

ProHealth Nutrition

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HOURS: Monday - Friday 10 am - 6 pm, Sat. 10 am - 5 pm

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Fred and Ann Fishburne

Nature's Sunshine Independent Distributor

Our Services include:

**Degreed Nutritionist - Kinesiology - Iridology - Compass Reading -
Blood Cell Analysis - Ionic Foot Detoxification**

**We Specialize in Herbal Programs and Proper
Nutrition To Help Bring The Body Into Correct
Balance**

**We Believe in the ABC's of Health: First Activate, Then Cleanse and Finally
Build the Body Systems For Better Overall Health Harmony and Wellbeing.**

**Our mission is to serve those open to natural health, who are willing to
take responsibility for their own health.**

Suggested Weight Loss Program

Begin with: **Dieter's Cleanse** - Dieter's Cleanse feeds the glandular system, which is essential to weight control, cleanses the liver for more effective weight loss and purges the colon to eliminate a sluggish system, while burning fat and supplying at the same time.

Super Supplemental Multi Vitamin - Supplies the essential nutrients needed for weight control.

Food Enzymes - Helps the digestion of food and supplements to aid in proper absorption of nutrients.

MetaboMax Plus - Day time fat burner and energy booster.

Collatrim - Night time fat burner and prevents muscle loss.

Nature's Hoodia - Helps control appetite day and night.

Fat Grabbers - Absorbs unwanted dietary fat in the stomach, helps lower cholesterol and provides dietary fiber. Fiber is proven to aid in weight loss.

Pure Water - Helps flush the body of toxins and carries nutrients to the cells of the body.

Drink 8 full glasses of pure water daily and eat at least 35 grams of fiber daily. Sleep at least 8 hours nightly. Be in bed by 10:30 pm for best sleep. Eat several small meals daily, as opposed to a few larger meals. Eat a small amount of easily digested protein 30 minutes before bed and before 10 am in the morning. Keep dietary fat between 20 - 30 grams daily. Plan meals in advance.

