

NIKKEN® Discover it. Live it.



**BRINGING WELLNESS HOME
FOR MORE THAN 30 YEARS**

US

**BALANCE. OLD WORLD PHILOSOPHY,
NEW WORLD TECHNOLOGY.**



Nikken has been the world leader in wellness since we pioneered the concept in 1975.

And from the very beginning, we've been a different kind of company.

Our aim is not merely to sell a product or service. Nikken was created to offer people everywhere an improved way of living.

This is made possible through an idea known as total wellness. Instead of following the traditional approach of Western medicine that concentrates on curing disease, wellness emphasizes prevention, avoiding illness rather than curing it.

The Nikken vision includes an understanding that total wellness rests on the 5 Pillars of Health™ — Healthy Body, Mind, Family, Society and Finances. Balance in all of these areas can help produce a more healthy and satisfying lifestyle.

That inspiration led founder Isamu Masuda to begin an organization that became the fastest-growing direct selling company in Japanese history — and from there, Nikken has spread to more than 40 countries.

THE COMPANY TODAY

Nikken world headquarters is located in Irvine, California. From this home base, the company supervises operations worldwide, manages research and development and financial activities, and provides support for the hundreds of thousands of Independent Nikken Consultants.

Among its initiatives toward promoting a healthy society, Nikken supports Japan's Magnetic Health Science Foundation, the University of California, Irvine Medical Center, humanitarian organizations including Autism Speaks, the Hunger Project and other institutions. Nikken is also a member of the internationally-recognized Bioelectromagnetics Society.

NIKKEN PRODUCTS — BASIC IDEAS, ADVANCED DESIGN

Among the innovations pioneered by Nikken you'll find in this catalog are

- Advanced Magnetic Technology
- Air Wellness™ Technology
- Bio-Replenishment™
- CardioStrides™ Fitness Technology
- Far-Infrared Technology
- Kenko™ Sleep Technology
- KenkoWave™ Technology
- Kenzen™ Wellness Technology
- Magnetic Biaxial Rotation
- PiMag™ Water Technology

Nikken state-of-the-art wellness products deal with everyday concerns. All are designed to be integrated into a healthy lifestyle concept known as the Nikken Wellness Home — an environment that supports a family's health and happiness.



Nikken World Headquarters

TURN YOUR UNHEALTHY HOME INTO A WELLNESS HOME.

The Nikken Wellness Home

- Supports four core aspects of living
- Protects you from the health hazards inside your home
- Products fit into your existing lifestyle





Where you live profoundly affects your physical and mental well-being. Nothing has a more constant, day-to-day influence on your health. Nikken created the Wellness Home for this reason. A Wellness Home provides benefits in body and mind for the entire family, and helps us deal successfully with the challenges of modern life.

WHO NEEDS A WELLNESS HOME?

We live in a world of constant stress. There are the pressures we know well: a demanding workday, the need to take care of our loved ones, never enough time to eat right, to exercise, to relax.

And there are other, unseen causes for anxiety: a world that surrounds us with pollution, indoors as well as out. A family home may actually contain more environmental hazards than a congested urban area.

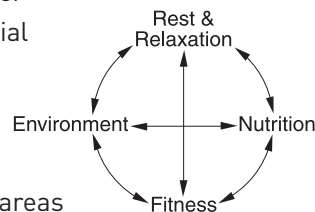
A Wellness Home can help restore balance. Its residents know they are supporting good health in many ways: through better sleep, good air and water, improved physical fitness and more.

HOW CAN I ACHIEVE A WELLNESS LIFESTYLE?

You can transform your current home into a Wellness Home. It requires no technical knowledge, no remodeling. No major changes in the way you live.

A Wellness Home is created when proper attention is given to each of four essential parts of living, as shown at right:

These four keys to wellness are not only individually significant, they are mutually dependent. When these four areas are in balance, the result can be a dramatic improvement in your quality of life.



The Nikken product line addresses each of the four elements that are the keys to wellness. The components of a Wellness Home make a significant difference in your home environment.

YOU DON'T HAVE TO CHANGE — IT WILL CHANGE YOU.

Best of all, a Wellness Home can help bring about this improvement as an entirely natural process. It features a selection of brilliantly designed products that integrate easily into your daily routine, and conform to the way you already live.

Learn more about the Wellness Home concept and start to enjoy a life in balance. Discover the absolute wonder that is total wellness.

Table of Contents

environment

- 8 Air Wellness™ Technology
- 10 PiMag™ Water Technology

rest & relaxation

- 18 Insoles
- 20 Biaxial Magnetic Rotation
- 22 KenkoWave™ Technology
- 24 Kenko™ Sleep System
- 34 Magnets, Magnetic Fashion

nutrition

- 40 Kenzen™ Wellness
- 48 Bio-Replenishment™
- 50 Kenzen™ Cookware
- 52 Skin Care
- 54 Pet Products

fitness

- 58 Kenzen™ Body Balance
- 62 CardioStrides™
- 64 Support Wraps



**A WELLNESS HOME STARTS WITH THE BASICS.
CLEAN AIR. CLEAN WATER.**

CLINICALLY CLEAN, NATURALLY FRESH.

Air Wellness™ Power5 Pro™
Air Wellness™ Traveler

- Laboratory-quality, multiple-stage filtration
- Generates no harmful ozone
- Produces healthy negative ions



Let's clear the air regarding the environmental conditions in your home.

The indoor air that you and family are breathing may be more compromised than you realize. The U.S. Environmental Protection Agency says:

In the last several years, a growing body of scientific evidence has indicated that the air within homes and other buildings can be more seriously polluted than the outdoor air in even the largest and most industrialized cities.

Most of the contaminants found in indoor air are invisible — a long list of harmful chemicals, natural allergens and man-made pollutants. Even heavy metals such as lead. The American Lung Association, concerned with inhalant dangers, estimates that 83% of private homes still contain some lead-based paint.

To help you and your family breathe easier, Nikken offers the Air Wellness Power5 Pro and the Air Wellness Traveler.

STATE-OF-THE-ART FILTRATION

The Nikken Power5 Pro features several filter technologies. They include carbon filtration and a unique system that uses organic plant materials to neutralize contaminants. The final stage is a HEPA filter, just like those in laboratories and hospital operating rooms. This is the absolute standard of excellence in air filtration.

NEGATIVE-ION GENERATION — NO OZONE

High amounts of negative ions are found in natural settings. A walk through a forest or by a mountain stream feels soothing and relaxing — the Japanese call this *shinrin-yoku*, "forest-air breathing."

Clean operation is also part of this patented technology. Other air filters rely on a process that creates ozone, a toxic gas. Not the Power5 Pro. The state of California has already banned the sale of ozone-producing air systems, and other localities are expected to follow. Nikken Air Wellness design is once again ahead of the curve.

It's environmentally responsible as well. The Power5 Pro has been awarded the EPA's Energy Star designation. With a Power5 Pro, you're clearing the air inside your home at a lower cost — in your electric bill, and to our ecosystem.

GREAT ATMOSPHERE

The Power5 Pro includes a convenient, multifunction remote control, or can be set to operate automatically. Special dust and silent modes allow you to clear the air rapidly or set the unit for nighttime. But even at its highest setting, the Power5 Pro is as quiet as a library.

AIR WELLNESS TRAVELER

The advanced technology and array of features in Air Wellness technology inspired the Traveler — a compact model for use in a smaller environment, or an automobile (it fastens securely to a seatback). The Traveler offers the same advantages in improving indoor air quality.



A BREATH OF FRESH AIR. Air Wellness™ Power5 Pro™

The Nikken Power5 Pro features powerful multistage and HEPA air filtration. It produces negative ions — like the air found in invigorating forest settings.

Only the Nikken Power5 Pro has all these features:

- Five-stage advanced filtration
- Ozone-free technology
- Negative-ion generator
- Dust and silent modes
- Particle sensor
- Remote control
- Low noise level
- Energy Star technology
- Automatic fan control
- Air quality display
- Easy filter replacement
- Sleek, lightweight design
- Low-maintenance operation

AIR WELLNESS POWERS5 PRO	#1438
AIR WELLNESS POWERS5 PRO FILTER REPLACEMENT PACK	#1439



AIR ON THE GO. Air Wellness™ Traveler

The high-technology innovation in air quality offered in the Power5 Pro is repeated in the Traveler.

Multistage and HEPA filtration, negative-ion generation, and ozone-free, automatic operation are all included in a compact, versatile design that goes from car to office, school or almost anywhere.

AIR WELLNESS TRAVELER	#1396
AIR WELLNESS TRAVELER REPLACEMENT FILTER	#13965
ADDITIONAL CAR POWER ADAPTER	#13967
ADDITIONAL HOME POWER CONNECTOR	#13966



“I have my Power5™ running to clean my air and provide feel-good negative ions.”

— Deborah Griffith, Invermere, British Columbia



DRINK FROM THE WATER OF LIFE.

PiMag™ Water Technology

- A natural phenomenon re-created by Nikken
- Combines multiple filtration and patented pi design
- The better alternative to expensive bottled water

You bathe in it, cook with it and drink it, but do you really have any idea what kind of water is being piped into your home? Tap water can have chlorine, sediment, heavy metals and pesticides running through it, which is why billions of dollars are spent each year on bottled water. But that's expensive, and it still may be no better than what's on tap.

TASTE THE DIFFERENCE

Nearly half the residents of the United States have said they want an alternative to drinking tap water. Everyone wants water that tastes better. Water that is good for them. And that they can drink every day, to supply the water their bodies need.

Nikken PiMag water products meet all these requirements. Your water will taste better. It can help you add plenty of water to your program for good health.

BETTER BY NATURE

PiMag water is sometimes called a natural miracle. Now this miracle has been duplicated by Nikken.

Near a small town in Japan is an area with unusual topographical features. A narrow stream flows between two hills. As it happens, one of these hills is largely composed of a mineral called magnetite.

The other hill contains calcium compounds. The stream between them courses over a bed of silicates, the material that forms natural crystal.

And here, Japanese scientists discovered that the water from this stream had amazing results on the surrounding plants.

What they saw astounded them. They named this substance pi water. Then they set out to duplicate these natural conditions in the laboratory.

Researchers found that by using special materials, they could reproduce the environment that led to pi water in nature.


These discoveries are incorporated in Nikken PiMag™ products.

All include multiple levels of filtration. Special ceramics are added to substitute for the effects of the mountains of minerals. An additional component produces a magnetic field — one more breakthrough that no other water system can provide.

PIMAG VS. BOTTLED WATER

Enjoy bottled water? You may be in for a few surprises. For one, commercially bottled water is not all from mountain springs, no matter what the advertising says. A lot of it comes straight from a municipal water source. And in blind taste tests, even expensive bottled products often rank behind ordinary tap water.

