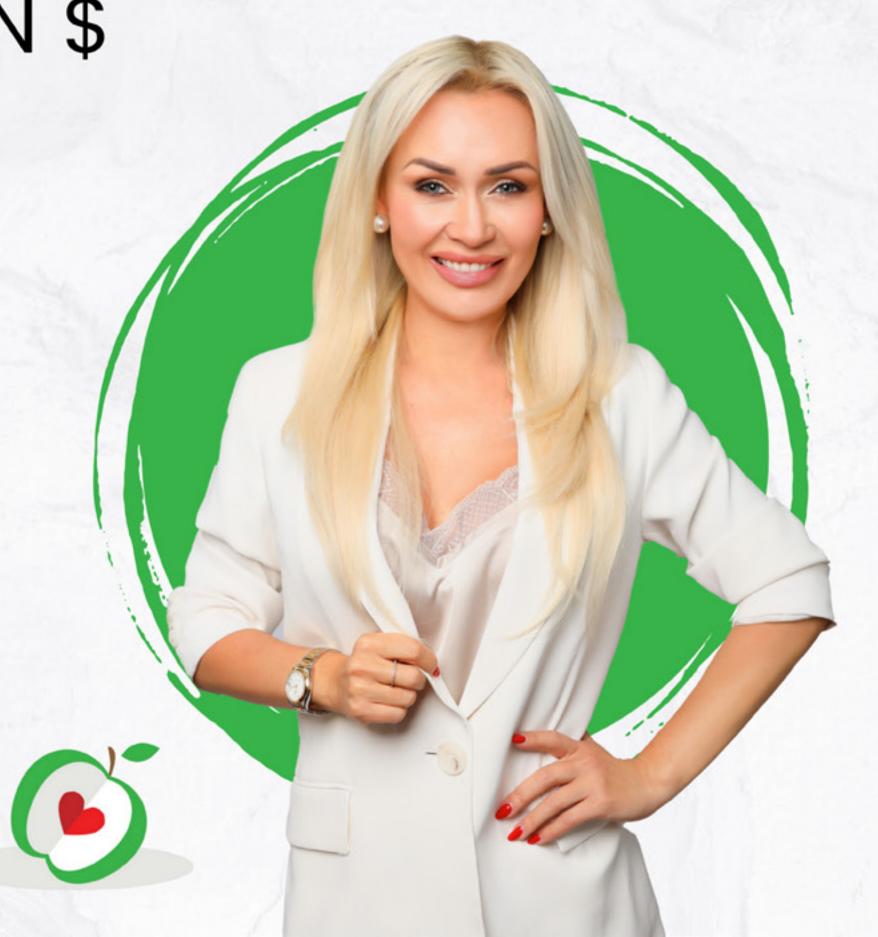
HOW TO BUILD A MILLION \$
CASH PRACTICE

POLINA PETRUSEVICH

Certified Nutritionist. Precision Nutrition Level 1 and 2 NASM Nutrition and Sports Nutrition NESTA Nutrition and Behavioral Coaching

OWNER & FOUNDER 7.7 NUTRITION



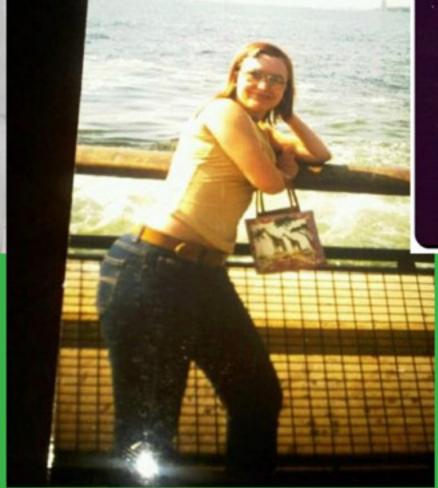


ABOUT POLINA











7.7 NUTRITION WHO WE ARE

- Weight Management
- Youthful Aging
- Bodybuilding
- Sports Performance & Young Athletes
- Pregnancy & Lactation Diets
- Food Inflammation Testing
- Clinical Nutrition
- Candida Detoxes
- Leaky Gut Protocols
- Hormone Testing
- SECA Body Composition Analyses
- Professional Grade Supplements



OUR STORY

CURRENT LOCATIONS:

2010 - POWERHOUSE GYM, TAMPA FL

2019 - POWERHOUSE GYM, WEST BLOOMFIRLD, MI

2020- POWERHOSUE GYM, NOVI, MI

2021 -TROY, MI (INSIDE MEDICAL SPA)

