

ADRENAL CALMING

Solutions4 Adrenal Calming formulation is a part of the new brain based supplements. This supplement uses a special blend of herbal extracts and other naturally occurring substances that boost the brain health and calm the mind.

Helps To:

- Reduce stress
- Improve sleep quality
- Enhance mental clarity and focus
- Ward off fatigue
- Reduce symptoms of anxiety

Concentrated Formula Contains:

Rhodiola Rosea Root

SerinAid 50P

L-Glycine

L-Taurine

Vegetable Cellulose

Silicon Dioxide

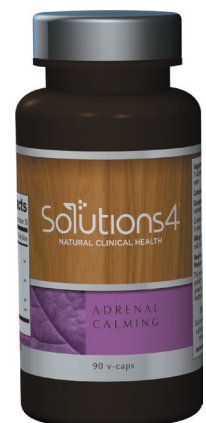
Magnesium Stearate

Suggested Use: 3 capsules

3 capsules three times daily will last: 30 days

Sizes Available: 90 capsules

Shelf Life: 7 years



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.

Solutions4 Antioxidant contains Astaxanthin which 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.

Helps To:

- Maintain health and prevent disease
- Protect from damage by free radicals

Concentrated Formula Contains:

Astaxanthin Extract
Angel Hair (Mozuku) Extract
Ginkgo Biloba (Leaf)
Vaccinium Myrtillus

Vitamin C
Milk Thistle Herb
Selenium Chelated

Motherwort Herb
Green Tea 3% Extract
Red Raspberry Leaf

Suggested Use: 2 capsules two times daily

2 capsules two times daily will last: 15 days

Sizes Available: 60 Capsules

Shelf Life: 7 years



APPETITE APPEASER

Solutions4 Appetite Appeaser, is 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 To:

- Reduce hunger pangs and nervous tension
- Appease the appetite naturally
- Regulate blood sugar level
- Break down and oxidize fat

Concentrated Formula Contains:

Bladderwrack herb
Burdok Root
Chickweed Herb
Dandelion Root
Lysine
Proline
Tryptophan

Fennel Seeds
Gotu Kola Herb
Hawthorn Berry
Isoleucine
Methionine
Serine
Tyrosine

Kelp
Licorice Root
Parsely Leaf
Leucine
Phenylalanine
Theronine
Valine

Suggested Use: 2-3 capsules a half 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

Sizes Available: 90 capsules

Shelf Life: 7 years



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 mucus and congestion
- Purify the blood stream
- Cleanse the lymphatic system
- Fight bacteria, virus, yeast, mold, and worms
- Remove environmental chemicals and harmful food additives

Concentrated Formula Contains:

Cascara Sagrada (Bark)

Cloves (Ground)

Fennel (Seed)

Ginger (Root)

Marshmallow (Root)

Oregon Grape (Root)

Butternut (Bark)

Ginger (Root) Powder

Yellow Dock (Root)

Licorice (Root)

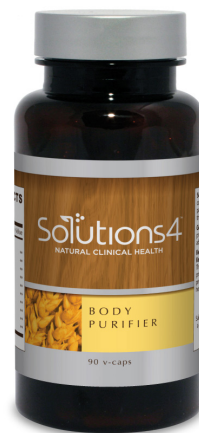
Suggested Use: 2-3 capsules twice daily

2 capsules twice daily will last: 22 days

3 capsules twice daily will last: 15 days

Sizes Available: 90 Capsules

Shelf Life: 7 years



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:

- Increase bone strength and cardiovascular health
- Prevent osteoporosis, muscle pains, insomnia, hyperactivity, menstrual cramps and blood clotting problems

Calcium recommendations:

Age Group	Calcium-mg
Birth-5 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

Concentrated Formula Contains:

Vitamin D3 (as Cholecalciferol) 500 IU
Calcium (as Calcium Carbonate) 600 mg

Suggested Use: 2-4 softgels daily

2 softgels daily will last: 50 days

4 softgels daily will last: 25 days

Sizes Available: 100 Liquid Gel Capsules

Shelf Life: 3 years



Capsule Contains:

Gelatin
Glycerin
Soybean Oil

CARDIO HEALTH ESSENTIALS

Solutions4 Cardio Health Essentials delivers huge heart healthy benefits in just one easy to use power pack. With L-arginine, L-citrulline, and CoQ10, this formula supports the entire cardiovascular system, supporting healthy blood pressure and cholesterol levels, and nourishing the heart and vessels with essential nutrients.

