

# THE FOUNDATION

Your Daily Core for Whole-Body Health

When patients ask our pharmacists,  
**“If I only take a few supplements, what should they be?”**

**THIS IS OUR ANSWER:**

## PowerMulti



### Advanced Daily Multivitamin

PowerMulti delivers active, methylated, and chelated nutrients in relevant amounts your body can use immediately—not inexpensive synthetic forms.

### SUPPORTS

- ✓ Cellular energy + mitochondrial function
- ✓ Heart + cardiometabolic health
- ✓ Healthy blood sugar balance
- ✓ Brain clarity, focus, + mood
- ✓ Thyroid + hormone balance
- ✓ Natural detox + methylation pathways
- ✓ Immune system function

## Omega 3 TG



### The Cellular Membrane Builder

Provided in superior triglyceride (TG) form for better absorption and tissue incorporation. Omega-3s help your cell membranes stay flexible and responsive.

### SUPPORTS

- ✓ Healthy TG levels + cardiovascular function
- ✓ Normal blood pressure
- ✓ Balanced inflammatory response
- ✓ Brain health, memory, + mood
- ✓ Joint comfort + mobility
- ✓ Eye, skin, + gut health
- ✓ Immune system resilience

## Mag Glycinate Elite



### The Relaxation Mineral

Magnesium is required for 600+ enzymatic reactions, yet many adults don't get enough. Glycinate is one of the most gentle, calming, and highly absorbable forms.

### SUPPORTS

- ✓ Restful sleep and relaxation
- ✓ Healthy stress response
- ✓ Muscle comfort + recovery
- ✓ Normal heart rhythm + blood pressure
- ✓ Healthy insulin sensitivity + metabolic function
- ✓ Mitochondrial energy production
- ✓ Hormone balance

**Taken Together:**

**Fuels the Cells | Supports Healthy Membranes | Promotes Calm and Recovery**

**Energy Up. Stress Down. Resilience Up.**  
 That's REAL Foundational Health.

**KIZER**  
wellness **X**