



IDNUTRITION

IDNutrition is an individually-designed nutritional program based on verifiable nutritional science. Our products use the highest-quality, clinically researched ingredients. Best of all, your IDNutrition program is developed specifically for you, based on your needs, your goals and your personal nutritional profile. You're unique, your nutrition should be too. Along with your recommendation, you will receive a report explaining why each nutrient is being recommended to you, so you truly understand what nutrients you need. You also receive an IDHealth Score, which is a numerical representation of your state of health.

WELCOME TO THE FUTURE OF HEALTH & WELLNESS

Over the last 18 years, a group of scientists and doctors have been working on the development of a one-of-a-kind nutritional supplement program that takes all the guesswork out of what you need and delivers truly personalized nutrition, with your name on it, directly to your door.

Through the integration of thousands of medical and scientific studies, answers you provide to the free HIPAA compliant IDAssessment, and more than 6,500 algorithms that process the data, IDNutrition recommends what you need, leaves out what you don't, and blocks things known to the system to have possible adverse effects based on the answers you provide. The result is a program that is revolutionizing the health and wellness industry.*

"If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health." —Hippocrates

WHEN IT COMES TO NUTRITION, ONE SIZE DOES NOT FIT ALL

At IDLife, we understand that no two people are alike. You simply take a free, thorough, confidential, HIPAA compliant online Assessment based on your diet, lifestyle, body type, physical condition, health issues and medications and receive your personalized supplement recommendation backed by independent third party medical and scientific studies that you can review and verify yourself. It's that easy!

"Of the 2.4 million deaths that occur in the United States each year, 75% are the result of avoidable nutritional factor diseases."
— Dr. C Everett Koop, Former US General Surgeon General

PURE INGREDIENTS FOR A NATURAL CLEANSE

When you start taking IDNutrition, you will likely feel the difference because for the first time you will be taking exactly what your body needs, when it needs it. But more importantly, IDNutrition begins a natural cleansing of the toxins and impurities your body has been storing from products that contain processed and artificial ingredients. Through industry leading absorption rates, you can have comfort in knowing that your body is receiving the full benefits of the nutrients being ingested and that those nutrients are designed to address your nutritional deficiencies.

FAQs:

WHAT IS HIPAA?

HIPAA stands for the Health Insurance Portability and Accountability Act of 1996. The intent of the Act is to protect the privacy of your health information through the implementation of very specific rules. IDLife voluntarily adheres to these rules to ensure that you have peace of mind in knowing that your IDAssessment information remains confidential.

THE SCIENCE OF CHRONOBIOLOGY

IDNutrition incorporates the science of chronobiology, which assures that you aren't just receiving the right nutrients, but that you are receiving those nutrients at a time when your biological rhythms are optimized to receive them. And to make things easy, your personalized strip packs are delivered in convenient and portable morning and evening strip packs.

ISN'T IDNUTRITION JUST LIKE THE VITAMINS I ALREADY TAKE?

No, they are very different. These products are scientifically formulated to provide you the appropriate nutrients at the appropriate time for someone in your unique situation, but more importantly, block nutrients you should not be taking because of your conditions or current medications. Put more simply, it's everything you need and nothing you don't. It is truly a revolutionary platform that cannot be purchased on any shelf.

ISN'T THIS PROGRAM EXPENSIVE?

If you attempted to purchase these ingredients separately at any retail outlet, you would pay an average of 30% more without the convenience of the daily packs, quality assurance or scheduled delivery option.

HOW SHOULD I TAKE MY IDNUTRITION?

Take your morning pack with your breakfast and your evening pack with your dinner. If you have multiple morning or evening packs, take them all together with the appropriate meal.

WHAT HAPPENS IF I MISS A PACK OR A FULL DAY OF PACKS?

If you miss a pack, take it as soon as possible once discovering the omission; you will lose the effectiveness of Chronobiology, but having some benefit is better than none. If you miss a day entirely, simply start again the next day. The program is designed to provide optimal benefits when taken regularly, so set up a routine and place the pack on your kitchen counter or in a place you will see them each day.