Helps To:

- Improve circulation
- Repair damaged tissue of the heart and veins
- Lower cholesterol
- Lower blood pressure
- Improve oxygen
- Regulate heartbeat
- Reduce plaque in blood stream

Concentrated Formula Contains:

Vitamin C (as Ascorbic Acid)	Calcium (as Lactate)
Vitamin D (as Vitamin D3)	L-Arginine
Niacin (as Niacinamide)	CoQ10
Vitamin B6 (as Pyridoxine HCL)	L-Citrulline
Folic Acid	
Vitamin B12 (as Methylcobalamin)	

Sweet Source Blend:

Xylitol
Maltodextrin
Lemon Lime
Xanthan Gum
Citric Acid

Suggested Use: 1 stick pack dropped into 8 oz of water per day
1 pack daily will last: 15 days

Size Available: 1 box containing 15 individual stick packs

Shelf Life: 2 years



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 To:

- Break down cellulite
- Stimulate and strengthen the waste elimination system

Concentrated Formula Contains:

Apple Cider Vinegar	Shave Grass (Horsetail) Powder	Kelp
Buchu Leaves	Hydrangea Root	Lecithin
Corn Silk Powder	Juniper Berries	Uva Ursi

Suggested Use: Take 2-3 capsules a half 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: 90 Capsules

Shelf Life: 7 years



CRAVING AND IMPULSE CONTROL

Solutions4 Craving and Impulse Control formulation is a part of the new brain based supplements. This supplement uses a special blend of herbal extracts and other naturally occurring substances that boost the brain health and energize the mind.

Helps To:

- Boost energy
- Improve weight management
- Reduce cravings
- Allow for greater mental clarity and focus
- Increase cognition and memory

Concentrated Formula Contains:

Vitamin C
Vitamin B6
Vitamin B5
Chromium

N-acetylcysteine
L-phenylalanine
Green Tea Leaf Extract
5-hydroxytryptophan

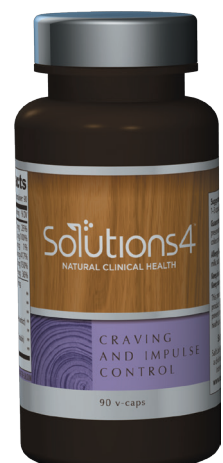
Velvet Bean Extract
Coleus Forskohlii Root Extract
Huperzia Serattaherb Extract
Vegetable Cellulose

Suggested Use: 1 capsules

1 capsules daily will last: 90 days

Sizes Available: 90 capsules

Shelf Life: 7 years



DAILY ANTIOXIDANT ESSENTIALS

Each serving of Solutions4 Daily Antioxidant Essentials is packed with the essential vitamins, enzymes, antioxidants, and phyto-nutrients that your body needs. Super Berry & Greens help to improve digestion, balance the pH of the body, delivers high-ORAC value antioxidants, and assists in cleansing the blood. Each convenient pack mixes instantly with water.

Features and Benefits:

- Boost energy
- Cleanse the blood
- Aid in the removal of free radicals
- Manage weight
- Improve skin tone
- Repair cells
- Fight disease
- Improve digestion
- Detoxify the body

Concentrated Formula Contains:

Vitamin A (beta-carotene)	Carrot Powder	Pomegranate
Vitamin C (ascorbic acid)	Coconut Milk	Mangosteen
Vitamin B6 (pyridoxine HCL)	Grape Juice Powder	Red Raspberry Juice Powder
Vitamin B12 (methylcobalamin)	Apple Juice Powder	Goji Berry
L-Arginine	Peach Pulp Powder	Cranberry
L-Citrulline	Grape Seed	Blueberry
Golden Kiwi	Grape Skins	Strawberry Pulp
Banana Powder	Orange Juice Powder	Acai Berry
Chlorella Split Cell	Spirulina Algae	Cranberry Powder
Red Beet (root)	Aloe Vera Juice	Xylitol
Mixed Berry Flavor	Agave Freeze Dried	TriCalcium

Suggested Use: 1 stick pack daily mixed with 8 oz of water
1 pack daily will last: 15 days

Size Available: 1 box containing 15 individual stick packs

Shelf Life: 2 years



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 body's ability to live longer.

Includes:

- High Omega Fish Oil Concentrate
- Liquid Calcium
- Antioxidant
- Digestive Enzyme Blend
- Multivitamin/Multimineral
- Vitamin D

Suggested Use: Take 1 Wellness Pack daily

One box will last approximately 30 days

Size Available: 1 Box (30 packets)

Shelf Life: 7 years

Ingredients:

Please view the individual short sheets for an in-depth ingredient listing of each supplement.



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.

Note: One should not take DHEA unless they are over the age of 40, or have an auto-immune disorder.

Helps To:

- Build the adrenal glands
- Strengthen the immune system
- Slow natural changes that comes with age
- Provide more energy
- Increase healthy mood and memory
- Build-up muscle strength

Concentrated Formula Contains:

Dehydroepiandrosterone (DHEA)

Piper Nigrum Extract (Bioperine®)

Suggested Use: 1-2 capsules for women, 2-3 capsules for men, once daily

2 capsules daily will last: 45 days

3 capsules daily will last: 22 days

Sizes Available: 90 Capsules

Shelf Life: 7 years

Not a Vegan 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 To:

- Absorb nutrients from food
- Break down and absorb food, preventing gas
- Restore natural energy
- Reduce allergies and arthritis
- Promote weight control

Concentrated Formula Contains:

Enzyme Factors

Dandelion Root

Pancreatin 3X

Ginger (root)

Omega 3 Fatty Acids (fish)

Fennel Seeds

Peppermint (leaf)

Garlic Pure

Billberry (herb)

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

Sizes Available: 90 Capsules

Shelf Life: 4 years

Not a Vegan product



ESSENTIAL GREENS

The vitamins and nutrients found in Solutions4 Essential Greens play an important role in the detoxifying process by clearing the digestive tract, eliminating toxins, and cleansing the organs. Essential greens also help regulate immune function and protect cells from damaging free radicals. The wide range of greens in Essential Greens stick packs provide necessary nutrients to the body that help convert food into energy and serve as a convenient way to consume a variety of nutrient-dense foods in a single serving while allowing the body to focus on cleansing.

