

The background is a vibrant blue gradient, densely populated with numerous water droplets of varying sizes. A smooth, dark purple swoosh curves across the middle of the image, passing behind the main text.

XVITA

maximizing life

**NEXUS**  
**EXTREME**  
**EXERCISE**  
**RELAX**  
**MAXIMIZE**





NEXUS

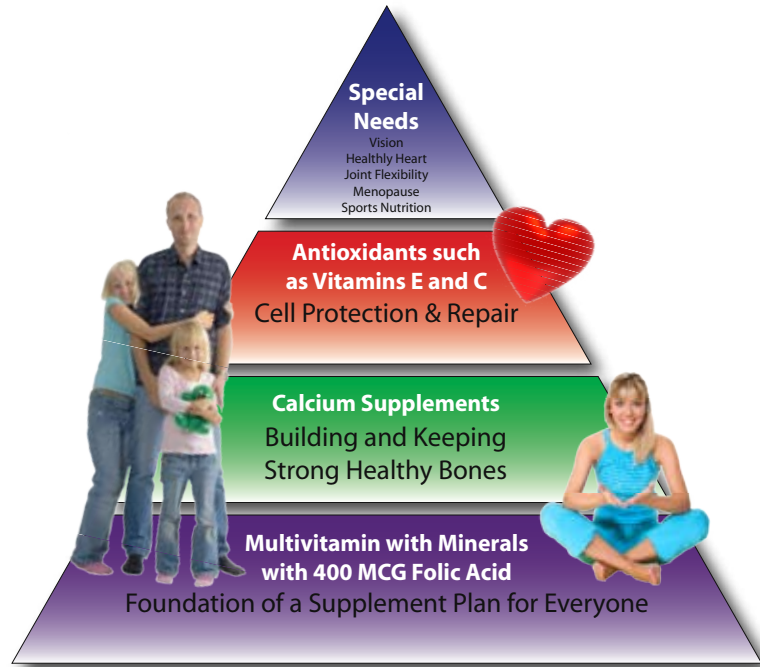
EXTREME

EXCERCISE

RELAX

MAXIMIZE

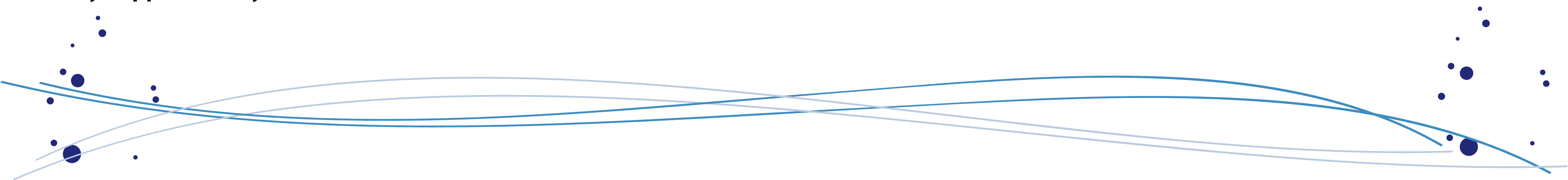




Source: Council for Responsible Nutrition

Get some content from [http://www.crnusa.org/about\\_pyramid.html](http://www.crnusa.org/about_pyramid.html)

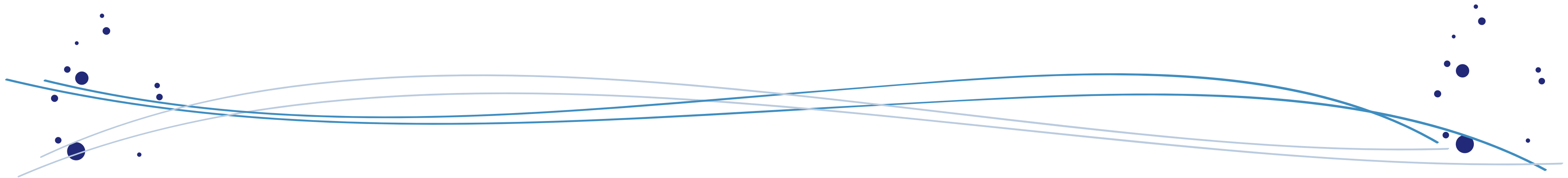
## Dietary Supplement Pyramid





**NEXUS**  
**EXTREME**  
**EXCERCISE**  
**RELAX**  
**MAXIMIZE**





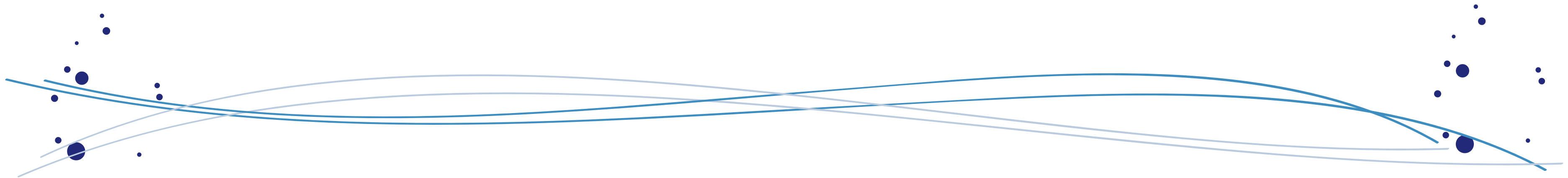
NEXUS  
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