

6th Edition Product Supplement

This product supplement is for the 6th Edition of *The Comprehensive Guide to Nature Sunshine Products*. It covers the supplements and most of their non-supplement products released after its publication date.

AnxiousLess

Product Type: Nutraceutical

Properties: Anxiolytic and Calmative

Systems Affected: Nervous System

Conditions: Abdominal Pain, Abuse and Trauma, Afterbirth Pain, Alzheimer's Disease, **Anxiety**, Anxiety Disorders, Bipolar Mood Disorder, Cushing's Disease, **Depression**, Emotional Sensitivity, Erectile Dysfunction, Fear (excessive), Fibromyalgia Syndrome, Grave's Disease, Grief (excessive), Heart Fibrillation or Palpitations, Hypertension, Hysteria, Irritability, **Mental Illness**, **Nervous Exhaustion**, **Nervousness**, Neurosis, Obsessive Compulsive Disorder, Pets (supplements for), Phobias, PMS Type A, PMS Type D, **Post Traumatic Stress Disorder**, Schizophrenia, Seasonal Affective Disorder, **Sex Drive (low)**, Sleep (restless and disturbed), **Stress** and Tachycardia

AnxiousLess is a supplement designed to reduce anxiety and nervousness. It improves mood without creating drowsiness. It contains a standardized, patented extract of *Scelletium tortuosum*, a plant from South Africa that was traditionally chewed to ease anxiety, depression and stress. It also contains l-theanine, an amino acid found in green tea. It has some effects on GABA and serotonin, causing relaxing and anxiety-reducing effects. The formula also contains thiamine (which helps with production of GABA), magnesium (a mineral many Americans are deficient in that helps the nervous system) and zinc. Take 1 capsule as needed up to 3-4 capsules per day.

AnxiousLess™ - Capsule (30)

Available in: US - Stock #1167

Ingredients: Thiamin 5mg, magnesium (citrate) 40mg, zinc (gluconate) 1mg, l-Theanine, Zembrin (*Scelletium tortuosum* aerial parts extract)

AnxiousLess™ Trial Pack (15) - Capsule (15)

Available in: US - Stock #5473

Ingredients: Zembrin® (*Scelletium tortuosum* extract), L-Theanine, Thiamin, Magnesium, Zinc.

Arginine Plus

Product Type: Nutraceutical

Properties: Cardiac, Nutritive and **Vasodilator**

Systems Affected: **Arteries**, Brain, Heart, **Male Reproductive System** and Structural System

Conditions: Acquired Immune Deficiency Syndrome, **Angina**, **Arteriosclerosis**, **Cardiovascular Disease**, **Congestive Heart Failure**, **Dementia**, **Erectile Dysfunction**, Headache (tension), **Hypertension**, Infertility, Interstitial Cystitis, Migraine, **Sex Drive (low)** and Surgery (healing from)

Each dose of Arginine Plus contains 6,000 mg (6 grams) of the amino acid L-arginine. The benefits of L-arginine have been documented in thousands of clinical studies. It is essential to protein synthesis, wound healing and the production of nitric oxide, a chemical messenger that dilates the arteries to reduce blood pressure and improve blood flow. Some of potential benefits of using L-arginine include reducing angina symptoms and improving tolerance to exercise. It may also be helpful in cases of congestive heart failure when used as part of a comprehensive treatment plan. Because of its influence on nitric oxide, L-arginine supplements can be helpful in temporarily reducing high blood pressure, particularly in Type 2 diabetics. It may also improve the effectiveness of angiotensin converting enzyme (ACE) inhibitors used in treating hypertension. It has also been helpful in peripheral arterial disease and improves tolerance to transdermal nitrate medications.

The drug sildenafil citrate (Viagra®) affects nitric oxide by blocking an enzyme that breaks down nitric oxide. It was originally developed as a medication for high blood pressure, but was found to be more helpful in erectile dysfunction. Erections are dependent on good blood flow and the ability of the arteries in the penis to dilate. L-arginine supplements, which help the body make more nitric oxide, have also proven beneficial in erectile dysfunction. A study of 50 men with erectile dysfunction showed that the group taking 5 grams of L-arginine per day had improvement over those on the placebo. L-arginine must be taken daily to have this affect.

By increasing blood flow to the brain, L-arginine can help vasoconstrictive migraines. These are migraines where the head feels like it is being squeezed in a vise or by a belt. Other possible benefits of L-arginine include: improving recovery time after surgery, preventing wasting in AIDS patients, preventing pre-eclampsia, improving senile dementia and helping to recover from recurring interstitial cystitis.