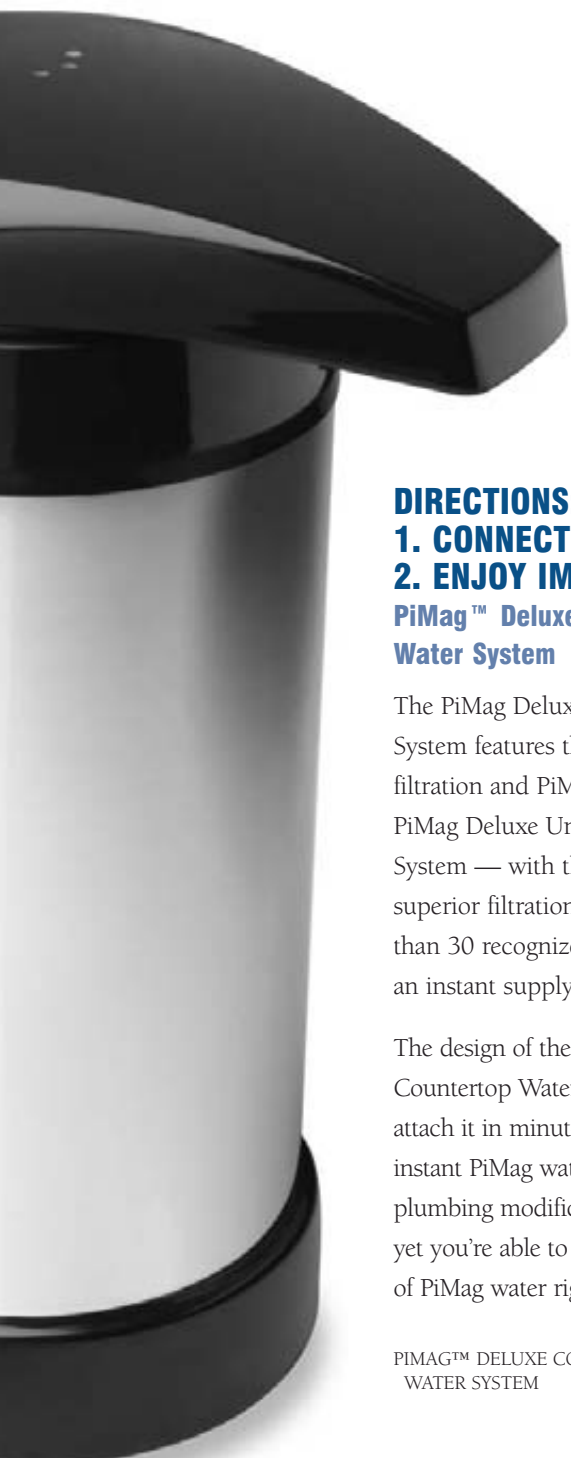
Another surprise may be the expense. Compare the financial impact of buying bottled water, with Nikken PiMag Water Technology:

FIVE-YEAR COST COMPARISON <small>(based on typical water consumption, includes all costs over five years)</small>
PiMag™ Aqua Pour™ Deluxe: \$876 Bottled water: \$8,522
The PiMag Deluxe Countertop and Under Counter Water Systems have been tested following the criteria established by the American National Standards Institute and National Sanitary Foundation. ANSI/NSF testing certifies that the PiMag Water System meets or exceeds the standards specified in ANSI/NSF 42 and 53, for chlorine reduction, cyst reduction, lead reduction, turbidity reduction, taste and odor reduction.


The substances removed or reduced by this device are not necessarily in your water. Use only on municipally treated water or other supply known to be safe for drinking.

}
*What comes from your tap can be
 turned into better-tasting, better water.*
}

PIMAG PRODUCTS FOR EVERY PART OF THE HOME.



DIRECTIONS:
1. CONNECT TO FAUCET.
2. ENJOY IMMEDIATELY.

PiMag™ Deluxe Countertop Water System

The PiMag Deluxe Countertop Water System features the same advanced filtration and PiMag technology as the PiMag Deluxe Under Counter Water System — with the same results: superior filtration that reduces more than 30 recognized contaminants, and an instant supply of PiMag water.

The design of the PiMag Deluxe Countertop Water System allows you to attach it in minutes to a faucet, for instant PiMag water on demand. No plumbing modifications are required, yet you're able to enjoy the advantages of PiMag water right from the tap.

PIMAG™ DELUXE COUNTERTOP WATER SYSTEM

#13155



CLEANER, BETTER WATER — INSTANTLY ON DEMAND.

PiMag™ Deluxe Under Counter Water System

Top-of-the-line filtration technology in the PiMag Deluxe Under Counter Water System provides a defense against the broadest range of pollutants and substances found in some municipal water supplies.*

Among more than 30 contaminants tested, the reduction rate is greater than 90%! These multiple filter stages, together with pi and magnetic technologies, produce the “water of life.”



A used PiMag filter (right) reveals the impurities that may be in your water.

The PiMag Deluxe Under Counter Water System gives you the convenience of clear, sparkling PiMag water right from its elegant faucet — and because it filters water directly from household plumbing, you have a practically unlimited supply, at any time. The under-counter design is out of the way and out of sight, but always ready to serve.

PIMAG™ DELUXE UNDER COUNTER WATER SYSTEM #13151



System tested and certified by NSF International against ANSI/NSF Standard 42 for the reduction of chlorine, taste and odor, and Particulate Class I and ANSI/NSF Standard 53 for cysts, lead, VOC and MTBE.

**Nikken has no information on water quality regarding the water in your area. The substances removed or reduced by this device are not necessarily in your water. Use only on municipally treated water or other supply known to be safe for drinking.*



AS DEPENDABLE AS GRAVITY.

PiMag™ Aqua Pour™ Gravity Water System

Using an ingenious gravity flow system, the PiMag Aqua Pour can provide you with Nikken PiMag water no matter where you are.

The Aqua Pour includes several stages of filtration, to mimic the natural purifying process of streams and rivers. Pi ceramics are in the filter, to impart “the water of life.”



Nikken Magnetic Technology completes the process. The PiMag Aqua Pour is the most convenient way to set up a supply of PiMag water practically anywhere.

AQUA POUR GRAVITY WATER SYSTEM	#1360
FILTER CARTRIDGE REPLACEMENT	#1361
MICROSPONGE PREFILTER REPLACEMENT	#1362
CERAMIC PREFILTER REPLACEMENT	#1364
MINERAL STONES REPLACEMENT	#1386



SERVE IT HOT OR COLD. PiMag™ Aqua Pour™ Deluxe

The Aqua Pour Deluxe features the same filtration and gravity flow technology as the original Aqua Pour, in a design that accommodates any standard water cooler or hot/cold water dispenser (not included). With the Aqua Pour Deluxe you can enjoy PiMag hot drinks or a glass of chilled PiMag water without refrigeration or ice cubes.

AQUA POUR DELUXE FILTER CARTRIDGE REPLACEMENT	#13631
MICROSPONGE PREFILTER REPLACEMENT	#1361
CERAMIC PREFILTER REPLACEMENT	#1362
MINERAL STONES REPLACEMENT	#1364
	#1386



COMPACT. FAST. NEAT. PiMag™ Aqua Pour Express

The compact dimensions of the Aqua Pour Express allow it to be placed just about anywhere, requiring only a few square inches of counter or tabletop space. The Express uses rapid filtration technology to fill the integrated carafe in minutes. This removable carafe is sized to fit on a refrigerator shelf, for flexibility and convenience.

PIMAG AQUA POUR EXPRESS REPLACEMENT FILTER	#1356
PIMAG AQUA POUR EXPRESS REPLACEMENT CARAFE	#13565
	#13565
	#13566





REDUCE CHLORINE THE NATURAL WAY.

PiMag™ Ultra Shower System

Only one shower design combines advanced redox filtration and PiMag Technology. The PiMag Ultra Shower System reduces chlorine up to 90% — without adding chemicals. It neutralizes the chlorine through an exclusive copper-zinc process. A superfine 2-micron filter reduces a wide range of other water contaminants. The showerhead has five selectable settings including Pure Mist™ Technology, a deep-cleaning spray. The PiMag Ultra Shower System also features pi and magnetic technologies, innovations you'll find only in Nikken PiMag water products.

PIMAG ULTRA SHOWER SYSTEM	#1383
PIMAG ULTRA SHOWER SYSTEM REPLACEMENT FILTER	#13831

The substances removed or reduced by this device are not necessarily in your water.



System tested and certified by ANSI/NSF Standard 177 for the reduction of 90% of free available chlorine for 6,000 gallons.



PIMAG™ WATER FOR EVERYONE, EVERYWHERE.

PiMag™ Flip-Top Water Bottle

Ionic filtration and pi technologies are featured in the convenient Flip-Top. It's sized to fit both large and small hands comfortably. The cap is leakproof and the straw retracts when not in use, to keep the drinking surface clean.

The Flip-Top Water Bottle fits easily in a backpack or briefcase, for school, work or travel.

PIMAG FLIP-TOP IONIC FILTRATION WATER BOTTLE	#1351
PIMAG FLIP-TOP IONIC FILTRATION WATER BOTTLE, 4 CT.	#1352

ADDS MAGNETIC TECHNOLOGY.

PiMag™ Magna-Tote

This durable carrying pouch holds PiMag water bottles. It's made from material similar to Nikken Elastomag® products — featuring EQL Magnetic Technology. The bottle rests on additional 3,800-gauss magnets. The Magna-Tote has an adjustable shoulder strap, with drawstring and toggle to ensure a secure fit for the bottle.

PIMAG MAGNA-TOTE	#1325
PIMAG MAGNA-TOTE AND PIMAG FLIP-TOP IONIC FILTRATION WATER BOTTLE	#1353



THE NIKKEN SOLUTION TO THE SEARCH FOR PERFECT WATER.

PiMag™ Optimizer II

The Nikken PiMag Optimizer II uses the same forces as those found in nature — magnetic energy, water agitation for natural oxygenating, pi technology — to produce water that is optimized, ideal for any use. The two-liter water pitcher with a closeable spout keeps optimized water ready for drinking. The ergonomic layout of the Optimizer II requires minimal counter space, and the digital readout panel includes multiple functions.

PIMAG OPTIMIZER II	#1359
PI RING AND ROTOR REPLACEMENT	#1358
PITCHER	#1357

“After two months of drinking PiMag water and using Nikken products, my life has been changed for the better.”

— Theresa L. Solana, Haysville, Kansas

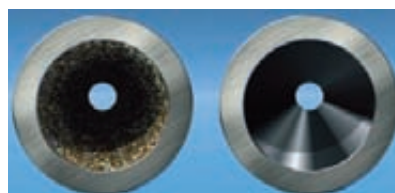


MAGNETIC TECHNOLOGY FOR HOUSEHOLD PLUMBING.

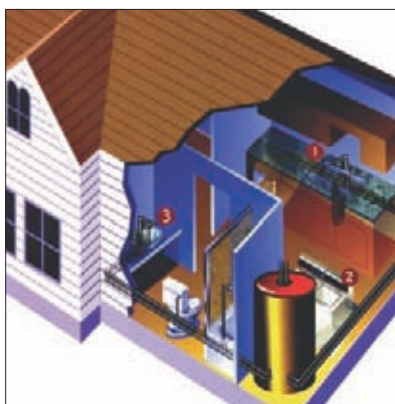
Nikken Magna-Charger™

Focus-Field Technology is an innovation in magnetic engineering. The concave shape of the powerful, neodymium and ferrite magnetic inserts on the Magna-Charger provides a better fit for pipes. The facing magnetic surfaces are opposite in polarity — this creates the Focus-Field effect, in which the magnetic flux lines are directed at right angles through the water flow.

#1312



Magna-Charger helps prevent buildup (at left, above) and reduces clumping of sediment. Attach it to any inflow pipe.





A photograph showing a person's arm and leg in mid-air, suggesting a jump or a leap. The background is a clear, bright blue sky. The person is wearing dark blue jeans. The arm is extended horizontally, and the leg is bent at the knee, also extending horizontally. The overall mood is one of freedom and energy.

DISCOVER MORE ENERGY. LIVE EVERY DAY FULLY CHARGED.



FEEL ENERGIZED FROM THE GROUND UP.

Nikken Magsteps® and Magstrides™

- Unsurpassed comfort and durability
- Magnets and an energizing foot massage
- Supports active lifestyles

When your feet hurt, your whole body knows it. But you can be relaxed and comfortable even if you're on your toes all day, thanks to Nikken insoles.