WHEN WILL THE VITAMINS TAKE EFFECT?

You should begin to see preliminary benefits in as early as 10 days. The maximum benefit, however, is usually achieved after 90 days of continuous use.

ARE THESE PRODUCTS FDA APPROVED?

Dietary supplements like IDNutrition do not require FDA approval. All of the IDNutrition products, however, are manufactured and marketed under strict compliance to FDA guidelines and mandates.

WHY ARE MY VITAMINS THIS ORANGE/YELLOW COLOR WITH SPECKLES? ARE THEY OLD OR OVER-EXPOSED TO MOISTURE OR HEAT?

Natural ingredients have their own unique colors, and the dark speckles you see are from these natural ingredients. IDNutrition formulations are optimized using curcumin, quercetin, green tea extract and broccoli extract as active ingredients. Some particles appear darker than others causing this contrast.

WHAT IS A "FILLER"?

Fillers are usually inactive substances that are used in the supplement manufacturing process to bind the contents of a pill or capsule, resulting in a stable dose. IDNutrition elects to minimize the use of inactive fillers by using the bioactive ingredients curcumin, quercetin, green tea extract and broccoli extract as fillers in the products.

HOW SHOULD I STORE MY IDNUTRITION?

Your IDNutrition should be stored in a cool dry environment. Do not store in the refrigerator. Avoid exposure to excessive heat, light and moisture. Keep out of reach of children.

WHAT DISINTEGRATION RATE CAN I EXPECT FROM YOUR NUTRIENTS?

Disintegration refers to the physical process by which a tablet or a capsule breaks down into smaller particles after ingestion to permit the ingredients to be absorbed. The disintegration rate (disintegration time) for IDNutrition products is generally under 10 minutes. Capsules or tablets that are manufactured at low cost often do not disintegrate or do so at such a slow rate that they are excreted and eliminated from the body before they can be of benefit.

ARE THESE NUTRIENTS KOSHER?

The term kosher is generally associated with products manufactured or derived from certain animal sources produced in a kosher facility. The only ingredients in the IDNutrition line that are derived from animal sources are the fish oil and gelatin capsule. IDNutrition products are produced in several different facilities, none of which are kosher.

I'M A VEGAN, WHAT ARE THE TWO-PIECE CAPSULES MADE FROM?

The gelatin in the two-piece capsules and soft gels is derived from animal sources (generally from bovine).

DO YOUR MANUFACTURING FACILITIES PROCESS SUPPLEMENTS OR OTHER FOODS MADE WITH PEANUTS OR OTHER NUTS?

Several of our products are manufactured utilizing coconut water powder. Each product with any nut ingredients are legibly labeled and identified.

WHY ARE YOUR PRODUCTS BETTER AND WHY IS YOUR MANUFACTURING PROCESS BETTER?

Other manufacturers of dietary supplements use ingredients with varying degrees of quality. Nutrients should be tested for toxic substances and any kind of contamination. IDNutrition uses high quality ingredients that are manufactured under cGMP guidelines (current good manufacturing practices guidelines are issued by United States FDA). All IDNutrition products are tested by third party independent laboratories for quality and potency.

HOW DO CONSUMERS GET THESE PRODUCTS AT A DISCOUNTED PRICE OVER GOING TO A STORE?

IDLife provides a customized nutrition program that is competitively priced. To receive a discount on the program, a Customer can place the order on Scheduled Delivery to receive 10% off. Our Independent Associates receive a 30% discount off retail pricing.

WHAT ARE THE IDNUTRITION COMMITMENTS TO INGREDIENT QUALITY AND WHAT CONTROLS ARE IN PLACE TO ASSURE CLIENTS THAT THEIR NUTRITIONAL FORMULAS ARE MEETING OR EXCEEDING INDUSTRY STANDARDS?

Nutritional supplements have a wide variation in ingredient "quality" and, to a lesser extent, ingredient "quantity".

