



# Nutritional Frontiers

breaking through nutritional boundaries

## WELLNESS

# HEALTHY AGING SOLUTIONS

### ACTIVITY

	A.M.	Noon	P.M.	Duration	# per week
Walking					
Aerobic					
Strength					
Flexibility					

### RELAXATION & SLEEP

	A.M.	Noon	P.M.	Duration	# per week
Deep Breathing					
Meditation					
Yoga					
Hobbies					
Other _____					

### NUTRACEUTICALS

	A.M.	Noon	P.M.	With or without food
Pro Purples				
Fantastic 5				
Astaxanthin+				
Estrocleanse				
Other _____				

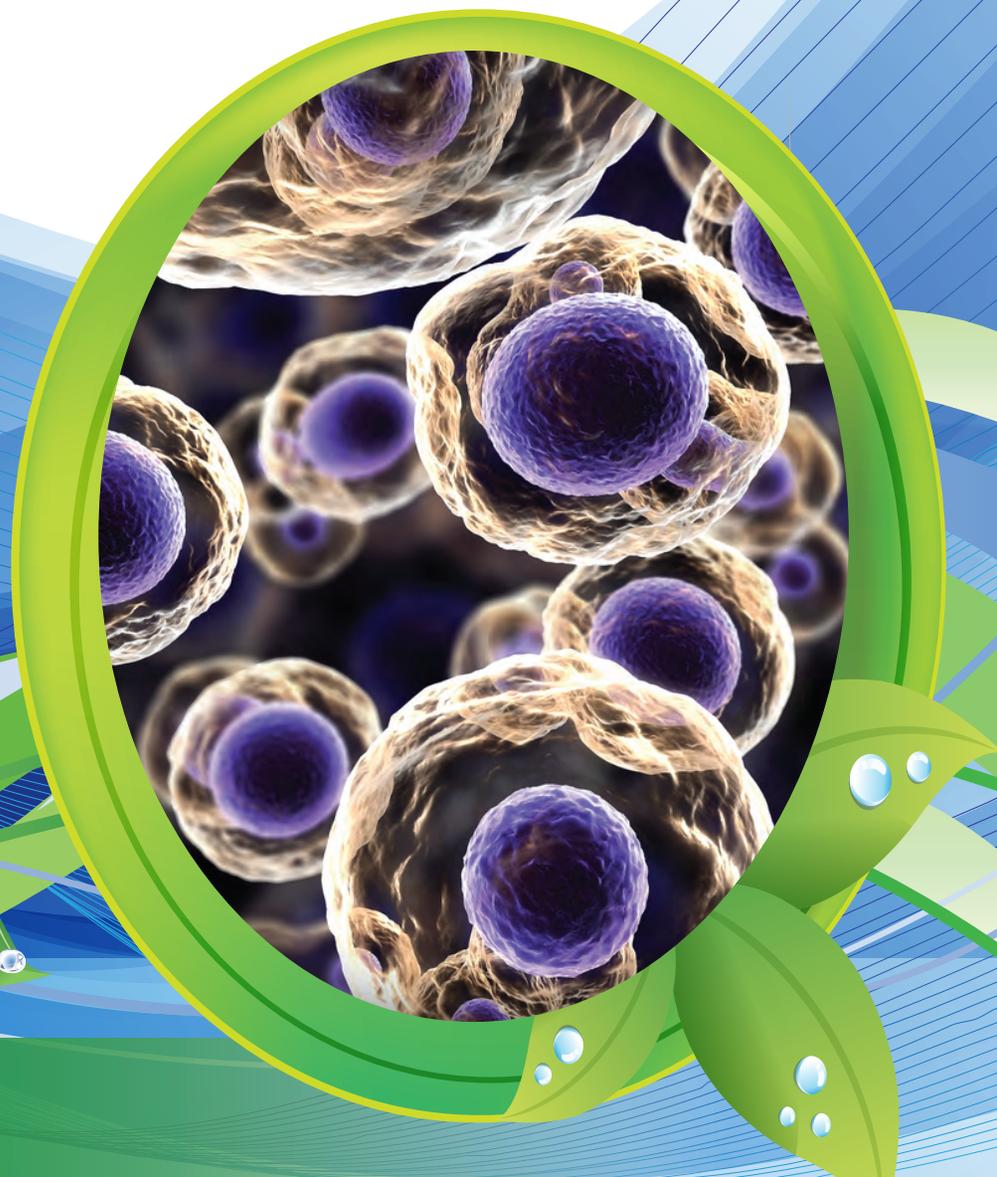
### HEALTH CARE PROFESSIONAL NOTES:

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\*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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# ABOUT HEALTHY AGING

Aging is the inevitable process of time. One thing that everyone has in common is that we will all age. However, certain steps can be taken to reduce the effects of aging such as, wrinkles, poor skin, hormone balance, a weaker immune system, memory, and energy function. The proper steps to promoting healthy aging are a healthy diet, supplementation, and exercise. By implementing these 3 simple steps into your daily life you can reduce the aging effects on your body. Naturally supporting your body from the effects of aging is the preferred method as opposed to using synthetic or potentially harmful alternatives.