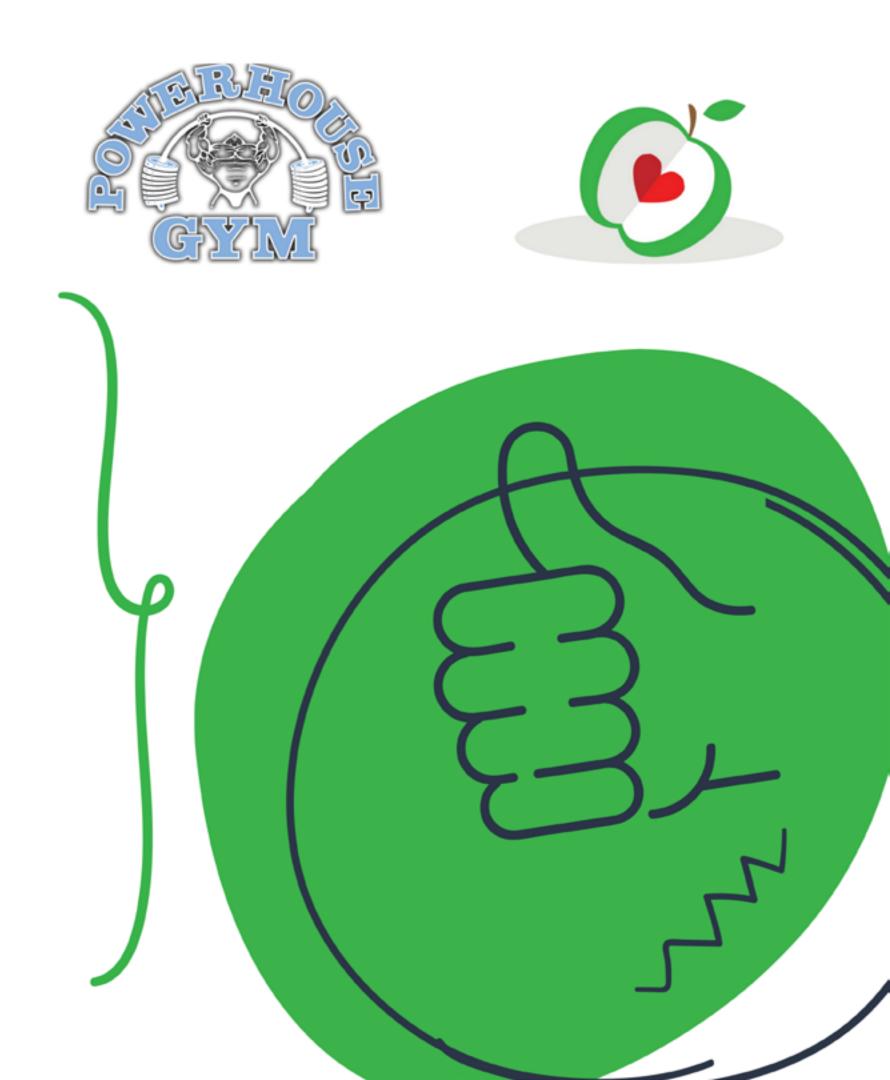
2023 - POWERHOUSE GYM, NORTHVILLE, MI - COMING SOON

2023- ANN ARBOR, MI (INSIDE CHIROPRACTIC CLINIC)

2024- ANN ARBOR, MI, COMING SOOM

CLOSED DOWN LOCATIONS:

