



Nature's Sunshine Wellness Assessment

This Nature's Sunshine Wellness assessment will cover the following items:

The enzyme, probiotic, and vitamin that your body is asking for.

Up to 5 Basic supplements your body is asking for.

The system pack your body is asking for.

Up to 2 weight management items your body is asking for.

Up to 2 Essential Oils your body is asking for.

Up to 3 Bach Flowers and 1 Flower essence from Nature's Sunshine that your body is asking for.

It will also include the following stressors:

Up to 5 Heavy Metals, Chemicals/Pesticides and Household Toxins

25 Food Stressors your body is saying to avoid.

Please See notes in each section for additional information.

Your Wellness Partner is:

Contact Information is:

**You do not have to have ever eaten or be eating any ingredient for it to appear on this list.
Please avoid as many items as possible for the next 30 days.**

Acetone Peroxide -31.91	Ice Cream -30.33	Buttermilk -27.15
Maltose -25.21	Pimento -24.09	FD&C Yellow No.6 -21.90
Green Pea -21.72	Merlot Wine -21.05	Romaine Lettuce -20.65
Red Snapper -20.29	Turmeric -20.22	Tomato -19.75
Cranberry -19.54	Soy Bean -19.18	Blue Corn -18.75
Hydrolyzed Vegetable Protein -18.71	FD&C Blue No.1 -18.13	Blueberry -17.95
Mullet -17.85	Elk -17.63	Barley Beer -17.45
Calamari or Squid -17.36	Oregano -17.18	Venison -17.09
Maltose Barley -16.58		

Explanation of Food Stressors

This Food Biosurvey records your body's responses to 485 food VSIs (Virtual Stimulus Items). Each VSI is a computer signature that has been linked to, and represents a particular food. Your response to each food VSI is scored with a negative number and your most extreme responses will be shown on this report per section. Negative responses are referred to as biological aversion to the item.

Even though this is NOT a food allergy test, you may wish to avoid those foods whose VSIs you have a negative response to.

Please review the following list to see if you or your family including when you were younger and parents are being or are now being exposed to the item. Please make a note and let your Wellness Partner aware. If you are in contact with the item daily it is suggested to avoid or to take appropriate precautions when in contact with the item.

Heavy Metals

-34.09 Gallium

Gallium is a chemical element that has the symbol Ga and atomic number 31. A soft silvery metallic poor metal, gallium is a brittle solid at low temperatures but liquefies slightly above room temperature and will melt in the hand. It occurs in trace amounts in bauxite and zinc ores. An important application is in the compounds gallium nitride and gallium arsenide, used as a semiconductor, most notably in light-emitting diodes (LEDs).

Elemental gallium is not found in nature, but it is easily obtained by smelting. Very pure gallium metal has a brilliant silvery color and its solid metal fractures conchoidally like glass. Gallium metal expands by 3.1 percent when it solidifies, and therefore storage in either glass or metal containers is avoided, due to the possibility of container rupture with freezing. Gallium shares the higher-density liquid state with only a few materials like germanium, bismuth, antimony, and water.

Gallium also attacks most other metals by diffusing into their metal lattice. Gallium for example diffuses into the grain boundaries of Al/Zn alloys or steel, making them very brittle. Gallium metal easily alloys with many metals, and was used in small quantities in the core of the first atomic bomb to help stabilize the plutonium crystal structure.

The melting point temperature of 30°C allows the metal to be melted in one's hand. This metal has a strong tendency to supercool below its melting point/freezing point, thus necessitating seeding in order to solidify. Gallium is one of the metals (with caesium, rubidium, francium and mercury) which are liquid at or near normal room temperature, and can therefore be used in metal-in-glass high-temperature thermometers. It is also notable for having one of the largest liquid ranges for a metal, and (unlike mercury) for having a low vapor pressure at high temperatures. Unlike mercury, liquid gallium metal wets glass and skin, making it mechanically more difficult to handle (even though it is substantially less toxic and requires far fewer precautions). For this reason as well as the metal contamination problem and freezing-expansion problems noted above, samples of gallium metal are usually supplied in polyethylene packets within other containers.

Gallium does not crystallize in any of the simple crystal structures. The stable phase under normal conditions is orthorhombic with 8 atoms in the conventional unit cell. The bonding between the nearest neighbors is found to be of covalent character, hence Ga₂ dimers are seen as the fundamental building blocks of the crystal. The compound with arsenic, gallium arsenide is a semiconductor commonly used in light-emitting diodes.

High-purity gallium is attacked slowly by mineral acids.

Gallium is found and extracted as a trace component in bauxite, coal, diasporite, germanite, and sphalerite. The United States Geological Survey (USGS) estimates gallium reserves based on 50 ppm by weight concentration in known reserves of bauxite and zinc ores. Some flue dusts from burning coal have been shown to contain small quantities of gallium, typically less than 1 % by weight.

As a component of the semiconductor Gallium arsenide, the most common application for gallium is analog integrated circuits, with the second largest use being optoelectronic devices (mostly laser diodes and light-emitting diodes.) Gallium is used widely as a dopant to dope semiconductors and produce solid-state devices like transistors.

Gallium is the rarest component of new photovoltaic compounds (such as copper indium gallium selenium sulphide or Cu(In,Ga)(Se,S)₂, recently announced by South African researchers) for use in solar panels as an alternative to crystalline silicon, which is currently in short supply.

