



PRODUCT INFORMATION

Total Health Solutions (THS) represents a unique and powerful range of nutritional therapies. THS therapies are quite different to any vitamins, herbs or minerals you may have taken in the past. THS formulas have been designed with our intricate biochemistry in mind, so that we are able to KNOW that they are working, not just HOPE. Total Health Solutions is the only range of nutritional therapies endorsed by my MEDICAL DOCTORS.

What makes this range different from other nutritional supplements?

i.) **Enzyme Transport System – Unique to these formulas!**

Each formula contains a special proprietary enzyme delivery system. This means that it Works by getting the ingredients to the body quickly, in a recipe that the body can use and not eliminate, so there is no wastage.

How does it work?

Each of these 4 processes MUST take place to ensure that we are able to fully assimilate any nutritional supplements:

DIGESTION / METABOLISM / ASSIMILATION / ABSORPTION

At each of these stages thousands of enzyme functions need to take place. Sometimes we are deficient at one, or more of these stages.

Oxygen Nutrition puts these live enzymes into each formula to ensure that we are able to use EVERY capsule EVERY time.

ii.) **Best live plants and botanicals used** – sourced from around the world All completely natural ingredients means that they work more effectively and quickly than other supplements which can contain binders, yeasts, and fillers.

iii.) **Developed by a Bio-synthesist in the USA** – not a herbalist The formulas have ingredients that are specially designed that to 'work harmoniously together'.

It is essential for successful assimilation that one helps the other to be more effective.



WHY CAN'T I GET ALL MY NUTRITIONAL NEEDS THROUGH FOOD?

In today's world the nutrient value in food is very poor. Pollution and poor care of our environment contribute to this. We would need to eat a lot more than our regular quantities to get all the nutrients we need. The vitamin and mineral uptake the body requires come from a much wider variety of food than what we eat and/or is available to us. Some of the important nutrients are not even present in the diet of the average New Zealander.

DO GOOD INGREDIENTS ALONE MAKE A GOOD NUTRITIONAL SUPPLEMENT?

Do you know, it is not enough just to have good ingredients in a product? No matter how good the individual ingredients are, they may not be able to be used by your body. What that means, is that much of the tablet or capsule will be eliminated by your body.

Why is that? It takes a lot for something to penetrate through the cell walls of the body and for everything in a capsule/tablet to be absorbed by your system.

The 'recipe' of a nutritional supplement must contain ingredients that are known to be compatible together, and also contain a system of enzymes that will ensure everything can be

absorbed by the body. There are not many nutritional supplements on the market that meet that criteria.

WHICH IS MOST EFFECTIVE – TABLETS OR CAPSULES?

Capsules are more effective than tablets, but not all capsules are effective.

In order to make a tablet, it has to be baked, similar to a cake. This involves heat, which means many of the nutrients are destroyed. This is the same as over-steaming your vegetables in the pot. The more heat they receive, the less nutrient value they have.

Also.....in order to make the ingredients bind together to form a tablet, additional filler ingredients must be added. These ingredients are not always safe and do not have any nutritional value.

WHAT ARE THE MOST EFFECTIVE INGREDIENTS IN NUTRITIONAL SUPPLEMENTS?

Pure herbs & botanicals. These contain very important live enzymes. If a product contains something that has already been synthesized or gone through some additional manufactured process, it will not be able to be absorbed by your body. This means you will eliminate much of the product and you will not receive as much benefit.

The most effective nutritional supplements should be termed as 'food', with not fillers, binders, artificial ingredients, yeasts or residues.