



YOR Fiber Plus™

YOR Fiber Plus™ is an advanced dietary fiber supplement designed to fill the fiber gap and other deficiencies in your diet. It combines the highest quality, natural and organic fibers with flaxseed, Omega-3 ALA, a powerful antioxidant called HMRIignan™, and the patent-protected YOR NDS™. The blend of natural and organic fibers creates the perfect harmony and balance to support gentle, yet effective results. The light and fresh taste, plus the easy to mix blend will transform your experience, taking fiber from chore to pleasure.†

RETAIL PV	WHOLESALE PV	RETAIL	WHOLESALE
31	26	\$33.88	\$26.88



YOR MRP®

YOR MRP® packs proteins, vitamins, minerals, and antioxidants into the most convenient, calorie-controlled, hunger reducing combination. No calories are wasted and it tastes delicious so you don't feel deprived. YOR MRP® features the patent-protected YOR NDS™ and patented enzyme formulas AMINOGEN® and CARBOGEN® which boost the strength and energy obtained from protein, and maximize the use of complex carbs so they aren't stored as fat.†
(Available in Chocolate and Vanilla)

RETAIL PV	WHOLESALE PV	RETAIL	WHOLESALE
41	33	\$46.38	\$36.88



YOR Digest Ultra®

YOR Digest Ultra® is a high potency digestive combination product featuring the patent-protected YOR NDS™ - proven to better health. Powerful yet gentle, this potent formula provides an enzyme blend that's generally 2-3 times stronger and more effective than most enzyme products on the market; yet it is safe and gentle.†

RETAIL PV	WHOLESALE PV	RETAIL	WHOLESALE
44	38	\$47.38	\$38.88



YOR SUPERGREENS®

YOR SuperGreens® drink mix helps you feel good inside and look great outside by providing you with the nutrients your body needs but can't get from diet alone. YOR SuperGreens® contains nutrient dense super-foods, fruit and vegetable extracts, active cultures, botanical extracts, and the patent-protected YOR NDS™. In addition, YOR SuperGreens® contains an equivalent antioxidant power of approximately 24 servings of fruits and vegetables in every serving!!! YOR SuperGreens® is not only nutritious; it's delicious!†

RETAIL PV	WHOLESALE PV	RETAIL	WHOLESALE
49	40	\$52.38	\$40.88



YOR Probiotics Ultra®

YOR Probiotics Ultra® is breaking new grounds in the future of probiotics with the clinically proven strain Howaru® *B. lactis* and the revolutionary veggie capsule technology DRcaps™. This high potency breakthrough formula provides 10 highly stable strains, over 40 billion c.f.u. per serving, and guarantees satisfaction.†

RETAIL PV	WHOLESALE PV	RETAIL	WHOLESALE
48	42	\$51.38	\$42.88



YOR ESSENTIAL VITAMIN®

YOR Essential Vitamin® is a comprehensive life-enhancement supplement containing potent vitamins, minerals, antioxidants, amino acids, digestive enzymes, fatty acids, green superfoods, and herbs in optimal ratios for maximum effectiveness. This dynamic total-body support system helps restore natural energy and offers a full range of benefits including 100 mg of the powerful anti-oxidant Coenzyme Q10.†

RETAIL PV	WHOLESALE PV	RETAIL	WHOLESALE
54	43	\$57.78	\$43.88



YOR REPAIR ULTRA®

YOR Repair Ultra® is an advanced dietary supplement that provides over 4 times the enzyme activity of YOR Repair®. The unique formulation of highly active enzymes and antioxidants works with the body's own natural processes to help ease muscle soreness caused by physical strain, exercise, or sports-related injuries. YOR Repair Ultra® is packed with antioxidant rich herbs to help support healthy immune, liver, and kidney function, as well as promote detoxification and aid cardiac health. This highly effective formula will get you moving and keep you moving!†

RETAIL PV	WHOLESALE PV	RETAIL	WHOLESALE
48	30	\$44.38	\$33.88



YOR BERRY BLAST

YOR Berry Blast is a revolutionary blend of 19 all natural fruits and berries, a patented enzyme activation system, and antioxidant power for the protection of sustained energy. This network of energy support is combined with the natural time-release effect of caffeine, and contains less than 1 gram of sugar. The results? You are not left to ride the roller coaster of energy highs. Instead, smooth-sail on the YOR Berry Blast explosion of vibrant energy!†

RETAIL PV	WHOLESALE PV	RETAIL	WHOLESALE
39	35	\$42.38	\$35.88




Not all products available in all countries, please see website for details.

AMINOGEN® is a Registered Trademark of Triarco Industries. AMINOGEN® is protected by U.S. Patent No. 5,387,422. CARBOGEN® is a Registered Trademark of Triarco Industries. CARBOGEN® is protected by U.S. Patent No. 5,817,350.

