

NutraRelief

PRODUCT CATALOG



CERTIFIED



LIPOSOMAL DELIVERY
TECHNOLOGY

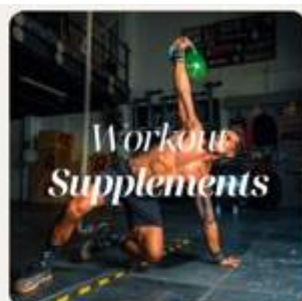
Our mission
To offer *millions of people* around the world an
alternative to achieve *optimum health, happiness*
and *wellbeing*.

Nutra Relief produces the highest quality **Liposomal Targeted Supplements** on the market. Our unique formulations and products utilize pure liposomal bio-active ingredients for greater potency and enhanced clinical response. Our goal is in providing our clients an alternative in supplementation for the entire body.

At Nutra Relief we utilizes our **Registered and Trademarked proprietary Certified Liposomal Delivery Technology (LDT) ®** that harnesses the smallest, most stable, single-layer spheres on the market, made from the highest-grade ingredients available for our liposomal delivery technology. In addition to exceptional absorption rates, nanospheres have demonstrated the ability to cross the blood-brain barrier, deposit their cargo intracellularly and enhance lymphatic circulation of nutrients.

We pride ourselves in the development and supply of ultra-penetrating, super absorbent creams. Our liposomal topical creams provide the benefit of being absorbed without having to pass through the digestive tract, the acid bath and bile salts that are so aggressive in the dilution and destruction of the "bioactive" properties in ingredients. It is well known that the digestive secretions in the stomach (HCL) Hydrochloric Acid for example, alter the desired results of most ingested medications and supplements. This is amplified especially with those who may have difficult gastrointestinal or digestive issues.

By using the **SKIN** as the point of supplementation any part of your torso can offer a steady source of the building blocks that will nourish your body with **vitamins, minerals, amino acids and hormones** rich with the nutrients our bodies need to maintain optimal health and function. For this reason, we formulate all our products to reflect an alternative pathway. Our vision is your **SKIN** is the central point of administration for nutrition and healing. This methodology is the cornerstone of how we approach what you put into your body, and we invite you to **join us on this path to health and wellness**.



MANUFACTURING & TESTING *STANDARDS*

Nutra Relief products are manufactured in a **U.S. FDA Registered Facility** with standards that far exceed **cGMP and FDA requirements**. We have strict measures and tight control over our own manufacturing which allows our laboratory to produce our liposomal creams using our **Registered, Trademarked Certified Liposomal Delivery Technology (LDT) ®** ensuring the delivery of high-quality creams with unparalleled absorption and results.

Certificate of Analysis

Our formulations are based on cutting edge scientific literature and clinical experience. All our liposomal cream supplements are tested in the lab and given a **Certificate of Analysis (CoA)** which summarizes all tests performed on each production batch before shipped, providing the needed reassurance that is required to report to the **Food and Drug Administration (FDA)** and the **International Organization for Standardization (ISO)**.

Our testing standards and practices allow us to provide liposomal supplements that are not only verified but are able to ensure exact potency for optimal efficacy.

C E R T I F I E D



LIPOSOMAL DELIVERY
TECHNOLOGY

Our Philosophy

Nutra Relief is dedicated to the formulation and distribution of natural liposomal supplements that are manufactured from the purest liposomal bioactive ingredients on the planet.

All our liposomal creams are handcrafted in small batches to insure freshness and potency. Our creams are manufactured to the highest standards utilizing our **Registered and Trademarked proprietary Certified Liposomal Delivery Technology (LDT)** ensuring the delivery of high quality creams with unparalleled absorption and results.

LIPOSOMES

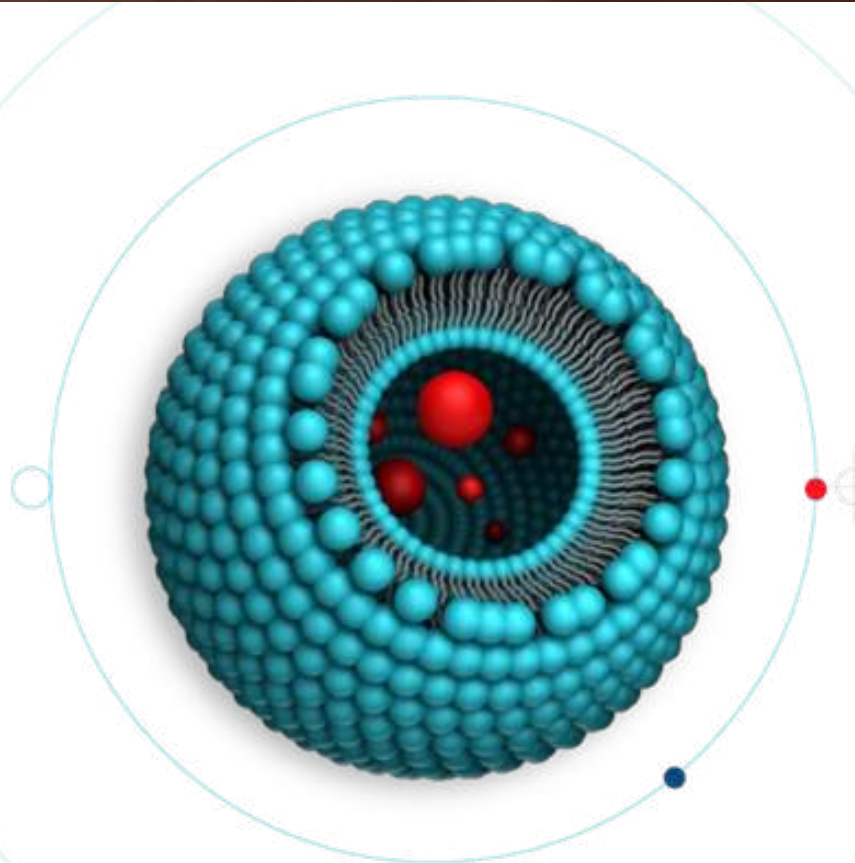
THE BUILDING BLOCK OF EVERY CELL MEMBRANE

“

Liposome delivery in lotions *overcomes the limitations of oral therapy* and provides a steady state of nutrient delivery

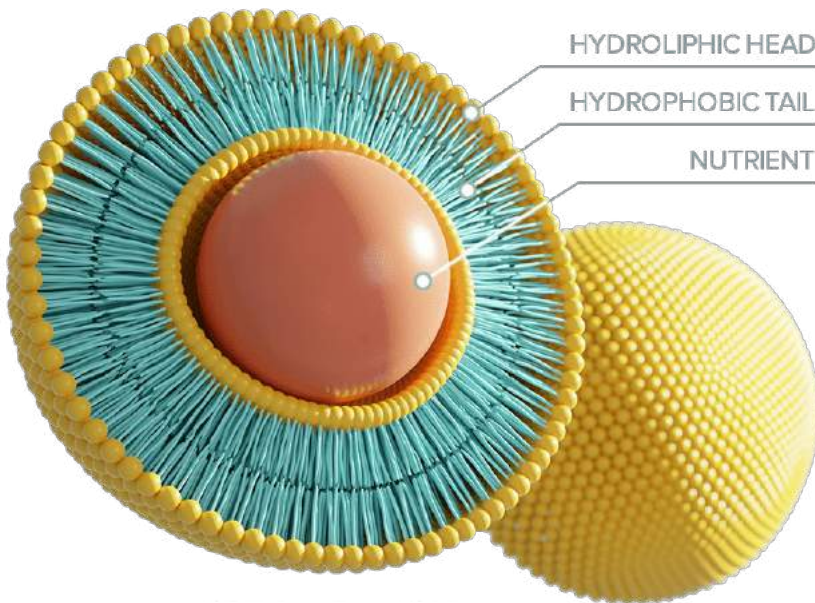
After extensive research and development efforts, liposome-formulated remedies are now used routinely at clinics to treat a wide range of illness and disease, mainly because they are biologically inert and biocompatible and do not cause unwanted toxic or immune reactions. Liposomes are made with essential phospholipids, in fact phospholipids are the **basic building block of every cell membrane in the human body.**

Once applied on the skin, liposomes rupture and diffuse as a lipidic mixture that acts as a **penetration enhancer.** Liposomal topicals can optimize cellular uptake and effectiveness and can be easily adjusted to a lower or higher dose to meet everyone's needs.



WHAT ARE *LIPOSOMES*?

A Liposome (LY-poh-SOH-m) is a nutrient formulation that contains the active nutrient inside very tiny, fat-like particles. This form is easier for the body to absorb and delivers more nutrients to target areas in the body. Liposomes are spherical-shaped phospholipid pods filled with aqueous nutrients and indeed represent the most extensively studied and advanced supplement delivery technology.



