

# THE MOST IMPORTANT SYSTEM OF YOUR LIFE!



## No Other System Compares!

The LifeHealth System contains the most unique, life-changing, natural products on the market today. Integrating Bios Life 2<sup>®</sup>, Core Health™, and Daily Produce 24™ into a single monthly system, it delivers the vitamins, minerals, nutrients, fibers, antioxidants, extracts from fruits and vegetables, and cholesterol-reducing supplements we desperately need! Holistic in its approach to overall wellness, LifeHealth addresses today's top health concerns through unparalleled nutritional value and scientific research.

## Science and Research

These all-natural supplements, minerals, extracts from fruits and vegetables, fibers, and vitamins have been proven to deliver life-changing results. The LifeHealth System was formulated using world-leading science and research facilities and advanced manufacturing techniques to deliver the highest quality supplements. These delivery mechanisms enhance the bio-availability and absorption rate of these nutrients into the body.

## Monthly Health

Healthy living does not need to be expensive! The LifeHealth

System is affordable at approx. \$3 a day. The retail value of LifeHealth is \$149.00, but we offer it to associates at a reduced \$100.00 wholesale price when you include it in your monthly EasyShip program. After you use LifeHealth and begin feeling better, stronger, and more vibrant, you'll make LifeHealth a lifelong partner!

## Invest in Yourself!

Not only will this system enhance your health, but you can also earn trips, gifts, and additional products. As you use LifeHealth on the EasyShip program, you earn points for every dollar you spend and can choose how you want to spend those points.

## Test It Out, Then Share It!

Here's our challenge. (1) Test your cholesterol. (2) Use LifeHealth for 30 days. (3) Test your cholesterol again. (4) Once you see and feel the difference this unique system makes in your life and body, you may almost feel obligated to share it with others. As you share, you'll be amazed how this system can improve your financial life as well.

## How Do I Order?

Contact one of our Associates, visit us at [www.makelifebetter.com](http://www.makelifebetter.com), or purchase at retail by calling 1-800-UNICITY (864-2489).



# TODAY'S TOP FIVE HEALTH CONCERNS

## WHY BE CONCERNED?



### 1. Heart & Cholesterol

More than 950,000 Americans will die of heart disease this year, and over 105 million more have total cholesterol levels that put them at risk.

(National Center for Chronic Disease Prevention and Health Promotion)



### 2. Cellular Immunity

Lack of proper nutrition causes cellular damage and weakens the immune system.

(American Medical Association)



### 3. Colon & Digestive

An estimated 1/3 of all colon cancer deaths could have been prevented.

(National Institute of Diabetes and Digestive and Kidney Diseases)



### 4. Fruits & Vegetables

Fewer than 9% of adults achieve the five serving minimum.

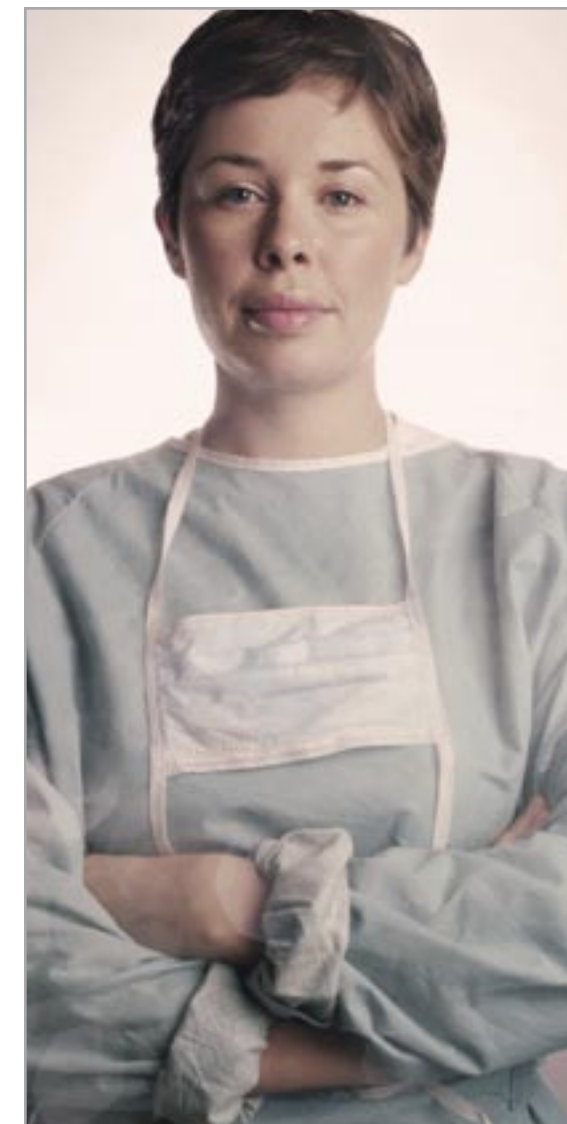
(U.S. National Cancer Institute and National Research Council)



