

Optimals

NUTRIFII™
FIRST STEP THERAPY

Nutrifii Optimals:
Critical Nutritional
Support for
Optimal Health*

Your Nutritional Insurance Policy

Does this sound like you? Busy schedule, always on the run, snacks and meals are last-minute, grab-what's-convenient afterthoughts? You're definitely not alone. In today's fast-paced, fast food world, nutritional deficiency is on the rise, and it is critical to understand how to support your body for optimal energy, health, and well being.

Good nutrition is being able to provide your body with an adequate supply of essential nutrients, which are the elements required for normal body function that can't be made by the body itself. These nutrients are found in Nutrifii Optimals and include vitamins, minerals, and antioxidants that are essential building blocks for achieving and maintaining optimal health.*

We all know that it's important to include nutrient-rich fresh fruits, vegetables, and whole grains in our diets. The best of intentions notwithstanding, it's still hard to always be in control of what ends up on our plate. A powerful way to stand up for your body is by adding nutritional supplements like Nutrifii Optimals to your daily health regimen.*



The Big Benefits

One of the biggest benefits of including health supplements in the diet is preventing deficiencies. If you have a vitamin or mineral deficiency, your energy levels can plummet; you can feel mentally sluggish and even develop deficiency-related diseases. For instance, in 2009 the International Osteoporosis Foundation reported that vitamin D deficiency was on the rise, causing serious bone-health problems.¹ In a 2009 issue of the American Journal of Clinical Nutrition, it was reported that vitamin C deficiency could lead to impaired brain development.²

Many healthcare professionals and scientists recognize that vitamin supplements play an important role in supporting your overall health and well being.³ The U.S. Food and Drug Administration (FDA) stated in a consumer report on their website that supplements of vitamins, minerals, or fiber also may help meet special nutritional needs, including the elderly, young children, women who may become pregnant, people with various illnesses, and medical conditions that include asthma, diabetes, heart conditions, hypertension, and high cholesterol, those who are dealing with stress and those who are taking certain medications that affect the way that food is metabolized.⁴

In other words, nearly everyone can benefit from taking quality natural health supplements.*

It's all About the Balance

Here's what you need to understand about the difference between vitamins and minerals—and why together they create such powerful synergy.

- Vitamins are organic micronutrients that are obtained naturally from plants and animals.
- Minerals are inorganic and originate in the earth through soil and water.
- Vitamins can be divided into fat-soluble & water-soluble groups and minerals into macro-minerals & trace minerals.
- Each vitamin and mineral has a different function, and your body functions best when all are in balance.

Vitamins and minerals have an amazing teamwork system that often makes them work more efficiently when absorbed together. For example, the body is able to absorb iron with the help of vitamin C, and vitamin D is important in helping the body more efficiently absorb needed amounts of the minerals phosphorus and calcium.*

Stand Out Ingredients

The Optimals offer a comprehensive array of vitamins, minerals, and antioxidants, including unique and beneficial ingredients such as Japanese knotweed, also known as resveratrol, which is a powerful antioxidant supporting a person's overall health and well being. Cinnamon bark, a component of the traditional Japanese medicine Mao-to, has been shown in studies to have positive health benefits.⁵

Another Optimals ingredient, olive leaf, has been used medicinally throughout history. Clinical evidence has shown olive leaf extracts supports blood pressure that is already within the normal level.⁶ And a liquid extract made directly from fresh olive leaves recently gained international attention when it was shown to have an antioxidant capacity almost double green tea extract and 400% higher than vitamin C.⁷

Quercetin is a plant-derived flavonoid widely found throughout nature and shown to have anti-inflammatory⁸ and other useful properties that support optimal health. Pomegranate juice has vitamin C, B5, potassium, and polyphenols.⁹ In addition to anti-inflammatory properties,¹⁰ studies show that rosemary may shield the brain from free radicals.*¹¹



Overall Support for Your Body and Life

Nutrifii Optimals contain a comprehensive array of vitamins, minerals, and antioxidants, including nutrients and other beneficial ingredients which university studies have shown to be critical in maintaining healthy cellular function, support heart, eye, skin,¹² and lung function, as well as promoting improved bone, muscle and nerve health.*¹³

For Your Vision

Studies have shown the effectiveness of vitamins and minerals such as beta-carotene, vitamin C, E, zinc, and lutein in supporting the maintenance of healthy vision*.¹⁴

For Your Heart and Lungs

Both B and E vitamins, plus an arsenal of antioxidants in our special blends, work together to complement your diet in supporting a healthy cardiovascular system.¹⁵ Antioxidants vitamin C and vitamin E, combined with carotenoids, have been shown to help support healthy pulmonary and respiratory function.*

