

HOW TO BUILD YOUR OWN TOTAL HEALTH PACKS



What you will need:

- #1. Purchase 6 different bottles of supplements as follows (see below). Please note that your initial cost in purchasing 6 different supplements will be greater than the purchase of one Total Health Pack, but you will be able to make 2 to 4 Total Health Packs.
- #2. Some type of resealable plastic bag (see below).
- #3. Small plates or cups. I have given some examples below. You will use these to put your 6 capsules on/in, then pour your capsules into the resealable bag.
That's it. Simple.

1. One multivitamin/mineral.

- Either The Ultimate One Original Formula Women 50+ (it doesn't contain iron) or the Ultimate One Original Formula Men 50+ (it doesn't contain iron)
- Men and women can use either selection.
- You do NOT have to be over 50 to use this Multi. I am recommending it for all age groups.



[Nu-Life THE ULTIMATE ONE - MEN 50+ \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

[Nu-Life THE ULTIMATE ONE - WOMEN 50+ \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

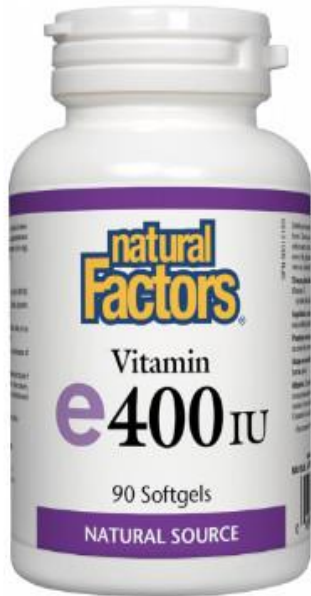
2. Either Sisu Ester C 1,000 mg tablet or Sisu Ester C 600 mg capsules. If you choose the 600 mg version, you will need to put TWO capsules into your bag. If you choose the 1,000 mg tablet, you will only need one tablet.



[Sisu Ester-C - 1000 mg Bonus \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

[Sisu Ester-C - Bonus Size \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

3.Natural Factors vitamin E 400 IU capsules (this contains some flaxseed oil)



[Natural Factors Vitamin E 400 IU \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

4.AOR Active Green Tea (total 455 total catechins)



[AOR ACTIVE GREEN TEA \(canadianvitaminshop.com\)](http://canadianvitaminshop.com) (two different sizes)

[AOR Active Green Tea Capsules \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

5. New Roots MSM 850 mg (100% pure)(use each capsule as if it were 1,000 mg)**



[New Roots Herbal MSM \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

6. New Roots Wild Omega 3 EPA 660/DHA 330

New Roots is the only omega 3 oil that I trust. It is molecularly distilled, pharmaceutical grade pure fish oil sourced only from anchovies and sardines.



[New Roots Herbal Wild Omega 3 \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

NEXT YOU WILL NEED PLASTIC BAGS

You have many choices in plastic bags, you can get snack bags or something like the ones in the photo. The ones I purchased are 3 inches by 3 inches.

<https://buyindustrial.ca/Plastics/Packaging/Bags>

****BONUS**, when making up your packages, you can also include any other supplements that you normally take with your Total Health Packs. How convenient is that???



NEXT PUT OUT SMALL CONTAINERS, YOU COULD USE SMALL TUPPER WARE LIDS OR SMALL CUPS OR YOU COULD EVEN USE THESE SMALL TUPPERWARE CONTAINERS TO KEEP YOUR TOTAL HEALTH PACK SUPPLEMENTS IN.



IF YOU CHOOSE TO PUT THE 6 SUPPLEMENTS IN A CUP OR LID, THEN YOU WILL NEED TO POUR THEM INTO YOUR BAGS.

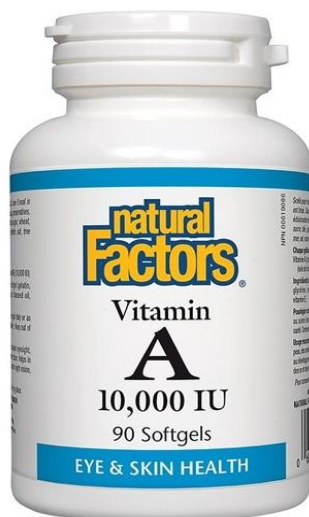
Now you are set!!

WARNING: THE NEXT SECTION IS ONLY FOR THE ADVANCED STUDENT OF NUTRITION. THE MAJORITY OF MY CLIENTS WILL NOT NEED THIS SECTION

I really don't like ANY of the multivitamins available in Canada, and that is why I had my own multivitamins made for the Total Health Packs. The choice I gave you at the top of this page is the best choice if you want the convenience of a multivitamin.

However, there is another choice and this is what I will be doing. In place of the multivitamin, I will be purchasing these 4 products to replace the one bottle of multivitamin/minerals.

#1. A bottle of vitamin A (use one capsule)



[Natural Factors Vitamin A \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

2. A bottle of vitamin D3,



You have the option of two dosages, 2,500 IU or 1,000 IU. It depends on how much vitamin D you need. In winter, you can put a total of 4,000 to 5,000 IU of vitamin D3 in your packs. You can also put the same dosage into your packs for the summer if you don't get direct sun contact with your skin. However, whenever you are out in the sun and getting at least 20 minutes of direct sunlight on your skin, reduce your dosage to between 1,000 to 2,500 IU.

[Prairie Naturals Vitamin D3 2500 IU - Bonus Size \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

[Prairie Naturals VITAMIN D3 1000 IU \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

#3. A bottle of New Roots Ultra B complex. (Use one capsule).



[New Roots Herbal Ultra B Complex \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

#4. And one bottle of Sisu Only Minerals. (Use one capsule).



[Sisu Only Minerals \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

To build the rest of your packs you would purchase supplements 2 through 6 under HOW TO BUILD YOUR OWN TOTAL HEALTH PACKS