



**Most people prepare for exercise** by selecting the proper fitness attire, hydrating their bodies, and stretching. These are all important activities. However, most people overlook an issue that is far more important—nutrition. The proper nutrients will supply your body with the energy it needs during and after exercise.

**Calcium** – precise muscle control to ski the deepest powder of your life

**Iron** – the burst of strength you need to cross the finish line

**Vitamin B** – support for a tough strength-training session

**Vitamins B, C, and E** – managing your energy during a hike

**Zinc** – rebuilding after a punishing bicycle ride

# Quality

*From Seed to Supplement™*

*At our office, we believe that given the proper nutrition, your body has the amazing capability of keeping itself healthy. We also believe that nutrition should be individualized to meet each patient's needs.*

*For these reasons and many more, we proudly recommend Standard Process whole food supplements.*



[www.standardprocess.com](http://www.standardprocess.com)

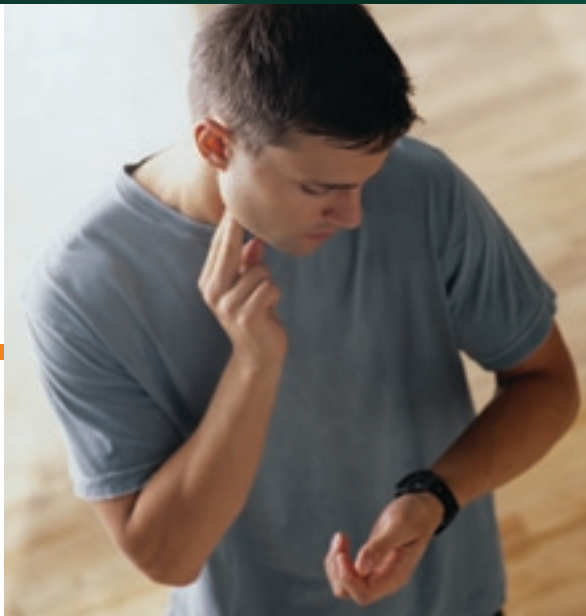
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## Take Your Workout a Step Further



# Achieve Your Personal Best with Proper Nutrition



## The Secret to Performance and Endurance

Whether your idea of a workout is playing volleyball or running five miles, your performance and endurance suffer when your body lacks what it needs for optimum function. Your body expects and needs good fuel. Your strength and stamina require it. And your personal best depends on it.

During exercise, your joints take a beating, muscles get tired, and oxygen demands are increased. The proper nutrients can help you perform at an optimal level.

Fuel your body with a nourishing diet comprised of fresh fruits and vegetables, high-quality proteins, and whole grains. For additional support, take Standard Process whole food supplements to supply your body with the specific nutrients it craves during and after exercise.

## Why Standard Process Whole Food Supplements are Unique

Like you, we have an unwavering dedication and a profound commitment to excellence. We begin by growing many of our ingredients on certified organic farmland. Our manufacturing process preserves the nutrients within our ingredients. And our products are tested repeatedly for quality to assure purity and potency. Since 1929, health care professionals have trusted Standard Process products to address specific health needs.

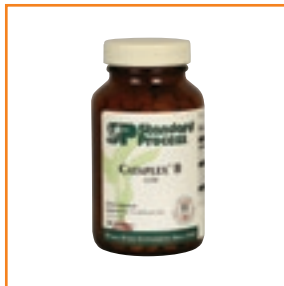
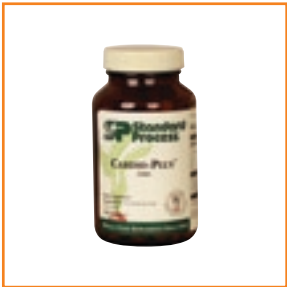
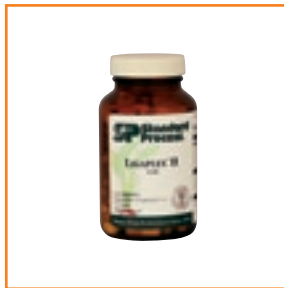
\*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

The vital ingredients contained in these Standard Process products will support your exercise program.

**Ligaplex® II** focuses on strengthening and supporting the joints and connective tissues. The nutrients found in Ligaplex II provide the foundation to feed the musculoskeletal system and facilitate freedom of movement.\*

**Cataplex® B** contains B-complex vitamins to support healthy muscle tone and enhance energy production.\*

**Cardio-Plus®** supports healthy cardiovascular function, including support for increased oxygen demands as you exercise.\*



Ready to take your workout a step further?

Your health care professional can provide you with these products and more information.

Additional product information is also available at

[www.standardprocess.com](http://www.standardprocess.com).

