

## Optimal Health for Everyone

The 21st century is stressful and fast-paced, with less healthy air, water and foods. The Daily Essentials Kit is designed to maximize your body's ability to run at peak capacity. Utilizing the finest ingredients with the best delivery system available, nutraMetrix Isotonix OPC-3® provides protection from oxidative stress caused by environmental factors and aging, and is key in supporting vascular, physical and vision health. Furthermore, the basic nutrients are provided with our nutraMetrix Isotonix® Multivitamin, available with and without iron — which supports the body's ability to metabolize fats and carbohydrates. The Daily Essentials Kit is the key to optimal health.\*

## Products

1. nutraMetrix Isotonix® Calcium Complete
2. nutraMetrix Isotonix OPC-3®
3. nutraMetrix Isotonix® Activated B-Complex
4. nutraMetrix Isotonix® Multivitamin (available with and without iron)



*\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.*



\*Available with or without iron

**nutraMetrix®**  
Custom Health Solutions

- ◀ Supports a strong immune system<sup>†</sup>
- ◀ Promotes normal cognitive performance<sup>†</sup>
- ◀ Supplements dietary deficiencies<sup>†</sup>
- ◀ Promotes skeletal, muscle and skin health<sup>†</sup>

An Isotonic-Capable  
Dietary Supplement  
Net Weight: 10.6 oz. (300 g)

### New ingredient

Quatrefolic® is the glucosamine salt of 5-methyltetrahydrofolate and has the same structure and activity of the reduced and active form of folic acid. This is especially beneficial to the nearly 1/3 of the population who genetically cannot make this active form. Activated folic acid is used by the body for cell division and growth, neurotransmitter formation, energy and detoxification. The use of the active nutrients improves overall availability to the body of the needed nutritional base your body requires.

**Directions for use:** Pour 1 level, white bottle capful of powder into the overcap. Add water to the line on the overcap (2 fl. oz./60 ml) and stir. As a dietary supplement, take once daily or as directed by your healthcare provider. Maximum absorption occurs when taken on an empty stomach. This product is isotonic only if the specified amounts of powder and water are used.

**WARNING:** If you are currently using any prescription drugs, have an ongoing medical condition, or if you are pregnant or breastfeeding, you should consult your healthcare provider before using this product.

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

This vegetarian product contains no added wheat, soy, yeast, gluten, artificial flavor, starch, salt, preservatives or milk.

**KEEP OUT OF THE REACH OF CHILDREN.** Store in a cool, dry place. Do not use if safety seal is broken or missing.

<sup>†</sup>These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

REV 0114

**Manufactured for and distributed by:**  
nutraMetrix®, a division of Market America, Inc.  
1302 Pleasant Ridge Road, Greensboro, NC 27409, USA

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Lot #:

Best when used by:

### Supplement Facts

Serving Size: 1 Capful (3.3 g)  
Servings Per Container: 90

	Amount Per Serving	% DV*
Calories	5	
Total Carbohydrates	1 g	< 1
Sugars	1 g	**
Beta-Carotene (Vitamin A Precursor)	10,000 IU	200
Vitamin C (Ascorbic Acid)	150 mg	250
Vitamin D3 (Cholecalciferol)	1,000 IU	250
Vitamin E (d-alpha-Tocopheryl Succinate)	67 IU	223
Thiamin (HCl) Vitamin B1	2.6 mg	173
Riboflavin (Vitamin B2)	3 mg	176
Niacin (Niacinamide/Niacin 4:1)	40 mg	200
Vitamin B6 (Pyridoxine HCl)	4 mg	200
Folate [as (6S)-5-Methyltetrahydrofolic acid, Glucosamine Salt, Quatrefolic® <sup>®</sup> ]	216 mcg	54
Vitamin B12 (Cyanocobalamin)	75 mcg	1,250
Biotin	300 mcg	100
Pantothenic Acid (D-Calcium Pantothenate)	20 mg	200
Calcium (Lactate, Phosphate)	53.8 mg	5
Iron (Ferric Pyrophosphate, SunActive® Fe <sup>3+</sup> )	15 mg	83
Iodine (Potassium Iodide)	150 mcg	100
Magnesium (Carbonate)	25 mg	6
Zinc (Lactate)	7.5 mg	50
Selenium (Amino Acid Chelate)	55 mcg	79
Copper (Gluconate)	100 mcg	5
Manganese (Gluconate)	2 mg	100
Chromium (Amino Nicotinate)	120 mcg	100
Potassium (Bicarbonate)	110 mg	3
Silicon (Dioxide)	13.2 mg	**

\* Percent Daily Values are based on a 2,000-calorie diet.