As a wetting, and alloy improvement agent:

- Because gallium wets glass or porcelain, gallium can be used to create brilliant mirrors.
- Gallium readily alloys with most metals, and has been used as a component in low-melting alloys. The plutonium used in nuclear weapon pits is machined by alloying with gallium to stabilize the allotropes of plutonium.
- Gallium added in quantities up to 2% in common solders can aid wetting and flow characteristics.

As part of an energy storage mechanism:

When gallium is alloyed with aluminium it can be used to break the bond between hydrogen and oxygen in water. A reaction occurs when water is added to the alloy which produces hydrogen and aluminium oxide. This could potentially provide a solid hydrogen source for transportation purposes, which would be more convenient than a pressurized hydrogen tank. Resmelting the resultant aluminum oxide and gallium mixture to metallic aluminum and gallium and reforming these into electrodes would constitute most of the energy input into the system, while electricity

produced by a hydrogen fuel cell could constitute an energy output. The thermodynamic efficiency of the aluminum smelting process is said to be approximately 50 percent. Therefore, at most no more than half the energy that goes into smelting aluminum could be recovered by a fuel cell.

For liquid alloys:

It has been suggested that a liquid gallium-tin alloy could be used to cool computer chips in place of water. As it conducts heat approximately 65 times better than water it can make a comparable coolant. However given water's benign handling characteristics and plentiful abundance in most developed countries, gallium alloys are only really likely to see use in specialized applications such as cooling supercomputers.

- Gallium is used in some high temperature thermometers.

It has biomedical applications:

- A low temperature liquid eutectic alloy of gallium, indium, and tin, is widely available in medical thermometers (fever thermometers), replacing problematic mercury. This alloy, with the trade name Galinstan (with the "-stan" referring to the tin), has a freezing point of -20°C .

- Gallium salts such as gallium citrate and gallium nitrate are used as radiopharmaceutical agents in nuclear medicine imaging. For these applications, a radioactive isotope such as ^{67}Ga is used. The body handles Ga^{3+} in many ways as though it were iron, and thus it is bound (and concentrates) in areas of inflammation, such as infection, and also areas of rapid cell division. This allows such sites to be imaged by nuclear scan techniques. This use has largely been replaced by fluorodeoxyglucose (FDG) for positron emission tomography, "PET" scan.

- Gallium nitrate, both oral and topical, is finding use in treating arthritis.

While not considered toxic, the data about gallium is inconclusive. Some sources suggest that it may cause dermatitis from prolonged exposure; other tests have not caused a positive reaction. Like most metals, finely divided gallium loses its luster. Powdered gallium appears gray. When gallium is handled with bare hands, the extremely fine dispersion of liquid gallium droplets which results from wetting skin with the metal may appear as a gray skin stain.

-22.19 Ethyl

(Organic mercury salt)

Ethyl is manufactured by Ethyl Corp

Ethyl is a two-carbon substituent in organic chemistry. $-\text{CH}_2\text{CH}_3$ (very often abbreviated: -Et). It is an alkali

Ethyl is usually used with other compounds and is toxic. I.e., ethyl mercury, ethyl alcohol, ethyl chloride, ethyl dichloride, etc.

-20.60 Nickel -hm

Nickel is a metallic chemical element in the periodic table that has the symbol Ni and atomic number 28. Nickel is a silvery white metal that takes on a high polish. It belongs to the transition metals, and is hard and ductile. It occurs most usually in combination with sulfur and iron in pentlandite, with sulfur in millerite, with arsenic in the mineral nickeline, and with arsenic and sulfur in nickel glance.

Because of its permanence in air and its inertness to oxidation, it is used in coins, for plating iron, brass, etc., for chemical apparatus, and in certain alloys, such as German silver. It is magnetic, and is very frequently accompanied by cobalt, both being found in meteoric iron. It is chiefly valuable for the alloys it forms, especially many superalloys, and particularly stainless steel.

Nickel is one of the five ferromagnetic elements. However, the U.S. nickel coin is not magnetic, because it actually is mostly (75%) copper. The Canadian nickel minted at various periods between 1922-81 was 99.9% nickel, and these were magnetic.

Minerals containing nickel (e.g. kupfernickel, meaning copper of the devil (Nick), or false copper) were of value for coloring glass green. In 1751, Baron Axel Fredrik Cronstedt was attempting to extract copper from kupfernickel (now called niccolite), and obtained instead a white metal that he called nickel.

In the United States, the term "nickel" or "nick" was originally applied to the copper-nickel Indian cent coin introduced in 1859. Later, the name designated the three-cent coin introduced in 1865, and the following year the five-cent shield nickel appropriated the designation, which has remained ever since.

Although not recognized until the 1970s, nickel plays numerous roles in biology. In fact urease (an enzyme which assists in the hydrolysis of urea) contains nickel. The NiFe-hydrogenases contain nickel in addition to iron-sulfur clusters. Such [NiFe]-hydrogenases characteristically oxidise H_2 . A nickel-tetrapyrrole coenzyme, F430, is present in the methyl coenzyme M reductase which powers methanogenic archaea. One of the carbon monoxide dehydrogenase enzymes consists of an Fe-Ni-S cluster. Other nickel-containing enzymes include a class of superoxide dismutase and a

glyoxalase.

Nickel is used in many industrial and consumer products, including stainless steel, magnets, coinage, and special alloys. It is also used for plating and as a green tint in glass. Nickel is pre-eminently an alloy metal, and its chief use is in the nickel steels and nickel cast irons, of which there are innumerable varieties. It is also widely used for many other alloys, such as nickel brasses and bronzes, and alloys with copper, chromium, aluminum, lead, cobalt, silver, and gold.

