

# NUTRITIONAL PRODUCTS TO SUPPORT YOUR HEALTHY LIFE



## IDNUTRITION

An individually designed nutritional program that scientifically provides you with what you need, when you need it, through the use of our HIPAA compliant IDAssessment.

## PRE WORKOUT

A balanced complex of targeted amino acids, branched chain amino acids, vitamins, minerals, enzymes, and nutrients to assist in maximizing physical conditioning and mental focus, while delaying fatigue during your workouts.

## LEAN

A natural way to boost metabolism, increase thermogenesis, reduce sugar cravings and promote the preservation and development of lean muscle mass.

## SHAKE

The highest quality, best tasting protein shake you have ever tasted. It is organically derived, containing cold-filtered whey protein from grass fed cows and micro-milled chia seeds.

## POST WORKOUT

A high quality complex of proteins, vital electrolytes and antioxidants that help reduce inflammation and soreness after exercise, while promoting fast muscle repair to get you back to performing at your peak.

## BARS

A 100% USDA Certified Organic, non-GMO, Gluten-Free and Kosher mixture of Superfoods designed for men, women and children to fuel you throughout the day, without compromising quality.

## ENERGY DRINK

A tri-phasic release system that provides a prolonged onset of energy, mental clarity and elevated mood without the crash or jitters.

## HYDRATE

A complex blend of vital electrolytes, antioxidants, vitamins and minerals needed to rehydrate the body and to help support your cardiovascular, muscular and nervous systems.

## APPETITE CONTROL

An all natural and organic 15 calorie chocolate chew that increases your energy and mental clarity, while suppressing your appetite.

## SLEEP

A tri-phasic blend of nutrients that brings your body into balance, so that you can fall asleep fast, stay asleep and achieve a restful, restorative, deep sleep.

## ENERGY SHOT

A proprietary blend of natural energy boosters that helps you get through all of your daily obstacles, supports a balanced diet, and improves mental clarity, without the dreaded crash.

## ENERGY CHEW

A blend of natural energy boosters that provides up to 6 hours of sustained energy without the jitters, over-stimulation, or crash.

## WHAT PEOPLE ARE SAYING ABOUT IDLIFE

“It’s about new beginnings. Our products will meet you where you are.”

— Scott Tucker

“I have struggled with my weight all my life.... I’ve had a hard time finding something that will work and keep the weight off.... By using IDNutrition and the Appetite Control Chews, I went from a size 10 to a size 4/6 in three months.”

— Julie Moore

“I don’t have to figure out what’s inside the pills—that’s what IDLife does with their years of research. So for me, I’m just glad I can receive high-quality product.”

— Rodney Hutcherson



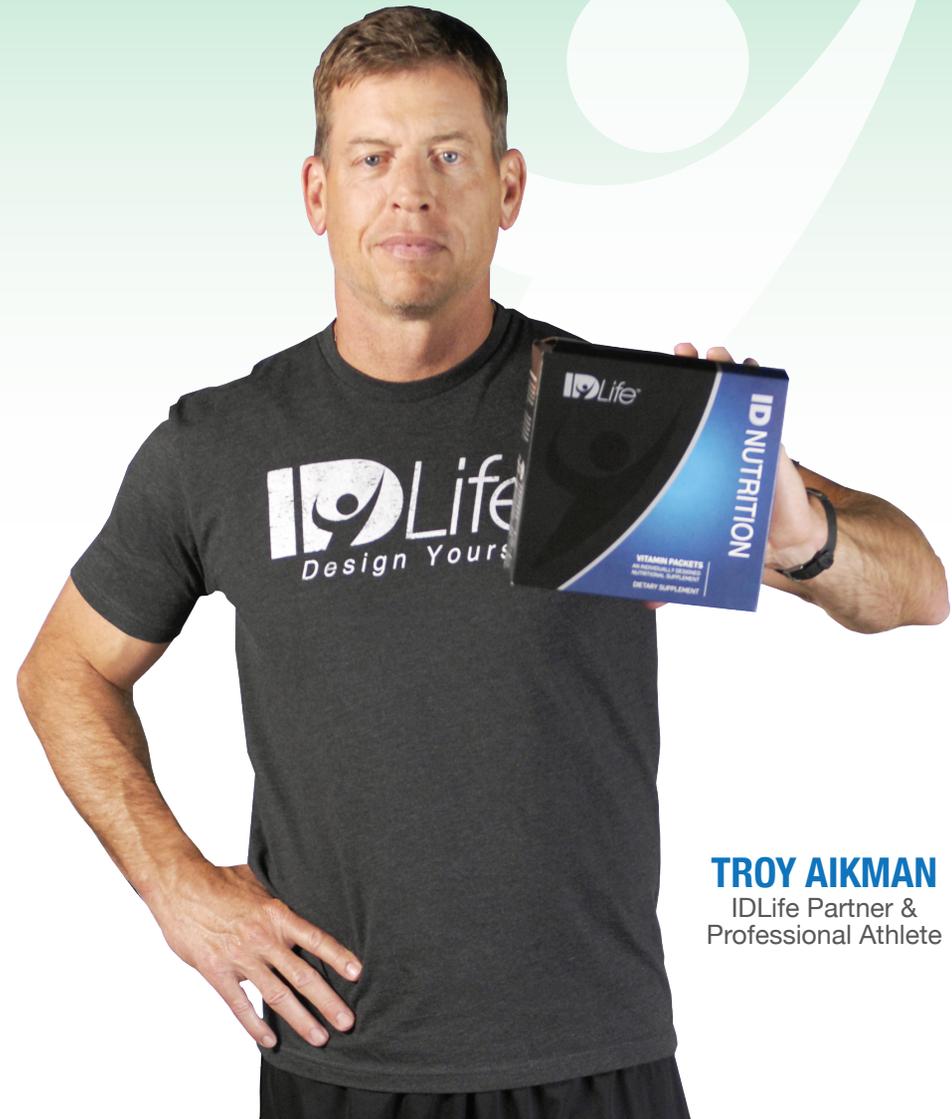
Become an IDLife Associate to receive a lifetime discount on all IDLife products. IDLife also has a great income-earning opportunity. Ask an Associate to tell you more!



For more information about IDLife products or to take the Health Assessment, get with the Member or Associate that provided you with this brochure or visit [www.idlife.com](http://www.idlife.com)

# IDLife™ PRODUCTS

**YOU ARE UNIQUE,**  
YOUR NUTRITION SHOULD BE TOO!



**TROY AIKMAN**  
IDLife Partner &  
Professional Athlete