

24 ESSENTIAL NUTRIENTS

13 Vitamins (Must-Haves)

Vitamin	Benefit*
Beta-carotene (vitamin A)	Antioxidant for eyes, skin, cell growth
Biotin	Energy production; improves hair, skin, and nail strength
Thiamin (vitamin B1)	Supports emotional health, improves energy production
Riboflavin (vitamin B2)	Increases energy
Niacin (vitamin B3)	Promotes a healthy heart and energy
Pantothenic acid (vitamin B5)	Promotes healthy joints and energy
Vitamin B6	Benefits immunity, regulates nervous system function
Folate (vitamin B9)	Makes DNA and RNA, regulates homocysteine levels
Vitamin B12	Energy production, improves brain function
Vitamin C	Immune system function; critical antioxidant for muscles, bones, and gums
Choline	Promotes healthy liver
Vitamin D	Increases calcium absorption; stronger teeth and bones
Vitamin K	Facilitates normal blood clotting

11 Minerals (Must-Haves)

Mineral	Benefit*
Calcium	Calcium blend for time-released delivery, promotes strong bones and teeth
Chromium	Promotes healthy heart, improves energy
Copper	Improves iron absorption and makes red blood cells
Iodine	Promotes healthy thyroid function
Iron	Transports oxygen to tissues throughout the body (not included in men's formula)
Magnesium	Improves PMS symptoms, enhances exercise performance, promotes heart health
Manganese	Involved in bone, muscle, and carbohydrate growth
Molybdenum	Works with calcium to help form bones and teeth
Phosphorus	Works with calcium to help bones and teeth grow
Selenium	Promotes heart health, protects cells
Zinc	Prostate health, important for taste perception

*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.

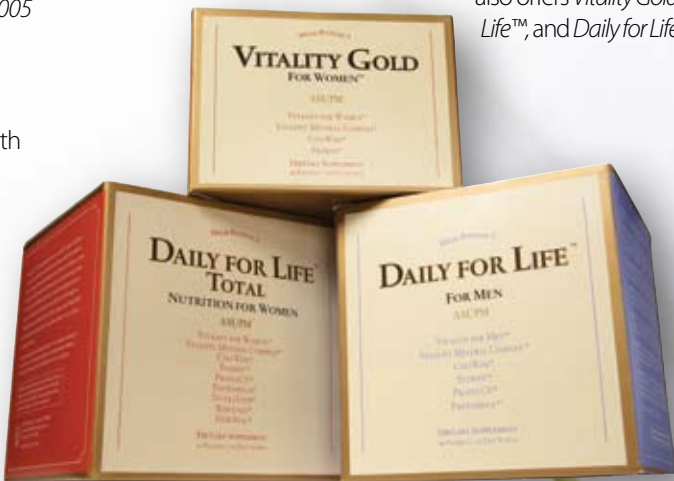
World-Class Ingredient Research

- *American Journal of Clinical Nutrition*, June 1989
- *Food and Nutrition Board, Institute of Medicine, "Dietary Intakes"*, 2000
- *JAMA, Selenium and Cancer Prevention*, 1996
- *JAMA, B6 in relation to risk of coronary heart disease*, 1998
- *Archives of Internal Medicine, "Folic acid's effect of lowering of homocysteine levels on inflammatory markers"*, 2005

What a Value!

- Isn't being full of life worth 67¢ a day?*
- 30-day supply \$19.99*

* Preferred Customer pricing



Take the *Vitality Pack* 90-Day Challenge, risk-free. Like all Melaleuca products, the *Vitality Pack* comes with a 100% satisfaction guarantee. Put the *Vitality Pack* to the test. If, after 90 days, you don't feel more energy, renewed endurance, and an overall sense of improved physical well-being, Melaleuca will give you a credit or exchange—no questions asked.

To order, call 1-800-282-3000 or ask the person who gave you this brochure.

This information is designed for educational purposes only and is not intended to be prescriptive. Individuals with health concerns should consult their physicians for medical advice and treatment.

Another wellness solution from



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Rediscover what it means to be full of life.



24 essential nutrients designed for maximum absorption.

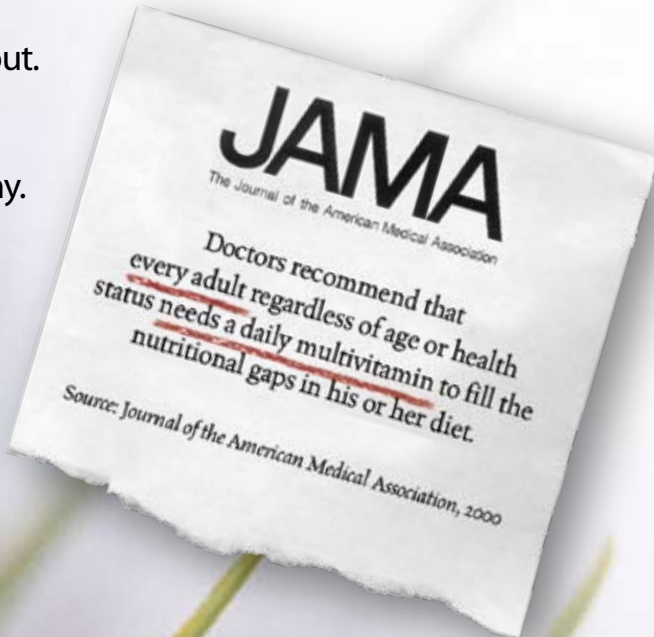
Full of Life

Few of us eat perfectly day in and day out.