Absorption is the movement of nutrients into the circulatory system. Bioavailability is the degree to which nutrients can be used by the body at a cellular level.

The bioavailability of conventional dietary supplements, such as tablets and capsules, can be drastically reduced by the process of digestion and those who may have difficult gastrointestinal or digestive issues.

Superior natural absorption

Benefits of *Liposomal* Delivery Technology



Cellular Compatibility

Liposomes are made of the same material as most cells therefore, your body recognizes them as phospholipid friendly substance.



Increase Absorption

Protects against the harsh environment of the GI tract and increases bioactive uptake absorption.



Self Regulating

Liposomal topicals can optimize cellular uptake and effectiveness and can be easily adjusted to a lower or higher dose to meet individual needs.



Larger Payload

Provides a larger nutrient payload per particle. Offers higher bioavailability and absorption compared to conventional capsules.



Penetration Enhancer

Once applied on the skin, liposomes rupture and diffuse as a lipidic mixture that acts as a penetration enhancer.



Avoids Digestion

Timing of the dose does not require accompaniment or exclusion of food as the absorption via the liposome avoids the digestive process.

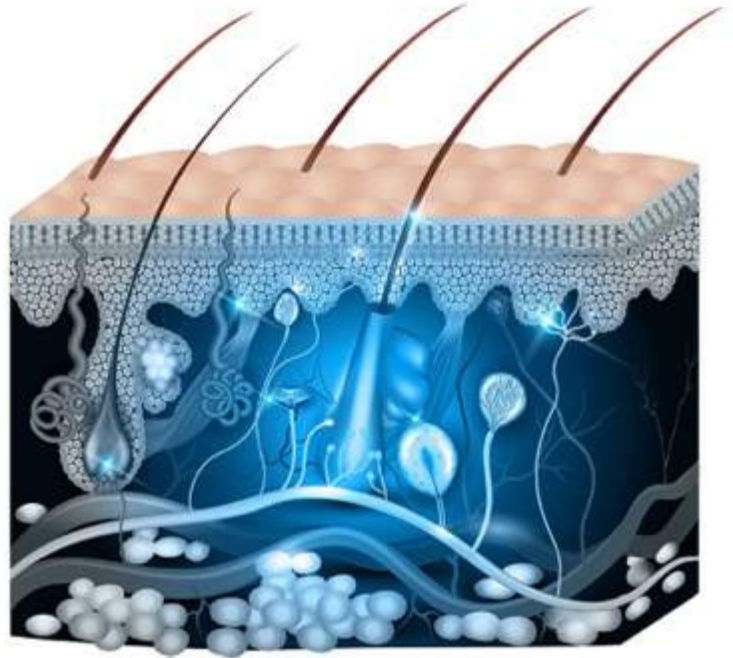
WHY USE THE *SKIN*?

While we tend to think of ourselves as “waterproof” the reality is our skin is porous and certain substances are absorbed, not just into the skin but into the fat tissue beneath and into the circulatory system.

Liposome Skin Delivery

Our **Certified Liposomal Delivery Technology (LDT)**[®] liposomal creams provide the benefit of being absorbed directly into the skin without having to pass through the acid bath and bile salts that are so aggressive in the dilution and destruction of the “bioactive” properties in ingredients.

It's well known the digestive secretions in the stomach (HCL) Hydrochloric Acid for example, alter the desired results of most ingested medications and supplements. This is amplified especially with those who may have difficult gastrointestinal or digestive issues.

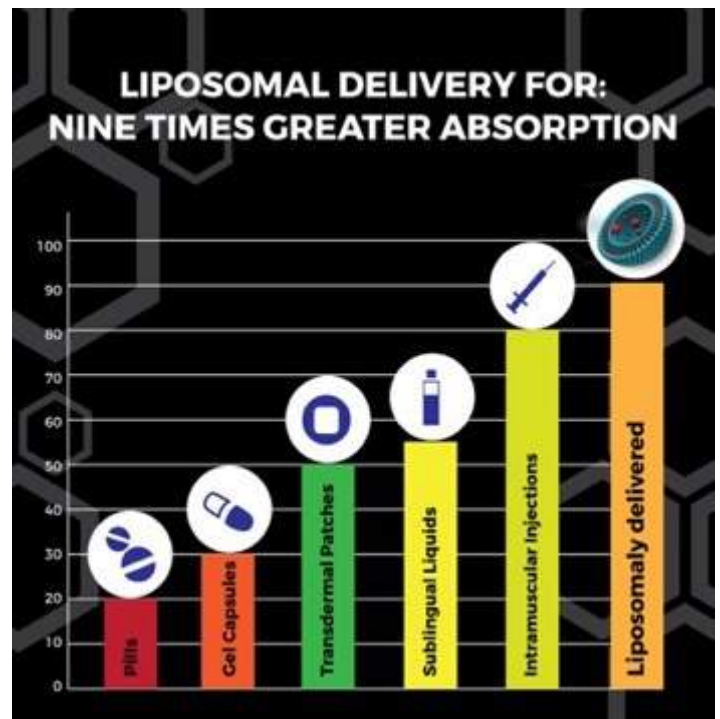


How Are They **Absorbed**?

Liposomes can be designed to deliver nutrients in multiple ways. Some liposomes work to deliver nutrients by diffusion rather than by ‘direct’ cell fusion.

Other liposomes release nutrient molecules by membrane fusion with the cellular plasma membrane. The nutrient encapsulated in the liposome is protected from metabolism and the molecule becomes active only after release from the liposome sheath, and without degradation.

They are easily absorbed into the bloodstream through the skin, mucous membranes in your mouth and digestive tract.



What *your* body craves

Deep Sleep, Hormone Balance, Pain Relief, Stress Relief



MELATONIN

Melatonin is a powerful natural antioxidant and free radical scavenger that helps combat...



TAKE A LOOK



PROBALANCE

ProBalance is a fragrance-free liposomal cream containing 1.6% natural progesterone (from a Mexican...



TAKE A LOOK



TRAUMA MAX RELIEF

Trauma Max Relief was formulated with (4) natural pain relieving bio-active ingredients specifically...



TAKE A LOOK



GABA L-THEANINE

Gaba L-Theanine helps support with anxiety, stress, depression, ADD as well as also...



TAKE A LOOK

Certified & *Trusted*

By using the **SKIN** as the point of supplementation any part of your torso can offer a steady source of the building blocks that will nourish your body with vitamins, antioxidants, amino acids and minerals rich with the nutrients our bodies need to support optimal health and function.



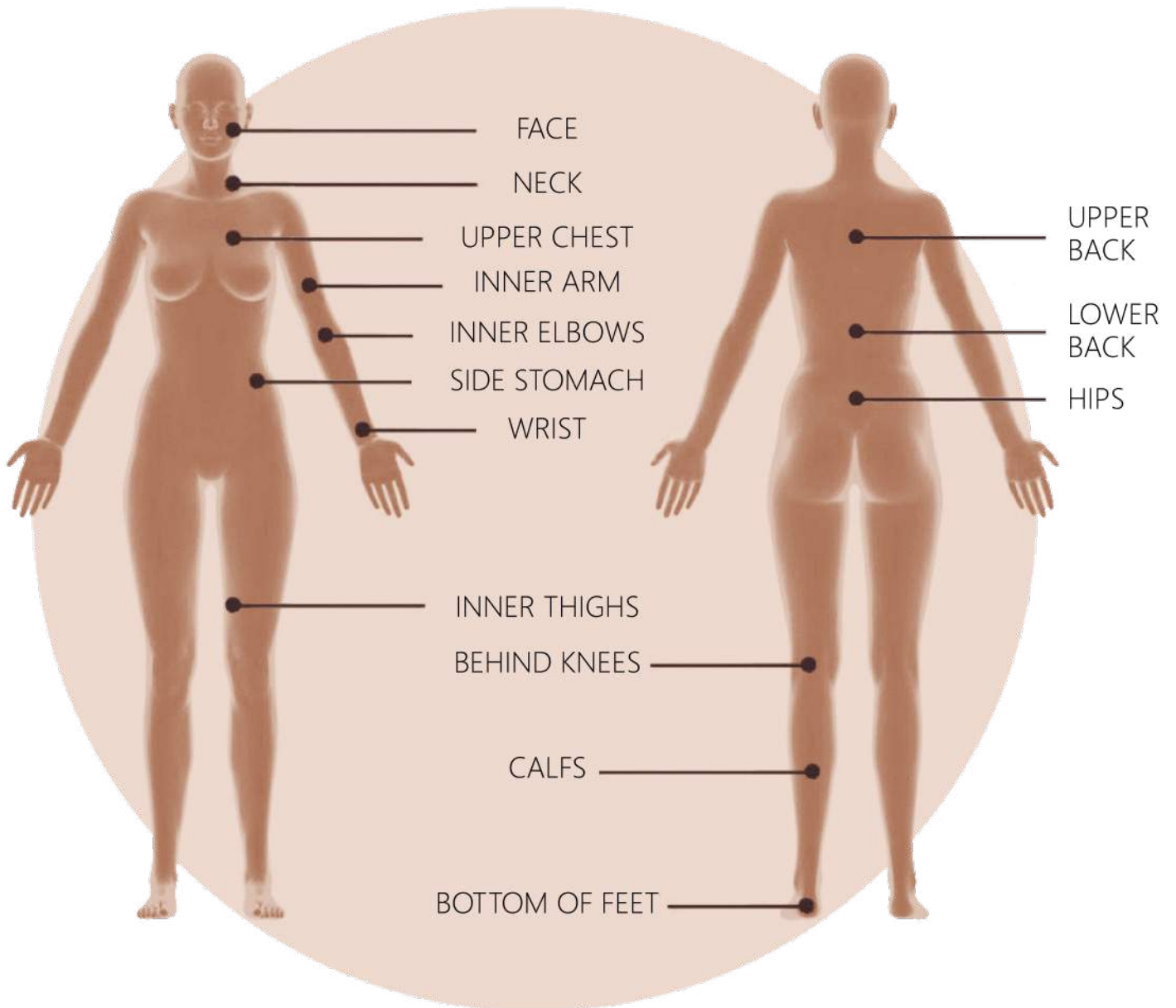
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LIPOSOMAL DELIVERY TECHNOLOGY



