



# AUTHENTIC ESSENTIAL OILS

PRODUCT GUIDE

NATURE'S SUNSHINE®



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# CONTENTS



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3	NATURE'S POWER
4	THE TRUTH ABOUT OIL QUALITY
6	OUR PROMISE
8	NATURE'S SUNSHINE'S SURESOURCE GUARANTEE
10	CITRUS SCENT FAMILY - SINGLES
14	HERBAL SCENT FAMILY - SINGLES
18	FLORAL SCENT FAMILY - SINGLES
24	SPICE SCENT FAMILY - SINGLES
26	WOOD SCENT FAMILY - SINGLES
30	COOL SCENT FAMILY - SINGLES
34	BLENDS
39	MORE THAN OILS



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# NATURE'S POWER

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A truly authentic essential oil is one of the plant kingdom's greatest gifts. For centuries they have been prized as remarkable flavors, fragrances and most notably as potent remedies. Wellness seekers through the ages have discovered that when these precious aromatic liquids are delivered in their original, unaltered state, they profoundly and safely cleanse, protect, rejuvenate and elevate the body and mind.



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# THE TRUTH ABOUT OIL QUALITY

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Essential oils are most effective when in their authentic, natural state. When NSP began offering essential oils more than 15 years ago, we discovered many competitive oils on the market had been altered, standardized and enhanced for flavor, fragrance and economic advantage. Nature's Sunshine raised the bar. We guaranteed that our oils were 100% authentic.

Recently, the wellness market has been flooded with new essential oil offerings. Each claims its own "grade," be it "A," "therapeutic," "clinical," "medicinal" or even "certified." The truth is these grades do not ensure oil authenticity. They are created solely by the companies selling the oils. Conscientious health seekers should know there is no third-party governing body that certifies or grades essential oils. Thus, many essential oil companies sell adjusted, altered and even synthetic oils and call them pure and therapeutic. Since many essential oil companies source their products from fragrance, flavor and even chemical brokers, they do not oversee the entire supply chain. They sacrifice the all-critical relationship with the source harvester and distiller.





# OUR PROMISE

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Nature's Sunshine maintains that the best safeguard against adulteration is to know your source. For more than four decades, Nature's Sunshine has developed trusted partnerships and proven practices that ensure quality throughout the entire product lifecycle. Our essential oils are uniquely backed by the SureSource Guarantee: a practice that absolutely verifies essential oil authenticity back to cultivation, harvest and original distillation. (see page 8)





We do all this so you can be completely confident that every drop of oil will work exactly as nature intended. Nothing has been added, altered or taken away. This commitment to quality and authenticity is our promise. When it comes to your health we never compromise, and neither should you.

## WHY AUTHENTICITY MATTERS:

1. Essential oils applied topically are absorbed through the skin into the bloodstream almost instantly.
2. Inhaling an oil's aroma immediately passes vapors into your body and mind.

Use Nature's Sunshine products with confidence knowing only guaranteed authentic essential oils with a history of safety and efficacy will influence your health.

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# NATURE'S SUNSHINE'S SURESOURCE GUARANTEE

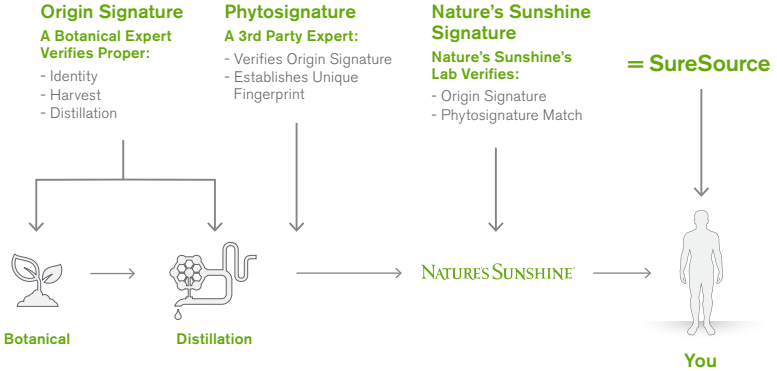


Nature's Sunshine's proprietary SureSource Guarantee gives our authentic essential oil lovers a whole new level of quality confidence. SureSource ensures authenticity through the complete product lifecycle and produces several critical "signature" documents as tangible proof.

