



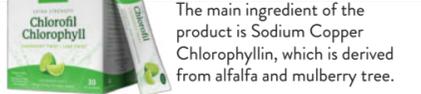
# NATURE'S SUNSHINE

## From nature, for you.



At Nature's Sunshine, we believe that everyone has unique needs. Lifestyle, diet, and environment – all of these factors impact our overall health. That's why our nutrition must be personalized to be effective. This belief led us to research and discover many natural health solutions from the most remote regions of the world. We invite you into our world, where nature knows the answers, and we encapsulate them.

### Chlorophyll - Stick Packs

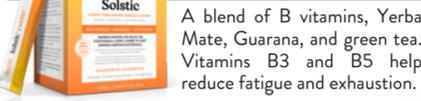


The main ingredient of the product is Sodium Copper Chlorophyllin, which is derived from alfalfa and mulberry tree. The chemical structure of chlorophyllin is very similar to that of hemoglobin, with the central difference being the main element. In hemoglobin, it is iron, while in chlorophyllin, it is copper.

### Pro B11

An absolute bestseller in the United States! This product supplements the diet with 11 probiotic bacterial strains, thereby contributing to the enrichment of the gut flora.

### Solstic Energy from Nature



A blend of B vitamins, Yerba Mate, Guarana, and green tea. Vitamins B3 and B5 help reduce fatigue and exhaustion. Yerba Mate helps strengthen the body, while Guarana contributes to weight management.

### Aloe-Vera Juice

Aloe juice, derived from the leaves of Aloe barbadensis Mill., supports the health of the digestive system by improving digestion and contributing to regular bowel function. Aloe Vera juice also helps maintain normal blood sugar levels.

### Calcium Plus Vitamin D

A formula developed for healthy bones. The calcium, phosphorus, and magnesium in the product are essential for maintaining healthy bones and teeth. Vitamin D helps maintain normal calcium levels in the blood.

### Super Complex

The ideal dietary supplement with a total of 24 vitamins and minerals. It includes popular minerals such as phosphorus, calcium, and copper, as well as manganese, molybdenum, and selenium. Vitamins and minerals are an exclusive product developed based on healthy, green plants.

### Vitamin B Complex

The composition of the product is designed to support normal energy metabolism and maintain psychological functions. It utilizes the well-known properties of B-vitamins, which, however, have a much broader range of effects.

### Liver Health Formula

Liver Health Formula is a herbal composition developed by specialists that supports digestion and contributes to liver health. There is no doubt that the liver deserves special attention. A conscious dietary change combined with Liver Health Formula helps maintain liver health.

### Magnesium

Magnesium helps reduce fatigue and exhaustion, aids in maintaining electrolyte balance, supports normal energy metabolism, promotes mental function, and plays a role in the process of cell division.

### Fat Grabbers

Carefully selected ingredients make up the patented blend of the fat absorber. The included psyllium husk helps maintain a healthy intestine and also aids in digestion.

### Cholester Reg

The product contains artichoke leaf, an ingredient with a significant impact on cholesterol levels, body weight, as well as liver health and the overall digestive system. Cholester-Reg also contains plant sterols, which, when taken daily in amounts of at least 0.8 g, help maintain normal cholesterol levels. Each capsule of the product contains 10 mg of resveratrol from the root of Japanese knotweed, a natural antioxidant that protects against free radicals.

### Immune Formula

Each capsule of this dietary supplement contains mushrooms known from traditional Chinese medicine, such as Cordyceps, Maitake, and Reishi. The composition is complemented by beta-glucans from the yeast Saccharomyces cerevisiae, arabinogalactan from larch (Larix spp.), and colostrum.

### Alfalfa

Alfalfa (Lucerne) is a plant that has been known to humanity for over 2,000 years. It is characterized by deep roots that reach into the earth, absorbing minerals from deeper soil layers that are not available closer to the surface. Alfalfa helps support women's sexual health.

### MSM

MSM is an organic sulfur compound that supports joint health, helps reduce inflammation, and contributes to the overall well-being of the body. It works synergistically with other nutrients, including alfalfa, to promote better health.