RECOMMENDED BENEFICIAL AREAS FOR NUTRA RELIEF CREAM APPLICATION



Sharing the review love

Watch how our products have helped improve the lives of our customers.



Ferrando



Aly Vega



Sher Grace Powers



Dena Sko

MELATONIN NIGHT CREAM

WHY DO I NEED THIS PRODUCT

Sleep doesn't just feel good, it's a **life-saving, necessary** human function. Our bodies don't operate normally when we're sleep deprived. Research shows just one night of NO SLEEP can impair movement, focus and weaken your immune system. A human being will die of sleep deprivation before starvation, it takes about 2 weeks to starve but only 11 days to die if you go without sleep.

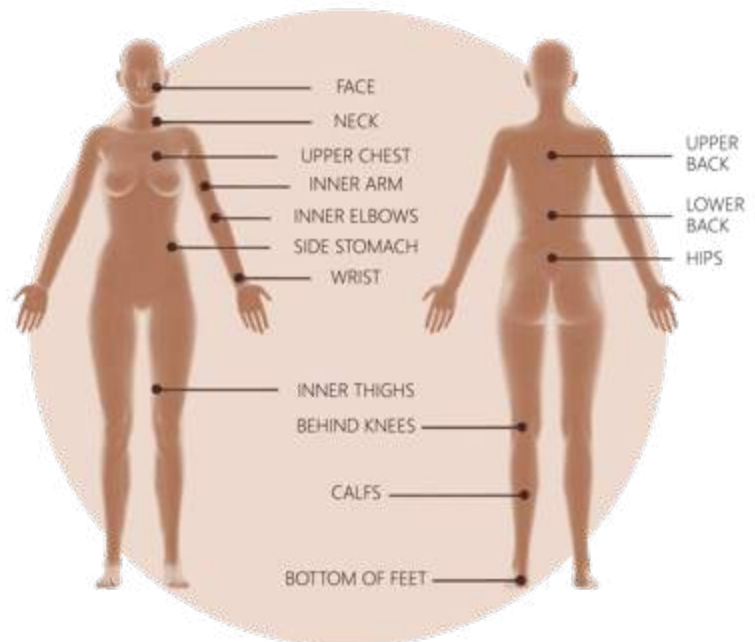


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LIPOSOMAL DELIVERY
TECHNOLOGY

RECOMMENDED BENEFICIAL AREAS FOR NUTRA RELIEF CREAM APPLICATION



KEY PRODUCT BENEFITS:

- Natural Sleep Aid
- Anti-Aging Molecule
- Helps to Regulate Circadian Rhythm
- Strengthens the Immune System
- Helps to reduce migraines up to 50%
- Protects Against Alzheimer's
- Protects Pancreas
- Assists in Weight Control
- May help to lower Diabetic A1c Hemoglobin Levels

www.CancerTruth.net / www.PreventDisease.com

WHAT IS MELATONIN?



Melatonin is a hormone that's naturally produced in the body by the pineal gland, a reddish-gray endocrine gland that's about the same size as a pea and is shaped like a tiny pine cone. It's located near the center of the brain between the two hemispheres where the two halves of the thalamus are joined together.

The pineal gland secretes melatonin in sync with our circadian rhythms.

Melatonin's primary function in the body is to regulate our sleep-wake cycles. Normally, our melatonin levels begin to rise as it gets later in the day as our pineal gland begins to produce more of the hormone in the mid- to late evening. Then during the night, our pineal gland secretes our highest levels of melatonin and they remain high for most of the night. By early morning, when the sun begins to lighten up our day, our pineal gland cuts back on melatonin production, telling our body to wake up and be ready for a new day. As we get older, our natural levels of melatonin slowly begin to drop. Children seem to have the highest levels of the hormone while some elderly adults make very small amounts of it or none at all.

MELATONIN NIGHT CREAM

APPLICATION INSTRUCTIONS

Apply at night only (10-15 min) before bedtime. Massage (1-2 pumps) on clean skin until fully absorbed. Choose one skin area to apply cream each night: face, neck, or upper chest, or inner forearm, wrists or bottom of feet.

AVOID COMBINING CREAMS:

AVOID combining / layering our creams with other products, especially on your face. Other creams are NOT formulated to penetrate the skin and typically contain toxic chemicals. Our creams penetrate below the SKIN, so they will pull toxic chemicals from other creams with them and could cause irritation.

SENSITIVE SKIN:

If you have sensitive skin the best place to apply your Nutra Relief products may be the soles of your feet. These pores are 30% larger than those at any other location on your body.

BEST TIME TO APPLY CREAM:

Apply the Melatonin Night Cream **ONLY** at **NIGHT** or when you need to sleep. This cream will make you sleepy. Best time to apply is **10-15 minutes** before retiring to sleep.

WHERE ON THE BODY TO APPLY OUR CREAMS?

You can apply the cream on different areas of the body that are afflicted - look over the Application Body Chart below for best-recommended body zone application areas. Apply to one area at a time, as our creams are potent and pure so a little goes a long way.

NOT FALLING ASLEEP QUICK ENOUGH:

If you're not falling asleep quickly keep using it every night for a week. Some individuals require more time for their body to feel the effects and others feel it immediately. We recommend 1-2 pumps per night. If you're not asleep within 20 minutes after applying your first application, apply 1 extra pump.



30 SECOND EXTRA RUB:

Rub Nutra Relief creams gently on your skin for 30 seconds longer than normal until cream disappears. The rubbing acts as a mechanism for the cream to fully penetrate through the skin.

MELATONIN SMELL:

The natural smell you're noticing in the Melatonin Night Cream, is the natural smell of pure Bio-Active ingredients. We choose not to mask our ingredients with oils or other synthetic ingredients & instead formulate our creams as pure as possible to avoid any allergies our customers may have.

HOW MUCH CREAM TO APPLY:

If you feel the cream is too strong, use (½ - 1) pump instead (2) pumps per night. Each person is different, you will know what your body needs. The side effects of too much Melatonin will be grogginess or a headache. If you experience those symptoms, use less and try applying the cream on a different area of your body. For example: your feet.

WAKING UP IN MIDDLE OF THE NIGHT:

If you wake up in the middle of the night, avoid turning on lights, tv or looking at your cell phone. Light will signal your Pineal Gland it's daytime and kick in the production of Serotonin, which wakes you up. To fall back to sleep, wet your hands with a little bit of water and rub over the original area you applied the cream on. Please do **NOT** apply **MORE** cream, simply rub over the original area with damp hands and it will reactive the Melatonin that's stored in your skin.

GABA L-THEANINE



WHY DO I NEED THIS PRODUCT

GABA L-Theanine Liposomal Cream combines two unique neurotransmitter Amino Acids (GABA) and (L-Theanine) that are prominent in literature as potential treatments for anxiety, stress, depression, ADD and insomnia. These amino acids work in the brain to regulate emotions, mood, concentration, alertness and sleep. As well as appetite, energy, and other cognitive skills.

