NATURE'S SUNSHINE

We improve lives through nature

From nature, for you

product catalog



NATURE'S SUNSHINE

Please contact your independent distributor:

You can order our products:
From our online store at: www.e-naturessunshine.com
By calling us on: (22) 311-21-00
By sending an e-mail to: biuro@nsppolska.pl
By visiting us at: ul. Olkuska 7, Warsaw



In 1972, Nature's Sunshine became the first company in the world to put herbs in capsules. It has evolved from a small, family-run enterprise into one of the leading health and wellness companies in the world.
All of this has been created for you. Your body, your life, your needs – all of these things are unique and require unique solutions. To meet your expectations, we offer over 50 exceptional products. From targeted supplementation, and daily essentials, to weight management solutions.
Our natural products contain the best ingredients Mother Earth has to offer.

1972

Nearly 50 years ago, Kristine and Gene Hughes planted the seeds that later became Nature's Sunshine.



Gene Hughes had been suffering from stomach problems. A friend advised him to use cayenne pepper and although the solution seemed to work, swallowing such a spicy substance turned out to be a very difficult task – at least until Kristine came up with a simple but brilliant idea that solved this issue once and for all. Kristine decided to put the cayenne pepper inside a gelatin capsule. No one had ever attempted to contain the healing power of herbs in a capsule before. This is how their adventure began – today, it is called Nature's Sunshine.

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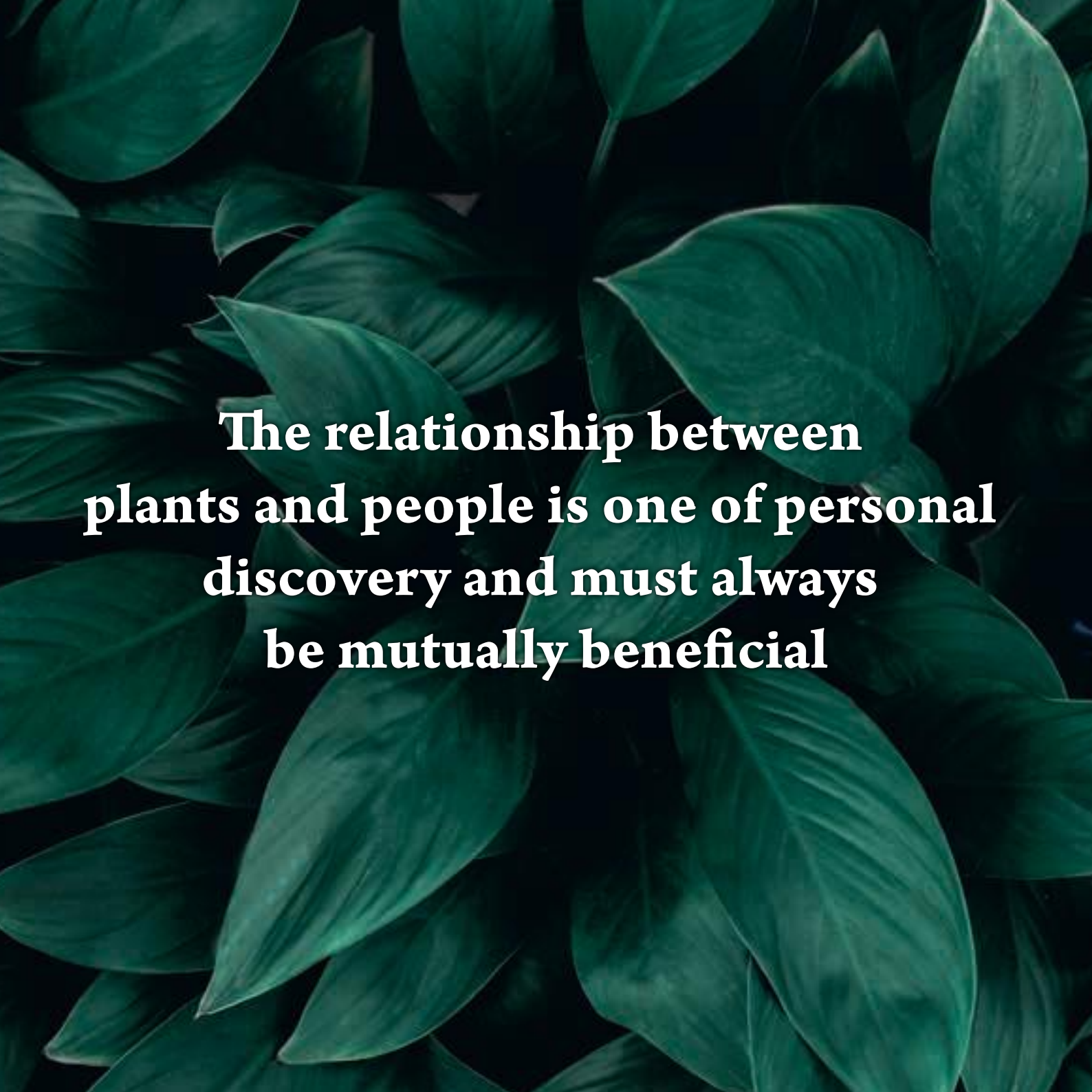
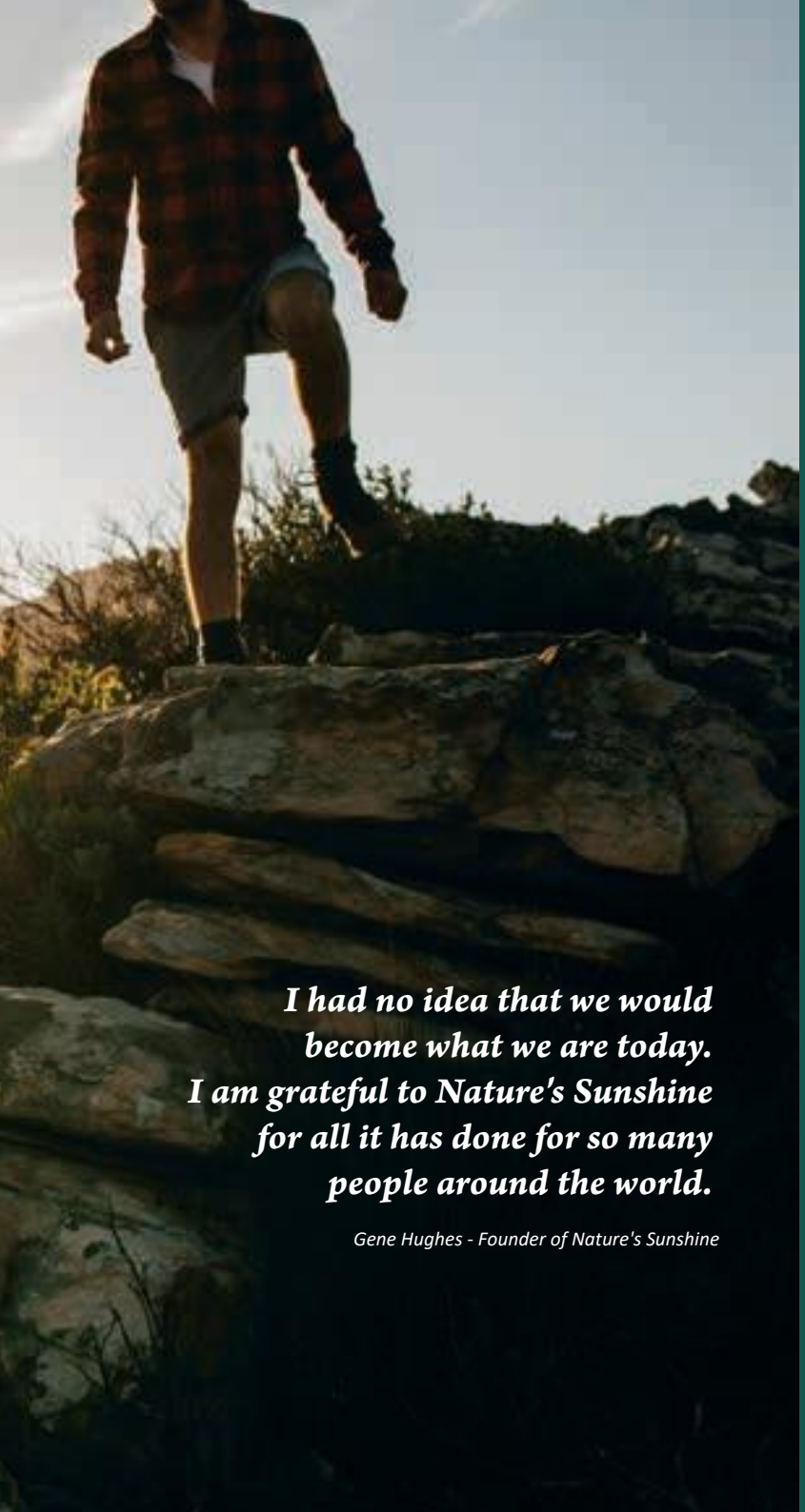

The relationship between
plants and people is one of personal
discovery and must always
be mutually beneficial


We improve lives through the nature



I had no idea that we would become what we are today. I am grateful to Nature's Sunshine for all it has done for so many people around the world.

Gene Hughes - Founder of Nature's Sunshine

Nature's Sunshine is a global leader in the manufacture of food supplements. In 1972, we were the first company in the world to put herbs inside capsules.

Our company has been developed by people who make it their mission to improve people's lives in their daily work. We are a reliable partner to those looking for lasting health benefits.

Promising our customers that their lives will improve may seem bold, but we do it with confidence, because Nature's Sunshine provides health to millions of people around the world every day.

Nature's Sunshine was established nearly 50 years ago. Not many companies in the world have such a long history. Our foundation is family values. Less than half a century ago, we were a family business idea. Today, we help people all around the world.


HERBAL EXPERTS since 1972

We know our ingredients

True high quality starts with pure, powerful and sustainable ingredients, and the most important thing is their source. We inspect crops, monitor harvest practices and examine purification and processing techniques. We continuously test our raw materials, even those coming from long-term and trusted suppliers.





We create with integrity
We create for you

Every week, we manufacture millions of capsules, tablets and other products. We know that they are manufactured with integrity, because we do it ourselves.

The best ingredients

We travel around the world to inspect our suppliers. We check the equipment, production processes and general standards followed by the companies that supply us with raw materials. Only the best suppliers get the chance to present their products to us. Those products are then subjected to detailed examinations before they reach the Nature's Sunshine facility.





Effective formulas

Nearly 50 years of experience have taught us to use time-tested techniques along with the services provided by the best experts. This allows us to create unique and, above all, effective products. We believe that only these types of products can effectively change people's lives.

Our own facility

We invest millions of dollars in the development of our production processes and research methods, and in state-of-the-art equipment and qualified personnel. Since the products are manufactured in our own facility, we can be absolutely certain as to their composition and quality. And since the products are stored in our own warehouses, we never lose control over them.





Testing from start to finish

Subjecting the products to over 600 tests may seem obsessive. We agree! We are obsessed with the quality of our products. We send millions of products to people around the world and we can say that each of these products is pure, powerful and tested...

The highest quality confirmed by audits

Our production procedures and internal quality control meet the strictest requirements. Therefore, we are not afraid to invite independent auditors to our facility.
We manufacture our products in accordance with good manufacturing practices (GMP), as confirmed by institutions such as NSF International and the TGA (Therapeutic Goods Administration). But there is more.

FDA stands for Food and Drug Administration – a government agency responsible for the safety of food and food supplements sold and manufactured in the United States. The FDA controls and enforces regulations applicable to the food supplement industry. Our FDA registration is valid and renewed every two years according to the regulations.

The Utah Department of Agriculture is a consumer protection agency for Utah citizens. The UDAF audit is conducted every 12 months, but the results of our last facility inspection were so positive that the agency decided to change the frequency of our audits to every 18 months.

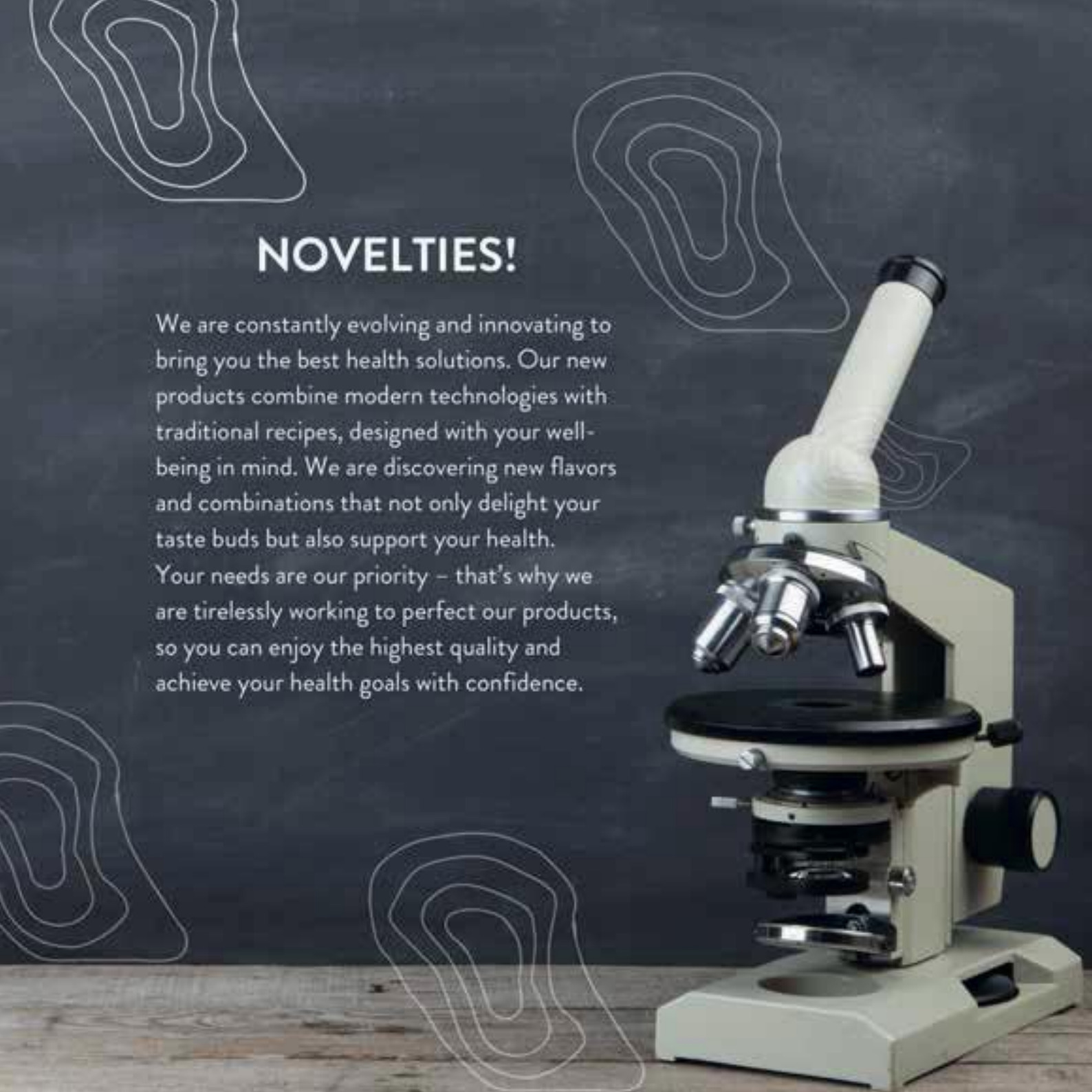
NSF International, a global leader in the development of production standards and certification of finished goods, has awarded Nature's Sunshine the NSF Good Manufacturing Practices Certification. NSF is a leading auditor of companies involved in the public health and safety sector. The NSF certification means that our manufacturing plant has undergone a thorough inspection that included the testing of our production equipment and a comprehensive evaluation of our manufacturing policies, procedures and processes.

The Australian Department of Health (Therapeutic Goods Administration) has awarded Nature's Sunshine a Good Manufacturing Practices certificate or medicinal products. The TGA certificate remains valid subject to regular satisfactory inspections.
The TGA is the state regulatory authority for therapeutic goods in Australia. The TGA monitors the Australian market to ensure that the Australian community has access to the highest-quality products.



NOVELTIES!

We are constantly evolving and innovating to bring you the best health solutions. Our new products combine modern technologies with traditional recipes, designed with your well-being in mind. We are discovering new flavors and combinations that not only delight your taste buds but also support your health.
Your needs are our priority – that's why we are tirelessly working to perfect our products, so you can enjoy the highest quality and achieve your health goals with confidence.



MARINE Glo

*Age-Defying Collagen**

Marine Glo™ is a modern formula that combines 5 g of hydrolyzed fish collagen, FloraGLO® brand lutein, vitamin C, biotin, and niacin—ingredients designed for daily skin care and a natural glow.

✨ 5 g of hydrolysed fish collagen in each sachet.

✨ FloraGLO® lutein – a branded ingredient that supports eye protection and helps reduce the impact of blue light on the skin.

✨ Vitamin C contributes to normal collagen formation for the normal function of the skin and helps protect cells from oxidative stress.



✨ Biotin and niacin contribute to the maintenance of normal skin.

✨ Niacin contributes to the reduction of tiredness and fatigue.

MORE THAN COLLAGEN



Marine Glo™ is more than just collagen. It is a blend of ingredients developed with modern lifestyles in mind – for those who want to consciously care for their skin and well-being every day.

The convenient sachet format allows you to take Marine Glo™ anywhere and prepare a delicious tropical-flavoured drink in seconds.


NATURE'S SUNSHINE
Witamina D3 i K2
Vitamin D3 & K2
W PŁYNIE • LIQUID
ODPORNOŚĆ¹ I ZDROWE KOŚCI²
IMMUNE¹ AND BONE HEALTH²
GLUTEN FREE
VEGETARIAN
SUPLEMENT DIETY / FOOD SUPPLEMENT
OBJĘTOŚĆ NETTO / NET VOLUME: 30 ML
NATURE'S SUNSHINE
Witamina D3 i K2
Vitamin D3 & K2
W PŁYNIE • LIQUID
ODPORNOŚĆ¹ I ZDROWE KOŚCI² / IMMUNE¹ AND BONE HEALTH²
Suplement Diety / Food Supplement
GLUTEN FREE
VEGETARIAN
HERBAL EXPERTS since 1972



Sunlight is a natural source of vitamin D, but for much of the year it can be difficult to get enough of it. That is why we developed liquid vitamins D3 and K2 – a modern formula combining two vitamins that perfectly complement each other.

The liquid format and vitamin K2 in its highly bioavailable MK-7 form make it a convenient way to supplement your daily diet.

The product has an olive oil base, which supports the absorption of fat-soluble vitamins.

✔️ Vitamin D contributes to the normal function of the immune system.

✔️ Vitamin D contributes to the maintenance of normal bones and teeth and normal muscle function.

✔️ Vitamin D contributes to normal absorption and utilisation of calcium and phosphorus.

✔️ Vitamin K contributes to the maintenance of normal bones and normal blood clotting.

✔️ **High-quality vitamin K2 MK-7 and vitamin D3 – a duo developed to support your body every day.**

MELATONIN EXTRA

A GOOD NIGHT'S SLEEP STARTS IN THE EVENING

A good night's sleep is the best start to a new day

Every day begins the evening before. Sleep allows your body to recover after a busy day, so you can wake up ready for new challenges.

Melatonin Extra is a modern formula developed for those who want to take care of their evening routine.
It contains 3 mg of melatonin, enriched with a proprietary blend of Siberian ginseng and ginkgo biloba, as well as vitamin E.



✔️ 3 mg of melatonin in each capsule.

✔️ Melatonin contributes to the reduction of time taken to fall asleep.

✔️ Formula enriched with ginkgo biloba, Siberian ginseng and vitamin E.

✔️ 60 plant-based capsules – also suitable for vegans.



Flow

YOUR DAILY ENERGY RITUAL



POWER BEETS + SOLSTIC ENERGY

Discover the power of synergy

DAILY FLOW RITUAL



Pour 900 ml of water into the FLOW bottle.

Add 1 sachet of Solstic Energy.

Add 1 sachet of Power Beets.

Mix.Shake. FLOW.

B vitamins and vitamin C:

- Contribute to normal energy-yielding metabolism,
- Contribute to the reduction of tiredness and fatigue,
- Contribute to the normal functioning of the nervous system,
- Contribute to normal psychological function.

This makes FLOW a perfect fit for an active, everyday lifestyle.

NITROGEN OXIDE

A Nobel Prize-winning discovery

Beetroot is a natural source of nitrates, which have been the subject of scientific research into exercise physiology and physical activity for many years.
In 1998, Robert F. Furchgott, Louis J. Ignarro and Ferid Murad were awarded the Nobel Prize in Physiology or Medicine for their discoveries concerning nitric oxide (NO) as a signalling molecule in the cardiovascular system.
This discovery significantly expanded our understanding of the role of nitric oxide in the human body.
Nitric oxide is naturally produced by the body and plays an important role as a signalling molecule in many physiological processes. Its functions have therefore been the subject of scientific research worldwide for many years.



FLOW is a simple ritual that combines two Nature's Sunshine products – Power Beets and Solstic Energy. Simply mix the contents of both sachets with water and enjoy a refreshing drink with a unique flavour.

This combination has been developed for people with an active lifestyle who want to consciously support their bodies every day.

TWO PRODUCTS. ONE ROUTINE.

Solstic Energy



Power Beets

The Solstic Energy formula combines B vitamins and vitamin C with plant-based ingredients such as guarana, green tea and yerba mate.
The convenient sachet format allows you to prepare your drink wherever you need it – at work, while travelling or before an active day.

Power Beets combines beetroot concentrate with a blend of plant-based ingredients, vitamins and minerals. The beetroot used in the formula comes from the Qinghai Plateau in Tibet, where it is grown under challenging climatic conditions.
The formula is complemented by the patented S7™ blend, consisting of seven plant-based ingredients: green coffee, green tea, turmeric, blueberry, broccoli, cherry and kale.


NATURE'S SUNSHINE
BRAIN
edge
IGNITE YOUR MENTAL PERFORMANCE*
• SHARPEN FOCUS*
• STIMULATE ALERTNESS*
• BOOST LEARNING*
Dietary Supplement
NET WT 5.93 OZ (168g) ~ 24 Stick Packs
— POWERED by HERBS —
YERBA MATE
RHODIOLA
GINKGO
NATURE'S SUNSHINE
BRAIN
edge
IGNITE YOUR MENTAL PERFORMANCE*
SHARPEN FOCUS*
STIMULATE ALERTNESS*
BOOST LEARNING*
Dietary Supplement
NET WT 0.25 OZ (7 G)



BRAIN EDGE

Support for mental activity

Brain Edge is a food supplement in convenient sachets
for preparing a drink, designed for an active day.
The formula combines nutrients with a blend of botanical ingredients,
including yerba mate, Rhodiola rosea, ginkgo and gotu kola.
Yerba mate supports the body's vitality and helps reduce mental and physical fatigue. **Rhodiola rosea** supports mental and cognitive activity and helps the body during periods of emotional stress and physical exertion.
Ginkgo helps maintain cognitive function and supports memory.

In one sachet:

150 mg vitamin C – 188% NRV
150 mg choline
5002 mg proprietary Brain Edge blend
The blend contains, among others, yerba mate leaf extract, L-taurine, L-tyrosine, D-ribose, Rhodiola rosea root extract, ginkgo, gotu kola extract, red beet root concentrate and grape seed extract.

30 sachets | 1 sachet daily
Mix the contents of one sachet with 350–470 ml of water.
Contains 150 mg of caffeine per serving.
Caffeine intake should be monitored while using the product.


NATURE'S SUNSHINE
ProB
CHILDREN'S
1 miliard JTK w jednej porcji/1 billion CFUs per serving
Bezglutenowy
PROBIOTYK W TABLETKACH DO ŻUCIA
CHEWABLE PROBIOTIC
Suplement Diety. Zawiera substancje słodzące.
Food Supplement with Sweeteners
MASA NETTO / NET WEIGHT
114g
90 tabletek do żucia
CHEWABLE TABLETS

ProB Children's

Probiotic chewable tablets for children

ProB Children's is a food supplement intended for children over 4 years of age. The convenient chewable tablet form makes the product easy to include in a child's daily diet.

Daily serving – 2 tablets:
1 billion CFU of live bacterial cultures, including cultures from the Lactobacillus, Bifidobacterium and Streptococcus genera.
100 mg of PROTECTOR SHIELD® blend, containing ingredients derived from 17 fruits and vegetables, including blueberries, cranberries, mangosteen, pomegranate, açai, strawberries, cherries, apples, oranges, pineapple, broccoli, spinach and carrots.
The formula is also supplemented with, among others, fructooligosaccharides.

90 tablets | 45 daily servings
Directions for use: Take 1 tablet twice daily.
Chew thoroughly before swallowing.
Gluten-free.







CHLOROPHYLL IN LIME-FLAVORED SACHETS

- ☑ DELICIOUSLY REFRESHING
- ☑ A UNIQUE LIME FLAVOR







THE STRONGEST CHLOROPHYLL ON THE PLANET

Nature's Sunshine, a leader in chlorophyll innovation, proudly presents its latest breakthrough: enhanced powdered chlorophyll in a delightful new flavor! Produced in small batches and sustainably sourced, our chlorophyll guarantees exceptional quality, potency, and freshness, so you can be confident you're getting the full benefits of this amazing product.


NATURE'S SUNSHINE
NATURE'S SUNSHINE

POWERLINE


NATURE'S SUNSHINE
POWER
beets
SUPERFOOD
PERFORMANCE BOOSTER
NATURE'S SUNSHINE
POWER
meal
ŚRODEK SPOŻYWCZY ZASTĘPUJĄCY
POSIŁEK, DO KONTROLI MASY CIAŁA
CZEKOLADOWY
25G
235
0G
NATURE'S SUNSHINE
POWER
meal
ŚRODEK SPOŻYWCZY ZASTĘPUJĄCY
POSIŁEK, DO KONTROLI MASY CIAŁA
25G
224
0G
NATURE'S SUNSHINE
POWER
greens
WHOLEFOOD
PERFORMANCE GREENS

FEEL NATURE'S POWER



BETTER NUTRITION

- A nutritious superfood meal.
- 25 grams of high-quality vegan protein with balanced carbohydrates and healthy fats.
- Rich in nutrients, featuring hand-picked plants, vegetables, and superfoods.
- Developed by herbalists, scientists, and health specialists.

BETTER PERFORMANCE

- Provides energy with pantothenic acid, magnesium, niacin, riboflavin, vitamin B12, B6, and C, which help reduce tiredness and fatigue.
- Supports the immune system and helps maintain normal energy metabolism with copper, vitamin B12, B6, and C.
- High fiber content promotes a feeling of fullness.

BETTER TASTE

- Creamy shake available in two flavors: vanilla and chocolate.
- Smooth and creamy texture.
- Free from added sugars, artificial sweeteners, and preservatives.



25 grams of high-quality vegan protein with balanced carbohydrates and healthy fats

Contains magnesium, niacin, riboflavin, and vitamins C, B5, B12, and B6

High Fiber Content

Rich in Nutrients

GUARANTEED PURE · 100% VEGAN · NO SUGAR ADDED · GLUTEN FREE


NATURE'S SUNSHINE





Nature's Sunshine proudly shares an extraordinary discovery from the Qinghai plateau in Tibet, known as the roof of the world, located nearly 10,000 feet above sea level, where extreme temperature fluctuations and harsh conditions make it impossible to cultivate most plants. However, there are strong people who respect their land and crops for generations; responsible farmers and families use natural cultivation methods, saving water and maintaining soil fertility to cultivate a special variety of beets.



