

Section Four

Products

This section contains all of Nature Sunshine's supplements and most of their non-supplement products sold in the United States and Canada. Products are listed alphabetically with their historical uses, the body systems they affect, their properties, how to use them, any warnings or contraindications, and what specific product and dosage forms are available. The best uses for each product, as well as its most important properties and affected body systems are highlighted in bold.

In some cases products are grouped together. This happens when there is more than one dosage form for the same formula, such as a capsule version and a liquid version. It also occurs when there is a US version of the product and a Canadian version. Some products are also grouped because they have similar uses and purposes. For example, all the probiotic supplements are listed together.

To help you find products, we've provided cross-references for specific product names. Also, all Canadian versions of the products are listed under the US name for the product. Where the Canadian name differs we've also included a cross reference listing.

The following information is listed for each product:

Product Name: The US name is listed first and the Canadian name (if applicable) is listed in parenthesis after the US name if the product has a different name in Canada.

Product Type: This indicates the product types we assigned to the product, such as single herb, herbal formula or nutritional supplement. A list of product types and an explanation of what they mean can be found on pages 12-13 under the heading NSP Products.

Properties: These are the therapeutic actions of the product. These terms describe what the product does in the body to affect its structure and/or function. A list of these properties and their definitions can be found in the Properties Section of the book. The primary properties of the product have been listed in bold to highlight them.

Systems Affected: This is a list of the organs and systems of the body for which the product may be helpful. It also links to the TCM energetic systems.

Conditions: This is a list of the conditions for which the product may be helpful. Products that address major root causes of disease may have a very long list of conditions for which they may be helpful. We have highlighted the conditions for which a product may be most beneficial in bold.

Description: The above information is followed by a description of what the product is for and what it does. The description includes recommended uses and warnings. Please pay attention to any cautions or warnings.

Dosage Forms: Finally, the various specific products that fall under this heading are listed. These listings include the product form (e.g. capsule, tablet, liquid) and size (e.g. capsule count, weight), the countries it is available in and NSP stock number the product is sold under. The ingredients for each dosage form are listed last.

Where a US and Canadian product have the same stock number (and ingredients) we've listed the US name first and the Canadian name of the product in parenthesis. Where US and Canadian products have the same name but different stock numbers and ingredients, we've listed both products separately with US versions listed first. We've included amounts for vitamins, minerals, phytochemicals and nutraceutical ingredients for easy reference.

5-HTP Power (HTP Power)

Product Type: Nutraceutical

Properties: **Antidepressant, Appetite Suppressant** and Serotonergic

Systems Affected: Brain, Digestive System, Dopamine, Hypothalamus, Nerves, Pineal Gland, Pituitary and **Serotonin**

Conditions: Addictions (sugar or refined carbohydrates), Anxiety, Appetite (deficient), Appetite (excessive), Defensiveness, **Depression, Insomnia**, Pregnancy (herbs and supplements to avoid during), **Small Intestinal Bacterial Overgrowth**, Stress and Weight Loss

Hydroxytryptophan is a precursor to serotonin, a neurotransmitter that regulates appetite, mood and sleep. This product can be used for depression involving low serotonin levels. If a person is taking an SSRI (selective serotonin reuptake inhibitor), 5-HTP can be used to help with the side effects of discontinuing it as 5-HTP will have a similar effect. (Never discontinue any SSRI medication all at once and always adjust these medications while being monitored by the prescribing physician or a health professional.) 5-HTP Power can be used with St. John's Wort or Mood Elevator for depression. It is a great remedy for O blood types because it raises dopamine levels, which are usually low when O blood types feel depressed. Take 1 capsule three

times daily with a meal for depression. 5-HTP can also help with carbohydrate cravings. Low serotonin levels are sometimes the cause of carbohydrate cravings. Because it reduces these cravings, 5-HTP can also be combined with weight loss products to support weight loss. As a sleep aid, take 3 capsules of 5-HTP Power with an evening meal. Before bedtime, turn the lights down low or otherwise darken the room. 5-HTP is converted to serotonin and when it is dark, the pineal gland converts the serotonin to melatonin, a hormone that induces sleep.

Warnings: NSP recommends using no more than 3 capsules per day. If taking a prescription medication, consult a healthcare practitioner before taking this product. Pregnant or nursing women should seek the advice of a healthcare practitioner before using this supplement. Avoid use with ADHD since high dopamine levels are associated with hyperactivity.

