

# London Finest Supplements Health Analysis "It takes the guesswork out of knowing where your body is at health wise."

## The Lifestyle Analysis...

## Your Personal Health Profile

**1.** INSTRUCTIONS: For each statement that applies to your lifestyle, tick ALL the boxes in the row going across, from A to J. After completing the analysis, add up all of the ticks for each column. Then progress to step two to see your results.

## Get Your Results Now...

## Simply Complete This Graph...

**2.** INSTRUCTIONS: Transfer your column totals from the previous page and highlight the corresponding numbers on the chart below, all you then need to do is to simply join the points up to create a graph. Then by comparing your results with the rating you can determine which are your weaker key body systems.

STATEMENT	a	b	c	d	e	f	g	h	i	j
Would you like more energy	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>			<input type="checkbox"/>
Frequent ill health (once/twice yearly)					<input type="checkbox"/>					<input type="checkbox"/>
Body odour and/or bad breath	<input type="checkbox"/>	<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>		
Difficulty digesting certain foods					<input type="checkbox"/>					
Eat red meat at least twice weekly		<input type="checkbox"/>	<input type="checkbox"/>				<input type="checkbox"/>			
Problems with monthly cycle (female)		<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>		
Use of antibiotic/medication (last 3 years)		<input type="checkbox"/>			<input type="checkbox"/>					
Regular alcohol consumption				<input type="checkbox"/>					<input type="checkbox"/>	
Mood swings				<input type="checkbox"/>					<input type="checkbox"/>	
Food allergies	<input type="checkbox"/>				<input type="checkbox"/>	<input type="checkbox"/>				<input type="checkbox"/>
Dark circles under eyes			<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>			<input type="checkbox"/>
Smoking (including passive)		<input type="checkbox"/>	<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 unhealthy conditions	<input type="checkbox"/>				<input type="checkbox"/>					
Discomfort after eating	<input type="checkbox"/>			<input type="checkbox"/>						
Stressful lifestyle			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				<input type="checkbox"/>	<input type="checkbox"/>
Skin problems	<input type="checkbox"/>	<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Crave sweets/processed foods				<input type="checkbox"/>					<input type="checkbox"/>	
Consume dairy products		<input type="checkbox"/>				<input type="checkbox"/>				
Feeling low, or apathy		<input type="checkbox"/>							<input type="checkbox"/>	
Inadequate/restless sleep			<input type="checkbox"/>	<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>
Menopausal concerns (female)			<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>	
Urination problems							<input type="checkbox"/>			
Brittle fingernails	<input type="checkbox"/>									<input type="checkbox"/>
Sensitive/tight skin/fine wrinkles										<input type="checkbox"/>
Hair loss			<input type="checkbox"/>	<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>
High fat/cholesterol diet	<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"/>
Lack of stamina			<input type="checkbox"/>			<input type="checkbox"/>				
Poor eating habits	<input type="checkbox"/>	<input type="checkbox"/>							<input type="checkbox"/>	<input type="checkbox"/>
Slow recovery from poor health			<input type="checkbox"/>	<input type="checkbox"/>					<input type="checkbox"/>	
Irregular/infrequent bowel activity	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>						<input type="checkbox"/>
Edgy/unable to relax/tension				<input type="checkbox"/>					<input type="checkbox"/>	
Low fibre diet (less than 30 grams/day)		<input type="checkbox"/>	<input type="checkbox"/>							
Muscle discomfort			<input type="checkbox"/>	<input type="checkbox"/>						<input type="checkbox"/>
Dry/damaged/dull hair	<input type="checkbox"/>						<input type="checkbox"/>			
Exposure to air pollution				<input type="checkbox"/>	<input type="checkbox"/>					<input type="checkbox"/>
Sleepiness when sitting			<input type="checkbox"/>						<input type="checkbox"/>	
Lack of appetite	<input type="checkbox"/>			<input type="checkbox"/>					<input type="checkbox"/>	
Drink 2 or more cups of tea, coffee, cola per day				<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>
Feeling out of control				<input type="checkbox"/>	<input type="checkbox"/>				<input type="checkbox"/>	<input type="checkbox"/>
Food/chemical sensitivities	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>					
Problems with yeast/fungus	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>					
Muscle/joint discomfort or weakness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						<input type="checkbox"/>
Excessive worry	<input type="checkbox"/>			<input type="checkbox"/>						
Easily irritated/angered		<input type="checkbox"/>		<input type="checkbox"/>					<input type="checkbox"/>	
Insufficient exercise		<input type="checkbox"/>	<input type="checkbox"/>						<input type="checkbox"/>	<input type="checkbox"/>
Problems with congestion/mucus		<input type="checkbox"/>				<input type="checkbox"/>				
Large pores/shiny skin/blemishes										<input type="checkbox"/>
<b>COLUMN TOTALS</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



