

## MY ESSENTIAL 9 AGES 0-12



**Omega:** DNA Miracles® Essential Omega 3  
**Antioxidant:** DNA Miracles Isotonix® OPC-3, Vitamin C + D3 Chews  
**Vitamin:** DNA Miracles Isotonix Multivitamin Plus  
**B Complex:** DNA Miracles Isotonix Multivitamin Plus, Chewable Probiotics  
**Vitamin D3:** DNA Miracles Vitamin C + D3 Chews  
**Fiber:** DNA Miracles Flora Melts  
**Probiotic:** DNA Miracles Probiotics Extra, Chewable Probiotics  
**Magnesium:** DNA Miracles Isotonix Multivitamin Plus  
**CoQ10:** not necessary at this age

## MY ESSENTIAL 9 AGES 13-23



**Omega:** DNA Miracles® Essential Omega 3, Heart Health™ Essential Omega III Fish Oil with Vitamin E  
**Antioxidant:** DNA Miracles Isotonix OPC-3®, OPC-3 Chews, Isotonix® OPC-3  
**Vitamin:** DNA Miracles Isotonix Multivitamin Plus, Isotonix Daily Essentials  
**B Complex:** Isotonix Multivitamin, Digestive Enzymes with Probiotics, Activated B Complex  
**Vitamin D3:** DNA Miracles Vitamin C + D3 Chews  
**Fiber:** DNA Miracles Flora Melts, NutriClean Advanced Fiber Powder with Stevia  
**Probiotic:** DNA Miracles Chewable Probiotics, Probiotics-10, Isotonix Digestive Enzymes with Probiotics  
**Magnesium:** DNA Miracles Isotonix Multivitamin, Isotonix Magnesium

## MY ESSENTIAL 9 AGES 24-34



**Omega:** Heart Health® Essential Omega III Fish Oil with Vitamin E  
**Antioxidant:** Prime™ Astaxanthin Cardio and Visual Vitality Formula, Isotonix OPC-3 Beauty Blend, Daily Essentials Packets  
**Vitamin:** Isotonix Daily Essentials, Isotonix Essentials Women's Health  
**B Complex:** Isotonix Activated B Complex, Isotonix Açai Advanced Energy and Antioxidant Formula  
**Vitamin D3:** Isotonix Vitamin D with K2, Peak Performance Blend  
**Fiber:** NutriClean Advanced Fiber Powder with Stevia  
**Probiotic:** Probiotics-10, Isotonix Digestive Enzymes with Probiotics  
**Magnesium:** Isotonix Magnesium, Isotonix Essentials Women's Health, Turn Down  
**CoQ10:** Isotonix Isochrome

## MY ESSENTIAL 9 AGES 35-55



**Omega:** Heart Health Essential Omega III Fish Oil with Vitamin E  
**Antioxidant:** Prime Astaxanthin Cardio and Visual Vitality Formula, Isotonix Açai Advanced Energy and Antioxidant Formula, Resveratrol, OPC-3  
**Vitamin:** Isotonix Essentials Women's Health, Anti-Aging  
**B Complex:** Isotonix Activated B Complex, Isotonix Essentials Turn Up  
**Vitamin D3:** Isotonix Vitamin D with K2  
**Fiber:** NutriClean Advanced Fiber Powder with Stevia  
**Probiotic:** Probiotics-10, Isotonix Digestive Enzymes with Probiotics  
**Magnesium:** Isotonix Magnesium  
**CoQ10:** Isotonix Isochrome, Heart Health Advanced Co-Q10, Anti-Aging

## MY ESSENTIAL 9 AGES 56-75



**Omega:** Heart Health Essential Omega III Fish Oil with Vitamin E  
**Antioxidant:** Curcumin Extreme™, Thymenol™, Isotonix OPC-3  
**Vitamin:** Isotonix Multivitamin Fifty Plus, Isotonix Essentials Anti-Aging  
**B Complex:** Isotonix Activated B Complex, Probiotics-10  
**Vitamin D3:** Isotonix Vitamin D with K2  
**Fiber:** NutriClean Advanced Fiber Powder with Stevia  
**Probiotic:** Probiotics-10, Isotonix Digestive Enzymes with Probiotics  
**Magnesium:** Isotonix Magnesium  
**CoQ10:** Heart Health Advanced Co-Q10