

# ANTHONY ROBBINS INNER BALANCE™ LIFE BALANCE PACK



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## Inner Clear

### HOW IT WORKS

A concentrated source of soluble fiber derived from natural fruit, vegetables and grain, Inner Clear helps control hunger between meals while preventing gastrointestinal disturbances and cleansing the lower bowels in a natural, healthy way. The natural fiber in Inner Clear helps regulate blood sugar and may lower cholesterol and improve the absorption of essential minerals.

### Inner Clear:

- Helps maintain normal gastrointestinal function
- Helps establish regularity
- Helps promote fullness
- Provides an essential nutrient often missing in typical diets

### WHY YOU NEED IT

The Western diet does not contain enough fiber. Adults require about 25 grams per day, but we typically eat less than half of that. A long time ago, fiber-rich fruits, vegetables and grains were commonly consumed, but today they are not—or at least not in the proper form. Today, most people consume more grain-based products from highly refined and processed ingredients than whole grains containing fiber.

Fiber is extremely important for several reasons. First, it makes you feel full. In fact, many experts attribute the obesity epidemic to lack of fiber in the average diet. The danger of eating a low-fiber diet is that it prompts you to eat too many calories without ever feeling full.

Second, fiber—especially the soluble kind found in Inner Clear—serves as food for the good bacteria in the large intestine; it acts as a prebiotic. The good bacteria in the large intestine help prevent gastrointestinal disturbances and keep your immune system strong. If these bacteria are not fed a steady source of soluble fiber, you'll experience side effects like gas, bloating, minor pains, and upset stomach. By supplying fiber for the bacteria in your colon, Inner Clear will keep you regular.

Third, fiber helps regulate blood sugar and may even lower cholesterol levels. Some have also suggested that Inner Clear may help improve the absorption of essential minerals like calcium and iron.

### PRODUCT DESCRIPTION

One-month supply of Inner Clear capsules

### INSTRUCTIONS FOR USE

Daily serving: Three capsules with at least 8 ounces of water or a non-caloric beverage once daily. Inner Clear can be taken with meals or in between meals.

Inner Clear is part of the Life Balance Pack and not sold individually.

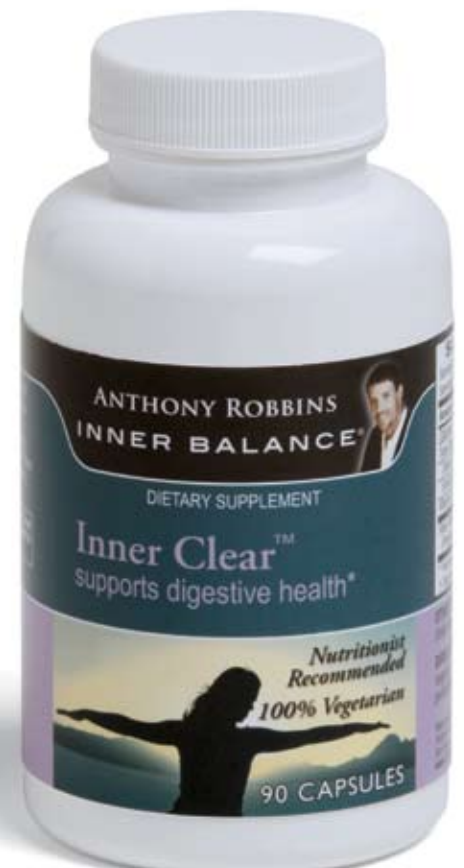
**Price: Life Balance Pack \$199.99**

To order visit [TonyRobbins.com/InnerBalance](http://TonyRobbins.com/InnerBalance)  
Toll Free: **1.877.464.4733**

Supplement Facts		
Serving Size: 3 Capsules		
Servings Per Container: 30		
Amount Per Serving	% DV	
Calories	10	
Total Carbohydrate	2 g	1%*
Dietary Fiber	2 g	8%*
Soluble Fiber	2 g	†
Vitamin C (as ascorbic acid)	60 mg	100%
Fiber Blend Concentrate (Psyllium seed husk, guar gum, apple pectin)	2221 mg	†
* Percent Daily Values (DV) are based on a 2,000 calorie diet.		
† Daily Value (DV) not established.		

