

NIKKEN[®] Discover it. Live it.

NEXT TO NATURE



Nikken Kenzen Wellness[®] | ORGANIC-BASED NUTRITION



US



WHAT IS ORGANIC-BASED NUTRITION?

Organic-Based Nutrition means that these products are as far from synthetic chemical supplements as you can get. All ingredients are carefully chosen, and the organic content is maximized. Every one of these products is either 100% organic, or as organic as possible while staying consistent with offering the optimum support to help you meet your nutritional requirements.

Naturally better

Nikken believes — as you do — that the best way to take care of your nutritional needs, is the natural way.

Your body runs on real food and organic nutrients. Processed or fast food, chemicals and additives are not the answer.

Instead, Nikken has created a comprehensive program that helps you get the real nutrition you require for good health. These are natural dietary supplements, based on organic ingredients. They can fill the nutritional gaps in your daily diet, to help you “eat right,” even when your meals may fall short of the mark.

KEEPING IT REAL

Organic-based supplements represent a breakthrough in nutrition science. Nikken combined farm-grown, organically raised fruits, vegetables and extracts with specially developed, advanced preparation techniques that preserve their vital nutrients. The result is the first complete program featuring natural alternatives to chemical supplements.

Nikken Kenzen Wellness® nutrition was founded on a whole-food philosophy, offering nutrients that are simply not available from conventional vitamin supplements. These organic-based vitamin, mineral and targeted support solutions bring your daily diet even closer to nature.





Whole Body Renewal: the essence of health

Kenzen Whole Body Renewal is a radical new approach to nutrition. It builds on the whole-food perspective that Nikken introduced with Kenzen Wellness — combining advanced science with the wholeness of nature. Now, Whole Body Renewal comprises several elements that together form an integrated program for helping to sustain long-term health. Whole Body Renewal supports the body's core functions and also the various subsystems that make up the operating structure of the human organism.

The central hub of Whole Body Renewal is the **Core System**. Core supplements are designed to help you meet your daily needs.

Each of the other modules offers support for a specific biological activity: **gastrointestinal, cardiovascular, neurological, immune, skeletal**.

This allows you to tailor Whole Body Renewal to your own requirements — whether based on age, gender, or an identified concern.

REPLENISH AND NOURISH

Some elements of Whole Body Renewal are based on the body's own chemicals, compounds that are manufactured or synthesized internally to enable continuous metabolic processes. These supplements help promote that vital action.

Other elements include nutrients that our systems cannot produce — the externally-obtained fuel that we require to keep going. Fuel that under ideal conditions is available from our food sources, but in today's environment may not be supplied in sufficient amounts.

These physiological replenishment and nourishment functions are complementary. In the same way, the combination of the core system and the additional, individual system categories make Nikken Whole Body Renewal a comprehensive, inclusive approach for supporting overall wellness.

CORE SYSTEM

Kenzen Core System nutrition represents the foundation of your nutritional program. The Core System contains the elements you require to help ensure you are meeting daily nutritional needs.*

Kenzen® Mega Daily 4®

- Multivitamin, mineral, nutrient blend
- Organic vegetable ingredients to help meet daily requirements
- Gender-specific support for men or women

Kenzen Mega Daily 4 is not only a multivitamin supplement. It offers a wide spectrum of important vitamins and minerals, but includes far more.

Mega Daily 4 has ingredients prepared from organic vegetable extracts — which offer nutrients that chemically synthesized vitamins often lack. The organic vegetables used in Mega Daily 4 can be called superfoods, because they are chosen from the precise varieties of these foods that provide the highest nutrient yield.

