.
<u>Gota Kola</u>	Clear thinking, brain health, circulation
<u>Grapine</u>	Proanthocyanodins, protectors, anti-oxidant
<u>Green Tea Extr.</u>	Anti oxidant, weight loss, metabolism, frees brain of lipids, anti-inflammatory.
<u>Green Zone</u>	Finest whole food algae, Energy, immune, connective tissue, cleansing/detox .
<u>Hawthorn</u>	Strengthens heart, muscle and soft muscle tissue
<u>Heavy Metal Detox</u>	Cleanse Heavy Metal contaminant's from the body
<u>Herbal CA</u>	Herbal calcium from vegetation source
<u>Herbal Pumpkin</u>	Parasite cleanser, mild laxative
<u>Herbasaur's Bifidophilus</u>	Children's supplemental aid for abdominal and stomach discomfort, probiotic
<u>Herbasaur's C Chewable</u>	Chewable vitamin formula for children, promotes proper growth and development.
<u>Herbasaur's Elderberry Plus</u>	Promotes overall well being, supplying optimal nutrition for growth.
<u>Histablock</u>	Allergies (all), combats pollen reactions, antihistamine properties, anti-inflammatory natural decongestant, reduces runny nose and watery eyes.
<u>Hoodia</u>	May help in weight-loss, reduces desire to eat, increases energy & fat burning
<u>Horsetail</u>	Silica supplement, arthritis, diabetes, connective tissue, broken or chipped nails
<u>HRP-C</u>	Strengthens immunity against bacterial and viral infections
<u>HS-C</u>	Chinese heart health
<u>HSN-W</u>	Hair, skin and nails, mild thyroid support
<u>HTP-Power</u>	Serotonin production, mood, appetite, depression, sleep disorders, precursor to melatonin, hyperactivity in children, weight control, Use with B6 and Zinc.
<u>HVP</u>	Calms the nerves, natural mild sedative
<u>HY-C</u>	Hypoglycemia
<u>Hydrangea</u>	Kidney / gall stones, cystitis, alkalines urine, blood in the urine, gout, arteriosclerosis, backache.
<u>Hydrated Bentonite</u>	Draws impurities from other parts of the body, diarrhea, cleanses parasites

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

<u>Magnesium Complex</u>	Anti stress, aids in heart health, supports nerves, prevents tremors good for Metabolism of calcium, vit C, phosphorus, sodium and potassium
<u>Marshmallow Pepsin</u>	Soothes stomach and abdominal distress, digestive enzyme formula, high mucilage content,
<u>Marshmallow</u>	Soothing and healing to the digestive tract. Used in poultices.
<u>Master G formula</u>	The pituitary governs the glandular function of the endocrine glands. To keep this system functioning at its optimum, use Master G formula
<u>MC</u>	Strengthens arteries veins and capillaries, bruising, good for heart
<u>Melatonin Extra</u>	Promotes natural sleep, combats aging, promotes energy, also helps in dementia
<u>Mens formula</u>	Total help for all male glandular and sexual problems
<u>Milk Thistle</u>	Helps rebuild the liver and protect it against viral attack, hepatitis
<u>MSM</u>	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,
<u>Mullein</u>	Glandular balance, gum disease,
<u>Natures Conc. Liq. Cleaner</u>	All purpose bio- degradable cleaner.
<u>Natures Fresh Enzyme Spray</u>	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.
<u>Natures Gold L1 and L2...</u>	Best source of fibre, diabetes, arthritis, stiff joints, irregularity, diverticulitis. Stabilized at maximum enzyme level. Carries more amino acids, minerals /vitamins to the cells.
<u>Noni Liquid</u>	Helps coughs, sore throat, flu, painful menstruation, urinary disorders, bones, haemorrhage, bruises, fever, infertility, memory loss and senility.
<u>Nutra-burn Vanilla/Chocolate</u>	Weight-watchers dream, Protein Powder, body building /weight loss
<u>Olive Leaf Extr.</u>	Immune building, circulatory health, antibacterial, for virus, bacteria fighter.
<u>Oregon Grape Extr.</u>	Enhances bile flow, liver and lymphatic stagnation.
<u>P-14</u>	Herbal combination for the Pancreas
<u>Pantothenic Acid</u>	(Vitamin B 15)Helps insomnia, depression and anxiety. Anti stress vitamin
<u>Papaya Mint</u>	Digestive, soothes stomach, sweeten breath, triggers digestive juices & saliva
<u>Para Pack</u>	Parasite cleanse take as directed, two packs per cleanse is needed
<u>Parsley</u>	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