In addition to L-arginine, Arginine Plus contain other nutrients known to have a beneficial effect on cardiovascular health, such as vitamin C, vitamin D3 and vitamin K2. Suggested use is one rounded scoop (12.5 g) daily.

Warnings: Research shows that high doses of L-arginine are probably safe for short term use (up to three months). Safety data for long term use of high doses of L-arginine is lacking, but so far there are no reported adverse reactions to long term use.

Arginine Plus Mixed Berry - Bulk Powder (377 g.)

Available in: Canada - Stock #8200

Ingredients: L-arginine 6000mg, L-citrulline 270mg, vitamin C 60mg, resveratrol 12.5mg, B6 2mg, folic acid 400mcg, vitamin D3 25mcg-1000IU, vitamin K2 20mcg, vitamin B12 6mcg, citric acid, xylitol, pomegranate flavor, DL-malic acid, natural citrus sweetener, silicon dioxide, citrus blend natural flavor, huckleberry flavor blend, D-ribose, stevia leaf extract, grape skin extract

Aromatherapy Diffusers

Product Type: Appliance

Aromatherapy diffusers are used to disperse small amounts of essential oils into the air. Oils can be diffused to prevent the spread of infection (purifying the air), to help treat infections (especially in the lungs) and to create a particular mood in a room. It's a good idea to not run a diffuser continuously as it can put an overpowering amount of a fragrance in a room. Generally speaking 15-60 minutes two or three times a day is good.

Professional Series Nebulizing Diffuser

Available in: US - Stock #3963

A high quality diffuser with built in timers using state of the art cold diffusion technology.

Ultrasonic Authentic Essential Oil Diffuser

Available in: US & Canada - Stock #3889

Uses ultrasonic technology to diffuse oils. Helps to humidify dry air at the same time.

Mini USB Travel Essential Oil Diffuser

Available in: US - Stock #6964

Portable USB diffuser, which can be used in a car, hotel room or other locations away from home.

Aroma Plug-In Diffuser

Available in: US - Stock #3895

A miniature plug-in diffuser that uses scent cards. Comes with 10 cards.

Aromatherapy Tools

These are aromatherapy tools designed to help you utilize essential oils therapeutically.

Bottle with Sprayer (2 fl. oz.)

Available in: US - Stock #3936

A two ounce spray bottle for making aromatherapy hydrosols to spray. Can also be used for spraying silver shield or diluted flower essences.

Clear Roll-on Bottle

Available in: US - Stock #3950

Use to mix essential oils with a fixed oil to roll on the skin for mood enhancement or use as a perfume.

Diffuser Scent Cards

Available in: US - Stock #3951

Ten extra cards for the plug-in diffuser.

Essential Oil Scent Sticks

Available in: US - Stock #3967

50 sticks for use in teaching people about essential oils. Put a drop of an oil on the stick and pass it around so people smell the essential oil.

Dropper

Available in: US - Stock #1783

Dropper for two ounce bottle.

Detox Basics (30 day)

Product Type: Pack

Properties: Antibacterial, Cholagogue, Detoxifying, Hepatic and Hepatoprotective

Systems Affected: Hepatic System, Immune System and Intestinal System

Conditions: Chemical Poisoning, Environmental Pollution, Heavy Metal Poisoning, Irritable Bowel Syndrome, Leaky Gut Syndrome, Liver Detoxification and Small Intestinal Bacterial Overgrowth

The Detox Basics system is a pack of supplements that support general detoxification and gastrointestinal health. The product is designed to help balance gut microbes, overcoming intestinal dysbiosis and promoting the growth of friendly intestinal microbes. It also contains nutrients that aid the liver's ability to detoxify chemicals to protect the body from environmental pollutants. Because it does not contain any stimulant laxatives, it is a great program to stay on for long term detoxification after doing a colon cleanse. Take the contents of one packet (which contains 2 tablets and 4 capsules) before a meal, ideally breakfast, once daily.

Warnings: Cleansing is generally contraindicated during pregnancy and nursing, but this cleaning program is probably safe for pregnant women and nursing mothers.

Detox Basics (30 day) - Packets

Available in: US - Stock #3986

Ingredients: Vitamin A, Berberine from Indian Barberry root, N-Acetyl Cysteine (glutathione precursor), Vitamin C, Milk Thistle seed extract, Dandelion root, Bacillus coagulans (shelf-stable probiotic), Inositol, Choline bitartrate, Turmeric rhizome and prebiotic fiber (food for probiotics).

