How does the Peak Performance Metabolic Health pack help you?
The Freiburg Study has demonstrated the effects of the Peak Performance Pack on adult study participants. In fact, initial findings point to measurable benefits in the areas impacting health today.

Never before has a combination of powerful, patented, and proprietary products been combined in this way. Never has any nutritional supplement achieved these measurable results in human studies. And never has there been a better nutritional pack to help you reach your own peak performance every day.*

Where can I read the Freiburg Study results for myself?
Visit Melaleuca.com/PeakPerformanceResearch for a detailed explanation of the study and its findings. You can also find information about the study in the January 2015 Leadership in Action magazine, and in the Melagram Freiburg Study Pamphlet (SKU 1487).

Do you have a summary of the Freiburg Study I can give to my doctor?
While the final findings of the study have not yet been published in a white paper or scientific journal, a PDF of the preliminary findings is available at FreiburgStudy.com.

What is in Peak Performance Metabolic Health?
With the research-supported nutrition of the Peak Performance Pack at its core, Metabolic Health adds a double dose of ProvexCV® plus all-new NutraTherm™ to help support healthy fasting blood glucose levels in healthy individuals, break down and burn fat, slow sugar absorption in healthy individuals, and increase calorie burning for healthy weight management.*

What is NutraTherm?
NutraTherm is a supplement which increases heat through metabolic stimulation. This stimulation is used to increase the basal metabolic rate (the rate at which your body burns calories), thereby increasing energy expenditure. Traditionally, stimulants such as caffeine and ephedrine have been used for this purpose, but such stimulants also create unwanted side effects. NutraTherm provides natural, thermogenic support with a stimulant-free formula.*

What is the difference between the Peak Performance Metabolic Health pack and the Metabolic Support Bundle?
Peak Performance Metabolic Health provides the foundation of daily, metabolic nutritional support. The Metabolic Support Bundle maximizes blood sugar support in healthy individuals, minimizes carb and sugar cravings, and promotes healthy weight loss. It includes Peak Performance Metabolic Health and adds a 30-day supply of your favorite flavor of GC Control™ and sugar-free FiberWise® Drink.*

Why did you remove Vitality Calcium Complete® from the Packs?
Based on recent research, Melaleuca determined that many people are already meeting their calcium needs from their diets. Plus, Vitality Multivitamin & Mineral™—included in each Peak Performance pack—provides 250 mg of calcium. Melaleuca has decided to replace Vitality Calcium Complete with CardiOmega EPA™, which provides heart-healthy benefits that are in higher nutritional demand.*

Vitality Calcium Complete is still available in Peak Performance Bone & Joint as well a separate supplement for anyone desiring additional calcium.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Do I need to refrigerate the new Florify® supplement?
No—refrigeration is not required.

If I’m taking Vitality Calcium Complete or Vitality Multivitamin & Mineral, do I need to take the Vitamin K2-D3 supplement?
Melaleuca highly recommends taking K2-D3 and Vitality Calcium Complete together. Recent research findings suggest that alone, the extra calcium from supplementation may not be properly distributed throughout the body. Melaleuca’s K2-D3 can actually help with the proper distribution of calcium throughout the body for optimal utilization in the bones.*

Can I still purchase the Vitality Pack®?
Yes, the Vitality Pack is still available for purchase.

Does the 90-Day Challenge on the Peak Performance blood test provide a money back guarantee?
No, a money back guarantee is not provided with the blood test. However, like all Melaleuca products, the packs are backed by our 100% Satisfaction Guarantee. For full details, visit Melaleuca.com/guarantee.

What is the difference between the old 90-Day Challenge for the Vitality Pack and the 90-Day Challenge for the Peak Performance Pack?
The new Peak Performance Pack 90-day challenge centers on tangible results you can measure after 90 days. While the challenge helps you see real results in your life, it does not include a money back guarantee.

Why did Melaleuca change their approach to pack offerings?
Melaleuca has always had a key interest in providing products supported by scientific evidence. Melaleuca commissioned the Freiburg Study to show just how well the Peak Performance Pack performed. Based on the astounding preliminary results from this study, Melaleuca is excited to offer everyone this revolutionary pack as the foundation of their nutritional supplementation. With the Peak Performance Pack as the centerpiece, you can now choose from six different Peak Performance Packs depending on your desired focus. They all have the supplements used in the Freiburg Study as their foundation. We recommend the Total Health Pack because it covers a broad spectrum of needs.