A. Quality is Mission Critical and can vary as to potency, purity, solubility and absorbability.

Potency is critical in that the amount of active ingredients is verified as present in the right bioactive form. IDNutrition ingredients are carefully selected, certified and verified by our manufacturers. IDNutrition also uses outside independent laboratories to inspect and certify the potency of each ingredient.

Purity is critical in that all ingredients contained are free of pesticides, herbicides, and any chemical contaminants. IDNutrition ingredients are carefully selected, certified and verified to guarantee the purity of each ingredient. IDNutrition also uses outside independent laboratories to inspect and certify the purity of each ingredient.

Solubility is critical regardless of the potency and purity of the ingredients. If the supplement is not readily soluble, the ingredients

will not be broken down and instead will be eliminated from the body before the nutritional value can be realized. IDNutrition utilizes outside independent laboratories to verify disintegration rates of its tablet and capsule formulations to assure the pure and potent ingredients are available for absorption.

Absorbability is critical because once the potent, pure, soluble ingredients are broken down for absorption they are bioavailable and in a form to be readily absorbed into your blood stream. Ingredients curated for IDNutrition are selected for their performance and synergy with all IDLife products.

B. Quantity as it relates to nutritional supplements refers to the IDNutrition philosophy of the "Right Dose at the Right Time". While we address the "Right Time" (Chronobiology) in another section, we emphasize the "Right Dose" and believe that "over-dosing" of nutritional supplements is as much a problem as "under-dosing".

Our formulas provide only ingredients that have scientific evidence (often called evidence-based) behind the recommendations and we provide the level of ingredients as close as possible to the dose used in the scientific studies. Many supplement companies will add unnecessary or minimal ingredients to project the image of a potent formula, but the quantity of each ingredient is minuscule (under-dosing) and far below the level required to deliver a positive result. In the nutrition industry, this practice is often referred to as "label paint."

IDNutrition endeavors to use the studied amount of each ingredient and also does not believe in very high doses of nutrients (mega-dosing) where it is assumed if x is beneficial, 3x is more beneficial. Mega-dosing or "overdosing" is often dangerous leading to unwanted side effects and is even wasteful since "overdosing" is not only a waste of money but the entire excessive ingredient amounts are being excreted. The amounts of ingredients in IDNutrition formulas are therefore kept at a higher standard with both quality and quantity than most nutritional supplements.

WHAT IS CHRONOBIOLOGY?

Derived from the Greek "chronos" for time, "bios" for life, and "logos" for study, the word is used to describe biological rhythms.

WHY DOES IDNUTRITION CONTAIN BOTH MORNING AND EVENING PACKS?

The evolving science of Chronobiology demonstrates that all body systems have a biorhythm or circadian rhythm that serve as physiological indicators that have a "timing" effect on a specific systems' metabolism (i.e. nervous, hormonal, digestive, cardiovascular, etc.). Nutrients respond more positively and give a more desired effect when given at a time of day that best matches this metabolism. This is called Chronobiology. For example, since the liver is regenerating itself on a daily circadian basis in the very early morning, antioxidants (i.e. Glutathione and N-Acetylcysteine) to help strengthen and support the liver are given in the IDNutrition evening packet. By recognizing and applying the science of Chronobiology, IDNutrition is delivering the optimal dose at the optimal time of day.

QUESTIONS RELATED TO THE IDASSESSMENT:

WHERE IS THE SCIENTIFIC DATA TO BACK UP THE RECOMMENDATIONS?

All of our IDNutrition ingredients and recommendations are specifically tied to independent third party peer-reviewed studies and the doses are based on their recommendations. This makes us the ONLY company in the world that actually provides this level of science attached to nutrition.

WHY DO WE NOT ASK FOR THE STRENGTH OR MILLIGRAMS TAKEN OF EACH DRUG?

There are two major issues we look at with respect to prescription drugs. First, which nutrients interact with this drug? Regardless of how much of a drug a person is taking, we want to be sure we block any nutrient

that will interact with that drug, no matter what strength. Second, when the amount of the drug has some bearing on the amount of nutrients being depleted, the studies that we are able to research with respect to depletion are using average dosage and also often do not give other patient variables, such as age and weight, so we are forced to base the recommendation on the amount used in the study.