\*\* Daily Value (DV) is not established.

<sup>®</sup> Quatrefolic® is the registered trademark of Gnosis S.p.A., and is protected by U.S. Patent No. 7,947,662.

<sup>†</sup> SunActive® Fe is a registered trademark of Taiyo International, Inc.

**Other ingredients:**  
Fructose, citric acid, mango flavor, orange flavor, malic acid, passion fruit flavor, rebaudioside A (stevia leaf), maltodextrin, Lo Han (fruit) extract and natural vanilla flavor.

## What makes this product unique?

The human body is a complex network of different systems, all intricate in their design and function. What each system has in common is its need for nourishment, mostly in the form of nutrients, to operate properly. Vitamins and minerals work synergistically to help the body reach optimal health. Deficiencies in these nutrients can have serious consequences. The immune system, bones, vision, metabolic function and energy are just a few of the health areas influenced by a deficiency in one or more vitamins and minerals.

nutraMetrix Isotonix Multivitamin is an isotonic-capable supplement that supports nutritional needs by providing 100 percent or more of the Daily Value of 15 essential vitamins and minerals. nutraMetrix Isotonix Multivitamin reduces nutritional deficiencies while supporting the basic formation of cells with its nutrient-rich formula.\*

According to the World Health Organization, “Nutrition is the foundation for health and development.” nutraMetrix Isotonix Multivitamin provides the body with the most basic nourishment that it needs to stay healthy and function properly.\*

Isotonic, which means “same pressure,” bears the same chemical resemblance to the body’s blood, plasma and tears. All fluids in the body have a certain concentration, referred to as osmotic pressure. The body’s common osmotic pressure, which is isotonic, allows a consistent maintenance of body tissues. nutraMetrix Isotonix Multivitamin is absorbed and used in the body’s metabolism due to its isotonic state.

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## Frequently asked questions

### Why select an isotonic-capable multivitamin/mineral?

nutraMetrix® isotonic-capable dietary supplements are delivered in an isotonic solution. The isotonic state, not requiring digestion by the stomach, allows nutrients to pass directly into the small intestine and be rapidly absorbed into the bloodstream. With nutraMetrix products, the absorption of nutrients is highly efficient while delivering maximum results.

### Who should take this product?

Everyone over the age of 18 would benefit from enhancing their dietary intake with nutraMetrix Isotonix Multivitamin. Few, if any, of us receive the proper amounts of vitamins or minerals through our everyday diet. Even when eating the best fruits, vegetables and healthy fats, it is difficult to reach the optimal amounts of minerals each day. Numerous studies have been conducted on the importance of vitamins and minerals.

### Why are minerals important?

Minerals are essential for every aspect of life, since virtually no nutritional benefit from vitamins would be possible without them. That is why nutraMetrix Isotonix Multivitamin contains a complementary blend of vitamins and minerals that help to keep the body functioning at its peak.

### How do I take nutraMetrix Isotonix Multivitamin?

Pour 1 level, white bottle capful of powder into the overcap. Add water to the line on the overcap (2 fl. oz./60 mL). As a dietary supplement, take once daily or as directed by your healthcare provider. Maximum absorption occurs when taken on an empty stomach. This product is isotonic only if the specified amounts of powder and water are used.

For additional information on nutraMetrix products, visit your Health Professional’s nutraMetrix website.



## nutraMetrix® Custom Health Solutions

- ◀ Powerful antioxidant†
- ◀ Promotes cardiovascular and joint health†
- ◀ Helps maintain healthy cholesterol and blood glucose levels†
- ◀ Demonstrates anti-inflammatory activity†
- ◀ Supports normal blood vessel function†

An Isotonic-Capable  
Dietary Supplement  
Net Weight: 10.5 oz. (300 g)

**Directions for use:** Pour 1 level, white bottle capful of powder into the overcap. Add water to the line on the overcap (2 fl. oz./60 mL) and stir. As a dietary supplement, take once daily or as directed by your healthcare provider. Take 2 capfuls per 150 pounds of body weight daily for the first 7–10 days, and take 1 capful thereafter as a maintenance program. Maximum absorption occurs when taken on an empty stomach. This product is isotonic only if the specified amounts of powder and water are used.

**WARNING:** If you are currently using prescription drugs, have an ongoing medical condition, or if you are pregnant or breastfeeding, consult your healthcare provider before using this product.

