

Solutions4™

NATURAL CLINICAL HEALTH



PRODUCT SHORT SHEET GUIDE

A comprehensive guide detailing pertinent information for each product in the Solutions4 line.

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ANTIOXIDANT

A growing body of scientific research indicates that astaxanthin has the ability to provide exceptionally powerful antioxidant protection to cells and has functional effects on muscle and nerve physiology. Comprehensive studies find astaxanthin to be ten times more effective than beta-carotene and many times more effective than vitamin E.

Astaxanthin is a polyunsaturated free radical quencher and part of a series of compounds including beta-carotene included in the family of carotenoid antioxidants. These compounds add color to vegetables (red, orange, yellow) in which they occur naturally. This specific carotenoid also gives sea foods like salmon and shrimp their red coloration.

Astaxanthin nutrients are the most potent antioxidants in all of nature, and have been proven to work longer than other antioxidants in protecting against photosensitized oxidation. It has been shown that dietary astaxanthin exerts anti-tumor activity through the enhancement of immune response.

Suggested Use: 2 capsules two times daily

2 capsules two times daily will last: 15 days

Size Available: 60 capsules

Shelf Life: 7 years

Ingredients:

ASTAXANTHIN—Has anti-inflammatory properties, stimulates the immune system, and has anti-cancer effects on human cells. Also prevents oxidative damage to blood LDL-cholesterol.

ANGEL HAIR (MOZUKU)—A Japanese sea plant that promotes healthy living and helps the body to fight disease.

GINKGO BILOBA—Helps ease digestive problems and stomach complaints.

BILBERRY FRUIT—Acts as an antioxidant that purifies the blood and can be used as a diuretic.

MILK THISTLE HERB—Helps relieve the symptoms of hepatitis, cirrhosis, and inflammatory liver conditions. It is one of the most effective herbs known for relieving liver disorders.

SELENIUM CHELATE—An important mineral with potent antioxidant properties. Is important for protecting cells from the damaging effects of free radicals.

MOTHERWORT—A digestive bitter and as such encourages bile production, healthy digestion and reduces gas pains.

GREEN TEA EXTRACT—Inhibits fat-digesting lipase enzymes of the stomach and pancreas.

RED RASPBERRY EXTRACT—A blood tonic.



QUIZ

Antioxidant

1. Which main ingredient is ten times more effective than beta carotene and many times more effective than Vitamin E?
2. Which ingredient is a Japanese sea plant that promotes healthy living and helps the body fight disease?
3. What is the suggested use of this product?
4. True or False: Bilberry fruit acts as an antioxidant that purifies the blood and can be used as a diuretic.
5. What is the retail price of this product?

APPETITE APPEASER

A natural formulation developed to balance blood sugar levels in the body, helping to appease the appetite and increase energy levels. Helps to reduce nervous tension, eliminate hunger pains and support the body's cleansing system. Promotes the metabolism of dangerous fat deposits that adhere to the heart and other vital organs. Solutions4 Appetite Appeaser can be used alone or as a valuable aid to weight loss and cellulite removal.

Helps the Body To:

- Produce "fat burning" enzymes
- Reduce hunger pangs
- Reduce nervous tension
- Appease the appetite naturally
- Calm the nervous system naturally
- Increase energy levels naturally
- Eliminate gas & mucus from the system
- Support the body's cleansing system
- Purify the blood stream
- Breakdown and oxidize fat



Suggested Use: 2–3 capsules 1/2 hour before each meal, 3 times daily

2 capsules three times daily will last: 15 days

3 capsules three times daily will last: 10 days

Size Available: 90 capsules

Shelf Life: 7 years

Ingredients:

CHICKWEED HERB—Great value in treating blood toxicity. Particularly useful in reducing excess fat. Used to protect damaged or inflamed tissues.

BURDOCK ROOT—Increases flow of urine and acts as a diuretic. Used to treat water retention and infections of the urinary tract. Eliminates excess nervous energy.

FENNEL SEED—Relieves gas and pains in the bowels. Has a cooling affect on the bowels. Lubricates the intestines and is very healing.

HAWTHORNE BERRIES—Normalizes blood pressure. An anti-spasmodic and sedative. Helps with strain for those under pressure. Good for circulation.

LICORICE ROOT—Contains substances similar to the adrenal hormones. Treats adrenal insufficiency. Has a stimulating action and helps counteract stress.

PARSLEY HERB—Useful for bladder infections. Builds energy. Helpful for difficult urination. Used to treat water retention. Used as a preventive herb.

DANDELION ROOT—Used for blood purification. Has properties to protect the stomach lining. Helps neutralize excess acids.

KELP (Norwegian)—Useful in maintaining a healthy condition and overcoming minor imbalances. Recommended for those who are weak and run down. Used in the recovery from acute ailments and in rebuilding energy for those suffering chronic diseases.

BLADDERWRACK—Works on the glandular system. A reducing aid to be used in conjunction with other herbs for weight problems.

GOTU KOLA—Considered one of the best herb tonics. Used for all ailments of the mind and nerves.

QUIZ

Appetite Appeaser

1. Appetite Appeaser helps to balance the body's what?
2. Name two other things this product can help with.
3. True or False: Appetite Appeaser should only be used when trying to lose weight.
4. What is the retail price of this product?
5. What is the suggested use of this product?

BODY PURIFIER

Solutions4 Body Purifier is part of a complete Detoxification Program. This is a program that temporarily replaces a normal diet of solid food, utilizing liquid food and cleansing supplements to detoxify the body systems. The role of Body Purifier in this process is to help remove toxins from the body. This supplement may also be used as an individual supplement to strengthen the immune system in times that it may be compromised.

Helps to:

- Remove congestion
- Remove mucus
- Remove environmental chemicals
- Remove harmful food additives
- Purify the blood stream
- Cleanse the lymphatic system
- Fight bacteria, virus, yeast, mold, and worms
- Restore new energy to the entire body
- Destroy parasites in the digestive system

Suggested Use: 2–3 capsules twice daily

When utilized in a 30—day program, 132 capsules will be used

2 capsules twice daily will last: 22 days

3 capsules twice daily will last: 15 days

Size Available: 90 capsules

Shelf Life: 7 years

An important part of the Solutions4 Detoxification program. Dosage will be adjusted accordingly when taken as a part of that program.

Ingredients:

RED CLOVER BLOSSOM—A wonderful blood purifier. Healing to new wounds as well as old ulcers. Effective in spasmodic bronchial troubles and whooping cough. Used to treat cancer because of its effects on protein assimilation.

DANDELION ROOT—Improves the function of the liver, as it has the capacity to clear obstructions while stimulating the liver to detoxify poisons. Thus, dandelion serves as a blood purifier. Also high in minerals. Useful for clearing obstructions of the spleen, pancreas, gallbladder and kidneys. Tremendous benefit to the stomach and intestines.

ECHINACEA—Echinacea is the king of blood purifiers. The most effective blood and lymphatic cleanser in the botanical kingdom. A valuable alternative to all antibiotics when used properly.

OREGON GRAPE ROOT (Barberry)—Oregon grape root stimulates the secretion of bile and thus aids in digestion and blood purification. Useful in rheumatoid arthritis, psoriasis, eczema, acne, and herpes.

QUASSIA—Tones up a run down system. Will expel worms. May destroy the appetite for strong drink.

SARSAPARILLA—Useful in the treatment of gout, rheumatism, colds, fever, ringworm, and skin eruptions, as well as other ailments requiring a good blood purifier. Will act as a powerful agent to expel gas from the stomach and intestines.

GINGER ROOT—Eliminates and counteracts the formation of mucus. Taken to relieve gas and severe pains in the bowels. Destroys parasites in the digestive system. Increases energy of the body. Stimulates circulation and breaks up obstructions.

BURDOCK ROOT AND SEED—A valuable purifier. Used in this capacity for the treatment of arthritis, rheumatism, sciatica and lumbago. Promotes kidney function and works through the kidneys to help clear the blood of harmful acids.

YELLOW DOCK ROOT—An astringent blood purifier useful in treating diseases of the blood and chronic skin ailments. Stimulates digestion, improving the function of the stomach and liver. Also stimulates elimination, improving flow of bile and acting as a laxative. A nutritive tonic, high in iron. Nourishes the spleen and liver. Effective for the treatment of jaundice, lymphatic problems and skin eruptions.



QUIZ

Body Purifier

1. Which ingredient helps to improve the function of the liver?
2. Name two other things this product can help with.
3. True or False: Body Purifier should only be used during a Detox.
4. What is the retail price of this product?
5. What is the suggested use of this product?

LIQUID CALCIUM

Unlike antacid or press tab sources of calcium, the body easily absorbs Solutions4 Liquid Calcium, as it is packaged in a soluble liquid gel form. It provides the necessary 1000-2000 mg of calcium each day, and is free from yeast, corn, wheat, milk, sugar, starch, soy, preservatives, and artificial colors.

Helps to:

- Provides strength to bones and teeth
- Works with magnesium for cardiovascular health
- Helps prevent osteoporosis
- Plays an important role in health, as every single cell in the body contains it.

