

# Healthy Days Start Here

Energy. Alertness. Wellbeing. This full spectrum of superior quality vitamins and plant-based nutrients helps you feel your best every day.\*

## Right Choice AM

**Green Tea Extract** – Loaded with natural antioxidant protection, green tea supports brain, heart and immune health.\*

**Rhodiola (3% rosavins)** – Enhance energy. Relieve fatigue and stress. Rhodiola is a legendary herb used for centuries to support mental alertness and physical performance.\*

**KSM 66 Ashwaganda** – A remarkable adaptogen, Ashwaganda helps ease stress while enhancing strength and endurance. The KSM 66 form of Ashwaganda is the highest concentration, full spectrum, root extract in the world today. It provides outstanding bioavailability so you can experience the full benefits.\*

**Magnafolate®** – The purest L-5-Methylfolate on the planet. Magnafolate's patented C-effective crystal form makes it nearly seven times more bioavailable than ordinary folic acid. It is easily absorbed by cells. Magnafolate plays an important role in energy production, alertness and immune health.\*

**Turmeric (95% curcuminoids)** – This powerful antioxidants helps protect cells and soothes exercise-induced inflammation.\*

**Quercetin** – Found naturally in fruits and vegetables, quercetin is a flavonoid that supports clear breathing, respiratory wellness, and helps relieve inflammation.\*

**Vitamin A** – Helps protect eyesight. Boosts immune function. Vital for growth and repair of bones, skins and hair.\*

**B Vitamin Complex** – Helps metabolize energy from food. Supports the nervous system, healthy red blood cells, hormone production and mental alertness. Helps reduce stress.\*

**Vitamin C** – Supports immune health, protects against free radical damage, and aids healing.\*

**Vitamin E (mixed tocopherols)** – Supports heart health.\*

**Alpha-Ketoglytaric Acid Blend** – The AKG blend supports the metabolism of amino acids and creation of cellular energy.\*



## SUPPLEMENT FACTS

Serving Size: 3 Tablets  
Servings Per Container: 30

	Amount Per Serving	% DV
Vitamin A (from Natural Mixed Carotenoids (Betatene®), Vitamin A Palmitate)	10,000 IU	200 %
Vitamin C (as Ascorbic Acid, Ascorbyl Palmitate)	600 mg	1035 %
Vitamin E (as α-alpha Tocopheryl Acid Succinate & Mixed Tocopherols-Alpha, Beta, Gamma and Delta)	200 IU	667 %
Vitamin B <sub>1</sub> (from Thiamine Mononitrate)	25 mg	1667 %
Vitamin B <sub>2</sub> (as Riboflavin)	15 mg	882 %
Niacinamide	50 mg	250 %
Vitamin B <sub>6</sub> (from Pyridoxine HCl)	25 mg	1250 %
Folate (as Calcium Salt L-5-Methyltetrahydrofolate (Magnafolate-C®) and Folic Acid)	800 mcg	200 %
Vitamin B <sub>12</sub> (as Methylcobalamin)	200 mcg	3333 %
Biotin	300 mcg	100 %
Pantothenic Acid (from Calcium D-Pantothenate)	50 mg	500 %
Chromium Picolinate	100 mcg	83%
Alpha-Ketoglutaric Acid Blend (Alpha-Ketoglutaric Acid, L-Glutamic Acid, L-Lysine HCL)	200 mg	†
Lemon Fruit Bioflavonoids	50 mg	†
Ginkgo Biloba Leaf	25 mg	†
Quercetin (from Quercetin Dihydrate)	50 mg	†
Turmeric Root Extract (95% Curcuminoids)	100 mg	†
KSM-66® (Ashwagandha Root Extract)	100 mg	†
Rhodiola (3% Rosavins)	50 mg	†
Green Tea Extract	50 mg	†
Mixed Carotenoids (as Betatene®, Cryptoxanthin, Lutein, Zeaxanthin).	117 mcg	†

† Daily Value not established.

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



**Right Choice AM + PM \$45.95**  
(90 count, one month supply)

**Right Choice AM + PM \$124.95**  
(270 count, three month supply)

Call 800-830-9596 US  
or 866-611-3438 International  
[www.BodyWise.com](http://www.BodyWise.com)

**Order Today!**

**BODY WISE®**  
Optimal Nutrition Since 1989

# Sleep Well, Wake Up Refreshed

Protect your good health around the clock. Vitamin D3 (so important for immune health) plus chelated minerals and plant-based nutrients help you relax, sleep peacefully and rejuvenate.\*

## Right Choice PM

**Vitamin D3** – The most active form of vitamin D, cholecalciferol (D3) supports immune health, bone health, and the nervous system.\*

**DimaCal® Calcium** – Calcium in the most bioavailable form to support healthy bones. This patented form of calcium does not cause gas or acid rebound, which is common with other types of calcium.\*

**Chelated Magnesium** – Enhances the absorption of calcium for strong bones. Supports heart, lung, muscle and kidney health. Helps regulate blood pressure.\*

**Chelated Chromium** – Plays an important role in metabolizing food. Helps regulate insulin and blood sugar.\*

**Betaine HCL** – An enzyme that supports healthy digestion and absorption of nutrients from the foods you eat.\*

**Spirulina** – A rich green source of all essential amino acids and fatty acids. Helps support the immune system and liver function.\*

**Organic Chlorella Algae and Barley Grass** – Nourish the body with alkalizing plant concentrates.\*

**Potassium** – An electrolyte that helps regulate many body functions including muscle contractions, fluid balance, and electrical signals between cells.\*

**Chromium Picolinate** – Plays an important role in metabolizing food. Helps regulate insulin and blood sugar.\*

**Vandium** – Helps metabolize glucose and fats.\*

**Chelated Zinc** – Helps strengthen the immune system. Helps regulate the production and storage of insulin.\*

**GABA** – Gamma-Aminobutyric Acid (GABA) produces a calming effect on the brain and promotes peaceful sleep.\*



## SUPPLEMENT FACTS

Serving Size: 3 Tablets  
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	Amount Per Serving	%DV
Vitamin D <sub>3</sub> (as Cholecalciferol)	1,000 IU	125%
Choline (from VitaCholine® Choline Bitartrate)	50 mg	9%
Calcium (as Dicalcium Malate) DimaCal®	200 mg	15%
Iodine (from Kelp)	150 mcg	100%
Magnesium (as dimagnesium malate)	100 mg	24%
Zinc (as Zinc Bisglycinate Chelate)	15 mg	136%
Selenium (as Selenomethionine)	54 mcg	98%
Copper (as Copper Bisglycinate Chelate)	3 mg	289%
Manganese (as Manganese Bisglycinate Chelate)	5 mg	217%
Chromium (as Chromium Picolinate)	100 mcg	286%
Molybdenum (as Molybdenum Bisglycinate Chelate)	100 mcg	222%
Potassium (as Potassium Glycinate Complex)	99 mg	2%
Betaine HCl	100 mg	†
Inositol	50 mg	†
Organic Chlorella (Algae)	25 mg	†
Spirulina Platensis Whole Plant	25 mg	†
Organic Barley Grass	25 mg	†
L-Glutathione	15 mg	†
Boron (as Boron glycine)	3 mg	†
Vanadium (from Vanadyl Sulfate)	53 mg	†
GABA	100 mg	†

† Daily Value (DV) not established.

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