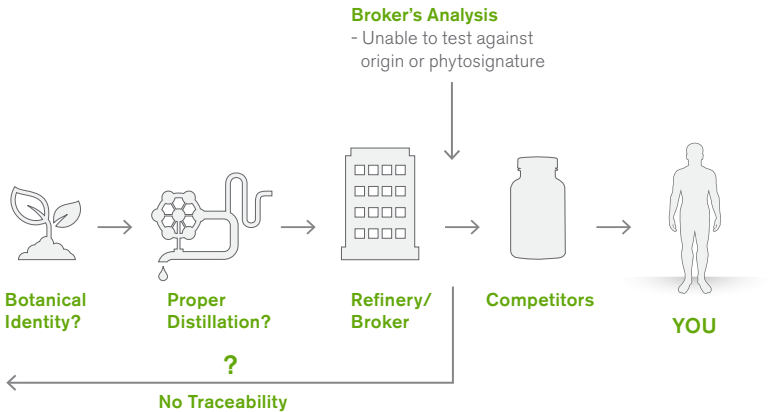
This graphic compares SureSource to common industry practices. —>

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**NATURE'S SUNSHINE™**  
SURESOURCE GUARANTEE



COMMON INDUSTRY PRACTICE



# CITRUS

Scent Family - Singles



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## THE POWER OF ESSENTIAL OIL

It takes 3,000 lemons to make 1 kilo (roughly 2 pounds) of essential oil. That means 1 drop of oil is equal to 20 lemons! Imagine though if you were using lemons that had been exposed to pesticides. Those toxins might also concentrate in the oil product. With Nature's Sunshine authentic lemon oil, you can have confidence in our zero pesticide tolerance. Every product Nature's Sunshine delivers will always be pesticide-free.



## BERGAMOT

### Revitalize and Overcome

Bergamot is a sweet, citrusy scent used to ease tension and fear.

- Is frequently used in massage therapy for calming effect
- Promotes clear, healthy-looking skin
- Organically grown

Botanical name: *Citrus x bergamia*

Origin: Italy



## LEMON

### Crisp and Clean

The clean and crisp aroma of lemon has a remarkable cleansing effect on body and home.

- Diffuse in a room to elevate mood
- Use to clean kitchen or bathroom areas
- Cold-pressed

Botanical name: *Citrus x limon*

Origin: USA

# PINK GRAPEFRUIT

## Uplift and Energize

The fresh and distinct aroma of pink grapefruit is celebrated for its uplifting effects.

- Elevates mood when diffused in a room
- Eases nervous exhaustion
- Organically grown

Botanical name: *Citrus x paradisi*

Origin: USA



# RED MANDARIN

## Serene and Tranquil

Red Mandarin's sweet, tangy and warm scent is known to invoke tranquility to body and soul.

- Combats agitation with its soothing effects
- Calms restless children when diffused in a room
- Organically grown

Botanical name: *Citrus reticulata*

Origin: Italy







# HERBAL

Scent Family - Singles





## CLARY SAGE

### Ease and Brighten

Clary Sage has a hearty, herbaceous aroma that has the ability to ease stress associated with monthly menstrual cycles and menopause.

- Eases stress and tension associated with women's cycles
- Balances and lifts mood
- Organically grown

Botanical name: *Salvia sclarea*

Origin: France



## LEMONGRASS

### Invigorate and Soothe

This fresh and earthy scent is naturally an efficacious and purifying element.

- Purifies and tones skin
- Brightens and elevates mood

Botanical name:

*Cymbopogon citratus*

Origin: India



# OREGANO (WILD)

## Cleanse and Defend

Wild Oregano has a powerful, zesty aroma often used for its cleansing effect.

- Use topically for cleansing properties
- Provides natural fortification
- Helps clear nasal passages

Botanical name: *Origanum vulgare*

Origin: Hungary



# PATCHOULI

## Balance and Maintain

This rich, earthy aroma with a subtle fruity accent is renowned for its calming skin benefits.

- Eases skin irritation when used topically
- Has a balancing effect on emotions

Botanical name: *Pogostemon cablin*

Origin: Indonesia





## SWEET MARJORAM

### Relax and Support

Marjoram's herbaceous and spicy aroma has a calming effect on body and mind.

- Apply to muscles for warming effect
- Eases nervous exhaustion
- Organically grown

Botanical name: *Origanum majorana*

Origin: Egypt



## THYME (WILD)

### Stimulate and Revive

This penetrating, warm aroma is often used to ease fatigue.

- Aromatherapists credit thyme with the ability to cultivate courage
- Eases mental fatigue

Botanical name:

*Thymus saturoioides*

Origin: Morocco



# FLORAL

Scent Family - Singles







## GERANIUM

### Strengthen and Nourish

Geranium's rich, floral scent is cherished for its toning and nourishing attributes.