Calcium recommendations

Age Group	Calcium-mg
Birth-6 months	400
6 months-1 year	600
1-10 years	800-1200
11-24 years	1200-1500
25-50 years	1000
51-64 years (women on HRT & men)	1000
51-64 (women not on HRT)	1500
65 or older	1500
Pregnant or nursing	1200-1500



Suggested Use: 2-4 softgels daily

2 softgels daily will last: 50 days

4 softgels daily will last: 25 days

Size Available: 100 liquid gel capsules (500 mg each)

Shelf Life: 3 years

Ingredients:

CALCIUM CARBONATE—Helps eliminate muscle pains, cramps, twitches, and tight muscles. Lessens menstrual cramp pain, alleviates blood clotting problems, reduces nervousness and hyperactivity, helps eliminate insomnia, stops bone and teeth demineralization.

VITAMIN D—Aids in preventing colds, helps in treatment of conjunctivitis, properly utilizes calcium and phosphorous necessary for strong bones.

Additional information on natural hormone precursors indicate that Solutions4 Wild Yam Cream, Hormone Balance, and DHEA also play a role in rebuilding bone density.

QUIZ

Liquid Calcium

1. How many ingredients are in this supplement?
2. What is the suggested use of this product?
3. True or False: This product can help to prevent osteoporosis.
4. What is the retail price of this product?
5. Why is this product better than conventional antacids or pressed tablets?

CELLULITE CLEANSE

Solutions4 Cellulite Cleanse contains a combination of pure, natural herbs that work together as a mild herbal diuretic to soften and break down cellulite and help stimulate and strengthen the waste elimination system. Cellulite Cleanse works in conjunction with the Solutions4 Detoxification program and Body Contour Wraps to increase the cleansing action of the body, preventing the formation of cellulite and assisting in its removal.

Helps the Body To:

- Break down cellulite
- Eliminate waste materials as a mild, natural laxative
- Reduce water retention
- Increase body circulation
- Appease the appetite naturally

Suggested Use: Take 2-3 capsules 1/2 hour before each meal three times daily

2 capsules three times daily will last: 15 days

3 capsules three times daily will last: 10 days

Size Available: 90 capsules

Shelf Life: 7 years

Best results will be achieved when taken following a 3-day Detoxification program. Naturally, maximum results occur when this procedure is also used in conjunction with an “anti-cellulite” diet and proper exercise program.



Ingredients:

JUNIPER BERRIES—Increases the flow of urine, decreases blood pressure, and helps purify the blood. A stimulating diuretic beneficial in the treatment of urine retention, bladder discharges, and uric acid buildup.

BUCHU LEAVES—One of the best natural diuretics known. Used for all acute and chronic bladder and kidney disorders. Combined with uva ursi for the treatment of water retention and urinary tract infection.

CORN SILK—Important diuretic herb for the reduction of water in the system. One of the best remedies for kidney and bladder troubles.

HYDRANGEA ROOT—Valuable in bladder troubles. Good for chronic rheumatism. Used to release water retention.

HORSETAIL HERB—Reliable diuretic historically used for urinary disorders. This herb is rich in minerals and can aid in rebuilding new bone when used in conjunction with calcium.

UVA URSI—Aids in the treatment of bladder and kidney infections. When absorbed by the stomach, anti-microbial and astringent properties are derived. Used for vaginal infections and excessive menstruation, and to treat water retention.

KELP—Useful in maintaining overall health and balance. Recommended for those who are weak and run down. Used in the recovery of acute ailments and in rebuilding energy for those suffering chronic diseases.

LECITHIN—A key building block of cell membranes. Protects cells from oxidation and largely comprises the protective sheaths surrounding the brain. Composed mostly of B vitamins, phosphoric acid, choline, linoleic acid and inositol. A fat emulsifier that supports the circulatory system.

APPLE CIDER VINEGAR—Best known for its success in reducing body fat. Improves functioning of the body and promotes re-establishment of a normal diet. Used as a digestant.

QUIZ

Cellulite Cleanse

1. How often should you take this product?
2. What is the retail price of this product?
3. True or False: Solutions4 Cellulite Cleanse is a natural laxative.
4. Name two ingredients that help with bladder problems.
5. What color is used to label this product?

DAILY ESSENTIALS

Solutions4 Daily Essentials convenient grab-and-go packs contain 6 supplements of the highest quality vitamins, minerals and nutrients. These are a must have for anyone balancing great health and a busy life!

The combination of supplements is designed to address deficiencies that many people experience from improper nutrition and/or inability of the body to absorb the vital nutrients provided through a normal diet. Taking Daily Essentials helps to ensure that the body is receiving a consistent balance of vitamins, minerals and nutrients which help to reduce the risks of disease, maintain optimal health and improve the bodies ability to live longer and stronger.

Includes:

- Salmon Oil
- Liquid Calcium
- Antioxidant
- Digestive Enzyme Blend
- Multivitamin/Multimineral

Suggested Use: Take 1 Wellness Pack daily

One box of Daily Essentials will last approximately 30 days

Size Available: 1 Box (30 packets)

Shelf Life: 7 years

Ingredients:

Please view the above listed products individual short sheets for an in-depth ingredient listing.



QUIZ

Daily Essentials

1. How many supplements are in this product?
2. Name them.
3. How many packets are in one box?
4. True or False: Patients should discontinue all other S4 products once on maintenance and just use these daily packets.
5. What is the retail price of this product?

DHEA (Dehydroepiandrosterone)

DHEA, produced in the adrenal glands, is the single-most abundant steroid in the human bloodstream. It is often called the “mother” or precursor hormone, because the body readily converts it on demand into active hormones such as estrogen, testosterone, cortisone and progesterone. DHEA declines with age more rapidly in both men and women beginning at the age of 40. This decline triggers age-related issues and increased susceptibility to disease.

Suggested Use: 1–2 capsules for women, 2–3 capsules for men

2 capsules daily will last: 45 days

3 capsules daily will last: 22 days

Size Available: 90 capsules (25mg each)

Shelf Life: 7 years

Do not use during pregnancy, while breast-feeding, or in cases of liver disease or prostate irregularity.

Ingredients:

DEHYDROEPIANDROSTERONE (D.H.E.A.)—27 mg. pure pharmaceutical grade quality per capsule. For anti-aging, hormone balance, fatigue, and immune disorders.

PIPER NIGRUM EXTRACT (BIOPERINE)—Maintains the normalcy of the digestive tract and helps in maintaining the proper peristaltic movement in the body. Helps tone the respiratory tract and urinary tract.



QUIZ

DHEA

1. Where is the body's natural DHEA produced?
2. What is Solutions4 DHEA used for?
3. True or False: Only women should take this product?
4. When should you NOT take DHEA?
5. What color is used to label this product?

DIGESTIVE ENZYME BLEND

Solutions4 Digestive Enzyme Blend provides a blend of natural digestive enzymes to supplement those provided by foods and the body itself. Taken with each meal, this formula is a preventive tool, assisting digestion, alleviating gastrointestinal discomfort and restoring energy to the body to improve overall health.

Helps the Body To:

- Rest vital digestive organs
- Reduce probability of cancer, diabetes, heart disease, ulcers and other diet-related disorders
- Restore natural energy
- Increase immune system efficiency
- Reduce allergies and arthritis
- Promote weight control by heightening absorption of vitamins, minerals and other nutrients from food
- Prevent turmoil caused by poor digestion: gas and bloating, diarrhea, constipation, heartburn, and insomnia
- Aid proper elimination

Suggested Use: 1–2 capsules prior to each meal

1 capsule three times daily will last: 30 days

2 capsules three times daily will last: 15 days

Size Available: 90 capsules

Shelf Life: 4 years

Ingredients:

PROTEASE—Digests proteins (meat, beans, etc.). Implicated in standard cellular function and plays a role in the reproductive system. Involved in the processes of inflammation, infection, blood clotting, and blood purification. Promotes acid balance in the stomach to help prevent ulcers.

AMYLASE—Digests carbohydrates, starches and sugars (potatoes, fruits, vegetables, breads, pasta, etc). Rests the pancreas because some of the amylase needed to digest carbohydrates comes from the pancreas.

LIPASE—Digests fats and oils (nuts, avocados, olives, etc.). Rests the gall bladder. Promotes cardiovascular health. Assists weight control.

CELLULASE—Digests fiber (fruits, vegetables, grain, etc.). Maximizes absorption of anthocyanidins, tremendous antioxidants from blueberries, grapes, and other berries.

SUCRASE—Digests sucrose (refined sugar).

MALTASE—Digests complex and simple carbohydrates (malt and grain sugars).

LACTASE—Digests lactose (milk sugar).

PANCREATIN—Aids in digestion and rests the pancreas because it is one of the digestive ferments of the pancreatic juice.

OMEGA 3 FATTY ACID—Helps reduce the possibility of cardiovascular disease.

Promotes upper and lower gastrointestinal motility while enhancing nutrient absorption.



QUIZ

Digestive Enzyme Blend

1. Name 3 symptoms of poor digestion that this product prevents.
2. Which ingredient helps digest proteins?
3. True or False: Digestive Enzyme Blend is only preventative. It must be taken before meals to do any good.
4. What is the retail price of this product?
5. Tell about the last time you used this product.

EVENING PRIMROSE OIL

Solutions4 Evening Primrose Oil (EPO), comes from the seeds of the evening primrose plant. Once known chiefly for its beauty, few knew of its healing powers as an herb.

