

## Support Your Oral Health

The teeth, gums and oral cavity are the primary passage into the rest of the body. The oral cavity is under constant bombardment from food and drink, and much more. As such, it's a gateway very much in need of guarding against trespass by bacteria and free radicals, as well as a part of the body that must remain free of injury and compromise from cavities and gum disease.

Because oral tissues are delicate, they are particularly vulnerable to damage from free radicals and oxidative stress. Bacteria along with general conditions in the oral cavity initiate additional insult. Exploration is confirming that antioxidants are among the most important elements in protection against oral diseases.

One of the best ways to maintain optimal oral health is by preventing threats from entering. The Dental Health support products are designed to maximize your body's ability to keep this first line of defense in the healthiest possible state. Guarding your oral health provides much-needed protection and support for the health of the body as a whole. The Dental Health support products also offer the basic building blocks for strong teeth and bones, with a comprehensive isotonic

calcium formula; an additional isotonic vitamin D3 with K2 helps support optimal bone mineral density throughout life. Also necessary to achieve optimal oral health is ta probiotic specially formulated to compensate for the bacterial imbalances often prevalent in the dental patient. For gingival support, sufficient levels of coenzyme Q10 may result in the reduction of periodontal disease by helping the body to bolster its natural defenses. Finally, Heart Health<sup>™</sup> Essential Omega III Fish Oil with Vitamin E helps maintain overall anti-inflammatory support, as well as provide effective antioxidant protection.

## Products

1. nutraMetrix Isotonix<sup>®</sup> Vitamin C
2. nutraMetrix<sup>®</sup> Isotonix Calcium Complete
3. nutraMetrix Heart Health Essential Omega III Fish Oil with Vitamin E
4. DNA Miracles<sup>®</sup> Chewable Probiotics
5. nutraMetrix Heart Health Advanced Co-Q10
6. nutraMetrix Isotonix Vitamin D3 with K2



<sup>†</sup>Every Targeted Health Regimen builds upon the Foundations of Optimal Health Regimen.

*\*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.*

# nutraMetrix Isotonix<sup>®</sup> Vitamin C

Dental Health Regimen | nutraMetrix<sup>®</sup> Custom Health Solutions



nutraMetrix<sup>®</sup>  
Custom Health Solutions

- ◀ Provides antioxidant protection<sup>†</sup>
- ◀ Supports a healthy immune system<sup>†</sup>
- ◀ Promotes skeletal, muscular, cardiovascular and skin health<sup>†</sup>
- ◀ Reduces the inflammatory response<sup>†</sup>

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. 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.*

Manufactured for and distributed by: nutraMetrix<sup>®</sup>  
A Division of Market America, Inc.

1302 Pleasant Ridge Road, Greensboro, NC 27409 REV 0511

Lot #:

Best when used by:

## Supplement Facts

Serving Size: 1 Capful (3.3 g)

Servings Per Container: 90

	Amount Per Serving	% Daily Value*
Calories	8	
Total Carbohydrates	2 g	<1
Sugars	2 g	**
Beta-Carotene (Vitamin A Precursor)	800 IU	16
Vitamin C (Ascorbic Acid)	500 mg	833
Potassium (Bicarbonate)	101 mg	3

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

\*\* Daily Value is not established.

**Other ingredients:** Fructose, glucose, maltodextrin, malic acid, natural orange flavor, silica and citric acid.

Antioxidants are critical to the body's defense system. They neutralize free radicals, including reactive oxygen species (ROS) and reactive nitrogen species (RNS), that can cause oxidative stress leading to cell breakdown, tissue damage and DNA mutations. Antioxidants may inactivate periodontal pathogens and have a protective effect on oral health. In addition, antioxidants have also been shown to promote the wound-healing process and to limit the body's release of certain inflammation-causing proteins.

Utilizing the finest ingredients facilitated by the best delivery system available, nutraMetrix Isotonix® Vitamin C provides protection from oxidative stress brought on by both internal and external factors. Vitamin C provides well-established, foundational support for the immune system and the body's healing mechanisms.

