
LILY & LOAF®
BEAUTY • HEALTH • BALANCE

KINESIOLOGY DIRECTORY



THE KINESIOLOGY PRODUCT RANGE



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Disclaimer

Lily & Loaf provide products using only the highest quality natural ingredients along with pharmaceutical standard manufacturing practices. All the products in our range are scientifically formulated for the maintenance of good health when taken in conjunction with a healthy, well balanced diet. The information contained herein is for educational and informational purposes only. It is not intended to diagnose, treat, cure, or prevent any disease.

All information correct at time of printing.

WELCOME TO THE KINESIOLOGY RANGE OF

NATURAL HEALTH PRODUCTS

This directory has been developed to provide Kinesiologists using the Lily & Loaf kit, with a quick, clear reference to each product.

The guide lists products in ten separate sections - one for each of the nine body systems, and one for general health, with additional space for personal reference notes.

You can be assured that you're using the highest quality nutritional supplements available. Each one is expertly formulated, and subjected to rigorous quality control checks before being released for sale.

People from all walks of life rely on Lily & Loaf products every day, from those who simply want to improve their overall health and well being, to holistic practitioners, health consultants, personal trainers, and sports enthusiasts.

And we are so confident that you and your customers will love our products, that we are able to offer a full 90 day, customer money back guarantee*.

Best Wishes,



Andrew Ewan
Managing Director

*Please visit website for 90 day money back guarantee T&Cs.

KINESIOLOGY DIRECTORY

YOUR AT A GLANCE GUIDE TO THE LILY & LOAF PRODUCT RANGE

THE DIGESTIVE SYSTEM

54 PROACTAZYME (KSP)

Enzymes from plant sources - helps break down food in your stomach when you feel uncomfortably full after a meal. Breaks down proteins, carbohydrates, and fats, and difficult to digest foods.

ORDER CODE 1643

NOTES:

7 BOWEL BUILD

Enzymes and vitamins support a healthy intestinal and digestive system. With betaine HCl to aid digestion in the upper gastrointestinal tract.

Not suitable for use during pregnancy. May cause a reaction in persons allergic to inhaled or ingested Psyllium.

ORDER CODE 2857

NOTES:

11 CAPRYLIC ACID COMBINATION

An enteric coated prebiotic designed to nutritionally support anyone wanting to rebalance friendly bacteria. Can work in partnership with Pro B11.

Allergy Advice: Contains Black Walnut Hulls.

ORDER CODE 1808

NOTES:

12 CAPSICUM & GARLIC WITH PARSLEY

Botanical sources of potassium for transmission of nerve impulses; phosphorous – essential component of bone, sodium, and zinc for normal growth and reproduction. Supports normal immune and circulatory systems.

ORDER CODE 832

NOTES:

38 LICORICE ROOT

General supplement, for respiratory, liver and glandular support. Licorice contains triterpenoid saponins, flavonoids, isoflavonoids, reputed for bringing the entire body into balance.

Do not take when pregnant and use caution if you suffer from high blood pressure.

ORDER CODE 420

NOTES:

40 LIVER HEALTH FORMULA

Contains eleven key ingredients chosen for their antioxidant, bitter, and soothing properties, all of which are needed to keep the liver in good condition.

Specially developed to nourish the liver.

ORDER CODE 1170

NOTES:

49 PAPAYA MINT CHEWABLE *Vegetarian & Vegan*

Nutritionally formulated for the digestive system. Contains an enzyme called papain that can break down protein, while peppermint leaves contain aromatic compounds that nourish the digestive system

ORDER CODE 485

NOTES:

53 PRO B11 *Vegetarian & Vegan*

Multi strain live, natural bacteria supplement with long and short chain FOS (fructooligosaccharides). Provides almost 12 billion live, natural bacteria per serving to maintain healthy gut flora. Helps to digest and absorb proteins. Useful after antibiotics.

ORDER CODE 1510

NOTES:

61 SLIPPERY ELM

Mucilaginous survival food rich in nutrients and easy to digest, making it an excellent food during times of digestive discomfort.

ORDER CODE 670

NOTES:

69 VITAMIN B-COMPLEX SYNERPRO®
Vegetarian & Vegan

Contributes to the normal function of the immune and nervous system, and psychological function. Provides energy, endurance and stamina and is balanced to assist B12 absorption.

ORDER CODE 1773

NOTES:

67 OPTIMISED CURCUMIN *Vegetarian & Vegan*

Longvida Optimised Curcumin has been devised to survive initial digestion and deliver free curcumin throughout the body using Solid Lipid Curcumin Particle (SLCP).

ORDER CODE 2319

NOTES:

79 ACTIVATED CHARCOAL *Vegetarian & Vegan*

A high-quality, potent Activated Charcoal supplement that binds toxins and other harmful substances in the digestive tract to prevent their absorption.

ORDER CODE 2293

NOTES:

THE DIGESTIVE SYSTEM continued

1 5-HTP WITH L-TRYPTOPHAN *Vegetarian & Vegan*

Natural source 5-HTP with tryptophan – key players in the production of serotonin and melatonin which contribute to relaxation, restful sleep and well-balanced mood. With B vitamins to maintain the nervous system.

ORDER CODE 2208

NOTES:

16 COQ10 100MG *Vegetarian & Vegan*

A high grade coenzyme Q10 supplement that provides 100mg of CoQ10 in each vegan friendly capsule.