**OTHER INGREDIENTS:** Pullulan, purified water, medium chain triglycerides, croscarmellose sodium.

**DIRECTIONS:** As a dietary supplement, take three vegetarian capsules daily with a 16 oz. glass of water, preferably with an evening meal.



# ANTHONY ROBBINS INNER BALANCE™ LIFE BALANCE PACK

## Probiotics

### HOW IT WORKS

Inner Balance Probiotics restores digestive balance and regulates bowel function by eliminating harmful bacteria in the large intestine and replacing it with four new strains of healthy, immune-building bacteria. An ample supply of healthy bacteria helps support immune function while maintaining normal blood cholesterol levels and minimizing instances of digestive discomfort.

### Probiotics:

- Helps maintain normal colonic function
- Maintains a healthy supply of bacteria in the colon
- Supports healthy immune function
- Helps regulate bowels

### WHY YOU NEED IT

Whether we realize it or not, our intestines are loaded with bacteria. Some are harmful while others are associated with better health. If you experience regular discomfort or problems in your intestine, you could likely benefit from adding more healthy bacteria.

The large intestine, or colon, houses millions of bacteria, which are passed down from your mother at birth. So if your mother was plagued with chronic gastrointestinal problems, you may be as well. But thanks to this innovative product, you can re-colonize the harmful bacteria you inherited with healthier strains.

During a cleanse, you essentially eliminate all of the bacteria in your colon. By using Inner Balance Probiotics while cleansing, you will replenish your colon with four new strains of healthy bacteria. If you continue using Inner Balance Probiotics every day, you'll maintain these healthy colonies in your colon forever.

This is important because people with healthy bacteria in their colons typically have healthier immune systems, as the intestine is one major component of the system. Additionally, healthy bacteria have been shown to keep blood cholesterol levels in check while minimizing instances of diarrhea.

### PRODUCT DESCRIPTION

One-month supply of Probiotics capsules

### INSTRUCTIONS FOR USE

Daily serving: One capsule once daily. Probiotics does not have to be taken with meals.

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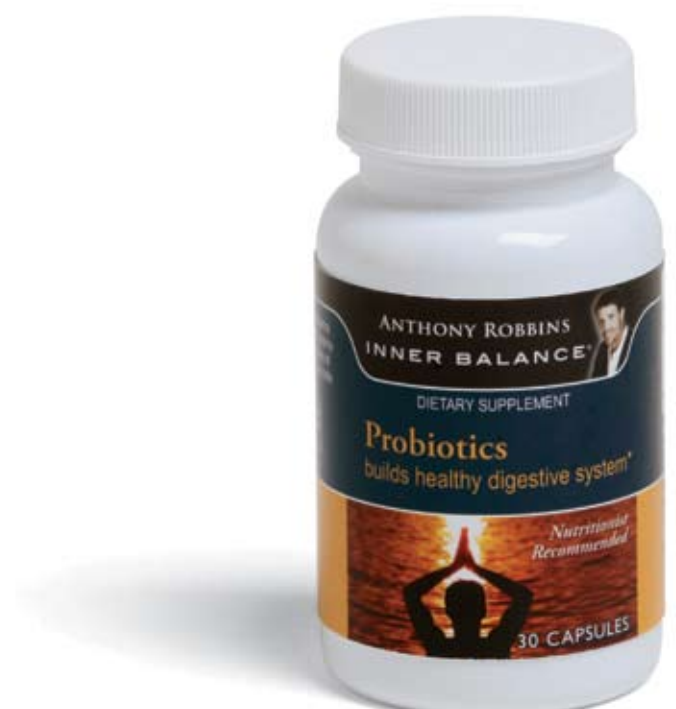
Supplement Facts	
Serving Size: 1 Capsule	
Amount Per Serving	% DV
Proprietary Probiotic Blend	450 mg †
<i>Lactobacillus acidophilus, Bifidobacterium bifidum, Bifidobacterium longum, Bifidobacterium breve</i> (supplying a total of 7 billion live cells at time of manufacture)	
† Daily Value (DV) not established.	

**OTHER INGREDIENTS:** Potato starch, pullulan, tapioca starch, purified water, silica, potassium chloride and carrageenan.

