

# Solle Naturals Product Info sheets





# SolleVital®



## Body and Mind Balancing Formula

Solle Vital® is a premium plant blend consisting of 3 balanced, proprietary ingredient groups. Formulated to protect, enliven and energize the body and to strengthen and support a balanced mood, this foundational product strengthens a variety of health functions. Solle Vital is sugar-free and has herbal ingredients that represent an “inside-to-outside” health approach by supporting healthy circulation, digestion, respiration and immunity. Like “core strength” exercise programs (such as yoga, swimming, and pilates), which steadily improve health and fortify against injury and sickness, Solle Vital is a core, daily herbal blend which enhances all body systems and fortifies against assaults on your health, including mood stresses that are part of daily activity.

## Ingredients – 3 Powerful Blends

### Multiphyllin™ Prime Chlorophyll Blend

Combines the unique plant chlorophyll benefits from Alfalfa, Mulberry, Nettle, and Spinach in a rejuvenating formulation. A minimum of 100 mg of sodium copper chlorophyllin is guaranteed in each serving.

Though knowledge of the many benefits of chlorophyll dates back many decades, recent studies have brought new attention to the nearly-unmatched array of health benefits this super plant pigment contains.

### SativaMin™ Plant Trace Minerals

Our unique plant trace mineral blend combines Avena Sativa, Nettle, Dandelion and Burdock. These high-mineral-content herbs also support healthy circulation (burdock & dandelion), respiration (nettle) and nerve health (avena sativa).

### AdaptAble™ Balanced Adaptogen Blend

Our proprietary adaptogen blend features Eleuthero, Schizandra, Astragalus, Jioagulan, Ashwaganda and Rhodiola extracts for balanced energy and mood. Formulated to support your body's natural mechanisms that enable a healthy stress response and sustained energy, this plant-blend is perfect for daily use.

## The Solle Difference

This formula contains plant-sourced ingredients for superior assimilation and maximum bio-activity. In addition, several key factors set this formula apart from other core products:

- We utilize chlorophyll from multiple plants for a broader nutritional signature.
- We select key core-health ingredients both for specific health issues and for appropriate mood support.
- We balance each ingredient group for our specific, targeted mind-body focus. Solle Vital® is formulated for balanced and sustained mood and energy.

## 5 key benefits for Solle Vital®

**Detoxing:** Chlorophyll is great at helping the body eliminate toxins

**Alkalizing:** The plants included in Solle Vital are very alkalizing, which promotes a feeling of well-being.

**Recovery:** Restores minerals and helps to oxygenate blood.

**Balancing:** Helps the body to balance and elevate your mood and to have a healthy stress response.

**Energy:** Adaptogens help the body maintain energy levels throughout the day.

## Product Use

Take one packet in 16 – 20 oz. of cool water. Also delicious as a hot herbal tea.

Generally recommended for morning and afternoon use before 4 pm. Two packets a day may be taken as part of a targeted health program.

## Complementary Product

Try adding SolleMegas® premium plant-based omega formula. A mood clarifying formula, SolleMegas® gel-caps are a great source of Omegas 3, 6, 7, and 9. They provide both omega EPA and DHA, with key ingredients supporting mental clarity and consistency.





# SolleFlex PI®

Vitality in Motion



## Bring back your Freedom and Vitality

What if you could always move through your day comfortably, freely and optimistically, even when your activities might normally make you sore, stiff, or even overwhelmed? Even more, what if you could participate in ALL the activities you value most without being limited by joint pain and other structural inflammatory challenges?

At Solle Naturals, we believe you CAN make those positive thoughts a reality. And, we want to give you a little help. It's called SolleFlex PI®, and it has concentrated natural ingredients proven to support prime structural balance and vitality.

So, whether you are running marathons or running down a 2-yr. old, SolleFlex PI® can help you do it better!

## Ingredients – 7 Magnificent Herbs

### Chinese Scullcap Extract

This carefully selected extract of Huang Qui is the subject of numerous recent studies which show strong activity in areas of inflammation and pain, in addition to other key factors in daily well-being.

### Boswellia Serrata

Often known by its common name, Indian Frankincense, this effective herb is also widely studied for joint inflammation and many other inflammation related health concerns. Its mood-lifting properties make its inclusion in SolleFlex PI® a perfect fit.

### Noni Extract

This nutritious fruit contains key compounds that stimulate the immune system and address inflammation, among other issues. Also a source of key vitamins and minerals, noni has become widely used in recent years and has effectively changed the way people see many tropical fruits.

### Curcumin (Turmeric)

A powerful spice extract that is a strong anti-oxidant, supports healthy circulation, and is neuro-protective. Its strong activity in colon health, and as an important digestive, explain its widespread use in curries and cooking in India. Studies also show that curcumin is a potent anti-inflammatory compound.

### Magnolia Bark

One of the oldest known tree species, aromatic Magnolia bark is used in Traditional Chinese Medicine. Its unique polyphenolic compounds are the reason this bark is used in natural anti-stress formulas and formulas for more restful sleep. Health experts agree that it is hard to overstate the importance of adequate sleep in any health program.

### Myrrh gum

In traditional Chinese medicine used for inflammation and circulatory support, this tree resin is now increasingly studied for its many other beneficial qualities. Its anti-microbial qualities and its ability to lessen physical discomfort are important reasons for further study.

### Grape Seed Extract

Grapes are good, but grape seeds are even better! They contain many compounds, including resveratrol, that fight inflammation and circulatory issues, and bring improved mental clarity. Originally called "vitamin P" by its discoverer, this heavily-studied seed gives broad and proven support for many body-system functions and overall well-being.

## The Solle Difference

Most comparable products contain a number of non-plant ingredients. Our 100% Plant-based product is not only uniquely formulated for bioavailability, but also is balanced for our unique approach to the mind-body connection. Our formula also draws more heavily from proven Eastern herbal traditions due to the broad additional benefits of these herbs in well-being and vitality that greatly widen the possible applications of SolleFlex PI.

## 5 key benefits for SolleFlex®

**Anti-inflammatory:** Encourages a healthy inflammatory response

**Menstrual Cycles:** Helps the body manage bloating and cramping

**Anti-stress:** Helps lift your mood, while promoting stress relief, natural calming and restful sleep

**Antioxidants:** Very high in antioxidants which help the body fight free radicals

**Colon health:** Helps support colon tissue, promoting a healthy intestinal system

## Product Use

Take 2 vegetable capsules once daily with a meal.

## Complementary Product

Combine SolleFlex PI® with SolleMegs® 100% plant-sourced omegas, and leverage your new-found health freedom!







# AdaptAble®

## Mood Enabling Blend



### Mood Enabling Formula

Effective nutritional programs for stress management require a balanced design. During stressful times, we need more energy, better sleep, a level head, and a strong immune system. Choosing a thoughtful combination of adaptogenic herbs can make a world of difference in our ability to adapt and perform. Solle Naturals' plant-sourced stress blend was developed to support each of the above-mentioned needs.

#### Adaptogen "Roots"

In Chinese and Ayurvedic herbal philosophy, the most highly-esteemed herbs are safe to use daily, over long periods of time, and yet are often the most difficult to describe in terms of their specific activity. Named "adaptogens" by Russian scientists, these herbs are valued for their unmatched benefits related to the various "stressors" in our lives which result in physical fatigue, hormonal imbalance, compromised immunity and altered mental outlook. Our ability to adapt to the demands of life is directly affected by our nutritional balance and reserves. Solle Naturals' AdaptAble® is a blend of 6 top adaptogenic herbs that are uniquely balanced using our own combination of standardized and concentrated plant extracts. A balanced extract of St. John's Wort is also included.

## Ingredients – Six Superior Adaptogens plus St. John's Wort

#### Eleuthero

Extensively studied by Russian scientists and proven to support endurance and response in those stressful moments.

#### Schizandra

Its name in Chinese means "five flavored berry" because it is sweet, salty, sour, bitter and pungent. It is packed with healthful compounds that make it a superior adaptogen with anti-inflammatory activity and potent anti-oxidants.

#### Astragalus

A key immune-system enhancer, this adaptogen has been subject of numerous studies involving virtually all major body systems.

#### Ashwagandha

Used in Ayurveda for over 2,500 years, its inclusion here provides effective anti-stress support and immune and circulatory system enhancement.

#### Jiaogulan

Besides possessing anti-inflammatory and anti-bacterial qualities (nearly 4 times as many saponins as Panax Ginseng), this relatively newly-recognized adaptogen is often studied for its many beneficial effects on the circulatory system.

#### Rhodiola

Eye-opening studies have recently shown that this superior herb supports a balanced outlook in those affected by the highs and lows of stress.

#### St. John's Wort

Shown in many studies as one of the leading herbs for mood management, our extract is standardized to .3% hypericin with hyperforin thus insuring potency of both compounds within St. John's Wort that have been the subject of clinical studies.

## The Solle Difference

Our vegetarian-encapsulated formula is a unique and balanced blend of standardized and concentrated herbal extracts which represent our mind-body harmonized approach to natural health.

## 5 key benefits for AdaptAble®

**Stress:** Provides sustained energy to help overcome stress

**Depression:** Adaptogens plus St. John's Wort help the body combat depression

**Energy:** Double dose of adaptogens found in Solle Vital promotes sustained energy

**Immunity:** Enhances immune system in all major body systems

**Mood:** Helps elevate and balance mood

### Product Use

Take two vegetable capsules with water once or twice daily.

### Complementary Product

Take capsules with Solle Vital® during times of increased stress.



Copyright 2022 Solle Naturals. All rights reserved.







# Solle LongeviD<sub>3</sub>

Live Forward



Live Forward! When it comes to our health, we may not be able to go back and fix past mistakes, but we can make changes today that can greatly improve our quality of life now AND build a solid foundation for our future health. Solle LongeviD provides 1000 IU of plant sourced Vitamin D<sub>3</sub> per capsule. Vitamin D<sub>3</sub> is an essential nutrient with a number of proven protective benefits in key areas of health such as immune, bone and joint, and emotional wellness, to name just three. LongeviD contains other ingredients like alfalfa and plantain that are high in trace minerals, and it even includes a unique probiotic strain which aids in nutritional absorption. And when it comes to adaptogens, when you take LongeviD you are...well Gud to Go! Both Guduchi and Goji fruit (also known as Lycium or wolfberry) are nutritionally dense adaptogenic herbs that can help boost stamina, lift your mood and strengthen your immune response. Adding Solle LongeviD to your daily regimen is like taking out an insurance policy on your future wellness. So, start living forward with LongeviD!

## Ingredients

### Reindeer Lichen Extract (*Cladonia rangiferina*)

(Contains 1,000 IU of natural plant-sourced Vitamin D<sub>3</sub> per Capsule) The natives of the North used it to battle colds, arthritis, and fevers. It has also been used as a poultice to alleviate the pains of arthritic joints. Researchers recently discovered that bitter acids in lichen presented antibacterial properties to fight against digestive tract infections.

### Plantain Leaf

Studies have suggested Plantain Leaf may aid in wound healing, potentially due to its anti-inflammatory, anti-bacterial, anti-fungal, antioxidant, anti-ulcerative, astringent properties. It may also act as a pain reliever (analgesic agent), as well as exhibit immunomodulatory properties, and is high in trace minerals.

### Alfalfa Whole Plant Powder

Rich in protein, as well as vitamins A, C and K, Alfalfa is a nutritious whole food, packed with antioxidants and minerals including magnesium, calcium and iron. Heavy in phytoestrogens, alfalfa is used in the treatment of menopause symptoms to combat estrogen deficiency. It is also a popular tonic for flushing the body of toxins.

### Goji Berries

Also known as Lycium Barbarum, the Goji Berry is native to Asia, and the people on that continent have been using this brightly colored fruit for more than 2,000 years as a medicinal herb and highly nutritive food supplement. Goji's adaptogenic benefits range from anti-aging effects to glucose regulation and immune system support.

### Guduchi

An adaptogen and one of the most highly revered plants in Ayurveda, Guduchi is also referred to as "Heavenly Elixir" and the "Nectar of Life and Immunity". It has also been described as "one which protects the body". In Ayurvedic Medicine, Guduchi is classed as bitter and astringent with a special action to destroy toxins – both internally and externally. It has been traditionally used to promote life and longevity, increase strength, increase appetite, as an aphrodisiac, a blood cleanser, digestive aid and to alleviate skin disorders..

### P. freudenreichi

P. freudenreichi is an anti-viral and anti-fungal probiotic strain that inhibits the growth of yeast and mold and generates short-chain fatty acids which protect the intestinal lining. This unique strain produces conjugated linoleic acid (CLA) which can then be converted into DHA and/or EPA. It also supports absorption of calcium, magnesium and potassium and is the only microorganism that has been both granted GRAS status and shown to produce the active form of vitamin B12.

### Organic MCT Oil Extract

As the name suggests, medium-chain triglyceride (MCT) oil contains medium-length chains of fats called triglycerides. Due to their shorter length, MCTs are more easily digested than longer-chain fatty acids found in many other foods. MCT oil is easily absorbed and transported throughout the body. It can be used as an instant source of energy or can be converted into ketones. MCT oil could potentially help manage diabetes by reducing fat storage and increasing fat burning. It may also help manage blood sugar.

## The Solle Difference

We combine concentrated extracts with whole plant powders for maximum assimilation, always including adaptogens for complete mind and body nutrition. In addition, our plant sourced vitamin D<sub>3</sub> provides a new, better option for the daily intake of this nutrient critical to overall wellness.

## 5 key benefits for LongeviD

**Immune:** D<sub>3</sub> and adaptogens enhance and modulate immune system performance.

**Bones/Joints:** D<sub>3</sub> and co-factors enabled by the probiotics enhance absorption of key minerals like calcium and magnesium, which are present in Alfalfa and Plantain.

**Mental Outlook:** D<sub>3</sub> and adaptogens play a key role in stress response and mood strength.

**Daily Nutrition:** Nutrient dense ingredients like Goji, Alfalfa and Plantain provide rich sources of vitamins and minerals often missing in our diet.

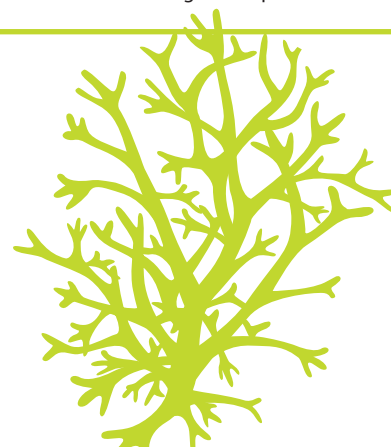
**Respiratory:** Adaptogens in this formula support a healthy respiratory response in times of illness and allergies.

## Product Use

Take two vegetable capsules daily with water.