Your New Ally in Healthy Living!

WHETHER YOU ARE AN ATHLETE OR SIMPLY WANT TO MAINTAIN HEALTH AND ACTIVITY, YOUR BODY NEEDS SUPPORT TO FUNCTION EFFECTIVELY.

An active body is a body that thrives to its full strength. Whether you train intensively or simply want to maintain a healthy lifestyle, your daily choices can affect your overall well-being.

Why Power Beets?

SUPPORT FOR YOUR PHYSICAL ACTIVITY

Power Beets is an innovative dietary supplement containing red beetroot extract, naturally rich in nitrates. These ingredients help widen blood vessels, improve blood circulation, and deliver more oxygen to cells. This is crucial support for your physical activity, helping you achieve better results and minimize the feeling of fatigue.

NATURAL ANTIOXIDANT POWER

Additionally, Power Beets provides vitamins and antioxidants essential for protecting cells from oxidative stress. Antioxidants support cell regeneration, protecting them from the impact of harmful free radicals. As a result, your body can more effectively cope with environmental influences.


NATURE'S SUNSHINE
NATURE'S SUNSHINE





MORE ENERGY

Power Greens is a revolutionary product that gives your body a daily energy dose. Thanks to a unique blend of ingredients, such as spinach, chlorella, and rhodiola rosea extract, your body not only receives vitamins and minerals, but also a natural energy boost. Two product ingredients - spinach and kale provide valuable iron that helps maintain normal red blood cell production and prevent fatigue.

STRONGER IMMUNITY

Your immunity is essential to staying healthy, and Power Greens helps you strengthen it. This is in part due to the chlorella content, which has an excellent effect on the immune system.

Furthermore, Power Greens contain vitamin C which is essential for the proper functioning of the immune system. Vitamin C is a powerful antioxidant that helps fight free radicals and protects cells from damage. Regular consumption of a product with vitamin C helps the body maintain resistance to infection.

EXCELLENT ANTIOXIDANT PROPERTIES

Power Greens is a real antioxidant bomb. Ingredients such as green tea extract, blueberry extract and grapefruit extract are known for their ability to neutralise harmful free radicals in the body. All of these ingredients, in combination with vitamins C and E, zinc, selenium and copper, act synergistically, enhancing their effects and helping the body to fight oxidative stress. It is important to ensure an adequate supply of these ingredients in the diet to support health and provide protection against free radicals.

BETTER DIGESTION

A healthy digestive system is the foundation of general health. Power Greens supports a healthy digestive process by providing the body with apple, acacia, carrot, blueberry and cranberry fibre. Fibre plays a crucial role in maintaining normal intestinal peristalsis and preventing constipation problems. It keeps your intestines working efficiently and regularly, which contributes to overall digestive comfort.

Power Greens also combines the power of five essential digestive enzymes, which are key in the breakdown of starches, proteins, fats and fibre. It is largely thanks to enzymes that our body is able to assimilate nutrients.



Food suplements sets

Find something for yourself. It's easy with Nature's Sunshine.

Everyone is different. We differ in age, sex, body type and lifestyle. We also face different problems on a daily basis and therefore need different solutions.
At Nature's Sunshine, we strive to meet the expectations of our customers every day. This is why we have created targeted product sets which, due to the combination of the best ingredients, are ideal for women, older people and people who want to lose weight, as well as for those who wish to support their circulatory and immune systems.



Super Start your Health

Super Start your Health has for many years been the favourite set of our customers. Even though time passed and many new trends in nutrition appeared, its composition has not changed. It combines Nature's Sunshine's best-selling products and this combination is still perfect for anyone who has decided to change their lifestyle and really take care of their health.

Super Start your Health

Included in the set:
Bifidophilus Bacteria, Liquid Chlorophyll, Solstic Energy from Nature, Super Omega 3 EPA, Calcium Plus Vitamin D, Vitamin C with bioflavonoids, Zambroza

Recommended use:
Use all the products included in the set in accordance with the instructions on the labels.



Change yourself! Improve your health.

Time to take care of yourself? Are better health, a higher fitness level, improved well-being something that you'd like? Congratulations! Without a doubt, this is the best decision of your life. Let's get to work! Start like hundreds of our satisfied customers who chose Super Start your Health. Their conviction to change their lifestyle was strong, and the offered set made it stronger still.

The complex of essential omega-3 fatty acids contained in **Super Omega 3 EPA**, the strong antioxidants from **Zambroza**, and the probiotic bacteria in **Bifidophilus Bacteria** capsules, combined with the world's most popular **Liquid Chlorophyll** and a dose of natural energy from **Solstic and Calcium with Vitamin D** will help you stay on track and achieve your desired effects faster. The set is supplemented with **Vitamin C** - excellent support for the immune system.

Dietary supplements are not a substitute for a varied diet.
A balanced diet and a healthy lifestyle are the cornerstone of a healthy body.



Healthy Intestines

“It all starts in the gut” – you've surely heard people saying that. Our health is closely related to the proper functioning of intestines and the digestive tract as a whole. How our body absorbs nutrients and how digestion functions is crucial for every organ in our body. It's no coincidence that a healthy and varied diet is most often mentioned by scientists and doctors as the foundation of good health.
Healthy Intestines is a set created with a harmonious digestive system and intestinal health in mind.



Healthy Intestines

Included in the set:
Bacillus Coagulans, Bowel Build, Liquid Chlorophyll, Loclo, Pro B11, Aloe Juice, Zambroza

Recommended use:
Use all the products included in the set in accordance with the instructions on the labels.



It all starts in the gut!

Pro B11 and **Bacillus Coagulans** supplement your diet with as many as 12 strains of probiotic bacteria that enrich your intestinal flora.
The primary ingredients of **Bowel Build** are the blond plantain, which helps maintain intestinal health, and ginger, which supports general digestive system health and metabolism of carbohydrates, but also vitamins C, A and zinc.
Loclo is a source of dietary fibre our customers are very well aware of, but it also features turmeric to help keep the liver healthy, cinnamon for gastric comfort and rosemary for better fat digestion.
Aloe Juice is popular because of its health-related benefits to the digestive system. It stimulates metabolism and helps you stay regular.
Zambroza is included in the set, because of its digestive system activation effects, which are characteristic of the sea-buckthorn.
Liquid Chlorophyll, our worldwide bestseller, completes the set.

Dietary supplements are not a substitute for a varied diet.
A balanced diet and a healthy lifestyle are the cornerstone of a healthy body.

Life Kit

Introducing a unique set of bestselling products from Nature's Sunshine Products Poland. The green miracle of nature – Liquid Chlorophyll, Bifidophilus bacterial strains and probably the best Vitamin C tablets on the market – together form the perfect trio that deserves a place in the home of every Nature's Sunshine Customer and Distributor.



Life Kit

Set contents:
Liquid Chlorophyll
Bifidophilus
Vitamin C with Bioflavonoids

Recommended intake:
Use all products in the set according to the directions on their respective labels.



Liquid Chlorophyll is an absolute bestseller among Nature's Sunshine products worldwide. The main ingredient is sodium copper chlorophyllin derived from alfalfa and mulberry. The chemical structure of chlorophyllin is very similar to that of haemoglobin, with the main difference being the central atom of the molecule. In haemoglobin, it is iron, while in chlorophyllin, it is copper. The addition of peppermint oil gives Liquid Chlorophyll its refreshing mint flavour. Drink water with added chlorophyll with every meal.

Bifidophilus is a food supplement containing strains of Lactobacillus acidophilus and Bifidobacterium longum. The product also contains a blend of short-chain and long-chain fructooligosaccharides. Bifidobacterium longum and Lactobacillus acidophilus occur naturally in the human digestive tract and are widely regarded as some of the most important bacteria. Take 1–2 capsules daily with a meal.

Vitamin C with Bioflavonoids is an excellent blend of ingredients rich in vitamin C. Each tablet contains 1,000 mg of L-ascorbic acid, which is released in the body over a period of up to eight hours. Vitamin C plays an important role in the normal functioning of the body, particularly the immune system. Vitamin C also contributes to normal collagen formation for the normal function of bones and cartilage, making it an ideal combination with rose hips, which contribute to joint strength. Take one Vitamin C tablet every day.

Food supplements should not be used as a substitute for a varied diet.
A balanced diet and a healthy lifestyle are essential for the proper functioning of the body.



Flow Business Kit

FLOW is more than just a combination of two products – it is a simple ritual that you can easily introduce to your Customers and Business Partners.
The FLOW Business Kit has been developed for Nature's Sunshine Independent Distributors who want to organise tasting sessions, hold product presentations and build their business by sharing their personal experience.
The kit contains enough products to prepare dozens of servings of the FLOW drink, along with a complete set of materials to support sales and the presentation of the FLOW concept.

Flow Business Kit

Set contents:
3 × Solstic Energy from Nature (30 sachets), 3 × Power Beets (24 sachets), 1 dedicated FLOW bottle, FLOW sachet leaflets – choice of language (×25), FLOW marketing leaflets – choice of language (×25), test strips (2 × 25).

Recommended intake:
Use all products in the set according to the directions on their respective labels.



Business FLOW Kit
FLOW you can share.

The Business FLOW Kit is a practical set for those building their business with Nature's Sunshine. It contains enough products to prepare up to 72 servings of FLOW, along with materials to support tasting sessions, presentations and meetings with Customers and Partners.
Solstic Energy from Nature contains B vitamins, vitamin C and magnesium. B vitamins and vitamin C contribute to normal energy-yielding metabolism and help reduce tiredness and fatigue.
Power Beets combines red beetroot concentrate with plant extracts, vitamins and minerals. The formula is complemented by the patented S7™ blend containing seven plant-based ingredients.

The kit includes:
- 3 × Solstic Energy from Nature
- 3 × Power Beets
- 900 ml FLOW bottle
- Marketing materials
- Test strips

Prepare. Taste. Share FLOW.

Food supplements should not be used as a substitute for a varied diet.
A balanced diet and a healthy lifestyle are essential for the proper functioning of the body.



Antioxidant Duo

Discover the unique combination of two Nature's Sunshine products – Grapine and Zambroza®. This carefully selected set combines plant-based ingredients that are a source of natural polyphenols with vitamin C, which contributes to the protection of cells from oxidative stress.

Red grape seed extract, turmeric, rosemary and mangosteen create a unique blend inspired by the richness of nature that perfectly complements your daily diet.

Two products. The richness of nature. One daily ritual.

Antioxidant Duo

Set contents:
Zambroza
Grapine and Antioxidants

Recommended intake:
Use all products in the set according to the directions on their respective labels.



Free radicals, often referred to as reactive oxygen species, include various oxygen-containing compounds that react readily and rapidly with other substances (fats, proteins, nucleic acids, etc.) and can cause significant damage, even leading to cell death. Free radicals are considered one of the main factors contributing to human ageing.

Since 1945, more than 200,000 scientific papers have been published on their role in health and disease. It is now known that small amounts are essential for health – they regulate blood vessel function, the immune system, muscle physiology, oxygen metabolism and gene activity. However, a problem of modern life is that we produce them in excessive quantities. At the cellular level, free radicals link poor diet, lack of physical activity and toxins (such as cigarette smoke and smog) to their health consequences.
Vitamin C is one of the key compounds used by cells to combat free radicals, but it is not the only one nature provides.

Plants are a rich source of substances that neutralise free radicals, known as antioxidants or, figuratively, free radical scavengers. However, researchers at the University of Geneva pointed out several years ago that antioxidants are used in insufficient quantities, too late and are poorly selected.

With this issue in mind, we combined Grapine and Zambroza into a set designed to provide ideal support in the fight against free radicals.
The Antioxidant Duo provides ingredients rich in natural polyphenols.

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Clean Kit

Would you like to begin your journey towards health and well-being? Discover the Clean Kit – a set of food supplements specially developed for those who want to explore natural solutions for cleansing the body. Give yourself a fresh start with our new food supplement kit!



Clean Kit

Set contents:
Ultrabiome DTX
Liquid Chlorophyll
Liver Health Formula
Fenugreek & Thyme
Garlic
Gentle Move

Recommended intake:
Use all products in the set according to the directions on their respective labels.



The Clean Kit has been developed for those who want to take care of their daily diet, enjoy a feeling of lightness and support their well-being. It combines plant-based products and herbal blends that fit well into the lifestyle of people who value daily regularity and mindful habits. Garlic supports the normal function of the immune system and heart and helps maintain normal blood lipid levels. Turmeric is valued for its antioxidant properties, while chlorophyll and aloe vera have long been among the most popular products in Nature's Sunshine's daily supplementation range.

Why choose the Clean Kit?

- Specially designed for those beginning their journey with food supplements.
- Unique cleansing and balancing properties for the body.
- All ingredients are carefully selected to ensure high quality.
- The Clean Kit offers a sense of support at every stage of your journey towards a healthy lifestyle.

Take care of your body today with the Clean Kit! Discover how cleansing your body can benefit your health and well-being. Give your body a fresh and energised start with the Clean Kit!

Food supplements should not be used as a substitute for a varied diet.
A balanced diet and a healthy lifestyle are essential for the proper functioning of the body.



Pro Cardio

The Pro Cardio set has been developed with the heart and blood vessels in mind. It includes supplements created with the greatest care, tested and effective. Its combination of ingredients will ensure optimal results for your heart.



Pro Cardio

Included in the set:
CoQ10, Olive Leaf – Extract, Magnesium, Blood Pressurex, Ginkgo & Hawthorn, Zambroza

Recommended use:
Use all the products included in the set in accordance with the instructions on the labels.



For Heart Health!

Pro Cardio is a set designed for people who want to take care of their body comprehensively, with special attention to daily activity and balance.

This set is based on ingredients popular among those leading an active lifestyle. **Omega-3** fatty acids support normal heart function, while **Magnesium** helps the proper functioning of muscles and the nervous system and supports energy metabolism. **Ginkgo & Hawthorn**, **Olive Leaf** and **Q10** are products commonly chosen as part of daily supplementation aimed at maintaining good condition and supporting an active lifestyle.

Dietary supplements are not a substitute for a varied diet.
A balanced diet and a healthy lifestyle are the cornerstone of a healthy body.



Healthy Bones and Joints

Movement is the key, and movement without pain or discomfort is perfect. Keeping our bones and joints in good health is the basis for maintaining mobility, and mobility is the cornerstone of our independence. We all know that the passing of time most often makes itself felt in joints and bones. Calcium, zinc, vitamins C and D and physical activity are the answer. You'll find all the necessary ingredients in the “Healthy Bones and Joints” set.

Healthy Bones and Joints

Included in the set:
Collagen, Vitamin C, MSM, Calcium Plus Vitamin D, Everfelx, Vitamin D3

Recommended use:
Use all the products included in the set in accordance with the instructions on the labels.



Maintain Independence

Movement is essential, and the ideal is movement without pain or noticeable discomfort. Good condition of our bones and joints is the foundation of mobility, which is a key factor in maintaining independence. We all know that the passage of time most often affects our joints and bones.

The response to caring for their health includes calcium, vitamins C and D, and physical activity. All the necessary ingredients can be found in the "Healthy Bones & Joints" set.

Bones & Joints is a set for people who want to support daily comfort of movement and the skeletal system. This set is built around ingredients important for the proper functioning of the musculoskeletal system. **Vitamin C** helps in normal collagen production to ensure proper function of bones and cartilage. **Calcium** is necessary to maintain healthy bones, and **Vitamin D** helps in the proper absorption of calcium and phosphorus and in maintaining healthy bones and normal muscle function. This is ideal for those who want to support mobility and flexibility every day.

Dietary supplements are not a substitute for a varied diet.
A balanced diet and a healthy lifestyle are the cornerstone of a healthy body.



The Golden Four

The Golden 4 is a carefully selected set of four Nature's Sunshine bestsellers that fits perfectly into a conscious, everyday lifestyle. It combines products that complement a varied diet and healthy habits, creating a simple programme for daily use.

Golden 4 – four tried-and-tested products. One simple choice.



The Golden Four

Set contents:
Liquid Chlorophyll, Zambroza®, Bifidophilus, Loclo®.

Recommended intake:
Use all products in the set according to the directions on their respective labels.



Why choose the Golden 4?

Four bestsellers in one set
The Golden 4 brings together four well-known Nature's Sunshine products: Liquid Chlorophyll, Zambroza®, Bifidophilus and Loclo®. It is a simple way to incorporate a variety of products into your daily diet.

A variety of ingredients for every day
The set includes chlorophyll derived from alfalfa, a blend of fruit juices, bacterial cultures and dietary fibre from plant-based ingredients. Zambroza® also contains vitamin C, which contributes to the normal function of the immune system and to the reduction of tiredness and fatigue.

A great place to start
Not sure which Nature's Sunshine product to start with? The Golden 4 allows you to discover four different products in one convenient, ready-to-use set.

Golden 4 – four tried-and-tested products. One simple choice.

Food supplements should not be used as a substitute for a varied diet.
A balanced diet and a healthy lifestyle are essential for the proper functioning of the body.


NATURE'S SUNSHINE
Loclo
Tei-Fu
NATURE'S SUNSHINE
Liquid Chlorophyll
Chlorofil w Płynie
NATURE'S SUNSHINE
Collagen
17 G
NATURE'S SUNSHINE
Vitamin C
Witamina C
NATURE'S SUNSHINE



Bestsellers



By choosing Nature's Sunshine's Liquid Chlorophyll, you are choosing the perfect product!

Liquid Chlorophyll is the number one choice of people who know a lot about food ingredients and additives – in particular those used in industrial settings and that are mass-produced – and are aware that contemporary food is mostly the end product of industrial processes, stored in cold rooms and transported in poor conditions. People who consciously avoid such food are the largest group of customers who choose this product. Chlorophyll is the favourite supplement of those who eat consciously and choose the highest quality of food.

The main ingredient of our product is the well-known sodium copper chlorophyllin, famous for its considerable similarity to haemoglobin. The chemical structures of chlorophyllin and haemoglobin are incredibly similar and the main difference between them is the centre of the molecule – copper in chlorophyllin and iron in haemoglobin.

Liquid Chlorophyll

DIET SUPPLEMENT • **476 ml**

Liquid Chlorophyll is the absolute bestseller among food supplements worldwide. Nature's Sunshine's Liquid Chlorophyll is made from the highest-quality, carefully selected mulberry and alfalfa leaves. Throughout the nearly 50 years of our existence, we have perfected the manufacture of Liquid Chlorophyll and are able to obtain a flawless product.
Our customers call Chlorophyll "the Green Wonder of Nature". We completely agree! To protect the product, we designed a special bottle that shields the liquid from the sun. While developing our Liquid Chlorophyll, we thought of every detail, so that our customers could receive the very best product. We have achieved excellence with the help of peppermint oil – it gives our product the refreshing taste that all Nature's Sunshine customers are familiar with.



INGREDIENTS:

Purified water; stabilizer: soluble glycerine; sodium copper chlorophyllin; aroma: spearmint oil

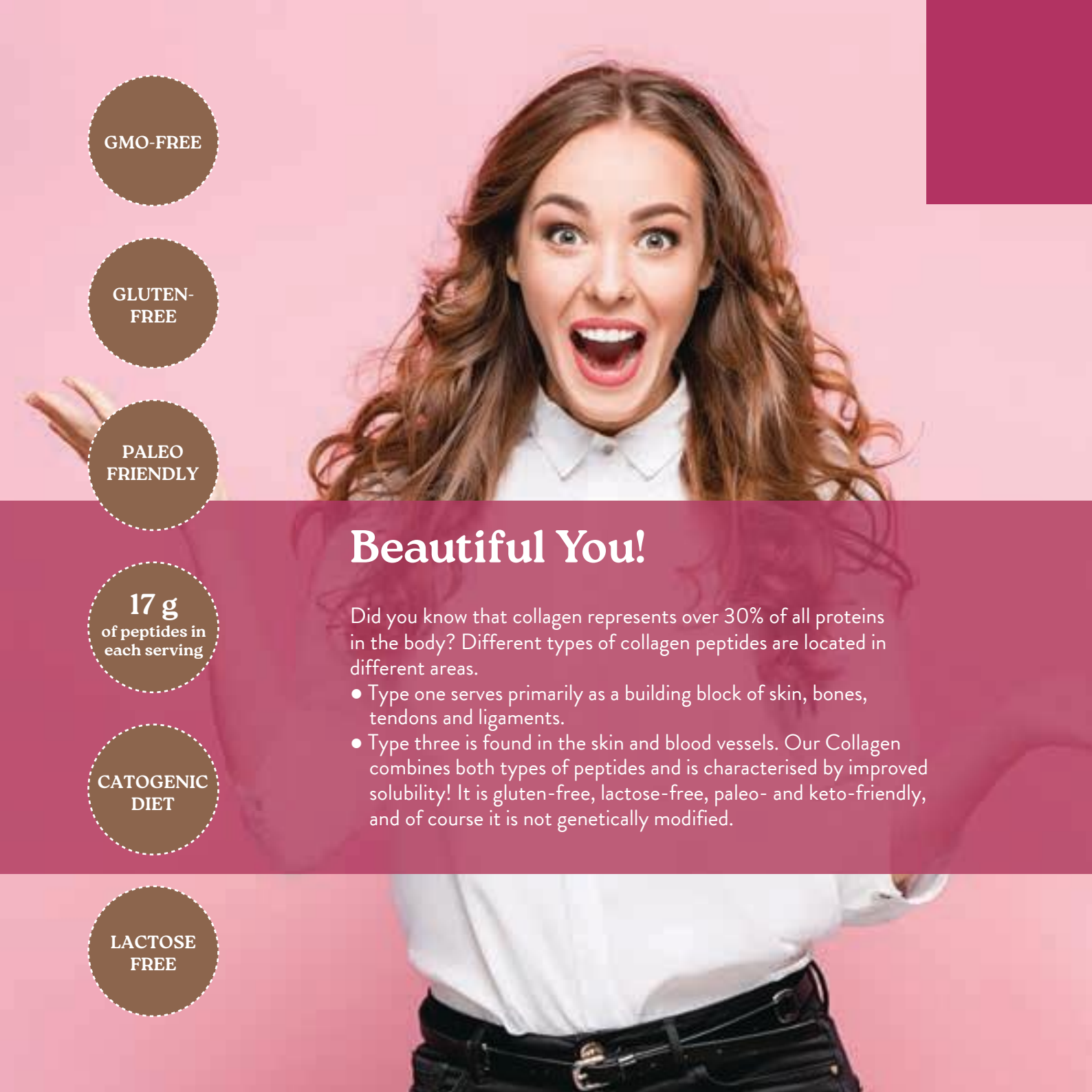
KEY INGREDIENTS:

Content in the recommended serving (5 ml):
Sodium copper chlorophyllin..... 15 mg

RECOMMENDED DAILY INTAKE:

Add 5 ml (one teaspoon) of Chlorophyll Liquid to a glass of water. Drink three times a day.
Do not exceed the recommended daily intake.

Dietary supplements are not a substitute for a varied diet.
A balanced diet and a healthy lifestyle are the cornerstone of a healthy body.



GMO-FREE

GLUTEN-FREE

PALEO FRIENDLY

17 g of peptides in each serving

CATOGENIC DIET

LACTOSE FREE

Beautiful You!

Did you know that collagen represents over 30% of all proteins in the body? Different types of collagen peptides are located in different areas.

- Type one serves primarily as a building block of skin, bones, tendons and ligaments.
- Type three is found in the skin and blood vessels. Our Collagen combines both types of peptides and is characterised by improved solubility! It is gluten-free, lactose-free, paleo- and keto-friendly, and of course it is not genetically modified.

Collagen

DIET SUPPLEMENT • **516 g**



The formula of our product is based on a patented mixture of trace minerals and electrolytes, and each serving provides as many as 17 grammes of collagen peptides. It is gluten-free, lactose-free, paleo- and keto-friendly, and, of course, not genetically modified.

Our Collagen also has an excellent amino acid profile. Among others, it contains glycine, proline and hydroxyproline, which are necessary for the synthesis of collagen.

The form of a taste- and odour-less powder allows the product to be easily used as an additive to coffee, tea, juices or healthy smoothies.

INGREDIENTS:

Bovine collagen peptides, sea salt, a mix of trace minerals, potassium chloride.

KEY INGREDIENTS:

Content in the recommended serving (17g):
Collagen peptides ..... 17 g
Proprietary mix
of trace minerals and electrolytes ..... 255 mg

RECOMMENDED DAILY INTAKE:

Mix one portion of Collagen (17 g) into coffee, tea, a smoothie, water, fruit juice or other beverage. Do not add to boiling water.
Consume once daily.
Do not exceed the recommended daily intake.

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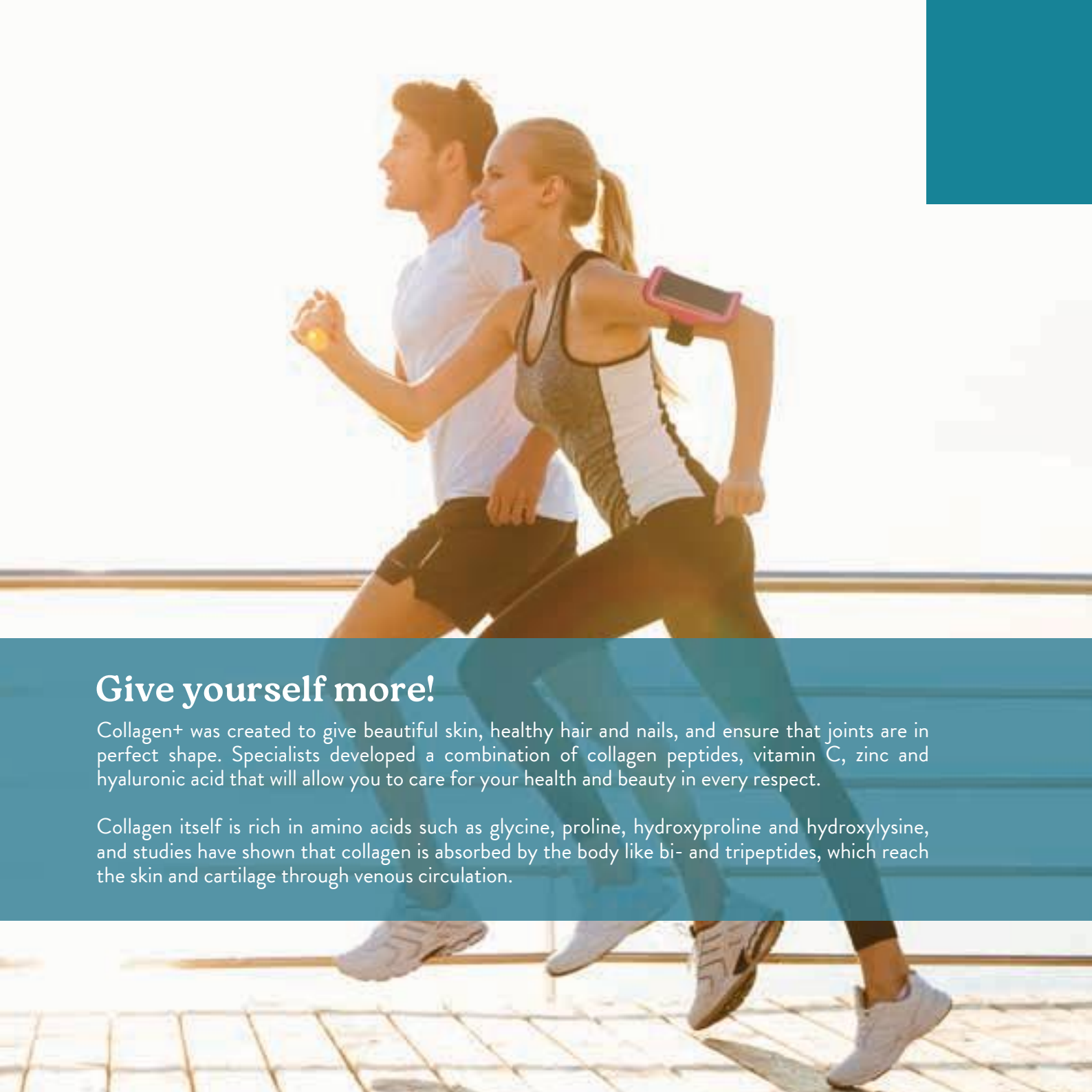
A balanced diet and a healthy lifestyle are the cornerstone of a healthy body.