5-HTP Power - Capsule (60)

Available in: US - Stock #2806-4

Ingredients: Vitamin B6 3mg, zinc (gluconate) 3mg, 5-HTP (hydroxytryptophan) 35mg, eleuthero root, ashwaganda root, suma bark

HTP Power - Capsule (60)

Available in: Canada - Stock #3029-2

Ingredients: Same as Stock #2806-4

5-W

Product Type: Herbal Formula

Properties: Antispasmodic, Glandular, Parturient, Tonic and Uterine Tonic

Systems Affected: Female Reproductive System

Conditions: Labor and Delivery, Pregnancy (herbs and supplements to avoid during) and Varicose Veins

This formula is used during the last five weeks of pregnancy to help induce labor and make childbirth easier. It promotes uterine contractions, tones the uterus and helps improve circulation. Take 2 capsules three times per day only during the last 5 weeks of pregnancy. Consume with a minimum of 12 ounces of water. It can be useful with hormonally-induced vasoconstrictive headaches that occur in conjunction with menses. Take 2 capsules as needed every three to four hours as needed during a headache and 2-4 capsules two times per day several days prior to onset of menses if headaches occur regularly.

Warnings: Do not use where vasodilative migraine headaches are present as black cohosh exacerbates this type of migraine. Some midwives caution that using black cohosh during the last five weeks of pregnancy may increase bleeding during labor in some women. If a tendency towards heavy bleeding exists do not use this formula. Avoid use in the first and second trimesters of pregnancy.

5-W - Capsule (100)

Available in: US - Stock #1120-5

Ingredients: Black cohosh root, squawvine whole plant, dong quai root, butcher's broom root, red raspberry leaf

7-Keto

Product Type: Nutrient

Properties: Anti-obesic and Immune Stimulant

Systems Affected: Liver, Parathyroid Glands and Thyroid Gland

Conditions: Alzheimer's Disease, Appetite (excessive), Arthritis, Diabetes, Grave's Disease, Hypothyroid, Lupus, Parkinson's Disease, **Pregnancy (herbs and supplements to avoid during)** and Weight Loss

This supplement stimulates the conversion of T₄, the inactive form of the thyroid hormone, to T₃ the active form. This increases the metabolic rate and causes the body to burn fat at an accelerated rate. It may be helpful when there are symptoms of low thyroid, but thyroid hormones are at normal levels. Clinical trials also showed this supplement to enhance the immune system, increase energy, and enhance memory. 7-Keto does not convert into the sex steroids, testosterone and estrogen, as does DHEA, so it may provide some of the same benefits as DHEA, but without the hormonal side effects. As an aid to weight loss, take 1-2 capsule daily with a meal.

Warnings: Those with thyroid problems should consult their health care professional prior to use. Use of this product "burns up" T₄ reserves in the blood and long-term use may affect thyroid function. This product should not be used by people with low levels of T₄. Prolonged use may cause some symptoms of low thyroid.

7-Keto - Capsule (30)

Available in: US - Stock #2922-4

Ingredients: 7-Keto (a metabolite of dehydroepiandrosterone of DHEA) 75mg, chickweed leaf extract

A & D, Vitamin

See *Vitamin A & D*

Acidophilus

See *Probiotics*

Activated Charcoal

Product Type: Nutrient

Properties: Adsorbant, Antidiarrheal, Antidote, Antitoxic and Antivenomous

Systems Affected: Digestive System, Intestinal System, Large Intestines (Colon) and Skin

Conditions: Belching, **Bites and Stings**, **Blood Poisoning**, **Chemical Poisoning**, Children's Remedy, Cholera, **Cholesterol (high)**, **Diarrhea**, **Dysentery**, **Gas and Bloating**, Giardia, **Jaundice (adults)**, **Jaundice (infants)**, Motion Sickness, **Poisoning (general)** and **Poisoning (food)**

Charcoal absorbs irritants in the digestive tract, making it useful for diarrhea, intestinal gas, indigestion and poisoning. Use 2 capsules with meals or at the first sign of intestinal gas or distress. Repeat after two hours if needed, up to a maximum of 6-8 capsules per day. For severe diarrhea, combine with psyllium seed capsules or bulk slippery elm. For severe gas, combine with carminative herbs. Charcoal absorbs many types of poisonous substances. For treating poisoning, contact the Poison Control Center and follow their recommendations. First-aid application may require 15 to 20 capsules, depending on quantity and toxicity of the material ingested. It can be applied as a poultice to spider bites. It is even effective with brown recluse bites. Change poultice the every hour for maximum benefit.

Warnings: Charcoal can interfere with assimilation of medicines and nutrients. Do not take with prescription medications. Do not take for more than a few days at a time. Large doses may cause constipation.

