



YOR Fiber Plus

YOR Fiber Plus is a dietary supplement designed to fill the fiber gap in your diet. It combines the highest quality, natural fibers with flaxseed, chicory root, and psyllium husk. The blend of natural fibers creates harmony and balance to support gentle, yet effective results. Flaxseed is added to provide an additional source of fiber, essential fatty acids, antioxidants, and lignans.

RETAIL PV	WHOLESALE PV	RETAIL	WHOLESALE
29	24	\$36.72	\$29.57



YOR MRP®

At only 210 calories per serving, this creamy and satisfying shake packs proteins, vitamins, minerals, and antioxidants into the most convenient, calorie-controlled, hunger reducing combination. No calories are wasted and it tastes delicious, so you don't feel deprived. Patented enzyme blends AMINOGEN® and CARBOGEN® boost the strength and energy obtained from protein and maximize the use of complex carbs, so they aren't stored as fat. These pre-calculated meals eliminate the need to worry about food during the day, so all you need to focus on is your workout and what you're going to wear now that you're losing weight!
(Available in Chocolate and Vanilla)

RETAIL PV	WHOLESALE PV	RETAIL	WHOLESALE
50	38	\$59.82	\$47.17



YOR Digest Ultra®

YOR Digest Ultra® is an effective digestive combination product. Powerful, yet gentle, this potent formula provides an effective enzyme blend that is derived from 100% natural, vegetarian enzymes. In addition, this formula provides a soothing herb blend to help support healthy digestion, reduce gastrointestinal discomfort, and shorten the adjustment period for first time users. Furthermore, this effective formula improves ease-of-use by minimizing the amount of pills required to take daily.

RETAIL PV	WHOLESALE PV	RETAIL	WHOLESALE
44	38	\$52.12	\$42.77



YOR SUPERGREENS®

YOR SuperGreens® drink mix helps you feel good inside and look great outside by providing you with the nutrients your body needs but can't get from diet alone. YOR SuperGreens® contains nutrient dense super-foods, fruit and vegetable extracts, active cultures, botanical extracts, and the patent-protected YOR NDS™. In addition, YOR SuperGreens® contains an equivalent antioxidant power of approximately 24 servings of fruits and vegetables in every serving!!! YOR SuperGreens® is not only nutritious; it's delicious!

RETAIL PV	WHOLESALE PV	RETAIL	WHOLESALE
49	40	\$57.62	\$44.97



YOR Probiotics Ultra®

Looking for a probiotic that can provide digestive health results through clinical proof and scientific backing? Look no further than YOR Probiotics Ultra®. YOR Probiotics Ultra® contains 9 highly stable strains, totaling over 40 billion c.f.u. per serving, to offer a full spectrum of digestive support.

RETAIL PV	WHOLESALE PV	RETAIL	WHOLESALE
46	40	\$56.52	\$47.17



YOR ESSENTIAL VITAMIN®

YOR Essential Vitamin® is a comprehensive supplement containing potent vitamins, minerals and antioxidants. This dynamic total-body support system helps restore natural energy and offers a full range of benefits.

RETAIL PV	WHOLESALE PV	RETAIL	WHOLESALE
52	41	\$63.56	\$48.27



YOR REPAIR ULTRA®

YOR Repair Ultra® provides over 4 times the enzyme activity of YOR Repair®. The unique formulation of highly active enzymes and antioxidants works with the body's own natural processes to help ease muscle soreness caused by physical strain, exercise, or sports-related injuries. YOR Repair Ultra® is packed with antioxidant rich herbs to help support healthy immune, liver, and kidney function, as well as promote detoxification and aid cardiac health. This highly effective formula will get you moving and keep you moving!

RETAIL PV	WHOLESALE PV	RETAIL	WHOLESALE
37	28	\$48.82	\$37.27



YOR BERRY BLAST®

YOR Berry Blast is a revolutionary blend of 19 all natural fruits and berries, a patented enzyme activation system, and antioxidant power for the protection of sustained energy. This network of energy support is combined with the natural time-release effect of caffeine, and contains less than 1 gram of sugar. The results? You are not left to ride the roller coaster of energy highs. Instead, smooth-sail on the YOR Berry Blast explosion of vibrant energy!




RETAIL PV	WHOLESALE PV	RETAIL	WHOLESALE
39	35	\$46.62	\$39.47

Price includes GST & is in USD.

