



**Picture coming soon!**

# Max Health

Formerly known as Sportsmen's Edge

High Quality, Huge Benefits, Low Cost

By Plante's Innovations LLC

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[www.PlantesInnovations.com](http://www.PlantesInnovations.com)

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## Why Max Health?

Max Health, formerly known as Sportsmen's Edge, was formulated by two Board Certified Internal Medicine Doctors. The creation of this formula required hundreds of hours in deep review of published medical research to find out how to properly **maximize the following attributes; Vision, Hearing, Cognitive Concentration, Circulation, Stamina, Cold Tolerance, Prevention of Altitude Sickness, and of course General Health Maintenance.** To accomplish this same result, one would have to buy and consume a large handful of pills each day from multiple products all while at a substantially higher cost and inconvenience.

The American Medical Association (AMA) among other medical groups recommend that **all adults should take a complete multivitamin daily.** Furthermore, it is realized through a recent study by the Journal of the AMA, **81% of all U.S. citizens over the age of 18 take nutritional supplements.** This clearly shows the importance of nutrition. With nutrition being so important, why would one not want to be sure they are taking a proven multivitamin?

Based on the Age-Related Eye Disease (ARED) Study we all will develop macular degeneration to different degrees as we get older which causes our sight to degrade. It is preventable by the correct doses of Lutein, Zinc, and Copper which are included in this formula at the appropriate doses. Just remember how as a kid, an adult would always ask, "How can you read in that light?". As we get older we are more likely to report that "I just don't drive so well at night anymore." These are the typical ARED symptoms that anyone over 30 can expect to experience. The basic problem of ARED relates to eye pigments burning out. The only solution is to step up the repair aspect of normal eye function via nutrition. Nutritional supplementation can significantly enhance your vision specifically helping in the morning and evening times. Multiple "eye vitamins" are now on the market specifically for this reason but they fail to offer the correct ingredients with the correct dosages. Max Health offers a much more complete and correct eye formula combined with a true multivitamin to enhance all the other traits mentioned above, all at a convenient price.

Max Health is the best complete high potency supplement that meets or exceeds 100% of the recommended daily allowance of most vitamins and minerals and does all this safely without any toxicity concerns. No other product on the market, has all the correct scientific research proven quantities of the needed ingredients that enhance the above listed attributes in one easy to take daily formula. The name brand vitamin companies are able to legitimize their formulas through a disclaimer because the FDA does not regulate over the counter supplements. This is not the case with Max Health. All you do is take two tablets a day, one in the morning and one in the evening. Take a look at the following pages and see for yourself why any side by side comparison with any other formula on the market is a clear win for Max Health.

# Max Health



Ingredient Specifications	Targeted Traits
Vitamin A 5,000 IU	Vision--Immune Function--Hearing--Skin--Halitosis
Vitamin C 500 mg	General Health--Immune Function--Vision--Hearing--Skin--Halitosis--Jet Lag--Cold Tolerance
Vitamin D 1,000 IU (as D3)	Hearing--Prostate
Vitamin E 400 IU (as d-alpha Tocopheryl Acetate)	Vision--Prostate--Immune Function--Circulation--Halitosis--Cold Tolerance--Cognitive Concentration--Hearing
Vitamin K (Present in Chlorophyll)	
Thiamin (B1) 30 mg (Mononitrate)	Vision--Hearing--Fatigue Reduction  Skin--Circulation--Immune Function  Cold Tolerance--Prostate--Jet Lag  Cognitive Concentration
Riboflavin (B2) 30 mg	
Niacin (B3) 40 mg	
Vitamin B6 30 mg (as Pyridoxine HCL)	
Vitamin B12 100 mcg (as Cyanocobalamin)	
Beta Carotene 5,000 IU	General Health--Vision--Immune Function--Skin
Bilberry 45% Extract 200 mg (as Anthocyanoside)	Vision
Biotin 300 mcg (Pure)	General Health--Hair/Nail Health
Calcium 100 mg (as Calcium Carbonate)	General Health
Chlorophyll 100 mg	Halitosis
Chromium 200 mcg (as Chromium Picolinate)	Obesity
Citrus Bioflavonoids 25% 40 mg	Vision--Circulation--Cholesterol Maintenance Cognitive Concentration--Fatigue Reduction
Copper 2 mg (as Copper Sulfate)	Vision--Prostate
Folic Acid 800 mcg	Hearing--Cognitive Concentration--Halitosis
Ginkgo Biloba Extract (24%/6%) 120 mg	Prostate--Cognitive Concentration--Altitude Sickness Prevention
Grape Seed (95% Extract) 50 mg	Vision
Iodine 150 mcg (as Potassium Iodide)	General Health
Iron 4 mg (as Ferrous Fumarate)	General Health
Korean Ginseng (25% Extract) 200 mg	Fatigue Reduction
L Glutathione 25 mg	Vision
Lutein 10 mg	Vision
Lycopene 30 mg	Vision
Magnesium 300 mg (as Magnesium Oxide)	Vision--Hearing--Fatigue Reduction
Manganese 2 mg (as Manganese Sulfate)	General Health
Molybdenum 75 mcg (as Sodium Molybdate)	General Health
N-Acetyl-Cysteine 50 mg	Vision
Pantothenic Acid 5 mg (as Calcium Pantothenate)	General Health
Selenium 200 mcg (as Sodium Selenate)	Hearing--Prostate--Immune Function--Halitosis
Zeaxanthin 5 mg	Vision
Zinc 30 mg (as Zinc Oxide)	Vision--Prostate--Immune Function