Helps To:

- Improve the digestive system
- Reduce inflammation
- Cleanse bowels and intestines
- Build-up the immune system
- Manage weight
- Absorb residual toxins along the intestinal walls
- Regulate the pH of the body

Concentrated Formula Contains:

Spirulina	Kamut Grass	Chlorella
Wheat Grass	Alfalfa	Spinach Leaf
Red Beet Root	Stevia Leaf	Lemon Grass
Kombu Seaweed	Nori Seaweed	Amaranth Grass
Millet Grass	Kale	Echinacea
Flax Seed	Siberian Ginseng	Shaved Grass
Ginger Root	Olive Leaf	Citrus Orange
Green Tea Leaf	Turmeric	Ascorbic Acid
Rice Creamer	ProSweet	
Apple Pectin		



Suggested Use: Add one (1) packet to 6 fl. oz of cold water. Mix well. Shake as needed to remix greens.

Sizes Available: 15 packets

Shelf Life: 2 years

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.

Helps To:

- Lower weight without dieting
- Improve acne when taken with zinc
- Lower blood cholesterol/blood pressure
- Heal or improves eczema
- Stop rheumatoid arthritis (moderate cases)
- Relieve premenstrual pain
- Slow progression of multiple sclerosis
- Improve hyperactive children
- Alleviate hangovers

Concentrated Formula Contains:

Evening Primrose Oil 500mg

Cis-Linoleic Acid (LA) 365mg

Gamma-Linolenic Acid (GLA) 45mg

Suggested Use: Take 3-6 softgels daily

3 softgels daily will last: 66 days

6 softgels daily will last: 33 days

Sizes Available: 200 Softgels

Shelf Life: 3 years



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.

Helps To:

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

Concentrated Formula Contains:

Wheat Bran

Psyllium Husk Powder

Suggested Use: 6-8 capsules 2-3 times daily

6 capsules daily will last: 33 days

7 capsules daily will last: 28 days

8 capsules daily will last: 25 days

Sizes Available: 200 Capsules (450 mg each)

Shelf Life: 7 years

* Due to the refining process, this product is gluten free



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 plant 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

Concentrated Formula Contains:

Fibersol
Xylitol

Acacia
Sweet Citrus

Fos
Lo-han

Sizes Available: 8.4 oz

Shelf Life: 3 years



FLAX SEED OIL

The seeds and oil of the flax plant contain substances which promote good health. Flax seed oil is rich in algalinolenic 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.

Helps To:

- Regulate cholesterol and triglyceride levels in the blood
- Improve function of hyperactive children
- Increase metabolic rate, stamina and muscle fatigue recovery
- Reduce inflammation
- Alleviate acne

Concentrated Formula Contains:

Organic Flaxseed Oil:

Omega -3

Omega -6

Omega -9

Other Fatty Acids

Suggested Use: Take 2-6 softgels daily

2 softgels daily will last: 60 days

4 softgels daily will last: 30 days

6 softgels daily will last: 20 days

Sizes Available: 120 Softgels (1000 mg each)

Shelf Life: 3 years



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.

Helps To:

- Restore and maintain maximum performance and balance
- Provide stress and anxiety relief without the use of drugs or chemicals
- Assist the body with the ability to fall asleep without the use of drugs or chemicals

Concentrated Formula Contains:

Catnip Herb

Chamomile Flower

Hops Flower

Lavender Flower

Myrrh Gum

Passion Flower

Spearmint Leaf

Valerian Root

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

2 capsules daily will last: 45 days

Sizes Available: 90 Capsules

Shelf Life: 7 years



HORMONE BALANCE

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

Helps To:

- Assist with a healthy menstrual cycle
- Offer relief to symptoms of PMS, cramping, menopause and vaginal dryness

Concentrated Formula Contains:

Blessed Thistle Herb
Damiana Leaf
Don Quai Root
Kava Kava
Wild Yam Root

Motherwort Herb
Licorice Root
Black Cohosh Root
Raspberry Leaf

Passion Flower
Cramp Bark
Saw Palmetto Berry
Parsley Leaf

Suggested Use: Take 2-3 capsules twice daily

2 capsules twice daily will last: 45 days

3 capsules twice daily will last: 30 days

Size: 180 Capsules

Shelf Life: 7 years



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.

