

Farm to Tablet...  
MicroBatched for Freshness



# OneLifeUSA Vitamins

## Welcome Holiday Season!

With the arrival of November, the **Holiday season is in full swing!** Looking forward to the festivities, food, gifts and giving, special decorations and music, and family gatherings... fills us with happy anticipation! Then, reality hits.... **already busy schedules are pushed even harder, we eat and drink more and sleep less.**

This year our family is making a conscience effort to go with a 'keep it simple and sane' approach: The table doesn't have to be perfect, plans will have flexibility, special events will be kept to reasonable, and family and friends will be the centerpiece. We are determined to 'remember' this holiday season – individual moments – not just one big blur!

There are also some **holiday habits** that apparently we are not alone in... they seem to be commonplace and **science shows can be real downers on our holiday fun and good spirit.**

1. **Overeating** – Loaded buffets, heaping plates of 'not usual' decadent food, abundant appetizers and cocktails and desserts that become a regular instead of an occasional treat! It's easy for this pattern to become the norm and the pounds to pile on with feelings of misery.
2. **Neglecting our normal 'good' daily foods:** Veggies, fruits and nuts. Who wants a pile of carrots when the rarely seen mashed potatoes and gravy are now common place?
3. **Too many sweets and treats.** A piece of fruit for dessert when pumpkin and pecan pies are readily available?

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## Gut Health Crucial to Overall Health

We've come a long way in terms of understanding the importance of our gut (intestinal tract) and its importance to overall health.

**Years ago** (1980's) a handful of scientists and doctors were researching the influence of intestinal health and its likely connection to overall health and disease. The mere mention that the 'bugs' in your intestine had an effect on your ability to fight infection and disease was met with harsh criticism from conventional medical researchers and negative attention from the FDA. Most of **these pioneer 'gut bug' researchers took their work to countries outside of the US, where they were free to pursue this 'radical' idea.**

Fast forward (2018) –

my how things have changed. **Research regarding intestinal microbes** ('good' and 'bad' bugs – bacteria- that live and flourish in the intestines) **is considered one of the most critically important.** In general there are billions and between 300-500 different kinds of 'good' and 'bad' bugs that live in the intestines. The balance between 'good' and 'bad' is now known to be a key factor.

Coming up with perfect intestinal bug combination is a work in progress. Everyone's intestinal microbe make up is unique – much like a fingerprint. We now know that **these intestinal microbes affect everything from metabolism, to mood, to the immune system.**

(continued on page 2)

BRING BALANCE  
TO THE TABLE



Super Flaxseed + Greens

# Welcome Holiday Season!

## Make a Realistic Plan.

1. Acknowledge that there will be meals that include foods you wouldn't normally eat... **don't deny yourself... just manage your portions.**
2. Make a conscience effort to **keep breakfast and lunch on track** and lighter on the days you know dinner will be more than usual.
3. **Don't go to parties hungry.** Have a light healthy snack beforehand, you'll be less likely to fill up on too much 'party food'.
4. Plan ahead. **Make veggies part of menu's** and keep fresh fruit available.
5. Stay **hydrated** and don't neglect your **fiber intake!**

Pssst... **Great timing on our Flaxseed + Greens special offer.**

*Hope your holidays start and stay thankful, happy and healthy!*

foods (fruits, vegetables, and whole grains), regular exercise, and supplementing with probiotics can help encourage a healthy and balanced gut microbe mix. Likewise, a diet high in fat and sugar and low in fiber can kill certain types of gut bacteria (upsetting the balance). The use of antibiotics, which not only wipes out the intended 'bad' illness causing bacteria, also kills 'good' protective bacteria. (When antibiotics are needed, a discussion regarding supplementing 'good' intestinal flora with a probiotic should be addressed with the health care professional prescribing the antibiotic treatment).

**What's next?** We know that microbes ('good' and 'bad' bugs) also live on our skin and in our lungs. These too have a connection to disease or lack thereof. Experts say that future research needs focus on those areas as well as the intestines in order to pinpoint the exact types of bacteria that lead to certain ailments. **Then, you may be able to just take a probiotic pill and stave off diabetes or treat arthritis...** that's the future. Considering how far we've come in 25 years... that future may not be too far off.