POWERHOUSE GYM, DOWNTOWN TAMPA, FL FUSION MEDI SPA, TAMPA, FL POWERHOSUE GYM, BIRMIGHAM, MI POWERHOUSE GYM, BRANDON, FL





REAL PEOPLE, REAL RESULTS

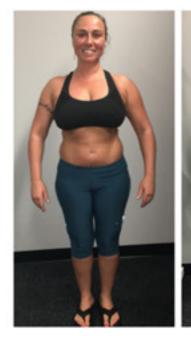






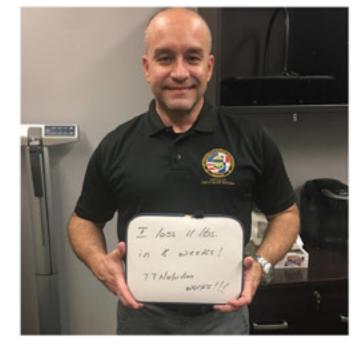




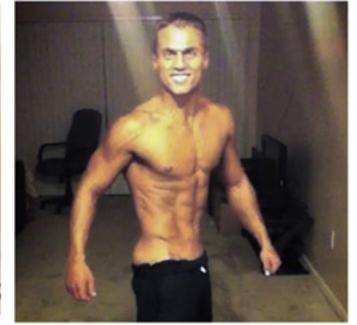






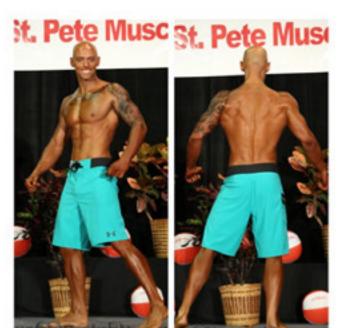




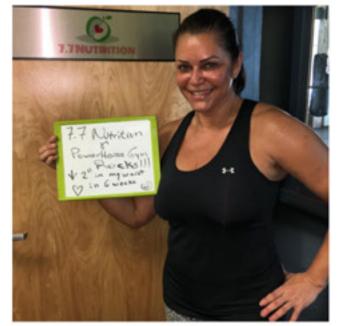








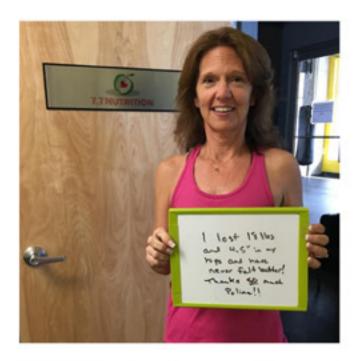


















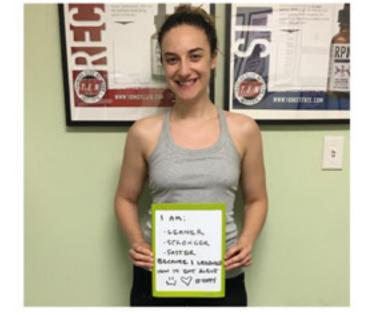
























DISCLAIMER





This information is not intended to treat, diagnose, or give specific medical advice. While all content is written by a Registered Dietitian and strive to provide only accurate, scientific-based information, your specific health needs may or may not apply to the content contained in this presentation.



IN 2019...

North America emerged as the largest market for dietary supplements.

BY 2027...

The global dietary supplements market size is projected to reach USD 230.73 billion.

77% OF US ADULTS TAKE SUPPLEMENTS

79 % of female adults 74 % of male adults 70 % of adults 18 – 34 81 % of adults 35 – 54 79 % of adults 55+





HOW AND WHERE TO START?

EDUCATE YOUR CLIENT!
PREVENTION IS BETTER THAN
CURE

Natural Supps VS Meds

CAN I GET ALL MICRO-NUTRIENTS FROM THE FOOD I EAT?

YES, ONLY IF:

- Consuming 4500 cal daily
- Organic Foods Only
- No Oxidative Stress, Air Pollution, Etc
- Tested for No Current Vitamin Deficiencies



Supplement Facts

Serving Size 2 Gummy Vitamins Servings Per Bottle 45

Amount Per Serving	% Daily Value for Pregnant Women & Lactating Women				
Calories		25			
Total Carbohydrate		5 g	2%†		
Total Sugars		4 g	**		
Includes 4 g Added Suga	rs		8%†		
Vitamin A (as retinyl palmitat	e) 650 m	g RAE	50%		
Vitamin C (as ascorbic acid)		20 mg	17%		
Vitamin D (as cholecalciferol)	20 mcg (8	300 IU)	133%		
Vitamin E (as d-alpha-tocoph	eryl acetate)	19 mg	100%		
Niacin (as inositol niacinate)	18	mg NE	100%		
Vitamin B-6 (as pyridoxine H	CI)	2 mg	100%		
Folate	600 m (360 mcg foli	cg DFE c acid)	100%		
Vitamin B-12 (as cyanocobala	min) 2	.8 mcg	100%		
Biotin	3	5 mcg	100%		
lodine (as potassium iodide)	22	0 mcg	76%		
Zinc (as zinc chelate)	;	3.8 mg	29%		
Sodium		5 mg	<1%		
Omega-3 fatty acids (from fis	sh oil)	65 mg	**		
DHA (docosahexaenoic aci	d)	50 mg	**		
Other Omega-3 fatty acids		15 mg	**		
†Percent Daily Values are based on a 2,000 calorie diet.					

^{**} Daily Value not established.

Other ingredients: Glucose syrup, sugar, water, gelatin; less than 2% of: citric acid, colors (blueberry and carrot concentrates, purple carrot juice concentrate), fumaric acid, lactic acid, natural flavors, and pectin. Contains: fish (tuna).

Processed in a facility with products that contain egg, fish, shellfish, soy and tree nuts.