**DIRECTIONS:** Take one capsule daily with a meal.

**FREE OF:** Preservatives, sugar, sodium, milk, yeast, gluten, artificial colors and flavors.

Refrigeration Not Required.



# ANTHONY ROBBINS INNER BALANCE™ LIFE BALANCE PACK

## Cranberry Clear

### HOW IT WORKS

Cranberry Clear features an antioxidant-rich blend of ingredients including cranberry, blueberry and grapefruit seed extract to rid the urinary and gastrointestinal tracts of harmful bacteria. Cranberry Clear also contains NutraGamma, a newly introduced protein source that boosts the immune system and prevents toxins from being re-absorbed into the blood.

### Cranberry Clear:

- Attacks internal bacteria during a cleanse
- Supports a healthy urinary tract
- Supports a healthy immune system
- Supports a healthy intestine
- Cleans the gastrointestinal tract

### WHY YOU NEED IT

With all the chronic stresses of daily life, it's no wonder that we're always getting sick. Our immune systems face constant abuse from disease, poor eating habits and environmental factors among other things.

Cranberry Clear was designed to enhance immune function by cleansing the urinary and gastrointestinal tracts with a unique blend of powerful, infection-fighting ingredients. These ingredients include a cranberry-blueberry blend, NutraGamma, grapefruit seed extract and Vitamin C/zinc.

The antioxidant-rich blend of cranberry and blueberry binds with E. coli (a bacterium commonly found in the kidneys and bladder of those with urinary infections) to prevent it from sticking to the cells that line the insides of the kidney and bladder. More importantly, the cranberry prevents the harmful E. coli bacterium from multiplying; left unchecked, these bacteria swim into the urine and cause painful infections.

This is extremely important to know for the 11 million women who are diagnosed with urinary tract infections (many of which are recurring) each year. While this type of infection is not quite as common among men, they are certainly not immune. Instead of drinking large quantities of cranberry juice, which many find unpalatable in addition to being high in calories, you can derive cranberry's full benefit from the Cranberry Clear powdered version.

Cranberry Clear also contains NutraGamma, a substance extracted from whey protein. Rich in immunoglobulins, which enhance immune function, and cysteine, which is used in making glutathione (the strongest antioxidant produced by the body), NutraGamma is so powerful and versatile that it can work throughout the entire body.

After periods of physical activity or exercise, your body's immune system tends to become less effective temporarily. NutraGamma helps combat this temporary dip in immune function by binding with harmful bacteria found in the gastrointestinal tract to prevent them from escaping through the wall of the intestine. For those lacking strong gastrointestinal barriers and not using NutraGamma, the body is unable to prevent these harmful bacteria from escaping the intestines, so they leak into the blood. This may cause you to feel sluggish, sickly and perhaps even feverish. The dual actions of NutraGamma—binding harmful bacteria and supporting glutathione manufacturing—provide a boost to your immune system and may even lower your cholesterol level.

Grapefruit seed extract, another key component of Cranberry Clear, contains flavonoids, Vitamin C, tocopherols, and citric acid—all powerful ingredients with antibacterial, antiviral and antifungal properties. Grapefruit seed extract was incorporated into the unique Cranberry Clear formula to help kill Candida, a type of yeast known to adversely affect gastrointestinal health. In addition to grapefruit seed extract, NutraGamma and the cranberry-blueberry blend, Cranberry Clear has been enriched with extra zinc and Vitamin C, which help further reduce the risk of infection caused by Candida.

### PRODUCT DESCRIPTION

One-month supply of Cranberry Clear capsules

### INSTRUCTIONS FOR USE

Daily serving: Two pills per day. This product works best if taken with meals.

Cranberry Clear is part of the Life Balance Pack and not sold individually.

