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New 12-Month Study Reveals Dramatic Long-Term Heart Health Benefits

The evidence is mounting. The findings are indisputable. Documentation of the power of the *Peak Performance Pack* continues to grow. Now a fourth clinical study has revealed the astonishing impact that *Peak Performance* has on the most crucial aspect of our well-being: heart health.

The recently completed Heart Health Study confirms that with sustained use of the *Peak Performance Heart Health Pack*, the incredible benefits continue for the long term. Over the 12-month study, participants experienced improvements in cholesterol, blood pressure, and circulation. And similar to the three prior clinical studies, participants experienced significant reduction in free radicals and inflammation.

These results confirm that *Peak Performance* is a nutritional supplement pack like no other. Not only does it contain a powerful combination of patented and proprietary supplements, but it has endured the rigors of scientific investigation again and again and proven its invaluable worth every time.

In the first clinical study, called the Freiburg Study, *Peak Performance* improved 25 key health markers—many in as little as 60 minutes after taking the supplement. The second study—the Sterling Study—produced the same results in a different, more diverse population. Next, the Deprivation Study confirmed the improvements were tied directly to the *Peak Performance Pack* and that without it benefits would quickly fade.

By design, the Freiburg and Sterling Studies were only 12 weeks long, so one question still loomed—would long-term use of the *Peak Performance Pack* continue to provide the same benefits over a much longer period of time?

That's exactly what Melaleuca researchers sought to find out with the Heart Health Study. Instead of lasting 12 weeks, this study lasted a full 12 months! And rather than testing the standard *Peak Performance Nutrition Pack*, Melaleuca chose to test the *Peak Performance Heart Health Pack*, which contains the same supplements as the *Nutrition Pack* plus three heart-specific health supplements.

The Heart Health Study involved 26 participants evenly split between men and women, with an average age of 50. All lived an active lifestyle and were in good health. These were individuals who you'd normally think wouldn't need to worry about heart health. But just wait until you see their results.

The Heart Health Study measured 16 different heart-specific health markers, with an emphasis on blood pressure, cholesterol, endothelial health, and circulation. We picked these health markers because they are the primary markers in determining long-term heart health. And subjects saw improvements in every single one!

Despite using a generally healthier group with a more active lifestyle, the Heart Health Study confirmed the results of the Freiburg and Sterling Studies while highlighting exciting heart-specific health benefits.

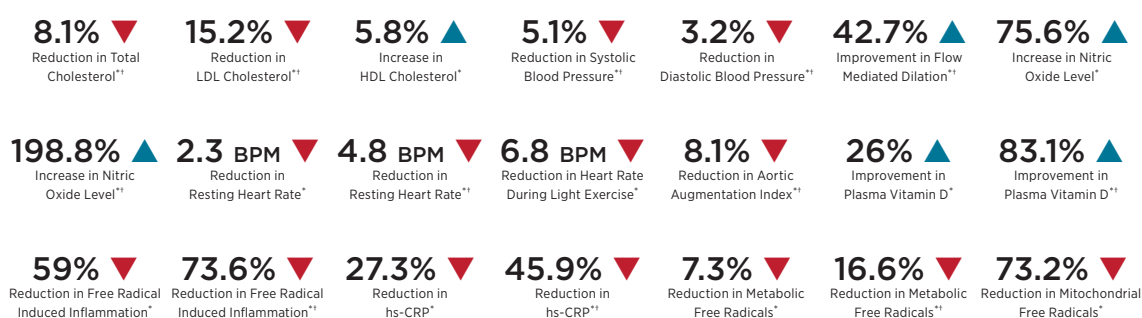


It's just further evidence that *Peak Performance* can help you enjoy a healthy life and make the most of it.



THE HEART HEALTH STUDY AT A GLANCE

12-Month Study Verified the Results of the Three Previous Studies: Freiburg, Sterling, and Deprivation



* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

** In healthy individuals with less-than-ideal markers.

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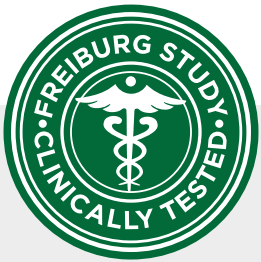
Heart Health Study Builds on 3 Prior Clinical Studies



The validity of a clinical study is measured by the ability to replicate its findings. Additional studies strengthen the legitimacy of the initial findings and conclusions. Duplication also helps ensure that the results are reproducible and were not due to coincidence or to chance.

In the case of the *Peak Performance Pack*, Melaleuca also wanted to see if they would get similar results if the *Peak Performance Pack* was tested on different populations. While the protocols for all the studies were very similar, the subjects of the studies were

not. In the Sterling Study, the subjects were far more racially diverse. They also were heavier on average and had greater waist circumference. In the case of the Heart Health Study, subjects were healthier but generally slightly older. It also measured the impact of *Peak Performance* over a longer period of time—12 months instead of 12 weeks—and included the three additional supplements found in the *Heart Health Pack*. Varying the subject pool helps substantiate the findings that the *Peak Performance Pack* has a profound impact on health, regardless of who you are, where you live, and your current state of well-being.

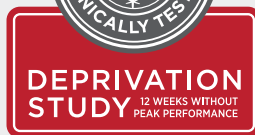


The Freiburg Study: First-of-Its-Kind Research

In January of 2015, Melaleuca announced the results of a groundbreaking scientific study. Known as the Freiburg Study, it was the first of its kind to measure the effects of a nutritional supplement pack in healthy adults. It was unique because it used all six supplements in the *Peak Performance Pack* and it measured the change to 25 key health markers covering every major system of the body, including difficult-to-obtain data such as free radicals and inflammation.

The technology that is needed to measure free radicals is not only quite new, it's also only available at specialized research centers, which is why Freiburg, Germany, was chosen.

Conducted over the course of 12 weeks, the results of the Freiburg Study were incredibly profound. All 48 participants saw significant improvements in all 25 health markers after 6 and 12 weeks. Even more significant was that participants saw improvements in many health markers within 60 minutes of first taking the *Peak Performance Pack*.



Deprivation Study

To emphasize the need for ongoing supplementation, Freiburg Study researchers conducted a follow-up study 12 weeks after the end of the original Freiburg Study.

In order to qualify for the follow-up, subjects could not have made any changes to their diet or exercise after the completion of the original study. The only thing that changed was that they stopped taking the *Peak Performance Pack*. Of the original 48 participants, 31 qualified for the follow-up—that's two-thirds of the original group, which is a very high level of participation for this type of study.

Using protocols developed for the original Freiburg Study, subjects were tested for all 25 health markers to determine if any change had taken place. While the participants had made no significant changes to their diet or exercise following the study, the follow-up visit revealed one of the most insightful pieces of data: almost all of the benefits participants gained from using the *Peak Performance Pack* had all but vanished! In almost every instance, key health markers like free radicals, blood pressure, inflammation, cholesterol, and heart rate had already returned to less-healthy pre-study levels.



The Sterling Study: Coming to America

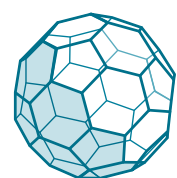
While the results of the Freiburg Study were truly profound, Melaleuca made it clear that the Freiburg Study was just the first study and that more clinical studies would follow. In January of 2017, Melaleuca announced the completion of a follow-up study—this time with the Sterling Research Group in Cincinnati, Ohio.