Helps To:

- Break down hard encrustation of waste
- Remove parasites and worms within the body
- Restore the peristaltic action of the colon
- Act as an anti-inflammatory and anti-irritant for joints and the gastro-intestinal tract
- Lubricate the intestinal tract
- Relieve gas and pains in the bowels
- Improve the function of the stomach and liver

Concentrated Formula Contains:

Marshmallow Root

Butternut Bark

Ginger Root

Oregon Grape Root

Cloves

Cascara Sagrada

Yellowdock Root

Fennel Seeds

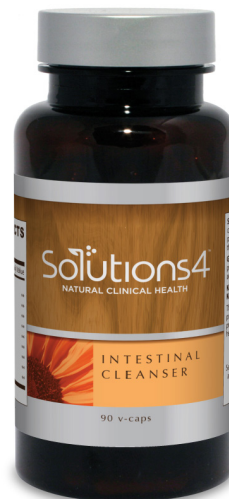
Suggested Use: 2 -3 capsules twice daily

2 capsules twice daily will last: 22 days

3 capsules twice daily will last: 15 days

Sizes Available: 90 Capsules

Shelf Life: 7 years



JOINT & MUSCLE RELIEF

Solutions4 Joint & Muscle Relief is a natural treatment for arthritis, stiffness, swollen joints, and muscular aches and pains. It 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

Concentrated Formula Contains:

Alfalfa Leaf
Burdock Root
Devils Claw Root

Licorice Root
72 Trace Minerals
Prickly Ash Bark

Sarsaparilla Root
Yucca Root
Calcium Ascorbate

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

Sizes Available: 200 capsules

Shelf Life: 7 years



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.

Features and Benefits:

- Boost energy
- Cleanse the blood
- Aid in the removal of free radicals
- Manage weight
- Improve skin tone
- Repair cells
- Fight disease
- Improve digestion
- Detoxify the body

Concentrated Formula Contains:

Vitamin A	Biotin D	Manganese Chelated
Vitamin A	Calcium Citrate	Chromium Chelated
Vitamin D	Lecithin	Molybdenum
Vitamin E	Inositol Monophosphate	Potassium Chelated
Vitamin B1	Calcium Ascorbate	Hesperidin Complex
Vitamin B2	Calcium Chelated	Citrus Bioflavins
Niacinamide USP	Iron Chelated	Rosemary Herb
Vitamin B6	Phosphorus USP	Rose Hips
Vitamin B12	Iodine	Rutin
Folic Acid USP	PABA	Grape Seed
Magnesium Chelated	Ginkgo Biloba Leaf	Ginseng, Siberian
Zinc Chelated	Alfalfa Leaf	Kelp
Selenium		

Suggested Use: 1 capsule twice daily

Size Available: 90 capsules

Shelf Life: 7 years



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
- 4 great tasting flavors
- No artificial sweeteners
- Lactose, soy, casein and gluten free
- Candida friendly
- Faster Weight Loss
- Increased Health
- Optimal Daily Nutrition Support



Concentrated Formula Contains:

Organic Whey Protein	Iron	VitaCell	Folic Acid
Milk Protein Isolate	Magnesium	18 Amino Acid Blend	Biotin
Vitamin A	Potassium	Alanine	Vitamin D
Vitamin E	Enzyme Pack	Arginine	Xanthin
Vitamin B1	Citrus Bioflavonoids	Aspartic acid	Sweet Source
Vitamin B2	CLA	Cystine	72 Trace Minerals
Vitamin B3	Probiotic Pack	Glutamic acid	Lysine
Vitamin B5	Brown Rice Creamer	Glycine	Methionine
Vitamin B6	Fibersol	Histidine	Phenylalanine
Vitamin B12	Sun Flower Oil	Isoleucine	Proline
Vitamin C	Chickory Fiber	Leucine	Serine
Tryptophan	Tyrosine	Valine	Theronine

Suggested Use: For meal replacement use 2 level scoops mixed with 8 fl oz of water. For a healthy snack in-between meals, mix 1 level scoop with 4-6 fl oz

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

Shelf Life: 6 years

Not a Vegan product



PAIN RELIEF Total Anti-Inflammation System

Introducing a set of clinical-grade products designed to work in tandem with your professional treatments: The Solutions4 Pain Relief System. This comprehensive kit includes three products to help reduce inflammation and maximize relief. A potent combination, the system addresses your patients' immediate pain symptoms and supports long-term nutritional rebuilding-while providing you with a natural addition to your practice.

Products to Help You:

- Tackle pain from the outside
- Nutritional tools to put pain away
- Focus on the inside approach for long-term repair

Includes:

- Anti-Inflammatory Gel - 1.75 fl. oz.
- Nutritional Shake - 7 Chocolate, 7 Vanilla single-serve packs
- Daily Relief Packet - 14 supplement packs

Vitamin A	Vitamin B12	Vitamin B2	Vitamin B6
Vitamin B12	Vitamin C	Vitamin D	D-Alpha Vitamin E
Omega 3 Fatty Acids	Probiotic Blend	Biotin	Calcium Citrate
Chromium	Folic Acid	Iron	Magnesium
Niacinamide	Potassium	Xylitol	Digestive Enzyme Blend

Suggested Use: One kit contains enough product for 14 days. See kit insert for more information.

Shelf Life: 2 years



PROBIOTIC BLEND

This probiotic formulation helps to maintain healthy intestinal activity. 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 and is enterically coated to survive the acidity of the stomach.