## GUT HEALTH CRUCIAL TO OVERALL HEALTH

Further, research suggests the gut bacteria in healthy people are different from those with certain diseases. It's thought some types of microbes may protect against illness, while others increase the risk. With an established general **link between gut microbes and disease, scientists have shown a clear connection between**

**certain illnesses and the bacteria in your gut.** These illnesses include: heart disease, type 2 diabetes, inflammatory bowel diseases (including Crohn's disease and ulcerative colitis), obesity, colon cancer, rheumatoid arthritis, autism, depression and anxiety.

We've also learned that eating a diet high in fiber rich

## ARGUABLY THE BEST



30,000,000,000 ProBiotics

### It's MEGA for a reason!

MegaBalance is arguably THE super power of probiotics!

- Incredible 30 Billion Strong
- Dynamic Variety – 10 Different Strains
- With DE111 – Clinically Researched
- Enviro Positive: Non- GMO Formula
- In Healthy Veggie Caps



**OneLifeUSA – Core Products All Non-GMO!**  
 Beginning with our founding product, The **Advanced Anti-Oxidant**, this **core group of products** was first established over 20 years ago with the intent to **cover the important keynotes for overall health**. All are Microbatch manufactured in state of the art, GMP certified and FDA registered laboratories in the USA. Using premium harvest ingredients, the results are ‘Farm to Tablet’ quality products you can trust.



**Advanced Anti-Oxidant** - Experience a breakthrough in healthy immune support. Custom formula: Key anti-oxidant vitamins in a base of Echinacea & Garlic.



**Daily Multiple** – The Ultimate! A-Z Vitamins, essential mineral, whole foods blend, digestive enzymes, probiotics and more!



**Advanced Pros Plus** – The ‘A’ team combination: Resveratrol + Proanthocyanidins. Max cellular anti-aging support.



**Joint Flex** – Optimum balanced blend of joint supportive compounds with a bug supportive dose of MSM.



**Black Walnut** – A liquid from fresh green hulls of black walnuts. Personally verified by Dr. H. Clark –adheres to her strict standards. Commonly used as part of the Original Para Kit.



**Liver Health** – Targeted blend of ‘A’ level herbals for max healthy liver detox support. Vegan formula- gluten free.



**CalPlus Complex** – **New Release December**



**ProBalance** – Seven strain, 5.75 billion probiotic (good bacteria) to help support a healthy balance gut flora.



**Calm Sleep** – Promote a relaxing sleep. Targeted selection of amino acids, minerals, and choice blend of botanicals.



**Something for Men** – Proprietary blend targeted for healthy prostate and urinary support.



**Can-Balance** – Targeted to help keep specific gut flora in healthy balance. (example: Candida)



**Something for Women** – Proprietary blend targeted for balance and emotion support naturally.



**Celtic Calcium** – Marine based bioactive calcium, 72 trace marine minerals, Vitamin D and magnesium.



**Something Smells Fishy** – Pump up Omega-3’s: 100% salmon oil from free-swimming, cold-water salmon. (pure salmon oil – not a mixed fish oil)



**Cloves** – 500mg per cap- pure Cloves. Personally verified by Dr. H. Clark –adheres to her strict standards. Commonly used as part of the Original Para Kit.



**Stress Free Energy** – B Vitamins synergistically blended with calming herbals. No: Caffeine or sugar.



**CoEnzyme Q-10** – Release your cellular energy with 100mg highly absorbent CQ10 per soft gel. Statin drug users: Physician recommended.



**Super Flaxseed + Greens** – Power mix: 1 gram Flaxseed + plethora of greens (broccoli, kale, spinach, etc)!



**Colon Clear** – Targeted herbal blend: Promote natural regularity or a colon cleanse program.



**TURBOTics** – Arguably one of the most advanced prebiotic/probiotic formulas.



**Coral Calcium** – **New Release**



**Vision Guard** - Comprehensive blend: Targeted vitamins, herbals and minerals for healthy eye support.



**Wormwood** - 250mg pure Wormwood (No Quassi or Male Fern). Personally verified by Dr. H. Clark –adheres to her strict standards. Commonly used as part of the Original Para Kit.



## PC Nutrition – Premium Formulas

Our PC Nutrition products were first introduced exclusively to our professional clientele (doctors, clinics, etc.). Today, many are available to all of our customers. Most of these **formulas are purpose specific**; with a few stand out premium **single ingredient formulas**.