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

SUGGESTED DAILY PRODUCT REGIMEN

Whether you are using all the products or just one, this simple chart helps you maximize the results of each product, especially when all products are used throughout the day.

YOR PRODUCTS	UPON RISING (8:00AM)		BREAKFAST (9:00AM)	SNACK (11:00AM)		LUNCH (12:00PM)	SNACK (3:00PM)		DINNER (6:00PM)	SNACK (8:00PM)	BEDTIME (10:00PM)			
YOR PROBIOTICS ULTRA®	1 CAPSULE	DRINK (1) 8 OZ. GLASS OF WATER			DRINK (1) 8 OZ. GLASS OF WATER			DRINK (2) 8 OZ. GLASSES OF WATER						
YOR REPAIR ULTRA®	1 CAPSULE												1 CAPSULE	
YOR FIBER PLUS™			2 SCOOPS*											
YOR MRP®			2 SCOOPS						2 SCOOPS			2 SCOOPS		
YOR ESSENTIAL VITAMIN®			2 TABLETS						2 TABLETS			2 TABLETS		
YOR SUPERGREENS®						1 SCOOP								
YOR DIGEST ULTRA®									1 CAPSULE			1 CAPSULE		
YOR BERRY BLAST				1 PACKET*						1 PACKET*				
YOR COMPLETEBURN®				- OR - 1 CAPSULE*						- OR - 1 CAPSULE*				
MEAL SUGGESTION						350-400 CAL**			350-400 CAL**					

SPECIAL INSTRUCTIONS

YOR PRODUCTS	SPECIAL INSTRUCTIONS
YOR PROBIOTICS ULTRA®	First time users may experience mild bloating for several days until your digestive tract balances.
YOR REPAIR ULTRA®	To help relieve exercise related soreness, try taking an additional 3-5 capsules.
YOR FIBER PLUS™	Test your tolerance by mixing 1 scoop with 6-8 oz. of water, YOR SuperGreens®, YOR MRP® or juice. Over the next several days, gradually increase according to your personal tolerance and comfort level, so that you are eventually taking 2 scoops a day. Drink a minimum of 8-10 glasses of water throughout the day.
YOR MRP®	Add additional scoops for higher caloric needs. This includes those looking to gain lean muscle mass and those who are currently consuming more than 2000 calories per day. To get daily servings of fruit, try mixing into YOR MRP® Chocolate or Vanilla: 1 cup of strawberries, peaches, or mango, ½ cup of blueberries, or ½ of a banana.
YOR SUPERGREENS®	Tastes great with 8 oz. of water, also try mixing with ½ water and ½ of your favorite juice
YOR DIGEST ULTRA®	Take 1 capsule with 8 oz. of water within the first couple bites of a meal. As this is a high potency formula, one capsule is recommended, but two capsules may be taken according to digestive needs.
YOR BERRY BLAST	Not intended to be used simultaneously with YOR CompleteBurn®. Don't exceed 3 packets per day. May be taken ½ hour to 1 hour before exercise, but take before 5pm as it may cause sleeplessness.
YOR COMPLETEBURN®	Not intended to be used simultaneously with YOR Berry Blast. Don't exceed 3 capsules per day. May be taken ½ hour to 1 hour before exercise, but take before 5pm as it may cause sleeplessness.

** IMPORTANT NOTICE

Suggested caloric meal intakes are for those looking to lose weight at a healthy rate of one to two pounds per week. An important part of weight management is moderate exercise such as 30-60 minutes 3-5 times per week.

If you are pregnant, nursing, diabetic, on medication, have any medical conditions, or are beginning a weight control program, consult your physician before using any YOR Health® products or making any other dietary changes. Persons under the age of 18 should not use products without clearance from a physician. Remember, people who are overweight or obese are at increased risk of developing heart disease, diabetes, some forms of cancer, gall bladder disease, osteoarthritis and sleep apnea.

Unless medically indicated, weight loss after the first two or three weeks of dieting should not exceed a rate of three pounds or approximately one and one-half percent of body weight per week. People who are considered medically appropriate for more rapid weight loss should have their progress monitored by a physician.

To maintain long-term weight loss goals, adopt a lifelong commitment that includes increasing frequent and regular physical activity of at least moderate intensity, and healthy eating in accordance with the Dietary Guidelines for Americans, emphasizing a reduction in total calories, a lowered fat consumption, and an increase in vegetables, fruits and whole grains. Moreover, even weight loss of as little as ten percent of body weight, if maintained over time, has been shown to be beneficial.

VISIT US AT WWW.YORHEALTH.COM