

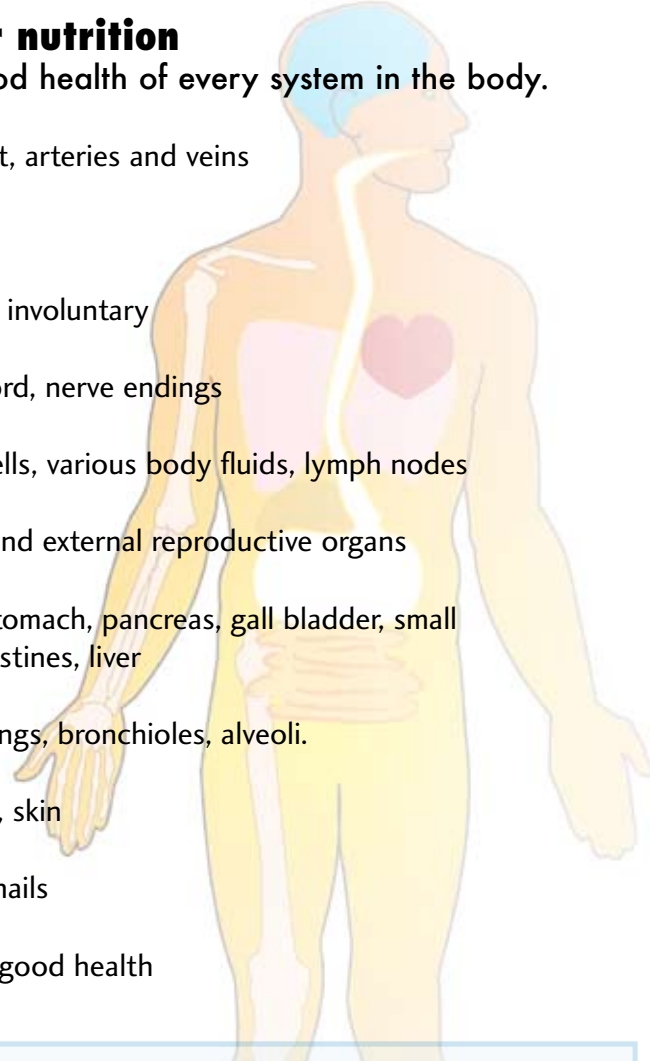
NUTRITION = Vibrant Good Health

Problems related to poor nutrition

Poor nutrition can affect the good health of every system in the body.

- **Circulatory system** – Blood, heart, arteries and veins
- **Skeletal system** – Bones, joints
- **Muscular system** – Voluntary and involuntary
- **Nervous system** – Brain, spinal cord, nerve endings
- **Immune system** – White blood cells, various body fluids, lymph nodes
- **Reproductive system** – Internal and external reproductive organs
- **Digestive system** – Esophagus, stomach, pancreas, gall bladder, small and large intestines, liver
- **Respiratory system** – Trachea, lungs, bronchioles, alveoli.
- **Sensory** – Eyes, ears, nose, tongue, skin
- **Overall Appearance** – Skin, hair, nails
- **Overall Vitality** – Energy, vibrant good health

Symmetry's Ultra Vitality supports each of these critical body systems with essential nutrition for good health, vitality, energy, and the ability to help your body fight off disease.



What People Say About Ultra Vitality



Kerri A. Russell-Lodi
Anderson, CA

"This product is fantastic! Ultra Vitality goes down easily and is so gentle on the stomach. Anyone can drink it, even children can take it."

"Ultra Vitality is easy, quick and tastes great. My energy is consistent and sustained through the day. I would recommend it because it is the foundation of good nutrition."



Travis Just
Columbus, OH



Eileen Freebourne
Kingston, Jamaica

"I like Ultra Vitality because it works fast, energizes you right at that moment and the benefits last through the day."

SYMMETRY

www.symmetrydirect.com
1-800-Symmetr(y)

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Look and Feel Your Very Best!

SYMMETRY



Ultra Vitality™

Delicious citrus nutritional, crystals drink or convenient caplets

"We recommend that all adults take a multivitamin daily."

Journal of the American Medical Association, June of 2002

WHY Nutritional Supplementation



•Poor nutrition – A survey of 77,000 nurses - in which they were tested for only 10 essential nutrients - showed that not one had even the minimum amount of those nutrients – and we need as many as 90 nutrients every day to maintain optimal health.