Equolibrum

Product Type: Nutrient

Properties: Anti-inflammatory, Anticancer, Antioxidant and Vasodilator

Systems Affected: **Breasts**, Circulatory System, **Prostate** and Skin

Conditions: **Benign Prostate Hyperplasia, Cancer (prevention)**, Prostatitis and Triglycerides (high)

Equilibrium™ contains equol, a substance produced from the isoflavone daidzein. Some people produce it naturally when eating foods from the legume family that contain daidzein. The richest sources of daidzein are soy beans, fava beans and kudzu. Smaller quantities are also found in peas, other beans and red clover (also in the legume family). There are also small amounts in grains, nuts, coffee, tea and currants.

Certain strains of intestinal bacteria transform daidzein into equol. Only about 25-30 percent of people in Western countries appear to be able to make this conversion as opposed to 50-60 percent of people from Asian countries like Japan, Korea and China.

Equol binds to dihydrotestosterone (DHT) a metabolite of testosterone that stimulates prostate growth. Excess DHT is believed to cause benign prostatic hyperplasia (BPH) as men grow older. Most drugs for BPH work by blocking the enzyme that converts testosterone to DHT. Unfortunately, this enzyme is also involved in numerous other body processes, so side effects are numerous. Equol simply prevents DHT from binding to the prostate. In addition to binding to DHT, equol also binds and acts as an agonist to the estrogen receptor beta, which down-regulates the androgen receptors that DHT binds to, which further reduces the tendency of prostate cells to proliferate.

In addition to aiding BPH, research suggests that equol may be helpful for menopausal symptoms such as hot flashes, muscle pain and mood changes. It may also help to prevent estrogen-dependent cancers such as prostate cancer and breast cancer. One study suggested it may prevent breast cancer cells from proliferating. Other research suggests possible benefits for balancing blood sugar, reducing the risk of heart disease and possibly aiding healthier skin during aging.

Equolibrum™ may be helpful for reducing BPH in men when taken regularly for 3-6 months, although some men may notice benefits within 4-6 weeks. Suggested dose is 1 capsule twice daily.

Warnings: Consult with a physician before taking Equolibrum with prescription prostate medications.

Equolibrum™ - Capsule (60)

Available in: US - Stock #3542

Ingredients: Equol (6 mg.)

Essential Oil Kit

A kit containing ten 5ml bottles of the top selling singles and popular blends.

Authentic Essential Oils Kit - Essential Oil

Available in: US - Stock #3878

Ingredients: Ten essential oils and blends: lemon, peppermint, lavender organic, tea tree, frankincense organic, inspire uplifting blend, essential shield, core balancing blend, refuge calming blend, recover soothing Blend

Flax Hull Lignans

Product Type: Herbal Extract

Properties: **Anticancer**, Antioxidant, Demulcent, **Phytoestrogen** and Soothing

Systems Affected: **Breasts**, Female Reproductive System, **Large Intestines (Colon)** and Prostate

Conditions: Cancer (natural therapy for) and **Cancer (prevention)**

Flax has many health benefits. It is best known for its oil that is rich in essential fatty acids, but flax is also a rich source of phytoestrogens known as lignans. There are 27 different lignans in flax, one of the main ones being secoisolariciresinol diglycoside (SDG). Research suggests that the SDG lignan is a powerful antioxidant. Researcher also suggests that the flax lignans are powerful phytoestrogens that can block the effects of xenoestrogens and reduce the risk of breast cancer and other estrogen-dependent cancers. This makes this product valuable for women who wish to reduce their risk of breast cancer, but it also makes it an effective weapon in helping people with estrogen-dependent cancers to heal (when used as part of a comprehensive program). Suggested use is one scoop (5 grams) daily in food or liquid.

Flax Hull Lignans - Can - Bulk Powder (200 g)

Available in: Canada - Stock #1102

Ingredients: Flaxseed hulls

IN.FORM Metabolic Age Support Cardio Kit

Product Type: Pack

Properties: Anticholesteremic, Antioxidant, Cardiac and Nutritive

Systems Affected: Arteries and Heart

Conditions: Cardiovascular Disease, Cholesterol (high), Erectile Dysfunction, Free Radical Damage and Hypertension

This is a pack of nutrients and herbs to improve function of the cardiovascular system. It contains antioxidants to reduce the inflammation that is at the root of heart disease, vitamins and minerals necessary for both circulatory and general health and amino acids that are helpful for cardiovascular function. It can help to normalize cholesterol levels, but more importantly, prevent cholesterol from oxidizing. Only oxidized cholesterol can form arterial plaque. Many of its ingredients can also help to normalize blood pressure.