\*1 IU=0.3 mcg

\*1 IU=0.000025 mg

## MULTIVITAMIN COMPARISONS

In this section, there are direct comparisons of Max Health to 3 other claimed “multivitamins”. These three “multivitamins” are the best overall offered from their product line. Each of these vitamins were selected because of their overwhelming popularity and success.

All red below indicates insufficient amounts to be clinically useful via the cited published studies

Formulation	Max Health	Centrum Silver Men 50+ 100-Day supply \$11.99
Vitamin A	5,000 IU	3,500 IU (29% as Beta-Carotene)
Vitamin C	500 mg	120 mg
Vitamin D	1,000 IU (as D3)	1,000 IU
Vitamin E	400 IU (as d-alpha Tocopheryl Acetate)	60 IU
Vitamin K	Present in Chlorophyll	60 mcg
Thiamin (B1)	30 mg (as Mononitrate)	1.5 mg
Riboflavin (B2)	30 mg	1.7 mg
Niacin (B3)	40 mg	20 mg
Vitamin B6	30 mg (as Pyridoxine HCL)	6 mg
Vitamin B12	100 mcg (as Cyanocobalamin)	100 mcg
Beta Carotene	5,000 IU	1,015 IU (from Vitamin A blend)
Bilberry 45% Extract	200 mg (as Anthocyanoside)	0
Biotin	300 mcg (Pure)	30 mcg
Calcium	100 mg (as Calcium Carbonate)	210 mg
Chlorophyll	100 mg	0
Chromium	200 mcg (as Chromium Picolinate)	0
Citrus Bioflavonoids 25%	40 mg	0
Copper	2 mg (as Copper Sulfate)	0
Folic Acid	800 mcg	300 mcg
Ginkgo Biloba Extract (24%/6%)	120 mg	0
Grape Seed (95% Extract)	50 mg	0
Iodine	150 mcg (as Potassium Iodide)	150 mcg
Iron	4 mg (as Ferrous Fumarate)	0
Korean Ginseng (25% Extract)	200 mg	0
L Glutathione	25 mg	0
Lutein	10 mg	0
Lycopene	30 mg	0
Magnesium	300 mg (as Magnesium Oxide)	75 mg
Manganese	2 mg (as Manganese Sulfate)	0
Molybdenum	75 mcg (as Sodium Molybdate)	0
N-Acetyl-Cysteine	50 mg	0
Pantothenic Acid	5 mg (as Calcium Pantothenate)	10 mg
Phosphorus	0	20 mg
Selenium	200 mcg (as Sodium Selenate)	0
Zeaxanthin	5 mg	0
Zinc	30 mg (as Zinc Oxide)	15 mg

