

NOT ALL SUPPLEMENTS ARE CREATED EQUAL

Dr. Tripp and his team studied the effects of a specific line of supplements (IN.FORM™ products developed exclusively for Nature's Sunshine). By supporting a healthy gut microbiome, IN.FORM products offer a path to wellness by targeting gut nutrition to support healthy body composition, weight management and cardiovascular function.



Trial participants who received IN.FORM supplementation enjoyed the following results:

- ✓ 12% reduction in body weight
- ✓ 21.5% reduction of fat mass
- ✓ 51% reduction in triglycerides 15/10 mmHg reduction in blood pressure (11% reduction in systolic and 12% diastolic)
- ✓ 18% reduction in total cholesterol
- ✓ 19% reduction in LDL "bad" cholesterol

And here's how those results stack up to the competition:

When compared to published studies on many popular, brand-name weight loss programs[†], the IN.FORM program outperformed the competition in several key biomarker indicators, including:

- ✓ Increased weight loss between 44-123%
- ✓ Increased fat loss between 15-233%
- ✓ Greater improvements in triglycerides, total cholesterol and LDL cholesterol

[†]Comparison based on a range of reported data published by commercial weight loss programs in the U.S.

WANT TO ENJOY SIMILAR RESULTS?

Join Nature's Sunshine's unique, interactive weight-management and healthy lifestyle program—IN.FORM™. It's a personalized 13-week journey to...

- Improved energy and vitality
- Happiness and a greater self-image
- Better health habits
- Emotional balance
- And yes, weight loss

Take the first step towards a brand-new, healthy you!

To learn more visit www.informnsp.com

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WellnessNow

by NATURE'S SUNSHINE®

REVOLUTIONARY new supplement program tackles today's greatest health threats!

CLINICAL EVIDENCE CONFIRMS PROGRAM DRAMATICALLY IMPROVES WEIGHT, AND SUPPORTS CARDIOVASCULAR AND BLOOD SUGAR HEALTH.

While the debate on whether “*dietary supplements actually work*” continues to dominate the headlines, Chief Science Officer, Dr. Matthew Tripp and a team of scientists at *The Hughes Center for Research and Innovation* decided to stop talking and start testing. In 2015 the center concluded an independently reviewed clinical study to test the efficacy of a specific group of supplements—and the results are revolutionary.

During a 90-day period, the study followed two groups of “generally healthy” people who participated in a strict diet and exercise protocol. At the outset, members’ key biomarkers or medical “signs” were all indicative of metabolic health “within the normal range.” As the study progressed, those same biomarkers were monitored for improvement. But here’s where things get interesting.

Both groups followed the same strict diet and exercise recommendations, but only the second group received the added benefit of dietary supplements.

After the 13-week trial, doctors were amazed with the results.



Participants using supplementation in addition to following the diet and exercise protocols far outperformed those who used no supplements.

In fact, study participants using nutritional supplements lost 24% more weight than their counterparts and scored significantly better on key biomarkers like triglycerides, insulin response, oxidized cholesterol and metabolic age! *“We expected to see differences in the two test groups, but we were unprepared for how drastically the two would compare,”* Dr. Tripp said. *“Our study confirms that supplementation as a lifestyle change isn’t just a good idea, but a very necessary one.”*

Here’s what they found.

At the end of 90 days, study participants experienced greater results with supplements than those with diet alone[‡]

- ✓ 56% more weight loss
- ✓ 65% more fat loss
- ✓ 125% greater reduction in systolic blood pressure
- ✓ 62% greater reduction in diastolic blood pressure
- ✓ 66% greater reduction in triglycerides
- ✓ 129% greater reduction in total cholesterol
- ✓ 80% greater reduction in LDL “bad” cholesterol

[‡]When compared to clinical study participants who only followed the IN.FORM high PhytoPro food plan and moderate exercise.



THE SENSE BEHIND THE SCIENCE.

Heal the gut—heal the body.

Researchers at The Hughes Center have long suspected a connection between what we eat and how we feel, and now more than ever, science is proving them right. On a foundational level, we all understand that our bodies are fueled by the vitamins, minerals and energy in our foods. But what most of us don’t realize is the connection between what we eat and feeling bad.

The way we eat is literally making us sick. The link between our diet and diabetes, weight gain and cardiovascular compromise can no longer be denied.



Dr. Matt Tripp

Think of your gut-or body’s core-as the nucleus of health and well-being. It should be a repository of nutrition and good bacteria to fuel our body’s needs. But thanks to our western diets, our core (also referred to as our microbiome) has become a breeding ground for metabolic breakdown. There was a time when the majority of our diet was comprised of fresh fruits and vegetables. But convenience foods (fast food, cereals, boxed pastas and soda) have long taken their place. The effect of these foods on our microbiome, along with stress and exposure to toxins, has become the catalyst for practically every illness you can imagine.

- 29 million people in the United States have diabetes. 1.7 million are adults who were newly diagnosed in 2012 alone.
- 33% of all American children are predicted to become diabetic. In 2020, 1 in 2 kids will suffer from the disease.
- Without serious intervention, half the world’s population will be obese in 15 years.
- 610,000 people die of heart disease in the US every year.



Going into their ground-breaking 2015 study, Dr. Joseph Lamb knew that addressing metabolic dysfunction in the microbiome was key. *“Our initial findings combined with all we already knew about gut health led us to believe we were on the right track,”* he said. *“But we had to prove our theories in just the right way.”*

What made The Hughes Center’s study even more unique was that the supplement protocol the doctors prescribed was focused entirely on supporting the gut.

Hughes Center researchers didn’t test just any run-of-the-mill supplements. They tested the effects of cutting-edge supplements specifically designed to support a healthy microbiome. They believed the right supplements would bridge the benefits of diet and exercise, boosting the positive effects on healthy metabolic age and function. And thankfully, they were right.

Study participants using these supplements experienced 56% more weight loss, 65% more fat loss, 125% greater reduction in systolic blood pressure and 80% greater reduction in “bad” cholesterol than those on the diet alone.



Exploring Your Microbiome

The cells that line the gut are like a fortress. They work to keep the good things in (nutrients, vitamins and minerals) and the bad things out (chemicals, toxins, etc.). To a significant degree, our metabolic health is determined by the success of our fortress. When toxins in our gut leak out into the rest of the body, our white blood cells go to work and trigger inflammation—the natural enemy to a fully functioning metabolism.

Think of your microbiome as your internal fountain of youth. The more healthy and vibrant your core, the more healthy and vibrant you are.