This vegetarian product contains no added wheat, soy, yeast, gluten, artificial flavor, salt, preservatives or milk.

**KEEP OUT OF THE REACH OF CHILDREN.** Store in a cool, dry place. Do not use if safety seal is broken or missing.

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Lot #: \_\_\_\_\_ Best when used by: \_\_\_\_\_

### Supplement Facts

**Serving Size: 1 Capful (3.3 g)**

**Servings Per Container: 90**

	Amount Per Serving	% Daily Value*
Calories	10	
Total Carbohydrates	2 g	<1
Sugars	2 g	**
Potassium (Bicarbonate)	95 mg	3
Grape Seed Extract	25 mg	**
Red Wine Extract	25 mg	**
Pine Bark Extract (Pycnogenol®)***	25 mg	**
Bilberry Extract	25 mg	**
Citrus Extract Bioflavonoids	25 mg	**

\* Percent Daily Values are based on a 2,000-calorie diet.

\*\* Daily Value is not established.

\*\*\* Pycnogenol® is the registered trademark of Horphag Research Limited, and is protected by U.S. Patents #5,720,956, #6,372,266, and pending applications and international patents.

**Other ingredients:** Fructose, glucose, citric acid, maltodextrin, silica, calcium sulfate, food starch (modified) and pectin.



## What makes this product unique?

Free radicals are molecules in the body that react negatively with other molecules. Free radicals can result from natural processes in the body, when the body breaks down certain substances, and they can occur from inhalation of pollutants. Antioxidants provide the body with a defense against the negative effects of free radicals.

nutraMetrix Isotonix OPC-3 is a food supplement composed from an array of natural extracts known to be powerful antioxidants. OPCs, or oligomeric proanthocyanidins, are powerful complex organic plant compounds that promote strong blood vessels and cardiovascular health. The combination of OPCs and other powerful antioxidants creates a formula that provides a host of benefits to the entire body. nutraMetrix Isotonix OPC-3 demonstrates anti-inflammatory activity and promotes heart health by helping to maintain

normal circulation, and blood pressure and cholesterol levels. Furthermore, it helps maintain normal blood glucose levels. nutraMetrix Isotonix OPC-3 also supports visual acuity, a healthy complexion and cardiovascular health. Each serving of nutraMetrix Isotonix OPC-3 equips the body with a team of antioxidants and OPCs that work to support health in multiple organs throughout the body.\*

Isotonic, which means “same pressure,” bears the same chemical resemblance to the body’s blood, plasma and tears. All fluids in the body, with the exception of urine, have similar osmotic pressure. The body’s common osmotic pressure, which is isotonic, allows a consistent maintenance of body tissues. nutraMetrix Isotonix OPC-3 is absorbed and used in the body’s metabolism due to its isotonic state.

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## Frequently asked questions

### What are antioxidants and what do they do?

Antioxidants are molecules that inhibit chemical reactions in the body that can cause free radicals. Free radicals are unstable molecules or compounds. Specifically, antioxidants can stabilize free radicals and prevent other molecules from turning into unstable free radicals.\*

### Is this product safe?

Yes. OPCs are among the most valuable constituents of a healthy human diet. OPCs have been researched and used for over 30 years throughout Europe. Extensive safety studies and lab testing reveal no evidence of human toxicity. nutraMetrix Isotonix OPC-3 contains pure OPCs and additional bioflavonoids. Balanced quantities of potassium and fructose/glucose are added to allow nutraMetrix Isotonix OPC-3 to become isotonic when mixed with water as directed on the label. nutraMetrix Isotonix OPC-3 is free of harmful chemicals, preservatives and alcohol. It should be taken as directed on the label.

### What is the advantage of taking this product regularly?

Taking nutraMetrix Isotonix OPC-3 daily enables the body to sustain a consistent antioxidant defense, promote cardiovascular health and many more benefits.\*

### How do I take nutraMetrix Isotonix OPC-3?

Pour 1 level, white bottle capful of powder into the overcap. Add water to the line on the overcap (2 fl. oz./60 mL) and stir. As a dietary supplement, take once daily or as directed by your healthcare provider. Take 2 capfuls per 150 pounds of body weight daily for the first 7-10 days, and take 1 capful daily thereafter as a maintenance program. Maximum absorption occurs when taken on an empty stomach. This product is isotonic only if the specified amounts of powder and water are used.

For additional information on nutraMetrix products, visit your Health Professional’s nutraMetrix website.