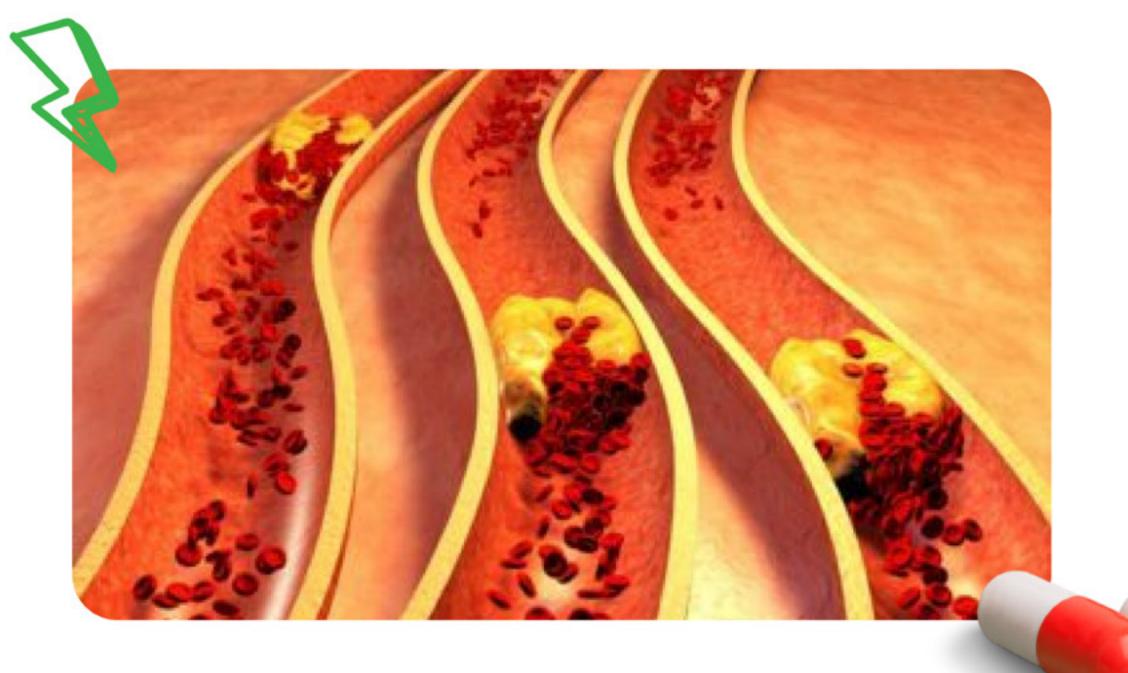








Vitamin Manufacturers: Secrets They Don't Want US to Know ...



THE SAME ARTERY-CLOGGING HYDROGENATED FATS AND OILS (AKA TRANS FATS) THAT WE ARE TOLD TO AVOID FOR HEALTH REASONS ARE ALSO USED AS CHEAP VITAMIN FILLERS!

AVOID: mercury, lead, cadmium, dyes, fillers

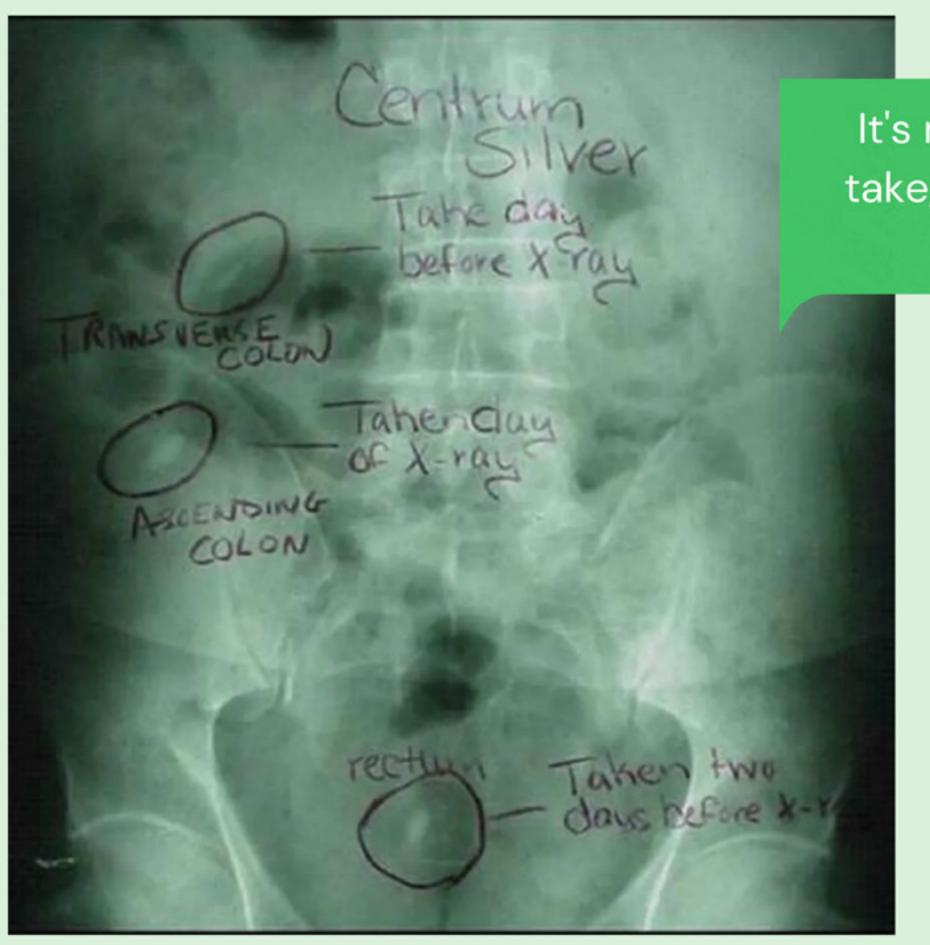




- Our Clients are Required to Bring All Supplements to a Consultation
- Education on Chemicals and Fillers
- Importance of Wholefoods Ingredients
- "Horse Pills" Vs Liquid + Powders + Vegetarian Caps
- Education on Professional Grade Formulas
 - Keep the "VISUALS" in stock!

WITH EACH CONSULTATION....





It's not what you take, it's what you absorb!



If you are taking synthetic vitamins, your body will use co-factors from its own storage supply to help make the synthetic vitamins complete, creating even more nutritional deficiencies.

One recent study demonstrated that synthetic vitamin C caused free radical damage while natural sources of vitamin C prevented free radical damage.

Synthetic vitamins also put a greater strain on your kidneys and make for expensive urine since it all ends up in the stool instead of your body.