Nikken Magsteps and Magstrides have brought comfort to millions of people. But this "new" technology is actually based on a time-honored wellness practice.

AN IDEA BORN IN A BATH

Public bathhouses are a part of traditional Japanese culture. These places have long offered men, women and families a chance to unwind after the stresses of the day, and enjoy a welcome opportunity for relaxation.

One notable feature of these bathhouses is underfoot. The Japanese discovered that placing pebbles on the floor imparted a relaxing, energizing feel after walking on this surface.

Nikken founder Isamu Masuda began his wellness revolution with a brilliant thought: If people feel better after walking on pebbles, why not create a way to experience this effect all day long? He combined a textured surface with magnetic technology — based on another ancient principle — and the Magstep was born. Since 1973, Magsteps have found their way into shoes around the world.

FROM STEPS, TO STRIDES

The success of Magsteps suggested another idea, and in 1999 Magstrides were introduced. They feature magnetic technology in a cushioned, three-layer insole developed to withstand the pounding that feet endure during sports.

Magsteps, Magstrides and Kidstrides™ derive from a unique philosophy that dares to merge traditional wellness techniques with the most up-to-date technology. Three decades later, the rewards of this approach are everywhere, thanks to Nikken.

*Millions depend on
Magsteps and Magstrides
to help them feel
good on their feet all day.
Try these insoles
and see why.*



CHOOSE THE ONE THAT FITS YOUR LIFESTYLE.

Magsteps®

Magsteps are the absolute best insoles on the market today! Featuring Nikken exclusive EQL Magnetic Technology and durable, reinforced construction, they are designed with nodules strategically shaped and placed to provide your entire body with the benefits of an energizing foot massage. And Nikken EQL makes these the only insoles that offer perfectly consistent, 100% magnetic coverage on the entire surface.

These advanced insoles are worn by millions of people the world over. They are exclusively constructed with two layers of specially engineered reinforcing mesh, plus a resilient, flexible, wear-resistant outer coating.

Magsteps come in three trim-to-fit sizes for both men and women.

SMALL - SIZES 5-9 #2020
MEDIUM - SIZES 7-12 #2021
LARGE - SIZES 13-18 #2022

Magstrides™

Incorporating the same exclusive EQL Magnetic Technology as Magsteps, the development of Magstrides opens up a whole new world to active people everywhere. Featuring soft, resilient, high-density foam for superior shock absorption, these insoles are perfect for more intense activities, such as running, golf and other sports. Magstrides boast unsurpassed comfort and durability through their rugged, ventilated, triple-layer construction.

EQL Magnetic Technology provides 100% magnetic coverage. And Magstrides add Nikken Far-Infrared Technology — the natural, breathable warmth from far-infrared energy.

Magstrides are odor-resistant and are available in three trim-to-fit sizes for both men and women.

SMALL - SIZES 5-9 #2024
MEDIUM - SIZES 7-12 #2025
LARGE - SIZES 13-18 #2026

Kidstrides™

Kidstrides are designed for small feet and big-time fun. These insoles feature the same EQL Magnetic and Far-Infrared Technologies as in adult Magstrides — but they're sized to fit smaller feet, and calibrated for kids' active wear. And the combination of technology with

Kidstrides' exciting graphics will give kids "happy feet!"

The world's only magnetic insoles for children, Kidstrides have triple-layer construction that contains far-infrared, is odor-resistant and provides superior comfort and

ventilation. They're made with durable, shock-absorbing foam. A trim-to-fit design makes sizing easy.

SIZES 1 UP TO YOUTH 3 #2010

Magsteps®/Magstrides™ Twin Pack

SMALL - SIZES 5-9 #4124
MEDIUM - SIZES 7-12 #4125
LARGE - SIZES 13-18 #4126

NOTE:
BOTH PAIRS IN TWIN PACK ARE THE SAME SIZE.

“ I received a pair of Magstrides™ to try for one week. I was aware that I had much more energy at the end of my work day. ”

— Patricia Smith, Rochester, New York

ENERGIZED FROM HEAD TO TOE.

Magnetic Biaxial Rotation

- Ergonomic design
- Patented technology produces an active magnetic field
- Soothing massage action



Soothing, relaxing and energizing — these are the amazing effects of Magnetic Biaxial Rotation, only from Nikken.

Imagine products that employ magnetism in an entirely new way.

A footrest that generates a powerful magnetic field and a unique massaging action that within minutes can restore a feeling of energy to tired feet — and a tired body.

Or a compact device that uses the same form of magnetic technology — so small it you can take it anywhere.

This is Magnetic Biaxial Rotation. It began when Nikken scientists decided to rewrite one of the laws of the universe. As everyone knows, a magnet has a positive and a negative pole — one at each end. But



what if a magnet could be made to act as if it had multiple poles — in every direction?

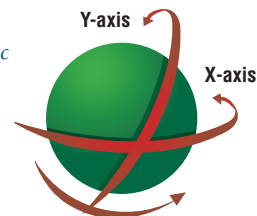
Unbelievable as it seems, that is the operating principle behind Magnetic Biaxial Rotation. Revolving magnets that also rotate on a second axis constantly shift their angle, as often as 25 times per second. This creates a magnetic field that is dynamic rather than stationary. No other products, no other magnets, work this way.

Combine this breakthrough idea with the benefits of a massaging surface and you have the Biaxial Body

Energizer. Create a biaxial product that's small, portable and extraordinarily durable, and the result is the PowerMag.

Experience this Nikken revolution for yourself. Enjoy the Biaxial Body Energizer and PowerMag, and enter the sphere of true relaxation.

Magnetic Biaxial Rotation keeps the magnetic poles in constant motion, producing a field that is dynamic rather than stationary. The field moves in all three dimensions — a Nikken first.



POWERFUL MAGNETISM IN THE PALM OF YOUR HAND.

Biaxial PowerMag™



The advanced ergonomics of the 1,800-gauss PowerMag make it comfortable for use at any time. The power and speed controls are placed within easy reach. Its electronics and mechanical components maximize efficiency and

ruggedness. The direct-drive mechanism has only three moving parts, for long-lasting reliability.

This built-in simplicity conserves electric power to extend battery life. The PowerMag can be operated with four AA batteries (not included) or on ordinary household current with the available AC adapter.

BIAXIAL POWERMAG
WITH AC ADAPTER #23151
BIAXIAL POWERMAG ONLY #2315

Additional adapters, and a car adapter, are also sold separately.

POWERMAG ADAPTER #1306
POWERMAG CAR ADAPTER #2306



SIT DOWN AND CHARGE UP.

Biaxial Body Energizer™

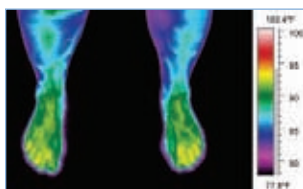


The Biaxial Body Energizer is designed to make you feel good all over, starting at your feet. Its gentle vibration and massage, textured surface and comfortable angle, begin to create a feeling of comfort and relaxation almost immediately. Soon you'll feel not only relaxed,

but energized, even at the end of a long day.

The Body Energizer features six 1,800-gauss biaxial units that operate together, fully adjustable speed and a plug-in AC power cord/adapter.

BIAXIAL BODY ENERGIZER #13213
ADDITIONAL ADAPTER #1306



Thermographic photography — compare the image at left, produced immediately before use of the Biaxial Body Energizer, with an image of the same test subject (below) after 30 minutes of use. The difference is dramatic.

PAIN RELIEF IS AT HAND.

KenkoWave™ Infrared Treatment System

- Invisible energy that eases pain
- No drugs, no needles, no surgery
- Simple to use, rapid relief



For generations, people have treated muscle or joint pain with sometimes drastic measures. Pills.

Injections. Surgery. Today there is a new, first line of defense against pain and discomfort.

The KenkoWave™ Infrared Treatment System is simple. Safe. Painless. And treatment is available any time, at home or anywhere.

What could be more revolutionary? A non-invasive, non-chemical approach, that is as easy as pressing a button.

KenkoWave can be used for both kinds of localized pain — occasional or chronic. It requires no prescription or doctor visit. And it features a completely natural form of energy.

KenkoWave technology uses invisible infrared waves to reduce or eliminate pain as if by magic.

This is not only a distinct advantage over drugs or surgery, it's a quantum leap beyond primitive pain relievers such as heating pads.

A heating pad works from the outside in. And sometimes your skin can become uncomfortably

hot, well before relief reaches your aching muscles or joints.



Compare that to the infrared technology of KenkoWave. As soon as they are applied, infrared waves penetrate below the surface.

KenkoWave infrared energy works at the cellular level to increase circulation and reduce inflammation, to accelerate the process of recovery, and relieve pain.

COMPLETELY NATURAL

Infrared waves are produced by living organisms — including human beings. Infrared energy can be called a life force; it is essential to what lives and grows on earth.

The KenkoWave unit simply produces a concentrated, focused form of this energy, that can be used to relieve pain.

Just as with other Nikken technologies, KenkoWave uses natural forces to promote wellness.

Instead of medication — and its side effects — or painful surgical procedures, KenkoWave is the non-invasive, safe and effective way to deal with occasional or chronic pain.



HIGH TECHNOLOGY, NATURAL ENERGY.

KenkoWave™ Infrared Treatment System

Pain treatment without medication, surgery or side effects — it's simple. KenkoWave can be used anywhere, any time, using natural infrared energy to relieve symptoms.

KenkoWave is considered a Class II medical device by the United States Food and Drug Administration and is available without a prescription.

KENKOWAVE INFRARED
TREATMENT SYSTEM #1381
KENKOWAVE ADAPTER #1382



WAKE UP, FEEL GREAT.

Kenko™ Sleep System

- Magnetic technology replicates Earth's natural energy
- Orthopedic support for all body types
- Massage nodules and far-infrared temperature regulation

Overstressed, overwhelmed, overtired. These seem to go hand in hand. Studies show that we spend about one third of our lives in bed — 20 percent less time sleeping than we did a century ago. Most of us pass the night tossing and turning. We spend the eight hours that we should be sleeping each night chronically awake. That has an impact on the other 16 hours of the day — and your overall health. Could your bed be the culprit?

Few things can make you feel better than a good night's sleep. And few things have as powerful an influence on our lives and our health.

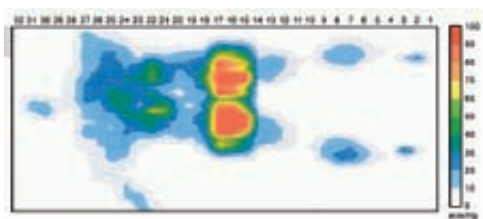
Sleep recharges your brain — medical science proves this. It is essential in functions related to learning and memory. It helps sustain muscular coordination and a healthy immune system.

The right amount of sleep — quality sleep — can even make you more healthy in ways you might never have guessed.

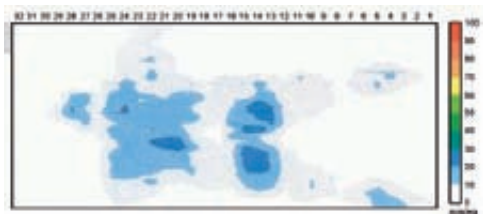
Research suggests that sleep has an effect on medical conditions including obesity and diabetes. So it's possible that getting enough shuteye can help keep your weight under control, just as exercising can.

And for most of us, sleeping is easier than exercise.

Thankfully Nikken has developed a sleep solution that can help you rest easy: the Nikken Kenko™ Sleep System.



Pressure points detected on a conventional firm mattress



Comfortable, consistent support with Nikken Kenko Sleep Systems



*Experts agree:
most people don't get the sleep
they need for good health.
The Nikken Sleep System is
designed and engineered
to make your sleep better.*

NIKKEN ADVANCED SLEEP TECHNOLOGY

The Nikken Kenko Sleep System was developed after years of research by medical professionals, engineers and scientists.