The Sterling Research Group is one of the premier sites in the US for conducting clinical trials. They are a leader in the field of researching lipid disorders, cardiovascular health, high blood pressure, high cholesterol, and diabetes. In short, they had the tools, knowledge, and expertise needed to conduct and manage the type of clinical trial that could replicate what was initially conducted in Freiburg, Germany.

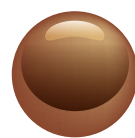
After the 12-week study, the findings clearly confirmed the results of the Freiburg Study. Despite being conducted in a different country with different subjects of different ages and ethnicities, similar improvements were seen in all key health markers. More importantly, both studies also showed that participants who were furthest from the ideal state saw the biggest improvements.

Peak Powered by Patented Oligo[®] Technology

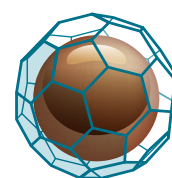
At Melaleuca, our nutritional philosophy has always been to address basic nutrition first. That's why all *Peak Performance Packs* are powered by *Oligo*. *Oligo* is the only mineral delivery system that delivers minerals to the body in the same form they're found in plants, by binding them with proteins and fibers. This provides superior mineral absorption while minimizing free radical activity. The minerals processed with *Oligo* technology undoubtedly played an important role in the results of the Freiburg, Sterling, and Heart Health Studies.*



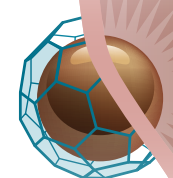
Proteins and Fibers
Amino Acids and
Oligofructose



Mineral
Unbound



Oligo
Mineral Bound
Just Like Nature™



Maximum
Absorption and
Antioxidant Protection

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A Healthy Heart Benefits the Whole Body

Your heart is an incredible organ. It works tirelessly 24 hours a day, every day of your life to keep you alive. It is only about the size of your fist and weighs less than a pound, but it beats about 100,000 times a day—pumping more than 2,000 gallons of blood through your body.

If you were to stretch out your blood vessel system, it would extend over 60,000 miles! With each beat, your heart pushes oxygen, hormones, fuel, and a myriad of essential nutrients to every system, organ, and cell. It also whisks away the waste products of metabolism.

It's no wonder that its health and efficiency has such an impact on how long you are likely to live and how vibrant your life will be. As Dr. Lawrence Phillips, a cardiologist at NYU Langone Health in New York, explained to Live Science, "The tissues of the body need a constant supply of nutrition in order to be active. If [the heart] is not able to supply blood to the organs and tissues, they'll die."

A Complete Heart Health Picture

For the Heart Health Study, researchers measured a total of 16 heart-specific health markers. While it included common health markers such as blood pressure, cholesterol, and resting heart rate, it also measured other less-known—but even more important—markers essential to a healthy heart. These new markers included measuring the amount of nitric oxide in the blood. Nitric oxide is

especially critical because it relaxes your muscles so your blood vessels work better, are more flexible, and allow more oxygen to move through your body—improving not only the function of your heart but of all your major organs and systems.

Proper blood flow helps the body better deal with stress and lessen its lasting impact on your mind and body.

Another important marker is flow-mediated dilation, which measures endothelial function by recording how fast blood flows after vessel constriction.

The endothelium is a thin layer of cells lining your blood vessels and heart that regulates the amount of blood flow through the arterial system. Endothelial function is an early marker for predicting heart health issues.

The study also utilized two methods of measuring aortic stiffness, which indicates how quickly your arteries are aging. In addition, vitamin D levels in the blood were also measured as they are an effective predictor of cardiovascular health.

These 16 markers were chosen because they are the primary markers in determining long-term heart health. And subjects saw improvements in every single one!

Good heart health is about a lot more than just avoiding complications. A healthy cardiovascular system has a direct impact on your daily energy levels, your ability to build muscle, how you handle stress, the strength of your immune system, your cognitive health, and even your mood.

For example, neglecting heart health can lead to a narrowing of your blood vessels, which then limits the amount of blood that can get to the brain. Without proper blood flow, your brain can't work the way it's supposed to and you may have trouble making decisions, reasoning with others, and remembering familiar faces and places.

The Heart-Brain Connection

Since ancient times, the heart has been used as a symbol of our emotions, but modern scientists have found the link is more than symbolic. They have discovered a physical link between emotions and heart health. While stress and anxiety can increase your heart health risks, improving your heart health can actually reduce stress and anxiety. Proper blood flow helps the body better deal with stress and lessen its lasting impact on your mind and body.*

In short, taking care of your heart will not only help you live a longer, more vibrant life, it will help ensure you have the energy to enjoy it and make the most of every minute of it.

Heart Health Study Results



The Heart Health Study was conducted with 26 healthy human subjects evenly split between women and men with an average age of 50. None of the test subjects had been diagnosed with any disease prior to the study. None were taking any type of medication. All were judged to be in good health and living an active lifestyle. Participants averaged at least 10,000 steps per day.

According to individual health markers, participants were also divided into those with ideal health markers and those who had elevated markers—but still well within what doctors would consider a normal range.

The methodology of the Heart Health Study consisted of measuring numerous factors, including taking blood from each individual subject. Blood samples were tested for 16 different parameters, including free radical activity, inflammation, cholesterol levels, nitric oxide levels, and vitamin D levels. Heart rate (before and after activity) and blood pressure were also recorded.

Each participant met with two doctors each time they came in. The tests went on for a period of 12 months. Each subject was asked to not change anything about their lifestyle or diet during those 12 months, except to take the supplements given to them. Subjects were not given any information regarding the supplements they would be taking.



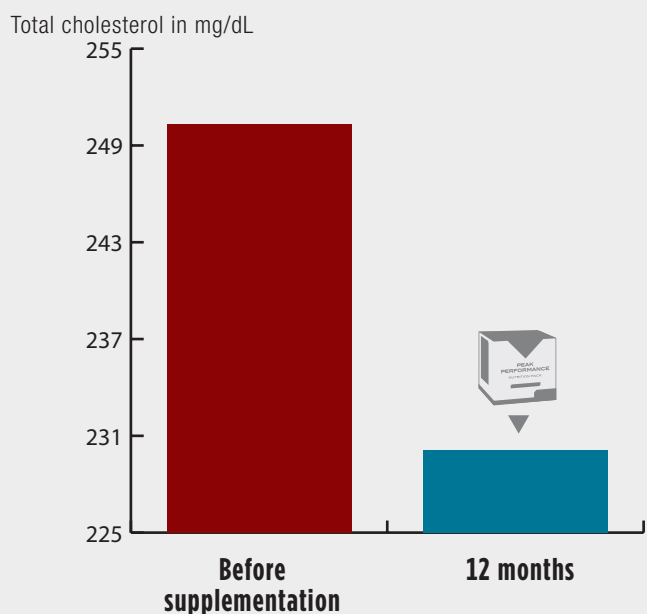
The Methodology behind the Study

- 1** To establish each person's baseline health metrics, extensive testing was conducted separately on each subject prior to taking the supplements.
- 2** Subjects were asked to take the supplements every day and then return to the laboratory after three, six, and nine months to ensure participation and repeat the identical tests.
- 3** At the 12-month mark, all subjects were asked to return to repeat the tests again. Researchers then carefully completed and compiled the final data.