For Your Bones and Joints

Getting enough calcium in your diet is crucial for bone health. While bones increase in size and mass during your childhood and adolescence, as you age, your bones inevitably become more fragile. The Optimals support bone and joint health¹⁶ with a signature blend of calcium, vitamin C, manganese, magnesium, vitamin D, vitamin K, and silicon.*

For Your Life

The benefits of ensuring that essential vitamins are in your diet can make a very long list. For example, vitamin C plays a vital role in protecting cells and tissues from damaging oxidation.¹⁷ Studies have also shown that it plays an important role in retaining sound cardiovascular function. Vitamin E is a family of essential nutrients that act as powerful antioxidants,¹⁸ and vitamin B is known for improving mental function, especially in the elderly.*¹⁹

Our Commitment to Excellence

We are committed to bringing the best health and wellness products to you by extensively researching modern nutritional science. The ARIIX 100% potency guarantee is the cornerstone of our quality, and we are dedicated to our mission to Unleash the Human Potential for Good.

Optimal-V

Supplement Facts

Serving Size: 3 Capsules
Servings Per Container: 56

| | Amount Per Serving | %DV |
|---|--------------------|-------|
| Vitamin A (as beta-carotene) | 7500 IU | 150% |
| Vitamin C (as calcium ascorbate, magnesium ascorbate, zinc ascorbate, potassium ascorbate, acerola cherry) | 650 mg | 1083% |
| Vitamin D3 (as cholecalciferol) | 1000 IU | 250% |
| Vitamin E (as D alpha tocopheryl succinate, mixed tocopherols 50 mg) | 150 IU | 500% |
| Vitamin K (as phyloquinone) | 45 mcg | 57% |
| Thiamin (as thiamin HCl) | 14 mg | 900% |
| Riboflavin | 14 mg | 794% |
| Niacin (50% as niacinamide) | 20 mg | 100% |
| Vitamin B6 (as pyridoxine HCl) | 16 mg | 750% |
| Folate (folic acid) | 500 mcg | 125% |
| Vitamin B12 (as methylcobalamin) | 200 mcg | 3333% |
| Biotin | 150 mcg | 50% |
| Pantothenic Acid (as D calcium pantothenate) | 45 mg | 450% |
| Calcium (as calcium ascorbate) | 75 mg | 8% |
| Molybdenum (as molybdenum citrate complex) | 25 mcg | 33% |
| Inositol | 75 mg | * |
| Grape Seed Extract (95% anthocyanins) | 50 mg | * |
| Bromelain | 25 mg | * |
| Vegetable Blend (broccoli leaf and flower, carrot, tomato, beet root, spinach leaf, cucumber, brussels sprout, cabbage leaf, celery leaf, kale leaf, asparagus shoot, green bell pepper, cauliflower, parsley, wheat grass) | 10 mg | * |

*Daily Value (DV) Not Established.

Other Ingredients: Gelatin, rice bran, mica, sodium copper chlorophyllin.

Optimal-M

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 56

| | Amount Per Serving | %DV |
|---|--------------------|------|
| Calcium (as calcium citrate) | 75 mg | 8% |
| Iodine (as potassium iodide) | 150 mcg | 100% |
| Magnesium (as magnesium amino acid chelate) | 100 mg | 25% |
| Zinc (as zinc citrate) | 10 mg | 67% |
| Selenium (as selenomethionine, selenium methionate) | 100 mcg | 142% |
| Copper (as copper gluconate) | 1 mg | 50% |
| Manganese (as manganese gluconate) | 2.5 mg | 125% |
| Chromium (as chromium niacinat) | 200 mcg | 167% |
| Citrus Bioflavonoids | 100 mg | * |
| N-Acetyl Cysteine | 50 mg | * |
| Rutin | 30 mg | * |
| Resveratrol | 15 mg | * |
| Green Tea Leaf Extract (90% polyphenols / 50% EGCG) | 20 mg | * |
| Quercetin | 6 mg | * |
| Hesperidin | 6 mg | * |
| Pomegranate Fruit Extract (40% ellagic acid) | 5 mg | * |
| Choline (as choline bitartrate) | 50 mg | * |
| Alpha Lipoic Acid | 50 mg | * |
| Inland Sea Trace Minerals | 1500 mcg | * |
| Boron (as boron citrate) | 1.5 mg | * |
| Superplant Blend (broccoli leaf and flower, carrot, tomato, beet root, spinach leaf, cucumber, brussels sprout, cabbage leaf, celery leaf, kale leaf, asparagus shoot, green bell pepper, cauliflower, parsley, wheat grass, rosemary leaf extract, olive leaf extract, cinnamon bark extract, lutein, lycopen) | 98 mg | * |

*Daily Value (DV) Not Established.

Other Ingredients: Gelatin, rice bran, mica.

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