

NATURAL CHANGES®

Stock No. 4106-4

NATURE'S SUNSHINE PRODUCTS, INC.

Spanish Fork, Utah 84660 1-800-223-8225 ©2011

www.naturessunshine.com

This package contains 42 packets with five different herbal and nutrient combinations in each packet.

Each packet contains a unique combination of vital nutrients to help provide nutritional support for women going through natural changes as they age.*

Supplement Facts

Servings Per Container 42

C-X

Amount Per 2 Capsules

Proprietary Blend	840 mg*
Dong Quai Root (<i>Angelica sinensis</i>), Blessed Thistle Aerial Parts (<i>Cnicus benedictus</i>), Licorice Root (<i>Glycyrrhiza glabra</i>), Eleuthero Root (<i>Eleutherococcus senticosus</i>), Sarsaparilla Root Extract (<i>Smilax officinalis</i>), Black Cohosh Root and Rhizome Extract (<i>Cimicifuga racemosa</i>), Squawvine Whole Plant (<i>Mitchella repens</i>), False Unicorn Root (<i>Chamaelirium luteum</i>).	

*Daily Value not established

Other Ingredients: Capsule (gelatin and water).

WILD YAM & CHASTE TREE

Amount Per Capsule

Proprietary Blend	210 mg*
Wild Yam Root and Root Extract (<i>Dioscorea villosa</i>), Chaste Tree Berry Extract (<i>Vitex agnus-castus</i>).	

*Daily Value not established

Other Ingredients: Cellulose (plant fiber), capsule (gelatin and water), magnesium stearate (vegetable), stearic acid (vegetable).

Super GLA

Amount Per Capsule %Daily Value

Calories 10	Calories from Fat 10
Total Fat 1 g	2%*
Proprietary Blend	1080 mg †
(Each capsule provides 130 mg gamma-linolenic acid)	
Evening Primrose Oil	†
Black Currant Oil	†
Borage Oil	†

†Daily Value not established

*Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Capsule (gelatin, carob extract, natural caramel color, glycerin, and water).

SKELETAL STRENGTH®

Amount Per Tablet %Daily Value

Vitamin A (beta-carotene)	125 IU	3%
Vitamin C (ascorbic acid)	37.5 mg	63%
Vitamin D ₃ (cholecalciferol)	50 IU	13%
Vitamin B ₆ (pyridoxine HCl)	1.25 mg	63%
Vitamin B ₁₂ (cyanocobalamin)	7.5 mcg	125%
Calcium (amino acid chelate, di-calcium phosphate, calcium citrate)	150 mg	15%
Iron (ferrous gluconate)	0.75 mg	4%
Phosphorus (di-calcium phosphate)	47 mg	5%
Magnesium (amino acid chelate, magnesium oxide)	150 mg	38%
Zinc (oxide)	3.75 mg	25%
Copper (gluconate)	0.5 mg	25%
Manganese (amino acid chelate)	0.25 mg	13%
Potassium (gluconate)	25 mg	1%
Boron (amino acid chelate)	0.25 mg	*
Proprietary Blend	54 mg	*

Other Ingredients: Cellulose (plant fiber), stearic acid (vegetable), and magnesium stearate (vegetable).

NUTRI-CALM®

Amount Per Tablet %Daily Value

Vitamin C (ascorbic acid)	400 mg	667%
Thiamine (vitamin B ₁)	20 mg	1333%
Riboflavin (vitamin B ₂)	20 mg	1176%
Niacin (niacinamide)	40 mg	200%
Vitamin B ₆ (pyridoxine)	20 mg	1000%
Folic Acid	125 mcg	31%
Vitamin B ₁₂ (cyanocobalamin)	34 mcg	567%
Biotin	100 mcg	33%
Pantothenic acid (d-calcium pantothenate)	80 mg	800%

Other Ingredients: Schisandra fruit (*Schisandra chinensis*), choline (bitartrate), Inositol, Bee Pollen, Para Aminobenzoic Acid (PABA), Lemon bioflavonoid extract, Valerian root extract (*Valeriana officinalis*), Passionflower flowers extract (*Passiflora incarnata*), Hops flowers extract (*Humulus lupulus*), di-calcium phosphate, cellulose (plant fiber), stearic acid (vegetable), silicon dioxide (powdered silica), and magnesium stearate (vegetable).

Nature's Sunshine uses natural source materials in its products that are subject to color variation.

Inner packets not intended or labeled for individual retail sale.