Exposure to nickel metal and soluble compounds should not exceed 0.05 mg/cm³ in nickel equivalents per 40-hour work week. Nickel sulfide fume and dust is believed to be carcinogenic, and various other nickel compounds may be as well.

Nickel carbonyl, [Ni(CO)₄], is an extremely toxic gas. The toxicity of metal carbonyls is a function of both the toxicity of a metal as well as the carbonyl's ability to give off highly toxic carbon monoxide gas, and this one is no exception. It is explosive in air.

Sensitized individuals may show an allergy to nickel affecting their skin. The amount of nickel which is allowed in products which come into contact with human skin is regulated by the European Union. In 2002 researchers found amounts of nickel being emitted by 1 and 2 Euro coins far in excess of those standards. This is believed to be due to a galvanic reaction

-20.53 Praseodymium

Praseodymium is a chemical element in the periodic table that has the symbol Pr and atomic number 59. Praseodymium is a soft silvery metallic element, and belongs to the lanthanide group. It is somewhat more resistant to corrosion in air than europium, lanthanum, cerium, or neodymium, but it does develop a green oxide coating that spalls off when exposed to air, exposing more metal to oxidation. For this reason, praseodymium should be stored under a light mineral oil or sealed in glass.

Uses of praseodymium:

- As an alloying agent with magnesium to create high-strength metals that are used in aircraft engines.
- It forms the core of carbon arc lights which are used in the motion picture industry for studio lighting and projector lights.
- Praseodymium compounds give glasses and enamels a yellow color.
- It is used to color cubic zirconia yellow-green, to simulate peridot.
- Praseodymium is a component of didymium glass, which is used to make certain types of welder's and glass blower's goggles.
- Dr. Matthew Sellars of the Laser Physics Centre at the Australian National University in Canberra, Australia slowed down a light pulse to a few hundred meters per second using praseodymium mixed with silicate crystal.
- Praseodymium alloyed with nickel (PrNi₅) has such a strong magnetocaloric effect that it has allowed scientists to approach within one thousandth of a degree of absolute zero
- Doping Praseodymium in fluoride glass can be used as single mode fiber amplifier
- The name praseodymium comes from the Greek prasios, meaning green, and didymos, or twin. Praseodymium is frequently misspelled as praseodymium.

Leo Moser investigated the use of praseodymium in glass coloration in the late 1920s. The result was a yellow-green glass given the name Prasemit. However, a similar color could be achieved with colorants costing only a minute fraction of what praseodymium cost in the late 1920s, such that the color was not popular, few pieces were made, and examples are now extremely rare. Moser also blended praseodymium with neodymium to produce Heliolite glass, which was more widely accepted. The first enduring commercial use of praseodymium, which continues today, is in the form of a yellow-orange stain for ceramics, Praseodymium Yellow, which is a solid-solution of praseodymium in the zirconium silicate (zircon) lattice. This stain has no hint of green in it. By contrast, at sufficiently high loadings, praseodymium glass is distinctly green, rather than pure yellow.

Praseodymium is available in small quantities in Earth's crust (9.5 ppm). It is found in the rare earth minerals monazite and bastnasite, typically comprising about 5% of the lanthanides contained therein, and can be recovered from bastnasite or monazite by an ion exchange process, or by counter-current solvent extraction.

Like all rare earths, praseodymium is of low to moderate toxicity. Praseodymium has no known biological role.

-19.58 Sodium

Sodium is a chemical element which has the symbol Na (Latin: natrium), atomic number 11, atomic mass 22.9898 g/mol, oxidation number +1. Sodium is a soft, silvery white, highly reactive element and is a member of the alkali metals within "group 1" (formerly known as 'group IA'). It has only one stable isotope, ²³Na.

Sodium quickly oxidizes in air so it must be stored in an inert environment such as kerosene. Sodium is present in great quantities in the earth's



oceans as sodium chloride. It is also a component of many minerals, and it is an essential element for human and animal life.

Compared with other alkali metals, sodium is generally less reactive than potassium and more so than lithium, in accordance with periodic law.

Owing to its high reactivity, sodium is found in nature only as a compound and never as the free element. Sodium reacts exothermically with water: small pea-sized pieces will bounce across the surface of the water until they are consumed by it, whereas large pieces will explode. While sodium reacts with water at room temperature, the sodium piece melts with the heat of the reaction to form a sphere, if the reacting sodium piece is large enough. The reaction with water produces very caustic sodium hydroxide and highly flammable hydrogen gas. These are extreme hazards. When burned in air, sodium forms sodium peroxide Na_2O_2 , or with limited oxygen, the oxide Na_2O . If burned in oxygen under pressure, sodium superoxide NaO_2 will be produced. When sodium or its compounds are introduced into a flame it will contribute a bright yellow.

Sodium ions are necessary for regulation of blood and body fluids, transmission of nerve impulses, heart activity, and certain metabolic functions. Interestingly, sodium is needed by animals, which maintain high concentrations in their blood and extracellular fluids, but the ion is not needed by plants.

Receptors for the pure salty taste respond best to sodium, and otherwise only to a few other small monovalent cations (Li^+ , NH_4^+ , and to some extent also K^+). Calcium chloride also tastes somewhat salty, but also quite bitter.

The most common sodium salt, sodium chloride (table salt), used for seasoning and warm-climate food preservation, such as pickling and making jerky (the high osmotic content of salt inhibits bacterial and fungal growth).

The human requirement for sodium in the diet is less than 500 mg per day, which is typically less than a tenth as much as many diets "seasoned to taste." For certain people with salt-sensitive blood pressure, this extra intake may cause a negative effect on health.