**ALA/ALC** – Two anti-oxidants deemed ‘universal’ and ‘super’ for their ability to cross the blood/brain barrier and provide protective benefits.



**Blood Sugar Matrix** – Targeted formula with supportive vitamins, mineral and herbals that help support healthy blood sugar levels. A Non-GMO product.



**Cardio One** - formula for cardiovascular support. To name a few: Plant sterol, Guggulipids, CoQ-10, Green Tea.



**Choles Support** – Powerhouse of synergistically balanced plant sterols enhanced with Niacin, Policosanol, garlic and more!



**CocoNut Oil** – 1000mg of extra virgin, non-hydrogenated, unrefined, unbleached, not deodorized Coconut Oil from organic coconuts. Simply... the best. A Non-GMO product.



**Collagen 750** - A whopping 750mg per capsule. Collagen: Muscle, tendon and skin ‘glue’. A Non-GMO product.



**Colon Care** - Perfect combo to help support: healthy digestion, natural regularity, balanced gut microflora and detox.



**DHEA** – Hormone produced by the body – the precursor to male and female sex hormones. Naturally declines with age. A Non GMO product.



**Digest Ultra Pro** – Comprehensive digestive enzyme formula with 18 different enzymes to aid in the breakdown (digestion) of simple to complex foods. A Non GMO product.



**Ginkgo Biloba** – Standardized premium extract - Herbal most often referred to as the ‘brain’ herb.



**MegaBalance** – Substantial combination of 10 strains and 30 billion probiotic organisms (includes clinically proven DE111).



**Mind Focus** – For focus, this stand-out herbal combination is a longtime favorite.



**Para Crush** – Promote healthy gut flora. Targeted to weed out the ‘bad’ bugs and encourage the ‘good’ bugs. 10 day protocol, all-in-one capsule. A Non-GMO product.



**Power C 1000** – For year ‘round immune support: Packed with 1000mg of Vitamin C + supportive flavonoids. A sustained (timed) release formula.



## Brabec Basics – “It’s Fundamental”

The products in our Brabec Basics line are made available at a considerable savings. Each of **their cost is subsidized** by our founder, Jana Brabec. As a cancer survivor, she wished to insure that some important dietary supplements would be available at affordable prices.



**Green Tea** - Convenient dose of 500mg, 98% extract (the best) of pure dried green tea per capsule. A Non-GMO product.



**Turmeric 750 + Bioperine** – Top of the line! The max - 95% standardized extract - 750mg pure Turmeric + a dash of bioperine for increased absorption. A Non-GMO product.



**B12 Chewable Tabs** – Tiny chewable (for max absorption), mild cherry flavored tabs, each packed with 1000 mcg of B12. A Non-GMO product.



**Basic Multiple** – Full spectrum multi vitamin/mineral combination with an added: whole foods blend, CoQ-10, Citrus Bioflavonoids. Liquid filled capsules.



**Vitamin D3 + K2 Chewable Tabs** – Key important combo of Vitamin D3 + Vitamin K. Each chewable tablet: 2000 IU Vitamin D3 + 75





## Save \$'s with Kits – All Non-GMO!

Kits (products that go together for a targeted purpose) have been grouped. Kits save \$'s as compared to purchasing the items individually.



### Candida Protocol Kit

The ‘Weed & Feed’ approach to balancing gut flora. When weeds (candida) are out of control, reign them in. Next, feed (good probiotics) for a balanced and healthier gut!

Include 1 each: Can-Balance & ProBalance (probiotics)

### Original Para Kit

Based on the research and recommendations of Dr. H. Clark (personally visited our lab and set the manufacturing process to insure these products meet her specifications). As a targeted kit focused on gut flora, overall health is encouraged. Objective: Weed out the ‘bad’ bugs, create an environment where ‘good’ gut microbes can then flourish. 18 day protocol + 1 maintenance cycle.

Includes 1 each: Cloves, Wormwood & Black Walnut Tincture

### Original Para Maintenance- 12 or 15

Dr. Clark’s protocol includes weekly maintenance cycles. For those who wish to stay on these, this kit includes enough product for 12 or 15 maintenance cycles.