- Promotes clear, healthy-looking skin
- Soothes and balances nerves
- Certified organic

Botanical name:

*Pelargonium graveolens*

Origin: Egypt



## HELICHRYSUM

### Repair and Recover

This powerful aroma can be described as floral zest and is often associated with skin health.

- Helps soften rough or course skin
- Use topically on damaged skin and scars
- Certified organic

Botanical name:

*Helichrysum italicum*

Origin: Morocco

# JASMINE

## Love and Peace

This smooth and intense floral scent has been used in enhancing sexual mood for centuries.

- Promotes romantic feelings
- Helps ease dry, sensitive skin

Botanical name:

*Jasminum officinale*

Origin: Egypt



# LAVENDER

## Restful and Radiant

Lavender's signature scent has long been valued for its calming properties.

- Is widely used for calm and relaxation
- Promotes sleep when diffused in a room
- Helps moisturize skin
- Certified organic

Botanical name:

*Lavandula angustifolia*

Origin: France





## NEROLI

### Powerful and Captivating

Made from the blossoms of bitter orange trees, this floral citrus oil is recognized for its nurturing properties.

- Can be applied topically to spider veins
- Can be diffused for a nurturing and calming effect
- Certified organic

Botanical name:

*Citrus x aurantium amara*

Origin: Morocco



## ROMAN CHAMOMILE

### Sensitive and Reassuring

This natural and potent floral aroma is the most versatile of the chamomile family.

- Promotes restful sleep
- Provides a calming effect on skin, body and mind

Botanical name: *Anthemis nobilis*

Origin: England

## ROSE

### Comfort and Affection

Rose is a complex, sweet aroma that has been used for centuries in perfumes and love agents.

- Comforts and calms matters of the heart
- Promotes affection and warmth when diffused in a room

Botanical name: *Rosa x damascena*

Origin: Bulgaria

## YLANG YLANG COMPLETE

### Balance and Desire

This sweet, exotic floral aroma provides an uplifting and sensual experience.

- Promotes sexual mood and function
- Helps balance hormones
- Certified organic

Botanical name: *Cananga odorata*

Origin: Madagascar







# SPICE

Scent Family - Singles





# CINNAMON LEAF

## Sensitive and Reassuring

This warm and spicy aroma kindles the spirit and body.

- Diffuse in a room during changing seasons
- Is frequently used in massage therapy for its calming effect

Botanical name:

*Cinnamomum zeylanicum*

Origin: Sri Lanka



# CLOVE BUD

## Relieve and Fortify

Clove's spicy and rich aroma is instantly recognizable and is a trusted source for emotional relief.

- Effective agent for minor aches and pains
- Use topically for healthy teeth and gums
- Organically grown

Botanical name:

*Eugenia caryophyllata*

Origin: Madagascar

# WOOD

Scent Family - Singles





## FRANKINCENSE

### Center and Elevate

This rich aroma is famous for its meditative and elevating properties.

- Provides centering, comforting support and elevates mood
- Is often used with carrier oil to diminish the appearance of stretch marks
- Certified organic

Botanical name: *Boswellia carteri*

Origin: Somalia



## MYRRH (WILD)

### Resilient and Robust

Myrrh has a robust and spicy scent and has long been associated with strength and endurance.

- Promotes emotional balance and well-being
- Is known to promote fortitude
- Natural bug repellent

Botanical name: *Commiphora myrrha*

Origin: Somalia



# SANDALWOOD

## Harmonize and Infuse

This luxurious aroma is rich and lasting and is often associated with its harmonizing effects.

- Can be diffused to lighten and harmonize mood
- Promotes clear, healthy-looking skin

Botanical name: *Santalum album*

Origin: India



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## HISTORY OF OILS

Frankincense, cinnamon, myrrh and many other aromatic plants have literally transformed the history of man. They have long been some of the most prized natural resources. When distilled, their value soared to new heights. The resulting essential oils became more valuable than even the most precious metals. Ancient healers marveled at the rapid and noticeable health results authentic essential oils created. Modern aromatherapy practitioners continue this legacy, utilizing essential oils to relieve pain, improve mood, promote relaxation and strengthen every major body system.

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# COOL

Scent Family - Singles



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## BIOLOGY VS. CHEMISTRY?

By their very nature, natural essential oils vary slightly from season to season in scent, color and composition. Our authentic oils embrace these natural dynamics. We do not add isolated compounds in an attempt to standardize the naturally occurring variations of our essential oils. While some companies routinely adjust oils to standardize flavor, fragrance or phytochemical consistency, Nature's Sunshine essential oils are delivered to you exactly as Mother Nature intended. We believe the best chemistry comes through great biology.