COVERS THE NUTRITIONAL SPECTRUM

Mega Daily 4 gives you all known types of water-soluble and fat-soluble antioxidants, as well as nutrients for supporting cellular function — for healthy metabolism, heart, cardiovascular, immune and brain function, hormonal balance and more. This is an exceptional range of antioxidants and nutrients.*

This is the only formulation of its kind that also features organically grown vegetable extracts. It includes every type of vegetable

phytonutrient, including flavonoids, glucosinolates, beta glucans, triterpenes, saponins and carotenoids. Derived from the whole spectrum of vegetable classes — red, orange, yellow, tan and green — this range of phytonutrients helps support healthy function of all your body's biological processes and systems.*

The 4 in Mega Daily 4 refers to four features: a multivitamin

and mineral; vegetable superfoods (selected for their exceptional nutrient content); whole body renewal components; gender-specific support.*



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Mega Daily 4 for Men includes the natural herbs turmeric and green tea extract, and plants such as saw palmetto and Pygmeum africanum, to support a healthy prostate and other male-specific nutritional concerns.*

Mega Daily 4 for Women has a specialized blend of traditional herbs such as green tea, dong quai and grape seed extract to assist in moderating the common effects of premenstrual syndrome and menopause, and for other female-specific nutritional concerns.*

“Nikken Jade GreenZymes combines the best of ancient wisdom and modern science and is the only product of its kind in the world.”

—Dr. Yoshihide Hagiwara



Jade GreenZymes®

Certified organic formulation

- Called nature's perfect food
- Naturally alkaline to help balance pH*
- Detoxifying, circulatory and colon support*



Barley grass juice has been described as a complete salad in a glass. It includes chlorophyll, a compound noted for detoxifying, and amino acids (the building blocks of life), that promote healthy cell metabolism and circulation.*

With Kenzen Jade GreenZymes, you can make the goodness of barley grass juice a daily part of your diet.

This all-natural, organic material is carefully harvested using traditional methods. It is cold-processed — never treated with heat — to ensure that the natural enzymes and alkaline pH are retained.

Jade GreenZymes is fresh. Some barley grass powders advertise a long shelf life — which means that preservative agents are used in their manufacture. Jade GreenZymes has the clean taste and full balance of enzymes provided by organically-sourced green barley grass, packaged at the peak of freshness. Occasional slight variations in color, taste, consistency or solubility are the result of varying chlorophyll content between different harvests and reflect the authentic character of the ingredients.

Natural maltodextrin in Jade GreenZymes helps to stabilize and protect its enzymes, and promotes the measured release of energy.*

Organic Jade GreenZymes can be consumed by anyone, at any time. In powder form, Jade GreenZymes can be mixed with any cold beverage or food. The convenient, all-vegetable capsules also deliver a concentrated serving of these nutrients.

CORE SYSTEM

Dr. Hagiwara and Nikken: a professional and personal relationship



The scientist behind Jade GreenZymes is Dr. Yoshihide Hagiwara, for decades a leader in the pharmaceutical industry. He came to the conclusion that drugs offer a less than perfect solution for the challenges created by modern living, and set out to develop a natural product for promoting good health. The first barley grass blend he created was well received. But to bring his discovery to a wider audience, Dr. Hagiwara selected Nikken.

From the outset, Dr. Hagiwara and Nikken Chairman Tom Watanabe had a close rapport and a mutual philosophy — that a balanced, more natural lifestyle can promote lifelong wellness. This led to an intensive process of collaborative research and development. Jade GreenZymes is the result.



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CORE SYSTEM

Kenzen® Ciaga^V™

- Astounding antioxidant levels
- Cardio/immune blend for a healthy heart*
- Digestive and anti-aging support*



Kenzen Ciaga^V is a potent formulation of natural juices and extracts packed with age-fighting antioxidants, vitamins and ingredients that provide exceptional nutrition and help sustain good health. And it's alive with flavor.

Ciaga^V features the Organic Maqui Superfruit Blend, composed of fruit and berry extracts. The antioxidants in fruits and vegetables are noted as one of the most important nutritional health discoveries of the past century, recognized for their role in scavenging free radicals.*

The amount of antioxidants in food is measured using the ORAC (oxygen radical absorbency capacity) scale, developed in connection with the US Department of Agriculture. In scientific testing the maqui berry from Patagonia was shown to have the highest ORAC value of any fruit, and exceptionally high levels of phenols and anthocyanins.