Sodium in its metallic form can be used to refine some reactive metals, such as zirconium and potassium, from their compounds.

Other uses:

- In certain alloys to improve their structure.
- In soap, in combination with fatty acids. Sodium soaps are harder (higher melting) soaps than potassium soaps.
- To descale metal (make its surface smooth).
- To purify molten metals.
- In sodium vapor lamps, an efficient means of producing light from electricity, it is often used for street lighting in cities. These lamps give a distinctive yellow-orange light. High-pressure sodium lamps give a more natural peach-colored light, composed of wavelengths spread much more widely across the spectrum.
- As a heat transfer fluid in some types of nuclear reactors and inside the hollow valves of high-performance internal combustion engines.
- NaCl , a compound of sodium ions and chloride ions, is an important heat transfer material.
- In organic synthesis, sodium is used as a reducing agent, for example in the Birch reduction.
- In chemistry, sodium is often used either alone or with potassium in an alloy, NaK as a desiccant for drying solvents. Used with benzophenone, it forms an intense blue coloration when the solvent is dry and oxygen-free.

Sodium makes up about 2.6% by weight of the Earth's crust making it the fourth most abundant element overall and the most abundant alkali metal. Sodium is relatively abundant in stars and the D spectral lines of this element are among the most prominent in star light.

Please review the following list to see if you or your family including when you were younger and parents are being or are now being exposed to the item. Please make a note and let your Wellness Partner aware. If you are in contact with the item daily it is suggested to avoid or to take appropriate precautions when in contact with the item.

Chemicals/Pesticides

-28.69 **Succinic Acid**

(in relationship of Succinum) Hay-fever. Paroxysmal sneezing, dropping of watery mucus from nostrils; asthma. Inflammation through respiratory tract; causing asthma, chest pains, etc. itching of eyelids and canthi and nose worse drafts. Use to 80th potency.

-26.15 **Lysol Pine Action**

[No main description available]

-20.75 **Eosine B**

(C₂₀H₆Br₂N₂Na₂O₉)

Pharmacological action: fluorescent dyes.

Eosin is a fluorescent dye resulting from the action of bromine on fluorescein. It can be used to stain cytoplasm, collagen, and muscle fibers for examination under the microscope. eosin bluish has a very faint bluish cast.

Eosin is most often used as a counterstain to haematoxylin in H&E (haematoxylin and eosin) staining. H&E staining is one of the most commonly used techniques in histology. Tissue stained with hematoxylin and eosin shows cytoplasm stained pink-orange and nuclei stained darkly, either blue or purple. Eosin is an acidic dye and shows up in the basic parts of the cell, ie the cytoplasm. (Hematoxylin, a basic dye, shows up in the acidic part of the cell. For example the nucleus, where nucleic acids (DNA and RNA) are concentrated)

-20.67 **Pentachlorophenol**

Pentachlorophenol (PCP) is a synthetic substance that was first produced in the 1930s. It is marketed under the trade names, Santophen, Pentachlorol, Chlorophen, Chlon, Dowicide 7, Pentacon, Penwar, Sinituho and Penta among others. It can be found in two forms: PCP itself or as the sodium salt of PCP, which dissolves easily in water. In the past, it has been used as a herbicide, insecticide, fungicide, algacide, disinfectant and as an ingredient in antifouling paint. Some applications were in agricultural seeds (for nonfood uses), leather, masonry, wood, cooling tower water, rope and paper mill system.

Since the early 1980s, the purchase and use of PCP in the U.S has not been available to the general public. Nowadays most of the PCP used in the U.S is restricted to the treatment of utility poles and railroad ties.

There are two general methods for preserving wood. The pressure process method involves placing wood in a pressure-treating vessel where it is immersed in PCP and then subjected to applied pressure. In the non-pressure process method, PCP is applied by spraying, brushing, dipping, and soaking. Utility companies save millions of dollars in replacement poles, because the life of these poles increases from approximately 7 years for an untreated pole to about 35 years for a preservative-treated pole.

People may be exposed to PCP in occupational settings through the inhalation of contaminated workplace air and dermal contact or with wood products treated with the chemical. Also, general population exposure may occur through contact with contaminated environment media, particularly in the vicinity of wood treatment facilities and hazardous wastes sites. In addition, some other important routes of exposure seem to be the inhalation of contaminated air, ingestion of contaminated ground water used as a source of drinking water, ingestion of contaminated food, and dermal contact with soils or products treated with the chemical.

Short-term exposure to large amounts of PCP can cause harmful effects on the liver, kidneys, blood, lungs, nervous system, immune system, and gastrointestinal tract. Further, elevated temperature, profuse sweating, uncoordinated movement, muscle twitching, and coma are additional side effects.

Contact with PCP (particularly in the form of vapor) can irritate the skin, eyes, and mouth. Long-term exposure to low levels such as those that occur in the workplace can cause damage to the liver, kidneys, blood, and nervous system. Finally exposure to PCP is also associated with carcinogenic, renal, and neurological effects. The EPA classifies PCP in group B2 (probable human carcinogen).

PCP is quickly absorbed through the gastrointestinal tract following ingestion. Accumulation is not common, but if it does occur, the major sites are the liver, kidneys, plasma protein, spleen and fat. Unless kidney and liver functions are impaired, PCP is quickly eliminated from tissues and blood, and is excreted, mainly unchanged or in conjugated form via the urine. Single doses of PCP have half-lives in blood of 30 to 50 hours in humans. Biomagnification of PCP in the food chain is not thought to be significant due to the fairly rapid metabolism of the compound by exposed organisms.