The Cardio Kit does a lot more than just support the health of the cardiovascular system. It also aids the immune system, preventing free radical damage and reducing the chronic inflammation involved in degenerative disease. It also supports liver detoxification and helps protect brain and nerve function. Recommended dose is one packet daily.

IN.FORM Metabolic Age Support Cardio Kit (30 day) - Packets

Available in: US - Stock #3096

Ingredients: Antioxidant Blend: Apple fruit extract, turmeric root & rhizome extract, green tea leaf extract, grape seed extract, mangosteen pericarp extract, grape skin extract, olive leaf extract, blueberry fruit concentrate, capsicum fruit; bergamot orange fruit extract; fish oil (EPA/DHA); Vitamins: A, C, D3, E, B1, B2, niacin, B6, B12, biotin, folic acid, pantothenic acid; Minerals: iodine, magnesium, zinc, selenium, copper, manganese, calcium, phosphorus, chromium; Other nutrients: inositol, p-aminobenzoic acid, choline, lycopene, chlorophyll, hesperidin bioflavonoid extract, lemon bioflavonoid extract, rutin; Antioxidant Fruit Blend: white grape, apple, pear, orange, pineapple, cherry, strawberry, blueberry; Herbs and vegetables: dandelion root, alfalfa, asparagus, broccoli, cabbage, rose hips, kelp, cranberry, mangosteen, carrot, spinach, tomato, açai berry, pomegranate fruit; Amino Acids: l-leucine, l-lysine, l-valine, l-isoleucine, l-phenylalanine, l-threonine, l-arginine, l-methionine, l-tyrosine and l-cysteine.

IN.FORM Metabolic Age Support System

Product Type: Pack

Properties: Anti-obesic, Anticholesteremic, Antioxidant and Nutritive

Systems Affected: Circulatory System

Conditions: **Aging (prevention)**, Cardiovascular Disease, Cholesterol (high), Free Radical Damage and **Weight Loss**

The IN.FORM system is a set of products that have been clinically tested to help improve key health factors involved in metabolic age. These include base metabolic rate, lean muscle mass to fat ratio, health blood sugar and triglyceride levels and maintenance of a healthy GI tract and gut microbiome. Used in conjunction with other good health habits like exercise, adequate sleep and a healthy diet, the supplements in this program can help to prevent and reverse factors involved in premature aging and the development of chronic diseases.

There are two product packs in the IN.FORM system. The first is the Metabolic Age Support System, which helps to eliminate unhealthy gut flora, restore healthy gut flora, reset your metabolism and replenish your body with the nutrients it needs to repair and maintain healthy structures and functions. The second is the Metabolic Age Support Maintenance System, a follow-up program for ongoing maintenance.

Both packs contain Metabolic Age Support Protein Shakes, which come in your choice of pea, rice or whey protein. These meal replacement shakes supply not only protein, but basic vitamins and minerals and dietary fiber. Both systems also contain an IN.FORM Probiotic and Cardio Kit. The probiotic supplement supplies eighteen billion friendly bacteria from eleven different strains. The Cardio Kit supports the health of the cardiovascular system and supplies additional vitamins and minerals, antioxidants, essential fatty acids and nutrients that provide numerous other health benefits. The initial Metabolic Age Support System also contains a berberine supplement, which aids rebalancing the friendly flora of the gut and provides immune and detoxification support. The follow-up maintenance program contains a drink pack called Purify, which helps to maintain daily detoxification. All of the IN.FORM products can also be purchased singularly.

IN.FORM Metabolic Age Support System - Pea

Available in: US - Stock #P94986

Ingredients: 4 bags of Metabolic Age Support Shake – Pea Protein, 1 Cardio Kit, 1 Berberine, 1 Probiotic

IN.FORM Metabolic Age Support System - Soy

Available in: US - Stock #P94989

Ingredients: 4 bags of Metabolic Age Support Shake – Soy Protein, 1 Cardio Kit, 1 Berberine, 1 Probiotic

IN.FORM Metabolic Age Support System - Whey Vanilla

Available in: US - Stock #P94992

Ingredients: 4 bags of Metabolic Age Support Shake – Vanilla Whey Protein, 1 Cardio Kit, 1 Berberine, 1 Probiotic

IN.FORM Metabolic Age Support System - Whey Chocolate

Available in: US - Stock #P94995

Ingredients: 4 bags of Metabolic Age Support Shake – Chocolate Whey Protein, 1 Cardio Kit, 1 Berberine, 1 Probiotic