ORDER CODE 2118

NOTES:

58 ENZYMES + *Vegetarian & Vegan*

Enzymes+ contains a full-spectrum enzyme formula that will support the digestive process. They provide an optimal breakdown of fats, proteins, and carbohydrates and encourages the absorption of nutritional compounds.

ORDER CODE 2329

NOTES:

59 PRE + PRO 15 *Vegetarian & Vegan*

Contains 15 different strains of friendly bacteria, a prebiotic fibre, and selected B Vitamins. The B vitamins play a role in normal macronutrient metabolism and normal energy-yielding metabolism, supporting gut health further.

ORDER CODE 2371

NOTES:

3 ALOE VERA WITH BLUEBERRIES & CRANBERRY *Vegetarian & Vegan*

Soothing Aloe Vera synergistically blended with antioxidant berries for digestive and gut health.

ORDER CODE 2333

NOTES:



THE INTESTINAL SYSTEM

7 BOWEL BUILD (KSP)

Enzymes and vitamins support a healthy intestinal and digestive system. With betaine HCl to aid digestion in the upper gastrointestinal tract.

Not suitable for use during pregnancy. May cause a reaction in persons allergic to inhaled or ingested Psyllium.

ORDER CODE 2857

NOTES:

5 BLACK WALNUT

Astringent rich in tannins - toning properties, also contains bitter compounds.

Not suitable for use during pregnancy. May cause a reaction in persons allergic to inhaled or ingested Psyllium.

ORDER CODE 90

NOTES:

12 CAPSICUM & GARLIC WITH PARSLEY

Botanical sources of potassium for transmission of nerve impulses; phosphorous – essential component of bone, sodium, and zinc for normal growth and reproduction. Supports normal immune and circulatory systems.

ORDER CODE 832

NOTES:

78 BLACK WALNUT & PUMPKIN

Vegetarian & Vegan

Formulated to support healthy gut flora, stop the spread of harmful bacteria and soothe irritated tissue. Its two ingredients are renowned for their astringent, anti-fungal and anti-inflammatory properties.

ORDER CODE 2292

NOTES:

11 CAPRYLIC ACID COMBINATION

An enteric coated prebiotic designed to nutritionally support anyone wanting to rebalance friendly bacteria. Can work in partnership with Pro B1 1.

Allergy Advice: Contains Black Walnut Hulls.

ORDER CODE 1808

NOTES:

22 FAT GRABBERS™

Traps fat molecules - absorb less fat from the everyday diet.

May cause allergic reaction in persons sensitive to inhaled or ingested psyllium. May inhibit the absorption of essential fatty acids; take at least three hours apart from Super Omega-3 EPA.

ORDER CODE 2937

NOTES:

THE INTESTINAL SYSTEM continued

27 GARLIC - HIGH POTENCY SYNERPRO®

Vegetarian & Vegan

Potent garlic with a special coating - breaks down for absorption in the small intestine. Garlic is a known friend to the immune and circulatory systems.

ORDER CODE 292

NOTES:

31 HEALTHY STARTER PACK+ 10 DAY NUTRITIONAL CLEANSE

Whole body cleanse, supporting natural routes of elimination. Includes; psyllium hulls, digestive health, liver health, cranberry & buchu, and HSII.

Not recommended for those experiencing ill health. Not suitable during pregnancy, or by those trying to conceive. Not intended for prolonged use. This product contains psyllium. May cause a reaction in persons allergic to inhaled or ingested psyllium.

ORDER CODE 4133

NOTES:

38 LICORICE ROOT

General supplement, for respiratory, liver and glandular support. Licorice contains triterpenoid saponins, flavonoids, isoflavonoids, reputed for bringing the entire body into balance.

Do not take when pregnant, and use caution if you suffer from high blood pressure.

ORDER CODE 420

NOTES:

43 MSM

Methylsulfonylmethane - naturally occurring organic form of dietary sulphur - needed by our bodies every day to maintain protein structure and cellular function, replenishing the connections between cells and preserving the molecular framework of connective tissue.

ORDER CODE 4059

NOTES:

50 PAW PAW *Vegetarian & Vegan*

Do not take this product if you are pregnant, nursing, or planning to conceive. CoQ10 and Thyroid products may decrease the effectiveness of this product.

ORDER CODE 2383

NOTES:

53 PRO B11 *Vegetarian & Vegan*

Multi strain live, natural bacteria supplement with long and short chain FOS (fructooligosaccharides). Provides almost 12 billion live, natural bacteria per serving to maintain healthy gut flora. Helps to digest and absorb proteins. Useful after antibiotics.

ORDER CODE 1510

NOTES:

55 PSYLLIUM HULLS

Highest level of soluble fibre known - adds important fibre to the daily diet.

May cause an allergic reaction in persons sensitive to inhaled or ingested Psyllium.

ORDER CODE 545

NOTES:

61 SLIPPERY ELM

Mucilaginous survival food rich in nutrients and easy to digest, making it an excellent food during times of digestive discomfort.

ORDER CODE 670

NOTES:

58 ENZYMES + *Vegetarian & Vegan*

Enzymes+ contains a full-spectrum enzyme formula that will support the digestive process. They provide an optimal breakdown of fats, proteins, and carbohydrates and encourages the absorption of nutritional compounds.

ORDER CODE 2329

NOTES:

59 PRE + PRO 15 *Vegetarian & Vegan*

Contains 15 different strains of friendly bacteria, a prebiotic fibre, and selected B Vitamins. The B vitamins play a role in normal macronutrient metabolism and normal energy-yielding metabolism, supporting gut health further.

