



“The Complete Approach”

WHAT IS THE COMPLETE APPROACH?

The goal of "The Complete Approach" is to support all our cellular processes for proper function and optimum health. When our cells lack what they need from a nutritional and metabolic perspective our inner terrain changes and our health is impacted. Optimal health takes a myriad of processes, and its foundation lies in our mitochondria and the nutrition support we give them. Key questions we should be asking ourselves as we age is, "Are we aging normally and how has our health changed as we have aged? What can we do to support and protect it regularly?"

THE FOCUS IS ON TARGETING KEY SYSTEMS AND CELLULAR PROCESSES

The supplements that make up this plan are each designed to address certain areas that may be deficient or improve suboptimal levels for optimum health. Focusing on the basics and improving the body's natural systems allows for the body to stay strong, repair and protect itself.

HEALTH GOALS

Our mission is to support your health goals by providing high-quality products and researched scientific information. Our experience with any good program, especially our health, is to be consistent so you can achieve your best you. Amounts can be reassessed at any time pending your process. The ultimate objective is to reach and maintain a healthy body with a commonsense plan that includes diet, exercise and unique supplements.

A NOTE ABOUT THE SUGGESTED POLY-MVA AMMOUNTS

For maximum benefit the recommended amounts of Poly-MVA are based on body weight (calculated based on 1 tsp for every 15 lbs of body weight). Take this amount in an equally divided dosage 3-4 times daily. This is to help keep the body exposed to the tremendous supportive effects of Poly-MVA over each 24-hour period. This constant saturation provides maximum mitochondrial protection, support and consistency for maximum health.

**If you have any questions call to discuss your them with our Customer Service Department.
We can be reached at 619-447-6500, Monday-Friday from 8:30am-5:00pm.**

**For those who are searching for an optimum health program or for unique individuals
The Complete Approach is a developed strategy of how a synergistic and targeted supplement
program can immensely support the body's state of health and well-being.**