

EXACT SCIENCE. UNCOMPROMISING STANDARDS.



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



Your Fitness. Connected.

dotFIT™



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 & our foods not being perfect
 - No one gets everything everyday (latest Gov. Survey results)**
 - ✓ MVM use associated with a 30-41% lower likelihood of heart attacks (the longer the use, the lower the risk)*
 - ✓ Aging reduces the ability to produce/acquire needed substances from foods
- Preserve metabolism/muscle as you lose body fat
 - ✓ Supply needed nutrients without the calories

*Am J Clin Nutr 2010;92:1251–6

**JN, Journal of Nutrition Oct. 2010



HEALTH, GROWTH & DEVELOPMENT: AGES 8-21*

1. **Minimum** (SRP Kids \$9.95; Active \$15.95 60day supply)
 - **Targeted Multivitamin & Mineral** (Kids 8-11; Active 12+)

2. **Better** (SRP w/Kids \$24.90; w/Active \$30.90)
 - **Targeted Multivitamin & Mineral** (Kids 8-11; Active 12+)
 - As needed:**
 - **Super Calcium+** (all should try to get requirements from diet)
 - >11yrs use as needed if not meeting daily needs of calcium (~1300mgs) from diet

3. **Best** (SRP w/Kids \$37.85; w/Active \$43.85)
 - **Targeted Multivitamin & Mineral** (Kids 8-11; Active 12+)
 - As needed:**
 - **Super Calcium+** (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, 22 & OLDER

1. **Minimum** (SRP \$15.95 30-60 day supply)

- Targeted Multivitamin & Mineral (Take as directed)

2. **Better** (SRP \$35.90)

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

3. **Better yet** (SRP \$63.80)

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



HEALTH & LONGEVITY: HEDGING ALL BETS (SRP \$143.70)

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**
 - ✓ 45-65yrs take 1; 55-65yrs take 2; over 65yrs take 3
- **Joint Flex Plus™ (Biocell Collagen II)**
 - ✓ For overuse or age related joint discomfort, take 1-AM & 1-PM