

SELF ASSESSMENT SHEET - REGENERATE

These Systems of the Body Are All Supported By Sunrider Food Herbs
Found In The *Sunrider* Basic Program – Nourish, Balance, Cleanse

*This information is provided for nutritional purposes only. It is not the intent to diagnose, prescribe or imply treatment
.If you have a medical condition, consult a physician.*

<p style="text-align: center;">NOURISHMENT</p> <p>SIGNS OF IMBALANCE:</p> <ul style="list-style-type: none">• Lack of fresh fruits and vegetables in diet• Cravings for fatty, salty, sugary foods, etc.• Low energy• Unwanted fat• Insatiable hunger• Poor muscle tone• Poor recovery after exercise <p style="text-align: center;">Supporting Food Formulas – NuPlus, Vitashake, Vitalite Sunbars</p>	 A rectangular product box for NuPlus, featuring a green and white patterned border and the Sunrider logo at the top.
<p style="text-align: center;">DIGESTIVE SYSTEM</p> <p>SIGNS OF IMBALANCE</p> <ul style="list-style-type: none">• Acid indigestion• Slow digestion• Bloating• Hiatus Hernia• Constipation• Crohn's Disease or Colitis <p style="text-align: center;">Supporting Food Formula – Assimilaid (A.D.) in Quinary</p>	 A small, dark glass bottle with a white cap, labeled 'ASSIMILAI D' with a green leaf illustration.
<p style="text-align: center;">RESPIRATORY SYSTEM</p> <p>SIGNS OF IMBALANCE:</p> <ul style="list-style-type: none">• Breathing problems• Bronchitis• Asthma• Chest colds <p style="text-align: center;">Supporting Formula - Conco in Quinary</p>	 A small, dark glass bottle with a white cap, labeled 'CONCO' with a green leaf illustration.
<p style="text-align: center;">CIRCULATORY SYSTEM</p> <p>SIGNS OF IMBALANCE</p> <ul style="list-style-type: none">• High cholesterol• Varicose veins• Eye problems• Cold hands and feet• High and low blood pressure• Easy bruising• Heart problems <p style="text-align: center;">Supporting Formula –Lifestream (L.S) in Quinary</p>	 A small, dark glass bottle with a white cap, labeled 'LIFESTREAM' with a purple flower illustration.

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<p style="text-align: center;">IMMUNE SYSTEM</p> <p>SIGNS OF IMBALANCE:</p> <ul style="list-style-type: none"> • Colds and flu • Infections • Allergies • Growths • Warts • Cold Sores • Swollen glands • Yeast problems • Chronic fatigue <p style="text-align: center;">Supporting Food Formula - ALPHA 20C In Quinary</p>	
<p style="text-align: center;">BLOOD SUGAR SYSTEM</p> <p>SIGNS OF IMBALANCE</p> <ul style="list-style-type: none"> • Cravings for sugar • Diabetes • Mood swings • Fatigue • Hypoglycemia • Hyperactivity • Anxiety <p style="text-align: center;">Supporting Food Formula - Herbal Sweetener <i>(Sunectar or SunnyDew in USA (Suncare and Suncare Plus in Canada))</i></p>	
<p style="text-align: center;">ENDOCRINE SYSTEM</p> <p>SIGNS OF IMBALANCE:</p> <ul style="list-style-type: none"> • Sore or weak muscles • Premature gray • Depression, mood swings • Infertility • Hypertension • P.M.S. • Menopause problems • Hair loss • Uncomfortable stress symptoms • Muscle and nerve problems such as M.S., M.D., Parkinsons etc. <p style="text-align: center;">Supporting Formula – Prime Again (P.A.) in Quinary</p>	
<p style="text-align: center;">BODY CLEANSING</p> <p>SIGNS OF IMBALANCE</p> <ul style="list-style-type: none"> • Poor Mental Clarity • Stiff muscles and joints • Slow metabolism • Arthritis • Eczema and rashes • Other Skin Problems • Fluid retention • Difficulty keeping fat off • Cravings for coffee, sodas, • Liver and bladder problems <p style="text-align: center;">Supporting Formula - Calli & Fortune Delight</p>	

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