### Capsium & Garlic with Parsley

Cayenne pepper was the first plant to be included in Nature's Sunshine gelatin capsules. Due to its content, the product contributes to weight reduction. Thanks to the garlic it contains, it also has a positive effect on sugar metabolism.

### Gotu Kola

395 mg of Indian pennywort in each capsule. Indian pennywort helps maintain normal venous circulation and aids in preventing the feeling of heavy legs. A well-known property of Gotu Kola is its support for cognitive functions.

### Hops & Valerian with Passionflower

Hops & Valerian with Passionflower is a tailored composition for our hectic times, where we are constantly in a rush. The combination of soothing and relaxing herbs – hops, valerian, and passionflower – has a beneficial and stress-relieving effect.

### CoQ10

CoQ10 is one of the most popular products among our customers in the USA. Each capsule contains a generous 100 mg of Coenzyme Q10! Coenzyme Q10 is a compound found in every cell of the human body and is responsible for optimal energy production in the mitochondria.

### Olive Leaf Extract

The extract from the European olive tree strengthens the body's natural defenses under difficult weather conditions. It is also an excellent source of antioxidants. Olive leaves also support the health of the digestive system.

### Everflex

EverFlex is a combination developed by specialists, consisting of chondroitin, MSM (methylsulfonylmethane), and glucosamine.

### Grapine & Antioxidants

Grapina is a source of antioxidants from vitamin C and red grape seeds. The product also contains turmeric with antioxidant properties and rosemary, which supports the immune system.

### Kelp

Thanks to its content of brown seaweed, kelp provides the necessary amount of iodine for the physiological self-regulation of iodine balance in the body. Brown algae also have a positive effect on the digestive system and strengthen the immune system.

### Lecithin

Our soy lecithin is derived from natural soy. Lecithin is a fat that is present in the membranes of all human body cells. It is also an important component of the brain and nerve tissue. Due to its emulsifying properties, it supports the absorption of vitamins A, D, E, and K.

### Zinc ALT

An excellent combination of zinc, algae, alfalfa, and thyme. Zinc contributes to the maintenance of healthy hair, nails, and skin. Thyme leaves have a soothing and beneficial effect on the throat and vocal cords. Algae reduce fat absorption.

### Collagen +

Beautiful skin and hair, strong, shiny nails, and support for the joints – all of this is provided by the excellent formula of Collagen+. The product's composition combines collagen with vitamin C, zinc, and hyaluronic acid. This combination supports collagen production in our body, which decreases with age. Our collagen is rich in amino acids such as glycine, proline, hydroxyproline, and hydroxylysine.

### Garlic

The ideal support for the immune system. Garlic is one of the most researched plants in the world. It helps maintain a healthy liver, regulates blood sugar levels, and contributes to maintaining normal cholesterol levels.

### Gentle Move

Maintain natural bowel function with Gentle Move. This unique blend of magnesium and herbs like red elm has been specially developed and tested to support the digestive system.

Magnesium helps maintain electrolyte balance. The formula also contains Triphala extract, a traditional blend of wild Ayurvedic plants.

### Chondroitin

Chondroitin sulfate is one of the main building blocks of cartilage and a key component of the extracellular matrix of all connective tissues.

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### Red Clover

This product is ideal for alleviating menopausal symptoms such as sweating, hot flashes, and irritability. Red clover supports heart function and has a positive effect on the circulatory system.

### Defense Maintenance

Can you imagine a better combination to strengthen the immune system than the combination of vitamins A, E, and C with zinc and selenium? Defense Maintenance supplements the diet with these essential nutrients and provides valuable support for the immune system.

**Bifidophilus Flora Force** • dietary supplement



Bifidophilus Flora Force is a dietary supplement that contains the bacterial strains Lactobacillus acidophilus and Bifidobacterium longum. Additionally, both short- and long-chain fructooligosaccharides have been incorporated into the product. Bifidobacterium longum and Lactobacillus acidophilus are found in the human digestive tract and are considered the most important bacterial strains. The goal of the product is to enrich the gut microbiota.

