

Healthy

- enjoying the condition of being sound in body, mind or spirit

For

- a word used as a function to indicate duration of time

Life

- an opportunity for continued viability and vigor

Supplements

- something that completes

HEALTHY FOR LIFE

Our Past

In 1998, a nutrition research scientist was interviewed on a talk radio show explaining the fact that: eating fat cannot make you gain weight, the USDA pyramid was inaccurate and eating too many carbohydrates will make you gain weight. The discussion addressed nutrition and how our bodies are missing critical oils called Omega 3 & 6 and minerals. His research of nutrition began as his wife was diagnosed with diabetes. He asked the question, "could much of the nation's health problems be a result of poor nutrition?" Brian Shattuck, the owner of Healthy for Life, was listening that day and like his father, was struggling with some health issues. The scientific information related to nutrition was compelling. Brian began using the supplements and asked his family to try them too. The results were so amazing he started a business to help others become... Healthy for Life!

Our Stories

"I have lost 50 pounds since beginning your supplements."

"I have been on the supplements for 3 years and I've noticed I never get colds or the flu anymore. I miss my doctor!"

"My love handles seemed to disappear in just weeks."

"I do not have food cravings anymore."

"What haven't the Healthy for Life supplements done for me?"

"I have lost 35 pounds, my blood pressure is 110/60, and I have tons of energy."

"I cannot thank Healthy For Life enough for the positive impact on my family's health."

"I love the fact they are 100% organic."

"My friends all tell me how healthy my hair looks."

"My doctor asked me what I've been doing, after reviewing my incredible bloodwork results."

Our Promise

We are committed to partnering with our customers in their pursuit of better health. We truly care about our customers and will continue to provide simple and convenient supplements that meet their nutritional needs. Our supplements will always be made with the highest quality organic ingredients using the best manufacturing processes possible.



Healthy^{for}Life



Your Opportunity Awaits!



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The statements in this brochure have not been evaluated by the Food and Drug Administration. This brochure is not intended to diagnose, treat, cure or prevent any disease.

NUTRITION MADE SIMPLE

Natural Omega

3.6.9

Omega 3 • 6 • 9 (essential fatty acids) are vital for optimal health and wellbeing. These nutrients are basic building blocks for many of the body's critical functions. Below are just a few of the benefits of Omega oils. Visit our web site for a more complete list.

HOW OMEGA OILS HELP YOU

- Be lean for life
- Eliminates food cravings
- Strengthens your immune system
- Keeps your heart healthy
- Improves your cholesterol
- Balances your hormones
- Brings oxygen to your cells
- Keeps your eyes healthy
- Provides smoother skin
- Enjoy healthier hair & fingernails



YOUR PREMIER CHOICE

We use 100% Organic parent (source) cold pressed seed oils. This guarantees our customers the purest and most effective essential fatty acids available. Natural Omega is scientifically formulated to conveniently replenish nutrients you may not be getting from your diet. Our exclusive formula uses a unique combination of organic oils to ensure lasting freshness. There are no additives or preservatives in our Natural Omega Supplement. Healthy For Life has carefully crafted our Natural Omega 3•6•9 to be the best!

CONTAINS NO FISH OIL

FOR MAXIMUM PURITY

CERTIFIED **100% ORGANIC**
INGREDIENTS

Organic flax oil • Organic evening primrose oil • Organic safflower oil
Organic sunflower oil • Organic pumpkin oil • Organic virgin coconut oil
AVAILABLE IN CAPSULES OR LIQUID

Natural Mineral Supplement

Minerals are essential nutrients our bodies need for good health. Most of the foods we eat today are lacking these vital nutrients due to food processing, depleted soils and chemical fertilizers. Healthy For Life Natural Mineral Supplement provides 8 basic minerals missing from our diet. Below are just a few of the benefits of these minerals. Visit our web site for a more complete list.

HOW MINERALS HELP YOU

- Balances your blood sugar levels
- Strengthens your immune system
- Works with your thyroid
- Assists with menopause
- Helps with depression and emotions
- Builds strong bone structure
- Increases your energy
- Maintains a healthy digestive system



YOUR PREMIER CHOICE

Healthy For Life minerals are easily recognized by your body. Minerals can only be used by our bodies when they are combined with a protein. Albion Labs® created a patented process for joining minerals to protein, this process is called chelation. Healthy For Life only uses Albion Labs® minerals since they are recognized as the finest minerals available. There are no additives or preservatives in our Natural Mineral Supplement. Healthy For Life has carefully crafted our Natural Mineral Supplement to be the best!

BIO-AVAILABLE MINERALS

YOUR BODY WILL RECOGNIZE

100% CHELATED
MINERALS

Iron • Magnesium • Zinc • Selenium
Copper • Manganese • Chromium • Boron
AVAILABLE IN CAPSULES

Natural Herbal Cleanser

Our bodies are exposed to toxins and impurities in our water, air and foods. The extent of the negative impact of these impurities on our health is yet to be determined. However, an increasing number of health experts believe these toxins leads to many chronic problems. Healthy For Life provides a gentle herbal cleanser that helps you remove these impurities from your body.

HOW OUR HERBS HELP YOU

- Relieves arthritis & joint pain
- Cleanses body tissue
- Strengthens your immune system
- Cleanses your intestinal tract
- Reduces fatigue
- Alleviates skin problems
- Increases circulation
- Reduces inflammation



YOUR PREMIER CHOICE

Our exclusive combination of five herbs is based on an old Indian formula that has been effective for over 100 years. We use 100% Organic herbs for optimum purity and results. There are no additives or preservatives in our Natural Herbal Cleanser. Healthy For Life has carefully crafted our Natural Herbal Cleanser to be the best!

GENTLE DAILY CLEANSER

FOR MAXIMUM RESULTS

CERTIFIED **100% ORGANIC**
INGREDIENTS

Organic Burdock Root • Organic Cat's Claw Bark • Organic Sheep Sorrel
Organic Slippery Elm Bark • Organic Turkish Rhubarb Root
AVAILABLE IN CAPSULES OR LIQUID