## What makes this product unique?

Clinical confirmation specifies that vitamin C functions in improving host defense mechanisms and is implicated in preserving periodontal health. nutraMetrix® Isotonix Vitamin C promotes optimal immune functions, in addition to providing antioxidant protection against free radicals that may harm the oral tissues.\* Vitamin C's role in maintaining the health of teeth and gingivae makes this supplement a prudent choice, especially for those at high risk for inadequate intake, such as smokers.

nutraMetrix Isotonix Vitamin C is an isotonic-capable solution, which allows nutrients to pass directly into the small intestine and be rapidly delivered to the body. With isotonic fluids, little nutritive value is lost, making the delivery of nutrients highly efficient. There is nothing artificial about it. An isotonic fluid is nature's own nutrient delivery system.\*

## Frequently asked questions

### What is the role of vitamin C?

Vitamin C promotes optimal immune function and antioxidant activity. It also promotes skeletal, muscle and skin health by supporting the synthesis of collagen, an important structural protein and component of teeth.\*

### Who needs to take a vitamin C supplement?

In general, men are more likely to be deficient in vitamin C than women. The elderly, smokers, diabetics and some users of pharmaceuticals also need vitamin C supplementation.

### Will nutraMetrix Isotonix Vitamin C support my immune system?

Vitamin C is critical to immune function as it is involved in antibody production and white blood cell function and activity.\* Vitamin C has been heralded for potentially being the best immune system supporter and antioxidant available today.

### Does nutraMetrix Isotonix Vitamin C provide the Recommended Daily Allowance (RDA)?

Yes. nutraMetrix Isotonix Vitamin C contains 500 mg of vitamin C per serving, which is an optimal amount to support oral and general health.\*

### Is it possible to take too much of nutraMetrix Isotonix Vitamin C?

Ascorbic acid is extremely safe even at relatively high levels, because most of the excess is excreted in the urine. Ascorbic acid in some people can cause stomach upset and damage enamel. Because nutraMetrix Isotonix Vitamin C is buffered with potassium bicarbonate, this is not a concern. Take nutraMetrix Isotonix Vitamin C as directed on the bottle. Consult your healthcare provider before taking extra servings.

### How do I take nutraMetrix Isotonix Vitamin C?

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 away from 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.

# nutraMetrix DNA Miracles™ Chewable Probiotics

Dental Health Regimen | nutraMetrix® Custom Health Solutions



**nutraMetrix®**  
Custom Health Solutions

- ◀ Supports healthy teeth and gums<sup>†</sup>
- ◀ Contains five unique bacterial strains for comprehensive digestive and immune support<sup>†</sup>
- ◀ Provides good bacteria to help maintain optimal bacterial balance<sup>†</sup>
- ◀ Delivers 5 billion bacteria in each chewable tablet<sup>†</sup>
- ◀ Utilizes the LiveBac® tableting process to ensure viability of the bacteria<sup>†</sup>

Dietary Supplement  
30 Chewable Tablets

This high-quality formula uses LiveBac® technology, which is a unique tableting process, to deliver high-viability probiotic products that are far less susceptible to damaging environmental factors. Extended shelf life is achieved.

**Directions for use:** As a dietary supplement, prior to the first meal of the day, chew 1 tablet or allow to melt in mouth, or take as directed by your healthcare provider.

**WARNING:** If you are currently using prescription drugs or have an ongoing medical condition, consult your healthcare provider before using this product. This product is for ages 2 and older. Women who are pregnant or breastfeeding should not take this product.

**KEEP OUT OF THE REACH OF CHILDREN.** 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.

**Manufactured for and distributed by:** Market America, Inc.  
1302 Pleasant Ridge Road, Greensboro, NC 27409, USA  
DNA Miracles® and associated logos are trademarks of  
DNA Miracles, Ltd. © 2013–2014 DNA Miracles, Ltd.  
Learn more at [dnamiracles.com](http://dnamiracles.com).

