

"We recommend that all adults take a multivitamin daily."

Journal of the American Medical Association, June of 2002

WHY Nutritional Supplementation



•Poor nutrition – A survey of 77,000 nurses - in which they were tested for only 10 essential nutrients - showed that not one had even the minimum amount of those nutrients – and we need as many as 90 nutrients every day to maintain optimal health.

• Poor food quality – Chemicals, pesticides and pollution contaminate our food. Processing and cooking removes many of the vital nutrients from what we eat.



• Poor choices – Because of poor food choices we are receiving less and less of the essential nutrition we need. Junk food and fast food have become more popular than ever.



•Poor diets – In the past 20 years, the average American's diet has become more and more unhealthy. The government recommends that all adults consume 5-9 servings of fruits and vegetables each day, but very few of us attain that goal.

WHY Ultra Vitality

Balanced, complete nutrition– Symmetry's **Ultra Vitality** products feature a **full-range** of the nutrition your body needs: a comprehensive blend of vitamins, minerals, phytonutrients, antioxidants, fatty acids, essential enzymes, botanical extracts, 'super foods', and probiotics. Whether you prefer to drink your nutrition or take our convenient caplets, all of these powerful ingredients work together to provide you optimum nutrition necessary for a healthful, energetic day.



Guaranteed – If you aren't satisfied with our products, we'll give you your money back!

Symmetry's exclusive DeltaZorb™ – DeltaZorb is a revolutionary blend of highly-concentrated, carefully-balanced, standardized herbal extracts proven to significantly increase the body's ability to absorb nutrients during

digestion, up to 160% more than other supplements. If you are taking anything else, you are not getting DeltaZorb, and therefore not getting the most out of your supplement.



VALUE

Why spend over \$200 at a health store just gathering all the ingredients your body needs when you can get comprehensive nutrition with just one product - Ultra Vitality - for a fraction of the price?

We searched drug, health food and nutrition stores looking for the liquid-based ingredients to try to duplicate

Big Value in a Little Box

the benefits our Ultra Vitality. We found it would take 13 bottles of supplements costing over \$262 to get even close to the same nutrition as in our super-powerful, easy-to-take Ultra Vitality. And that \$262 still won't buy you everything you get in Ultra Vitality! Here's the breakdown:

Also Available in a Convenient Caplet Form & Liquid Form:



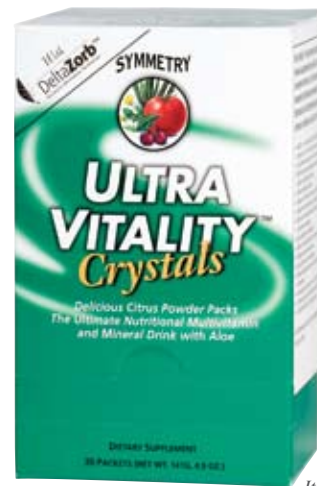
Item #NP120

Retail Price \$44.40 (\$1.48 per day)
Preferred Customer Price \$33.30 (\$1.11 per day)



Item #NP140

Retail Price \$44.60 (\$1.49 per day)
Preferred Customer Price \$33.30 (\$1.11 per day)



Item #NP135

Retail Price \$44.40 (\$1.48 per day)
Preferred Customer Price \$33.30 (\$1.11 per day)

Product	Price
Nutra-Flo™	\$34.95
Ka™ Liquid C	\$8.75
Solaray® Liquid Vitamin E	\$14.49
Twin Lab® SuperB Complex	\$15.95
LifeTime™ Liquid Calcium	\$10.99
Liquimins®	\$23.78
Garden of Life™	\$44.95
American Health™ Probiotic Acidophilus	\$11.99
Sunny Green® Liquid Chlorophyll	\$11.99
Innovative Natural Products® Liquid Energy	\$21.95
New Chapter® Digestion	\$9.95
Naturade Stomach Formula® Aloe Vera	\$17.49
Xanthones XanGo™	\$34.95

