

BEET THE ODDS

CARDIO PACK

Give your heart the support it deserves with our powerful Beet The Odds Cardio Pack! This carefully curated trio of products is designed to target key areas of cardiovascular health, helping you stay strong, energized, and balanced.

Whether you're looking to improve circulation, enhance endurance, or maintain a healthy heart, this pack has you covered. Each product works together to provide essential nutrients that support blood flow, reduce inflammation, and promote overall wellness.

Start your journey to a healthier heart with this dynamic blend of nature's best ingredients - because your heart deserves the best!

Beetroot Max: Harness the natural power of beets! Rich in dietary nitrates, Beetroot Max supports normal blood flow and helps you stay energized throughout the day.

Ocean Vitality: Dive into a sea of wellness with marine minerals! Ocean Vitality complements a heart-healthy lifestyle and promotes overall vitality.

Magnesium Oil: Soothe your muscles and support relaxation with our easily absorbable Magnesium Oil! Magnesium is essential for numerous bodily functions, making it a valuable addition to your daily routine.

Take charge of your heart health with the Beet The Odds Cardio Pack - a powerful trio of natural, high-quality products designed for easy integration into your daily routine. Offering holistic support for your cardiovascular system, this pack helps you stay proactive in your well-being.

Beet The Odds with this thoughtfully crafted, heart-friendly pack!



Beetroot Max supports the heart and also provides sustained energy, making it an excellent choice for those seeking a natural way to enhance their daily performance.*

→ Add 1 scoop Beetroot Max to 1 ounce of water. Mix well. Drink. Follow with 16 ounces of water. For best results take twice daily; before breakfast and before lunch.*



Ocean Vitality is a powerful blend of four nutrient-rich sea vegetables that offers a wide array of essential vitamins and minerals that support overall health and well-being.*

→ Take 1 scoop in 16 ounces of water, two times per day.



The skin, our body's largest and most absorbent organ, provides an ideal pathway for absorbing magnesium, making topical application an effortless way to support your health and well-being.*

→ Apply onto clean skin on areas like your chest, thighs, torso, calves, and feet, 30 minutes before bed.

INGREDIENTS & CAUTIONS

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

Ingredients

Beetroot Max: Organic Beet (Root) Powder, Organic Amla (Fruit) Powder, Organic Hawthorn (Berry) Powder, Organic Schisandra chinensis (Berry) Powder, Organic Green Tea (Leaf) Powder, Organic Ashwagandha (Root) Powder, Organic Turmeric (Root) Powder, Organic Rosehip (Fruit) Powder, Turmeric (Root) Extract [Standardized to min. 95% Curcuminoids (630 mg) (including Curcumin, Demethoxycurcumin and Bisdemethoxycurcumin)], Capros® Amla (Fruit) Extract, Organic Garlic (Bulb) Powder, Organic Noni (Fruit) Powder, Organic Ginseng (Root) Powder, Astragalus (Root) Powder, Organic Acerola (Fruit) Juice Powder, Organic Bilberry (Leaf) Powder, Vitamin C (Ascorbic acid), Organic Black Pepper (Fruit) Powder, Triple Probiotic (Bacillus coagulans, Bacillus subtilis, Bacillus clausii) Powder 1 Billion CFU/g

Trademark Declaration: Capros® is a registered trademark of Kerry Company, used under license.



Ocean Vitality: Organic Nori (Porphyra umbilicalis) Organic Kelp (Laminaria hyperborea), Organic Kelp (Ascophyllum nodosum), Organic Kelp (Laminaria digitata), Organic Dulse (Palmaria palmata), Organic Irish Sea Moss (Chondrus crispus)

Magnesium Oil: Purified water, 100% pure magnesium chloride brine from the Ancient Zechstein seabed in the Netherlands

Beetroot Max Cautions

- Keep products out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult a healthcare provider prior to use.

Ocean Vitality Cautions

- Keep products out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult a healthcare provider prior to use.