PCP has been detected in surface waters and sediments, rainwater, drinking water, aquatic organisms, soil, and food, as well as in human milk, adipose tissue, and urine.

-20.57 **Per 70 (Laundry Detergent)**

[No main description available]

Please review the following list to see if you are using the item or a similar item by another brand. Please finish using the item and it is recommended to buy a cleaner safer item next time you purchase that type of item. Please ask your Wellness Partner for a listing of the "The Big 12" which is available for you.

Household Chemicals

-14.39 **Polyethylene Glycol (PEG)**

Made by ethoxylating Propylene Glycol. Dangerous levels of dioxin have been found as a manufacturing by-product of the ethoxylation process. PEG based ingredients are in a wide variety of personal care, baby care and sunscreen products.

-13.42 **Fragrances**

Mostly synthetic ingredients, fragrances can indicate the presence of up to 4,000 separate ingredients, many toxic and carcinogenic. Symptoms reported to the FDA include headaches, dizziness, allergic rashes, skin discoloration, violent coughing and vomiting, and skin irritation. Clinical observation proves fragrances can affect the central nervous system, causing depression, hyperactivity, irritability, inability to cope, and other behavioral changes.

Following are the supplements for which your body showed the highest biological preference. Your foundational regimen is a combination of digestive support and foundational nutrition. The last page of this report you will see how each item is beneficial according to your body and you see a graphic which displays the number of biomarkers that each supplement brought into range. Your comparative assessment highlights only those products which balanced the largest number of bio-markers. Your complete list of foundational supplements is listed below.

The recommended dosage is based on a 150-pound adult. Please use your common sense to dose accordingly. If you are pregnant, breastfeeding, or on any prescription medications, please see your primary physician before starting any supplement program.

Digestive Enzymes

5.50 NSP - Food Enzymes

Benefits:

- Supplements the body's production of important enzymes.
- Provides a blend of enzymes to digest proteins, carbohydrates and fats.
- Provides hydrochloric acid and bile salts to help digest proteins and fats.
- Helps prevent or relieve occasional indigestion.

Food Enzymes is a key product for the digestive system. Foods require processing (digestion), and enzymes are able to break down food compounds for absorption into the bloodstream. A number of different enzymes are needed to deal with differing food compounds. Some of these are produced by the body, some are found in foods. However, many processed foods lack the enzymes needed for proper digestion.

This formulation supplements the body's production of digestive enzymes and those enzymes found in the diet. For example, pepsin is used for the digestion of proteins (betaine hydrochloride or HCl); pancreatin is produced by the pancreas to digest proteins, carbohydrates and fats in the small intestines; mycozyme digests starches; papain and bromelain digest protein; bile salts emulsify fats and prepare them for further digestion by lipase.

Taking this product with meals will support the body's digestion of protein, carbohydrates and fats. One capsule will help you digest a minimum of 30 grams of protein, 30 grams of carbohydrates and 20 grams of fats. Each capsule supplies a proprietary blend of:

Betaine HCl (for proteins)
Bile salt (for fats)
Bromelain (for proteins)
Lipase (contains lactose from milk, for fats)
Alpha-amylase (mycozyme, for starch)
Pancreatin (8xUSP, for all foods)
Papain (for proteins)
Pepsin (1:10,000, for proteins)

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

Probiotic

5.27 NSP - Acidophilus Probiotics

Milk-Free is a strain of *Lactobacillus acidophilus*, a symbiotic homo-fermentative, lactic acid-producing microorganism. *Acidophilus* helps regulate the intestinal tract. Since many people are vegetarian or cannot tolerate dairy products, our acidophilus is dairy-free.

Each capsule contains a minimum of 100 million organisms, freeze-dried to maintain viability. Each capsule is also coated with a "modified release" coating so that the contents will be released in the intestinal tract and not in the stomach. Best if stored in a freezer or refrigerator.

Adults: Take 1–2 capsules daily with a meal.

Vitamin and Mineral

16.66 NSP - Super Supplemental Vitamin & Mineral

Super Supplemental Vits & Mins 120 tablets
Product Code: 1817

Looking for just one comprehensive daily nutrition product? - Choose Super Supplemental. This best-selling multi vitamin and mineral combination provides 100% of most of your recommended daily vitamin & mineral requirements along with micronutrients from super-foods with important antioxidants. And great value for two month's supply of our customer's favourite multivitamins.

BENEFITS OF SUPER SUPPLEMENTAL

Super Supplemental contains a wide range of vitamins and minerals that augments any diet

Super Supplemental's formula provides complete, balanced nutrition that offers 100% of the recommended daily requirements of most vitamins and a full complement of minerals essential for good health

It supplies the body with micronutrients from super-foods and contains important carotenoid antioxidants lutein and lycopene that support tissues throughout the body

Balanced nutrients are often in short supply during periods of physical stress or convalescence, or in a diet consisting of mostly processed foods.

Supplementing your diet with Super Supplemental can help fill the void.

USE: Take 1 tablet with a meal twice daily.

SAFETY INFORMATION

This product contains Iron, which, if taken in excess, may be harmful to very young children. This product contains vitamin A in the form of Retinol and is not suitable for use in pregnancy. Do not exceed the stated recommended daily dosage.

ACTIVE INGREDIENTS: See label tab.

Product Line Supplement

32.13 NSP - Arginine Plus Wildberry

Arginine Plus Wildberry
Stock No. 8200

Benefits:

- Helps support healthy cardiovascular function.