WHY CAN YOU NOT ADD MORE OF VITAMIN C TO YOUR PROGRAM WHEN SOME PEOPLE TAKE 3000 MG OR MORE?

All recommendations within the program are based on independent, third-party peer-reviewed studies. The science makes the determination of the dose, not IDLife.

WHAT IS THE LOGIC BEHIND THE QUESTIONS AND NUTRITIONAL RECOMMENDATIONS FROM THE ASSESSMENT?

Each question is backed by scientific studies. There are over 6,500 algorithms yielding close to two million potential results that are tied to scientific/medical studies. The program takes your answers and relates them to the science in the studies to deliver the recommendations. The studies provide the basis and support for the recommendations given by the IDAssessment results.

I HAVE A FAMILY MEMBER THAT I WOULD LIKE TO USE IDNUTRITION BUT THEIR MEDICAL CONDITION ISN'T LISTED ON THE ASSESSMENT. CAN THEY STILL BENEFIT FROM THE PRODUCTS?

We do not treat, diagnose or state that our nutrition supplements cure or treat diseases. There exist many reports and studies that suggest proper nutrition has beneficial results on many health conditions.

WHY IS MY MEDICATION/ CONDITION NOT LISTED ON THE ASSESSMENT?

Medications and conditions are only listed if they have been scientifically proven to be directly linked to a supplement in the IDNutrition program.

WHAT IS INCLUDED WITH A FREE ORDER OF IDNUTRITION FROM ENROLLMENT OR 3 AND FREE?

All recommended supplements are included with any free order of IDNutrition at the recommended dosages, including advanced recommended options. Additional supplements or doses are not included with free orders.

INGREDIENTS:

The following is a list of the ingredients that may appear in your IDNutrition order. Every IDNutrition order is customized based on your personal response to the IDAssessment, so the ingredients used in each order are also unique.

Alpha Lipoic Acid
Amylase (103 DU)
Banaba Leaf (Dried Extract 1% Corosolic Acid)
Biotin
Bitter Melon (Momordica Charantia) Extract
Boron (as Glycinate)
Broccoli (BroccoPhane®) (Brassica Oleracea)(Sprout)(0.4% Sulforaphane)
Bromelain (1,350,000 PU)
Calcium (Crustacean Shellfish)
Calcium (from Ascorbate, Carbonate, Citrate, Dicalcium Phosphate, Hydroxyapatite)
Chaste Tree Berry Extract (Vitex Agnus-Castus) (0.5% Agnuside & 0.5% Aucubin)
Choline
Chromium (as TRAACS Chromium Nicotinate Glycerinate Chelate)
Chromium (Chromate)(from Chromium Polynicotinate)
Chymotrypsin-25 (25 USP)
Copper (from Glycinate Chelate)
CoQ10 (Ubiquinone)
Cyracos® Lemon Balm
DHEA (Dehydroepiandrosterone)
Di-Indolyl-Methane (DIM)
DL-Phenylalanine
Docosahexaenoic Acid (DHA-from Marine Fish Oil)
EGCG
Eicosapentaenoic Acid (EPA-from Marine Fish Oil)
Elderberry Extract
Evening Primrose Oil
Folate (50% 6(S)-5-Methyltetrahydrofolic Acid, Glucosamine Salt and 50% Folinic Acid Calcium Salt)
GABA
Gamma Linolenic Acid (GLA)
Ginkgo Biloba
Glucosamine Sulfate (Crustacean Shellfish)
Glutathione (reduced)
Glycine
Grape Seed Extract (Vitis Vinifera) (95% Proanthocyanidins)
Gymnema Sylvestre Extract (Gymnemasylvestre) (leaves) (std. to 25% Gymnemic Acids)
IDLife Proprietary Blend: Curcumin, EGCG, Quercetin and Broccoli Seed Extract
IDN Plant Enzyme Blend containing Amylase, Cellulase, Lipase and Protease
Inositol (Myo-Inositol)
Iodine (from Kelp)
Iron (as Ferrochel® (Ferrous Bisglycinate Chelate))
L-Alanine
L-Carnitine Tartrate
L-Glutamic Acid
L-Theanine
L-Tyrosine
Lactoferrin
Lipase (10LU/mg)
Lipase (162 FIP)