ORDER CODE 2371

NOTES:

3 ALOE VERA WITH BLUEBERRIES & CRANBERRY *Vegetarian & Vegan*

Soothing Aloe Vera synergistically blended with antioxidant berries for digestive and gut health.

ORDER CODE 2333

NOTES:



THE CIRCULATORY SYSTEM

14 CIRCULATE (KSP) *Vegetarian & Vegan*

Key System product for the circulatory system with generous levels of a wide range of vitamins, minerals, nutrients and plant extracts to support the circulatory system, energy and wellbeing.

ORDER CODE 2209

NOTES:

12 CAPSICUM & GARLIC WITH PARSLEY

Botanical sources of potassium for transmission of nerve impulses; phosphorous – essential component of bone, sodium, and zinc for normal growth and reproduction. Supports normal immune and circulatory systems.

ORDER CODE 832

NOTES:

22 FAT GRABBERS™

Traps fat molecules - absorb less fat from the everyday diet.

May cause allergic reaction in persons sensitive to inhaled or ingested psyllium.

May inhibit the absorption of essential fatty acids; take at least three hours apart from Super Omega-3 EPA

ORDER CODE 2937

NOTES:

27 GARLIC - HIGH POTENCY SYNERPRO® *Vegetarian & Vegan*

Potent garlic with a special coating - breaks down for absorption in the small intestine. Garlic is a known friend to the immune and circulatory systems.

ORDER CODE 292

NOTES:

29 GINKGO BILOBA EXTRACT TIME RELEASE* *Vegetarian & Vegan*

Powerful free radical scavenger - supports a normal circulatory system. Unique 12 hour, time release formula provides a constant supply of ginkgo throughout the day.

ORDER CODE 898

NOTES:

38 LICORICE ROOT

General supplement, for respiratory, liver and glandular support. Licorice contains triterpenoid saponins, flavonoids, isoflavonoids, reputed for bringing the entire body into balance.

Do not take when pregnant, and use caution if you suffer from high blood pressure.

ORDER CODE 420

NOTES:

* not available in the Republic of Ireland
(KSP): Key System Product

16 COQ10 100MG *Vegetarian & Vegan*

A high grade coenzyme Q10 supplement that provides 100mg of CoQ10 in each vegan friendly capsule.

ORDER CODE **2118**

NOTES:

80 CORDYCEPS *Vegetarian & Vegan*

Cordyceps are medicinal fungi available as a dietary supplement, which are said to have energy-boosting, anti-ageing and anti-inflammatory properties.

ORDER CODE **2301**

NOTES:

67 OPTIMISED CURCUMIN *Vegetarian & Vegan*

Longvida Optimised Curcumin has been devised to survive initial digestion and deliver free curcumin throughout the body using Solid Lipid Curcumin Particle (SLCP).

ORDER CODE **2319**

NOTES:

73 VITAMIN E 400 *Vegetarian & Vegan*

High quality natural form vitamin E supplement with powerful antioxidant properties to protect cells from oxidative stress.

ORDER CODE **2117**

NOTES:

39 COD LIVER OIL 1000MG

Cod liver oil is a popular food supplement with a long history of use. It is sourced from the liver of codfish. Cod liver oil is a good source of omega 3, it is also a source of vitamins A & D.

ORDER CODE **2344**

NOTES:

WEIGHT MANAGEMENT

22 FAT GRABBERS™

Traps fat molecules - absorb less fat from the everyday diet.

*May cause allergic reaction in persons sensitive to inhaled or ingested psyllium.
May inhibit the absorption of essential fatty acids; take at least three hours apart from Super Omega-3 EPA*

ORDER CODE **2937**

NOTES:

15 COLLAGEN PLUS

Collagen Plus is a formulation of marine collagen, hyaluronic acid, biotin, vitamins and Hebridean seaweed to benefit hair, skin and nails.

ORDER CODE **2237**

NOTES:

THE NERVOUS SYSTEM

47 NUTRI-CALM (KSP) *Vegetarian & Vegan*

B-Complex vitamins with chamomile helps maintain a healthy nervous system, and contribute to a reduction of tiredness and fatigue. Helps us settle when life becomes too much of a challenge.

ORDER CODE 4798

NOTES:

8 BRAIN-PROTEX WITH HUPERZINE*

Rich in potent antioxidants chosen for the brain and is especially helpful for people over 50 years of age. Contains ginkgo biloba in a blend of phosphatidyl serine, choline, ethanolamine and inositol.

ORDER CODE 3114

NOTES:

10 CALCIUM-MAGNESIUM SYNERPRO®

Synergistic blend of calcium, magnesium & vitamin D, to maintain normal bones, teeth and muscles, and normal function of the immune system. Magnesium plays a role in normal protein synthesis, and contributes to a reduction in tiredness and fatigue.

ORDER CODE 4702

NOTES:

19 ENERG-V

Works with glandular, nervous and circulatory systems. Provides support from adaptogenic herbs schizandra and siberian ginseng. Includes bee pollen.

Not suitable for use during pregnancy.

ORDER CODE 854

NOTES:

29 GINKGO BILOBA EXTRACT TIME RELEASE* *Vegetarian & Vegan*

Powerful free radical scavenger - supports a normal circulatory system. Unique 12 hour, time release formula provides a constant supply of ginkgo throughout the day.

ORDER CODE 898

NOTES:

33 HOPS & VALERIAN WITH PASSION FLOWER

Nourishes the nervous system, contributes to the normal functioning of the nervous system and immune system.

