



If you only have time today to do one thing to protect your health, take Vita Balance 2000™. A Harvard Study published in the *Journal of The American Medical Association*, 2002, reviewed 30 years of supplement studies and concluded that, when taken daily, a multivitamin plus a healthy diet, can help prevent diseases, including heart disease, cancer, and osteoporosis. The report also shows that 80-90% of Americans do not eat the daily recommended five to nine servings of fruit and vegetables, the amount believed to provide sufficient essential nutrients. ¹ *Obesity, Fitness & Wellness Week (2002-08-03)*.

THE BENEFITS OF VITA BALANCE 2000

*Provides a comprehensive nutritional foundation for good health & wellness by featuring an optimized blend of all essential vitamins and minerals.

*Helps provide nutritional support for hundreds of metabolic processes in the body which require one or more vitamins and/or minerals.

*Provides an optimized balance of minerals, utilizing mineral amino acid chelates to provide superb absorption.

*Provides not only major minerals, but a full spectrum of 70+ trace minerals in their natural ionic state. Many minerals are required by the body in minute amounts. Soil depletion can translate into mineral deficiencies in our food supply, plus our busy lifestyle can lead to food choices that compromise the micronutrients so critical to wellness.

A multivitamin supplement is considered by many as a convenient and affordable way of filling "nutrient gaps" in the diet. These "gaps" may be created by:

- An inadequately balanced diet
- Poor food choices
- Medical conditions
- Food from over farmed soil
- Use of fertilizer and other agents which may bind some minerals and make them unavailable
- Lack of nutritional training
- Different nutritional needs to accommodate lifestyle choices, stress, etc.
- Different nutrient requirements due to occupational work and energy output

AN OPTIMIZED LIPOTROPIC COMPLEX

Lipotropic means "fat-loving". Basically these substances can liquefy or homogenize fats. Every year, Americans eat an average of 100 pounds of saturated fats per person, over 40% of caloric intake. Lipotropics increase the production of lecithin by the liver, help prevent the accumulation of fat in the liver, and detoxify amines (by products of protein metabolism). Vita Balance 2000™ contains five lipotropics: Lecithin, Choline, Inositol, Methionine, and Betaine.

AN OPTIMIZED HERBAL COMPLEX

Vita Balance 2000™ contains a proprietary blend of 26 herbs. Our optimized herbal complex is divided into five classifications:

1. Aromatic (volatile oils) - Historically used to enhance digestion. (wintergreen, peppermint, capsium)
2. Astringents (tannins) - Historically used to boost the body's natural detoxification systems.(slippery elm)
3. Bitters (phenolic compounds and saponins)-- Historically used to simulate bile secretions.(aloe vera, echinacea, gotu kola)
4. Mucilaginous (polysaccharides) Historically used for their natural anti-inflammatory properties. (red raspberry)
5. Nutritive (foods) Herbs provide a rich reservoir of vitamins, minerals and micronutrients historically used to restore balance to the body and enhance wellness. (spirulina)

AN OPTIMIZED CITRUS BIOFLAVONOID COMPLEX

Bioflavonoids, also known as flavonoids, are plant phytonutrient compounds that offer impressive antioxidant properties and possess many natural health promoting properties.

AN OPTIMIZED B COMPLEX

Vita Balance 2000™ contains a high potency optimized complex of B vitamins that work together in the body to perform many vital functions. No need to look any further! This powerful formula contains all eight water soluble B vitamins: B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), B7 (biotin or vitamin H), B9 (folic acid), and B12 (cobalamin or cyanocobalamin).

PURE AND SAFE

Vita Balance 2000™ uses natural ingredients and is a vegetarian based formula. It contains no artificial flavorings, soy, egg, corn, wheat, gluten, or sweeteners. These ingredients are judiciously avoided, particularly because they can cause gastrointestinal disturbances.

Thousands of people around the world have used Vita Balance 2000™ for over 20 years. Every day, they feel the difference that this extraordinary formula offers.

We invite you to make Vita Balance 2000™ a part of your daily routine. . . It can change your life.

**AN OPTIMIZED MULTI-VITAMIN/MINERAL/HERBAL SUPPORT
WITH 125+ INGREDIENTS**

SUPPLEMENT FACTS--VITA BALANCE 2000+

Serving Size: 3 tablets

90 Tablets per container

Multi Vitamins

Vitamin A (Palmitate)
Vitamin A (Beta carotene)
Vitamin D3 (Cholecalciferol)
Vitamin E D-Alpha Tocopherol
B1 Thiamine HCL
B2 Riboflavin
B6 Pyridoxine HCL
B12 Cyanocobalamine
Niacin
B3 Niacinamide
Folic Acid (B9)
D-Biotin (B7)
Choline Bitartrate
PABA (Para Amino Benzoic Acid)
Vitamin C (calcium ascorbate)
Inositol

