RESPIRATORY SYSTEM

Allergies – Asthma – Bronchitis – Sinusitis – Coughing
Sinuses • Lungs • Bronchials • Trachea • Larynx • Cilia • Alveoli

ALJ*+ - Dust, pollen, sneezing, cough. Allergy support. Also in 2 oz and 270 count
ANT-GAS, CHINESE - Clear stagnant undigested food, full feeling, gas, cravings.
BREATHE EZ - Pollen, dust, sneezing, bronchial support, lymph nodes.
BRONCHIAL FORMULA, AYURVEDIC - Weak lungs, tight bronchials, mucus, cough.
CC-A - **C**ommon **C**old, flu, sinus congestion. Also carry CC-A w/Yerba Santa 2 oz liq.
CC-A RELIEF - (30 Packets) Support to help you body get over the Common Cold.
CORDYCEPS - (90) Energizing, male potency & female vitality, improve circulation.
ELDERBERRY DEFENSE - Immune stimulating, lung support, cold & flu season.
ELDERBERRY PLUS, CHEWABLE - (60) Boosts immune response, respiratory.
FENUGREEK & THYME - Sinus and pressure support, dissolves mucus.
FOUR - Lung support. Food reactions, hard to speak because of laryngitis - sore throat.
HISTABLOCK - (90) Control allergens, inflammation & swelling of mucous membranes.
LH - **L**ung **H**ealth, *wet condition*, helps to thin & move mucus, helps urge to cough.
LOBELIA - Lung/muscle relaxant. Heavy cough, congestion, calmer. Also in 2oz liq.
LOBELIA / ST. JOHN'S WORT - Helps stop smoking without side effects.
LUNG SUPPORT, CHINESE - *Dry condition*, moisture to the lungs, helps dry coughs.
LYMPH GLAND CLEANSE-HY - Natural antibiotic, immune fighter, cleanser.
MARSHMALLOW - Expel mucus from lungs, relax bronchial tubes. Pro[illegible]tes healing.
MARSHMALLOW & FENUGREEK - Mucus and phlegm, soothing rela[illegible]nt, sinus.
MULLEIN - Nervous cough, lung and sinus - help breathing, T.B., lymp[illegible]tic cleaner.
NATURE'S NONI - Good for all respiratory complaints. Also carry a 16 [illegible]. and 32 oz. Li[illegible]
SAGE - Stimulates hair growth, improves memory, sore gums and throa[illegible] nerves.
SINUS SUPPORT - Sinus congestion, natural antihistamine, pollen, snee[illegible]
SNOR-EASE - (60) Helps stop snoring, opens sinus passages, breaks down mucus.
YARROW - Obstructed perspiration, feeds body during chicken pox breakout, lymph.
ZINC LOZENGES - (96) Lozenges for sore throat. Helps speeds healing time.

HOMEOPATHIC MEDICINES FOR THE RESPIRATORY SYSTEM

ALLERGIES - Hayfever/Pollen - Sneezing, etc.
ALLERGIES - Mold/Yeast/Dust - Sneezing, etc.
ALLERGY - Runny nose, watery eyes, cough.
ASTHMA - Shortness of breath, tightness, etc.
COLD - Runny nose, sneezing, headache, throat.
COUGH SYRUP - Children's - Coughing, sore.
COUGH SYRUP (DH) - Dry, hoarse coughs.
Loose Phlegm (LP) - Congested coughs.
Night Time (NT) - Cough that disturbs sleep.
SINUS - Stuffy nose, runny nose, headache.

ESSENTIAL OILS FOR SUPPORTING THE RESPIRATORY SYSTEM

BREATHE FREE - Infection, bronchial spasms.
EUCALYPTUS - All types of respiratory problems.
MYRRH - Bronchitis, chest colds, sinuses.
PINE NEEDLE - Lungs, tissue oxygenation.
ROSEMARY - Expectorant, chest infections.
TEA TREE OIL - Kills fungus and bacteria.
TEI FU OIL - Sinus, congestion, headaches.
THYME LINALOL - Purify the air, allergies.

The Nature Sunshine story and how it all began in 1972...

Gene Hughes found himself with a nagging stomach condition that just wouldn't go away. He took the advice of a neighbor who suggested he take cayenne pepper to ease his discomfort. It worked! Gene found himself feeling much better.

The only problem was that swallowing a spoonful of cayenne pepper was no easy task. That's when his wife, Kristine, suggested putting the powder into an easy-to-swallow gelatin capsule. A revolutionary idea was born. Gene chose to share what he learned with others. He soon enlisted the support of his family to begin a small family business.

Today much has been written about the benefits of herbs like cayenne (capsicum), but over 30 years ago when Gene, Kristine and Pauline started encapsulating herbs and selling them to health food stores, they were pioneers in their field. Quality, Service, & Integrity is always first.

Nature's Sunshine Products is now mainstream and their products are sold world wide. The focus of the Hughes' has always been about helping people live a healthier, happier life.