### 5. Lack of Fiber

Most Americans get less than half the recommended daily amount.

(American Heart Association)



*Make Life Better.*

*Now there is a daily system that addresses today's major health concerns!*

# The LifeHealth™ Solution

## FRUITS & VEGETABLES

**Problem:** Regardless of our good intentions, many of us do not eat enough fruits and vegetables on a daily basis. In addition, not all nutritional supplements are equal with regards to antioxidants. The ORAC (Oxygen Radical Absorbance Capacity) Assay testing method has shown that different supplements provide drastically variant results.\*



**LifeHealth Response:** The LifeHealth System contains cold-pressed extracts of over 24 fruits and vegetables. These extracts are prepared according to proprietary techniques that increase their absorption rate. In fact, ORAC Assay testing indicates considerably higher absorbency rates than capsules packaged through other means.\*  
*“Regular consumption of adequate amounts of a wide variety of fruits and vegetables is a commendable healthy lifestyle.”* —PATIENCE IKEME, PH.D. UNICITY SCIENTIST

**Science/Research:** A fluorescent-probe ORAC analysis measures the scavenging capacity of antioxidants against the peroxy radical, one of the most common reactive oxygen species (ROS) found in the body.

## LIFEHEALTH SYSTEM FEATURES

Clinically proven to lower total cholesterol levels

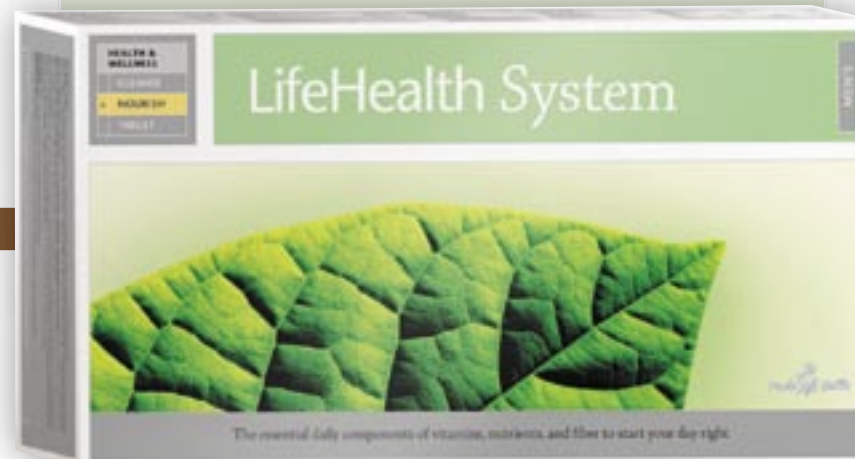
Critical source of antioxidants

39 essential vitamins, minerals, phytonutrients, and micronutrients

9 grams of fiber

Cold-pressed nutrients from over 24 fruits and vegetables

Patented formulas for better bio-availability



## Contents of the LifeHealth™ System

- Bios Life 2® Natural (60 packets)
- Core Health™ (30 packets)
- Fruit Infusion™ (60 capsules)
- Vegetable Infusion™ (60 capsules)

### Additional Studies

Fiber-Multivitamin Combination Therapy: A Beneficial Influence on Low-Density Lipoprotein and Homocysteine, Vol. 51, No 9, W. B. Saunders, 2002.

The Health Benefits of Fruits and Vegetables: A Scientific Overview for Health Professionals, a review by Dianne Hyson, Ph.D., M.S., R.D. for Produce for Better Health Foundation, 2002.