• Poor food quality – Chemicals, pesticides and pollution contaminate our food. Processing and cooking removes many of the vital nutrients from what we eat.



• Poor choices – Because of poor food choices we are receiving less and less of the essential nutrition we need. Junk food and fast food have become more popular than ever.



•Poor diets – In the past 20 years, the average American's diet has become more and more unhealthy. The government recommends that all adults consume 5-9 servings of fruits and vegetables each day, but very few of us attain that goal.

WHY Ultra Vitality

Balanced, complete nutrition– Symmetry's **Ultra Vitality** products feature a **full-range** of the nutrition your body needs: a comprehensive blend of vitamins, minerals, phytonutrients, antioxidants, fatty acids, essential enzymes, botanical extracts, 'super foods', and probiotics. Whether you prefer to drink your nutrition or take our convenient caplets, all of these powerful ingredients work together to provide you optimum nutrition necessary for a healthful, energetic day.



Guaranteed – If you aren't satisfied with our products, we'll give you your money back!

Symmetry's exclusive DeltaZorb™ – DeltaZorb is a revolutionary blend of highly-concentrated, carefully-balanced, standardized herbal extracts proven to significantly increase the body's ability to absorb nutrients during

digestion, up to 160% more than other supplements. If you are taking anything else, you are not getting DeltaZorb, and therefore not getting the most out of your supplement.



VALUE

Why spend over \$200 at a health store just gathering all the ingredients your body needs when you can get comprehensive nutrition with just one product - Ultra Vitality - for a fraction of the price?

We searched drug, health food and nutrition stores looking for the liquid-based ingredients to try to duplicate

Big Value in a Little Box

the benefits our Ultra Vitality. We found it would take 13 bottles of supplements costing over \$262 to get even close to the same nutrition as in our super-powerful, easy-to-take Ultra Vitality. And that \$262 still won't buy you everything you get in Ultra Vitality! Here's the breakdown:

Also Available in a Convenient Caplet Form & Liquid Form:



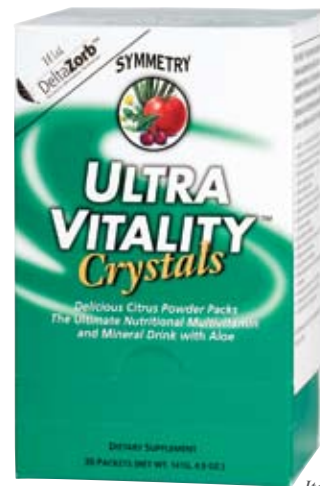
Item #NP120

Retail Price \$44.40 (\$1.48 per day)
Preferred Customer Price \$33.30 (\$1.11 per day)



Item #NP140

Retail Price \$44.60 (\$1.49 per day)
Preferred Customer Price \$33.30 (\$1.11 per day)



Item #NP135

Retail Price \$44.40 (\$1.48 per day)
Preferred Customer Price \$33.30 (\$1.11 per day)

Product	Price
Nutra-Flo™	\$34.95
Ka™ Liquid C	\$8.75
Solaray® Liquid Vitamin E	\$14.49
Twin Lab® SuperB Complex	\$15.95
LifeTime™ Liquid Calcium	\$10.99
Liquimins®	\$23.78
Garden of Life™	\$44.95
American Health™ Probiotic Acidophilus	\$11.99
Sunny Green® Liquid Chlorophyll	\$11.99
Innovative Natural Products® Liquid Energy	\$21.95
New Chapter® Digestion	\$9.95
Naturade Stomach Formula® Aloe Vera	\$17.49
Xanthones XanGo™	\$34.95

