

How are you feeling today?? Assess your health!!

Check any symptoms that apply to you. The more checks under a given supplement, the greater the likelihood that you will benefit from adding this nutrient to your supplement program. In no way should this form be mistaken as a diagnosis of a disease, nor should supplements be expected to 'cure' any disease.

The Basics

Vita Lea: a balanced multivitamin, multimineral supplement insures a good foundation for all programs!

B-Complex

- Help! I am tired all the time!
- irritability
- crave sweets/caffeine
- headaches
- Stress! Stress, and more stress!
- PMS
- mood swings
- rapid heartbeat, palpitations
- high homocysteine level
- ridges in nails
- skin problems/hair loss
- pregnancy/morning sickness
- carpal tunnel syndrome

Soy Protein Drink Mix

- go to bed tired- wake up tired
- mood swings
- want convenient/good tasting way to get SOY in my diet!!
- poor muscle tone
- difficulty concentrating
- hormonal imbalances
- high cholesterol
- osteoporosis, low bone density
- cancer prevention
- low/fluctuating blood sugar
- menopausal symptoms
- thyroid problems
- poor digestion
- slow healing
- premature aging
- low immunity

Vita-C

- I catch every virus around!!
- chronic infections
- bruise easily/slow healing
- varicose/spider veins
- allergies/frequent colds
- smoke cigarettes
- stress!
- cancer prevention
- macular degeneration
- weakened teeth/enamel
- eat processed meats
- take oral contraceptives
- bleeding gums
- iron deficiency

Vita E Complex

- heart disease
- asthma
- poor circulation
- high blood pressure
- diabetes
- slow to heal
- history of stroke
- cystic conditions
- PMS
- cold hands & feet
- scarring
- family cancer history
- autoimmune disorders
- poor night vision
- menopause/hot flashes
- high cholesterol

Building Blocks

OsteoMatrix and Vital Mag

- muscle cramps/tension
- irritability
- insomnia, sleep problems
- tooth decay/cavities/grinding
- PMS/menstrual cramps
- fibromyalgia
- joint pains
- weak fingernails
- osteoporosis
- back aches
- irreg. heart beat/palpitations
- headaches
- colon cancer history
- low dairy intake

Carotomax (beta-carotene)

- asthma/allergies
- poor night vision
- skin issues
- respiratory infections
- bronchitis/pneumonia
- viruses/weak immune system
- family cancer history
- exposure to toxins
- heart disease
- <5 serv/day veggies/fruit

Iron plus C complex

- anemia
- heavy menstruation
- dark circles under eyes
- vegetarian diet
- low energy/fatigue/stress

Lecithin

- high cholesterol
- poor memory
- concentration problems
- learning challenges
- trying to lose weight

Alfalfa

- allergies/asthma
- arthritis/joint pain/gout
- sinus infections
- low fiber diet/constipation
- digestive problems
- kidney/bladder infections
- bad breath/body odor
- excess fluid retention

Women's Health

GLA COMPLEX

- PMS/menstrual irregularities
- skin eruptions/dryness/eczema
- fibrocystic disorders
- high cholesterol
- arthritic pain & swelling
- multiple sclerosis
- dry eye syndrome
- fertility problems
- menopausal symptoms

Menopause Balance Complex

- hot flashes
- sleep disturbances
- mood swings
- anxiety, jumpiness
- short-tempered
- depression/weepiness
- heart pounding while resting

Immune System

Nutriferon

- repeated colds, infections, flu
- asthma
- allergies
- cancer prevention

Defend & Resist Complex (DR)

- viral/bacterial infections
- weak immune system
- frequent sore throat
- I want a quick fix at first sign of cold/flu!!

Cardio Health

Omega Guard Omega-3 Complex

- high cholesterol
- high triglycerides
- high blood pressure
- heart disease
- poor circulation, blood clots
- migraine headaches
- learning challenges, ADD
- autism, development disorders
- eczema, psoriasis
- ulcerative colitis
- lupus/ multiple sclerosis
- bipolar disorder
- asthma, allergies

Garlic Complex

- high cholesterol
- high triglycerides
- high blood pressure
- blood clots, aneurysms
- viral, bacterial infections
- yeast infections/Candida
- sinus infection
- allergies/asthma
- colitis
- weakened immune system

CoQ Heart (CoQ10 enzyme)

- on cholesterol lowering meds
- congestive heart failure
- fatigue, lack of energy
- cold hands, feet
- irregular heart beat or rhythm
- fluid retention, edema
- gum disease
- Alzheimer's disease
- high cholesterol LDL
- poor circulation

Fiber Plan Drink Mix/ Fiber Crunch

- high cholesterol
- diabetes
- constipation
- frequent headache/migraine
- acne
- body odor
- colon problems
- diet high in processed food
- heart disease

Mind & Spirit

Stress Relief Complex

- not enough hours in the day!
- feel stressed out often!
- time-pressure deadlines
- muscle tension
- angry outbursts
- difficulty concentrating

CorEnergy

- I burn the candle @ both ends!
- recurrent fatigue
- mental/physical exhaustion
- no initiative
- low blood pressure
- high levels of stress
- blood sugar irregularities
- depression
- poor appetite

Mental Acuity Complex

- trouble concentrating
- ADD
- poor memory
- Dementia, Alzheimer's
- vertigo/dizzy/ ringing in ears
- macular degeneration
- asthma
- headaches
- diabetic circulation problems
- cataracts, glaucoma

Moodlift Complex

- depression
- melancholy
- loss of interest in life
- lack of initiative
- sleep disorders
- emotional distress/stress

Gentle Sleep Complex

- insomnia
- TMJ/muscle tension
- headaches/anxiety
- rapid heartbeat
- hyperactivity

Advanced Health

Liver DTX Complex

- liver damage
- hepatitis, cirrhosis
- take OTC, prescription meds
- blurred/tunnel vision
- food allergies/intolerances
- dark circles/bags under eyes
- canker sores/acne
- Candida/yeast overgrowth
- eczema/psoriasis/hives

Glucose Regulation Complex

- high blood sugar
- type II Diabetes
- disturbed carbohydrate Metabolism/overweight
- crave sweets, bread, pasta
- high triglycerides
- low HDL cholesterol
- >2 servings caffeine/day

Joint Health Complex

- osteoarthritis
- sports injuries
- decreased mobility
- cartilage degeneration

Pain Relief Complex

- I push my body to the limit,
And my joints suffer!
- repetitive stress on joints
- arthritis pain

Joint & Muscle Pain Cream

- arthritis pain
- muscle strains
- neck/shoulder pain
- backaches
- sore joints
- I am a weekend warrior!!

Saw Palmetto Complex

- enlarged prostate gland
- troubled/slow urination
- kidney/urinary infections

Digestive Health

Optiflora Pre/Probiotic Complex

- frequent antibiotic/med. use
- repeat ear/throat infections
- Crohn's/Colitis/IBS
- sensitivity to odors/scents
- rashes/eczema/psoriasis
- recurrent sinus infections
- allergies/food sensitivities
- vaginal/bladder infections

Stomach Soothing Complex

- acid indigestion/gas/bloating
- morning sickness
- motion sickness

EZ Gest and/or Herb-Lax

- food intolerances (lactose)
- constipation/gas/bloating
- indigestion
- toxicity

YOUR HEALTH is your WEALTH... SPEND IT WISELY!

Our Guarantee--The ingredients, purity, safety, and performance of our products are 100% guaranteed. There is no risk to you—if our products are not all you expect them to be, simply return them for a full refund!