NATURE'S SUNSHINE

May 13, 2026

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 2026 *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 with the exception of those listed below. 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 again, with the following exceptions:

PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION): mannitol (Vitamin D3 NSP, Bifidosaurs)

These substances are included in the 2026 Monitoring Program and are not considered Prohibited Substances:
Caffeine (Solstic Energy, Solstic Slim) and synephrine (Hista Block)

Sincerely,

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

State of Utah)
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County of Utah)

On this __13th___ day of May 2026, before me, Anthony Lopez, appeared David Rawlings, personally known to me to be the signer of this document and acknowledged that he executed the same.

ANTHONY LOPEZ
NOTARY PUBLIC-STATE OF UTAH
COMMISSION # 735771
Comm. Expires: 02-20-2028

Notary Public