ORDER CODE 940

NOTES:

* not available in the Republic of Ireland
(KSP): Key System Product

38 LICORICE ROOT

General supplement, for respiratory, liver and glandular support. Licorice contains triterpenoid saponins, flavonoids, isoflavonoids, reputed for bringing the entire body into balance.

Do not take when pregnant, and use caution if you suffer from high blood pressure.

ORDER CODE 420

NOTES:

41 MAGNESIUM

Contributes to normal energy-yielding metabolism, muscle function, protein synthesis, and a reduction in tiredness and fatigue. Required for maintenance of normal bones and normal psychological function.

ORDER CODE 4061

NOTES:

14 CIRCULATE (KSP) *Vegetarian & Vegan*

Key System product for the circulatory system with generous levels of a wide range of vitamins, minerals, nutrients and plant extracts to support the circulatory system, energy and wellbeing.

ORDER CODE 2209

NOTES:

57 SIBERIAN GINSENG

An adaptogen, traditionally used to support the whole body during periods of emotional stress. Considered by some to be an overall body supplement.

Do not take if pregnant or likely to become pregnant.

ORDER CODE 660

NOTES:

69 VITAMIN B-COMPLEX SYNERPRO®
Vegetarian & Vegan

Contributes to the normal function of the immune and nervous system, and psychological function. Provides energy, endurance and stamina and is balanced to assist B12 absorption.

ORDER CODE 1773

NOTES:



THE NERVOUS SYSTEM *continued*

72 VITAMIN D3 *Vegetarian*

Essential for the function of the immune system, bones, teeth and muscle. The 'Sunshine Vitamin' is required for the absorption and use of calcium and phosphorus.

ORDER CODE 1155

NOTES:

9 VITAMIN D3 *Vegetarian & Vegan*

A high-strength, plant-based Vitamin D supplement derived from Lichen, a type of fungi containing cholecalciferol, the most bioavailable form of this essential vitamin..

ORDER CODE 2269

NOTES:

30 GOTU KOLA

Often referred to as 'brain food', Gotu Kola contains nutrients that include vitamins A, B, E and K, along with magnesium. Vitamins A & E are well known for their antioxidant abilities, contributing to protection of cells from oxidative stress, and the normal function of the immune system. B vitamins contribute to normal energy yielding metabolisms, and magnesium contributes to a reduction in tiredness and fatigue, protein synthesis and normal muscle function.

ORDER CODE 360

NOTES:

16 COQ10 100MG *Vegetarian & Vegan*

A high grade coenzyme Q10 supplement that provides 100mg of CoQ10 in each vegan friendly capsule.

ORDER CODE 2118

NOTES:

1 5-HTP WITH L-TRYPTOPHAN *Vegetarian & Vegan*

Natural source 5-HTP with tryptophan – key players in the production of serotonin and melatonin which contribute to relaxation, restful sleep and well-balanced mood. With B vitamins to maintain the nervous system.

ORDER CODE 2208

NOTES:

73 VITAMIN E 400 *Vegetarian & Vegan*

High quality natural form vitamin E supplement with powerful antioxidant properties to protect cells from oxidative stress.

ORDER CODE 2117

NOTES:

67 **OPTIMISED CURCUMIN** *Vegetarian & Vegan*

Longvida Optimised Curcumin has been devised to survive initial digestion and deliver free curcumin throughout the body using Solid Lipid Curcumin Particle (SLCP).

ORDER CODE **2319**

NOTES:

26 **MENOPAUSE SUPPORT** *Vegetarian & Vegan*

Menopause Support offers holistic support to help manage the most common symptoms. Contains Dong Quai, Sage, Hops & Kelp.

ORDER CODE **2321**

NOTES:

13 **ASHWAGANDHA** *Vegetarian*

It is often used to help the body during times of physical and emotional stress. This herb is valued for its ability to strengthen physical and mental performance whilst reducing stress.

ORDER CODE **2335**

NOTES:

THE IMMUNE SYSTEM

12 **CAPSICUM & GARLIC WITH PARSLEY**

Botanical sources of potassium for transmission of nerve impulses; phosphorous – essential component of bone, sodium, and zinc for normal growth and reproduction. Supports normal immune and circulatory systems.

ORDER CODE **832**

NOTES:

19 **ENERG-V**

Works with glandular, nervous and circulatory systems. Provides support from adaptogenic herbs schizandra and siberian ginseng. Includes bee pollen.

Not suitable for use during pregnancy.

ORDER CODE **854**

NOTES:

27 **GARLIC - HIGH POTENCY SYNERPRO®**
Vegetarian & Vegan

Potent garlic with a special coating - breaks down for absorption in the small intestine. Garlic is a known friend to the immune and circulatory systems.

ORDER CODE **292**

NOTES:

THE IMMUNE SYSTEM continued

77 VITAMIN C - HIGH STRENGTH *Vegetarian & Vegan*

Specially formulated to slowly release Vitamin C over 12-16 hours, for optimal absorption.

ORDER CODE 2287

NOTES:

35 IMMUNE FORMULA

Natural ingredients formulated for the immune system. Antioxidant to strengthen the body. For immune stress.

ORDER CODE 1839

NOTES:

53 PRO B11 *Vegetarian & Vegan*

Multi strain live, natural bacteria supplement with long and short chain FOS (fructooligosaccharides). Provides almost 12 billion live, natural bacteria per serving to maintain healthy gut flora. Helps to digest and absorb proteins. Useful after antibiotics.