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## EUCALYPTUS

### Cool and Refresh

This cooling and refreshing scent provides a stimulating experience for body and mind.

- Apply to neck and chest
- Is useful during the changing seasons
- Organically grown

Botanical name:

*Eucalyptus radiata*

Origin: China



## PEPPERMINT

### Fresh and Vigorous

This strong and minty-fresh aroma is widely used to freshen and invigorate mood.

- Freshens and invigorates when diffused
- Supports mental performance and alertness

Botanical name: *Mentha piperita*

Origin: USA



## PINE NEEDLE

### Recharge and Revitalize

The familiar, fresh pine aroma conjures a feeling of the crisp, clean woods.

- Natural deodorizer
- Apply to room to freshen and awaken

Botanical name: *Pinus sylvestris*

Origin: Austria



## ROSEMARY (WILD)

### Clear and Present

This clear and fresh scent has long been revered by healers for its versatile properties.

- Helps support memory
- Helps combat fatigue

Botanical name:

*Rosmarinus officinalis*

Origin: Tunisia





## TEA TREE OIL

### Restore and Sustain

Tea Tree Oil (*Melaleuca*) is a fresh, medicinal-scented oil that is famous for its restorative properties.

- Invigorates and restores
- Can be used topically for cleansing

Botanical name:

*Melaleuca alternifolia*

Origin: Australia



# BLENDS

Scents





## BREATHE DEEP

Take a deep breath and exhale. This clearing blend will have you breathing deep and clear in no time.

### FEATURES:

*Lemon, Orange, Eucalyptus, Spearmint, Cypress, Fir, Ravensara and Tea Tree*



## CHANGES

### Women's Health Blend

CHANGES helps women ease the symptoms that are traditionally associated with PMS or the transitional phase of menopause.

### FEATURES:

*Clary Sage, Pine Needle, Orange, Ho Leaf, Peppermint, Ylang Ylang and Chamomile*



## CORE

### Balancing Blend

Always remember to BE YOURSELF. Achieve a natural balance and sense of purpose with this supportive and unique blend.

#### FEATURES:

*Atlas Cedar, Spruce, Ho Leaf, Blue Tansy, Frankincense and Chamomile*



## ESSENTIAL SHIELD

Shield yourself against the changing seasons with this protective formula.

#### FEATURES:

*Orange, Clove, Eucalyptus, Cinnamon, Lavender, Lemon, Pine Needle, Wild Rosemary, Peppermint, Pink Grapefruit and Thyme*





## INSPIRE

### Uplifting Blend

Inspire greatness in yourself and those around you with this uplifting and fresh blend.

#### FEATURES:

*Pink Grapefruit, Orange, Lemon, Spearmint, Peppermint, Cinnamon, Bergamot, Ginger and Vanilla Oleoresin*



## RECOVER

### Soothing Blend

Apply this deep, cool and penetrating blend to muscles after workout.

#### FEATURES:

*Wintergreen, White Camphor, Wild Rosemary, Cajeput, Fir, Clove, Helichrysum, Juniper, Peppermint and Frankincense Gum Resin*



# REFUGE

## Calming Blend

Allow REFUGE to be your daily safe haven. As daily stresses and worries accrue, REFUGE will be your beacon for peace and serenity.

### FEATURES:

*Lavender, Orange, Atlas Cedar, Ylang Ylang, Blue Tansy and Vanilla Oleoresin*



# TEI-FU®

## Soothing Blend

Invigorate the mind and ease the body with this soft and refreshing blend. This blend is like yoga to your soul.

### FEATURES:

*Menthol, Camphor, Wintergreen, Eucalyptus, Lavender and Clove in a base of Safflower Oil*





# MORE THAN OILS

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Nature's Sunshine Authentic Essential Oils have the power to cleanse, nourish and rejuvenate the body and mind. But the truth is that essential oils, though powerful, are best used in conjunction with a complete nutritional protocol. Nature's Sunshine delivers a strong selection of quality natural products that will perfectly complement your authentic essential oils program.

## RECOMMENDED PRODUCTS:

### NERVOUS SYSTEM

REFUGE, AnxiousLess™, Nutri-Calm®



### IMMUNE SYSTEM

ESSENTIAL SHIELD,  
Silver Shield®, VS-C®



### WEIGHT MANAGEMENT

INSPIRE, Love and Peas, Garcinia Combo.









# NATURE'S SUNSHINE®

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## Scent Family Collection



CITRUS HERBAL FLORAL COOL WOOD SPICE BLENDS