Ciaga^V also contains an impressive measure of cardio and immune support — an advantage that other juice makers don't even talk about. Known as the CI blend, this formula is exclusive to Nikken. It helps in maintaining the heart, vascular and immune systems.*

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According to the United States Department of Agriculture, eating plenty of high-ORAC fruits and vegetables may help slow the normal physiological processes commonly associated with aging in both body and brain.

Ciaga^V includes ingredients for gastrointestinal health, to assist in nutrient absorption and other physiological functions. Nutrients in Ciaga^V support the body's natural physical response for managing stress.*

C-I-A-G-A^V is a five-part recipe for good health: cardiovascular, immune, antioxidant, gastrointestinal and anti-aging. The V in Ciaga^V denotes its vital ingredients — a select group of superfruit extracts chosen for their nutrient and antioxidant characteristics. All are certified organic.*



Kenzen® Vital Balance Healthy Meal Replacement Mix

- Helps burn fat
- “Brain food” for supporting mental function
- Tissue cleansers to assist in elimination of toxins
- Probiotics that aid digestive and immune system health

All natural – with organic vegetable protein for promoting formation of lean muscle mass, and no added salt, artificial sweeteners or the additives found in many meal replacements.

Kenzen Vital Balance is so much more than a protein source or nutritional product. It is a formulation designed by a team of scientists to support physical functions that help persons of any age to remain healthy.

Vital Balance offers medium-chain triglycerides, or MCTs, in the form of natural palm oil. Medium-chain triglycerides are processed differently than long-chain triglycerides or saturated fats. When ingested, these MCTs are metabolized in the liver and released into the bloodstream as ketones. This triggers a reaction known as thermogenesis, in which the body begins to burn stored fat — resulting in an energy boost and fat depletion at the same time.

As medium-chain triglycerides are converted to ketones, they are transported via the circulatory system to the brain. The compounds are absorbed by brain tissue for immediate nourishment and cell replenishment. Some clinical studies have suggested a link between MCT consumption and support for cerebral function in maturity.

A number of toxins have been introduced into our physical environment. In healthy persons, metabolic processes act to isolate and remove these substances.

Kenzen Vital Balance includes plant ingredients that are recognized as beneficial in assisting normal detoxifying-system function.

Probiotic organisms are responsible for assimilating more than 10% of daily calories. Many vegetable nutrients and even mother’s milk cannot be digested without bacterial enzymes. Kenzen Vital Balance includes multiple probiotics, a gastrointestinal component that is vital to digestion and weight management.

In all, Kenzen Vital Balance is a complex of highly absorbable vitamins, minerals and nutrients. It provides proteins for growth plus carbohydrates of the type that may be converted to energy rather than fat. This is combined with ingredients in support of healthy brain function, natural detoxifying, and probiotic symbiosis.

Kenzen Vital Balance has 125 calories per serving but makes a creamy, satisfying, full-bodied shake that can be enjoyed as a meal replacement or at any time of day. With a natural stevia sweetener that is far superior to sugars or complex-chemical sweetening agents, its delicious taste derives from real vanilla and it mixes readily with water, skim or soy milk. For variety, Vital Balance can be combined with fruit juices.

If your wish is to lose weight, build muscle mass or get in shape, Kenzen Vital Balance Meal Replacement Mix with a sensible eating plan and regular exercise will put you well on your way toward achieving your goals.

For exercise (or afterward) KenkoTherm® support wraps provide coverage and comfort. Stay well hydrated with help from Nikken PiMag® Water Technology. And when you include the other components of Kenzen Organic-Based Nutrition you’re helping to balance your diet, for best results.



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GASTROINTESTINAL SYSTEM

The gastrointestinal tract is the body's conduit for receiving and converting energy. Kenzen nutrition for this system helps support healthy digestion and the maintenance of beneficial intestinal bacteria.*

Lactoferrin Gold 1.8®

- Assists in preserving a healthy intestinal tract*
- Helps maintain beneficial bacteria*
- Premium quality, ultra-pure, concentrated

Only Nikken Lactoferrin Gold 1.8 offers *purified* lactoferrin.