Magnetic technology in the Sleep System is designed to replicate the earth's natural magnetic field. Throughout history, human beings slept within that environment, until modern civilization interfered with nature. The Nikken Sleep System features a grid of magnets that create a cocoon of magnetism.

The remarkable springless construction helps minimize pressure points, for sleepers of any size or body weight. In the KenkoAire Mattress, air suspension technology allows you to select the degree of firmness that's just right for you. The support features of the Sleep System are even endorsed by the World Federation of Chiropractic.

A layer of Nikken Rubberthane creates a relaxing massage effect. The Kenko™ Dream Light Pad includes viscoelastic foam, the material developed by scientists in conjunction with NASA to provide a custom fit.

Far-Infrared Technology in Nikken comforters reflects far-infrared energy. Ionic Comfort Technology releases negative ions to re-create the refreshing feeling of walking through a forest or beside a waterfall.

The Nikken Sleep System is available in a variety of models, but no matter which you choose, it's the most advanced technology on the market today for better sleep.

In the KenkoAire Mattress, each air chamber's patented system of internal baffles helps to maintain correct support — for ideal spinal alignment — at any firmness setting you prefer.



**MANY ADVANCED FEATURES.
ONE GREAT NIGHT'S SLEEP.**



THE NEW TECHNOLOGY OF SLEEP.

KenkoAire™ Mattress

The air support technology in the KenkoAire Mattress represents a revolution in design. Resting on a cushion of air, you'll experience the finest in relaxation with excellent support overall and a significant reduction of pressure points. The adjustable air chamber allows you to select the perfect level of firmness, and queen, king and California king sizes feature two separate chambers to accommodate each sleeper independently. Find your ideal setting, or use the simple, push-button control module to change it – in seconds – on every occasion when you need additional softness or support. The KenkoAire Mattress effortlessly adapts to suit your requirements.

A hypoallergenic cover adds to your comfort by keeping potential irritants away. Nikken Magnetic Technology provides a natural magnetic field and the Rubberthane surface supplies a soothing feeling of massage. The edge support maximizes the area of comfort, and the top cover provides a luxurious softness. After you try the KenkoAire Mattress, you'll never want to sleep on anything else.

FULL	54" x 75"	#1070
QUEEN	60" x 80"	#1071
KING	76" x 80"	#1072
CAL KING	72" x 84"	#1073



Extra-strong air chambers and special valves lock in the degree of firmness you select.



Hand controls include a memory function.



The pneumatic pump is quiet and accurate.



Top cover is woven of bamboo fiber, a natural antiallergen.

Unique magnetic technology and Rubberthane.

Anatomic foam layer with five support zones.

Heavy-duty air chambers.

Interlocking bolsters to prevent sag.

Mattress enclosure with end rails.

“ Since I began using the Kenko™ Sleep System, I no longer wake up with intense leg cramps. Instead, I feel extremely well rested and refreshed, even when I've only slept four or five hours. ”

— Dennis H. Boone, Woodbridge, Virginia

**GIVE AN ORDINARY BED
KENKO DREAM TECHNOLOGY.**

Kenko™ Dream Light Pad

The Kenko Dream Sleep System is another revolutionary idea in sleep technology. With the Kenko Dream Light Pad, you can add this technology to your mattress — for a state-of-the-art sleep environment.

The Kenko Dream Light Pad is so supremely comfortable that you can use it instead of a mattress. Or place it on any ordinary mattress for extra luxury. The Kenko Dream Light Pad offers the same features that are normally found only in high-end mattresses or sleep systems that cost much more.

Nikken Magnetic Technology, Nikken Rubberthane Technology and viscoelastic “memory foam” offer unsurpassed relaxation. The Nikken Kenko Dream Light Pad includes all of these innovations, for quality sleep.

TWIN	35" X 72"	#1145
FULL	50" X 72"	#1146
QUEEN	57" X 77"	#1147
KING	73" X 77"	#1148
CAL KING	69" X 81"	#1149

Dimensions may vary slightly.



**ADVANCED THINKING
FOR BETTER SLEEP.**

Ultra KenkoPad™

The Ultra KenkoPad transforms your existing mattress into a Kenko Sleep System. Simply place the Ultra KenkoPad on top, and enjoy the world-renowned Nikken sleep experience. The Ultra KenkoPad is enhanced with Magnetic Technology in the Central Support Zone, plus Rubberthane to provide support and gentle massage.

TWIN	35" X 72"	#1225
FULL	50" X 72"	#1226
QUEEN	57" X 77"	#1227
KING	73" X 77"	#1228
CAL KING	69" X 81"	#1229

Dimensions may vary slightly.



“ After seeing the transformation in our daughter, we would not trade in the Sleep System for anything. ”

— Anne and Liam Dowling, Wendell, North Carolina

*Kenko™ Sleep Mask**Kenko™ Dream Deluxe Pillow**Kenko™ Dream Pillow*

A HIGH-TECH BEAUTY SECRET FOR LOOKING GOOD.

Kenko™ Sleep Mask

If you're not sleeping well, your eyes are the first place to show it. The Kenko Sleep Mask helps you obtain deep sleep anytime — day or night. An important part of the Nikken Sleep System, this strategically engineered mask blocks out light to ensure restful sleep. Features EQL Magnetic and Far-Infrared Technologies.

#1682

SELECT FIRM OR SOFT, AND WE'LL SUPPORT YOUR DECISION.

Kenko™ Dream Deluxe Pillow

It has been compared to sleeping on a cloud. The Kenko Dream Deluxe Pillow features a surface and body of viscoelastic foam, through and through. Yet its firm central core provides the support necessary for head and neck alignment, and helps the pillow keep its shape.

Exclusive Aero-Cool Technology and airflow channels ensure comfortable ventilation, and Magnetic Technology is included.

12 $\frac{3}{8}$ " X 19 $\frac{1}{8}$ " X 3 $\frac{7}{16}$ " #1380



Kenko™ Dream Pillow

Sleep can be difficult without proper head and neck support. This pillow solves that problem. The Kenko Dream Pillow also answers the need for ventilation and cooling — making sleep a comfortable delight. With advanced technologies, the Kenko Dream Pillow is an exclusively Nikken way to relax and enjoy restful sleep.

The breathable cover and ceramic tiles deep in the pillow draw away excess heat, while ventilation channels offer access to fresh air. The contoured shape delivers the support you need. Viscoelastic “memory foam” adapts itself to your shape. Nikken Magnetic Technology in the pillow features a grid design.

13" X 22" X 4 $\frac{1}{4}$ "

#1305





STAY WARM, BE COOL.

Nikken Far-Infrared Technology

- Absorbs and reflects natural energy to keep you warm
- Self-regulating to respond to temperature changes
- Breathability reduces excess heat buildup

It helps keep you warm but it's designed to shed excess heat. You'll be comfortable in just about any weather. And you won't need heavy layers, heat pads or an electric power cord.

Far-Infrared Technology can be found in Nikken support wraps, apparel, the comforters that are part of the Nikken Sleep System, and more. It's a completely different approach to keeping warm or cool, and there's nothing else that works like it.

When you are cold, your body expends energy to warm itself. Ordinary materials merely dissipate the energy or heat. Nikken products with Far-Infrared Technology contain ceramic-reflective fibers that absorb energy, transform it into gentle warmth, and reflect it back to you.

Some areas of your body heat up faster than others. The ceramic-reflective fibers near these areas will reach a limit in the amount of energy they absorb, and the excess heat escapes through the breathable cover.

Only Nikken Far-Infrared Technology offers a natural source of warmth, from all-natural far-infrared waves. It can keep you comfortable wherever you are.

Instead of stuffy insulation or electric wiring, Far-Infrared Technology uses the energy around you to help you stay comfortable in a wide range of temperatures.

“The Kenko™ Sleep System has changed my life. I sleep right through the night and I wake up with no back pain.”

— David Fliflet, Meridian, Idaho

THE ULTIMATE IN RELAXATION.

Kenko™ Dream Comforter

A perfect balance of comfort for all climates, the Kenko Dream Comforter can help you get the relaxing, refreshing sleep you need. Revolutionary technology and the finest materials allow better rest.

The Kenko Dream Comforter features Ionic Comfort Technology — an idea based on the negative ions found in soothing outdoor settings. Chitocotton, another innovation, contains chitosan, a natural, marine-derived substance believed to have bacteriostatic properties. A magnetic layer complements the magnets in your Nikken mattress to complete the cocoon effect. Far-Infrared Technology is provided by ceramic-reflective fibers. The breathable cover is finished in an elegant, satiny weave that dresses up your bed.

TWIN	66" X 86"	Fill wt 758 g	#1264
FULL/QUEEN	86" X 86"	Fill wt 999 g	#1265
KING/CAL. KING	102" X 90"	Fill wt 1,271 g	#1266



Kenko™ Dream Comforter



Kenko™ Dream Light Comforter

THE LIGHTWEIGHT CHAMPION.

Kenko™ Dream Light Comforter

The Kenko Dream Light Comforter combines the latest advances in Nikken Kenko Dream technology with a lightweight, all-season design.

Nikken Magnetic Technology, with a network of strategically placed magnets, assists in providing the cocoon of magnetism that is part of Kenko Dream innovation. Nikken Far-Infrared Technology and Ionic Comfort Technology are featured, as is the Chitocotton layer. The cover is a silky smooth, breathable fabric to help keep you cool on warm nights, cozy on cooler ones. The Kenko Dream Light Comforter is light in weight but offers the technology you would expect from Nikken.

TWIN	66" X 86"	Fill wt 600 g	#1267
FULL/QUEEN	86" X 86"	Fill wt 800 g	#1268
KING/CAL. KING	102" X 90"	Fill wt 1,100 g	#1269

LOOK — AND FEEL — WONDERFUL.

Nikken® Bella Passione jewelry

- European designer collection
- Finest materials and workmanship
- TriPhase™ Technology for wellness





Internationally-famous Italian designer Antonio Rosso has created a collection of exquisite, high-fashion jewelry exclusively for Nikken. The name "*Bella Passione*" says it all, because these pieces stir a passion for

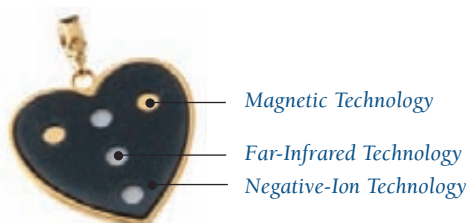
beauty in everyone who sees them.

Both the look and craftsmanship are unsurpassed. Every item in the collection is finished in timeless gold or white gold. The pendants and bracelets are made with top-quality Czech crystal. Even the internal components are surfaced with 24k gold, for exceptional durability. Finishes are polished to a lustrous high gloss.

But what elevates *Bella Passione* jewelry above all others is the uniquely Nikken technology that makes these pieces as functional as they are beautiful.

TriPhase Technology combines three signature Nikken inspirations. Spaced magnets help to replicate Earth's magnetic field — a part of the natural environment for all living things. Far-Infrared Technology reflects absorbed energy and transforms it into far-infrared wavelengths, to soothe sore muscles and tendons. Special ceramic minerals release negative ions like those found in tranquil, relaxing forest air.

TriPhase Technology is energizing fashion. Now Nikken makes it available in a line of fine jewelry that stands above all the rest.