Single Herbs

ALFALFA Health builder, arthritis, fatigue, appetite, pituitary gland	14.65
BARBERRY Liver and bile problems, digestion, diarrhea	25.20
BARLEY JUICE PDR Energy, nutritional, increase S.O.D. to fight aging, rheumatism	27.70
BEE POLLEN Allergies, quick energy, nature's most perfect food, natural no-doze	16.45
BILBERRY Strengthens capillaries, prevents retinal blindness problems, antioxidant	27.70
BLACK COHOSH Natural estrogen, hot flashes, bronchitis, nerves	16.65
BLACK WALNUT Cleanses parasites and worms, skin rashes, lupus, eliminates toxins	16.65
BLESSED THISTLE Takes oxygen to brain, senility, increases mother's milk	18.75
BURDOCK Reduce swelling and deposits in joints, blood purifier, gout, eczema	20.95
BUTCHER'S BROOM Improves circulation, phlebitis, leg cramps, varicose veins	15.90
CAPSICUM Circulation to extremities, strokes, blood pressure equalizer, colds	14.05
CASCARA SEGRADA Constipation, increase peristaltic action, gallbladder	14.35
CATNIP Colic, nerves, cigarette craving, colds, flu, digestion, hiccups and gas	19.90
CHAMOMILE Insomnia, improves appetite, drug withdrawal, nerves	18.25
CHARCOAL Kidney failure (to help clean blood), intestinal gas, antidote for poison	17.65
CHICKWEED Appetite depressant, burns fat, dissolves plaque from veins	18.70
CORN SILK Kidney, bladder, bed wetting, painful urination, prostate	19.65
DAMIANA Hormone balance, Parkinson's disease, fertility, frigidity	18.75
DANDELION Anemia, liver, blood cleanser, endurance, age spots, hepatitis	13.45
DONG QUAI Hot flashes, hormone balance, nerves, brain nourisher	24.40
ECHINACEA Antibiotic, lymph system, blood purifier/builder, immune system	33.70
EYEBRIGHT Improve vision, eye strain, cataracts, allergies, styes	18.25
FEVERFEW Migraine headaches, muscular tension, intestinal worms	26.25
GARLIC Normalizes blood pressure, yeast and bacterial infection, colds, cholesterol	14.65
GARLIC/HIGH POTENCY, ENTERIC COATED All the benefits without the smell	29.65
GARLIC OIL CAPSULES Liquid garlic with all the benefits.	17.20
GINGER Expels gas, motion and morning sickness, flu, diarrhea, settles stomach, pain	14.25
GINSENG Energy, stress, endurance, depression, impotency/stimulant, adrenals	29.20
GOLDEN SEAL Infection, natural insulin, cleanses urinary system	38.35
GOTU KOLA Brain food, memory, learning disabilities, vitality, depression senility	16.90
HAWTHORN Heart, hardening of the arteries, adrenals, blood pressure	13.60
HOPS Insomnia, nervousness, decreases desire for alcohol, hyperactive children	19.45
HORSETAIL Stops hair from falling out, stops split ends, nails, tumors	15.30
HYDRANGEA Arthritis, gout, kidney and bladder problems, dissolves stones	13.75
JUNIPER BERRIES Restores pancreas and adrenals, diuretic, dropsy, uric acid	19.15
KAVA KAVA Relaxing, stress, sleep, nerves, anxiety	30.55
KELP Thyroid, fingernails, goiter, helps take fat off hips, complexion	14.20
LICORICE Adjusts blood sugar, quick energy, cough, hoarseness, adrenals	14.65
LOBELIA Asthma, congestion, pneumonia, strong relaxant, pleurisy, lungs	18.70
MACA Sex drive, energy, adrenals, hot flashes, vaginal dryness	23.50
MARSHMALLOW Bladder and kidney problems, bed wetting, inflammation	13.40
MILK THISTLE Liver health, regenerates, cleanses cholesterol, diabetes	33.90
MULLEIN Nervous cough, lung and sinus congestion, T. B. lymphatic	16.15
NOPAL Helps lower blood sugar (safe for all ages)	16.60
OLIVE LEAF EXTRACT Immune system, viruses, aids, heart, blood pressure, herpes	25.45
PARSLEY Bad breath, blood builder, high in potassium, kidneys, diuretic	15.10
PARTHENIUM Anabolic, lymph/blood purifier, similar to Echinacea, immune, urinary	23.65
PASSION FLOWER Eye infection, tension, stress, sleep, hyperactive children	17.65
PAU D' ARCO Historically used for cancer, leukemia, tumors, yeast infection	16.15
PAW PAW CELL-REG 180 CAPS Immune system, anti-cancerous yeast infections	52.45
PSYLLIUM HULLS Scrubs colon, best fiber, diverticulitis, colon blockage	14.10
RED CLOVER Traditionally used for cancer, tumors, skin problems, relaxes nerves	20.95
RED RASPBERRY The pregnancy herb, nausea, diarrhea, gastritis	16.80

RED YEAST RICE Helps lower cholesterol naturally and safely. Take with CoQ10	30.15
ROSE HIPS Natural vitamin C complex, colds, infections, blood builder, flu	13.65
SAFFLOWERS Gout, hydrochloric acid for digestion, reduces cholesterol	19.60
SAGE Hair growth, improves memory, sore gums & throat, nerves, heart palpitations	19.15
SARSAPARILLA Testosterone, body building, impotency, hair growth	18.85
SAW PALMETTO Men: Shrinks prostate, Women Builds larger breasts	17.35
SLIPPERY ELM Acid stomach, digestion, diaper rash, hiatal hernia, ulcers	15.70
ST. JOHN'S WORT Natural anti-depressant, relaxant, anti-smoking, antiviral, bladder	30.25
UVA URSI Spleen, bladder and kidney infections, diabetes, gonorrhea, cystitis	18.40
WILD YAM Menopause symptoms, addictions, birth control, dermatitis, diarrhea	17.20
WHITE OAK BARK Shrinks hemorrhoids, gum disease, tooth decay prevention, varicose	14.35
WOOD BETONY ADD, backache, Bell's Palsy, muscle twitch, Parkinson's, tinnitus	20.50
YARROW Obstructed perspiration, nosebleeds, chicken pox, colds/fever/flu, fungal	14.25
YELLOW DOCK Anemia, blood purifier, itching, liver, skin problems, hepatitis, liver	17.70
YUCCA Natural cortisone, arthritis, inflammation, skin, adrenals, weakness, fibromyalgia	15.60

