

# Building Your Health from the Foundation Up!

## Mind & Spirit

Mental Acuity Complex  
Moodlift Complex  
Dream Serene  
Stress Relief Complex  
Lecithin  
Mindworks

## Women's Health

Menopause Balance  
GLA Complex

## Eye Health

Carotomax

## Weight

### Management

Life Shake  
Snack Bars  
Metabolic Boost

## Sports Nutrition

Performance  
(Electrolyte)  
Physique  
CorEnergy  
Sustained Energy  
Boost

## Digestive Health

Optiflora Complex  
Herb-Lax  
EZ-Gest  
Stomach  
Soothing Complex

## Pain Relief

Joint Health  
Complex  
Pain Relief Complex  
Joint & Muscle  
Cream  
Turmeric

## Advanced Health

Liver DTX Complex  
Joint Health  
Complex  
Saw Palmetto (Men)  
Glucose Regulation  
Complex

## Immune Support

Defend and Resist  
Immunity Formula I  
Triple Defense  
Boost  
Garlic  
Nutriferon

## Cardio Health

CoQ Heart  
OmegaGuard  
Cholesterol  
Regulation Complex  
Blood Pressure  
(Tabs)

## Children's Health

Meal Shakes  
Increditives  
(Chewable)  
Super Immunity  
(Gummies)

## Building Blocks

Sustained Release Vita C, Vita E Complex, B Complex  
Zinc Complex, Osteomatrix, Alfalfa Complex, Zinc, D3

## Foundation

Life Shake, Vitalizer with or without Iron, or Vita Lea, Energizing Soy  
Protein

## Plumbing

Herb Lax, Optiflora