



## HOW DO YOU CHOOSE THE NUTRITIONAL SUPPLEMENTS THAT ARE RIGHT FOR YOU?

Start inside...



*As a medical doctor, I take nutritional supplements and recommend them to my patients. My brand is CustomVite – perhaps it should be yours as well.*

### **Talk with your doctor about CustomVite.**

With direct knowledge about your health and concerns, your doctor ensures that you receive the exact formulation you need in a CustomVite supplement. Your doctor will ask you to complete a questionnaire on your medical history and lifestyle, may ask you to submit hair or urine samples to a trusted lab, or may recommend a simple blood test.

With this data, CustomVite prepares a personalized NutriScript for you. This is a summary of the ingredients you need in your nutritional supplement, the dosage of each and the cost of a one-month supply, formulated especially for you and delivered to your home.

Your doctor may amend your NutriScript or approve it as recommended. Once approved, CustomVite will prepare your supplements, charge your authorized credit card and ship directly (and discreetly) to your home.

If you wish to discuss CustomVite nutritional supplements with your doctor, we encourage you to do so. Either way, we wish you good health and a great life.

Learn what just three patients say. And, read more at [www.customvite.com](http://www.customvite.com)

“I have been taking CustomVite for three months now and can’t believe how much better I feel. I have peace of mind knowing that my body is now getting exactly what it needs.”

**DAVID SANDERSON**  
Seattle, WA

“I am a working mother, which means that I have two full-time jobs. I love the convenience of having my personalized vitamins delivered to my door, exactly when I need them. And the price is right. Thanks CustomVite!”

**BRENDA RETZ**  
Naples, FL

“I used to have many supplement bottles lined up on my dresser. It seemed to take forever to count the necessary pills I needed every day. With CustomVite’s daily dose packets, I can take the packet with me wherever I go, whether to work or while traveling. It can’t get any easier than this.”

**ROCHELLE NEIMAN**  
New York, NY

WHERE SCIENCE MEETS NUTRITION®

**CustomVite**<sup>®</sup>  
PERSONALIZED NUTRITIONAL SUPPLEMENTS

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With 168 ingredients to choose from, your CustomVite supplements are formulated precisely for your needs.

## KNOW WHAT YOU EAT

You prefer fresh ingredients over packaged foods. You check the Nutrition Facts before you buy. You care about the food you give yourself and your family. You should select nutritional supplements the same way.

This booklet is designed to help you choose the nutritional supplements that will best benefit your health. If you have any questions or concerns, please call us, toll free, at 1-800-379-9979 and one of our nutritionists will answer your questions.

### Custom made or off-the-shelf?

When it comes to supplements, you have two basic choices.

The first is the pre-packaged, off-the-shelf formulations that you find on display at drug, grocery and specialty stores across the country and online. In this huge category, dozens of brands and hundreds of packages compete for your attention and money.

The second category – custom made supplements – is tiny by comparison, and somewhat exclusive since health-seekers need to locate suppliers and contact them. These businesses create custom-formulated supplements based on an individual's precise supplementation requirements.

## YOUR BODY KNOWS WHAT'S RIGHT

Imagine that your body could tell you exactly which nutritional supplements that it needs, right now, to be fully fueled. Well, it can – and does.

Your body – every body – provides feedback. If you are ill, overworked or tired, your body tells you. If you are hungry, your body tells you.

If you need nutritional supplements, your body tells you, indirectly at least, through your answers to detailed questions on your medical basics (age, gender, height, weight, occupation, lifestyle, and current medications). Your responses to these questions are analyzed – first by sophisticated computer software and second by a trained nutritionist. In some cases and at your option, the data may be enhanced through non-invasive tests. In other cases, your doctor may have input or suggest additional tests, all with the goal of refining your formulation...to give you exactly what your body needs in a supplement.

### Each ingredient has a specific purpose, based on an identified need

Your CustomVite formulation begins with fresh, quality ingredients that are compounded at our pharmacy in

Schenectady, New York. While no two formulations are the same, typically each formulation includes 25 – 50 different ingredients. Importantly, since CustomVite formulations are based on individual needs, you avoid taking too many supplements or too much of a particular ingredient – both common problems associated with self-medication.

Each gel capsule contains equal proportions of the dry ingredients\* – without fillers or binders of any kind – which are quickly absorbed into the body. (Some off-the-shelf caplets may pass through the body without dissolving at all. These caplets offer absolutely no nutrition.)

You simply take the appropriate number of easy-to-swallow capsules each day – and save yourself the time and trouble of managing multiple brands, bottles and dosages.

### Which costs more...

#### Your daily CustomVite capsules or a coffee?

In addition to giving you the precise nutrition that your body needs and leaving out any unnecessary or undesirable ingredients, your CustomVite supplements cost less than you might expect. A review of 100 recent CustomVite orders shows an average daily cost of \$1.10 – less than the cost of a coffee at many restaurants.

\*If your formulation includes essential fatty acids, these are packaged in separate gel capsules.