0314

Lot #:

Best when used by:

## Supplement Facts

**Serving Size: 1 Chewable Tablet**  
**Servings Per Container: 30**

	Amount Per Serving	% DV*
Probiotic Complex Blend with LiveBac®*** technology:	5 billion cells <sup>†</sup> (at time of manufacture)	**
<i>Lactobacillus plantarum</i>	30%	**
<i>Lactobacillus paracasei</i>	20%	**
<i>Lactobacillus rhamnosus</i>	20%	**
<i>Lactobacillus salivarius</i>	20%	**
<i>Streptococcus salivarius</i>	10%	**

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

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

\*\*\* LiveBac® is a patented process and registered trademark of Nutraceutix, Inc.

<sup>†</sup> Contains 5 billion CFUs at time of manufacture and maintains the benefits of probiotic activity through the shelf life. Refrigeration is not necessary, but will ensure maximum potency and shelf life. Do not expose to excessive heat, humidity or direct sunlight.

**Other ingredients:** Isomalt, fructose, microcrystalline cellulose, dextrose, stearic acid, dicalcium phosphate, natural strawberry flavor, citric acid and natural vanilla flavor.

**Contains: Milk.** Suitable for individuals following lactose-restricted and lactose-free diets.



## What makes this product unique?

Probiotics are live microorganisms that work to support a healthy oral biofilm and digestion. Clinical research has shown that probiotics have a positive impact on oral biofilm and therefore immunity, digestive health and much more. Probiotics help maintain a healthy balance of essential bacteria in the gastrointestinal tract and are increasingly important in the American diet as we continue to rely on processed foods and prescription medications. Probiotics are useful for all ages by providing beneficial bacteria to support a healthy oral ecology that aids overall health.\*

Many products claim to provide billions of live probiotic organisms at the time of manufacture, but these products are useless unless the organisms are alive when they arrive

to you. Many products don't protect the live organisms from environmental factors that damage their viability. nutraMetrix DNA Miracles® Chewable Probiotics uses LiveBac technology — a process that helps make our product less susceptible to the effects of these damaging factors and extends the shelf life.

nutraMetrix® DNA Miracles Chewable Probiotics delivers immune support by helping to maintain optimal bacterial balance.\*

---

## Frequently asked questions

### Who needs needs probiotics?

Probiotics for children are the easiest way to start a person on the way to oral health. Because probiotics are established as beneficial for digestive health by the general public, it makes sense to start offering them to a person who is trying everything to manage their oral health and not succeeding.\* Patients of all ages will benefit from the introduction of a probiotic.

### Can I get the same benefits from eating yogurt?

Yogurt is an excellent source of probiotics, but it's not for everyone. Some people can't tolerate dairy, and others simply don't like the taste. nutraMetrix DNA Miracles Chewable Probiotics provides the goodness of yogurt without the sugar problematic in dental health.\*

### How might nutraMetrix DNA Miracles Chewable Probiotics affect oral health?

There are many aspects to good digestion. Chewable probiotics are formulated for oral as well as digestive health. nutraMetrix DNA Miracles Chewable Probiotics contains those bacteria that are intended to work in the mouth to assist the oral biofilm to be more beneficial.\*

### How many viable microorganisms are in nutraMetrix DNA Miracles Chewable Probiotics?

There are 5 billion live cells from five different strains of probiotics at time of manufacture.

### Why is LiveBac® important to nutraMetrix DNA Miracles Chewable Probiotics?

LiveBac technology is a tableting process that helps extend the shelf life of nutraMetrix DNA Miracles Chewable Probiotics.

### How do the bacteria live in nutraMetrix DNA Miracles Chewable Probiotics? Is there any food for them inside?

The bacteria are in a state of suspended animation. They are dry enough that all biological processes are in a resting state. Once consumed, they rehydrate and biological processes including growth and reproduction resume. So a food source in the tablet is not necessary.

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

# nutraMetrix Isotonix® Calcium Complete

Dental Health Regimen | nutraMetrix® Custom Health Solutions



**nutraMetrix®**  
Custom Health Solutions

- ◀ Essential for maintaining strong bones and healthy teeth<sup>†</sup>
- ◀ Supports cardiovascular health<sup>†</sup>
- ◀ Promotes healthy immune function<sup>†</sup>

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.

<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.

Manufactured for and distributed by: nutraMetrix®  
A Division of Market America, Inc.  
1302 Pleasant Ridge Road, Greensboro, NC 27409 REV 0511

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.