# nutraMetrix Isotonix® Calcium Complete

Daily Essentials Kit | nutraMetrix® Custom Health Solutions



**nutraMetrix®**  
Custom Health Solutions

- ◀ Essential for maintaining strong bones and healthy teeth†
- ◀ Supports cardiovascular health†
- ◀ Promotes healthy immune function†
- ◀ Promotes regulation of hormones and enzyme production†
- ◀ Promotes normal blood clotting†

An Isotonic-Capable  
Dietary Supplement  
Net Weight: 10.5 oz. (300 g)

**Directions for use:** Pour 1 level, white bottle capful of powder into the overcap. Add water to the line on the overcap (2 fl. oz./60 mL) and stir. As a dietary supplement for adults, this product is best taken twice daily, 1 capful in the morning and 1 capful in the evening, or as directed by your healthcare provider. Children ages 9 and older may take 1 capful daily, or as directed by their healthcare provider. Maximum absorption occurs when taken on an empty stomach. This product is isotonic only if the specified amounts of powder and water are used.

**WARNING:** If you are currently using prescription drugs, have an ongoing medical condition, or if you are pregnant or breastfeeding, consult your healthcare provider before using this product.

This vegetarian product contains no added wheat, soy, yeast, gluten, artificial flavor, starch, preservatives or milk.

**KEEP OUT OF THE REACH OF CHILDREN.** Store in a cool, dry place. Do not use if safety seal is broken or missing.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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Lot #: \_\_\_\_\_ Best when used by: \_\_\_\_\_

## Supplement Facts

Serving Size: 1 Capful (3.3 g)

Servings Per Container: 90

	Amount Per 1 Capful	% Daily Value*	Amount Per 2 Capfuls	% Daily Value*
Calories	0		5	
Total Carbohydrates	< 1 g	< 1	1 g	< 1
Sugars	< 1 g	**	1 g	**
Beta-Carotene (Vitamin A Precursor)	4.8 IU	< 1	9.5 IU	< 1
Vitamin C (Ascorbic Acid)	29 mg	48	58 mg	97
Vitamin D3 (Cholecalciferol)	500 IU	125	1,000 IU	250
Riboflavin (5-Phosphate)	2 mg	118	4 mg	235
Calcium (Carbonate, Lactate, Phosphate, Sulfate, Citrate)	375 mg	38	750 mg	75
Magnesium (Oxide, Carbonate)	100 mg	25	200 mg	50
Manganese (Sulfate)	0.5 mg	25	1 mg	50
Sodium (Bicarbonate)	5 mg	< 1	10 mg	< 1
Potassium (Bicarbonate, Citrate)	110 mg	3	220 mg	6
Boron (Sodium Borate)	0.5 mg	**	1 mg	**

\* Percent Daily Values are based on a 2,000-calorie diet.

\*\* Daily Value is not established.

**Other ingredients:** Citric acid, orange juice powder, orange flavor, malic acid, fructose, rebaudioside A (stevia leaf), glucose, passion fruit flavor, mango flavor, Lo Han (fruit) extract, silicon dioxide and natural vanilla flavor.

## What makes this product unique?

Calcium is essential for building and maintaining strong bones. nutraMetrix Isotonix Calcium Complete provides the body with an optimal blend of calcium, vitamin D3, magnesium, vitamin C and boron in an efficient isotonic solution that is readily absorbed by the body. nutraMetrix Isotonix dietary supplements are a replica of the body's own fluids such as tears, plasma and breast milk. All fluids in the human body, except urine, have a similar osmotic pressure. The body's common osmotic pressure, which is isotonic, allows a consistent maintenance of all body tissues. In order for a substance to be used in the body's metabolism, it must be changed to the isotonic state.\*

When an isotonic substance is ingested, it will be absorbed from the intestinal mucus into the bloodstream rapidly. With isotonic fluids, little nutritive value is lost, making the absorption of nutrients highly efficient. There is nothing artificial about it. An isotonic fluid is nature's own nutrient delivery system.\*

nutraMetrix Isotonix Calcium Complete paves the way for powerful results since it is in an isotonic form rather than a tablet. Calcium in tablet form is difficult for your body to absorb. People may fail to absorb tablet calcium supplements because the calcium supplement is not blended with vitamin D and magnesium; these are necessary to aid in the absorption and use of calcium.\*

Even if the calcium tablet is blended correctly, it may be difficult for the body to utilize or break down the calcium.

