

NATURE'S SUNSHINE NATURE'S GOLD 97% DIGESTIBLE

Nature's Gold Level I 544g Bulk Powder, Stock# 8003-1
Nature's Gold Level II, 681g Bulk Powder, Stock# 8004-9
Coeliac alert: This product contains gluten.



Nature's Gold is a nutritious whole food produced from organic barley seed. In a process developed for Nature's Gold, the seeds are synchronized to germinate within minutes of each other, resulting in a completely uniform nutrient concentration. The sprouts are then treated by a proprietary process to enormously enhance their nutritional value, raising the product to the category of a super food, and keeping the nutrient levels stable for months. These unique processes raise the digestibility of the barley from 5% to 97%. This enhanced digestibility enables Nature's Gold to transport more amino acids, minerals, and vitamins into the body's cells.

Nature's Gold Table of Contents:

Nature's Gold one of Nature's Sunshine Super Foods3
1. What is Nature's Gold?3
2. How was Nature's Gold originated?3
3. What research has been done on the effectiveness of this product?3
4. What are the nutritional elements contained in Nature's Gold?3
5. What are the benefits of taking Nature's Gold?4
6. How much of this product is usable for my body?4
7. What does this product look or taste like?4
8. How and how long do I store this product?5
Nature's Gold Super Foods Testimonials6
1. Growing Bones at 506
2. Kidney Stones and Joint Swelling do the Disappearing Act.....6
3. Libido, Mobility and Energy.....6
4. Indigestion is Gone - Appetite is Back.....6
5. Golden Facial.....6
6. Cleansing and Immunity7
7. Sleeping Better with No Allergies7
8. Retiring Healthy7
9. Fibrous Healing.....7
10. Eating Less and Energy Plus7
11. Hot Diggidy Dog.....7
11. Attack of the Asthma.....8
12. Osteoporosis? Diverticulitis?8
13. Volley Ball, here we come!8
14. Turn-Around Skeptic.....9
15. Crystal Clear9
16. Reversal of Age9
17. Super Combo.....9

Nature's Gold one of Nature's Sunshine Super Foods

1. What is Nature's Gold?

Our Nature's Gold product is a nutritional supplement. It is a natural, highly digestible, whole food product with bountiful nutrients that raise it to the category of a super food. A natural balance of abundant nutrients is contained in this enhanced barley product.

2. How was Nature's Gold originated?

Nature's Gold was first formulated with Agriculture Canada to test barley feed with broiler chickens. The Growth Enhancement Method (G.E.M.) combined with the Nutrient Stabilization Process (N.S.P.) enhanced the value of the feed enormously. Physiological results were also remarkable. So much so, that we believed people could also benefit greatly from this enhanced barley. With further study and development the all natural whole food product that is known today as Nature's Gold came into existence.

3. What research has been done on the effectiveness of this product?

As mentioned, testing was done on broiler chickens. They make good test subjects as they don't respond to placebos and because they have a relatively short life span, so extensive batteries of tests could be completed. The bioassay (animal feed tests determining efficacy's tests) concluded the broiler chickens had higher red and white blood cells, higher bone density, stronger hearts, leaner but not heavier muscle mass, and a higher intestinal viscosity.

Nature's Gold is being used in a study by nutritionists in Toronto, Canada. It is being used as a nutritional supplement taken during a fasting, cleansing regime. The idea of the Barley Flush was: "To subsist entirely on a food substance which is rumored to have a useful way of promoting healthy function in organ and tissue systems, while restoring dysfunctional cells." Each applicant was given a short questionnaire, a nutritional evaluation and consultation, EAC Testing (Electrodermal), daily record charts and a self-assessment report.

4. What are the nutritional elements contained in Nature's Gold?

Barley has Biblically and historically been known as a nutrient rich food. Our whole food barley product provides a bountiful, natural balance of nutrients. The nutrients naturally found in barley are enhanced in the Nature's Gold product. The following chart lists some of the nutritional values of both regular barley and N.S.P. barley.

5. What are the benefits of taking Nature's Gold?

Due to the enhanced digestibility (97%!), from the **Nutrient Stabilization Process (N.S.P.)**, the Nature's Gold can transport more amino acids and nutrients to our organs.