U.S. Department of Agriculture, Agricultural Research Service, Dietary Guidelines Advisory Committee. Report of the Dietary Guidelines Advisory Committee on the dietary guidelines for Americans, 1995.

American Cancer Society 1996 Advisory Committee on Diet, Nutrition, and Cancer Prevention. Guidelines on diet, nutrition, and cancer prevention: reducing the risk of cancer with healthy food choices and physical activity. *CA Cancer J Clin* 1996; 46(6):325-41.

Flood A, Schatzkin A. Colorectal cancer: Does it matter if you eat your fruits and vegetables. *J Natl Cancer Inst* 2000, 92(21):1706-1707.

\*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.

## FIBER

**Problem:** We simply do not get enough fiber. Because most of us get 12 grams a day, rather than the recommended 30 grams, our health suffers. Lack of adequate fiber results in digestive disorders, poor colon health, high cholesterol levels, and heart disease.



**LifeHealth Response:** Dietary fiber can greatly reduce this monumental problem. The daily recommended serving of LifeHealth includes over 9 grams of fiber, helping span the critical gap between what most people get from their food (12-13 grams) and what they need (30 grams daily). By combining both soluble and insoluble fiber, LifeHealth helps improve colon health, as well as aid digestion and lower cholesterol.\*

*“We eat a diet high in processed and animal foods that contain very little or no fiber. For a healthy diet, the goal is to eat at least 25 grams of fiber per day.”* —ROBIN BAIMUN, R.D.

**Science/Research:** The Journal of the American Medical Association quoted a 10-year study showing how more than 68,000 women were able to lower their risk of heart disease and digestive disorders by increasing the intake of fiber in their diets (JAMA, June 2, 1999).

## VITAMINS & MINERALS

**Problem:** Without adequate vitamins and minerals, we suffer from a lack of antioxidants, which are the body's natural defense against free radical damage. In the past fifty years, pesticides, herbicides, and other environmental factors have drastically reduced the amount of antioxidants we get from our food.

**LifeHealth Response:** We can beef up our body's antioxidant defenses through the 29 readily absorbable vitamins and minerals in the LifeHealth System. Antioxidants

- Destroy the free radicals that damage cells\*
- Promote the growth of healthy cells\*
- Protect cells against premature aging\*
- Support the immune system\*
- Reduce the occurrence of oxidative stress\*

*“A large proportion of the general population has less than optimal intakes of a number of vitamins, exposing them to increased disease risk.”* —DRS. KATHLEEN FAIRFIELD AND ROBERT FLETCHER, HARVARD MEDICAL SCHOOL AND THE HARVARD SCHOOL OF PUBLIC HEALTH, 2002.\*



**Science/Research:** Over 130 different studies, including those recorded in the August 1993 Mayo Clinic Health Letter, demonstrate how antioxidants can help reduce the risks of disease and the visible signs of aging. The American Heart Association announced that women who consumed high amounts of antioxidants had a 33% lower risk of heart attack and a 71% lower risk of stroke than women who consumed fewer antioxidants.\*

## HEART & CHOLESTEROL

**Problem:** Heart disease and high total cholesterol levels together form the most extensive and most expensive health concern in America today. In 1995, over 17 million people were diagnosed with heart disease and spent more than \$58 billion treating their condition. Forty-three million more had total cholesterol levels that indicated a high risk of heart disease (over 200 mg/dl) and spent billions more trying to reduce those levels.



**LifeHealth Response:** The LifeHealth System contains a patented formula that, for over 10 years, has helped thousands of people lower their cholesterol. When tested in a double-blind trial at the Cleveland Clinic, this formula reduced harmful (LDL) cholesterol levels more than 20%, while the placebo group experienced drops of only 2%.

*“When I found out that my total cholesterol level was through the roof, I knew I was in grave danger. I immediately began a stringent regimen of Bios Life 2, a product included in the LifeHealth System. Several weeks later, my total cholesterol was well within the safe range.”* —NORBERT CRAWFORD, TAMPA, FLORIDA

**Science/Research:** Combined studies conducted by the American Medical Association on over 91,000 men and 245,000 women indicated that, for every 10-gram increase of daily dietary fiber, there was a 14% reduction in all coronary events.