This Omega 6 fatty acid is a rich source of gamma linolenic acid (GLA), an essential fatty acid (EFA) that the body converts to a hormone-like substance called prostaglandin E1 (PGE1). Prostaglandins positively affect every organ of the body, and are especially beneficial to the heart, skin, and immune system. A shortage of prostaglandins results in impaired health. With an increase of GLA in the diet, the body is better able to function and properly fight disease.

Evening Primrose Oil has been shown to:

- Lower weight without dieting
- Lower blood cholesterol
- Lower blood pressure
- Heal or improve eczema
- Lesson rheumatoid arthritis
- Normalize saliva and tear production
- Relieve premenstrual pain
- Slow progression of multiple sclerosis
- Improve acne when taken with zinc
- Improve function of hyperactive children
- Strengthen fingernails
- Alleviate hangovers



Suggested Use: Take 3–6 softgels daily

3 softgels daily will last: 66 days

6 softgels daily will last: 33 days

Amount varies according to the nutritional program you are on. Speak to your nutritional counselor.

Size Available: 200 softgels (500mg each)

Shelf Life: 3 years

Ingredients:

EVENING PRIMROSE OIL—A natural oil known to improve overall health and alleviate discomforts from many health conditions, including PMS, eczema, breast pain and rheumatoid arthritis.

LINOLEIC ACID—Enhances muscle growth, lowers cholesterol and triglycerides, reduces food-induced allergic reactions and enhances immune system.

GAMMA LINOLENIC ACID (GLA)—May help: heart disease, lupus, osteoarthritis, rheumatoid arthritis, diabetes, eczema, fingernail problems, endometriosis, menstrual cramps, premenstrual syndrome, and sunburn.

QUIZ

Evening Primrose Oil

1. Although this product is beneficial to every part of the body, which three organs/systems are most benefited?
2. How often should you take this product?
3. True or False: Evening Primrose Oil has been known to alleviate hangovers.
4. What is the retail price of this product?
5. Which ingredient helps to enhance muscle growth and reduce food-induced allergies?

FIBER BLEND

Solutions4 Fiber Blend restores dietary fiber to the system, cleans the bowels and intestines without calories, and helps to lower cholesterol levels. This specialized formula contains both soluble (Psyllium) and insoluble (Bran Powder) fiber, which work together to clean debris from the system by easing the passage of waste through the colon and absorbing toxins.

This formula helps to:

- Maximize efficiency without calories
- Overcome constipation
- Cleanse bowels and intestines
- Stimulate natural action of intestines
- Protect intestinal canal from putrefactive or pathogenic bacteria
- Lower the cholesterol and triglyceride levels in the body
- Help prevent diabetes, ischemic heart disease, gallbladder disorders, varicose veins, diverticulitis, and appendicitis

Suggested Use: 6–8 capsules two to three times daily

6 capsules daily will last: 33 days

7 capsules daily will last: 28 days

8 capsules daily will last: 25 days

Size Available: 200 capsules (450mg each)

Shelf Life: 7 years

Fiber is an important part of the Solutions4 Detoxification Program.

Ingredients:

WHEAT BRAN POWDER—Insoluble fiber that scrubs the colon and adds bulk to stool.

Does not absorb.

PSYLLIUM HUSK POWDER—Soluble fiber that absorbs toxins and helps scrub the colon.

Psyllium provides 8 times more soluble fiber than oat bran.



QUIZ

Fiber Blend

1. How many ingredients are in our Fiber Blend?
2. How often should this product be taken?
3. True or False: Our Fiber Blend only contains soluble fiber.
4. What is the retail price of this product?
5. Name three things this product does.

FIBER SWEETENER

Solutions4 Fiber Sweetener is a sugar free, low calorie, soluble fiber supplement that tastes as sweet as sugar and provides multiple health benefits. Fiber Sweetener provides 1500 mg of soluble dietary fiber per teaspoon and is made from natural plants extracts.

Benefits of Fiber Sweetener:

- Is a sugar substitute that does not contain any artificial sweeteners, colors or flavors
- Improves digestion
- Candida friendly
- Adds a significant amount of necessary dietary fiber to diet

Suggested Use: Use as a substitute for sugar

- In recipes not containing yeast
- To sweeten drinks
- On cereal

Size Available: 8.4 oz (80 servings)

Shelf Life: 3 years

Ingredients:

- *LO HAN*
- *CHICORY ROOT*
- *ACACIA FIBER*



QUIZ

Fiber Sweetener

1. How many ingredients are in our Fiber Sweetener?
2. What could you use this for?
3. True or False: This sweetener is sugar free and Candida friendly.
4. What is the retail price of this product?
5. Have you ever tried this product?

FLAX SEED OIL

The seeds and oil of the flax plant contain substances which promote good health. Flax seed oil is rich in alphinolenic acid (ALA), which belongs to a group of substances called omega-3 fatty acids.

Omega-3 is beneficial to the heart, helping to protect against heart disease and control high blood pressure.

Flax seed oil contains lignans, which may have antioxidant actions and protect against breast, colon, prostate, and skin cancer. Studies have shown flaxseed to slow down the division of tumor cells.

Omega-3s have been shown to counter the inflammatory response, which is helpful to those with inflammatory conditions such as lupus and gout.

Suggested Use: Take 2–6 softgels daily. For best absorption, take with food.

2 softgels daily will last: 60 days

4 softgels daily will last: 30 days

6 softgels daily will last: 20 days

Size Available: 120 softgels (1000mg each)

Shelf Life: 3 years

Ingredients:

ORGANIC FLAX SEED OIL

Which typically contains:

- **ALPHA-LINOLENIC ACID** (omega 3)—585 mg
- **LINOLEIC ACID** (omega 3)—150 mg
- **OLEIC ACID** (omega 9)—175 mg
- **OTHER FATTY ACIDS/PHYTONUTRIENTS**—90 mg



QUIZ

Flax Seed Oil

1. Which ingredient of flax seed oil may have antioxidant actions and protect against cancer?
2. How often should you take this?
3. True or False: Flax seed oil is derived from the flax plant.
4. What is the retail price of this product?
5. Name 2 things Omega-3 does.

HERBAL STRESS RELIEF

Offers natural stress relief while helping the body maintain and/or restore maximum performance balance.

Solutions4 Herbal Stress Relief is an enhanced Valerian Root Formula which acts as a natural and relaxing stress-reliever. Valerian is a perennial plant found in New England and Europe. The root has been blended with Hops Flowers, Chamomile Flowers, and Passion Flowers in a synergistic formula. These ingredients have traditionally been used for relaxation.

Suggested Use: 2 capsules daily, one capsule morning and one capsule evening (more may be taken if desired but do not exceed 12 capsules in one 24-hour period).

2 capsules daily will last: 45 days

Size Available: 90 capsules

Shelf Life: 7 years

Ingredients:

PASSION FLOWER—Sedative, calms the nervous system and promotes sleep.

VALERIAN ROOT—Very potent tranquilizer, antispasmodic, and mild anodyne.

CHAMOMILE FLOWER—Sedative, good for excitement and nervous stomach.

HOPS FLOWERS—Sedative, restoring tonic for the nervous system.

CATNIP—Antispasmodic, digestive stimulant, promotes cooling.

LAVENDER FLOWER—Sedative and analgesic; antispasmodic.

MYRRH GUM—Immune stimulant, circulatory stimulant.

SPEARMINT LEAVES—Antispasmodic, digestive tonic, promotes bile flow. Relaxes peripheral blood vessels.



QUIZ

Herbal Stress Relief

1. How often should you take this?
2. What is the maximum number you can take in one day?
3. True or False: Herbal Stress Relief is an enhanced Valerian Root Formula which acts as a natural and relaxing stress reliever.
4. What is the retail price of this product?
5. Which ingredient calms the nervous system and promotes sleep?

HORMONE BALANCE

Solutions4 Hormone Balance is a safe and natural way to stabilize the hormones of the body for both women and men. This formula is an alternative to synthetic hormones, as it allows the body to produce and regulate its own hormonal balance.

Features and Benefits:

For Women:

- Helps assist with a healthy menstrual cycle
- Helps with symptoms of PMS, including:
 1. Cramping
 2. Menopause
 3. Vaginal dryness

For Men:

- Increases effect of testicular hormones

Suggested Use: 2–3 capsules twice daily
2 capsules twice daily will last: 45 days
3 capsules twice daily will last: 30 days

Size Available: 180 capsules

Shelf Life: 7 years

Ingredients:

BLESSED THISTLE—Used for treating painful menstruation.

DAMIANA—Used to improve sexual potency, aphrodisiac, relieves headaches.

DONG QUAI EXTRACT—Anti-spasmodic. Treatment of hormone symptoms such as hot flashes, menopause, vaginal dryness, PMS. Increases the effect of ovarian/testicular hormones.

KAVA KAVA—Potent analgesic—used for vaginitis and urinary tract. Sedative, muscular relaxant for relief of insomnia, stress, anxiety.

SERENOA SERRULATA—Prostate, irritable bladder relief.

WILD YAM EXTRACT—Progesterone precursor, treats nausea in pregnancy, active agent in hormone precursors.

MOTHERWORT—Used to treat suppressed menstruation and other female disorders, used to treat nervous conditions, thyroid, hypertension.

