

GREAT HEALTH STARTS WITH  
OPTIMAL DAILY NUTRITION.



**PERFORM**  
— AT YOUR —  
**PEAK**



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## THINK PERFORMANCE.

From the serious athlete to the fitness beginner, from multitasking home moms to business professionals, *the Peak Performance Pack* delivers targeted nutritional support to elevate your fitness and your life so you get the most from your efforts.



### Vitality Multivitamin & Mineral

Up to 23 essential nutrients with *Oligo technology* to complement your diet. Zinc, chromium and biotin contribute to normal macronutrient metabolism.



### Vitality CardioOmega EPA

Contains *Omega-3 fatty acids* – EPA and DHA contribute to the normal function of the heart.



### CellWise

Delivers antioxidant vitamins. Vitamins C and E contribute to the protection of cells from oxidative stress.



### ProvexCV

Formulated with grape seed and skin. Grape seed contributes to healthy blood pressure.



### AI Balance

Blend of devil's claw, turmeric and ginger. Turmeric helps maintain the health of joints and bones.



### Florify

Formulated with over 10 billion colonies of flora from bacteria strains which are naturally found throughout the digestive system. (Only in PM sachet).\*

- Delivers high-potency nutritional support
- Helps safeguard against free radical damage
- Improves blood flow for cardio support
- Helps improve efficient calorie burning
- Supports high levels of activity
- Enhances nutrient absorption
- Aids muscle and joint recovery after activity

Up to 23 ESSENTIAL NUTRIENTS

10 BILLION COLONIES of FLORA

1 100 mg OMEGA-3 EPA and DHA

NITRIC OXIDE-BOOSTING BLEND

650 mg AI BALANCE BLEND

\* All new Florify is also available individually.  
See online #4304.

## Powerful, unparalleled research results.

In the simplest terms, health can be broken down into broad categories that represent the interconnected bodily systems that make up our intricate human anatomy. The *Peak Performance Pack* was the subject of a significant human study that demonstrated the product delivers incredible, measurable benefits in the key categories of holistic health: heart health, metabolic health, and cellular health in as little as 60 minutes.

### CONTRIBUTES TO ▼

## Heart Health

**Cholesterol** and **triglyceride** levels dropped, especially in those studied with slightly elevated levels of cholesterol, documenting that the products help:

- **Maintain normal cholesterol levels**
- **Maintain normal triglyceride levels**

**Blood pressure** – both systolic and diastolic – remained stable for those already in a healthy range and dropped for those studied with slightly elevated levels. The major metabolite responsible for maintaining healthy blood pressure levels – nitric oxide, a known vasodilator – nearly doubled. This leads us to conclude that the products help:

- **Maintain normal blood pressure**
- **Boost the normal production of circulating nitric oxide in the blood**

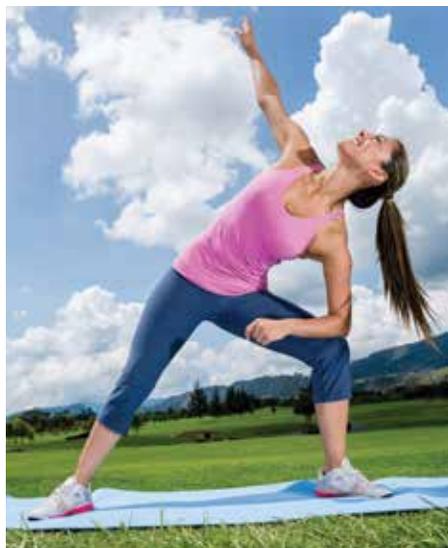


### CONTRIBUTES TO ▼

## Cellular Health

As participants continued taking the products, their ability to efficiently produce **energy** increased. To exert the same amount of physical effort to perform physical activity, the heart did not need to beat as fast, and all cells were able to produce the required amount of energy without demanding additional oxygen. At the same time, we observed that the spike of **free radicals** that typically accompanies physical exertion was **decreased dramatically!** Additionally, inflammatory activity decreased while resistance to **inflammation** was significantly improved. Therefore, the products also:

- **Help support efficient cellular energy utilisation**
- **Help maintain normal free radical balance in the body**
- **Promote a normal inflammatory response**
- **Boost the normal production of circulating nitric oxide in the blood**



### CONTRIBUTES TO ▼

## Metabolic Health

The spike of **blood glucose** after a high-carbohydrate meal was significantly lower after participants started taking the products and the body's insulin response was lower. We may now conclude that the products:

- **Help support normal insulin response**
- **Maintain normal blood glucose levels**



Whether your day consists of crossing finishing lines or meeting deadlines, Melaleuca's *Peak Performance Pack* delivers targeted, research-supported nutrition to improve heart health, metabolic health, and cellular health, so you get the most from your efforts every day.