IN.FORM Metabolic Age Support Maintenance Kit - Pea

Available in: US - Stock #P94998

Ingredients: 2 bags of Metabolic Age Support Shake - Pea, 1 Purify, 1 Cardio Kit, 1 Probiotic

IN.FORM Metabolic Age Support Maintenance Kit - Soy

Available in: US - Stock #P95014

Ingredients: 2 bags of Metabolic Age Support Shake - Soy, 1 Purify, 1 Cardio Kit, 1 Probiotic

IN.FORM Metabolic Age Support Maintenance Kit - Whey Vanilla

Available in: US - Stock #P95006

Ingredients: 2 bags of Metabolic Age Support Shake - Whey Vanilla, 1 Purify, 1 Cardio Kit, 1 Probiotic

IN.FORM Metabolic Age Support Maintenance Kit - Whey Chocolate

Available in: US - Stock #P95022

Ingredients: 2 bags of Metabolic Age Support Shake - Whey Chocolate, 1 Purify, 1 Cardio Kit, 1 Probiotic

IN.FORM Purify

Product Type: Nutritional Supplement

Properties: Laxative (bulk) and Nutritive

Systems Affected: Intestinal System and Small Intestines

Conditions: Environmental Pollution, Heavy Metal Poisoning, Leaky Gut Syndrome and SIBO

The Purify pack is added to water to create a cleansing fiber drink. The principle ingredients are psyllium hulls, inulin and L-glutamine, but the product also includes other sources of fiber such as apple fruit, flax seed, acacia gum and guar gum along with vegetable powders and herbs. Inulin is a fructo-oligosaccharide found in herbs like dandelion,

burdock and chicory that promotes gut health by feeding friendly bacteria. L-glutamine is an amino acid that reduces leaky gut and intestinal permeability. So, this blend not only helps to cleanse the GI tract, it also helps to heal and tone the intestinal membranes, while supporting a healthy gut flora.

IN.FORM Purify Drink Mix - Stick Packets

Available in: US - Stock #21401

Ingredients: Zinc citrate (7.5 mg), L-glutamine (2500 mg), chlorophyll, inulin (2500 mg), psyllium hulls, apple fruit, flax seed, acacia gum, guar gum, broccoli flowers, apple fruit extract, green tea extract, cabbage leaf, carrot, red beet, rosemary, tomato, turmeric, grape seed extract, olive leaf extract

Liquid Methyl Vitamin B12 Complete

See Vitamin B-12

Massage Oil

Product Type: Topical

Properties: Emollient

Systems Affected: Structural System

Conditions: Backache, Lymph Nodes or Glands (swollen), Nervousness, Stiff Neck and Stress

This is an oil base to which you can add your favorite essential oils to make your own massage oil. For most purposes, a 2% dilution works best, which means adding about 12 drops of essential oils per ounce of massage oil. Here are some suggestions of oils you can add to make massage oils for various purposes. The conditions you use the oil for depend on the kind of essential oils you add.

For easing pain and stiffness, good oils to use are: chamomile, lavender, clove, helichrysum and tea tree. Apply this oil topically to sore joints or to the back for back pain.

For a relaxing massage, use oils like: bergamot, chamomile, jasmine, lavender, patchouli, rose bulgaria and ylang ylang.

For respiratory issues, use oils like: eucalyptus, frankincense, pine, rosemary and thyme. Apply the massage oil to the chest and back.

For an invigorating and refreshing massage oil, try oils like: lemon, neroli, mandarin, pine and rosemary.

For massaging into swollen lymph nodes or areas where there is infection, try using oils like: eucalyptus, frankincense, rosemary, thyme and tea tree.

Massage Oil - Liquid (4 fl. oz.)

Available in: US - Stock #3928

Ingredients: Sweet almond oil, apricot kernel oil, hazelnut oil, vitamin E, borage oil

Methyl Combo

Product Type: Nutritional Supplement

Properties: Nutritive

Systems Affected: Liver, Mitochondria and Nervous System

Conditions: Anemia, Angina, **Birth Defects (prevention)**, Cancer (natural therapy for), Canker Sores, Cataracts, Cholesterol (low), Deafness, Depression, Dizziness, Hemochromatosis, Macular Degeneration, Memory and Brain Function, **Mental Illness, Numbness, Peripheral Neuropathy, Pernicious Anemia, Pregnancy (herbs and supplements for), Restless Leg Syndrome, Schizophrenia, Sore or Geographic Tongue** and **Vitiligo**

Methyl Combo contains highly active forms of vitamin B12 and folic acid, methylcobalamin and methylfolate. These vitamins aid in the production of the amino acid methionine. This formula can assist methylation one of the six phase two detoxification pathways. Problems with methylation can contribute to mental health issues like depression, aggression and schizophrenia. Folate tends to balance over-methylation, but under-methylation can also contribute to mental health issues. If Methyl Combo makes symptoms worse, try Sam-e. If Sam-e makes the problem worse, try Methyl Combo. Recommended dose is one capsule twice daily.