Chinese Herbs

ANTI-GAS Indigestion, bloating, gastroenteritis, clears stagnant food	28.20
BLOOD BUILDER Blood purifier/builder, hepatitis, cirrhosis, chronic liver dysfunction	24.45
BREATHE EZ (TMC) Asthma, bronchitis, colds, congestion, cough, lung fluid	31.45
CORDYCEPS Antifungal, kidney tonic, lung tonic, asthma, congestion, immune, energy	34.45
HY-C Hypoglycemia, diabetes, dry cough, thirst, night sweats, builds liver & pancreas	23.05
IF-C Anti-inflammatory, hemorrhoids, gallstones, hepatitis, swollen lymph glands	29.95
KB-C Kidneys, arthritis, heavy legs, strengthen/rejuvenate bones and sex organs	18.60
KIDNEY ACTIVATOR Diuretic, urinary infections, nephritis, prostatic edema in chest	18.70
LIVER BALANCE Acute liver problems, hepatitis, gallstones, anemia, cleanse liver	22.30
LUNG SUPPORT Lung healer, lymph, asthma, wheezing, emphysema, chronic cough	24.25
MOOD ELEVATOR Anti-depressant, fatigue, neurosis, PMS, depression	23.50
NATURE'S CHI Adaptogen, adrenal tonic, anti-aging, fatigue, weight loss, circulation	30.25
NERVOUS FATIGUE Stress, calms nerves, insomnia, neurosis, hyperventilation	32.40
SPLEEN ACTIVATOR Appetite stimulant, digestive tonic, inflammation, immune	25.90
STRESS RELIEF Relaxant, sedative, stomach, anxiety, emotions, panic attacks	25.30
TRIGGER IMMUNE Rebuilds immune system, restores energy, corrects polarity	25.15
VS-C Cold sores, herpes simplex, shingles, viruses, AIDS, immune	19.20

Herbal Formulas

5-W Use last 5 weeks of pregnancy, speeds up delivery, use after for healing	24.85
ALJ Lungs and sinus congestion, allergies, cough, RESPIRATORY SYSTEM	15.75
ALL CELL DETOX General cleanser, cleanses toxins from all systems	18.75
ANTI-GAS FORMULA Gas indigestion and bloating formula, DIGESTIVE SYSTEM	17.25
APS II Herbal aspirin, arthritis pain, muscle relaxant, neck pain, tension NERVOUS SYS	20.05
ARTEMISIA Powerful anti-parasite combination, IMMUNE SYSTEM	17.85
BLOOD PRESSURE X For mild to moderately elevated blood pressure, CIRCULATORY	32.10
BONE SKIN POUTICE Bone healer, wound healer, poultice, STRUCTURAL	19.45
BP-X Blood purifier, poison ivy/oak skin problems, psoriasis, CIRCULATORY	17.95
BLOOD SUGAR FORMULA Normalize blood sugar, hypoglycemia, GLANDULAR	31.45
BRONCHIAL FORMULA AV Symptoms of asthma, bronchitis, lungs RESPIRATORY	31.90
CA HERBAL Calcium, bones, teeth, cartilage SKELETAL	17.05
CAPSICUM/GARLIC/PARSLEY High blood pressure, cholesterol CIRCULATORY	16.15
CARIDO ASSURANCE Supports blood flow, helps keep homocysteine levels normal	28.15
CC-A Cold, flu, muscle aches, nausea, vomiting, fever, chills, IMMUNE	20.20
CLT-X Colitis, irritable colon, digestion, diarrhea, INTESTINAL SYSTEM	19.05
CRANBERRY BUCHU Candida, nourishes urinary tract, GLANDULAR	24.25
C-X Natural hormone replacement & balancing, menopause, hot flashes, GLANDULAR	20.95
E-TEA (Essiac tea) Herbs historically used for cancer, tumors, fibroids	29.05
ECHINACEA/GOLDENSEAL Builds immune system, antibiotic	26.40
ENERG-V A synergistic combination of all energy herbs	21.25
ELDERBERRY DEFENSE Puts immune system in defense mode, immune booster, virus	23.95
ENVIRO DETOX Detoxify immune system from environmental toxins	22.50
EW (eye wash) Eye infection, improves vision, cataracts, glaucoma, EYES	26.95
FEMALE COMFORT Menstrual problems, cramps, uterus, GLANDULAR	17.05
FENUGREEK & TYME Sinus/migraine headaches, dissolves mucus, RESPIRATORY	14.95
FOUR Asthma, bronchial and food allergies, laryngitis, RESPIRATORY SYSTEM	20.95
GC-X Regulates circulation, warms extremities, CIRCULATORY	24.15
GALL BLADDER FORMULA Gas, liver, gall bladder, pancreas, spleen, DIGESTIVE	17.65
GINKO/GOTU KOLA CONC. Attention span, memory, brain food, mental energy	35.25
GINKO/HAWTHORN Brain, heart, ringing in ear, vertigo, CIRCULATORY	16.75