## Complementary Product

Combine with SolleMegas® and SolleFlex PI® for a balanced, super-charged program for comfort, a positive outlook and quality of life now, and prevention planning for the future! And, you can jump-start your program with the Solle Courage® Compass blend.





# SolleFlex AC<sup>®</sup>

## Therapeutic Cream



### Sore? Stiff? Irritated? SolleFlex AC's got you covered!

Let's face it, life comes at us pretty fast, and no matter how we spend our time we get our share of challenges to both body and mind. But that's OK. Really. We can handle it—especially with the right nutrition. Whether we supplement our diet or bring therapy to our body and mind through the skin, a little extra healing power can make all the difference. SolleFlex AC Therapeutic Cream combines the very best soothing, healing and rejuvenating herbs in an all-natural, odor-free, residue-free cream that more than stands up to life's challenges. So what's going on in your life right now? Soreness? Discomfort? Bruising? Injuries? Don't worry, with Solle Naturals you're covered. So when life brings the heat, turn up the AC! SolleFlex AC.

## Key Ingredients:

**Arnica** has been used to soothe muscle aches, reduce inflammation, and heal wounds. It is commonly used for injuries such as sprains and bruises.

**Calendula** contains high amounts of flavonoids, and has been used since the 12th Century, primarily as a topical application to boost the healing rate of wounds and as an antibacterial with infections.

**Aloe Vera** is used topically as a very soothing skin conditioner that also helps soothe inflammation and supports joint health.

**Witch Hazel** has more than 30 traditional uses, but its primary topical features include anti-Inflammatory, antimicrobial, astringent, moisturizing, and burn treatment properties.

**Olive Leaf** is packed with natural antioxidants, has powerful antibacterial and antifungal properties to help support cuts and wounds, and is an excellent therapeutic solution for acne.

**MSM** is derived from natural sulfur and addresses several health benefits including pain relief, arthritis, sore muscles, and swelling. MSM also supports the overall health and appearance of skin.

**St. John's Wort** has been used topically to help support wounds, burns and insect bites, as well as nervous conditions such as depression, anxiety and some sleep disorders.

## Complementary Ingredients:

**Passion Flower** is used topically for burns, hemorrhoids, inflammation, and pain, and is also used as to calm the mind to help with sleep and anxiety disorders.

**Chamomile** is used for its antioxidant and anti-inflammatory properties. It is extremely soothing and beneficial for skin damaged by acne and excessive dryness.

**Comfrey** contains allantoin, which is used to increase smoothness of skin. It acts as an anti-irritant, is anti-inflammatory and is a general skin protectant.

**Tilia Cordata** (Linden Blossom) is used as a skin conditioner to help address acne, burns, freckles, rash and wrinkles.

**Safflower oil** is included because of its non-greasy texture as a moisturizer—leaving the skin soft, smooth and supple.

**Joboba** is a powerful antimicrobial and antibacterial ingredient which also helps moisturize the skin and support acne care.

**Natural Vitamin E** is an antioxidant that helps support premature aging, wrinkles, scars, brown spots, and cuticles.

## The Solle Difference

SolleFlex AC<sup>®</sup> cream includes only plant-based ingredients. This unique formula absorbs easily and works quickly to provide a broad array of mind and body therapeutic benefits.

## 5 key benefits for SolleFlex AC<sup>®</sup>

**Anti-Inflammatory:** many of the main ingredients in SolleFlex AC cream contain anti-inflammatory properties.

**Antimicrobial:** Calendula, Witch Hazel, Olive Leaf and Jojoba all contain beneficial antimicrobial properties.

**Pain Relief:** helps soothe muscles, arthritis, swelling and inflammation

**Skin Conditioner:** many of the ingredients help moisturize and soothe skin without leaving a greasy texture.

**Wound Healing:** helps support injuries, cuts, bruising, acne, wrinkles, brown spots, and sprains.

## Product Use

For adults and children 2 years and older, apply generously to affected and surrounding areas, repeat as needed.

## Complementary Product

SolleFlex PI capsules are the perfect companion for a complete inside-out approach in healing and maintaining flexibility for both body and mind.





**AvântGreens®**  
Advanced Daily Nutrition



When mind and body perform at peak levels, your life can transform from merely existing to flourishing. That is what AvântGreens® is all about. With a combination of sprouted greens, adaptogens, fruits and tonic herbs, AvântGreens is a delicious plant sourced beverage designed to help you positively transform your physical and emotional health, enabling you to achieve a higher state of well-being.

## Ingredients:

Our **Transformational Herbal Blend** contains powerful adaptogens—**American Ginseng** Powder and Extract, **Holy Basil** Extract, and **Licorice Root** to help support thyroid activity, mood, stress, and strengthen the immune system. Tonic herbs—**Yellow Dock**, **Sarsaparilla** Powder and Extract, and **Hawthorne Berry** Extract help strengthen heartbeat, liver, colon, circulation and urinary health. **Albizia Julibrissin (Mimosa)** Bark Extract, **Ginkgo Biloba** Extract, and **Rosemary** Extract help the body with anxiety and depression, memory, and brain health. **Pau D'Arco** Powder is included for additional immune support at the cellular level.

Our **Sprouted Nutrition Blend** contains densely nutritious, bio-active sprouted **Flax**, **Chia**, **Quinoa**, and **Amaranth** which are rich in Omegas 3, 6 and 9, fiber, protein and maximum nutrients with minimal calories. **Hemp** Flour, **Alfalfa** Sprout Powder, **Watercress** Powder, **Aronia (Black Chokeberry)** Powder, and **Sodium Copper Chlorophyllin (Mulberry)** Extract contains naturally-occurring vitamins, minerals, amino acids and nutrients to help boost metabolism, brain and bone health, vision, and healthy circulation. **Lacotobacillus Sporogenes** and **Bromelain** are included for digestive support and overall gut health, and the naturally sweet **Monk Fruit (Luo Han Guo)** Extract, known as the "Longevity Fruit" for its antioxidant benefits, supports healthy blood sugar and cardiovascular circulation.

## The Solle Difference

AvântGreens is a transformational, sprout-based, daily nutritional beverage unique to any other product within the Solle Naturals line or anywhere else in the nutrition industry. It is labelled "Transformational" because it is designed for daily use, and over time, significant benefits can be achieved in both mind and body daily wellness. AvântGreens is highly bio-active, as its label caption "Activated Greens" suggests, containing nutrient-dense, bio-active sprouts, further "activated" with probiotics, enzymes and adaptogenic and strategic tonic herbs and fruits.

### 5 key benefits for AvântGreens®

**Activated Greens:** naturally-occurring vitamins, minerals, amino acids and nutrients to help support cardiovascular, brain, bone health, vision, and healthy circulation

**Sprouted Nutrition:** densely nutritious, bio-active sprouts rich in Omegas 3, 6 and 9, fiber, protein and maximum nutrients with minimal calories

**Transformational Herbal Blend:** key adaptogens and tonic herbs to help support thyroid activity, mood, stress, liver and heartbeat

**Plant-Based Energy:** to help boost metabolism, healthy blood sugar and antioxidant support

**Digestive Health:** probiotics and enzymes for improved overall gut health

## Product Use

Add 1 level scoop of AvântGreens® in 12 fl. oz. of cold water and mix until smooth. Reseal after use. Store in a cool, dry place.

## Complementary Product

AvântGreens® may be taken combined with SolleComplete® and GoodFibrations® for a powerful weight management meal replacement.







# Solle Essentials®

## Balance



The Solle Essential Balance Blend has specific ingredients designed to restore harmony, balance, energy, mood, stress relief and sleep patterns. When used in conjunction with other Balance products like SolleVital® SolleFlex® and Adaptable®, they can help you to achieve overall balance – physically, mentally, emotionally and spiritually.

### **Lavender, *Lavandula angustifolia***

Restores harmony; protects against disharmony  
Historically used to stop spread of infection (Bubonic plague)  
Distributes/equals circulation and lymph  
Balances autonomic nervous system – nervous spasms  
Restores balance during exhaustion and fatigue  
Minimizes inner conflict, aids in meditation, cleanses the spirit  
Anti-inflammatory, antispasmodic, carminative, analgesic, antibacterial, antiviral, antifungal

### **Palmarosa, *Cymbopogon martinii var. motia***

Balances moisture and fluid within body and skin  
Balances thyroid, circulatory, immune, urinary  
Strengthens, stabilizes and balances emotions  
Strengthens adaptability  
Promotes love of self  
Antibacterial, antiseptic, febrifuge cytophylactic (increases cell activity)

### **May Chang, *Litsea cubeba***

Uplifting, stimulating to mood and cognitive function  
Digestive aid, promotes restful sleep, calms heart and nerves  
Balances/regulates temperature and fluids - reduces excessive perspiration,  
Calms nerves during times of change  
Relieves skin blemishes  
Balances excessive perspiration (pouring out of emotion)  
Antibacterial, antiviral, anti-inflammatory, antidepressant, tonic

### **Geranium, *Pelargonium graveolens***

Besides Stress reducing, hormonal balancing (female issues), adrenal fatigue  
Balancing and harmonizing effect on mind and body  
Adrenal cortex and neuro-endocrine system support  
Digestive and GI support; bone support (strength)  
Balances combination skin  
Protection when in negative environment  
Anti-inflammatory, antidepressant, antifungal, astringent, insecticide

### **Frankincense, *Boswellia carterii***

Aids in meditation; encourages spiritual connection  
Great to calm allergies, digestive imbalances (irritants)  
Deep wound healing (physical and emotional)  
Anxiety, nervous, fear, nightmares, excessive mental activity  
Purifies spirit and soul, encourages acceptance and understanding  
Anti-inflammatory, analgesic, anti-tumorous, anti-cancerous, anti-arthritis, digestive support, carminative, expectorant, immune support

## The Solle Difference

- 100% pure, unadulterated essential oils (ecocert when possible)
- Sourced from a certified organic laboratory with Eco-Certification and USDA Organic Certified
- Sourced from sustainable, environmentally conscious harvesting practices and reputable suppliers
- Specifically formulated to complement Solle's Balancing Products

## Three Home Uses

**Mood Ease:** Diffuse in central room of home. Carry Inhaler in pocket. (Inhaler - 7 drops. Diffuser – 10 drops)

**Exercise Recovery/Female Comfort:** Roll on target muscles/joints abdomen and take 2 SolleFlex PI. 10 drops in almond or coconut oil, 5ml roll-on container). Also, roll on bottom of feet.

**Allergy Relief:** Roll on feet or directly on sides of nose and chest (10 drops in 5ml roll-on bottle). Or add to some Epsom salt for a foot soak (10 drops); or allergy relief spray (mix in water—20-25 drops in 2 oz. bottle)

## Product Use

- For topical use only.
- Add several drops of Solle Essentials® Balance to a carrier or diffuser.
  - Roll-on (.33oz) – 10-15 total drops in carrier
  - Spray (2oz.) – 15-30 total drops in a carrier
  - Diffuser – 5-15 total drops (depending on size of area)
  - Aromatherapy inhaler – 1-5 total drops
- Keep out of the reach of children.
- Use caution if serious health issues exist or if pregnant.

## Complementary Product

Use SE Balance as part of a daily regimen along with Solle Vital®, Solle Flex PI® and Adaptable® to restore balance and maintain harmony.





## Solle Courage™ ComposeBlend



A custom blend of 100% pure essential oils to balance your mind and body to manage daily stresses and encourage peace and rejuvenation. Helps you to connect with your inner strength to increase willpower and withstand physical, mental and emotional demands. Be courageous in conquering your fears with Solle Courage.

### Ingredients:

#### Solle Essentials® Balance:

lavender, palmarosa, may chang, geranium, frankincense

Restores harmony, balance, energy and mood while reducing stress, promoting restful sleep patterns and overall balance – physically, mentally, and emotionally.

#### Cedar Atlas, *Cedrus atlantica*:

A warming, kidney-supporter that encourages willpower, inner strength and the ability to withstand daily and situational stresses.

#### Carrier oils:

Sunflower, jojoba, vitamin E

#### Solle Essentials® Calm:

patchouli, petitgrain, cypress, german and roman chamomile, yuzu, balsam peru

Helps the body and mind manage daily stresses that can cause various physical and emotional health concerns if left unaddressed. Encourages peace and rejuvenation of mind, heart, gut and soul.

#### Ginger, *Zingiber officinale*:

A gut nourishing, general anti-inflammatory that warms the heart and ignites our internal fire to combat feelings of being lost and/or lack of control.

## The Solle Difference

Sustainable plant-sources. Backed by the SolleCertain Quality guarantee. Professionally formulated essential oil blend to connect and align mind and body. Complements the Balance category herbal formulas.

## Key Benefits for Solle Courage™

**Physical:** Apply to affected area and feet for relief with kidney issues, intestinal upset, PMS, body aches and skin irritations.

**Mental:** Apply to temples, neckline, pulse points, shoulders, wrists and hands for enhanced brain circulation, memory, sleep, mental performance, learning and decreased stress and nightmares.

**Emotional:** Apply to temples, neckline, pulse points, shoulders, wrists and hands to reduce fear, insecurity, feeling defeated and disconnected, while boosting willpower.

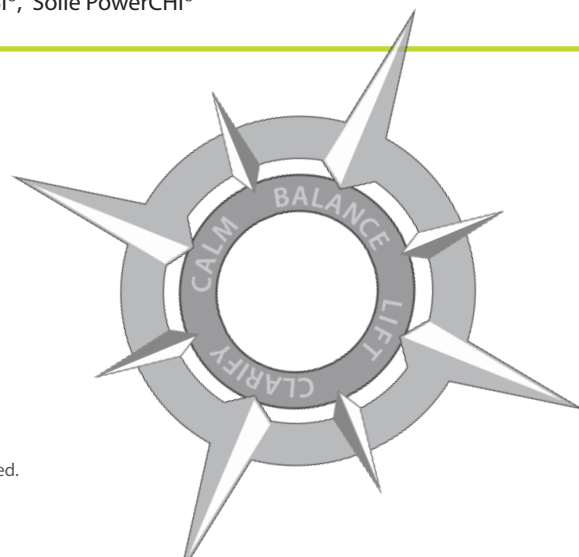
## Product Use

### For topical use only.

- Roll-on to skin, hair and scalp
- Mix in SolleFlex AC Cream
- Add to epsom or sea salt in bath
- Apply a compress, covering area with cold or hot cloth

## Complementary Product

Solle Vital®, AdaptAble®, Verdezymes®, ReNue®, Probio IQ®, SolleClear SI®, Solle PowerCHI®





Solle  
**Excell**<sup>®</sup>  
Vibrancy Enhanced



## True Clarity comes from “Enhanced Vibrancy”

What role do “Clarity” and “Vibrancy” play in Health? At Solle, these two words carry very specific meanings. Both refer to the mind/body connection. Together, they describe a peak state of mind and body harmony, the possession of enduring optimism in daily outlook and of physical ease. This state could also be described as enhanced vibrancy because proper interaction within and between key body systems, or vibrancy as we refer to it at Solle, is the vital foundation that so often is compromised by diet, stress, age and other factors. So, how exactly does a person feel with enhanced vibrancy? Well, that feeling could be described as being “ready for anything” or feeling “on top of the world”. And, there’s more.