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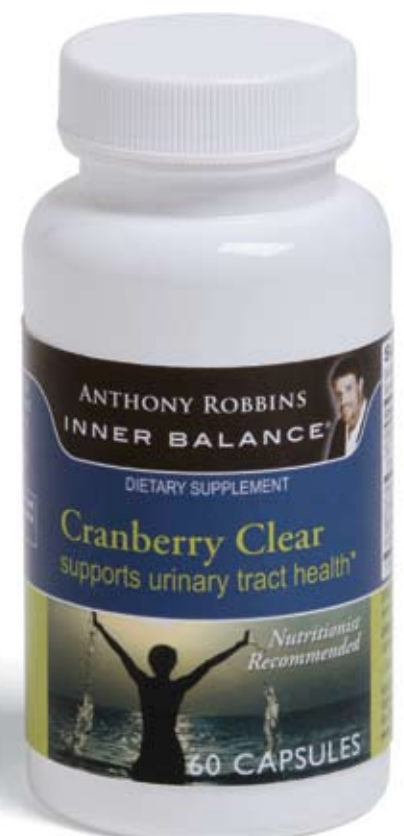
Supplement Facts		
Serving Size: 2 Capsules		
Servings Per Container: 30		
Amount Per Serving		% DV
Vitamin C (as <i>Cycas revoluta</i> extract)	5 mg	8%
Zinc (from L-OptiZinc® Zinc L-Methionine Complex)	15 mg	100%
Immunoglobulin Protein Isolate	500 mg	†
Cranberry Fruit	500 mg	†
Blueberry Fruit	100 mg	†
Grapefruit Seed Extract	25 mcg	†

† Daily Value (DV) not established.

**OTHER INGREDIENTS:** Pullulan, rice flour, purified water, magnesium stearate, silica and soy lecithin.

**DIRECTIONS:** As a dietary supplement, take two capsules daily.

L-OptiZinc® is a registered trademark of InterHealth N.I.



# ANTHONY ROBBINS INNER BALANCE™ LIFE BALANCE PACK

## Natural Defense

### HOW IT WORKS

Natural Defense contains a unique blend of food-based ingredients including key antioxidants formulated to propel the body's immune system, disarming toxic microorganisms while supporting the creation of healthy new cells. The powerful combination of natural herbs in Natural Defense enhances immune function while helping improve overall physical health, vitality and emotional health.

### Natural Defense:

- Supports a healthy immune system
- Provides abundant antioxidants

### WHY YOU NEED IT

If you live in an area that gets cold or has a flu season, work inside an air-conditioned office or travel a lot, you probably get sick often; at the very least, you know how it feels when your body's not quite running on all cylinders. Natural Defense was specially designed to help people like you boost your immune system by arming your body with the right nutrients in the right amounts.

The innovative combination of arabinogalactan and echinacea in Natural Defense boosts immune function much more than arabinogalactan could on its own. In one study, women taking the arabinogalactan/echinacea combination in equal amounts to those in Natural Defense exhibited an 18% increase in complement, an important aspect of immune function, in addition to showing significant improvements in overall physical health, vitality, and emotional health after just four weeks of using the product. Other women taking echinacea without arabinogalactan derived less benefit.

Beta glucan, a substance derived from the cell wall of *Saccharomyces cerevisiae*, is another powerful ingredient included in Natural Defense for its immuno-stimulating properties. In studies, animals fed beta glucan were better able to fight off infections related to many different bacteria, viruses, and fungi. Similarly, patients who sustained multiple traumas and were treated with beta glucan had fewer infections and cases of pneumonia as well as fewer deaths compared to a similar group of patients who took the placebo. Beta glucan works by stimulating immune function in several ways: First, it increases the number of macrophages, which clean up harmful pathogens floating around in the blood; second, it increases the secretion of lysozyme, which also clears harmful substances from the blood; and third, beta glucan increases cytolytic activity, which fights off cancer cells.

Natural Defense also includes ample antioxidants required for optimum immune function. Since most people typically don't eat enough fruits and vegetables, which supply most of the dietary antioxidants, supplementation is necessary. Natural Defense has key antioxidants typically missing from the diet such as vitamins E and C, zinc, and selenium. Antioxidants increase the ability of white blood cells to kill off foreign invaders and stabilize the cells' wall so bacteria and other toxins can't enter them and kill the cells. The antioxidants provided by Natural Defense also prevent the formation of free radicals, which are highly charged particles that are formed by normal, everyday living and breathing and can damage your cell walls, eventually leading to disease.

### PRODUCT DESCRIPTION

One-month supply of Natural Defense capsules

### INSTRUCTIONS FOR USE

Daily serving: Three capsules per day. This product works best if taken with a meal.

Natural Defense is part of the Life Balance Pack and not sold individually.