Lactoferrin is a naturally occurring substance found in all body fluids including tears, blood and saliva. A basic building block of life, lactoferrin is an essential protein and a major component of mother's milk, provided to all mammals beginning immediately after birth.

After infancy we adopt a solid food diet and our lactoferrin is obtained in dairy foods — yet some of us do not receive a significant amount in this

form. Nikken is a practical solution to this problem.

Lactoferrin Gold is a form of refined lactoferrin that supports gastrointestinal health. It is an alternative to high-fat dairy products. The exclusive, patented



technology that produces Lactoferrin Gold 1.8 uses exhaustive purification methods to remove microorganisms and endotoxin compounds. This provides an unprecedented level of purity while also preserving the prebiotic qualities of the lactoferrin.

The source of Lactoferrin Gold is natural, not genetically modified, and from a region isolated from sources of contamination. This source material is then subjected to the extensive purification technology to produce Lactoferrin Gold 1.8.

A single capsule contains 60 mg of pure, highly functional lactoferrin. This amount is based on United States Department of Agriculture calculations on average daily intake of lactoferrin derived from consumption of dairy products.



Nikken Lactoferrin Gold 1.8 is so highly refined and concentrated that approximately three liters (3.17 quarts) of milk are required to produce a single capsule.

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Kenzen® Digestion Complex 4-20™

- Offers a broad range of digestive enzymes*
- Helps support more rapid and complete nutrient absorption*
- Aids in elimination of waste*

Offers all four types of enzymes, to aid in metabolizing every nutrient.

For the body to obtain essential energy, proper breakdown of food is required to absorb nutrients. The gastrointestinal tract secretes enzymes for this purpose, but as we age our ability to make use of these enzymes may decrease.*

Some digestive enzymes are available from the food we eat. However, typical food preparation techniques (cooking or processing) apply heat that destroys much of these natural compounds.

Kenzen Digestion Complex 4-20 can help make up for this.* It features natural ingredients including amino acids, proteins, vegetable fiber- and cellulose-based enzymes.

ENZYMES FROM EVERY CATEGORY

Specific digestive enzymes act on four different types of macronutrients: fats, proteins, carbohydrates and fiber. Many digestive supplements provide an enzyme that reacts with one form of macronutrient. Kenzen Digestion Complex 4-20 (20 enzymes, from 4 categories) supports the assimilation of all nutrients.*

The source material for Kenzen Digestion Complex 4-20 is a variety of foods that are naturally grown, in regions where the soils are not depleted by decades of commercial farming. These ingredients are all plant-based, with no animal enzymes.

CAN HELP YOU FEEL BETTER, TOO

When food compounds are incompletely broken down, fermentation may occur, which results in bloat and gas. Enzymatic support that assists a sluggish digestive system can help avoid or minimize fermentation.*

By optimizing absorption, Kenzen Digestion Complex 4-20 also provides more rapid access to

nutrients, allowing the body to convert this fuel into energy more quickly. This means that less energy needs to be expended in the digestion process, and may help eliminate the tired or sleepy feeling that can follow a meal.*



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SKELETAL SYSTEM

The skeleton is a structural framework that provides protection, flexibility and motion. In addition, bones serve as a chemical storehouse. Kenzen Skeletal System nutrition can assist in maintaining these vital operations.*

OsteoDex®

- Supports natural increase in bone density*
- Patented, targeted transport system
- Unique, proprietary formulation

OsteoDex and CalDex are complementary — together they offer a program for maintaining healthy bones. *



Nikken OsteoDex is a unique preparation because it supports both aspects of bone health — the absorption of vital mineral compounds, and the formation of new, strong bone

tissue to replace absorbed material.*

Bone has two functions. One is to serve as the support

framework for the body, offer protection and provide mobility. The other, equally important, is that bones are a chemical storehouse and a factory for producing cells that enable systemic processes.

Physical activity helps to preserve and build up bone mass, yet most of us do not regularly manage to get as much exercise as we need, which could have an impact on bone regeneration.