When you feel really good, you are excited about the future. Your mind and body senses are heightened and clear. Your glandular functions, respiration and circulation operate in prime condition. With Solle Excell<sup>®</sup> your “new norm” can be a finely tuned mind and body, because your amazing complex of organs, nerves, hormones and cells interact as they should.

## Ingredients – Tri-Maca with Cupuaçu, and SolleClear

### Solle Tri-Maca Vibrancy Blend – Black, Red and Yellow Maca with Cupuaçu.

**Cupuaçu fruit** has been found in research to be a more powerful antioxidant than acai, and contains 21% amino acids. Theacrine, which enhances locomotor skills, has attracted significant attention from researchers for a variety of reasons.

**Yellow Maca** has additionally been researched for its positive effects on skin protection from the sun.

**Red Maca** has been traditionally known for having the greatest effect on the body’s ability to strengthen bones and support healthy prostate function, but all three types of Maca (Black, Red and Yellow) have been researched and tested for their positive effects on healthy bone structure.

**Black Maca** was researched in 2009 as having the greatest effect on memory and libido support, and restful sleep. But, all three types of Maca have been researched to support libido and help the body manage depression and mood.

### SolleClear<sup>™</sup> integrated daily clarifying formula – Bilberry, Eyebright, Fennel, Mullein, Fenugreek, Butcher’s Broom, Celery, and Quercetin.

These proven herbal ingredients support the body’s ability to clarify the mind, eyes, and blood, as well as the entire respiratory system. The SolleClear<sup>™</sup> emphasis on respiratory and circulatory herbs reflects the Solle philosophy of the critical function of these systems in mind/body health at the cellular level.

## The Solle Difference

Effective doses of 3 Kinds of Maca, with exciting new Cupuaçu fruit, make our SolleMaca Vibrancy Blend one-of-a-kind for glandular and nervous system health. Together with our proprietary SolleClear<sup>™</sup> blend, this unique combination provides all-new health benefits in a unique and pleasant-tasting drink.

## 5 key benefits for Solle Excell<sup>®</sup>

**Clarifying:** the SolleClear<sup>™</sup> blend of herbs helps clear the mind and eyes, while supporting the respiratory and circulatory systems.

**Antioxidant:** Cupuaçu provides beneficial antioxidants and amino acids to help protect the body from daily emotional and environmental stresses.

**Alertness:** contains naturally-occurring theacrine, which enhances locomotor skills.

**Libido and Endocrine System Support:** Solle Tri-Maca Vibrancy blend contains 3 types of maca to help support libido and the entire endocrine system which helps improve memory, restful sleep, depression, mood, prostate, reproductive and skin protection.

**Strengthens Bones:** red maca has been traditionally known for having the greatest effect on the body’s ability to strengthen bones.

## Product Use

Add the contents of one packet to 12-16 oz. of cool water and shake well. Use once daily for best results.

## Complementary Product

Combine Solle Excell with SolleMegs as part of a comprehensive glandular/nervous system clarifying program.







**GoodFibrations®**  
Harmonizing Fibers



## Good Fiber. Seriously.

Did you know that fiber can actually help you to “get your groove back?” That’s right, fiber—the right blend of fiber—is an important part of mind body health. And when your fiber comes from Solle Naturals, it’s not just a blend of high quality soluble and insoluble fiber. It’s more than that, it’s harmonizing fibers that we call **GoodFibrations!**

## Ingredients in the Solle Clarifying Fiber Blend

**Psyllium Husk and Hull Powder** Psyllium is a bulk-forming laxative, which means it soaks up water in your gut and makes bowel movements much easier. It can help give you a feeling of being full and helps promote regularity. Research has shown that soluble fiber can help manage cholesterol levels, and soften your stool reducing the risk of many digestive issues.

**Psyllium Seed Powder** is a source of soluble dietary fiber, helping relieve constipation, irritable bowel syndrome, diarrhea, and improve and maintain regular GI transit.

**Apple, Blueberry, Cranberry Seed, and Black Raspberry Seed** are all included in this formula to help add a very soothing, unique source of beneficial fibers, packed with antioxidants and very beneficial plant-based compounds to support both the body and the mind.

**Slippery Elm Bark Extract** is a very soothing mucilaginous fiber that supports the body’s digestive system. Mucilage is a long chain of sugars that form a slippery substance when combined with water. Mucilage can settle the digestive tract, absorb toxins from the bowel and help maintain regular elimination patterns.

**Red Raspberry Seed and Leaf Powder** the seeds are a great source of fiber and essential fatty acids, while the leaf contains trace amounts of several minerals and vitamins. Red raspberry leaves contain high levels of tannins and fruit acids, making this herb a popular astringent. Astringents tighten and tone tissues. Both the seed and leaf are a great support to the reproductive system, digestive system and colon health.

**Marshmallow Root Extract** This mucilage forms a slick gel when combined with water. Soothing to the digestive tract, marshmallow is both eaten as a food and taken as a supplement. It is beneficial to both the respiratory and digestive systems.

**Holy Basil Extract** is one of the most highly valued adaptogenic herbs which supports kidney health and healthy blood sugar levels, but also has pronounced neuro-protective benefits and is used to support mood, memory and conditions of inflammation.

**Ginger Root Extract** contains gingerol, the natural plant compound with powerful health properties to help the body manage digestion, nausea and even fight the flu and common cold.

**Pear Fruit Powder** provides a very good source of fiber and is also a good source of vitamin B2, C, E, copper, and potassium. Pears also contain a significant amount of pectin, a water soluble fiber, which makes them effective in helping lower cholesterol levels and toning the intestinal tract.

**Lime Juice Powder** was not only added to help round out the great taste of GoodFibrations, but also contains several different antioxidants as well as calcium. Lime also contains citric acid a natural inhibitor of kidney stones, and hesperidin, shown to help lower cholesterol and triglyceride levels.

## The Solle Difference

GoodFibrations is a next generation fiber supplement. It consists of the unique Solle Clarifying Fiber Blend using many different fiber mesh sizes for added cleansing benefits, combined with therapeutic fruit and herbs. Inclusions like Red Raspberry Leaf, Holy Basil (an adaptogen), Pear Fruit and Ginger help this amazing formula not only provide 6 grams of diverse plant-sourced fiber, but also support cognitive function and a healthy outlook.

## 5 Key Benefits for GoodFibrations®

**Soothing:** contains herbs and fibers that help settle and soothe the stomach and digestive tract

**Tastes Great!** Uniquely formulated with Ginger and Pear for a great-tasting experience

**Cleansing:** the different types and sizes of fibers in GoodFibrations help cleanse and detox your digestive and intestinal systems

**Detoxifying:** helps the body sweep the intestinal tract to reduce transit time in the colon

**Cholesterol:** contains 6 grams of fiber per serving to help your body maintain healthy cholesterol levels.

## Product Use

Add 1 scoop of GoodFibrations® to 8 fl. oz. of cold water and mix until smooth. Drink immediately. Drink an additional 8 fl. oz. of water immediately after use. Reseal after use. Store in a cool, dry place.

## Complementary Product

Combine GoodFibrations® with AmiTox DC® as part of a deep clarifying and detoxifying program.





# ProBio IQ®

Probiotics with Purpose



## Probiotics with a Higher Purpose

Probiotics are much more important—and versatile—than most people realize. In addition to playing a vital role in our immune system and digestive and intestinal tract, probiotics are increasingly being studied for their role in other body functions, including mood and circulatory health. Daily supplementation with probiotics is slowly being seen as the norm for people who want to enjoy a consistently healthy lifestyle. ProBio IQ® is formulated with specific strains studied for their concurrent body and mind benefits, in addition to long-proven GI tract and immune system activity. ProBio IQ is combined with our clarifying herb blend which includes adaptogenic herbs and herbs for mental focus, making our formula truly a next generation probiotic.

### Multi-strain probiotics

Six proven, effective probiotic strains provide 6 billion Colony Forming Units per serving.

#### **Saccharomyces Boulardii**

Viewed by some as the preferred probiotic for conditions of stress, this beneficial yeast is well-proven and a key part of our clarifying probiotic blend.

#### **Lactobacillus Helveticus**

An effective stress-probiotic, this strain has been a key inclusion in clinical studies, combining it with B. Longum (described next). Participants were measured for improvement in anger, anxiety, problem solving, and other symptoms of stressful conditions (reported in the British Journal of Nutrition).

#### **Bifidobacterium Longum**

Shown in clinical studies to support improved mood in addition to the traditionally understood probiotic benefits.

#### **Propionibacterium Freudenreichii**

This anti-viral and anti-fungal probiotic strain inhibits the growth of yeast and mold and generates short-chain fatty acids which protect the intestinal lining. This unique strain produces conjugated linoleic acid (CLA) which can then be converted into DHA and/or EPA. It also supports absorption of calcium, magnesium and potassium and is the only microorganism that has been both granted GRAS status and shown to produce the active form of vitamin B12.

#### **Lactobacillus Casei**

A recent study of this strain showed improved mood-related symptoms versus the placebo group. Specifically, participants expressed a reduction in feelings of anxiousness.

#### **Lactobacillus Sporogenes**

A thermo-resistant strain, L. sporogenes has been studied clinically for a variety of immune and intestinal benefits. This strain is one of the best at getting safely to the intestine and colonizing even when not refrigerated (also called Bacillus Coagulans).

### Mind-clarifying herbs

#### **Red Reishi**

One of the most studied and revered adaptogenic herbs, Reishi nourishes both body and mind as a broad health tonic. Its unique plant compounds are also strong immune system boosters.

#### **Bacopa Monnieri**

An often-quoted clinical study showed bacopa's significant positive impact on information retention and memory, something important to all of us. This ayurvedic herb also supports healthy mental focus, among other benefits.

#### **FiberTract™ Blend**

Our unique blend of these two acid-resistant soluble fibers carries the other ingredients deep into the GI tract for maximum efficiency.

### The Solle Difference

Specifically blended as a clarifying formula, ProBio IQ® combines mind/body herbal benefits with proven strains of probiotics to deliver a health supplement in vegetarian capsules. In addition, FiberTract™ our unique blend of Konjac and Xanthan carries our product further into the GI tract for enhanced results.

### 5 key benefits for ProBio IQ®

**Mood:** Helps the body manage mood and anxiety

**GI Tract:** Healthy bacteria to support GI Tract

**Memory:** Bacopa Monnieri supports memory and information retention

**Immunity:** Healthy bacteria help strengthen your body's immune system

**Regularity:** Promotes consistent waste elimination of the bowels

### Product Use

Take two vegetable capsules per day.

### Complementary Product

Combine with Solle Vital® for a strong daily foundation, and enliven and energize your health.





**AmiTox DC**  
Clarifying Detox



## Deep Clarifying Detox

What comes to mind when you hear the phrase “Stuck in a Rut”? Are words like stagnant, boredom or general malaise part of the picture? Are feelings of frustration, anxiety and listlessness also there? The truth is, our lifestyle choices and our diet too often have the ability to push each one of us into a health rut. And, though our personal feelings when “in a rut” may be unique, we cannot thrive, physically or emotionally, until we find a way out. Sometimes, the simple inclusion of healthful, detoxifying herbs to our daily regimen is enough to get us back on track. This is especially true following extended periods of poor diet and negative habits. At Solle Naturals, we believe that a Deep Clarifying Detox can make all the difference.

## 12 Degrees of Detoxification

You’ve never detoxed like this before. AmiTox DC® contains twelve proven, effective ingredients to address deep clarifying needs not only in the colon, liver and gut, but also the kidneys, spleen, lymph, skin and nervous system for an all-encompassing, positive and transformational detox experience.

**Manjistha Root Extract** is a far-reaching, keystone herb for detox. Not only is it the Ayurvedic herb of choice to stimulate lymph flow and support clear skin, but it also has been historically effective in supporting kidney health, circulatory health and as a solution to discomfort during a cleansing detox.

**Cascara Sagrada Bark Extract** is used as a laxative to help stimulate the mucosal lining of the colon, producing an active secretion of electrolytes and water.

**Bentonite Clay** helps alkalize the body and pull toxic pathogens and environmental toxins out of the body cleanly due to its high negative ion charge and alkaline pH.

**Activated Charcoal** is derived from coconut shells, wood, or peat and contains a large number of very small pores on the charcoal’s surface, which work as microscopic traps to take up toxic compounds and particles

**Holy Basil Leaf Extract** is one of the most highly valued adaptogenic herbs which supports kidney health and healthy blood sugar levels, but also has pronounced neuro-protective benefits and is used to support mood, memory and conditions of inflammation.

**Oregon Grape Root** uses have traditionally included managing both liver congestion and infectious conditions of both the stomach and intestines, in addition to promoting bile flow.

**Barberry Extract** is a traditional bitter tonic that helps support liver functions and cleanse a congested system. It is a natural source of berberine, which is bright yellow and somewhat bitter, and has long been used for its anti-inflammatory and antimicrobial properties.

**Clove Stem Powder** contains eugenol, which has been part of numerous studies against multiple toxicities, including parasites.

**Wormwood Leaf and Stem Powder** contains compounds known to stimulate digestion by supporting liver and gallbladder function, in addition to being effective in cases of worm infections.

**Black Walnut Extract** contains juglone, tannins, and natural iodine and is an excellent support agent against harmful organisms.

**Pumpkin Seed Powder** has traditionally been used to help the body maintain prostate health, mental health, good cholesterol health and to rid the body of intestinal parasites. It has also been used to prevent the formation of stones in the kidneys.

**Milk Thistle Extract** The German government endorses the use of milk thistle as a supportive treatment for inflammatory liver conditions such as cirrhosis, hepatitis, and fatty infiltration caused by alcohol or other toxins.

## The Solle Difference

Specifically blended as a mind-body clarifying formula, AmiTox DC is the first mind-body balanced detox that is both easily scalable in serving size, and is formulated for a less stressful, more productive cleansing experience for both body and mind.

## 5 key benefits for AmiTox DC®

**Detoxifying:** contains specific ingredients that help detoxify organs throughout the body

**Cleansing:** supports lymphatic, blood, liver, intestinal and colon cleansing

**Liver Support:** helps the body support healthy liver function

**Parasites:** helps the body create an unfriendly environment for parasites

**Skin:** helps the body detoxify the skin, helping support issues including eczema and psoriasis

## Product Use

Take 3 capsules daily as part of a deep clarifying detox.

