



Question 1 of 5: I eat a healthy diet, so do I really need to take supplements?

Answer: Absolutely yes!

There are vital nutrients that are almost impossible to get with diet alone. In fact, almost every single person that Core 4 has assessed (even those people who think they are eating a healthy diet) are not maximizing the potential of how they look, feel and perform because they are not giving their bodies the necessary nutrients.

Below are the vital components to a truly “healthy” diet. Are they part of your diet?

Does your diet primarily consist of a wide variety of colorful and dark green vegetables that are locally-grown in nutrient-rich soil? Do you eat wild-caught fish, pastured meats, eggs, and unprocessed fats such as butter, olive oil, and coconut oil? Do you avoid simple sugars, flours, and refined oils? Is your diet free of toxins such as processed and genetically-modified-foods, preservatives, gluten, and pesticides? Do you consume the proper combination of protein, fat, and carbohydrates in order to avoid blood sugar spikes that cause health-damaging internal inflammation?

Even if you are one of the few people who has the time, commitment, and access to foods that allow you to eat in the most optimal way, the scientific data overwhelmingly shows that you still can't provide yourself with all the critical micronutrients required to meet your individual health, training, and gender needs, or to protect yourself from modern day stress and toxins and slow down the relentless aging process.

Key Point: If you want to live a long, productive, healthy life--and look, feel and perform at your best--you must support your healthy diet with nutritional supplements.



Question 2 of 5: I already take supplements. Isn't that good enough?

Answer: Almost certainly not.

Almost every people we have assessed has missed the mark and failed to adequately optimize their critical factors for health and performance.

Core 4's research shows that out of the thousands of biochemicals in our body, four critical factors (vitamin D, omega 3 fats, nitric oxide, and antioxidants and micronutrients derived from whole foods) exist. Without optimal levels of these factors--no matter what combination of supplements you choose to take--your health and performance will be significantly limited.

It may seem startling, but having less than optimal levels of vitamin D, omega 3, and nitric oxide will significantly limit energy, performance, and recovery. This makes it difficult to lose weight and maintain muscle mass, impairs sexual function and performance, contributes to diminished mood, and weakens immune health.

Even worse, having extremely low levels of these critical factors may be as harmful to your long-term health as smoking a pack of cigarettes daily, carrying 30 pounds of extra weight, and never exercising! While most people try hard to avoid these health risks, these efforts are fruitless when the four critical factors are left imbalanced. Even if you don't currently notice the everyday effects that come from nutritional imbalance, you should be wary of the effects that will manifest later in life (cancer, heart disease, immune and mental disorders, or rapid aging).

Key Point: A successful supplement program needs to optimize the four critical factors for health and performance: vitamin D, omega 3 fats, nitric oxide, and whole food-derived antioxidants and micronutrients.



Question 3 of 5: Can't I just buy any multivitamin, antioxidant, vitamin D and fish oil from an online company?

Answer: Sure, but you will be taking a risk.

After assessing levels of vitamin D, omega 3, nitric oxide and other critical factors in hundreds of people, Core 4 has discovered that most people are in reality literally flushing their supplement money down the toilet for these reasons:.

*Most people are unaware of the correct nutrients combination and dose.

*The effectiveness of even high-quality supplements vary greatly.

*Isolated/synthetic multi-vitamin mineral formula that lack the thousands of phytonutrients contained in whole foods that are required to optimize the critical factors. .

*There is no scientific way to assess if the supplements are effective.

Key Point: It is crucial to use the proper combination of high-quality, proven, whole food derived formulas to optimize and maintain the four critical markers.



Question 4 of 5: Why do I need to take supplements if the lab tests are normal and my doctor say that I am healthy?

Answer: Almost all lab assessment and interpretations performed by the majority of western trained doctors do not assess or address how to optimize your health and performance. They primarily look for the presence or risk of disease that can be treated with a pharmaceutical or medical intervention. In addition, these labs do not provide any information on whether your supplement program you are on is having any real effect.

On the other hand, the assessments that are part of the Core 4 Nutrition program assess and address the critical physiological factors that will promote optimal health and performance, In addition, these assessment will provide you direct information on individualize your diet, lifestyle and supplement program so as to restore optimal levels of these factors to not only avoid illness but to improve how you look, feel and perform.

Key Point: In order to achieve optimal health, you must regularly assess the critical functional markers of health and performance



Question 5 of 5: How do I start? How does the Core 4 Nutrition program work?

We recommend that most people start with the Core 4 Foundations program. It includes the foundational formulas that begin to optimize your critical cell factors. Included are a whole food concentrate powder, a whole food daily supplement packet, a great tasting fish oil liquid, a vitamin D3 spray and the base assessment package.

Upgrades to this program and additional Core 4 Nutrition program bundles are available to meet your individual needs and budget. If you are not sure what upgrade or program is best for you, we are always here to speak with you to better understand your needs and goals so as to make informed recommendations.

After you place your new program order, you'll receive a welcome email with program details and your first program package will be shipped within two to three business days. Included in this shipment, you'll receive your Core 4 formulas, general Core 4 program information, personal product usage and your first year assessment plan.

Each shipment contains enough products to last you two months. As a courtesy to you we split the cost of this shipment into two monthly payments. You will continue to receive products and assessments every two months and it is your primary task is finish the products prior to your next shipment.

Please know that while you will receive a regular shipment every two months, there is no long-term commitment to the program. If at any time you need to delay a shipment, add or decrease a product or stop the program, just send us an email or give us a call. We are happy to adjust the program to meet your personal needs if your goals and budget changes.