

## ON-THE-GO CARDIO DAILY PREMIUM PAK™ DIRECTIONS:

Whether you're living an extremely active lifestyle, out running marathons or a slightly active lifestyle, taking a few walks a week around the neighborhood, living a long, healthy life is a priority. Youngevity's **On-The-Go Cardio Daily Premium Pak™** includes an antioxidant-rich supply of vitamins, minerals, fatty acids and other key nutrients that promote a healthy cardiovascular system.†



**Improving your health means more than just diet and exercise. It also means consuming nutrients that support the well-being of the various systems in your body regardless of your activity level or diet. Your cardiovascular system is the most important organism in your body. It transports oxygen, nutrients, and hormones and also, removes waste, fights disease, and regulates body temperatures.**

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**YOUTHFUL  
ENERGY  
WELL-BEING**



## ON-THE-GO CARDIO DAILY PREMIUM PAK™ HELPS SUPPORT:

- **Healthy Cardiovascular System†**
- **Healthy Immune System†**
- **Improved Energy Levels†**
- **Free Radical Neutralization†**
- **Healthy Bones & Joints†**
- **Healthy Blood Pressure†**
- **Normal Cholesterol Levels†**
- **Physical Endurance & Performance†**

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

FOR MORE INFORMATION, CONTACT:

**Youngevity®**

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**Cardiovascular Nutrition  
for Every Lifestyle...**



**CARDIOVASCULAR HEALTH Improved with Antioxidant-Rich Essential Vitamins, Minerals, Fatty Acids, and Other Key Nutrients!**



Endorsed by **Dr. Melinda Silva, MD**  
Youngevity™ Scientific Advisory Board Member



**Youngevity®**



**The On-The-Go Cardio Daily Premium Pak™ is conveniently packaged so you can take it wherever you go!**

**Each Pak includes:**

-  CoQ10 Plus™ Soft Gel
-  ALA™ Capsule
-  Cardio-Fx™ Capsule
-  Selenium Capsule
-  Cell Shield RTQ™ Capsule

**Take up to 3 Paks™ daily depending on your lifestyle, activity level and energy needs.**

**The On-The-Go Cardio Daily Premium Pak™ contains antioxidant-rich essential vitamins, minerals, fatty acids, and other key nutrients that may improve cardiovascular health and help you live a longer, healthier life.†**

**Why is cardiovascular health important?**

- Cardiovascular diseases are the number one cause of death in the U.S. for both men and women.
- Every year 600,000 people die of heart disease in the United States; 1 in every 4 deaths.
- About 1 in 3 adults has high blood pressure and about 1 in 6 adults has high cholesterol; which increase heart disease risk.
- Most cardiovascular diseases can be prevented by addressing risk factors such as, physical inactivity, unhealthy diets and obesity, high blood pressure, and diabetes.

Source: www.cdc.gov



**MINIMAL  
ACTIVE LIFESTYLE  
Take 1 Pak™ Daily**



**MODERATE  
ACTIVE LIFESTYLE  
Take 2 Paks™ Daily**



**MAXIMUM  
ACTIVE LIFESTYLE  
Take 3 Paks™ Daily**

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**Recommended Adult Use:**

Take the contents of each **On-The-Go Cardio Daily Premium Pak™** with 8 oz. of liquid or after a meal, according to your self-determined lifestyle (at left), or as directed by your healthcare professional. **FOR DIETARY SUPPLEMENT USE ONLY.**

**S u p p l e m e n t F a c t s**

Serving Size: 1 Packet (4 Capsules & 1 Soft Gel)  
Servings per Container: 30

**ULTIMATE™ CoQ10 PLUS™ - 1 Soft Gel**

	Amount Per Serving	%DV*
<b>Calories</b>	10	
Calories from Fat	10	
<b>Total Fat</b>	1 g	2%
Cholesterol	5 g	2%
Fish Oil	1,000 mg (1 g)	**
Coenzyme Q-10	30 mg	**

**OTHER INGREDIENTS:** Gelatin, vegetable glycerin, soy lecithin. **Contains <2% of:** Annatto color, mixed natural tocopherols, rice bran oil, titanium dioxide color, yellow beeswax.

**SOFT GEL INGREDIENTS:** Gelatin, vegetable glycerin, titanium dioxide color, annatto food color, purified water (total=520 mg).