12 Week Kit Includes: 1 bottle Cloves, 1 bottle Wormwood & 4 bottles Black Walnut Tincture

15 Week Kit Includes: 1 bottle Cloves, 1 bottle Wormwood & 5 bottles Black Walnut Tincture

### Original Para Kit + Post Cleanse Kit

Includes 1 of each: Cloves, Wormwood, Black Walnut Tincture, Colon Clear, Liver Health & ProBalance (probiotics)

**Para Crush Kit** Faster, easier and more convenient for those not up for the Original Para Kit + Complete Post Cleanse. Travels well (all in capsule form). Follows ‘Weed & Feed’ approach.

Includes 1 of each: Para Crush & ProBalance (probiotics)

**Post Cleanse Kit** Follows the Original Para Kit as the ‘feed’ portion of the ‘Weed & Feed’ concept. The Original Para’ Kit targets weeds (bad bugs). This feeds to support a healthy liver (body’s best detox) and billions of good probiotics. Bonus product: Helps wash away any bad bug residue.


Includes 1 of each: Colon Clear, Liver Health & ProBalance (probiotics)


### Kosher – Certified Pure




No Aluminum,  
No Dyes, No Meat,  
No Sulfates, No Artificial colors,  
No Eggs, No Milk, No Sulfites,  
No Artificial Flavors, No Fish, No Preservatives,  
No Talc, No Aspartame, No Gelatin,  
No Casein, No Wheat, No Yeast,  
No Gluten, No Starch, No Whey,  
No Dextrose, No Lactose,  
No Sugar.

Perfect for vegetarians and those seeking gluten-free.

 **Allergy Formula** – (formally labeled “Anti-Allergy”). Combines three targeted ingredients.

 **Apple Bran Fiber** – Source of soluble fiber. Chewable tab – good for those looking to avoid wheat and other grains.

 **Cal/Mag Chewable** - Preferred 2:1 ration (Calcium: Magnesium). Chewable- also used for heartburn relief.

 **Chlorophyll** – Potent super green, natural deodorizer combo: Chlorophyll + alfalfa



**Cro-Man-Zin** – Triple mineral targeted approach to help support normal blood sugar levels.



**Folic Acid** – 100% daily value per tablet.



**Fruit C 500 Chewable** – Tart flavored chewable delivers 500mg Vitamin C in fruit based bioflavonoids.



**Kala** – Lactobacillus acidophilus probiotic + pectin (from apple).



**Kids Multi Vitalets** – A perfect blend of essential vitamins and minerals for children (seniors and those unable to swallow pills). Available in orange or raspberry flavors.



**Super Quints B-50** – Power packed multi Vitamin B complex. Coated tablets.



**Zinc Lozenges** – Lozenges popular during the cold/flu season (noted for throat soothing). Good year ‘round for wound healing properties.

# OneLifeUSA Core Products

	qty	1	2-3	4-6	7+	VIP	
<input type="checkbox"/> ☺	Advanced Anti-Oxidant	90	11.49	11.24	10.99	10.49	9.49
<input type="checkbox"/> ☺	Advanced Pros Plus	60	14.99	14.74	14.49	13.99	12.99
<input type="checkbox"/> ☺	Black Walnut	1oz	9.99	9.74	9.49	8.99	8.49
<input type="checkbox"/> ☺	CalPlus Complex	120	13.99	13.74	13.49	12.99	11.99
<input type="checkbox"/> ☺	Calm Sleep	60	15.99	15.74	15.49	14.99	13.99
<input type="checkbox"/> ☺	Can-Balance	60	13.99	13.74	13.49	12.99	11.99
<input type="checkbox"/> ☺	Celtic Calcium	60	13.99	13.74	13.49	12.99	11.99
<input type="checkbox"/> ☺	Cloves	120	13.99	13.74	13.49	12.99	11.99
<input type="checkbox"/> ☺	Coenzyme Q-10 (100mg)	60	20.99	20.74	20.49	19.99	18.99
<input type="checkbox"/> ☺	Colon Clear	90	14.29	14.04	13.79	13.29	12.29
<input type="checkbox"/> ☺	Coral Calcium	60	13.99	13.74	13.49	12.99	11.99
<input type="checkbox"/> ☺	Daily Multiple Ultimate	90	23.99	23.74	23.49	22.99	21.99
<input type="checkbox"/> ☺	JOINT FLEX (+ MORE MSN)	100	15.99	15.74	15.49	14.99	13.99
<input type="checkbox"/> ☺	Liver Health	30	10.99	10.74	10.49	9.99	8.99
<input type="checkbox"/> ☺	ProBalance	30	12.79	12.54	12.29	11.79	9.99
<input type="checkbox"/> ☺	Something for Men	60	12.99	12.74	12.49	11.99	10.99
<input type="checkbox"/> ☺	Something for Women	60	12.99	12.74	12.49	11.99	10.99
<input type="checkbox"/> ☺	Something Smells Fishy	90	10.99	10.74	10.49	9.99	8.99
<input type="checkbox"/> ☺	Stress Free Energy	90	14.49	14.24	13.99	13.49	12.49
<input type="checkbox"/> ☺	Super Flaxseed	90	15.99	15.74	15.49	14.99	13.99
<input type="checkbox"/> ☺	TURBOTICS	60	27.99	27.74	27.49	26.99	25.99
<input type="checkbox"/> ☺	Vision Guard	60	15.99	15.74	15.49	14.99	13.99