***Bella Passione* Collection With TriPhase Technology**

- 1 GENOVA NECKLACE #1988
- 2 ROMA NECKLACE #1989
- 3 NAPOLI SWIRL BRACELET #1990
- 4 VENEZIA SWIRL BRACELET #1994
- 5 MILANO QUILTED HEART PENDANT #1991
- 6 VERONA CROSS HEART PENDANT #1993
- 7 FIRENZE SERPENTINE PENDANT #1995



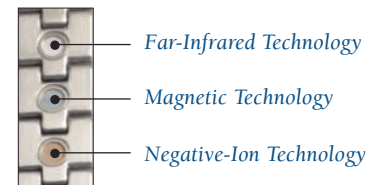
ENERGIZING FASHION.

Classic Collection

With TriPhase Technology

The Nikken Classic Collection introduced the TriPhase Technology breakthrough in fine jewelry. It features this wellness innovation in striking, distinctive designs rendered in goldtone and silvertone styles, enameled stainless steel or titanium.

- 1 TWO-TONE LINK BRACELET (GOLDTONE/SILVERTONE) #19093
- 2 TITANIUM LINK BRACELET #19094
- 3 WOMEN'S BRAIDED STAINLESS BRACELET #19091
- 4 MEN'S CLASSIC STAINLESS BRACELET #19092



FORCEFUL. FASHIONABLE. FUNCTIONAL.

TriPhase Sport Bracelet

Crafted in durable, pliable silicone, the TriPhase Sport Bracelet is so light you won't know you have it on — a plus for athletes who don't want their golf or tennis swing affected by added weight. The neat magnetic clasp holds securely but separates easily. The style and color are equally attractive on men and women.

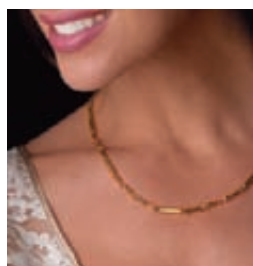
#19095

Sales of TriPhase Sport Bracelets help support Autism Speaks, a nonprofit organization dedicated to autism research and treatment.



AUTISM SPEAKS™
It's time to listen.

MAGNETIZE, AS YOU ACCESSORIZE.
Original Collection
With Kenko Magnetic Technology



Enjoy elegance and style with the added benefit of Nikken Magnetic Technology, in two styles designed by Antonio Rosso. Choose yellow or white, in genuine 24k gold plate.

- GOLD-PLATED NECKLACE #19098
- WHITE GOLD-PLATED NECKLACE #19097



RELIEF COMES IN ALL SHAPES AND SIZES.



Kenko™ Magnetic Pads

Available in a variety of dimensions.

1. Kenko Mini	(1.57" diameter)	#1427
2. Kenko Max	(3.54" diameter)	#1477
3. Kenko Card	(2.05" x 3.23")	#1437
4. Kenko Band	(1.93" x 4.69")	#1457
5. Kenko Strip	(1.93" x 6.73")	#1467
6. Kenko Flex	(7.56" x 5.55")	#1447
7. Kenko Super Mini		#1421
8. Magboy (set of 2)		#1320
9. Magnet Promo Pak (includes one each items 1-6)		#4085

MINI SIZE, SUPER TECHNOLOGY.

Kenko™ Super Mini

With the Super Mini, Nikken introduced a striking concept in Magnetic Technology — EQL. EQL stands for “equilateral,” and that means precision design and 100% magnetic coverage.

Then Nikken took this powerful concept one ground-breaking step further. With the addition of Nikken advanced Far-Infrared Technology, the Kenko Super Mini is revolutionary.

For versatility and to ensure virtually unlimited product life, the Super Mini’s Far-Infrared Discs are removable, with replacement discs available in packs of five.

KENKO SUPER MINI
KENKO SUPER MINI - 3 CT
FAR-INFRARED REPLACEMENT
DISCS - 5 CT

#1421
#1451
#1452

RELAXATION IS IN YOUR HANDS.

Magboy®

Take wellness into your own hands with the Nikken Magboy. Packaged in a convenient, portable holder, these sturdy magnetic balls have specially designed nodules that stimulate and relax your entire body. Gently roll the Magboy between your palms or on any part of your body where you experience discomfort or tension.



SET OF 2 #1320

TAKE A SEAT.

KenkoSeat™ Plus

From executives to truck drivers, from students to computer operators, today’s men and women spend more time sitting than ever before.

Nikken has designed a unique product that delivers consistent support and comfort. The KenkoSeat Plus features the same Rubberthane core that gives the Ultra KenkoPad™ its exceptional qualities of comfort, breathability, ventilation and vibration suppression.

And now the KenkoSeat Plus includes Nikken Far-Infrared Technology. Top engineers found a way to fuse ceramic-reflective material directly to the seat matrix for the added comfort provided by breathable warmth.

Designed with specially placed magnets and upholstered with 100% pure wool, KenkoSeat Plus is comfortable in all seasons.

COVER: 100% WOOL
BACKING: 65% POLYESTER, 35% COTTON
KENKOSEAT PLUS (KING) 18" X 42" #1409

YOUR DEFENSE AGAINST DISCOMFORT AND STRESS.

MagCreator

The foundation of the Nikken Rollout, the MagCreator has specially engineered components that add increased stimulation to its fluid rolling action.

The MagCreator features Nikken magnetic technology, superior stainless steel construction, a balanced bearing housing and comfortable handgrips.

#1330



In your home, office and car – make every seat a KenkoSeat.







FUEL FOR A HEALTHY LIFESTYLE.

BALANCED WHOLE FOODS — NUTRITION FOR LIFE.

Kenzen™ Wellness

- Whole foods, natural nutrition for overall well-being
- Fills the nutritional gaps in today's fast-paced diet
- Targeted nutrition for specific needs



The Nikken Nutrition Philosophy

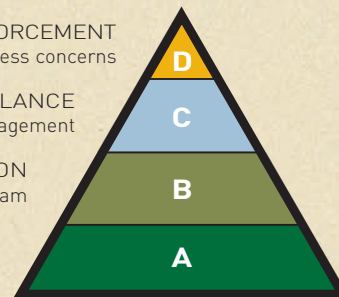
Hippocrates, the father of medical science, said, "Let food be your medicine." Nikken Kenzen Wellness nutrition is based on the principle that natural, whole foods are the ideal source of the nutrients your body was meant to consume, and are your best medicine. Nikken Kenzen Wellness combines East and West, nature's wisdom and modern technology, to provide a simple yet comprehensive system of balanced nutrition — for life.

KENZEN™ REINFORCEMENT
Targeted for specific wellness concerns

KENZEN™ BODY BALANCE
Designed to support fitness, weight management

KENZEN™ DAILY NUTRITION
A comprehensive nutritional program

KENZEN™ BASICS
The foundation of your nutrition regimen



Good nutrition is a major concern with the public. The obesity epidemic, the health risks posed by poor eating habits — they've made us aware that we need to pay attention to our diet.

But simply loading up on vitamins is no way to ensure you're receiving the nutrition you need. That's why Nikken created Kenzen Wellness. It takes the guesswork out of nutrition — and combines advanced science with the wholesomeness of nature.



WHOLE FOODS GIVE YOU MORE

Nikken Kenzen Wellness is based on whole foods. *Kenzen* is a Japanese word that corresponds to a combination of "wholesome" and "wellness." Kenzen Wellness is designed to provide the kind of natural nutrition your body was meant to live and thrive on. Kenzen Wellness is a comprehensive system that

answers your needs at every level: basic nutrition, the replenishment of necessary compounds, and products targeted for specific needs.

Kenzen Body Balance (described in pages 58 – 61) is a complete program for weight management that helps your body find its ideal balance naturally.

Good nutrition includes nourishing your skin. As your body's first line of defense against the challenges of environmental stress, skin needs proper care not only to look healthy but also to help you stay healthy.

Nikken Swiss Soflöwer® products address this aspect of well-being.

PART OF THE NIKKEN LIFESTYLE

Good nutrition is an essential part of a healthy and enjoyable life. Kenzen Wellness is a natural and balanced approach, for daily living.

For lifelong health, food may be the best medicine. Kenzen Wellness is the path to good eating and a better lifestyle.

BUILD YOUR DAILY DIET ON A FIRM FOUNDATION.

Kenzen™ Basics

- Jade GreenZymes™ — offers maximum nutrient intake and maximum nutrition
- Ciaga™ — superpowered antioxidants support good health
- Fruit & Berry/Vegetable — supports fruit and vegetable intake
- Lactoferrin Gold 1.8™ — the first premium lactoferrin



GOOD NUTRITION TIMES 100.

Jade GreenZymes™

Called “nature’s perfect food,” barley grass is said to be more nutritious than an equal serving of any other vegetable. In addition, it helps balance pH, support a strong immune system and assist in maintaining blood glucose levels that are already in the normal range.* From a proprietary strain of barley grass that produces maximum nutritional yield, Jade GreenZymes is prepared using a cold process to preserve vital enzymes. Enjoy it in optimized PiMag™ water, your favorite beverage or mixed in cold foods. Or choose the convenient capsules.

BOX OF 30 INDIVIDUAL-SERVING PACKETS #1554
 50-SERVING JAR #1555
 CAPSULES, 30-DAY SUPPLY #15551



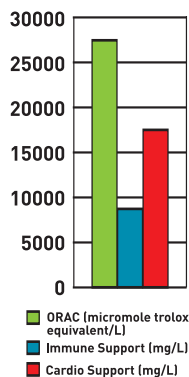
“After I started taking Jade GreenZymes™ capsules, I noticed how much more energy I had at work and home.”

— Deborah Renee Reese, Hampton, Virginia

FEEL THE DIFFERENCE IT MAKES.

Kenzen™ Ciaga™

For thousands of years, exotic foods such as noni, pomegranate, aloe vera and goji berry have provided exceptional health benefits. But none of them alone offers an expansive range of nutrients. One drink does: Ciaga. It contains all these and more, including cherry, blueberry, grape and pear juices — and the combination creates synergy that enhances the effects of the individual ingredients. Ciaga’s 21 fruit, herb and organic extracts confer the benefits in its name: cardiovascular, immune, antioxidant, gastrointestinal and adaptogenic.* It has *double* the



antioxidant levels of ordinary health drinks, contains no added water or preservatives, is all natural, and tastes delicious. Enjoy Ciaga, and drink to your health.

2-PAK #15575

REAL FOOD. ANY TIME, ANYWHERE.

Kenzen™ Fruit & Berry/Vegetable

How many of us manage to eat the 9 to 11 servings of fruits and vegetables recommended for good health — every day? Kenzen Fruit & Berry and Kenzen Vegetable offer a concentrated essence of the same nutritional benefits as found in the produce at your organic grocer. They are derived from actual, whole foods. With 26 varieties of fruits and vegetables, Kenzen Fruit & Berry and Kenzen Vegetable offer a broader range of these nutrients than most people could ever eat per day — without all the calories.

2-PAK (1 FRUIT & BERRY, 1 VEGETABLE) #15592

A DAILY ESSENTIAL, REFINED.

Lactoferrin Gold 1.8™

A natural protein found in dairy products, lactoferrin supports immune function and helps maintain intestinal health.* But some of us are lactose intolerant; others wish to avoid the fat and calories in dairy products. Lactoferrin Gold 1.8 replenishes essential lactoferrin our bodies need daily, and is prepared using a complex purification process (more than three quarts of milk are needed to make a single capsule). The result is a refined, concentrated source of this essential probiotic that’s lactose-free and easily absorbable.

BOX OF 30 CAPSULES #15581

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

VITAMINS AND MINERALS THE WHOLE FOODS WAY.

Kenzen™ Daily Nutrition

- Supports recommended daily vitamin and mineral intake
- Balanced nutrition with digestive enzymes, herbs and more
- Targeted formulations for men and women



The health experts agree. A number of sources, including an article published in the *Journal of the American Medical Association*, recommend multivitamins for all adults.

