

## YOU MIGHT NEED TO SUPPLEMENT IF:

It sure would be convenient if a vitamin supplement could take the place of real food, but unfortunately, that is not how we are designed. We are designed to eat real food, mostly vegetables [and some fruit] throughout the day. Supplements are to fill in the gaps, and many of us have gaps.

### You might need to supplement if...

- ✓ You eat food grown in de-mineralized soil. [unless you eat local and organic this applies.]
- ✓ You are sedentary.
- ✓ You smoke.
- ✓ You drink more than 1-2 glasses of alcohol per day
- ✓ You are pregnant or nursing.
- ✓ You are over 50
- ✓ You have a medical condition
- ✓ You are taking prescription medications
- ✓ You are not eating a healthy diet.
- ✓ You are under-stress
- ✓ You are eating processed foods
- ✓ You are eating in fast food restaurants

RECOMMENDED READING: *The Harvard Medical School Guide to Healthy Eating - Eat, Drink and Be Healthy* by Dr. Walter Willett MD.

### NOT ALL SUPPLEMENTS ARE ALIKE!

#### QUALITY

TO ENSURE WHAT IS ON THE LABEL IS IN THE BOTTLE. YOUR SUPPLEMENT SHOULD BE USP AND NSF CERTIFIED. THESE NONPROFIT ORGANIZATIONS CERTIFY THAT THE VITAMINS ARE CONTAMINANT FREE AND MADE ACCORDING TO GOOD MANUFACTURING PRACTICES.

#### BIOAVAILABILITY

THE ABSORPTION OF SOME VITAMINS IS BASED ON AND IMPROVED BY OTHER NUTRIENTS. A HIGH-QUALITY MULTIVITAMIN WILL CONTAIN NUTRIENTS THAT BALANCE EACH OTHER FOR PROPER ABSORPTION.

THE PH AND DENSITY OF THE FORMULA WILL DETERMINE THE CONCENTRATION OF THE NUTRIENTS AND THE RATE AT WHICH THEY ARE AVAILABLE FOR USE BY THE BODY.



## THE ISOTONIX DIFFERENCE

Gluten free - Vegetarian - USP and NSF certified

**1) Nutrients are delivered at full concentration:** Isotonix products have the same osmotic pressure as our own body fluids, allowing the isotonic solution to pass through the stomach with minimal exposure to the stomach's acidic environment, where nutrient degradation might otherwise occur.

**2) Nutrient absorption begins in minutes, not hours:** It can take several hours for the

stomach to digest and the make food isotonic for passage into the small intestine. Isotonix products are already isotonic upon ingestion; the amount of time spent in the stomach is minutes, not hours.

**3) Absorption is enhanced by effervescence:** The lining of the small intestinal tract is coated with a thick layer of mucus to lubricate the passage of food. Carbon dioxide gas – created by the effervescence of Isotonix – promotes absorption into the bloodstream.

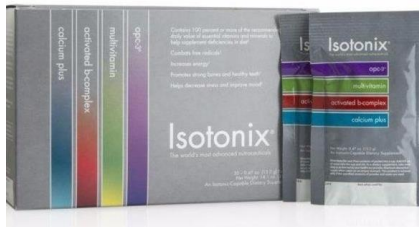
**4) Nutrient absorption is enhanced by a concentration gradient:** Isotonix nutrients are delivered to the small intestine in concentrated form. This favorable concentration gradient supports nutrient absorption via the intestine's villi.

**5) Nutrient delivery is never delayed and always complete:** Isotonix products are delivered in liquid form, so nutrient delivery is never delayed. If a vitamin pill is not correctly formulated to break apart rapidly, it can become lodged in the stomach or intestinal tract undigested for hours.

**6) Isotonix is easier to ingest than pills:** Our survey has shown that 40% of Americans have difficulty swallowing pills. Isotonix products offer a broad range of dietary supplements in a pleasant tasting, easy-to-swallow form.

**7) Here are a few examples of people benefiting from Isotonix delivery:** People who need support in absorbing nutrients due to reduced stomach size or limited intake of food; People who have difficulty swallowing capsules or tablets; Elderly persons with age-related reduction in digestive juices; Children who like the great taste of Isotonix.

## ISOTONIX DAILY ESSENTIALS



### INSTRUCTIONS

1 Packet in 8 ounces of water,  
first thing in the morning on an  
empty stomach.

### ISOTONIX OPC-3®

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PROVIDES COMPLETE ANTIOXIDANT PROTECTION.

HELPS MAINTAIN HEALTHY CHOLESTEROL & BLOOD GLUCOSE LEVELS

HELPS MAINTAIN HEALTHY CIRCULATION BY STRENGTHENING CAPILLARIES, ARTERIES AND VEINS

DEMONSTRATES ANTI-INFLAMMATORY ACTIVITY AND PROMOTES JOINT HEALTH.

COMBATS FREE RADICALS.

### ISOTONIX® MULTIVITAMIN

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CONTAINS 100% OR MORE OF THE RECOMMENDED DAILY VALUE OF ESSENTIAL VITAMINS & MINERALS.

SUPPORTS A STRONG IMMUNE SYSTEM.

SUPPLEMENTS DIETARY DEFICIENCIES.

### ISOTONIX® CALCIUM PLUS

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STRONG BONES, HEALTHY TEETH AND GUMS

ALL THE ESSENTIAL NUTRIENTS TO SUPPORT STRONG BONES, TEETH AND GUMS.

PROMOTES NORMAL REGULATION OF ENZYME & HORMONE PRODUCTION.

SUPPORTS CARDIOVASCULAR HEALTH

### ISOTONIX® ACTIVATED B-COMPLEX

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SUPPORTS ENERGY AND COGNITIVE FUNCTION.

PROMOTES A HEALTHY NERVOUS SYSTEM, BONE MARROW & INTESTINAL TRACT

PROMOTES CARDIOVASCULAR HEALTH

MAINTAINS HEALTHY LEVELS OF SEROTONIN, THEREBY DECREASING STRESS & IMPROVING MOOD