DRAFT

STRUCTURAL SYSTEM

Arthritis – Osteoporosis – Muscle Cramps – Poor Posture
Bones • Skin • Teeth • Muscle • Tendons • Ligaments • Hair

ALFALFA - Helps balance pH. Contains trace minerals and more. Also in 270 count bottle.
ALOE VERA GEL - (8 oz) Soothe skin, cool sunburns, cuts, scrapes, keep in kitchen.
ANAMÚ - Compromised immune system, protects cells, arthritis pain and support.
BLACK OINTMENT - (1 oz) Draws and pulls out irritants from skin, boils, acne, bites.
BONE/SKIN POULTICE - Wounds, redness. Helps speed tissue & bone recovery time.
BURDOCK - Reduce swelling, bone spurs, sore feet from gout, skin rash.
CHONDROITIN - (60) Prevents tearing of tissues and protects joints, shock cushion.
COLLATRIM PLUS - (16 oz) Strengthens ligaments and joints, repairs. Also in 180 caps.
COLLOIDAL MINERALS - (32 oz) Important for all functions and other minerals.
CORAL CALCIUM - (2.6 oz) Benefits your bones and your pH. Helps detoxify.
EVERFLEX - (60) Nutritional support for arthritis. Joint Integrity, flexibility, & lubrication.
FIBRALGIA - (90) Malic Acid. Fibromyalgia. Chronic muscle pain, stiffness & fatigue.
FLAX SEED OIL - (60) Skin, joint pain, nerves, brain function. Omega 3, 6, & 9.
FREE AMINO ACIDS - (60) (Free Form) Increase muscle mass, density, strength.
GLUCOSAMINE HCL - (60) Arthritis, ligaments, discs. Rebuilds & strengthens.
GOLDEN SALVE - (1 oz) Soothing, healing herbal salve, dry lips, soothes hemorrhoids.
HERBAL CA[illegible] - Natural [illegible]cium, veins & arteries, bones, teeth.. Also in a Hi-Potency strength.
HERBAL TRIM SKIN TR[illegible]TMENT - (8 oz) Severe sunburns, any skin problems.
S[illegible]A'L - Helps stren[illegible]hen bones, helps stop hair from falling out, split ends.
[illegible] Complex - (90) Enri[illegible] the health, strength, and vibrancy of hair, nails and skin.
SN-V[illegible] - Supplies vital [illegible]trients to promote growth of hair, skin, & nails.
IF-C - Redness, pain from [illegible]welling, releases body heat – stay cool in the summer.
[illegible]EDIC - From India. Cleanses joints, helps with pain and repair.
JOINT SUPPORT - Arthritis and joint stiffness, popping joints, joint cleansing herbs.
JOINT-EASE - (28 packets) Joint support program to help joints & connective tissue.
JOJOBA OIL - (.5 oz) Scalp conditioning. Wrinkles, dry skin. Conditioning to skin.
KB-C - Kidney/bone builder, backache, spine disorders, joints, helps maintain balance.
MAGNESIUM COMPLEX -(100) Alkalizing to body and beneficial for musculoskeletal health.
MSM - (90) Protects cells, maintains healthy joints & connective tissue, more.
MSM / GLUCOSAMINE CREAM - (2 oz) Appearance of skin. Helps with joint pain.
NATURE'S NONI - Known as "Pain Killer," joints. Also carry a 16 oz. and 32 oz. Liq.
NATURE'S PHENYLTOL - (90) Natural pain relief. Aching back or joints, headache.
OMEGA 3 EPA - (60) EFA's. Good for strength of veins, arteries, heart, & arthritis.
PAW PAW LICE REMOVAL SHAMPOO - (4 oz) Kills and removes lice and nits.
PLS II - **P**ulls, **L**acerations, and **S**prains. Helps support tissue and bone.
POTASSIUM, COMBINATION - Regulate heart beat, muscle cramps, continuous thirst.
SAM-e - (30) Help for joint mobility, structural of joints. Also improves mental outlook.
SC FORMULA - **S**hark **C**artilage, Arthritis pain & support. Inhibits blood flow to tumors.
SKELETAL STRENGTH* - (150) Provides minerals your bones may be missing.
SKIN DETOX, AYURVEDIC - Promote healthy skin by purifying the blood. Clear acne.
SUNSHINE BRITE TOOTHPASTE - Mint Tingle - (4 oz.) All Natural, fluoride free.
TARGET ENDURANCE* - (90) Maximum nutrition to the body's muscles.
TEI FU MASSAGE LOTION - (4 oz) Rub on sore muscles, injuries, tight muscles.
TRIPLE RELIEF - (90) Help soothe muscle pain and discomfort from exercise.
YUCCA - Natural cortisone, joint strengthener and supporter, reduces soreness, skin.

HOMEOPATHIC MEDICINES FOR THE STRUCTURAL SYSTEM

ACNE - Treatment and prevention of pimples.
ARTHRITIS - Pain, stiffness and inflammation.
ECZEMA / PSORIASIS - Dry, scaly, inflam skin.
EXERCISE - Providing energy, vitality, stamina.
HEALING AC CREAM - (2 oz) Hives, burns, rash.
PAIN - Pain with neuralgia, backache, sciatica.
SCIATICA - Lower back pain due to sciatica.
SPRAINS & PULLS - Pain, stiffness, strains.

ESSENTIAL OILS FOR SUPPORTING THE STRUCTURAL SYSTEM

CLOVE BUD - Anti-inflammatory. Toothache.
DEEP RELIEF - Relieve pain & inflammation.
LAVENDER FINE - Analgesic. Rheumatic pain.
MASSAGE OIL - (4 oz) Penetrating, mixable.
PEPPERMINT OIL - Soothing and cooling to skin.
TEA TREE OIL - Mild analgesic. Used on cuts.