

# ION5™

## HOW MUCH WOULD IT COST TO BUILD YOUR OWN ION5?

Cost	Ingredients	Intended Health Benefits
\$22.95	Barium	Used by medical professionals to locate abnormalities of the gastrointestinal tract
\$22.99	Bicarbonate (Potassium)	Cardiovascular health, strong bones, muscle function
\$15.95	Boron	Menstrual cramps, yeast infections, athletic performance, osteoarthritis, osteoporosis
\$3.96	Calcium	Building bones, allows blood to clot, heart function health
\$14.97	Chloride (Potassium)	Heart health, low blood levels of potassium after illness
\$13.75	Iodide (Potassium)	Protects the thyroid
\$2.74	Iron	Bodily growth, development, hemoglobin and myoglobin production
\$21.99	Lithium (Orotate)	Multifunction: Nuerodegenerative diseases, depression, anxiety, insomnia, migraines, Parkinson's disease, PTSD
\$37.98	Magnesium (Oxide)	Biochemical reactions, diabetes, exercise performance, blood pressure
\$15.95	Manganese	Antioxidant, inflammation, wound healing and collagen production
\$3.96	MultiVitamin	Multifunction supplement
\$1.48	pH Balanced Water	Helps balance pH level in the body
\$2.74	Potassium	Blood pressure, water balance, nerve impulses, digestion, pH balance
\$14.99	Selenium	Antioxidant, heart disease, mental decline, thyroid health, immunity
\$21.34	Sulfate (Vanadyl)	Protein, joint health, brain tissue, muscles
\$12.95	Zinc	DNA synthesis, wound healing, growth and development, protein synthesis, gene expression

**Total Cost**

**\$230.69**

*(only 16 of ION5's 72 minerals)*



## HOW MUCH WOULD IT COST TO BUILD YOUR OWN NECTURA?

Cost	Ingredients	Intended Health Benefits
\$9.03	Açaí	Nutrient dense with antioxidants, improves cholesterol
\$13.47	Aloe Vera	Antioxidant, anti-bacterial, fights dental plaque
\$19.95	Artichoke	Improves liver health, regulate blood pressure, improve digestive health, may have anti-cancer effects
\$9.10	Astragalus Membranaeuceus	Protect and support the immune system
\$10.00	Bilberry	Improves vision, reduces inflammation, lowers blood sugar levels
\$23.95	Blackcurrant	Powerful antioxidant, packed with vitamins and nutrients
\$15.99	Blackberry	Brain and oral health, packed with vitamins
\$1.98	Cranberry (Juice)	Protects against liver disease, lowers blood pressure, improves eyesight, cardiovascular health
\$15.98	Elderberry	Immune system support, packed with vitamins and antioxidants
\$16.95	Eleutherococcus Senticosus	Energy boost, reduces fatigue, improves cognitive function, managing cancer
\$15.95	Eucommia Ulmoides	Protects cardiovascular system
\$16.96	Ginkgo Biloba	Powerful antioxidant, fights inflammation, improves circulation
\$59.25	GE-132	Has anti-carcinogenic and anti-hypertensive effects, helps with rheumatism
\$6.99	Goji Berry	Protects the eyes, provides immune system support, protects against cancer
\$13.99	Grapefruit	Low in calories, high in nutrients, benefits immune system
\$11.99	Graviola	Treats infections caused by bacteria and parasites
\$19.98	Gynostemma Pentaphylia	Used for high cholesterol, high blood pressure and improving heart function
\$15.99	Hesperidin	Heart health, cognitive health, hemorrhoids
\$9.99	Hibiscus (Loose Flower)	Packed with antioxidants, help lower blood pressure, promote weight loss
\$22.95	Lycium Barbarum	Blurry vision, abdominal pain, infertility, dry cough, fatigue, dizziness, headaches
\$4.75	Magnolia-Vine Extract	Helps with cardiovascular disease and gastrointestinal tract issues, respiratory failure and fatigue
\$34.95	Mangosteen	Highly nutritious, power antioxidant, promotes weight loss, immunity, anti-cancer effects
\$22.95	Momordica Grosvenori	Helps with congestion and boosts immune system
\$37.95	Noni (Tahitian Noni Juice)	Reduces chronic pain, inflammation, and swelling
\$21.95	Panax Ginseng	Antioxidant, brain function, erectile dysfunction, immunity boost, improve energy levels
\$18.95	Pine Bark	Antioxidant, anti-microbial, anti-inflammatory
\$4.98	Pomegranate (Juice)	Antioxidants, cancer prevention, helps digestion, arthritis, blood pressure
\$19.97	Resveratrol	Suppression of cancer cells, ease joint pain, protects the brain
\$9.74	Rosemary	Contains antioxidant compounds, improves digestion, enhances memory and concentration
\$20.67	Sargassum Fusiforme	Antioxidant, neuroprotective, anti-microbial, anti-tumor, anti-viral
\$19.95	Zizyphus Juice	Helps with anxiety, asthma, diarrhea, fatigue, fever, high blood pressure, stress