**Vitamin C with Bioflavonoids** • dietary supplement



The most popular of all vitamins and just as widely used as an ingredient in dietary supplements. It's no wonder, as few substances have such a significant impact on our health. From supporting the immune system to reducing fatigue and promoting the health of bones, joints, and blood vessels – Vitamin C is undoubtedly a product you can trust when it comes to building your defenses. However, our dietary supplement offers even more! It contributes to normal collagen formation, which is essential for the proper functioning of blood vessels, bones, cartilage, skin, as well as teeth and gums.

**Turmeric Curcumin** • dietary supplement



Fascinating with its intense color, turmeric is taking the world by storm. This popular plant has been used for thousands of years in traditional Ayurvedic medicine. Its powerful antioxidants (curcuminoids) support the body's natural immune response. Encapsulated in a plant-based capsule and combined with ginger and piperine, it is one of our most versatile products. The extract from the turmeric rhizome promotes fat digestion, strengthens the immune system, acts as a powerful antioxidant, and contributes to mental well-being. Additionally, it supports the health of bones and joints – an ideal supplement for your overall well-being!

**Licorice Root** dietary supplement



Licorice is a plant that has been valued for its health benefits for centuries. The ancient Greeks and Romans already regarded it as a remedy for colds. Today, the licorice root is especially appreciated for its wide range of effects. It supports the respiratory system, digestion, mental well-being, and strengthens the immune system – a natural support for both body and mind!

**Perfect Eyes** dietary supplement



Support the healthy function of your eyes and protect them from damage with the powerful antioxidants in Perfect Eyes. Lutein, zeaxanthin, beta-carotene, turmeric, and other nutrients help your eyes and vision.

**Chlorophyll** • dietary supplement



Liquid chlorophyll is the top choice for people who are knowledgeable about ingredients and food additives, especially with industrially produced products on a large scale. They know that today's food is mostly an end product of industrial processes, stored in cold storage and transported under poor conditions. Those who consciously avoid such foods represent the largest customer group choosing our product. Chlorophyll is the preferred dietary supplement for people who follow a conscious diet and choose the highest quality foods. The main ingredient of our product is the well-known sodium copper chlorophyllin, which has gained popularity due to its remarkable similarity to hemoglobin. The chemical structures of chlorophyllin and hemoglobin are nearly identical – the key difference lies at the center of the molecule: while hemoglobin contains iron, chlorophyllin contains copper.

**Loclo** • dietary supplement



Loclo surprises with a broad range of effects. It was developed to provide an essential and highly helpful source of fiber, but our customers also appreciate it for many other benefits. It contains cinnamon, the increasingly popular turmeric, and rosemary. All of these ingredients, combined with two types of fiber, support the health of the digestive system.

**Collagen** • dietary supplement



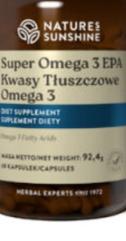
Did you know that collagen makes up over 30% of all proteins in the body? Different types of collagen peptides are found in various tissues. Type I is the main component of skin, bones, tendons, and ligaments, while Type III is found in the skin and blood vessels. The formulation of our product is based on a patented blend of trace elements and electrolytes, and each serving delivers an impressive 17 grams of collagen peptides. Our collagen also stands out for its excellent amino acid profile. It contains, among others, glycine, proline, and hydroxyproline, which are essential for collagen synthesis. Thanks to its neutral taste and odor in powder form, the product can easily be added to coffee, tea, fruit juices, or healthy smoothies.

**Zamroza** • dietary supplement



Zamroza is dominated by the popular mangosteen fruit, highly valued by practitioners of traditional Chinese medicine. In particular, Zamroza contains an enormous amount of antioxidants, some of which are hidden in the seeds of red grapes. But that's not all – the product offers globally recognized protection for the heart and immune system. The included sea buckthorn extract contributes to the health of mucous membranes, especially for dry eyes, vaginal dryness, and discomfort in the oral cavity. Additionally, it strengthens the immune system, supports the heart, and promotes the activity of the digestive system.