WHAT IS GABA?

GABA (Gamma-aminobutyric acid) is an amino acid that serves as the primary inhibitory neurotransmitter between nerve cells in the brain and spinal cord.¹ It plays a role in how people experience anxiety, fear, and stress. GABA acts to slow or block certain nerve signals in the brain, sometimes reducing feelings of anxiety.²

WHAT IS L-THEANINE?

L-theanine (also called theanine, or sometimes r-glutamylethylamide) is an amino acid that impacts nerve impulses in the brain and the release of neurotransmitters, including GABA. It is known as natural anxiolytic because it can have a calming, sedative effect on the body and mind without making you feel drowsy - which is why it's often used to reduce anxiety, hyperactivity and sleep-related problems.³

WHAT DOES IT DO?

Gaba L-Theanine promotes relaxation and facilitates sleep by contributing to several changes in the brain. L-theanine elevates levels of GABA, as well as serotonin and dopamine. L-theanine promotes relaxation and facilitates sleep by contributing to several changes in the brain:⁴

- Boosts levels of calming brain chemicals.
- Lowers levels of "excitatory" brain chemicals.
- Enhances alpha brain waves which are associated with a state of "wakeful relaxation".

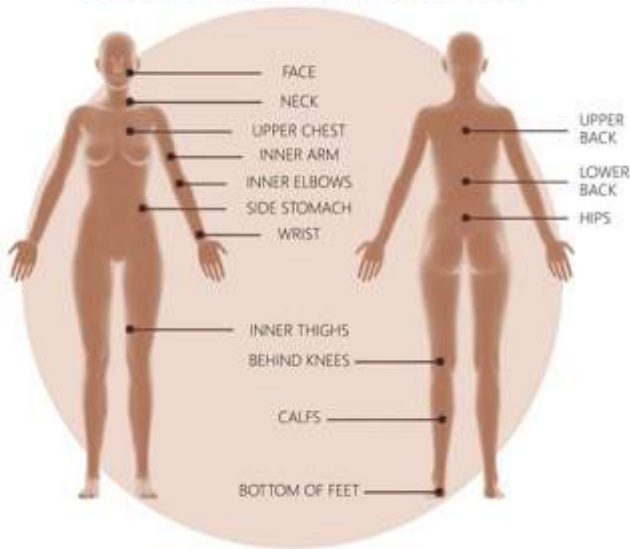
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LIPOSOMAL DELIVERY
TECHNOLOGY



**RECOMMENDED BENEFICIAL AREAS FOR
NUTRA RELIEF CREAM APPLICATION**



APPLICATION INSTRUCTIONS

Massage (2-3) pumps daily on clean skin, continue until fully absorbed. At night, use for sleep support and during the day for calming and mental balance support. Apply to any of these skin areas: inner arms, upper chest, inner thigh, face & neck or abdomen. May be used multiple times per day or night or as recommended by your physician or health care professional.

BEST TIME TO APPLY CREAM:

Apply when experiencing stress, anxiety, depression, insomnia, ADHD or PMS symptoms. Apply daily as a regular supplementation routine morning and/or evening there is no toxic level. If any questions, check with your healthcare professional first.

TOP BENEFITS OF GABA:⁵

1. Relieves Anxiety
2. Improves Sleep
3. Reduces Depression Symptoms
4. Relieves Symptoms of PMS
5. Decreases Inflammation
6. Improves Focus in ADHD
7. Increases Levels of Growth Hormone

TOP BENEFITS OF L-THEANINE:⁶

1. Improving Sleep
2. Reducing Stress and Anxiety
3. Enhancing Attention, Focus, Memory and Learning
4. L-theanine may help boost other cognitive skills
5. Helping maintain a healthy weight

Sources:

- 1 <https://draxe.com/nutrition/l-theanine/>
- 2 <https://www.verywellhealth.com/gaba-5095143>
- 3 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4728665/>
- 4 <https://www.psychologytoday.com/us/blog/sleep-new-zzz/201708/what-you-need-know-about-l-theanine#:~:text=L-theanine%20elevates%20levels%20of%20GABA%2C%20as%20well%20as%20appetite%2C%20energy%2C%20and%20other%20cognitive%20skills>
- 5 <https://nootriment.com/gaba-benefits/>
- 6 <https://www.psychologytoday.com/us/blog/sleep-new-zzz/201708/what-you-need-know-about-l-theanine#:~:text=L-theanine%20elevates%20levels%20of%20GABA%2C%20as%20well%20as%20appetite%2C%20energy%2C%20and%20other%20cognitive%20skills>



MELT AWAY STRESSORS
GABA + L-Theanine helps you rest, digest & repair*

GABA
The body's inhibitory neurotransmitter; GABA receptors are found in the brain & gut.*

+

L-Theanine
A calming amino acid that can help balance levels of mental strain.*

NutraRelief

Together, these amino acids can support balance through the nervous system*

10% NIACINAMIDE COLLAGEN POWER



WHY DO I NEED THIS PRODUCT

10% Niacinamide - Collagen Power Liposomal Cream is formulated to support the treatment of osteoarthritis, joint pain and bone-on-bone pain. Niacinamide is effective in reducing inflammation which can help reduce symptoms of arthritis while supporting joint cartilage that is crucial to mobility and strength.

WHAT IS NIACINAMIDE?

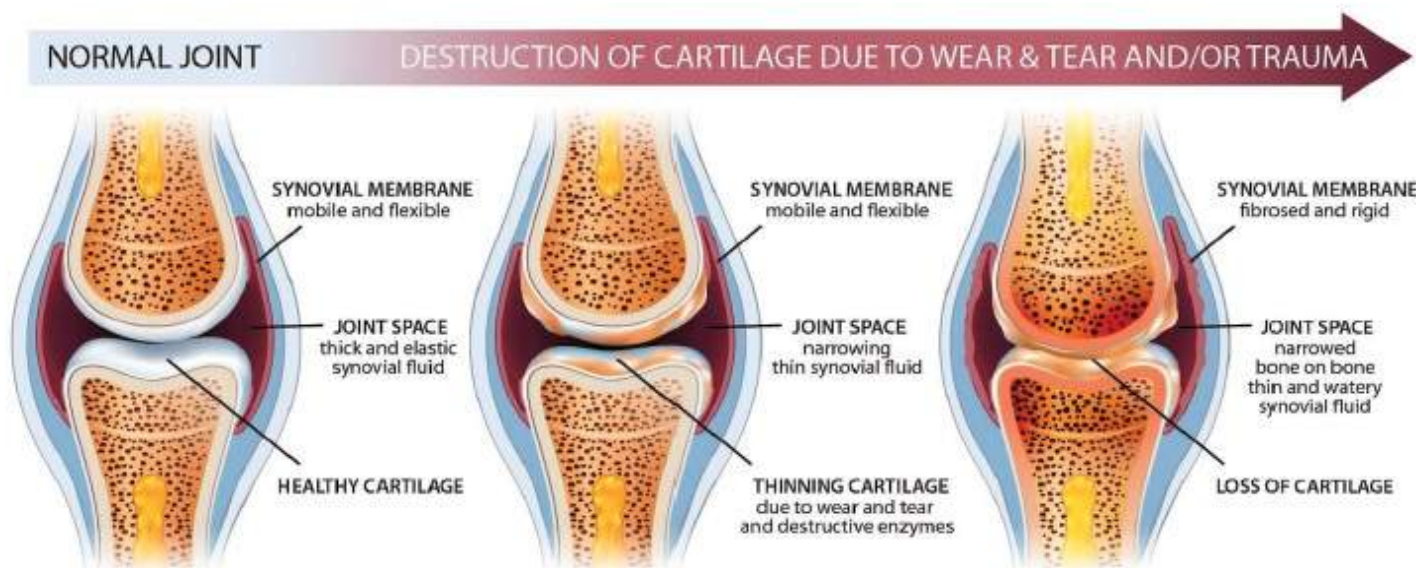
Niacinamide, also known as (niacin) and (nicotinamide) is an important lipid-altering, water-soluble component of the **vitamin B complex**. Niacinamide is a form of **vitamin B3** which is an essential nutrient. A **B3 deficiency** can lead to disorders of the skin, kidneys, and brain. Taking niacinamide can help prevent B3 deficiency.

WHAT DOES IT DO?

In a preliminary double-blind, placebo-controlled study, the study indicated that niacinamide improved the global impact of osteoarthritis by reducing inflammation and **increasing joint mobility to the point the subjects could take less non-steroidal anti-inflammatory medications (NSAIDs) to control arthritic pain.**¹

HOW DOES NIACINAMIDE HELP JOINTS?