PATENTED SYNO-PORTIN™ TECHNOLOGY

Supplements can supply amounts of calcium and phosphorus, necessary for bone replenishment. But OsteoDex is the only product that includes a targeted transport system to convey vital minerals (from supplements and food) to the site of absorption, the synovium (joint area). Syno-Portin Technology offers increased bioavailability, so that more of these ingredients will be assimilated by bone tissue.*

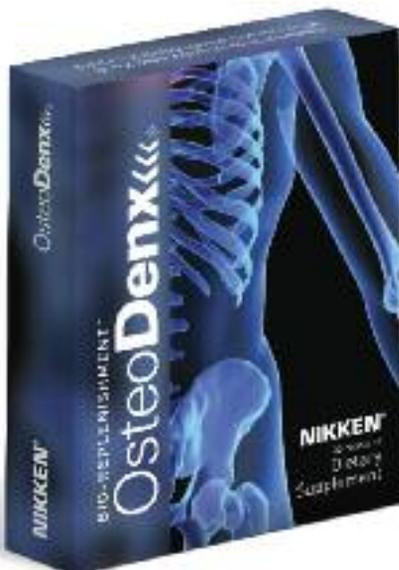
The source of OsteoDex is natural, not genetically modified, and from a region isolated from sources of contamination. This source material is then subjected to extensive purification technology to produce OsteoDex.

BONE HEALTH CHALLENGES AFFECT MILLIONS

Consider these statistics:

- Approximately 34 million Americans over the age of 50 are estimated to suffer from decreased bone density
- Bone and joint disease are a leading cause of disability, affecting over 16 million adults in the United States
- According to recent figures, 66 million adults — one in three — report chronic joint symptoms

Sources: Office of the US Surgeon General, US Centers for Disease Control and Prevention



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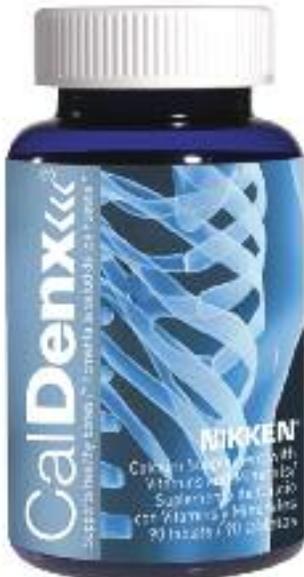
CalDenx®

- A daily supply of calcium for bones*
- Formulated for men and women
- Supports muscle and nerve tissue *

Calcium is essential for healthy bones and teeth, and key to the functioning of other body components such as nerve cells. On a regular basis calcium is withdrawn from the skeleton for these purposes and if not replaced can result in weakened bones.

Specifically developed for use in combination with OsteoDenx, CalDenx is a calcium supplement with vitamins and minerals designed for use in a program of bone and joint care.

CalDenx offers calcium, magnesium and other elemental nutrients for bone mineralization, as well as vitamins D and K to enhance the uptake of minerals and their metabolism.*



Kenzen® Joint

- Proprietary formula with cetyl myristoleate
- CM in concentrated form
- More effective balance of ingredients

The High Potency CM Complex in Kenzen Joint is an advanced formulation that nutritionally supports collagen, bone and connective tissue repair. This formula has a high concentration of cetyl myristoleate and combines this with glucosamine, methylsulfonylmethane and compounds from the boswellia plant, which has long been used in Ayurvedic and other complementary practice.*

Cetyl myristoleate possesses natural surfactant and lubricant properties, in support of smooth joint movement.*

REAL DIEHL CM Complex is endorsed by the estate of Harry W. Diehl, the National Institutes of Health researcher who developed cetyl myristoleate.



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IMMUNE SYSTEM

Immune function is controlled and activated by a complex network of cells, organs and tissues. Kenzen Immune System nutrition helps support healthy immune and detoxifying activity.*

Kenzen® Immunity

- Designed to support and maintain immune function*
- Certified organic
- Precisely controlled growth for maximum yield



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Mushrooms have been employed by herbalists for centuries — some species have been used as far back as 3,000 BC. More recently, studies have been devoted to the relationship between mushrooms and immune response.