LICORICE ROOT—High in calcium, tissue nourishing tonic, aids hypoglycemia, nausea, promotes adrenal gland function, helps with menopausal ailments. Estrogen effects.

BLACK COHOSH—Anti-spasmodic, diuretic, influences the nervous system. Used in menstrual and uterine affections.

RED RASPBERRY LEAF—Antispasmodic, for disorders of gastrointestinal tract, morning sickness, hot flashes, cramps, decreases heavy menstrual flow.

PASSION FLOWER—For nervous agitation, mild insomnia, depression.

CRAMP BARK—Antispasmodic, diuretic tonic, sedative, prevents miscarriage, dysmenorrhea, ovarian irritation, cramps.

PARSLEY—Flushing, helpful for urinary tract, bladder inflammation.



QUIZ

Hormone Balance

1. Is the Hormone Balance for men or women?
2. What is the suggested use?
3. True or False: Hormone Balance should only be used when paired with synthetic hormones.
4. What is the retail price of this product?
5. Which ingredient is used to treat nausea in pregnancy?

INTESTINAL CLEANSER

Solutions4 Intestinal Cleanser is part of a complete Detoxification program. This is a program which temporarily replaces a normal diet of solid food, utilizing liquid food and cleansing supplements to detoxify the body systems. Intestinal Cleanser is an herbal bowel tonic that helps break down hard encrustation of waste for removal from the colon during Detoxification, as well as on its own for effective and healthy elimination.

Features and Benefits:

- Safe tonic-laxative
- Increases circulation to bowels
- Lubricates the intestinal tract
- Aids in healing bowels
- Relieves gas and pains in the bowels
- Will expel worms from intestines
- Powerful anti-inflammatory and anti-irritant for joints and the gastro-intestinal tract
- High in minerals including iron
- Improves function of the stomach and liver

Suggested Use: 2–3 capsules twice daily

2 capsules twice daily will last: 22 days

3 capsules twice daily will last: 15 days

Dosage will be adjusted accordingly when taken as a part of the Detoxification Program.

As a special dietary supplement, take 2-3 capsules twice daily with a large glass of water.

Size Available: 90 capsules

Shelf Life: 7 years

Ingredients:

CASCARA SAGRADA BARK—One of the safest tonic-laxative herbs known, and can be used on a daily basis without becoming habit forming. Stimulates secretions of the entire digestive system.

CLOVES—Increases circulation, improves digestion. Anti-spasmodic, relieving pain by reducing cramping in muscles. Affects nerves directly, reducing pain signals to the brain.

FENNEL SEED—Relieves gas and pains in the bowels. Has a cooling affect on the bowels. Lubricates the intestines and is very healing.

GINGER ROOT—Eliminates and counteracts the formation of mucus. Taken to relieve gas and severe pains in the bowels. Destroys parasites in the digestive system. Increases energy of the body. Stimulates circulation and breaks up obstructions.

YELLOW DOCK ROOT—An astringent blood purifier useful in treating diseases of the blood, and chronic skin ailments. Stimulates digestion, improving the function of the stomach and liver.

MARSHMALLOW ROOT—Powerful anti-inflammatory and an anti-irritant for joints and the gastro-intestinal tract. High in minerals, especially easily assimilable calcium. Used for chronic constipation. Protective and healing in intestinal irritations.

BUTTERNUT BARK—Will expel worms from intestines. Remedy for chronic constipation.

LICORICE ROOT—Helps eliminate built up toxins. Constipation is considered a serious problem because the retention of wastes in the body can lead to more serious diseases. Used to protect damaged or inflamed tissues.



QUIZ

Intestinal Cleanser

1. Which ingredient will expel worms from the intestines?
2. What is the suggested use of this product?
3. True or False: Intestinal Cleanser should never be used outside of a detox.
4. What is the retail price of this product?
5. Name 2 things this product does.

JOINT & MUSCLE RELIEF

A natural treatment for arthritis, stiffness, swollen joints, and muscular aches and pains. Solutions4 Joint & Muscle Relief assists in body healing through a combination of herbs that help rebuild and strengthen body tissue, increase joint lubrication, and reduce inflammation around the joints.

Natural treatment for:

- Arthritis
- Stiffness of the joints
- Swollen joints
- Muscular aches and pains

Assists Body Healing By:

- Cleansing accumulated toxins and wastes
- Strengthening all vital organs
- Helping glands to revitalize themselves
- Re-establishing chemical balance in the tissues
- Rebuilding and strengthening general health of the body

Suggested Use: 2–3 capsules three times daily

2 capsules three times daily will last: 33 days

3 capsules three times daily will last: 22 days

Size Available: 200 capsules

Shelf Life: 7 years

Ingredients:

ALFALFA—Used in the recovery of acute ailments and in rebuilding energy. A blood purifier, used to treat toxicity of blood, arthritis and cancer.

YUCCA—Helps flush excess water from the system. Assists in excretion of bile salt and cholesterol into the intestines. Helps in the reduction of swelling.

LICORICE ROOT—Treats adrenal insufficiency. Has a stimulating action and helps counteract stress.

BURDOCK ROOT & SEED—A valuable purifier, used for the treatment of arthritis, rheumatism, sciatica and lumbago. Promotes kidney function, working through the kidneys to help clear the blood of harmful acids.

SARSAPARILLA—Useful in the treatment of gout, rheumatism, colds, fever, ringworm, skin eruptions, as well as other ailments requiring a good blood purifier.

DEVILS CLAW ROOT—Anti-inflammatory in joints, hepatic tonic, diuretic, sedative, lymphatic stimulant.

PRICKLY ASH—Digestive stimulant, alterative especially for the joints, diaphoretic, peripheral circulatory stimulant.

ASCORBIC ACID (Vitamin C)—Assists in rebuilding the immune system.



QUIZ

Joint & Muscle Relief

1. Which ingredient treats adrenal insufficiency?
2. What is the suggested use of this product?
3. True or False: Joint & Muscle Relief can help to strengthen body tissue, increase joint lubrication, and reduce inflammation around the joints.
4. What is the retail price of this product?
5. Name 3 things this naturally treats.

MULTIVITAMIN / MULTIMINERAL

Solutions4 Multivitamin/Multimineral is the perfect combination of essential vitamins and minerals that are necessary for health. This formula utilizes the process of chelation, which binds minerals with amino acids, making assimilation by the body much more efficient than comparable supplements.

The Importance of Chelation:

Multivitamin / Multimineral is an important and effective formula because of its chelation [key'lation]. This is the process by which mineral substances are changed into their digestible form. Common mineral supplements such as bone meal and dolomite are often not chelated and must first be acted upon in the digestive process to form chelates before they are of use to the body. The natural chelating process is not performed efficiently in many people, and because of this, many of the mineral supplements they take are of little use.

It is important to understand that the body does not use everything it takes in, and that most of us do not digest our foods efficiently. Additionally, only two to ten percent of inorganic iron taken into the body is actually absorbed, and even with this small percentage, 50 percent is then eliminated. Taking all these factors into account, you can recognize the importance of ingesting minerals that have been chelated. Amino acid-bound chelated mineral supplements provide three to ten times greater assimilation than those that are non-chelated.

Suggested Use: 1 capsule twice daily, one morning and night

1 capsule twice daily will last: 45 days

Sizes Available: 90 capsules

Shelf Life: 2-3 years

Ingredients:

Vitamins A, C, D, E, B1, B2, B3, B6, B12, Niacin, Calcium Pantothenate, Folic Acid, Biotin, Inositol, Choline, PABA, Lipotropic, Calcium Chelate, Potassium, Magnesium Chelate, Manganese Chelate, Zinc Chelate, Alfalfa, Kelp, Phosphorus, Pantothenic Acid, Iron Chelate, Chromium Chelate, Molybdenum, Iodine, Selenium



QUIZ

Multivitamin/Multimineral

1. What is the process by which mineral substances are changed into their digestible form?
2. What is the suggested use of this product?
3. True or False: It is better to ingest minerals that have been chelated versus minerals that have not.
4. What is the retail price of this product?
5. How many ingredients are in the multivitamin/multimineral?

NUTRITIONAL SHAKE

This candida-friendly shake mixes instantly with water and can be used as a perfectly balanced meal replacement when you are on the go. The Solutions4 Nutritional Shake can also be a part of a healthy weight loss program by becoming a substitute for two out of three meals a day while providing essential nutrients to the body. Available in chocolate, vanilla, strawberry and orange cream.

Features and Benefits

- Easy mixing
- Great taste
- No artificial sweeteners
- Low glycemic ratio
- Contains digestive enzymes, probiotics, omega 3 fatty acids and trace minerals
- Lactose, soy and gluten free as well as candida friendly

Suggested Use: For meal replacement, use 2 level scoops mixed with 8 oz of water. For a healthy snack in-between meals, mix 1 level scoop with 4-6 oz. of water. You may substitute all or some of the water with rice milk or almond milk. For variety, try adding frozen berries, fresh fruit and/or ice.