Take 1 capsule per day as a maintenance serving.

## Complementary Product

Combine with Solle Naturals’ GoodFibrations® clarifying fiber as part of a deep clarifying detox.







# Solle FasTract®

## Colon Activator

Life can have a way of slowing you down. When that happens, you may need to get on the FasTract®. Solle FasTract® is a unique, encapsulated herbal formula designed to keep things moving through the intestinal tract.

Lifestyle and diet choices can often lead to a sluggish bowel. FasTract is a colon activator that will stimulate peristalsis, but it is also a blend of soothing ingredients like aloe vera so it works gently and won't cramp your style. FasTract combines cascara sagrada with Solle's Multiphyllin® prime chlorophyll blend, two types of aloe vera (whole leaf and inner leaf) and the revered adaptogen, holy basil.

Consistent with Solle's mind body philosophy, this one-of-a-kind plant-sourced product promotes lower bowel health while it elevates your mood.



## Ingredients

**Cascara Sagrada** is used as a laxative to help stimulate the mucosal lining of the colon, producing an active secretion of electrolytes and water. Cascara Sagrada bark powder and concentrated extract are both used to help achieve optimal benefits.

**Holy Basil** whole herb extract is one of the most highly esteemed adaptogenic herbs which supports kidney health and healthy blood sugar levels, but also has pronounced neuro-protective benefits and is used to support mood, memory and conditions of inflammation.

**Aloe Vera Gel (Inner Leaf)** is used as a highly concentrated extract to help soothe and build the intestinal tract, especially during cleansing.

**Aloe Vera (Whole Leaf)** powder is packed with vitamins, minerals and other biologically active compounds, including amino acids and enzymes, to help cleanse and nourish the intestinal system.

**Multiphyllin® Prime Chlorophyll Blend** combines the unique plant chlorophyll benefits from Alfalfa, Mulberry, Nettle, and Spinach in a rejuvenating formulation. Though knowledge of the many benefits of chlorophyll dates back many decades, recent studies have brought new attention to the nearly-unmatched array of health benefits this super plant pigment contains.

## The Solle Difference

These uniquely blended whole herb powders and highly concentrated extracts help cleanse the lower bowel and build the intestinal tract, while providing neuro-protective benefits to support both body and mind health.

## 5 Key benefits for FasTract®

**Laxative:** helps stimulate the mucosal lining of the colon

**Cleansing:** activates the colon to help reduce transit time

**Intestinal Support:** helps soothe and build the intestinal system

**Adaptogen:** neuro-protective benefits supporting mood, memory and conditions of inflammation

**Prime Chlorophyll Blend:** helps detoxify, alkalize and create a feeling of well-being

**Notice:** this product contains Cascara Sagrada bark. Read and follow directions carefully. Consult your health care professional if you have frequent diarrhea, or if you are pregnant, nursing, take medication, or have a medical condition. Not for long-term use.

## Product Use

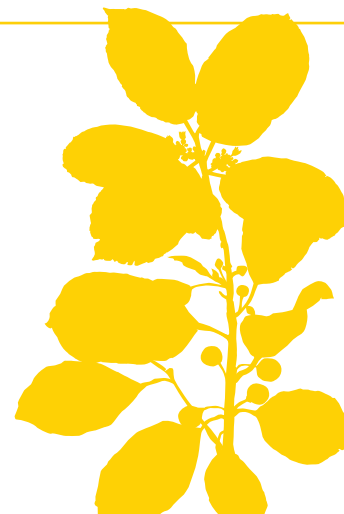
Take 2-3 capsules daily as part of a cleansing program.

Take 1-2 capsules daily for maintenance, or as needed.

Drink plenty of water throughout the day while taking this product.

## Complementary Product

Take in conjunction with GoodFibrations®, AmiTox DC® and Solle Vital® as part of a complete cleansing program.





# SolleClear SI®



## Clear head...Clear path in Life!

Life's a competition. It's an on-going battle between physical and emotional contestants vying for what we each can offer; our time and attention, our energy, and even our commitment and affection. But, to really be able to give our best each day, we have to feel our best. And nowadays that's easier said than done. Feeling our best requires the unobstructed functioning of our primary body systems: clear respiration, strong circulation, resistance to unfriendly microbes, and clear vision.

When either our effort or our outlook gets a little stagnant, targeted nutrition can restore flow and balance. In addition, restoring full functionality by clearing systems pathways directly affects our mental outlook. Clear body systems...clear mind. Clear mind...clear path forward in life. Thankfully, this kind of critical, targeted nutrition is available in SolleClear SI. With pure plant ingredients for greater overall clarity and enhanced immunity, SolleClear SI is the ideal daily nutritional boost for even the most challenging path in life.

## Ingredients

### Sinus Immune Proprietary Blend

**Suma Root 10:1 Extract** is a powerful adaptogen designed to help strengthen the body and mind against stress, and is a powerful immune system booster. Suma is also used effectively to help increase physical strength, energy and stamina, as well as promote hormone balancing, and strengthen the adrenal glands.

**Horseradish Root** promotes many health benefits mainly attributed to its high nutrient and mineral content. Traditionally used to help clear issues with sinus, lung, cough and asthma, horseradish also helps line and protect the intestinal tract to help support the digestive system and the body's ability to manage inflammation.

**Wasabi Root Extract** not only has a powerful taste, but also powerful effects on overall health! This very potent plant contains a wealth of antioxidants to help boost the immune system, support the respiratory system, and can aid in removing harmful toxins from the body.

### SolleClear™ Proprietary Blend

**Bilberry and Eyebright** - to help clarify the eyes and mind,  
**Fennel, Mullein and Fenugreek** - to help clarify the sinus and respiratory system,

**Butcher's Broom, Celery, and Quercetin** to help clarify the blood and circulatory system.

These proven herbal ingredients support the body's ability to clarify the mind, eyes, and blood, as well as the entire respiratory system. The SolleClear™ blend emphasis on respiratory and circulatory herbs reflects the Solle philosophy of the critical function of these systems in mind/body health at the cellular level.

## The Solle Difference

The SolleClear SI formula takes immune system support to a completely different level. Most immune support products only focus on "stimulating" the immune system. SolleClear SI is designed as a complete formula to help the body "strengthen" the immune system by clarifying the mind, eyes, sinus, respiratory and circulatory systems, as well as helping balance hormones during times of physical and mental stress.

## 5 Key benefits for SolleClear SI®

**Immune:** Stimulates and strengthens immune system.

**Respiratory:** Beneficial for those that struggle with sinus and respiratory issues.

**Stress:** Contains Suma Root which is a powerful adaptogen that strengthens the body and mind against stress.

**Clarify:** Contains the SolleClear Proprietary Blend which has proven herbs that help to clarify the mind, eyes, blood, circulatory and respiratory systems.

**Hormones:** Helps the body balance and clarify hormones.

## Product Use

Take 3 capsules, 2-3 times daily during times of sinus and immune distress. Take 3 capsules daily for maintenance, or as needed

## Complementary Product

Take in conjunction with AdabtAble®, Solle Excell® and Solle Vital® as part of a complete clarifying and building program.





# SolleMegas®

Powerful Plant Omegas



## 100% Powerful Plant Omegas

There was a time when the words, "You're rich, we found oil on your land!" were cause for major celebration. Well, today, more and more people are seeking another kind of oil: Omega oils. These essential fatty acids provide an altogether different kind of riches: a vibrant mind and body! SolleMegas® powerful plant omegas are your personal "oil well" of health treasures: healthy circulation, a focused mind, softer skin, healthy joints, balanced nerves...and the list goes on. More and more people are becoming informed of the broad health benefits of omega supplementation in their diet. Most are stuck getting those omegas from fish oils that have a strong odor and flavor. Solle Naturals powerful plant omegas provide an array of 100% plant-sourced omegas including omegas 3, 6, 7, and 9.

## Ingredients – A Complete Formula

### Sea Buckthorn

Both seed and fruit oil is included, with the naturally superior proportions of omega 3 and 6, DHA and EPA. Sea Buckthorn also has the coveted omega 7, as well as omega 9, making it the most complete plant-sourced omega in the eyes of many. With over 106 biological compounds in the oil alone, including 22 fatty acids, this wonder plant is often called a superfood and is the subject of studies on its beneficial effect on skin, the heart, cholesterol, and brain health.

### Chia

Dramatically rising in popularity recently, this wonder seed is the star of a book extolling its effective use by early American inhabitants for

endurance and vitality. Chia can have up to 40% of its mass in omega 3 oils.

### Sunflower Lecithin

Our non-soy lecithin source not only provides the long-known healthful properties of lecithin for digestive and nervous system health, but also is included to aid in fat emulsification and assimilation.

### Black Currant

Containing both ALA and GLA, the oil from this western shrub is nutrient-rich and includes quercetin, anthocyanins and proanthocyanidins. In addition to studies on its obvious benefits for mood, black currant has also attracted interest for its positive activity regarding joint comfort.

### Flax Seed

Very high in lignans, which aid the body in balancing hormone levels. Flax is also a great source of ALA (alpha-linolenic acid) which is the precursor to EPA, a key nutrient for heart and circulatory health. Flax has also been the subject of study for its positive effect on mood swings from daily stress.

### Perilla Seed Oil

A member of the mint family and is native to Eastern Asia, this oil is a great source of omega-3 essential fatty acids, from which many of its health and skin therapeutic benefits are derived. Perilla oil is also known as Japanese mint, Chinese basil and Shiso.

## The Solle Difference

SolleMegas® is 100% plant-sourced and carefully formulated with our mind and body harmonized approach.

## 5 key benefits for SolleMegas®

**Cholesterol:** Helps the body maintain normal-range cholesterol levels

**Skin:** Helps the body to moisturize and detoxify the skin

**Heart and Brain:** Provides essential fatty acids, which benefit heart and brain health

**Joint Health:** Helps provide joint health and flexibility

**Hormones:** Helps the body balance hormones and supports the glandular system

## Product Use

Take 2 to 3 vegetarian soft-gels daily.

## Complementary Product

Combine SolleMegas® with Solle Vital® for a broad-impact health foundation.







# Solle Essentials® Clarify



Solle Essentials® Clarify is an anti-inflammatory blend which promotes cellular health that can lead to increased gut health, brain function and decision making. Overcome that stagnate feeling with the pure essential oil blend of: lemongrass, spearmint, rosemary, black pepper, fennel, and sweet basil.

## **Lemongrass, *Cymbopogon flexuosus***

Nerve health – nervous, nerve pain, nerve communication and neurotransmitter transit  
Fatigue, jet lag, sluggish, concentration, focus, memory, alertness  
Eliminates lactic acid build-up, decongest stuckness  
Strengthens connective tissue and immune weakness  
Promotes inspiration and wise judgment

## **Rosemary, *Rosmarinus officinalis***

Historical significance with love, death and remembrance  
Memory, focus, concentration, alertness, accuracy, performance, endurance, mental fog, adrenal support  
Circulatory stimulant, respiratory clarity, lymphatic decongestant  
Lethargy, self-confidence, self-esteem  
Helps release negative thought patterns and renew enthusiasm  
Helps one clean out clutter to move forward  
Antibacterial, antifungal, cephalic, diuretic, stimulant, nerve

## **Spearmint, *Mentha spicata***

Digestive and gastrointestinal health and clarity – colitis, diverticulitis, candida, urinary health, skin issues  
Mental clarity, focus, concentration, alertness, tired mind, stress, sluggish, memory enhancement  
Cooling, refreshing, invigorating, motivating (especially movement)  
Helps one move forward  
Encourages a lightness of being, child-like, fun, free, clear

## **Black Pepper, *Piper nigrum***

Stimulates circulation – mentally and physically  
Promotes liver, urinary and digestive movement  
Focus, concentration, memory, endurance, stamina  
Reduces heat, irritability, frustration, insecurity, general weakness  
Increases endurance to handle life's challenges with clarity and openness  
Increases blood flow

## **Fennel, *Foeniculum vulgare var. dulce***

Intestinal, urinary, liver issues – aids body in detoxification process  
Release creative blocks, promotes clear thinking, minimizes over-thinking and over-analysis  
Lymphatic congestion, gastrointestinal sluggishness  
Brings clarity while detoxifying  
Opens up courage, fortitude and inner wisdom  
Helps one "digest" situations and circumstances

## **Basil, *Ocimum basilicum***

Digestion, - stimulates appetite, improves digestion and relieves flatulence, strength during fasting  
Respiratory, liver congestion  
Strengthens nerves – communication, regeneration, message delivery, paralysis, Parkinson's  
Nervous debility; mental fatigue, concentration, congestion,  
Antiviral, antibacterial, insecticide, nerve, anti-rheumatic  
Opens the mind, promotes clarity in thinking

## The Solle Difference

- 100% pure, unadulterated essential oils (ecocert when possible)
- Sourced from a certified organic laboratory with Eco-Certification and USDA Organic Certified
- Sourced from sustainable, environmentally conscious harvesting practices and reputable suppliers
- Specifically formulated to complement Solle's Clarifying Products

## Three Home Uses

**Memory/Focus:** Use inhaler or diffuse in study/activity room.

**Breathing Relief/aerobic exercise:** Roll on chest and on sides of nose before exercise or anytime breathing is labored. (5 to 10 drops in 5 ml bottle)

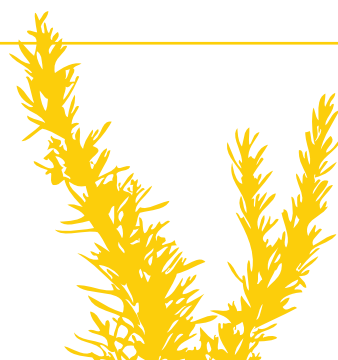
**Circulation booster (cold hands/feet):** Add 20 drops to unscented lotion or massage oil and massage legs, feet and body to enhance circulation

## Product Use

- For topical use only.
- Add several drops of the Solle Essentials® Clarify to a carrier or diffuser.
  - Roll-on (.33oz) – 10-15 total drops in carrier
  - Spray (2oz.) – 15-30 total drops in a carrier
  - Diffuser – 5-15 total drops (depending on size of area)
  - Aromatherapy inhaler – 1-5 total drops
- Keep out of the reach of children.
- Use caution if serious health issues exist or if pregnant.

## Complementary Product

Solle Essentials® Clarify is formulated to work harmoniously with Solle Naturals other Clarifying products, ProBio IQ® and SolleMegs®.





A custom blend of 100% pure essential oils designed to infuse your mind and body with confidence, inner strength, self-esteem, and self-worth. This formula helps enhance concentration, mood, attentiveness, and circulation. It awakens the inner child, and highlights your innate gifts and talents. Be confident with Solle Confidence.

