

# NUTRIEX SPORT

A preventive and **therapeutic** formulation for periods of increased physical demand, Nutriex Sport is formulated for intense training or recovery from injury and surgery.

In addition to providing the nutrients in Health, **Nutriex Sport** includes double the glucosamine and chondroitin as well as increased levels of other key nutrients. Benefits cartilage, ligament, tendon, and bone health.\*

Review the Nutriex Sport plan to identify your specific needs:

1 - Eat a healthy diet that emphasizes fresh vegetables and fruits, whole grains and high-quality proteins.



2 - Take Nutriex Sport capsules according to the table below:

BODY WEIGHT	NUMBER OF CAPSULES TO TAKE					
	3x/day			Follow 3x/day or 2x/day plan	2x/day	
	am	mid-day	pm		am	pm
Under 126 lbs	2	1	2	3	2	
126-150 lbs	2	2	2	3	3	
151-175 lbs	3	2	2	4	3	
176-200 lbs	3	2	3	4	4	
201-225 lbs	3	3	3	5	4	
226-250 lbs	4	3	3	5	5	
251-275 lbs	4	3	4	6	5	
Over 275 lbs	4	4	4	6	6	

\*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.

## Nutriex reveals rapid health gains!

When surveyed after 3 to 6 months of use, Nutriex users reported improvements in 6 health categories:

Joint pain or stiffness	82% <sup>†</sup>
Ability to deflect colds/flu	78% <sup>†</sup>
Skin, hair or nails	76% <sup>†</sup>
Mood	68% <sup>†</sup>
Energy or exercise	66% <sup>†</sup>
Less fatigue after workout	60% <sup>†</sup>

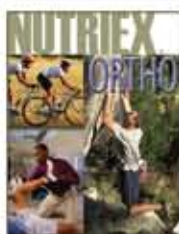
<sup>†</sup> Based on a health study conducted June 2002.

### Other Nutriex Products



#### NUTRIEX OMEGA 3/FISH OIL

CONTAINS ESSENTIAL FATTY ACIDS FOR HEALTHY BRAIN, HEART AND IMMUNE SYSTEM\*



#### NUTRIEX ORTHO

CONTAINS KEY NUTRIENTS FOR BONE, CARTILAGE, LIGAMENTS AND TENDONS



#### NUTRIEX PROTEIN

CONTAINS FOUR SOURCES OF PROTEIN WITH AN EXCELLENT AMINO ACID PROFILE. HIGH IN FIBER AND LOW IN FAT AND CHOLESTEROL FOR HEART HEALTHY\* BENEFITS

For more information... [www.nutriex.com](http://www.nutriex.com)

1-888-NUTRIEX (688-7439)

Net income supports [prohealthpc.org](http://prohealthpc.org).

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NUTRIEX



## NUTRIEX SUPPLEMENTS

- Energy
- Immune system support\*
- Joint, bone & ligament strengthening\*
- Graceful aging\*
- Healthy heart function\*



SPORT HEALTH



# NUTRIEX HEALTH



A preventive and **maintenance** formulation to optimize long-term health.

**Nutriex Health** combines synergistic nutrients that provide energy, support the immune system, reinforce joints, bones and connective tissue, and promote healthy heart function and graceful aging.\* Nutriex Health matches your weight, your age, and your own diet to identify correct levels for all 41 nutrients.



Review the Nutriex Health Plan to rate your diet and determine your specific needs:

**1 - Excellent:** Emphasizes whole grain breads and cereals, fresh vegetables and fruits (8 or more servings each day) and ample calcium.

Minimizes animal fats, fried foods, and processed meat.

**2 - Good:** Includes some whole grain breads and cereals and 5 to 7 servings of vegetables and fruit each day. Partially manages calcium and dietary fats.

**3 - Fair:** Includes few whole grain breads and cereals and inconsistent amounts of vegetables and fruits. Includes fast foods, processed meats and dietary fats.

Take Nutriex Health capsules in the morning and evening according to this schedule:

UNDER 60 YRS	NUMBER OF CAPSULES TO TAKE					
	Excellent Diet		Good Diet		Fair Diet	
	am	pm	am	pm	am	pm
Under 120 lbs	2	2	3	2	3	3
120-200 lbs	3	2	3	3	4	3
Over 200 lbs	3	3	4	3	4	4
60 YRS AND OVER	am	pm	am	pm	am	pm
Under 120 lbs	3	2	3	3	4	3
120-200 lbs	3	3	4	3	4	4
Over 200 lbs	4	3	4	4	5	4



# NUTRIEX<sup>®</sup> HEALTH

Formulated for long-term health benefit, Nutriex Health contains vitamins, minerals, anti-oxidants, plant sources and cartilage protectors.\* These nutrients are important for musculoskeletal, eye, cardiovascular, neurologic and immunologic health.\*