In doing so, the essential nutrients that our bodies need, enables the body to heal and rid toxins effectively. The benefits from this product come from the various nutrients themselves.

The Nutrient Stabilization Process (N.S.P.) has increased the SOD levels individually as seen below. Adding the **97% Digestibility** into the equation increases the SOD levels extremely!

Copper	50%
Manganese	88%
Zinc	15%

“For example zinc, copper and manganese form a very potent antioxidant called SOD or superoxide dismutase. This enzyme is a very powerful anti-oxidant that actually neutralizes free radicals and prevents damage to our cell membranes. When the membranes are being assaulted by smoke, radiation from the sun, poisons or chemicals, SOD acts to repair them. If we don't have enough zinc, copper and manganese, the repair process will not be effective. (Colbert, M.D., Don Walking in Divine Health Soloam P.)

Sod's are free radical scavengers. Free radicals are found in inflamed cancerous tumors, and other inflammations and degenerative diseases such as arthritis. (Dr. Harold Klassen) Zinc, copper, and manganese are found in barley and enhanced in Nature's Gold.

Barley is naturally rich in other minerals also, from calcium and potassium to B-complex vitamins and it's high in antioxidants called tocals that are known for ages in the Middle Eastern cultures as heart medicine. (“The Edmonton Journal” Oct. 27 1999)

6. How much of this product is usable for my body?

This product is highly digestible and useful to the body as a dietary source for nutritional supplement. ‘Out of the bottle’ or chemical pill sources have less evidence of usefulness. Natural sources of nutrients are generally more available for use by the body. Nature's Gold is mechanically (not chemically) treated by our Growth Enhancement Method. of the product . A dramatic increase in digestibility is produced. Also finely ground grains are more rapidly digested than more coarsely ground grains.

7. What does this product look or taste like?

Nature's Gold is in a flour-like, powdered form. It has the ability to take on the taste of whatever it is put into. In other words it can be easily camouflaged for children if put

into apple cider, yogurt, or even chocolate soymilk. Alone it has a taste similar to nutty flour. The simplest means of intake is to take a spoonful and wash it down with water. You can put it in juice, your favorite smoothie, or soymilk. Stir it into your cereal or cooled porridge. You can be quite creative, but avoid putting the Nature's Gold in anything that is over 35 degrees Celsius (105 degrees F). So do not microwave, cook or bake with Nature's Gold.

8. How and how long do I store this product?

If the Nature's Gold is stored in a sealed container in your cupboard or on your counter, then that is usually good enough. If the climate is humid, it is best to keep it in the fridge, and definitely sealed. Do not leave the Nature's Gold in an overheated car, or in any heat above 35 degrees C. (105 degrees F.) Freezing the Nature's Gold is fine, but will not postpone the life expectancy any further. Life expectancy is a bit over a year, which is a remarkable shelf life that is due to our natural process called Nutrient Stabilization Process (NSP). The container will have a best before date. The containers hold approximately a one-month supply.

Nature's Gold Super Foods Testimonials

Many of our customers are experiencing the wonderful health benefits, as they are making Nature's Gold a part of their health regime every day. They would like to share their stories with you!

1. Growing Bones at 50

After I started taking the Nature's Gold I immediately had a good bowel cleansing. Then my sinuses began to drain, which was wonderful. Next, I began to have bone pain where the cancer had been. When I feel the bone in my forearm the rough holes aren't as deep. It appears the bone is growing back!

Gwen P. Rimbey, AB, Canada

2. Kidney Stones and Joint Swelling do the Disappearing Act

Truthfully, I was somewhat skeptical, but decided to try Nature's Gold. My arthritic pain was really starting to affect me, and I was worried that kidney stones could potentially be a problem for the rest of my life. Today, I am virtually pain-free. The swelling on the joints has disappeared and I've had no more problems with kidney stones. I take Nature's Gold every day and feel just great!

Joseph W. Fort Saskatchewan, AB, Canada

3. Libido, Mobility and Energy

Since taking the Nature's Gold Level 1 for 3 months I've gradually noticed my knees, hands and shoulder joints have reduced in pain and I have gained much more mobility. Even my energy level has increased and along with that the return of libido!