ORDER CODE 1510

NOTES:

71 VITAMIN C WITH CITRUS BIOFLAVONOIDS
Vegetarian & Vegan

Antioxidant vitamin – contributes to normal function of the immune and nervous systems and normal psychological function - protects cells against oxidative stress.

ORDER CODE 1646

NOTES:

16 COQ10 100MG *Vegetarian & Vegan*

A high grade coenzyme Q10 supplement that provides 100mg of CoQ10 in each vegan friendly capsule.

ORDER CODE 2118

NOTES:

67 OPTIMISED CURCUMIN *Vegetarian & Vegan*

Longvida Optimised Curcumin has been devised to survive initial digestion and deliver free curcumin throughout the body using Solid Lipid Curcumin Particle (SLCP).

ORDER CODE 2319

NOTES:

80 CORDYCEPS *Vegetarian & Vegan*

Cordyceps are medicinal fungi available as a dietary supplement, which are said to have energy-boosting, anti-ageing and anti-inflammatory properties.

ORDER CODE 2301

NOTES:

73 VITAMIN E 400 *Vegetarian & Vegan*

High quality natural form vitamin E supplement with powerful antioxidant properties to protect cells from oxidative stress.

ORDER CODE 2117

NOTES:

4 ANTIOX-IMMUNE (KSP) *Vegetarian & Vegan*

Antiox-Immune contains zinc and vitamin C and selenium, all of which contribute to the normal function of the immune system and the protection of cells from oxidative stress. Also contains lycopene and grapeseed extract.

ORDER CODE 2259

NOTES:

38 LICORICE ROOT

General supplement, for respiratory, liver and glandular support. Licorice contains triterpenoid saponins, flavonoids, isoflavonoids, reputed for bringing the entire body into balance.

Do not take when pregnant, and use caution if you suffer from high blood pressure.

ORDER CODE 420

NOTES:

26 MENOPAUSE SUPPORT *Vegetarian & Vegan*

Menopause Support offers holistic support to help manage the most common symptoms. Contains Dong Quai, Sage, Hops & Kelp.

ORDER CODE 2321

NOTES:



THE RESPIRATORY SYSTEM

23 FENUGREEK & FENNEL COMBINATION* (KSP)

Fenugreek herb contains mucilaginous compounds, known for their ability to soothe tissues, and a source of selenium, an antioxidant that helps the body utilise oxygen. Thyme is known for its association with the respiratory system. This formula contains: boneset herb, horseradish root, mullein leaves, fennel seeds and fenugreek seeds.

ORDER CODE 775

NOTES:

27 GARLIC - HIGH POTENCY SYNERPRO®

Vegetarian & Vegan

Potent garlic with a special coating - breaks down for absorption in the small intestine. Garlic is a known friend to the immune and circulatory systems.

ORDER CODE 292

NOTES:

77 VITAMIN C - HIGH STRENGTH *Vegetarian & Vegan*

Specially formulated to slowly release Vitamin C over 12-16 hours, for optimal absorption.

ORDER CODE 2287

NOTES:

24 FENUGREEK & THYME

This long-standing Nature's Sunshine formula is a carefully balanced combination of two well known, time-honoured herbs. Fenugreek herb contains mucilaginous compounds, which are gel-like substances known for their ability to soothe tissues. It is also an excellent herbal source of selenium, an antioxidant that helps the body utilise oxygen. Thyme is traditionally known for its association with the respiratory system.

ORDER CODE 885

NOTES:

43 MSM

Methylsulfonylmethane - naturally occurring organic form of dietary sulphur - needed by our bodies every day to maintain protein structure and cellular function, replenishing the connections between cells and preserving the molecular framework of connective tissue.

ORDER CODE 4059

NOTES:



* not available in the Republic of Ireland
(KSP): Key System Product

44 MULLEIN

Mullein is a gardener's friend and a herbalists delight, containing iron, magnesium, potassium, sulphur and calcium phosphate. The high mucilage content and mild saponins in Mullein make it a soothing support for the respiratory system. Mullein leaf has a bitter taste, so Nature's Sunshine have encapsulated the herb making it into an easy to swallow capsule.

ORDER CODE 460

NOTES:

71 VITAMIN C WITH CITRUS BIOFLAVONOIDS

Vegetarian & Vegan

Antioxidant vitamin – contributes to normal function of the immune and nervous systems and normal psychological function - protects cells against oxidative stress.

ORDER CODE 1646

NOTES:

THE URINARY SYSTEM

36 JUNIPER & PARSLEY COMBINATION* (KSP)

Specially formulated for the urinary tract, bladder and kidneys. Contains juniper berries – a source of resin, tannins, vitamin C, B vitamins, phosphorus, sodium, selenium and zinc. A herbal source of iron, manganese, potassium, sodium, vitamin A and riboflavin.

Do not take if pregnant or likely to become pregnant.

ORDER CODE 970

NOTES:

2 ALFALFA

Alfalfas very deep roots provide the plant with a rich source of nutrients. Each capsule contains 340mg alfalfa.

ORDER CODE 30

NOTES:

17 CRANBERRY & BUCHU COMBINATION*

Time-honoured herbs in perfectly balanced amounts, formulated for the urinary tract, bladder and kidneys; contains juniper berries.

ORDER CODE 834

NOTES:

74 SILVER SHIELD™ LIQUID *Vegetarian & Vegan*

Research indicates that colloidal silver deactivates the enzymes responsible for the metabolism and multiplication of bacteria, fungi and viruses. 5ml provides a full 90mcg (20ppm) of pure silver, without heavy metal contamination.