Magnesium (from Citrate, Glycinate, Maleate, Oxide)
Manganese (from Gluconate)
Milk Thistle Extract (Silybum Marianum) std. to 80% Silymarin
Molybdenum (from Sodium Molybdate)
N-Acetyl-Cysteine
Niacin (Vitamin B3)
PABA
Pancreatin EN (15,200 USP) (Protease)
Pantothenic Acid (from Calcium Pantothenate)
Papain (1,800,000 PU)
PARACTIN® (A. Paniculata Extract)
Peptizyme SP-EN (5,000 SPU)
Potassium (from Citrate)
Probiotic Proprietary Blend (4 billion cfu/ capsule) (L. Acidophilus, L. Plantarum, B. Lactis, B. Breve, L. Casei, L. Paracasei, and S. Thermophilus)
Protease (35 HUT/mg)
Pygeum Bark Extract (3% Phytosterols)
Quercetin
Rhodiola Rosea (root)(3% Rosins & 1% Salidroside)
Riboflavin (Vitamin B2)
Rose Hips Powder
Rutoside
Saw Palmetto Extract (Serenoa Repens) (Fruit)
Selenium (from Selenomethionine)
Sensoril® from Ashwagandha (Withania Somnifera)
Silicon (as Horsetail)
Sodium (from Spirulina)
Spirulina (Arthrospira Maxima)
Suntheanine (L-Theanine)
Thiamin (Vitamin B1)
Tocotrienols
Trypsin-75 (1800 USP)
Turmeric 95%
Vanadium (from Vanadyl Sulfate)
Vitamin A (Natural Carotenoids, Retinol Palmitate, Beta-Carotene)
Vitamin B12 (Methylcobalamin)
Vitamin B6 (Pyridoxine Hydrochloride)
Vitamin C (Ascorbic Acid)
Vitamin D (from Cholecalciferol)
Vitamin E (from mixed Tocopherol)
Vitamin K1 + K2 (Phytionadione, Menaquinone-7)
Vitamin K2 (as Menaquinone MK-7)
Zinc (from Citrate and Gluconate)
Zinc (Optizinc®)



THE SCIENCE OF VITAMINS: PROBLEM & SOLUTION

The world is filled with one-size-fits all multivitamins and people everywhere consume them, believing that they are improving their health. Science has proven that this is not the case, which is why IDLife created IDNutrition, a customized vitamin program designed to give you the nutrients you need, when you need them, while leaving out those that could be harmful to you based on your current health conditions and medications.

THE PROBLEM:

- Multivitamins do not take into consideration your current status of health. This one-size-fits-all approach could be causing your body more harm than good due to potential adverse reactions.
- Many vitamins and minerals have questionable origins and levels of effectiveness, leaving you believing you are absorbing a percentage of the nutrient that is inaccurate.
- The body has a difficult time absorbing multivitamins, so you are likely not receiving the full amount of nutrients.
- Multiple scientific studies show the ineffectiveness of multivitamins and suggest that they provide minimal health benefit.

THE SOLUTION:

- IDNutrition is customized uniquely for you, so you will benefit from every nutrient you receive, without receiving anything that could be potentially harmful to you.
- With an infinite number of possible outcomes, IDNutrition and the science on which it is built, is the precision nutraceutical solution to a one-size-fits-no-one problem.
- The online health assessment is completely free to users with no commitment to purchase.
- All information provided is privacy protected and can be updated at any time through the HIPAA compliant portal.
- All the scientific research to support your customized recommendations is immediately accessible in the Assessment by clicking the convenient “Why” button on the recommendations page.

”It’s changed everything. I’m healthy. I feel good. It’s brought me back to that competitive drive, to set a goal and go get it!”
—Randy Swain, lost 105 lbs.