I have been taking Vitality 4®, Vitality 6®, or Vitality Total®. Will I still be able to purchase those packs?
No. Those packs are no longer available. They have been upgraded to the Vitality Essential Nutrition Pack (4), Peak Performance Pack (6), and Peak Performance Total Health (Total).

There are so many packs to choose from, which pack is best for me?
Melaleuca has created a helpful resource at Melaleuca.com/whichpackisrightforyou. Featuring a chart that shows the benefits of each pack and product, this page will help you make an informed selection of the pack that fits you best.

If I can’t afford the Peak Performance Pack, what should I take?
Melaleuca recommends taking the Vitality Essential™ Nutrition Pack, which offers a nutritional base at a very affordable price.

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How much AI blend is in the Recover AI™ compared to Replenex® Extra Strength?
Recover AI contains 605 mg of AI blend per daily dose. Replenex Extra Strength contains 140 mg per daily dose.

Can I take Recover AI, Replenex Extra Strength and the Peak Performance packs together?
Yes, if you have activity-induced joint inflammation concerns you can take them consistently every day. If you purchase the Peak Performance Bone & Joint pack, you will get both Recover AI and Replenex Extra Strength.*

Who should take the Longevity 50+ Pack?
As you enter your later years, chances are you are becoming more and more concerned with the effects of aging. The research performed on the Peak Performance Pack showed significant results in areas related to aging. With the addition of supplements that target specific areas related to aging, the Peak Performance Longevity Pack offers a host of health benefits that those 50 years or older will particularly value as they look forward to the years ahead.*

Why is CardiOmega EPA included in the pack instead of Vitality Coldwater Omega-3®?
CardiOmega EPA has demonstrated wellness benefits everyone can use every day. Each of Melaleuca’s omega-3 supplements are designed with optimized ratios and amounts of EPA and DHA to support specific benefits in targeted areas of your health. Vitality Coldwater Omega 3 is an excellent supplement that is included in Peak Performance Brain Health and can be purchased separately for those desiring additional omega-3 benefits.*

What is the difference between the Peak Performance Heart Health Pack and the Heart Health Bundle?
Based on findings from the Freiburg Study, those taking the Peak Performance Pack saw their heart health metrics significantly improve. Peak Performance Heart Health adds this complete daily nutritional foundation to the targeted heart health benefits offered by Phytomega, ProvexCV, and FiberWise. The Heart Health Bundle only offers the three targeted heart health supplements.*

Will Peak Performance Heart Health now include the CoQ10+ product?
Yes, the Peak Performance Heart Health pack includes CoQ10+.

Why don’t the packs contain ProstAvan® or EstrAval®?
To keep the packs manageable and provide the highest value, attention was given to the most popular supplements as well as those that address the most common and pressing health benefits. In the packs, emphasis was given to universal benefits that affect both genders such as heart health, brain health, and daily nutritional support. For those customers interested in prostate or menopausal support, ProstAvan and EstrAval are still available individually.*

How does the change in pack strategy impact the Value Pack and Home Conversion Pack?
The Value Pack now includes a certificate for a Vitality Essential Nutrition Pack in your choice of Women, Men, or Longevity 50+. The Home Conversion Pack now includes a certificate for a Peak Performance Nutrition Pack in your choice of Women, Men, or Longevity 50+.

What is the recommended daily serving of the Peak Performance packs?
Take one AM packet in the morning and one PM packet in the evening, preferably with meals.

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Can I just take one of the packets each day and still get most of the benefit?
   The results from the Freiburg Study are based on participants taking both the AM and PM packet dosages daily. Melaleuca recommends taking the Peak Performance Pack as suggested.

What is the maximum daily dosage?
   The Peak Performance packs are dietary supplement packs. Unless otherwise directed by a health care professional, limit dosage to one AM and one PM packet per day.

When should I take the Peak Performance packs?
   Suggested Use: Take one AM packet in the morning and one PM packet in the evening, preferably with meals.

How many servings are in the Peak Performance Pack boxes?
   30 AM and 30 PM packets.

Are the Peak Performance packs gluten-free?
   Yes.

Do the Peak Performance packs contain any allergens?
   Yes. All of them contain fish oil, soy, and pineapple. Bone & Joint and Total Health also contain shellfish (crab and shrimp).

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