Helps Support

Vision, bone formation, cell membranes, & reproductive function
Eyes, immune system, cell membranes, & DNA
Bones & calcium absorption
Heart, lungs, nerves, pituitary glands, skin, liver, breasts, testes
Energy production, glucose metabolism, brain neurotransmitters
Vision, cell development, thyroid, hormones, hair, skin, nails
Brain, heart, immunity, mental clarity, carpal tunnel
Nerve structure, red blood cells, growths, & appetite
Heart, cholesterol lowering, suppress allergic reactions
Heart, cholesterol, enhances insulin secretion, & sensitivity
Heart, brain, body reproduction, cell division
Energy production, hair, & skin
Brain, liver, & nervous system function
Intestinal health, red blood cells, hair, & glands
Immune system repair, synthesis of collagen, blood vessels, blood sugar
Nervous system, red cells, hair, heart, kidney, liver

Amt. Per Serv. %DV*

5000IU 100%
5000IU 100%
200IU 50%
100IU 333%
25mg 16.66%
25mg 1470%
25mg 1250%
125mcg 2084%
25mg 125%
25mg 125%
400mcg 100%
25mcg 8%
25mcg †
25mg †
500mg 834%
25mg †

Multi Minerals

Pantothenic Acid
Calcium Ascorbate
Magnesium Oxide
Potassium Chloride
Phosphorus TCP
Zinc Oxide
Manganese Sulfate
Iron (Protein Chelate)
Selenium (Hydrolyzed protein complex)
Chromium (Polynicotinate)

Energy production & assists in handling stress
Bones,teeth, gums, reduction of digestive acidity, soft tissue
Blood pressure, cardiovascular system, energy production, & pH
Energy, water balance, & pH levels
Bone health, enzymes, hormone, blood, pH balance, DNA & RNA
Immune function, joints, tissue, heart, prostate glands
Blood pressure & glucose metabolism
Blood, bones, skin, & teeth
Immune system, cells and intercellular structure
Glucose levels, energy production, cardiovascular, & cholesterol

50mg 500%
125mg 13%
62.5mg 16%
49.5mg 1.5%
25mg 3%
15mg 100%
7.5mg 375%
5mg 27%
30mcg 43%
30mcg 25%

Amino Acids

L-Lysine
L-Arginine
Glutamic Acid HCL
Methionine

Growth, gastric function, helps control viruses, concentration
Cardiovascular health, detoxifier, increases endurance
Intestinal health, heightened energy, immune support, exercise recovery
Detoxification of heavy metals, lipotropic, reduce fat, methyl donor

25mg †
12.5mg †
30mg †
25mg †

Additional Nutrients

Octacosanol
Lecithin
RNA Yeast
DNA
Acidophilus
Rutin
Hesperidin
Citrus Bioflavonoids
Betaine HCl

Enhances stamina, strength & reaction time, cardiovascular, neurological & muscle
Lipotropic, emulsifier of fat & water, liver health, brain & nerves
Protein synthesis, chemical reactions, gene repression
Nucleotides, transcription and translation
Probiotic & intestinal health
Immune system, connective tissue, & capillary support
Immune system, connective tissue, & capillary support
Immune system, connective tissue, & capillary strength
Lipotropic, detoxification of homeocysteine, stomach acids

42mcg †
50mg †
50mg †
8mg †
25mg †
15mg †
7.5mg †
37.5mg †
30mg †

Proprietary NSN Trace Mineral Complex-- 10mg †
(Energy production, bones, blood vessels, skin, metabolism, & reproductive function)

Silicon, aluminum, potassium, magnesium, sulfur, iron, calcium, titanium, sodium, manganese, gallium, molybdenum, iodine, bromine, tungsten, hafnium, tantalum, zirconium, arsenic, antimony, selenium, zinc, samarium, holmium, terbium, iridium, lutetium, chromium, lanthanum, ruthenium, yttrium, indium, lead, niobium, carbon, hydrogen, nitrogen, scandium, cobalt, ytterbium, strontium, barium, gold, europium, neodymium, neodymium, cerium, cesium, thorium, uranium, nickel, beryllium, bismuth, boron, cadmium, chloride, copper, fluoride, lithium, mercury, palladium, phosphate, platinum, rhodium, rubidium, silver, tellurium, thulium, tin, vanadium, dysprosium, praseodymium, thallium, rhenium, erbium, oxygen

Herbal Proprietary Blend: 500mg †

(see "An Optimized Herbal Complex" on first page)
Bilberry (Vaccinium myrtillus), Grape Seed Extract (Vitis vinifera), Peppermint Leaf (Mentha piperita), Wintergreen Leaf (Gaultheria procumbens), Ginkgo Biloba Leaf (Ginkgo bilboa), Acerola Cherry (Malpighia puniceifolia), Almond Bran (Prunus amygdalus), Butternut Bark (Juglans cinerea), Cayenne (Capsium annum), Dandelion (Taraxacum officinale), Echinacea (Echinacea purpurea), Fennel Seed (Foeniculum vulgare), Fo-Ti (Polygonum multiflorum), Ginger Root (Zingiber officinale), Gotu Kola (Hydrocotyle asiatica), Parsley Leaf (Petroselinum sativum), Papaya Leaf (Carica Papaya), Red Raspberry (Rubus idaeus), Rice Bran (Oryza sativa), Sarsaparilla (Smilax officinalis), Slippery Elm (Ulmus fulva), Yellowdock (Rumex crispus), Spirulina (Algae pratensis), Schizandra (schizandra chinensis), Astragalus (A. membranaceus).