**Super Omega 3 EPA** dietary supplement



The fatty acids contained in Super Omega 3 EPA are: EPA – Eicosapentaenoic acid and DHA – Docosahexaenoic acid. EPA and DHA contribute to the maintenance of normal heart function – this effect is achieved with an intake of 250 mg. Two capsules of our product provide this amount of essential fatty acids. EPA and DHA also help maintain normal blood pressure – this effect occurs with a daily intake of 3 g of EPA and DHA. However, it is important not to exceed the maximum supplement amount of 5 g of EPA and DHA per day. Additionally, DHA (Docosahexaenoic acid) contributes to normal brain function. The positive effect is achieved with a daily intake of 250 mg of DHA.

**Blood Pressurex** dietary supplement



The Blood Pressurex formula was developed to effectively support cardiovascular health. Key ingredients include extracts from grape seeds, hawthorn fruits, nettle, and L-arginine. Grape seed extract helps maintain healthy blood vessels and supports venous microcirculation. Hawthorn fruit extract promotes heart function, improves peripheral circulation, and increases oxygen supply.

**Vari-Gone** dietary supplement



Vari-Gone was developed to support the health of blood vessels. Thanks to the included horse chestnut seed extract (Aesculus hippocastanum) and vitamin C, it performs this task excellently. Horse chestnut seed extract supports cardiovascular health, promotes healthy veins and capillaries, and contributes to maintaining normal circulation in the legs.

**Vitamin D3** dietary supplement



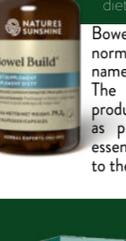
The "vitamin of life" – a crucial factor for the function of your body. Vitamin D is produced in the skin under the influence of sunlight. Maintaining an optimal level of vitamin D is essential for the health of bones and muscles. Additionally, vitamin D plays a role in cell division, supports the immune system, and contributes to the normal absorption of calcium and phosphorus. It also helps maintain healthy bones and teeth.

**Bacillus Coagulans** dietary supplement



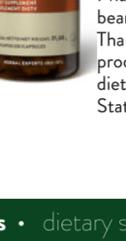
The product complements the daily diet with Bacillus coagulans (MTCC5856) and enriches the gut microbiota.

**Bowel Build** dietary supplement



Bowel Build was developed to support the normal function of the digestive system. The name literally translates to "building the bowel." The thoughtfully designed formula of this product contains plant-based ingredients such as psyllium husks, ginger root, as well as essential vitamins and minerals that contribute to the health of the digestive tract.

**Carbo Grabbers** dietary supplement



Carbo Grabbers contains 300 mg of Phaseolamin (extract from common beans) in each capsule. Thanks to its unique properties, this product is one of the most popular dietary supplements in the United States.

**DTX Basics** • dietary supplement



Air pollution, allergens, chemicals, food additives, and many other toxins are continuously captured, broken down, and eliminated from your body through natural processes. However, even the best natural mechanisms can sometimes need support. The immense effort your body exerts daily requires regular assistance. That's why DTX Basics was developed – a unique combination of herbs, vitamins, and probiotics that your body needs to effectively neutralize, transform, and eliminate toxins on a daily basis.

**UltraBiome DTX** • dietary supplement



If you live in today's world, breathe, eat, or drink, you are exposed to pollutants and toxins every day. But with UltraBiome DTX, you can continue to live healthily and thrive! We understand the challenges your body faces, which is why we've searched the world for the best plant-based ingredients to naturally support you. A great example of this is beetroot roots and broccoli flowers. They are organically grown in the green fields of Hungary, GMO-free, and provide purely natural nutrients – all without unwanted or unnecessary additives.

**POWERLINE**



**Power Greens** is a revolutionary product that provides the body with vitamins, minerals, and energy! Thanks to a unique blend of spinach, chlorella, and fiber, Power Greens supports healthy digestion and contributes to strengthening the immune system.

**Power Meal** is a unique, creamy shake available in two flavors to delight even the most discerning palates. It is made from a high-quality blend of plant-based protein, a fiber-rich support for digestive health, and valuable fruits and vegetables. Power Meal is rich in essential nutrients that support your daily performance and strength.

**Power Beets** is an innovative dietary supplement that contains beetroot extract – a natural source of nitrates. These valuable ingredients support the expansion of blood vessels, improve circulation, and promote better oxygen supply to the cells.

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HERBAL EXPERTS *since* 1972