HEAVY METAL DETOX Removes lead, arsenic, and mercury	23.20	
HERBAL PUMPKIN Parasites, tumors, cleanses blood vessels, INTESTINAL		19.65
HS II Strengthens and feeds heart, cleanses blood vessels, CIRCULATORY		17.25
HERBAL SLEEP promotes natural sleep, relaxant, stress, muscle tension, NERVOUS		16.75
HERBAL TRACE MINERALS Mineral combination for anemia, pregnancy, animals	18.70	
HSN-W , Hair, skin and nails, promotes hair growth, healthy skin		18.40
HISTABLOCK Natural antihistamine, opens nasal passages		20.95
HY-A Hypoglycemia, adrenal rebuild, energy, mood, blood sugar swings, GLANDULAR		21.70
IMMUNE STIMULATOR Increase T-Cells, immune builder, stimulates immune system		47.50
INTESTINAL SOOTHE & BUILD Colitis, ulcers, Crohn's disease, intestinal pain		13.50
IN-X Immune, sinus, liver, bronchitis, blood poisoning, infections		27.25
IF RELIEF Anti-inflammatory, arthritis, gingivitis, bowel disorders, colitis, cystitis		29.95
I-X Herbal iron formula, builds blood, energy		15.30
JOINT SUPPORT Arthritis, joint stiffness, bursitis, gout, SKELETAL SYSTEM		22.05
JP-X Kidney & bladder infection, strengthen & cleanse kidney/bladder URINARY		20.20
KIDNEY ACTIVATOR Bladder and kidney problems, bed wetting, URINARY SYSTEM		16.90
KUDZU ST. JOHN'S WORT help stop drinking, depression, bowel disorders		36.00
LBS II Stool softener, constipation, bad breath, cleanser, INTESTINAL SYSTEM		17.40
LB-X Intestinal, digestion and elimination	21.40	
LIVER CLEANSE FORMULA Blood detox, gall bladder spleen, liver cleanser		17.95
LYMPH GLAND CLEANSE Natural antibiotic, infection fighter, builds immune system		20.95
MARSHMALLOW & FENUGREEK Expel lung mucus, emphysema, respiratory		19.30
MENSTRUAL REG Heavy bleeding, menopause		20.65
MEN'S FORMULA Prostate, male sex drive, male reproductive system	29.95	
MOOD ELEVATOR Anti-depressant, energy, helps hormones	23.50	
MILK THISTLE Combination Regenerate liver, cholesterol, Hep C		36.15
NATURES NONI Joint and muscle pain, tonic, heart, digestion, sleep, skin		26.65
NERVE CONTROL Anxiety, hyperactivity, insomnia, nervous breakdown, stress		16.90
NERVE EIGHT Reduces nervous tension, anxiety, stress, neck & shoulder pain		16.90
NF-X Supports female glandular system, PMS, menopause, hot flashes, fertility		34.30
PRO-PANCREAS Blood sugar problems, diabetes, rebuilds and strengthens pancreas		21.85
PROTEASE PLUS Digests protein compounds, full spectrum plant derived enzymes		32.20
P-X Prostate inflammation, cleanses the prostate gland		24.00
PAPAYA MINT CHEWABLE Indigestion, gas, heartburn, enzymes		14.55
PLS II Bone knitter, internal and external wounds, back pain ALL SYSTEMS		26.05
PBS Helps to control blood sugar and works to strengthen pancreas		29.25
PERFECT EYES Helps strengthen vision, night vision, macular degeneration		26.95
PS II Prostate problems, urinary problems	20.65	
SENNA COMBINATION Chronic constipation, stubborn bowels, INTESTINAL		18.00
SEASONAL DEFENCE Strengthens immune system, builds blood cells, viral, bronchitis		20.40
SINUS SUPPORT Strengthens upper respiratory, sinus, colds, flu, drainage		21.45
SKIN DETOX Blood purifier for acne, eczema, psoriasis, cleansing & healing		31.45
SMALL INTESTINE DETOX Cleans intestines for better food absorption, INTESTINAL		17.65
STRESS-J Stress, spastic colon, nervous stomach, ulcer prevention		17.20
SUGAREG Helps control blood sugar problems, diabetes		31.75
SUPER ALGAE All four algae for the best super nutrients		36.25
THIM-J Strengthens thymus, strengthens immune system, tumors, exhaustion		19.90
TS II with Hops Regulates thyroid, under active, over active GLANDULAR		16.90
THYROID ACTIVATOR Helps activate a slow thyroid gland, feeds thyroid		16.75
TRIPLE RELIEF Pain formula, arthritis, joint and muscle pain	45.70	
UNA DE GATO (CATS CLAW) , Boosts immune system, viruses, infection, flu, tumors		22.90
URINARY MAINTENANCE Feeds the urinary system, bladder and kidney problems	20.20	
VARI-GONE Vein health, shrinks veins, improve circulation		20.35
V-X Female reproductive system support, cyst on ovaries, GLANDULAR SYSTEM		28.90
WILD YAM CHASE & CHASE TREE Hot flashes, female glandular system		18.40
X-A Sex drive for men and women, reproductive system		26.40
X-ACTION FOR MEN Same as above		21.75
X-ACTION FOR WOMEN Same as above		20.50
YEAST FUNGAL DETOX Stops the growth of fungus and yeast in the body		18.40