Nutriex Health amounts are carefully selected to optimize health

Nutrients that promote healthy joints\*

Powerful, plant based anti-oxidants; aids in graceful aging\*

Beneficial for healthy cholesterol and blood pressure levels\*

Natural anti-inflammatory and anti-oxidant

Frequently recommended for healthy heart function\*

Beneficial for immune system; anti-oxidant

## Supplement Facts

Serving size: 4 to 9 capsules

7 capsules contain:		% Daily Value	7 capsules contain:		% Daily Value
Calories	20		<b>Minerals (continued)</b>		
Calories from fat	5		Boron	1 mg	**
Total fat	0.5 g	1% <sup>†</sup>	Vanadium	10 mcg	**
Saturated fat	0 g	0% <sup>†</sup>	<b>Cartilage Nutrients*</b>		
Trans fat	0 g		Glucosamine HCl	750 mg	**
Sodium	50 mg	2% <sup>†</sup>	Chondroitin Sulfate	600 mg	**
Total carbohydrates	3 g	1% <sup>†</sup>	<b>Plant Sources</b>		
Dietary fiber	2 g	10% <sup>†</sup>	<b>Carotenoids</b>		
Protein	1 g	1% <sup>†</sup>	Beta Carotene	3 mg	**
<b>Vitamins</b>			Lutein	8 mg	**
Vitamin A	5,000 IU	100%	Lycopene	2 mg	**
Vitamin C	600 mg	1,000%	Zeaxanthin	400 mcg	**
Vitamin D3	800 IU	200%	<b>Flavonoids &amp; Polyphenols</b>		
Vitamin E	200 IU	667%	Flax Seed Oil	500 mg	**
Vitamin K	80 mcg	100%	Ginger	25 mg	**
Vitamin B1	10 mg	667%	Grape Seed Extract	25 mg	**
Vitamin B2	10 mg	589%	Green Tea Extract	50 mg	**
Niacin	40 mg	200%	Lemon Bioflavonoids Complex	50 mg	**
Vitamin B6	25 mg	1,250%	Quercetin	25 mg	**
Folate	600 mcg	150%	Rutin	25 mg	**
Vitamin B12	100 mcg	1,667%	Soy Bean Extract	62 mg	**
Biotin	400 mcg	133%	Turmeric	50 mg	**
Pantothenic Acid	20 mg	200%	<b>Other Nutrients</b>		
<b>Minerals</b>			Alpha Lipoic Acid	75 mg	**
Calcium	750 mg	75%	Coenzyme Q10	20 mg	**
Iron	6 mg	33%	** Daily Value not established.		
Iodine	150 mcg	100%	† Percent Daily Values are based on a 2,000 calorie diet.		
Magnesium	250 mg	62%	Not a significant source of cholesterol or sugars.		
Zinc	20 mg	133%			
Selenium	200 mcg	286%			
Copper	3 mg	150%			
Manganese	10 mg	500%			
Chromium	150 mcg	125%			
Molybdenum	75 mcg	100%			

# NUTRIEX<sup>®</sup> SPORT

Nutriex Sport is formulated for high physical demands, including intense training, injury response and recovery from surgery. It provides therapeutic levels of the cartilage protectors\* glucosamine and chondroitin as well as stature-specific levels of 41 key nutrients.

## Supplement Facts

Serving size: 5 to 12 capsules

9 capsules contain:		% Daily Value	9 capsules contain:		% Daily Value
Calories	35		<b>Minerals (continued)</b>		
Calories from fat	10		Boron	1 mg	**
Total fat	1 g	1% <sup>†</sup>	Vanadium	10 mcg	**
Saturated fat	0 g	0% <sup>†</sup>	<b>Cartilage Nutrients*</b>		
Trans fat	0 g		Glucosamine HCl	1,500 mg	**
Sodium	105 mg	4% <sup>†</sup>	Chondroitin Sulfate	1,200 mg	**
Total carbohydrates	4 g	1% <sup>†</sup>	<b>Plant Sources</b>		
Dietary fiber	3 g	11% <sup>†</sup>	<b>Carotenoids</b>		
Protein	1 g	3% <sup>†</sup>	Beta Carotene	3 mg	**
<b>Vitamins</b>			Lutein	8 mg	**
Vitamin A	5,000 IU	100%	Lycopene	2 mg	**
Vitamin C	750 mg	1,250%	Zeaxanthin	400 mcg	**
Vitamin D3	800 IU	200%	<b>Flavonoids, Polyphenols &amp; Enzymes</b>		
Vitamin E	400 IU	1,334%	Bromelain	150 mg	**
Vitamin K	80 mcg	100%	Flax Seed Oil	600 mg	**
Vitamin B1	10 mg	667%	Ginger	25 mg	**
Vitamin B2	10 mg	589%	Grape Seed Extract	25 mg	**
Niacin	40 mg	200%	Green Tea Extract	50 mg	**
Vitamin B6	25 mg	1,250%	Lemon Bioflavonoids Complex	50 mg	**
Folate	600 mcg	150%	Quercetin	25 mg	**
Vitamin B12	100 mcg	1,667%	Rutin	25 mg	**
Biotin	400 mcg	133%	Turmeric	50 mg	**
Pantothenic Acid	20 mg	200%	<b>Other Nutrients</b>		
<b>Minerals</b>			Alpha Lipoic Acid	100 mg	**
Calcium	800 mg	80%	Coenzyme Q10	25 mg	**
Iron	6 mg	33%	** Daily Value not established.		
Iodine	150 mcg	100%	† Percent Daily Values are based on a 2,000 calorie diet.		
Magnesium	275 mg	69%	Not a significant source of cholesterol or sugars.		
Zinc	20 mg	133%			
Selenium	200 mcg	286%			
Copper	3 mg	150%			
Manganese	10 mg	500%			
Chromium	150 mcg	125%			
Molybdenum	75 mcg	100%			

Therapeutic levels for healthy joint function\*

Plant-derived nutrients key for quenching free radicals

Frequently recommended by cardiologists for heart health\*

Primary bone nutrients; benefit heart function\*

Necessary for "fat burning" and glucose utilization; megadoses should be avoided