ORDER CODE 4274

NOTES:

THE GLANDULAR SYSTEM

42 MASTER GLAND FORMULA (KSP)

Vitamins & minerals that contribute towards a reduction in tiredness and fatigue, normal functioning of the immune and nervous system, and the protection of cells from oxidative stress.

Do not take if pregnant or likely to become pregnant. Do not exceed the stated recommended daily dosage. Contains ingredients derived from soya beans.

ORDER CODE 4701

NOTES:

19 ENERG-V

Works with glandular, nervous and circulatory systems. Provides support from adaptogenic herbs schizandra and siberian ginseng. Includes bee pollen.

Not suitable for use during pregnancy.

ORDER CODE 854

NOTES:

20 EVENING PRIMROSE OIL

Contains Gamma-Linolenic Acid (GLA), an essential fatty acid that assists the body in producing messengers that perform hundreds of important functions.

ORDER CODE 1787

NOTES:

37 KELP & HOPS COMBINATION

Excellent source of iodine, an essential nutrient for healthy thyroid function.

Do not take if pregnant or likely to become pregnant.

ORDER CODE 1092

NOTES:

38 LICORICE ROOT

General supplement, for respiratory, liver and glandular support. Licorice contains triterpenoid saponins, flavonoids, isoflavonoids, reputed for bringing the entire body into balance.

Do not take when pregnant, and use caution if you suffer from high blood pressure.

ORDER CODE 420

NOTES:

41 MAGNESIUM

Contributes to normal energy-yielding metabolism, muscle function, protein synthesis, and a reduction in tiredness and fatigue. Required for maintenance of normal bones and normal psychological function.

ORDER CODE 4061

NOTES:

45 NATURE'S PRENATAL *Vegetarian*

Balanced combination of vitamins and minerals for nutritional needs of mother and baby, before, during and after pregnancy.

ORDER CODE **3242**

NOTES:

80 CORDYCEPS *Vegetarian & Vegan*

Cordyceps are medicinal fungi available as a dietary supplement, which are said to have energy-boosting, anti-ageing and anti-inflammatory properties.

ORDER CODE **2301**

NOTES:

46 NOPAL

Contains pectins and mucilage that are beneficial to the digestive system, it's particularly useful in providing nutrients to the pancreas and liver that support digestion.

ORDER CODE **475**

NOTES:

47 NUTRI-CALM (KSP) *Vegetarian & Vegan*

B-complex vitamins with chamomile helps maintain a healthy nervous system, and contribute to a reduction of tiredness and fatigue. Helps us settle when life becomes too much of a challenge.

ORDER CODE **4798**

NOTES:

56 RED RASPBERRY

Possesses astringent qualities. Used by women for the reproductive system, especially during later stages of pregnancy. Red Raspberry leaves contain iron, niacin, and manganese contributing to normal energy-yielding metabolism.

ORDER CODE **560**

NOTES:

57 SIBERIAN GINSENG

An adaptogen, traditionally used to support the whole body during periods of emotional stress. Considered by some to be an overall body supplement.

Do not take if pregnant or likely to become pregnant.

ORDER CODE **660**

NOTES:



THE GLANDULAR SYSTEM continued

62 SPIRULINA

An algae source of all eight essential amino acids, and the highest protein content of any natural food. One of the few plant sources of vitamin B12, and is rich in protein, vitamins, minerals, and antioxidants. Richest wholefood source of vitamin B12, and vitamin E.

ORDER CODE 681

NOTES:

69 VITAMIN B-COMPLEX SYNERPRO®

Vegetarian & Vegan

Contributes to the normal function of the immune and nervous system, and psychological function. Provides energy, endurance and stamina and is balanced to assist B12 absorption.

ORDER CODE 1773

NOTES:

67 OPTIMISED CURCUMIN *Vegetarian & Vegan*

Longvida Optimised Curcumin has been devised to survive initial digestion and deliver free curcumin throughout the body using Solid Lipid Curcumin Particle (SLCP).

ORDER CODE 2319

NOTES:

73 VITAMIN E 400 *Vegetarian & Vegan*

High quality natural form vitamin E supplement with powerful antioxidant properties to protect cells from oxidative stress.

ORDER CODE 2117

NOTES:

16 COQ10 100MG *Vegetarian & Vegan*

A high grade coenzyme Q10 supplement that provides 100mg of CoQ10 in each vegan friendly capsule.

ORDER CODE 2118

NOTES:

26 MENOPAUSE SUPPORT *Vegetarian & Vegan*

Menopause Support offers holistic support to help manage the most common symptoms. Contains Dong Quai, Sage, Hops & Kelp.

ORDER CODE 2321

NOTES:

13 ASHWAGANDHA *Vegetarian*

It is often used to help the body during times of physical and emotional stress. This herb is valued for its ability to strengthen physical and mental performance whilst reducing stress.

ORDER CODE 2335

NOTES:

THE STRUCTURAL SYSTEM

60 SKELETAL STRENGTH* (KSP) *Vegetarian*

Comprehensive blend of nutrients the body uses to manufacture bones and muscles, and to fight the forces that deplete the structural system of strength and flexibility.

ORDER CODE 1356

NOTES:

10 CALCIUM-MAGNESIUM SYNERPRO®

Synergistic blend of calcium, magnesium & vitamin D, to maintain normal bones, teeth and muscles, and normal function of the immune system. Magnesium plays a role in normal protein synthesis, and contributes to a reduction in tiredness and fatigue.

