



## ALFALFA

Stock No: 30 (100 capsules);  
32-7 (270 capsules)

The plants used in Nature's Sunshine Alfalfa herbal supplement are carefully selected from the highest quality crops, from areas where their roots may extend thirty feet into the soil, allowing unique access to a quantity of valuable nutrients not always present in plants with shallow root systems, including eight essential amino acids and a rich source of chlorophyll.

This excellent source of soluble fibre, bathes the nutritional tract in rich nutrients while absorbing the waste acids and toxins which result from the digestive process, safely transporting them through the bowel and eliminating them in soft comfortable stools, thus helping to keep the 'food tube' clean and in optimum condition.

By this process the risk of digestive problems such as constipation, indigestion and 'heart burn' is minimised, and where present, considerable relief is given by the alkalising effect resulting from its great source of alkaline minerals which neutralise undesirable acids in the digestive tract and detoxify the body.

Alfalfa also promotes urine flow and helps to resolve urinary tract infections, eliminate excess retained water, and acts as a blood purifier which may be beneficial for a variety of illnesses, including liver disorders, breath Odour, infections, disorders of the bones and joints and skin ailments.

With a high calcium and magnesium content, and all the minerals in a naturally balanced form, Alfalfa promotes nutrient absorption, its enzymes aiding in food assimilation, its bioflavonoids reducing inflammation of the stomach lining and building capillary strength, while Alfalfa's vitamin A helps to maintain the stomach's overall health, and lowering cholesterol by blocking its absorption into the body from the intestines.

While NSP recommends 2 capsules with a meal three times daily, because each individual may respond to Alfalfa in slightly differing ways, it is advisable to start with just 2 capsules each day, at a meal time, with a glass of water, and to adjust the amount according to the benefit that results. We are always available to give further advice.

However, you should always consult your doctor before taking Alfalfa if you are pregnant or have autoimmune problems, hormone sensitive cancers, or gout., or are taking Azathioprine, Cyclosporine, Blood thinning medicines or Prednisone.'

### ***Nature's Sunshine Products***

For further information about Nature's Sunshine Products and their complete range of Quality Food Supplements go to [www.naturessunshine.co.uk](http://www.naturessunshine.co.uk)