

# P90X® PEAK HEALTH FORMULA

Beachbody Nutritionals™

Extreme nutrition for extreme lifestyles.

Extreme workouts put incredible strain on your muscles, cardiovascular and immune systems, and energy. Replenishing your body with enough essential nutrients to balance the demands you put on it is crucial to staying healthy and getting—and maintaining—the results you want from your Beachbody® workouts. Each P90X® Peak Health Formula packet contains a powerhouse of nutritional support, including high-potency vitamins, minerals, antioxidants, herbs, and phytonutrients to boost your strength and energy like never before.\*



## KEY BENEFITS\*

- Supports immunity, energy, **cardiovascular health**, memory, and neural function
- Contains digestive enzymes for **maximum nutrient utilization**
- Contains **high-potency** vitamins and minerals
- Includes **powerful antioxidants** like alpha-lipoic acid, grape seed extract, and Co-enzyme Q10
- **Alpha-lipoic acid**, often referred to as the “**master antioxidant**,” is vital for energy production in cells and helps deactivate a wide array of cell-damaging free radicals
- **Grape seed extract**, a potent **antioxidant**, may help reduce and prevent free-radical damage, improve joint flexibility, reduce mental aging, and enhance energy
- **Co-enzyme Q10**, a free-radical scavenger, is important in the production of cellular ATP (adenosine triphosphate), which **provides energy** for all cellular functions
- **Conveniently** available individually or as part of the Performance Pack, which also includes Performance Formula

## USAGE

Take one packet (6 capsules) daily with a meal.

## THE BEACHBODY® DIFFERENCE

No other supplement carries the potency and range of nutrients like P90X® Peak Health Formula. It's the supplement that extremely active people need to stay on track!

### DID YOU KNOW?

- Grape seed extract may also help protect against cardiovascular disease by supporting healthy peripheral and central circulation and repair of arterial and vascular lining.\*
- Supplementation of Co-enzyme Q10 may even support normal heart function, protect DNA from free-radical-induced oxidative damage, and maintain healthy energy levels.\*

As with any new supplement, meal replacement, or exercise program, you should always first consult with your health care provider about your unique needs.

\*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.

