



We hope you're enjoying a good start to 2021.

As we near the end of January, we start to find our routines again after the holiday period. What we hope is that these routines reflect our New Year resolutions. What most of us find, though, is that we're back in the same routines that got us through last year.

With this in mind, here are three things that might help you get back on track with feeling and looking your best.

Add one (or all) of these to your new year health resolutions - it might be the difference between ending 2021 feeling one year older or one year younger.

### Feel your best inside

Total Balance is our core product for supplement health and aims to provide total support across all the systems and organs in your body. It does this by delivering vitamins, minerals, nutrients, herbs & age-defying antioxidants to the systems in your body that need it most. Although there is a lot of commonality with many of the general health / anti-aging ingredients, there are specific differences when it comes to the needs of men and women.

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### Look your best outside

New haircut, new clothes, new skincare. Looking your best can help you feel your best. So whether it's simplifying a complicated routine, or trying something new, here are four steps you can take towards better skin.

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### Take the best from tradition

We've introduced a new product for 2021; a traditional superfood in a convenient capsule form. Organ Ultra combines five nutrient-dense organ meats from New Zealand sheep and is designed to support your health and wellbeing at every level. Read on for more information, including a deep dive into the benefits of animal products with Ivor Cummins.

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### Product Spotlight



Address your foundational health with a complete nutrient system. Containing vitamins, minerals, nutrients, antioxidants & herbs for the best anti-aging, health-boosting and energizing results.

[SHOP NOW](#)



Help slow the signs of aging, improve skin tone & texture & reduce the appearance of age spots with the powerful blend of antioxidants & nutrients found in our Kanapa™ Skincare range.

[SHOP NOW](#)

### What Our Customers Say About Total Balance

Awesome Product!

I've been taking Total Balance Men's Premium for many years now and fully believe in the benefits of the product. I really no longer get colds, flu, or run down. Love the product, customer service and overall commitment to good health. Thank you!

Dave, USA

I am now retired from being a Registered Nurse for 38 years. I have been using Xtend-Life supplements for over 10 years. This is why I like their vitamins. I use to take Hormone Support, but the same herbals are in Total Balance Women's Premium. Plus eye vitamins, immunity vitamins, amino acid blends and more, just read the label. Also, unlike so many vitamins, Xtend-Life has few ingredients generally used as binders. I am very pleased with this supplement.

Lynn, USA