**Price: Life Balance Pack \$199.99**

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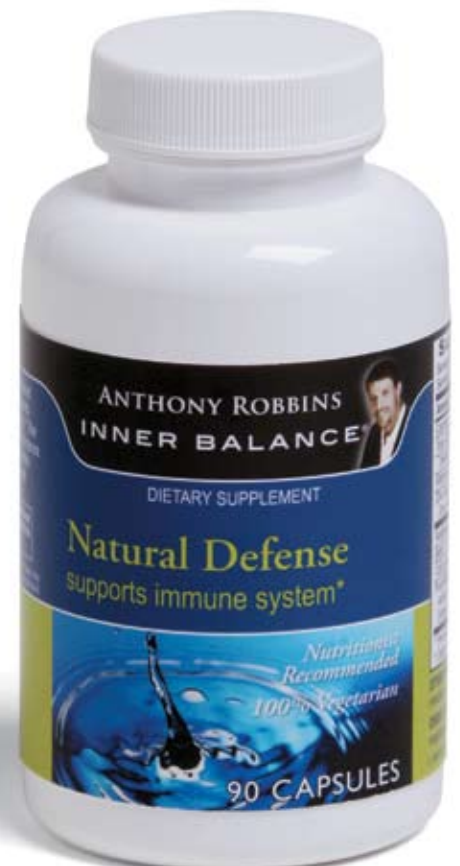
Toll Free: **1.877.464.4733**

Supplement Facts	
Serving Size: 3 Capsules Servings Per Container: 30	
Amount Per Serving	% DV
Calories	5
Total Carbohydrate	1 g <1%*
Dietary Fiber	1 g 4%*
Vitamin C (from <i>Cycas revoluta</i> extract)	100 mg 167%
Zinc (as L-OptiZinc® Zinc L-Methionine Complex)	20 mg 133%
Arabinogalactan	1500 mg †
Beta 1, 3 Glucan	30 mg †
CoEnzyme Q10	15 mg †
Proprietary Blend Astragalus root, Echinacea purpurea (leaf and stem), Elderberry fruit	150 mg †

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.  
† Daily Value (DV) not established.

**OTHER INGREDIENTS:** Pullulan, rice flour, purified water, medium chain triglycerides, magnesium stearate, silica.

**DIRECTIONS:** As a dietary supplement, take three vegetarian capsules daily, preferably with food.



# ANTHONY ROBBINS INNER BALANCE™ LIFE BALANCE PACK

## Senna Tea

### HOW IT WORKS

A safe, effective and convenient means of preventing or treating constipation, this specially formulated laxative tea contains herbal senna to gently stimulate the movement of matter stored in the gastrointestinal tract. This gentle and natural laxative tea helps restore normal and comfortable bowel function to restore the body's natural state of balance.

Senna Tea:

- Helps regulate bowel habits
- Relaxing and convenient hot tea

### WHY YOU NEED IT

During your cleanse, you may experience constipation. One way to naturally and gently manage your constipation is to drink a hot beverage daily. Senna, a powerful herb that has been traditionally used as a remedy for laxation, is thought to promote natural elimination by stimulating the movement of food waste inside your gastrointestinal tract—a process called peristalsis.

It is recommended that you combine senna with another stool-softening agent like the fiber found in Inner Clear for maximum effectiveness during your cleanse. Because hot water is also a natural laxative, Inner Balance Senna Tea has an edge over other non-beverage variations of senna.

In addition to counteracting a potential negative side effect of cleansing, Inner Balance Senna Tea is a convenient, enjoyable beverage that can replace your daily tea or coffee and give you a well-deserved break from your hectic schedule to relax and savor the flavor of a healthful tea.

### PRODUCT DESCRIPTION

One-month supply of Senna Tea bags

### INSTRUCTIONS FOR USE

Daily serving: Boil one cup of water and add tea bag to it. Let the teabag steep in the hot water for several minutes.

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Toll Free: **1.877.464.4733**

**INGREDIENTS:** Senna leaves.

**DIRECTIONS:** One cup daily. The best way to make a good cup of tea is by the infusion method. Place one tea bag in a cup and add no more than 6 oz. of boiling water. Let steep for 3 minutes. Press the bag before removing to enhance the flavor. Add honey to sweeten. Do not consume more than one cup daily. Do not give to children.