One soft gel provides 300 mg of Total Omega-3 Fatty Acids† (as natural Triglycerides) comprising of:

Eicosapentaenoic acid (EPA) (omega 3)	
Docosahexaenoic acid (omega 3)	
Other Fatty Acids	

**ULTIMATE™ CARDIO FX™ - 1 Capsule**

	Amount Per Serving	%DV*
Vitamin C (as ascorbic acid)	60 mg	100%
Niacin (as inositol hexanicotinate)	10 mg	50%
Vitamin B-6 (as pyridoxal 5 phosphate)	4 mg	200%
Folic Acid	400 mcg	100%
Vitamin B-12 (as cyanocobalamin)	50 mcg	833%
Magnesium (as magnesium aac)	10 mg	3%
L-Taurine	150 mg	**
Garlic bulb (allium sativum)*** 3500 ppm allicin	60 mg	**
Acetyl-L-Carnitine (as Acetyl-L-Carnitine HCl)	50 mg	**
Ginkgo leaf (Ginkgo biloba) p.e.*** 4:1	50 mg	**
N-Acetyl-Cysteine	25 mg	**
Coenzyme Q-10 (ubiquinone)	5 mg	**
Hawthorne Berry, Leaf & Flower (Crataegus sp.)	5 mg	**

\*\*\* Standardized powdered extract  
\*\*\*\* Powdered extract

**OTHER INGREDIENTS:** Gelatin capsule (gelatin and water), gelatin powder.

**CELL SHIELD RTQ™ - 1 Capsule**

	Amount Per Serving	%DV*
Quercetin Dihydrate	200 mg	**
Turmeric Root	150 mg	**
Resveratrol	100 mg	**

**OTHER INGREDIENTS:** Vegetable capsule (vegetable cellulose and water), magnesium silicate, silicon dioxide, magnesium stearate, vegetable cellulose.

**ULTIMATE™ ALA™ - 1 Capsule**

	Amount Per Serving	%DV*
Alpha Lipoic Acid	200 mg	**

**OTHER INGREDIENTS:** Rice flour, gelatin, vegetable cellulose, vegetable magnesium stearate, silica.

**ULTIMATE™ SELENIUM - 1 Capsule**

	Amount Per Serving	%DV*
Vitamin A (as beta carotene)	2,500 IU	50%
Vitamin C (as ascorbic acid)	120 mg	200%
Vitamin D-3 (as cholecalciferol)	200 IU	50%
Vitamin E (as d-alpha tocopheryl acetate)	30 IU	100%
Zinc (from amino acid chelate)	5 mg	33%
Selenium (from selenium amino acid chelate)	100 mcg	143%
Copper (from copper amino acid chelate)	0.5 mg	25%
Chromium (from chromium amino acid chelate)	100 mcg	83%
L-Aspartic Acid	150 mg	**
Aloe Vera Gel Extract (200:1)	10 mg	**
Bilberry Fruit Extract (25% anthocyanins***)	10 mg	**
Vanadium (from vanadium amino acid chelate)	75 mcg	**

\*\*\* Standardized powdered extract

**OTHER INGREDIENTS:** Gelatin powder, gelatin capsule (gelatin and water), magnesium silicate.

\* Daily Values (DV) are based on a 2,000 calorie diet for adults and children over 4 years of age.

\*\* Daily Value (DV) not established.

**ADDITIONAL INFORMATION:**

**ULTIMATE™ CARDIO FX™**  
**WARNING:** If you are taking MAO inhibitors or digitalis, consult your physician before using products containing Crataegus sp. and Ginkgo Biloba.

**ULTIMATE™ CoQ10 PLUS™**  
**WARNING:** Contains soy and fish (anchovy, mackerel, sardine). **NO** artificial flavor or sweetener, preservatives, sugar, starch, milk, lactose, gluten, wheat, yeast, shellfish, nor sodium.

**ULTIMATE™ ALA™**  
**NO** artificial color, flavor or sweetener, preservatives, sugar, milk, lactose, soy, gluten, wheat, yeast, fish, nor sodium.

**WARNING: IF YOU ARE PREGNANT, NURSING, OR TAKING MEDICATIONS, CONSULT YOUR HEALTHCARE PROFESSIONAL BEFORE USING THIS OR ANY OTHER PRODUCT. KEEP OUT OF THE REACH OF CHILDREN.**

*“The way you think, the way you behave, the way you eat, can influence your life by 30 to 50 yrs.” – Deepak Chopra*