Give yourself more!

Collagen+ was created to give beautiful skin, healthy hair and nails, and ensure that joints are in perfect shape. Specialists developed a combination of collagen peptides, vitamin C, zinc and hyaluronic acid that will allow you to care for your health and beauty in every respect.

Collagen itself is rich in amino acids such as glycine, proline, hydroxyproline and hydroxylysine, and studies have shown that collagen is absorbed by the body like bi- and tripeptides, which reach the skin and cartilage through venous circulation.

Collagen+

DIET SUPPLEMENT • **30 sachets**

Vitamin C, Zinc and hyaluronic acid round out the effect of Collagen+. The first aids in the proper production of collagen in our bodies, which allows us to maintain healthy bones, blood vessels, cartilage, skin and joints. Zinc, meanwhile, reinforces bones, nails, skin and hair, while additionally improving micronutrient metabolism and, what's important for symbiosis with collagen, it aids proper protein synthesis. Hyaluronic acid completes the product's excellent formula.



KEY INGREDIENTS:

Collagen peptides ..... 5,81 g**
Vitamin C ..... 60 mg ..... 75% NRV*
Zinc ..... 8,19 mg ..... 82% NRV
Hyaluronic acid ..... 9 mg**
*NRV - nutritional reference values;
** - NRV has not been stated

INGREDIENTS:
hydrolysed bovine collagen, acidity regulator (citric acid), L-ascorbic acid, zinc citrate, zinc gluconate, hyaluronic acid sodium salt, sweetener (steviol glycosides).

RECOMMENDED DAILY INTAKE:
Mix one portion of Collagen+ (6 g) into coffee, tea, a smoothie, water, fruit juice or other beverage. Do not add to boiling water.
Consume once daily.
Do not exceed the recommended daily intake.

Dietary supplements are not a substitute for a varied diet.
A balanced diet and a healthy lifestyle are the basis for the proper functioning of one's body.



Enrichment of the intestinal flora

Contemporary science and medicine are shifting away from considering the intestines solely as organs that break down and transport food. Due to their complex structure and unique innervation, the intestines have even been called the “second brain”. It turns out that our intestines have a huge impact on our mental health. There is a connection between intestinal health, well-being and the processing of emotions.

Bifidophilus Flora Force

DIET SUPPLEMENT • **90 capsules**



Bifidophilus Flora Force is a food supplement that contains strains of Lactobacillus acidophilus and Bifidobacterium longum. It also includes short- and long-chain fructooligosaccharides. Bifidobacterium longum and Lactobacillus acidophilus, commonly regarded as the most important bacteria, are found in the human gastrointestinal tract.

The purpose of this product is to enrich the intestinal flora.

INGREDIENTS:
Lactobacillus acidophilus; Bifidobacterium longum; fructooligosaccharides; powdered carrots; safflower oil; maltodextrin; capsule casing: gelatin; anti-caking agent: cellulose; emulsifier: magnesium salts of fatty acids.

KEY INGREDIENTS:
Content of the recommended intake (2 capsules):
Lactobacillus acidophilus ..... 5 x 10^9 CFU*
Bifidobacterium longum ..... 2 x 10^9 CFU*

*CFU – Colony-Forming Unit – a unit used to estimate the number of micro-organisms in the test material using the culture method. Data valid as of the date of manufacture.

RECOMMENDED DAILY INTAKE:
1 capsule once or twice daily with food.
Do not exceed the recommended daily intake.

Suplementy diety nie mogą być stosowane jako substytut zróżnicowanej diety.
Zrównoważony sposób żywienia oraz zdrowy tryb życia są podstawą prawidłowego funkcjonowania organizmu.



The queen of vitamins!

The most popular vitamin and component of food supplements, and deservedly so, since very few substances have such a profound impact on our health. It improves immunity, alleviates fatigue and supports bone, joint and vascular health.

Each tablet of the product contains 1,000 mg of L-ascorbic acid, which primarily contributes to the proper functioning of the immune system. Lesser known, but equally important properties of vitamin C include the protection of the cells against oxidative stress (vitamin C is a strong anti-oxidant) and the alleviation of fatigue and tiredness. It has also been demonstrated that vitamin C supports the proper functioning of the nervous system and helps maintain normal psychological functions.

Vitamin C is a product that you can trust while boosting your immunity. Our supplement has many more important properties: it facilitates the synthesis of collagen, which is essential for the proper functioning of blood vessels, bones, cartilage, skin, teeth and gums.

Vitamin C with bioflavonoids

DIET SUPPLEMENT • **60 tablets**



Did you know that...

Intensive physical activity can be detrimental to your immunity? After an intensive workout your body is weakened; this, in turn, has a negative impact on the immune system, increasing the risk of infection.

Vitamin C supports the immune system after intensive physical activity, which is one of the reasons why it is so highly regarded by professional and competitive athletes.

INGREDIENTS:

vitamin C (L-ascorbic acid), antioxidant: fatty acids; thickener: hydroxypropyl methylcellulose; emulsifier: magnesium salts of fatty acids; thickener: calcium phosphates; anti-caking agent (silicon dioxide); acerola fruit extract; hesperidin; lemon bioflavonoids; rose hip extract; rutin

KLUCZOWE SKŁADNIKI:

Content of the recommended intake (1 tabl.):

Vitamin C (L-ascorbic acid)	1000 mg / 1250% NRV*
Acerola fruit extract	5 mg**
Hesperidin	5 mg**
Lemon bioflavonoids	5 mg**
Rose hip powder	5 mg**
Rutin	5 mg**

*NRV - Nutrient Reference Value

**No determined Nutrient Reference Values.

RECOMMENDED DAILY INTAKE:

1 tablet daily

Do not exceed the recommended daily intake.

Food supplements cannot be used as a replacement for a balanced diet.
A balanced diet and healthy lifestyle are important for the proper functioning of the body.



The power of antioxidants!

According to our customers, Zambroza is the healthiest beverage in the world. The experts at Nature's Sunshine have put a lot of love and creativity into the development of this delicious and healthy food supplement. The main ingredient of Zambroza is the popular mangosteen, which is valued by Chinese medicine practitioners. First and foremost, Zambroza is a source of potent antioxidants extracted, for instance, from red grape seeds. It is also a globally appreciated, powerful ally of the heart and the immune system. And there's more...

Zambroza

DIET SUPPLEMENT • **458 ml**

We have collected the healthiest fruits from all over the world and combined them in one delicious drink.

Zambroza contains various fruits, such as red raspberry, fox grape, Chinese wolfberry and many other healthy plants. The main ingredient of Zambroza is mangosteen (Garcinia mangostana), found naturally in Eastern tropical countries, such as Thailand. The sea buckthorn extract supports the proper functioning of the mucous membrane in the case of dry eyes, vaginal dryness or dry mouth, as well as boosting the immune system, strengthening the heart and increasing the activity of the digestive system.



INGREDIENTS:
purified water; red raspberry; common grape vine; fox grape; northern highbush blueberry; mangosteenpowder; red grape skin extract; mangosteen pericarp extract; sea buckthorn fruit extract; Chinese wolfberry fruit extract; preservative: sodium benzoate; red grape seed extract; green tea leaf extract; apple extract

KEY INGREDIENTS:

Content of the recommended intake (15 ml):
Mangosteen powder ..... 380 mg*
Mangosteen pericarp extract ..... 33 mg*
Sea buckthorn extract ..... 15 mg*
* No determined Nutrient Reference Values.

RECOMMENDED DAILY INTAKE:
15 ml (1 tablespoon) daily
Do not exceed the recommended daily intake.

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A balanced diet and healthy lifestyle are important for the proper functioning of the body.



Indispensable. Everyday.

Omega-3 fatty acids are not affected by ever-changing trends. EPA and DHA are still recommended by doctors and nutritionists and should be standard components of a healthy diet. They have numerous beneficial properties, the most important of which is their positive impact on heart health and eyesight. It should also be noted that omega-3 acids support the cardiovascular system and facilitate the proper functioning of the brain.



Super Omega 3 EPA

DIET SUPPLEMENT • 60 capsules



Super Omega-3 EPA contains the following fatty acids:
- EPA – eicosapentaenoic acid
- DHA – docosahexaenoic acid.

A dose of EPA and DHA, contained in two capsules (250 mg) of our product, facilitates normal heart function. If consumed at an intake of 3 g daily, EPA and DHA help maintain healthy blood pressure. Do not exceed the maximum daily supplemental intake of EPA and DHA, i.e. 5 g.
The docosahexaenoic acid (DHA) helps maintain healthy brain function. The beneficial effect is achieved if DHA is consumed at a dose of 250 mg daily.

INGREDIENTS:

fish oil; EPA (eicosapentaenoic acid); DHA (docosahexaenoic acid); capsule casing: gelatin, glycerin, water; flavouring: lemon oil

KEY INGREDIENTS:

Content in the recommended serving (6 caps):
EPA – eicosapentaenoic acid.....2280 mg*
DHA – docosahexaenoic acid.....1140 mg*
* No determined Nutrient Reference Values.

RECOMMENDED DAILY INTAKE:

1–2 capsules 3 times daily with food.
Do not exceed the recommended daily intake.

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A balanced diet and healthy lifestyle are important for the proper functioning of the body.



Not just fibre

Loclo is a very comprehensive product. It was created as a source of essential and helpful dietary fibre, but our customers also value it for its many other properties. It contains cinnamon, the increasingly popular turmeric and rosemary. All of these ingredients combined with two types of fibre help maintain good intestinal health.

A few facts about dietary fibre:
Fibre is the residue of plant cells that is not digested in the gastrointestinal system and is therefore resistant to human digestive enzymes. Fibre contains a soluble fraction (e.g. cellulose, lignin) and an insoluble fraction (e.g. pectins, vegetable gums, including guar gum, fructooligosaccharides). Both fractions have a positive impact on human health, but differ in terms of their activity.

Insoluble fibre is neither digested nor dissolved. It has a positive effect on intestinal peristalsis by mechanically irritating intestinal walls and on digestion by stimulating the secretion of digestive fluids, as well as increasing the volume of ingested food due to its water-binding properties.

Soluble fibre dissolves in water and becomes a viscous substance that protects the walls of the gastrointestinal tract. This fraction slows down digestion, thus extending the feeling of fullness, as well as helping to maintain the bacterial balance (the healthy ratio of probiotic bacteria to spoilage bacteria). It also reduces the absorption of cholesterol and prevents constipation.

Loclo

DIET SUPPLEMENT • **344 g**

Loclo is an excellent source of dietary fibre. One serving of the product (9.5 g) provides 3.8 g of fibre. Loclo contains soluble and insoluble fibre from apples and oat bran. Other ingredients include, for instance, cinnamon, turmeric and rosemary.

Loclo is an ideal product for those who want to take care of their gastrointestinal tract. Turmeric improves liver health and cinnamon helps maintain healthy intestinal gas levels and brings comfort to the stomach. Rosemary facilitates the proper functioning of the liver, increases intestinal comfort and improves fat digestion. The beneficial impact of fibre on the condition of the digestive system is commonly known. Fibre is essential for intestinal health.



INGREDIENTS:
Broccoli; cabbage; carrot; red beet; tomato; turmeric; rosemary; psyllium; fructose; bioflavonoids from grapefruit and oranges; hesperidin; apple fibre; acacia gum; guar gum; oat bran; citric acid; cinnamon; acidity regulator (potassium carbonate)

KEY INGREDIENTS
Content of the recommended intake (9.5 g):

Psyllium	2,36 g *
Apple fibre	1,6 g *
Oat bran	0,8 g *
Guar gum	0,8 g *
Acacia gum	0,8 g *
Cinnamon	0,3 g *

* No determined Nutrient Reference Values.

RECOMMENDED DAILY INTAKE:
Mix one heaping tablespoon of the product (9.5 g) with a glass of water and drink straight away. Drink once daily.
Do not exceed the recommended daily intake.

Food supplements cannot be used as a replacement for a balanced diet. A balanced diet and healthy lifestyle are important for the proper functioning of the body.



The vitamin of life

It is estimated that up to 80% of Polish people suffer from vitamin D deficiency. This is mainly due to the small number of sunny days during the year. Other causes include using protective filters during sunbathing, which of course should be applied regularly, as well as spending time indoors and following an unbalanced diet.

If you answer "Yes" to any of the following questions, you should consider supplementing vitamin D.

- Do you eat few products rich in vitamin D?
- Do you use sunscreen?
- Do you spend most of the day in the office, at home or otherwise indoors?

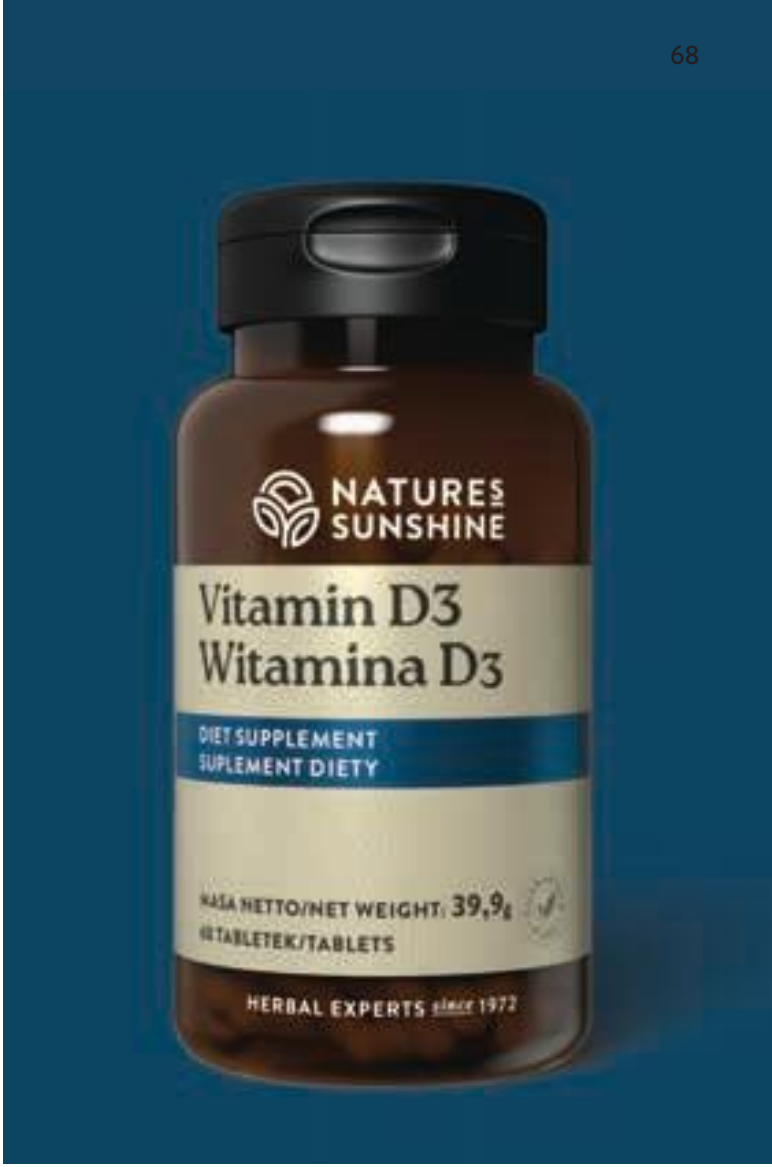
Vitamin D3

DIET SUPPLEMENT • **60 tablets**

Called the vitamin of life, it has a huge impact on the functioning of your body. You can produce it yourself, but only with the help of sunlight. Vitamin D is synthesised in the skin under the influence of solar radiation. At our latitude, the majority of sunny days occur in the spring and summer, while the autumn and winter are characterised by much less sunlight. We also cover our skin to protect ourselves from the cold.

Maintaining a healthy level of vitamin D in the body is crucial for bone and muscle health.

Vitamin D also participates in the process of cell division and boosts immunity, as well as facilitating the absorption of calcium and phosphorus, improving the condition of bones and teeth. The best sources of vitamin D include oily saltwater fish, fish oil, cow's milk and cheese.



INGREDIENTS:

Anti-caking agent: calcium phosphates; bulking agent: cellulose; anti-caking agent: fatty acids; vitamin D3 (cholecalciferol); emulsifier: magnesium salts of fatty acids.

KEY INGREDIENTS:

Content of the recommended intake (1 tablet):

Vitamin D3 ..... 50 µg* / 1000% NRV*

*NRV – Nutrient Reference Value

RECOMMENDED DAILY INTAKE:

1 tablet daily with food

Do not exceed the recommended daily intake.

Food supplements cannot be used as a replacement for a balanced diet. A balanced diet and healthy lifestyle are important for the proper functioning of the body.



An additional dose of natural energy

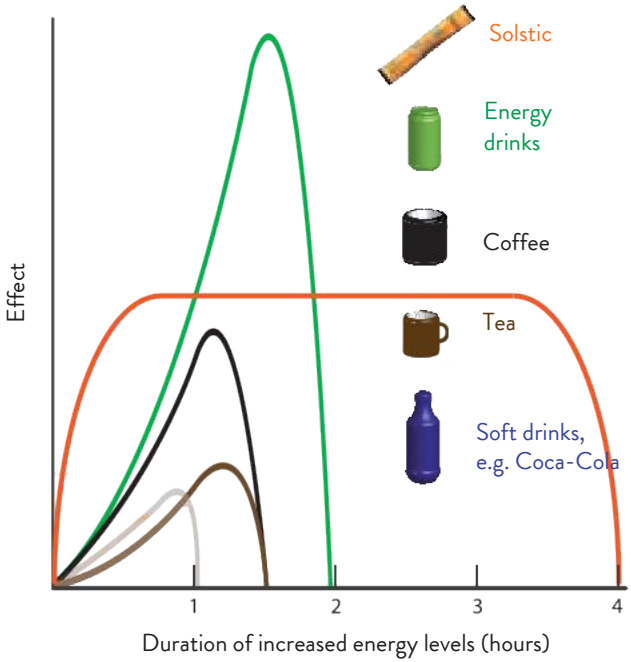
A unique combination of sustainable energy, well-being, vitality and excellent flavour...

Solstic Energy from Nature is a healthy alternative to morning coffee or carbonated energy drinks. Our product is rich in natural ingredients, such as the extracts from guarana seeds, green tea leaves or yerba mate leaves. The yerba mate leaf extract helps control body weight and facilitates lipid metabolism. Guarana increases immunity and alleviates hunger and fatigue. Solstic is also a source of many B vitamins. Vitamin B1 (thiamine) helps maintain healthy psychological functions. Pantothenic acid (vitamin B5) helps maintain mental acuity and reduces fatigue and tiredness. Vitamin B6 is beneficial for energy metabolism and the nervous system. Solstic also contains vitamin B2 (riboflavin), which helps maintain good eyesight and protects the cells from oxidative stress, as well as vitamin B3 (niacin), which has a positive impact on the nervous system.

Food supplements cannot be used as a replacement for a balanced diet.
A balanced diet and healthy lifestyle are important for the proper functioning of the body.

Solstic Energy from Nature

DIET SUPPLEMENT • **30 sachets**





KEY INGREDIENTS:
Content of the recommended intake – 1 packet (3.75 g):
Guarana seed extract – 273 mg**
Green tea leaf extract – 50 mg**
Red grape skin extract – 50 mg**
Niacin (vitamin B3) – 16 mg / 100% NRV*
Yerba mate leaf extract – 10 mg*
Pantothenic acid (vitamin B5) – 5 mg / 83.3% NRV*
Riboflavin (vitamin B2) – 1.3 mg / 92.9% NRV*
Pyridoxine (vitamin B6) – 1.3 mg / 92.9% NRV*
Thiamine (vitamin B1) – 1.2 mg / 109.1% NRV*

*NRV – Nutrient Reference Value
** No determined Nutrient Reference Values.

INGREDIENTS:
thickener: maltodextrin; acidity regulator: citric acid; guarana seed extract; acidity regulator: malic acid; sweetener: sucralose; anti-caking agent: silicon dioxide; red grape skin extract; green tea leaf extract; niacin; yerba mate leaf extract; pantothenic acid; riboflavin; pyridoxine; thiamine

RECOMMENDED DAILY INTAKE:
Pour the contents of one packet into 500 ml of water.
Mix until fully dissolved. Drink once daily.
Do not exceed the recommended daily intake.



Why UltraBiome DTX?

We know what you're up against, so we've searched the world for herbal ingredients of the highest quality to naturally ease your body's burden. Take the red beet root and broccoli flowers in this formula. Harvested from the verdant fields of Hungary, both are organically grown and non-GMO to give you all their natural goodness with nothing you don't want or need.

BENEFITS

Chicory root and Rosemary leaves support the body's natural mechanism for purification
Apple fruit and Olive Leaf extracts support healthy intestinal transit
Helps maintain optimal function of upper respiratory tract
Green tea leaf extract provides sustained energy and optimizes nutrient absorption
Rosemary Leaves support healthy liver function
Carrot root powder supports a balanced glucose response
Supports healthy digestion
Chicory Root and Rosemary Leaves help digestive secretions and gastrointestinal motility, contribute to excessive gas elimination
Flax Seed Powder and Chicory Root help increase sense of satiety

UltraBiome DTX

DIET SUPPLEMENT • **30 sachets**



Toxins from food, water and air can wreak havoc on health as they build up in the body. Don't let them! The unique blend of fibers, fruits and vegetables in patent-pending UltraBiome DTX primes intenstinal and digestive pathways, targeting body purification. It also helps support a healthy gut lining.

If you live, breathe, eat or drink in our modern world, then you're exposing yourself to pollutants and toxins on a daily basis. But with UltraBiome DTX, you can still live a healthy, thriving life!

INGREDIENTS:
L-glutamine, Psyllium hulls/husk powder (Plantago ovata), FOS (fructooligosaccharides), apple fruit fibre, thickening agents (gum arabic and guar gum), flax seed powder (Linum usitatissimum), inulin (chicory root extract), flavour enhancer (citric acid), orange flavouring, broccoli flowers powder (Brassica oleracea var. italic), rice concentrate, citrus flavourings (orange, lemon, lime, mandarin, tangerine, and vanilla), sodium copper chlorophyllin, sweetener (stevia leaf extract (Stevia rebaudiana)), apple fruit extract (Malus pumila), zinc citrate, green tea leaf extract powder [decaeinated] (Camellia sinensis), turmeric root powder (Curcuma longa), tomato fruit powder (Solanum lycopersicum), carrot root powder (Daucus carota), cabbage leaf powder (Brassica oleracea var. capitate), red beet root powder (Beta vulgaris), rosemary leaf powder (Rosmarinus ocinalis), grape seed extract (Vitis vinifera), olive leaf extract (Olea europaea)

RECOMMENDED DAILY INTAKE:
Mix 1 packet in 260 ml of water. Shake or stir vigorously and drink immediately.
May be consumed twice per day. Do not exceed the recommended daily intake!

Dietary supplements cannot be used as a substitute for a varied diet.
A balanced diet and healthy lifestyle are the basis for the proper functioning of the body.



Daily support for cleansing the body.

Your body is superbly designed to neutralise a wide range of threats in the form of harmful toxins that are encountered every day.

Air pollutants, allergens, chemicals, food additives etc. are constantly being captured, broken down and excreted through your body's natural processes. But even your body's best mechanisms may need help. The enormous effort your body makes every day requires daily support.

That is why DTX Basics was created – a unique combination of herbs, vitamins and probiotics that your body needs to efficiently neutralise, transform and excrete toxins on a daily basis.

DTX Basics

DIET SUPPLEMENT • **30 sachets**



How does it work?

Your body can handle the cleansing process perfectly well, but processed foods, lack of physical activity or taking medications can prove to be too much of a strain on the natural detoxification process. The body can communicate this by burdening us with a constant feeling of fatigue, skin problems or weight gain and headaches.

The body cleanses itself through multiple pathways: through the skin, respiratory system, kidneys and intestines. Of course, the key is the liver and its proper functioning. All these pathways are supported by the herbs included in DTX Basic. Daily good habits and regular use of DTX Basic will help improve the cleansing process and make your body free of toxins.

Four products. One common goal.

DTX Basics combines the benefits of four different products from Nature's Sunshine. Their synergy enables to achieve the goal of supporting the body in daily cleansing. Each serving is a comprehensive action of Milk Thistle Combination, Super Antioxidant, Cinnamon Balance and Bacillus Coagulans. The combination of these four products gives great results and ensures safe use every day.

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Milk Thistle Combination consists of vitamins A and C combined with such herbs such as milk thistle and dandelion. The main function of the product is to support liver, which plays a key role in the body's cleansing process. Milk thistle seed extract supports normal liver functioning and normal bile production. The similar effect of dandelion root, which additionally helps to maintain urinary tract function, makes Milk Thistle a product that is essential every day. Vitamins A and C play an important role in the metabolism of iron, which your body cannot produce on its own. An added bonus here is the presence of choline, which contributes to maintaining normal fat metabolism and supports liver function.

KEY INGREDIENTS:

- Vitamin A (beta-carotene) - 4 mg 500%RI*
- Vitamin C - 240 mg 300%RI*
- Milk Thistle Seed Extract (80% Silymarin) - 175mg**
- Dandelion Root - 150 mg**
- Choline (bitartrate) - 60 mg**
- Inositol - 55 mg**
- N-Acetyl-L-Cysteine - 55 mg**



Super Antioxidant is a real antioxidant bomb. Air pollutants, toxins, food additives force your body to work hard and expose your cells to oxidative stress. Rosehip fruit, which contain naturally occurring antioxidants, play a special role here, but also contribute to the proper functioning of the kidneys, bladder and gastrointestinal system. Turmeric rhizome is a great support for the liver, but also for the upper respiratory tract.

KEY INGREDIENTS:

- Turmeric Rhizome - 153 mg**
- Rose Hips - 123 mg**
- Milk Thistle Seed- 87 mg**
- Tocotirenols - 132 mg**
- Phytosterols - 0.2 mg**
- Lycopene - 28 mg**
- Alpha Lipoic Acid - 2 mg**

DTX Basics

DIET SUPPLEMENT • **30 sachets**



Cinnamon Balance - more than cinnamon – a synergy of fenugreek, milkvetch, greater burdock and dandelion. Fenugreek seeds contribute to maintaining the correct pH of gastric juice and support digestion. Milkvetch root helps the skin to defend itself against UV damage and greater burdock root helps to maintain normal blood glucose levels.

