



## Method 5 Fitness

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### **M5 Nutrition: Daily Essentials**

*Superior all-natural antioxidant and vitamin blend*

#### **What is it?**

- Providing your body with essential vitamins, minerals and antioxidants is crucial for feeling healthy and fit. Nature gives us her best ingredients through vibrant green plants, which is where we derive the ingredients for M5 Daily Essentials. Maximize your potential and protect your health—don't go a day without M5 Daily Essentials.\*



#### **Problem**

- Vitamins, minerals, and antioxidants are found in fruits, vegetables and whole grains. We should consume at least two servings of fruit and three servings of vegetables each day as part of a healthy diet; unfortunately, nearly 90% of Americans fail to meet this recommendation. And we're even worse when it comes to whole grains—less than 5% of Americans consume the recommended amount of quality whole grains.

These nutritional deficiencies are linked to many “lifestyle” diseases, including diabetes, high blood pressure, and heart disease. Some people take a daily vitamin to help fill the gap, but many of these contain too many vitamins for the body to absorb or are made of low-quality ingredients. To get the complete nutrition they need, people should take a high-quality daily vitamin that contains the correct amount of essential vitamins, minerals and antioxidants.

#### **Solution**

- M5 Daily Essentials contains just the right amount of vitamins and trace minerals needed for maximum absorption and effectiveness. Our world-class ingredients come directly from fruits, vegetables and other plant-based sources. M5 Daily Essentials gives your body vitamins for energy and vitality; trace minerals for proper electrical impulse conduction; and potent antioxidants to support cardiovascular health, cognitive health, and provide protection from cell-damaging free radicals.\* Enhance and protect your overall health with a daily dose of M5 Daily Essentials.

### What's in it for me?

- Replenishes vitamin and mineral deficiencies\*
- Naturally maintains total body health\*
- Protects cells from harmful free radical damage\*
- Supports optimum cardiovascular health\*
- Promotes healthy vision and eye function\*
- Supports a healthy digestive system\*
- Supports liver health\*
- Supports hormonal balance\*
- Promotes a healthy nervous system\*
- Maintains healthy blood sugar levels already within normal range\*
- Maintains healthy cholesterol levels already within normal range\*
- Boosts immune system function\*
- Supports overall cognitive health\*

### Key Ingredients, Proven Benefits

Vitamins and minerals are used throughout your body and used in every bodily complex. There are 13 different vitamins that are vital to everyday life. There are 2 types of vitamins; water (B vitamins and vitamin C) and fat soluble (vitamin A, D, E and K). Each vitamin plays an essential role in the body, can act as a catalyst for certain metabolic functions, and offer antioxidant protection. Some key roles of vitamins include breaking down macronutrients into energy, vision support, and cardiovascular support.

- Vitamin Blend: Vitamin A Palmitate, Ascorbic Acid (Vitamin C), Thiamin Mononitrate (B1), Riboflavin (B2), Niacinamide (B3), Vitamin B5 (from Calcium Pantothenate), Vitamin B6, Biotin (B7), Vitamin B12, Vitamin D3, Vitamin E Acetate, Vitamin K.

Antioxidants are molecules that are found in fruits and vegetables. They are known to protect your cells against free radical damage. Free radicals can damage healthy cells, and may play a role in many lifestyle diseases.

- Antioxidant Blend: Grape Seed Extract, Green Tea Extract, Ginkgo Biloba Extract, Bilberry Extract, Milk Thistle Extract, Acai Extract, Spinach Leaf Powder, Trace Mineral Blend.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.