

## Supplements are NOT Created Equal

**Consider this:** If you read the **list of ingredients** on a box of Betty Crocker and Duncan Hines brownies you'll find they are almost exactly the same. However, bake one at **500 degrees** for **two hours** and the other at **350** for **40 minutes**.... and you end up with **two very different brownies**.

That's the difficulty for most consumers to understand the differences between a **quality nutritional supplement** and an inferior product. The *ingredients seem to be the same*.

Beyond the manufacturing processes, **raw materials** are available in a range of different qualities -- from so called "**pharmaceutical grade**" to **pure garbage**. To make matters worse, some companies actually create formulations that simply don't make sense -- as the nutrients are **out-of-balance** -- or in some cases, actually **prevent** or **interfere** with **absorption** of food.

### Not for Every Body...

Super-premium supplements have a **single focus**. To provide the highest quality ingredients available for **physically active people** and **athletes**. These super-premium nutritional products are **NOT** for the general consumer. In fact, for the deconditioned, inactive population they would be considered "over-kill."

### Manufacturing Protocol

This all natural product line was created and developed by California-based OFNP, Inc and Sporteosis, Inc., under the guidance of **John E. Logsdon**, a homeopathic researcher and sports nutrition expert and innovator.

Today, this unique, patented product line is overseen by **Ed Lieskovan**, Pharm.D., MBA, Dir. Analytical Instrument Chemistry at OFNP, Inc.; and **William Register, Ph.D., N.D.** Director of Technical Services at SporTeosis.

All research and development is conducted through several laboratories in S. California and at OFNP and SporTeosis. All raw ingredient suppliers are required to supply "certificates of analysis" and are, again, re-tested at an independent licensed laboratory before manufacture.

Actual manufacturing processes are contracted out to several facilities in Southern California that manufacture under the **FDA's** strict **GMPs** (Good Manufacturing Practices) as well as adhere to our own guidelines and proprietary manufacturing process protocols.

## Supplements for Physically Active People

**Here's the difference:** Deconditioned, inactive people interested only in growing hair, skin and nails probably meet their "**low metabolism**" needs through food alone. Or, at best, might consider an inexpensive daily multi-vitamin.

However, research has proven that **physically active people** have much **higher metabolic requirements**. The **amount** and **quality** of your caloric intake, in conjunction with vitamin supplementation, is of utmost importance.

### An Analogy

Imagine you're invited to drive up to a mountain lakeside cabin to spend the weekend. But then, a few days later you are asked to tow a boat up the mountain for everybody to use. You say "yes". But now, you start to think about the condition of your car. Do you have enough air in your tires? When did you last change your antifreeze? What about the oil and transmission fluid? How much gas will your car burn and should you use a higher octane? These are valid thoughts because you are about to **add physical stress** to your vehicle.

The same holds true when you begin an exercise program. You **increase physical stress** on your body. And, when you increase physical stress on your body, **fueling it** (through proper nutrition) becomes a **major consideration**.

Supplements accomplish **two things**. They help in the **digestion** and **utilization** of foods, thus creating "**higher octane fuel**" for your body. Second, they ensure that all **nutritional gaps** are filled allowing your body to **efficiently** and **effectively burn fat, build lean muscle tissue** and **fully adapt** to **increased physical stress**.

These are **super-premium vitamin supplements**. Only the **highest quality ingredients** are used such as **Pancreatine 5x** (digestive enzymes), **polynicotinate** (instead of picolinate) and **whey protein** instead of lower cost substitutes.

These formulations are NOT available to multi-level organizations, discount health food stores, drug stores, supermarkets or other retail venues.

Despite the marketing hype and edorsments, **super premium supplements** are what **fitness pros, coaches** and **athletes** actually use, themselves, for **reducing body-fat, gaining lean muscle** and **enhancing overall fitness** and **athletic performance**.



S U P E R - P R E M I U M  
F O R M U L A T I O N S



F O R W O M E N O N L Y

## For Women Only - Daily Multi-Vitamin Formula



**For Women Only** is one of the most sophisticated and complete vitamin-mineral combinations to enhance good nutrition, exercise and proper rest.

Under the guidance of **Guy E. Abraham\*, M.D.**, a former **Professor of Obstetrics, Gynecology and Endocrinology** at the **UCLA School of Medicine**, this unique formula also has been specifically formulated for the adult premenopausal women to help cope

with the tensions and stresses of everyday living.

Of note, the emphasis is on **Vitamins C**, and **B-6** as well as the minerals **magnesium** and **zinc**. Also, the fat-soluble **Vitamins A, D** and **E** are present in **water-disperse form** which helps to **increase absorption** and decrease the side effect of oily skin, which occurs occasionally with the oily form of these vitamins.

The water-soluble **Vitamin C** and **B-complex** are prepared in a **sustained-release** form so that absorption is gradual.