Wayne V. North Dakota, U.S.A.

4. Indigestion is Gone - Appetite is Back

I suffered depression, lack of appetite and indigestion. I started on Nature's Gold and felt much better. My appetite is good and I do not have indigestion. I credit the Nature's Gold in playing a good part in the changes I've made to better my well being. I plan to continue on Nature's Gold.

Laurie M. Vancouver, BC, Canada

5. Golden Facial

About a month after I began taking Nature's Gold, I noticed that I was not craving sweets. I have a life long sweet tooth and my body does not tolerate or wear off sugar as I get older. The second thing that I noticed was that I was sleeping all night without waking up. The third thing I noticed was how clear my skin was. I have also found this summer that I do not get the dark liver spots on my lower arms when I tan.

Jo-Anne E. Brantford, Ontario, Canada

6. Cleansing and Immunity

After I was up to two tablespoons of the Nature's Gold, the mucus started cleansing out of my head and cleaning out of my lungs for two weeks. An intestinal cleansing began and lasted about ten days. I have great energy now and haven't experienced so much as a cold. Nature's Gold is the Super Food for a lifetime.

Walter S. Sylvan Lake, AB, Canada

7. Sleeping Better with No Allergies

I had such bad allergies I couldn't even eat fruits and vegetables. Within ten days of taking the Nature's Gold it had already helped. No more sneezing! I'm more energetic and sleep better at night. When I went off the Nature's Gold for a few days my allergies started coming. I haven't gone off it since.

Anna P. Nanaimo, BC, Canada

8. Retiring Healthy

I started taking the Nature's Gold about four years ago because I am a firm believer in good nutrition. Also, being in the retirement stage of life, I felt my nutritional needs would be larger. I get almost daily exercise at the pool/gym. When I don't take the Nature's Gold for a few days I do notice lethargy. My commitment to the product is soon renewed. I relish those good cholesterol levels and good blood pressure results.

Edward T. Medicine Hat, AB, Canada

9. Fibrous Healing

After my triple by-pass and valve surgery, I became constipated from all the medication. My daughter picked me up from the hospital and gave me Nature's Gold; I started at 2 tablespoons because of my discomfort. Within a few days I was having regular bowel movements, and at my six-week check up, the Doctor was very pleased with my healing! Major surgery at my age (79); comes with its own set of complications. I was so relieved and pleased I decided to stay on the Nature's Gold. My wife and I just celebrated our 56th wedding anniversary. We vowed to start each day with a toast of Nature's Gold. Ivan O.

Elmvale, Ontario, Canada

10. Eating Less and Energy Plus

I have more energy while not eating as much. I like the taste and I'm not getting colds or sickness. I plan to continue on the Nature's Gold.

Lorne O. Sherwood Park, AB, Canada

11. Hot Diggidy Dog

I stopped buying arthritis/joint medications for Colonel (my 11 ½ year old Rhodesian Ridgeback). I have him on a higher dosage of Ester-C and my mom suggested I put some Nature's Gold on his food—so I did and continue to do so. As soon Colonel hears me fixing his food he now jumps up, stands there waiting for me to finish and if I am not fast enough he barks at me, runs over to his dish and devours his food. Here is the best part. I was standing guard at the back door about a week ago watching him go down the steps and my mouth fell open. Instead of his little back paws sliding out from under him as he went down the stairs he planted each paw firmly on the step and walked all the way to the down without

falling or slipping one time! Then when he finished going to the bathroom on the far corner of our yard he RAN back to the house and walked up the steps into the house! My sweetie pie weighs 118lbs, he is awake and is alert much more during the day.

I want to keep my precious boy around as long as I possibly can, as long as he is not suffering of course. Colonel has had the series of Adequan shots and has been on the strongest medication you can get. None helped him like the Nature's Gold. I can personally swear by it!

Terri M. Texas, U.S.A.