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

Helps To:

- Maintain healthy intestinal activity
- Prevent the takeover by more harmful micro-organisms
- Prevent bad breath, gas and bloating
- Improve the overall health of the skin by combating harmful bacteria

Concentrated Formula Contains:

Barberry Root Bark
Zinc Citrate
Licorice Root
Pau D Arco Bark
Infantis

Garlic Powder Pure
Beta Carotene USP
Acidophilus
Lactobacillus

Vitamin C
Golden Seal Root
Biotin D
Bulgaricus

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

Sizes Available: 90 Capsules

Shelf Life: 4 years



SALMON OIL

Wild Alaskan salmon does not suffer from the faults that plague traditional fish oils. The salmon's cold-water habitat and relatively short lifespan dramatically reduce the exposure to common environmental toxins, resulting in a higher quality, and 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.

Helps To:

- Boost levels of HDL 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
- Promote healthy pregnancies and developing children
- Improve mental health

Concentrated Formula Contains:

Salmon Oil:	420 mg of total omega 3 fatty acids	Shell:	Gelatin
	150 mg EPA		Vegetable Glycerin
	180 mg DHA		Purified Water

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

Sizes Available: 100 capsules

Shelf Life: 7 years

Not a Vegan product



SEROTONIN SUPPORT

Solutions4 Serotonin Support formulation is a part of the new brain based supplements. This supplement uses a special blend of herbal extracts and other naturally occurring substances that help you achieve a positive outlook on life.

Helps To:

- Create a better, more balanced mood
- Reduce irritability
- Lower stress
- Improve memory and cognition
- Regulate sleep cycles

Concentrated Formula Contains:

Vitamin C
Calcium

Vitamin B6
Folate

5-hydroxytryptophan
Vegetable Cellulose

Suggested Use: 1 capsules

1 capsules daily will last: 60 days

Sizes Available: 60 capsules

Shelf Life: 7 years



SLEEP

Solutions4 Sleep formulation is a part of the new brain based supplements. This supplement uses a special blend of herbal extracts and other naturally occurring substances that help calm the mind and encourage deep, restorative sleep.

Helps To:

- Increase REM sleep
- Give a sense of calm
- Reduce irritability and nervousness
- Reduce sleep disturbances throughout the night

Concentrated Formula Contains:

Melatonin

5-hydroxytryptophan

Vegetable Cellulose

Gamma-Aminobutyric Acid

Suggested Use: 1 capsules

1 capsules daily will last: 30 days

Sizes Available: 30 capsules

Shelf Life: 7 years



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.

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

Concentrated Formula Contains:

Kelp

Bacopa

Hops Flower

Sage Leaf

Ashwaganda

Coleus Forskohilii

Rosemary

Bladderwrack

Ginseng Siberian

Shizandra Root

Suggested Use: 1 capsule two times per day or as recommended

2 capsules daily will last: 30 days

3 capsules daily will last: 20 days

Size Available: 60 capsules

Shelf Life: 7 years



VITAMIN B12

Solutions4 Vitamin B12 sublingual lozenges are the easiest and most affordable way to maintain the healthy functioning of your brain, nerve and blood cells. Vitamin B12 helps to stabilize the body's red blood cells responsible for carrying oxygen to the entire body. Vitamin B12 is known to insulate nerve cells and produce cell-restoring DNA to help your body build new, healthy cells. It also decreases the possibility of Vitamin B12 deficiency-related symptoms, such as: anemia, depression, lethargy, numbness of limbs, memory loss, and nerve and brain damage.

Helps To:

- Increase energy, preventing fatigue and lethargy
- Improve mental capacity, reducing symptoms of mental foggy and forgetfulness
- Prevent mood swings and depression
- Produce cell-restoring DNA
- Renew hair, skin and nail cells, leaving complexion younger and more replenished

Concentrated Formula Contains:

Vitamin B12 (methylcobalamin)
Mannitol

Vegetable Stearic Acid
Vegetable Magnesium Stearate

Beet Juice

Suggested Use: 1 lozenge daily should be placed under the tongue, and allowed to dissolve completely (approximately 30 seconds) before swallowing

1 lozenge daily will last: 60 days

Size Available: 60 lozenges

Shelf Life: 2 years



VITAMIN D

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

Helps To:

- Strengthen bones
- Lower risk of disease and infection
- Boost immune system
- Decrease cognitive decline with aging

Concentrated Formula Contains:

Vitamin D as Cholecalciferol

Suggested Use: Take 1–2 softgels once daily

1 softgel daily will last: 150 days

2 softgels daily will last: 75 days

Sizes Available: 150 Softgels

Shelf Life: 7 years



ALOE ACTIVATOR

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 Masque and is a great tool to aid in the removal of the S4 Green Clay, and Protein Lift Masques. Great for all types of skin by working not only as a hydrator and skin softener but as a natural antifungal and antibiotic.

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

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

Concentrated Formula Contains:

Aloe Vera Extract

Soluble Collagen

Panthenol

Deionized Water

Suggested Use:

With Masque- Mix one teaspoon of Protein Lift powder with 3/4 teaspoon of Aloe Activator. Form a creamy paste. Mix thoroughly to ensure there are no lumps in the mixture.