Dr. Kaufman pioneered the use of niacinamide for osteoarthritis in the 1940s and reported on his results in the groundbreaking 1949 book, *The Common Form of Joint Dysfunction: Its Incidence and Treatment*. When asked how niacinamide helps with joints, Dr. Kaufman explained, "niacinamide has the special capacity of **"wringing out"** excess fluid from cartilage and connective tissue. It is also anti-inflammatory."²



APPLICATION INSTRUCTIONS

Massage (1-2) pumps daily on clean skin, continue until fully absorbed. Apply to arms, hands, neck, back, legs, ankles, feet or any afflicted areas. May be applied several times a day.

BEST TIME TO APPLY CREAM:

Apply when experiencing bone-on-bone, ligament or joint pain as well as areas exhibiting symptoms of arthritic inflammation. Apply daily as a regular supplementation routine morning and/or evening there is no toxic level.

30 SECOND EXTRA RUB:

Rub Nutra Relief creams gently on skin for 30 seconds longer than normal until cream is fully absorbed. The rubbing acts as a mechanism for the cream to fully penetrate the skin.

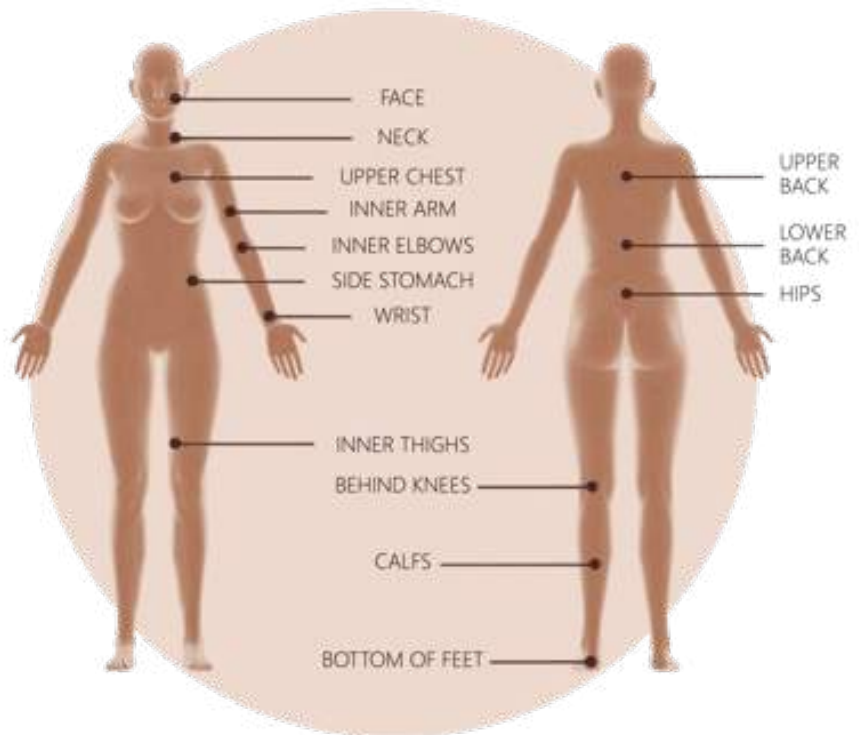
AVOID COMBINING CREAMS:

Avoid layering multiple creams on top of each other or with other non-liposomal creams. Other creams are made with toxic chemicals which could cause irritation.

TOP NIACINAMIDE BENEFITS:

- Rebuild joint cartilage
- Helps reduce symptoms of arthritis
- Excellent anti-inflammatory properties
- Supports osteoarthritis, bone and joint pain

RECOMMENDED BENEFICIAL AREAS FOR NUTRA RELIEF CREAM APPLICATION



LIPOSOMAL DELIVERY
TECHNOLOGY



GLUTATHIONE PLUS

WHY DO I NEED THIS PRODUCT

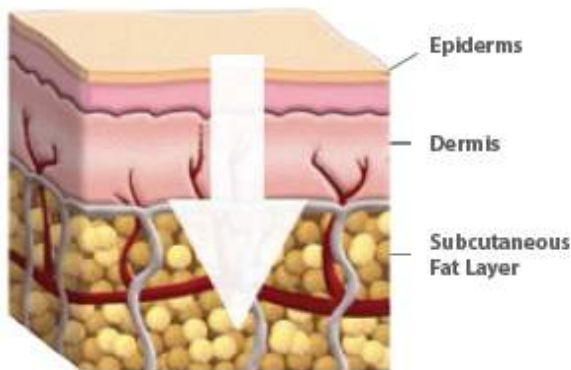
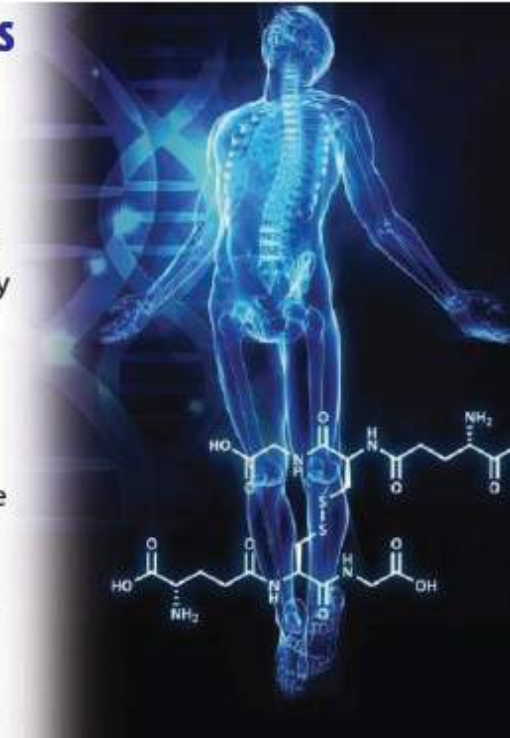
Glutathione is called, "The Master Antioxidant" because it regenerates itself in the liver after each fill-up of free radicals and then goes back to work to eliminate the body of toxins all over again. **Glutathione** helps protect the body from disease, improves insulin sensitivity and boosts immune function by controlling inflammation. It is the, "Master Detoxifier" and the body's main antioxidant, protecting our cells and making our energy metabolism run well. **Glutathione** is one of the most important anti-aging supplements you could ever take.



Glutathione Benefits

- Maintains energy production
- Strengthens immune system
- Detoxifies toxins in liver & cells
- Improves mental focus & clarity
- Improves quality of sleep
- Reduces the effects of stress
- Improves the skin
- Enhances athletic performance
- Over 100,000 studies on glutathione at online research database site PubMed

www.pubmed.org



SKIN DEEP DELIVERY SYSTEM

While we tend to think of ourselves as 'waterproof' the reality is our skin is porous and certain substances are absorbed, not just into the skin but into the fat tissue beneath and the blood stream itself.

Liposomal creams have been shown scientifically to be readily absorbed and to produce a reliable and predictable level of delivery into the body.

thetruthaboutcancer.com/what-is-glutathione/

GLUTATHIONE PLUS

APPLICATION INSTRUCTIONS

Massage (1-2 pumps) on clean skin until fully absorbed. Apply each day to the right side of your body (just above the belt line) on the location of your liver for maximum detoxification benefits and immune system support. You may also apply on other skin areas such as; upper chest, inner forearm, wrists, inner thigh, abdomen or bottom of feet. Rotate to avoided skin saturation.

AVOID COMBINING CREAMS:

AVOID combining / layering our creams with other products, especially on your face. Other creams are NOT formulated to penetrate the skin and typically contain toxic chemicals. Our creams penetrate below the SKIN, so they will pull toxic chemicals from other creams with them and could cause irritation.

BEST TIME TO APPLY CREAM:

Best time to use Glutathione Plus is first thing in the morning or in the afternoon for an energy boost. We do not recommend applying at night as Glutathione Plus has B12 Vitamin in it which may keep you up at night.

WHERE ON THE BODY TO APPLY OUR CREAMS?

You can apply the cream on different areas of the body - look over the Application Body Chart for best-recommended body zone application areas. Apply to one area at a time, as our creams are potent and pure so a little goes a long way.



30 SECOND EXTRA RUB:

Rub Nutra Relief creams gently on your skin for 30 seconds longer than normal until cream disappears. The rubbing acts as a mechanism for the cream to fully penetrate through the skin.

SENSITIVE SKIN:

If you have sensitive skin the best place to apply the cream may be on the soles of your feet. These pores are 30% larger than any other location on your body, which makes your feet an excellent area for application and absorption.

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LIPOSOMAL DELIVERY TECHNOLOGY

PROBALANCE



WHY DO I NEED THIS PRODUCT?

