

ANTHONY ROBBINS  
**INNER BALANCE™**

DIETARY SUPPLEMENTS

“I started Tony’s programs, making significant mental and dietary changes. As a result, I’ve lost 15 pounds of fat and am in the best shape I’ve been in since my 20s!”

—**Robbie Garin Geller**  
CEO & Owner, R&D Enterprises  
Hollis, New Hampshire





## ANTHONY ROBBINS

World Authority on Peak Performance

A recognized world authority on peak performance, Anthony Robbins has directly impacted the lives of more than 50 million people from 80 nations with his best-selling books, multimedia programs and live appearances. Considered the father of life coaching, he is the one who gets the call from the superstar athlete when the game is on the line—fierce competitors like André Agassi, Serena Williams, Greg Norman, Wayne Gretzky, and marathon runner Stu Mittleman, who set a world record by running 1,000 miles in 11 days. Having spent the last three decades mastering the principles of vibrant health by studying a diverse cross-section of experts to find the most efficient and effective tools for getting real results, Anthony Robbins knows the mechanics behind creating a life of sustainable and vital health.



## STACEY J. BELL, D.Sc.

Former Harvard Nutritionist

Nutrition science expert and national authority on diet Dr. Stacey J. Bell is a former Harvard Medical School faculty member and nutrition doctor who has written more than 100 published articles that have raised the standard for the field of diet and nutrition.

“Using Tony Robbins’ technologies, I was able to lose 55 pounds in less than one year, rediscover a gymnastic body type from my teenage years and most importantly, keep the weight off. The strategies I’ve learned enable me to make positive movement every day.”

—Dorothy K. Breininger  
Owner and CEO  
Center for Organization & Goal Planning

# ANTHONY ROBBINS INNER BALANCE

**HAVE YOU EVER SPRUNG OUT OF BED** in the morning with so much energy that you couldn’t wait to get out and take on the world? Imagine how incredible your life would be if you could wake up feeling that way every day!

As Anthony Robbins has discovered in his own pursuit of fulfillment, health is not merely the absence of disease but a vibrant state that unlocks consistent peak performance in the body. When you create peak levels of vitality and energy, something magical happens. And when it is alive within you, there is a charisma, an excitement, an exuberant passion for living that doesn’t exist without physical vitality.

To help others achieve an extraordinary quality of health, Anthony Robbins has teamed up with former Harvard nutritionist Dr. Stacey J. Bell to create **INNER BALANCE**, a revolutionary line of health products that will help revitalize, restore, and rejuvenate the most crucial element in life: your physical well-being.

Not only are most **INNER BALANCE** products **dairy-, yeast-, hormone-, peanut-** and **gluten-free**, but they’re also completely **free of artificial colors and flavors**, mostly suitable for vegetarians, and made with **100% organic ingredients** from pure food sources to help you naturally achieve the extraordinary health—and life—you desire and deserve.



# LIFE BALANCE PACK

Cleanse and Revitalize Your Body for Vibrant Health



## Natural Defense

supports immune function

**BENEFITS:** Natural Defense contains a unique blend of food-based ingredients including key antioxidants formulated to propel the body's immune system while supporting the creation of healthy new cells. Natural Defense enhances immune function while helping improve overall physical health, vitality and emotional health.

## Senna Tea

herbal digestive comfort

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

## Probiotics

builds healthy digestive system

**BENEFITS:** Probiotics restores digestive balance by eliminating harmful bacteria in the large intestine and replacing it with four new strains of healthy, immune-building bacteria. Healthy bacteria help support immune function while maintaining normal blood cholesterol levels and minimizing digestive discomfort.

## Inner Clear

supports digestive health

**BENEFITS:** Inner Clear helps control hunger between meals while preventing gastrointestinal disturbances and cleansing the lower bowels. The natural fiber in Inner Clear helps regulate blood sugar and may lower cholesterol and improve the absorption of essential minerals.

## Cranberry Clear

supports urinary tract health

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

## REVITALIZE

your body and restore your natural state of peak health with the essential bioactive nutrients and bio-energetic compounds found in the **Life Balance Pack**. Designed to help your body maintain optimal function during a cleanse, the **Life Balance Pack** contains revolutionary products that will detoxify your cells.

\* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent disease.

# LIVING LIGHT PACK

For Sustained Weight Loss and Optimum Health



## Inner Fuel

helps reduce body fat

**BENEFITS:** Inner Fuel is a highly effective and natural fat-burning supplement containing CLA (conjugated linoleic acid), a natural derivative of safflower oil proven to help reduce body fat while increasing lean muscle mass. Inner Fuel is most effective when used as part of a sensible diet and consistent exercise program.