Methyl Combo - Capsule (60)

Available in: US - Stock #21689

Ingredients: 1,000 mcg vitamin B12 (methylcobalamin) and 800 mcg folate (methyltetrahydrofolate calcium salt)

Orange Essential Oil

Product Type: Essential Oil

Properties: Antidepressant, Antiseptic, Antispasmodic, Cholagogue, Digestive Tonic, Invigorating, Lymphatic and Refreshing

Systems Affected: Digestive System, Gall Bladder, Lymphatics and Nerves

Conditions: Anxiety, Cramps and Spasms, Depression, Fat Metabolism (poor), Gas and Bloating, Insomnia and Irritability

The essential oil of sweet orange is both antifungal and antibacterial. It helps settle the stomach, easing cramps, constipation, gas and irritable bowel. It stimulates the flow of lymph and is helpful for soothing dry, irritated skin. It is sedative and antidepressant and may be helpful for easing anxiety and insomnia. It is a good oil to settle the digestive system and promote sleep in children as they tend to love the fragrance. Emotionally, the fragrance helps promote happiness and laughter and is good for those who take themselves too seriously. It aids cheerfulness and optimism and eases fears and self-doubts. Orange oil is non-toxic and

non-irritating. See suggestions for use under Aromatherapy (pg 190).

Orange, Organic EO - Essential Oil (15 ml)

Available in: US - Stock #3839

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

Prosper Success Blend

Product Type: Essential Oil

Properties: Calmative, Grounding and Relaxant

Systems Affected: Brain, Immune System and Nerves

Conditions: Anxiety, Irritability and Stress

The oils in this blend are very grounding, helping a person become more relaxed and centered. They promote a calm, but alert state of mind. The myrrh and frankincense in this blend have been used as aids for meditation or spiritual purification. This blend has a lot of immune-boosting action and can also help to boost self-esteem and self-confidence. It could also be helpful topically for skin infections.

See suggestions for use under Aromatherapy (pg 190).

Warnings: Not for internal use.

PROSPER Success EO Blend - Essential Oil (15 ml)

Available in: US - Stock #3838

Ingredients: 100% pure oils of Citrus sinensis (Orange) peel, Cedrus atlantica (Atlas cedar), Cinnamomum zeylanicum (Cinnamon) bark, Tsuga Canadensis (Spruce) leaf, Eugenia caryophyllata (Clove) bud, Lavandula angustifolia (Lavender) flower, Boswellia carteri (Frankincense) gum resin, Commiphora myrrha (Myrrh) gum resin and Pogostemon cablin (Patchouli) leaf.

Purity Refreshing Blend

Product Type: Essential Oil

Properties: Antiseptic, Disinfectant and Refreshing

Systems Affected: Immune System and Nerves

Conditions: Confusion and Fatigue

This is a very refreshing blend with a very uplifting quality to it. It's also a great natural disinfectant, which can be used for household cleaning. It brightens the mood and helps clear the mind.

See suggestions for use under Aromatherapy (pg 190).

PURITY Refreshing EO Blend - Essential Oil (15 ml)

Available in: US - Stock #3972

Ingredients: 100% pure essential oils of Tsuga canadensis (Spruce) leaf, Citrus x limon (Lemon) whole fruit, Citrus x aurantifolia (lime) peel, Lavandula x intermedia (Lavandin) flowering top, Melaleuca alternifolia (Tea Tree) leaf, Cymbopogon citratus (Lemongrass) leaf, Cymbopogon nardus (Citronella) leaf, Mentha piperita (Peppermint) leaf and flower.

Relief Settling Blend

Product Type: Essential Oil

Properties: Anti-emetic and Digestant

Systems Affected: Digestive System and Stomach

Conditions: Gas and Bloating, Indigestion, Motion Sickness and Nausea and Vomiting

This blend helps to settle the stomach, reducing gas, bloating, indigestion and nausea. It can also be helpful for motion sickness.

See suggestions for use under Aromatherapy (pg 190).