ProBalance™ is a fragrance-free topical cream containing 1.6% natural progesterone. The liposome-medicated delivery system used in **ProBalance™** carries the progesterone directly into the circulatory system, by bypassing the metabolic processes required by other liposomal creams.¹

WHAT IS PROGESTERONE?

Fertility and menstruation are largely controlled by hormones, and one of these hormones is progesterone. Progesterone is a steroid hormone belonging to a class of hormones called progestogens. It is secreted by the corpus luteum, a temporary endocrine gland that the female body produces after ovulation during the second half of the menstrual cycle.²

WHAT DOES IT DO?

Benefits of taking natural progesterone may include:³

- Protecting the endometrium (lining of the uterus).
- Preventing uterine cancer.
- Maintaining HDL cholesterol levels (also known as the "good" cholesterol).
- Reducing symptoms associated with menopause, like mood swings.
- Reducing adverse side effects of synthetic hormones.

USING PROBALANCE™

The information herein is for general use and not intended to encourage self-diagnosis, self-treatment or replace the guidance of your health care professional. For detailed use information, refer to the following books by John R. Lee, M.D.:

"What Your Doctor May Not Tell You About Menopause"

"Natural Progesterone: The Multiple Roles of a Remarkable Hormone"





HOW TO USE:

- Gently massage 1/8 to 1/4 teaspoon (about the size of a pea) of cream into clean thin-skinned body areas: Breasts, inner arms or inner thighs, face, neck or soles of the feet.
- Apply in the morning and before retiring for bed or as directed by your healthcare provider. Rotate areas daily to avoid saturation.

AVOID COMBINING CREAMS:

Avoid layering multiple creams on top of each other or with other non-liposomal creams. Other creams are made with toxic chemicals which could cause irritation.

BEST TIME TO APPLY CREAM:

Apply twice a day in monthly cycles of 3 weeks on and 1 week off. Always apply on **CLEAN SKIN**.

30 SECOND EXTRA RUB:

Rub cream gently on skin for 30 seconds longer than normal until cream is fully absorbed. The rubbing acts as a mechanism for the cream to fully penetrate the skin.

PROGESTERONE SUPPORTS:⁴

- Effective in treating endometriosis pelvic disorders and uterine fibroid tumors
- Effective in treating PMS, ovarian cysts and breast fibrocytes
- Protects against reproductive organ and breast cancer
- Stimulation of bone growth
- Helps the body use fat for energy
- Is a natural diuretic
- May normalize blood clotting
- Aids thyroid hormone action
- Helps to normalize blood sugar levels
- Helps to restore libido
- Is a natural antidepressant

Sources:

- 1 John R. Lee, M.D.
- 2 <https://www.hormone.org/your-health-and-hormones/glands-and-hormones-a-to-z/hormones/progesterone>
- 3 <https://www.healthline.com/health/natural-progesterone#pros-and-cons>
- 4 John R. Lee, M.D.

PROGESTERONE EFFECTS

Maintains uterine lining (secretory)

Helps use fat for energy

Anti-depressant

Facilitates thyroid hormone action

Normalizes blood clotting

Restores libido

Regulates blood sugar levels

Protects from endometrial cancer

Probable prevention of breast cancer



PROBALANCE PLUS

WHY DO I NEED THIS PRODUCT

ProBalance PLUS™ is a fragrance-free liposomal cream containing 1.6% natural Progesterone (from Mexican Wild Yam), Etriol and Estradiol. **USP Pharmaceutical Grade Progesterone.** It's non-greasy, absorbs quickly and has no carcinogens or unnecessary ingredients. We have yet to find a doctor who has been recommending **ProBalance Plus** to his/her patients switch to any other brand of progesterone, estriol and estradiol cream. The saliva test results prove the effectiveness, and the feel makes applying it a pleasure.



WHAT IS PROGESTERONE?

Fertility and menstruation are largely controlled by hormones, and one of these hormones is progesterone. Progesterone is a steroid hormone belonging to a class of hormones called progestogens. It is secreted by the corpus luteum, a temporary endocrine gland that the female body produces after ovulation during the second half of the menstrual cycle.²

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- Reducing adverse side effects of synthetic hormones.

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"Natural Progesterone: The Multiple Roles of a Remarkable Hormone"





APPLICATION INSTRUCTIONS

Massage 1/8 to 1/4 teaspoon (about the size of a pea) onto clean thin-skinned body areas until fully absorbed: Breasts, inner arms, inner thighs, wrists, abdomen or bottom of feet. Apply in the morning and before bedtime or as directed by your healthcare provider. Rotate to avoid skin saturation..

- Progesterone: 20mg/ ¼ tsp
- Estriol: 0.9mg/ ¼ tsp
- Estradiol: 0.1mg/ ¼ tsp
- Approx.: 2 pumps/ ¼ tsp

PROGESTERONE SUPPORTS:⁴

- Effective in treating endometriosis pelvic disorders and uterine fibroid tumors
- Effective in treating PMS, ovarian cysts and breast fibrocytes
- Protects against reproductive organ and breast cancer
- Stimulation of bone growth
- Helps the body use fat for energy
- Is a natural diuretic
- May normalize blood clotting
- Aids thyroid hormone action
- Helps to normalize blood sugar levels
- Helps to restore libido
- Is a natural antidepressant

Sources:

- 1 John R. Lee, M.D.
- 2 <https://www.hormone.org/your-health-and-hormones/glands-and-hormones-a-to-z/hormones/progesterone>
- 3 <https://www.healthline.com/health/natural-progesterone#pros-and-cons>
- 4 John R. Lee, M.D.

30 SECOND EXTRA RUB:

Rub cream gently on skin for 30 seconds longer than normal until cream is fully absorbed. The rubbing acts as a mechanism for the cream to fully penetrate the skin.

ESTROGEN VERSUS PROGESTERONE

Estrogen refers to a steroid hormone that is important in the reproductive development in females	Progesterone refers to a steroid hormone that prepares the uterus for pregnancy
Produced by the growing Graafian follicle	Produced by the corpus luteum
Secreted by ovaries prior to ovulation; also produced by the placenta during pregnancy	Secreted by the ovaries after the ovulation; also produced by the placenta during pregnancy
Secretion is regulated by FSH	Secretion is regulated by LH
Involved in the formation and maintenance of secondary sex characteristics; also important in bone resorption	Involved in the formation and maintenance of endometrium and uterus
Involved in the enlargement of the uterus and breasts during pregnancy	Involved in the reduction of contractility of the uterus and stimulates the growth of mammary glands



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LIPOSOMAL DELIVERY
TECHNOLOGY

TRAUMA MAX RELIEF

WHY DO I NEED THIS PRODUCT?

Most people experience pain at some point in their lives. There's no question that being in severe acute or chronic pain is miserable; with over 300 million people in the United States, the fact that one-third of the population struggles with pain is devastating. If you are one of the millions who suffer from pain on a daily basis, help is available. There's hope for a *Pain-Free Future...*

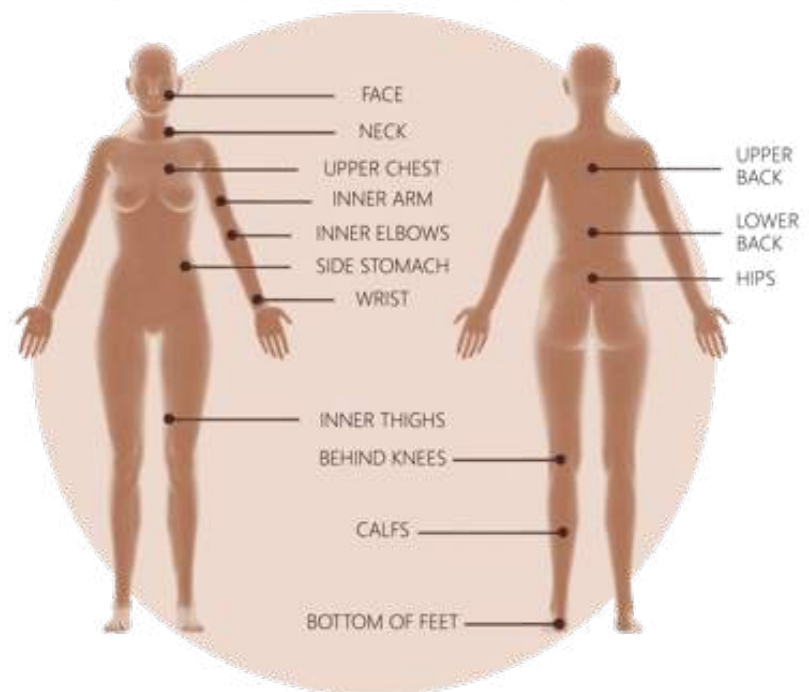


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LIPOSOMAL DELIVERY TECHNOLOGY

RECOMMENDED BENEFICIAL AREAS FOR NUTRA RELIEF CREAM APPLICATION



KEY PRODUCT BENEFITS:

- Natural Pain Relief
- Bruises & Wound Healing
- Treats Arthritis / Osteoarthritis
- Helps with Migraines / Headaches
- Muscle Soreness
- Helps with Joint Mobility & Pain
- Increase Circulation
- Supports Inflammation Reduction

<https://pubmed.ncbi.nlm.nih.gov/>



TRAUMA MAX RELIEF

APPLICATION INSTRUCTIONS

Massage (1-4) pumps on clean skin until fully absorbed on all afflicted areas for pain relief support . May be reapplied multiple times during the day or evening as needed.

