

Please read these frequently asked questions to learn more about *Active Life Vitamins*.

Q: Dr. Tim, what benefits can I expect from taking your Active Life Vitamins?

You will be giving your body key nutrients needed to help ensure your body's energy level and mental clarity are at their peak throughout the day.

Additionally, the nutrients in Active Life Vitamins aide in:

- 1) Providing you protection against nutrient deficiencies.
- 2) Preventing cellular damage through improved antioxidant protection.
- 3) Increasing bone health with calcium.
- 4) Protecting vision with ample quantities of Vitamins A, C and E.

Q: Dr. Tim, who should take Active Life Vitamins?

Everyone can benefit from a good multi-vitamin. But it's extra important if you:

- 1) Desire a health life style.
- 2) Have low energy.
- 3) Have poor cardiovascular health.
- 4) Have blood sugar problems.
- 5) Struggle with your weight.

Active Life Vitamins are also perfect for helping your body recover from an illness or deal with stress. During these periods in your life, your body may need more support to help you recover and get back to normal.

Q: Dr. Tim, how are Active Life Vitamins different from regular multivitamins?

Active Life Vitamins are more complete than ordinary multivitamins. On top of 30 essential vitamins, minerals, and antioxidants, they also include extra vitamin C, E, and B-complex, plus calcium and magnesium.

More importantly, *Active Life Vitamins* contain all-natural forms of vitamins E and beta-carotene, whereas most common brands contain synthetic forms. Natural forms of vitamin E allows your body to breakdown 100 percent of the vitamin, whereas your body is only able to process out about 50 percent of synthetic forms. Most, but not all, beta-carotene in supplements is synthetic, consisting of only one molecule called all trans-beta-carotene. Natural beta-carotene is made of two molecules.

Q: Dr. Tim, your vitamin contains higher amounts than the USDA recommends. Why?

In order for something to work, you have to get enough of it. And there is a lot of evidence that antioxidants like vitamins C and E work the best when taken in much higher amounts than what you'd find in a regular multivitamin.

Additionally, the percentage daily values found in *Active Life Vitamins* encompass taking six supplement tablets a day. The tablets are taken at intervals throughout the day, including at breakfast, lunch and dinner. This helps ensure your body has the nutrients it needs throughout the day, not just in the morning.

And best of all, the amount of each nutrient found in *Active Life Vitamins* is well below the upper safe levels of intake recommended by the USDA and nutrition experts.

Q: Dr. Tim, why do I need to take six tablets?

It is impossible to deliver the amount of nutrients your body needs throughout the day in only one or two tablets. Your body needs enough B-vitamins, like Folate and Vitamins B6 & B12, to help it reduce toxic build-up of homocysteine. Homocysteine is an amino acid in the blood, and too much homocysteine can correlate with a higher risk of coronary heart disease, stroke and peripheral vascular disease (fatty deposits in peripheral arteries).

Active Life Vitamins also provide almost five times more calcium than one a regular multi-vitamin and extra quantities of several other nutrients. Calcium takes up quite a bit of space in a vitamin. Consider that by the time you take a regular multivitamin and then add extra calcium, extra vitamin E, and extra vitamin C, you would be taking between 4 and 6 tablets per day from different bottles. With *Active Life Vitamins*, you get all these nutrients plus more, and are buying only one bottle.

Q: Dr. Tim, I can buy less expensive vitamins elsewhere. Why should I pay more for *Active Life Vitamins*?

While regular multivitamins may seem cheaper, they don't even come close to providing as much nutritional benefit as *Active Life Vitamins*. So, while it may seem like a good idea to save on a cheaper vitamin, the cost to your health could be very expensive.

Many vitamins on the market are hard for your system to digest. *Active Life Vitamins* are tested according to official USP protocols to be sure the tablets break down in 45 minutes or less after ingestion. The water-soluble tablet coating dissolves quickly in water or stomach acid, thus releasing active ingredients. Difficult to absorb trace elements like zinc are attached to amino acid carriers that assist their absorption and prevent interference by other nutrients, food components or medications.

Active Life Vitamins are designed better than ordinary multivitamins to provide the best health protection you can get.

Q: Dr. Tim, when is the best time to take *Active Life Vitamins*?

Active Life Vitamins are best taken in divided doses throughout the day with meals. Taking two tablets with breakfast, two tablets with lunch and two with dinner is the best way to take this supplement.

If you have another question about *Active Life Vitamins* for Dr. Tim, please post them on the vitamin section of his blog at _____.

*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.*