

NATURE'S SUNSHINE®



DIGESTION SUPPORT

Product Guide





YOU ARE WHAT YOU EAT... BREAK DOWN... AND ABSORB.

Proper and efficient digestion provides the body with building blocks and other resources that afford energy and help with needed maintenance. All of the body's other systems rely on the digestive system to work properly so they can all work in harmony with each other.

Let's face it....when you're not digesting well, you don't feel well. And when you don't feel well, you're not likely to be happy or particularly functional.

Support your digestive system—and thereby your entire body—with effective and safe Nature's Sunshine formulas. The following pages feature our best sellers.



NUTRIBIOME™ PROBIOTIC ELEVEN,

Probiotics are living, friendly flora that help maintain balance in the gut microbiome. Different strains offer different health benefits that include:

- Immune system support
- Supporting the repopulation of beneficial bacteria in the gut
- Digestive and intestinal health support

Probiotic Eleven features 18 billion CFU of 11 strains of live beneficial bacteria per serving. These include *Lactobacillus rhamnosus*, *Bifidobacterium bifidum*, *Lactobacillus acidophilus*, *Lactobacillus brevis*, *Lactobacillus bulgaricus*, *Lactobacillus plantarum*, *Streptococcus thermophilus*, *Bifidobacterium infantis*, *Bifidobacterium longum*, *Lactobacillus casei* and *Lactobacillus salivarius*. It also contains inulin and fructo-oligosaccharides—prebiotics that help promote friendly flora growth in the intestinal tract.

Stock No. 1510 (90 capsules)





NUTRIBIOME™ ELEVEN ELEVATED,

Probiotics are living, friendly flora that help maintain balance in the gut microbiome. Different strains offer different health benefits. Some of these include:

- Immune system support
- Support for the repopulation of beneficial bacteria in the gut
- Supporting digestive and intestinal health

Eleven Elevated provides 30 billion CFU of 11 strains of beneficial bacteria per serving, including *Lactobacillus rhamnosus*, *Bifidobacterium bifidum*, *Lactobacillus acidophilus*, *Lactobacillus brevis*, *Lactobacillus bulgaricus*, *Lactobacillus plantarum*, *Streptococcus thermophilus*, *Bifidobacterium infantis*, *Bifidobacterium longum*, *Lactobacillus casei* and *Lactobacillus salivarius*.

Stock No. 1514 (60 capsules)





NUTRIBIOME™ BIFIDOPHILUS FLORA FORCE,®

Probiotics are living, friendly flora that help maintain balance in the gut microbiome. Different strains offer different health benefits. Some of these include immune system support and support for digestive and intestinal health. In your colon, these microorganisms help with the processing of food. They break down substances that escape digestive fluids and help manufacture healthful compounds such as vitamins that are reabsorbed into your blood. Bifidophilus Flora Force helps replenish these friendly bacteria in your colon. Each capsule contains four billion of four different strains of beneficial bacteria: *Bifidobacterium longum*, *Lactobacillus acidophilus*, *Lactobacillus rhamnosus* and *Lactobacillus casei*.

Stock No. 4080 (90 capsules)





CLEANSTART® CLEANSING AND DETOXIFYING PROGRAM

Over the years, plentiful toxins in our environment and those produced by unfriendly bacteria living in the colon can put undue stress on the colon and throughout the body. CleanStart supports your body's natural cleansing and detoxification processes. This 14-day program supports waste elimination with 3-4 grams fiber per serving. CleanStart supports bowel movement with cascara sagrada, a key element of LBS II® capsules. Other key ingredients include psyllium hulls, aloe vera, chlorophyll, bentonite, and capsuled LBS II and Enviro-Detox. Follow this two-week program and drink plenty of water for a fresh clean start on digestive health.

Wild Berry Stock No. 3993 (14-day program)

Apple-Cinnamon Stock No. 3992
(14-day program)

CleanStart Mild Stock No. 3991
(14-day program) features Gentle Move® instead of LBS II





TIAO-HE® CLEANSE

We've blended Chinese herbs with western experience for a cleanse that supports intestinal regularity. This program contains herbs used in Traditional Chinese Medicine to help the body achieve balance and harmony. Tiao He is a convenient, capsule-only, 15-day program containing Chinese Liver Balance TCM Concentrate, All Cell Detox, LBS II, Psyllium Hulls, Burdock Root and Black Walnut ATC Concentrate. Not recommended for children.

Stock No. 3050 (15-day program)





FOOD ENZYMES

Our food is complex and consists of protein, fat, carbohydrates and starch. Digestive enzymes are specialized proteins that help us convert these foods into simple units, including amino acids, glucose and fatty acids. The digestive system provides digestive enzymes, but we get more from our diets. When the diet doesn't contain enough fresh or plant-based foods or is high in over-processed foods, we may lack the proper enzymes to break foods down into smaller particles for energy.

Supplementing with digestive enzymes helps relieve the burden on your digestive organs. Food Enzymes enhances digestion by adding to your body's own production of enzymes. A blend of betaine hydrochloride, bromelain, lipase, pepsin and other natural ingredients helps you digest foods better so you can receive maximum nutritional value.