AVOID COMBINING CREAMS:

AVOID combining / layering our creams with other products, especially on your face. Other creams are NOT formulated to penetrate the skin and typically contain toxic chemicals. Our creams penetrate below the SKIN, so they will pull toxic chemicals from other creams with them and could cause irritation.

SENSITIVE SKIN:

If you have sensitive skin the best place to apply your Nutra Relief cream may be the soles of your feet. These pores are 30% larger than those at any other location on your body, which makes your feet an excellent area for application and absorption.

WHERE ON THE BODY TO APPLY OUR CREAMS?

You can apply the cream on different areas of the body that are afflicted - look over the Application Body Chart below for best-recommended body zone application areas. Apply to one area at a time, as our creams are potent and pure so a little goes a long way.



30 SECOND EXTRA RUB:

Rub Nutra Relief creams gently on your skin for 30 seconds longer than normal until cream disappears. The rubbing acts as a mechanism for the cream to fully penetrate through the skin.

BEST TIME TO APPLY

You may use this cream day or evening and multiple times when needed. Smooth (1-4) pumps to afflicted area until fully absorbed. Apply to arms, legs, ankles, hands, back, neck or any area you're experiencing pain. For external use only.

HOW MUCH CREAM TO APPLY:

Every individual is different; you will know what your body needs. There is no side effect to using the TRAUMA MAX RELIEF. You may use 1-4 pumps daily on clean skin, continue rubbing cream to afflicted area until fully absorbed.

MAGNESIUM CITRATE

WHY DO I NEED THIS PRODUCT?

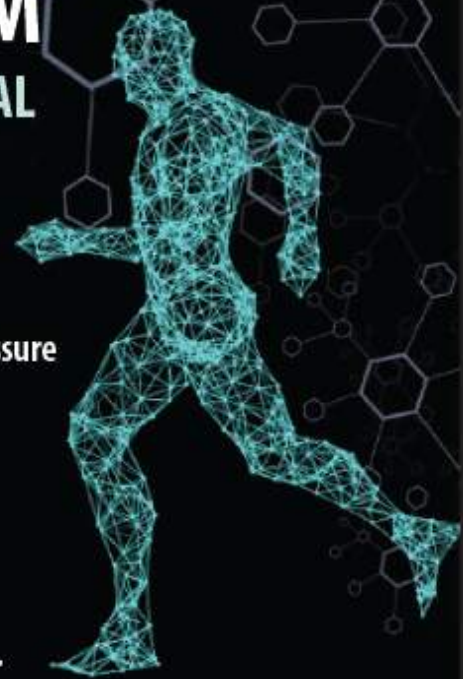
During the last 40 Years, thousands of studies and research documents have been published proving that Magnesium is a crucial nutrient supporting more than **300 functions in your body!** Yet...75% of North Americans may be magnesium deficient. The US National Academy of Science's Food & Nutrition Board simply states, "The average American 14 or older is magnesium-deficient."



MAGNESIUM THE MASTER MINERAL

Fully supports:

Blood Sugar Balance
Optimal Circulation & Blood Pressure
Cellular Energy Production
A Calm Nervous System
Pain Relief & Relaxed Muscles
Bone Density & Calcium Balance
Joints & Ligament Flexibility
Deep Sleep Patterns, and More...



Anything that makes you tense and tight could potentially be due to magnesium deficiency. If you can't relax or you can't stop - think magnesium! Full-blown health problems can even be tied back to this crucial mineral. Most people with ANY chronic disease or issue benefit greatly from magnesium supplementation therapy.

- The US National Academy of Science's Food & Nutrition Board
- Medical News Today / <https://www.medicalnewstoday.com/articles/286839.php>
- Pubmed.com

MAGNESIUM CITRATE

APPLICATION INSTRUCTIONS

Massage (1-2) pumps daily on clean skin, continue until fully absorbed. Apply to bottom of your feet or underneath breast / upper stomach area or leg or feet areas if you experience leg cramping. Alternate areas to avoid saturation.

AVOID COMBINING CREAMS:

AVOID combining / layering our creams with other products, especially on your face. Other creams are NOT formulated to penetrate the skin and typically contain toxic chemicals. Our creams penetrate below the SKIN, so they will pull toxic chemicals from other creams with them and could cause irritation.

BEST TIME TO APPLY CREAM:

Any time day or night is a good time to apply the cream and there is no toxic level.

WHERE ON THE BODY TO APPLY OUR CREAMS?

You can apply the cream on different areas of the body - look over the Application Body Chart for best-recommended body zone application areas. Apply to one area at a time, as our creams are potent and pure so a little goes a long way.



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SENSITIVE SKIN:

If you have sensitive skin the best place to apply the cream may be on the soles of your feet. These pores are 30% larger than any other location on your body, which makes your feet an excellent area for application and absorption.

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LIPOSOMAL DELIVERY TECHNOLOGY

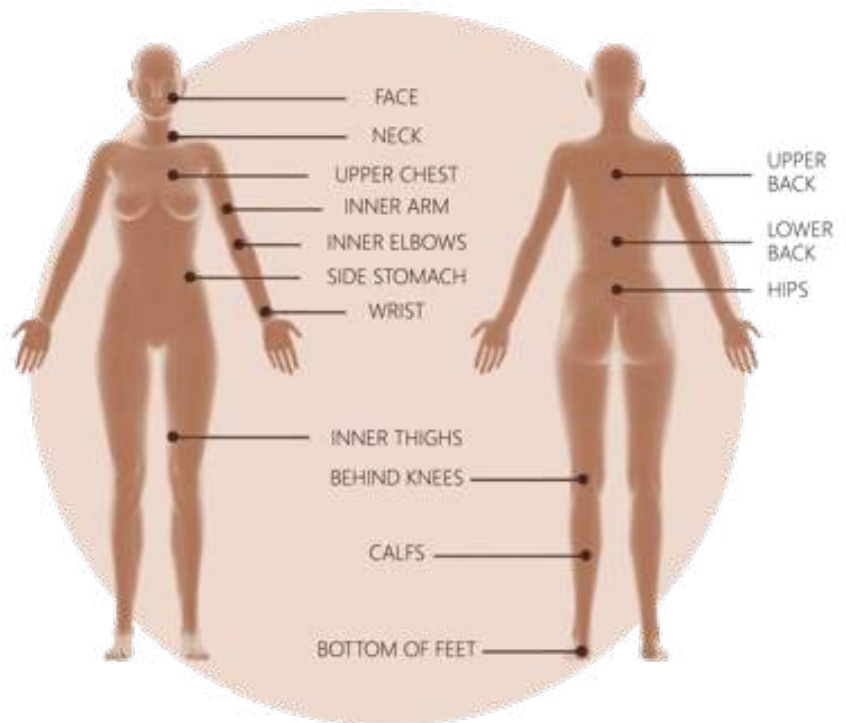
VITAMIN B12

WHY DO I NEED THIS PRODUCT?

Vitamin B12 is an essential vitamin. This means it is not something the body can self-produce and yet we rely on it as a regular intake to remain healthy. Vitamin B12 is a powerhouse. It helps make DNA, nerve and blood cells, and is crucial for a healthy brain and immune system. Your metabolism wouldn't run smoothly without it.



RECOMMENDED BENEFICIAL AREAS FOR NUTRA RELIEF CREAM APPLICATION



VITAMIN B12

ESSENTIAL FOR PROPER BODY FUNCTIONS

SUPPORTS NERVOUS & DIGESTIVE SYSTEMS, BRAIN FUNCTION, BLOOD FORMATION PREVENTS STRESS, DEPRESSION, FATIGUE, LETHARGY, INSOMNIA, BRAIN SHRINKAGE IMPROVES SLEEP, ENERGY, MEMORY, SKIN, HAIR, NAILS, BLOOD PRESSURE, NERVES

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LIPOSOMAL DELIVERY
TECHNOLOGY

VITAMIN B12

APPLICATION INSTRUCTIONS

Massage (1) pump to clean skin on inner forearm, wrists or bottom of feet. Also, apply a small pea-size amount on temple areas to support focus and clarity of thought. Only use during the day as B₁₂ is an energy vitamin and may keep you awake if applied in the evening.

