

# TRANSFORMATIONAL Habit Of Health

NATURE'S SUNSHINE®

## DAILY ESSENTIALS

### ABSENCE OF NUTRITION IN OUR FOOD IS A PROBLEM

Everyone needs proper nutrition for optimal health. The problem is that most of us DON'T get the nutrients we need from the food we eat.

- Chemicals, fertilizers and pesticides
- Nutrient-poor soil
- We don't eat enough of the right kind of foods.
- 6 servings of fruits and vegetables daily
- 95% of our food is processed, destroying nutrients.

### BAD FOOD CHOICES COMPOUND THE PROBLEM

Average food choices per year:



176 lbs. of sugar



120 orders of fries



150 slices of pizza



190 candy bars



### COMPLETE DAILY NUTRITION IS THE SOLUTION

A multivitamin alone is simply not enough!

We all require 7 categories of nutrients for optimal health.

#### 1 VITAMINS AND MINERALS

Our bodies don't make essential vitamins and minerals. You can only obtain them through food or supplements.

#### 2 ANTIOXIDANTS

Antioxidants counteract the pollutants that we constantly encounter and help prevent cellular damage.

#### 3 OMEGA-3 FATTY ACIDS (EFAs)

EFAs nourish the joints, support heart health and brain development, and can only be found in food or supplements.

#### 4 PROBIOTICS

A poor diet, antibiotics and chemicals destroy these vital microbes that support immunity and gut health.

A healthy ratio of friendly to unfriendly bacteria is 85:15. Most people have this ratio reversed.

#### 5 ENZYMES

Our bodies produce fewer enzymes as we age, which can lead to gastrointestinal discomfort and malnutrition.

#### 6 FIBRE

Fibre absorbs water and toxins to help eliminate waste, and increasing fibre intake may increase your life span.

(Archives of Internal Medicine, June 2011)

Daily Fibre Requirements— **Women: 21–25 g**

(The National Academy of Sciences Institute of Medicine) **Men: 30–38 g**

#### 7 PROTEIN

As the building blocks of bones, muscles, cartilage and skin, proteins are vital for the health and maintenance of your body.

### DETOX YOUR BODY — POOR EATING HABITS LEAD TO TOXINS THAT REQUIRE CLEANSING.

Only 25% of North Americans eat the recommended 6 daily servings of fruits and vegetables, which are high in fibre and antioxidants and promote colon health. (American Cancer Society).

**OPTION 1 HEALTHY START** – START A HABIT OF HEALTH THE EASY WAY



**SUPER TRIO** 1 2 3

- Antioxidants
- Vitamins & Minerals
- Essential Fatty Acids

**NATURE'S HARVEST** 2 3 6 7

- Whole Superfoods
- Vitamins/Minerals
- Essential Fatty Acids
- Fibre
- Meal Replacement

**TYPICAL POOR LUNCH CHOICE**



\$8 a day x 30 = \$240 a month

**Healthy Start = \$197.76 a month**

**YOU DO THE MATH!**

**OPTION 2 HEALTHY CHOICE** – CUSTOMIZE YOUR HABIT OF HEALTH



**SUPER TRIO** 1 2 3

- Antioxidants
- Vitamins & Minerals
- Essential Fatty Acids

**PROBIOTICS** 4

- Bifidophilus Flora Force (4 concentrated strains)
- Probiotic 11 (11 strains)
- Bacillus Coagulans (Heat resistant, shelf stable)

**ENZYMES** 5

- Garden Essence (Plant-based)
- Digestive Enzymes (Protein-based)
- Protein Digestive Aid (Protein Digestion HCl)
- Protease-Plus (Protein Digestion)

**FIBRE** 6

- Psyllium Hulls capsules (Capsules)
- Psyllium Hulls Combo. (Strongest, bulk powder)
- LOCLO (Whole-food fibre)
- Fibre Boost (Capsules of psyllium hulls plus weight management ingredients)

**MEAL REPLACEMENT/PROTEIN SUPPLEMENT** 7

- Nature's Harvest (Whole Superfoods with vegetable protein)
- SmartMeal (Meal Replacement with vegetable protein)
- Whey Protein Mix
- Pea Protein Mix



**CLEANSING BOOST YOUR HEALTH THROUGH CLEANSING**



- Tiao He Pak (Comprehensive cleanse program)
- Body Detox (Intestinal & liver cleanse)
- LBS II (Lower bowel cleanse)
- CleanStart (Comprehensive cleanse program)
- Detox Basics (Liver cleanse)

# START A HABIT OF HEALTH WITH YOUR CHOICE OF THESE PRODUCTS

## Daily Nutrition

The Canadian and American Medical Associations have both recommended supplementation for adults to make up for dietary deficiencies. Not surprising then, today's answer to getting the nutrition you need is to eat a variety of wholesome foods, and to take nutritional supplements to fill in the gaps and make up for shortfalls. Look at it as the foundation to your Habit Of Health!