Formulation	Max Health	One A Day Men's 50+ Healthy Advantage 100-Day supply \$12.99
Vitamin A	5,000 IU	3,500 IU (20% as Beta-Carotene)
Vitamin C	500 mg	120 mg
Vitamin D	1,000 IU (as D3)	700 IU (as D3)
Vitamin E	400 IU (as d-alpha Tocopheryl Acetate)	25.5 IU
Vitamin K	Present in Chlorophyll	20 mcg
Thiamin (B1)	30 mg (as Mononitrate)	4.5 mg
Riboflavin (B2)	30 mg	3.4 mg
Niacin (B3)	40 mg	20 mg
Vitamin B6	30 mg (as Pyridoxine HCL)	6 mg
Vitamin B12	100 mcg (as Cyanocobalamin)	25 mcg
Beta Carotene	5,000 IU	700 IU (from Vitamin A blend)
Bilberry 45% Extract	200 mg (as Anthocyanoside)	0
Biotin	300 mcg (Pure)	30 mcg
Calcium	100 mg (as Calcium Carbonate)	120 mg (elemental)
Chlorophyll	100 mg	0
Chromium	200 mcg (as Chromium Picolinate)	180 mcg
Citrus Bioflavonoids 25%	40 mg	0
Copper	2 mg (as Copper Sulfate)	2.2 mg
Folic Acid	800 mcg	400 mcg
Ginkgo Biloba Extract (24%/6%)	120 mg	0
Grape Seed (95% Extract)	50 mg	0
Iodine	150 mcg (as Potassium Iodide)	150 mcg
Iron	4 mg (as Ferrous Fumarate)	0
Korean Ginseng (25% Extract)	200 mg	0
L Glutathione	25 mg	0
Lutein	10 mg	0
Lycopene	30 mg	370 mcg
Magnesium	300 mg (as Magnesium Oxide)	110 mg
Manganese	2 mg (as Manganese Sulfate)	4.2 mg
Molybdenum	75 mcg (as Sodium Molybdate)	90 mcg
N-Acetyl-Cysteine	50 mg	0
Pantothenic Acid	5 mg (as Calcium Pantothenate)	15 mg
Selenium	200 mcg (as Sodium Selenate)	117 mcg
Zeaxanthin	5 mg	0
Zinc	30 mg (as Zinc Oxide)	24 mg

Formulation	Max Health	Mega Men 50 Plus 2-Month supply \$39.99
Vitamin A	5,000 IU	2,500 IU (as Retinyl Acetate)
Vitamin C	500 mg	300 mg (as Ascorbic Acid & Calcium Ascorbate)
Vitamin D	1,000 IU (as D3)	1600 IU (as D3)
Vitamin E	400 IU (as d-alpha Tocopheryl Acetate)	30 IU (as Natural d-alpha Tocopheryl Acetate)
Vitamin K	Present in Chlorophyll	80 mcg (as Phytonadione)
Thiamin (B1)	30 mg (as Mononitrate)	50 mg (as Mononitrate)
Riboflavin (B2)	30 mg	50 mg
Niacin (B3)	40 mg	50 mg (as Niacinamide & Niacin)
Vitamin B6	30 mg (as Pyridoxine HCL)	50 mg (as Pyridoxine HCL)
Vitamin B12	100 mcg (as Cyanocobalamin)	50 mcg (as Cyanocobalamin)
alpha-Lipoic Acid	0	25 mg
Astaxanthin	0	50 mcg (from <i>Haematococcus pluvialis</i> )
Beta Carotene	5,000 IU	2,500 IU
Beta Cryptoxanthin	0	10 mcg
Bilberry 45% Extract	200 mg (as Anthocyanoside)	0
Biotin	300 mcg (Pure)	300 mcg
Boron	0	2 mg (as Sodium Borate)
Calcium	100 mg (as Calcium Carbonate)	200 mg (as Calcium Carbonate & Calcium Ascorbate)
Chlorophyll	100 mg	0
Choline	0	10 mg (as Choline Bitartrate)
Chromium	200 mcg (as Chromium Picolinate)	120 mcg (as Chromium Chloride)
Citrus Bioflavonoids 25%	40 mg	0
Copper	2 mg (as Copper Sulfate)	2 mg (as Copper Sulfate)
Folic Acid	800 mcg	400 mcg
Ginkgo Biloba Extract (24%/6%)	120 mg	10 mg (as Ginkgo Biloba Leaf Powder)
Grape Seed (95% Extract)	50 mg	1 mg ( <i>Vitis vinifera</i> )
Inositol	0	10 mg
Iodine	150 mcg (as Potassium Iodide)	150 mcg (as Potassium Iodide)
Iron	4 mg (as Ferrous Fumarate)	0
Korean Ginseng (25% Extract)	200 mg	0
L Arginine	0	100 mg
L Glutathione	25 mg	0
Lutein	10 mg	2 mg (as Lutemax 2020)
Lycopene	30 mg	1 mg
Magnesium	300 mg (as Magnesium Oxide)	100 mg (as Magnesium Oxide)
Manganese	2 mg (as Manganese Sulfate)	2 mg (as Manganese Sulfate)
Molybdenum	75 mcg (as Sodium Molybdate)	75 mcg (as Sodium Molybdate)
N-Acetyl-Cysteine	50 mg	0
Pantothenic Acid	5 mg (as Calcium Pantothenate)	50 mg (as Calcium d-Pantothenate)
Resveratrol	0	1 mg
Selenium	200 mcg (as Sodium Selenate)	200 mcg (as L-Selenomethionine)
Silica	0	4 mg (as Silicon Dioxide)
Turmeric Root Extract	0	500 mcg
Vanadium	0	10 mcg (as Sodium Metavanadate)
Zeaxanthin	5 mg	400 mcg (as Zeaxanthin Isomers)
Zinc	30 mg (as Zinc Oxide)	25 mg (as Zinc Oxide)

