



Health & Longevity Supplementation

Your Health Care Recommendation to Help
Prevent The Disease Care Prescriptions

*Help Preserve Health While You Have It
Because we can live longer, we need to live better*





Health Programs

Goal: Preserve health to live a longer more productive life

Objectives:

- Potentially stave off chronic or age-related disease by improving the daily nutrient intake achieved through diet alone (avoid the triage effect)
 - Helps make up for you and our foods not being perfect
 - No one gets everything everyday (latest Gov. Survey results)¹
 - Aging reduces ability to produce/acquire needed substances from foods
 - MVM use associated with a 30-41% lower likelihood of heart attacks² and significant reduction in all cancers³. The longer the use, the lower the risk
- Preserve metabolism and muscle as you lose body fat⁴
 - Supply needed nutrients without the calories
 - MVM users are leaner and control appetite better

1-JN, Journal of Nutrition Oct. 2010

2-Am J Clin Nutr 2010;92:12516;Position Paper. Council for Responsible Nutrition. 2006;

3-JAMA. 2012;():1-10. doi:10.1001/jama.2012.14641

4-Sports Med. 2006;36(3):239-62. Review



HEALTH, GROWTH & DEVELOPMENT: **AGES 8-21***

Minimum (SRP KidsMV \$9.95; ActiveMV \$17.95 60-day supply)

- Targeted Multivitamin & Mineral (Ages 8-11: KidsMV; Ages 12+: ActiveMV)

Better (SRP w/Kids \$24.90; w/Active \$32.90)

- Targeted Multivitamin & Mineral (Ages 8-11: KidsMV; Ages 12+: ActiveMV)
- As needed:
- SuperCalcium+ (all should try to get requirements from diet)
 - >11yrs use as needed if not meeting daily needs of calcium (~1300mgs) from diet

Best (SRP w/Kids \$37.85; w/Active \$45.85)

- Targeted Multivitamin & Mineral (Ages 8-11: KidsMV; Ages 12+: ActiveMV)
- As needed:
- SuperCalcium+ (all should try to get requirements from diet)
 - >11yrs use as needed if not meeting daily needs of calcium (~1300mgs) from diet
- Super Omega-3
 - Take 1 daily if not consuming 2-4 svgs/wk of fatty fish

**Kids 2-7: Kids multivitamin and must get calcium from foods/drink*



HEALTH: ALL ADULTS

Minimum (SRP \$17.95, 30-60 day supply)

- Targeted Multivitamin & Mineral (Take as directed)

Better (SRP \$37.90)

- Targeted Multivitamin & Mineral (Take as directed)
- Superior Antioxidant (1 per day)

Better yet (SRP \$65.80)

- Targeted Multivitamin & Mineral (Take as directed)
- Superior Antioxidant (1 per day)

As needed:

- Super Calcium+
 - Use if you do not meet the daily needs of calcium (~1000-1200 mgs) and Vitamin D (1000IU) from sunlight , multivitamin and food intake
- Super Omega-3
 - Take 1 daily if not consuming 2-4 svgs/wk of fatty fish



HEALTH AND LONGEVITY: **ADULTS HEDGING ALL BETS** (SRP \$145.70)

Daily:

- Targeted **Multivitamin & Mineral**
 - Take as directed
- **Superior Antioxidant (22yrs+)**
 - Take 1

As needed:

- **Super Calcium+**
 - Use if you do not meet the daily needs of calcium (~1000-1200 mgs) and Vitamin D (1000IU) from sunlight , multivitamin and food intake
- **Super Omega-3**
 - Take 1 daily if not consuming 2-4 svgs/wk of fatty fish
- **Advanced Brain Health**
 - 45-55yrs take 1; 56-65yrs take 2; over 65yrs take 3
- **Joint Flex Plus™ (Biocell Collagen II)**
 - For overuse or age related joint discomfort, take 1-AM and 1-PM (double dose when injured)