## Chromium & Vanadium

for craving control

**BENEFITS:** Chromium & Vanadium minimizes cravings and controls hunger by regulating blood sugar and insulin levels. Chromium removes sugar from the blood, allowing the body to produce less insulin and therefore store less food as fat. Vanadium, a substance already found in human cells, promotes effective conversion of sugar into energy.

## Glucomannan

for appetite suppression

**BENEFITS:** When taken with water before a meal, Glucomannan, a low-calorie compound rich in natural fiber, reduces hunger naturally by partially filling the stomach to quickly produce a sensation of fullness.

## Re-Energize

boosts energy and focus

**BENEFITS:** Re-Energize is the natural way to boost energy and help restore focus instantly. Re-Energize contains three key ingredients: natural caffeine from green tea; *Rhodiola rosea*, a natural herb shown to reduce mental fatigue; and Coenzyme Q10, a powerful nutrient known to support heart health while increasing stamina and performance during exercise.

## REJUVENATE

your body, and lose

weight naturally

and permanently

with the synergistic

blend of bio-energetic

nutrients and essential

compounds found in

the **Living Light Pack**.

The revolutionary health

products uniquely

combined in this pack will

help return your body to

its genetically predisposed

weight so you can enjoy

the lean and healthy body

you desire and deserve!

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# DAILY ESSENTIALS PACK

Restore and Revitalize Your Body



## Daily Essentials Multi-Vitamin\*

complete daily nutrients

**BENEFITS:** This top-selling formula is a balanced mega-dose vitamin and mineral supplement that provides at least 100% of the daily value of most vitamins and minerals required by adults for optimal health.

\*Daily Essentials Multi-Vitamin is also available with Iron.

## Master Oils

essential fatty acids

**BENEFITS:** Master Oils contains a high-dose of omega-3 oils not found in other sources. Master Oils contains krill oil, a substance that is easily processed by cells and that helps improve immune function.

## Probiotics

builds healthy digestive system

**BENEFITS:** Probiotics restores digestive balance by eliminating harmful bacteria in the large intestine and replacing it with four new strains of healthy, immune-building bacteria. Healthy bacteria help support immune function while maintaining normal blood cholesterol levels and minimizing digestive discomfort.

## Vegetable Harvest

essential vegetable nutrients

**BENEFITS:** One capsule contains the nutrient equivalent of more than 10 pounds of fresh vegetables, exceeding the daily recommended quantity of vegetable nutrients. Made with 100% organic ingredients, Vegetable Harvest helps neutralize acidity in the blood while supporting cardiovascular and immune health.

## Citrus Harvest

essential fruit nutrients

**BENEFITS:** One capsule of Citrus Harvest contains the nutrient equivalent of more than 10 pounds of fresh citrus fruit, exceeding the daily recommended quantity of fruit nutrients. Citrus Harvest helps neutralize acidity while supporting cardiovascular and immune health.

## RESTORE

your body's natural state of vibrancy and peak efficiency with the essential vitamins, minerals and oils found in the **Daily Essentials Pack**. Designed to provide the nutritional support required by every adult, the **Daily Essentials Pack** will increase your energy and radiance and ensure optimal everyday function in your body. The **Daily Essentials Pack** contains a unique combination of innovative products that will transform the quality of your health to help you get even more out of your life!

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# PEAK PERFORMANCE PRODUCTS

Alkalize and Energize Your Body for Maximum Performance



## Strength Chews builds muscle during exercise

**BENEFITS:** Strength Chews contain creatine, a performance-enhancing nitrogen compound produced by the body naturally. Strength Chews help increase strength and propel muscle growth during strenuous physical activity. Strength Chews are best used in conjunction with a sensible diet and regular exercise program.

## Re-Energize boosts energy and focus

**BENEFITS:** Re-Energize is the natural way to boost energy and help restore focus instantly. Re-Energize contains three key ingredients: natural caffeine from green tea; *Rhodiola rosea*, a natural herb shown to reduce mental fatigue; and Coenzyme Q10, a powerful nutrient known to support heart health while increasing stamina and performance during exercise.

## Electrolyte Spray replaces lost electrolytes

**BENEFITS:** Electrolyte Spray is a pure additive that helps the body maintain hydration while replacing electrolytes lost through perspiration during vigorous activity. Electrolyte Spray is a more pure and natural source of electrolytes than traditional, high-sugar sports drinks.

