

# COMMITTED TO YOUR HEALTH PACKAGE



**Nova originated in 1977 with the nutritional expertise of Dr. Bernard Jensen, DC, PhD (1908-2001) in formulating the products. Dr. Jensen believed the #1 health problem in America is our digestion.**

**Try the Nova products for this reason alone!**

**Nova Vitamins, with a 40+ year history is a company you can trust with *High end products at still Low end prices!***

**A wise man ought to realize that health is his most valuable possession.**

**-Hippocrates**

**When it comes to health, everything begins with our cells. Disease begins with damaged cells, therefore enhancing cellular health is vital. Nova's products reach the cellular level, watch bloodwork numbers improve.**

**All of Nova Vitamin's products are pH balanced.**

# Each Committed To Your Health Package contains 1 each of the Starpacks, Ascorba C, Barleygrass Enzymes Plus, PH Papers, Omega 3 Fish Oil and #5 Cleanser Caps:

**Starpacks:** Absolutely the best 'feel great' supplement on the market today, formulated by Dr. Bernard Jensen, PhD, who's nutritional wisdom is known all over the world, if you haven't tried them, you're in for a surprise. They contain **ALL** your daily vitamins & minerals, even important trace minerals that most leave out, are **time-released for natural energy** and in **easy to take packets**, **PLUS herbs** to support each organ in the body and to maximize digestion and absorption of all your foods, making the Starpacks a **synergistic whole body** supplement. We weren't meant to eat processed foods, it wrecks havoc on our systems so try using the Starpacks as your **natural weight control and total body system maintenance program**, it's easy!  
Box of 28 Packets

**Ascorba C Capsules:** The same C tablet (ascorbate form) as in the Starpacks. Vitamin C is most associated with fighting off colds, but its primary function is maintaining collagen, a protein necessary for the formation of connective tissue in skin, ligaments, and bones and also known as the "glue" to your body. About 80% of your skin is made from collagen, making **Vitamin C BETTER than any skin cream** to fight the visible effects of aging. Try extra Ascorba C at night when your body is rejuvenating, many customers say they have more dreams, wake up more rested and notice visible signs of anti-aging.  
90 Capsules

**Barleygrass Enzymes PLUS:** Want to lose inches in the waist? EASY! Become green, become lean! Organic barleygrass is rich in nature's green chlorophyll, proven to oxygenate the body. Digestive enzymes contain a broad array of enzymes found active in the digestion of starch, protein, fat and cellulose, enzymes that are unavailable in cooked and processed foods. This is a terrific aid to your present digestion as well as ridding the body of undigested foods that can sit in the gut for months and cause havoc. 3 capsules per day, midday, on an empty stomach is recommended.  
90 Capsules

**PH Papers:** Do you know your body's pH level? Find out the **MOST** important measurement of your health. It has been determined that an alkaline body is more conducive to health and well-being than an acidic body. An acidic body is a disease magnet and is obtained from diets high in proteins, carbohydrates, fats, sugars, dairy products, coffee and alcohol - the typical American diet. Like a pool's pH level, when it's low or acidic, you don't go swimming in it as bacterium thrive, the same is true for your body's pH. Keep yourself and your family tested often. Nova's Barleygrass Enzymes are an excellent source to give your body's PH level a needed boost.  
15' roll Dispenser

**Omega 3 Fish Oil:** A uniquely balanced, mercury-free blend of **essential** (means we need it everyday) fatty acids that are lacking in the American diet. Our bodies don't produce Omega 3. Research shows diets high in Omega 3s are associated with the overall health of cardiovascular, circulatory, nervous (**brain**), immune, endocrine (hormone) systems and support healthy skin, hair, joint flexibility, normal fat metabolism and cholesterol. Cell membranes are made up of fats, diets with large amounts of saturated or hydrogenated fats produce tough membranes that lack fluidity whereas diets rich in omega 3s have more fluidity. We use skin cream for dry skin, use Omega 3 for dry innards to be more supple & refreshed.  
90 Softgels

**#5 Cleanser Capsules:** Each capsule contains Cascara Sagrada, Aloe Vera Leaf, Apple Pectin, Flax Seed Oil Powder and Milk Thistle, a total intestine, colon and liver cleanse product. Cleansing is the best healthcare secret, we all should cleanse each month. Recommended to take 7 days a month at night during a full moon, when parasites reproduce the most (we all have them...)  
60 Capsules

**Side effects from using the Nova products may include, but not limited to the following:**  
**Weight loss, increased energy, vitality and/or libido, appetite suppressant, better feeling of self, positive mood, clearer complexion, desiring healthier foods, smiling more, sleeping better, thicker hair and nails, lower blood pressure, doing more in life and better overall health and longevity. ☺**