RELIEF Settling EO Blend - Essential Oil (15 ml)

Available in: US - Stock #3837

Ingredients: 100% pure oils of Zingiber officinale (Ginger) root, Illicium verum (Star anise) fruit, Mentha piperita (Peppermint) leaf and flower, Cymbopogon citratus (Lemongrass) leaf, Artemisia dracunculus (Tarragon) aerial parts, Foeniculum vulgare (Fennel) seed, Juniperus communis (Juniper) berry and Pogostemon cablin (Patchouli) leaf.

Renew Releasing Blend

Product Type: Essential Oil

Properties: Cerebral Tonic, Invigorating and Sympathomimetic

Systems Affected: Brain and Nerves

Conditions: Attention Deficit Disorder, Concentration (poor), Confusion and Fatigue

The citrus notes in this blend are invigorating and uplifting, helping to overcome sluggishness and fatigue. It stimulates the mind, while calming the nerves. A good blend for someone who feels exhausted or depleted or for calming people with ADHD (parasympathetic nervous system dominance).

See suggestions for use under Aromatherapy (pg 190).

RENEW Releasing EO Blend - Essential Oil (15 ml)

Available in: US - Stock #3852

Ingredients: 100% pure oils of Citrus x limon (lemon) whole fruit, Citrus x paradisi (grapefruit peel), Cupressus sempervirens (cypress) leaf, Laurus nobilis (laurel) leaf, Rosmarinus officinalis (wild Rosemary) leaf, Juniperus communis (juniper) berry.

Shine Energizing Blend

Product Type: Essential Oil

Properties: Invigorating and Refreshing

Systems Affected: Nervous System

Conditions: Apathy and Fatigue

This stimulating blend can be helpful to pick up your energy in the early morning or during an afternoon energy slump. It uplifts the mood and helps to balance your emotions. Comes pre-diluted in a convenient roll-on bottle.

SHINE Energizing Essential Oil Blend Roll-On

Available in: US - Stock #21582

Ingredients: 100% pure essential oils of Citrus x paradisi (Grapefruit) peel oil, Mentha piperita (Peppermint) leaf and flower oil, Rosmarinus officinalis (Wild Rosemary) leaf oil, Cedrus atlantica (Atlas cedar) wood oil, Citrus x limon (Lemon) whole fruit oil and Pinus sylvestris (Pine) needle oil, blended in a 1:1 ratio with Nature's Sunshine Carrier Oil.

Stixated

Product Type: Nutraceutical

Properties: Appetite Suppressant

Systems Affected: Pancreatic Tail

Conditions: Addictions (sugar or refined carbohydrates), **Appetite (excessive)** and Weight Loss

Stixated is a stick pack beverage that can be consumed to help reduce cravings between meals. It helps promote a feeling of fullness and is used to assist in weight loss. It contains chromium to help balance blood sugar levels and a standardized extract of hydroxycitric acid (HCA) from Garcinia cambogia. HCA may help promote feelings of fullness. It also contains prebiotics to feed friendly flora. Pour the contents of one packet into 16 ounces of water and stir. Consume one packet or more daily between meals when you feel hungry.

Stixated - Can - Stick Packets

Available in: Canada - Stock #7540

Ingredients: Same as Stock #6540-5

Stixated - Packets

Available in: US - Stock #6540

Ingredients: Chromium (picolinate) 600mcg, garcinia fruit rind extract, FOS, natural flavors (raspberry, açaf berry, huckleberry, blueberry), citric acid, grape skin extract, stevia leaf extract

Sweet FX

Product Type: Nutraceutical

Properties: Antidiabetic and Relaxant

Systems Affected: Nervous System, Pancreatic Tail and Small Intestines

Conditions: Addictions (sugar or refined carbohydrates),

Sugar Cravings and Weight Loss

Sweet FX is designed to help manage sugar cravings during weight loss. It helps to balance blood sugar levels and also contains L-arabinose, which helps block absorption of sugar. The amino acid L-theanine also helps to reduce feelings of stress, which may help reduce cravings for sweets that are emotionally based. Suggested use is to take 3 capsules once daily, preferably before your largest meal, which is dinner for most people.

Sweet FX™ - Capsule (90)

Available in: US - Stock #3068

Ingredients: Chromium (food bound) 125mcg, l-arabinose, l-theanine, cinnamon bark

Ultra Therm

Product Type: Nutraceutical

Properties: Stimulant (metabolic)

Conditions: Weight Loss

The Ultra Therm products are thermogenic formulas designed to stimulate metabolism to aid in weight loss. There is a version with green coffee bean extract and green tea and a caffeine free version.

