

Nature's Sunshine

Prevention is better than cure....



We use only the finest raw materials.

At Nature's Sunshine, uncompromising quality is not an option – it is an obligation. We use only the finest raw materials, gathered from the Americas, Europe, Africa and the Orient, and we boast the largest force of trained Herb Specialists in the world. It's no wonder our herbs outshine the competition! Nature's Sunshine Products has been sharing its unique herbal products for over a quarter of a century. In that time, so many lives have been changed for the better. Whether it's relief from certain physical ailments you seek, supplements to build the quality of your life or the freedom of financial independence, we feel certain there's a niche for you at Nature's Sunshine. So come in and experience our caring, sharing attitude. It's an opportunity for building health and wealth that could change your life!

For “Your Personal Guide to Natural Health” call to Jolanta

Omega 3 EPA (60)



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Omega-3 is a classification of certain kinds of fatty acids that result from the breakdown of dietary fats in the body. They are used to form membranes surrounding each of our trillions of cells. Fish get omega-3 oils from the plankton they eat. The names of these omega-3 oils are EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). DHA is most concentrated in the brain and retina. Both are included in this formulation-EPA 180mg and DHA 120mg, with natural d-alpha tocopherol acetate (vitamin E) to help preserve freshness. Sources for these fish oils are the flesh of cold water fish such as salmon and mackerel. Does not contain fish liver oils.

Take 1-2 capsules with a meal three times daily
(60 capsules per bottle). £12.68

Zambroza (458ml)



The most effective antioxidant drink on the market!

Nature's Sunshine has harvested the most healthful fruits and natural extracts from around the world and combined them into this unique delicious, nutritious juice which has been specially formulated to neutralise excess free radicals. Zambroza's synergistic blend of ten powerful ingredients include mangosteen, wolfberry, apple extract, blueberry, concord grape, grape seed, grape skin, green tea, red berry and raspberry. Zambroza is a powerhouse of antioxidants that help the body fight the effects of ageing, caused by excess free radicals, it helps to maintain a healthy cardiovascular system, restores energy levels, help maintain healthy cell growth and maintains a healthy immune system.

Take 15ml (1.2 oz.) twice daily
(458ml per bottle) £21.05

Nutri-Calm (90) **KEY Product**



Nutri-Calm (Nervous) is a key product designed to support a healthy nervous system during times of pressure.

During times of pressure, the nervous system uses extra B-complex vitamins and vitamin C. Nutri-Calm provides generous amounts of these nutrients along with the herb chamomile which herbalists recommend for its ability to soothe the nerves. One tablet provides, vitamin C 400mg, vitamin B1 (thiamine) 20mg, vitamin B2 (riboflavin) 20mg, niacin 40mg, vitamin B6 (pyridoxine) 20mg, folic acid 125µg, vitamin B12 (cyanocobalamin) 33µg, biotin 0.1mg and pantothenic acid 80mg. Other ingredients include choline bitartrate, inositol, PABA, citrus bioflavonoids and chamomile flowers extract.

Take 1 tablet with a meal three times daily
(90 tablets per bottle). £19.52

SynerProTein Original (448g)



SynerProTein is designed to give you a powerhouse of nutrition and energy providing a high quality soya protein supplement which is dairy free, wheat free, yeast free, gluten free and virtually fat free. SynerProTein can help improve your energy levels, stamina, concentration, hair, skin and nails. To provide your body with a comprehensive range of nutrition we recommend you take SynerProTein with our high fibre supplement TNT.

One serving of SynerProTein supplies 18 grams of soya protein.
(448g tin). £15.75

TNT (532g)



TNT drink mix ensures that you are getting the vitamins, minerals and fibre you need daily.

Each daily serving of this delicious, orange cream flavoured drink mix provides 12g fibre, 12 vitamins, 11 minerals and antioxidants.

It can be used daily as a meal replacement or as a supplement to any diet. The fibre in TNT is obtained from 18 different fruit, vegetable and grain sources.

TNT is an ideal product to mix with SynerProTein to give you a comprehensive range of protein, fibre, vitamins and minerals.

Also available in single serve sachets.

Mix one scoop with 4 ounces water and shake or stir briskly, use up to twice daily (532g tin). £20.95

Healthy Starter Pack



Highly effective ten day detox designed to be taken alongside a normal healthy diet.

Toxins are stored in many parts of the body therefore it is important to use a detox that cleanses the entire body. The Healthy Starter Pack is a unique ten day herbal detox designed to clean the whole body of cellular waste.

Why Do You Need To Detox?

On a daily basis we are bombarded with toxins from various sources. This includes being exposed to a cocktail of pesticides from our food, air pollution, food additives, bad fats, too much sugar, too much salt, preservatives, heavy metals, drugs (including drugs given to livestock) and chemicals in household products

This highly effective detox is designed to be taken alongside a normal healthy diet. Results will be enhanced if you omit red meat, caffeine and alcohol from your diet during the ten days.

Detox programme is not recommended for children, women who are pregnant or nursing, or people experiencing ill health.

Please note: If Diarrhoea occurs during the cleanse the effectiveness of the contraceptive pill may be compromised. £29.36