## PERFORM

in peak condition with the synergistic combination of bio-active compounds and energetic nutrients found in **Peak Performance** products. With these innovative, performance-enhancing products, you'll increase your strength and stamina and have more energy to create a strong and healthy body.

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# SPECIALIZED SUPPLEMENTS



## Sleep Mist for easy and peaceful rest

**BENEFITS:** Sleep Mist is a convenient spray specially formulated to induce peaceful rest during times of stress or over-stimulation. By providing a dose of melatonin equal to that naturally produced by the body under normal conditions, Sleep Mist quickly and effectively helps the body adjust to irregular sleep cycles.

## Stress Support reduces stress naturally

**BENEFITS:** Stress Support helps reduce both acute and chronic stress naturally, with three safe and effective natural ingredients: B vitamins, *Rhodiola rosea*, and L-theanine from green tea. Stress Support lowers cortisol levels and improves function of over-stimulated adrenal glands to combat stress and induce calm.

## Natural Balance for Women pms relief

**BENEFITS:** Natural Balance for Women helps reduce both physical and mental symptoms associated with PMS. Through a synergistic blend of natural herbs known to possess anti-inflammatory and analgesic properties, Natural Balance for Women works to reduce cramping, fatigue, abdominal pain and body aches while naturally improving mood.

## Natural Support for Men for prostate & sexual function

**BENEFITS:** Natural Support for Men supports a healthy prostate and normal sexual function by maintaining healthy testosterone levels. The unique blend of herbal yohimbe and saw palmetto also works to reduce the size of prostate glands while improving urine flow and overall sexual performance.

## Digestive Enzymes supports digestion

**BENEFITS:** One of the only 100% vegetarian digestive enzyme products on the market, Inner Balance Digestive Enzymes aids gastrointestinal function by breaking down food to reduce demands upon digestive organs. Inner Balance Digestive Enzymes ensures that nutrients are properly broken down for full utilization by the cells, which promotes optimal body function and decreases discomfort from bloating, gas and sensations of premature fullness.

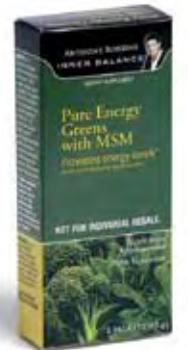
## Pure Energy Greens with MSM increases energy levels

**BENEFITS:** A specially formulated blend of organic green vegetables and natural fibers that help return the blood and tissues to a healthy pH balance, Pure Energy Greens with MSM contains methylsulfonylmethane (MSM), a powerful and natural ingredient that energizes cells and helps alleviate everyday symptoms associated with seasonal allergies.

## FREE Sample Pure Energy Greens with MSM

included with each  
pack purchased

- Life Balance Pack
- Living Light Pack
- Daily Essentials Pack



## SPECIALIZED PRODUCTS



### Natural Energy Bars for nutrition and energy

**BENEFITS:** Formulated with low-glycemic load carbohydrates to more effectively control hunger between meals, Inner Balance Natural Energy Bars provide a delicious, convenient and satisfying alternative to less nutritious snacks to help promote and sustain weight loss. Inner Balance Natural Energy Bars come in two delicious flavors—chocolate chip and cashew cranberry.

### Meal Replacement Shakes for nutrition and energy

**BENEFITS:** Inner Balance Meal Replacement Shakes provide convenient access to complete, satisfying and natural nutrition. Best used with soy milk as a morning meal replacement, these shakes are specially formulated with whey protein and low-glycemic load carbohydrates to help promote and sustain weight loss while controlling hunger naturally. Shakes come in two delicious flavors—chocolate and vanilla.

