

HEART HEALTH

Ingredients

Coenzyme 10

- Research shows it can prevent and treat heart disease, inhibit blood clot formation, and act as an antioxidant
- Boosts energy, enhances the immune system, and acts as an antioxidant

Omega 3

- Shown to raise high density lipoprotein (HDL) cholesterol
- Helps reduce the risk for health disease
- Helps reduce risk factors for heart disease including high cholesterol and high blood pressure

Vitamin B3

- In large doses, it lowers cholesterol
- Helps maintain a healthy nervous system

Vitamin B5

- Helps to improve the immune system

Vitamin B6

- Promotes nerve and brain function
- Helps form red blood cells

Vitamin B12

- Studies shows it lowers homocysteine levels (elevated homocysteine levels are an independent risk factor for cardiovascular disease)
- Helps make red blood cells
- Keeps your nervous system working properly

WOMEN'S SPORT FIT SPA FORMULA



Drink to your heart! The nutrients in Women's Sport Fit help keep your heart healthy, boost your energy, and enhance your immune system. Your heart beats an average of 80 beats per minute, drink Women's Sport Fit as the first step to leading a heart healthy life.



Big Brands LLC
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OSTEO FIT

Ingredients

WOMEN'S SPORT FIT SPA FORMULA

Calcium

- Aids in the prevention and treatment of osteoporosis
- Needed by the body for healthy bones, teeth, and proper function of the heart, muscles, and nerves

Magnesium

- Keeps bones strong

Osteoporosis and bone health

Osteoporosis, a disorder characterized by porous and fragile bones, is a serious public health problem for more than 10 million U.S. adults, 80% of whom are women. (Another 34 million have osteopenia, or low bone mass, which precedes osteoporosis.)

Osteoporosis is associated with fractures of the hip, vertebrae, wrist, pelvis, ribs, and other bones. An estimated 1.5 million fractures occur each year in the United States due to osteoporosis.

When calcium intake is low or ingested calcium is poorly absorbed, bone breakdown occurs as the body uses its stored calcium to maintain normal biological functions. Bone loss also occurs as part of the normal aging process, particularly in postmenopausal women due to decreased amounts of estrogen.

Information from the National Institutes of Health Office of Dietary Supplements



Women's Sport Fit provides you with the essential nutrients important for optimal health. This great tasting beverage is full of calcium and magnesium. Strong bones help you enjoy an active, energetic lifestyle. Drink to your bones!



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ANTI AGING Ingredients

Biotin

- Plays a role in maintaining the health of the hair
- Helps treat brittle fingernails
- Needed for enzymes to work properly
- Research found that biotin decreased triglyceride levels

Vitamin A (Beta Carotene)

- Involved in the repair, growth, elasticity and strength of the skin
- Essential for eye health
- Effective for the treatment of acne

Vitamin B2

- Necessary for healthy skin, hair, eyes, and liver

Vitamin B3

- Assists the body with converting food into fuel
- Helps the body metabolize fats and protein
- Essential for healthy skin, hair, eyes, and liver

Vitamin B5

- Helps decrease the size of pores
- Helps break down carbohydrates, proteins, and fats

Vitamin B6

- Helps the immune system produce antibodies to fight disease
- Maintains normal nerve function and forms red blood cells
- Helps break down proteins, the more protein you eat, the more vitamin B6 you need

Vitamin B12

- Helps make red blood cells
- Aids in making DNA
- Keeps your nervous system working properly

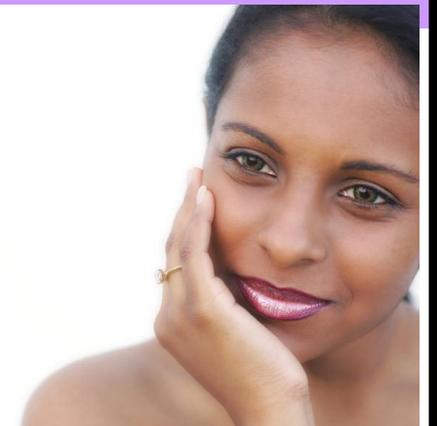
Vitamin E

- Prevents oxidation within the cell membranes
- Acts as an antioxidant to slow down the ability of the sunlight to cause wrinkles

WOMEN'S SPORT FIT SPA FORMULA



Women's Sport Fit is specially formulated to help fight the signs of aging. It's blended with resveratrol, the anti-aging ingredient of red wine that helps you look healthy while having a radiant complexion.



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RELAXATION Ingredients

Hops

- Helps promote relaxation
- Aids in decreasing the feeling of anxiety, restlessness, nervousness, and tension

Passion Flower

- Used to treat anxiety and insomnia

Suntheanine

- Aids in relaxation
- Promotes mental clarity and focus
- Promotes a positive mood and alertness
- Promotes learning and memory
- Reduces nervous tension

Valerian Root

- Helps you sleep better
- Promotes the feeling of calmness
- Reduces nervous tension and stress

Stress and Your Health

Everyone has stress. We have short-term stress, like getting lost while driving or meeting a deadline. This kind of stress can make us feel worried or anxious. Other times, we face long-term stress, such as a life-threatening illness, or divorce. Long-term stress is real and can increase your risk for some health conditions.

Both short and long-term stress can have effects on your body. Stress causes:

- Trouble sleeping
- Irritability
- Lack of energy and concentration
- Weight gain and weight loss
- Heart problems
- High blood pressure
- Anger and sadness

Information from The National Women's Health Information Center

WOMEN'S SPORT FIT SPA FORMULA



Stress impacts your health in many ways. You can't avoid all stress, but you can take the time to relax and grab a Women's Sport Fit. Relieving stress in your life can have a positive impact on your health and happiness.



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BRAIN POWER

Ingredients

WOMEN'S SPORT FIT SPA FORMULA

Calcium

- Helps the heart, nerves, muscles, and other body systems work properly

Coenzyme 10

- Research shows it can delay the aging process and increase longevity
- Boosts energy, enhances the immune system, and acts as an antioxidant

Ginkgo Biloba

- Used to enhance memory
- Used to treat circulatory disorders
- Improves blood flow to the brain

Huperzine

- May be useful as a disease-modifying treatment for Alzheimer's disease

Vitamin B3

- Has been shown to help improve memory
- May help prevent Alzheimer's disease

Vitamin B5

- Helps break down carbohydrates, proteins, and fats

Vitamin B6

- Promotes nerve and brain function
- Helps form red blood cells

Vitamin B12

- Plays a major role in maintaining the function of the brain's structures
- Helps rejuvenate damaged brain cells
- Helps make red blood cells
- Keeps your nervous system working properly



Need a brain boost? The ingredients in Women's Sport Fit help to optimize the health of your brain and sharpen your memory. It's important to keep your brain well nourished and sharpened to maintain a healthy brain.



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