Prices subject to change without notice

Vitamins, Minerals, Anti-Oxidants and Phytonutrients

5-HTP Supports nervous system, sleep, anti-stress, mood elevator		27.70
ALPHA LIPOIC ACID Antioxidant, liver detoxification, nerve damage, lower blood sugar		43.15
ADRENAL SUPPORT Strengthens adrenal glands, energy, aid in sleep, fatigue, allergies		24.45
A&D Vision, skin, hair, blackheads, immune system hormones, antioxidant		14.10
BLACK CURRANT OIL Supports female glandular system, candida, dermatitis, herpes	27.75	
BOWEL DETOX , Detoxifies colon, constipation, skin, energy	23.80	
B-6 Pregnancy nausea, carpal tunnel, leg cramps, anemia, PMS, edema, teeth		14.65
B12 COMPLETE LIQUID Oxygen to brain, energy, reduces stress, immune		16.30

BALANCED B Energy, great for vegetarians, body odors, sore tongue	18.75
B COMPLETE Nervous system, fatigue, mental problems, muscles, hyperactivity	21.25
CAROTENOID BLEND Tan faster, antioxidant, healthier eyes and skin	27.25
C TIME RELEASED Adrenals, bruising, bleeding gums nosebleeds, detoxifier, colds	22.45
CALCIUM PLUS D Great organic calcium formula	20.80
CALCIUM MAGNESIUM SYNERPRO , Strong bones, teeth, heart, STRUCTURAL	23.65
CORAL CALCIUM POWDER Helps balance acidity, sleep strong bones, easily absorbed	35.25
CAPRYLIC ACID COMBINATION Helps rid the body of parasites	17.40
CAPRYLIMUNE Helps rid the body of yeast and fungal problems, immune system	30.25
CHROMIUM GTF Helps body use insulin properly, fat burner, muscle builder	11.25
CELLULAR ENERGY Helps strengthen immune system at cellular level, cell detox	31.90
CHARCOAL ACTIVATED Ingestion of poison, absorbs toxins in stomach	17.65
COLOSTRUM Builds T-cells, strengthens immune system, supply biological sugars	23.95
COQ10 30mg Heart health, energy at cellular level, weak & fatigued muscles	46.45
DEFENSE MAINTENANCE Strengthens the immune system, antioxidants	30.40
DHA 60 SOFTGELS Heart health, brain function, skin, immune system	26.95
DHEA FOR MEN Slows aging process, degenerative diseases, master hormone	34.45
DHEA FOR WOMEN menopause, anti-aging	34.45
E COMPLETE WITH SELENIUM Heart, skin, brain, circulation, liver, muscles menopause	24.15
EVENING PRIMROSE Female disorders, high blood pressure, nerves,	29.80
EVER FLEX Joint pain, inflammation, muscles arthritis, skin	38.65
FIBRALGIA Sore muscles and joints, energy	17.95
FIZZ-ACTIVE IMMUNE Fight off onset of colds and flu, build immune system	14.95
FLAX SEED CAPSULES Good source of Omega 3,6,9 oil, heart cholesterol	22.15
FOCUS ATTENTION ADD, ADHD, helps brain function, focus,	31.45
FOLIC ACID PLUS Prevent birth defects, brain food, energy, immune system	14.50
GERMANIUM COMBINATION Memory, skin discoloration, AIDS, tumors, aging, asthma	35.25