## HEALTHY AGING SOLUTION



### Pro Purples:

Mix one scoop (10.95 g) daily in 8-10 oz. of cold water or juice



### Fantastic 5:

**Includes 60 packets**

- Multivitamin
- Fish Oil
- Probiotic
- Enzyme
- CoQ10



### Astaxanthin+:

Take 1 mL daily (One dropper full)



### EstroCleanse:

Take 3 capsules per day with food.

# BENEFITS OF THE HEALTHY AGING SOLUTIONS

## Fantastic 5:

- **Multivitamin**  
- vegetarian multi-vitamin/mineral/anti-oxidant/enzyme/amino acid formula with a full spectrum of nutrients including a whole green food complex. Delivers over 60 well-balanced nutrients that take the guess work out of daily supplementation.
- **Fish Oil**  
- supports cardiovascular function and skin and hair health.
- **Probiotic**  
- Improvement of natural and acquired immune response and enhancement of the gastrointestinal environment.
- **Enzyme**  
- support digestive tract health and nutrient absorption in people of all ages.
- **CoQ10**  
- A vital nutrient for the formation of Adenosine Triphosphate, the basic energy molecule used by every cell.

## Pro Purples

anti-aging drink mix supplement that combines 19 nutrient rich whole fruits and vegetables and extracts. Some of nature's most protective foods are darkly colored fruits & vegetables because they contain potent antioxidants such

as phenols, anthocyanins, ellagic acid, proanthocyanidins, bioflavonoids and Vitamin C, which provide a variety of health benefits.\* Also included are anti-aging nutrients: Alpha GPC, L-Carnosine, and Folic Acid to support mental energy, focus and clarity.

## Astaxanthin+

A dietary supplement to support the body's absorption of calcium and phosphorus, facilitate chemical reduction of free radicals, and support a healthy immune response.\*  
**Supports:** Eye Health (Eye fatigue)\* • Skin Health (Skin Dryness, Elasticity, Fine Lines, Wrinkles)\* • Cardiovascular Function (HDL, Blood Pressure and Triglycerides, Etc.)\* • Joint Health/Inflammation\* • Bone health • Immune System Modulation\*

## Estrocleanse

is a unique antioxidant formulation designed to enhance detoxification and promote hormone balance in both men and women. Estrocleanse also contains ingredients that may be cancer-preventive.

## FOOD

Everyday	Moderation	Rare Occasions	Never
<ul style="list-style-type: none"> <li>• Raw fruits</li> <li>• Raw vegetables                             <ul style="list-style-type: none"> <li>• Lightly steamed, stir-fried, or roasted veggies</li> </ul> </li> <li>• 100% whole grains (wheat less frequently)</li> <li>• Oatmeal</li> <li>• Legumes</li> <li>• Olive oil</li> <li>• 6-8 glasses of pure water</li> <li>• Unroasted nuts and seeds</li> </ul>	<ul style="list-style-type: none"> <li>• Clean meats (organic, wild game- no hormones or antibiotics)</li> <li>• Wild fish, shellfish</li> <li>• Unprocessed fruit and veggie juices</li> <li>• Organic &amp; free range eggs</li> <li>• Coconut oil, high oleic unrefined safflower oil</li> <li>• Peanuts (raw)</li> </ul>	<ul style="list-style-type: none"> <li>• Pasteurized dairy</li> <li>• Pizza</li> <li>• Alcohol</li> <li>• Coffee</li> <li>• Canned foods</li> <li>• Sweets, cane sugar</li> </ul>	<ul style="list-style-type: none"> <li>• Hydrogenated and partially hydrogenated fats &amp; oils (margarine, fried foods, commercial peanut butter, etc.)</li> <li>• Artificial sweeteners (aspartame, Splenda a.k.a. sucralose, Sweet N'Low, etc.)</li> <li>• Soda</li> <li>• White bread</li> <li>• Fast food</li> <li>• High fructose corn syrup and seeds</li> </ul>