One explanation may be that many calcium brands use calcium from eggshell or oyster shell. These may not be well absorbed by the body. Another reason calcium may not be absorbed from a tablet is because of DCP, which is a binding agent used to hold the tablet together. DCP does not break down in the body.\*

In addition to binders, some calcium supplements may have additives such as chlorine and other chemicals. Even assuming no binders are used in the calcium tablet, the body must still break down a hard-pressed tablet into a usable form. If the tablet cannot be broken down sufficiently in the stomach, then the calcium will not be absorbed.\*

Ordinary calcium tablets require stomach acid to dissolve their compounds, but nutraMetrix Isotonix Calcium Complete has no need of stomach acid to be utilized. It delivers an efficient calcium solution that is more readily absorbed by the intestine. Its natural lemon-lime flavor is preferable to the chalky taste of typical chewable calcium wafers or tablets.\*

Many calcium supplements exist in the marketplace, but only nutraMetrix Isotonix Calcium Complete delivers a powerful package of calcium and complementary nutrients through an isotonic system of delivery. This translates into a lower cost overall when compared to calcium supplements in pill form by making more of the active ingredients available to the body. Don't be misled by ingredient amounts. What really counts is the amount of active ingredients that your body can ultimately use.\*

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## Frequently asked questions

### Why should I take calcium?

Everyone needs calcium, and many people don't get enough calcium in their daily diet through the foods they eat. In addition to being helpful in supporting and maintaining bone integrity, calcium serves a dynamic role as a mineral. According to the Surgeon General, taking a calcium supplement regularly is important for preventing and treating calcium deficiency.\*

### What is the role of calcium?

Calcium is the major mineral for bones and teeth. In addition to structural support, bones are the major storage source for calcium and magnesium. Critical levels of calcium and magnesium are continuously maintained in your blood in order to promote normal blood clotting, skeletal and muscle contraction and osmotic balance.\*

### How do I take nutraMetrix Isotonix Calcium Complete?

Pour 1 level, white bottle capful of powder into the overcap. Add water to the line on the overcap (2 fl. oz./60 mL) and stir. As a dietary supplement for adults, this product is best taken twice daily, one capful in the morning and one capful in the evening, or as directed by your healthcare provider. Maximum absorption occurs when taken on an empty stomach. This product is isotonic only if specified amounts of powder and water are used.

For additional information on nutraMetrix<sup>®</sup> products, visit your Health Professional's nutraMetrix website.

# nutraMetrix Isotonix® Advanced B-Complex

Daily Essentials Kit | nutraMetrix® Custom Health Solutions



**nutraMetrix®**  
Custom Health Solutions

- ◀ Increases energy<sup>†</sup>
- ◀ Promotes a healthy nervous system, bone marrow and intestinal tract<sup>†</sup>
- ◀ Promotes cardiovascular health<sup>†</sup>
- ◀ May help decrease stress and improve mood<sup>†</sup>

An Isotonic-Capable  
Dietary Supplement  
Net Weight: 10.5 oz. (300 g)

### New ingredient

Quatrefolic® is the glucosamine salt of 5-methyltetrahydrofolate and has the same structure and activity of the reduced and active form of folic acid. This is especially beneficial to the nearly 1/3 of the population who genetically cannot make this active form. Activated folic acid is used by the body for cell division and growth, neurotransmitter formation, energy and detoxification. The use of the active nutrients improves overall availability to the body of the needed nutritional base your body requires.

**Directions for use:** Pour 1 level, white bottle capful of powder into the overcap. Add water to the line on the overcap (2 fl. oz./60 ml) and stir. As a dietary supplement, take once daily or as directed by your healthcare provider. Maximum absorption occurs when taken on an empty stomach. This product is isotonic only if the specified amounts of powder and water are used.

**WARNING:** If you are currently using prescription drugs, have an ongoing medical condition, or if you are pregnant or breastfeeding, consult your healthcare provider before using this product.

This vegetarian product contains no added wheat, soy, yeast, gluten, artificial flavor, starch, salt, preservatives or milk.

**KEEP OUT OF THE REACH OF CHILDREN.** Store in a cool, dry place. Do not use if safety seal is broken or missing.

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

REV 1213

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PRE-PRESS: DELETE COPY & RED BORDER

If barcode is missing or marked through, the sale of this product is not authorized or guaranteed by Market America.

