



Nutritional Frontiers

breaking through nutritional boundaries

WELLNESS

NUTRITIONAL 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
Frontier Multi				
Omega 3D				
Frontier Biotics				
Prob-Zyme				
Power Q				
Frontier Minerals				
Pro Colors				
Other _____				

HEALTH CARE PROFESSIONAL NOTES:

*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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THINK RIGHT, FEEL RIGHT, MOVE RIGHT

A balanced diet is vital for good health and wellbeing because food provides the body with energy, protein, essential fats, vitamins, and minerals to live, grow, and function properly. A poor diet is linked to major health risks that can cause illness and even death for people who are at a healthy weight but eat a poor diet. Smart food choices can help protect from health problems, and by practicing a healthy diet, health issues can be prevented. Dietary habits established at a young age will help one to stay healthy throughout life.

The United States makes up 5% of the world's population but consumes 70% of drugs and spends more money on healthcare than anyone else and it is not working. The World Health Organization ranks the United States healthcare system 37th and 72nd in health.

The United States has lost up to 80% of the nutritional content of the produce in the past fifty years. Therefore, there is a vital need to supplement our diets with nutritional supplements. Unfortunately, a large percentage of the nutritional supplements available to the public are of very poor quality. Nutritional Frontiers offers formulas that are 100% guaranteed for purity, are free of any contaminants and meets label claim for potency every time.



SIGNS OF INADEQUATE NUTRITION

- | | | |
|--|---|---|
| <input type="checkbox"/> Unexplained Fatigue | <input type="checkbox"/> Diarrhea | <input type="checkbox"/> Bags under eyes or vertical lines between eyes |
| <input type="checkbox"/> Brittle & Dry Hair | <input type="checkbox"/> Apathy or Irritability | <input type="checkbox"/> Unaligned Vertebrae can be indicators |
| <input type="checkbox"/> Rigid or Spoon-Shaped Nails | <input type="checkbox"/> Lack of Appetite | |
| <input type="checkbox"/> Mouth Problems | <input type="checkbox"/> Vertical or horizontal line on earlobe | |

THE NUTRITIONAL SOLUTION



Fantastic 5

- Multivitamin
- Fish Oil
- Probiotic
- Enzymes
- CoQ10

Take one packet 1-2 times per day

Each Packet Contains:

*2 Frontier Multi, 1 Prob-Zyme, 1 Power Q
100mg, 1 Omega 3D*



Pro Colors

- Reds
- Greens
- Oranges
- Purples

Mix 1 packet of any of the enclosed powders with 6-10 ounces of water, 1-3 times per day.

GENERAL DIET ADVICE

- Make the bulk of diet fresh fruits and vegetables (more of vegetables)
- Eat whole grains such as brown rice, whole wheat (less frequently), quinoa, etc.
- Minimize meat consumption and try to make it free of hormones and antibiotics
- Drink at least six to eight glasses of pure water daily (no fluoride or chlorine)
- Avoid sugar, caffeine, excess alcohol, fried foods and processed foods with added chemicals
- Avoid hydrogenated fats and oils and artificial sweeteners (aspartame, splenda, etc.)
- Eat foods that will do one of two things: cleanse – nourish
- Food addiction: that's what a chronic food allergy really is.

BASIC DIETARY GUIDLINES FOR GOOD HEALTH



Everyday

- Raw fruits
- Raw vegetables
- Lightly steamed, stir-fried, or roasted veggies
- 100% whole grains (wheat less frequently)
- Oatmeal
- Legumes
- Olive Oil
- 6-8 glasses of pure water
- Unroasted nuts & seeds



Moderation

- Clean meats (organic, wild game, no hormones or antibiotics)
- Wild fish, shellfish
- Unprocessed fruits & vegetable juices
- Organic & free range eggs
- Coconut oil, high oleic unrefined safflower oil
- Peanuts (raw)



Rare Occasions

- Pasteurized milk
- Pizza
- Alcohol
- Coffee
- Canned foods
- Sweets, cane sugar



Never

- Hydrogenated & partially hydrogenated fats & oils (margarine, fried foods, commercial peanut butter, etc.)
- Artificial sweeteners (aspartame, splenda, sweet'n low, etc.)
- Soda
- White bread
- Fast food
- High fructose corn syrup