Lipids Profile: Changes in Cholesterol Content

Subjects whose cholesterol levels were elevated but still within a healthy range recorded an impressive reduction of 8.1% in total cholesterol levels.*

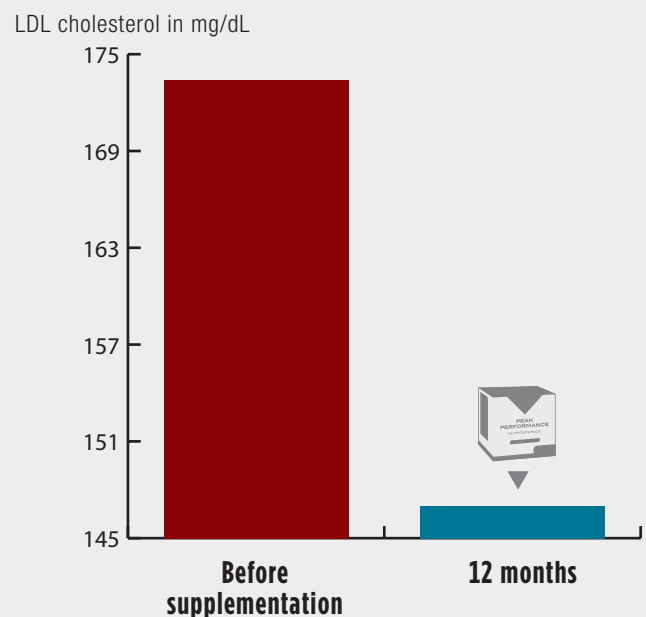
Changes in Cholesterol Content
ELEVATED GROUP



Lipids Profile: Changes in LDL Concentration

LDL (low-density lipoprotein) cholesterol, often called “bad cholesterol” because of its ability to build up on the walls of your blood vessels, dropped significantly among those who began the study with healthy but elevated levels of cholesterol.*

Changes in LDL Concentration
ELEVATED GROUP

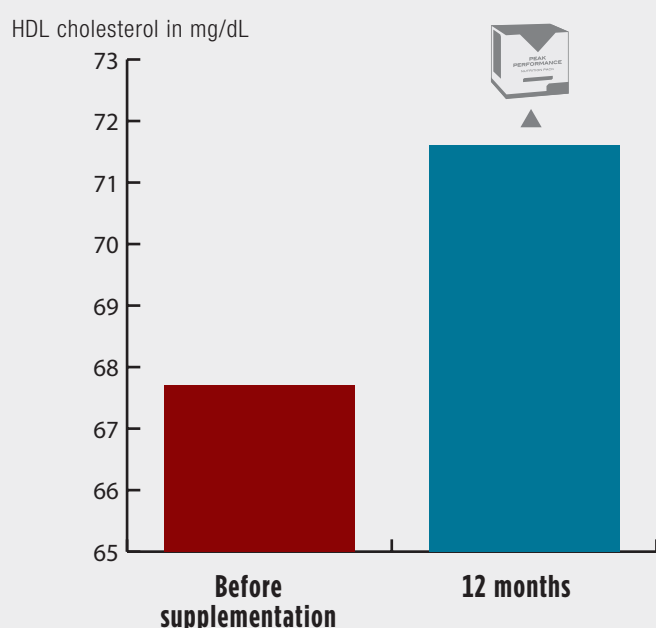


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Lipids Profile: Changes in HDL Concentration

Study participants recorded an average 5.8 % rise in HDL (high-density lipoprotein). HDL is often referred to as “good cholesterol” because of its ability to remove harmful cholesterol from where it doesn’t belong.*

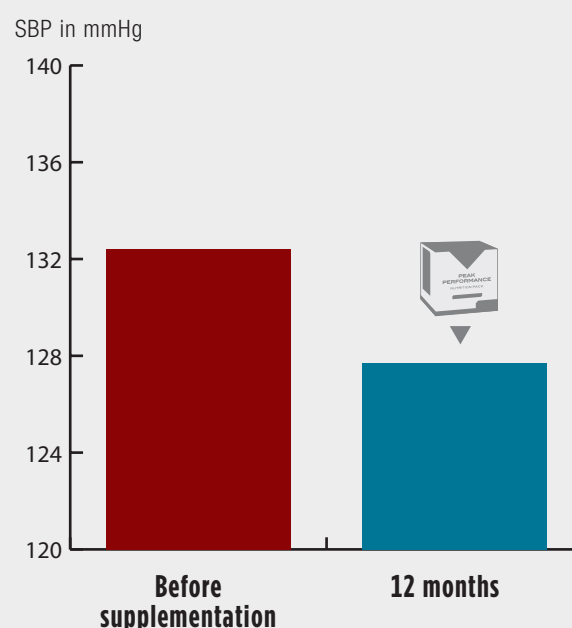
Changes in HDL Concentration
ALL PARTICIPANTS



Systemic Blood Pressure: Systolic

Those who began the study with normal but slightly elevated blood pressure saw a significant reduction in systolic blood pressure—the pressure in your blood vessels when your heart beats.*

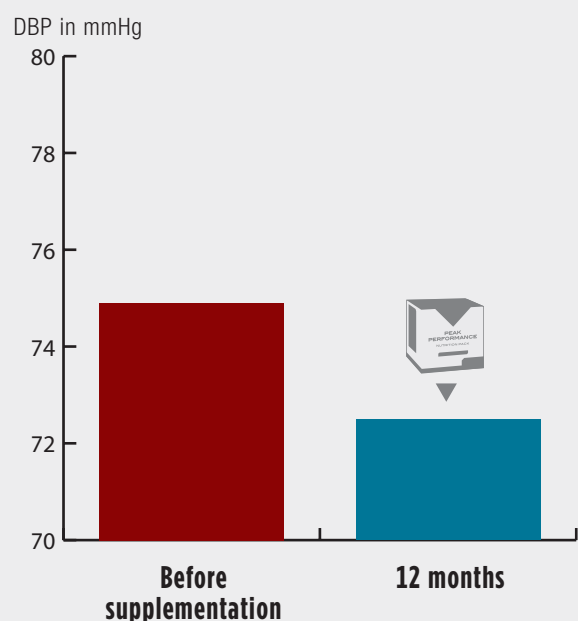
Systemic Systolic Blood Pressure
ELEVATED GROUP



Systemic Blood Pressure: Diastolic

Those who began the study with normal but slightly elevated blood pressure saw a significant reduction in diastolic blood pressure—the pressure in your arteries when the heart rests between beats.*

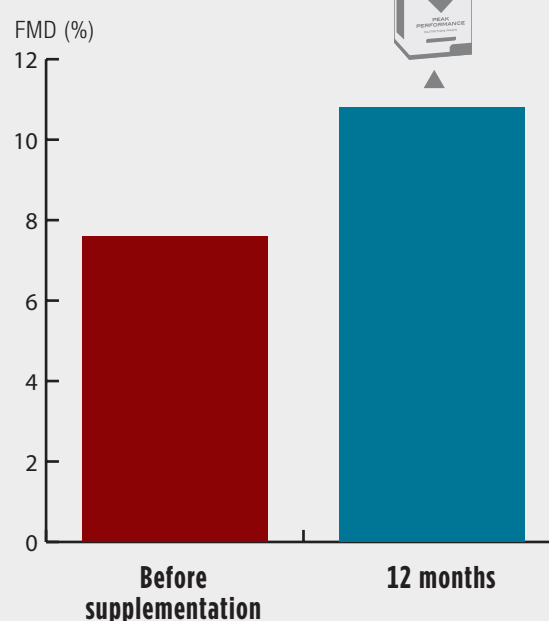
Systemic Diastolic Blood Pressure
ELEVATED GROUP