How It Works:

Arginine Plus was formulated in collaboration with leading L-arginine researchers and cardiovascular specialists who have conducted pioneering research in the proper application of L-arginine in promoting cardiovascular health. Each dose contains 6,000 mg (6 grams) of the highest quality L-arginine. Often referred to as the "miracle molecule," L-arginine has health-enhancing properties. L-arginine properties validated when the 1998 Nobel Prize in Medicine was awarded to the researchers who discovered its signalling properties within the cardiovascular system. In the body, L-arginine is converted to nitric oxide, which helps relax the blood vessels and improve blood flow. This reduces stress on the heart and helps improve circulation and maintain cardiovascular health.

Ingredients:

Medicinal Ingredients: Each rounded scoop contains L-arginine 6000 mg; (S)-N5-Carbamoylornithine (L-citrulline) 270 mg; Vitamin C (ascorbic acid) 60 mg; Resveratrol (Polygonum cuspidatum [giant knotweed] root) 12.5 mg; Vitamin B6 (pyridoxine hydrochloride) 2 mg; folic acid 400 mcg; Vitamin D3 25 mcg (1000 IU); Vitamin K2 20 mcg and Vitamin B12 (cyanocobalamin) 6 mcg. Non-medicinal Ingredients: citric acid, xylitol, pomegranate (Punica granatum) flavour, DL-malic acid, natural citrus sweetener (inulin, fructose, natural flavours), silicon dioxide, citrus blend natural flavour (maltodextrin, gum arabic [Acacia senegal], ethanol, silicon dioxide and orange, lemon, lime, tangerine, and vanilla flavours), huckleberry flavour blend (maltodextrin, natural flavour, silicon dioxide), D-ribose, stevia (Stevia rebaudiana) leaf extract and grape skin (Vitisvinifera) extract.



28.62 NSP - Lobelia

Lobelia herb possesses many properties that make it valuable to the respiratory system. One of its key constituents, lobeline, is thought to act in a way similar to nicotine.

Each capsule of NSP Lobelia herb contains 375 mg lobelia. Lobelia Essence contains 44–47 percent alcohol and apple cider vinegar. It can be added to baths or used in external cosmetic preparations.

Also available as liquid.

for Lobelia or Lobelia Essence

Adults: Take 1 capsule daily with a meal. Add essence to a bath, relaxing poultices, or other external applications.

27.78 NSP -Parthenium

Parthenium, also known as Missouri Snake Root, is a perennial herb indigenous to North and South America and the West Indies. In years past, parthenium was often mislabeled as echinacea by herbal suppliers, but the plant's properties are different from those of echinacea. Parthenium has been used traditionally to support the immune system.

Take 2 capsules with a meal twice daily.

27.61 NSP -Noni Liquid

Features & Benefits

- Nature's Noni Liquid Beverage is prepared from the finest Polynesian sources of Morinda citrifolia fruit.
- Morinda (Noni) has traditionally been used to help with coughs, sore throat, flu, painful menstruation, urinary disorders, broken bones, hemorrhages, bruises, fever, sprains, male and female infertility, memory loss, and senility.

Morinda fruit, more commonly known as Noni in Hawaii, has an extensive history of use among the Polynesian people and others in the South Pacific, Australia, New Zealand, Malaysia, India and the Caribbean. Liquid Morinda has been popular because it's easy to use, however, the unpleasant taste was an obstacle to its consumption. Nature's Sunshine's Nature's Noni Beverage utilizes a unique blend of Morinda citrifolia fruit and other natural flavors to produce a pleasant tasting beverage.

Did you know?

In China, morinda is called "Bai ji tian," and is an important kidney tonic, recommended for problems associated with the lower back or pelvic area, such as frequent urination, incontinence, and low back pain. The Chinese also consider Morinda a sexual tonic, used to treat impotence and premature ejaculation in men, infertility in both sexes, as well as various hormonally-linked problems, including irregular menstruation. According to Chinese herbal medicine, morinda increases willpower.

Ingredients: Reconstituted Morinda citrifolia fruit juice (water, dehydrated Noni), natural flavor, concentrated pear juice, grape skin extract, malic acid, tartaric acid, citric acid, ascorbic acid.

Recommendation: Take as is or blend to taste with water or your favorite beverage.

Nature's NONI Beverage

473 mL, Liquid beverage, Stock No. 4066-7

24.67 NSP - Super Omega 3 (Canada)

Super Omega 3 (60 softgels)

Stock No. 1515-7

Benefits:

A source of omega-3 fatty acids EPA and DHA for the maintenance of good health.

Helps support cognitive health and brain function.

Helps support the development of the brain, eyes and nerves in children and adolescents.

Helps maintain/support cardiovascular health and helps to reduce serum triglycerides/triacylglycerols in adults/adolescents (older than 14 years of age).

How It Works:



Super Omega 3 is an excellent marine source of essential fatty acids (EFAs). Each softgels contain more than 1,000 mg of fish oil per capsule, with a ratio of 33:16 EPA (eicosapentaenoic acid) to DHA (docosahexaenoic acid). It also contains lemon to significantly reduce fishy aftertaste. The body requires EFAs for proper brain and cell membrane maintenance, nerve development and health, mood, inflammation control, and hormonal balance. These fatty acids are called 'essential' because they are necessary for health, and they cannot be produced within the human body but must be supplied from the diet.