1 scoop 1 time daily will last: 30 days

2 scoops 1 time daily will last: 15 days

Size Available: 22.75 oz (15 meals or 30 snacks)

Shelf Life: 6 years

Ingredients:

VITAMIN A, C, E, K, B1, B2, B5, B6, B12, K, CALCIUM, FOLIC ACID, MAGNESIUM, CLA, ACIDOPHILUS & BIFIDUS, OMEGA 3 FATTY ACIDS, PROBIOTIC BLEND, BIOTIN, CHROMIUM, IRON, NIACINAMIDE, POTASSIUM, XYLITOL, DIGESTIVE ENZYME BLEND



QUIZ

Nutritional Shake

1. How many meals may be replaced each day with a Solutions4 Nutritional Shake?
2. How many scoops are in one serving?
3. True or False: It is not necessary to take a multivitamin/multimineral if you are having at least one serving of Nutritional Shake each day.
4. What is the retail price of this product?
5. How much protein is in each scoop?

PROBIOTIC BLEND

This probiotic formulation helps to maintain healthy intestinal activity. The function of the human digestive system is to convert the food we eat into useful body fuel. A necessary and healthful contributor to a properly working digestive system is an abundant supply of the “friendly” bacteria. Solutions4 Probiotic Blend contains 4 friendly bacteria for this purpose.

This is an effective alternative to all candida albicans prescription drugs, and it causes no side effects. The Solutions4 formula is patient-tested and proven effective in chiropractic and wellness clinics.

Probiotic Blend contains 20 billion units per serving (10 billion units per capsule).

Features and Benefits

- Helps to maintain healthy intestinal activity
- Prevents the overgrowth of harmful micro-organisms
- Helps prevent bad breath, gas and bloating
- Improves the overall health of the skin by combating harmful bacteria

Suggested Use: 1–2 capsules four times daily as needed

1 capsule four times daily will last: 22 days

2 capsules four times daily will last: 11 days

Size Available: 90 capsules

Shelf Life: 4 years

Ingredients:

VITAMIN A (BETA-CAROTENE)—Promotes growth, strong bones, and healthy skin, hair, teeth, eyes, and gums.

VITAMIN C (ASCORBIC ACID)—Aids in preventing many types of viral and bacterial infections and generally strengthens the immune system.

BIOTIN—A B-vitamin that is needed for the formation of fatty acids and glucose, which are essential for the production of energy. It also helps with the metabolism of carbohydrates, fats and proteins.

ZINC CITRATE—Fights infection and stimulates the immune system.

LACTOBACILLUS ACIDOPHILUS—Friendly bacteria normally found in the intestinal tract, which are necessary and healthful contributors to a properly working digestive system.

BARBERRY ROOT—Helps to build the immune system and prevent yeast overgrowth.

LICORICE—Works by promoting the overall health of the gastrointestinal system.

PAU D'ARCO—An effective anti-fungal herb.

GARLIC—Creates an atmosphere that prohibits bacteria and fungus. (Candida is a form of fungus.)

GOLDENSEAL ROOT—Helps to destroy bacteria and viruses, as well as helps to relieve inflammation and congestion.



QUIZ

Probiotic Blend

1. How many friendly bacteria does this blend contain?
2. Who should use this?
3. True or False: Solutions4 Probiotic Blend is an effective alternative to all candida albicans prescription drugs and has no side effects.
4. What is the retail price of this product?

How often should you take this?

SALMON OIL

Wild salmon oil does not suffer from the faults that plague traditional fish oils. A salmon's cold-water habitat and relatively short lifespan dramatically reduce the exposure to common environmental toxins, resulting in a higher quality, higher purity oil. A salmon's high dietary intake of protective carotenoids such as astaxanthin make their oil more resistant to spoilage and rancidity than other fish oils. Salmon are a renewable, self sustaining resource. Other fish oils, which are commonly a blend of several species of fish, have a much less consistent level and blend of healthy omega acids, especially EPA and DHA. Each serving of salmon oil contains 180 mg of EPA and 220 mg of DHA, two of the most beneficial constituents of omega 3 fatty acid.

Salmon Oil has been shown to:

- Boost levels of HDL (good cholesterol) and lower the levels of triglycerides
- Aid in Healthy Aging
- Lower weight without dieting
- Increase Bone and Joint Health
- Assist in Cognitive Function
- Increase the health of the eyes, nails and skin
- Promotes healthy pregnancies and developing children
- Improve mental health

Suggested Use: Take 2 softgels 1/2 hour after breakfast and 2 softgels 1/2 hour after an evening meal.

4 capsules daily will last: 30 days

Size Available: 120 capsules

Shelf Life: 7 years

Ingredients:

SALMON OIL – Oil derived from Salmon containing high levels of Omega 3 fatty acids which contribute to the improvement of overall health.

During the processing of Solutions4's Salmon Oil, all mercury content was removed.



QUIZ

Salmon Oil

1. Why is Salmon Oil better than other fish oils?
2. Name three things this product can help with.
3. True or False: All mercury content has been removed from this product.
4. What is the retail price of this product?
5. What is the suggested use of this product?

THYROID

This unique formula was developed to benefit anyone suspecting a thyroid condition, as well as those seeking a daily supplement to ensure nutritional support of the thyroid and adrenals.

Solutions4 Thyroid Adrenal Support stimulates healthy glandular function and contains a synergistic blend of herbs including kelp and bladderwrack, two potent sources of iodine which support your body's natural ability to produce thyroid hormones.

This formula helps to:

- Restore the body's optimal thyroid hormone level
- Alleviate the symptoms of thyroid disorders, such as: weight gain, low energy, fatigue and depression

Suggested Use: 2 capsules, 2-3 times daily

4 capsules daily will last: 15 days

6 capsules daily will last: 10 days

Size Available: 60 capsules

Shelf Life: 7 years

Ingredients:

KELP - A great source of natural iodine, potassium, magnesium, calcium, iron, B-complex vitamins, and 70 other micronutrients. Stimulates healthy thyroid function and improved metabolism.

COLEUS FORSKOHLII -Beneficial in fat loss due to its ability to break down adipose tissue, and discourage the formation of new fatty tissues. Directly stimulates the increased production of thyroid hormones.

BACOPA – A potent ayurvedic herb with antioxidant properties, bacopa helps to relieve stress and boost mental function.

HOPS FLOWER – An herbal stress reliever and hormonal support agent.

SAGE –Helps to control stress, improve digestion, and stimulate pancreatic function.

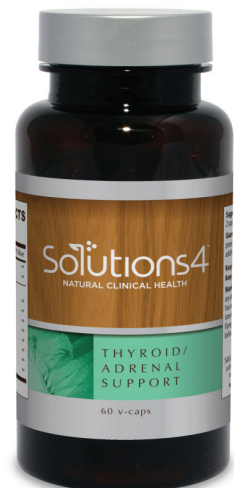
ASHWAGANDHA ROOT – An adaptogenic herb which helps to control stress and anxiety, and acts as a powerful anti-inflammatory, anti-oxidant, and immune system boost.

ROSEMARY– Helps to reduce stress, anti-oxidant.

BLADDERWRACK – A great source of natural iodine, calcium, magnesium, potassium, and B-complex vitamins. Stimulates healthy thyroid function.

GINSENG – An adaptogenic herb that aids in the control of high blood sugar. Boosts sports performance and recovery.

SCHIZANDRA ROOT – An adaptogenic, anti-oxidant herb. Helps with stress relief and boosts sports performance and recovery.



QUIZ

Thyroid Adrenal Support

1. Which two ingredients are sources of iodine that support the body's natural ability to produce thyroid hormones?
2. What is the suggested use?
3. True or False: This product should only be used by those who suspect they have a thyroid condition.
4. What is the retail price of this product?
5. Name 3 symptoms this supplement can help relieve.

VITAMIN D

Studies have shown that adequate amounts of vitamin D in the body can decrease the risk of diseases, such as cancer, osteoporosis, depression, Alzheimer's and many others. Solutions4 Vitamin D, in an easily-absorbed liquid gel form.

Features and benefits:

- Bone strengthening
- Lower risk of disease and infection
- Immune boosting
- Decrease cognitive decline with aging

Suggested Use: 1–2 softgels, one time daily

1 softgel daily will last: 150 days

2 softgels daily will last: 75 days

Size Available: 150 softgels (1000 IU each)

Shelf Life: 7 years

Ingredients:

VITAMIN D3 (Cholecalciferol)—The most potent form of supplemental vitamin D. 1000 IU per day provides enough vitamin D to rectify most deficiencies and supply the body with optimal levels of this beneficial immune-boosting nutrient.



QUIZ

Vitamin D

1. Who should take Vitamin D?
2. What is the suggested use?
3. True or False: Vitamin D can decrease the risk of diseases, such as cancer, osteoporosis, depression, Alzheimer's and many others.
4. What is the retail price of this product?
5. Name 3 other benefits of Vitamin D.

ALOE ACTIVATOR

The Solutions4 Aloe Activator is a skin freshener and toner with antiseptic properties that help give greater health and color to the skin. It may be used alone or with the Protein Lift Facial Masque and is a great tool to aid in the removal of the Green Clay and Protein Lift Masks. Great for all types of skin by working not only as a hydrator and skin softener but as a natural anti-fungal and anti-biotic.