Magnesium Oil Cautions

- Use only as directed.
- For external use only.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Do not apply on open wounds, irritated skin, recently shaven skin, or broken skin.
- Avoid contact with eyes and mucous membranes.
- Keep out of reach of children and pets.
- Discontinue use if irritation occurs.

Beetroot Max

red vitality shot

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ingredients

Organic Beet (Root) Powder, Organic Amla (Fruit) Powder, Organic Hawthorn (Berry) Powder, Organic Schisandra chinensis (Berry) Powder, Organic Green Tea (Leaf) Powder, Organic Ashwagandha (Root) Powder, Organic Turmeric (Root) Powder, Organic Rosehip (Fruit) Powder, Turmeric (Root) Extract [Standardized to min. 95% Curcuminoids (630 mg) (including Curcumin, Demethoxycurcumin and Bisdemethoxycurcumin)], Capros® Amla (Fruit) Extract, Organic Garlic (Bulb) Powder, Organic Noni (Fruit) Powder, Organic Ginseng (Root) Powder, Astragalus (Root) Powder, Organic Acerola (Fruit) Juice Powder, Organic Bilberry (Leaf) Powder, Vitamin C (Ascorbic acid), Organic Black Pepper (Fruit) Powder, Triple Probiotic (Bacillus coagulans, Bacillus subtilis, Bacillus clausii) Powder 1 Billion CFU/g

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suggested use

- Add 1 scoop Beetroot Max to 1 ounce of water. Mix well. Drink. Follow with 16 ounces of water. For best results take two (2) times daily.

responsible cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.

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product summary

Beetroot Max is a proprietary blend meticulously formulated to support heart health and enhance energy levels. Central to this formulation are beets, which are rich in nitrates known to improve blood flow and cardiovascular function. Complementing this are hawthorn berries, a traditional heart tonic revered for their ability to strengthen the heart and improve circulation. Together, these ingredients create a powerful synergy that promotes overall heart health.*

What sets Beetroot Max apart is its inclusion of Capros®, a patented natural botanical extract derived from the edible fruits of Amla (Phyllanthus emblica). Capros® is clinically proven to support healthy blood vessels, reduce oxidative stress, and enhance nitric oxide production, further boosting cardiovascular health and vitality.*

With its unique combination of science-backed ingredients, Beetroot Max not only supports the heart but also provides sustained energy, making it an excellent choice for those seeking a natural way to enhance their daily performance.*

ingredient highlights

- **Beets:** Packed with nitrates, which the body converts into nitric oxide, a compound that helps relax and widen blood vessels. This improved blood flow can lower blood pressure, enhance circulation, and support overall cardiovascular health, making beets a powerful ally for maintaining a healthy heart.*
- **Hawthorn Berry:** Well-known for their cardiovascular benefits, particularly their ability to strengthen the heart and improve blood circulation. Rich in antioxidants, these berries help reduce inflammation and support healthy blood pressure, making them an excellent natural remedy for promoting overall heart health and vitality.*
- **Capros®:** A patented extract derived from Indian gooseberry (Amla) that offers a range of health benefits, particularly for cardiovascular health. Clinically proven to support healthy blood vessels and improve circulation, Capros® helps increase nitric oxide production, which plays a crucial role in maintaining healthy blood pressure. Additionally, its powerful antioxidant properties help reduce oxidative stress, protecting the heart and promoting overall cardiovascular wellness.*

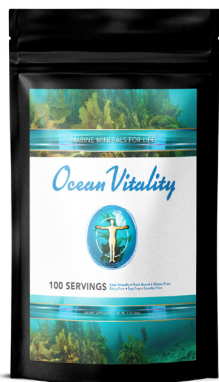
Clinical studies for Capros®:

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6503348/>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4390209/>

Ocean Vitality

marine minerals for life

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ingredients

Organic Nori (*Porphyra umbilicalis*) Organic Kelp (*Laminaria hyperborea*), Organic Kelp (*Ascophyllum nodosum*), Organic Kelp (*Laminaria digitata*), Organic Dulse (*Palmaria palmata*), Organic Irish Sea Moss (*Chondrus crispus*)

suggested use

- Add 1 scoop to 16 ounces of water. Can be added to other supplements, food, smoothies, juices, facial masks, and baths.*

responsible cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.