KEY INGREDIENTS:

- Cassia Cinnamon Bark - 1000 mg**
- Nopal Leaf - 500 mg**
- Funegreek Seed - 250 mg**
- Astragalus Root - 126 mg**
- Burdock Root - 62 mg**
- Dandelion Root and Leaf - 62 mg**



Bacillus Coagulans completes the composition of DTX Basics by providing your body with a dose of probiotic bacteria essential for every digestive system

KEY INGREDIENTS:

Bakterie Bacillus coagulans - 1 miliard CFU*** Inulin - 270 mg**

***Colony Forming Unit – Colony Forming Unit

RECOMMENDED SERVING FOR CONSUMPTION DURING THE DAY:

Take the contents of one package (1 tablet, 6 capsules) once a day before meals.
Do not exceed the recommended serving for consumption per day!

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Awaken yourself to healthier living.

Striving to discover your BEST SELF is a worthy, lifelong pursuit... and it relies heavily on health. Develop a sustainable approach to ongoing mental clarity and health. Experience the Ashwagandha awakening.

- Helps sharpen the mind-body connection
- Is traditionally used to support mental health and improve memory
- Promotes well-being
- Supports physical performance and endurance

Ashwagandha

DIET SUPPLEMENT • **60 capsules**



Why our Ashwagandha?

Ashwagandha herbal blend utilizes natural, adaptogenic, plant-based ingredients that are scientifically shown to help improve the central nervous system, which is constantly impacted by emotional and environmental stressors. Adaptogens and their benefits are linked to the hypothalamus-pituitary-adrenal (HPA) axis. Together these three help the body support a healthy mind-body connection.

INGREDIENTS:
Ashwagandha root extract (Withania somnifera), Bacopa leaf extract (Bacopa Monniera), Rhodiola root extract (Rhodiola rosea), bulking agent (cellulose), rice concentrate, Schisandra fruit powder (Schisandra chinensis), Black pepper fruit extract (Piper Nigrum), vegetable capsule [firming agent (hypromellose), water].

KEY INGREDIENT:

Ashwagandha root extract (10 mg withanolides)	200 mg
Water hyssop leaf extract	125 mg
Rhodiola rosea root extract	100 mg
Schisandra chinensis fruit extract	5 mg
Black pepper fruit extract	5 mg

RECOMMENDED DAILY INTAKE:
Take 1 capsule daily, with water.
Do not exceed the recommended daily intake!

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Turmeric rhizome extract aids fat digestion, supports immunity, is a powerful antioxidant, and also helps maintain mental balance. It's also a great support for maintaining healthy bones and joints.

Ginger rhizome contributes to blood vessel health, which in turn helps maintain a healthy heart. It is also a powerful antioxidant, supports the immune system, and contributes to physical well-being.

Piperine, which is black pepper fruit extract, acts as an ingredient that enhances the effectiveness of turmeric and ginger in our product.

Turmeric rhizome extract (Curcuma longa):
• Helps control inflammatory reactions in the body. • Supports liver and bile duct function. • Contributes to digestive comfort. • Aids in the digestion of fats. • Assists in maintaining mental balance. • Prevents fat accumulation and facilitates its removal by the liver. • Helps maintain joint and bone health. • Helps maintain the efficiency of the immune system. • It has significant antioxidant properties. • Supports blood production and quality. • Supports heart function. • Helps maintain healthy lungs and upper respiratory tract.

Ginger rhizome powder (Zingiber officinale):
• Contributes to the body's natural defences—supports the immune system. • Contributes to blood vessel health, which in turn helps maintain a healthy heart. • Supports digestion—contributes to the proper functioning of the digestive tract. • Contributes to physical well-being. • Assists in controlling blood sugar levels. • Helps maintain joint mobility. • Contributes to increased vitality. • It has stimulating and tonic properties that contribute to resistance to fatigue. • Supports the normal functioning of the respiratory tract and maintains an optimal immune balance within it. • Helps maintain immunity. • It has significant antioxidant properties.

Black pepper fruit extract (Piper nigrum):
• In a multi-herb formula, it enhances the effectiveness of other herbal ingredients.

Turmeric Curcumin

DIET SUPPLEMENT • **60 capsules**



Stunning in its colour, turmeric is taking the world by storm. This popular plant has been used in traditional Ayurvedic medicine for thousands of years. Its powerful antioxidants (curcuminoids) support the body's natural immune response. Placed in a single plant-based capsule, accompanied by ginger and piperine, it is one of our most versatile products.

Why our Curcumin?
We receive our turmeric from an award-winning partner that is highly regarded for both botanical cultivation and supply chain transparency. The raw material is grown in Indian farmlands using good agricultural practices. As an ingredient, it has been recognized twice by the Nutrition Business Journal. It is also non-GMO and sustainably sourced. We always make sure it really is true!

KEY INGREDIENTS:

Turmeric extract ..... 285 mg
– of which curcuminoids ..... 260 mg
Ginger ..... 236 mg

RECOMMENDED DAILY INTAKE:
Take 1 capsule daily.
Do not exceed the recommended daily intake!

INGREDIENTS:
Turmeric (Curcuma longa) rhizome extract, ginger (Zingiber officinale) rhizome powder, rice concentrate, bulking agent (cellulose), black pepper(Piper nigrum) fruit extract, vegetable capsule [binding agent (hypromellose), water].

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NATURE'S SUNSHINE
Ashwagandha

Dietary supplements

Unlock your potential!

Meet Boost - a unique product that, thanks to carefully selected ingredients, will provide you with an instant boost of energy and increase your vitality.
It is a unique composition that has been created to provide you not only with long-lasting energy, but also to support your entire body.

Boost will very quickly become your favourite weapon in the fight against daily fatigue and reduced energy. Let your vitality and control be regained! Restore your inner power with Boost - a supplement that will bring you the energy you've always dreamed of.

How does it work?
Boost owes its effect to the perfect combination of natural plant ingredients, which are renowned for their health-promoting properties. Here they are and their key assets:

Extract from the maca tuber *(Lepidium meyenii)*
- supports physical and mental performance
- helps maintain natural sexual activity and energy
- improves sex drive

Siberian ginseng extract *(Eleutherococcus senticosus)*
- helps keep normal blood pressure
- contributes to maintaining normal blood glucose levels
- helps achieve a relaxing effect

Oat extract *(Avena sativa)*
- used during periods of mental and physical fatigue
- contributes to increasing mental and physical performance

Damiana leaf *(Turnera diffusa)*
- contributes to physical and mental well-being
- helps increase sexual libido
- helps regulate blood sugar levels

Liquorice root *(Glycyrrhiza glabra)*
- helps maintain energy levels

Boost

DIET SUPPLEMENT • **100 capsules**

With Boost, you will feel your energy reaching new levels. You'll be ready for any challenge of the day, whether it's an intense workout, a committed professional life or dynamic family life. Increase your productivity, focus and stamina with this revolutionary formula.

Discover how an increase in energy can completely transform your life.



INGREDIENTS:
capsule shell (binders [hydroxypropyl methylcellulose], water), L-arginine, Maca powder (Lepidium meyenii), Siberian ginseng root powder (Eleutherococcus senticosus), Oat powder (Avena sativa), Oat leaf powder (Rubus idaeus), Raspberry leaf (Rubus idaeus), Damiana leaf (Turnera diusa), Liquorice root (Glycyrrhiza glabraeus), Raspberry leaf powder (Rubus idaeus), Damiana leaf powder (Turnera diusa), Liquorice root powder (Glycyrrhiza glabra), powdered Colchicine root extract (Smilax o cinalis), bulking agent (cellulose).

KEY INGREDIENTS:
Content in a daily portion (6 capsules):
Maca tuber extract
(Lepidium meyenii) - 450 mg
L-arginine - 450 mg
Siberian ginseng root
(Eleutherococcus senticosus)- 300 mg
Common oat extract (Avena sativa L.) - 300 mg
Raspberry leaf (Rubus idaeus) - 300 mg
Damiana leaf (Tumera diffusa) - 240 mg
Liquorice root (Glycyrrhiza glabra) - 228 mg
Extract of colchicum root (Smilax officinalis) - 45 mg

RECOMMENDED DAILY INTAKE:
2 capsules 3 times daily with food.
Do not exceed the recommended daily dose!

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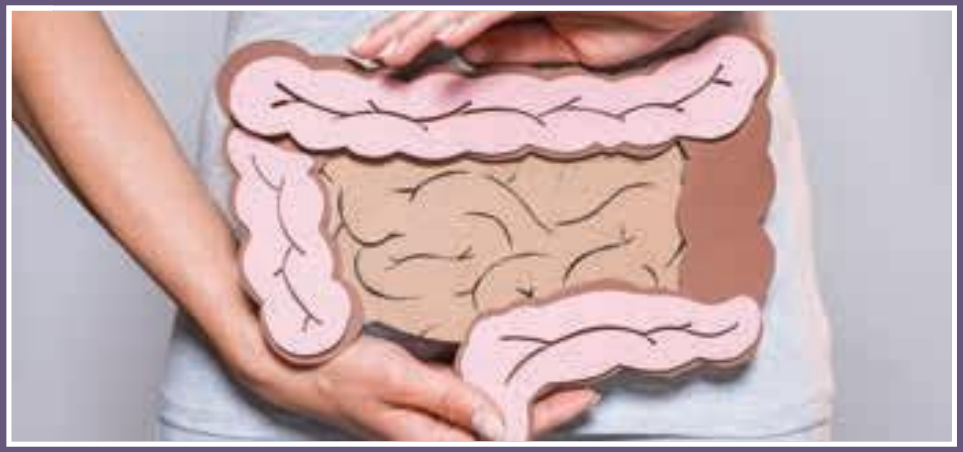
Bacillus Coagulans

DIET SUPPLEMENT • **90 capsules**

This product supplements your daily diet with Bacillus coagulans (MTCC5856), enriching the gastrointestinal microbiota.

Supplementation that adds beneficial bacteria to the intestinal flora is becoming more and more popular. People are increasingly conscious of the condition of their intestines and gastrointestinal tract, noticing that the most important things for our health are our diet and digestion.



INGREDIENTS:
Bacillus coagulans bacteria, inulin, anti-caking agents (magnesium salts of fatty acids, silicon dioxide), capsule shell (hydroxypropyl methylcellulose)

KEY INGREDIENTS:
Contents in 3 capsules (daily dose):
Bacteria:
*Bacillus coagulans.....3 billion CFU**
Inulin.....810 mg
**Colony Forming Unit*

RECOMMENDED DAILY INTAKE:
Take 3 capsules a day during the meal.
The contents of the capsules can be mixed with food or beverages.
Do not exceed the recommended daily allowance!

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Bowel Build

DIET SUPPLEMENT • **120 capsules**

Bowel Build was created to support the proper functioning of the gastrointestinal tract. The carefully designed composition of the product includes plant-based ingredients, such as blond psyllium husks and ginger, as well as vitamins and minerals, such as zinc, vitamin C and vitamin A. The product also contains activated charcoal, betaine, vitamin E and selenium. For many years, Bowel Build has been very popular among Nature's Sunshine's customers from all around the world, who are looking for reliable and effective products that improve gastrointestinal health.



Blond psyllium improves gut health, facilitates intestinal passage and supports digestion. Ginger is beneficial to the gastrointestinal tract as a whole and improves the metabolism of carbohydrates.

Vitamin C supports healthy energy metabolism.

Vitamin A facilitates the metabolism of iron.

Zinc helps maintain healthy metabolism of proteins, fats and carbohydrates.

INGREDIENTS:

Powdered blond psyllium husks, curly dock root powder, thickening agent: sodium alginate powder, marsh-mallow root powder, apple pectin, activated charcoal, L-ascorbic acid (vitamin C), ginger rhizome powder, betaine hydrochloride, zinc gluconate, L-selenomethionine, colourant: copper complexes of chlorophylls and chlorophyllins, D-alpha-tocopherol (vitamin E), beta-carotene (vitamin A), bulking agent (cellulose), anti-caking agents (magnesium salts of fatty acids, silicon dioxide), capsule casing (gelatin, water).

KEY INGREDIENTS

Content in the recommended serving (8 caps):
Vitamin A - 200 µg - 25% RDA*; Vitamin E - 10.6 mg - 88% RDA*; Vitamin C - 80 mg - 100% RDA*
Zinc - 8 mg - 80% RDA*; Selenium - 40 µg - 73% RDA*; Betaine hydrochloride - 64 mg **
*RDA recommended daily allowance; ** RDA not specified

RECOMMENDED DAILY INTAKE:

Take four capsules twice a day, during the morning and evening meals.

Do not exceed the recommended daily dose! The product may cause an allergic reaction in people allergic to Plantago ovata.

It is not recommended for pregnant women to consume the product.

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Blood Pressurex

DIET SUPPLEMENT • **90 capsules**

The Blood Pressurex formula has been developed to effectively support cardiovascular health. Key ingredients include extracts of grape seed, hawthorn fruit, nettle and L-arginine.

Grape seed extract maintains healthy blood vessels and supports venous microcirculation.

Hawthorn fruit extract supports heart function, increases oxygen supply and improves peripheral blood circulation.

Why Blood Pressurex?

Designed to enhance healthy cardiovascular function in the body, Blood Pressurex has been formulated with the help of experienced herbalists and ingredients selected for their exceptional quality and purity. We know because we were at the source.

INGREDIENTS:

L-Arginine, European olive (Olea europaea) leaf extract powder, grape seed (Vitis vinifera) extract powder, Indian nettle (Coleus forskohlii) root extract powder, hawthorn (Crataegus laevigata) fruit extract powder, D-alpha-tocopherol (vitamin E), ground parts of European goldenrod (Solidago virgaurea), anti-caking agents (magnesium salts of fatty acids, silicon dioxide), capsule shell (gelatine).

KEY INGREDIENTS:

Contents in 3 capsules (daily dose):
Vitamin E - 30 mg - 250% NRV*; L-Arginine -360 mg**; Extract from European olive (Olea europaea) leaves - 300 mg**; Grape seed extract (Vitis Vinifera) - 225 mg**; Indian nettle root extract (Coleus forskohlii) - 210 mg**; Extract of hawthorn fruit (Crataegus laevigata) - 120 mg**; Ground parts of European goldenrod (Solidago virgaurea) - 30 mg**;
*NRV – daily nutrient reference values; **NRV – has not been established.

RECOMMENDED DAILY INTAKE:

1 capsule 3 times daily with meals.. Do not exceed the recommended daily dose.
Do not use while taking cardiac medication.
Consult your doctor or pharmacist if you are taking anticoagulants at the same time

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Breathe Clear

DIET SUPPLEMENT • **120 capsules**

Breathe Clear is a product dedicated to respiratory tract health, especially during seasonal risks, such as seasons changes or increased pollen concentrations.
Breathe Clear proves that "the whole is better than a sum of ingredients". A formulation developed many years ago has been extremely popular among the Nature's Sunshine clients in the United States, where it is known as HistaBlock.
Again, as in the case of almost all our products, nature's gifts are essential, primarily nettle (Urtica dioica) leaves and bitter orange (Citrus x aurantium) fruit, which support proper functioning of the respiratory system. Bitter orange also has a soothing effect on the throat and vocal cords. The Breathe Clear formula is supplemented by quercetin from the Japanese pagoda tree (Sophora japonica) buds and bromelain from pineapple (Ananas comosus) fruit.
All of these nature's gifts has been combined together in the effective Breathe Clear formula enabling you to breathe fully and deeply without fear of the seasonal risks.
We are devoted to our planet which enables us to obtain herbs for our products. Our nettle grows in the wild in Albanian mountains, and our provider collects its precious leaves with the help of particularly trained team, taking care of the region's biodiversity and sustainable development of crops.

INGREDIENTS:
bulking agent: calcium phosphates, capsule coating: gelatin, powdered common nettle (Urtica dioica) leaf, powdered quercetin (from the Japanese pagoda tree [Sophora japonica] buds), bulking agent: cellulose, powdered bitter orange (Citrus x aurantium) fruit, powdered bromelain from pineapple (Ananas comosus) fruit, anti-caking agents: magnesium salts of fatty acids, silicon dioxide.

KEY INGREDIENTS:
Nettle (Urtica dioica) leaf - 360 mg; Quercetin (from the Japanese pagoda tree [Sophora japonica] buds) - 360 mg; Bitter orange (Citrus x aurantium) fruit - 280 mg; Bromelain (from pineapple [Ananas comosus] fruit) - 80 mg.

RECOMMENDED DAILY INTAKE:
Take 2 capsules 2 times a day. Do not exceed the recommended daily intake!

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Carbo Grabbers

DIET SUPPLEMENT • **60 capsules**

Carbo Grabbers is a product containing up to 300 mg of white kidney bean extract in each capsule. White kidney bean (Phaseolus vulgaris) is an annual plant in the Fabaceae (legume or bean) family, which originated in Central and South America. Currently, it is grown in many regions of the world, including Poland.



INGREDIENTS:
White kidney bean extract (Phaseolus vulgaris); capsule shell: gelatin; bulking agent: cellulose; emulsifier: magnesium stearate; anti-caking agent: magnesium stearate.

KEY INGREDIENTS:
Content in the recommended serving (6 caps):
White kidney bean extract..... 1800 mg*
*Reference Daily Intake not specified..

RECOMMENDED DAILY INTAKE:
1-2 capsules 3 times a day before a high-carbohydrate meal.
Do not exceed the recommended daily dose.

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Cholester-Reg

DIET SUPPLEMENT • **90 capsules**

We present a formula developed to address the problem of too high cholesterol levels, which affects about 70% of Poles. The composition includes artichoke leaves, an ingredient with a significant effect on cholesterol, body weight, liver and the entire digestive system.
Cholester-Reg also includes plant sterols and resveratrol extracted from the root of Japanese knotweed, which is a natural antioxidant that protects the body against harmful free radicals.



The artichoke leaf and plant sterols are the key ingredients of the product.
Here are some of their properties:

Artichoke leaf

- Helps maintain a healthy level of lipids in the blood.
- Facilitates the detoxification of the body and improves liver health.
- Supports the proper functioning of the gastrointestinal system.
- Promotes weight loss.
- Traditionally used to improve the functioning of the kidneys.
- An antioxidant that protects the cells against free radicals.

Plant sterols help maintain normal blood cholesterol levels.

Use Cholester-Reg regularly, follow a healthy diet, lead an active lifestyle and defeat high cholesterol. Fight for your heart!

INGREDIENTS:
Artichoke leaf; plant sterols (23.8 g / 100 g of the product); inositol nicotinate; capsule shell: gelatin; bulking agent: cellulose; anti-caking agent: magnesium stearate, stearic acid; Japanese knot weed resveratrol; anti-caking agent: silicon dioxide; policosanol.

KEY INGREDIENTS:
Content in the recommended serving (3 caps):
Artichoke leaf - 450mg*; Plant sterols - 450mg*; Inositol nicotinate - 450mg*;
Japanese knot weed resveratol - 30mg*; Policosanol - 5,25mg*;
*Reference Intake Values not specified.

RECOMMENDED DAILY INTAKE:
1 capsule 3 times a day during a meal. Do not exceed the recommended daily dose.

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Chondroitin

DIET SUPPLEMENT • **60 capsules**

Chondroitin – one of the main building blocks of articular cartilage – is a substance occurring naturally in the human body. Chondroitin sulfate is the basic component of the extracellular matrix of all types of the connective
tissue.
Unfortunately, it is very difficult to find chondroitin in food.



Chondroitn is an endogenous substance, i.e. produced by the body. It is usually produced in the right amount, but in some cases, its stores can become depleted due to excessive use.

INGREDIENTS:
Chondroitin sulfate; capsule casing: gelatin; carriers: magnesium salts of fatty acids, silicon dioxide.

KEY INGREDIENTS:
Chondroitin sulfate ..... 1292 mg*
*No determined Nutrient Reference Values.

RECOMMENDED DAILY INTAKE:
2 capsules twice daily with food.
Do not exceed the recommended daily intake.

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Zinc ALT

DIET SUPPLEMENT • **120 tablets**

We associate zinc with healthy bones, beautiful skin, shiny hair and strong nails. It is all true, but zinc is so much more. It helps maintain a healthy acid-base balance, improves the metabolism of micronutrients, and has a beneficial effect on fertility and reproductive functions. It should also be emphasised that zinc helps maintain good eyesight. Our product also contains algae, alfalfa and thyme. This combination of ingredients has made Zinc ALT even more powerful and healthy. Brown algae help maintain a healthy body weight and the thyme leaf – in accordance with its traditional use – facilitates digestion.

Our product is recommended particularly for women who want to have beautiful hair, skin and nails, and for everyone who wants to lose weight.



Did you know that...

Physical effort, especially very strenuous activities, causes increased excretion of zinc in urine and decreased blood levels of zinc and selenium? Therefore, according to researchers (including sports medicine specialists) from the Universities of Extremadura and Salamanca (Spain), athletes should monitor the levels of these two minerals and determine optimal supplementation.

INGREDIENTS:

Carrier: calcium phosphates; zinc gluconate; anti-caking agent: cellulose; brown algae; alfalfa; thyme leaf; anti-caking agent: magnesium salts of fatty acids

KEY INGREDIENTS:

Content of the recommended intake (1 tablet):
Zinc – 15 mg / 150% NRV*; Brown algae – 85 mg**; Alfalfa – 27 mg**; Thyme leaf – 27 mg**
*NRV – Nutrient Reference Value.
**No determined NRV

RECOMMENDED DAILY INTAKE:

1 tablet daily with food.
Do not exceed the recommended daily intake.

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Red Clover

DIET SUPPLEMENT • **100 capsules**

Due to the extreme popularity of red clover and its presence on every continent, one of the most crucial steps in creating Red Clover was the careful selection of the raw material. Nature's Sunshine is a company that defines quality standards, in particular in terms of inspecting its suppliers. This allows us to be confident that we are providing our customers with the very best products. Red clover (Trifolium pratense) alleviates symptoms of menopause, such as hot flushes, sweating, anxiety and irritability. This is why Red Clover is chosen primarily by our female customers. Nevertheless, we also recommend it for everyone who pays special attention to their cardiovascular system. Red clover has a beneficial effect on the cardiovascular system, increases the elasticity and strength of blood vessels and capillary walls, and regulates blood pressure.



INGREDIENTS:
Red clover; capsule casing: gelatin

KEY INGREDIENTS:
Content of the recommended intake (6 capsules):
Red clover - 1920 mg*
*No determined Nutrient Reference Values.

RECOMMENDED DAILY INTAKE:
2 capsules 3 times daily with food.
Do not exceed the recommended daily intake.

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Garlic

DIET SUPPLEMENT • **100 capsules**

Garlic is one of the most frequently studied herbs in the world. Its healthpromoting properties were discovered as early as ancient times, and today we know that it has a beneficial impact on the respiratory and immune systems. Garlic supports the body's own defence system, regulates blood sugar levels and increases insulin sensitivity. It also helps maintain normal blood cholesterol levels and improves vascular health. Garlic has a beneficial effect on the liver and increases resistance to short-term stress.

Nature's Sunshine's Garlic is dehydrated in a strictly controlled environment in order to preserve the enzymes and other heat-sensitive compounds that give fresh garlic its incredible nutritional value. Using a gelatin capsule allows us to eliminate the strong smell of this plant.



INGREDIENTS:
garlic (Allium sativum); capsule casing (gelatin)

KEY INGREDIENTS:
Content of the recommended intake (1 capsules):
Garlic ..... 550 mg*
*No determined Nutrient Reference Values.

RECOMMENDED DAILY INTAKE:
1 capsule daily with food.
Do not exceed the recommended daily intake.

Dietary supplements cannot be used as a substitute for a varied diet.
A balanced diet and healthy lifestyle are the basis for the proper functioning of the body.



Defense Maintenance

DIET SUPPLEMENT • **120 capsules**

Vitamins A, E and C, zinc and selenium – can you imagine a better combination for improving your immunity? Defense Maintenance supplements the diet with these ingredients, providing great support for the immune system.

The composition is enriched with powerful herbs. Ginseng root, acai berry concentrate, turmeric, schisandra and reishi are consistent with current nutritional trends and support the body in many different ways..



INGREDIENTS:
L-ascorbic acid (vitamin C), D-alpha-tocopherol (vitamin E), Siberian ginseng root powder, L-selenomethionine powder, asparagus stalk, powdered plants: acai berry (Euterpe oleracea) concentrate, broccoli flower, cabbage leaf, reishi ascocarp extract, schisandra fruit, turmeric rhizome; beta-carotene (vitamin A), zinc gluconate, zinc oxide, retinyl palmitate (vitamin A), capsule casing (gelatin, water), anti-caking agents (fatty acids, silicon dioxide, magnesium salts of fatty acids).

KEY INGREDIENTS:
Content of the recommended intake (1 capsules):
Vitamin A – 500 µg – 63% NRV*; Vitamin E – 44 mg – 367% NRV; Vitamin C – 120 mg – 50% NRV;
Zinc – 5 mg – 50% NRV; Selenium – 25 µg – 45% NRV
*NRV – Nutrient Reference Value
**No determined NRV

RECOMMENDED DAILY INTAKE:
1 capsule daily with food
Do not exceed the recommended daily intake.

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Defense Maintenance

Immunity and much more!

Vitamin C supports the immune system and facilitates collagen synthesis for healthy bones, cartilage, skin and teeth. It is a strong antioxidant that increases iron absorption and supports the maintenance of normal psychological functions.

Vitamin E is a popular antioxidant – it protects the cells against oxidative stress.

Vitamin A strengthens the immune system and helps maintain good eyesight. It also has a beneficial effect on the skin.

Zinc – very well known to our customers – not only boosts immunity, but also improves the condition of the skin, hair and nails. In men, zinc helps maintain a healthy level of testosterone.

In addition to supporting the immune system, selenium also improves thyroid health and protects the cells against oxidative stress.

For centuries, ginseng has been used traditionally to increase vitality and alleviate fatigue. Naturally, it also boosts immunity.

Turmeric not only increases immunity, but also improves liver health and helps maintain the proper functioning of the lungs and upper airways.



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Everflex

DIET SUPPLEMENT • **60 tablets**

EverFlex is a combination of chondroitin, MSM (methylsulfonylmethane) and glucosamine, designed by specialists.
Chondroitin is a natural component of articular cartilage.
Glucosamine is a component of cartilage and synovial fluid that surrounds articular surfaces.
MSM (methylsulfonylmethane) is organic sulphur, commonly found in the human body.



INGREDIENTS:
Glucosamine hydrochloride (from crustaceans), methylsulfonylmethane (MSM), chondroitin sulfate(of bovine origin), bulking agent (cellulose), anti-caking agents (fatty acids, silicon dioxide, magnesium salts of fatty acids).

KEY INGREDIENTS:
Content of the recommended intake (3 tablets):
Glucosamine hydrochloride – 1,260 mg* – of which glucosamine [1,025 mg*]; Methylsulfonylmethane (MSM) – 1,260 mg*;
Chondroitin sulfate – 330 mg* – of which chondroitin [220 mg*]
*No determined Nutrient Reference Values.