Features and benefits when mixed with Protein Lift Masque:

- Helps masque penetrate more deeply
- Helps masque draw impurities from the skin
- Works as a carrying agent for the nutrients of the masque

Features and benefits when used Alone:

- Antiseptic properties help give greater health and color to the skin
- A skin freshener and toner under make-up
- Can be used as a spritz over make-up

Size Available: 4 fluid ounces

Shelf Life: 5 years

Ingredients:

Pure Aloe Vera Extract: A botanical extract, which helps to calm, heal and soothe the skin. It is also considered nature's anti-biotic, working as an anti-bacterial, anti-inflammatory, and as an anti-fungal.



QUIZ

Aloe Activator

1. What types of skin is this product best for?
2. Can you use it without the protein life mask?
3. True or False: Aloe Activator can be used under or over make-up.
4. What is the retail price of this product?
5. Name 2 ways Aloe Activator can help improve skin.

ANTI-CELLULITE LOTION

Solutions4 Anti-Cellulite Lotion has the ability to maximize and preserve the contouring, tightening and inch loss achieved through the Solutions4 Body Contour Wrap. Essential nutrients increase circulation, helping to condition and tone the skin. Active ingredients are retained in concentrated levels to assist in the cleansing and cellulite removal process, leaving the skin with a delicate cinnamon scent.

Helps to:

- Increase circulation
- Soften and condition the skin
- Tighten and tone
- Aid in the removal of cellulite

Suggested Use: Anti-Cellulite Lotion should be applied immediately after showering or bathing, on all days in between body wraps or as an everyday lotion. (Before initial use it is advised that a patch test be performed at least 8 hours prior to application.) Apply to dry skin in a circular motion, treating the problem areas of the hips, buttocks, thighs, upper arms, etc. Avoid breasts and bikini areas.

Please Note: Due to increased circulation the skin may become pink immediately following application, normal coloring will return shortly following use.

Sizes Available: 8 fluid ounces & quart

Shelf Life: 1 year

Ingredients:

ALOE VERA - A botanical extract which helps to calm, heal and soothe the skin. It is also considered nature's anti-biotic, working as an antibacterial, anti-inflammatory, and as an anti-fungal.

VITAMIN A - Improves skin texture and firmness, helps to fade and prevent discolorations. Converts to retinoic acid which renews skin by promoting cell turnover and provides anti-aging benefits.

CUCUMBER EXTRACT - Helps to tighten and firm the skin while binding moisture, healing and combating inflammation.



QUIZ

Anti-Cellulite Lotion

1. How often should you apply Anti-cellulite lotion?
2. What are the three main ingredients?
3. True or False: You should stop using Anti-cellulite lotion immediately if your skin turns pink.
4. What is the retail price of this product?
5. When was the last time you used this product?

APPLE STEM CELL MOISTURIZER

This product is changing the skin care industry in ways never before realized through the use of apple stem cells. By combining plant-derived stem cells with other anti-aging actives (such as anti-oxidants, anti-inflammatory botanicals and UV protectors), we can rejuvenate skin cell DNA, the core center for all cell renewal processes, and literally give aging skin a fresh new start.

This product is free from parabens, urea, sulfates, artificial colorants and perfumes. No toxic ingredients were used in the production of this product.

Helps To:

- Protect, prevent and repair aging skin
- Rejuvenate skin cell's DNA
- Replenish new collagen and elastin
- Decrease the appearance of wrinkles, particularly crow's feet

Suggested Use: Gently massage a small amount of Apple Stem Cell Moisturizer morning and night, into clean skin until invisible. Keep out of eyes.

Size Available: 1.75 fluid ounces

Shelf Life: 1 year

Ingredients:

MALUS DOMESTICA FRUIT CELL (APPLE) CULTURE EXTRACT - Protects longevity of skin stem cells.

BUTYROSPERMUM PARKII (SHEA) BUTTER - Wound-healing (anti-bacterial) properties; soothes sunburned skin and insect bites; improves the overall look of scars and stretch marks.

COCONUT ALKANES - Contains vitamins, A, D, E, K, and B; slows the aging process and provides hydration.

PANTHENOL - Vitamin B5; penetrating moisturizer, cellular proliferation, and tissue repair.

ALLANTOIN - Botanical Extract; healing and soothing properties from the Comfrey root.

ORGANIC ALOE BARBADENSIS LEAF - Anti-inflammatory, antibiotic, moisturizing, and soothing properties.



QUIZ

Apple Stem Cell Moisturizer

1. Apple Stem Cell Moisturizer helps to rejuvenate a cell's _____.
2. Name two things this product can help with
3. True or False: This product contains no colors, perfumes, or toxic ingredients.
4. What is the retail price of this product?
5. What is the suggested use of this product?

ANTI-INFLAMMATORY GEL

Calms muscle and nerve pain through natural ingredients that increase circulation and reduce the inflammatory response of the tissue. Anti-Inflammatory Gel warms up the area by increasing circulation, and then cools using a natural antiseptic effect.

Helps to:

- Provide long-lasting natural pain relief by reactivating itself throughout the day
- Treat swelling, inflammation, aches and soreness of muscles and joints caused by injury, sprains, stiffness, arthritis, sciatica, rheumatic pain, and fibromyalgia

Suggested Use: Apply to the effected areas no more than three to four times daily. Rub in thoroughly until gel is absorbed.

Size Available: 2 fluid ounces

Shelf Life: 1 year

Ingredients:

PLANT DERIVED MENTHOL 3% - Is a natural antiseptic which cools the skin while stimulating blood circulation.

CAMPHOR 3% - Acts as a natural anesthetic with anti-inflammatory, properties that also stimulates blood circulation.

CAPSAICIN .03% - Used for muscle aches and pains, sprains, and arthritis symptoms.

GREEN TEA EXTRACT - Provides powerful anti-aging effects. Is also known as a strong antioxidant.

YUCCA EXTRACT - Circulatory aid.



QUIZ

Anti-Inflammatory Gel

1. How often should you apply Anti-Inflammatory Gel?
2. What does the green extract in the gel do?
3. True or False: Anti-Inflammatory gel can calm muscle pain but not nerve pain.
4. What is the retail price of this product?
5. Why does Anti-Inflammatory Gel produce a warming sensation?

APRICOT EXFOLIATOR

This Exfoliator is a grape seed oil based scrub that combines a perfect blend of vitamins, anti-oxidants, UV protectors, hydrators, moisturizers collagen and elastin builders to provide superior protection and gentle exfoliation through the use of tumbled apricot seeds.

This product is free from parabens, urea, sulfates, artificial colorants and perfumes. No toxic ingredients were used in the production of this product.

Helps To:

- Provide deep cleansing to the face and neck
- Diminish the sun's damaging effects and lessen free radical damage
- Provide moisture and promote regeneration of skin cells
- Reduce the appearance of fine lines, wrinkles, uneven texture and irregular pigmentation
- Naturally boost collagen and elastin
- Invigorate dull and lifeless skin

Suggested Use: Lather a small amount in palms then massage gently onto wet face and neck. Rinse with warm water. Use 3-5 times per week after cleanser. Keep out of eyes.

Size Available: 4 fluid ounces

Shelf Life: 1 year

Ingredients:

NATURAL ALPHA-HYDROXY ACID—Gently exfoliates the skin to prevent the appearance of wrinkles and fine lines.

GRAPE SEED OIL— An antioxidant that is 50% more powerful than Vitamin C and Vitamin E.

LINOLEIC ACID—Critical in the health of the cell membranes in the skin.

PROANTHOCYANIDINS—Very powerful antioxidants that help diminish the sun's damaging effects and lessen free radical damage.



QUIZ

Apricot Exfoliator

1. What is the base ingredient of this product?
2. Name two things this product can help with.
3. True or False: This product contains no colors, perfumes, or toxic ingredients.
4. What is the retail price of this product?
5. What is the suggested use of this product?

BODY EXFOLIATOR

The Solutions4 Body Exfoliator is a superior enzymatic and manual exfoliator that utilizes papaya enzymes which dissolve dead skin and round pumice crystals that exfoliate. This formula is unique and unlike sea salt will not cut or damage the skin's surface. This gentle exfoliant softens the skin and delays the appearance of fine lines and wrinkles.

Helps to:

- Remove dead cells
- Dilate capillaries which enables nutrients to get to the cells
- Stimulate the metabolism of the skin
- Activate the Solutions4 Body Contour Cream

Suggested Use*: Apply to the body three times weekly with or without water. May be applied to dry skin before showering, rubbing in circular motion from feet to shoulders, or use on wet skin in the shower for less intensity. Not for use on the face.

Sizes Available: 8 fluid ounces, quart, gallon

Shelf Life: 1 year

Ingredients:

ALOE VERA - A botanical extract which helps to calm, heal and soothe the skin. It is also considered nature's anti-biotic, working as an anti-bacterial, anti-inflammatory, and as an anti-fungal.

ROUNDED PUMICE (volcanic origin) - An abrasive exfoliant used to remove dead skin cells.

BETA GLUCAN - Stimulates formation of collagen.

PAPAIN - Live papaya enzymes act as a gentle exfoliant which help to dissolve dead skin cells and encourage deeper penetration for additional products.

GERANIUM EXTRACT - Works as an astringent while aiding in cell regeneration.

CYPRESS SAGE EXTRACT - Has antiseptic and astringent properties helping to soothe the skin.

*Also available for professional use- Use prior to Body Wrap. This synergistic formula activates the Body Contour Cream and Solutions4's Maintain Lotion for deeper penetration to achieve maximum inch loss.