GABA PLUS Brain function, stress, sleep, nerves, focus ADD, ADHD, mood	17.80
GLUCOSAMINE (No shellfish), joint pain, build joints, arthritis, inflammation	36.75
GLYCO ESSENTIALS Biological sugars, pain in the body, diabetes, autoimmune	37.45
GRAPINE HP From pine bark and grape seed. Powerful anti-oxidant, tumors	42.40
GRAPINE WITH PROTECTORS Same as above with added anti-oxidants	31.15
IRON Build blood, energy, itching, irritability, hair loss vitality, depression	17.65
LECITHIN Heart, arteries, nervous system brain, cholesterol, psoriasis, fat dissolver	28.90
LUTEIN 10 MG Helps improve eye sight, anti-oxidant various eye disorders	40.45
MAGNESIUM Anti-stress, depression, muscle relaxant, arrhythmias, laxative	14.50
MAGNESIUM COMPLEX Beneficial for musculoskeletal health	13.35
MASTER GLAND FORMULA A Formula for all glands. Helps them work together	22.00
MEGA-CHEL Natural chelate for entire circulatory system, cholesterol, heart health	24.40
MELATONIN EXTRA Sleep aid, antioxidant, reset internal clock, jet lag	21.25
MONTHLY MAINTENANCE PMS, female reproductive system, women's monthly cycle	32.95
MSM Structural system, skin, arthritis, inflammation in joints, immune system	21.40
MULTIVITAMIN AND MINERAL Great plant source multi	15.55
MULTIVITAMIN AND MINERAL 60 6TAB Time released multi	29.09
NATURE'S PRENATAL (180) One a day prenatal (Best choice)	28.45
NIACIN Migraines, cholesterol, depression, hostility, digestion, skin	13.10
NUTRI-CALM (60) Nervous system, stress, calming, food absorption, immune system	20.65
PANTOTHENIC ACID Vitamin B5, adrenals, stress, energy, immune system, skin	16.45
POTASSIUM COMBINATION (180) Rid water from body, heart, nerves, picnic attack	24.75
SKELETAL STRENGTH Calcium magnesium, bone health leg cramps, pain	20.80
SNOREASE Three key ingredients to open nasal passages, drains sinus	28.80
SUPER OMEGA 3 EPA Good fats, vein health, arteries, heart arteriosclerosis, arthritis	25.75
SUPER OMEGA GLA Female reproductive, immune system, allergies, arthritis	32.20
SUPER ORAC ANTIOXIDANT Powerful antioxidant, immune system, anti-aging, tumors	52.45
TARGET P 14 Maintain normal blood sugar, adrenal exhaustion, hypoglycemia	26.70
TARGET TS II Pituitary gland, weight loss, thyroid gland, skin	31.50
THYROID SUPPORT Over active & under active thyroid, weight loss, energy	26.05
TRACE MINERALS (450) Energy, thyroid, pancreas, immune system	22.45
VITAMIN D3 Heart health, immune system, skin, hormones, healthy hair, antioxidant	12.25
VITAMIN E (180) Heart health, circulation, antioxidant, skin, muscles, liver, miscarriages	25.00
ZINC Taste and smell loss, prostate, tissue repair, antioxidant, sex drive	13.50