RECOMMENDED DAILY INTAKE:
Take one tablet three times daily with food.
Do not exceed the recommended daily intake.

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Gotu Kola

DIET SUPPLEMENT • **100 capsules**

Each capsule contains 395 mg of Indian pennywort (Centella asiatica L.) – a plant native to tropical and subtropical regions of the world. It has been known to mankind for thousands of years and is renowned for its health-promoting characteristics. Currently, the effects of pennywort are the subject of numerous studies. Indian pennywort has a multi-directional positive effect on our body:

- *It helps maintain healthy venous circulation, thus preventing the uncom fortable feeling of tired and heavy legs.*
- *It helps maintain normal cognitive abilities.*
- *It brings digestive comfort and alleviates stomach issues.*
- *It normalises the cardiovascular system and contributes to its proper functioning.*



INGREDIENTS:

Aboveground part of Indian pennywort (Centella asiatica), capsule casing (gelatin).

KEY INGREDIENTS:

Content of the recommended intake (1 capsules):
Indian pennywort – 395 mg*
*No determined Nutrient Reference Values.

RECOMMENDED DAILY INTAKE:

1 capsule daily with food.
Do not exceed the recommended daily intake.

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Support for Digestion and Digestive Health

Magnesium
An estimated 80–90% of magnesium is lost during food processing. It's no wonder nearly 70% of people don't get enough of this essential macro mineral. Magnesium supports a variety of functions in the body. These include bone health, psychological function, muscle function, contributes to the maintenance of normal energy metabolism energy production and muscle contractions and the nervous system health.

Triphala Extract
Derived from the fruits of Amalaki (Indian Gooseberry), Bibhitaki and Haritaki, triphala has played a prominent role in Ayurvedic tradition for over 1,000 years. Considered a pillar of gastrointestinal support in Ayurveda, triphala features a host of bioactive compounds. Its major constituents include tannins, gallic acid, ellagic acid and chebulinic acid—potent antioxidants. It also provides the flavonoids quercetin and lutenolin, as well as various saponins, anthraquinones and amino acids. Triphala may also promote the proper digestion and absorption of food for a healthy bowel and digestion balance.

Slippery Elm
Slippery elm is widely recognized for its traditional support of gut health. Slippery elm is rich in soothing mucilage, a thick, slippery substance that can coat the lining of the stomach and intestines to ease the flow of intestinal contents. As demand for slippery elm has increased, quality and sustainability have become paramount. We work only with experienced collectors who responsibly harvest our slippery elm by hand. Using special techniques, our partners harvest the bark from trees that are at least 15 years each spring. The timing is critical, as the running sap from April to July helps the outer bark easily separate from the inner bark, preserving the tree for future harvests.

Marshmallow Root
Althaea officinalis, more commonly known as marshmallow, is a perennial herb native to Europe, North Africa and western Asia. Its beautiful white and pink flowers are found naturally along riverbanks and salt marshes, as it prefers moist, sandy soils. Marshmallow root has been used as a traditional herb for centuries. It is thought to support the health of the mucous membranes throughout the gastrointestinal tract. Its mucilage, a sap-like substance, is believed to soothe the mucous membranes along these tracts.

Gentle Move

DIET SUPPLEMENT • 60 capsules



Triphala (Amalaki, Bibhitaki, Haritaki), slippery elm and marshmallow root have a beneficial effect on digestion and support the functioning of the digestive system, including the intestines.

Benefits due to plant-based ingredients:

- Supports the digestive tract and helps with proper digestion
- May support intestinal health
- Naturally promotes bowel movements
- Features botanicals

INGREDIENTS:

Magnesium, triphala extract, yellow dock root, ginger rhizome, marshmallow root extract and slippery elm bark.

KEY INGREDIENTS:

In a daily portion (1 capsule)

Magnesium	200 mg
Curly dock root	50 mg
Three fruit extracts - including:	
Chebulic myrobalan extract	30 mg
Beleric myrobalan extract	30 mg
Emblic myrobalan extract	30 mg
Ginger rhizome	25 mg
Marsh mallow Extract	10 mg
Slippery elm bark	10 mg

RECOMMENDED DAILY INTAKE:

Take 2 capsules at nighttime or before bedtime.
During periods that require special support: Take up to 6 capsules per day for up to 7–10 days.

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Fenugreek & Thyme

DIET SUPPLEMENT • **100 capsules**

Fenugreek & Thyme - Support for respiratory, digestive and immune health - A dietary supplement that contains carefully selected fenugreek and thyme. These natural ingredients can help you maintain the health and wellness of these important body systems.

Fenugreek is a herbal plant with a long history of use in natural medicine. It supports digestive comfort, contributes to the maintenance of normal pH of gastric juice, normal blood sugar levels and helps control blood cholesterol levels. It is worth adding that it supports immunity.

Thyme is a herb well known for its respiratory support properties. It soothes the respiratory tract and is calming to the throat. Like fenugreek, thyme supports the immune system and digestion.



INGREDIENTS:
Fenugreek seed powder (Trigonella foenum-graecum), thyme leaf powder (Thymus vulgaris), capsule casing: gelatine.

KEY INGREDIENTS:
In a daily portion (6 capsules):
Fenugreek seed powder - 1800 mg*; Thyme leaf powder - 1050 mg*;

*No determined Nutrient Reference Values.

RECOMMENDED DAILY INTAKE:
2 capsules 3 times daily with food.

Do not exceed the recommended daily intake!

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Ginkgo & Hawthorn

DIET SUPPLEMENT • **100 capsules**

Natural support for brain health, vision, hearing and memory? Ginkgo & Hawthorn is a dedicated dietary supplement that has been formulated specially for the elderly, professionally active people and those concerned with maintaining optimal cognitive function and well-being.

Ginkgo, also known as Ginkgo biloba, is a plant with a long tradition of use in natural medicine. It contains natural active ingredients such as flavonoids and terpenoids, which can support blood circulation, including cerebral circulation. It is the cerebral circulation that plays a key role in delivering oxygen and nutrients to the brain, which can support its proper functioning. Ginkgo



Hawthorn: Hawthorn is a plant known for its properties that support heart and cardiovascular health. Ingredients present in hawthorn, such as flavonoids and phenolic acids, may help to maintain normal heart function, healthy blood circulation and overall well-being. The calming effect of hawthorn can also help to reduce stress and improve overall mental well-being.

INGREDIENTS:
Hawthorn fruit powder (Crataegus spp.), Ginkgo biloba leaf powder (Ginkgo biloba), capsule casing (gelatine), Ginkgo biloba leaf extract powder (Ginkgo biloba), olive leaf extract powder (Olea europaea).

KEY INGREDIENTS:
In a daily dose (3 capsules):
Hawthorn fruit powder - 2475 mg*; Ginkgo biloba leaf powder - 900 mg*; Ginkgo biloba leaf extract powder - 450 mg*;
Olive leaf extract powder - 90 mg*;

*No determined Nutrient Reference Values.

RECOMMENDED DAILY INTAKE:
1 capsule 3 times daily with food.
Do not exceed the recommended daily intake!

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Grapine & Antioxidants

DIET SUPPLEMENT • **90 tablets**

Grapine & Antioxidant is the result of the highest quality ingredients combination. Vitamin C, turmeric root, rosemary and red grape seed extract are the key ingredients of the product. Vitamin C helps protect cells against oxidative stress. Turmeric supports the nervous system and enhances the production, quality and circulation of blood. It supports the immune system and stimulates appetite. What is more, turmeric has antioxidant properties. Rosemary contributes to the body's natural defences – it supports the immune system. It stimulates the production of digestive body fluids, supports the liver and bile duct. Rosemary has traditionally been used to improve digestion. Red grape seed extract supports venous circulation, maintains healthy blood vessels and capillary integrity. This is a well-known source of antioxidants, a natural defence against free radicals. The extract keeps cells healthy and active.



The product complements the daily diet with vitamin C.
Red grape seed extract maintains healthy blood vessels.
Curcuma supports heart function and blood production/circulation.
Rosemary contributes to stimulating the production of digestive body fluids and helps support the proper functioning of the liver.
Rosemary contributes to increased fat digestion.

INGREDIENTS:

Carrier: dicalcium phosphate; bulking agent: cellulose; broccoli; red grape skin extract; red grape seed extract; vitamin C; cabbage leaves; carrot; beetroot; rosemary; tomato; turmeric; carrier: fatty acids; bioflavonoids from grapefruit and orange, carrier: fatty acids; hesperidin; emulsifier: magnesium stearate; anti-caking agent: silicon dioxide; pine bark extract.

KEY INGREDIENTS:

Content in the recommended serving (3 tabs):
Red grape skin extract (Vitis vinifera). - 150 mg**; Red grape seed extract (Vitis vinifera) - 72 mg**; Vitamin C - 60 mg / 100% NRV*; Polyphenols - 60 mg**; Pine bark extract - 3 mg**;
*NRV – Nutrient Reference Value; **No determined NRV

RECOMMENDED DAILY INTAKE:

1 tablet 3 times a day during a meal.
Do not exceed the recommended daily dose.

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Hops & Valerian with Passionflower

DIET SUPPLEMENT • **100 capsules**

Sleep, or rather its appropriate length and quality, has a huge impact on our health. An adult should sleep 7–8 hours a day. Lack of sleep does not only result in a bad mood, but also strongly affects our concentration, memory, and ability to make logical decisions. We sleep less and less, and the quality of our sleep is getting increasingly worse. One of the reasons for this is the omnipresent stress—one of the greatest enemies of our health. Hops & Valerian with Passionflower is a composition tailored for times of constant pursuit. Work, exams, appointments... Today, stress is present in almost every aspect of our lives.
We all need a break.



A combination of calming and relaxing herbs: Hops, Valerian and Passionflower has soothing and anti-stress effects.
Hops (Humulus lupulus) has a calming effect and thus supports the central nervous system.
The Valerian root (Valeriana officinalis) affects healthy sleep and helps to maintain proper cognitive functions (e.g. memory).
The Passionflower (Passiflora incarnata) promotes falling asleep, produces a soothing deep sleep, and increases the body's resistance to stress.

INGREDIENTS:
Valerian root (Valeriana officinalis), powdered aboveground parts of Passionflower (Passiflora incarnata), capsule coating (gelatine, water), Hop flower powder (Humulus lupulus).

KEY INGREDIENTS:
Content in the recommended dose (2 caps):
Hop flower powder (Humulus lupulus) - 196 mg*; Valerian root (Valeriana officinalis) - 324 mg*; Aboveground Passionflower parts (Passiflora incarnata) - 260 mg*.
*Nutrient reference values not set

RECOMMENDED DAILY INTAKE:
Take 2 capsules a day during the meal.
Do not exceed the recommended daily dose.

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Kelp

DIET SUPPLEMENT • **100 capsules**

Seas and oceans are overflowing with mineral elements. Their coastlines are covered with kelp, also known as brown algae seaweeds. Brown algae seaweeds are a valuable source of nutrients as they absorb them from the environment in which they live. For the Japanese and Polynesians, they are an important dietary supplement. Kelp product was developed to provide iodine to the body. Kelp provides the necessary amount of iodine for physiological self-regulation of iodine exchange. It also supports immunity and have overall regenerative properties in maintaining body functions.



Iodine.
Iodine is a chemical element from the group of halogens and is one of the elements that are uncommon in nature. It occurs in marine waters and brine. It can also be found in food, as long as it comes from areas where iodine is present in soil and water. There is approximately 30-50 mg of iodine in the human body. Its largest concentration is located in the thyroid gland, which has the ability to store this element.

Brown algae exhibit general regenerative properties that help maintain healthy functioning of the entire body, as well as having a positive effect on the gastrointestinal system.

INGREDIENTS:
brown algae, capsule casing (gelatin), carriers (magnesium salts of fatty acids, silicon dioxide)

KEY INGREDIENTS:
Content of the recommended intake (4 capsules):
Brown algae – 2,100 mg*
*No determined Nutrient Reference Values.

RECOMMENDED DAILY INTAKE:
2 capsules twice daily with food.
Do not exceed the recommended daily intake.

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CoQ10

DIET SUPPLEMENT • **60 capsules**

CoQ10 is one of the favourite products of our US customers. Each capsule contains as much as 100 mg of coenzyme Q10!

Coenzyme Q10 is a compound present in the mitochondrium of every cell in the human body, where it is responsible for correct energy production.

Since it's best to take coenzyme Q10 along with healthy fats, we have put ours in a capsule filled with extra virgin olive oil for better absorption.



INGREDIENTS:
extra virgin olive oil, soft capsule: gelatine, humectant (glycerol), water, colouring (annatto), pure coenzyme Q10, thickener [beeswax (yellow)], emulsifier (sunflower lecithin).

KEY INGREDIENTS:
Content in the recommended portion for daily consumption (2 capsules)
Coenzyme Q10 ... 200 mg*
*No determined Nutrient Reference Values.

RECOMMENDED DAILY INTAKE:
Consume 1 capsule with a meal, 2 times a day.
Do not exceed the recommended daily intake.

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Lecithin

DIET SUPPLEMENT • **170 capsules**

Soy lecithin from Nature's Sunshine is an excellent dietary supplement made from natural soy. Soy bean is a legume known in Asia for 5,000 years. It is used in the production of pharmacological products and food. It is an excellent source of protein and thus often replaces meat. Lecithin is fatty substance found in the membranes of all cells in the human body. It has a vital function in the human body: it participates in many metabolic processes and has the property of blending fats with water, which helps in the absorption of water-soluble vitamins. Lecithin is also a very important component of the brain and nerve tissues. Lecithin is rich in phosphatidylcholines (PC) and phosphatidylinositols (PI). It is produced by the human body, but most of it can be found in animal products (liver and eggs) as well as plant products: peanuts or wheat sprouts. Nature's Sunshine lecithin is especially recommended for people whose diet is not rich in these elements.Thanks to the fat blending properties, lecithin helps absorb fat-soluble vitamins, i.e. A, D, E and K.



INGREDIENTS:
soy lecithin; capsule casing: gelatin, glycerol**.**

KEY INGREDIENTS:
Content of the recommended intake (2 capsules):
Soy lecithin – 1120 mg*
*No determined Nutrient Reference Values.

RECOMMENDED DAILY INTAKE:
1 capsule twice daily with food.
Do not exceed the recommended daily intake.

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Olive Leaf - Extract

DIET SUPPLEMENT • 60 capsules

European olive, which is the source of this extract, is a plant native to Southern Europe, including Greece, Italy and Spain. It is an integral part of the Mediterranean diet. Olive leaves have traditionally been used for therapeutic purposes. Due to the fact that the European olive increases the body's immunity under adverse weather conditions, it is an excellent product for winter sports enthusiasts. Olive also supports the upper airways. Olive Leaf is also an excellent source of antioxidants that protect the body against harmful free radicals. Furthermore, it promotes the healthy balance of sugars. It has been traditionally used in order to improve circulation and regulate vascular pressure.



Olive leaves contain a wealth of biologically active compounds: flavonoids, flavanones, secoiridoids, iridoids, biophenols, triterpenes, isochromates, organic acid esters, to name but a few. One such compound is oleuropein – the active substance found in the European olive, which has been thoroughly tested in terms of its health benefits.

INGREDIENTS:
Extract from European olive (Olea europaea) leaves, capsule casing: gelatin, bulking agent: cellulose, emulsifier: magnesium salts of fatty acids, maltodextrin.

KEY INGREDIENTS:
Extract from European olive (Olea europaea) leaves
420 mg* in 1 capsule / 1,260 mg* in 3 capsules
*No determined NRV

RECOMMENDED DAILY INTAKE:
1-3 capsules daily with food.
Do not exceed the recommended dose.

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Immune Formula

DIET SUPPLEMENT • 90 capsules

Immune Formula is a product that has been extremely popular with Nature's Sunshine's customers for years due to its unique composition. Each capsule of this food supplement contains fungi used in traditional Chinese medicine, such as the caterpillar fungus, hen-of-the-woods, and reishi. Other
ingredients include the beta-glucans extracted from Saccharomyces cerevisiae, arabinogalactan extracted from Larix spp., and colostrum.

Caterpillar fungus (Cordyceps sinensis) is a fungus native to the Tibetan Plateau. It is also known as yartsa gunbu. Caterpillar fungus is particularly valued by Chinese medicine experts, who consider it to be one of the four most important substances and call it "the magic herb of Tibet".

Hen-of-the-woods (Grifola frondosa), also known as the maitake mushroom, is particularly highly valued in Chinese medicine. It is native to Japan and North America and grows on the trunks of local trees.

Reishi (Ganoderma lucidum) is also known as lingzhi. The third main component of Immune Formula, it is traditionally used in Chinese medicine. The Chinese have known it for thousands of years as Ling Zhi and often call it the "plant of immortality".

Contemporary science considers beta-glucans to be one of the most important groups of substances produced by fungi.

Arabinogalactan is a macromolecular polysaccharide biopolymer metabolised by the intestinal flora, which uses it to produces short-chain fatty acids.

Colostrum is the early milk produced by the cow within the first few hours after delivery. It has been very popular on the nutraceuticals market for about 20 years.

INGREDIENTS:

Beta-glucan powder, arabinogalactan powder, powdered colostrum (milk), powdered caterpillar fungus (Cordyceps sinensis) mycelium (from soy), powdered hen-of-the-woods (Grifola frondosa) mycelium extract, powdered reishi (Ganoderma lucidum) mycelium, anti-caking agent: cellulose, capsule casing (gelatin, water).

KEY INGREDIENTS:

Content of the recommended intake (3 capsules):
Beta-glucans – 600 mg*; Arabinogalactan – 300 mg; Colostrum – 150 mg*; Caterpillar fungus mycelium – 60 mg*
*No determined Nutrient Reference Values.

RECOMMENDED DAILY INTAKE:

3 capsules daily in between meals.
Do not exceed the recommended daily intake.

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Liver Health Formula

DIET SUPPLEMENT • 100 capsules

A healthy liver is crucial for the well-being of the entire body. It is one of the most important organs, responsible for many key processes. First and foremost, the liver removes toxins from the body (it plays a key role in the detoxification process), participates in the absorption of nutrients and is crucial for the healthy metabolism of fats.

The liver certainly should be treated with utmost care and attention. How? Changing your dietary habits and taking Liver Health Formula will help you keep your liver in good health.

Liver Health Formula is a blend of herbs, developed by specialists, that improves digestion and liver health.



The key component is the turmeric rhizome (Curcuma longa), which supports the proper functioning of the liver. The product also contains greater burdock root (Arctium lappa), which provides digestive comfort and helps maintain healthy blood glucose levels, great yellow gentian root (Gentiana lutea), which also increases intestinal comfort, as well as fenugreek seeds (Trigonella foenum-graecum L), which ensure healthy lipid metabolism and pH levels, and dandelion root, which helps maintain good appetite and supports the proper functioning of the stomach. Proper digestion, lipid metabolism and blood glucose levels are both the liver's tasks, and the factors that improve its health. A healthy diet, physical activity and Liver Health Formula can prove to be the greatest allies of your liver.

INGREDIENTS:
Powdered plants: greater burdock root, turmeric rhizome, great yellow gentian root, Irish moss thallus, slippery elm bark, fenugreek seeds, safflower flowers, dandelion root, bearberry leaf, aboveground parts of chickweed, catnip leaf; bulking agent (cellulose), anti-caking agent (magnesium salts of fatty acids), capsule casing (gelatin, water).

KEY INGREDIENTS:
Content of the recommended intake (3 capsules):
Greater burdock root – 252 mg*; Turmeric rhizome – 210 mg*; Great yellow gentian root – 171 mg*; Irish moss thallus – 150 mg*; Slippery elm bark – 138 mg*; Fenugreek seeds – 102 mg*
*No determined NRV

RECOMMENDED DAILY INTAKE:
1 capsule 3 times daily with food.
Do not exceed the recommended daily intake.

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Licorice Root

DIET SUPPLEMENT • 100 capsules

Liquorice is a plant that has been valued for centuries for its health-promoting properties. The ancient Greeks and Romans considered it a remedy for the common cold. Nowadays liquorice, or rather its root, is recognised for its broad spectrum of beneficial effects on the respiratory system, digestion, mental health and immunity.

- It supports the healthy functioning of the upper respiratory tract.
- It boosts the immune system.
- It helps maintain mental calmness.
- It supports mental functions.
- It promotes the healthy functioning of the gastrointestinal tract.
- It helps protect the gastric and intestinal mucosa.
- It supports the functioning of the entire reproductive system.
- It helps maintain good prostate health.
- It helps keep the skin in good condition.

KEY INGREDIENTS:

Licorice (Glycyrrhiza glabra) ..... 2376 mg

INGREDIENTS:

Powdered liquorice root (Glycyrrhiza glabra), capsule casing (gelatin), anti-caking agent (magnesium salts of fatty acids), carriers (silicon dioxide).

RECOMMENDED DAILY INTAKE:

2 capsules 3 times daily with food.
Do not exceed the recommended daily intake! If you are taking medication, consult your doctor or pharmacist before consumption. Dietary supplements cannot be used as a substitute for a balanced diet.

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Papaya Mint

DIET SUPPLEMENT • 70 tablets

Papaya Mint is a product designed for effective digestion. In a daily serving, it contains as much as 1920mg of papaya fruit, which is the only known source of papain. Papaya is the common name for the Carica papaya tree.

The composition of each tablet is completed by mint in two forms: powdered leaf and oil. Peppermint (Mentha x piperita) has a particular effect on the digestive system, but not only:

- supports digestion and has a positive effect on intestinal health,
- boosts the immune system.
- helps with flatulence and abdominal cramps,
- helps with indigestion,
- helps to relax and supports healthy sleep patterns,
- soothes the mouth and throat; relieves a tickling sensation in the throat and larynx.



INGREDIENTS:
sweetener (sorbitols), papaya fruit concentrate powder (Carica papaya), fructose, anti-caking agent (fatty acids), peppermint leaf powder (Mentha x piperita), anti-caking agent (silicon dioxide), oil from the aerial parts of peppermint (Mentha x piperita).

KEY INGREDIENTS:
In a daily dose (6 tablets):
Papaya fruit (Carica papaya) - 1980 mg*, Peppermint leaf (Mentha x piperita) - 120 mg*, Oil from the aerial parts of peppermint (Mentha x piperita) - 45 mg*
*No determined NRV

RECOMMENDED DAILY INTAKE:
Bite 2 tablets three times a day.
Do not exceed the recommended daily dose!

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Alfalfa

DIET SUPPLEMENT • 100 capsules

Alfalfa (Medicago sativa), which has been cultivated for over 2,000 years, has been regarded by many civilizations as a wonderful herb. The roots of alfalfa grow deep into the ground in order to reach minerals and essential nutrients that may not be available closer to the surface. Alfalfa belongs to the beanfamily. It is native to North Africa, Asia and Europe.

Currently, it can be found nearly everywhere in the world. It can be both cultivated and feral. Since alfalfa helps women maintain good sexual health, you could say that this is yet another product that has been designed for the fairer sex.



INGREDIENTS:
Alfalfa; capsule casing: gelatin

KEY INGREDIENTS:
Content of the recommended intake (6 capsules):
Alfalfa – 2,040 mg*
*No determined Nutrient Reference Values.

RECOMMENDED DAILY INTAKE:
2 capsules 3 times daily with food
Do not exceed the recommended daily intake.

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Magnesium

DIET SUPPLEMENT • 90 capsules

Magnesium is one of the essential micronutrients that is absolutely crucial for the human body to survive. Sodium, potassium, calcium, iron and magnesium are the “golden five” essential minerals.

The role of magnesium in the functioning of entire organs has been described in over one thousand books! This should not come as a surprise: magnesium is stored in our cells’ mitochondria and participates in several hundred enzymatic reactions, many of which cannot take place without this element!

Magnesium alleviates the feeling of fatigue and tiredness, helps maintain the balance of electrolytes, facilitates healthy energy metabolism, ensures proper synthesis of protein, helps maintain normal psychological functions and participates in the process of cell division.



INGREDIENTS:
Magnesium malate, maltodextrin, anti-caking agents (magnesium salts of fatty acids, silicon dioxide), capsule casing (gelatin, water)

KEY INGREDIENTS:
Content of the recommended intake (3 capsules):
Magnesium – 240 mg – 64% NRV*; Malic acid – 1,050 mg**
*NRV – Nutrient Reference Value
**No determined NRV

RECOMMENDED DAILY INTAKE:
1 capsule 3 times daily with food
Do not exceed the recommended daily intake.

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MSM - Metylosulfonylometan

DIET SUPPLEMENT • 90 tablets

Methylsulfonylmethane sounds very serious, doesn't it? In fact, there is nothing to be afraid of – MSM is simply an organic compound of sulphur that occurs in the human body as a component of the protein structure or synovial fluid. Sulphur can be found in every cell of the human body and is essential for its proper functioning. Sulphur also occurs in vegetables (e.g. onions, cabbage and broccoli), eggs and fruit (e.g. avocado or blackcurrant). Unfortunately, it is very easily destroyed during cooking, pasteurisation or freezing. Therefore, MSM supplementation should be considered, in combination with a well-balanced diet, in order to provide the body with sulphur.

Each MSM tablet contains 750 mg of methylsulfonylmethane.

Methylsulfonylmethane (MSM) is an organic form of sulphur.



INGREDIENTS:
Methylsulfonylmethane (MSM), bulking agents (cellulose, maltodextrin, fatty acids), anti-caking agents (silicon dioxide, magnesium salts of fatty acids).

KEY INGREDIENTS:
Content of the recommended intake (2 tablets):
Methylsulfonylmethane (MSM) – 1,500 mg*
*No determined Nutrient Reference Values.

RECOMMENDED DAILY INTAKE:
2 tablets daily with food
Do not exceed the recommended daily intake.

Dietary supplements cannot be used as a substitute for a varied diet.
A balanced diet and healthy lifestyle are the basis for the proper functioning of the body.



Capsicum & Garlic with Parsley

DIET SUPPLEMENT • 100 capsules

Capsicum & Garlic with Parsley contains plants that have been well known for thousands of years. Nature's Sunshine's customers are very familiar with this product due to the company's origin story. Cayenne pepper (Capsicum annuum) was the first spice placed in gelatin capsules by Mr. and Mrs. Hughes. Discover the well-known characteristics of capsicum and garlic. Garlic (Allium sativum) has antibacterial properties, increases insulin sensitivity and has a positive effect on sugar metabolism. Garlic also helps maintain normal blood cholesterol, lipid and homocysteine levels. Cayenne pepper (Capsicum annuum) facilitates weight loss during a reducing diet.

Garlic improves blood circulation in microvessels and supports vascular health. Cayenne pepper facilitates weight loss.



INGREDIENTS:
garlic; Capsicum annuum; parsley leaf; capsule casing: gelatin

KEY INGREDIENTS:
Content of the recommended intake (6 capsules):
Garlic – 1,500 mg*; Capsicum annuum – 750 mg*; Parsley leaf – 750 mg*
*No determined Nutrient Reference Values

RECOMMENDED DAILY INTAKE:
2 capsules 2-3 times daily with food.
Do not exceed the recommended daily intake.