Endothelial Health: Flow-Mediated Dilatation

Flow-mediated dilation measures endothelial function by recording how fast blood flows after vessel constriction. Participants who began the study with low flow-mediated dilation saw an incredible 42.7% increase.*

Flow-Mediated Dilation
LOW FMD

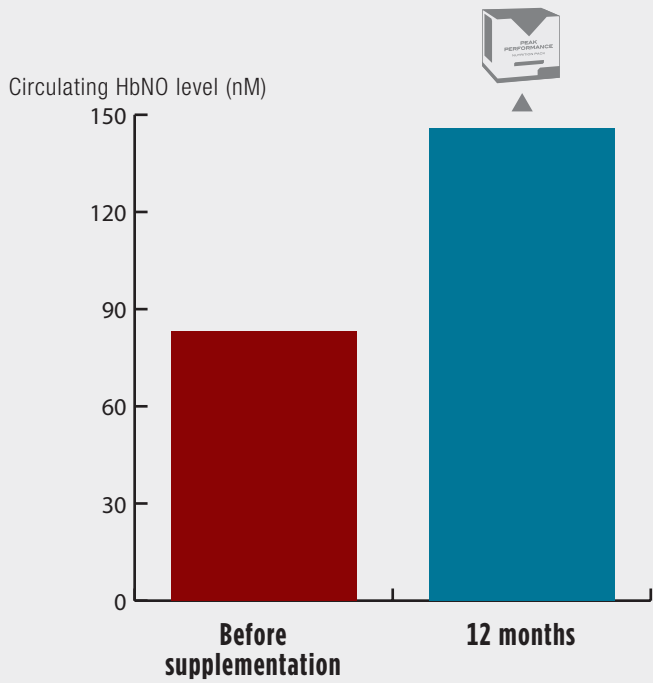


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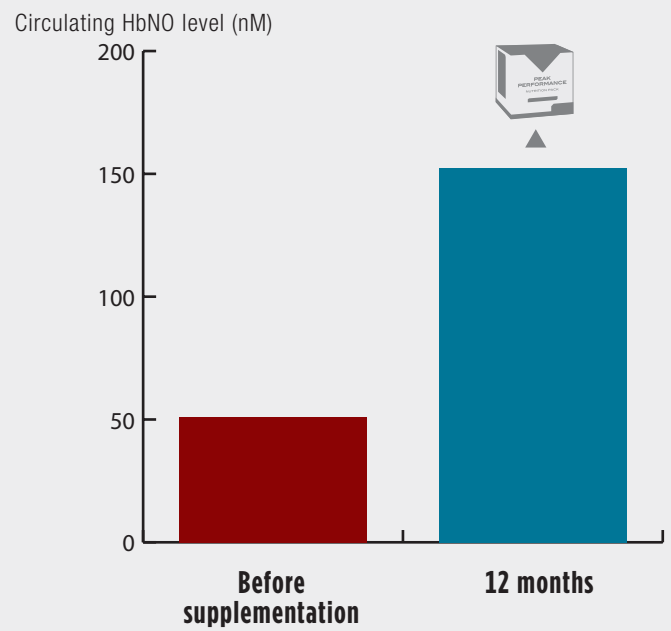
Endothelial Health: Circulating Nitric Oxide Level

Nitric oxide (NO) is a metabolite responsible for relaxing vessel cells, which has an impact on blood pressure and circulation. Among all participants, levels of nitric oxide in the blood increased 75.6% after 12 months of daily supplementation. Those who began the study with lower-than-ideal levels of nitric oxide saw their levels more than triple over 12 months!*

Circulating Nitric Oxide Level ALL PARTICIPANTS



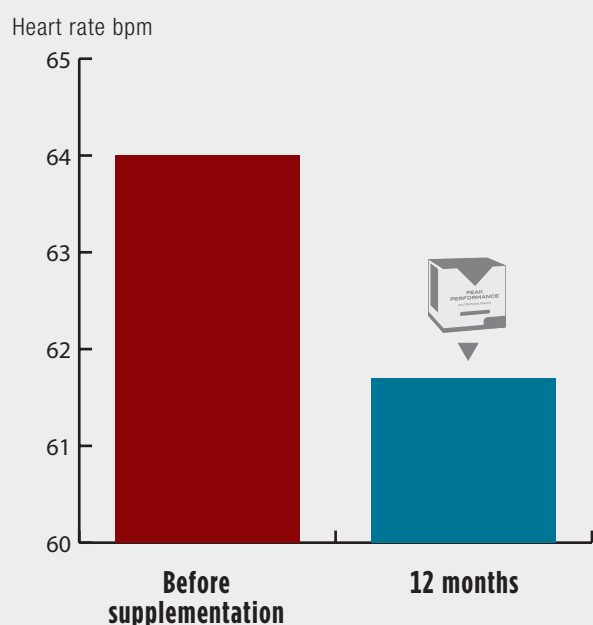
Circulating Nitric Oxide Level LOW NITRIC OXIDE GROUP



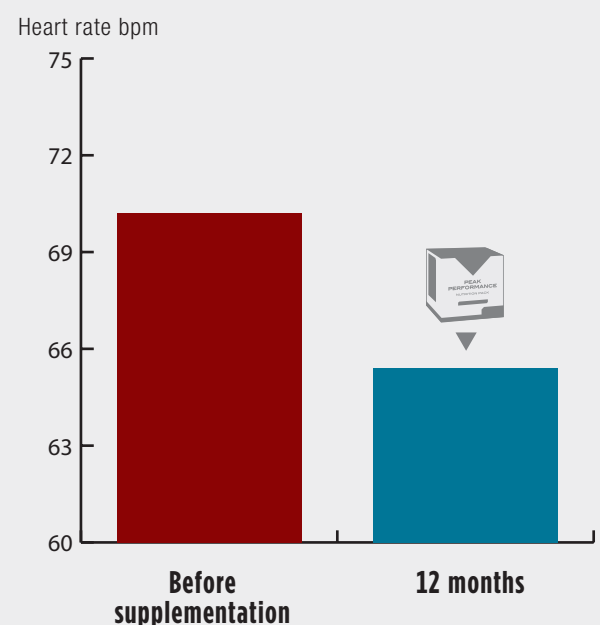
Aortic Health: Resting Heart Rate

Resting heart rate is a good indication of how efficient the heart is at pumping blood throughout the body. Generally, a lower resting heart rate implies greater cardiovascular fitness because the heart can pump more blood with less effort. The total group saw their heart rate drop 2.3 beats per minute, while those who began the study with elevated aortic stiffness saw a drop of nearly 5 beats per minute.*