QUIZ

Body Exfoliator

1. How is this product unlike seasalt?
- 2.
3. How often should you use this product?
4. True or False: Body Exfoliator can be used with or without water.
5. True or False: Body Exfoliator is only available for professional use.
6. What ingredient acts as the abrasive exfoliant?

BODY WRAP CREAM (Regular and Sensitive formulas)

The Solutions4 Body Wrap Cream promotes a healthy and permanent inch loss of 4-14 inches per treatment while maintaining proper hydration. Since this is not a water loss wrap, the inches lost will remain lost with a healthy diet and exercise. When utilized with a body wrap, excess cream will be absorbed by the skin eliminating the need of a wet room. This cream is very effective for those suffering from poor circulation and fluid retention.

Helps to:

- Remove cellulite by targeting and removing the toxins trapped in the connective tissue
- Soothe, heal and stimulate new tissue growth
- Increase skin elasticity and improve skin's firmness

Suggested Use: Patient may have 1 body wrap every 4-7 days by a technician that has been certified in Solutions4's Body Contour and Inch Loss Programs.

Sizes Available: 2 fluid ounces = 1 body wrap

Quart = 16 body wraps

Gallon = 64 body wraps

Available in regular and sensitive formulas.

Professional Use Only

Shelf Life: 6 months - 1 year

Ingredients:

NIACIN/ NIACINAMINDE— Niacin/Niacinamide: Increases circulation by dilating blood vessels while encouraging lymphatic flow.

SOY OIL— Helps to stimulate the synthesis of collagen, elastin, and structural glyco-proteins. Also helps to soothe the skin while providing essential nutrients such as vitamins A, E and K, phosphates and lecithin.

* Wrap should never be performed on one who is pregnant, nursing or if one has not been in remission from cancer for 5 years or more. Also those on blood thinning medications such as Coumadin and those who suffer from seizures should not utilize body contouring products.



QUIZ

Body Wrap Cream

1. How often can someone have a body wrap?
2. How much cream is used for one body wrap?
3. True or False: In addition to aiding inch loss, Body Wrap Cream can help with circulation.
4. What ingredient increases circulation and lymphatic flow by dilating blood vessels?
5. Name 3 types of people who should NOT use body contouring products.

EXERCISE GEL

Solutions4 Exercise Gel applied before exercise, improves pre-exercise stretching and encourages mobility and circulation throughout a workout. The ingredients in Solutions4 Exercise Gel are scientifically formulated to cause the blood to flow more quickly and evenly into the connective tissues. Circulation helps the body's waste disposal system to more efficiently expel toxic waste and fluid, sculpting and toning vulnerable cellulite areas. Exercise Gel is also used for sore muscles, fibromyalgia, arthritis, and aching joints, to encourage a more productive and comfortable exercise session. Natural herbal extracts are safe for all skin types and can be used with any kind of exercise, including meditation and yoga.

Helps to:

- Keep muscles warm and moveable
- Increase circulation
- Expel toxic waste and fluid

Suggested Use: Apply Exercise Gel to the problem areas of the body, any sore muscles or joints, or anywhere that the patient wishes to reduce tissue toxins. It can be used up to three times daily with or without exercise for improved circulation and mobility.

Sizes Available: 8 fluid ounces & quart

Shelf Life: 1 year

Ingredients:

ALOE VERA - A botanical extract which helps to calm, heal and soothe the skin. It is also considered nature's anti-biotic, working as an antibacterial, anti-inflammatory, and as an anti-fungal.

BLADDERWRACK EXTRACT - Works on the glandular system.

ALLANTOIN - A natural botanical extract which heals and soothes the skin while working to calm irritation and stimulate new tissue growth.

NIACIN - Increases circulation by dilating blood vessels while increasing lymphatic flow which assists in removing toxins from connective tissue.



QUIZ

Exercise Gel

1. What is the maximum number of times per day this product should be used?
2. The ingredients in this product are scientifically formulated to cause the blood to flow more quickly and evenly into what?
3. True or False: Exercise Gel is also used for sore muscles, fibromyalgia, arthritis, and aching joints.
4. What is the retail price of this product?
5. Which ingredient is also found in our Body Wrap Cream and Anti-Cellulite Cream?

GREEN CLAY MASK

Our Green Clay Mask is a therapeutic indulgence for acne-prone skin. Tissue respiratory factor, aloe, and pure-French clay combine to absorb excess oils and support the skin in the fight against blemishes. This 30-minute treatment purifies and refines skin texture.

Helps to:

- Actively absorb excess oils, purify, refine texture and support the skin in the fight against blemishes, including acne and blackheads
- Remove the buildup of dead cells and imbedded impurities by acting as a poultice to the skin
- Identify oily zones by darkening in oil specific areas

Suggested Use: May be sold as a take home product, where it should be used twice weekly, or may be offered as a relaxing therapeutic facial service. Apply Green Clay Mask with clean fingers or a sturdy facial brush in upward strokes beginning at the neck. Leave on 30 minutes, flush with warm water to remove (Aloe Activator may be used to assist in the removal of mask).

Size Available: 2 fluid ounces

Shelf Life: 1 year

Ingredients:

MONTREUIL GREEN CLAY - Works as a poultice to help clarify the skin by drawing out impurities. Also works as an anti-septic.

ALOE VERA - A botanical extract, which helps to calm, heal and soothe the skin. It is also considered nature's anti-biotic, working as an anti-bacterial, anti-inflammatory, and as an anti-fungal.

BASIL EXTRACT - Stimulates and purifies the skin while adding antibacterial properties.

PAPAIN - Live papaya enzymes act as a gentle exfoliant which help to dissolve dead skin cells and encourage deeper penetration for additional products.

HAWAIIAN WHITE GINGER - Works to stimulate circulation.



QUIZ

Green Clay Mask

1. How long should you leave the mask on?
2. How often should you use it?
3. True or False: Acne-prone skin should not use this product.
4. What is the retail price of this product?
5. Name 2 things this mask will do.

GREEN TEA CLEANSER

Green Tea Cleanser will leave the skin clean, soothed and moisturized. Studies show that green tea is effective in the prevention and treatment of abnormal skin conditions, such as acne, psoriasis and eczema. Green tea's anti-oxidant power protects the skin from environmental factors and free radicals that lead to accelerated aging of the skin. This cleanser was formulated for all skin types and helps promote balanced protection on a daily basis.

This product is free from parabens, urea, sulfates, artificial colorants and perfumes. No toxic ingredients were used in the production of this product.

Helps to:

- Gently cleanse the skin while removing make-up and environmental buildup
- Prevent and treat abnormal skin conditions such as acne, psoriasis and eczema
- Protect and assist in the prevention of skin cancer

Suggested Use: Apply a light film over the face and neck. Using the fingertips gently work into pores. Rinse with warm water. Keep out of eyes.

Size Available: 4 fluid ounces

Shelf Life: 1 year

Ingredients:

GREEN TEA LEAF EXTRACT - Known for its anti-inflammatory, anti-oxidant, and anti-carcinogenic properties.

ALLANTOIN - Botanical extract from Comfrey root – healing and soothing properties.

ALOE BARBADENSIS LEAF JUICE - Anti-inflammatory, natural antibiotic, moisturizing, and soothing properties.

ASCORBIC ACID - Vitamin C; Anti-oxidant and UV protector.

LAVANDULA ANGUSTIFOLIA (LAVENDER OIL) - Used for aromatherapy, anti-inflammatory, anti-bacterial, antiseptic, and healing properties.



QUIZ

Green Tea Cleanser

1. Where should you apply the cleanser?
2. How often should you use it?
3. True or False: Green Tea Cleanser is for all skin types.
4. What is the retail price of this product?
5. Name 2 things this cleanser will do.

HERBAL BODY WASH

Our Herbal Body Wash is a natural botanical cleanser, formulated to penetrate the pores to properly and deeply cleanse, with a full spectrum bactecept to protect the skin from bacteria and fungus. A natural astringent helps tighten the skin and pores, yet is not drying. Solutions4 Herbal Body Wash is very gentle, preserving the skin's natural protective mantle. Used for all-over cleansing, this product is pH balanced for every skin type.

This product is free from parabens, urea, sulfates, artificial colorants and perfumes. No toxic ingredients were used in the production of this product.

Helps to:

- Control acne conditions
- Relieve ingrown hairs
- Cleanse and tighten the skin and pores without drying
- Flush away excess oils, waste materials from perspiration, soot, smog residues, and other pollutants from the air; colognes, perfumes, and other applied substances, as well as bacteria and fungus

Suggested Use: Use morning and night and follow with other Solutions4 skin-feeding products. Apply in upward strokes to the face and neck. Allow to dry for 1-2 minutes before flushing off with cold water. May also be used all over the body for bathing, instead of soap.

Size Available: 8 fluid ounces

Shelf Life: 5 years

Ingredients:

ALOE VERA EXTRACT - A botanical extract, which helps to calm, heal and soothe the skin. It is also considered nature's anti-biotic, working as an anti-bacterial, anti-inflammatory, and as an anti-fungal.

WHITE OAK BARK EXTRACT - A natural bactecept, fungicide and astringent.

SODIUM - Exists naturally in skin and helps to bind moisture.