# PC Nutrition Premium Formulas

	qty	1	2-3	4-6	7+	VIP	
<input type="checkbox"/>	ALA/ALC	60	16.29	16.04	15.79	15.29	14.39
<input type="checkbox"/> ☺	Blood Sugar Matrix	60	14.99	14.74	14.49	13.99	12.99
<input type="checkbox"/>	Cardio One	90	23.99	23.74	23.49	22.99	21.99
<input type="checkbox"/>	Choless Support	60	14.99	14.74	14.49	13.99	12.99
<input type="checkbox"/> ☺	CoConut Oil	100	15.99	15.74	15.49	14.99	13.99
<input type="checkbox"/> ☺	Collagen 750	120	14.99	14.74	14.49	13.99	12.99
<input type="checkbox"/>	Colon Care	90	12.99	12.74	12.49	11.99	10.99
<input type="checkbox"/> ☺	DHEA	50	10.99	10.74	10.49	9.99	8.99
<input type="checkbox"/> ☺	Digest Ultra Pro	60	18.99	18.74	18.49	17.99	16.99
<input type="checkbox"/>	Ginkgo Biloba	60	8.99	8.74	8.49	7.99	6.99
<input type="checkbox"/> ☺	MegaBalance	30	28.99	28.74	28.49	27.99	26.99
<input type="checkbox"/>	Mind Focus	30	18.99	18.74	18.49	17.99	16.99
<input type="checkbox"/> ☺	Para Crush	60	14.99	14.74	14.49	13.99	12.99
<input type="checkbox"/>	Power C-1000	50	14.69	14.44	14.19	13.69	12.69

\$4.99 Flat Rate Shipping... Orders over \$50 Ship FREE



1-888-227-1937  
 "YOU MAY NEVER BE SICK AGAIN!"  
 www.OneLifeUSA.com  
 PO Box 888, Palm Beach, FL 33480



## Brabec Basics "It's Fundamental"

Mix- Match- SAVE

### SAMPLE ORDER

1 Advanced AntiOxidant	\$10.99
1 ALA/ALC	<del>-\$15.79</del>
1 Blood Sugar Matrix	\$14.49
1 Something for Woman	\$12.49
	\$53.76
Over \$50 FREE Shipping > \$0	
	\$53.76

	qty	1-4	VIP
<input type="checkbox"/> ☺ B12 (Chewable Cherry)	100	5.64	4.94
<input type="checkbox"/> Basic Multiple (LiquiCaps)	60	16.99	14.99
<input type="checkbox"/> ☺ CalTrio (Coated Tablet)	90	9.99	7.99
<input type="checkbox"/> ☺ Green Tea (98% Polyphenols)	60	4.99	4.49
<input type="checkbox"/> ☺ Turmeric 750 + Bioperine	60	17.99	15.99
<input type="checkbox"/> ☺ Vitamin D3 + K2 (chewable)	90	6.99	6.29

This sample order show how OneLifeUSA and PC Nutrition products can be combined to receive a discounted price from the 4 to 6 price column. Also FREE Shipping orders over \$50