## EYE VITAMIN COMPARISONS

In this section, there are direct comparisons of Max Health to 3 other claimed “eye vitamins”. These three “eye vitamins” are the best overall offered from their product line and are combined with their own “multivitamin formula”. Each of these vitamins were selected because of their overwhelming popularity and success.

All red below indicates insufficient amounts to be clinically useful via the cited published studies.

Formulation	Max Health	PreserVision AREDS 2 Formula + Multivitamin 50-Day supply \$22.08
Vitamin A	5,000 IU	0
Vitamin C	500 mg	500 mg
Vitamin D	1,000 IU (as D3)	600 IU
Vitamin E	400 IU (as d-alpha Tocopheryl Acetate)	400 IU
Vitamin K	Present in Chlorophyll	30 mcg
Thiamin (B1)	30 mg (as Mononitrate)	1.5 mg
Riboflavin (B2)	30 mg	1.7 mg
Niacin (B3)	40 mg	20 mg
Vitamin B6	30 mg (as Pyridoxine HCL)	2 mg
Vitamin B12	100 mcg (as Cyanocobalamin)	25 mcg
Beta Carotene	5,000 IU	0
Bilberry 45% Extract	200 mg (as Anthocyanoside)	0
Biotin	300 mcg (Pure)	30 mcg
Calcium	100 mg (as Calcium Carbonate)	0
Chlorophyll	100 mg	0
Chromium	200 mcg (as Chromium Picolinate)	50 mcg
Citrus Bioflavonoids 25%	40 mg	0
Copper	2 mg (as Copper Sulfate)	2 mg
Folic Acid	800 mcg	400 mcg
Ginkgo Biloba Extract (24%/6%)	120 mg	0
Grape Seed (95% Extract)	50 mg	0
Iodine	150 mcg (as Potassium Iodide)	150 mcg
Iron	4 mg (as Ferrous Fumarate)	0
Korean Ginseng (25% Extract)	200 mg	0
L Glutathione	25 mg	0
Lutein	10 mg	10 mg
Lycopene	30 mg	0
Magnesium	300 mg (as Magnesium Oxide)	100 mg
Manganese	2 mg (as Manganese Sulfate)	2 mg
Molybdenum	75 mcg (as Sodium Molybdate)	45 mcg
N-Acetyl-Cysteine	50 mg	0
Pantothenic Acid	5 mg (as Calcium Pantothenate)	10 mg
Selenium	200 mcg (as Sodium Selenate)	19 mcg
Zeaxanthin	5 mg	2 mg
Zinc	30 mg (as Zinc Oxide)	80 mg