ORDER CODE 4702

NOTES:

20 EVENING PRIMROSE OIL

Contains Gamma-Linolenic Acid (GLA), an essential fatty acid that assists the body in producing messengers that perform hundreds of important functions.

ORDER CODE 1787

NOTES:

21 EVERFLEX®

Formulated to help maintain healthy joint mobility and cartilage, with the combined benefits of glucosamine, chondroitin and MSM.

Allergy Information: Contains Shellfish.

ORDER CODE 947

NOTES:

48 OMEGA 3-6-9

Rich in Omega 3, 6 and 9, provides the building blocks for cell membranes. Essential Fatty Acids (EFA's) have seen multiple health benefits for the whole body, including the nervous and cardiovascular system.

ORDER CODE 1770

NOTES:



* not available in the Republic of Ireland
(KSP): Key System Product

THE STRUCTURAL SYSTEM continued

34 HORSETAIL & ROSEMARY COMBINATION

This formula contains dulse plant, horsetail herb, sage leaves and rosemary leaves. These botanicals provide significant amounts of herbal silicon (27.9mg per 100grams).

ORDER CODE 935

NOTES:

41 MAGNESIUM

Contributes to normal energy-yielding metabolism, muscle function, protein synthesis, and a reduction in tiredness and fatigue. Required for maintenance of normal bones and normal psychological function.

ORDER CODE 4061

NOTES:

43 MSM

Methylsulfonylmethane - naturally occurring organic form of dietary sulphur - needed by our bodies every day to maintain protein structure and cellular function, replenishing the connections between cells and preserving the molecular framework of connective tissue.

ORDER CODE 4059

NOTES:

56 RED RASPBERRY

Possesses astringent qualities. Used by women for the reproductive system, especially during later stages of pregnancy. Red Raspberry leaves contain iron, niacin, and manganese contributing to normal energy-yielding metabolism.

ORDER CODE 560

NOTES:

63 SUPER OMEGA-3 EPA

Omega-3's have been well researched and found to have multiple health benefits. Guaranteed free from radiation, heavy metals, and forms of marine pollution. Each capsule is hermetically sealed during encapsulation to prevent oxygen reacting with the oils.

ORDER CODE 1515

NOTES:

72 VITAMIN D3 *Vegetarian*

Essential for the function of the immune system, bones, teeth and muscle. The 'Sunshine Vitamin' is required for the absorption and use of calcium and phosphorus.

ORDER CODE 1155

NOTES:

9 VITAMIN D3 *Vegetarian & Vegan*

A high-strength, plant-based Vitamin D supplement derived from Lichen, a type of fungi containing cholecalciferol, the most bioavailable form of this essential vitamin..

ORDER CODE **2269**

NOTES:

16 COQ10 100MG *Vegetarian & Vegan*

A high grade coenzyme Q10 supplement that provides 100mg of CoQ10 in each vegan friendly capsule.

ORDER CODE **2118**

NOTES:

15 COLLAGEN PLUS

Collagen Plus is a formulation of marine collagen, hyaluronic acid, biotin, vitamins and Hebridean seaweed to benefit hair, skin and nails.

ORDER CODE **2237**

NOTES:

67 OPTIMISED CURCUMIN *Vegetarian & Vegan*

Longvida Optimised Curcumin has been devised to survive initial digestion and deliver free curcumin throughout the body using Solid Lipid Curcumin Particle (SLCP).

ORDER CODE **2319**

NOTES:

82 OMEGA 3-6-9 (Organic) *Vegetarian & Vegan*

Rich in Omega 3, 6 and 9, provides the building blocks for cell membranes. Essential Fatty Acids (EFA's) have seen multiple health benefits for the whole body, including the nervous and cardiovascular systems.

ORDER CODE **2345**

NOTES:



GENERAL NUTRITION

2 ALFALFA

Alfalfas very deep roots provide the plant with a rich source of nutrients. Each capsule contains 340mg alfalfa.

ORDER CODE 30

NOTES:

10 CALCIUM-MAGNESIUM SYNERPRO®

Synergistic blend of calcium, magnesium & vitamin D, to maintain normal bones, teeth and muscles, and normal function of the immune system. Magnesium plays a role in normal protein synthesis, and contributes to a reduction in tiredness and fatigue.

ORDER CODE 4702

NOTES:

48 OMEGA 3-6-9

Rich in Omega 3, 6 and 9, provides the building blocks for cell membranes. Essential Fatty Acids (EFA's) have seen multiple health benefits for the whole body, including the nervous and cardiovascular system.

ORDER CODE 1770

NOTES:

76 PEA PROTEIN (Red Berry) *Vegetarian & Vegan*

A delicious premium protein supplement made from a specially formulated blend of Pea Protein Isolate and essential amino acids, with added vitamins & minerals.

ORDER CODE 2265

NOTES:

71 VITAMIN C WITH CITRUS BIOFLAVONOIDS *Vegetarian & Vegan*

Antioxidant vitamin – contributes to normal function of the immune and nervous systems and normal psychological function - protects cells against oxidative stress.

ORDER CODE 1646

NOTES:

51 PEA PROTEIN PLUS *Vegetarian & Vegan*

Pea Protein Plus is a great tasting, vegetable protein drink mix that provides a superb nutritious blend and boasts a brilliant nutritional profile, in a fantastic low carbohydrate combination that is free from dairy, gluten and lactose, and contains NO saturated fat or cholesterol.