Resting Heart Rate ALL PARTICIPANTS



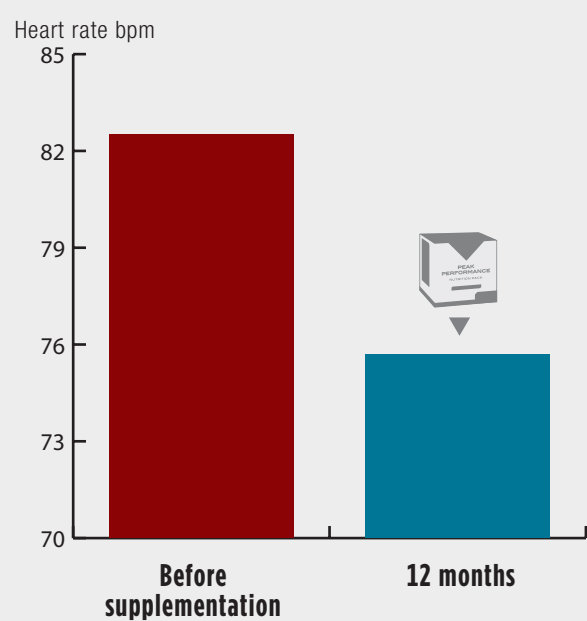
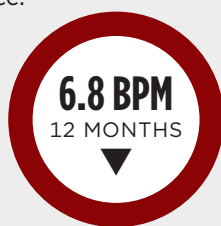
Resting Heart Rate ELEVATED GROUP



Endurance: Heart rate during light exercise

For exercise, study participants rode a stationary bike at 20 watts. Their heart rate was then monitored. Over time, a drop in heart rate during exercise indicates a significant improvement in efficiency and endurance.*

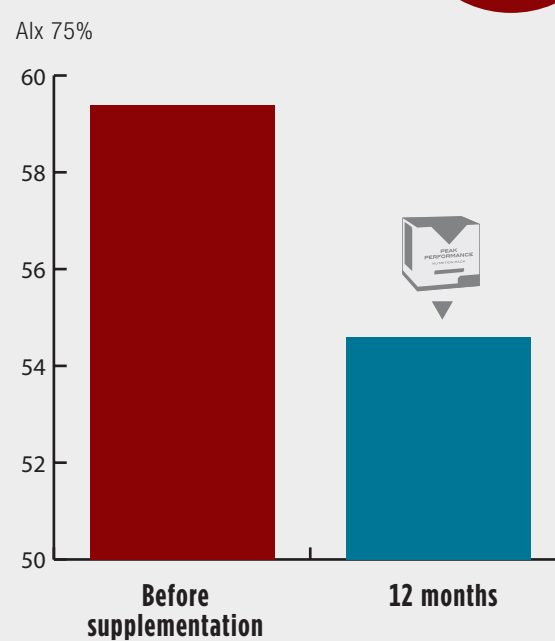
Endurance at 20 Watts
ALL PARTICIPANTS



Aortic Health: Aortic Augmentation Index

The aortic augmentation index is a measurement of the stiffness of the arteries. Participants who began the study with an elevated augmentation index saw a reduction in aortic stiffness of 8.1%.*

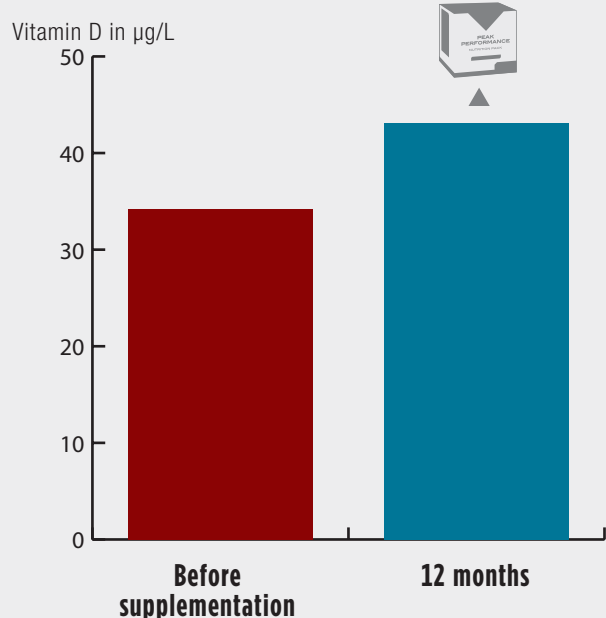
Aortic Augmentation Index
ELEVATED GROUP



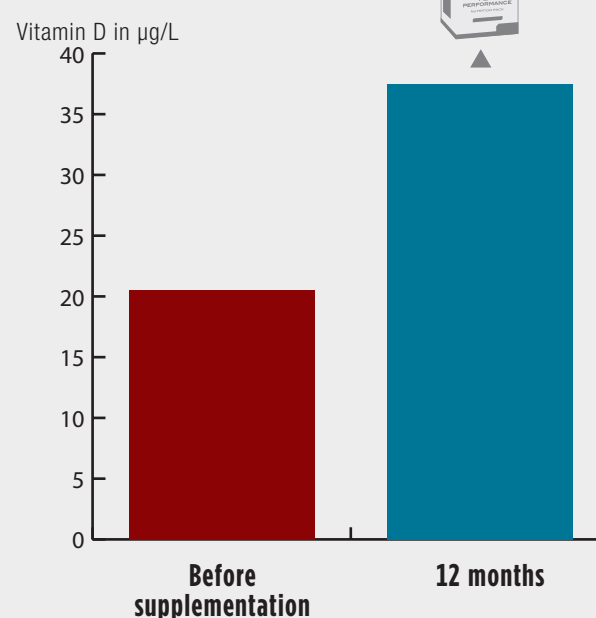
Vitamin D Profile: Plasma Vitamin D Concentration

Higher vitamin D levels in the blood are associated with counteracting the development of endothelial dysfunction. In the study, the total group saw their vitamin D levels rise by 26.0%, while those who began the study with low vitamin D levels saw an astonishing 83.1% increase.*

Plasma Vitamin D Concentration
ALL PARTICIPANTS



Plasma Vitamin D Concentration
LOW VITAMIN D



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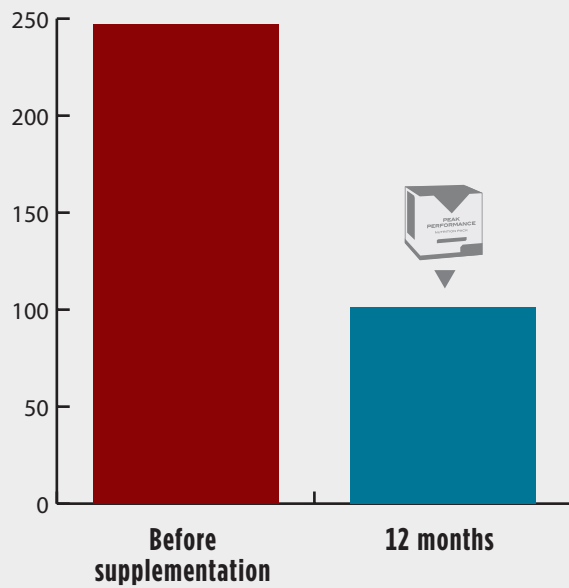
Inflammatory Profile: Inflammatory Resistance to TNF-alpha

After 12 months, all participants saw a 59% improvement in inflammation resistance. Those who began the study with elevated inflammation levels saw an incredible 73.6% improvement.*