### DECEMBER PREVIEW

#### VIP Club Exclusive

- ✓ FREE Shipping\*
- ✓ The Lowest Prices
- ✓ Free to Join
- ✓ Exclusive VIP Specials
- ✓ Change Order Anytime
- ✓ Convenient Autoship



**CalPlus Complex**  
 New Release December



**Digest Ultra Pro**  
 (limit 1)



**Coral Calcium**  
 New Release December

VIP Club  
 Member Exclusive



**Colon Care**  
 (limit 1)

VIP Club  
 Member Exclusive

## Cleansing Kits

Special  
 Kit Price

<input type="checkbox"/> ☺ <b>Candida Protocol Kit</b>	<b>22.99</b>
Can-Balance + ProBalance	
<input type="checkbox"/> ☺ <b>Original Para Kit</b>	<b>28.77</b>
Black Walnut + Cloves + Wormwood	
<input type="checkbox"/> ☺ <b>12 Para Maintenance</b>	<b>49.77</b>
12 Week-4 Black Walnut + Cloves + Wormwood	
<input type="checkbox"/> ☺ <b>15 Para Maintenance</b>	<b>54.77</b>
15 Week-5 Black Walnut + Clove + Wormwood	
<input type="checkbox"/> ☺ <b>Original Para + Post Cleanse</b>	<b>55.77</b>
Black Walnut + Cloves + Wormwood + Colon Clear + ProBalance + Liver Health	
<input type="checkbox"/> ☺ <b>Para Crush Kit</b>	<b>19.99</b>
Para Crush + ProBalance	
<input type="checkbox"/> ☺ <b>Post Cleanse Kit</b>	<b>31.37</b>
Colon Clear + ProBalance + Liver Health	

## Kosher Certified Pure

	qty	1-4	VIP
<input type="checkbox"/> Allergy Formula	100	9.67	8.76
<input type="checkbox"/> Apple Fiber-Chewable Tabs	100	8.15	7.89
<input type="checkbox"/> CAL/MAG Chewable	100	7.63	6.94
<input type="checkbox"/> Chlorophyll	100	7.53	6.74
<input type="checkbox"/> Cro-Man-Zin	100	8.23	7.49
<input type="checkbox"/> Folic Acid 400 mcg	100	5.46	4.67
<input type="checkbox"/> Fruit C 500 Chewable	100	11.42	10.36
<input type="checkbox"/> Kala-Acidophilus	100	6.90	6.21
<input type="checkbox"/> Kids Multi Vitalets (Orange)	100	9.05	8.69
<input type="checkbox"/> Kids Multi Vitalets (Raspberry)	100	9.05	8.69
<input type="checkbox"/> Super Quints (B-Complex)	100	11.66	10.16
<input type="checkbox"/> Zinc Lozenges (Orange)	25	4.38	3.97



# OneLifeUSA

Premium Harvests - MicroBatched For Freshness - Farm To Tablet Quality



## New Website Look & Features Now Live!

### New Features:

- Mobile Friendly
- Product Categories
- **Quick Reference Icons**
- Improved Navigation

### New VIP Section

- From Home Page, scroll down to 'VIP Club Access'
- Click 'Update Your VIP Order' button
- Select the month you'd like to update
- Fill in the order form and submit

### NEW Quick Reference Icons - For each product category.

A  
B  
C

FUNDAMENTAL



ENERGY



HEART



BRAIN



DIGESTION



IMMUNITY



BONES/JOINTS



EYES



CLEANSE



AGELESS



SPECIALTY



CORE



PREMIUM



BASIC



KOSHER

## ParaLifeUSA.com

## Good Bug?

## Bad Bug?

### Find Your Healthy Balance.

[www.Facebook/onelifeusa](http://www.Facebook/onelifeusa)

Check out the [OneLifeUSA Facebook page](http://www.Facebook/onelifeusa).

With postof interesting articles covering everything from the latest in cancer research to healthy recipes. It's easy.. and you don't have to 'belong' to Facebook, have a Facebook account or have a personal Facebook page. [To view our Facebook posts, simply type: www.facebook.com/onelifeusa in your internet explorer...](http://www.Facebook/onelifeusa) and you'll be there... able to view and click on our Facebook posts.