Ingredients:

Medicinal Ingredients: Each capsule contains 1000 mg fish oil (anchovy body oil, mackerel body oil, sardine body oil), providing 380.0 mg Eicosapentaenoic acid (EPA) and 190.0 mg Decosahexaenoic acid (DHA). Non-medicinal Ingredients: Gelatin capsule (glycerin, water) and natural lemon oil.

Recommended Use:

Dosage (adults, adolescents 14 to 18 years of age): Take 1 capsule twice daily with a meal. Dosage (adolescents 9 to 13 years, children 1 to 8 years): Take 1 capsule once daily with a meal.

Weight Management

19.72 NSP - Fat Grabbers®

Benefits:

- Helps decrease the body's absorption of fat.
- Helps maintain cholesterol levels that are already within the normal range.

Fat Grabbers® is an ideal product for anyone wanting to help reduce the level of fat in his or her diet. No stimulants, no questionable ingredients—just wholesome, nutritional substances that won't disrupt normal body processes.

Research conducted in our laboratories has verified many other in vitro experiments performed at independent laboratories that lecithin and saponins emulsify fat in aqueous media. The logical extension of this observation to the small intestines is assumed through scientific precedent. The fat-binding properties of fiber from guar gum and psyllium hulls interfere with the absorption of the emulsified fat from the small intestine. The bound fat molecules are then eliminated.

Using Fat Grabbers in conjunction with a sensible dietary plan will help you create an effective overall weight-management program. Fat Grabbers provides nutrients to help maintain cholesterol levels already within the normal range. The ingredients in Fat Grabbers—guar gum, psyllium hulls, chickweed leaf extract and lecithin—all enjoy a long history of safe use.

NOTE: May cause allergic reaction in persons sensitive to inhaled or ingested psyllium.

Adults: Take 4 capsules with 8 oz. pure water with a meal three times daily. Then follow with another glass of water.

10.81 NSP - СмартМил (SmartMeal)

СмартМил / Ванильный коктейль (SmartMeal / Vanilla Shake)

Артикул: 3085

- Питательный белковый коктейль с витаминно-минеральным комплексом
- Низкокалорийный продукт, не содержит холестерина
- Повышает работоспособность, способствует выработке энергии
- Может быть использован в программах коррекции массы тела

Описание

СмартМил / Ванильный коктейль содержит белок, витамины: А, В1, В2, В6, В12, С, D3, Е, фолиевую кислоту, ниацин, пантотеновую кислоту, биотин, биоэлементы: кальций, магний, фосфор, хром, селен, медь, марганец, цинк, йод, калий, которые находятся в желатной форме, омега-3 ПНЖК, линолевую и г-линоленовую омега -6 ПНЖК. Одна порция коктейля (34 г) содержит 15 грамм белка, 3,5 грамм жира, 15 г углеводов, 1,18 г - омега -6 ПНЖК и 219 мг - омега -3 ПНЖК. Энергетическая ценность одной порции – 130 ккал. В состав комплекса также входят: среднецепочечные жирные кислоты, лецитин, гуаровая и кантановая камеди (растворимые в воде некрахмалистые полисахариды).

Применение

Приготовить напиток, растворив 2 мерные ложки в 200-250 мл воды или молока, затем хорошо размешать. Взрослым принимать в любое



время 1 раз в день.

System Pack

24.97 NSP - Nervous System Pack

Nervous System Pack (30 day)

Stock No. 5384-4

Try our targeted supplements for improved nervous system health. Soothe the nervous system, fight stress and support more restful sleep.

Benefits:

Feeds and soothes the nervous system.

Builds the body's ability to adapt to stress.

Helps calm nerves and supports restful sleep.

How It Works:

Stress-J contains a powerful blend of four calmatives known to help support proper nervous system function. It promotes relaxation and well-being.

AdaptaMax provides adaptogenic herbs that help the body combat stress and adapt to stressful situations, including stress on the immune system, fatigue and stress-related aging. Nerve Eight helps support proper nervous system function, reduce cellular stress, promote sleep and provide digestive support. Nutri-Calm provides B-complex vitamins, antioxidants and other essential nutrients that support and calm the nervous system and encourage restful sleep.

Ingredients:

Each packet contains 2 Stress-J capsules, 2 AdaptaMax capsules, 1 Nerve Eight capsule and 1 Nutri-Calm tablet.

Recommended Use:

Take the contents of one packet in the morning with breakfast, and one packet in the evening with a meal. Follow this pattern for 30 days.



Please ask your Wellness Partner for usage instructions for Essential Oils. It will assist in how to apply and where the oil properly.

Essential Oils

19.28 **NSP - Peppermint Oil**

Peppermint Pure Essential Oil (*Mentha piperita*, steam-distilled) is both warming and cooling as well as refreshing, uplifting and invigorating.

Its properties are especially soothing to the skin and are balancing to oily skin and hair.

Note: Do not use near eyes or mucous membranes. Strong skin irritant. Dilute well before applying topically.

Not for use during pregnancy or on children under 2.

15.66 **NSP - Geranium Essential Oil**

Pure Essential Oil (*Pelargonium graveolens*, steam-distilled) has a sweet aroma that is balancing, calming and uplifting.

It is widely used in skin care because of its ability to restore balance to oily or dry hair and skin. It is helpful for patchy skin and is gentle enough for sensitive skin.

Note: Not for use during pregnancy.

14.22 **NSP - Rose Essential Oil**

Rose Bulgaria Pure Essential Oil (*Rosa damascena*, steam-distilled). It takes over one ton of petals to yield one pound of pure Rose Bulgaria oil.

