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Good Elements Introduces Line of Natural Nutrition Supplement ‘Systems’ Addressing Specific Lifestyle-Driven Health Concerns

New All-Natural Nutrition Supplement ‘Bundles’ Focus on Workplace Wellness, Holiday Survival, Weight Loss and Other Experiential Health Concerns; Good Elements’ ‘Well-Being Gift Set’ also Introduced in Time for Healthy Holiday Gifting

PALM BEACH GARDENS, FL, October 8, 2008 – With America’s collective health and well-being compromised amid increasingly demanding, stressful and time-pressured lifestyles, Good Elements, Inc., a purveyor of best-of-breed physician-formulated, all-natural vitamin, mineral and herbal diet supplements for everyday healthy living, is offering a reprieve. The company today announced the introduction of its new lifestyle-based supplement “systems” that directly address many of or nation’s most pressing experiential consumer health needs – workplace wellness, holiday survival and weight-loss among them.

“Our new line of all-natural nutrition supplement systems are highly intuitive product ‘bundles,’ which consumers will readily understand the purpose and benefits of when shopping for supplement-based health support,” said naturopathic physician Dr. Britta Zimmer, Good Elements’ co-founder and chief health officer who also formulated the company’s product line. “With the glut of dietary supplements available today in what has become a \$22 billion-plus industry, many information-overloaded consumers are often confused as to exactly what supplements they actually need, and what results to expect by taking them. Our new lifestyle-based supplement systems remove this dangerous guesswork.”

In addition to offering each of its doctor-formulated, all-natural vitamin, mineral and herbal supplement blends individually, Good Elements also now offers consumers the following lifestyle-focused systems - each geared toward specific health objectives - from its online storefront located at www.GoodElements.com:

- **Workplace Wellness** – created to support optimum performance in today’s fast paced and high stress work environments (\$89.99). System includes:
 - Lucid™ - supports memory, concentration and overall cognitive performance
 - Boost™ - helps the body sustain energy levels and improve stamina without peaks and crashes
 - Chill™ - provides daily relief and long-term support for emotional well being using gentle stress and anxiety vitamins
- **Holiday Survival** – created to provide support during those busy and stressful days leading up to the year-end holidays (\$84.99). System includes:
 - Resistance™ - strengthens the body's immune system to fight against common illnesses
 - Craving Control™ - facilitates safe weight loss by increasing metabolism, stabilizing blood sugar and reducing food cravings
 - Chill™ - provides daily relief and long-term support for emotional well being using gentle stress and anxiety vitamins

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- **Weight Loss** – vitamins to aid in weight loss by reducing food cravings and facilitating exercise. (\$84.99). System includes:
 - Craving Control™ - facilitates safe weight loss by increasing metabolism, stabilizing blood sugar and reducing cravings
 - Boost™ - helps the body sustain energy levels and improve stamina without peaks and crashes
 - Motion™ - anti-inflammatory that reduces joint pain and improves mobility
 - **Beauty Essentials** – created to support health and enhance beauty from the inside out (\$89.99). System includes:
 - Renewal™ - antioxidant that promotes anti-aging and cellular health
 - Essentials™ - complete daily multivitamin and mineral formula promotes balanced nutrition
 - Dream Supply™ - natural vitamin and herbal sleep supplement that promotes a restful and restorative deep sleep without next day drowsiness

Good Elements is also now offering a holiday **“Well-Being Gift Set”** (\$94.99) designed for gifting to others, whether family, friends, colleagues, coaches, teachers or other health-minded acquaintances, which contains this helpful combination of all-natural herbal nutrition supplements:

- Essentials™ - complete daily multivitamin and mineral formula promotes balanced nutrition
- Renewal™ - antioxidant that promotes anti-aging and cellular health
- Resistance™ - strengthens the body's immune system to fight against common illnesses

Good Elements all-natural, doctor-formulated vegetarian vitamin, mineral and herbal supplements are specially formulated to offer preventative holistic care relative to specific health concerns and objectives, while promoting overall well-being. Not to be confused with “herbal remedies,” in addition to using many time honored and clinically proven herbs, Good Elements supplements also contain other essential nutrient sources, including vitamins, minerals, green foods, food extracts, enzymes and amino acids. The company's rigorously sourced ingredients are all independently laboratory tested to assure quality, purity, consumer effectiveness and safety.

“Our dietary supplements have been purposefully combined to work together synergistically, which maximizes absorption into the body and, thus, provides optimum results,” notes Dr. Zimmer. “With our distinctive line of pure, all-natural supplement blends, we strive to help others cultivate a healthy body and balanced mind, ultimately resulting in a happier, more enriched life.”

About Good Elements™, Inc.

Founded in 2005 and with corporate headquarters in Palm Beach Gardens, Florida, Good Elements, Inc. manufactures and markets the absolute highest quality all-natural, doctor-formulated vegetarian health supplements available in the marketplace today. Made with only the highest grade, independently lab-tested ingredients, Good Elements' best-in-class formulations provide the nutrition and balance needed to support everyday healthy living, while fostering emotionally enriched longevity. The company may be reached through its Web site located at www.GoodElements.com, where visitors may also order products, subscribe to Good Elements' free monthly electronic newsletter and access a repository of natural living health information, tips and advice.

Note to Editors: High-resolution product artwork and press review samples available by request. Contact: Merilee Kern, Kern Communications, 858-577-0206, merilee@kerncommunications.com.

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