Stock No. 1836 (120 capsules)





PROACTAZYME®

Digestion is basically the breaking down of foods into smaller particles that can be used by the body for energy. Enzymes help us break down the food we eat. Our bodies supply some enzymes, but ideally we get plenty more from our diets. When diets don't contain enough fresh or plant-based foods, digestion may suffer. Put simply, enzymes help break down:

- Protein into amino acids
- Carbohydrates and starches into glucose
- Fats into fatty acids

Proactazyme supplies extra digestive enzymes to help lessen the burden on your digestive system. These include amylase, proteases, glucoamylase, lipase, cellulase, invertase, malt diastase, peptidase and alpha-galactosidase. This formula also contains a blend of fennel, gentian and ginger.

Stock No. 1525 (100 capsules)





LBS II®

When you want results, LBS II delivers. This formula is made from herbal ingredients, including cascara sagrada bark, buckthorn bark, licorice root, capsicum fruit, ginger rhizome, Oregon grape root and rhizome, Turkey rhubarb root, couch grass rhizome and red clover flowers. LBS II provides lower bowel support and helps maintain bowel regularity.

Stock No. 990 (100 capsules)

Stock No. 993 (100 VegiTabs)





CASCARA SAGRADA

Cascara sagrada, or sacred bark, as it was called by the Spanish conquerors, has been used by different cultures for its cathartic properties. Active constituents (anthraquinones) in this herb influence intestinal contraction, thereby supporting proper waste elimination. Cascara sagrada supports the elimination of the remnants of digestion, offering powerful intestinal system support.

Stock No. 170 (100 capsules)





CHLOROPHYLL LIQUID

Chlorophyll is the green substance in plants that carries out the process of photosynthesis. That is, it converts actual sunshine into energy. Liquid Chlorophyll is a body deodorizer that supports detoxification and supports the intestinal system. Its fresh minty taste wakes up your mouth and your mind. Let a little sunshine into your day with Nature's Sunshine Liquid Chlorophyll.

Stock No. 1683 (16 fl. oz.)

Stock No. 1689 (32 fl. oz.)

*Try Liquid Chlorophyll ES too!
(extra strength and paraben-free)*

Stock No. 1483 (16 fl. oz.)



CONSIDER THESE ADDITIONAL DIGESTIVE SUPPORT PRODUCTS:



NutriBiome™ Acidophilus provides friendly bacteria (*Lactobacillus acidophilus*) to the intestinal tract.

Stock No. 1666 (90 capsules)



Aloe Vera Juice nourishes the digestive tract and soothes these internal tissues with its mucopolysaccharides.

Stock No. 1680 (32 fl. oz.)



NutriBiome™ Bacillus Coagulans is a strain of probiotic that helps maintain balance in the gut microbiome. It also helps provide relief from occasional digestive upset like gas and bloating, offers immune system support and supports healthy detoxification.

Stock No. 6109 (90 capsules)



Bowel Detox helps to cleanse the bowel. It provides enzymes, dietary fiber, antioxidants and digestive aids to encourage regular elimination of waste from the colon. Strengthen your entire digestive system with this unique formula.

Stock No. 3020 (120 capsules)



Dieter's Cleanse. This 14-day program promotes natural, digestive waste elimination, supports the digestive and glandular systems, and provides antioxidants as you work toward weight management goals. Elements include Bowel Detox, Master Gland, Enviro-Detox, Liver Cleanse Formula, LBS II and Chromium.

Stock No. 3220 (14-day program)



Gastro Health Concentrate is a blend of licorice root extract, Indian elecampane root extract, pau d'arco bark extract, clove flower extract and capsicum fruit to support gastrointestinal health. In laboratory conditions, some ingredients demonstrated activity against human GI pathogens, including *H. pylori*.

Stock No. 917 (60 capsules)



Liver Cleanse Formula contains ingredients traditionally used to support the liver. This blend contains herbs traditionally used for gastrointestinal disturbance.

Stock No. 1010 (100 capsules)



Milk Thistle Combination provides a variety of nutrients to support the digestive and hepatic systems, including milk thistle seed extract, N-Acetyl-L-Cysteine, dandelion root, and vitamins A and C.

Stock No. 4076 (90 tablets)



Para-Cleanse[®] is a 10-day program that supports the intestinal system in its cleansing efforts. It's safe, natural, gentle and effective. Includes Black Walnut ATC Concentrate, Paw Paw Cell-Reg, Herbal Pumpkin Formula and Artemisia Combination.

Stock No. 4115 (10-day program)



Psyllium Hulls Combo (bulk powder) offers an excellent source of soluble fiber, which helps with natural waste elimination and may support cholesterol levels already in the normal range.

Stock No. 1376 (11 oz. bulk)

SUPPORT DIGESTIVE HEALTH
WITH PROVEN NATURAL
SUPPLEMENTS FROM
NATURE'S SUNSHINE!

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