Charcoal (Activated) - Capsule (100)

Available in: US - Stock #366-2

Ingredients: Charcoal powder (2080 mg)

AD-C

See Mood Elevator

AdaptaMax

Product Type: Herbal Formula

Properties: **Adaptogen**, Anti-aging, Anxiolytic, Glandular, Immune Amphoterics and Tonic

Systems Affected: **Glandular System**, Immune System, Liver and Nerves

Conditions: Abuse and Trauma, Acquired Immune Deficiency Syndrome, Addison's Disease, **Adrenal Fatigue**, **Aging (prevention)**, **Anxiety**, Anxiety Disorders, Attention Deficit Disorder, Autoimmune Disorders, Cancer Treatment (reducing side effects), Circulation (poor), Convulsions, Cushing's Disease, Depression, Diabetes, Energy (lack of), Exercise, **Fatigue**, Free Radical Damage, Hashimoto's Disease, Hypertension, Insomnia, Irritability, Pregnancy (herbs and supplements to avoid during), Schizophrenia, Senility, **Stress** and Thinking (cloudy)

AdaptaMax is an adaptogenic formula, meaning it helps the body deal better with stress. It helps with fatigue, immune weakness, and symptoms of aging brought on by excessive stress. It works best with A blood types. Blood type

O does better with Suma as an adaptogenic formula. This blend also has antioxidant properties. Take 2 capsules with a meal two to three times daily.

Warnings: Pregnant or lactating women should consult a health care professional prior to taking this supplement.

Adaptamax - Capsule (100)

Available in: US - Stock #872-9

Ingredients: Chromium (amino acid chelate) 40mcg, Korean ginseng root extract, rhodiola root extract, eleuthero root, gynostemma whole plant extract, ashwaganda root, schizandra fruit, suma bark, alfalfa aerial parts, astragalus root, kelp leaf and stem, reishi mushroom mycelia, rosemary leaf extract, ginkgo leaf extract, broccoli flower, carrot root, red beet root, rosemary leaf, tomato fruit, turmeric root, cabbage leaf, grapefruit bioflavonoid extract, hesperidin bioflavonoid extract, orange bioflavonoid extract

Adrenal Support

Product Type: Nutraceutical

Properties: **Adrenal Tonic**, Antilipemic, Anxiolytic, **Glandular**, **Hypolipidemic**, Mineralizer and Stimulant

Systems Affected: **Adrenal Cortex**, **Adrenal Glands**, Cortisol and Pituitary

Conditions: **Abuse and Trauma**, **Addictions (coffee, caffeine)**, **Addictions (drugs)**, **Addictions (sugar or refined carbohydrates)**, **Addison's Disease**, **Adrenal Fatigue**, **Alcoholism**, **Anxiety**, **Anxiety Disorders**, **Asthma**, **Attention Deficit Disorder**, **Autoimmune Disorders**, **Bedwetting**, Body Building, Bronchial Congestion, **Cholesterol (low)**, **Concentration (poor)**, **Confusion**, Cough (dry), Dehydration, Depression, Diabetes, **Eczema**, **Emotional Sensitivity**, Endurance (lack of), **Energy (lack of)**, **Fatigue**, **Fear (excessive)**, Fibromyalgia Syndrome, Food Allergies, Goiter, Grave's Disease, Hair (loss or thinning), Hashimoto's Disease, **Hot Flashes**, **Hypochondria**, **Hypotension**, Hypothyroid, Insomnia, **Jet Lag**, **Lupus**, Lyme Disease, **Menopause**, **Mental Illness**, Nervous Exhaustion, **Nervousness**, **Nightmares**, **Obsessive Compulsive Disorder**, Oxygen Deficiency, **Phobias**, PMS Type S, **Post Traumatic Stress Disorder**, Progesterone (low), **Restless Dreams**, Rhinitis (allergic), Senility, Sex Drive (low), Skin (dry and/or flaky), **Sleep (restless and disturbed)**, Stress, Tremors, Triglycerides (high), Triglycerides (low) and **Worry**

This is a highly effective product for treating adrenal weakness. It strengthens the adrenal glands, increasing energy and stamina, and helps to maintain normal blood sugar levels, blood pressure and increase resistance to stress. Adrenal weakness is often involved in autoimmune disorders, hypoglycemia, fatigue, food cravings for sweets and alcohol, depression, poor digestion and poor bowel function, making this product potentially helpful in all of these conditions. To strengthen under active adrenal function take 1

capsule one to three times daily. This product is ideally used for a short period of time (2-3 months) to rebuild severely depleted adrenals, however, in certain situations it may be necessary to take Adrenal Support for 6-12 months or longer. Follow the use of Adrenal Support by using an herbal formula that supports the adrenal glands, such as Nervous Fatigue Formula, SUMA Combination or Energ-V.