AMINOGEN® is a Registered Trademark of Triarco Industries. AMINOGEN® is protected by U.S. Patent No. 5,387,422.
CARBOGEN® is a Registered Trademark of Triarco Industries. CARBOGEN® is protected by U.S. Patent No. 5,817,350.

SUGGESTED DAILY PRODUCT REGIMEN

Whether you are using all the products or just one, this simple chart helps you get the most of each product, especially when all products are used throughout the day.

YOR PRODUCTS	UPON RISING (8:00AM)		BREAKFAST (9:00AM)	SNACK (11:00AM)		LUNCH (12:00PM)	SNACK (3:00PM)		DINNER (6:00PM)	SNACK (8:00PM)	BEDTIME (10:00PM)			
YOR PROBIOTICS ULTRA®	1 CAPSULE	DRINK (1) 240 ML. GLASS OF WATER			DRINK (1) 240 ML. GLASS OF WATER			DRINK (2) 240 ML. GLASSES OF WATER						
YOR REPAIR ULTRA®	1 CAPSULE												1 CAPSULE	
YOR FIBER PLUS			2 SCOOPS ¹											
YOR MRP®			3 SCOOPS						3 SCOOPS				3 SCOOPS	
YOR ESSENTIALVITAMIN®			2 TABLETS						2 TABLETS			2 TABLETS		
YOR SUPERGREENS®						1 SCOOP								
YOR DIGEST ULTRA®									1 CAPSULE			1 CAPSULE		
YOR BERRY BLAST				1 PACKET ²						1 PACKET ²				
MEAL SUGGESTION						1465-1675 kJ* 350-400 CAL*			1465-1675 kJ* 350-400 CAL*					

SPECIAL INSTRUCTIONS

YOR PRODUCTS	SPECIAL INSTRUCTIONS
YOR PROBIOTICS ULTRA®	First time users may experience mild bloating for several days until your digestive tract balances.
YOR FIBER PLUS	¹ Test your tolerance by mixing 1 scoop with 240 mL. of water, YOR SuperGreens®, YOR MRP®, or juice. Over the next several days, gradually increase according to your personal tolerance and comfort level, so that you are eventually taking 2 scoops a day. Drink a minimum of 8-10 glasses of water throughout the day.
YOR MRP®	Add additional scoops for higher caloric needs. This includes those looking to gain lean muscle mass and those who are currently consuming more than 2000 calories per day. To get daily servings of fruit, try mixing into YOR MRP® Chocolate or Vanilla: 1 cup of strawberries, peaches, or mango, ½ cup of blueberries, or ½ of a banana.
YOR SUPERGREENS®	Tastes great with 240 mL. of water, or try mixing with ½ water and ½ of your favorite juice
YOR DIGEST ULTRA®	Take 1 capsule with 240 mL. of water within the first couple bites of a meal. As this is a high potency formula, 1 capsule is recommended, but 2 capsules may be taken according to digestive needs. Do not exceed 6 capsules a day.
YOR BERRY BLAST	² Don't exceed 3 packets per day. May be taken ½ hour to 1 hour before exercise, but take before 5 pm as it may cause sleeplessness.

* IMPORTANT NOTICE

Suggested caloric meal intakes are for those looking to lose weight at a healthy rate of one to two pounds per week. An important part of weight management is moderate exercise such as 30-60 minutes 3-5 times per week.

If you are pregnant, nursing, diabetic, on medication, have any medical conditions, or are beginning a weight control program, consult your physician before using any YOR Health® products or making any other dietary changes. Persons under the age of 18 should not use products without clearance from a physician. Remember, people who are overweight or obese are at increased risk of developing heart disease, diabetes, some forms of cancer, gall bladder disease, osteoarthritis, and sleep apnea.

Unless medically indicated, weight loss after the first two or three weeks of dieting should not exceed a rate of 1.5 kilograms or approximately one and one-half percent of body weight per week. People who are considered medically appropriate for more rapid weight loss should have their progress monitored by a physician.

To maintain long-term weight loss goals, adopt a lifelong commitment that includes increasing frequent and regular physical activity of at least moderate intensity, and healthy eating, emphasizing a reduction in total calories, a lowered fat consumption, and an increase in vegetables, fruits and whole grains. Moreover, even weight loss of as little as ten percent of body weight, if maintained over time, has been shown to be beneficial.