In dental health, calcium is a mineral that is needed for healthy teeth, bones and nerves. Along with vitamin D3, magnesium and other nutrients, calcium builds the hard structure that makes bones and teeth strong. A deficiency can lead to brittle nails, bones and teeth. Studies of calcium intake and gum

disease find those with the healthiest teeth and the lowest incidence of gum disease took calcium in adequate amounts daily. While the best source of calcium intake is from dark green leafy vegetables, when this source is missing from one's diet, supplementation can support healthy gums and teeth.

---

## What makes this product unique?

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 rapidly delivered to the body. nutraMetrix® Isotonix dietary supplements are a replica of the body's own fluids, such as tears, sweat and plasma. The body's common osmotic pressure allows a consistent maintenance of body tissues. nutraMetrix Isotonix Calcium Complete is readily available to support the body's metabolism because of the product's isotonic state.\*

With isotonic fluids, little nutritive value is lost, making the delivery of nutrients highly efficient. There is nothing artificial about it. An isotonic fluid is nature's own nutrient delivery system.\*

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. When the calcium supplement is not blended with vitamin D and magnesium, it may be difficult for your body to absorb. These vitamins and minerals 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 due to fillers and binders.\* Ordinary calcium tablets require stomach acid to dissolve their compounds; nutraMetrix Isotonix Calcium Complete does not. nutraMetrix Isotonix Calcium Complete paves the way for powerful results because it is in an isotonic form rather than a tablet. 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.\*

---

## 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. Calcium serves a dynamic role in the body's overall health, in addition to being helpful in supporting and maintaining integrity of both bones and teeth. According to the U.S. 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.\* A balance of calcium

intakes supports optimal ranges in the blood and may support ongoing bone and teeth health.

### 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 products, visit your Health Professional's nutraMetrix website.



**nutraMetrix®**  
Custom Health Solutions

- ◀ Promotes normal bone mineral density†
- ◀ Helps maintain bone mass by supporting normal osteoclast activity†
- ◀ Individuals with low bone density have been found to be deficient in vitamin D†
- ◀ Supports immune health†
- ◀ Helps maintain bone health†

An Isotonic-Capable  
Dietary Supplement  
Net Weight: 3.5 oz. (100 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. Maximum absorption occurs when taken with a meal. This product is isotonic only if the specified amounts of powder and water are used.

**WARNING:** If you are currently using warfarin (Coumadin) or other blood-thinning/antiplatelet/anticoagulant drugs, consult your healthcare provider before using this product. If you are using digoxin, verapamil, diltiazem, calcipotriene or thiazide diuretics, do not use this product. Certain medical conditions, such as primary hyperparathyroidism, sarcoidosis, tuberculosis and lymphoma, can increase the risk of hypercalcemia in response to vitamin D. If you have any of these specific conditions, do not use this product. If you are using any other prescription drugs or have an ongoing medical condition, or are pregnant or breastfeeding, consult your healthcare provider before using this product.

This 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 and protect from light. 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.

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

REV 0714

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

## Supplement Facts

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

**Servings Per Container: 30**

	Amount Per Serving	% DV*
Calories	5	
Total Carbohydrates	2 g	<1
Sugars	1 g	**
Vitamin D3 (Cholecalciferol)	5,000 IU	1,250
Vitamin K2 (Menaquinone-7, 45 mg)	45 mcg	56
Sodium (Bicarbonate)	25 mg	1
Potassium (Bicarbonate)	150 mg	4

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

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

**Other ingredients:** Fructose, citric acid, maltodextrin, natural raspberry flavor, malic acid, silicon dioxide, beet root powder, rebaudioside A (stevia leaf), natural cherry flavor and Lo Han (fruit) extract.