<u>Passion Flr...</u>	Mild relaxant and/or sedative.
<u>Pau-D-Arco</u>	Fungal & Parasites, anti-Cancer, Candida, Eczema, psoriasis, skin cancer, herpes, nose and throat conditions, antiviral.
<u>Pau-D-Arco lotion</u>	Soothing Topical healing, sunburn damage, sores and bruises
<u>Paw Paw</u>	Targets specific cells for elimination, restores healthy cells, Anti Cancer.
<u>Peppermint oil</u>	Digestion, dispel gas, stomach ache, combats nausea
<u>Perfect Eyes</u>	Contains lutein and N Acetyl-Cystine ,may diminish effects of macular degeneration, total nutrition for the eyes
<u>Potas</u>	Potassium, lacking Potas gives weakness in muscles, depression, mental confusion
<u>Protase Plus</u>	Protase enzymes , breaks down protein, digestion, combats Leaky gut Syn
<u>Protein Digestive Aid</u>	Digestant, breaks down Protein and Pepsin, destroys harmful bacteria
<u>Psyllium Hulls capsules</u>	An excellent source of fibre, absorbs toxins, promotes regularity smoothly
<u>Psyllium Seeds</u>	Soothing to digestive tract, promotes regularity
<u>Red Clover</u>	Blood Purifier, anti cancer
<u>Red Raspberry</u>	Strengthens uterus, combats menstrual problems, childbirth, combats diarrhea
<u>RE-X</u>	Calms and soothes nerves
<u>Rosehips</u>	Natural form of pro vitamin C, balances pH.
<u>Saw Palmeto</u>	Improves hair loss in men when used with folic acid, good for prostate problems
<u>Silver Shield Gel Caps</u>	Intestinal infections, virus, bacteria.
<u>SN-X</u>	Sinus and upper respiratory
<u>Spirilina</u>	Polarity, weight loss and maintenance, brain function and health. Protein.
<u>St. John's Wart</u>	Calming, hysteria, fears, most nervous conditions, menstrual cramps, ulcers
<u>Stomach Comfort</u>	Antacid, soothes all stomach discomforts including sour Stomach heartburn, gas and indigestion.
<u>STR-C</u>	Calms nerves, contains calcium, relieves muscle spasms, anxiety
<u>Stress Formula</u>	Vitamins and minerals that support the nervous system and combats stress
<u>STR-J</u>	Most favoured to combat everyday stress, promotes relaxation
<u>Super Oil Capsules</u>	Provides EFA. Promotes good Cholesterol. (HDL) brain development. Heart, F hormone
<u>Super Omega three</u>	Fatty acid formula, supports nerves and circulation. Combats free radicals, arthritis.

<u>Super Vitamins</u>	Scientifically formulated nutrition supplement for every day use
<u>Syner Pro Super Vitamins</u>	Maintenance and repair of the cells. Anti-aging & for bone health.
<u>SynerProtein Pdr</u>	High protein beverage with vitamins and minerals. Soy Protein isolate
<u>Tea Tree Oil</u>	Antiseptic, head lice, flees, combats yeast externally.
<u>Tei Fu Lotion</u>	Soothing calming use in massage.
<u>Tei Fu Oil</u>	De-contestant, for pain when used topically, restless leg syndrome, frostbite
<u>Three</u>	Colitis, diverticulitis. It influences nutrient absorption in the small intestine.
<u>Tiao He Pac</u>	Chinese Cleanse. Mild formulation
<u>TNT Pdr</u>	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.
<u>TS11</u>	Thyroid, minerals
<u>UC3-J</u>	Crohn's disease, celiac disease, intestinal inflammation, ileocecal valve, gas, bloat, heartburn, indigestion, candida, edema. Use with with AL-J & Liv-J for gut.
<u>UC-C</u>	General tonic
<u>ULC-R</u>	Ulcers and stomach distress
<u>Uva Ursi</u>	Mild Kidney support, Urinary tract
<u>Vari-Gone</u>	Improves vein, circulation, relieves fluid in the legs, hemorrhoids, high in natural flavonoid.
<u>Wild Yam/Chaste Tree</u>	Female hormonal, pre and post menopausal
<u>Woman's Formula</u>	For all female problems
<u>X-A</u>	Men's formula for prostate and sexual imbalances.
<u>Yeast Fungal Detox</u>	To combat Yeast and fungal infections inhibits growth of unfriendly organisms.
<u>Zambrosa</u>	General Tonic and healing formula. Good for all health conditions, promotes balance.
<u>Zinc & C lozenges</u>	Treatment of cold and scratchy throat, relieves cough, helps fight viral infections
<u>Zinc</u>	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.