Lot #: \_\_\_\_\_ Best when used by: \_\_\_\_\_

## Supplement Facts

Serving Size: 1 Capful (3.3 g)  
Servings Per Container: 30

	Amount Per Serving	% DV*
Calories	10	
Total Carbohydrates	2 g	<1
Sugars	2 g	**
Thiamin HCl (Vitamin B1)	2 mg	133
Riboflavin-5-Phosphate (Vitamin B2)	3 mg	176
Niacinamide (Vitamin B3)	20 mg	100
Vitamin B6 (Pyridoxal-5-Phosphate)	6 mg	300
Folate (as (6S)-5-Methyltetrahydrofolic Acid, Glucosamine Salt, Quatrefolic®)	432 mcg	108
Vitamin B12 (Methylcobalamin)	120 mcg	2,000
Biotin	300 mcg	100
Pantothenic Acid (D-Calcium Pantothenate)	20 mg	200
Calcium (Sulfate)	5 mg	1
Potassium (Bicarbonate)	95 mg	3

\* Percent Daily Values are based on a 2,000-calorie diet.  
\*\* Daily Value (DV) is not established.

**Other ingredients:** Fructose, glucose, citric acid, maltodextrin, silica, apple fiber, apple pectin, natural lemon flavor and natural lime flavor.

Quatrefolic® is the registered trademark of Gnosis S.p.A. and is protected by U.S. Patent No. 7,947,662.

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1302 Pleasant Ridge Road, Greensboro, NC 27409, USA



## What makes this product unique?

nutraMetrix Isotonix Activated B-Complex delivers metabolically active forms of several vitamins and minerals. This is important because traditional forms of vitamins B6, B12 and folic acid found in most other B-complex products must undergo chemical changes in order to be utilized by the body. Several factors including age and nutritional status may decrease the body's ability to activate these vitamins. By providing the metabolically active forms of these vitamins in isotonic form, you can be certain that your body is getting the vital nutrients it needs quickly and effectively.\*

nutraMetrix Isotonix Activated B-Complex is a mixture of the eight essential B vitamins that are important for hundreds of

biochemical reactions in the body. B vitamin deficiency can lead to fatigue and lethargy, which is why nutraMetrix Isotonix Activated B-Complex is an excellent energy booster and anti-stress formula.\*

Isotonix dietary supplements are delivered in an isotonic solution. This means that the body has less work to do in obtaining maximum absorption. The isotonic state of the suspension allows nutrients to pass directly into the small intestine and be rapidly absorbed into the bloodstream. With Isotonix products, little nutritive value is lost, making the absorption of nutrients highly efficient while delivering maximum results.\*

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## Frequently asked questions

### Why should I choose a B complex vitamin that is isotonic?

Isotonic means "same pressure" and has the same fluid pressure of blood, plasma and tears. All fluids in the body have a certain concentration, referred to as osmotic pressure. The body's osmotic pressure, which is isotonic, allows essential nutrients to move into body tissues. In order for a nutrient to be absorbed and utilized efficiently, it must be transported in an isotonic state.

nutraMetrix Isotonix Activated B-Complex, when mixed with the appropriate amount of water, is delivered in an isotonic solution. The isotonic state, not requiring digestion by the stomach, allows nutrients to pass directly into the small intestine and be rapidly absorbed into the bloodstream. With nutraMetrix isotonic-capable products, the absorption of nutrients is highly efficient while delivering maximum results.

### Why are B vitamins so important in the aging process?

The ability to absorb B vitamins naturally decreases with age, and healthy cognitive function is associated with normal B vitamin levels. According to Robert M. Russell of the U.S. RDA's Human Nutrition Center on Aging at Tufts University, vitamin B12 is probably the single most important nutrient

adversely affected by aging. Vitamin B12 is a difficult nutrient to digest and assimilate, as well as one of the most important vitamins for a broad range of functions, including optimal functioning of the nervous system, may support DNA integrity, optimal energy production and healthy blood integrity.

### What is the best time of day to take this product?

nutraMetrix Isotonix Activated B-Complex can be taken along with any of the other nutraMetrix products on an empty stomach. However, if it is taken alone, it can be taken with a meal.

### How do I take nutraMetrix Isotonix Activated B-Complex?

Pour 1 level, white bottle capful of powder into the overcap. Add water to the line on the overcap (2 fl. oz./60 mL) and stir. As a dietary supplement, take once daily or as directed by your healthcare provider. Maximum absorption occurs when taken with a meal. This product is isotonic only if the specified amounts of powder and water are used.

For additional information on nutraMetrix products, visit your Health Professional's nutraMetrix website.