Children's Health

HERO'S CALCIUM PLUS D3 Strong bones and teeth, immune system	20.25
HERO'S MULTIPLE VITAMIN AND MINERAL food source multi	22.40
HERO'S OMEGA 3/DHA Brain development, immune system, heart health, ADD, ADHD	26.60
HERO'S PROBIOTIC POWER Immune health, colon health, skin	22.40
HERO'S WHOLE FOOD ANTIOXIDANT Easy digestion, immune system, heart, skin	22.40
HERO'S WHOLE FOOD PAPAYAZIME Healthy digestion	17.60
ANTIOXIDANT WITH GRAPINE CHEWABLE , Grapeseed and pine bark antioxidant	22.45
ELDERBERRY CHEWABLE Immune booster, flu, colds	17.80
ALJ LIQUID Allergies, colds flu, immune system, fever, sinus congestion	16.60
CATNIP AND FENNEL LIQUID Colic, gas, fever, sleep	23.25
CC-A WITH YERBA SANTA LIQUID Colds, flu, immune system, cough	21.75

COLD HOMEOPATHIC Take to help reduce cold symptoms	20.20
CBG Colds, flu, boots immune system	25.90
COUGH SYRUP Help with common children's cough	19.90
ECHINACEA/GOLDENSEAL Infections, colds, flu, immune system	22.15
GOLDENSEAL/PARTHENIUM Infection, urinary system	27.15
LB EXTRACT Constipation, colon health	15.25
OREGON GRAPE Blood purifier, eczema	21.70
STRESS-J LIQUID , Nerves, tension, sleep	20.95
RED RASPBERRY LIQUID , Eyes, intestinal system mucus, colds, flu, nausea	23.65

Where should you begin? Suggestion: Focus on your two weakest areas, while not forgetting the others.

This Lifestyle Analysis is not intended to treat health conditions. It is for educational purposes only about Nature's Sunshine Products.

All information within is for educational purposes only and is not to be used to treat or diagnose any health conditions.

Body Systems Approach To Health

Digestive System

The digestive system breaks down food for fuel and makes it available to the whole body.

Common Concerns: Heart burn, Insufficient enzymes, Stomach ulcers, Poor digestion, Poor circulation, Stomach cramps

Suggested Products: PDA, FOOD ENZYMES, STOMACH COMFORT, SPLEEN ACTIVATOR, PROACTAZYME, SMALL INTESTINAL DETOX, GASTRO HEALTH AND PAPAYA MINT

Intestinal System

The intestinal system absorbs waste products from the body and excretes those products with indigestible food fiber.