## What makes this product unique?

Vitamin D helps form your teeth and bones and helps maintain normal blood levels of calcium and phosphorous, which strengthen bones and teeth. Scientific evidence supports that vitamin D intake lowers the rate of bone resorption and boosts bone mineral density. Optimal bone health is achieved by maintaining adequate levels of bone mineral density and mass.\*

nutraMetrix Isotonix® Vitamin D with K2 is a highly effective combination of vitamins that work together to help maintain bone health. Vitamin D is a fat-soluble vitamin that is produced in the skin with exposure to the sun, and found in some foods. It has many important health benefits, including its large role in bone health. Vitamin D3 supports the maintenance of bone mass by supporting normal osteoclast activity. The American Association of Clinical Endocrinology and the Vitamin D Counsel

regard vitamin D3 supplementation as necessary to support healthy bone mineral density and reduce the risk of falls in advancing years. “The evidence, both from formal studies and clinical observations, supports the role of vitamin D in promoting good bone health.” The best health outcomes were seen in people with serum 25(OH)D levels of 36-40 ng/ml (90-100 nmol/L).<sup>1\*</sup>

Vitamin K2 is a fat-soluble vitamin that is found in meat, eggs, dairy and natto. Vitamin K supports normal bone growth and development, as well as the normal delivery of calcium to the bones. Together, vitamin D3 and the K2 form of vitamin K work efficiently to promote bone mineral density, support calcium absorption and utilization, and generally promote strong, healthy bones.

1. <http://www.vitamincouncil.org>

## Frequently asked questions

### Why is vitamin K included in this product?

Vitamin K is included in this product because of its unique partnership with vitamin D. Vitamins K and D work together to promote bone health. Vitamin K, like vitamin D3, also helps maintain arterial health.\*

### What is the source of vitamin D and vitamin K in nutraMetrix® Isotonix Vitamin D3 with K2?

The vitamin D is naturally derived from sheep's lanolin exposed to UV rays making it a non-synthetic source of vitamin D3. Vitamin K2 (menaquinones) is derived from garbanzo beans and is in the clinically preferred MK-7 form.

### Is this product safe for people on anticoagulant medications?

Some studies have concluded that vitamin K2 does not interfere with anticoagulant medications. However, most products containing vitamin K (including K1 and/or K2) warn users taking anticoagulants not to take the product. Studies show a strong relationship between long-term anticoagulant treatment and reduction in bone mineral density. Presumably this is due to insufficient osteocalcin production. Anticoagulants may lead to increased risk of fracture and reduction in bone mineral density. If you are currently taking warfarin or another anticoagulant medication, you should consult your healthcare provider about the benefits or contraindication for taking any product containing vitamin K1 or K2.

### Is it safe to take more than one serving of this product daily?

One serving daily of nutraMetrix Isotonix Vitamin D with K2 is recommended. Check with your healthcare provider before taking additional daily servings of this product.

### Is there a toxicity level for vitamin D?

The recommended daily upper limit for vitamin D is 10,000 IU; however, safety studies indicate that up to 40,000 IU may be safe for most people. If you wish to take more than one daily serving of this product, you should check with your healthcare provider.

### What are dietary sources of vitamin D?

Foods rich in vitamin D include cod liver oil, salmon, mackerel and tuna. It would be necessary to consume large amounts of food products to equal the amount of vitamin D3 and K2 found in nutraMetrix Isotonix Vitamin D3 with K2.

### How do I take nutraMetrix Isotonix Vitamin D with K2?

Pour 1 level, white bottle capful of powder into the clear overcap. Add water to the line on the overcap (2 fl. oz./60 ml) and stir. 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.

# nutraMetrix Heart Health™ Essential Omega III Fish Oil with Vitamin E

Dental Health Regimen | nutraMetrix® Custom Health Solutions



nutraMetrix®  
Custom Health Solutions

- ◀ Supports relief from temporary inflammation associated with the normal aging process and daily activity<sup>†</sup>
- ◀ Helps promote healthy blood flow<sup>†</sup>
- ◀ Supports joint health<sup>†</sup>
- ◀ Gluten Free - No Detectable GMO

Dietary Supplement  
60 Softgels

**Directions for use:** Take 2 softgels once daily with 8 fl. oz./240 ml of water or as directed by your healthcare provider. Maximum absorption occurs when taken with a meal.

**WARNING:** If you are currently using warfarin (Coumadin), other antiplatelet/anticoagulant drugs or any other prescription drugs, have an ongoing medical condition, or if you are pregnant or breastfeeding, consult your healthcare provider before using this product.

