

# FOCUS

## O N N U T R I T I O N

### BUILDING UP YOUR STRENGTH REQUIRES A SOLID FOUNDATION

Daily living constantly puts our health at risk in numerous microscopic ways. Whether in the air or on our dinner plate, we are bombarded by toxins. But multivitamins help our bodies fight back by boosting our natural defenses. Filling the nutritional gaps left by less-than-perfect diets, they can help your body prevent vitamin and mineral deficiencies, regulate the balance of fluids, absorb nutrients, aid digestion, and fight free-radical damage. Oxyfresh Foundation Formula gives you all of that – and plenty more – in a no-nonsense, easy-to-remember daily packet.

#### Five reasons why it's wise to use supplements

#### 1. Supplements: The essentials you can't find in food

The list of vitamins and nutrients we are not getting from the food we eat is growing. And with it, the need for supplementing our vitamins and nutrients is also growing. First, our food is processed, shipped and packaged in ways that rob it of nutrient and vitamin value. Second, our diets don't consist of a sufficient amount of healthy foods. We are a nation of consumers who never go hungry – but are always starving for nutrients. A few of the vitamins and nutrients we lack are calcium, magnesium, potassium, vitamin D, vitamin C, vitamin E and iron.

#### 2. Supplementing creates consistent health security

In a perfect health-conscious world, the best way to get our vitamins and nutrients would be from food. Some people are disciplined enough to shop for the right food, never eat out and make healthy food a consistent choice in their everyday lives. The other 95 percent of the U.S. population is unhealthy, eats out and consistently eats nutrient-poor food. For this group, the best way to create health security is to supplement what our diets are missing. Since we won't make the decision to change our eating habits, we must create a healthy habit to counteract our poor food choices.

#### 3. Supplementing is preventative, not reactionary

Preventative health precautions are gaining popularity among health-

### PRODUCT CORNER

## Foundation Formula

This well-rounded multivitamin delivers essential daily nutrition to cover voids in our diets.

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## Yerba Maté

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conscious people. Nearly every vitamin or nutrient has disease-prevention or anti-aging qualities. Antioxidants are crucial in minimizing the oxidative stress to our cells caused by breathing, growing older, stress, toxins, pollutants and even being active. Many people are not preventative with antioxidants by taking them everyday in an effort to slow the process of aging and disease. Instead, they are reactionary; when they feel age is catching up with them they begin frantically trying to avoid it. We need to change our perspective on health and supplement with vitamins and nutrients every day.

#### **4. Check the science behind the supplement**

The most common problem in the supplement industry is non-scientifically, indigestible supplements. What assurance do we have that the ingredients will absorb into our cells? How do we know our vitamins won't come out in virtually the same form as they went in? If supplements of any kind are not scientifically designed to digest at the right time in our small intestines and be properly absorbed into our blood stream, they are a waste of money. Check the process each ingredient goes through to get into your system.

#### **5. Supplement with complementary products**

When you begin your daily regimen of vitamins and nutrients are you sure you're not getting too much of one product or not enough of another? Many nutrients and vitamins need to be paired specifically with digestive enzymes in order to provide any use to the body. If the vitamin you are taking is not paired with the right digestive enzyme, it cannot be broken down into a nutrient your body can use.

#### **Closing Thoughts**

When you're trying to build anything, it's important to start with a good foundation - otherwise, you're putting yourself at risk for a collapse down the road. Shoring up your health with Oxyfresh's line of nutritionals is the perfect way to supplement your total body training regimen.

## Liquid Thermogenics

Our exclusive water additive boosts energy and turns plain drinking water into a refreshing fat-burning beverage.

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