## Your Results Explained...

### Tell me more about my Results

- VERY GOOD** You appear to be leading a healthy and balanced lifestyle. Supplementation may be used as a maintenance or preventative measure.
- GOOD** Your lifestyle and diet profile appear to be sound but you may want to consider certain changes to achieve better health.
- BELOW AVERAGE** Lifestyle, food choice and nutritional changes are strongly advised.
- POOR** Lifestyle, food choice and nutritional changes should be made immediately.

## Suggested Key System Products...

- DIGESTIVE** -Proactazyme
- INTESTINAL** -Bowel Build
- CIRCULATORY** -Mega-Chel
- NERVOUS** -Nutri Calm
- IMMUNE** -Defence Maintenance
- RESPIRATORY** -Fenugreek and Fennel Combination
- URINARY** -Juniper and Parsley Combination
- GLANDULAR** -Master Gland Formula
- STRUCTURAL** -Skeletal Strength
- SKIN** -Skeletal Strength

Click below to find out more on our organic herbal solutions  
[www.londonfinestsupplements.co.uk/products](http://www.londonfinestsupplements.co.uk/products)

Please print, complete and share this health analysis

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## Daily Nutritional Products!



### Antioxidants

Stock Code: Single 4098 - 4 Pack 4099

Zamboza a synergistic blend of ten powerful ingredients providing you with a powerhouse of antioxidants.

Zamboza is scientifically formulated and independently tested and is now proven to be the pre-eminent antioxidant drink on the market.



### Protein

Stock Code: Original 2914 - Choc 2905

SynerProTein can help improve your energy levels, stamina, concentration, hair, skin and nails.

SynerProTein is designed to give you a powerhouse of nutrition and energy providing a high quality soya protein supplement which is dairy free, wheat free, yeast free, gluten free and virtually fat free.



### Fibre

Stock Code: 4300

TNT provides 12g of fibre per daily serving and contains more nutrients than a full kilo of fresh vegetables, including fibre, vitamins and minerals.

TNT is a great tasting high fibre drink mix suitable for all the family. TNT drink mix ensures that you are getting the vitamins, minerals and fibre you need daily.



### Omega 3

Stock Code: 1609

Omega-3 is a classification of certain kinds of fatty acids that result from the breakdown of dietary fats in the body.

Omega 3 EPA is high in Essential Fatty Acids and is guaranteed to be pure. This formula contains both EPA, DHA and natural vitamin E to preserve freshness.



### Probiotics

Stock Code: 4100

Bifidophilus is a milk-free probiotic supplement. Each enteric coated capsule provides a balance of 3.5 billion beneficial intestinal micro-organisms.

Bifidophilus is recommended for daily use to help maintain a healthy balance of friendly bacteria in the intestinal tract and to help maintain a healthy immune system.



### Multivitamins

Stock Code: 1817

Super Supplemental Vitamins and Minerals provides a unique and comprehensive array of 35 vitamins and minerals.

Super Supplemental Vitamins and Minerals are made from natural ingredients and contain no artificial colours, sweeteners or additives.



### Enzymes

Stock Code: 1643

Proactazyme helps the body digest all food types and helps break down difficult to digest foods.

Proactazyme is a fantastic general purpose enzyme supplement from plant sources that helps to maintain a healthy Digestive system.



NATURE'S SUNSHINE

Stock Code: 1020 - Lifestyle Analysis

Name: ..... Date: .....

# Habit of Health

FROM NATURE'S SUNSHINE

LIFESTYLE ANALYSIS



The Lifestyle Analysis!

TO BUY PRODUCTS OR FOR MORE INFORMATION PLEASE CONTACT:

Joe Dimon

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