BETA CAROTENE - A powerful antioxidant that provides nutrients to the skin and is known for its photo protection properties.

COLLAGEN - This is a primary building protein of the skin.



QUIZ

Herbal Body Wash

1. Where should you apply the cleanser?
2. How often should you use it?
3. True or False: Herbal Body Wash is pH balanced for every skin type.
4. What is the retail price of this product?
5. Name 3 things this cleanser will do.

PROTEIN LIFT MASK

A superior lifting and tightening facial masque that stimulates cell renewal without dehydrating. Solutions4 Protein Lift Mask draws imbedded impurities out of the pores of the skin through reverse osmosis. Specialized enzymes and amino acids help induce the fibroblast cells to start reproducing new collagen fibers and elastin strands. This is essential for progressive results in the restoration of skin elasticity and resilience. Protein Lift Mask is a natural alternative to a surgical face lift. May be used prior to an event for it's immediate lifting results.

Helps to reduce:

- Wrinkles
- Enlarged pores
- Acne
- Blackheads
- Drooping and sagging skin

Suggested Use: Mix 1 teaspoon powder with 3/4 teaspoon of Solutions4 Aloe Activator. Form a creamy paste. Apply the mask in upward strokes with a facial brush. Remove the mask by wetting with warm water and wiping gently with facial sponges and plenty of tepid water (Aloe Activator may be used and assist in the removal of mask).

Size Available: 2 ounce

Shelf Life: 2 years

Ingredients:

EGG PROTEIN CONCENTRATE -Tightens and softens the skin while creating a film to retain moisture.

SOY PROTEIN - Helps to stimulate the synthesis of collagen, elastin, and structural glyco-proteins. Also helps to soothe the skin while providing essential nutrients such as vitamins A, E and K, phosphates and lecithin.

BEE POLLEN EXTRACT - Injects new life into cells while providing 16 vitamins 16 minerals 18 enzymes 18 proteins and all 22 amino acids.

RNA FACTOR - Naturally helps stimulate healthy cell renew, is also a powerful anti-oxidant which is essential for formation of new cell growth.

POWERFUL ANTIOXIDANTS - Fight free radical damage.



QUIZ

Protein Lift Mask

1. What do you mix this powder with?
2. Which ingredient is a powerful antioxidant?
3. True or False: Protein Lift mask should not be used immediately before an event.
4. What is the retail price of this product?
5. Name 3 things this is used for.

SKIN REPAIR CREAM

Originally formulated to minimize scar tissue formation following surgery, Solutions4 Skin Repair Cream can help to reverse the scarring process and diminish most types of newly formed scar tissue. Our Skin Repair Cream also helps with all types of dry and damaged skin, including burns, scars, eczema, psoriasis, stretch-marks, abrasions, poison oak, poison ivy, and sunburn. This amazing cream combines the most powerful natural tissue re-builders available. It is chemical-free and safe for use on any type of skin. This cream will penetrate up to 25 cell layers to moisturize and provide nutrients to help healthy skin to naturally restore itself.

Helps to:

- Protect and soothe damaged skin
- Minimize and reverse the scarring process
- Rebuild tissue naturally

Suggested Use: For best results apply evenly several times a day to problem areas. The cream must be used once or more daily, until problem is alleviated. To extend the shelf life of the cream, keep opened product in the refrigerator.

Size Available: 1.75 fluid ounces

Shelf Life: 1 year unopened
6 months opened

Ingredients:

DNA/RNA - Essential components of all living matter, which help to naturally stimulate healthy cell renewal, assist with retaining moisture and nutrients.

ALOE VERA - A botanical extract, which helps to calm, heal and soothe the skin. It is also considered nature's anti-biotic, working as an anti-bacterial, anti-inflammatory, and as an anti-fungal.

EUCALYPTUS OIL - Encourages Blood Circulation, works as an anti-septic and provides aromatherapy properties.

ALLANTOIN - A natural botanical extract which heals and soothes the skin while working to calm irritation and stimulate new tissue growth.

POWERFUL ANTIOXIDANTS - Fight free radical damage.



QUIZ

Skin Repair Cream

1. Why was this product originally created?
2. Where should you store this product to extend its shelf life once it's opened?
3. True or False: Skin Repair Cream is chemical-free and safe for use on any type of skin.
4. What is the retail price of this product?
5. Name 3 types of skin conditions this can help with.

TONER SPRAY

Botanical extracts and Aloe Vera are combined in a spritz formula to enliven the skin while softening the appearance of facial lines. The skin is invigorated, refreshed and hydrated. Use throughout the day to refresh and revitalize, over makeup to set color. Especially beneficial when traveling for skin prone to dehydration.

Helps to:

- Invigorate and refresh the skin
- Enliven the skin while softening the appearance of facial lines
- Set makeup
- Refresh and revitalize the skin

Suggested Use: Use in morning and evening routine. Also may be used throughout the day to refresh, revitalize, and hydrate the skin.

Size Available: 4 fluid ounces

Shelf Life: 5 years

Ingredients:

ALOE VERA - A botanical extract, which helps to calm, heal and soothe the skin. It is also considered nature's anti-biotic, working as an anti-bacterial, anti-inflammatory, and as an anti-fungal.

WHITE OAK BARK EXTRACT - A natural bactecept, fungicide and astringent.

WITCH HAZEL EXTRACT - Promotes wound healing through anti-inflammatory and anti-oxidant properties.

COMFREY EXTRACT - Is a healing astringent which helps to fight inflammation and itching. Contains Allantoin.

HYALURONATE - A natural moisturizer that gives the epidermis greater suppleness (from cock's comb).



QUIZ

Toner Spray

1. Who should use Toner Spray?
2. What is the suggested use?
3. True or False: Toner spray should only be used under your makeup, not over.
4. What is the retail price of this product?
5. Name 2 things Toner Spray helps to do.

VITAMIN C HYDRATOR

The antioxidant benefits of vitamin C in topical products are well known, but because of an unstable nature, it can lose up to 90% of potency in the first 30 days; until now. Ester-C is a technological break-through, retaining its vitamin C activity for up to two years. Additionally, Solutions4 Vitamin C Hydrator is effectively absorbed through the skin because of its unique skin penetrating properties.

Helps to:

- Prompt cell renewal by stimulating the formation of essential collagen and elastin
- Assist in absorption of all other ingredients
- Reduce the appearance of fine lines and wrinkles
- Protect the skin against sun (UV) and environmental damage
- Prevent and reverse the effects of aging on human skin

Suggested Use: Use each morning. Gently apply in upward strokes to the face and neck. May also be used in the evening if desired.

Size Available: 1 fluid ounces

Shelf Life: 1 year

Ingredients:

OCTYL PALMITATE - Moisturizing compound and UVB sunscreen.

JOJOBA OIL - Moisturizer and emollient that promotes rapid penetration of product providing the skin with suppleness and softness.

GRAPSEED OIL - Moisturizing and nourishing properties due to high Linoleic Acid content (fatty acid – omega 6).

ASCORBIC ACID (Vitamin C) - Anti-oxidant, collagen builder .

SQUALENE - An excellent moisturizer and lubricant occurring naturally in human sebum (shark liver oil source).

HYALURONIC ACID - A naturally occurring part of the human skin that has the uncanny ability to absorb 1,000 times its own weight in water when applied to the skin.



QUIZ

Vitamin C Hydrator

1. Name 3 things this product does.
2. Where should you apply this?
3. How often should you use this?
4. True or False: Ester-C retains its vitamin C activity for up to two years.
5. What is the retail price of this product?

WILD YAM CREAM

A transdermal cream formulated with natural ingredients and hormone precursors to help maintain a balance of estrogen and testosterone in the body. When an imbalance is experienced, especially during menopause, it is often treated with synthetic hormones that have been shown to increase the risk of many serious health issues. The body has the ability to achieve its own balance when supplied with precursors and nutritional support. Solution4's Wild Yam Cream is a topical treatment that provides these key precursors when applied to the soft tissue areas of the body (neck, chest, stomach, and inside of arms and thighs). Progesterone combined with wild yam extract assist in the ultimate formation and balance of progesterone in the body. Wild Yam Cream can be used alone or as an essential tool in the Solutions4's Hormone Balancing Program.

Helps to:

- Relieve night sweats and hot-flashes
- Balance estrogen and testosterone
- Provide relief from menopausal symptoms

Suggested Use: This balancing cream is a trans-dermal skin supplement. It is absorbed quickly and is transported to areas of need. Apply 1/4 tsp. daily to a soft skin area of the body (neck, chest, stomach and the inside of arms and thighs.) Rotate area of application for maximum results. For best results, combine with Solutions4's DHEA internal supplement.

Size Available: 1.75 fluid ounces

Shelf Life: 1 year

Ingredients:

MEXICAN WILD YAM - Helps to balance estrogen and testosterone hormones.

DHEA - The most dominant hormone in the body and is know as the mother hormone. It is used for anti-aging hormone balancing managing fatigue and immune disorders.



QUIZ

Wild Yam Cream

1. Who should use Wild Yam Cream?
2. What is the suggested use?
3. True or False: Wild Yam Cream has best results when combined with Solutions4 DHEA?
4. What is the retail price of this product?
5. Name 2 things that the Mexican Wild Yam ingredient does.