BEST WHEY

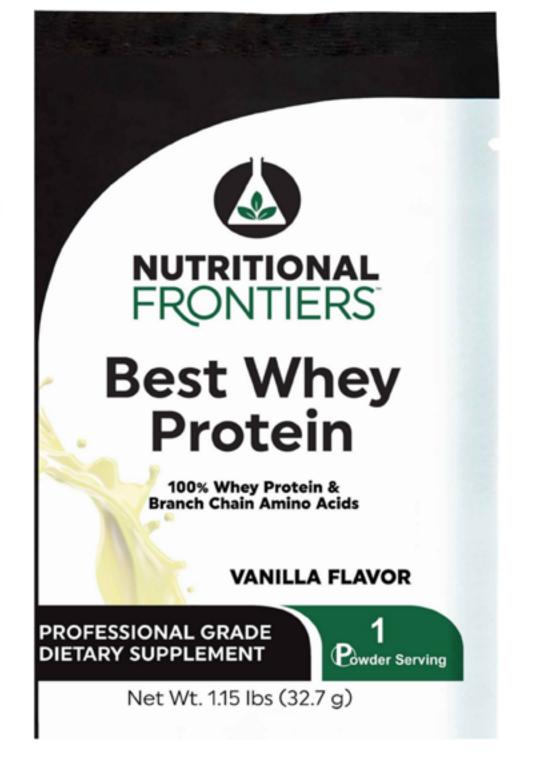
- From Organic Grass Fed Cows
- High Amino Acid Profile
- High Immunoglobulin Profile
- Added Fibersol
- Great tasting
- 97% lactose free
- Well tolerated even with dairy sensitivities

CONTAINS NO:

- Hormones
- Artificial sweeteners
- Sugar
- Fructose
- Sugar alcohols
- Hydrogenated fats
- Trans fats
- Aseuflame k



BEST WHEY



SUPERSHAKE





SUPER SHAKE

- No soy, dairy, wheat, gluten, or artificial flavorings
- Ideal to be used for breakfast, any meal or a snack
- Hypoallergenic, digests easily even with people with food allergies
- Great meal replacement and can be used with Nutritional
 Frontiers 10 and 30 day cleanse and 7.7 Nutrition 21 Day Reset
- A hypoallergenic, vegetarian, low carbohydrate meal replacement powder suitable for those with food allergies and food sensitivities.
- Protein Blend includes, pea, rice, and pumpkin proteins. This protein blend provides a variety of amino acids, all necessary to obtained through diet because the human body does not synthesize them.
- Fibersol-2 a soluble fiber comprised of digestion resistant maltodextrin.
- MCT Oil Medium Chain Triglycerides which are easily assimilated and efficiently converted to be burned as energy. They are a great energy source on a low calorie diet or when training, body will NOT store as fat.

SUPER SHAKE VS OTHER BRANDS

Supplemental Facts: Amount per serving: 1 scoop Servings Per Container: 30

Calories 137 Protein 24g Total Fat 2g MCT Oil (Saturated Fat) 2g Total Dietary Fiber 3g Fibersol-2™3g Total Carbohydrates 5g



















PRICE PER CONTAINER: \$65.00

TOTAL SERVINGS: 30

SERVING SIZE: 1 SCOOP

FAT:2 G

CARB: 5 G

PPROTEIN: 24 C



PRICE PER CONTAINER: \$39.90

TOTAL SERVINGS 26

SERVING SIZE: 2 TBSP

FAT:1G

CARB: 1 G

PPROTEIN(9 G

Price per container to make it equivalent to Super Shake: \$99.75

FOLLOW THESE STEP BY STEP PROTOCOLS:





CREATE BUNDLES

OFFER SAMPLES

FIND YOUR STAPLE PRODUCTS

Immune Bundle
Digestive Reset
Adrenal Support
Weight Management
Joint Support

Send all clients home with samples for them and their family members.

Give away a free shaker with all protein powder samples. Chiropractors: HA Plus, D3, CBD Oil