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product summary

Ocean Vitality is a powerful blend of four nutrient-rich sea vegetables: nori, kelp, dulse, and Irish sea moss. This unique combination offers a wide array of essential vitamins and minerals that support overall health and well-being.*

Nori, commonly known for its use in sushi, is packed with vitamins, along with iodine, which is crucial for thyroid health. Kelp, another key ingredient, is a natural source of iodine as well, but it also provides calcium, magnesium, and potassium, making it a valuable addition to a diet that supports bone health and metabolic function.*

The inclusion of organic dulse in Ocean Vitality adds a rich source of potassium, iron, and B vitamins, all of which contribute to maintaining healthy blood pressure, energy levels, and nervous system function. Dulse is also high in antioxidants, which help protect the body from oxidative stress and inflammation.*

Organic Irish Sea Moss, the final component of this blend, is renowned for its high mineral content, including iodine, calcium, and magnesium, as well as properties that support digestive health by soothing the digestive tract.*

Together, these sea vegetables create a synergistic blend that nourishes the body with a broad spectrum of nutrients while also supporting detoxification and immune function. Ocean Vitality is excellent for those looking to enhance their diet with natural, plant-based sources of essential nutrients, particularly those that are often lacking in modern diets. Whether added to smoothies, foods, or taken as a supplement, Ocean Vitality provides a convenient and potent way to harness the health benefits of the ocean's bounty.*

Ocean Vitality Bath

- 2 tablespoons Ocean Vitality
 - ½ cup of Epsom salts
 - 10 drops of your favorite essential oil (optional)
1. Combine Ocean Vitality and epsom salts in a small bowl and mix well. If using essential oil(s), add to the dry mixture and stir thoroughly.*
 2. Fill tub with warm water and add mixed ingredients.*
 3. Immerse yourself in the bath and soak for 20 to 30 minutes.*
 4. After soaking, rinse your body with clean water. Pat skin dry and apply your favorite moisturizer to lock in the hydration.*

Ocean Vitality Facial Mask

- 2 tablespoons Ocean Vitality
- 1 tablespoon honey (for hydration)
- 1 tablespoon yogurt (for lactic acid benefits)
- 1 teaspoon lemon juice (optional, for brightening)
- Water or green tea (as needed for consistency)

1. In a small bowl, combine the Ocean Vitality with honey and yogurt. If you're using lemon juice, add it to the mixture.*
2. Gradually add water or green tea to the mixture. Stir well until you reach a smooth paste that is spreadable but not too runny.*
3. Before applying the mask, make sure to cleanse your face thoroughly to remove any makeup or impurities.*
4. Using clean fingers or a brush, apply the mask evenly over your face, avoiding the area around your eyes.*
5. Leave the mask on for 15 to 20 minutes. You may feel a slight tingling sensation, which is normal.*
6. Once the time is up, rinse off the mask with lukewarm water. Follow up with your favorite moisturizer.*

Tips:

- Always do a patch test before applying the mask to your entire face to check for any allergic reactions.*
- Use this mask once a week for best results.*
- Store any leftover mask in the refrigerator and use it within a few days.*
- Enjoy the refreshing, nourishing benefits of this mask!*

Ocean Vitality Smoothie

- 1 tablespoon Ocean Vitality
- 1 banana
- 1 cup spinach or kale
- 1 cup milk of your choice
- 1 tablespoon preferred nut butter (almond, peanut, etc.)
- 1 teaspoon honey or maple syrup (optional)

1. Combine all ingredients in a blender.*
2. Blend until smooth.*
3. Adjust sweetness if desired and serve immediately.*

Salad Dressing

- 1 tablespoon Ocean Vitality
- ¼ cup olive oil
- 2 tablespoons apple cider vinegar
- 1 teaspoon Dijon mustard
- 1 clove garlic, minced
- Salt and pepper

1. Whisk together all ingredients in a bowl until well blended.*
2. Adjust seasoning to personal taste and drizzle over your favorite salads. Can be stored refrigerated for 1 to 2 days.*