Without Masque- Apply with facial brush in upward and outward strokes.

Helpful Hint: Can also be used on its own for sensitive, Rosacea and dry skin types

Sizes Available: 4 fl oz, Quart

Price: 2 fl oz \$ _____
Quart \$ _____

Shelf Life: 5 years



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

Concentrated Formula Contains:

Aloe	Glycerine	Avocado Oil	Isopropyl Myristate
Sesame (Seed) Oil	Palmitic Acid	Commiphora Myrrh Resin Extract	Niacinimide
Stearic Acid	Allantoin	Avocado Pulp	Propylene Glycol
Glyceryl Stearate	Panthenol	Cucumber Extract	Retinyl Palmitate
Soybean Oil	Ivy (Leaf/Stem) Extract	Sinesis (Leaf) Extract	
Vitamin D2	Garlic Oil	Sweet Clover Extract	

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 fl oz

Shelf Life: 1 year



APPLE STEM CELL MOISTURIZER

Apple Stem Cell Moisturizer 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 antioxidants, 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.

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

Concentrated Formula Contains:

Water	Laureth-7	Xanthan Gum
C12-15 Alkyl Benzoate	Tocopherol	Ceramide 2
Shea Butter	Phenoxyethanol	Peg-10 Rapeseed Sterol
Glyceryl Sterate SE	Lecithin	Palmitoyl
Squalane	Carbomer	Apple
Cetearyl Alcohol	Polysorbate-20	Jasmine
Vegetable Based Glycerin	Ethylhexylglycerine	Tonka (Seed)
Cetearyl Glucoside	Palmitoyl Oligopeptide	Pear Extract
C13-14 Isoparaffin	Palmitoyl Tetrapeptide-7	Pineapple Extract
Malus Domestica Fruit Cell Culture	Caprylic/Capric Triglyceride	Vanilla Bean
Polyacrylamide	Tribehenin	Citric Acid
		Oligopeptide-70

Suggested Use: Gently massage a small amount of Apple Stem Cell Moisturizer morning and night, into clean skin until absorbed. Keep out of eyes. May be used in place of Solutions4 Vitamin C Hydrator and in conjunction with other S4 skin care products.

Size Available: 1.75 fl oz

Shelf Life: 1 year



ANTI-INFLAMMATORY GEL

Anti-Inflammatory Gel calms muscle and nerve pain through natural ingredients that increase circulation and reduce the inflammatory response of the tissue. It 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

Concentrated Formula Contains:

Menthol 3%, Camphor 3%, Capsaicin .03%.

Aloe Vera	Green Tea Extract	Silica
Carbomer	Orange Peel Extract	Food Grade Preservatives
Decyl Polyglucose	Queen of the Prairie Extract	Vegetable Glycerin
Deionized Water	Rose Water	Witch Hazel
Grapefruit Extract	Sodium Hydroxymethylglycinate	Yucca Extract

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

Sizes Available: 1.75 fl oz

Shelf Life: 1 year



APRICOT EXFOLIATOR

Apricot 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 safe and effective mechanical exfoliant is ideal for those with mature skin and or aging skin.

This product is free from parabens, urea, sulfates, artificial colorants and perfumes.

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

Concentrated Formula Contains:

Aqua	Grape (Seed) Powder	Retinyl Palmitate
Caprylic/Caric Triglycerida	Safflower Oil	Vitamin D3
Glycerin	Aloe Leaf Juice	Xanthan Gum
Apricot (Seed) Powder	Sorbitol	Pectin
Grape (Seed) Oil	Pink Grapefruit Peel Oil	Vitamin C
Shea Butter	Tangerine Peel Oil	Tocopherol
Stearic Acid	Lime Oil	Gluconalactone
Stearyl Alcohol	Corn Oil	Sodium Benzoate
Cetearyl Glucoside	Tocopheryl Acetate	

Suggested Use: Lather a small amount in palms then massage gently onto wet face and neck. Rinse with warm water. Use 2-3 times per week after cleanser. Keep out of eyes. May be used in conjunction with other Solutions4 skin care products.

Size Available: 4 fl oz

Shelf Life: 1 year



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

Concentrated Formula Contains:

Aloe Vera	Methyl Gluceth-10	Sage (Leaf) Extract
Sodium Laureth Sulfate	Papaya (Fruit) Extract	Propylene Glycol
Polypropylene	Geranium Extract	Triethanolamine
Carbomer-940,	Cupressus (Leaf) Extract	
Deionized Water		

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. For a facial exfoliator use the Apricot Exfoliator.

*Also available for professional use prior to applying the Body Wrap Cream. This synergistic formula activates the Body Wrap Cream and Anti Cellulite Lotion for deeper penetration to achieve maximum inch loss.