The queen of oils for women, rose is sensual, balancing and uplifting, as well as calming, relaxing and comforting in matters of the heart. In addition, it is good for mature, dry skin.

Note: Do not use near eyes or mucous membranes. Dilute well before applying.

Not for use during pregnancy.

The following list are emotional essences your body is asking for. Please review each one and identify an event, place, person, time period, situation etc that comes to mind and make a note by each one. Please ask your Wellness Partner if you need further clarification on an item that appears. Each essence does not always have to be you. It can be a family member, friend or someone of influence from childhood etc.

Flower Essences

9.58 **NSP - Release It**

Release It (Vented Grief Formula) (2 fl oz)

Stock No. 8779-1

Release It flower remedy may help with the grieving process as people try to let go of the past and its associated emotional distress.

Benefits:

May assist the body with the grieving process.

May help in letting go of the past.

May assist with emotional distress.

How It Works:

Flower Essences are liquid extracts developed for modern issues of emotional and physical stress.

Ingredients:

Self-Heal (*Prunella vulgaris*), Love Lies Bleeding (*Amaranthus caudatus*), Chicory (*Cichorium intybus*), Bleeding Heart (*Dicentra formosa*), Chrysanthemum (*Chrysanthemum morifolium*), Borage (*Borago officinalis*), Star Thistle (*Centaurea solstitialis*), vegetable glycerin and purified water.

Recommended Use:

Take 10–15 drops under the tongue every 10–15 minutes or as needed until symptoms improve. Then decrease to every 1–2 hours, then to four times daily until symptoms are relieved. For children under 4, consult your health care professional. Avoid any contact with dropper to eliminate product contamination.

Bach Flowers

36.43 **Aspen**

Aspen is indicated for people who are seized by sudden fears or worries for no specific reason, and who may therefore be generally nervy and anxious. A typical need for Aspen is for waking in fear from a bad dream, even if the dream itself is forgotten. Aspen is helpful for young children experiencing nightmares and night terrors (see also Rock Rose).

Aspen fears can occur during day or night; an inexplicable anxiety or sense of foreboding may strike when alone, or suddenly in the company of friends, and may be accompanied by trembling.

The positive potential of Aspen is a state of inner peace, security and fearlessness. Apprehension is replaced by a desire for adventure and new experiences, disregarding difficulties and dangers.

As Dr Bach wrote: 'Once we come to that realization, we are beyond pain and suffering, beyond care or worry or fear, beyond everything except the joy of life, the joy of death, and the joy of our immortality ... we can walk that path through any danger, through any difficulty, unafraid.'

26.86 **Centaury**

Centaury is for people who find it hard to say no. They let themselves be imposed on and even bullied by others. They are usually timid, quiet, and rather passive, with little strength of will. Anxious to please, they give in to others out of subservience rather than willing co-operation. Although dissatisfied with this state of affairs, they will deny their own wishes or vocation rather than risk a confrontation. Anxious to 'do the right thing', they are easily influenced by what other people dictate.

Drained by others and out of touch with their own assertiveness, they tend to lack energy and tire easily.

The positive potential of Centaury is shown in people who serve willingly and unobtrusively, but without denying their own needs. They can express and defend their own opinions and mix well in company. Above all, they are in touch with what they want and can now follow their own path with

determination and energy, unhampered by the opinions of others.

24.22 **Red Chestnut**

Red Chestnut is for those who have selfless over-concern and fear or worry for the welfare of others, especially of family and close friends. They fear the worst for their loved ones: that a minor complaint will turn into something serious, that a child at play will fall, or a holiday plane will crash. They also are fretful and worry about other people's problems. It is often a temporary state among healers, nurses, counselors, etc.

The positive potential of Red Chestnut is the ability to care for others with compassion but without anxiety. Positive Red Chestnut people radiate thoughts of health and courage to those who need them and remain mentally and physically calm in emergencies. They are happy to give help when asked but hold back from forcing help on others.

	Baseline	(35)	NSP - Food Enzymes	(13)	NSP - Acidophilus Probiotics	(3)	NSP - Super Supplemental Vitamin & Mineral	(1)	NSP - Arginine Plus Wildberry	(1)	NSP - Lobelia	(0)
Pentachlorophenol		-20.67		-11.27		14.61		12.28		24.13		
Lysol Pine Action		-26.15		-17.13		23.70						
FD&C Yellow No.6		-21.90		9.71		-14.21						
Barley Beer		-17.45		-21.09								
Oregano		-17.18		18.62								
Turmeric		-20.22		-17.85								
Gallium		-34.09		15.06								
Succinic Acid		-28.69		13.98								
Blueberry		-17.95		-12.28								
Mullet		-17.85		-12.22								
Cranberry		-19.54		-12.08								
Hydrolyzed Vegetable Protein		-18.71		10.69								
Per 70 (Laundry Detergent)		-20.57		-9.71								
Acetone Peroxide		-31.91										
Ice Cream		-30.33										
Buttermilk		-27.15										
Maltose		-25.21										
Pimento		-24.09										
Ethyl		-22.19										
Green Pea		-21.72										
Merlot Wine		-21.05										
Eosine B		-20.75										
Romaine Lettuce		-20.65										
Nickel -hm		-20.60										
Praseodymium		-20.53										
Red Snapper		-20.29										
Tomato		-19.75										
Sodium		-19.58										
Soy Bean		-19.18										
Blue Corn		-18.75										
FD&C Blue No.1		-18.13										
Elk		-17.63										
Calamari or Squid		-17.36										
Venison		-17.09										
Maltose Barley		-16.58										