



January 4, 2023

WADA Compliance

To Whom It May Concern:

The World Anti-Doping Agency (WADA) seeks to eliminate very specific natural and synthetic drug substances in certain quantities from high-level competition. WADA publishes a *Prohibited List* that can be accessed on the WADA website (www.wada-ama.org) to define substances and methods prohibited at all times, in and out of competition.

After careful review of the WADA 2023 *Prohibited List*, none of the ingredients in Nature's Sunshine (NSP) products sold in Russia and Eurasian Economic Union, Ukraine, and Turkey have been found to violate the WADA compliance standards. As a result, these products (to the best of our knowledge) can be a safe and beneficial addition to the diets of high-level competitors concerned with avoiding substances banned by WADA.

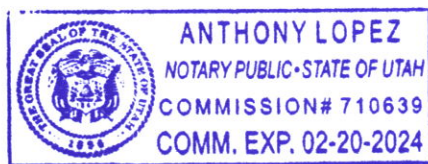
During manufacture, quality assurance procedures are followed to ensure that NSP products are protected against adulteration, label ingredients claims are met, and the finished product and its ingredients do not contain WADA-banned substances

Sincerely,

David Rawlings
Sr. Manager Global Regulatory Affairs
Nature's Sunshine Products, Inc.

State of Utah)
 §
County of Utah)

Subscribed and sworn to before me Anthony Lopez on this 4 day of January, in the year 2023 by David Rawlings.



Notary Public



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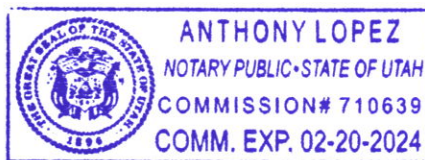
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