Quinoa Power Bowl

- 1 tablespoon Ocean Vitality
- 1 cup cooked quinoa
- ½ cup cherry tomatoes, halved
- ½ cucumber, diced
- ¼ cup chickpeas (canned/drained or cooked)
- Dressing of your choice (e.g., olive oil, lemon juice, or the salad dressing above)

1. In a large bowl, gently mix the cooked quinoa, vegetables, and chickpeas.*
2. Sprinkle Ocean Vitality over the top and drizzle with your chosen dressing.*
3. Toss to combine and serve chilled or at room temperature.*

Energy Balls

- 1 cup oats
- 1 tablespoon Ocean Vitality
- ½ cup nut butter (peanut, almond, etc.)
- ¼ cup honey or maple syrup
- ¼ cup chocolate chips or dried fruits (optional)
- 1 teaspoon vanilla extract

1. In a mixing bowl, combine all ingredients until well mixed.*
2. Roll the mixture into small balls, about 1 inch in diameter.*
3. Place balls in a single layer on a baking sheet and refrigerate for at least 30 minutes to set.*
4. Store in an airtight container in the fridge.*

Magnesium Oil

75,000mg magnesium

4 ounce

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ingredients

Purified water, 100% pure magnesium chloride brine from the Ancient Zechstein seabed in the Netherlands

suggested use

Apply 3-5 pumps of the magnesium oil directly onto clean skin on areas like your chest, thighs, torso, calves, and feet. Massage until fully absorbed (each pump delivers about 100mg of magnesium). It's normal to notice some salt residue on your skin afterward; you can either leave it on or rinse it off as desired. Any tingling or itching should fade as the oil soaks in.

responsible cautions

- Use only as directed.
- For external use only.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Do not apply on open wounds, irritated skin, recently shaven skin, or broken skin.
- Avoid contact with eyes and mucous membranes.
- Keep out of reach of children and pets.
- Discontinue use if irritation occurs.

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topical magnesium advantage

ABSORPTION

When absorbed directly into the bloodstream through the skin, topical magnesium can provide faster relief of magnesium deficiency symptoms such as muscle cramps, fatigue, headaches, and stress.*

EASE OF USE

Topical magnesium is an excellent alternative for individuals who have difficulty swallowing pills.*

TARGETED APPLICATION

Topical magnesium can be applied directly to specific areas of the body that require relief or support.*

product summary

Magnesium plays a vital role in over 300 bodily functions, yet 2 out of 3 people are unknowingly deficient in it. Zechstein magnesium chloride is one of the most bioavailable and easily absorbed forms for topical use.*

Our ultra-concentrated solution of Zechstein magnesium chloride is a simple and powerful way to harness the benefits of this vital mineral. Our magnesium chloride is naturally sourced from 1,500 meters below the surface of the ancient Zechstein Sea Bed, formed over 250 million years ago. This pristine underground source has remained untouched by modern pollution, making it one of the purest forms of magnesium chloride available.*

Studies show that magnesium can help reduce stress, anxiety, muscle soreness, joint pain, headaches, PMS, and skin conditions like eczema and psoriasis, while also promoting restful sleep. Additionally, it aids in calcium absorption, supporting bone health and growth.*

A magnesium deficiency can dramatically increase your risk of serious health issues, doubling your mortality risk according to a study in *The Journal of Intensive Care Medicine*. Early signs of deficiency include fatigue, nausea, and weakness, escalating to more serious issues like muscle cramps, seizures, and abnormal heart rhythms if left unchecked. Maintaining adequate magnesium levels is vital for sustaining the intricate balance of biochemical reactions that keep us healthy.*

Simply put, magnesium is indispensable for life and vibrant health.*

The skin, our body's largest and most absorbent organ, provides an ideal pathway for absorbing magnesium, making topical application an effortless way to support your health and well-being.*

By integrating topical magnesium into your daily routine, you can naturally replenish your levels of this vital mineral and promote better muscle function, improved skin health, and overall vitality. Experience the difference that this ancient, pure source of magnesium can make for your wellness journey today!*