### Helps Reduce Cramps

The relatively high amount of **Vitamin B-6**, (300 mg.) has been shown to help **alleviate** annoying premenstrual symptoms including: nervous tension, irritability, breast tenderness and congestion, weight gain and bloating due to water and salt retention, craving for sweets, increased appetite, loss of energy, and the inability to cope and perform.

It also effectively **corrects nutritional imbalances** that can sometimes be caused by the use of hormonal contraceptive pills. **Magnesium, B-6** and **Zinc** help regulate the menstrual cycle and reduce cramps.



## Digestive Enzymes

For Women Only includes **Pancreatin 5X** (digestive enzyme complex) consisting of **Amylase, Protease** and **Lipase**. Digestive enzymes help your body to **break down** and more **fully utilize** food and nutrients. A daily dosage has the equivalent capacity to digest:

**Amylase:** 21 slices of bread  
**Protease:** 6.5 oz. steak  
**Lipase:** 2.0 oz. of olive oil

### Especially Formulated

**For Women Only** contains **1,500 mg** of **Vitamin C** which, through its **anti-histamine effect**, has been shown to reduce various allergies exhibited by some women. **Calcium** is not over-emphasized because of its interference with **magnesium absorption**.

**Vitamin A**, (12,500 I.U.) is below the smallest dose (40,000 I.U.) required to produce toxicity in most women. However, it is recommended that no other Vitamin A supplements be taken. **Vitamins A, B-6** and **Zinc** have been shown to help control oily skin and acne.

### Suggested Use

Because this proprietary formula is designed to work **synergistically** with **foods**, it is best taken directly after a meal or snack. For **optimal nutrition**, the 5-pack should be **multi-dosed** throughout the day as it allows your body to replenish vital nutrients associated with **water soluble vitamins** that have been flushed via water intake, sweat and exertion, etc.

For example:

- 1 Tablet** -- After breakfast
- 1 Tablet** -- After mid-morning snack
- 1 Tablet** -- After lunch
- 1 Tablet** -- After mid-afternoon snack
- 1 Tablet** -- After dinner

## Compare for YOURSELF!

Take a look at the ingredients and judge for yourself whether or not this is the absolute best formulation you could ingest along with your healthy nutrition plan.

### Supplement Facts

Serving Size 1 Packet (5 Tablets) • Servings Per Container 30

Amount Per Serving	% Daily Value*	
Vitamin A (as retinyl palmitate)	12,500 IU	250 %
Vitamin C (as ascorbic acid)	1,500 mg	2,500 %
Vitamin D (as ergocalciferol)	100 IU	25 %
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	334 %
Thiamin (as thiamin HCl, vitamin B1)	25 mg	1,667 %
Riboflavin (as vitamin B2)	25 mg	1,470 %
Niacin (as niacinamide)	25 mg	125 %
Vitamin B6 (as pyridoxine HCl)	300 mg	15,000 %
Folate (as folic acid)	400 mcg	100 %
Vitamin B12 (as cyanocobalamin)	60 mcg	1,000 %
Biotin	60 mcg	20 %
Pantothenic Acid (as d-cal. pantothenate)	25 mg	250 %
Calcium (as amino acid chelate)	125 mg	13 %
Iron (as amino acid chelate)	18 mg	100 %
Iodine (as Atlantic kelp)	150 mcg	100 %
Magnesium (as amino acid chelate)	400 mg	100 %
Zinc (as amino acid chelate)	25 mg	167 %
Selenium (as amino acid chelate)	100 mcg	143 %
Copper (as amino acid chelate)	500 mcg	25 %
Manganese (as amino acid chelate)	10 mg	500 %
Chromium (as chromium polynicotinate)	100 mcg	83 %
Potassium (as potassium proteate)	50 mg	1 %
Natural Select Rose Hips	500 mg	†
Citrus Bioflavonoids	250 mg	†
Rutin (Buckwheat)	25 mg	†
Choline Bitartrate	313 mg	†
Inositol	25 mg	†
Para Amino Benzoic Acid (PABA)	25 mg	†
Pancreatin 5X	75 mg	†
Amylase Activity (starch digestion)	11,250	NF Units
Protease Activity (protein digestion)	9,750	NF Units
Lipase Activity (fat digestion)	6,900	NF Units
Natural Whole Papaya	75 mg	†
Diatomaceous Adsorptive Colloid	75 mg	†
Betain HCl	195 mg	†

\*Percent Daily Values are based on a 2,000 calorie diet.  
 † Daily Value not established.

**Other Ingredients:** Stearic acid, magnesium stearate, silicon dioxide and cellulose.

\* **Guy E. Abraham, M.D.**, is a former Professor of Obstetrics, Gynecology and Endocrinology at the UCLA School of Medicine. Some 36 years ago, he pioneered the development of assays to measure minute quantities of steroid hormones in biological fluids. He has been honored as follows: General Diagnostic Award from the Canadian Association of Clinical Chemists, 1974; the "Medaille d'Honneur" from the University of Liege, Belgium, 1976; the Senior Investigator Award of Pharmacia, Sweden, 1980.