But take an ordinary vitamin or mineral supplement and you don't necessarily know what you're getting. That's why Nikken developed Kenzen Daily Nutrition Packs for men and women. They offer a comprehensive solution to ensure you receive the nutrients that your body is designed to use.

The Kenzen multivitamin/mineral formulation was developed with close attention to 19 vitamins and minerals recommended for daily

consumption. It includes the Nikken Whole Foods Complex with digestive enzymes.

For women, the Josei Pack features Isoflavone Plus with Oxidative Defense. Soy isoflavones, natural herbs and other ingredients help to reduce the mild mood swings and other common symptoms associated with premenstrual syndrome and menopause. It aids in suppressing appetite and maintaining blood sugar and cholesterol levels that are within the normal range. The Oxidative Defense is a collection of free-radical-fighting compounds to help the body resist aging. It provides support to the body's natural defense systems and

cardiovascular health.*

For men, the Dansei Pack includes ProstaPlus, a formulation developed to answer men's health concerns. It offers natural herbs and plants such as saw palmetto for supporting prostate health. Other ingredients help in maintaining levels of cholesterol and blood pressure that are within the normal range. And ProstaPlus also includes Oxidative Defense — the all-important ingredients formulated to help delay the effects of age.*

Both packs feature the new Nikken Tri-Omega softgel. It has a blend of naturally derived Omega-3 and Omega-6 fatty acids, to support cardiovascular health.*

INTELLIGENT NUTRITION.

Nikken Kenzen™ Daily Nutrition Packs

In convenient, single-serving packets, Kenzen Daily Nutrition offers essential vitamins and minerals as well as whole-food nutrition. Each of these packs provides balanced nutrition and wellness support, and additionally promotes overall wellness in a way that complements a man's or a woman's lifestyle.

Josei (Women)

1. Multivitamin/mineral with Whole Foods Complex
2. Isoflavone Plus with Oxidative Defense
3. Tri-Omega Softgel

30-DAY PAK #1552

Dansei (Men)

4. Multivitamin/mineral with Whole Foods Complex
5. ProstaPlus with Oxidative Defense
6. Tri-Omega Softgel

30-DAY PAK #1553

SIMPLE, WHOLE FOODS.

Kenzen™ Multivitamin/Mineral

A multivitamin/mineral formulation is available separately. It features a combination of vitamins and minerals with the Nikken Whole Foods Complex.

30-DAY SUPPLY #1556



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

TARGETED SUPPORT.

Kenzen™ Reinforcement



OPTIMUM CALCIUM FOR BONE HEALTH. Kenzen™ Calcium Plus

Kenzen Calcium Plus supports the maintenance of healthy bones.* It provides natural nutritional support with 600 mg of calcium, and includes magnesium and boron to aid in calcium absorption and metabolism.* Calcium Plus is designed for maximum absorption during sleep, when the body is more receptive to calcium.*

#15571



DIGESTIVE ENZYMES AND FIBER FOR ADVANCED SUPPORT. Kenzen™ Digestion

This exclusive formula can help aid digestion, promote maximum absorption of nutrients, provide “friendly” bacteria and increase elimination of waste.* This product provides the most important ingredients needed for every stage of digestion, and supports intestinal health.*

#1547



MAXIMUM PURIFYING BLEND. Kenzen™ Liver Support

The body relies on the liver to eliminate toxins, and studies show that certain ingredients have a beneficial effect in liver detoxification and metabolism.* Liver Support features the Maximum Purifying Blend, a flavonoid-rich complex from artichokes and the root of the sarsaparilla plant, extracted through a two-part process for a high-yield blend.

#1549



THE MOST ADVANCED JOINT FORMULA. Kenzen™ Joint

An advanced formula that nutritionally supports connective tissue repair and assists the natural anti-inflammatory response. This exclusive blend of ingredients works to help promote normal, healthy joint function.* It includes the highest concentration of cetyl myristoleate available to support joint and tissue health, plus glucosamine and methyl sulfonylmethane.*

#1514

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



STAY SHARP.
Kenzen™ Mental Clarity

Kenzen Mental Clarity is a unique multi-action formula that combines the most advanced nutrients and antioxidants to improve brain circulation and metabolism.* This comprehensive formula contains one of the most valued Chinese nutrients, Cordyceps sinensis, and blends the highest number of nutritional ingredients that work synergistically to help increase cerebral function.*

#1546



BEEES DO IT.
Kenzen™ Gelly-Bees®

Bee food products, including honey, bee pollen, bee propolis and royal jelly, are considered the purest and most potent sources of natural food energy. Nikken has produced royal jelly, the exclusive food of the queen bee, in this convenient tablet form to work as a nutritional supplement and energy booster.*

#1518



NOT YOUR ORDINARY MUSHROOM.
Kenzen™ Immunity

Support the body's natural defenses with Kenzen Immunity. It includes rare mushroom varieties and strains developed exclusively for Nikken. They're carefully cultivated — under precise laboratory conditions — to support, balance and support immune function.*

Together, the ingredients in Kenzen Immunity provide a full spectrum of organically-grown, scientifically-optimized mushroom compounds for immune support.*

SINGLE #1512
 3 CT #1529



ALL NATURAL, NO ODOR.
Kenzen™ Garlic

Research indicates that allicin is the most beneficial component of natural garlic. Kenzen Garlic is formulated to provide more of this compound — and unlike most other garlic products, Kenzen Garlic supplies the whole-food allicin content. It has no added preservatives. Garlic helps to maintain healthy heart function and circulation.*

#1550

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



BEYOND SUPPLEMENTS.

Nikken Bio-Replenishment™

- An entirely new category in nutritional science
- Based on the body's own chemicals
- Supports the natural processes that preserve wellness

It seems like common sense: a well-balanced diet and a selection of nutritional supplements should provide us with the basic ingredients we need for staying healthy.

But one important factor can alter this equation. Our systems may not have the optimum ability to make use of the vitamins and minerals we ingest. Age, state of health, even environment all can affect this function.

Recognizing this critical aspect of health, researchers working with Nikken have created a radically new form of physiological support.

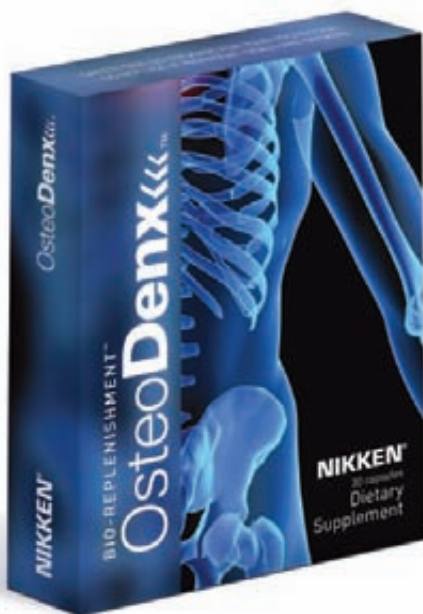
Biology and medicine recognize a principle known as replenishment. It refers to an organism's process of absorbing vital compounds, and also of synthesizing from them the chemical building blocks needed to sustain life.

Nikken Bio-Replenishment was developed to promote this vital activity.

In contrast to dietary supplements or drugs, Bio-Replenishment products are based on the body's biochemicals. Bio-Replenishment is designed to enhance the use or synthesis of these materials, to support the physical processes that keep us alive and healthy.*



Under the direction of A. S. Naidu, Ph.D., the internationally recognized medical authority and creator of Nikken Lactoferrin Gold 1.8™, a team of scientists has pioneered this astounding new advance in the field of daily health care. With the Bio-Replenishment category of products, once again Nikken has extended the boundaries of wellness.



GOOD TO THE BONE.

OsteoDenx™



OsteoDenx from Nikken is a revolutionary formula to help you maintain strong, healthy bones for life. With age, we lose bone tissue and our skeletal structure can become dangerously weakened. OsteoDenx can help, in a unique way. It is not a nutritional supplement or a prescription osteo drug. OsteoDenx is the only product with a patented system — Syno-Portin Technology™ — that supports natural bone tissue growth. It literally helps rebuild bone density.* For strong bones and joints, preservation of cartilage and maintenance of essential minerals, make OsteoDenx part of your daily routine of replenishment.



#15583

“OsteoDenx is the perfect companion product to Kenzen™ Calcium Plus, which contains the same type of calcium found in our bones. This combination is the best ‘insurance policy’ available for long term bone health!”

— Robert C. Purdy, D.P.M., Canton, Ohio

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

FOR HEALTHY APPETITES.

Kenzen™ Cookware

- Reduces formation of harmful free radicals in your cooking
- Helps in the fight against premature aging and cell damage
- Preserves nutrients and yields more flavorful food

PREPARED IN	
Ordinary Cookware	Kenzen Cookware



These examples were produced using identical heat settings, cooking times and stovetops.



HEALTHY COOKING, EVERY TIME.

Even if you follow a healthful diet, the meals you eat every day may not be good for you. Kenzen Cookware can help change that. It's scientifically designed and engineered so that food not only tastes better, it's better for you as well.

Here's why: As food is cooked in an ordinary pan, it becomes oxidized. Its molecules are transformed into free radicals. In the human body these free radicals are linked to cell damage and premature aging.

And if you eat a lot of fruits, vegetables and other foods known to contain antioxidants, they still may not be enough to balance against a

diet of meals that have been oxidized. Which is precisely what conventional cooking does.

Food prepared in Kenzen Cookware is different. Patented, extraordinary technology reduces the oxidation and free-radical creation that takes place in cooking. It also reduces the production of carcinogens and the conversion of unsaturated to saturated (unhealthy) fats.

With less oxidation, food prepared in Kenzen Cookware also retains more of its natural nutrients, including vitamins, minerals and enzymes. It is more appetizing, has more flavor and tastes fresher. The meals are cooked just as thoroughly as in an ordinary

pot or pan, but without the shrinkage or drying that's typical in food prepared without Kenzen Technology.

Developed by professionals with doctorates in physics and food science, Kenzen Cookware is simple but revolutionary. It's featured in a high-quality, all-stainless-steel cooking set that's designed to provide even heat distribution, and includes innovative stay-cool handles. You can take pleasure in using it for many years.

Best of all, with Kenzen Cookware you can enjoy a better diet, without giving up many of the foods you love.



EAT WELL.

Kenzen Cookware

Indulge your taste for fine cuisine with the only cookware that reduces the formation of oxidation and harmful free radicals caused by ordinary pans. In durable, 5-ply 18/10 stainless steel, Kenzen Cookware features even heat distribution for better results, ergonomic design and stay-cool handles. The advanced technology is simple, reliable and easy to use, and the elegant design of Kenzen Cookware is a complement to any kitchen. A lifetime limited warranty on exterior construction ensures long service. The eight-piece set includes 2-quart and 3-quart covered saucepans, an 8-quart covered stockpot, and 8-inch and 10-inch open skillet.

KENZEN COOKWARE 8-PC. SET #1328



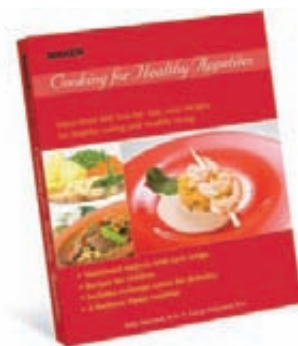
KITCHEN COMPANION.

Cooking for Healthy Appetites Cookbook

Your favorite dishes, and meals sure to become new favorites, are found between the covers of *Cooking for Healthy Appetites*.