AVOID COMBINING CREAMS:

AVOID combining / layering our creams with other products, especially on your face. Other creams are NOT formulated to penetrate the skin and typically contain toxic chemicals. Our creams penetrate below the SKIN, so they will pull toxic chemicals from other creams with them and could cause irritation.

BEST TIME TO APPLY CREAM:

Best time to use Vit. B12 Cream is first thing in the morning or in the afternoon for an energy boost. We do not recommend applying at night as B12 may keep you up.

WHERE ON THE BODY TO APPLY OUR CREAMS?

You can apply the cream on different areas of the body - look over the Application Body Chart for best-recommended body zone application areas. Apply to one area at a time, as our creams are potent and pure so a little goes a long way.



30 SECOND EXTRA RUB:

Rub Nutra Relief creams gently on your skin for 30 seconds longer than normal until cream disappears. The rubbing acts as a mechanism for the cream to fully penetrate through the skin.

SENSITIVE SKIN:

If you have sensitive skin the best place to apply the cream may be on the soles of your feet. These pores are 30% larger than any other location on your body, which makes your feet an excellent area for application and absorption.



ESSENTIAL VITAMIN D3



WHY DO I NEED THIS PRODUCT?

Vitamin D3 also called **cholecalciferol** and is easily accessible from sunlight, supplements and diet. The truth is though, that Vitamin D deficiency is a very real condition, and most people are not producing enough of it through their own bodies, and not getting nearly enough through natural sources like food.

This means you should start taking Vitamin D supplements as part of your daily health routine – you'll feel much better as a result, and you'll find that you have more energy and are healthier in general than you were before.

Here are a few top benefits:

- Maintains Bone Health
- Improves Back Pain
- Healthy Teeth
- Enhances The Immune System
- Improves Function of the Brain
- Improves Mood and Cognitive Performance
- Supports Health of Nervous System
- Supports Lung Function
- Improves Cardiovascular Health
- Regulates Insulin Levels



Source: WebMD

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LIPOSOMAL DELIVERY TECHNOLOGY

Symptoms of Serious Vitamin D Deficiency



ESSENTIAL VITAMIN D3

APPLICATION INSTRUCTIONS

STEP 1: Smooth (1-2) pumps daily on clean skin. Continue rubbing cream to skin area until fully absorbed. Apply to any of these skin options; upper chest, inner arms, side stomach, inner thighs, calf's or bottom of feet (choose 1 location only at a time) to apply.

STEP 2: Apply cream on CLEAN SKIN ONLY. Nutra Relief creams are formulated with Liposomal Technology which delivers Bioactive Ingredients below the topical skin layer. (For Single Application Locations, see Body Zone Chart)

AVOID COMBINING CREAMS:

AVOID combining / layering our creams with other products, especially on your face. Other creams are NOT formulated to penetrate the skin and typically contain toxic chemicals. Our creams penetrate below the SKIN, so they will pull toxic chemicals from other creams with them and could cause irritation.

SENSITIVE SKIN:

If you have sensitive skin the best place to apply your Nutra Relief cream may be the soles of your feet. These pores are 30% larger than those at any other location on your body, which makes your feet an excellent area for application and absorption.

WHERE ON THE BODY TO APPLY OUR CREAMS?

You can apply the cream on different areas of the body that are afflicted - look over the Application Body Chart below for best-recommended body zone application areas. Apply to one area at a time, as our creams are potent and pure so a little goes a long way.



30 SECOND EXTRA RUB:

Rub Nutra Relief creams gently on your skin for 30 seconds longer than normal until cream disappears. The rubbing acts as a mechanism for the cream to fully penetrate through the skin.

BEST TIME TO APPLY ESSENTIAL VITAMIN D3:

You may apply the Vitamin D3 cream in the morning or evening. We recommend best time to apply is in the morning.

NUTRAFLOW MAX

WHY DO I NEED THIS PRODUCT?

L-Arginine / L-Citrulline It's necessary to produce nitric oxide, a signaling molecule that's needed for a variety of bodily processes and functions, including blood flow regulation, mitochondrial function, and cellular communication. Additionally, it acts as a precursor to other amino acids, including glutamate, proline, and creatine, and is essential for the health and functioning of your immune system. Because L-Arginine / L-Citrulline has so many critical roles in your body, a deficiency in this amino acid can disrupt cellular and organ function and lead to serious adverse health outcomes.

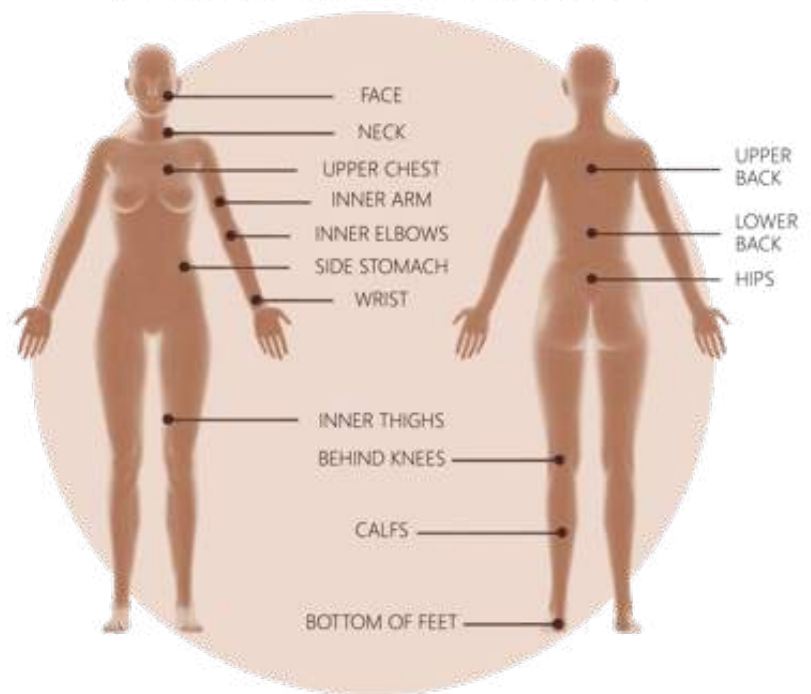


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LIPOSOMAL DELIVERY
TECHNOLOGY

RECOMMENDED BENEFICIAL AREAS FOR NUTRA RELIEF CREAM APPLICATION



Supports Healthy Blood Pressure



Supports Sexual Health



Increases Circulation



Supports Energy Production



Supports Healthy Triglyceride Levels



Supports Artery Health



Source: Harry Elwardt, N.D., Ph.D. C
2005 Arkworld International Inc.

NUTRAFLOW MAX

APPLICATION INSTRUCTIONS

STEP 1: Wash face or body area completely clean. **Smooth (2) pumps nightly on clean skin.** Continue rubbing until fully absorbed. Apply to face or neck or inner arms or temple areas.

STEP 2: Apply cream on **CLEAN SKIN ONLY.** Nutra Relief creams are formulated with Liposomal Technology which delivers Bioactive Ingredients below the topical skin layer. (For Single Application Locations, see Body Zone Chart)

AVOID COMBINING CREAMS:

AVOID combining / layering our creams with other products, especially on your face. Other creams are NOT formulated to penetrate the skin and typically contain toxic chemicals. Our creams penetrate below the SKIN, so they will pull toxic chemicals from other creams with them and could cause irritation.

BEST TIME TO APPLY NUTRAFLOW MAX CREAM:

Any time day or night is a good time to apply the cream and there is no toxic level.

WHERE ON THE BODY TO APPLY OUR CREAMS?

You can apply the cream on different areas of the body that are afflicted - look over the Application Body Chart for best-recommended body zone application areas. Apply to one area at a time, as our creams are potent and pure so a little goes a long way.



30 SECOND EXTRA RUB:

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SENSITIVE SKIN:

If you have sensitive skin the best place to apply the cream may be on the soles of your feet. These pores are 30% larger than any other location on your body, which makes your feet an excellent area for application and absorption.

WARNINGS:

If you are under medical supervision seek the advice of your physician or health care professional prior to use. Do not use if sensitive or allergic to any ingredient or if subject to herpes outbreak. Do not use if pregnant or nursing. Do not use with topical steroids creams. **Keep out of the reach of children. For external use only.**

NutraRelief



Contact Us:
NutraRelief.com

(888) 880-0506
info@nutrarelief.com
Palm Desert, California