



# 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



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# TALKING POINTS



## Health Programs

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**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
  - ✓ MVM users are leaner and control appetite better

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

\*\*JN, Journal of Nutrition Oct. 2010

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





## ➤ **YOUTH: HEALTH, GROWTH & DEVELOPMENT - Ages 8-21\***

### 1. **Minimum** (SRP Kids \$9.95; Active \$17.95 60day supply)

- **Targeted Multivitamin & Mineral** (Kids 8-11; Active 12+)

### 2. **Better** (SRP w/Kids \$24.90; w/Active \$32.90)

- **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 \$45.85)

- **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





## ➤ ALL ADULTS: HEALTH – Ages 22 & older

### 1. **Minimum** (SRP \$17.95 30-60 day supply )

- Targeted Multivitamin & Mineral (Take as directed)

### 2. **Better** (SRP \$37.90)

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

### 3. **Better yet** (SRP \$65.80)

- 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





## ➤ ALL MATURE ADULTS: HEALTH & LONGEVITY

(HEDGING ALL BETS)

### 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 (SRP: \$145.70)



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