#### Ingredients:

##### **Solle Essentials® Clarify:**

**lemongrass, rosemary, spearmint, black pepper, fennel, sweet basil**  
An anti-inflammatory blend which promotes cellular health that can lead to increased gut health, brain function and decision making, while decreasing stagnation.

##### **Eucalyptus, *Eucalyptus globulus*:**

A respiratory supporting oil that assists lung and bronchial function. Cools excess heat while stimulating circulation of excess mucus. Strengthens our nervous system when we feel overwhelmed.

##### **Lemon, *Citrus limonum*:**

A cooling, liver-supporting oil that infuses cellular energy, purifies the body's fluids, boosts the immune system and sharpens our mental faculties.

##### **Solle Essentials® Calm:**

**patchouli, petitgrain, cypress, german and roman chamomile, yuzu, balsam peru**

Helps the body and mind manage daily stresses that can cause various physical and emotional health concerns if left unaddressed. Encourages peace and rejuvenation of mind, heart, gut and soul.

##### **Ginger, *Zingiber officinale*:**

A gut nourishing, general anti-inflammatory oil that combats worry, stimulates circulation to reduce stagnation and aid in digestion.

##### **Carrier oils:**

Sunflower, jojoba, vitamin E

## The Solle Difference

Sustainable plant-sources. Backed by the SolleCertain Quality guarantee. Professionally formulated essential oil blend to connect and align mind and body. Complements the Clarify category herbal formulas.

## Key Benefits for Solle Confidence™

**Physical:** Apply to affected area and feet for relief with gastrointestinal upset, head ache, nerve pain, circulation and vein health, muscle tension.

**Mental:** Apply to temples, neckline, pulse points, shoulders, wrists and hands for enhanced focus (especially when easily distracted), concentration when nervous or anxious, inspiration, motivation and self-assurance.

**Emotional:** Apply to temples, neckline, pulse points, shoulders, wrists and hands to calm excess worry, feeling lonely and abandoned, while boosting self-esteem, self-acceptance, self-worth and patience.

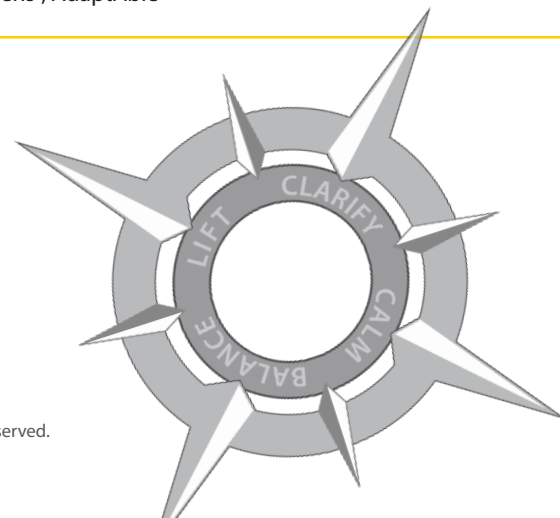
## Product Use

### **For topical use only.**

- Roll-on to skin, hair and scalp
- Mix in SolleFlex AC Cream
- Add to epsom or sea salt in bath
- Apply a compress, covering area with cold or hot cloth

## Complementary Product

Probio IQ®, Verdezymes®, Cinnamate®, PowerCHI®, Solle Vital®, AväntGreens®, AdaptAble®





## Feeling like you can use a “Do-over”?

We’ve all been there: you’re rolling along doing your thing when something moves you into frantic mode. Sometimes you move right past it, but sometimes you find yourself scrambling—stressed, messed and pressed into stuff you really don’t want as part of your day. What’s more, you know that nowadays the odds of it happening again are pretty high. These unexpected twists in daily life can too often leave us depleted, and less enthusiastic in our outlook. And, these fight/flight reactions can also take us down the path to chronic “dis-ease” both in mind and in body. At that point, it seems like the best solution would be simply a “do-over”!

Thankfully, Solle ReNue allows us to give ourselves a nutritional “do-over” whenever we get pulled off course. By providing remarkable ingredients to nutritionally calm, restore and re-center ourselves, ReNue, in effect, let’s us reset ourselves and proceed forward with the mind and body strength to get it done.

## Ingredients

**Yuzu** has been researched to help calm the nervous system and specifically reduce endocrine stress, as well as creating a general feeling of mental relaxation. Solle uses both the fruit and rind for its excellent antioxidant and anti-inflammatory properties.

**Lemon Balm** has been used for centuries to help soothe tension. The herb has traditionally been used to help the body support the nervous system, restful sleep, gastrointestinal distress, menstrual cramping and urinary spasms.

**Maral (Rhaponticum carthamoides)** has been used to support the body’s ability to manage fatigue, impotence, recovery from illness, and improve mood and cases of mild depression. Research shows the adaptogenic properties of Maral Root may also help improve memory and learning, as well as muscle recovery.

**Wood Betony** is highly rated and frequently used to help the body manage mood, liver function, urinary tract support, headaches, circulation, as well as joint and muscle support.

**Passion Flower** is known for its calming and anxiety management properties. Research shows passion flower may increase the amount of gamma-aminobutyric acid (GABA) in the brain, which helps calm the mind.

**Schizandra** is a powerful adaptogen, which helps the body manage a variety of environmental stresses, but is best known for its liver protection properties.

**Chamomile** has been used for centuries in teas as a mild, relaxing sleep aid. Due to its amazing anti-bacterial and anti-microbial properties, it also helps the body manage fever, colds, inflammation, and stomach ailments.

**Motherwort** is most commonly known for its useful applications in childbirth, due to its tranquilizing properties that are beneficial for the emotions and the body. Many people feel motherwort also helps the body soothe frazzled nerves, relax muscles, as well as healing a sad or lonely heart.

## The Solle Difference

Solle ReNue consists of only plant-sourced ingredients that provide unique nutritional benefits as part of our integrated mind and body philosophy.

## 5 key benefits for ReNue®

**Stress Relief:** helps calm the central nervous system

**Sleep Aid:** helps calm both the body and mind

**Restore Harmony:** helps the body balance emotions, stress and mood

**Rejuvenate:** helps manage fatigue by helping the body repair naturally

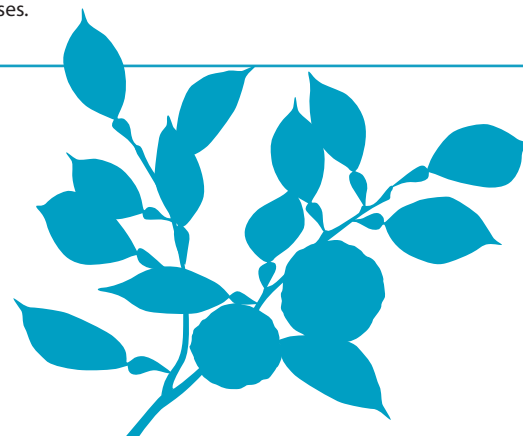
**Refocus:** helps the body to relax, repair and focus on your next task

## Product Use

Mix the contents of one packet with 8-12 oz. hot or 12-16 oz. cold, pure water, once daily or as needed.

## Complementary Product

Solle Naturals Verdezymes® plant-sourced enzyme capsules offer a strong complement for managing both the nutritional needs and the necessary mind and body renewal in confronting daily stresses.







# Verdezymes®

Calming Enzyme Blend



## Calming Digestive Formula

Consider how often we all eat. Well, an agitated and uncomfortable stomach after mealtime—and beyond—is just too much time spent in frustration—not to mention the often-resulting low daytime energy and insufficient rest at night. Digestion is a health issue with far-reaching consequences. It should be a top priority. When we digest well, we have better energy, immunity, and motivation. And, as we age, it is a well-known fact that our digestive efficiency slips. Few supplements will have a greater impact on our feeling of well-being than digestive enzymes—especially, in our view, enzymes from plant sources. Verdezymes® combines full-spectrum, plant-sourced enzymes with key digestive herbs to “potentize” digestion, soothe the GI tract, and calm the mind. In other words, Verdezymes® helps you enjoy your day, and get your rest at night.

## Two Ingredient Groups

### Proprietary enzyme blend

100% plant-sourced, our enzymes include four Protease varieties to address digestive needs in varying stomach pH conditions. Proteases (also called proteolytic enzymes) play a key role in conditions of inflammation and bloating, and support both the circulatory and immune systems. Designed to enhance digestion of proteins, carbohydrates and fats, our plant enzyme blend also includes the key enzyme glucoamylase. Glucoamylase has been the subject of numerous clinical studies. These studies have shown its ability to positively affect blood sugar balance, decrease bloating and digestive irritation, and effectively convert starch from common foods like potatoes, corn, and wheat into glucose, thus reducing gas and the feeling of fullness after eating. Calming herbal blend—Our body and mind calming formula also combines herbs that relax and soothe in distinct but harmonic ways, making these long-proven herbs better together than they are apart.

### Wood Betony

Long used in Europe, the Italians are said to have declared, “Sell your coat, and buy wood betony,” and the Spanish to have complimented, “She has more virtues than wood betony.” This member of the mint family was long used for its calming effect on the mind-related effects of poor digestion: headaches, anxiety and uneasiness.

### Peppermint

A wonderful soothing herb, peppermint also stimulates the production of bile to aid in fat digestion. Its oil has also long been used to ease tension and calm the nerves.

### Marshmallow

This mucilage forms a slick gel when combined with water. Soothing to the digestive tract, marshmallow is both eaten as a food and taken as a supplement. It is beneficial to both the respiratory and digestive systems.

### Passion Flower

It may sound counter-intuitive, but this relaxing herb is aptly named. It is hard to feel passionate about anything without adequate rest and the subsequent mind-body renewal! This important herb is also used to support a balanced mood in times of stress.

### FiberTract™ Blend

These two acid-resistant soluble fibers carry the product further into the GI tract for improved performance.

## The Solle Difference

Our vegetarian-encapsulated formula effectively combines mind-body digestive herbs with specific plant-sourced enzymes designed to support a broad spectrum of digestive conditions. In addition, FiberTract™ our proprietary fiber blend enhances the efficiency of Verdezymes™ by preserving key ingredients for digestion further along the GI tract.

## 5 key benefits for Verdezymes®

**Calms:** Calms the mind

**Renews:** Helps the body rebuild muscles while sleeping

**Soothes:** Soothes the stomach and GI tract

**Enhances:** Enhances the digestion of proteins, carbohydrates and fats

**Supports:** Supports the circulatory and immune systems

## Product Use

Take two vegetable capsules with a meal, up to three times daily. Three capsules may be taken, if desired, with final PM meal.

## Complementary Product

Combine with SolleFlex PI® as part of an effective mind/body comfort program.





**EnFatuatē**  
Premium Healthy Fats



## The Skinny on Fats

The consumption of healthy fats is critical to good health. Research shows that consuming more Omega 3's helps the body manage inflammation, insulin and blood pressure. It also helps manage mood swings, sleep quality, cognitive decline, and strengthens the respiratory system. Solle's EnFatuatē® is a unique combination of premium healthy fats and powdered herb extracts designed to support digestion, assimilation and cellular health. Due to the inclusion of the adaptogen amla and pure hops extract, EnFatuatē will also help calm the mind and strengthen immune system response.

This innovative mind and body formula consists of two proprietary blends:

**Premium Healthy Fat Nutrition Blend** – Contains a wide variety of healthy fats and highly nutritious herbs to reduce inflammation, boost metabolism and maintain healthy cells.

**Soothing Digestive Blend** – Consisting of a number of calming and relaxing herbs, this blend aids in fat digestion and assimilation while at the same time strengthening immune and nervous systems.

### Premium Healthy Fat Nutrition Blend

**Sacha Inchi Whole Seed Powder** is known to soothe and prevent inflammation and to promote softness, smoothness, and suppleness, thereby promoting the skin's rejuvenation for a more youthful complexion. Sacha Inchi powder also has a very pleasant sweet taste!

**Coconut Oil Powder MCTs** (medium-chain triglycerides) can be converted into ketones, which are produced from the breakdown of fat when carb intake is low. If you're following a ketogenic diet, which is very low in carbs yet high in fat, then taking MCT oil can help you stay in the fat-burning state known as ketosis.

**Avocado Oil Powder** is rich in omega-9 fatty acids (oleic acid), healthy fats and antioxidants.

**Cacao Powder** is densely packed with iron, magnesium, polyphenols and antioxidants. Consuming cacao can help the body support issues such as depression, stress, blood pressure and heart health.

**Sprouted Black Chia Powder** is packed full of vitamins and minerals. They are gluten free and perfect for any vegetarian or raw diet, that also provides an excellent source of fiber and heart-healthy omega-3's.

**Lucuma Powder** is often touted as a rich source of nutrients including beta-carotene, vitamin B3, iron, zinc, calcium, magnesium, and other vitamins and minerals. It also contains protein, antioxidants, and dietary fiber.

**Mangosteen Fruit Powder** is also highly nutritious, rich in powerful antioxidants, and may have anti-inflammatory properties, supports blood sugar control, and helps promote weight loss and a healthy immune system.

**Black Raspberry Seed Powder** helps maintain skin elasticity and soothes and helps protect against an array of skin conditions.

### Soothing Digestive Blend

**Amla Powder** also known as Indian gooseberry, can be partially attributed to its high vitamin C content. The Indian gooseberry helps in boosting the immune system, slowing down aging, treating throat infections, reducing blood sugar levels, and improving heart health.

**Hops Extract** helps the body manage anxiety, inability to sleep (insomnia) and other sleep disorders, restlessness, tension, excitability, attention deficit-hyperactivity disorder (ADHD), nervousness, and irritability.

**Slippery Elm Extract** is a very soothing plant extract that contains mucilage, a sticky mixture of sugars that can't be broken down by the human digestive tract. Slippery Elm helps support the body's ability to manage irritation of the urinary tract heartburn and GERD.

**Turmeric Powder** and especially its most active compound curcumin have many scientifically-proven health benefits, and is also touted as a potent anti-inflammatory and antioxidant, and may also help the body manage depression and arthritis.

**Chamomile Extract** helps promote sleep quality and proper digestion, and also helps support the body's ability to manage blood sugar and inflammation.

**Marshmallow Extract** is a very soothing herb that helps the body manage pain and swelling (inflammation) of the mucous membranes, dry cough, inflammation of the stomach lining, diarrhea, stomach ulcers, constipation, urinary tract inflammation, and stones in the urinary tract.

**Aloe Vera (Whole Leaf) Powder** may help decrease irritation in the stomach and intestines. The juice may also help people with irritable bowel syndrome (IBS) and other inflammatory disorders of the intestines. One 2013 study of 33 IBS patients found that aloe vera juice helped reduce the pain and discomfort of IBS.

