

Health Analyzer

The **body's systems** work in harmony with each other. When a concern in one system arises, others are affected. Total health requires that all body systems be balanced.

Most Nature's Sunshine products are categorized into nine body systems to allow you to easily select the products that will help you achieve your personal health goals. This Lifestyle Analysis helps you target the body systems most in need of attention.



- 1 For any statement that applies to you, check all boxes in that row.
- 2 After you have completed the analysis, add up the total number of checks in the vertical columns. Enter the column totals in the boxes at the bottom of each column.

	Dig.	Int.	Circ.	Ner.	Imm.	Resp.	Urin.	Glan.	Stru.
Lack of energy	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	
Illness more than twice a year					<input type="checkbox"/>				
Body odor and/or bad breath	<input type="checkbox"/>	<input type="checkbox"/>				<input type="checkbox"/>	<input type="checkbox"/>		
Difficulty digesting certain food	<input type="checkbox"/>				<input type="checkbox"/>				
Eat meat more than 3 times a week		<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>			
Monthly female concerns		<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>	
Recent or frequent use of antibiotics		<input type="checkbox"/>			<input type="checkbox"/>				
Regular consumption of alcohol				<input type="checkbox"/>				<input type="checkbox"/>	
Frequent mood swings				<input type="checkbox"/>				<input type="checkbox"/>	
Food allergies	<input type="checkbox"/>				<input type="checkbox"/>	<input type="checkbox"/>			
Bags under eyes			<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>		
Smoking			<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>			
Poor concentration or memory			<input type="checkbox"/>	<input type="checkbox"/>				<input type="checkbox"/>	
Poor resistance to disease	<input type="checkbox"/>				<input type="checkbox"/>				
Belching or gas after meals	<input type="checkbox"/>				<input type="checkbox"/>				
Stressful lifestyle			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	
Skin/complexion problems	<input type="checkbox"/>	<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cravings for sweets, salt or junk foods				<input type="checkbox"/>				<input type="checkbox"/>	
Regular consumption of dairy products		<input type="checkbox"/>				<input type="checkbox"/>			
Feeling low, uninterested or moody		<input type="checkbox"/>		<input type="checkbox"/>					
Too little sleep or restless sleep				<input type="checkbox"/>				<input type="checkbox"/>	
Menopausal concerns				<input type="checkbox"/>				<input type="checkbox"/>	<input type="checkbox"/>
Frequent urination or urinary concerns							<input type="checkbox"/>		
Age-related hair loss			<input type="checkbox"/>	<input type="checkbox"/>				<input type="checkbox"/>	<input type="checkbox"/>
Sore or painful joints			<input type="checkbox"/>		<input type="checkbox"/>				<input type="checkbox"/>
Difficulty in maintaining ideal weight				<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>
Low endurance/stamina			<input type="checkbox"/>			<input type="checkbox"/>			<input type="checkbox"/>
Lack of a balanced diet	<input type="checkbox"/>	<input type="checkbox"/>						<input type="checkbox"/>	
Slow recovery from illness		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>			<input type="checkbox"/>	
Fewer than 2 bowel movements per day	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>					
Lack of appetite	<input type="checkbox"/>			<input type="checkbox"/>				<input type="checkbox"/>	
Low sex drive								<input type="checkbox"/>	
Brittle or easily broken fingernails	<input type="checkbox"/>								<input type="checkbox"/>
Dry, damaged or dull hair	<input type="checkbox"/>						<input type="checkbox"/>		
High-fat diet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
Unsettled, apprehensive, pressured				<input type="checkbox"/>				<input type="checkbox"/>	
Low-fiber diet		<input type="checkbox"/>	<input type="checkbox"/>						
Muscle cramps or spasms				<input type="checkbox"/>					<input type="checkbox"/>
Exposure to air pollution daily					<input type="checkbox"/>	<input type="checkbox"/>			
Caffeinated beverage (16 oz.) daily				<input type="checkbox"/>				<input type="checkbox"/>	<input type="checkbox"/>
Feeling out of control				<input type="checkbox"/>	<input type="checkbox"/>				<input type="checkbox"/>
Food/chemical sensitivities	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>				
Recurrent yeast/fungal concerns	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>				
Weak bones, teeth or cartilage	<input type="checkbox"/>						<input type="checkbox"/>		<input type="checkbox"/>
Suffer from anxiety or worry	<input type="checkbox"/>			<input type="checkbox"/>					
Easily irritated or angered		<input type="checkbox"/>		<input type="checkbox"/>				<input type="checkbox"/>	
Don't exercise regularly		<input type="checkbox"/>		<input type="checkbox"/>				<input type="checkbox"/>	<input type="checkbox"/>
Respiratory concerns		<input type="checkbox"/>				<input type="checkbox"/>			
TOTALS									

See other side after completing the above chart.

3 Determine your areas of strength or weakness based on your numbers for each system on the chart below.

	Very Good			Good		Fair				Poor				Very Poor	
Digestive	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14+
Intestinal	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14+
Circulatory	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14+
Nervous	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14+
Immune	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14+
Respiratory	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14+
Urinary	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14+
Glandular	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Structural	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14

4 Begin by addressing any systems that are rated very poor, poor or fair. Review the key products for each system. Work with your NSP herb specialist to determine which products may offer you support.

