

# Life Track® Multi-Vitamin & Mineral Supplement



## Fast Facts

Dr. Annette Dickson from the Council for Responsible Nutrition states the following regarding multi-vitamin use:

- While all people should strive to eat a healthy and balanced diet, few in reality do.
- Consistent use of multi-vitamins (preferably with minerals) promote good health.
- Benefits range from strengthening the immune system of the elderly to minimizing the risk of some birth defects.

## Life Track Multi-Vitamin & Mineral Supplement

This well-rounded formula is one of the key products in Conklin's Life Track Essential Nutrition Plan. Every body needs a balanced formula of vitamins and minerals every day. This formula exceeds the recommended daily allowances of such vitamins and minerals as Vitamin C, Vitamin D and includes a high potency B-Vitamin Complex.

- Encapsulated for maximum absorption and bioavailability
- Contains an antioxidant enzyme to protect from superoxide free radicals
- Contains the prebiotic Jerusalem artichoke to support the body's beneficial bacteria
- In addition to RDA of vitamins and minerals, contains nutrients such as citrus bioflavonoids to support Vitamin C absorption for multiple metabolic functions

### More Energy and Improved Well-Being –

*"I find the capsules so much easier to take, and after two weeks I already noticed more energy. I also know that I am not getting the nutrients I need from my daily meals and feel reassured that this product fills in the gaps."*

*- Tony C., Kansas City, MO*