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Supplement Facts		
Serving size: 1 caplet (4.7 ml)	Amount Per Serving %	Daily Value*
Calories	0	0%
Total carbohydrate	0 g	0%
Sugars	0 g	0%
Dietary Fiber	0 g	0%
Vitamin A (as beta-carotene)	10,000 IU	200%
Vitamin C (as ascorbic acid)	300 mg	500%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as di-alpha tocopheryl acetate and d-alpha tocopheryl acetate)	100 IU	200%
Thiamin (as thiamin HCl)	15 mg	1000%
Riboflavin	15 mg	880%
Niacin (as niacinamide)	30 mg	150%
Vitamin B ₆ (as pyridoxine HCl)	20 mg	1000%
Folate (as folic acid)	400 mcg	100%
Vitamin B ₁₂ (as cyanocobalamin)	300 mcg	100%
Biotin	150 mcg	30%
Pantothenic acid (as D-calcium pantothenate)	30 mg	300%
Calcium (as calcium carbonate, coral calcium and calcium citrate)	250 mg	25%
Iodine (as potassium iodide)	50 mcg	33%
Magnesium (as magnesium oxide, magnesium citrate and magnesium glycinate)	50 mg	13%
Zinc (as zinc oxide and zinc chelate)	15 mg	100%
Selenium (as sodium selenite and selenium L-methionine complex)	70 mcg	100%
Copper (as copper oxide)	2 mg	100%
Manganese (as manganese sulfate)	5 mg	250%
Chromium (as chromium polynicotinate)	150 mcg	125%
Botanicals (as potassium citrate)	125 mg	4%
Horsetail (<i>Equisetum arvense</i>) extract whole plant	25 mg	**
Nutritive herbal blend (nettle (<i>Urtica dioica</i>) leaf, dandelion (<i>Taraxacum officinale</i>) leaf and jujube (<i>Ziziphus jujuba</i>) fruit)	5 mg	**
Vitality blend:	100 mg	**
Papain, Bromelain, Granulated juice crystals: Cherry, lemon, and orange juice flavored crystals		
Herbal Blend: Cayenne pepper (<i>Capiscum frutescens</i>) fruit, chamomile (<i>Anthemis nobilis</i>) flower, and ginger (<i>Zingiber officinale</i>) root, Apple cider vinegar, L-Carnitine hydrochloride, Choline bitartrate, Dandelion™ (Chicory (<i>Cichorium intybus</i>) root juice), CLA (gamma-linolenic acid) blend: Ae storage seed (<i>Borago officinalis</i>) oil and Inositol		
Probiotic blend:	1.5 million CFU	**
<i>Lactobacillus acidophilus</i> and <i>Bifidobacterium bifidum</i>		
Chlorophyll blend:	4 mg	**
from alfalfa (<i>Medicago sativa</i>) leaf, carrot (<i>Daucus carota</i>) root, D, salina algae and tomato (<i>Lycopersicon lycopersicum</i>) extract		
Energy blend:	125 mg	**
Eleuthero (<i>Eleutherococcus senticosus</i>) root, Fo-ti (<i>Polygonum multiflorum</i>) root and gotu kola (<i>Centella asiatica</i>) fruit		
Antioxidant base:	75 mg	**
Citrus bioflavonoids (from orange peel), rose hips (<i>Rosa canina</i>), proanthocyanidin blend (from green tea (<i>Thea sinensis</i>) leaf extract, pine bark (<i>Pinus maritima</i>) extract and grape seed (<i>Vitis vinifera</i>) extract)		
Super food base:	32.5 mg	**
Ginger (<i>Zingiber officinale</i>) root, barley grass (<i>Hordeum vulgare</i>), apple pectin (<i>Pyrus malus</i>), astragalus (<i>Astragalus membranaceus</i>) root extract, burdock (<i>Arctium lappa</i>) root, citrus pectin, odor-reduced garlic (<i>Allium sativum</i>), parsley (<i>Petroselinum crispum</i>) leaf, red clover (<i>Trifolium pratense</i>) flower, schisandra (<i>Schizandra chinensis</i>) fruit, spirulina algae (<i>Spirulina pratinensis</i>)		
Digestive Blend:	50 mg	**
Papaya, ginger (<i>Zingiber officinale</i>) root, DeltaZorb™ (proprietary patented blend of black pepper (<i>Piper nigrum</i>) and ginger root (<i>Zingiber officinale</i>) extract), amylase, glucoamylase, protease, acid protease, cellulase, lipase, licorice, betaine HCl, dandelion (<i>Taraxacum officinale</i>) root, Pau D'Arco (<i>Tabebuia impetiginosa</i>) bark, chamomile (<i>Anthemis nobilis</i>) flowering tops		
Sea Calcium Blend:	625 mg	**
Calcium carbonate, coral calcium and calcium citrate		
Aloe vera leaf gel (from 1 mg 200:1 concentrate)	200 mg	**

*Percent values are based on 2,000 calorie diet. ** Daily value not established.

Other ingredients: citric acid, natural flavors, sucralose and silica.

†Dahulin™ is a trademark of American Inulin Group.

‡DeltaZorb™ is a trademark of Symmetry Corporation and is protected by U.S. patents.