Sizes Available: 8 fl oz, Quart, Gallon

Shelf Life: 1 year



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, the 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
- Increase skin elasticity and improve skin's firmness
- Tighten and tone the skin

Regular Concentrated Formula Contains:

DI Water	Seaweed Extract	Horse Tail Extract	Panthenol
Aloe Juice	Ivy (Leaf) Extract	Avocado Oil	Retinyl Palmitate
Sesame (Seed) Oil	Spiraea Ulmaria (Flower) Extract	Niacinamide	Erocalciferol
Stearic Acid	Equisetum Arvense (Leaf) Extract	Cinnamon Cassia Oil	Triethanolamine
Soybean Oil	Clematis Vitalba (Leaf) Extract	Vitamin E	
Vegetable Glycerin	Centella Asiatica Extract	Allantoin	
Propylene Glycol	Camellia Sinesis (Leaf) Extract		

Sensitive Concentrated Formula Contains:

DI Water	Soybean Oil	Propylene Glycol	Allantoin
Aloe Juice	Vegetable Glycerin	Avocado Oil	Panthenol
Sesame (Seed) Oil	Ivy (Leaf) Extract	Niacinamide	Triethanolamine
Stearic Acid	Spirea Ulmaria (Flower) Extract	Peppermint Oil	
Glyceryl Stearate	Equisetum Arvense (Leaf) Extract	Vitamin E	

Suggested Use*: Patient may have 1 body wrap every 4-7 days by a certified technician.

***Contraindications:** Anyone who is pregnant, breast feeding, on a blood thinner, suffers from seizures, or who has not been in remission from cancer for 2 or more years.

Sizes Available: 2 fl oz, Quart, Gallon

Professional Use Only

Shelf Life: 6 months - 1 year



EYE SERUM

Solutions4 Eye Serum is formulated with all-natural extracts, and proteins to help reduce puffiness, dark circles, bags and wrinkles, that are common around the eyes.. Eye Serum strengthens the connective tissues (collagen), reduces the visibility of inflammation and puffiness, and contains UV protection to help protect against sun and environmental damage.

Helps to:

- Decrease the visibility of blood vessels near the eyes
- Visibly reduce dark circles, puffiness and skin textures under the eyes
- Increase oxygenated blood flow to the eye area to decrease bluish discoloration and inflammation
- Stimulate the growth of healthy cells to keep skin looking replenished and youthful
- Improve micro circulation to prevent blood stagnation around the eyes
- Protect the skin against UV light and daily environmental buildup
- Prevent age spots and melanin formulation
- Moisturize the skin to prevent the appearance of premature aging, fine lines, and wrinkles

Concentrated Formula Contains:

Water	Ethylhexylglycerin	Dipeptide-2
Hydrolyzed Rice Bran Protein	Shiitake Extract	Palmitoyl Tetrapeptide-3
Oxido Reductases	Cucumber Extract	Carbomer
Soybean Protein	Green Tea Extract	Polysorbate-20
Lysolecithin	Glycerin	Palmitoyl Oligopeptide
Sclerotium Gum	Apple Extract	Palmitoyl Tetrapeptide-7
Pullulan	Hesperidin Methyl Chalcone	Lecithin
Phenoxyethanol	Steareth-20	Xanthan Gum

Suggested Use: Gently apply a small drop of serum to the outer orbital bone and below the eye, beginning from the inner corner of the eye and extending to the outer corner. Apply both morning and night.

Size Available: 1 ounce

Shelf Life: 1 year



EXERCISE GEL

Solutions4 Exercise Gel should be applied before exercise. This product improves pre-exercise stretching, and encourages mobility by increasing 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

Concentrated Formula Contains:

Aloe Vera	Horsetail Leaf/Stem Extract	Meadowsweet Flower Extract
Lecithin	Clematis Vitalba Leaf Extract	Propylene Glycol
Mucopolysaccharides	Niacinamide	Methyl Nicotinate
Carbomer-940	Allantoin	Triethanolamine
Ivy Extract	Tocopheryl Acetate	
Bladderwrack Extract	Retinyl Palmitate	

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 daily with or without exercise for improved circulation and mobility or in conjunction with the Anti-Cellulite Lotion.

Sizes Available: 8 fl oz, Quart

Shelf Life: 1 year



GREEN CLAY MASK

Solutions4 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 mask can be used as a spot treatment or as an all over treatment.

Helps To:

- Refines skin texture
- Actively absorb excess oils
- Remove the buildup of dead cells and imbedded impurities
- Identify oily zones by darkening in oil specific areas

Concentrated Formula Contains:

French Green Clay	Mineral Salts	Hawaiian White Ginger Extract
Aloe Barbadensis	Carbopol 940	Lecithin
Bentonite	Basil Leaf Extract	Mucopolycaccharides (Natural)
Propylene Glycol	Tissue Respiratory Factors	

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 the Green Clay Mask with clean fingers or a facial brush in upward strokes beginning at the neck. Leave on for 10-30 minutes, flush with warm water to remove (Aloe Activator may be used to assist in the removal of mask).

Sizes Available: 2 fl oz

Shelf Life: 5 years (If product dries up, it can be reconstructed by adding Aloe Activator)

Approximately 10-12 Treatments



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 antioxidant 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.

Our Green Tea Cleanser is free from parabens, urea, sulfates, artificial colorants, and perfumes.