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Perfect Eyes

DIET SUPPLEMENT • 60 capsules

THE STORY BEHIND PERFECT EYES

Beta-carotene is basically the yellow or orange pigment that gives many vegetables, fruits, flowers and other plants their colors. It was first crystallized from carrot roots in 1831. Beta-carotene means “B carrot” from Greek beta + Latin carota.
In 1851, Herman Helmholtz invented the opthalmoscope, which led the discovery of the foveal pit in the human eyeball. region of the macula has tightly packed cone cells is responsible for the sharp vision you need for activities like face recognition and reading.
It wasn’t 1988 that researchers identified lutein, zeaxanthin and meso-zeaxanthin as key components in the macula.
This region is yellow in color because absorbed pigments from colorful foods are stored there. Bilberry, also known as whortleberry, huckleberry and European blueberry, was used traditionally to soothe the intestines for oral applications. It is native to northern Europe.
In World War II, British Air Force pilots consumed bilberry jam before they took off to help their vision.



INGREDIENTS:
Ascorbic acid, d-alpha tocopheryl acetate, zinc gluconate, rice concentrate, carotenoid blend (beta-carotene, alpha-carotene, lutein, lycopene, zeaxanthin, and cryptoxanthin), turmeric rhizome extract (Curcuma longa), sodium selenite, copper gluconate, lutein, bilberry fruit extract (Vaccinium myrtillus L.), taurine, quercetin fruit extract (Sophora japonica), colour (sodium copper chlorophyllin), zeaxanthin, vegetable capsule [firming agent (hypromellose), water].

RECOMMENDED DAILY INTAKE:
Take 2 capsules daily with a meal.
Do not exceed the recommended daily intake!

Dietary supplements cannot be used as a substitute for a varied diet.
A balanced diet and healthy lifestyle are the basis for the proper functioning of the body.



Vari-Gone

DIET SUPPLEMENT • 90 capsules

Vari-Gone is designed to support the health of blood vessels. It is very efficient in this thanks to its contents of horse chestnut (Aesculus hippocastanum) seed extract and vitamin C.

Horse chestnut seed extract supports cardiovascular health, supports healthy veins and capillaries and helps maintain healthy circulation in legs.

Why Vari-Gone?

Vari-Gone is a unique blend that supports a healthy cardiovascular system, but it is first and foremost a safe product whose ingredients are non-GMO and gluten-free.

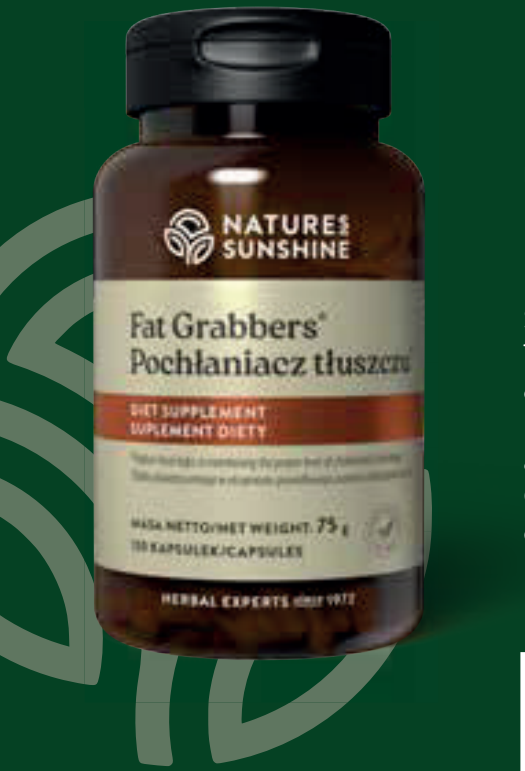


INGREDIENTS:
Horse chestnut (Aesculus hippocastanum) seed extract powder, bulking agent (microcrystalline cellulose), capsule shell (gelatin), L-ascorbic acid (vitamin C), fenugreek (Trigonella foenum-graecum) seed powder, rutin from Japanese pagoda tree (Sophora japonica) buds, hesperidin, citric bioflavonoids, anti-caking agent (magnesium salts of fatty acids)

KEY INGREDIENTS:
In a daily dose (2 capsules);
Vitamin C - 97 mg - 121% RWS*, Horse chestnut seed extract (Aesculus hippocastanum) (referenced to 20% aescin) - 350 mg**, Fenugreek seed (Trigonella foenum-graecum) - 90 mg**, Rutin from Japanese pagoda tree (Sophora japonica) - 60 mg**, Hesperidin - 8,4 mg**, Citric bioflavonoids - 60 mg**
*NRV – daily nutrient reference values for adults.
**NRV – has not been established

RECOMMENDED DAILY INTAKE:
2 capsules daily with food. Do not exceed the recommended daily dose.

Dietary supplements cannot be used as a substitute for a varied diet.
A balanced diet and healthy lifestyle are the basis for the proper functioning of the body.



Fat Grabbers

DIET SUPPLEMENT • 120 capsules

Fat Grabbers is one of the most popular products offered by Nature's Sunshine. It owes its incredible properties to the carefully selected ingredients. The product consists of a patented blend of guar gum, blond psyllium, chickweed and soy lecithin.
Blond psyllium helps maintain healthy blood cholesterol and lipid levels, as well as supporting intestinal health.
Guar gum helps maintain a normal blood cholesterol level. The beneficial effect is achieved if guar gum is consumed at a dose of 10 g daily.
Blond psyllium supports intestinal health, as well as facilitating digestion.



INGREDIENTS:
blond psyllium; guar gum; capsule casing: gelatin; chickweed; soy lecithin, carrier: silicon dioxide

KEY INGREDIENTS:
Content of the recommended intake (12 capsules):
Guar gum – 2,436 mg*; Blond psyllium – 2,436 mg*; Chickweed - 1,120.80 mg*
** No determined Nutrient Reference Values

RECOMMENDED DAILY INTAKE:
4 capsules 3 times daily with food and plenty of water.
Do not exceed the recommended daily intake.

Dietary supplements cannot be used as a substitute for a varied diet.
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Pro B11

DIET SUPPLEMENT • 90 capsules

The product supplements the diet with 11 strains of probiotic bacteria that enrich the intestinal flora

Supplementation that adds beneficial bacteria to the intestinal flora is becoming more and more popular. People are increasingly conscious of the condition of their intestines and gastrointestinal tract, noticing that the most important thing for our health is our diet and digestion.



INGREDIENTS:
A blend of live bacterial cultures, inulin, fructooligosaccharides, bulking agent (cellulose), anti-caking agent (magnesium
salts of fatty acids), capsule casing (gelatin, water).

KEY INGREDIENTS:
Content in 2 capsules (a daily dose):
A blend of live bacterial cultures – 12 billion CFU*
Lactobacillus rhamnosus (VPro11) – 1.6*109 CFU; Bifidobacterium bifidum (VPro51) – 1.2*109 CFU;
Lactobacillus acidophilus (VK3) – 1.2*109 CFU; Lactobacillus brevis (LBr1) – 2*109 CFU;
Lactobacillus bulgaricus (VPro12) – 1.2*109 CFU; Lactobacillus plantarum (VPro10) – 1.2*109 CFU;
Streptococcus thermophilus (VPro23) – 1.2*109 CFU; Bifidobacterium infantis (VPro53) – 0.8*109 CFU;
Bifidobacterium longum (VPro54) – 0.8*109 CFU; Lactobacillus casei (VPro30) – 0.8*109 CFU;
Lactobacillus salivarius (VPro15) – 0.8*109 CFU
*CFU – Colony-Forming Unit
*No determined Nutrient Reference Values

RECOMMENDED DAILY INTAKE:
Take 2 capsules daily with food.
Do not exceed the recommended daily intake.

Dietary supplements cannot be used as a substitute for a varied diet.
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Aloe Vera Juice

DIET SUPPLEMENT • 946 ml

In the case of our Aloe Vera Juice, the manufacturing process is key. Aloe vera loses its beneficial properties very easily during processing, which is why Nature's Sunshine processes it as little as possible. Each aloe vera leaf is sliced open and the bitter outer layer of the leaf is removed. Afterwards, all that remains is gel, which turns into liquid after a few minutes. Nature's Sunshine processes only this liquid. Aloe vera juice (Aloe barbadensis Mill.) alleviates fatigue, stimulates the metabolism and improves immunity. It also supports the gastrointestinal tract, facilitates digestion and contributes to the regularity of bowel movements. Aloe vera juice improves glycaemic control and helps maintain a healthy blood sugar level, as well as stimulating insulin secretion.



Aloe vera juice helps maintain a healthy blood sugar level, facilitates digestion and contributes to the regularity of bowel movements.

KEY INGREDIENTS:
Aloe vera juice from concentrate (obtained from a concentrate of aloe vera leaf flesh and purified water). Acidity regulator: citric acid, preservatives: potassium sorbate, sodium benzoate.

KEY INGREDIENTS:
Content of the recommended intake (180 ml):
Aloe vera gel – 18.51 g*
** No determined Nutrient Reference Values.

RECOMMENDED DAILY INTAKE:
60–180 ml daily. Can be consumed undiluted or mixed with water.
Do not exceed the recommended daily intake.

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Ury

DIET SUPPLEMENT • 120 capsules

Ury is an excellent product, rich in vitamins and minerals. It contains vitamins C, B1, B2, D and powdered herbs and minerals, such as magnesium and potassium. The key ingredients are the herbs. Common barberry stimulates the secretion of digestive fluids and increases appetite. Marsh-mallow has antibacterial properties and soothes the oral cavity and the throat. Field horsetail reinforces vascular walls and contributes to the remineralisation of the body. This product also contains dandelion root, which improves the well-being of the digestive tract due to its prebiotic effect, and helps maintain the physiological pH balance in the stomach. Ury is also a source of folic acid. Folates facilitate haematopoiesis and the synthesis of amino acids. Hop flower contained in Ury alleviates symptoms of menopause, such as hot flushes, sweating, anxiety and irritability.

Schisandra supports the physiological cleansing processes.
Birch leaf facilitates digestion and detoxification.

INGREDIENTS:
cranberry fruit; capsule casing: gelatin; bulking agent: cellulose; magnesium; parsley; corn silks, Oregon grape roots and rhizomes; smooth hydrangea root; potassium citrate; marsh-mallow root; dandelion root; female ginseng root; hop flowers; field horsetail shoots and strobili; schisandra fruit; vitamin C; grapefruit bioflavonoids; round leaf buchu extract; emulsifier: magnesium salts of fatty acids; anti-caking agent: silicon dioxide; pantothenic acid; niacinamide; riboflavin, thiamine; folic acid; vitamin D

KEY INGREDIENTS:
Content of the recommended intake (3 capsules):
Vitamin C – 33.6 mg – 56% NRV*; Niacinamide – 11.4 mg – 63% NRV*; Pantothenic acid – 8.1 mg – 135% NRV*;
*NRV – Nutrient Reference Value
** No determined Nutrient Reference Values.

RECOMMENDED DAILY INTAKE:
1 capsule 3 times daily with food
Do not exceed the recommended daily intake.

Dietary supplements cannot be used as a substitute for a varied diet.
A balanced diet and healthy lifestyle are the basis for the proper functioning of the body.

24 essential vitamins and minerals

Become healthier every day

Basic nutrients are the starting point for good health. In order to achieve its peak performance, your body needs a variety of vitamins and minerals. Due to our contemporary fast-paced lifestyle. Many people are suffering from nutritional deficiencies as a result of following diets based on processed foods. A typical contemporary diet does not include enough fruit and vegetables. Vitamins and Minerals is an exclusive product made from nutritious, healthy plants. This unique formula delivers a complete set of vitamins and minerals. Our product is a patented blend of extracts from broccoli, wild carrot, beetroot, rosemary, tomato, turmeric, cabbage, grapefruit and bioflavonoids from oranges and hesperidin. Super Complex supplements the diet with 24 essential vitamins and minerals.

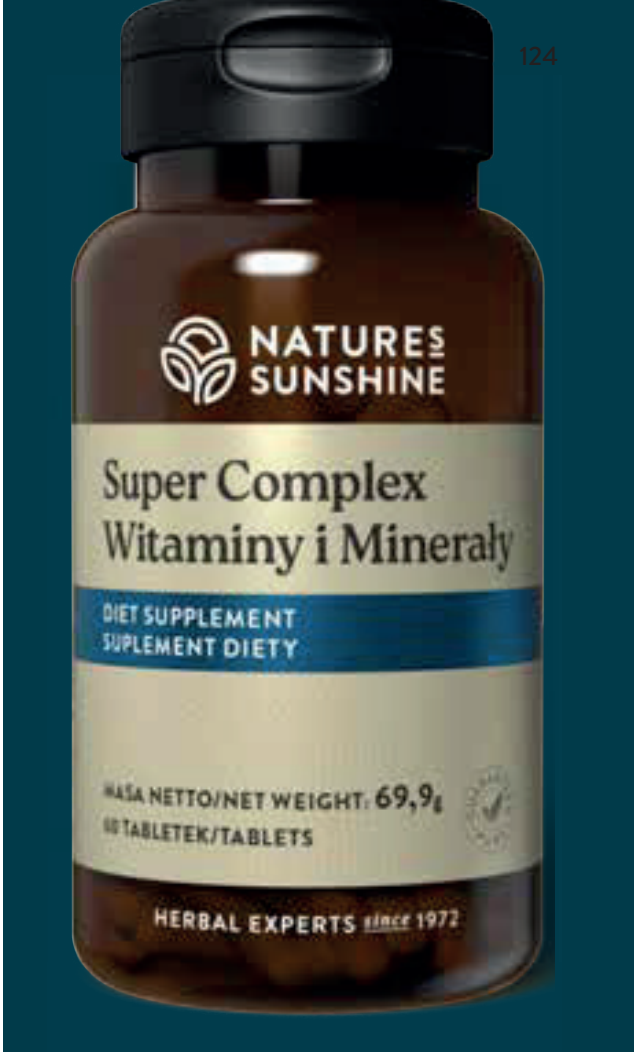
According to a nutritionist:
A comprehensive vitamin and mineral product is a good choice for everyone. It should be emphasised that vitamin and mineral supplements are not medications that are taken during an illness and subsequently discontinued. If we want to be healthy and enjoy a long life, we should take them continuously. As Dr. Walles says: “Good supplements, vitamins and minerals are the best and cheapest insurance.”

Let’s not forget about vitamin S, i.e. sport. The key to a long life is a healthy diet, supplementation, and daily physical activity. Regular exercise not only improves the performance, fitness and functioning of virtually every system in our body. It also enhances the absorption of all nutrients by increasing the cells’ sensitivity and accelerating cellular metabolism. As a result, all processes take place more efficiently and the risk of illness is reduced.

To ensure the proper functioning of our body every day, we need:
Macronutrients (e.g. proteins, fats, carbohydrates and fibre)
8 essential amino acids (e.g. tryptophan, methionine, isoleucine)
Essential Unsaturated Fatty Acids
Water-soluble vitamins (B vitamins, vitamin C)
Fat-soluble vitamins (A, D, E, K)
Micro-elements (e.g. iodine, iron, copper, zinc, selenium)
Macro-elements (e.g. magnesium, calcium, potassium)
Water

Super Complex

DIET SUPPLEMENT • 60 tablets



INGREDIENTS:
calcium (calcium salts of orthophosphoric acid), binding agent (cellulose), vitamin C (L-ascorbic acid), magnesium (magnesium oxide), potassium bicarbonate, vitamin E (D-alpha-tocopherol), anti-caking agent (fatty acids), iron (iron(II) fumarate), D-biotin, phosphorus (calcium salts of orthophosphoric acid), niacin (nicotinic acid), selenium (sodium selenate), powdered broccoli florets, pantothenic acid (D-calcium pantothenate), zinc (zinc oxide), anti-caking agent (silicon dioxide), vitamin A (beta-carotene), copper (copper gluconate), anti-caking agent (magnesium salts of fatty acids) (component of the tablet's casing), manganese (manganese carbonate), powdered wild carrot root, powdered beetroot, powdered tomato, powdered turmeric (Curcuma longa) rhizome, powdered rosemary leaves, powdered cabbage leaves, chrome (chromium(III) potassium sulfate), vitamin D (ergocalciferol), folic acid (pteroylmonoglutamic acid), vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), iodine (potassium iodide), molybdenum (ammonium molybdate), vitamin B1 (thiamine), hesperidin (extract), bioflavonoids (from grapefruit, orange), vitamin B12 (cyanocobalamin).

KEY INGREDIENTS:
Content of the recommended intake (2 tablets):
Calcium – 250 mg / 31% NRV*; Vitamin C – 180 mg / 225% NRV*; Phosphorus – 180 mg / 26% NRV*; Magnesium – 100 mg / 27% NRV*; Vitamin E – 44 mg / 367% NRV*; Niacin – 30 mg / 188% NRV*; Pantothenic acid – 20 mg / 333% NRV*; Iron – 15 mg / 107% NRV*; Zinc – 15 mg / 150% NRV*; Vitamin B6 – 4 mg / 286% NRV*; Vitamin B2 – 3.4 mg / 243% NRV*; Vitamin B1 – 3 mg / 273% NRV*; Vitamin A - 300 µg/ 38% NRV*; Copper -2 mg/200% NRV*; Manganese- 1 mg/50% NRV*; Folic acid - 400 µg/200% NRV*; D-biotin-300 µg/ 600% NRV*; Iodine - 150 µg/ 100% NRV*; Chromium-100 µg /250% NRV*; Molybdenum - 74 µg/148% NRV*; Selenium - 50 µg/ 91% NRV*; Vitamin B12-12 µg/480% NRV*; Vitamin D - 10 µg/200% NRV*; Hesperidin-2.5 mg**

*NRV – Nutrient Reference Value
**No determined Nutrient Reference Values

RECOMMENDED DAILY INTAKE:
1 tablet twice daily with food.
Do not exceed the recommended daily intake!

Dietary supplements cannot be used as a substitute for a varied diet. A balanced diet and healthy lifestyle are the basis for the proper functioning of the body.



Calcium Plus Vitamin D

FOOD SUPPLEMENT • 150 tablets

Calcium Plus Vitamin D is one of the most popular food supplements offered by Nature's Sunshine. In addition to calcium and vitamin D, the product also contains phosphorus and magnesium. Each of these ingredients improves bone and dental health. The main ingredient of the product is calcium, which – apart from having a beneficial effect on bones and teeth – supports the proper functioning of muscles and helps maintain healthy nerve conductivity. Vitamin D facilitates the absorption and utilisation of calcium and phosphorus. Phosphorus supports the proper functioning of cell membranes and helps maintain healthy energy metabolism. The product also contains magnesium, which improves muscle health and supports the nervous system.



Calcium, phosphorus and magnesium are crucial for bone and dental health. Vitamin D helps maintain a healthy blood calcium level.

Magnesium and calcium have a beneficial effect on energy metabolism.

INGREDIENTS:
calcium (amino acid chelate, calcium citrate, calcium salts of orthophosphoric acid); phosphorus (calcium salts of orthophosphoric acid); magnesium (amino acid chelate, magnesium oxide), bulking agent: cellulose; anti-caking agent: magnesium salts of fatty acids; alfalfa; vitamin D (cholecalciferol)

KEY INGREDIENTS:
Content of the recommended intake (3 tablets):
Calcium – 750 mg – 94% NRV*; Phosphorus – 420 mg – 60% NRV*;
Magnesium - 375 mg – 100% NRV*; VItamin D -- 9 µg – 180% NRV*;
*NRV – Nutrient Reference Value
**No determined Nutrient Reference Values.

RECOMMENDED DAILY INTAKE:
1 tablet 3 times daily with food.
Do not exceed the recommended daily intake.

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Vitamin B Complex

DIET SUPPLEMENT • 120 capsules

B-group vitamins play an essential role in our bodies and are involved in many basic life processes. The product's composition was chosen to support proper energy metabolism and preserve mental functions, by taking advantage of the key properties of B vitamins, which do, however, demonstrate a much wider range of action.

Vitamin B2 (riboflavin) reinforces the nervous system and helps maintain good eyesight, while vitamin B6 additionally strengthens the immune system and niacin keeps the skin healthy. Without a doubt, one's daily diet should be composed in such a way that it provides the body with B vitamins. Supplementation seems to be the perfect solution.

Vitamin B Complex' formula is completed by citrus bioflavonoids and herbs, such as rosemary and turmeric.

INGREDIENTS:
nicotinic acid amide, pantothenic acid, vitamin B6, riboflavin, thiamine, folic acid, D-biotin, vitamin B12, SynerPro concentrate [powdered broccoli flowers (Brassica oleracea var. italica), powdered cabbage leaf (Brassica oleracea var. capitata), powdered carrot root (Daucus carota), powdered beetroot root (Beta vulgaris), powdered rosemary leaf (Rosmarinus officinalis), powdered tomato fruit (Solanum lycopersicum), powdered turmeric rhizome (Curcuma longa), bioflavonoid extract from powdered grapefruit, bioflavonoid extract from powdered hesperidin, bioflavonoid extract from powdered orange], anti-caking agents (calcium phosphates, microcrystalline cellulose, fatty acids, sodium carboxymethylcellulose, magnesium salts of fatty acids).

KEY INGREDIENTS:
Contained in a recommended serving (1 tablet):
Thiamine (B1) - 6 mg / 545% NRV*; Riboflavin (B2) - 6.8 mg - 486% NRV*; Niacin - 50 mg - 313% NRV**;
Vitamin B6 - 8 mg - 571% NRV**; Folic acid - 400 µg - 200% NRV*; Vitamin B12 - 24 µg - 960% NRV*;
Biotin - 300 µg - 600% NRV*; Pantothenic acid - 40 mg - 667% NRV*;
Grapefruit extract 1.25 mg - including 50 µg of bioflavonoids; Hesperidin extract 1.25 mg - including 310 µg of bioflavonoids; Orange extract 1.25 mg - including 15 µg of bioflavonoids;
*NRV - Nutrient Reference Values
**Nutrient reference values have not been set.

RECOMMENDED DAILY INTAKE:
1 tablet daily with a meal
Do not exceed the recommended daily consumption.

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HSN-W

DIET SUPPLEMENT • 100 capsules

HSN-W (Hair Skin Nails - Woman) – Beautiful hair, healthy skin and strong nails! Looking for comprehensive support for your hair, skin and nails? HSN-W is a dedicated dietary supplement designed specifically for women to help you achieve beautiful and healthy hair, radiant skin and strong nails.

How it works?

Hair: HSN-W supports healthy hair, helping to maintain its strength, shine and elasticity. Ingredients such as field horsetail and dulse can affect the condition of the hair, providing it with the appropriate nutrients.

Skin: Rosemary can help maintain healthy and radiant skin. Its antioxidant action can protect the skin from damage and support its natural regenerative processes.

Nails: HSN-W can help strengthen nails, helping them to maintain a healthy appearance and resilience. Field horsetail can contribute to increasing their strength.

Take care of your hair, skin and nails with HSN-W (Hair Skin Nails - Woman). Choose natural support for beauty and health, created especially for you.

INGREDIENTS:

Dulse thallus powder (Rhodymenia palmata), aboveground parts of field horsetail powder (Equisetum arvense), capsule casing (gelatine), common sage leaf powder (Salvia officinalis), rosemary leaf powder (Rosmarinus officinalis).

KEY INGREDIENTS:

In a daily portion (6 capsules);
Dulse (Rhodymenia palmata) - 984 mg*, Aboveground parts of field horsetail - 738 mg*, Common sage leaf powder - 492 mg*, Rosemary leaf powder - 246 mg*.
*No determined Nutrient Reference Values.

RECOMMENDED DAILY INTAKE:

3 capsules 2 times daily with food. Do not exceed the recommended daily intake!

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A balanced diet and healthy lifestyle are the basis for the proper functioning of the body.


Not only
supplements



Sunshine Brite Toothpaste

100 g

Thanks to carefully selected ingredients, Sunshine Brite Toothpaste will thoroughly take care of your oral health. Sunshine Brite Toothpaste contains well-known ingredients commonly used in the production of toothpastes: menthol that perfectly refreshes the oral cavity; calcium carbonate that helps polish the teeth; sodium bicarbonate that neutralizes bacterial acids; and silicon dioxide that fights stains without damaging the enamel. However, it is the plant-based composition that makes Sunshine Brite stand out.

Myrrh balm and **elderberry fruit extract** help prevent mouth inflammation.

Green tea extract helps prevent periodontitis, has anti-caries properties and prevents the formation of unpleasant smell.

Canadian bitter contributes to preventing gum inflammation.



INGREDIENTS:
Sunshine Brite contains Canadian bitter, Myrrh balm and plant extracts from green tea and elderberry for the maximum protection of your gums.

RECOMMENDED USE:
Brush your teeth at least twice a day after the meal.
For maximum result, leave the foamed paste for a minimum of one minute, then rinse.
Visit the dentist regularly.

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Tei-fu - massage lotion

118,3 ml

The main ingredient of the Tei-fu lotion is Gaultheria procumbens (American wintergreen) – a plant native to eastern North America. American wintergreen is famous for its therapeutic properties. When applied to the skin, it has antispasmodic, anti-inflammatory, anti-rheumatic and analgesic effects. American wintergreen oil makes the Tei-fu lotion a perfect solution in case of muscle pain and spasms, rheumatic disorders and joint pain.

The Tei-fu lotion also contains menthol and camphor. Menthol is used as a strong fragrance and has a unique soothing effect on the mucous membranes. When inhaled, menthol brings an instant cool and fresh sensation. These properties make it an ideal remedy that supports the treatment of rhinitis and the cold, as well as alleviating muscle pain. When applied to the skin, camphor has a warming effect and its structure ensures fast and easy absorption.
Due to the combination of camphor and menthol, the Tei-fu lotion is a perfect warming and analgesic product.



KEY INGREDIENTS:
American wintergreen (Gaultheria procumbens), menthol, camphor

RECOMMENDED USE:
Massage the lotion into the skin around muscles and joints. Avoid contact with the eyes. For external use only.

