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, Ashswaganda 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.

**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.
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.

**Product Use**

Take 2 vegetable capsules once daily with a meal.

**Complementary Product**

Combine SolleFlex PI™ with SolleMegas™ 100% plant-sourced omegas, and leverage your new-found health freedom!
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.
- **Jojoba** 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 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.

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.

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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.

**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.

**Ashwaganda**
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.

**Ingredients – Six Superior Adaptogens plus St.John’s Wort**

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**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.

**Product Use**
Take two vegetable capsules with water once or twice daily.

**Complementary Product**
Take capsules with Solle Vital during times of increased stress.
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/equalizes 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, carminitive, 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, calming stress, reduces anxiety,  
Calms nerves during times of change  
Relieves skin blemishes  
Balances excessive perspiration (pouring out of emotion)  
Antibacterial, antiviral, anti-inflammatory, antidepressant, antiseptic, carminitive, hypotensive, 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-tumor, anti-cancerous, anti-arthritisic, 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

**Product Use**
- For topical use only.  
- Add several drops of the Essentials™ Balance blend 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.
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 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.

Why not give your mind and body enhanced vibrancy by providing unique, concentrated herbal nutrients that are targeted to today’s lifestyle issues? Why not achieve True Clarity in your personal health and enhance your well being like never before with Solle Excell? At Solle Naturals, we think everyone deserves to feel this good.

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

**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™ 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™ 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 Cupuacu fruit, make our Tri-Maca™ Vibrancy Blend one-of-a-kind for glandular and nervous system health. Together with our proprietary SolleClear™ blend, this unique combination provides all-new health benefits in a unique and pleasant-tasting drink.

**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 SolleMegas as part of a comprehensive glandular/nervous system clarifying program.
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 help 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.

**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.

**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.

**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.
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.

**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

**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).

**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 maximum efficiency.

**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.

**Product Use**
Take two vegetable capsules per day.

**Complementary Product**
Combine with Solle Vital™ for a strong daily health foundation, and enliven and energize your health.
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.

The Solle Difference
SolleMegas™ is 100% plant-sourced and carefully formulated with our mind and body harmonized approach.

Product Use
Take 2 to 3 vegetarian soft-gels daily.

Complementary Product
Combine SolleMegas™ with Solle Vital™ for a broad-impact health foundation.
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.

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 anti-microbial 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™ 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.

Deep Clarifying Detox

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.

Product Use

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

Take 1 vegetable capsule per day as a maintenance serving.

Complementary Product

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

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

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.

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.
Life’s a competition. It’s an ongoing 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.

**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.
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, nervine

**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 overthinking 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, nervine, anti-rheumatic
Opens the mind, promotes clarity in thinking, visions and boundary protection

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

Product Use
• For topical use only.
• Add several drops of the Solle Essentials™ Clarify blend 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 SolleMegas ™.
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 ReNūe 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, ReNūe, 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.

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

**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.
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 un easiness.

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.

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.
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
Calm mood swings, nervousness, anxiety
Helps one connect and re-attach to self
Antibacterial, antifungal, antidepressant, anti-inflammatory, anti-arthritis, carminitive, insecticide, febrifuge, sedative

### German Chamomile Matricaria recutita
Digestive System – IBS, Colitis, Colic, Diverticulitis
Adrenal Support - fatigue, exhaustion, overworked
Antibacterial, carminative, cholagogue (promotes bile flow), nervine

### Yuzu, Citrus junos
Antibacterial, carminative, cholagogue (promotes bile flow), nervine

### 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
Eliminative Systems - Respiratory, liver, kidneys, anti-parasitic
Structural System – skin irritations (itching), joint and muscle support
Nervous System – Anxiety, decisive, insomnia, emotional support

### 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

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

### Product Use
- For topical use only.
- Add several drops of the Solle Essentials™ Calm blend 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.
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.

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.
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™ contains soluble fiber, digestive enzymes, a heat resistant probiotic and two unique herbal blends to create a nutritious and rejuvenating protein supplement.

Product Use
Add 2 scoops of SolleComplete™ 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 SolleMegas® to your dietary regimen. SolleMegas® are Solle Natural’s 100% plant sourced omega supplement formulated to work synergistically with SolleComplete™.
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

**SolleMaca™ 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.

**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.

Product Use

Take 2-3 capsules daily.

Complementary Product

Combine SolleMaca XD with SolleComplete as part of a comprehensive lifting, rejuvenation and repair program, or combine with Solle Eχcell as part of a comprehensive glandular system clarifying program.
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, connects to higher thoughts and ideas

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, carminitive, 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-arthritis, disinfectant, insecticide

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, connects to higher thoughts and ideas

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

Product Use
- For topical use only.
- Add several drops of the Solle Essentials™ Lift blend to a carrier or diffuser.
  - Roll-on (.33oz) – 10-15 total drops in a 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.