Total Cost

**\$547.25**

*(only 31 of Nectura's 120 ingredients)*



## HOW MUCH WOULD IT COST TO BUILD YOUR OWN EVERYOUNG?

Cost	Ingredients	Intended Health Benefits
\$24.99	Biotin (Vitamin H)	Converts food into energy, hair, skin, eyes, liver, helps nervous system
\$34.30	Choline Citrate	Memory and cognition, reduce risk of ischemic stroke
\$10.88	Coenzyme Q10	Heart issues, fertility, headaches, exercise performance
\$7.88	Collagen	Skin health, joint pain, muscle mass, heart health
\$22.90	Flaxseed Oil	Loaded with nutrients, reduce cancer risk, improve cholesterol, controls blood sugar
\$22.99	Glucosamine (& Chondroitin)	Joint health, reduce inflammation, treats glaucoma
\$13.61	Glutamine (L-Glutamine)	Amino acid, makes proteins for muscle tissue, powers cells for protecting intestines, immune system support, detox the liver
\$15.95	Glycine	Production of antioxidants, collagen, sleep quality, muscle loss, type II diabetes
\$17.33	Green Tea Leaf Extract	Fat burning, antioxidants, lowers risk of cancer, protects brain from aging
\$27.97	HCL	Breakdown, digest, absorb nutrients like protein
\$19.95	Hyaluronic Acid	Joint pain, healthy skin, soothe acid reflux symptoms, relieve dry eye and discomfort
\$21.99	L-Carnitine Tartrate	Mitochondrial function and energy production
\$21.87	L-Carnosine	Improves physical performance and muscle gain
\$9.80	L-Phenylalanine	Chronic pain, ADHD, depression, osteoarthritis, alcohol withdrawal symptoms
\$12.99	L-Tyrosine	Production of enzymes, thyroid hormones, and neurotransmitters that help nerve cells communicate
\$10.50	N-Acetyl L-Cysteine	Produces antioxidants, improves psychiatric disorders and addictive behaviors,relieves symptoms of respiratory conditions
\$10.15	Niacin (Vitamin B3)	Helps with fatigue, depression, headaches, skin problems, memory loss and mental confusion
\$19.90	Panthenic Acid (Vitamin B5)	Helps with nervous system and live function, healthy digestive tract, making red blood cells
\$19.95	Phosphorus	Bone and teeth strength, muscle health and recovery, removing waste from kidneys
\$12.45	Superoxide Dismutase	Neurodegenerative diseases, cancer, cystic fibrosis, rheumatoid arthritis, diabetes
\$15.95	Taurine (L-Taurine)	Prevents heart failure, treats inflammation and hepatitis
\$5.94	Vitamin B1	Nervous system, brain, muscles, heart, stomach, and intestines
\$3.96	Vitamin B2	Breakdown proteins, fats and carbohydrates
\$14.95	Vitamin B6	Improves mood, brain health, hemoglobin production
\$4.88	Vitamin B12	Helps with red blood cell formation, anemia prevention, prevent birth defects, support bone health
\$11.99	Vitamin C	Manages high blood pressure, lower risk of chronic disease, prevent iron deficiency
\$5.70	Vitamin E	Alzheimer's disease, menstrual cramps, inflammation

Total Cost

**\$421.72**

*(only 27 of EverYoung's 42 ingredients)*