

## Do you know your Metabolic Age?

Metabolic Age\* is a number that tells you how healthy your body is at the cellular level. NSP's BioTracker scale calculates your current metabolic age and other important data, including:

- Body fat
- Lean muscle mass
- Hydration levels
- And bone mass



Be part of the program that is transforming people's lives!



# IN.FORM™

BURN FAT | BE FIT | FOR LIFE

Imagine growing "YOUNGER" while you manage your weight!



Call your independent Nature's Sunshine distributor to join the IN.FORM program today.

#### CONTACT INFORMATION:



810-584-5241

\*Metabolic Age is calculated by comparing your Basal Metabolic Rate (BMR) to the average BMR of your age group using the Harris-Benedict equation to capture basal metabolism.

DISCLAIMER: Results not typical, but are based upon a variety of factors that can include current health status, body composition, calorie intake and exercise. Seek the advice of your health care professional before beginning any weight management program.

NATURE'S SUNSHINE™

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**IN.FORM** is a 13-week program designed to improve your wellness and metabolic age through a step-by-step weight management program.

**IN.FORM** utilizes Nature's Sunshine's unique portfolio of premium-quality natural health products.

**IN.FORM** features a simple, balanced meal plan that uses whole, essential foods. No pre-packaged meals!

**IN.FORM** includes weekly accountability plus social support.

Your **IN.FORM** coach will personalize your program and guide you every step on the way.

*Try it yourself and start  
TRANSFORMING  
YOUR LIFE!*

## THOUSANDS of "IN.FORMERS" love their transformational results.

**Tamie M., IN**



**Not only did I lose over 40 pounds,** I decreased my total body fat by 12.4 percentage points, lowered my visceral fat by 3 points, and lowered my metabolic age by 42 years. And to top it off, I have lost a total of over 23 inches since starting this journey! I feel fantastic. I feel good about how I look, and that has made my self-confidence skyrocket!

**Mike H., UT**



I had lost control over my eating habits and didn't even realize it! My health was deteriorating, my weight was increasing, and I felt helpless to do anything about it. **Now I am 60 pounds lighter!!** I owe it to IN.FORM for providing me with the education, support and tools I needed to take control of my health and weight. I love the leaner, healthier person that I have become!