Compiled especially for use with Nikken

Kenzen™ Cookware, these recipes can be prepared by anyone. The meals and food preparation techniques are designed to maximize the benefits of Kenzen Cookware technology and healthy cooking. *Cooking for Healthy Appetites* is ideal for the beginner or the kitchen professional.



COOKING FOR HEALTHY APPETITES COOKBOOK #1399

NUTRITION FOR YOUR SKIN.

Swiss Soflöwer®

- Natural moisturizers, vitamins and herbal extracts
- Helps balance skin pH
- Cleans, nourishes, protects

Reduce the appearance of fine lines and wrinkles, make skin look healthy and radiant, in minutes — using award-winning technology based on nature.

When we think of the wear and tear of daily living affecting us physically, we're usually concerned with the heart, bones and joints, muscle tension and emotional strain. But external stresses can also take their toll on the body's largest organ, the skin.

Sun, wind, free radicals and advancing years all can accelerate skin aging. The increase today in all types of pollution — airborne, chemical, even food additives — leads to greater damage.

Excessive dryness leads to a breakdown in elasticity and wrinkling. Dry skin may also crack and peel. The opposite problem also occurs, when diet or other factors influencing skin chemistry result in the glands producing too much oil. In either case, the cause is a disturbance in the delicate and complex systems that maintain skin pH, its acid balance.

THE ADVANCED SOLUTION TO SKIN STRESSES

Nikken Swiss Soflöwer can help your skin cope with the demands placed on it every day. Swiss Söflöwer is professional-quality care that delivers results in several ways — gentle cleansing, help in balancing skin pH, replenishment of lost moisture in support of elasticity, protection and nourishment. The Swiss Söflöwer program is easy to use, and formulated for men and women. It's your defense against time and the elements.





CLEANSE, CALM AND PROTECT.

Swiss Soflöwer® Herbal Foaming Cleanser

This gentle cleanser removes makeup and other impurities without stripping the skin of its fragile, protective film. Provides an effective combination of amino acids for cleansing, plus herbal extracts to calm, and wheat proteins to protect the face and neck. Its mild pH is ideal for all skin types.

4.2 FL. OZ. (125 ML) #1801



MOISTURIZE AND PROTECT.
Swiss Soflöwer® Light Hydra-Protectant

This light daytime moisturizer helps to guard against the damaging effects of dryness. Special mucopolysaccharides and precious proteins provide soothing moisture. Contains vitamin E, aloe vera, calendula extract and jojoba oil.

4.2 FL. OZ. (125 ML) #1803



REVITALIZE AND STIMULATE.
Swiss Soflöwer® Rich Protein Revitalizer (RPR)

The botanical essences in Swiss Soflöwer's unique Four-Flower Oil stimulate, while phospholipids infuse skin with moisture. Rich almond, jojoba and vitamin E oils work with herbal extracts to enhance revitalization.

1.8 FL. OZ. (50 g) #1805



TONE AND PROTECT.

Swiss Soflöwer® Botanical Balancing Toner

This alcohol-free toner helps quickly return the skin to a balanced pH level. It contains ginkgo biloba, along with sodium PCA, a natural moisturizing ingredient, and other herbal extracts that tone and protect.

6.8 FL. OZ. (200 ML) #1802

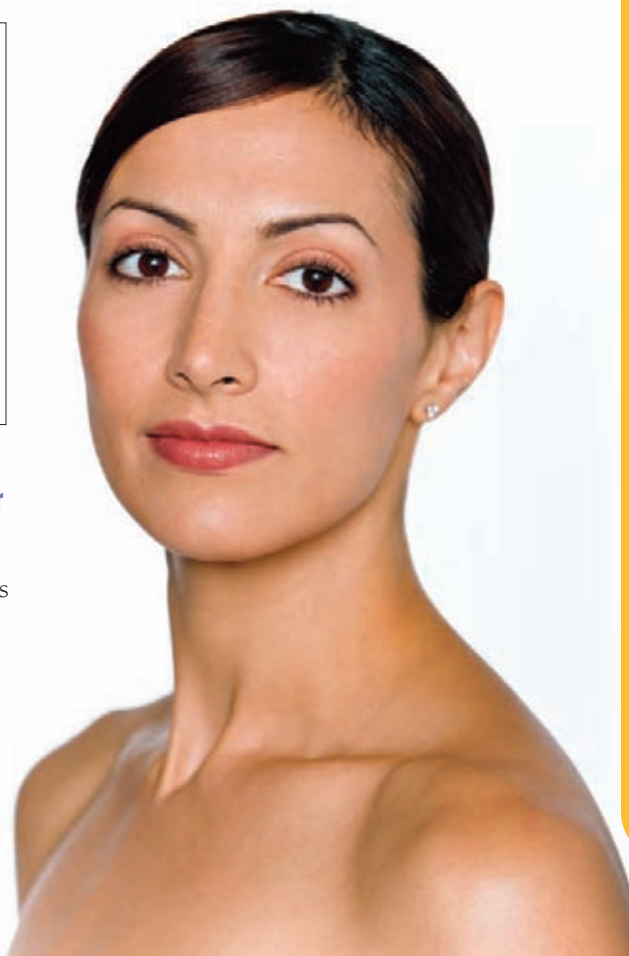


REHYDRATE AND BALANCE.

Swiss Soflöwer® Liposome Cellular Concentrate (LCC)

This soothing cream with targeted Swiss wheat germ liposomes helps to rejuvenate. Evening primrose oil helps restore the skin to its natural state of balance in areas that show stress, dehydration and uneven pigmentation.

1 FL. OZ. (30 ML) #1804



EVERY FAMILY MEMBER DESERVES A WELLNESS LIFESTYLE.

Nikken Pet Care

- Provides healthy environment for pets
- Targeted for the needs of cats and dogs
- Helps pets live longer, happier lives



Your pets are a part of your home and family. And physically, they are not all that different from you. Your cat or dog has skin and bones, muscles, and insides that work the same way as yours.

This means that your pet has the same daily needs as any other member of your home: good air and water, adequate nutrition, quality sleep and regular exercise. Nikken pet products offer support for healthy muscles and joints, advanced sleep technology and more.

Reward your pets' love and devotion, because their health and happiness depends on wellness. And on you.

CETYL MYRISTOLEATE FORMULA — PART OF A HEALTHY CARE ROUTINE.

Kenzen™ Pet Joint



As pets age, they may experience joint challenges that can affect their mobility and their quality of life. Nikken offers a supplement created with this in mind: Kenzen Pet Joint. It contains CM Complex, the Nikken cetyl myristoleate compound. Kenzen Pet Joint is an easy way for dog and cat owners to know that

they're giving their pet the care he or she deserves. These chewable tablets are a pet-friendly, smoked hickory chicken flavor. Just one a day is all it takes.

#1422

TECHNOLOGIES FOR REST, COMFORT AND WARMTH.

Kenko™ PetPad

Made with the same Far-Infrared Technology used in the construction of KenkoTherm™ Comforters, the Kenko PetPad provides your pet with the breathable warmth of ceramic-reflective fibers. Combined with Advanced Magnetic Technology that features specially placed magnets, it's the ultimate in sleep and comfort technology for your pet. For your convenience, the Kenko PetPad is completely machine washable.

LARGE 48" X 30" #1412





DISCOVER BALANCE IN SHAPING YOUR HEALTH.



YOUR IDEAL WEIGHT, NATURALLY.

Kenzen™ Body Balance Program

- Three-part program for weight management
- Helps the body find its ideal weight
- Natural, herbal ingredients

*“ Finally! A system that helps
you shed weight the right way. ”*

— Becki Kutz, Irwin, Ohio

It's no secret that most of us are less than satisfied with the shape we're in. Whether we'd like to lose a few pounds, build up a little more muscle, firm or tone, it seems there is always room for improvement.

But the fact is, we didn't get this way on our own — modern living contributes to the problem. Human beings have created an environment that our bodies weren't meant to function in.

Under natural conditions, the human body will find its own balance — an equilibrium that leads toward maintaining its optimum, ideal weight. But the way we live today puts us out of order with ourselves.



This is why Nikken created the Kenzen Body Balance Program.

It's not a diet, drugs or surgery. The Kenzen Body Balance Program is designed to help restore our systems to their natural function. It combines advanced science and basic principles to provide the factor that's missing in most diets: balance.

The Kenzen Body Balance Program can help you lose those unwanted pounds, maintain your desired weight and enjoy a lifetime of good health.

LOSE WEIGHT WITH 3 SIMPLE STEPS

Kenzen Body Balance features three elements that work together to maximize your success. These are:

- 1 CLEANSE
- 2 BURN & BALANCE
- 3 ENERGIZE

These three steps support your body's natural weight-management function, to help you attain your goal.

Kenzen Body Balance is complemented by a complete line of nutrition and skin care, described in pages 40-53.



“ In only one month I lost 13 pounds and went from a size 14 to a 10. ”

— Tara McGuire, Oregon

These results may not be representative of all participants in the Kenzen Body Balance Program. Your results may vary. For many dieters, weight loss is temporary.

THE SHAPE OF YOUR FUTURE.



A FRESH START.

Kenzen™ Detoxifying Cleanse

When your digestive system is overwhelmed, your body doesn't have the ability to absorb nutrients effectively or metabolize fat. Kenzen Detoxifying Cleanse is the first step in the Kenzen Body Balance Program or in any weight management plan.* Cleanse helps the body to establish its own, natural cleansing cycle. It also supports the function of the liver in nutrient detoxifying, which plays a part in weight management and fat metabolism.* Kenzen Cleanse contains only natural, whole-food ingredients — no harsh chemical laxatives — in a natural herbal mixture. These ingredients are also selected for their bioavailability, to be readily absorbed.*

#2510

INTERNAL COMBUSTION.

Kenzen™ Burn

Kenzen Burn metabolic formula is a combination of thermogenic ingredients that support your body's natural calorie-burning mechanism.* Specially chosen compounds add fuel to raise the metabolic rate slightly.* This combustion process feeds on stored fat in addition to ingested nutrients, to consume more of the existing fat deposits.* Some thermogenic products create undesired side effects — for example, increased anxiety or cardiac irregularity. In contrast, Kenzen Burn is carefully balanced with ingredients that support physiological systems acting to reduce or stabilize stress.* It contains no ephedra. Another benefit of Burn is that a higher metabolic rate can help to decrease appetite and reduce cravings, in support of a weight management program.*

#2511

TASTE GREAT.

Kenzen™ Creamy Protein Shake

Balance your diet while reducing calories, by enjoying Kenzen Creamy Protein Shakes. Each offers the nutrients you need in a serving that is high in protein, vitamins and minerals but has only a fraction of the calories in a typical meal. The great, creamy taste and richness (in chocolate and vanilla flavors) helps prevent that hungry feeling.*

Creamy Protein Shakes feature a combination of soy and whey protein to avoid the high fat content of animal proteins, while offering other benefits, such as supporting the body's metabolic management and providing essential amino acids.* In your diet, use of these shakes can be tailored to meet your personal weight management goals. They're even delicious mixed with other foods, including fruit and yogurt, to make a satisfying meal.

VANILLA
CHOCOLATE

#2513
#2514

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



CUT CALORIES, NOT ENERGY.

Kenzen™ Rev Up

When you're trying to lose weight, your energy level dips. Kenzen Rev Up is designed to keep your energy up when you're working on weight loss, so you feel recharged.* This feeling also acts as a natural appetite suppressant.*

Each Rev Up tablet dissolves easily in water, for a pick-me-up on the go. Its delicious flavor is a contrast to the medicinal taste of other energy drinks. And unlike products that rely on high amounts of sugar to create a brief spike in energy, the natural ingredients in Rev Up promote longer-lasting energy levels.*

#2512



VITAMINS, MINERALS, BALANCE AND GOOD TASTE.

