

Medcan Elements Offers Daily Pack Convenience



Combined with a healthy diet, Medcan Elements provides your body and brain with a full arsenal of nutrients to combat the effects of aging and everyday stresses of busy people.

No more need for multiple bottles. Medcan Elements Daily Pack is conveniently pre-assembled in individual daily servings, allowing you to take as many packs as you need for days of travelling.

Medcan Elements is available for purchase at Medcan Clinic or online by credit card. Simply go to www.medcan.com/elements to arrange for Medcan Elements to be delivered to your home or office.

Medcan Elements is recommended by Medcan Clinic physicians and dietitians – experienced health professionals you can trust.

Leslie Beck, RD

A columnist for the Globe and Mail newspaper and the author of nine books, including the bestsellers, *Foods that Fight Disease*, *Leslie Beck's Nutrition Encyclopedia* and *10 Steps To Healthy Eating*. Beck is a registered dietitian who has worked with many of Canada's best-known corporations and athletes, including the *Toronto Raptors* and the *Canadian International Marathon*. She is Director of Nutrition at the Medcan Clinic, where she operates a busy private practice.

The Medcan Clinic

The Medcan Clinic is a leader in preventive health care focused on identifying people at risk for disease before symptoms occur. For over 20 years, clients have benefited from Medcan's Comprehensive Health Assessment, a five hour head-to-toe medical using sophisticated testing to screen for risk of cancer, heart disease, diabetes, and an array of other illnesses. At Medcan, dozens of doctors manage the health of thousands of clients with the help of an unparalleled network of clinical specialists, including a referral service with Johns Hopkins Medicine International, operator of the #1 ranked hospital in the United States.

Medcan Elements is available at the Medcan Clinic. To order online visit www.medcan.com/elements



Trusted Daily Replenishment

MEDCAN since 1987
CLINIC

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Toronto, ON M5H 3S5
416.350.5900
www.medcan.com/elements



Formulated by Leslie Beck, Registered Dietitian
Préparé par Leslie Beck, diététiste





“A long, healthy life,” says Leslie Beck, Canada’s leading nutritionist. “That’s what busy people want and that’s what Medcan Elements is designed to provide.”

Work weeks crammed with catered meetings, client dinners and chauffeuring children to activities, mean few people can afford the time to tinker with their diets. Even strict adherence to Canada’s Food Guide doesn’t provide the full complement of vitamins, minerals and anti-oxidants suggested by the latest scientific research.

Trusted sources

No one knows how to keep busy people healthy better than the Medcan Clinic. And no one knows how to help busy people eat better than Leslie Beck. That’s why Beck teamed up with Medcan to design a new system of nutritional supplements that provides busy people with the extra edge their bodies require.

Science-based

It’s called Medcan Elements, and it is more than a multivitamin. It includes 100% of the recommended dietary allowance for most essential vitamins and nutrients, as well as supplemental calcium, magnesium, vitamin D and omega-3 fatty acids.

Convenience

No more stocking up on a half-dozen supplement bottles at a time. Medcan Elements bundles its nutritional regime together in easy-to-use daily packs. And when you’re travelling, don’t worry about carting around any pill bottles – simply toss the number of daily packs you need into your travel kit, and away you go. Medcan Elements can be ordered online at www.medcan.com/elements and delivered to your door.

Medcan Elements: A Complete Formula

Medcan Elements is based on the multivitamin designed by Leslie Beck and created for the Medcan Clinic by Douglas Laboratories, a top North American supplement manufacturer.

In addition to regular multivitamin ingredients, Medcan Elements multivitamin includes:

Coenzyme Q10

- Assists with energy production in human cells
- Linked with lower blood pressure, fewer migraine headaches and reduced risk of heart attack in people with heart disease
- May lessen muscle side effects of cholesterol-lowering statin drugs

Lutein

- Believed to protect the eye from the stresses of UV light and age
- Shown to reverse some symptoms of macular degeneration

Lycopene

- Associated with lower risks of heart disease and certain cancers, including prostate cancer
- May also combat the effects of sun-related skin aging

Vitamin D

- Slows age-related bone loss and prevents osteoporosis
- Higher intakes linked to cancer prevention

Vitamin K*

- Helps bind calcium to bone tissue, building stronger bones
- May improve many other aspects of bone health, particularly in combating age-related decreased bone strength and associated fractures

*Vitamin K may interfere with the prescription drug warfarin (Coumadin). Check with your physician before using this product.



Medcan Elements Daily Pack (4 tablets)

Tailored to the needs of busy people up to 50 years old

Each Daily Pack contains:

- 1 Medcan Elements multivitamin
- 2 tablets containing calcium, magnesium and vitamin D
- 1 fish oil capsule providing 500 mg of omega-3 fatty acids EPA + DHA
- 1066 IU vitamin D3 (meets amount recommended by the Canadian Cancer Society)



Medcan Elements 50+ Daily Pack (6 tablets)

Tailored to the needs of busy people aged 50 and over

Each Daily Pack contains:

- 1 Medcan Elements multivitamin
- 4 tablets containing calcium, magnesium and vitamin D
- 1 fish oil capsule providing 500 mg of omega-3 fatty acids EPA + DHA
- 1332 IU vitamin D3 (meets amount recommended by the Canadian Cancer Society)