## The Solle Difference

EnFatuatē® is a non GMO, adaptogen enhanced formula that delivers 100% plant sourced, nutritious, healthy fats. EnFatuatē also uniquely provides a blend of soothing botanicals to help support the body's ability to digest, process and assimilate fats.

### 5 key benefits for EnFatuatē

**Healthy Fats:** Plant derived healthy fats to help the body manage reduce inflammation, boost metabolism and maintain healthy cells.

**Soothing and Calming:** Herbal blend helps the body manage pain and swelling of mucosal membranes in the intestinal and urinary tract.

**Brain Health:** Contains a variety of Omega Fatty Acids to support brain health

**Nutrition:** Rich source of nutrients including beta-carotene, iron, zinc, calcium, magnesium, and other vitamins and minerals.

**Skin:** Helps support skin elasticity and helps protect against an array of skin conditions.

### Product Use

**Regular Use:** Once daily, mix 2 scoops (1 serving) in 4-6 ounces of cool water, shake or blend.

**EnFatuatē Use:** Mix 4 scoops (2 servings) in 10-12 ounces of cool water, shake, blend and smile.

Also use freely as a healthy mix-in to boost your favorite smoothie or Solle beverage!

### Complementary Product

To enhance your experience with EnFatuatē®, add Verdezymes® to your dietary regimen. Verdezymes is Solle's 100% plant sourced enzyme product which will further aid in the digestion and assimilation of healthy fats.





# Solle Essentials®

## Calm



The Solle Essentials® Calm Blend was specifically formulated to help the body and mind manage daily stresses that can cause various physical and emotional health concerns if left unaddressed. Experience a new day with the increased peace and rejuvenation that comes with Solle Essentials® Calm.

### **Patchouli, *Pogostemon cablin***

Grounding, calming, connected to earth (esp. when feel neglected)  
Increases positive thinking, brings clarity through calmness  
Digestive, enzyme issues – malnutrition  
Urinary, skin concerns; candida  
Calms mood swings, nervousness, anxiety  
Helps one connect and re-attach to self  
Antibacterial, antifungal, antidepressant, anti-inflammatory, anti-arthritis, carminative, insecticide, febrifuge, sedative

### **Petitgrain, *Citrus aurantium var. amara***

From the leaves of Bitter Orange tree (bergamot – fruit; neroli - flowers)  
Calms anger, panic, anxiety, nervous system sedative  
Relaxes body and mind, yet refreshing  
Calms rapid heart rate  
Promotes restful sleep  
Calms skin irritation, blemishes  
Antidepressant, antispasmodic, sedative, deodorant

### **Blue Cypress, *Callitris intratropica***

Grounding -calming, promotes feelings of security  
Eliminative Systems - Respiratory, liver, kidneys, anti-parasitic  
Structural System – skin irritations (itching), joint and muscle support  
Nervous System – Anxiety, decisive, insomnia, emotional support

### **German Chamomile *Matricaria recutita***

Digestive System – IBS, Colitis, Colic, Diverticulitis  
Adrenal Support - fatigue, exhaustion, overworked  
Antibacterial, carminative, cholagogue (promotes bile flow), nerve

### **Yuzu, *Citrus junos***

Antibacterial, carminative, cholagogue (promotes bile flow), nerve  
Digestive System - GI upset, gut clarity, carbohydrate metabolism, gas, bloating  
Nervous System - Relaxing, endocrine stress, anxiety, confidence, insomnia  
Structural System- Calms skin irritations, muscle soreness, recovery

### **Roman Chamomile (*Chamaemelum nobile*)**

Digestive and Intestinal Systems - Indigestion, IBS, Crohn's, Colitis, Colic, Nausea  
Nervous System - Anxiety, Stress, Hysteria, better sleep  
Adrenal support - Fatigue, Exhaustion, Overworked  
Emotions - Encourages peace and patience, nourishes ambiguous loss/grief, anger, irritability, rage Antibacterial, anti-inflammatory (heat reducing), antispasmodic

### **Balsam, Peru (*Myroxylon balsamum var. pereirae*)**

Grounding, calming, promotes feelings of safety and security  
GI System - Inflammation, H. Pylori, bowel issues, leaky gut  
Urinary System - Skin irritations, UTI's, cystitis, dandruff, alopecia  
Nervous System - Mental chatter, distractive thoughts, fatigue, standing up for self  
Emotions - Past emotional wounds, injured souls, let go of conflict and promote forgiveness, comforting Anti-inflammatory, anti-parasitic, deodorant

## The Solle Difference

- 100% pure, unadulterated essential oils (ecocert when possible)
- Sourced from a certified organic laboratory with Eco-Certification and USDA Organic Certified
- Sourced from sustainable, environmentally conscious harvesting practices and reputable suppliers
- Specifically formulated to complement Solle's Calming Products

## Three Home Uses

**Sleep:** Apply 3 drops directly from bottle to kids stuffed animal or blanket (dark fabric only—Calm will stain lighter fabric), and roll on bottom of feet. Or, apply in massage oil and massage feet (5 - 10 drops in 5 ml bottle). Add 2-3 Verdezymes for digestive soothing as needed for older children and adults.

**Headache/Migraine:** Roll on areas of pain on head (5 – 10 drops in 5 ml bottle)Or, apply 3 – 5 drops to a hot, moist dark-colored towel. Fold twice and place on forehead or back of neck.

**Heart/blood pressure:** Add 5 – 10 drops to Epsom Salt bath at night-time.

## Product Use

- For topical use only.
- Add several drops of the Solle Essentials® Calm to a carrier or diffuser.
  - Roll-on (.33oz) – 10-15 total drops in carrier
  - Spray (2oz.) – 15-30 total drops in a carrier
  - Diffuser – 5-15 total drops (depending on size of area)
  - Aromatherapy inhaler – 1-5 total drops
- Keep out of the reach of children.
- Use caution if serious health issues exist or if pregnant.

## Complementary Product

Try using with Solle ReNue, Solle Naturals' category leading calm drink and Verdezymes, Solle Naturals' 100% plant sourced enzyme product. Together they will help relieve stress and anxiety, support healthy digestion and help you get a more restful sleep at night.







A custom blend of 100% pure essential oils formulated to nourish your mind and body to ignite your internal fire and direct your internal compass. SE Contentment will help you feel comfortable in your own skin, satisfied and fulfilled in your life's purpose and connected to your inner passion. Gain serenity with Solle Contentment.

#### Ingredients:

##### **Solle Essentials® Calm:**

patchouli, petitgrain, cypress, german and roman chamomile, yuzu, balsam peru

Helps the body and mind manage daily stresses that can cause various physical and emotional health concerns if left unaddressed. Encourages peace and rejuvenation of mind, heart, gut and soul.

##### **Ginger, *Zingiber officinale*:**

A gut nourishing, general anti-inflammatory oil that combats worry, stimulates circulation to reduce stagnation and aid in digestion.

##### **Solle Essentials® Balance:**

lavender, palmarosa, may chang, geranium, frankincense

Restores harmony, balance, energy and mood while reducing stress, promoting restful sleep patterns and overall balance – physically, mentally, emotionally and spiritually.

##### **Cedar Atlas, *Cedrus atlantica*:**

A warming kidney-supporting oil to help combat depression, anxiety and melancholy, and promote spiritual harmonization.

##### **Solle Essentials® Clarify:**

lemongrass, rosemary, spearmint, black pepper, fennel, sweet basil

An anti-inflammatory blend which promotes cellular health that can lead to increased gut health, brain function and decision making, while decreasing stagnation.

##### **Eucalyptus, *Eucalyptus globulus*:**

A respiratory supporting oil that assists lung and bronchial function, creating movement when you need room to breathe and the ability to move forward. Helps combat feelings of guilt and resentment.

##### **Lemon, *Citrus limonum*:**

A cooling, liver-supporter to combat sluggishness, self-doubt, fatigue, trust issues and inner conflict. Encourages happiness.

##### **Carrier oils:**

Sunflower, jojoba, vitamin E

## The Solle Difference

Sustainable plant-sources. Backed by the SolleCertain Quality guarantee. Professionally formulated essential oil blend to connect and align mind and body. Complements the Calm category herbal formulas.

## Key Benefits for Solle Contentment™

**Physical:** Apply to affected area and feet for relief with liver and gallbladder issues, nervousness, nerve and muscle pain, bone spurs, hemorrhoids, acne, leg cramps, scars, hot flashes and athlete's foot.

**Mental:** Apply to temples, neckline, pulse points, shoulders, wrists and hands to combat nightmares, help set healthy boundaries, clear inner conflict and become more alert.

**Emotional:** Apply to temples, neckline, pulse points, shoulders, wrists and hands to reduce anger and feeling stuck, and promote joy, hope and patience.

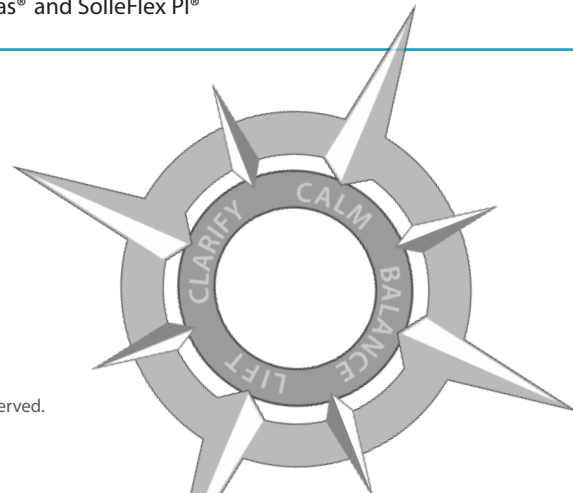
## Product Use

### **For topical use only.**

- Roll-on skin, hair and scalp
- Mix in SolleFlex AC Cream
- Add to epsom or sea salt in bath
- Apply a compress, covering area with cold or hot cloth

## Complementary Product

Solle's 4 signature drinks plus ProBio IQ®, Verdezymes®, SolleMegas® and SolleFlex PI®





**CinnaMâte®**  
Digestive Energy



## Lift your energy and your focus

CinnaMate® is a powerful herbal combination designed to provide increased energy and focus through natural stimulation, enhanced digestion, and sugar management. And, unlike other “energy” products, CinnaMate is not only safe to use daily, but due to its impressive nutritional profile, is also a health-building product designed for longevity. It effectively addresses the root problem for so many of today’s health issues—sugar consumption and its consequences! Whether you are focused on weight management, stomach comfort, blood sugar issues, or other health and energy-related concerns—this unique formula will lift you toward your health goals.

## Ingredients – Our “FAB Five”

### Yerba Mate

Very recently receiving its due in the U.S., Yerba Mate has been widely used for centuries in South America. Mate contains a higher antioxidant profile than green tea, and is more nutritious. A bold statement, but true! With 24 vitamins and minerals, including Chromium and Pantothenic acid, 15 amino acids, and a number of other key plant compounds, Yerba Mate is among the most nutritious of all plants. In fact, even back in 1964 the Pasteur Institute in France declared, “...it is difficult to find a plant in any area of the world equal to mate in nutritional value.” Because of its unique nutritional profile, and the natural xanthine alkaloids in Mate, including caffeine, Mate increases stamina and mental focus without producing the “jittery” and “spike” effect of other natural caffeine-containing plants—not to mention artificial energy drinks.

### Cinnamon

Shown in recent studies to possess surprising ability to extend the utilization of insulin in the blood. Cinnamon also reduces levels of blood sugar, and supports healthy levels of cholesterol in the blood. Cinnamon is a mood-enhancing aromatic with a long history of safe use. Our 20% extract delivers an effective daily dose of this amazing spice.

### Nopal

This superior herb is considered by most to be more than simply a blood sugar stabilizer. Long used in the southwest and in many other parts of the world, Nopal has properties that are adaptogenic in quality. It contains amino acids, vitamins A and C, and many other compounds. In a 2004 study reported in the American Journal of Clinical Nutrition, Nopal was found to be more effective than vitamin C alone for preventing oxidative stress on cell walls—thus boosting immunity and increasing vitality. Nopal is a meaningful support to digestion, circulation, and immune issues in the body.

### Banaba Leaf

Impressive results in blood sugar regulation studies have recently placed Banaba Leaf on the short list for herbal blood sugar formulas. Our formula uses Banaba Leaf with standardized 1% corosolic acid, as highlighted in the studies.

### Thyme

Long known for its antimicrobial properties, Thyme is nutrient rich and is beneficial for the overall immune system. Thyme also contains significant antioxidant properties in the form of flavonoids, is very high in the trace mineral Chromium and has been used historically as a digestive aid and tonic.

## The Solle Difference

Whereas too much Yerba Mate is now sold with isolated and increased levels of caffeine, CinnaMate uses the nutritionally-balanced complete Yerba Mate extract. Our natural extract enables you to benefit from other health-supporting strengths of this wonder plant: weight management, circulation support, and digestive comfort. Sugar regulation is often overlooked in energy formulas, and is another key to CinnaMate’s efficacy. Finally, our unique blend of these particular ingredients reflects our proprietary mind/body approach that is based upon decades of practical experience in their use.

## 5 key benefits for CinnaMâte®

**Blood Sugar:** Cinnamon helps the body maintain normal-range blood sugar levels.

**Craving control:** 24 vitamins and minerals and 15 amino acids help give your body what it needs to fight cravings

**Stamina:** Naturally occurring caffeine helps increase stamina and focus without the jittery effects. Use this as a coffee replacement.

**Digestive Energy:** Helps promote regularity

**Immune Enhancing:** Anti-microbial and anti-viral properties help promote the natural blood-cleansing functions of the body, and promotes a strong immune response

## Product Use

Take 1 packet once or twice daily. Mix with 8 ounces of water (as a delicious hot tea), or with 16 oz. cold water. Drink at 10 am and/or 2 pm, rather than with a meal, as part of your weight management program.

## Complementary Product

Try Probio IQ® clarifying probiotic formula, and effectively combine all the additional digestive benefits of our probiotics which have been specially selected for mood enhancement.





**SOLLECOMPLETE<sup>®</sup>**  
Protein Plus



## SolleComplete is Protein Plus!

How would you really like to see yourself? The picture of health and energy? Ready for your next challenge—physically and mentally? An engaged participant in life's opportunities, not just a spectator? Well, thoughtful nutrition is a big part of making that vision a reality.

SolleComplete is a great tasting, all-natural, protein-enhanced beverage that is uniquely formulated to nutritionally support both body and mind.

SolleComplete combines pea protein with two truly innovative, proprietary herbal blends of both concentrated and standardized herbal extracts to produce a one-of-a-kind nutritional formula.

## Ingredients:

### Pea Protein

Pea Protein provides your body with the amino acids necessary to repair muscle fiber damage, increase strength and improve muscle tone. 100% plant sourced protein, like that found in SolleComplete, provides these essential amino acids in a form that is more bioavailable and gentler on your stomach and kidneys.