Kenzen Immunity is a combination of 14 different mushrooms. Each is carefully chosen for its specific profile of compounds, each structurally different at the molecular level.

It would be almost impossible to include all these various types of mushrooms in a regular diet. Kenzen Immunity combines them in order to provide this wide-spectrum range of natural biochemicals. In addition, each species is grown under laboratory conditions that optimize its beneficial ingredients.



MUSHROOM SPECIES IN KENZEN IMMUNITY:

Cordyceps sinensis, Agaricus blazei, maitake (*Grifola frondosa*), reishi (*Ganoderma lucidum*), Trametes versicolor, shiitake (*Lentinula edodes*), *Hericium erinaceus*, *Tremella mesenterica*, *Phellinus linteus*, *Pleurotus tuber-regium*, oyster (*Pleurotus ostreatus*), chaga, *Lepiota procera* and *enoki* (*Flammulina velutipes*).

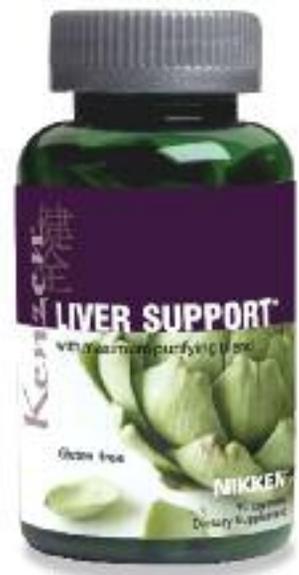
Kenzen® Liver Support

- Extracted Synergistic Proprietary Blend
- New extraction method for higher yield
- Uses artichoke bud, not leaf
- No chemical processing, artificial additives or preservatives

The liver is the largest internal organ in the human body and it helps the gastrointestinal and circulatory systems to refine and detoxify food. Normal liver function is important to the entire body and for a healthy life. Studies indicate that the liver may benefit from targeted nutritional support, to assist in its detoxifying and metabolic function.*

Kenzen Liver Support features the Extracted Synergistic Proprietary Blend, a complex of the artichoke bud and the root of the sarsaparilla plant. The artichoke component is made from the entire bud instead of a leaf extract, as in other supplements. It provides the optimal level of ingredients that studies show have a beneficial effect on liver health.*

The special technique used to prepare Kenzen Liver Support employs two stages. It extracts the highest concentration of these ingredients without using a method that requires chemical processing, artificial additives, preservatives or stabilizers.



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NERVOUS SYSTEM

The body's neurological system acts as a pathway to communicate and process information. Proper nutrition can play a part in helping sustain this complex physiological function.*

NERVOUS SYSTEM

Kenzen® Mental Clarity

- Offers specific nutrients for optimal brain function*
- Helps support detoxifying function*
- Assists healthy circulation*

A circulatory network that operates at peak efficiency is essential for optimal performance on the job or at play. The right combination of natural ingredients may even help promote clarity of thought and enhanced memory.* Using plant varieties introduced to the world by Eastern herbalists, Kenzen Mental Clarity was formulated with this in mind.

Mental Clarity also offers N-acetyl-cysteine and glutathione, one of the body's most important and powerful antioxidants.*

Grape seed extract, another ingredient in Mental Clarity, contains polyphenols. By limiting oxidation, these compounds in grape seed extract may help in the maintenance of healthy blood vessels.*

Key ingredients in Mental Clarity include **Cordyceps sinensis**, found in the mountains of China and Tibet. It is highly prized by practitioners of ancient medicine as an aid to cerebral health.*

Ginkgo biloba is another component. Also known as the maidenhair tree, it has been cultivated for thousands of years in Asia. The extract of the leaves contains flavonoid glycosides and terpenoids (ginkgolides, bilobalides) to support and maintain memory and concentration.*

Ginkgo extract supports healthy blood flow, including microcirculation in small capillaries.*



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CARDIOVASCULAR SYSTEM

Cardiovascular health depends on the heart and vascular network that moves nutrients and wastes to and from cells and acts to stabilize body temperature and pH. Certain plants contain substances identified as useful to cardiovascular function.*

Kenzen® Bergisterol™

- Support for cardiovascular health and cholesterol levels within normal range*
- Clinically tested
- All natural, no artificial additives or preservatives

Formulated to provide a complete serving of heart-healthy bergamot extract for daily use.

