

ULTIMATE HEALTH INSURANCE FACT SHEET

1) What is Ultimate Health Insurance?

Ultimate Health Insurance is a supplement, which offers the most convenient and economical way of obtaining optimal nutrition. The formula contains over 200 different ingredients including vitamins, minerals, amino acids, herbs and nutrients.

2) But my doctor really isn't interested in alternative therapies and I know that he won't agree with me taking it?

If you would like a doctor's opinion, we can contact our in-house doctor and put any questions to him for you.

3) I am taking other prescribed/complimentary medication; do I really need to tell my doctor before supplementing Ultimate Health Insurance?

Yes, we would always advise informing your doctor of any product that you wish to supplement. Your doctor will need to monitor your health and supplementing another product could contraindicate with your medication.

4) I am taking medication for epilepsy; can I take Ultimate Health Insurance?

No, as Ultimate Health Insurance can make seizures worse.

5) I am on blood-thinning medication; can I take Ultimate Health Insurance as well?

I'm afraid the answer is no, as Ultimate Health Insurance could seriously affect how the medication works.

6) Why do I need to take Ultimate Health Insurance?

We are all at risk from every day illness and infection and trying to eat a healthy balanced diet is not always easy with our busy lifestyles. Supplementing Ultimate Health Insurance will provide important vitamins and nutrients, which together will boost the immune system and fight off illness.

7) I already eat a well balanced diet, will I still benefit from supplementing Ultimate Health Insurance?

Yes. We can never do enough to look after our health. Although we may eat a well balanced diet a lot of the vitamins and goodness are lost through pesticides, farming, cooking and storing foods. Our bodies cannot manufacture certain vitamins, minerals and amino acids. Ultimate Health Insurance provides comprehensive nutrition, which we may not obtain naturally.

8) Will Ultimate Health Insurance provide me with the daily-recommended intake of 5 portions of fruit and 5 portions of vegetables?

Most people do not get all that is required of the daily allowance of vitamins and minerals. Ultimate Health Insurance will greatly supplement your diet, but will not in itself supply the full daily allowance.

9) Will I see the benefits straight away?

It varies between people, but usually you would start to feel the benefits any time between 1 to 4 weeks.

10) Can I take Ultimate Health Insurance with other WWH products?

Ultimate Health Insurance should not be taken with Nature's Garden due to potential interactions. You can take the Full Spectrum Minerals, Essential Fatty Acids and 999 Lecithin as well as the Ultimate Health Insurance but you would need to lower the dose of the tablets/softgels/capsules to stay within the Recommended Daily Allowance.

ULTIMATE HEALTH INSURANCE: INGREDIENTS LIST

As a person ages, their ability to absorb vitamins and minerals reduces dramatically, encouraging illness and age related diseases. It is therefore a sad fact that even health conscious people over the age of 40 do not realise that they may only be absorbing as little as 5% of the tablets they swallow. Complete formulas with high bio-availability (absorption) offer the most cost-effective way to balance your diet and Ultimate Health Insurance was developed with this specifically in mind. Ultimate Health Insurance is the most convenient and economical way to get the optimal nutritional supplement formula you need. It is the most comprehensive and complete nutritional formula we have ever developed.

Tablet 1: Full Spectrum Colloidal Mineral – Large Oval White Tablet
This tablet contains all the vital minerals the body needs to maintain normal functioning and strengthen bones.

Vitamin D	100 IU	Potassium	2.5 mg
Calcium	500 mg	Manganese	25 mg
Magnesium	50 mg	Zinc	11.25 mg
Molybdenum	25 mcg	Copper	0.5 mg
Vanadium	25 mcg	Iodine (Kelp)	75 mcg
L-Glutamic Acid	25 mg	Boron	1.5 mg

Tablet 2: Phytofood Alkalizer & Herbal Mix – Brown Oval Tablet
This tablet helps to ease digestive problems, 'tidy up' free radicals and is a general system booster.

Niacin	13 mg	Barley Grass Powder	55 mg
Zinc	2 mg	Carrot Powder	44 mg
L-Arginine	67 mg	Barley Malt Powder	44 mg
Extracts of Dimiana	100 mg	Broccoli Powder	38 mg
Schisandra Chinesis	67 mg	Brown Rice Bran	38 mg
Angelica Sinesis	67 mg	Apple Fibre	38 mg
Codnopsis Piosulae	67 mg	Apple Pectin	33 mg
Morinda Officinalis	67 mg	Oat Bran	33 mg
Psoralea Corylifolia	67 mg	Chorella Powder	33 mg
Ginkgo Biloba	33 mg	Panax Ginseng Powder	27 mg
Kava Kava Powder	3 mg	Siberian Ginseng Root Powder	11 mg