Adrenal Support - Capsule (60)

Available in: US - Stock #1507-0

Ingredients: Vitamins C (ascorbic acid) 25mg, Thiamine (B1) 10mg, Riboflavin (B2) 5mg, B6 5mg, pantothenic acid 45mg, magnesium (citrate) 10mg, zinc (citrate) 5mg, potassium (citrate) 5mg, Bovine adrenal glandular substance from New Zealand, schizandra fruit, borage seed oil powder, licorice root, protease blend

Adrenal Support - Capsule (60)

Available in: Canada - Stock #1517-4

Ingredients: Rhodiola root extract, holy basil leaf extract, magnesium (magnesium citrate) 10mg, pantothenic acid 45mg, schizandra fruit, vitamin C (ascorbic acid) 25mg, borage seed oil,, zinc (zinc citrate) 5mg, potassium (potassium citrate) 5 mg, thiamine (vitamin B1) 10mg, licorice root, riboflavin 5mg, vitamin B6 5mg; protease enzymes (2mg)

AG-C

See *Anti-Gas*

AL-C

See *Breathe Activator*

Alfalfa

Product Type: Herb

Properties: Alterative (Blood Purifier), Anti-arthritis, **Anticariogenic, Anticoagulant (Blood Thinner)**, Antilipemic, **Aperitive**, Appetite Stimulant, Bitter, Digestive Tonic, **Galactagogue**, Mineralizer and Stomachic

Systems Affected: Blood, Digestive System, Nerves, Pineal Gland, **Pituitary, Pituitary (anterior), Pituitary (posterior)**, Skeletal System (Bones), Structural System and Teeth

Conditions: **Anemia**, Aneurysm, Anorexia, Appetite (deficient), Arthritis, Blood Clots (prevention of), Bursitis, Calcium Deficiency, Convalescence, Cystic Fibrosis, Endometriosis, **Gout**, Indigestion, Jaundice (adults), Morning Sickness, Nursing, Osteoporosis, Overacidity, Oxygen Deficiency, **Pregnancy (herbs and supplements for)**, Rheumatoid Arthritis, Rosacea, Thrombosis, **Tooth Decay**, Ulcers and Uric Acid Retention

Alfalfa has been called the king of herbs and has been used since ancient times. It is a rich source of many vitamins, minerals, amino acids and other nutrients, particularly trace minerals. This is due to its roots growing 30-60 feet deep to

pick up minerals and water other plants cannot reach. Its trace mineral content and amino acids are what makes it valuable for the pituitary because trace mineral and amino acid deficiencies adversely affect this gland. It acts as a mild alterative and blood purifier and has been used for arthritis (due to its blood thinning qualities), poor appetite, general weakness and mineral deficiencies. Use 2 capsules three or four times daily. Add powder from capsules to cool or room temperature drinks for mineralization of tissues and as a tonic for poor digestion. Use in a tea with red raspberry for morning sickness and with peppermint for poor appetite.

Warnings: Large amounts can thin the blood and it should not be taken with blood thinners. It should not be used as a single herb in cases of pernicious anemia or when drugs that increase viscosity of blood are being used, or during the last month of pregnancy and only after delivery. Do not use when signs of hemorrhaging are present.

Alfalfa - Capsule (100)

Available in: US & Canada - Stock #30-2

Ingredients: *Medicago sativa* (alfalfa)

Algin

Product Type: Herbal Extract

Properties: Anticholesteremic and Chelating

Systems Affected: Immune System, Intestinal System and Small Intestines

Conditions: **Heavy Metal Poisoning, Lead Poisoning, Mercury Poisoning, Radiation Sickness and Vaccines (detoxification from)**

Algin is a mucilage derived from kelp. It absorbs toxins in the digestive tract, particularly heavy metals like mercury. It is best used in conjunction with Heavy Metal Detox. Take 2-3 capsules three times daily with plenty of water.

Warnings: Like other mucilaginous substances, algin absorbs nutrients. Separate any vitamins and minerals you are taking by at least one hour. Drink plenty of water because fibers like algin can bind the colon.

Algin - Capsule (100)

Available in: US - Stock #675-1

Ingredients: Sodium alginate

ALJ

Product Type: Herbal Formula

Properties: **Antiallergenic, Anticatarrhal, Decongestant, Expectorant**, Lung Tonic, Pectoral, Pulmonary and Stomachic

Systems Affected: Bronchials, Digestive System, **Lungs**, Lymphatics, Mucus Membranes, Respiratory System, Sinuses, Smell and Thymus