Key Products

Digestive System

Food Enzymes

Enzymes help to break down food into usable forms and extract nutrients. This formula provides the eight key enzymes most needed by the digestive system.

Stock No. 1836-9 (120 capsules)

Proactazyme® Plus

Proactazyme Plus contains enzymes from vegetable sources to aid digestive function.

Stock No. 1525-0 (100 capsules)

Intestinal System

CleanStart®

This popular 14-day colon-cleansing program supports natural, daily cleansing of waste. It promotes energy and a feeling of well-being. Contains psyllium, chlorophyll, aloe vera, bentonite and selected herbs.

Wild Berry Flavor Stock No. 3993-8

(28 drink and 28 capsule packets)

Apple-Cinnamon Flavor Stock No. 3992-6

(28 drink and 28 capsule packets)

Bifidophilus® Flora Force®

Friendly bacteria in the gut help process food and nutrients. Stress, medication and other factors can deplete these flora. Bifidophilus Flora Force helps replenish depleted microbes. Each capsule contains at least 4 billion friendly microbes from four beneficial species.

Stock No. 4080-4 (90 capsules)

Circulatory System

Super Omega-3 EPA

Essential fatty acids found in fish oil support circulatory health, especially the heart. Super Omega-3 EPA provides both EPA and DHA, two important fatty acids.

Stock No. 1515-7 (60 softgel capsules)

Mega-Chel®

Mega-Chel offers a large array of nutrients to support the entire circulatory system and the tissues and organs they service. Vitamins C and B6 affect platelet adhesion and aggregation; vitamin E supports circulatory health; ginkgo and hawthorn support circulation. In all, Mega-Chel contains 12 vitamins, 0 minerals, four herbs, glandular substances and amino acids, all of which help maintain healthy circulatory function.

Stock No. 1611-1 (180 tablets)

Stock No. 4050-6 (90 tablets)

Nervous System

Nutri-Calm®

This stress-fighting combination provides vital support to a body under physical or emotional stress. Includes the complete B-complex family, plus vitamin C and citrus bioflavonoids in a base of herbs and other nutrients.

Stock No. 1617-3 (100 tablets)

Stock No. 4803-3 (60 tablets)

Immune System

Immune Stimulator

This powerful combination of beta glucans, arabinogalactan, colostrum, reishi and maitake mushroom, and cordyceps supports and boosts the immune system by activating macrophages, T-cells and natural killer cells.

Stock No. 1839-3 (90 capsules)

Nature's Noni®

The morinda plant has been used for centuries to support the digestive, intestinal, respiratory, nervous, structural and immune systems. Noni's phytonutrients nourish the body's cells, tissues and organs, while its antioxidants help fight the damage caused by aging, chemicals and pollution.

Stock No. 457-6 (100 capsules)

Stock No. 4066-7 (16 fl. oz.)

Stock No. 4042-7 (2–32 fl. oz.)

Respiratory System

ALJ®

ALJ provides phytonutrients that support respiratory function. It contains boneset herb, fennel seeds, fenugreek seeds, horseradish root extract and mullein leaves extract.

Stock No. 774-3 (100 capsules)

Stock No. 767-4 (100 Vegitabs)

Liquid Herb Stock No. 3166-5 (2 fl. oz.)

Stock No. 768-6 (270 Vegitabs)

Hista-Block®

Hista-Block can be used by those who battle respiratory challenges, especially those brought on by seasonal changes or airborne triggers. It contains quercetin, bromelain, *Fructus aurantia* and stinging nettle.

Stock No. 776-1 (90 capsules)

For daily nutritional needs,
you may consider:
Super Trio, Thai-Go®, RG-Max
and Super Supplemental

Urinary System

Urinary Maintenance

Urinary Maintenance supports the urinary organs and helps maintain the body's delicate fluid and mineral balance controlled by the kidneys.

Stock No. 2884-4 (120 capsules)

Cranberry & Buchu Concentrate

Studies confirm that substances in cranberry make harmful bacteria less likely to adhere to the surface of cells in the urinary tract. Buchu herb nourishes the urinary tract.

Stock No. 834-5 (100 capsules)

Glandular System

Adrenal Support

The adrenal glands are responsible for handling emotional, mental and physical stress. Adrenal Support provides a blend of adrenal substances plus vitamins, minerals, enzymes and herbs to support these glands.

Stock No. 1507-0 (60 capsules)

Men's Formula w/Lycopene

This formula is designed for men over 40 and features herbs that support prostate gland health. Each capsule contains pygeum extract, saw palmetto extract, pumpkin seeds, lycopene and other beneficial nutrients.

Stock No. 3112-7 (60 capsules)

Pro-G-Yam® Cream

NSP Pro-G-Yam natural body cream features wild yam root extract, an excellent source of diosgenin (a precursor to progesterone). Each ounce also contains 500 mg of progesterone in a unique herbal base.

Stock No. 4936-5 (2 oz.)

Structural System

EverFlex®

Aging, poor diet and overuse can impact joint health. EverFlex contains glucosamine, chondroitin, MSM, hyaluronic acid and devil's claw—nutrients that help protect joint health.

Stock No. 948-4 (60 tablets)

Skeletal Strength®

Contains five vitamins and six minerals the body uses to manufacture bones, muscles, tendons, ligaments and skin, including calcium, magnesium and vitamin D. These come in a base of supporting herbs.

Stock No. 1806-7 (150 tablets)