### **SUPER TRIO:** (Vitamins/Minerals/Antioxidants/Omega-3 Fatty Acids)

Super Trio is a conveniently packaged daily regimen of vitamins, minerals, antioxidants and fatty acids to support a healthy diet and maintain good health. Each packet contains:

**SUPER VITAMINS & MINERALS:** A vitamin/mineral supplement providing a wide range of balanced nutrients to fill nutritional gaps in the modern diet.

**SUPER OMEGA-3** - Omega-3 fatty acids are an essential fat the body need and can only get from the diet. Problem is most of us don't get enough of these essential fats for optimum health. Super Omega-3 supplies 1,000 mg of this healthful fat per softgel.

**SUPER NT-OX** - An antioxidant formula to quench cell-damaging free radicals.



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## Meal Replacement/Protein Powders

Superfood meal replacements and power-packed protein powders have become popular with those desiring to add more nutrition to their daily diet. Superfood meal replacements are nutritionally dense in phytonutrients and are easy to incorporate into one's daily diet. Protein powders provide additional high-quality protein for superior muscle and structural system health.

**NATURE'S HARVEST:** A superfood mix providing 13 grams of vegetable protein per serving. Contains a blend of whole superfoods, antioxidants, essential fatty acids, herbs, enzymes, fibre and vitamins and minerals. Supports overall health and energy levels. Dairy and lactose free. Suitable for vegetarians

**SMARTMEAL:** The ideal meal replacement, providing 15 grams of protein (of which 14 grams is non-GMO soy protein) per serving, over 20 vital vitamins and minerals, plus essential fatty acids including omega 3. Contains organic flax seed to contribute to a feeling of fullness. Vanilla flavoured.

**WHEY PROTEIN:** Provides 20 grams of ultra-filtered, lactose-free, undenatured whey protein isolate and 2 grams of heart-healthy phytosterols plus dietary fibre and essential vitamins and minerals. Helps to promote muscle recovery after physical exercise and enhance the buildup of lean muscle mass. Vanilla flavoured.

**PEA PROTEIN:** Provides 20 grams of pea protein and 2 grams of heart-healthy phytosterols plus dietary fibre and essential vitamins and minerals. Helps to promote muscle recovery after physical exercise and enhance the buildup of lean muscle mass. Free from common allergens; dairy free, lactose free, soy free and Vegan Certified. Vanilla flavoured.



## Probiotics (friendly bacteria)

Probiotics, commonly called “friendly bacteria”, are live microorganisms that exert many beneficial health effects. They provide essential functions in the body and help maintain our overall health. But factors such as stress, environmental conditions, poor diet, or use of antibiotics can affect the natural balance of these friendly microbes. The activities of these micro-organisms result in many health benefits, including the synthesis of B vitamins, support of the immune system and the maintenance of urinary and intestinal tract health.

**PROBIOTIC 11:** Probiotic 11 provides billions of beneficial intestinal microorganisms from 11 strains of important, gut-beneficial organisms for promotion of gut health and immune functions. This product is recommended to populate the intestinal tract with a variety of beneficial microorganisms.

**BIFIDOPHILUS FLORA FORCE:** Bifidophilus Flora Force provides billions of beneficial intestinal microorganisms from 4 strains that offer a whole range of health benefits. This product is recommended to populate the intestinal tract with a variety of beneficial microorganisms.

**BACILLUS COAGULANS:** *Bacillus coagulans* is a strain of friendly probiotic that is naturally heat-stable, so no refrigeration is required. It can also more withstand the stomach's acidic environment, thereby providing better targeted support to the intestine and maintenance of favourable gut flora.



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## Enzymes

Enzymes are necessary for the digestion and assimilation of food, releasing vitamins, minerals, and amino acids for use throughout the body and proper digestion of fats, proteins and carbohydrates. Digestive enzymes are secreted along the gastrointestinal tract and break down foods, enabling the nutrients to be absorbed into the bloodstream for use in various bodily functions. Enzymes are extremely sensitive to heat and are easily destroyed by cooking in temperatures above 47C (117F). Age and various digestive system problems can reduce the production of digestive enzymes and impair the digestive system's ability to adequately digest food.