### SolleStamina Mind & Body Lifting Blend

SolleStamina Mind & Body Lifting Blend combines adaptogenic and lifting herbs to supply critical nutrients that will help your body increase stamina, boost metabolism and elevate mood. This blend contains: Astragalus Root Extract, Green Tea Leaf Extract, Rose Hips Fruit Extract, Eleuthero Root Extract, Ginkgo Biloba Leaf Extract, Rhodiola Root Extract, Rooibos Leaf Extract, Yerba Mate Leaf Extract, Ginger Root Extract.

### BioSolle Systemic Rejuvenation Blend

BioSolle Systemic Rejuvenation Blend Consists of natural herb and fruit fibers, plant sourced enzymes and a heat resistant probiotic to help soothe the digestive tract and increase bioavailability. This blend contains: Apple Fiber, Fructooligosaccharides (scFOS), Blueberry Fiber, Cranberry Fiber, Chicory Root Extract, Slippery Elm Bark Extract, Horsetail Herb Extract, Marshmallow Root Extract, Xanthan Gum, Guar Gum, Papain, Lactobacillus Sporogenes.

Other Ingredients: Honey Powder, Natural Flavors, Stevia Leaf Extract

All Plant-Based Ingredients! Gluten and Lactose Free!

Each bag contains 15 servings.

Available in two flavors: Natural and Dutch Cocoa

## The Solle Difference

SolleComplete<sup>®</sup> contains soluble fiber, digestive enzymes, a heat resistant probiotic and two unique herbal blends to create a nutritious and rejuvenating protein supplement.

## 5 key benefits for SolleComplete<sup>®</sup>

**Plant-Based Protein:** each serving provides 100% plant sourced protein which is more bioavailable and gentler on your stomach and kidneys.

**Muscle Support:** contains amino acids necessary to help repair, strengthen and tone muscles.

**Overall Wellness:** combines adaptogenic and lifting herbs to supply critical nutrients that will help your body increase stamina, boost metabolism and elevate mood.

**Fiber Blend:** contains a natural blend of herb and fruit fibers to help soothe the digestive tract.

**Gut Health:** also combines plant sourced enzymes and probiotics to help support overall gut health.

## Product Use

Add 2 scoops of SolleComplete<sup>®</sup> to 8 fl. oz. of water and mix until smooth. Reseal after use. Store in a cool, dry place.

## Complementary Product

To enhance your mind and body nutrition, add SolleMegs<sup>®</sup> to your dietary regimen. SolleMegs<sup>®</sup> are Solle Natural's 100% plant sourced omega supplement formulated to work synergistically with SolleComplete<sup>®</sup>.







# SolleMacaXD

Stamina Empowered



## Stamina Empowered

We all need stamina every day. And some moments require a distinct stamina boost. True, life has a way of depleting our reserves. That's just the way it is. But the right nutrition can put you back where you deserve to be: enjoying yourself and feeling strong and confident. SolleMaca XD gives you stamina to perform in times when you need energy, and to boost your overall well-being, outlook, and activity level in life.

## Ingredients

### Solle Tri-Maca™ Vibrancy Blend

Maca is a plant found exclusively in Peru and has been cultivated there for more than 2,000 years. There are different types of maca, including yellow, red and black maca. Research shows that maca powder has many health benefits supporting energy, mental health and blood pressure, both for healthy people and for those living with various conditions and ailments.

**Yellow Maca** supports libido and helps the body manage depression and mood, and also has positive effects on skin protection from the sun.

**Red Maca** traditionally known for having the greatest effect on the body's ability to strengthen bones and support healthy prostate function.

**Black Maca** has also been researched to support memory, cognitive function and restful sleep, in addition to supporting libido.

**Cupuacu fruit** is a powerful antioxidant containing 21% amino acids and naturally-occurring theacrine, which enhances locomotor skills.

### Cordyceps Sinensis Extract

This amazing adaptogen has been used over 2000 years in China to promote vitality, energy, and endurance, as well as cardiovascular, respiratory, and adrenal health.

### Tribulus Terrestris

Tribulus Terrestris has been used in Traditional Chinese medicine and Indian Ayurveda medicine for general health benefits including increasing libido in men and women, lowering blood sugar, improved circulation and increasing athletic performance.

### Damiana Leaf

For centuries, the Mayan Indians of Mexico have used damiana as an aphrodisiac, prescribing it for both men and women. This herb functions as a sex stimulant that not only boosts libido, but also enhances sexual pleasure.

## The Solle Difference

The only product on the market that contains Red, Black and Yellow Maca, as well as the exciting tropical fruit Cupuacu, SolleMaca XD is truly a one-of-a-kind, powerful new health solution.

## 5 key benefits for SolleMaca XD®

**Energy & Stamina:** Cordyceps and Maca both help support energy, stamina and endurance during workout or simply to give you the boost you need throughout the day.

**Libido & Virility:** Damiana, combined with the Solle Maca Vibrancy blend, not only acts as an aphrodisiac, but also helps support libido and the entire endocrine system, which in turn supports memory, restful sleep, depression, mood, prostate, and reproductive health.

**Hormone Balancing:** Maca nutritionally supports the glands in the body to optimal function, according to your individual unique requirements.

**Mental Health:** the adaptogenic herbs in the formula help boost all of the ingredients to lift and balance the body and mind, while supporting mental alertness and recall.

**Respiratory System Support:** Controlled studies have shown Cordyceps helps support improved respiratory function, by helping increase oxygen assimilation and absorption.

## Product Use

Take 2-3 capsules daily.

## Complementary Product

Combine SolleMacaXD with SolleComplete® as part of a comprehensive lifting, rejuvenation and repair program, or combine with Solle Excell® as part of a comprehensive glandular system clarifying program.





**Solle**  
**PowerCHI**  
Adaptive Metabolic Energy



## Power Up Your Metabolism

Metabolism...a lot of people talk about it, but few truly understand it. What's worse, many of us unwittingly damage our own metabolism through poor eating and/or unhealthy fad diets. A healthy metabolism produces energy efficiently and helps you maintain your optimal weight. Solle Power Chi is a 100% plant sourced formula that provides the nutritional elements, including 2 adaptogens, necessary for the mind and body to readjust and then retain proper metabolism. In other words, adding Power Chi to your daily regimen can result in healthy and sustainable weight management. Solle Power Chi is a first of its kind, adaptogen powered, mind and body, weight management product. It is a truly unique herbal formula that can help you reestablish your truly unique metabolism.

## Ingredients

The Solle PowerChi Adaptive Metabolic Energy Blend is a carefully formulated combination of standardized and concentrated plant extracts, powders, probiotics, and adaptogens for optimal energy, weight and mental focus, featuring the following ingredients:

**Yerba Mate Extract** contains 24 vitamins and minerals, including Chromium and Pantothenic acid, 15 amino acids, and a number of other key plant compounds, and is among the most nutritious of all plants. Because of its unique nutritional profile, and the natural xanthine alkaloids in Mate, including caffeine, Mate helps boost energy, metabolism, and mental focus without producing the "jittery" and "spike" effect of other natural caffeine-containing plants.

**Apple Cider Vinegar** provides many health benefits supported by scientific research to help maximize weight loss, healthy blood sugar levels, circulatory and heart support, and is even antibacterial in nature to help your body maintain balance.

**Red Beet Root Powder and Extract** is very rich in nitrates and potassium, helping widen and relax blood vessels supporting circulation, healthy blood pressure and minimizing fatigue.

**Nopal** has adaptogenic and immune properties, amino acids and vitamins to help support oxidative stress, circulation and digestion.

**Coleus Forskohlii** is rich in forskolin, a compound that increases the activity of cyclic adenosine monophosphate (cAMP) a messenger molecule that helps regulate the metabolism of glucose, proteins, and lipids, as well as the function of hormones like adrenaline.

**Ashwagandha, Rooibos, and Green Tea** combine a powerful adaptogenic herb with key antioxidants to help the body balance energy and mood for sustained metabolic support.

**Propionibacterium freudenreichii** supports absorption of calcium, magnesium and potassium, and is the only microorganism that has been both granted GRAS status and shown to help the body produce the active form of vitamin B12, key for supporting energy and mood.

## The Solle Difference

The Solle PowerChi Adaptive Metabolic Energy Blend is carefully formulated to provide optimal energy, weight and mental focus. Other energy and metabolic support products may only focus on "stimulating" or providing quick energy that may cause the body to "crash". Solle PowerChi is designed to help the body feel sustained energy and metabolic support, all while supporting circulatory, respiratory and immune systems, as well as helping balance hormones during times of physical and mental stress.

## 5 key benefits for Solle PowerCHI

**Metabolic Support:** Assists the body in reestablishing a healthy, efficient metabolism.

**Energy:** Provides optimal adaptive energy for sustained stamina.

**Mental Focus:** Helps lift and balance the body and mind, supporting both mental alertness and recall.

**Circulatory Support:** Helps expand and relax blood vessels supporting improved circulation and reducing fatigue.

**Hormone Balance:** Supplies key herbal ingredients to support hormone function and balance the glandular system.

## Product Use

Take 4 capsules daily with water.

For moderate use take 2 capsules daily with water.

## Complementary Product

Take in conjunction with SolleComplete®, AväantGreens®, CinnaMate®, Solle ReNue® and Verdezymes® as part of a complete energy and weight management program.



Copyright 2022 Solle Naturals. All rights reserved.





## A Perfect 10!

There are few things more attractive than an alert, healthy mind. Combine that with a healthy heart and strong immune system and you're approaching perfection. Neuro IM combines 10 concentrated mushroom extracts and mushroom powders from around the world to create a flawless formula designed to provide brain, immune, cardiovascular and mood support. Mushrooms have been used effectively in various cultures for thousands of years and Solle Natural is proud to bring the positive health benefits of mushrooms to our customers worldwide.

## The Solle Neuro IM formula includes the following ingredients:

**Lion's Mane Mushroom Extract** contains compounds that stimulate the growth of brain cells and protect them from damage caused by degenerative cognitive conditions, and has also been studied to support the body's ability to manage anxiety and depression.

**Chaga Mushroom Extract** is a natural antibiotic that helps the body defend itself against bacteria, and is also a protective antioxidant, and can effectively support the body to reduce damaging inflammation.

**Turkey Tail Mushroom Powder** contains polysaccharides and antioxidants that help boost the immune system, and may improve gut bacteria balance, which can also positively impact your immunity.

**Maitake Mushroom Extract** is a type of adaptogen. Adaptogens assist the body in fighting against any type of mental or physical difficulty. They also work to regulate systems of the body that have become unbalanced. People are praising this mushroom for its promises of health, vitality, and longevity.

**Shiitake Mushroom Extract** is a delicious and healthy mushroom, native to the Far East, that provides a wide range of vitamins and minerals, as well as other nutrients that help boost the immune system, and overall health.

**Reishi Mushroom Extract** contains natural compounds that help support cognitive brain function, and helps the body protect neurotransmitters in the body, supporting overall nerve health and longevity.

**Tremella Mushroom Powder** is anti-inflammatory and a good overall antioxidant that helps the body manage nerve damage and cognitive repair.

**Cordyceps Mushroom Extract** has been known for its excellent benefits to help the body maintain stamina, endurance, and offers great cardiovascular support.

**Agaricus Blazei Mushroom Powder** helps the body modulate immune cells, that helps support the immune system, and the body's ability to manage inflammation, and overall blood oxidation.

**Meshima Mushroom Powder** is antibacterial in nature and helps the body modulate the immune system by supporting the body's ability to balance immune responses to inflammation.

## The Solle Difference

The Solle Neuro IM restorative mushroom blend only uses safely harvested mushroom materials to help ensure cleanliness, safety and efficacy.

## 5 key benefits for Solle Neuro IM

**Anti-Inflammatory:** Helps the body manage inflammation with strong antioxidant properties.

**Cognitive Health:** Helps strengthen nerve tissue to help increase blood flow and stimulation to the brain and central nervous system.

**Adaptogens:** Promote health, vitality, and longevity.

**Immune System:** Helps the body maintain a strong immune system.

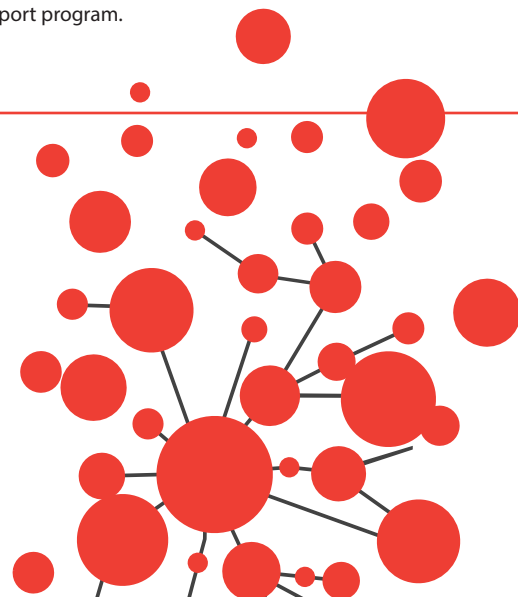
**Nutrition:** Mushrooms provide a wide range of vitamins, minerals, protein, fiber, and other nutrients that help boost the immune system and overall health.

## Product Use

Take 2 capsules daily with water.

## Complementary Product

Take in conjunction with ProBio IQ®, AdaptAble®, and Verdezymes® as part of a complete Mind and Body support program.







# Solle Essentials® Lift



Solle Essentials® Lift helps bring to mind feelings of optimism and hope. Enhance your self-image and confidence by boosting your immune system and helping your body regulate blood sugar levels. Lift helps you become yourself again.

## **Cinnamon, *Cinnamomum zeylanicum***

Leaf & Bark, grounding and completeness

Like giving yourself a big hug

Safety, comfort, security; combats feelings of abandonment

Blood sugar management; sweetness in life; inspires joy

Immune boosting – stops spread of infection

Gives strength of purpose, enhances creativity

## **Blood Orange, *Citrus sinensis***

Immune support and booster – contains vitamins C and B.