Never before has a combination of powerful, U.S. patented, or proprietary products been assembled in this way. And never has there been a better nutritional pack to help you reach your own peak performance every day.

# A closer look at the long-term effects caused by OXIDATIVE STRESS.



Like a single free radical, a single raindrop seems to do little damage.



The effect of trillions of raindrops over time.

**The oxidative stress created by free radicals throughout the body is random. Trillions of molecules are affected every second. But the stress caused by any single free radical is minimal.**

While a single raindrop on the rock face of a mountain is not stressful – and even a single rain shower is not perceived as stressful – a million rainstorms begin to take a toll. Come back a million years later and you can see that over time, raindrops have begun to change the landscape. Several million years later, the mountain is totally eroded away and ceases to exist. So it is with free radicals. A single free radical is not perceived as stressful, but trillions of free radicals – over time – cause the ageing process and other health issues. By reducing the amount of free radicals, we can greatly improve our health and slow down the ageing process.

Scientists have known about free radicals for some time. Free radicals are a result of metabolism; in other words every living person and every living animal produces free radicals. One can compare free radicals that living beings produce to the exhaust produced by a combustion engine. As long as a combustion engine is running it is producing exhaust; similarly, as long as we are living we will be producing free radicals.

A free radical is any atom or molecule that has a single unpaired electron as an outer shell. Technically a free radical is a molecule or atom that is missing an electron and, since it is missing an electron, its chemical make-up demands that it find an electron to fill the void. Electrons are easy to come by. They are available anywhere in adjacent molecules or adjacent tissue. It literally takes a millionth of a second to solve the problem.

To solve their problem, free radicals reach out and grab an electron from a surrounding molecule, usually from within the same cell or from a surrounding cell. When it steals that electron

from the adjacent molecule, it causes oxidative stress to the molecule. It's just a little oxidative stress – but it's oxidative stress nonetheless; and when the stressed cell reproduces itself and forms a new cell, the new cell is not quite the same as the old cell. It's a little less robust, it's not quite the same. And that is how the ageing process works.

It is estimated there are approximately four new free radicals created in every cell in our bodies every second. Since our bodies have approximately 36 trillion cells, that means there are hundreds of trillions of free radicals being produced in our bodies every minute – a constant barrage of free radicals that can stress our bodies over time.

The life of a free radical is about one millionth of a second. It takes about that much time for one molecule to rob another molecule of an electron. As soon as the robbery is complete, the original molecule is no longer a free radical, but the molecule from which the electron was robbed is now missing an electron and has become a free radical and will reach out and

steal an electron from an adjacent molecule. Then that molecule will steal an electron from an adjacent molecule and so forth, creating a cascading chain reaction until a free radical meets up with an antioxidant.

An antioxidant molecule sacrifices itself to stop the chain reaction. When a free radical steals an electron from an antioxidant, the antioxidant molecule does not steal an atom from an adjacent molecule, and so the chain reaction stops. That's why nutritionists constantly advise us to make sure there is an adequate supply of antioxidants within our blood at all times.

We will never be able to shut down all free radical activity; that is simply not possible. Metabolism, digesting food, and breathing all produce free radicals. But if we can stop the chain reaction, if we can stop that first free radical from creating a second and a third and then thousands and ultimately trillions of free radicals, we can hope to slow down the oxidative stress that free radicals cause.



**Order online at: [eu.melaleuca.com](http://eu.melaleuca.com)**

FREEPHONE SERVICE-HOTLINE: UK 0800 032 0562\* | IE 1800 558 502\*

\*Monday through Friday from 08:00 am until 01:00 pm freephone number for landline users. For calls from mobile phones, costs may occur.