Warnings: Excessive use of caffeine in any form can contribute to anxiety and insomnia.

Ultra Therm™ - Capsule (120)

Available in: US - Stock #3077

Ingredients: Green tea leaf extract, Sustained Release Energy Blend (caffeine, guarana seed extract, yerba mate leaf extract), green coffee bean extract

Ultra Therm CF - Capsule (120)

Available in: US - Stock #3079

Ingredients: Sphaeranthus indicus flower, Garcinia mangostana fruit, hesperidin bioflavonoid extract, green tea leaf extract, rhodiola root extract, green coffee bean extract

Vitamin B-12

Product Type: Nutrient

Properties: Nutritive

Systems Affected: Blood, Brain, Ears, Nerves and Taste

Conditions: Acquired Immune Deficiency Syndrome, Adrenal Fatigue, Alzheimer's Disease, **Anemia**, Body Odor, **Burning Feet or Hands**, Canker Sores, Celiac Disease, Cholesterol (low), Coordination, Cystic Fibrosis, Dehydration, Depression, Dermatitis, Dizziness, **Energy (lack of)**, Eyes (spots before), Hangover, Headache (cluster), Heart Fibrillation or Palpitations, **Hemochromatosis**, Memory and Brain Function, Nervousness, Neuralgia and Neuritis, Numbness, **Pap Smear (abnormal)**, **Per-nicious Anemia**, Restless Leg Syndrome, Schizophrenia, Sore or Geographic Tongue, Tinnitus and Vitiligo

B-12 is essential for normal formation of red blood cells, metabolism and the nervous system. It acts as a cofactor or essential component in DNA synthesis. This makes B-12 important for the production of all cells in the body, the full development of red blood cells, normal myelination or covering of nerve cells and the production of neurotransmitters. B-12 promotes normal growth development and is responsible for binding with calcium for calcium uptake and utilization. It is not found in plant foods, so total vegetarians typically need supplementation and become anemic without this vitamin. Anyone who smokes, has digestive insufficiencies or is on an acid-blocking agent will need to supplement with this vitamin as well.

Liquid Methyl Vitamin B-12 Complete contains methylcobalamin, the most easily assimilated form of B-12 plus other B vitamins that work synergistically with B-12. B-vitamins are critical to energy production in the mitochondria, nervous system function and numerous other body processes. Take 17-18 drops daily. Hold under the tongue for 30 seconds before swallowing. This dose provides 1,000 mcg of vitamin B-12.

Warnings: No known toxicity, even in very large doses. Anti-gout drugs, anticoagulant drugs and potassium supplements may block absorption of vitamin B-12.

Methyl Vitamin B12 Complete - Liquid (2 fl. oz.)

Available in: US - Stock #21690

Ingredients: Niacin, vitamin B6 (pyridoxine), vitamin B12 (methylcobalamin), riboflavin (B2), thiamin (B1) mononitrate, water, sorbitol, vegetable glycerin, natural flavors, citric acid, sodium bicarbonate, malic acid, potassium sorbate and sodium benzoate

Liquid B12 - Can - Liquid (2 fl. oz.)

Available in: Canada - Stock #1588

Ingredients: Vitamin B1 (thiamine mononitrate) 0.50mg, riboflavin (vitamin B2) 0.85mg, niacin (niacinamide) 10mg, vitamin B6 (pyroxidine HCl), vitamin B12 (cyanocobalamin) 1,000mcg, sorbitol, vegetable glycerin, natural flavors, citric acid, sodium bicarbonate, malic acid, potassium sorbate, sodium benzoate

Wintergreen

Product Type: Essential Oil

Properties: Analgesic and Febrifuge

Systems Affected: Joints and Skin

Conditions: Arthritis and Pain (general remedies for)

Wintergreen oil is a source of methyl salicylate, a compound with analgesic and anti-inflammatory properties similar to aspirin. It can be absorbed through the skin, easing pain and inflammation and has been used specifically to help ease pain in arthritic joints. It is an ingredient in Tei Fu.

See suggestions for use under Aromatherapy (pg 190).

Warnings: Wintergreen has blood-thinning effects. The methyl salicylate in it can be toxic in large amounts, causing CNS excitation, rapid breathing and high blood pressure. So dilute the oil with a fixed oil for topical application and use sparingly.

Wintergreen, Wild EO - Essential Oil (15 ml)

Available in: US - Stock #21400

Ingredients: Wild-harvested Gaultheria procumbens (wintergreen) leaf oil