Lymphatic decongestant; increases chi and energy flow

Lifts mood, energy level, focus, awakens creativity and inspiration

Cheerfulness, radiance, happiness, joy, positivity

Recharges, unwinds and revitalizes the mind, body and spirit

Antidepressant, antispasmodic, carminative, digestive, stimulant, tonic

## **Pink Grapefruit, *Citrus paradisi***

Lymphatic decongestant; reduces stuck fluids and emotions

Combats bitterness, resentment, fatigue, jet lag

Evokes joy, happiness and contentment

Combats self-doubt, disappointment

Raises connectivity to self and enriches spirituality

Nutrients - Vitamins A, B, C, tryptophan and lysine

Euphoric effect on psyche promoting freedom to be

Antidepressant, antibiotic, antiseptic, diuretic, stimulant, tonic

## **Lime, *Citrus aurantifolia***

Immune support/booster – vitamin C, A, B1, B2, B3

Digestive health – acid reflux, hiatal hernia, indigestion

Reduces heat – headaches, hot flashes, excessive perspiration

Helps one adapt and adjust to changes, transitions

Nervousness, anxiety, depression, tired mind

Increases focus, awareness, energy, fun

Restores, calms, balances emotions and encourages

compassion and self-love

Antiviral, alkalizer, antiseptic, astringent, anti-arthritic,

disinfectant, insecticide

## **Ravintsara, *Cinnamomum camphora***

Great respiratory support, congestion, stagnation

chronic fatigue, Epstein-Barr, shingles, fibromyalgia, nervous

exhaustion, mental/physical fatigue

Helps release feelings of grief, guilt, sadness, defeatedness,

confusion, anguish

Immune supportive - helps fight off foreign invaders

## The Solle Difference

- 100% pure, unadulterated essential oils (ecocert when possible)
- Sourced from a certified organic laboratory with Eco-Certification and USDA Organic Certified
- Sourced from sustainable, environmentally conscious harvesting practices and reputable suppliers
- Specifically formulated to complement Solle's Lifting Products

## Three Home Uses

**Homework/Late night:** Diffuse or use inhaler (10 drops for both), then drink hot mug of CinnaMate with Almond Milk as creamer. Sip as you study.

**Awaken (anytime):** Roll-on pressure points – Temples, ear region, inside of wrists, inside of knees.

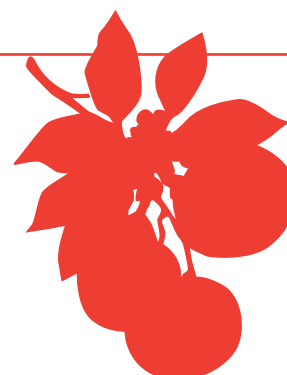
**Cold/Flu Immune:** Roll on back of neck, sides of nose, and bottom of feet. (10-15 drops in 5 ml bottle). Or use an aromatic mist – spray on you, surrounding area to disinfect (20-22 drops per 2 oz. spray bottle).

## Product Use

- For topical use only.
- Add several drops of the Solle Essentials® Lift to a carrier or diffuser.
  - Roll-on (.33oz) – 10-15 total drops in carrier
  - Spray (2oz.) – 15-30 total drops in a carrier
  - Diffuser – 5-15 total drops (depending on size of area)
  - Aromatherapy inhaler – 1-5 total drops
- Keep out of the reach of children.
- Use caution if serious health issues exist or if pregnant.

## Complementary Product

Try using Solle Essentials® Lift with CinnaMate® as part of an overall program to increase stamina, improve endurance and balance blood sugar.





A custom blend of 100% pure essential oils designed to bring your mind and body comfort and joy. This special blend enhances self-image, boosts immunity, and promotes feelings of safety, security and optimism. Bring joy to the head, heart and soul with Solle Comfort.

## Ingredients:

### Solle Essentials® Lift:

**cinnamon, blood orange, pink grapefruit, lime, ravintsara**

Promotes optimism and hope, enhances self-image, boosts immunity, helps the body regulate blood sugar levels and lifts your spirits so you can be your true self.

### Oregano, *Origanum vulgare*:

A heating, stimulating oil to facilitate lung function, immunity, circulation and combat PTSD, self-doubt and heartache from a toxic relationship.

### Elemi, *Canarium luzonicum*:

A lymph and immune supporting oil, that infuses compassion, promotes peace and a tranquil heart, especially when emotions are cold.

### Solle Essentials® Clarify:

**lemongrass, rosemary, spearmint, black pepper, fennel, sweet basil**

An anti-inflammatory blend which promotes cellular health that can lead to increased gut health, brain function and decision making, while decreasing stagnation.

### Eucalyptus, *Eucalyptus globulus*:

A respiratory supporting oil that assists lung and bronchial function, creating movement when you need room to breathe and the ability to move forward. Helps combat feelings of guilt and resentment.

### Lemon, *Citrus limonum*:

A cooling, liver-supporter to combat sluggishness, self-doubt, fatigue, trust issues and inner conflict. Encourages happiness.

### Solle Essentials® Balance:

**lavender, palmarosa, may chang, geranium, frankincense**

Restores harmony, balance, energy and mood while reducing stress, promoting restful sleep patterns and overall balance – physically, mentally, emotionally and spiritually.

### Cedar Atlas, *Cedrus atlantica*:

A warming kidney-supporting oil to help combat depression, anxiety and melancholy, and promote spiritual harmonization.

### Carrier oils:

Sunflower, jojoba, vitamin E

## The Solle Difference

Sustainable plant-sources. Backed by the SolleCertain Quality guarantee. Professionally formulated essential oil blend to connect and align mind and body. Complements the Lift category herbal formulas.

## Key Benefits for Solle Comfort™

**Physical:** Apply to affected area and feet for relief with lungs, heart, silent reflux, GI upset, cold & flu, vertigo, parasites, lymph stagnation, left sided issues.

**Mental:** Apply to temples, neckline, pulse points, shoulders, wrists and hands to enhance mood, increase productivity, learning ability, decision making and combat fatigue.

**Emotional:** Apply to temples, neckline, pulse points, shoulders, wrists and hands to manage grief, despair, broken-heartedness, moving out stagnant emotions and feeling withdrawn.

## Product Use

### For topical use only.

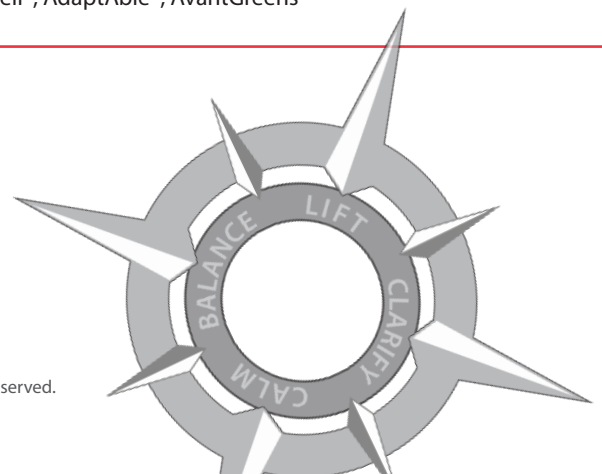
- Roll-on skin, hair and scalp
- Mix in SolleFlex AC Cream
- Add to epsom or sea salt in bath
- Apply a compress, covering area with cold or hot cloth

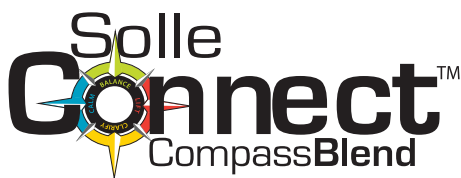
## Complementary Product

Cinamate®, PowerCHI®, SolleMegas®, Probio IQ®, Solle Vital®, Solle Excell®, AdaptAble®, AväntGreens®



Copyright 2022 Solle Naturals. All rights reserved.





A blend of 100% pure essential oils infused in alcohol, purified water, sunflower lecithin, and vegetable glycerin for a multipurposed surface spray. Scents not only smell good, they also help you feel good. This blend of essential oils can help clean surfaces as well as provide a plethora of benefits including:

- balance emotions and nurture a good mood
- inspire a positive mindset and stimulate motivation
- promote alertness and focus

This unique formulation of 23 essential oils delivers a variety of evidenced-based therapeutic properties that include antiviral, antibacterial, antifungal, anti-inflammatory, gastroprotective and neuroprotective. Enhance your mood while cleaning your environment.

**Ingredients:** Ethyl alcohol denatured, purified water USP, vegetable glycerin, sunflower lecithin, and a blend of,

**Solle Essentials® Balance:**

**lavender, palmarosa, may chang, geranium, frankincense**  
Brings the mind, body, and gut into harmony, promoting vitality, energy, and connectedness with reduced hesitation.

**Solle Essentials® Calm:**

**patchouli, petitgrain bigarade, German chamomile, yuzu, Roman chamomile, blue cypress, balsam peru**  
Helps relax the mind, body, and gut during times of stress, rest, and restoration. It alleviates tension, spasms, and anxiety.

**Solle Essentials Clarify:**

**lemongrass, rosemary, spearmint, black pepper, fennel, basil**  
Infuses the mind, body, and gut with focus and circulation to push out any stagnation and stuckness.

**Solle Essentials Lift:**

**cinnamon leaf & bark, blood orange, pink grapefruit, lime, ravintsara,** Ignites your inner fire and passion to dream and bring desires to fruition while feeling safe and secure. It supports metabolic functions and circulation.

Each of the 4 Solle Essentials blend is unique on its own. When combined together, their synergistic impact is profound. The 23 essential oil blend has a compound effect bringing balance, harmony, and strength, simultaneously. The scent unfolds providing a fresh blend of herbs, fruits, flowers, and spices, each coming off in layers for a garden-like effect.

## The Solle Difference

Sustainable plant-sourced ingredients with SolleCertain Quality. Professionally formulated essential oil blends to connect and align head, heart, gut, and soul.

## Complementary Product

Solle Compass Blends of Comfort, Confidence, Contentment, and Courage; Solle Essentials Balance, Calm, Clarify and Lift.



## Product use & benefits

**For topical use only.**

**Physical:** Apply to surface areas, use as a room spray, linen spray, or fabric freshener.

**Mental:** Spray in the surrounding air (avoiding the eyes), and breathe in to relax and rejuvenate the mind, encourage motivation, and inspire a good mood.

**Emotional:** Spray in the surrounding air (avoiding the eyes), or on a cotton round, and breathe in. Let the scents calm worry, boost self-esteem, and encourage feelings of being appreciated and valued.







# SolleRoyal

Collagen Couture



SolleRoyal™ is a 100% plant sourced collagen product enhanced with adaptogens and superfruits. Why collagen couture? **1)** SolleRoyal uses only elite, designer quality ingredients. Not only are our raw ingredients of the highest quality and obtained from the world's most reputable providers, but they are also carefully selected to work synergistically with the other ingredients in the formula. **2)** SolleRoyal is designed to work with each person's individual makeup to customize its benefits. SolleRoyal's proprietary formula, that includes the adaptogen, Moringa, works with your body to provide a variety of health benefits that are unique to you. **3)** When you have that unmistakable healthy glow, you look and FEEL beautiful. SolleRoyal simultaneously works to enhance your physical, mental and emotional health, leading to a holistic health that allows your true beauty, both inside and out, to shine forth. So, if you're looking for a collagen supplement that is more than just a collagen supplement, look no further, SolleRoyal by Solle Naturals.

## Ingredients:

### **Concentrated Collagen Catalyst Peptide blend:**

Our concentrated blend contains all the essential amino acids, plus many others, including the 3 amino acids currently considered to be key in collagen production—proline, lysine and glycine.

**Purple Sweet Potato** – With more potassium than a banana and high in vitamin C, purple sweet potato has been shown in studies to contribute to lower blood pressure and provide a high level of anti-oxidant protection.

**Pumpkin Seed** – Pumpkin Seed is low in calories and high in vitamins and minerals including beta carotene and vitamin C.

**Sunflower Seed** – This seed is an excellent source of vitamin E and regular consumption boosts brain health and helps skin achieve a healthy glow.

**Royal Bee Jelly** – Royal Bee Jelly is a super food with more than 180 known beneficial biological compounds, including all the B-vitamins (even B-12) and vitamins A, C, D and E.

### **Regal Super Fruit blend:**

**Baobab** - Baobab trees are known as the tree of life because their trunks can hold up to 1200 gallons of water and their fruit is a super fruit with 7-10 times the vitamin C of oranges. Baobab has also been studied for its support of healthy blood glucose levels and anti-inflammatory contributions.

**Camu Camu** - Considered a super fruit, Camu Camu is native to the Amazon rainforest. It looks and tastes like a tart cherry. Besides being high in Vitamin C, studies point to benefits in healthy blood pressure levels, inflammation management, and weight management through improved gut bacteria and metabolism.

**Açaí** - A nutrient-dense super fruit with an ORAC higher than blueberries, Açaí is rich in vitamins A, C, and E, and also contains omegas and beneficial flavonoids. These flavonoids have been studied for their inhibition of the build-up of compounds that contribute to cognitive decline.

### **Proprietary collagen and mood enhancing blend:**

**Moringa Leaf** - A complete protein, Moringa Leaf contains all 3 amino acids needed for collagen production. As an adaptogen, Moringa Leaf supports a healthy stress response and is also rich in many vitamins and minerals.

**Butterfly Pea** – Butterfly Pea has been used in both Chinese and Ayurvedic traditional medicine as a brain booster, anti-stress and calmodulatory nutritional. It contains flavonoids known to boost collagen production.

**Sweet Potato Leaf** – This leaf contains high amounts of beta-carotene, lutein and vitamin A, among many other nutrients. It is comparable to spinach in nutrient richness and has been studied for eye and skin support and protection.

**Bamboo** - An excellent source of silica, Bamboo assists in the production of healthy hair, skin and nails. This nutrient rich plant also supports healthy respiratory function.

**Tremella Mushroom** - contains polysaccharides known as hyaluronic acid, which helps with skin moisture and collagen production, among other important functions.

**Aloe Vera Gel** – This highly concentrated extract helps support skin regeneration and improves skin elasticity.

**Other Ingredients:** Natural Mixed Strawberry and Blueberry Flavor, Stevia Extract, Sea Salt, Xanthan Gum, Citric Acid

## The Solle Difference

Unlike most collagen supplements, SolleRoyal is 100% plant sourced and uses concentrated extracts of plants high in key peptides and combines them with super fruits high in vitamin C along with the adaptogen Moringa. This unique blend of ingredients, which is easily assimilated, stimulates the highly efficient, natural production of collagen.

## Product Use

Add 1 scoop of SolleRoyal to 8 fl. oz. of cold water and mix until smooth.

## Key Benefits for SolleRoyal™

**Hair, Skin & Nails** - Solle Royal will help improve the appearance of skin, hair and nails.

**Bones & Connective Tissues** - SolleRoyal will help strengthen bones, tendons and ligaments and supports healthy joints.

**Stress** – Due to the inclusion of the adaptogen, moringa and butterfly pea, SolleRoyal will strengthen the body's ability to manage stress.

**Immunity** – SolleRoyal will boost immune response and strengthen overall immunity.

**Weight Management** – With 9 grams of protein and less than 1 gram of sugar per serving, SolleRoyal is a great part of a healthy weight management program



Copyright 2022 Solle Naturals. All rights reserved.