So we aren't getting the vitamins and minerals our bodies need to stay healthy.

Unfortunately, even if you're eating a balanced diet, your health is at risk.

Due to various reasons, today's fruits and vegetables alone may not contain the nutrient levels you need to stay healthy, boost energy, and keep you full of life.



Why are vitamins & minerals important?

- Every cell in your body (bones, muscles, and organs) need the essential vitamins and minerals to perform daily functions.
- Your body doesn't produce them and without them you can't function.
- Vitamins, which are easily absorbed, metabolize proteins, carbohydrates and fats.
- Minerals, which are not easily absorbed, help cells grow, communicate, develop and produce energy.



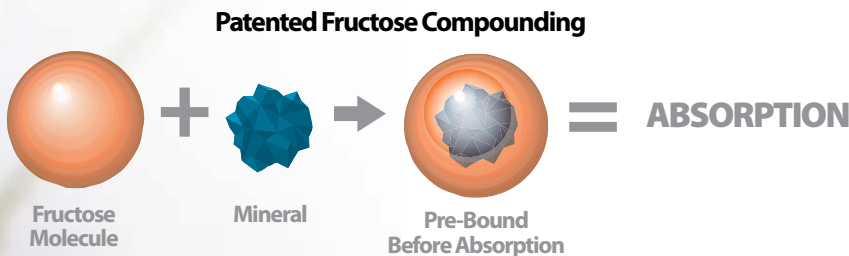
Designed for Maximum Absorption

- Patented Fructose Compounding
- The right combination and source of vitamins and minerals
- The right amount of vitamins and minerals

The result is maximized effectiveness for a healthier body, more energy, and balanced nutrition.

The Vitality Pack® Difference

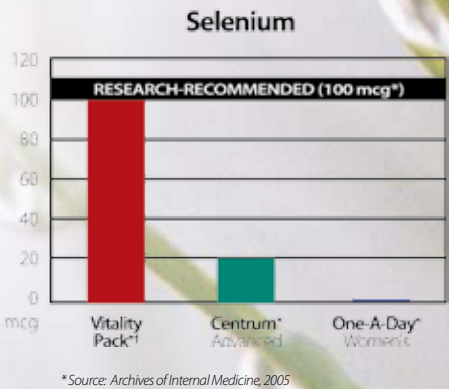
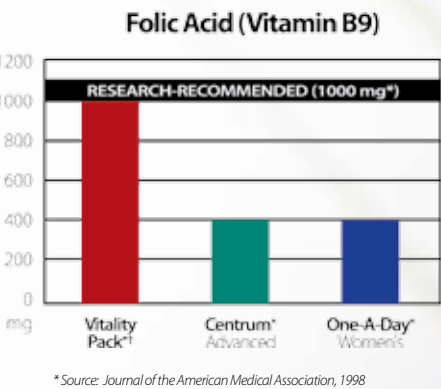
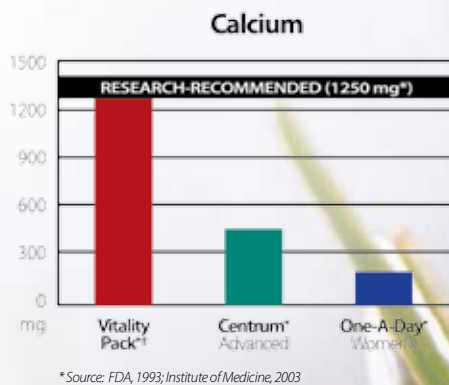
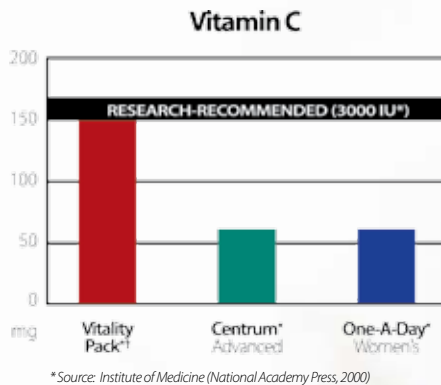
- It doesn't matter how much of a nutrient you eat if your body doesn't absorb it. Minerals have a tendency to readily bind with other molecules. Additionally, many minerals naturally bind to the wrong molecules—which can prevent your body from absorbing them.
- The *Vitality Pack* has the patented *Fructose Compounding* mineral delivery system. It is designed to pre-bind minerals with natural sugar molecules to help maximize absorption for use by your body and cells



The right source and combination of vitamins and minerals release the nutrients your body needs throughout the day.

Right Source	Vitality Pack [†]	One-A-Day [®] Women's	Centrum [®] Advanced
Vitamin A	100% beta-carotene	20% beta-carotene	29% beta-carotene
Calcium	4 sources (citrate, di calcium phosphate, gluconate, carbonate)	carbonate	carbonate
Magnesium	3 sources (oxide, chloride, lactate)	stearate	stearate
Selenium	2 sources (yeast, methionine)	—	selenate
Copper	2 sources (cupric sulphate, copper glycinate)	—	—
Zinc	2 sources (zinc sulphate, oxide)	oxide	oxide

The right amount of vitamins and minerals.



[†] Vitality Pack for Women
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