

Build Your Health From the Foundation Up



When we talk about [Foundational Health](#), we're referencing the foundation or building blocks of health.

Foundational Health starts with supporting the smallest sub-cellular molecules inside cells, such as DNA and mitochondria. It includes all the different types of cells in the body, all the organs, such as the heart and brain, and all the systems that surround those organs, such as the cardiovascular and nervous systems.

The foundations are what make up the human body, and it is these same foundations that we are supporting with our signature range of supplements, Total Balance.

[Total Balance](#) was developed by a team of scientists and bioengineers over 20 years ago. We're continually tapping into the very latest science to keep Total Balance at the forefront of wellness. Total Balance is now in its ninth generation! This world-leading product is exclusive to Xtend-Life and continues to be our most popular product range.

If you think about your body as a complex system of foundations, you'll recognize that addressing symptoms doesn't work in the long term. Often, the cause of a health problem started years, sometimes decades, before the first symptoms appeared.

Traditional multivitamins provide a dietary 'top up' of vitamins and minerals when dietary sources are inadequate.

However, it is impossible to support all the foundational needs of your body with a traditional multivitamin. Total Balance provides a complete nutrient system that goes far and beyond a standard multivitamin.

It supports all the sub-cellular molecules, cells, organs, and systems in your body to support your health and wellness so you can get on with living your best life.

Find Out How You Can Support Your Foundational Health

Total Balance is a complete nutrient system to support the foundations of health, from sub-cellular molecules through to all the cells, organs and systems in your body.



"I am 67 and have been taking Total Balance Men's Premium for years. I feel great! They always arrive fairly quick and fresh. I feel great and never have any energy issues all day long...I will continue taking them. I use several other Xtend-Life products as well."

Richard T, USA



"I've been taking Total Balance Women's Premium for years. I was recently diagnosed with an Underactive Thyroid. I felt even more reinforced about making sure I took all 7 tablets every day to ensure that I was keeping my immune system and my health in the very best condition that I could."

JoAnn C, USA

Calling out all the Men and Women Out There Who Want the Best



The ultimate Foundational Health solution that is optimized for the health needs of men. Premium formula with prostate and testosterone support, promotes vitality, immunity and more!

[SHOP NOW](#)



The ultimate Foundational Health solution that is optimized for the health needs of women. Premium formula with hormone support promotes energy, vitality, immunity and more!

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Missed our last Newsletter?

Watch the video from our founder, Warren Matthews, and learn how our supplements can help you connect with your younger self!

[WATCH NOW](#)

Tackle the Most Common Men's Health Issues



wellness with warren
powered by xtend-life