Formulation	Max Health	Ocuvite Eye + Multi 1-Month supply \$17.99
Vitamin A	5,000 IU	1,000 IU
Vitamin C	500 mg	150 mg
Vitamin D	1,000 IU (as D3)	400 IU
Vitamin E	400 IU (as d-alpha Tocopheryl Acetate)	50 IU
Vitamin K	Present in Chlorophyll	30 mcg
Thiamin (B1)	30 mg (as Mononitrate)	1.5 mg
Riboflavin (B2)	30 mg	1.7 mg
Niacin (B3)	40 mg	20 mg
Vitamin B6	30 mg (as Pyridoxine HCL)	2 mg
Vitamin B12	100 mcg (as Cyanocobalamin)	6 mcg
Beta Carotene	5,000 IU	0
Bilberry 45% Extract	200 mg (as Anthocyanoside)	0
Biotin	300 mcg (Pure)	30 mcg
Calcium	100 mg (as Calcium Carbonate)	200 mg
Chlorophyll	100 mg	0
Chromium	200 mcg (as Chromium Picolinate)	120 mcg
Citrus Bioflavonoids 25%	40 mg	0
Copper	2 mg (as Copper Sulfate)	2 mg
Folic Acid	800 mcg	400 mcg
Ginkgo Biloba Extract (24%/6%)	120 mg	0
Grape Seed (95% Extract)	50 mg	0
Iodine	150 mcg (as Potassium Iodide)	150 mcg
Iron	4 mg (as Ferrous Fumarate)	0
Korean Ginseng (25% Extract)	200 mg	0
L Glutathione	25 mg	0
Lutein	10 mg	10 mg
Lycopene	30 mg	300 mcg
Magnesium	300 mg (as Magnesium Oxide)	100 mg
Manganese	2 mg (as Manganese Sulfate)	2 mg
Molybdenum	75 mcg (as Sodium Molybdate)	75 mcg
N-Acetyl-Cysteine	50 mg	0
Pantothenic Acid	5 mg (as Calcium Pantothenate)	10 mg
Phosphorus	0	14 mg
Selenium	200 mcg (as Sodium Selenate)	70 mcg
Zeaxanthin	5 mg	2 mg
Zinc	30 mg (as Zinc Oxide)	23 mg



Formulation	Max Health	I Caps Multivitamin Lutein Enriched 50-Day supply \$24.99
Vitamin A	5,000 IU	0
Vitamin C	500 mg	256 mg
Vitamin D	1,000 IU (as D3)	200 IU
Vitamin E	400 IU (as d-alpha Tocopheryl Acetate)	215 IU
Vitamin K	Present in Chlorophyll	12.5 mcg
Thiamin (B1)	30 mg (as Mononitrate)	0.75 mcg
Riboflavin (B2)	30 mg	5 mg
Niacin (B3)	40 mg	5 mg
Vitamin B6	30 mg (as Pyridoxine)	1 mg
Vitamin B12	100 mcg (as Cyanocobalamin)	3 mcg
Beta Carotene	5,000 IU	0
Bilberry 45% Extract	200 mg (as Anthocyanoside)	0
Biotin	300 mcg (Pure)	15 mcg
Calcium	100 mg (as Calcium Carbonate)	170 mg
Chlorophyll	100 mg	0
Chromium	200 mcg (as Chromium Picolinate)	60 mcg
Citrus Bioflavonoids 25%	40 mg	0
Copper	2 mg (as Copper Sulfate)	1.8 mg
Folic Acid	800 mcg	0
Ginkgo Biloba Extract (24%/6%)	120 mg	0
Grape Seed (95% Extract)	50 mg	0
Iodine	150 mcg (as Potassium Iodide)	75 mcg
Iron	4 mg (as Ferrous Fumarate)	0
Korean Ginseng (25% Extract)	200 mg	0
L Glutathione	25 mg	0
Lutein	10 mg	3.33 mg
Lycopene	30 mg	0.15 mg
Magnesium	300 mg (as Magnesium Oxide)	50 mg
Manganese	2 mg (as Manganese Sulfate)	1 mg
Molybdenum	75 mcg (as Sodium Molybdate)	37.5 mcg
N-Acetyl-Cysteine	50 mg	0
Pantothenic Acid	5 mg (as Calcium Pantothenate)	200 mcg
Phosphorus	0	70 mg
Potassium	0	40 mg
Selenium	200 mcg (as Sodium Selenate)	20 mcg
Zeaxanthin	5 mg	1.67 mg
Zinc	30 mg (as Zinc Oxide)	42.3 mg



#### TRUTH OF MAX HEALTH

As you can see Max Health really does take home the win. Through the side by side comparisons one can see the advantage Max Health has over the other leading brands. This goes to show just how much time, effort, and knowledge has gone into Max Health. Make the decision for yourself, will it be Max Health or the other brands?

Picture coming soon!

Get yours today at

[www.PlantesInnovations.com](http://www.PlantesInnovations.com)