**DIGESTIVE ENZYMES:** This formula enhances the digestive process, with the additional support of natural food enzymes, by supplementing the natural production of hydrochloric acid, bile salts and digestive enzymes. It assists in the digestion of all types fats, proteins and carbohydrates, with the exception of dairy. Contains protease, amylase, lipase, pancreatin, mycozyme, bromelain, pepsin, betaine HCl and bile salts.

**GARDEN ESSENCE:** Garden Essence delivers the full spectrum of plant enzymes in a blend of aromatic herbs that help stimulate the production of digestive fluids. It's formulated to assist the digestion of all types of fats, proteins and carbohydrates, with the exception of dairy. Garden Essence does not contain hydrochloric acid (HCl). Contains cellulase, glucoamylase, pectinase and protease.

**PROTEIN DIGESTIVE AID:** Protein Digestive Aid supplements the body's own digestive secretions. It is designed to help individuals break down and better digest proteins. It contains betaine hydrochloride (HCl) and pepsin. Helps digest proteins and assists absorption of nutrients.

**PROTEASE-PLUS:** Protease-Plus provides proteases, digestive enzymes that break down proteins into amino acids for maximum digestive and intestinal support. Protease-Plus combines protease enzyme with a plant-sourced concentrate for maximum effect.



## Fibre

Fibre is important to the health of the intestinal tract where it provides bulk to stools, has a laxative effect, and traps toxins and unwanted fat particles for elimination. There are two types of fibre: insoluble and soluble. The insoluble fibre, which does not absorb water, works like a broom in the large intestine to promote regularity. Soluble fibre, which absorbs many times its own weight in water, binds with fats, cholesterol in the intestinal tract. This excess fat and other materials are then carried out of the gastrointestinal tract as waste, rather than being re-absorbed. Current guidelines for fibre intake for adults are at least 26 grams daily. The present Canadian fibre intake only averages 4.5 to 11 grams a day.

**LOCLO:** LOCLO provides a high level of fibre of both soluble fibre and insoluble fibre in a naturally-flavoured base of vegetable and herb powders. A daily serving of LOCLO helps supplement the diet with a high serving of dietary fibre.

### PSYLLIUM HULLS COMBINATION BULK POWDER

**OR PSYLLIUM HULLS CAPSULES:** Psyllium hulls, also called husks, are the outer coverings of psyllium seeds. They can swell up to 14 times their original size when soaked in water, becoming gelatinous mass. Psyllium hulls act like a colon “broom,” cleansing the bowel as it comes in contact with the walls of the intestines. Psyllium Hulls provides both soluble and insoluble fibre.

Add additional fibre to your diet with either Psyllium Hulls Combination power or Psyllium Hulls capsules.

**FIBRE BOOST:** Fibre Boost is the ideal way to up your daily fibre intake with the convenience of a capsule, and with the added bonus of weight management properties. Fibre Boost contains emulsifiers and soluble and insoluble fibre which help control the storage of fat in fat cells. Fibre boost contains psyllium hulls combined with fat emulsifiers chickweed and lecithin.



## Cleansing and Detox

In traditional healing systems cleansing the body has always been an important step on the road back to health. Today, herbalists have formulated combinations of the best cleansing and detoxification herbs and nutrients. An effective herbal cleanse seeks to accomplish the following: transport toxins to the liver and kidneys; process toxins for elimination; release toxin-laden bile fluid into the intestines; eliminate bound toxins through the stool and urine; and, restore function to eliminative organs.

Aside from ridding the body of disease-causing toxic build up, an herbal cleanse increases energy, improves immune function, treats constipation, helps in weight loss, and improves skin health and complexion.

**TIAO HE PAK:** Tiao He Pak is designed to support the cleansing mechanisms of the body by targeting the digestive system and large intestine. Traditional cleansing herbs help rid the body of impurities and accumulated buildup through the intestinal system. Tiao He is a Chinese phrase denoting the restoration of harmony and balance. The Tiao He cleanse is a 10-day program that gently works on the intestinal system to stimulate the elimination of intestinal buildup and promotes proper functioning of the bowel.



**CLEANSTART:** CleanStart is a 7-day complete and balanced herbal cleanse program to help protect the body from waste that affects health. It's packaged in a convenient box with 14 capsule packets and 14 cleansing drink mix packets. Natural wild berry flavour and smooth texture for ease of use.



**DETOX BASICS:** Detox Basics is a comprehensive, 30-day detox program designed to help support the function of liver, an organ involved in detoxification. It also provides antioxidants. Helps support intestinal/gastrointestinal health and promotes a favourable micorbiome. A source of probiotics.