Kenzen™ Perfect Start Plus

Perfect Start Plus is high in protein, low in fat — yet satisfying enough to be a meal replacement. With Perfect Start Plus, you can eat a healthy, balanced meal that is actually lower in calories than many less-complete options. Yet its healthy monounsaturated fats provide the flavor, sense of fullness and satisfaction that reduce the craving to eat between meals.* The rich taste of vanilla Perfect Start Plus adds to your enjoyment.

#15574



BETTER THAN WILLPOWER.

Kenzen™ Crave Control

Crave Control is a natural, herbal blend that offers help in suppressing hunger pangs.* It's not only useful for weight management — Crave Control can also play a part in encouraging a healthier, more balanced diet.* It includes ingredients that support healthy digestion and energy.*

#15572

“ It’s amazing how the Body Balance Program has helped my self-esteem. I still stop in front of a mirror and say ‘Who is that lady?’ ”

— Danielle Labelle, High River, Alberta

These results may not be representative of all participants in the Kenzen Body Balance Program. Your results may vary. For many dieters, weight loss is temporary.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

THEY MAKE EXERCISE A PART OF YOUR DAY.

CardioStrides™

- Weighted inserts add a workout to walking
- Select the right weight for any activity
- The safest, easiest way to burn calories, tone muscle

If you're too busy to include regular physical activity in your schedule, Nikken CardioStrides are the answer.

CardioStrides may look like ordinary athletic shoes, but they're not. Instead, they use a classic fitness principle to help you get the exercise you need — while you're doing many of the same things you already spend your time on.

Within CardioStrides are specially shaped, ergonomic weighted inserts. These intensify the muscular and

Get in shape and receive the benefits of cardiovascular conditioning while following your daily routine, around the house or on the go.



cardiovascular benefit you receive when you're walking or exercising. They help you burn fat, firm and tone muscle — not just in your legs but all over.



Weighted inserts include easy-remove strap

Two different inserts are included. Select the unweighted inserts for jogging or aerobics. The medium weight is for walking or everyday use such as housework or casual wear.

Owning a pair of CardioStrides is like having two pairs of shoes in one.

TRUE COMFORT, BETTER FIT

CardioStrides not only have the attractive look of high-end, designer athletic footwear — they also may be the best-fitting shoes you'll ever own. The design of CardioStrides continually evolves, based on field research and reports from wearers. The technicians who developed the latest version used precise measuring dynamics to shape the interior dimensions. You'll notice how comfortable these CardioStrides are as soon as you put them on.

“I've been wearing CardioStrides for two months, and I haven't changed any of my other habits, in exercise or diet. I've lost 18 pounds, 3 inches off my waist and 4 inches off my hips.”

— Susan Garber, Pompano Beach, Florida



New CardioStrides also have a compact profile, a slimmer, flattering shape that offers the wearer what designers call “the stealth advantage.” When you're walking in the new CardioStrides you're burning calories and toning muscle but nobody else will guess your fitness secret.

WALKING IS A NATURAL ACTIVITY



Some exercise programs increase the risk of injury. In contrast, walking employs the body's muscles and joints in natural motion.

CardioStrides are safe for almost everyone. And they make a workout as easy as a walk in the park.

Fitness is important. But it's often overlooked simply because most of us don't have the time to exercise.

Until now.

CHANGE YOUR LIFE, WITHOUT CHANGING YOUR LIFESTYLE.

CardioStrides™

Want to turn your daily habits into a fitness workout? CardioStrides feature two different ergonomic inserts — unweighted and medium-weight — that can help add healthy exercise to a wide range of everyday activities.

Compare CardioStrides to a home gym or exercise equipment that costs many times more. The biggest difference is that CardioStrides make it easy for you to use them every day.



SEE PRICELIST FOR ORDER INFORMATION.



Endorsed by the US Walking Federation

ENERGY THAT FLOWS FROM THE OUTSIDE IN.

Nikken Far-Infrared Wraps and CM Complex Skin Cream

- Far-Infrared Technology in KenkoTherm™ wraps
- Comfort and support wherever you need it
- Soothing cream for muscles and joints



The same Nikken Far-Infrared Technology used in our Sleep System products (see story, page 30) is applied to support wraps, to provide gentle, reflected warmth from ambient energy. Bio-Directed™ CM Complex Skin Cream is also an ideal workout partner — make it part of your routine for casual or sport activities.

GET WRAPPED UP.

KenkoTherm™ Wraps



Ankle Wrap

- 1. ANKLE WRAP - MED #1821
9"(L) X 3½"(W)
- 2. ANKLE WRAP - LG #1831
9"(L) X 3¾"(W)



Elbow Wrap

- 1. ELBOW WRAP - MED #1823
9" (L) X 3½"(W)
- 2. ELBOW WRAP - LG #1833
9¼" (L) X 4½"(W)



Knee Wrap

- 1. KNEE WRAP - MED #1824
9½"(L) X 5"(T) X 4½"(B)
- 2. KNEE WRAP - LG #1834
9½"(L) X 6½"(T) X 5½"(B)
- 3. KNEE WRAP - XL #1844
10½"(L) X 7½"(T) X 6"(B)



Wrist Wrap

- 1. WRIST WRAP - MED #1825
4½"(L) X 2½"(W)
- 2. WRIST WRAP - LG #1835
4½"(L) X 3½"(W)

	M	L	XL
Ankle Wrap	✓	✓	
Elbow Wrap	✓	✓	
Knee Wrap	✓	✓	✓
Wrist Wrap	✓	✓	

LOOSEN UP.

CM Complex Skin Cream

Whether you're a seasoned athlete or just a weekend warrior, Nikken CM Complex Skin Cream can help soothe the muscle and joint discomfort that comes from living an active life. In a non-greasy cream, it combines state-of-the-art ingredients — including cetyl myristoleate, long used to alleviate the discomfort that comes from arthritis. CM Complex Skin Cream is formulated with pi water and exclusive Magna-Cell Technology liposomes that encapsulate the ingredients, allowing them to be rapidly absorbed — so that you can begin feeling better!



SAMPLE SIZE 15 CT #15515



SINGLE (4 fl. oz.) #1506
3-PAK (4 fl. oz each) #1551



Endorsed by the US Walking Federation

“CM Skin Cream has been a huge help to our family.”

— Chris Yarroll, Sandwich, Illinois



Thermographic imaging shows how KenkoTherm Wraps surround areas with gentle warmth as well as support.

MEET YOUR SUPPORT GROUP.

Elastomag® Wraps

- The only wraps with 100% magnetic coverage
- Far-Infrared Technology for gentle warmth
- Orthopedic design for contoured support

Any wrap or elastic bandage can do a passable job of providing support to aching or tired joints or muscles.

Elastomag wraps offer far more.

With Far-Infrared Technology, Elastomag fabric reflects natural energy as gentle, soothing warmth. It's like wearing a combination support wrap and heating pad — except that the milder warmth supplied by Far-Infrared can provide longer-lasting, even all-day comfort.

The magnetic component of Elastomag technology is equally extraordinary. Early magnetic wraps merely attached a few rigid magnets in the material, scattered here and there. This provides scant magnetic coverage — with some designs, as little as 2% of the surface area.

In Elastomag Support Wraps, EQL Magnetic Technology ensures complete and consistent

“*The Elastomag® wraps have worked wonderfully.*”

— Bob Kimmerle, Costa Mesa, California

magnetic coverage — in 100% of the wrap surface. And instead of rigid magnets, the material itself is magnetic — soft, elastic, comfortably molding itself to you. Only Nikken offers this technological breakthrough in a wrap.

An orthopedic surgeon was consulted to determine the best shape for Elastomag Support Wraps. The contoured shapes conform to various joints and regions, such as the elbow, shoulder, knee, back, or wrist. Each wrap offers a snug, but not too tight, comfortable fit.

Wear Elastomag wraps for aching joints or muscles, while exercising, or whenever you want to enjoy comfort that relaxes as it supports.

Support that also gives you gentle warmth — complete, flexible magnetic coverage — in an orthopedic, contoured design.

Between Elastomag and any other wrap, there is just no comparison.



Flexible, stretchable magnetic support material is a Nikken exclusive. Adding natural warming technology made these wraps even better.

Patented EQL Magnetic Technology is inside every Elastomag wrap.



Elastomag® Thigh Wrap

MEDIUM #1689
 23½" - 24½"(C)
 6"(W)
 16" X 6"(F)

LARGE #1694
 27" - 28"(C)
 6"(W)
 16" X 6"(F)



Elastomag® Neck Wrap

MEDIUM #1695
 UP TO 16"(C)
 10½"(W)
 94½ SQ."(F)

LARGE #1696
 16" - 19"(C)
 12"(W)
 144½ SQ."(F)



Elastomag® Hand Wrap

MEDIUM #1687
 7½" - 11½"(C)
 5½"(W)
 7½" X 5½"(F)

LARGE #1692
 8½" - 12½"(C)
 5½"(W)
 8½" X 5½"(F)



Elastomag® Knee Wrap

MEDIUM #1688
 15" - 16"(C)
 8"(W)
 8½" X 8"(F)

LARGE #1693
 18" - 19"(C)
 8"(W)
 8½" X 8"(F)



Elastomag® Elbow Wrap

MEDIUM #1686
 12" - 13"(C)
 8"(W)
 6½" X 8"(F)

LARGE #1691
 14½" - 15½"(C)
 8"(W)
 6½" X 8"(F)



Elastomag® Ankle Wrap

ONE SIZE FITS MOST #1683
 9" - 14"(C)
 5"(W)
 10" X 5"(F)



Elastomag® Back Belt

SMALL #1630
 ADJUSTS FOR WAIST SIZES TO 30"
 30"(C)
 6½"(W)
 11½" X 6½"(F)

MEDIUM #1631
 ADJUSTS FOR WAIST SIZES 31" - 38"
 38"(C)
 7½"(W)
 15½" X 7½"(F)

LARGE #1632
 ADJUSTS FOR WAIST SIZES 41" - 48"
 48"(C)
 7½"(W)
 15½" X 7½"(F)



Elastomag® Shoulder Wrap

SMALL #1697
 35"(C)
 10"(W)
 10" X 9½"(F)

MEDIUM #1698
 40"(C)
 12"(W)
 12" X 10½"(F)

LARGE #1699
 45"(C)
 14"(W)
 14" X 12"(F)



Elastomag® Wrist Wrap

ONE SIZE FITS MOST #1684
 UP TO 8½"(C)
 2½"(W)
 8½" X 2½"(F)



Elastomag® Headband

ONE SIZE FITS MOST #1681
 14" - 24"(C)
 2"(W)
 2" X 22"(F)

C = Wrap Circumference
 W = Wrap Width
 F = Flexible EQL Magnetic Technology Surface

Elastomag® Cleaner

#9459
 8 FL. OZ.



SAVE YOUR ENVIRONMENT.

Now you can enjoy air in your home that's clean and natural.

The new Air Wellness Power5 Pro is an impressive design achievement: advanced air filtration — including HEPA technology — ecologically friendly materials, minimal

energy consumption, compact size and quiet operation. Plus refreshing negative ions and no ozone emissions. The Power5 Pro gives us all some breathing room. (p.8)



Air Wellness™
Power5™ Pro

NIKKEN® Discover it. Live it.

Your Independent Nikken Consultant



52 Discovery Road, Irvine, CA 92618
Nihon Kenko Zoushin Kenkyukai, Canada Corp.,
6460 Kennedy Rd. Unit C, Mississauga, Ontario L5T 2X4
© 2008 Nikken Inc. • Printed in USA
Reproduction of this printed literature is prohibited.



#9319 Revised 1/08 US