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

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

REV 1113

Manufactured for and distributed by:  
Market America, Inc., 1302 Pleasant Ridge Road  
Greensboro, NC 27409, USA

Lot #:

Best when used by:

## Supplement Facts

Serving Size: 2 Softgels

Servings Per Container: 60

	Amount Per Serving	% Daily Value*
Calories	30	
Calories from Fat	25	
Total Fat	3 g	5
Saturated Fat	0 g	0
Trans Fat	0 g	**
Total Carbohydrates	0 g	0
Sugars	0 g	**
Protein	<1 g	1
Vitamin E (d-Alpha-Tocopherol)	23 IU	77
Fish Body Oils	3,000 mg	**
EPA (Eicosapentaenoic Omega-3 Fatty Acid)	900 mg	**
DHA (Docosahexaenoic Omega-3 Fatty Acid)	600 mg	**
Other Omega-3 Fatty Acids	300 mg	**

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

\*\* Daily Value is not established.

**Other ingredients:** Gelatin, glycerin, purified water and lemon oil.

**Contains:** Fish (sardines and anchovies).

## What makes this product unique?

Recent research has shown that fish oil may be beneficial in supporting dental health because of its impact on supporting optimal periodontal health. In addition to periodontal decline being a primary risk factor for tooth loss, it is also a risk for heart disease, making heart healthy Omega III a prudent choice. In an article published in *Nutrition*, the average number of dental disease events was 1.5 times higher in people with low DHA levels compared to those with the highest average level.<sup>1</sup>

The best fish are used (sardines and anchovies harvested off the coast of Peru) to produce a clean and safe product that is rich in eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Not only do anchovies and sardines have high omega-3 content,

they also have high percentages of EPA and DHA. Anchovies and sardines have a short lifecycle, making them an ideal source of fish oil because they are less prone to accumulating environmental toxins that can be found in larger, longer-lived fish. Every batch of fish oil is hand selected and tested prior to processing by our manufacturer and must pass more than 200 quality checks during the production process.

nutraMetrix® Heart Health Essential Omega III provides the three grams of EPA<sup>†</sup> and DHA<sup>†</sup> that studies reveal is the most effective amount to promote overall health.\*

---

## Frequently asked questions

### Why exactly should I supplement with omega-3 fatty acids for dental health?

Omega-3 fatty acids support a cascade in the body that shields the oral mucosa and other body tissues against end products of metabolism that are pro-inflammatory and therefore problematic in overall health, not just dental health. DHA and EPA inhibit arachidonic acid metabolism, giving rise to mediators that are less inflammatory. It is understood that this mechanism may be protective in oral health.

### What does lifestyle have to do with dental health?

There are simple, everyday things you can do to help maintain proper dental health. Among these are:

- Not smoking
- Eating a diet rich in fruits, vegetable and whole grains
- Limiting the consumption of sugars and refined carbohydrates, as well as acidic foods
- Starting a complete nutritional supplementation program designed to help maintain proper oral health

### Is the fish oil tested to be free of heavy metals?

Yes. The fish oil used in nutraMetrix Heart Health™ Essential Omega III is tested twice, once by the manufacturer and then batch tested according to GMP standards confirming the nutraMetrix Heart Health Essential Omega III is free of mercury, lead, PCBs and other heavy metals. We only use fish oil that meets or exceeds standards set by Canada (CFIA), the European Union (EU) and the United States (CRN).

1- Longitudinal relationship between omega III fatty acids and periodontal disease, *Nutrition* 2010

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

*†According to the FDA, supportive, but not conclusive, research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.*



**nutraMetrix®**  
Custom Health Solutions

- ◀ Promotes gum health<sup>†</sup>
- ◀ Promotes/boosts the immune system<sup>†</sup>
- ◀ Vital for ATP production and supports muscle endurance<sup>†</sup>
- ◀ Aids in neutralizing free radicals generated within the cells.<sup>†</sup>
- ◀ CoQ10 concentrations naturally diminish with age and deficiency has been associated with certain health concerns<sup>†</sup>

Dietary Supplement  
30 Softgels

**Directions for use:** Take 1 softgel per day.

**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.*

Manufactured for and exclusively distributed by:  
Market America, Inc.  
1302 Pleasant Ridge Rd.  
Greensboro, NC 27409

Made in the USA

Lot # Best when used by:

## Supplement Facts

Serving Size: 1 Softgel

Servings Per Container: 30

	Amount Per Serving	% Daily Value*
Calories	2	
Calories from Fat	1	
Total Fat	124 mg	<1
Trans Fat	0 mg	**
Vitamin E (as d-Alpha-Tocopherol)	200 IU	667
Coenzyme Q10***	100 mg	**
Mixed Tocopherols	80 mg	**

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

\*\* Daily Value is not established.