Inflammatory Resistance to TNF-alpha ALL PARTICIPANTS



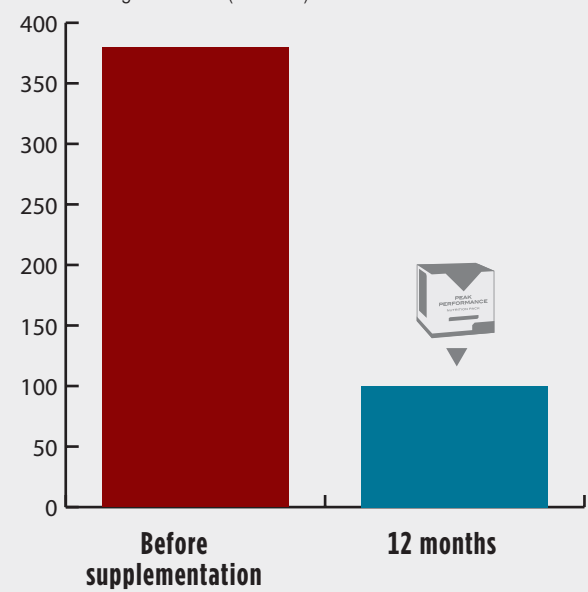
TNF-induced ROS generation (nM/min)



Inflammatory Resistance to TNF-alpha ELEVATED GROUP



TNF-induced ROS generation (nM/min)



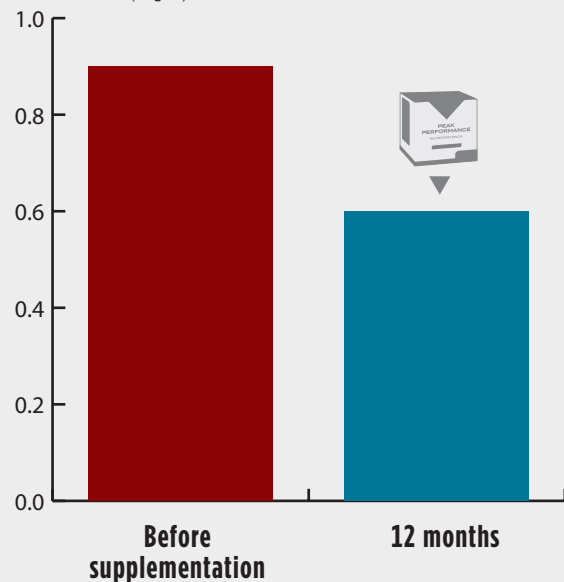
Inflammatory Profile: Effect on hs-CRP Formation

Inflammation was calculated by measuring the amount of high-sensitivity C-reactive protein (hs-CRP) in the blood. The higher the levels of this protein, the more inflammation in the body. After 12 months, the total group saw a 27.3% reduction in hs-CRP levels, while those who began the study with elevated levels saw an impressive 45.9% reduction.*

Effect on hs-CRP Formation ALL PARTICIPANTS



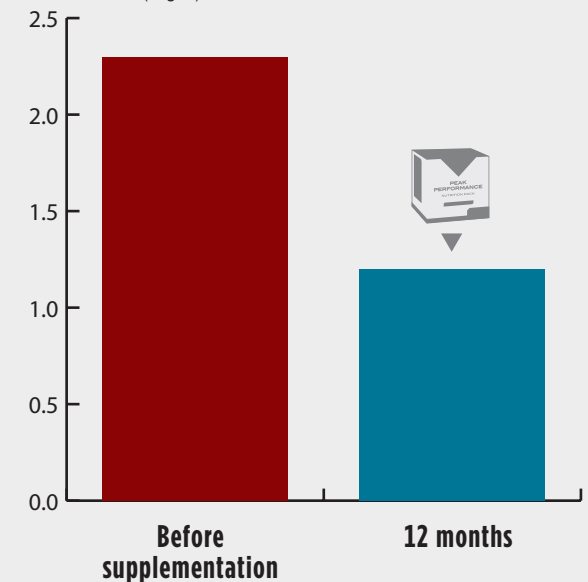
hs-CRP concentration (mg/L)



Effect on hs-CRP Formation ELEVATED GROUP



hs-CRP concentration (mg/L)



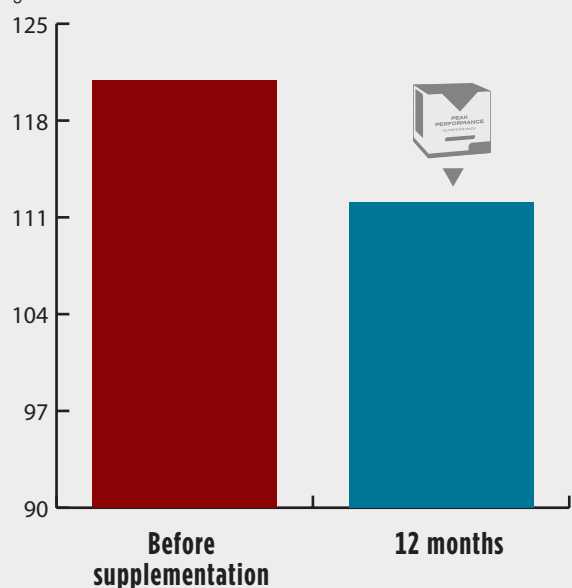
Cellular Metabolic Health: Impact on Reactive Oxygen Species

In the study, free radicals in the blood were measured as Reactive Oxygen Species (ROS). All participants saw an average 7.3% reduction after 12 months, while those who began the study with elevated levels saw a significant 16.6% reduction.*

Cellular Metabolic Index ALL PARTICIPANTS



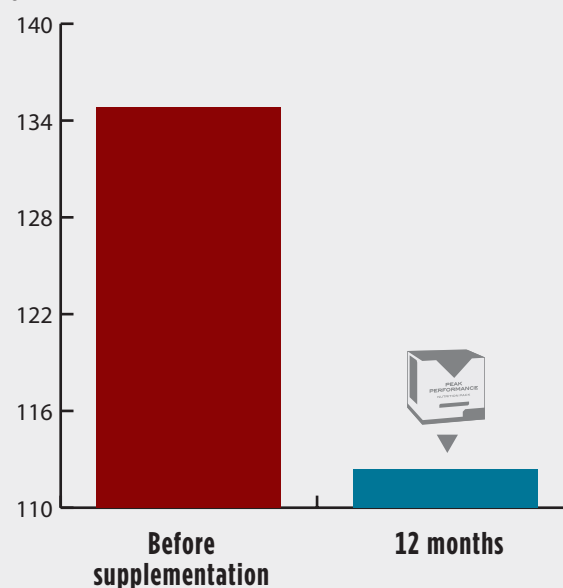
Total ROS generation in nM/sec



Cellular Metabolic Index ELEVATED GROUP



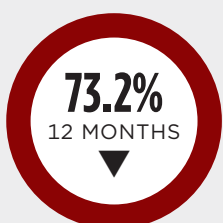
Total ROS generation in nM/sec



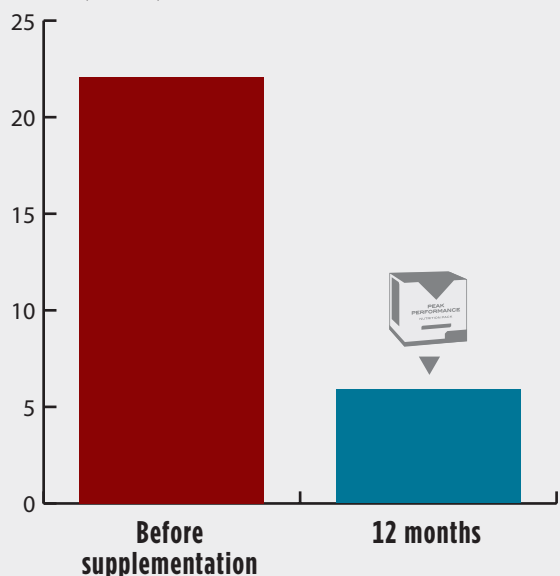
Cellular Metabolic Health: Mitochondrial Free Radicals

Mitochondria are the power plants of your cells. Free radicals interfere with mitochondrial function. A reduction in mitochondrial free radicals increases the efficiency of energy production.*

Mitochondrial Activity ALL PARTICIPANTS



Mitochondrial depended ROS generation (nM/sec)



The results of the Heart Health Study—
focusing on the *Peak Performance Heart Health Pack*—are far beyond
anything scientists have ever
seen in the history of nutritional
supplementation research!