Personal Trainers: Best Whey, Power Fuel

Family Practice: Lean Greens, Frontier Multi

Acupuncturists: AdrenaMaxx, Calm Day

RD's: SuperBiotics, SuperShake

Clinical Aestheticians: HA Plus, Pro Purple

Pediatricians: Omega 3, Frontier Biotics

OBGYN: Women's Complete, D3, Super B

HRT/Anti Aging: CBD, Endocrine, Testo 180

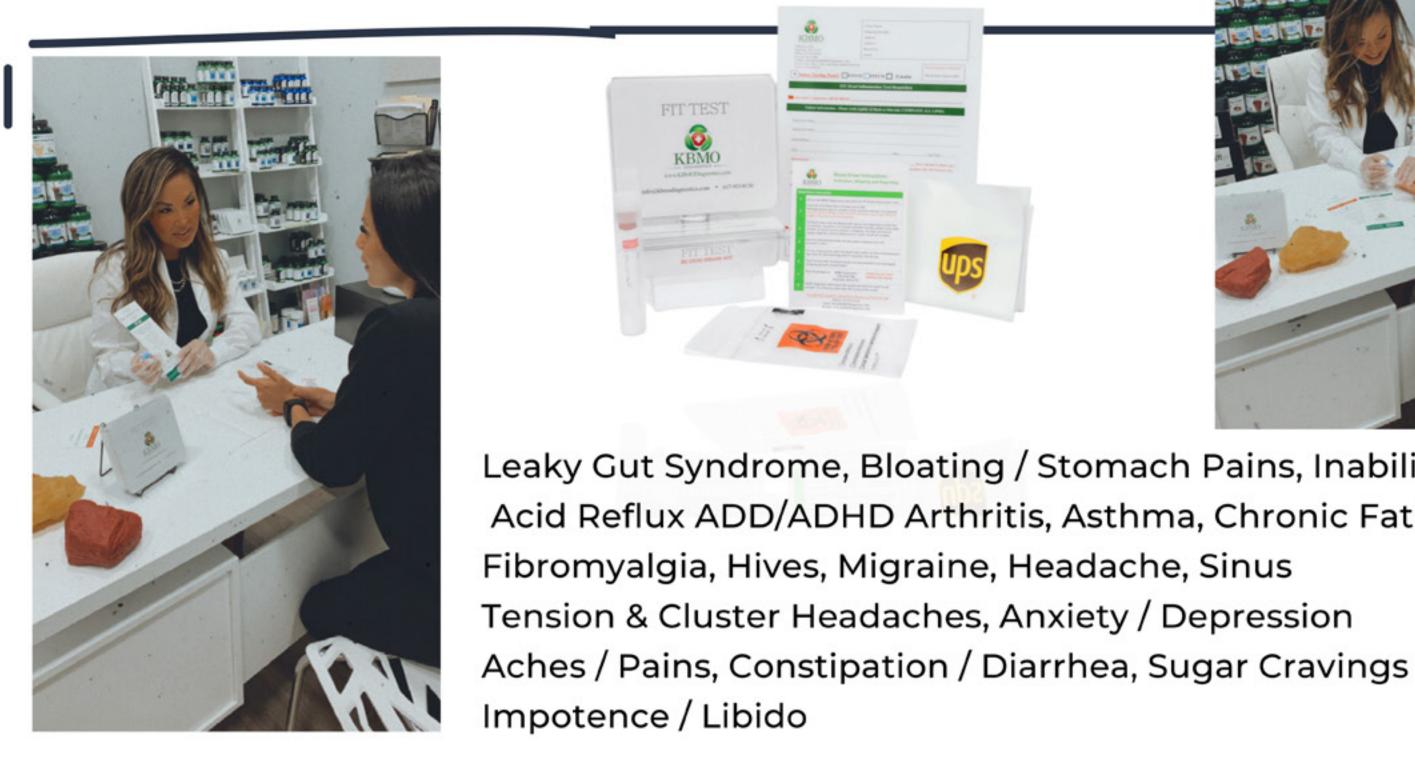
Dentists: D3, HA+, CBD

m

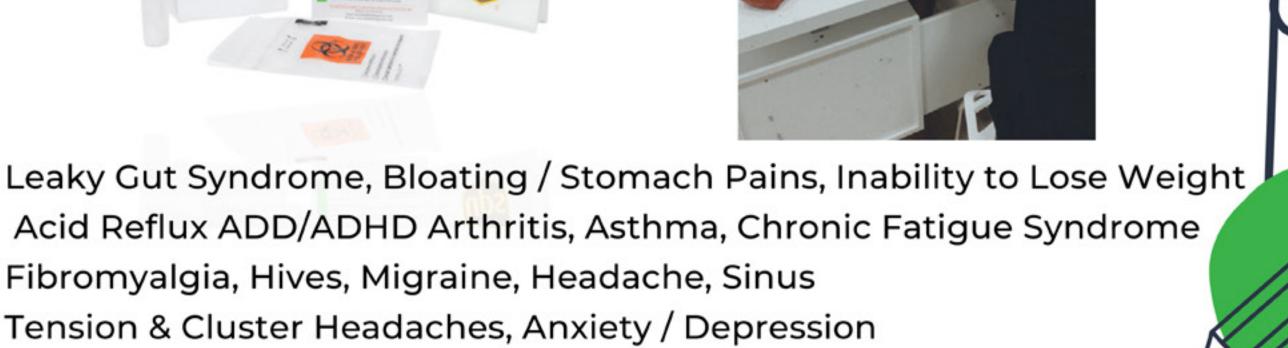


Impotence / Libido



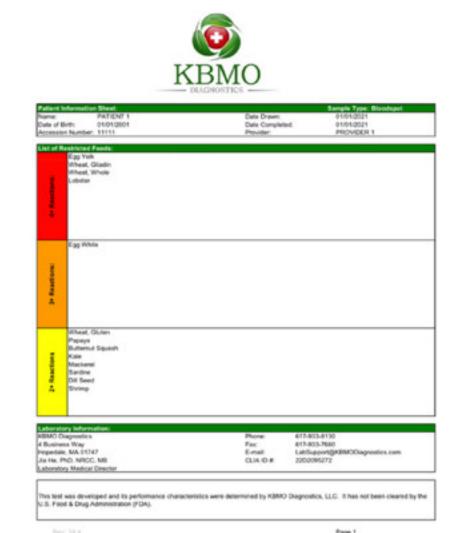








KBMO DIAGNOSTICS









Cocoa

Lentils

Spices

Basil

Cloves

Garlic

Oregano

Paprika

Pepper, Black

Pepper, Chili

Peppermint

Rosemary

Vanilla

Anchovy

Flounder

Halibut Mackerel

Snapper

Trout

Swordfish

Codfish

Cinnamon

Green Bean

Navy Bean

Pinto Bean

Kidney Bean

Pomegranate Cow's Milk Egg Yolk Egg White Additives Sheep's Milk Aspartame Benzolo Whey Acid BHA