Saw Palmetto Powder	15 mg	Peppermint Powder	16 mg
Lecithin, Fine Powder	222 mg	Green Tea Extract	11 mg
Spirulina (Hawaiian)	111 mg	Royal Jelly Powder	11 mg
Alfalfa Juice Concentrate	77 mg	Fruto-oligo-saccharides	11 mg
Wheat Grass Powder	55 mg	Trace Mineral Concentrate	11 mg
Milk Thistle Extract	8 mg	Kelp Powder	5 mg
Plant Based Enzymes	117 mg	Coenzyme Q10	1 mg
Calcium	4.3 mg	Magnesium	2.6 mg

Tablet 3: Hi-Grade Vitamin E – Small Pale Yellow Soft Gel Capsule

This softgel helps with wound healing, reducing the risk of heart problems and is an immune booster.

Vitamin E 400 IU (Di-alpha tocopheryl acetate)

Tablet 4: High Grade Strength Multi-Vitamin – Oval Pink Tablet

Vitamin A is formed from the Beta-Carotene tablet

This tablet contains all the vital vitamins and some of the minerals needed for optimum health.

Vitamin A	5000 IU	Copper	2 mg
Vitamin D	400 IU	Zinc	15 mg
Vitamin E	30 IU	Manganese	5 mg
Vitamin C	60 mg	Selenium	25 mcg
Folic Acid	400 mcg	Thiamine (B-1)	12 mg
Molybdenum	25 mcg	Riboflavin (B-2)	12 mg
Calcium	165 mg	Niacin (B-3)	20 mg
Magnesium	100 mg	Niacinamide (B-3)	20 mg
Phosphorus	110 mg	Vitamin B-6	12 mg
Potassium	40 mg	Cyanocobalamin (B-12)	30 mcg
Chloride	40 mg	Biotin	45 mcg
Nickel	5 mcg	Pantothenic Acid (B-5)	10 mg
Tin	2 mg	Vitamin K	25 mcg
Silicon	2 mg	Iodine (Kelp)	150 mcg
Vanadium	10 mcg	Iron	18 mg
Boron	150 mcg		

Tablet 5: Vitamin C with Rosehips – Round Beige Tablet

This tablet helps with wound healing, reducing the risk of heart problems and is an immune booster.

Vitamin C 500 mg Rosehips 40 mg

Tablet 6: Super Vegetable Mix – Bright Green Tablet

This tablet provides essential nutrients found in the below vegetables. Ideal for someone who doesn't like eating vegetables or allergic to some foods.

Alfalfa	25 mg	Kale	25 mg
Asparagus	25 mg	Leek	25 mg
Barley	25 mg	Mustard Green	25 mg

Beet	25 mg	Oat Bran	25 mg
Broccoli	25 mg	Parsley	25 mg
Brussels Sprouts	25 mg	Radish	25 mg
Cabbage	25 mg	Red Pepper	25 mg
Carrot	25 mg	Spinach	25 mg
Cauliflower	25 mg	Tomatoes	25 mg
Garlic	25 mg	Yellow Squash	25 mg

Tablet 7: Beta-Carotene – Small Oval Red Tablet

This tablet provides all the Vitamin A the body needs to maintain healthy skin and hair.

Beta-Carotene 30,000 IU

Tablet 8: Bio-Synergistic Fruit Blend – Round Yellow Tablet

This tablet provides essential nutrients found in the fruit below. Ideal for someone who doesn't like eating fruit and allergic to some foods.

Apple Fibre	50 mg	Orange Powder	50 mg
Apricot Powder	15 mg	Papaya Powder	50 mg
Banana Powder	15 mg	Pear Powder	25 mg
Blackberry Powder	10 mg	Peach Powder	10 mg
Blueberry Powder	10 mg	Pineapple Powder	25 mg
Cherry Powder	10 mg	Prune Powder	15 mg
Cranberry Powder	10 mg	Raspberry Powder	10 mg
Grape Powder	50 mg	Strawberry Powder	10 mg
Grapefruit Powder	50 mg	Tangerine Powder	10 mg
Lemon Powder	50 mg	Lime Powder	25 mg

Tablet 9: Triple Strength Lecithin – Small Orange Soft Gel Capsule

This softgel helps to boost memory and break down fats making them difficult to be stored in the body.

Lecithin 400 mg
This provides: Phosphatidyl Choline 180 mg
Phosphatidyl Ethanolamide 143 mg
Phosphatidyl Inositol 110 mg

Tablet 10: Essential Fatty Acids – Large Brown Soft Gel Capsule

This softgel helps to re-hydrate the skin, lubricate joints, protect the heart and aid concentration.

Omega 6 (from Borage Oil) 500 mg
This provides GLA (Gamma-Linolenic Acid) 110 mg

Omega 3 (from Flaxseed Oil) 500 mg
This provides ALA (Alpha-Linolenic Acid) 275 mg