ORDER CODE 3490

NOTES:

63 SUPER OMEGA-3 EPA

Omega-3's have been well researched and found to have multiple health benefits. Guaranteed free from radiation, heavy metals, and forms of marine pollution. Each capsule is hermetically sealed during encapsulation to prevent oxygen reacting with the oils.

ORDER CODE 1515

NOTES:

64 SUPER SUPPLEMENTAL VITAMINS & MINERALS

Daily vitamin and minerals along with micronutrients from super-foods with important antioxidants. Contains important carotenoid antioxidants lutein and lycopene that support tissues throughout the body.

Contains vitamin A in the form of Retinol, therefore not suitable for use in pregnancy.

ORDER CODE 1817

NOTES:

75 ZINC *Vegetarian & Vegan*

Antioxidant mineral - synthesis of proteins, good immune function, tissue healing and repairing wounds. Contributes to normal cognitive function, fertility and reproduction. Required to maintain normal levels of testosterone.

ORDER CODE 1601

NOTES:

69 VITAMIN B-COMPLEX SYNERPRO®
Vegetarian & Vegan

Contributes to the normal function of the immune and nervous system, and psychological function. Provides energy, endurance and stamina and is balanced to assist B12 absorption.

ORDER CODE 1773

NOTES:

70 CHINESE HERB & MINERAL BLEND
Vegetarian & Vegan

Vegetarian & Vegan This special blend of herbs and trace minerals contains nine Chinese herbs that help support the systems that build physical, mental and emotional energy. Each 15ml serving provides 180mg of potassium.

ORDER CODE 1818

NOTES:

52 LIQUID CHLOROPHYLL *Vegetarian & Vegan*

NSP use the mulberry and the alfalfa plant, which are excellent sources of chlorophyll. Preservative free Liquid Chlorophyll has a paraben-free formula that uses all-natural vegetable source glycerine. Active compound of chlorophyll (chlorophyllins) is 15mg per 5ml serving. Chlorophyll is non-toxic, and safe for use by people of all ages.

ORDER CODE 1580

NOTES:

GENERAL NUTRITION continued

65 SYNERPROTEIN® (ORIGINAL) *Vegetarian & Vegan*

Includes non-GMO soya protein, the full range of amino acids, and nutrients needed to rebuild muscle and reduce feelings of fatigue. Contains no dairy, wheat, gluten, cholesterol, yeast or artificial additives.

ORDER CODE 2914

NOTES:

66 TNT - HIGH FIBRE NUTRITIONAL BEVERAGE MIX
Vegetarian

Contains a balance of 18 different sources of fibre plus an array of 12 vitamins and 11 minerals and antioxidants – essential for good health.

Do not take if you are pregnant or likely to become pregnant.

ORDER CODE 4308

NOTES:

67 OPTIMISED CURCUMIN *Vegetarian & Vegan*

Longvida Optimised Curcumin has been devised to survive initial digestion and deliver free curcumin throughout the body using Solid Lipid Curcumin Particle (SLCP).

ORDER CODE 2319

NOTES:

81 ZAMBROZA® *Vegetarian & Vegan*

An outstanding formula rich in polyphenols, xanthenes and flavonoids, that provides you with a powerhouse of antioxidants! Each of the ten natural ingredients in Zambroza® are high in antioxidant properties and provide a superb range of vitamins and nutrients that can help the body to maintain good health and vitality, help to support a healthy immune system, neutralise free radicals and replenish the body.

ORDER CODE 4098

NOTES:

28 ALOE VERA JUICE* **I.A.S.C CERTIFIED**
Vegetarian & Vegan

Made from 100% pure aloe vera, this is a nutritional powerhouse that contains 200 biological compounds, including vitamins B1, B2, B6, C, niacinamide, choline and 18 amino acids. NSP's Aloe Vera is uniquely processed to avoid loss of essential vitamins, minerals and other constituents. Certified by the International Aloe Science Council.

ORDER CODE 1680

NOTES:

25 FIBRE PLUS *Vegetarian & Vegan*

Each 9.5gram serving provides 4 grams of fibre, soluble and insoluble, from five different sources: psyllium hulls, apple fibre, acacia gum, guar gum, and oat bran; is sodium free and rich in potassium. Contains the nutritious SynerPro® concentrate base.

*Avoid if you have ever had oesophageal narrowing or swallowing difficulties.
May cause allergic reaction in persons sensitive to inhaled or ingested psyllium.*

ORDER CODE 1346

NOTES:

16 COQ10 100MG *Vegetarian & Vegan*

A high grade coenzyme Q10 supplement that provides 100mg of CoQ10 in each vegan friendly capsule.

ORDER CODE 2118

NOTES:

73 VITAMIN E 400 *Vegetarian & Vegan*

High quality natural form vitamin E supplement with powerful antioxidant properties to protect cells from oxidative stress.

ORDER CODE 2117

NOTES:

82 OMEGA 3-6-9 (Organic) *Vegetarian & Vegan*

Rich in Omega 3, 6 and 9, provides the building blocks for cell membranes. Essential Fatty Acids (EFA's) have seen multiple health benefits for the whole body, including the nervous and cardiovascular system.

ORDER CODE 2345

NOTES:

77 VITAMIN C - HIGH STRENGTH *Vegetarian & Vegan*

Specially formulated to slowly release Vitamin C over 12-16 hours, for optimal absorption.

ORDER CODE 2287

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