



In my sixties, I learned that strength and energy don't just happen - you have to build them. I wanted a body that keeps up with my active life, not one that slows me down. And the truth is, you don't need to wait for age to feel it. The earlier you support your health, the more your future self will thank you.

This stack fuels me from the inside out - clean energy, clearer focus, stronger immunity, and the muscle support I need to stay active every day. It's become a simple routine with a big impact. No matter your age, your health shapes your freedom, and for me, this system keeps me strong enough to live the life I love.

Fred's Focused Nutritional Supplements

SLOW-DOWN AGING - HIGH BODY ENERGY - COGNITIVE CLARITY - STRONG IMMUNITY - BUILD/RETAIN MUSCLES

#	Product	Theme	Purpose	Description	Muscle Building Benefit	B L D
1	Ubiquinol 100	High Body Energy	Low cellular energy and oxidative stress	Active CoQ10 supporting mitochondria and cardiovascular function	Boosts cellular energy for stronger training output and faster recovery	B
2	Daily BioBasics®	High Body Energy	Nutrient gaps and low micronutrient density	Full-spectrum vitamins, minerals, fiber, and phytonutrients	Enhances nutrient absorption and supports efficient metabolism	B
3	OME Gold	Build/Retain Muscles	Low omega-3 affecting focus, heart health, inflammation balance	DHA/EPA with vitamin D and antioxidant plant oils	Supports recovery and maintains healthy inflammation	B
4	Proanthensols® 100	Cognitive Clarity	Oxidative stress and weakened connective tissue	OPC-rich grape seed extract supporting cells and circulation	Improves blood flow and tissue repair capacity	B
5	CalMag Plus™	Build/Retain Muscles	Low calcium/magnesium affecting bones and muscle contraction	Balanced calcium-magnesium blend supporting bones, nerves, and recovery	Improves muscle contraction stability and reduces cramping	L
6	Biotic Blast	Strong Immunity	Disrupted gut flora and weak digestion	Multi-strain probiotic blend supporting digestion and absorption	Boosts nutrient uptake — foundation for building and maintaining muscle	L
7	Xtra Antioxidants	Slow-Down Aging	High oxidative stress from lifestyle or training	Broad-spectrum antioxidants shielding cells from daily free-radical damage	Reduces recovery time and protects muscle cells under load	D
					Breakfast	B
					Lunch	L
					Dinner	D