Common Concerns: Constipation, Diarrhea, Hemorrhoids, Irritable bowel syndrome, Colitis, Crohn's disease

Suggested Products: CLEAN START CLEANSE, HEAVY METAL DETOX, TIAO HE CLEANSE, LBS II, SENNA COMBINATION, ALL CELL DETOX, BOWEL DETOX, PARA CLEANSE, CLT-X

Immune System

When the immune system recognizes viruses, bacteria and other foreign bodies, it signals the brain to activate immune processes.

Common Concerns: Immune support, Seasonal support, Fatigue, Stress Antioxidant protection

Suggested Products: IMMUNE STIMULATOR, DEFENSE MAINTENANCE, TRIGGER IMMUNE, ALL CELL DETOX, VS-C, THIM-J, COLOSTRUM, HP GRAPINE, CAPRYLIMUNE, E-TEA, ASTRAGALUS, GLYCO-ESSENTIALS, COLOSTRUM WITH IMMUNE FACTORS

Respiratory System

The respiratory system is essential to the body's growth and movement because it supplies oxygen, enabling the body to produce energy.

Common Concerns: Problems breathing, Mucus, Continual cough, Hay fever, Lung ailments,

Suggested Products: ALJ, HISTA BLOCK, FENUGREEK AND THYME, MARSHMALLOW & FENUGREEK , CC-A, ELDERBERRY DEFENSE, FOUR, SNOREASE, COLD LYMPH CLEANSE

Circulatory System

The circulatory system transports food, oxygen, and water to every system of the body through an intricate network of blood vessels.

Common Concerns: Cholesterol/triglyceride build up, Stress, Poor circulation, Arterial plaque, Heart disease, Hypertension

Suggested Products: MEGA-CHEL, CARDIO ASSURANCE, CHLOLESTER-REG, CAPSICUM, GARLIC, HS II, COQ10, VARI-GONE, I-X, GINKGO HAWTHORN, TRACE MINERALS

Urinary System

The urinary system filters the blood supply in order to maintain a clean supply of fluids that the body systems can utilize.

Common Concerns: Bladder/kidney function, Urinary System Activation, Filtration

Suggested Products: URINARY MAINTENANCE, KIDNEY ACTIVATOR, JP-X CRANBERRY AND BUCHU, CHINESE KIDNEY ACTIVATOR

Nervous System

The nervous system provides the vital communication link between our internal world and the external world around us.

Common Concerns: Tension, Mood Support, Absentmindedness, Occasional Sleeplessness, Cerebral Circulation

Suggested Products: NUTRI-CALM, NERVOUS FATIGUE FORMULA, NERVE EIGHT, NERVE CONTROL, STRESS-J, STRESS RELIEF, MOOD ELEVATOR, APS II, HERBAL SLEEP, MELATONIN EXTRA

Glandular System

The glandular system is a communication network that regulates basic drives and emotions, promotes growth, and sexual identity, assists in the ordinary replacement of body tissues.

Common Concerns: Hormone balance, Occasional Emotional stress, Reproduction, Blood sugar levels

Suggested Products: MONTHLY MAINTENANCE, MENSTRUL-REG, CRAMP RELIEF, BREST ASSURED, BREAST ENHANCE, C-X, FEMALE COMFORT, FLASH-EASE, DHEA-F, DHEA-M, WOMEN'S AND MEN'S X-ACTION, SAW PALMETTO, DAMIANA, 5-W

Structural system

The structural system, like a building frame, houses our other body systems and helps our body withstand outside stresses and strains.

Common Concerns: Joint mobility, Bone health, Muscle strength, Posture

Suggested Products: SKELETAL STRENGTH, EVERFLEX, JOINT SUPPORT, JOINT HEALTH-AV, HERBAL CA, MSM, GLUCOSAMINE, PLS II, SC FORMULA, BONE, SKIN POULTICE, CHONDROITIN, UNA DE GATO, HP/GRAPINE

Like the musicians who make up an orchestra, the body systems must all work in harmony. Total health requires that the body systems be balanced. Fill out the Health Analyzer Questionnaire within to help determine which body systems need help.