

6th Edition Product Supplement

This product supplement is for the Second Printing of 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.

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).

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

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)

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-isoleu-

cine, 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

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.

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, eas-

ing 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

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.

6 - Wintergreen

Second Printing Product Supplement

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