**BODY DETOX:** This is a broad-based, all-herbal formula to support the cleansing and removal of waste through the intestines. In traditional systems of herbal medicine it is believed that the combination of certain complementary herbs can have a synergistic effect. Body Detox contains a combination of traditional herbs that support proper waste elimination.



**LBS II:** LBS II is a comprehensive, synergistic formula designed to nutritionally support the intestinal system. It is a colon stimulant, also referred to as a lower bowel-cleansing formula. LBS II contains a blend of herbs which stimulate the production of digestive fluids and bile to promote peristaltic action in the colon for efficient elimination.

# TransFormational Habit of Health

# ORDER FORM

Stock	Description	PV	SR 20%	Qty	Total
20	<b>Option 1</b> Super Trio	61.96	77.89		
3090	Nature's Harvest	36.72	46.20		
20	<b>Option 2</b> Super Trio	61.96	77.89		
4080	Bifidophilus Flora Force	27.23	35.34		
1512	Probiotic 11	31.13	40.41		
6109	Bacillus Coagulans, NutriBiome	33.00	37.71		
1643	Garden Essence	29.06	33.21		
1761	Digestive Enzymes	31.59	36.10		
1841	Protease Plus	31.59	38.52		
4954	Protein Digestive Aid	23.40	26.74		
545	Psyllium Hulls	15.41	17.61		
1376	Psyllium Hulls Combination	26.79	34.93		
1347	LOCLO	30.03	35.53		
2946	Fibre Boost	23.39	26.74		
3085	SmartMeal Vanilla	31.63	39.18		
3092	Whey Protein	29.64	49.92		
3095	Pea Protein	33.92	49.35		
4005	<b>Cleansing</b> Tiao He Pak	39.68	51.40		
4993	CleanStart	39.23	44.83		
3986	Detox Basics	58.14	72.45		
1078	Body Detox	21.29	24.33		
994	LBS II	19.12	21.85		

Need more space? Please attach a separate order form.

Subtotal	
Sales Tax	
Shipping & Handling	FREE
<b>Total</b>	

Please ship my order beginning \_\_\_\_\_, and every month thereafter on the same day. (Valid shipping dates are between the 1<sup>st</sup>-25<sup>th</sup> of the month.)

Complete this order form on next page.

**NATURE'S SUNSHINE**

Nature's Sunshine Products of Canada Ltd. 2/2019

# TransFormational Habit of Health

# ORDER FORM

## Your Information (all fields are required)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Date of Birth \_\_\_\_\_  
NSP Account Number \_\_\_\_\_  
Address: Street \_\_\_\_\_ City \_\_\_\_\_ Prov \_\_\_\_\_ Postal Code \_\_\_\_\_  
Home Phone ( ) \_\_\_\_\_ Cell Phone ( ) \_\_\_\_\_ E-mail \_\_\_\_\_  
Sponsor's Name \_\_\_\_\_ Sponsor's Account Number \_\_\_\_\_  
 Yes, I would like to receive promotional updates via the email address above.

## Payment Info

VISA  MasterCard  AmEx

C.C. No. \_\_\_\_\_ CCV# \_\_\_\_\_

Expiration Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Signature \_\_\_\_\_

My signature above indicates that I have read and accepted all the terms and conditions included in the Sunshine Rewards Auto-ship Program agreement, the terms of which are fully incorporated herein. All signatures must be affixed personally. I agree to be bound by the terms and conditions set forth below.

### Sunshine Rewards Terms & Conditions

1. Each monthly order must be 135 PV or more (after any discounts or special offers). Product promotions cannot be included in a Sunshine Rewards order.
2. In lieu of paying rebates on Sunshine Rewards orders, NSP pays for shipping and awards Sunshine Points towards free products; all regular commissions, sponsoring bonuses and overrides still apply. If any additional orders are placed during the same month, rebates, commissions and overrides are paid as usual.
3. You agree to participate for a minimum of 90 days (3 consecutive qualifying Sunshine Rewards orders). If you choose to cancel before your third order, your credit card will be charged regular shipping costs for previous Sunshine Rewards purchases. After 90 days, you may cancel with no penalty.
4. Sunshine Points do not expire as long as your account is active.
5. Redeem your points for free products anytime—even on a Sunshine Rewards order. Free product does not have PV points.
6. You may choose to AutoShip products without participating in Sunshine Rewards.
7. This is a monthly Autoship program. You must either go to our website, [www.naturessunshine.ca](http://www.naturessunshine.ca), to delete it or call the Customer Service Department; 3 days before the next ship date; if you no longer require your monthly order.