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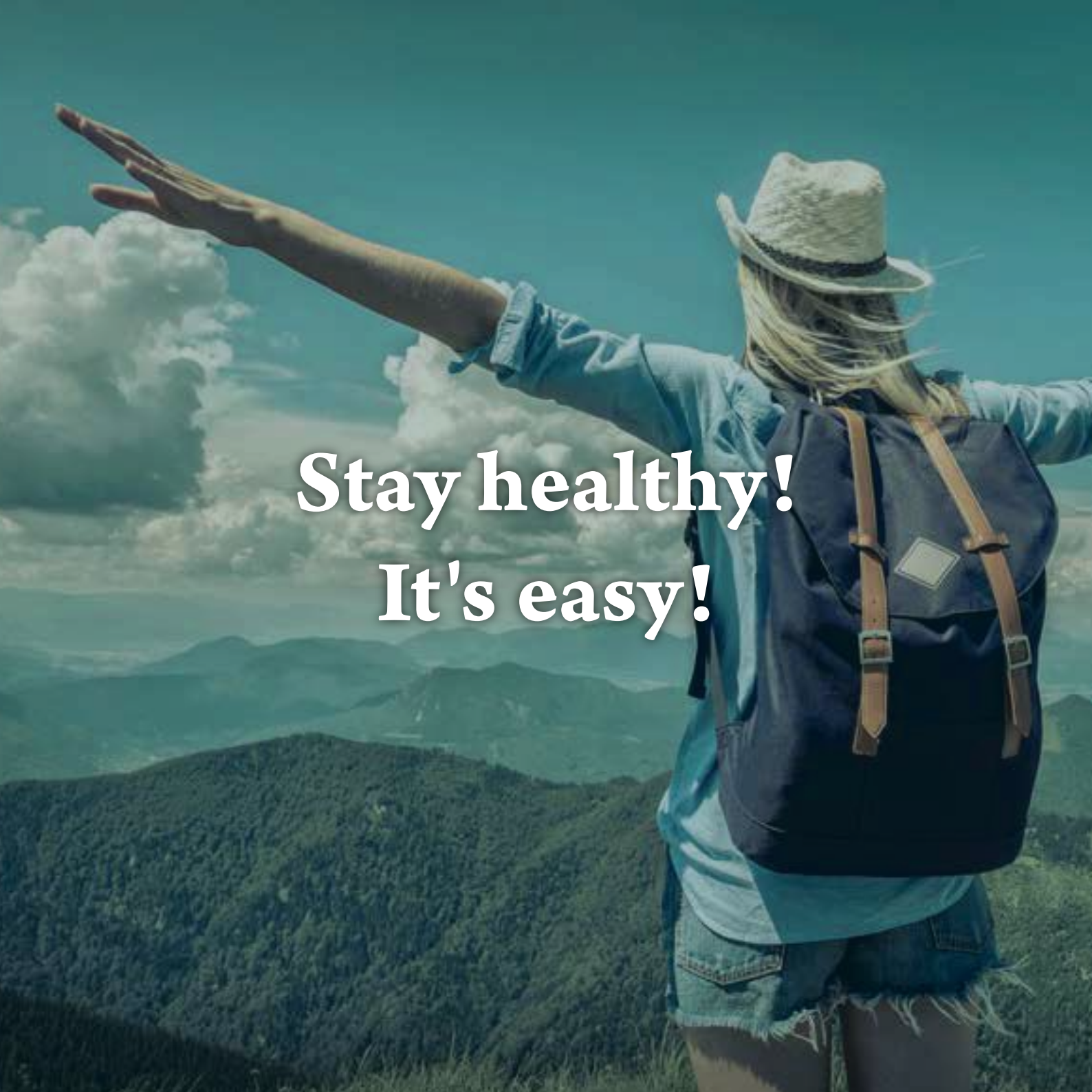

Stay healthy!
It's easy!



Gastrointestinal system

The digestive tract is responsible for the absorption of nutrients from food. Its harmonious functioning depends on the cooperation of many organs, also those that are not a part of the digestive system (oral cavity, oesophagus, stomach, duodenum, intestines, liver, pancreas). Gastrointestinal health is also influenced by blood supply, hormonal state, the functioning of the nervous system and even undisturbed water-electrolyte balance! All our organs are indirectly connected with one another. The digestive system is a gateway to the health of the entire body, which is able to repay it by providing positive stimuli and support. Digestive complaints may be the result of an unhealthy diet, but they can also indicate problems within other organs or even contribute to them.



THE MOST COMMON GASTROINTESTINAL DISEASES:

Ulcers of the stomach and duodenum affect many people. A damaged mucous membrane causes abdominal pain that responds to food intake (depending on the location of the ulcer, food may exacerbate or alleviate the pain). Since it can cause serious complications, e.g. perforation of the gastrointestinal wall or bleeding that is difficult to manage, this condition should not be ignored. The most common causes of ulcers are smoking, Helicobacter pylori infection and taking non-steroidal anti-inflammatory drugs (this group includes the majority of popular painkillers).

Haemorrhoids are vascular structures in the anal canal. They become a problem, if they are often inflamed. This condition can affect as much as half of the world's population. Prolapsed and damaged haemorrhoids often lead to bleeding. The most common causes include sedentary lifestyle (but also working in a standing position or under physically demanding conditions), a diet that leads to constipation (e.g. a fibre-poor diet), excessive alcohol consumption, insufficient hydration during the day, as well as chronic heart or liver conditions.

Inflammatory bowel diseases (e.g. Crohn's disease) are conditions that cause recurring acute digestive symptoms. The causes of these diseases are unknown. It is very important to follow a special diet that is completely different from a typical healthy diet, designed to support the cardiovascular system and ensure longevity. People suffering from these diseases should be continuously supervised by experienced nutritionists.

7 steps towards gastrointestinal health

PHYSICAL ACTIVITY
Regular exercise stimulates intestinal motility and has a profound impact on the regularity of bowel movements. Taking a brisk 30-minute walk every day can help your digestive system!

SLIMMER MEANS HEALTHIER
The gastrointestinal tract of slim people functions better – maybe it's because they're slim? Whether this is true or not, everyone who experiences digestive problems should consider losing excess weight.

TAKE CARE OF YOUR LIVER
The liver is responsible for the production of virtually all crucial proteins and the metabolism of fats and sugars. It is also the principal organ that participates in the detoxification of the body. Powerful, natural allies of the liver include turmeric, garlic, rosemary and artichoke leaf.

MORE FIBRE AND MORE WATER
You should drink at least 2 litres of water every day. Your diet should also provide at least 25 g of fibre. Remember that fibre supplements should be taken with lots of water!

CHEW YOUR FOOD THOROUGHLY AND TAKE CARE OF YOUR ORAL HYGIENE
Every bite matters! Food must be mixed with saliva and carefully ground. Don't forget about oral hygiene. The bacteria that accumulate in the oral cavity can not only damage the enamel and lead to caries, but also cause chronic inflammation that results in the disorders of distant organs (e.g. the cardiovascular system!).

DON'T FORGET ABOUT VITAMINS AND MINERALS
Choosing the optimal diet on your own can be difficult. The daily diet should be consistent with the recommended food pyramid. If you decide to take supplements, particularly those consisting of plant extracts, make sure to choose only the highest-quality products.

CRUCIAL MICROBIAL FLORA
A diet rich in harmful by-products of frying, trans fats and excessive amounts of meat exposes our intestines to bacteria that is very different from those we have coexisted with for tens, and even hundreds, of thousands of years. This condition is called dysbiosis – a microbial imbalance in the intestines that affects virtually every organ and tissue, not only the digestive system. The good news is that supplementing the intestinal flora with probiotics, i.e. physiological, beneficial bacteria, can restore a healthy composition to it. Changing your dietary habits is the first step towards perfect health and longevity.

Select the appropriate supplements:



To support the digestive system, we recommend:

- Bacillus Coagulans
- Pro B11
- Bifidophilus Flora Force
- Gentle Move
- Liver Health Formula
- Bowel Build
- Carbo Grabbers
- Cholester-Reg
- Loclo
- Fat Grabbers
- Capsicum & Garlic with Parsley
- SmartMeal
- Aloe Vera Juice
- Ury
- Turmeric Curcumin
- Papaya Mint



Energy and metabolism

Metabolism is the sequence of processes that occur in our body, resulting in the acquisition, storage and use of energy from the ingested food. Metabolism keeps the cells alive and allows the proper functioning of the body. It also has a huge impact on our weight.



"SLOW METABOLISM"

Everyone has heard of fast and slow metabolisms. We know that people with a fast metabolism can maintain a healthy body weight more effortlessly and do not have to count every calorie they eat. People with a so-called slow metabolism gain weight very easily and have to carefully analyse each meal. Of course, everyone would prefer to have a fast metabolism. However, in order to accelerate it, we have to commit to long-term lifestyle changes and focus on appropriate diet and exercise.

How can you accelerate your metabolism?

Physical exercise is key, provided that we do it correctly. The best type of activity that helps speed up the metabolism is so-called interval training. It involves exercising at a varied pace (e.g. 2 minutes of slow jogging, followed by a 30-second sprint).

Naturally, a proper diet is important as well. The most crucial meal is breakfast. Of course, it is important that breakfast is your first meal of the day, but timing is of the essence here. Nutritionists agree that in order to accelerate the metabolism, we should have breakfast within the first hour after waking up.

An adequate supply of vitamins and minerals. Calcium, phosphorus, magnesium, zinc, iodine and B vitamins are particularly important for a healthy metabolism.

Another factor that influences the metabolism is muscle mass. Since muscles consume more energy than adipose tissue, more muscles equate to a faster metabolism.

Select the appropriate supplements



In the category of energy and metabolism, we recommend:

● Bowel Build ● Zinc ALT ● Kelp ● Coenzyme Q10 Plus ● Magnesium ● Solstic Energy from NAture ● Vitamin B Complex ● Calcium Plus Vitamin D ● Vitamin C z bioflavonoids ● Super Complex



Cardiovascular system

It would be very difficult to decide which of the body systems is the most important. However, if we had to choose, the cardiovascular system would be the obvious candidate, primarily due to its size and importance for our health. The cardiovascular system is responsible for transporting blood, which contains nutrients, hormones and, of course, oxygen. This mechanism, consisting of blood vessels (arteries, capillaries, veins) and the heart, is particularly sensitive to our lifestyle and the only appropriate way of keeping it in good shape is through a healthy diet and physical activity. Cardiovascular conditions are usually caused by poor dietary habits and a sedentary lifestyle.

THE MOST COMMON CARDIOVASCULAR DISEASES

Hypertension is a disease characterised by elevated blood pressure in the arteries. Human arteries, heart, brain, kidneys and other organs function most efficiently when the blood pressure does not exceed 120/80 mmHg. Elevated blood pressure slowly but steadily destroys the arterial walls, accelerating the development of atherosclerosis which gradually blocks the openings of the vessels. Less effective blood supply means lower performance. Under elevated pressure, the heart has to work harder to effectively pump blood. Therefore, hypertension increases the risk of myocardial hypertrophy, infarction and heart failure.



Atherosclerosis

The arteries, which transport blood throughout the body, are lined with a delicate layer called endothelium. Blood is equipped with an automatic system that prevents it from flowing out if the vessel is perforated – this is the ability to coagulate. Endothelium prevents the blood from clotting and keeps it in liquid form (but only inside the vessels!). In people suffering from atherosclerosis, deposits of various substances, such as cholesterol and calcium, accumulate under the endothelium. Over the years, those deposits become so large and extensive that they start to pose a considerable threat. Their rupture can cause thrombosis in the opening of the artery and subsequently – myocardial infarction.

Cardiac arrhythmia

The heart is equipped with a specialised system that generates and conducts electrical signals. This allows the heart to beat automatically and without our voluntary control. Furthermore, this system distributes the electrical signals in a way that ensures a synchronised movement of individual parts of the heart: first the atria contract and then the ventricles. There is also time for diastole, i.e. relaxation and dilation. Cardiac arrhythmia can be mild or lead to serious complications associated with abnormal blood flow to the brain and other organs. An irregular heartbeat can result in acute cerebral ischemia and syncope, and in extreme cases – even cardiac arrest.

5 steps towards cardiovascular health

FRUIT AND VEGETABLES
Eating at least 5 servings of fruit and vegetables per day is essential for cardiovascular health. This includes raw or steamed red, green, yellow and blue fruit and vegetables, full of fibre, vitamins and minerals.

PHYSICAL ACTIVITY
The heart loves physical activity. Try to imagine that the heart simply likes to beat faster, i.e. to exercise. The more it exercises, the healthier it gets. The activities that are particularly beneficial for the heart include walking, jogging, cycling, swimming, dancing and skiing. People suffering from hypertension and at risk of atherosclerosis should definitely consider taking up one of these sports.

FOOD WITHOUT UNHEALTHY, FRIED FATS
Fats considered to be "healthy", or health-promoting, such as olive oil, undergo various transformations under the influence of high temperatures (including oxidation). This results in the formation of harmful compounds that damage the heart and increase the risk of cancer. Animal-based fats or palm oil are stable in this respect, because they contain large amounts of saturated fatty acids, which have been proven to cause heart disease, irrespective of whether they are consumed cold or hot. Eating fried fats, even in fish, increases the risk of hypertension, heart failure, myocardial infarction, diabetes and obesity.

ACTIVE REST, SLEEP, RELAXATION
Oxygen, good sleep, relaxation – this is the cornerstone of the fight against stress and something you can never overdose on. Numerous studies have demonstrated that short sleep periods, below 5–6 hours, are associated with coronary artery disease, myocardial infarction, hypertension, development of inflammation and increased activity of the sympathetic nervous system (which needs to be blocked during treatment of heart disease!). However, the opposite end of the spectrum, i.e. sleeping for too long, can also have negative effect. An eight-hour sleep is considered optimal for maintaining good health.

SLIM, SLENDER FIGURE
Being overweight or obese are not the heart's favourite things. Losing as little as 5–10 percent of body weight can already significantly reduce the risk of heart disease! Metabolic syndrome is a combination of obesity, hypertension, diabetes and lipid disorders (high cholesterol levels). It increases the risk of myocardial infarction and stroke so significantly that this condition used to be called "the crossroads of death".

Select the appropriate supplements



To support the digestive system, we recommend:

● Cholester-Reg ● Garlic ● Gotu Kola ● Coenzyme Q10 Plus
● Lecithin ● Olive Leaf Extract ● Super Omega 3 EPA ● Zambroza
● Turmeric Curcumin ● Vari Gone ● Blood Pressurex



Respiratory system

Oxygen is a substance without which we can't survive for more than a few minutes. Longer oxygen deprivation can result in irreversible changes in the brain and even death. We breathe in oxygen and the healthy gas exchange in our body is the responsibility of the respiratory system. It allows us to breathe in oxygen and breathe out harmful carbon dioxide, but this is not the only function of this system. The airways are one of the first obstacles faced by the contaminants that try to enter our body. Unfortunately, we live in an era of heavily polluted air; as a result, our respiratory system is more at risk of infection and disease than ever before.

THE MOST COMMON RESPIRATORY DISEASES

Inflammation, infections. The deeper the bacteria or viruses attack, the more serious the condition. Pharyngitis is relatively harmless; tracheitis or bronchitis can cause slightly more discomfort. The most severe condition is pneumonia, where the infection spreads to the alveoli – the element responsible for gas exchange. Pneumonia is particularly dangerous for older people and absolutely requires medical supervision.

In people suffering from asthma, allergies (e.g. to pollen, animal dander or mites) lead to the inflammation of the bronchi. They become hypersensitive and can react with a strong, persistent contraction. The bronchoconstriction can prevent airflow and cut off oxygen supply. Asthma sufferers should avoid allergens and control the inflammatory reaction in the bronchi. During an acute asthma attack, the patient requires medication that relieves the bronchoconstriction – every asthma sufferer should always carry an inhaler containing the medication with them!

Chronic obstructive pulmonary disease (COPD) is a condition that affects mainly chain smokers. The alveolar damage that builds up over the years finally breaks down the microstructure of the lungs, reduces their surface area and impairs the gas exchange. The result is an insufficient supply of oxygen, communicated by the brain as continuous shortness of breath. This feeling is one of the most difficult sensations to manage, more difficult than pain. As the disease continues to progress, the shortness of breath intensifies. The treatment of COPD is much more complicated than the prevention – all you have to do is immediately quit smoking!

Shortness of breath. Although we associate it with the respiratory system and interpret it as a direct result of oxygen deprivation, it can be caused numerous factors other than respiratory conditions. Any disease that inhibits the supply of oxygen can cause shortness of breath. Cardiac or renal failure can flood the lungs with water; anaemia decreases the level of haemoglobin (which is absolutely necessary for oxygen transport). These diseases can also cause shortness of breath!



Take care of your respiratory health every day

- Quit smoking immediately. It is the cause of 90% of fatal cases of lung cancer.
- Don't walk near traffic-heavy streets to avoid breathing in exhaust gas.
- Breathe in through your nose, which filters and humidifies the air, and breathe out through your mouth.
- Take care of the rooms you spend your time in. Eliminate dust, keep the rooms properly humidified and try to ventilate them frequently to increase the amount of oxygen.
- If you suffer from allergies, try to avoid the allergens.

Select the appropriate supplements



To support the respiratory system, we recommend:

● Zinc ALT ● Olive Leaf Extract ● Ury ● Breathe Clear



Urinary tract

The main role of the urinary system is to remove toxins and metabolic waste products from the body, and to maintain a healthy water-electrolyte balance. The system consists of the kidneys, ureters, bladder and urethra. Since the diseases of the urinary tract may produce no symptoms for a long time, you should have a general urinalysis performed approximately once per year and monitor the proper functioning of the system yourself. Urinalysis is a very valuable tool that may help assess the condition of the entire body. Alarming symptoms include any urine colour other than straw-yellow, too little (400–500 ml per day) or too much (more than 3 litres) urine, as well as the frequency of urination – both too many and too few trips to the toilet are cause for concern.

THE MOST COMMON DISEASES OF THE URINARY SYSTEM

Cystitis and urinary tract inflammation are more common in women, who are simply more susceptible to infection. These problems affect mainly those women who are very sexually active, pregnant or post-menopausal. The symptoms include pain and urinary urgency, which results in frequent trips to the toilet.

Urolithiasis, on the other hand, is a condition that usually affects men aged 30–50. It is one of the most common diseases of the urinary system (it affects 2% of the population). In patients suffering from urolithiasis, deposits called kidney stones accumulate in the kidneys. Urolithiasis is asymptomatic until one of the deposits detaches, most often causing excruciating pain referred to as renal colic.

Chronic renal disease is a condition that is fairly common among people aged 65 and over. It consists in the permanent impairment of kidney function, resulting from structural abnormalities or damage. The disease progresses over time; patients may eventually require dialysis or even a kidney transplant.

Urinary incontinence is another problem that affects women, especially those aged 45 and over. The most common cause of this condition is the decreased tension of pelvic floor muscles caused by hormonal changes.

Take care of your urinary system every day

- Drink a lot of water. Increased water intake results in more frequent urination.
- Urinate regularly, do not hold in urine for a long time.
- Maintain good hygiene of your genital area. Many urinary tract diseases originate from bacterial infections.
- Avoid infections. Infections other than urinary tract infections can cause renal disease as well!
- Do regular pelvic floor exercises. Popular “sit-ups” are also beneficial for the urinary tract.



Select the appropriate supplements



To support the urinary tract, we recommend:

● Loclo ● Ury



Endocrine system

Control, control, control. Our body is equipped with numerous control systems, both at the cellular and organ level. The nervous system ensures relatively quick control and reactions, but a significant part of supervising the body's functioning is provided by the endocrine system. It consists of glands that secrete special substances into the bloodstream. Those substances can influence the functioning of even quite distant organs. Thyroxine (T4) and triiodothyronine (T3) allow the thyroid gland to control the metabolism and energy production. The adrenal glands secrete stress hormones, i.e. adrenaline and noradrenaline, which regulate the functioning of the muscles, blood vessels and bronchi, as well as steroid hormones, which control inflammation and the water-electrolyte balance. Sex hormones are responsible for the onset of puberty and the ability to procreate. The growth hormone is secreted by the pituitary gland, which is located in the brain and controls all other glands. All hormones circulate in the body and ensure the balance of metabolic and energy-related processes, as well as the growth and development of both individual cells and entire organs.

SELECTED DISEASES OF THE ENDOCRINE SYSTEM

Diabetes. We often forget that insulin is a hormone. It is secreted by the pancreas in response to changes in blood sugar concentration. Sugar is like petrol – it is an excellent source of energy, but an excessive amount of it can prove dangerous. While it is not explosive like real petrol, without insulin sugar cannot enter the cells, damaging nerves and blood vessels. Year after year, it destroys virtually every part of the body, from head to toe (through the kidneys and the heart which are particularly severely affected by diabetes). Type 2 diabetes is a classic example of a lifestyle disease caused by a long-term unhealthy diet, poor in fruit and vegetables and rich in harmful fats and excess calories.

Hypothyroidism.
It is a condition where the thyroid gland does not secrete a sufficient amount of hormones. It can result from the immune system attacking the body (causing Hashimoto's disease), or too much or too little iodine in the diet. This condition usually does not cause any pain and sometimes after undergoing routine tests, we can accidentally find out that chronic fatigue, feeling cold, constipation, dry skin, damaged hair, oedema, hoarseness and bad moods are caused by decreased levels of thyroid hormones. As you can see, these hormones influence the functioning of many organs, so their deficiency can affect the health of the entire body!

Polycystic ovary syndrome (PCOS). Recently, this has been more and more frequently discussed in the media due to increasing awareness of fertility problems. In a healthy ovary, an ovum is released from a follicle once per month. Ovaries of the women suffering from PCOS contain numerous cysts (hence the name of the condition), which can be examined during an ultrasound scan. In addition, the level of male sex hormones increases, causing irregular menstrual periods and reducing the chance of getting pregnant. Other problems include acne, increased lipid levels, hair growth in the areas where it is usually not found in women, and finally obesity, which is likely the cause of this disease. A very important part of PCOS management is weight loss and diet optimisation, along with other treatment methods!

Take care of your endocrine system every day

Lose weight. Stop eating the Western pattern diet, avoid hamburgers, pizza, fatty pasta, fried dishes and if you eat meat, do it only on special occasions. Eat a lot of fresh fish, include plenty of vegetables and fruit, and snack on nuts at least once per week. Make sure that your diet provides a sufficient amount of omega-3 acids, selenium, iodine and other micro-elements and vitamins.

Exercise for 30 minutes every day, even if you have to divide it into six 5-minute sessions!
Consult your doctor if you suspect you might be sick or if you feel very fatigued. Unexplained fatigue is a common symptom of many conditions (including hormonal disorders), so it is a good idea to get examined and rule them out instead of living without energy and waiting for a miracle.



Select the appropriate supplements



To support the endocrine system, we recommend:

● Red Clover ● Kelp ● Alfalfa ● Aloe Vera Juice



Musculoskeletal system

The beauty of the human body and its detailed structure have fascinated artists since time immemorial. The nervous system ensures motor coordination, but it is the muscles, tendons, fascia, joints and bones that create the biological machinery that allows us to smoothly perform even the most complex activities, such as playing instruments, doing arts and crafts or playing sports as professional athletes.



SELECTED MUSCULOSKELETAL DISORDERS

Osteoarthritis, rheumatoid arthritis. In rheumatic diseases,
the most common problem is the progressive destruction of articular cartilage. The cartilage cushions every load the body is subjected to and the synovial fluid that surrounds it acts as a lubricant. Inflammation destroys cartilage and the bone located in its immediate vicinity. This reduces articular mobility and causes pain. In addition to pain relief, contemporary treatment focuses on the alleviation of the inflammation that damages the joints.

Osteoporosis affects between ten and twenty percent of post-menopausal women and many more are at risk. Men are not safe in this regard either. This condition is characterised by decreased bone density; as a result, the perfect, sturdy structure is replaced by something more akin to a sponge. In other words, there is "too little bone" in the bone. The biggest problem is not the osteoporosis itself, but the fractures that, due to the bones' fragility, occur in situations that usually result in mere scratches and bruises, such as falls. The condition of our bones is the result of the decisions we make throughout our lives – a diet lacking in calcium, vitamin D and protein is the most important element that we can and should change in order to improve our bone health, even at an advanced age.

Herniated spinal discs.
Cartilage cushions the load placed on the joints of the limbs; a similar function is performed by the intervertebral disc, located between adjacent vertebrae. It is made of connective tissue, with a dense sphere in the middle (the so-called nucleus pulposus), which springs and distributes heavy axial loads applied to the spine to the sides. Sometimes this sphere slips sideways and falls into the canal from which the spinal nerves emerge. Since the canal is too narrow to accommodate both of those structures, the nerve becomes compressed, which is interpreted by the brain as excruciating pain. The treatment usually involves lying down in a position that reduces the pressure on the nerve and waiting for the body to eliminate the displaced nucleus pulposus by itself. In some cases, surgery is necessary.

Take care of your musculoskeletal system

DIET

Vitamin C is essential for the synthesis of collagen. Calcium and vitamin D are essential for bone health. Follow a healthy diet to ensure an adequate supply of those building blocks! The immune system has a very complicated relationship with the joints and we are not really sure what upsets the delicate balance between the protection of those structures and the attack on them. The Western pattern diet is full of substances that exhibit pro-inflammatory properties, i.e. activate the immune system. The first step is to eliminate all unhealthy, greasy, fried and highly processed products from the diet. The second step is to replace them with fresh fruit and vegetables.

PHYSICAL ACTIVITY

When you exercise, remember to stretch in order to avoid injuries. Don't play the hero if you feel pain. Pain is an alarm bell and if it recurs, you should be examined by an experienced professional. A physiotherapist will help you eliminate the cause of the pain, especially if it results from poor technique. Before you take up any sport professionally, make sure that you know how to exercise and position your body in an optimal way. Too little attention paid to ergonomics is usually very detrimental and can cause serious injuries as early as the first few training sessions. Very few cyclists have bikes that fit their height, body proportions and the type of training. Choosing the right bike is often enough to prevent back pain! Exercise in a harmonious way. If you focus only on one activity, other parts of the body will feel the lack of exercise. If you experience pain in the sacral vertebrae, try to strengthen your spinal muscles. One of the best types of activity recommended in this case is regular backstroke swimming.

CAUTION

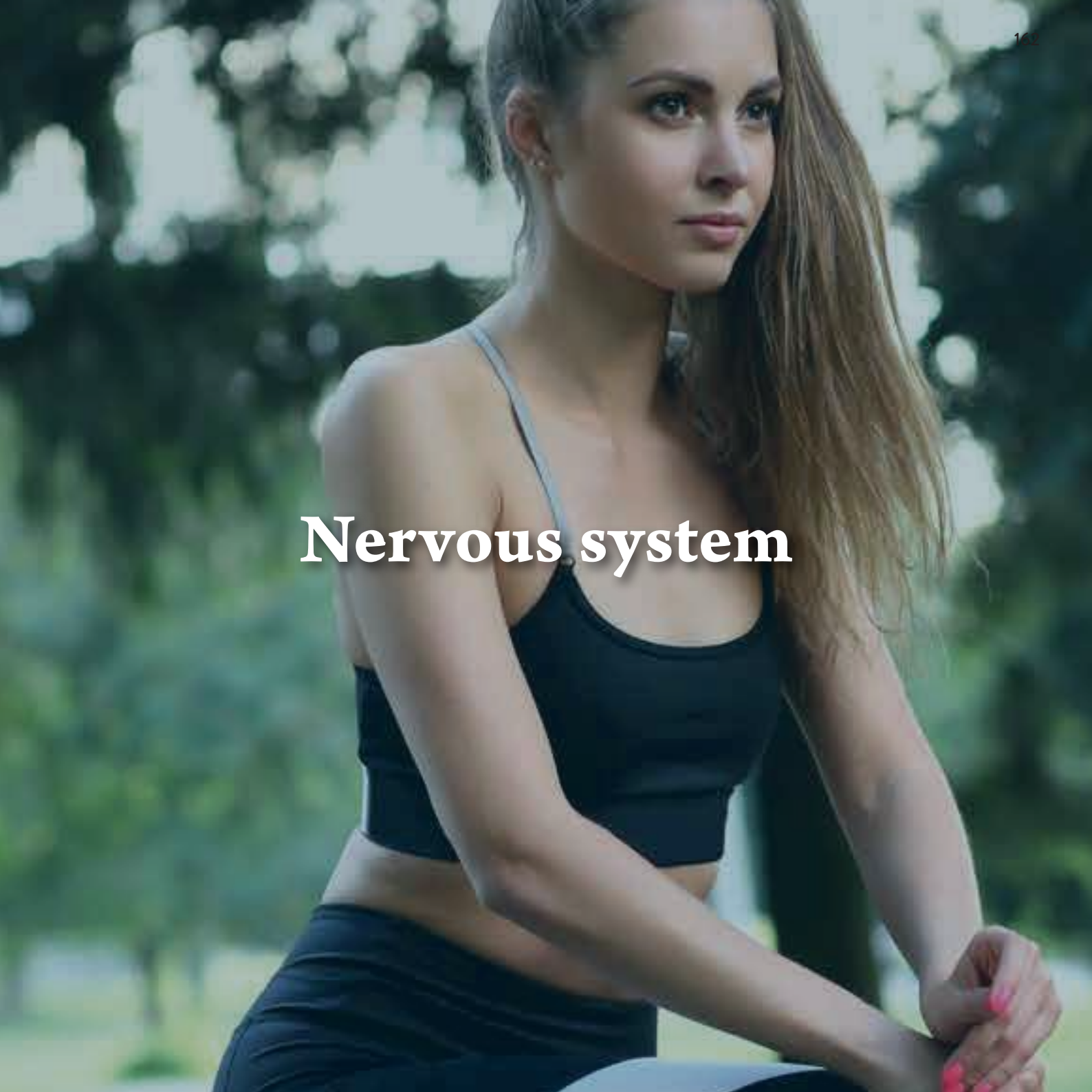
Learn how to safely lift heavy objects. Squat down before you lift the object. Do not bend forward! This is a very common cause of herniated spinal discs! Keep your blood pressure in check and pay special attention to any changes in your medication regimen. One of the common causes of falls is taking an excessive dose of medication used to treat high blood pressure. If you can hear buzzing in your ears or experience tunnel vision while getting out of bed or a chair, sit or lie down and wait until your heart rate normalises after you change position. It is better to wait than to lose consciousness, and fall and break a bone such as the hip!

