

## FOCUS ON WEIGHT LOSS & NUTRITION

### FACTS ON MULTIVITAMINS

Do you let days pass without eating any fruits or vegetables? How often do you eat fast food? Read more on flip side.

### HOW MUCH WATER SHOULD I DRINK

Our total body weight is about 60 percent water. This water is vital to every function of our body. Read more on flip side.

### BUILD & MAINTAIN LEAN MUSCLE

After age 40 we start to lose muscle mass at a rate of 0.5 percent to 2 percent each year. Read more on flip side.

### OXYFRESH SOLUTION

**Primorye and Lifeshots™** - What if you could slow the aging process?

**Foundation Formula** - It's all there, in one convenience packet. Read more on flip side.

### CUSTOMER TESTIMONIALS

"I've been taking Foundation Formula for 8 years and it's the best multivitamin around. It helps keep my immune system in check and I rarely get colds."

**Robert Rindfleisch**  
Strongsville, Ohio

"My 8-year-old son is a very picky eater. He won't eat veggies and only a few fruits. He also won't take vitamins. Recently, I started giving him some Lifeshots. Wow, he loves it and takes it every day! Now I'm confident he's getting all the antioxidants he needs."

**Robin Plan**  
Mendota Heights, Minnesota

"Primorye has changed my life. I am a professional house cleaner, a mother of two and under a lot of stress. I was having anxiety attacks that sent me to the hospital. Within days of taking Primorye, my symptoms disappeared."

**Laura Eckstein**  
Boca Raton, Florida



## TOP 5 NUTRITION MYTHS

### 1 Skipping Meals Is A Great Way To Lose Weight

Skipping meals is a great way to sabotage your weight loss program. If we go too long between meals our metabolism will slow down. Our bodies will conserve energy and not burn calories as fast. This is exactly what we do not want. The best solution for weight loss is to eat more often. Try breaking up your food into 5 to 6 small meals or snacks per day. This will keep your metabolism running at full steam and your calorie burning at a maximum.

### 2 Eating Red Meat Is Unhealthy

Lean red meat is a great source of protein and minerals like zinc and iron. It does contain some saturated fats, but this can be reduced. Choose lean cuts that are not marbled with fat. Cook them over a grill or broil them instead of frying. The recommended serving size is the same size as a deck of cards.

### 3 Nuts Are Fattening And Are Not Part Of A Healthy Diet

Nuts are a great source of protein and fiber. While they are high in calories and fats, they are low in saturated fat. Non-saturated fats are an important component of our diets.

### 4 Sugar Causes Diabetes

Sugar does not cause diabetes. Diabetics need to watch their sugar consumption so they do not elevate their blood sugar. The leading causes of diabetes are a combination of being overweight, inactive, and consuming high calorie, high sugar foods.

### 5 Drinking Coffee Is Bad For Your Health

Drinking excessive amounts of coffee is bad for your health. If you enjoy having that one cup to start your day that is fine. In fact, research has shown that starting your day with a minimal amount of caffeine helps jump-start your mind. If your one cup a day is a venti, quad-espresso shot, that is considered excessive.

For more Weight Loss & Nutritional Products  
**Go To [Oxyfresh.com](http://Oxyfresh.com)**



## FACTS ON MULTIVITAMINS

Do you let days pass without eating any fruits or vegetables? How often do you eat fast food? When you are tired after a long day, how frequently do you order a pizza? Do you skip meals? The answers to these questions for many Americans are not good. Many of us have traded our health for convenience. This lifestyle has created a troublesome nutrient shortage in our daily diets.



The obvious solution is to *eat better!* This means cutting out fast food, not skipping meals and eating more fruits and veggies. While obvious, most of just don't follow these guidelines. So what's the alternative? How can you help fill that nutrient shortage without a major change to your lifestyle?

The answer is supplementation. Through dietary supplements we can provide essential daily nutrients to keep our bodies healthy. According to the *Journal of American Medical Association (JAMA)* every adult should take a daily multivitamin. This statement was published by JAMA in June 2002. It was the first time a major medical journal completely endorsed supplementing with multivitamins.