MSG

Red #40

Saccharin

Yellow #6

Vegetables

Artichoke

Arugula Asparagus

Beets

Broccoli

Polysorbate 80

Grains Barley Buckwheat Millet Oat Quinoa

Rye Sorghum Spelt Wheat, Gluten Wheat, Whole

Fruits Acai Berry Avocado Blueberry Cantaloupe Cherry Cranberry

Grapefruit Honeydew Meion Lemon Lime Olive, Green Onion, White Orange Papaya

Peach

Brussel Sprouts Butternut Squash Cabbage Cauliflower Celery Cilantro Colland Greens Cucumber Parsley. Pea, Chick Pea, Green Pepper, Green Potato, Sweet Potato, White Pumpkin Spinach. Summer Squash

Zucchini

Microbes

Yeast, Baker's

Bacon Duck Lamb Park.

Turkey Gut Barrier Panel included on every FIT 132 and 176 FIT 176-All Foods Listed

Extracts & Miscellaneous Agave Canola Oil Coconut Oil Hemp Protein (CBD)

Maple Syrup Mushroom Spirulina Sugarcane Tea, Black Wine, Red

Honey

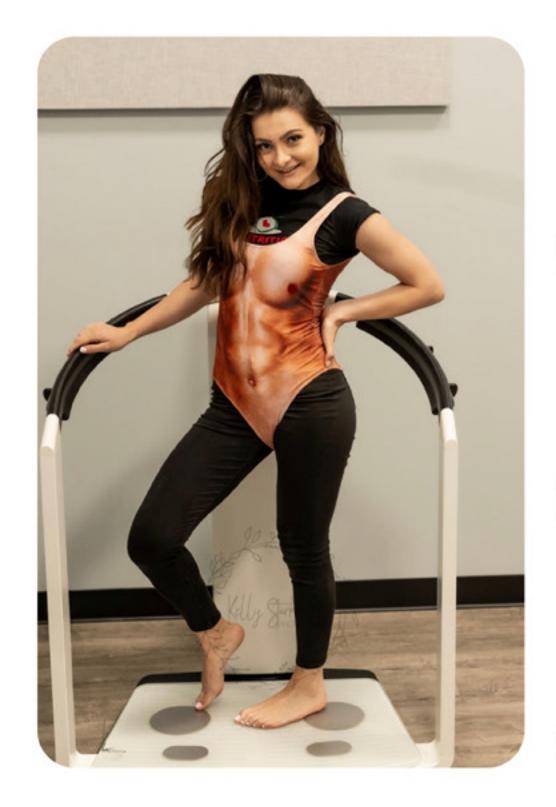
Seeds Chia Seed Dill Seed Hemp Seed Sesame Seed Sunflower Seed

Shellfish Clam Crab Lobster Oyster Scallops Sea Bass Squid

Nuts Brazilnut Cashew Coconut Cola Nut English Walnut Hazelnut Macadamia Nut Peanut Pecan Pine Nut Pistachio

Test Key FIT 22-FIT 132-

Gut Barrier Panel				
	IgG1-4-C3d	IgA1-2		
Candida	Positive	Positive		
Zonulin	Negative	Positive		
Occludin	Negative	Negative		
LPS	Positive	Negative		



DURING A CONSULTATION:

Do not ask " Would You Like to Try?!"...Be Direct in Offering the Solution

IMPLEMENT MIN. OF 2 PRODUCTS

Find 2 Best Products Your Patient May Benefit from

ALWAYS USE BROCHURES AND PRODUCT SHEETS

Staple Your Business Card to Each Brochure

OFFER FREE SHIPPING

Allow FREE Shipping on Qualified Orders, Add an Option for Shipping on Refills







THE SUPPLEMENTS

GI COMPLETE:

Powder: As a distary supplement, mix one scoop with cald water or juice once or twice daily, or as directed by your health care practitioner.

Capsules: Take 5 capsules daily, or as directed by your health care practitioner.

PROBZYME: 1 wafer, 3 times daily, with meals.

BETAZYME: I copsule with each meal

CANDIKILL:

LIVER/GALLBLADDER TINCTURE:

evening with SBC II

FRONTIER BIOTICS:

I copsule one to two times per day; either in the morning or night, between meals.