## TAKE CHARGE OF YOUR OWN HEALTH... IN JUST 5 MINUTES!

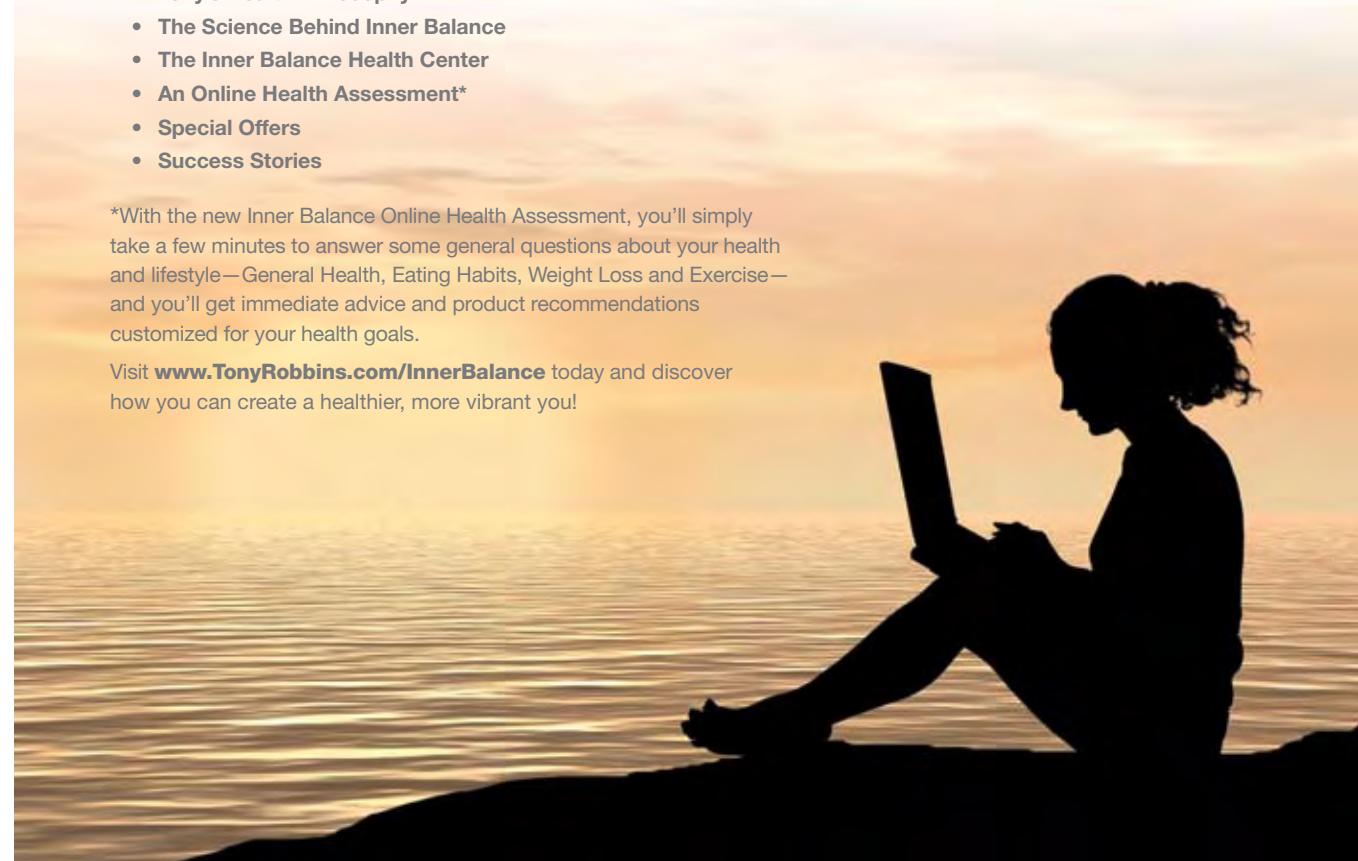
Discover how you can create and sustain the pure energy and vibrant personal health you deserve! Visit the all-new Inner Balance web site for Tony Robbins' latest health and fitness tools and strategies as well as exclusive savings on Inner Balance and other health-related products and services.

The Inner Balance Web site features the following:

- **Tony's Health Philosophy**
- **The Science Behind Inner Balance**
- **The Inner Balance Health Center**
- **An Online Health Assessment\***
- **Special Offers**
- **Success Stories**

\*With the new Inner Balance Online Health Assessment, you'll simply take a few minutes to answer some general questions about your health and lifestyle—General Health, Eating Habits, Weight Loss and Exercise—and you'll get immediate advice and product recommendations customized for your health goals.

Visit [www.TonyRobbins.com/InnerBalance](http://www.TonyRobbins.com/InnerBalance) today and discover how you can create a healthier, more vibrant you!



“ Tony Robbins provided me with the tools to rejuvenate and re-energize my entire life—body and mind. I’m 38, but I feel like I’m 18. I’m seeing changes in myself—physically and mentally—that I’ve never seen before.”

—Andrew Fink  
Mortgage Broker  
Denver, Colorado

Anthony Robbins takes great care and pride in formulating all Inner Balance products with only the freshest, purest and most natural high-potency ingredients available.

Dairy-Free | Yeast-Free | Hormone-Free | Peanut-Free | Gluten-Free  
Scientifically Formulated | 100% Organic Ingredients\*

\*All benefits pertain to most products.



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