\*\*\* CoQ Sol-CF® is a registered trademark of Soft Gel Technologies, Inc.

Other ingredients: D-Limonene oil, gelatin, glycerin, purified water, turmeric powder, zinc oxide.

REV 1007

## What makes this product unique?

Coenzyme Q10 helps produce cell energy, which cells — including those in the gums — require for normal function. Additionally CoQ10 is a type of antioxidant unique to areas of high cellular activity, like the mucus membranes found in the oral cavity. Free radicals increase cell damage and are produced at higher rates in tissues of high cellular activity. CoQ10 may aid in healing and tissue repair in those with gum disease.<sup>1</sup>

nutraMetrix® Heart Health Advanced Co-Q10 is a unique, proprietary formulation of ingredients to deliver the best quality coenzyme Q10. With this oil-based delivery system,

nutraMetrix Heart Health™ Advanced Co-Q10 soft gels maximize peak intestinal absorption, absolute blood levels and amounts of coenzyme Q10 absorbed by the body. With carotenoids, a natural blend of mixed tocopherols, d-limonene and rice bran oil, this formulation is designed to be powerful and effective.\*

1. MayoClinic.com: Coenzyme Q10; July 2011

---

## Frequently asked questions

### What is the role of coenzyme Q10?

Coenzyme Q10 is a vital nutrient that promotes the production of energy at the cellular level and acts as a powerful antioxidant when combined with vitamin E. Within each cell, it serves as a carrier of electrons in the electron transport chain, allowing the production of ATP, the cell's currency for energy. In addition, coenzyme Q10 functions as an important antioxidant, neutralizing free radicals within the cell's energy factory, the mitochondrion.\*

Coenzyme Q10 contributes to a healthy cardiovascular system, periodontal health, maintenance of normal blood sugar levels, maintenance of cholesterol and triglyceride concentrations, sustaining vitamin E levels in cell membranes and supporting the immune system.\*

### Do I need to supplement with coenzyme Q10 even if it is made by my body?

As we age, the ability to synthesize coenzyme Q10 declines. In addition, poor eating habits, stress or infections can contribute to declining levels of this vital nutrient for cell energy production. Even many healthy foods do not contain sufficient amounts of coenzyme Q10 that our body may demand.

### Is it safe to take coenzyme Q10?

Yes, it is safe to take supplemental coenzyme Q10. Supplemental coenzyme Q10 has not been shown to produce any adverse effects when ingested by humans or animals. In the 42nd edition of the *Physicians Desk Reference* (PDR), it is listed as replacement therapy for a nutrient, and no adverse reactions are listed.

### Why does nutraMetrix Heart Health advanced CoQ-10 use ubiquinone vs. ubiquinol?

Both ubiquinone and ubiquinol (the reduced form of ubiquinone) are natural. Both are naturally fermented from bacteria. Contrary to popular belief, ubiquinone is not synthetic. The literature shows both forms when taken orally are sufficient to double CoQ10 stores (when measured in serum).

### What is the source of the gelatin in nutraMetrix Heart Health Advanced Co-Q10?

The source of gelatin is bovine.

### Is there a certain time I should take coenzyme Q10?

Coenzyme Q10 should be taken with a meal containing some fat.

### Is it okay to take coenzyme Q10 supplementation while pregnant or breastfeeding?

The safety of coenzyme Q10 has not been established in pregnancy and breastfeeding. For any specific instructions on taking nutraMetrix Heart Health Advanced Co-Q10, consult your healthcare provider.

### How do I take nutraMetrix Heart Health Advanced Co-Q10?

Take one softgel per day, or as directed by your Health Professional.

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