

FOCUS

O N N U T R I T I O N

ARE YOU STARVING YOUR BODY OF THE NUTRIENTS IT NEEDS? THE ANSWER MAY SURPRISE YOU.

BY TOM LUNNEBORG

I know, everyone's heard of a multivitamin. Did you know that your body actually needs it ... DAILY!? Even the U.S. Surgeon General has recommended that every adult take vitamins. Why? Because our diets are deficient in many key vitamins and minerals. Without these in our food we must supplement.

Anyone who ignores this advice is only asking for trouble. Multivitamins fill in the holes of our diet. Simple things like lack of energy could be due to missing minerals in your diet. If you continue this deficiency, you are setting yourself up for illness and disease.

Top 5 reasons you need a multivitamin

1. It's preventative medicine.

Taking a multivitamin every day is the easiest thing you can do to protect your health. It unlocks more daily energy and gives your body nutrient support to protect against disease. If you are susceptible to the common cold or flu you definitely need to take a multi. Taking a multi every day will bolster your immune system. This will help keep you from getting sick. And if you do become ill, it will help fight off a cold or flu quicker.

2. It's energy you need.

If you are deficient in certain minerals or vitamins, your body's natural energy production is being sabotaged. The typical North American diet does not come close to meeting the Recommended Daily Allowance (RDA) of vitamins and minerals. Think of these vitamins and minerals as tiny keys. Without the right keys to unlock your inner health, your body cannot function at full speed.

3. It fills what's missing.

Unless you eat an ample amount of fresh fruits and raw vegetables, there

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isn't any way your diet could cover your body's nutritional needs. If you continue this deficiency, it will manifest as health problems later in life. It's like saving for retirement. If you start saving too late in your career, you will never accumulate enough to retire comfortably. Start supplementing now.

4. It allows you to lead by example.

Have you ever discovered a new health fact and recommended that advice to your friends and family, but not followed it yourself? Leading by example speaks much louder than word of mouth. Be a leader in health and wellness for those around you. Supplement yourself to convey the importance of filling nutritional voids in your diet.

5. It's a vital investment in your health.

There are thousands of multivitamins to choose from. Prices vary from \$9.99 to \$200 per month. The adage "you get what you pay for" is true in multivitamins. Pay close attention to what you select. Skimping on cost is skimping on your health. Is your body worth a few dollars a day? Think of all the other things you will purchase today that cost much more than a few dollars. Are they more important than your health?

Closing Thoughts

Not all multivitamins are created equally. In fact, there is a wide range of difference among brands. Typically, a one-pill-a-day product approach is very weak. This gives you the bare minimum in a rock-like compacted tablet. Remember, nothing will do your body any good if you cannot digest it.

Oxyfresh makes supplementing simple. We've done the research to learn what's missing from most diets and developed the most complete life-enhancing multivitamin you'll find anywhere. And it's all contained in one easy-to-take packet. If you commit to only one nutritional habit a day, make it Foundation Formula.

Tom Lunneborg

In his years with Oxyfresh, Director of Production and Product Development Tom Lunneborg has successfully developed and brought to market more than 20 premium Oxyfresh products. Tom is Oxyfresh's chief product expert and works directly with formulators, laboratories and scientists across North America to ensure every Oxyfresh product is developed with the highest quality ingredients.

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