Cardiovascular health includes maintaining normal levels of blood cholesterol, a vital component of cell membranes. Triglycerides and blood glucose provide fuel for energy. Blood pressure within a certain range allows for proper functioning of the system vessels, heart and other organs and this is also regulated by the heart and cardiovascular network.

Kenzen Bergisterol can help maintain levels of triglycerides, blood glucose, blood pressure and cholesterol that are within normal limits.*



Bergisterol is an all-natural means of cardiovascular support. It is a juice extract made from a citrus fruit, the bergamot, which has a very

high amount of natural plant sterols. Bergisterol is a blend of bergamot and other citrus, formulated to provide an optimum combination that is also low in calories and high in vitamin C.

The bergamot destined for Kenzen Bergisterol is produced without the use of pesticides, harvested and then blended under strict process controls. No preservatives are added. Because it is produced from natural ingredients, Bergisterol may be enjoyed without concerns regarding side effects or toxicity.



The only type of bergamot used to produce Kenzen Bergisterol is the variety *Citrus bergamia Risso*, a strain that grows in the Calabria region of Italy. Approximately 80% of *C. bergamia Risso* derives from a single area, on the coast of the Ionian Sea.

Other bergamot products are made from bergamot that contains synephrine and substances that may affect heart rhythms and arterial pressure. There are also bergamot supplements in capsules, which in independent laboratory testing show results that are far less those offered by the bergamot extract in Kenzen Bergisterol.



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Kenzen® Omega Green + DHA™

- Essential omega fatty acids, for cardiovascular health*
- Combination of Omega 3, 6, and 9
- Vegan-certified vegetable formulation, not fish oils

Omega fatty acids support healthy heart, brain, nerve and eye function. They help maintain cardiovascular health, support digestive health and hormone balance, and cellular membranes in skin, heart and brain. Omega acids may also help relieve periodic sleeplessness and carbohydrate cravings.*

These compounds cannot be produced by the body, and must be consumed in your diet.

Kenzen Omega Green + DHA offers a combination of essential **Omega-3, Omega-6** and **Omega-9 oils**. What makes Omega Green + DHA exceptional is the source of these oils — natural vegetable material.

A HEALTHY ALTERNATIVE TO OTHER OMEGAS

The drawback with typical omega supplements is that they are derived from fish oils. Toxic materials are increasingly being reported in the species that are used to acquire omega acids.

In addition, harvesting fish for their omega-rich oils is not environmentally sound. Overfishing is severely depleting the available stock.

Processing required in deriving omega from fish oils results in oxidation, which diminishes the amount of omega acids available. This process also hastens the

spoilage of this material, affecting shelf life.

RENEWABLE, NONTOXIC, STABLE

In contrast, the source material for Kenzen Omega Green + DHA, cranberry seed oil, flax seed oil and red algae, is easily sustainable.

Obtaining omega fatty acids from these flora does not produce the oxidation that occurs with piscine oils. This enhances stability.

Kenzen Omega Green + DHA is emulsified in a proprietary process that encapsulates the active ingredients in fiber. This forms a protective barrier that guards against oxidation and serves to control the rate of absorption.



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Bringing wellness home



Nikken has long been at the forefront of good health. We pioneered the concept of total wellness in 1975 and created a system to help people live better, and live well. It's based on the understanding that wellness depends on achieving balance in three interrelated areas:

- **Rest & Relaxation**
- **Environment**
- **Nutrition & Skincare**

Nikken state-of-the-art wellness products address each of these areas, and help you to enjoy a dramatically improved, healthier lifestyle, without asking you to change the way you already live.

Your Independent Nikken Consultant



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