

Supplementing with Super Trio is an easy, effective way to ensure that your body is well-stocked with vital nutrition daily. Each packet of Super Trio offers powerful, effective levels of three potent Nature's Sunshine formulas, packaged together in one convenient cello-pack. Taken together, these proprietary blends offer a nutritious combination of essential fatty acids, vitamins, minerals and antioxidants—each an important component of daily nutrition, vitality and longevity.

Super Trio Stock No. 20-5

Super NT-OX

Oxidative stress plays a role in many human health concerns. The antioxidants contained in Super NT-OX help neutralize oxidation and the destructive effects of free radicals. (ORAC is an acronym for oxygen radical absorbance capacity and is a value used for determining the antioxidant value of foods or supplements.) Green tea, mangosteen pericarp extract, turmeric root, quercetin, resveratrol, apple extract, açai berry extract and selenium make up the powerful antioxidant profile of this Super NT-OX formulation.

About Antioxidants and Free Radicals

The body naturally generates free radicals as a byproduct of energy production. Free radicals are molecules with at least one unpaired electron. Paired electrons are stable, while unpaired electrons are always looking for a mate. As free radicals move through the body, they steal electrons from other molecules, damaging the cells they touch. Free radical damage has been linked to many common health concerns affecting the circulatory, immune and structural systems and more.

Antioxidants are molecules that "deactivate" free radicals. They quench unstable free radicals by providing extra electrons, thus preventing a portion of the damage to adjacent cells. The body produces antioxidants to combat free radicals. But its natural production cannot address the added free radical stress caused by pollution, tobacco smoke, ultraviolet light, radiation and other factors. The good news is that antioxidant supplementation can.

Antioxidants have an affinity for specific parts of the body. While one might work best in the liver, another helps protect the eyes. In addition, some antioxidants are fat-soluble, others are water-soluble and some are both. For these reasons, the best supplement products have a well-rounded antioxidant profile.



Super Omega-3

Essential Fatty Acids are not produced by the body, yet they are important to the health of our cells, heart, brain and body. Consumption of omega-3 fatty acids like eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA)—found in fish oil—may reduce the risk of coronary heart disease. Super Omega-3 softgels contain approximately 1,000 mg fish oil with a ratio of 33:16 EPA to DHA. It also contains natural lemon oil to drastically reduce the aftertaste from fish oil.



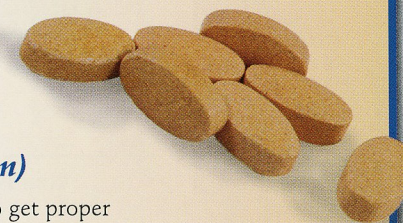
Essential Fatty Acids

In our society, fats have a bad reputation. While saturated fats should be avoided, essential fatty acids (EFAs) are just that—essential for your health. It is essential to get EFAs in your diet for many reasons:

- *Brain tissue is largely made up of fatty acids. EFAs are required to maintain the composition of your brain tissue.*
- *EPA and DHA, two EFAs, are necessary for heart health and cardiovascular function.*
- *Omega-3 EFAs are a primary component of healthy, flexible cell membranes.*
- *Omega-3s keep the joints healthy because they can be converted into natural, helpful substances called prostaglandins. Some omega-3s, such as EPA, increase calcium absorption, which is vital for the health and integrity of the bones.*
- *The body needs EFAs in order to absorb fat-soluble vitamins, such as vitamins A, D, E and K.*

Super Supplemental Vitamins and Minerals (without iron)

Eating enough good food to get proper amounts of vitamins and minerals can be difficult, especially for younger people who are on-the-go or for older people who simply find it difficult to eat proper quantities of good food. Super Supplemental is an iron-free vitamin and mineral supplement that provides high amounts of 12 essential vitamins and 10 important minerals, plus two carotenoid antioxidants: lutein and lycopene. This formulation boasts extra amounts of B-vitamins (often depleted by physical stress) for energy.



OMEGA 3 • ORAC •
Super 3
Vitamin / Mineral