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Supplement Facts	
Serving size: 1 caplet (4.7 ml)	Amount Per Serving % Daily Value*
Calories	0
Total carbohydrate	0 g 0%
Sugars	0 g 0%
Dietary Fiber	0 g 0%
Vitamin A (as beta-carotene)	10,000 IU 200%
Vitamin C (as ascorbic acid)	300 mg 500%
Vitamin D (as cholecalciferol)	400 IU 100%
Vitamin E (as di-alpha tocopheryl acetate and d-alpha tocopheryl acetate)	100 IU 200%
Thiamin (as thiamin HCl)	15 mg 1000%
Riboflavin	15 mg 880%
Niacin (as niacinamide)	30 mg 150%
Vitamin B ₆ (as pyridoxine HCl)	20 mg 1000%
Folate (as folic acid)	400 mcg 100%
Vitamin B ₁₂ (as cyanocobalamin)	300 mcg 100%
Biotin	150 mcg 30%
Pantothenic acid (as D-calcium pantothenate)	30 mg 300%
Calcium (as calcium carbonate, coral calcium and calcium citrate)	250 mg 25%
Iodine (as potassium iodide)	50 mcg 33%
Magnesium (as magnesium oxide, magnesium citrate and magnesium glycinate)	50 mg 13%
Zinc (as zinc oxide and zinc chelate)	15 mg 100%
Selenium (as sodium selenite and selenium L-methionine complex)	70 mcg 100%
Copper (as copper oxide)	2 mg 100%
Manganese (as manganese sulfate)	5 mg 250%
Chromium (as chromium polynicotinate)	150 mcg 125%
Antioxidant base	125 mg 4%
Horsetail (<i>Equisetum arvense</i>) extract whole plant	25 mg
Nutritive herbal blend (nettle (<i>Urtica dioica</i>) leaf, dandelion (<i>Taraxacum officinale</i>) leaf and jujube (<i>Ziziphus jujuba</i>) fruit)	5 mg
Vitality blend:	100 mg
Papain, Bromelain, Granulated juice crystals: Cherry, lemon, and orange juice flavored crystals	
Herbal Blend: Cayenne pepper (<i>Capiscum frutescens</i>) fruit, chamomile (<i>Anthemis nobilis</i>) flower, and ginger (<i>Zingiber officinale</i>) root, Apple cider vinegar, L-Carnitine hydrochloride, Choline bitartrate, Dahulin™ (Chochorum nitidus) root juice, CLA (gamma-linolenic acid) blend: Ae storage seed (<i>Borago officinalis</i>) oil and Inositol	
Probiotic blend:	1.5 million CFU
<i>Lactobacillus acidophilus</i> and <i>Bifidobacterium bifidum</i>	
Chlorophyll blend:	4 mg
from alfalfa (<i>Medicago sativa</i>) leaf, carrot (<i>Daucus carota</i>) root, D, salina algae and tomato (<i>Lycopersicon lycopersicum</i>) extract	
Energy blend:	125 mg
Eleuthero (<i>Eleutherococcus senticosus</i>) root, Fo-ti (<i>Polygonum multiflorum</i>) root and goji kola (<i>Citellus asiaticus</i>) fruit	
Antioxidant base:	75 mg
Citrus bioflavonoids (from orange peel), rose hips (<i>Rosa canina</i>), proanthocyanidin blend (from green tea (<i>Thea sinensis</i>) leaf extract, pine bark (<i>Pinus maritima</i>) extract and grape seed (<i>Vitis vinifera</i>) extract)	
Super food base:	32.5 mg
Ginger (from 50:1 concentrate) leaf, barley grass (<i>Hordeum vulgare</i>), apple pectin (<i>Pyrus malus</i>), astragalus (<i>Astragalus membranaceus</i>) root extract, burdock (<i>Arctium lappa</i>) root, citrus pectin, odor-reduced garlic (<i>Allium sativum</i>), parsley (<i>Petroselinum crispum</i>) leaf, red clover (<i>Trifolium pratense</i>) flower, schisandra (<i>Schizandra chinensis</i>) fruit, spirulina algae (<i>Spirulina pratinensis</i>)	
Digestive Blend:	50 mg
Papaya, ginger (<i>Zingiber officinale</i>) root, DeltaZorb™ (proprietary patented blend of black pepper (<i>Piper nigrum</i>) and ginger root (<i>Zingiber officinale</i>) extract), amylase, glucoamylase, protease, acid protease, cellulase, lipase, licorice, betaine HCl, dandelion (<i>Taraxacum officinale</i>) root, Pau D'Arco (<i>Tabebuia impetiginosa</i>) bark, chamomile (<i>Anthemis nobilis</i>) flowering tops	
Sea Calcium Blend:	625 mg
Calcium carbonate, coral calcium and calcium citrate	
Aloe vera leaf gel (from 1 mg 200:1 concentrate)	200 mg

*Percent values are based on 2,000 calorie diet. ** Daily value not established.
Other ingredients: citric acid, natural flavors, sucralose and silica.
†Dahulin™ is a trademark of American Inulin Group.
‡DeltaZorb™ is a trademark of Symmetry Corporation and is protected by U.S. patents.