

with ADAPT TO-IT!

Possible Benefits of Adaptogens

- sleep better •
- increased energy •
- increased focus and concentration •
 - get sick less often •
- reduced tension and anxiety •
- improved job performance •
- improved overall attitude •
 - increased patience •
- increased productivity and organization •
 - better control of temper •
 - reduced procrastination •
- minimized compulsive eating •
 - minimized jet lag •

you can't keep stress
from attacking
your outside,
but ADAPT TO-IT
may help block the
effects of stress
on your inside!

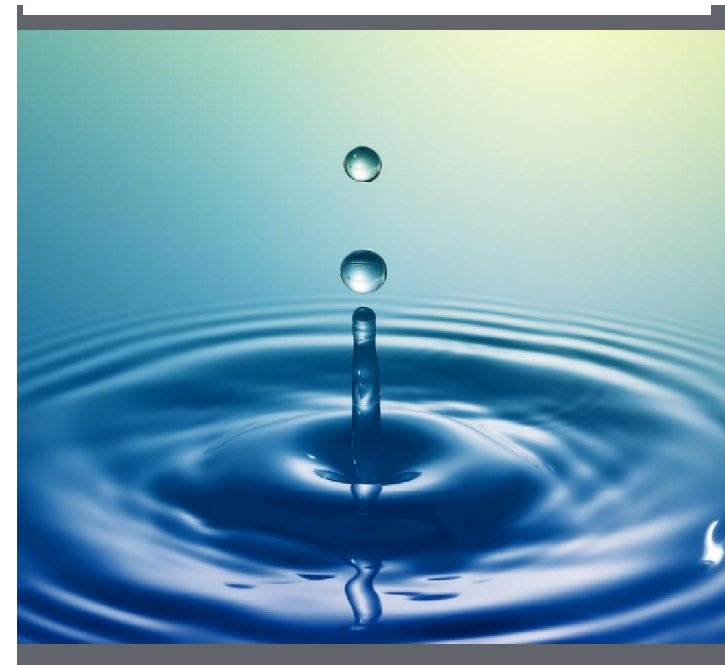
FOR IMPROVED HEALTH, START TAKING
ADAPT TO-IT TODAY!



ADAPT TO-IT
PREMIER ADAPTOGEN BLEND

720.929.9555

www.go-symmetry.com



RELAX with ADAPT TO-IT !

Dr. Israel Brekhman, a internationally renowned and highly decorated scientist from the former Soviet Union, devoted his lifelong work to the discovery of new formulas to promote health and well-being. He broke ground into an entirely new area of nutrition, providing the key for achieving and maintaining good health in a modern age, when environmental and social conditions continually oppose natural, bodily functions.

Dr. Brekhman directed his research for more than forty years toward plants of the Russian Far East, many of which possess remarkable attributes for naturally supporting human health. Extensive research into these unique plants and others from around the world has allowed Dr. Brekhman to completely understand and harness their vital elements - Adaptogens.

The final result was the blend that is now found in Adapt To-It!

UP TO 90% OF DISEASE IS STRESS RELATED

- Adaptogens may lead to increased working capacity and mental performance under stressful and fatigue-inducing conditions.
- Adaptogens have been known to improve the immune system by increasing the production of T-Cells.

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- Adaptogens may improve physical strength, performance, endurance and recovery.
- Adaptogens may normalize the functions of the body.
- Adaptogens are safe and have no negative side effects.

