



Nutritional Frontiers

breaking through nutritional boundaries

WELLNESS

WHOLE FOODS SOLUTION

ACTIVITY

	A.M.	Noon	P.M.	Duration	# per week
Walking					
Aerobic					
Strength					
Flexibility					

RELAXATION & SLEEP

	A.M.	Noon	P.M.	Duration	# per week
Deep Breathing					
Meditation					
Yoga					
Hobbies					
Other _____					

NUTRACEUTICALS

	A.M.	Noon	P.M.	With or without food
Super Shake or The Best Whey				
Pro Lean Greens				
Omega 3D				
Pro Purples				
Pro Oranges				
Pro Reds				
Other _____				

HEALTH CARE PROFESSIONAL NOTES:

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



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ABOUT WHOLE FOODS

A whole food is any food that is in its natural state and ready for consumption. Meaning, the food is unprocessed, unrefined, and free of chemicals, additives, and preservatives. Processed foods lose most of their vitamins and minerals rendering them non-nutritional. With processed foods, preservatives and artificial flavorings are generally added, further decreasing the foods nutritional value. Whole foods are free of these unhealthy additives. Additionally whole foods do not have sugars and salts added. Sugar and salt additives can lead to obesity and high blood pressure. With a whole foods solution your body can be free of chemicals and healthier by choosing the right foods to eat!

WHOLE FOODS SOLUTION



Super Shake

Vanilla • Chocolate • Peanut Butter • Strawberry Banana
Pumpkin Spice • Chocolate Coconut • Naked

OR

The Best Whey

Vanilla • Chocolate • Blueberry • Naked

Take 1 Scoop with 8oz. of water, almond, rice, or coconut milk and ice.



Pro Lean Greens

Take 1 Scoop per day mixed with Super Shake or The Best Whey. Lean Greens is also great on its own with water or juice.



Omega 3D

Available in capsules or liquid. Take 1 capsule or 1 teaspoon with food, 1-3 times daily.



WHY HEALTHCARE PROFESSIONALS RECOMMEND THE WHOLE FOODS SOLUTION

Whole foods are recommended above other food sources for their purity and nutrient rich potency. The Whole foods solution allows people to achieve the nutrient rich food intake that they need to stay healthy. With these formulas you will be able add nutrient rich supplements to your diet which you may not be getting enough of on a daily basis. End poor food choices with the guide below and begin adding the whole foods supplement regiment to your daily routine to achieve the healthier body you've been wanting.

SYMPTOMS THAT MAY OCCUR FROM POOR QUALITY FOOD

- | | | |
|--|---|--|
| <input type="checkbox"/> Nausea | <input type="checkbox"/> Constipation | <input type="checkbox"/> Weakness |
| <input type="checkbox"/> Headaches | <input type="checkbox"/> Vomiting | <input type="checkbox"/> Depression |
| <input type="checkbox"/> Obesity | <input type="checkbox"/> Allergic reactions | <input type="checkbox"/> Pre-Mature Aging |
| <input type="checkbox"/> Unhealthy Weight Loss | <input type="checkbox"/> Cancer | <input type="checkbox"/> Shorten Life expectancy |

FOOD

Everyday	Moderation	Rare Occasions	Never
<ul style="list-style-type: none"> • Raw fruits • Raw vegetables <ul style="list-style-type: none"> • Lightly steamed, stir-fried, or roasted veggies • 100% whole grains (wheat less frequently) • Oatmeal • Legumes • Olive oil • 6-8 glasses of pure water • Unroasted nuts and seeds 	<ul style="list-style-type: none"> • Clean meats (organic, wild game- no hormones or antibiotics) • Wild fish, shellfish • Unprocessed fruit and veggie juices • Organic & free range eggs • Coconut oil, high oleic unrefined safflower oil • Peanuts (raw) 	<ul style="list-style-type: none"> • Pasteurized dairy • Pizza • Alcohol • Coffee • Canned foods • Sweets, cane sugar 	<ul style="list-style-type: none"> • Hydrogenated and partially hydrogenated fats & oils (margarine, fried foods, commercial peanut butter, etc.) • Artificial sweeteners (aspartame, Splenda a.k.a. sucralose, Sweet N'Low, etc.) • Soda • White bread • Fast food • High fructose corn syrup and seeds