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

Concentrated Formula Contains:

Aqua	Allantoin	Geranium Flower Oil
Cocamidopropyl Hydroxysultaine	Bisabolol	Lavender Oil
Sodium C14-16 Olefin Sulfonate	Green Tea (Leaf) Extract	Caprylic/Capric Triglyceride
Sodium Cocoamphodiacetate	White Tea (Leaf) Extract	Polyquaternium-10
Cocamidopropyl Betaine	Matricaria Flower Extract	Sodium Chloride
Cocamide DEA	Porphyra Umbilicalis Extract	Polysorbate 20
Propylene Glycol	Aloe Vera	Potassium Sorbate
Ubiquinone	Ascorbic Acid	Sodium Benzoate
		Citric Acid

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. May be used in place of the Herbal Body Wash and in conjunction with other Solutions4 skin care products.

Size Available: 4 fl oz

Price: 4 fl oz \$ _____

Shelf Life: 1 year



HERBAL BODY WASH

Solutions4 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. 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.

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, aftershaves, make-up and other applied substances, as well as bacteria and fungus.

Concentrated Formula Contains:

DI Water	Collagen	Citric Acid
Cocomide DEA	Hydroxypropyl Methylcellulose	Sodium Lauryl Ether Sulfate
Cocoamidopropyl Betaine	Quercus Alba Bark Extract	

Suggested Use: Use morning and night and follow with other Solutions4 skin-feeding products. Apply in upward strokes to the face and neck and/or body.

Helpful Hint: Can be used as a mild douche, toothpaste, shaving gel and/or shampoo

Sizes Available: 8 fl oz

Shelf Life: 1 year



PROTEIN LIFT MASK

A superior lifting and tightening facial mask 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. This mask is a natural alternative to the surgical face lift. May be used prior to an event for it's immediate lifting results.

Helps To Lessen:

- Wrinkles
- Enlarged pores
- Acne
- Blackheads
- Drooping and sagging skin
- Fine lines and wrinkles

Concentrated Formula Contains:

Albumen	RNA Factor	Lysine
Egg Protein	Hydrolyzed Elastin	Wheat
Soybean Protein	Milk Powder Protein	Hazelnut Powder
Lanalbine	Aloe Barbadensis Powder	Vitamin C
Bee Pollen Extract	Hydrolyzed Oat Flower	

Suggested Use: Mix 1 teaspoon of powder with 3/4 teaspoon of Solutions4 Aloe Activator. Form a thin, 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).

Sizes Available: 2 oz

Shelf Life: 5 years



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

Concentrated Formula Contains:

Aloe Barbadensis

DI Water

Sesame Seed Oil

Stearic Acid

Glyceryl Stearate

Isopropyl Myristate

Propylene Glycol

Allantoin

Panthenol

Petrolatum

Glycerin

Cetyl Alcohol

Eucalyptus Leaf Oil

Methyl Salicylate

Beta Carotene

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.

Sizes Available: 1/4 fl oz, 1.75 fl oz

Shelf Life: 1 year



TONER SPRAY

Solutions4 Toner Spray combines botanical extracts and aloe vera in a spritz formula to enliven the skin while softening the appearance of facial lines. Use throughout the day to hydrate and revitalize, or use over makeup to set color. Especially beneficial when traveling to prevent 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
- Increase moisture

Concentrated Formula Contains:

Aloe Vera Juice	Symphytum Officinale Rhizome Extract	Glycerin
Quercus Alba Bark Extract	Matricaria Flower Extract	Sodium Hyaluronate
Witch Hazel Extract	SD Alcohol-40	Propylene Glycol
Peppermint Leaf Extract		

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

Helpful Hint: Can be used on back, chest and face after sports to reduce chances of acne.

Sizes Available: 4 fluid ounces

Shelf Life: 5 years



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 percent 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

Concentrated Formula Contains:

Deionized Water
Organic Carbomer
Glycerin
Ethylhexyl Palmitate
LTC Complex

Jojoba Seed Oil
Grape Seed Oil
Ascorbic Acid
Squalane
Cetyl Alcohol

Dimethicone
Hyaluronic Acid
Aloe Powder

Suggested Use: After cleansing, press Vitamin C Hydrator into the delicate skin of the décolleté gently working upward onto the face while skin is still moist.

Sizes Available: 1 fl oz

Shelf Life: 1 years



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 Wild Yam Cream is a topical treatment that provides these key precursors when applied to the soft tissue areas of the body. Wild Yam Cream can be used alone or as an essential tool in the Solutions4 Hormone Balancing Program.

Helps To:

- Relieve night sweats and hot-flashes
- Balance estrogen and testosterone
- Provide relief from hormonal imbalances

Concentrated Formula Contains:

DI Water	Wild Yam Extract	Vegetable Grade Stearic Acid
Aloe Vera	Progesterone	Jojoba Oil
Vegetable Base Glycerin	Chamomile Extract	Allantoin
Apricot Kernel Oil	Sesame Oil	Panthenol
Kiwi Fruit Extract	Dehydroepiandrosterone (DHEA)	

***Progesterone – 600 mg (or .60 grams) (YAM SOURCE)**

***DHEA – 600 mg (or .30 grams) (YAM Source)**

Suggested Use: The hormone 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 DHEA internal supplement (for those over 40 years of age).

Size Available: 1.75 fl oz

Shelf Life: 1 year