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Like Earlier Studies, the Heart Health Study Shows Peak Performance Can Reduce Harmful Free Radicals

The Impact of Free Radicals on Long-Term Health

There are two important factors that have a devastating impact on our health over time. Those two devastating factors are inflammation and free radicals. It is a vicious cycle because inflammation causes excessive free radicals and excessive free radicals cause inflammation.

Inflammation can be caused by several factors, including stress, illness, injury, heavy exercise, smoking, pollution, and allergies. Free radicals can come from the same sources as well as the normal function of our bodies.

Unfortunately, every free radical does a tiny bit of damage to the cell in which it occurs. Free radicals cause the aging process and the appearance of wrinkles as we get older. They are also associated with many of the degenerative conditions linked to old age, such as heart disease, Alzheimer's, dementia, cancer, diabetes, arthritis, rheumatism, and macular degeneration.

And although inflammation is one cause of free radicals, you don't need inflammation to cause free radicals. In fact, free radicals are an everyday result of metabolism. In other words, free radicals are produced simply from being alive.

One could compare free radicals that are produced in the human body to the exhaust produced by a combustion engine. As long as a combustion engine is running, it produces exhaust.

Similarly, as long as we're alive, we are producing free radicals. And yet, free radicals are what cause us to age and eventually die. Fortunately, it takes a lot of free radicals to take us out.

Scientists tell us there are approximately four new free radicals created every second in every cell of our bodies. And since our bodies have approximately 36 trillion cells, that means there are hundreds of trillions of free radicals being produced in our bodies every single minute we are alive. The damage of any single free radical is usually so tiny that it is insignificant and undetectable. But with trillions of free radicals impacting our bodies every second of every day, it eventually takes a toll.

In a sense, free radicals act a lot like raindrops falling on a mountain. A single raindrop on the rock face of a mountain will do no perceptible damage. But over time, after thousands of years and trillions of raindrops, you can tell that raindrops have begun to take a toll on the face of the mountain. Come back a million years later and the damage is even more evident. Several million years later, the mountain is almost gone. The landscape has totally changed! All from tiny raindrops.

The impact of free radicals on our bodies is similar to raindrops on a mountain. A single free radical will do no perceivable damage. But over time—after trillions of free radical reactions—you can tell that free radicals have begun to take a toll. Come back 10 years later and our bodies have changed. And 20, 30, or 40 years later, our bodies are totally different!

After 70 or 80 years of trillions of free radicals, you can really see the damage!

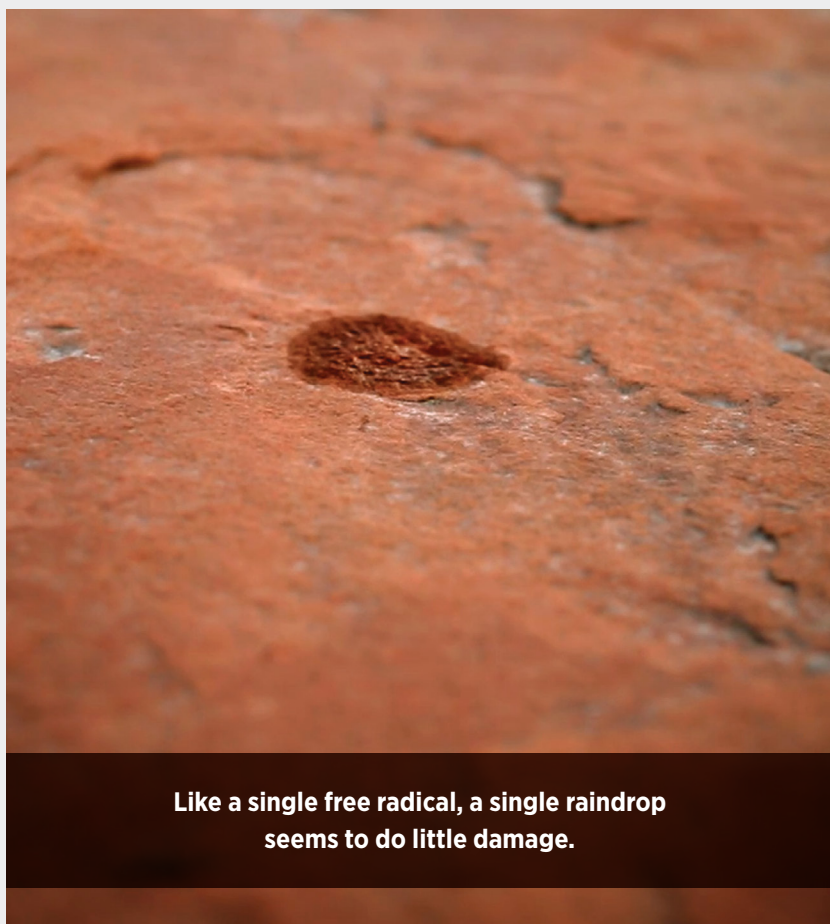
Since free radicals are responsible for the aging process and are at the root of most degenerative conditions, any preventive measures we can take to reduce free radicals increase our chances for longer, more vibrant lives.

There is no way to totally shut off all free radical activity in our bodies. That is simply not possible. Metabolism, breathing, and even digesting food all produce free radicals. But, if we can slow them down, we can minimize their impact.