11. Attack of the Asthma

I was diagnosed with Asthma and did not want to use the drugs the doctors prescribed, so I use various supplements to keep my condition in check. I have been using Nature's Gold for close to 4 years. I had a regular routine every morning where I would take my 2-3 tablespoons of Nature's Gold and other supplements. Somehow I got off my routine and stopped taking the Barely Gold for probably close to 2 months. My asthma flared up and I couldn't figure out why. I even went on the 10 lemonade fast (it definitely helped) but once I quit the fast my mucous starting building up again quickly. I started taking my Nature's Gold again and the difference is wonderful. I feel almost back to normal – within one week of resuming use! Sometimes we need to go off a supplement to realize how good it is for us!

Susan G. Alberta, Canada

12. Osteoporosis? Diverticulitis?

Two years ago I was diagnosed with osteoporosis in my right hip and lower back with a high percentage. I have been using Nature's Gold for about 2 1/2 years. Two years later my bone density tests have reversed 100%! The technician thought I was on special medication but all I use is the Nature's Gold. My doctor told me to keep using whatever it is that has changed this for me.

I also have diverticulitis, bowel blocks on all 4 corners of my intestine. I was at the point where pockets were forming which made me go the hospital for shots to relax my bowel completely to unplug these blocks. Initially I used Green Alive (5 years) but now I use Nature's Gold. I have not been to the hospital for 8 years. It works!

Doris K. Alberta, Canada

13. Volley Ball, here we come!

Three days into taking the Nature's Gold Level 1 at only 1/2 teaspoon I was laying in bed at night and all of a sudden a sharp pain went shooting across my knee cap. Then I remembered 3 years ago that I had popped my kneecap out of joint playing volleyball in Cancun. Ever since that time there has been no pain and the strength to the knee has increased! Overall at 54 years of age I feel as good as I did at 40. Thank-you for a complete food! I'll be taking it the Nature's Gold for the rest of my life. By the way, my grocery bill has decreased along with my waist size. I can hardly wait to go on the Barley Flush.

Tom B. North Dakota, USA

14. Turn-Around Skeptic

To be truthful, I was a bit skeptical when I first started Nature's Gold, but to give it a true try-out, I decided to give up all my prescription meds. After about 4 weeks, I said to my husband "My pain is gone!" It also helped with my bowels. I now take Nature's Gold everyday and feeling great. Thank-you Nature's Gold!

Aclis T. South Dakota, USA

15. Crystal Clear

After years of research for the highest quality nutritional foods, I have discovered some very good products. During this time I found "Nature's Gold". After taking the Nature's Gold for 3 weeks, I noticed an improvement in my vision, and an increased energy level! Since I have already received positive change taking the Nature's Gold, I will continue to take this product.

Mel C. Pennsylvania, USA

16. Reversal of Age

I began taking Nature's Gold after 7 years of severe illness with my digestible track and a lump in my liver. I was in extreme pain, with little or no energy and often near death. After the 2nd jar of Nature's Gold I began to notice more energy, but into the 4th and 5th month my energy was at the level of a healthy child whom you cannot keep down! I reduced my servings to 1 – 2 tablespoons every second or third day. I feel as good now as I have ever, in my life and I believe it was due mostly to the Nature's Gold. I have never taken a product that gave such dramatic results!

David P. Cambridge, Ontario

17. Super Combo

After 5 months of taking the Nature's Gold with flax seed; we feel great! We feel stronger and younger and have more energy. We lost craving for just about all junk food. It seems we do not have to eat as much food through out the day. The Nature's Gold seems to metabolize the system. It has helped with weight loss in the tune of 15 pounds so far. Also having the energy to work out 30 minutes a day. My joints are getting better. There is so much more the Nature's Gold and flax is doing for us that we make it a way of life. We are very regular every day now. We start our day with **Nature's Gold and flax and we like the way we feel. My husband says not bad for 63 and 56! Stan and Jan N. Joshua Tree, California**

We hope this inspires you to stay diligent in taking your Nature's Gold and letting others know about the benefits they can also experience in taking it too.

For further information on Nature's Gold and on how to purchase it contact your distributor for Nature's Sunshine.

***If you have no distributor in your area then contact
Kathy Deane RHT DNM 250 547 2281 or email***