NATURAL CHANGES®

During menopause, the body requires more of certain nutrients than other times in life. Natural Changes will assist Mother Nature in providing those necessary nutrients without harmful side effects. Natural Changes contains a unique combination of nutrients to gently replenish the body's supply of essential hormones and health-balancing compounds that are used by the female glandular system during natural changes.*

Each packet of Natural Changes contain:

C-X (2) capsules designed to provide herbal support for reproductive glands of mature women. Wild Yam & Chaste Tree (1 capsule) historically used by women during menopause. Super GLA (1 capsule) provides essential Omega 3/6/9 fatty acids, that support the female reproductive system. Skeletal Strength and Nutri-Calm (1 tablet each) designed to support healthy bones and a stressed nervous system.*

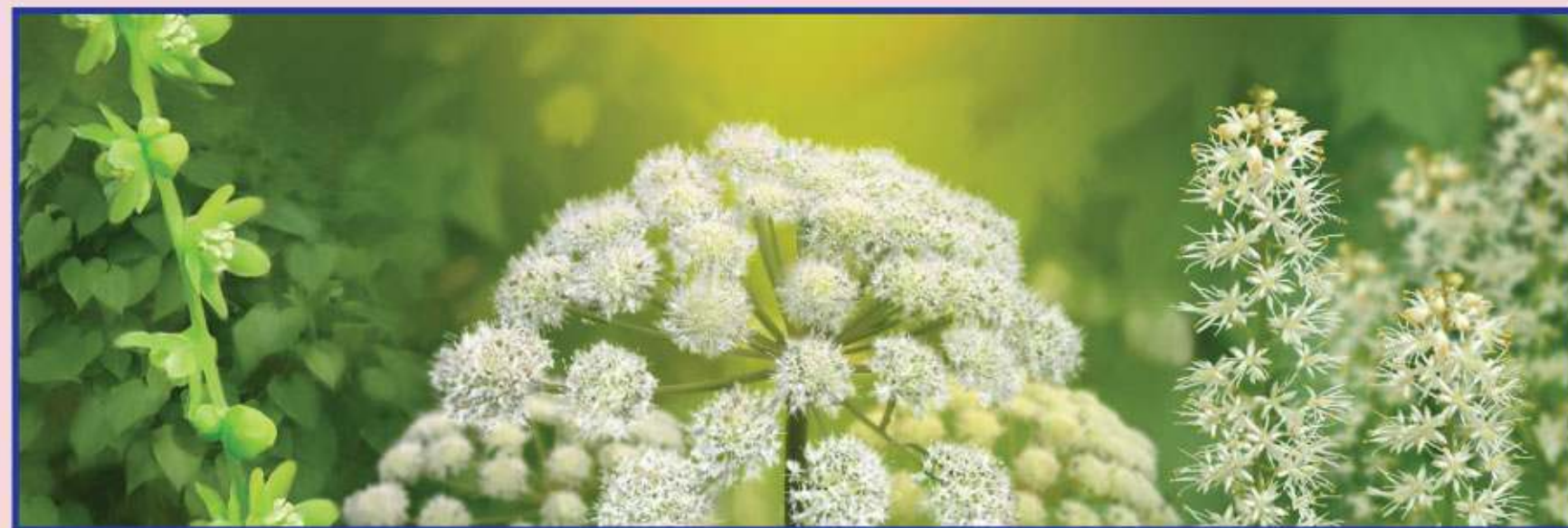
Recommended Use:

Take the contents of one packet with the morning meal and another packet with the evening meal. Drink one glass (8 ounces) of purified water with each packet. This represents a 21 day supply.

Warning: Accidental overdose of iron - containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

This carton was sealed for your protection. Do not use if outer shrink wrap is missing or damaged. Nature's Sunshine uses natural source materials in its products that are subject to color variation.



NATURAL CHANGES®

Menopause & Glandular System Support

A Twenty-one Day Nutritional Support Program for Women

Dietary Supplement

42 PACKETS – 4 CAPSULES AND 2 TABLETS EACH

(168 Capsules – 84 Tablets)



NATURAL CHANGES®

Durante la menopausia, el cuerpo necesita ciertos nutrientes más que en otras etapas de la vida; el producto "Natural Changes" aporta una combinación exclusiva de nutrientes que no posan efectos secundarios dañinos, y que restablecen suavemente los niveles de hormonas y otros compuestos que equilibran la salud y son usados por el sistema glandular femenino durante los cambios naturales*.

Cada paquete de Natural Changes contiene: Dos cápsulas de C-X que aportan apoyo herbáceo para las glándulas reproductoras de la mujer madura. Wild Yam & Chaste Tree (1 cápsula) usado históricamente por mujeres durante la menopausia. Super GLA (1 cápsula) aporta ácidos esenciales Omega 3, 6 y 9, que apoyan el sistema reproductor femenino. Skeletal Strength y Nutri-Calm (1 tableta de c/u.) apoyan huesos saludables y un sistema nervioso estresado*.