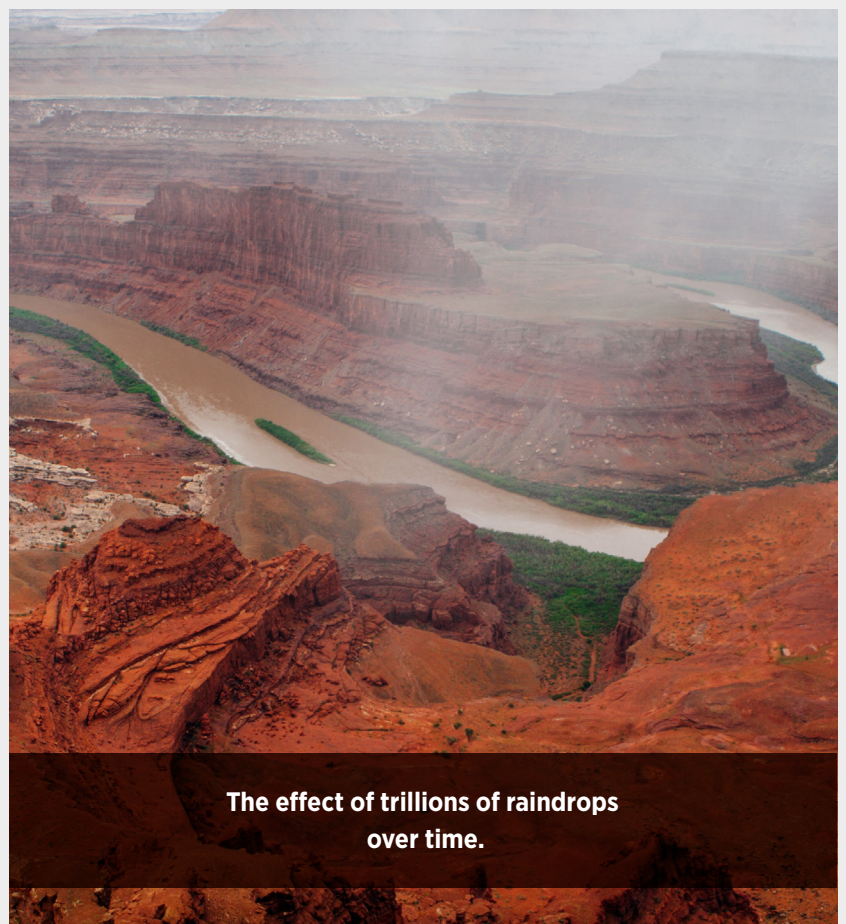
Science suggests that if we can reduce the free radical activity throughout our bodies, we could significantly slow the aging process and reduce the likelihood that we will fall victim to one of the serious conditions normally affiliated with age. In other words, if we could significantly reduce the number of free radicals in our bodies, we should be able to stay younger longer.

Certain nutrients called antioxidants have been shown to significantly curb free radical activity.

We can greatly reduce the amount of free radical activity that is occurring in our bodies at any one time by the proper use of antioxidants and other effective nutrients. For decades, scientists have been looking for the best formula to effectively curb free radicals. One after another, the leading national brands have been proven to be largely ineffective. The challenge has been to get laboratory results to transfer to human studies. Until now, they have not.



Like a single free radical, a single raindrop seems to do little damage.



The effect of trillions of raindrops over time.

While a single raindrop on the rock face of a mountain does no damage—and even a single rain shower does no perceptible damage—a million rainstorms begin to take a toll. Come back a million years later and you can see that, over time, raindrops have begun to change the landscape. Several million years later, the mountain is totally eroded away and ceases to exist. So it is with free radicals. A single free radical does no perceptible damage, but trillions of free radicals—over time—cause the aging process and can result in various degenerative conditions. By reducing the amount of free radicals, we can greatly improve our health and slow down the aging process.

Inside the Peak Performance Heart Health Pack



Participants in the Heart Health Study took the *Peak Performance Heart Health* pack every day. No other supplement pack delivers the incredible health benefits that *Peak Performance* can because no other pack contains the same powerful proprietary supplements.

6 CORE SUPPLEMENTS | found in every *Peak Performance Pack*



Vitality Multivitamin & Mineral™

- Essential nutrients enhance overall well-being*
- Powered by *Oligo*® to improve absorption and reduce free radicals*



CellWise®

- Provides broad-spectrum, age-defying antioxidant protection*
- Helps fight free radicals from head to toe*



CardiOmega EPA™

- Supports cardiovascular performance and speeds recovery*
- Promotes a normal response to activity-induced inflammation*



ProvexCV®

- Helps maintain healthy blood pressure*
- Provides antioxidants that fight free radicals*



Recover AI™

- Promotes a healthy inflammatory response to activity*
- Supports healthy joint and muscle function*



Florify®

- Delivers 10 billion CFUs of probiotics to help balance and protect your digestive tract*
- Boosts nutrient absorption and supports immunity*

ADDED HEART HEALTH SUPPLEMENTS



Phytomega®

- Helps block cholesterol absorption**‡
- May reduce the risk of heart disease by lowering cholesterol**‡



CoQ10+

- Supports your cells' ability to convert nutrients into energy*
- Scavenges free radicals that can damage cells in high-energy organs*



K2-D3

- Redirects calcium from your bloodstream to your bones and teeth*
- Helps protect your heart*

3 Ways to Get the Most from Peak Performance



All four *Peak Performance* studies have shown that consistent, daily use is essential to feeling and holding on to the benefits of good health. We've learned a few tips that can make taking the pack a simple part of your everyday routine.

1

Eat It with a Meal

We've found that you get the best results when you take *Peak Performance* with fat and protein. So taking it with a meal not only helps you remember, it ensures you avoid any feeling of nausea and improves nutrient absorption.

2

Put It Where You'll See It

Since you're more likely to remember your *Peak Performance* if you see it, keep your box on the kitchen counter, your bedroom nightstand, or even in your bathroom—anywhere you are sure to see it and remember it.

3

Take It with You

The on-the-go packets make it easy to keep your *Peak Performance* with you wherever you eat, so take them with you—whether that means putting the packets in your car, in your purse, or in your desk at work.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

† Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease. A daily dose of *Phytomega* (4 softgels) supplies 550 mg of EPA and DHA.

‡ Foods and supplements containing at least 650 mg per serving of plant sterol esters, eaten twice a day with meals for a daily total intake of at least 1,300 mg, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A daily dose of *Phytomega* (4 softgels) supplies 2,000 mg of plant sterol esters.

Leading by Example

Melaleuca CEO Takes on the World's Best with the Help of the Peak Performance Pack



"We encourage all 'Peak' users to submit their results to Melaleuca so we can add it to the thousands of others who are getting amazing results from using the Peak Performance Pack."
 —Frank VanderSloot

The Heart Health Study is further proof that the longer you take the *Peak Performance Pack*, the greater the benefits. While it's exciting to see the scientific data, thousands of *Peak Performance Pack* users have already been feeling the results for years. Take Melaleuca CEO Frank VanderSloot—he's been taking Melaleuca supplements for more than 30 years and the *Peak Performance Pack* since it was developed.

For his 70th birthday, Frank set out to prove the power of the *Peak Performance Pack*. He has never been an athlete, works a desk job, travels a lot, and

works out no more than two or three times a week for no more than for 20 to 30 minutes at a time, but he decided to challenge the world record in the 100-meter indoor row.

Frank admits that most of the bodybuilders his age were at one time much stronger than he has ever been, but he believes that with the help of the *Peak Performance Pack*, he has been aging much more slowly than they have.

Frank proved his point! On his 70th birthday he shaved a whopping 7% off the previous record and set a new world record of 14.4 seconds in the 100-meter row.

Since then, he has broken five more world records for his age group in other indoor-rowing events. What is the likelihood that a nonathletic CEO with a desk job and a very sparse workout schedule would be breaking world records that were established by world-renowned athletes?

Frank is the first to point out that his experience by itself should not be considered a scientific study because it only involves one person. But you can add your own story of your experience with the *Peak Performance Pack*—and that will be all the proof you need!



ALL THE STUDIES, ALL IN ONE PLACE

The Heart Health Study is the fourth human clinical study on the *Peak Performance Pack*. You can find details on all four studies, as well as download key findings, from one site:

PeakPerformanceStudies.com