Select the appropriate supplements



To support the musculoskeletal system, we recommend:

● Collagen ● Chondroitin ● Zinc ALT ● Red Clover
● Everflex ● Grapine & Antioxidants ● MSM - metylosulfonylomethane
● Calcium Plus Vitamin D ● Vitamin C z bioflawonoids ● Super Complex



Nervous system

The nervous system allows us to receive stimuli from the environment and respond to them. But there is more. It is the source of thoughts, memory, cognition and communication. But there is still more! The nervous system regulates the functioning of many organs by maintaining a balance between sympathetic and parasympathetic neurons. We consciously control some parts of the nervous system; for instance, we can order our fingers to bend. However, many of this system's elements work independently. Here, the nature of our control is different – what we eat, what we think, how we behave and even who we surround ourselves with can support or damage our nerves.

SELECTED NEUROLOGICAL DISORDERS

Depression. When our mood deteriorates, we like to complain, but sometimes it is so bad that we don't even feel like talking. A person suffering from depression can become so overwhelmed by their low mood that they won't be able to get up, eat or sleep. They will stay motionless and ponder over the worst things: death, diseases, the evil in the world and in themselves. In extreme cases, they may commit suicide. Depression is curable, but it always requires the patient to seek professional help. Insensitive remarks, such as "Pull yourself together!" or "Snap out of it!" definitely won't help; they are often a sign of both good intentions and the helplessness of the patient's friends and family.

Stroke. In a nutshell, stroke is equivalent to a heart attack that occurs in the brain. As a result, the affected part of the brain loses its function. If the damaged region is responsible for smiling, movement or speech, the patient will experience a one-sided mouth droop, limb paralysis or slurred speech, respectively. Strokes most often occur in people who have not taken good care of their blood vessels and heart throughout their lives. The heart is not the only organ affected by atherosclerosis – blood does not magically appear in the brain by itself. Remember that whatever is beneficial for the heart will also be beneficial for the cerebral blood vessels, protecting you against stroke. Exercise every day, eat fruit and vegetables, quit smoking, learn how to manage stress. Start today. Don't wait until you're older. Because it might be too late.

Dementia. In some patients, dementia is the consequence of Alzheimer's disease. In others, it results from long--term atherosclerosis (so-called vascular dementia). We know quite a lot about what happens in the nervous system of patients with dementia caused by Alzheimer's disease: harmful proteins (including amyloid beta, which destroys the neurons responsible for memory) are deposited in the brain. However, we don't know why it happens. Can dementia be prevented? Absolutely. The best ways include continuous learning, also in retirement, solving puzzles and crosswords, as well as following a diet rich in vegetables and fruit that provide antioxidants and anti-inflammatory substances instead of pro-inflammatory agents.

Migraine. Headaches can immobilise us and prevent us from performing any activities. Migraines often involve throbbing pain on one side of the head, accompanied by nausea, vomiting, hypersensitivity to light or sound. These episodes can last for hours or even days. Migraine can sometimes be preceded by a so-called aura, i.e. strange glows, flashes, sounds or even music. While contemporary medicine can effectively interrupt a migraine episode with the use of medication, preventing them presents a much greater challenge. Following a diet rich in vitamins beneficial for the nervous system or regular consumption of ginger can prove helpful. If you suffer from migraines, try to avoid artificial flavour and aroma enhancers, particularly aspartame and monosodium glutamate. Episodes can also be triggered by long-aged cheeses, salty snacks, wine, caffeinated drinks and, quite surprisingly, by an unexpectedly skipped meal or fasting.

Take care of your nervous system



- Learn how to manage stress. If you think this is difficult or impossible, sign up for a stress management course.
- Exercise regularly – practice any type of physical activity that you enjoy as often as you can.
- Don’t blame yourself and don't blame others.
- Let kindness and love guide you through your life, even if you consider others to be your enemies.
- Surround yourself with happy, optimistic people.
- Quit smoking and drink alcohol only on special occasions.
- Eat a lot of fresh fish, rich in omega-3 fatty acids.
- Ensure an adequate supply of antioxidants in your diet.
- Sleep for 7–8 hours each night. Improve the quality of your sleep and don't work too much.
- Take care of your loved ones – they are the only ones you can count on in times of need.

Select the appropriate supplements



To support the nervous system we reccommend:

● Vitamin B Complex ● Gotu Kola ● Grapine & Antioxidants
● Hops & Valerian with Passionflower ● Coenzyme Q10 Plus
● Lecithin ● Magnesium ● Solstic Energy from Nature
● Super Omega 3 EPA ● Calcium Plus Vitamin D ● Super Complex
● Ashwagandha



Immune system

A healthy immune system is a must if we want to avoid seasonal illnesses, such as the flu or colds. We are particularly vulnerable in autumn and winter. As autumn begins, our body starts to be attacked by a huge number of viruses and bacteria, and due to the autumn blues, we are not as immune to them as we are, for instance, in the summer. Why are we more vulnerable in autumn and winter? This phenomenon has not yet been explained, but there are many theories about it. As the days grow shorter, we receive less and less sunshine; this has a negative effect on the production of vitamin D. Maybe this is the cause of decreased immunity?

The second hypothesis says that when it is cold and dark, we spend more time indoors, with locked windows and poor ventilation, breathing in the air exhaled by other household members. Another theory sees a link between the flu and the decreased air humidity in winter. Humid air supposedly binds the virus in water droplets, which subsequently fall to the ground instead of being drawn into the lungs. Perhaps the virus does not survive as long in water as it does in dry air? Since respiratory diseases spread through aerosol droplets, we breathe them in when someone in the same room is sick (they don't necessarily have to cough; viruses can be expelled even during normal breathing). During flu season, we are exposed to viruses on public transport, at work, at school, in barracks – in other words, wherever we meet large groups of people.



Either way, it is always better to prevent than treat. We often use home remedies to combat infections when we are already sick. We forget that the fight against microorganisms starts much earlier and that it is much more effective to follow a healthy diet – rich in antimicrobial substances – every day throughout autumn and winter. It is better to protect ourselves every day than to frantically try to overcome a condition that could have been prevented.

6 steps towards better immunity

Get a good night's sleep
Sleep is crucial in the fight against stress and inflammation.
Go to bed early, if you have to get up at the crack of dawn.

Be active
A daily 30-minute walk boosts immunity and improves the quality of sleep.

Learn how to manage stress
Stress increases the amount of hormones that have a negative effect on immunity. Go outside, breathe fresh air, move around, meet with friends, give yourself as much free time as possible and stop looking for too many things to do.

Humidify the room
Humidity greater than 40% is essential for healthy airways. Not only does dry air destroy the epithelium in the bronchi – it also facilitates the spread of viruses.

Follow a healthy diet
People who live in our cool climate like to reach for stodgy food (fried chops, fatty soups, sausages, pork shank, bigos [hunter's stew], plenty of butter and cream), but don't give in to this temptation. Fruit and vegetables should be the cornerstone of a healthy diet, also in winter (and potatoes do not count either!). Choose colourful fruit – the right amount of vitamin C provided with food is particularly important in autumn and winter.

Select the appropriate supplements



To support the immune system, we recommend:

● Vitamin B Complex ● Garlic ● Immune Formula
Olive Leaf Extract ● Zinc ALT ● Capsicum & Garlic with Parsley
● Vitamin C with bioflavonoids ● Vitamin D3
● Zambroza ● Grapine & Antioxidants



Authentic Essential Oils

Authentic essential oils are probably the most precious gift from the plant kingdom. For centuries, these extraordinary substances have been valued for their flavour and smell, but also for their excellent healing properties. Experts know that oils delivered in their original, unmodified, and thus authentic form can change your life by positively influencing your body and mind. Essential oils cleanse, rejuvenate, relax and protect.

When Nature's Sunshine launched its essential oils over 15 years ago, we discovered that many essential oils available on the market were modified, standardised and enhanced in order to improve their flavour and smell or to achieve greater economic benefits.

The wellness market was flooded with new essential oils sold by other companies. Each manufacturer advertises their product as being of a unique "class" or "grade", e.g. "A", "therapeutic", "clinical", "medicinal" or even "certified". In fact, however, the class of the essential oil does not guarantee its authenticity. "Classes" are invented by companies that sell essential oils. Many manufacturers of essential oils source their products from intermediaries that offer flavour- and taste-enhancing raw materials and even chemical additives. They do not supervise the entire supply chain. In order to achieve short-term benefits, they give up key relationships with crop growers and distillers.

Since it was established over 45 years ago, Nature's Sunshine has been building strong relationship based on trust and developing reliable practices that guarantee consistent quality throughout the entire product life cycle. Our essential oils have a unique guarantee of origin.



LAVENDER ORGANIC

RELAXATION AND RELIEF

- ***calm and relaxation***
- ***sleep improvement***
- ***hydration***

Lavender, valued for its calming and relaxing aroma, works perfectly in many products. It is appreciated for its calming and relaxing effects.

Ingredients:
Lavandula angustifolia – lavender

Origin: France

Obtained by distillation.



TEA TREE OIL

REGENERATION AND RESTORATION OF VITAL FORCES

- ***invigorating and regenerating***

Tea tree oil, commonly known as the "antipode miracle", is extracted from a tea tree found in Australia. Its distinct, pure aroma is often used in shampoos and balms.

Ingredients:
Melaleuca alternifolia – tea tree

Origin: Australia

Obtained by distillation.





FRANKINCENSE ORGANIC

COMFORTING AND MOOD-ELEVATING

- *calming and relaxing*
- *mood-elevating*

Obtained from aromatic Indian frankincense gum resin. The essential oil has a complex bouquet of spices, citrus and wood aromas. It has been used as a fragrance since biblical times.

Ingredients:
Boswellia carteri – Indian frankincense

Origin: Somalia

Obtained by distillation.

USB ULTRASONIC DIFFUSER

For use with original Nature's Sunshine essential oils:

- Advanced ultrasonic technology
- 65 ml capacity
- Automatic shut-off

Recommended for use in the car – fits perfectly into cup holders.

AROMATHERAPY

A simple way to fill your space with the aroma of your favourite essential oils and create a pleasant atmosphere.

Ultrasonic diffuser:

- 300 ml capacity
- Adjustable operating time: 60 / 180 / 360 min
- Automatic shut-off
- LED lighting
- Coverage area up to 30 m²



The ultrasonic diffuser disperses essential oils in a fine water mist, filling the space with their natural aroma. It does not heat the oils and is extremely easy to use – simply add water and a few drops of your favourite essential oil.


BREMANI
CARE
Be perfect!

State-of-the-art luxurious skin care.
A real elixir of youth and glow for your skin.

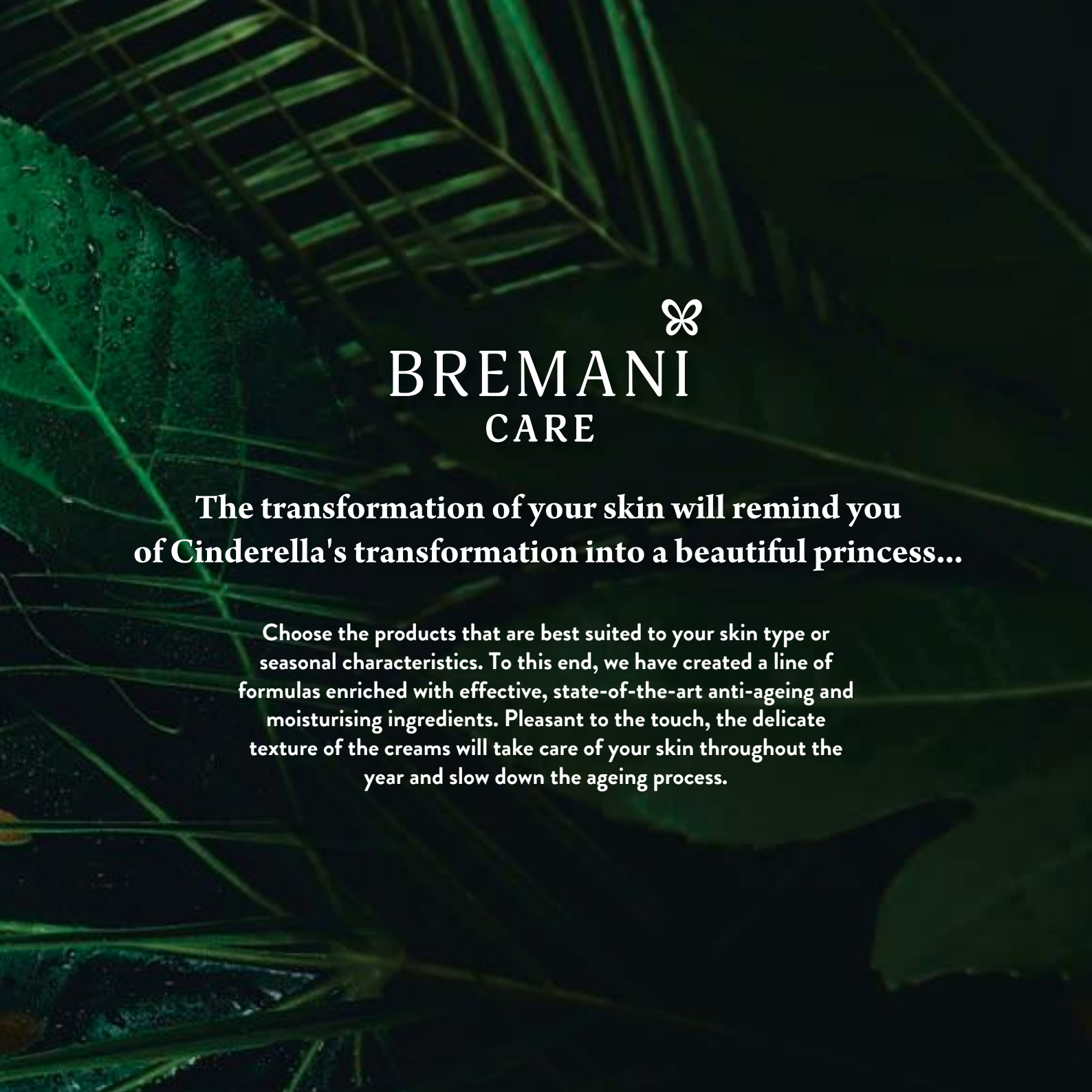
Discover an innovative line of rejuvenating Italian cosmetics for home use, but of professional quality! Bremani Care rejuvenating cosmetics are a guarantee of beauty and health for your skin!

Bremani Care's philosophy is to use natural ingredients combined with innovative technologies to create the state-of-the-art, luxurious formulas that will keep your skin more youthful for longer. Exceptional studies carried out by Italian experts are the cornerstone of the products that facilitate the regeneration of skin cells, and restore health and beauty to the skin – everything that a woman needs to feel confident!

Bremani Care products have been developed specifically for Nature's Sunshine. They are manufactured at the world-famous high-tech manufacturing plant in the fashion capital of Italy – Milan, by a team of experienced biochemists and cosmetologists.

The high concentration of natural active ingredients ensures that the products reach every skin layer, stimulate the production of elastin and collagen in the dermis and initiate the process of cell renewal and rejuvenation.

The Bremani Care line represents an entirely new approach to skin and facial care. You will be able to quickly restore youthfulness, firmness and radiance to your tired skin and initiate the cellular regeneration processes.


BREMANI
CARE
The transformation of your skin will remind you of Cinderella's transformation into a beautiful princess...
Choose the products that are best suited to your skin type or seasonal characteristics. To this end, we have created a line of formulas enriched with effective, state-of-the-art anti-ageing and moisturising ingredients. Pleasant to the touch, the delicate texture of the creams will take care of your skin throughout the year and slow down the ageing process.

Cleansing and mattifying face toner



125 ml

A light toner will gently cleanse, soothe and refresh the skin. It will remove make-up residue. The formula fights excessive sebaceous secretion and quickly mattifies the complexion. It protects against harmful effects of the environment and strengthens the natural protection against oxidative stress, increasing the skin's detoxification capacity. Never in your life have you ever felt this fresh, hydrated and clean as after using this toner.

calming
matting
cleansing
toning
moisturising

It leaves the skin fresh,
without a hint of stickiness.

Main active ingredients:

Rhodophyta (red algae) extract
It strengthens antioxidant protection. It reduces sebaceous secretion and stimulates the production of lipids. It protects the skin from contamination and revitalises its protective functions.

Plankton extract – exopolysaccharides, produced by marine plankton.
It has the ability to absorb and retain large amounts of sebum, thus guaranteeing a matting effect only one hour after the application. What is also important, the ingredient mats but does not dry the skin.

Aloe vera gel
Has soothing, moisturising and antioxidant properties.

American witch-hazel (Hamamelis)
It has cleansing, toning, soothing and moisturising properties for the skin.

Vegetable glycerine
Creates a moist protective layer on the epidermal surface, nourishes the skin and prevents moisture loss. The glycerine restores elasticity, softness and smoothness.



Advantages: it does not contain parabens, paraffin, formaldehyde or silicones.

Anti-Wrinkle Day Face Cream Spf15 40+

Soft. Silky. Quickly absorbs. Easy to spread.

A powerful cream, based on advanced anti-ageing ingredients, peptides, oils, vitamins and Peruvian pepper, will cope with moisturising even the deepest layers of the skin. The formula is founded on an innovative "gravity control" complex, which fights against loose skin and increases resistance to gravity. With regular use, the cream brightens, moisturises and regenerates the skin.



50 ml

protecting against photo-ageing
improving facial contour
brightening
moisturising

Velvety, toned, moisturised skin;
Perfectly protected against
harmful effects of sunlight.
A significant reduction of wrinkles
and improved facial contour.

Main active ingredients:

Sunscreens - daily UV protection, delaying the photo-ageing process.

Peptide complex fights loose skin and increases its resistance to gravity. It stimulates elastin synthesis, promotes the proper architecture of skin elastic fibres and provides a visible lifting effect.

Peruvian pepper extract - a natural ingredient obtained from the fruit of Peruvian schinus molle. Rich in powerful bioavailable polyphenols – quercetin and micelianin. It rebuilds the skin's protective barrier and helps reduce its permeability. It rejuvenates and refreshes the skin and reduces wrinkles. It has a cleansing effect: it reduces sebaceous secretion, reduces the visibility of pores and moisturises.

Shea butter softens, moisturises, restores the protective functions of the skin. It has an anti-wrinkle effect and improves skin elasticity and firmness. Rich in vitamin E – a known antioxidant, a vitamin of youth



Pomegranate seed oil - a favourite ingredient for mature skin. It nourishes, moisturises and supports antioxidation.

Cherry seed oil - an excellent elixir for mature skin. An antioxidant. Protects against photo-ageing, moisturises, soothes. Stabilized vitamin C – stimulates collagen production. What is more, it reduces melanogenesis activity, levels and brightens the skin.

Trehalose - a natural moisturising agent with high hygroscopicity. It maintains an optimal level of skin hydration.

Vegetable glycerine creates a moist protective layer on the epidermal surface, nourishes the skin and prevents moisture loss. The glycerine restores elasticity, softness and smoothness of the skin.

Advantages: does not contain parabens, paraffin, formaldehyde, silicones

Intensive Anti-Wrinkle Night Face Cream 40+

This intensive night cream is ideal for a skin in need of anti-ageing care and deep nutrition.



50 ml

Full-bodied. Thick. Light. Easy to spread.

A fantastic, full-bodied yet gentle night cream, created especially for skin care during sleep, i.e. when the cell renewal process is the most intense. It actively fights wrinkles and makes them less visible by closing and smoothing them. It has an instantaneous effect on a tired and dull complexion. The product contains ingredients with high anti-ageing power, which restore skin firmness and strengthen tissues. Every time you wake up, you will be pleasantly surprised: the skin will be rested and lifted, and the effect will last for several hours.

moisturising
anti-ageing
anti-wrinkling
supporting antioxidation
skin lightening

Improved facial contour;
smoothed wrinkles;
firm, delicate skin;
healthy skin tone.

Main active ingredients:

Hyaluronic acid due to its ability to bind and retain water, it acts both as a direct moisturiser, by supplying water to the stratum corneum, and as an intermediate moisturiser, by creating a layer that prevents moisture evaporation. The skin is moisturised for a long time.

Shea butter and sunflower seed oil mature skin loves ingredients rich in vitamins E, D3, A, F and K. The oils promote cell renewal and they are rich in polyunsaturated fatty acids. They are perfect for dry skin as they moisturise exceptionally well.

Vitamin E a vitamin of youth, a powerful antioxidant. It smoothes and soothes the skin as well as maintains the level of its hydration.

Barley grain extract rich in polyphenol derivatives, thus having many antioxidant properties. It is a perfect anti-ageing ingredient; it prevents wrinkles. It improves microcirculation and nourishes the skin.

Vegetable glycerine creates a moist protective layer on the epidermal surface, nourishes the skin and prevents moisture loss. The glycerine restores elasticity, softness and smoothness of the skin.



Advantages: does not contain parabens, paraffin, formaldehyde, dyes, silicones

Moisturizing Face Cream Spf15

Revitalizing and moisturising general-purpose cream.
Long-lasting hydration (day & night).
An excellent make-up base that absorbs quickly, thus leaving the skin fresh and silky for a long time



50 ml

Luxurious creamy texture. It spreads easily and absorbs quickly, leaving no greasy residue on the surface of the skin.

The cream has been enhanced with Mega Moisturiser Active complex, based on amino acids (proline, allanine, serine) and Pseudoalterromonas fermentation extract, which reduces water evaporation from deeper layers of the skin and supports its regeneration. It provides visible hydration and great general-purpose care. The active ingredient is obtained from Peruvian pepper and has a strong cleansing effect.

long-lasting hydration
skin lightening
regenerating
universal care and anti-ageing prophylaxis
refreshing
protecting against sunlight

Smooth, firm, well moisturised, radiant and healthy skin.
Extremely long-lasting moisturising effect.

Main active ingredients:

Hyaluronic acid - due to its ability to bind and retain water, it acts both as a direct moisturiser, by supplying water to the stratum corneum, and as an intermediate moisturiser, by creating a layer that prevents moisture evaporation. The skin is moisturised for a long time.

Sunscreens - daily skin protection; they prevent photo-ageing of the skin.

Illipe butter - has many great nutritional properties. It is rich in fatty acids. It improves skin elasticity.

Rice starch - suitable for sensitive skin; it gives the skin a matte finish and even tone.

Ultra moisturising factors consist of 2 innovative complexes. The complex based on the amino acids proline, alanine, serine and Pseudoalteromonas extract has an immediate and lasting moisturising effect. Whereas the IQ-hydration complex (intelligent moisturising) forms an "intelligent" double fat layer on the skin's surface, thus strengthening its natural protective properties and guaranteeing visible hydration.

Peruvian pepper extract - a natural biofunctional ingredient; obtained from the fruit of Peruvian schinus molle. It is rich in powerful bioavailable polyphenols – quercitin and micelianine. It rebuilds the skin's protective barrier and helps reduce its permeability. It rejuvenates and refreshes the skin and reduces wrinkles. It has a cleansing effect: it reduces sebaceous secretion, reduces the visibility of pores and moisturises.



Advantages: does not contain parabens, paraffin, formaldehyde, dyes, silicones

Brightening Face Mask "Cinderella Effect"

Velvety and delicate. Rich. Silky.

Cinderella Effect mask will immediately add vitality to your skin and give it a radiant glow! Signs of ageing will be "blurred" and the face – rested. Face skin tone will regain its glow. The main ingredient of the mask is Haberlea rhodopensis leaf extract, which ensures a smooth skin structure. In addition, the product contains vegetable squalene, known for its softening properties – particularly recommended for sensitive and dry skin. The mask is an excellent source of energy for a radical transformation of dry and dull skin; it will give the skin a real spark of joy.



50 ml

immediate visual effect
moisturising and brightening the skin
rejuvenating
brightening
antioxidant and anti-ageing protection
fighting signs of fatigue

Healthy, radiant, transformed,
smooth and firm skin.
Immediate effect!

Main active ingredients:

Shea butter - a softening ingredient. It moisturises and restores the skin's protective functions. It is anti-wrinkling. It improves skin elasticity. It is rich in vitamin E – a known antioxidant, a vitamin of youth.

Squalene - "Skin defender" – regenerates the lipid layer of the skin and actively moisturises. Squalene – a rejuvenating oil without 'oil', an oxygen vitamin.

Rice oil - a medicinal ingredient for dry and mature skin care. Rice oil is a natural antioxidant. It moisturises, deeply nourishes and soothes the skin.

Pomegranate seed oil - a favourite ingredient for mature skin. It has antioxidant properties; it nourishes and moisturises.

Rice starch is suitable for sensitive skin. It has nutritional and whitening properties.

Haberlea rhodopensis leaf extract is rich in antioxidants. It increases collagen and elastin production. It protects skin proteins from oxidation. It brightens and stimulates the skin.

Glycerine creates a moist protective layer on the epidermal surface, nourishes the skin and prevents moisture loss. The glycerine restores elasticity, softness and smoothness.

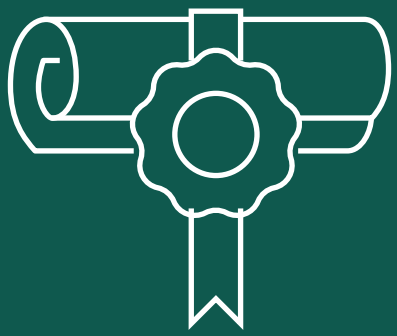


Advantages: does not contain parabens, paraffin, formaldehyde, dyes, silicones

Safety first

In accordance with Polish laws and regulations, the Chief Sanitary Inspector must be notified of the first marketing of every food supplement in the territory of the Republic of Poland.

Nature's Sunshine considers the safety of its Customers to be of the utmost importance and compliance with the food laws of the given country to be its fundamental obligation. Therefore, all of our food supplements have been reported and entered into the Chief Sanitary Inspector’s database.



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