Millions of Americans are finally realizing the need — and benefit — of nutritional supplements. Dietary supplements have grown into a \$15-billion-a-year industry. Improvements continue to be made in product quality and availability ... yet only an estimated *56 percent* of Americans take a daily multivitamin. That means there are over *132 million* people not taking a multivitamin.

Oxyfresh's Foundation Formula is the most complete daily multivitamin formula available. This one daily step can help prevent health problems down the road. Think of your daily supplements as an insurance policy; insurance that your body is getting the vitamins and nutrients it needs. In a perfect world we would all eat healthy, sleep eight hours a night and be stress free. Until then, make taking a multivitamin part of your daily routine! Invest in your health.

## HOW MUCH WATER SHOULD I DRINK

Our total body weight is about 60 percent water. This water is vital to every function of our body. Without proper hydration our bodies are not able to wash out toxins, carry nutrients to our cells, lubricates joints and regulate body temperature.



We lose about 85 ounces of water per day through breathing, sweating and going to the bathroom. The amount lost is even greater if we are exercising or fighting an illness. Making sure we replace lost water is an every day need. When we are properly hydrated, our bodies function at their peak. When we are not properly hydrated, we can suffer from fatigue, headaches, dry mouth, muscle weakness, etc. Water plays a role in every function of our bodies.

If we are losing 85 ounces of water a day do we need to drink 85 ounces daily? No. That's because the foods we eat also provide water content. About 20 percent of our water intake comes from solid food. That leaves us with the old rule of thumb: drink eight (8-ounce) glasses of water each day. Set a goal to drink 64 ounces daily. An easy way to accomplish this is with Oxyfresh's 32-ounce water bottle, combined with Liquid Thermogenics. Keep this bottle with you throughout the day. To each bottle of water, add Oxyfresh Liquid Thermogenics. This will give the bland water a tasty citrus flavor and you'll love to sip throughout the day. Plus, it will help promote healthy weight loss!

Drink to your health!

If you are exercising, fighting an illness or living in a hot climate you may want to drink up to 128 oz per day.

## BUILD & MAINTAIN LEAN MUSCLE

After age 40 we start to lose muscle mass at a rate of 0.5 percent to 2 percent each year. Consuming the right amount of protein every day will help keep your muscles from wasting away! The protein we consume fuels the body to repair and maintain our muscles.



- An easy rule is to eat 1 gram of protein for every 2 pounds you weigh. If you weigh 150 pounds you should consume 75 grams of protein per day.
- If you are actively trying to build muscle mass, double your protein intake to 1 gram for every pound you weigh. Make sure to partner your high protein consumption with strength training!

An easy way to supplement your protein intake is with Oxyfresh's Protein Shakes. They are formulated as a healthy snack or meal replacement.

## OXYFRESH SOLUTION

### Primorye and Lifeshots™ — A Supreme Team

What if you could slow the aging process, boost your energy levels and improve mental clarity? With two proven Oxyfresh products, you can!



**Oxyfresh Lifeshots™**, a complete antioxidant network, and **Primorye** products, formulated with adaptogens, work at the cellular level to fight free radicals that accelerate aging while offering nutrient support to deliver peak physical and mental performance. These proprietary formulas were developed using decades of scientific research on powerful antioxidants and ancient herbal adaptogens. Individually, these products are significant health enhancers. As a team, nothing works better to combat aging and promote well-being.

### Revitalize Your Day With Foundation Formula

It's all there, in one convenience packet: Complete daily nutrition to increase your energy, stamina and mental clarity, plus antioxidants to promote the health of your heart.



- 3 Advanced Multivitamin and mineral complex
- 1 Digestive Enzyme
- 1 Flaxseed Oil Softgel
- 1 Super Antioxidant
- 1 Vitamin E Oil Softgel

For more Dental Products  
Go To [Oxyfresh.com](http://Oxyfresh.com)