

## PEAK PERFORMANCE PACKS FAQs

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### How does the Peak Performance Pack help you?

The Freiburg Study has demonstrated that the effects of the *Peak Performance Pack* can benefit all adults. 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.

With the *Peak Performance Pack* as the centerpiece, you can now choose from 5 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 has it all!

### Where can I read the Freiburg Study results for myself?

Visit [Melaleuca.com/PeakPerformanceResearch](http://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, in the *Melagram* insert included with your January 2015 monthly order, and in the materials provided at Launch 2015.

### Do you have a summary of the Freiburg Study I can give to my doctor?

While we have revealed the preliminary findings from the study in our own publications and website, the final findings of the study have not yet been published in white paper or scientific journal form. We will make an announcement when the final results have been printed.

### 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.

### Why did you remove the Vitality Calcium Complete® from the packs?

Based on recent research, Melaleuca determined that many people are meeting their calcium needs already from their diets. Plus, *Vitality Multivitamin & Mineral*™ —included in each *Peak Performance* pack—already 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 demand.\*

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

### If I'm taking Vitality Calcium Complete or Vitality Multivitamin & Mineral, do I need to take the Melaleuca 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.\*

\* These statements have not been evaluated by the Food & Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.

**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+*.

**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](http://Melaleuca.com/guarantee).

**What is the difference between the old 90-Day Challenge in the Vitality Pack and the 90-Day Challenge on 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 promises real results in your life, it does not include a money back guarantee.

**I have been taking Vitality 4, Vitality 6, or Vitality Total. Will I still be able to purchase those packs?**

The *Vitality 4*, *6*, and *Total* packs will only be available while supplies last, for a limited time only.

**There are so many packs to choose from, which pack is best for me?**

Melaleuca has created a helpful resource online at [Melaleuca.com/whichpackisrightforyou](http://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.

**Do I need to refrigerate the new Florify® supplement?**

No—refrigeration is not required.

**Why is CardiOmega EPA™ included in the pack instead of Vitality Coldwater Omega3®?**

*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.

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**How much AI blend is in 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 joint and activity-induced 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.\*

**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.

**Can I just take one of the packets each day and still get most of the benefits?**

The results from the Freiburg Study are based on participants taking both the AM and PM packet dosages daily. To experience the results indicated in the study, 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 healthcare 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 a Peak Performance Pack box?**

30 AM and 30 PM packets.

**Are the Peak Performance packs gluten-free?**

Yes.

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**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).

**When will the Delivering Wellness be updated to include new packs?**

The Delivering Wellness booklet and DVD, myMelaleuca.com, the Preferred Customer Benefit Booklet and the Power of Pacesetter brochure are now updated. Updates include new supplements and packaging changes along with Value and Home Conversion pack updates. The Melaleuca App will be updated by January 10.

**When will the Membership Kits be updated with the new materials?**

English Membership Kits will be updated on January 16 and Membership kits in other languages will be updated on January 26.