SUPER BIOTICS:

1 copsule on an empty stomach or between meals, one to three times per day

THE FOOD

SUPPORT GUIDE

GITRACT











NUTRACEUTICALS						
	A.M.	Rose	PAM.	without his		
			_			
_		_	_	_		





ADRENAL - HORMONE - THYROID

SUPPORT GUIDE





THE SUPPLEMENTS

ADRENAL GLANDS

3 Per Day PRO DRANGES:

1-2 servings daily SUPER B COMPLETE:

HORMONES

DHEA SPRAY OR CAPSULES:

Spray: Hold nozzle 1" from mouth, spray once and swallow. 1 spray can be taken up to eight times daily Caps: 1 capsule 3 times per day

ESTROCLEANSE: 1-3 capsules per day with food TESTO 180 CAPSULES:

2 capsules 2 times daily 2 capsules daily, preferably with a meal

THYROID

IDDINE PLUS: 1-4 capsules with food, per day

THYRO COMPLETE: 2 capsules 1 hour before breakfast FRONTIER FLAX: 1 softgel with a meal, 1 to 3 times daily

THE FOOD



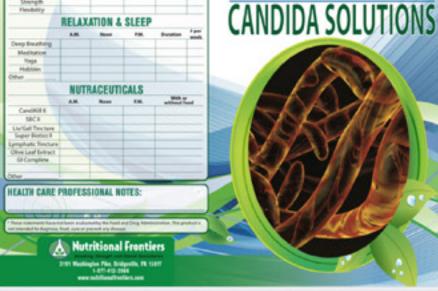
















Nutritional Frontiers

SuperBiotics SBCII • GI Complete • Betazyme or Cybzyme Gi Maxx

CANDIDA:

- CandiKill
- Superbiotics

GI PROTOCOL:

- SBC II
- Liver/Gallbladder
- Lymphatic

ADRENAL:

- AdrenaMaxx
- Adrenal Tincture
- Endocrine Tincture
- Calm Day
- CBD Oil



RECIPE

PROTEIN SHAKES • SMOOTHIES BREAKFAST • SNACKS • DESSERT & MORE!

OFFER RECIPE GUIDES



You can request all marketing material from NF FREE of charge







RUN PROMOS AND SPECIALS



Buy 1 Super Shake, get 2nd 20% Off

Buy 3 NF Products, Get 1 FREE

ALL Candida Bundles are 15% (Min of 4 Items)

ALL Multi Vitamins 20% Off

\$150 Bundle of Products of Choice with a Purchase of Service

FREE Product of Choice with a Purchase of FIT Test

Buy 2 FIT Tests, Get \$100 OFF

Buy 3 FIT Tests, get Gut Barrier Panel FREE



BEFORE YOU OFFER A SOLUTION...

Get All Your Ducks in a Row

- Keep On-Hand Inventory. Always!
- No Inventory No Sale!
- Order Stock in Bulk
- Think in Bundles of 6, 12, 24 and 48 Units
- Be on a Look Out for Monthly Specials
- Ask for NET 30
- Ask for Payment Plans
- Ask for Samples, Brochures, Holistic Truth Magazines, NF Shakers
- Offer Online Inventory
- Use Punch Cards
- Give Away Gift Certificates

BY FAILING TO PREPARE, YOU ARE PREPARING TO FAIL!!









\$59.95



Mood Lift

\$39.95



Omega 3D - 120 Softgels

\$59.95



Power Q-Nol

\$53.95



Pro Oranges

\$49.95



Pro Purples

\$49.95







INVEST IN YOUR TEAM!

Your team is your most valuable asset!

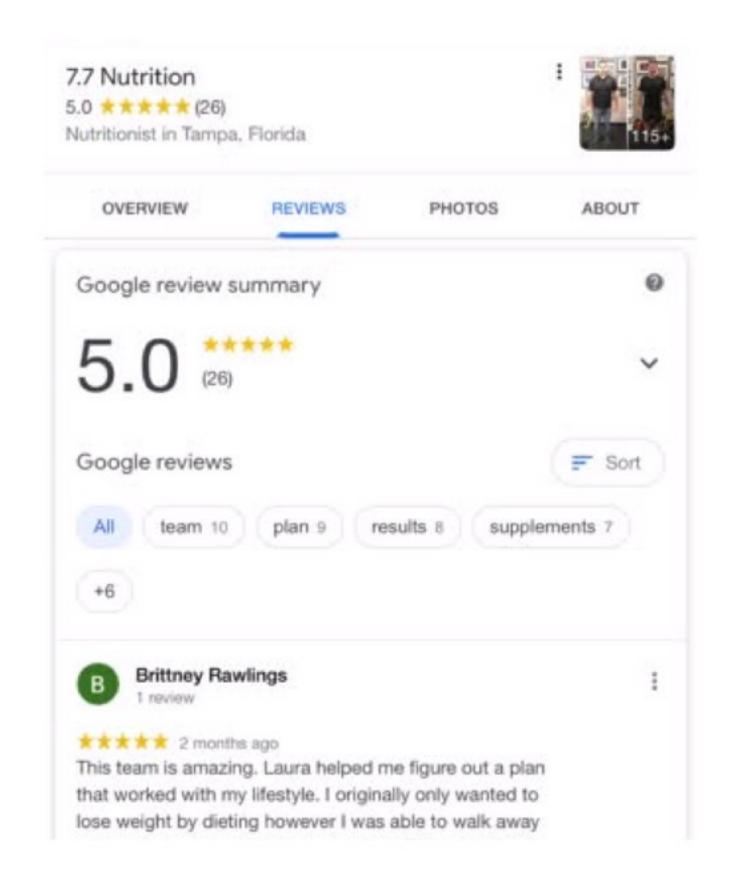
Set Up Weekly Team Meetings Schedule NF Educational Zoom Calls Attend NF Training Events Role Play!

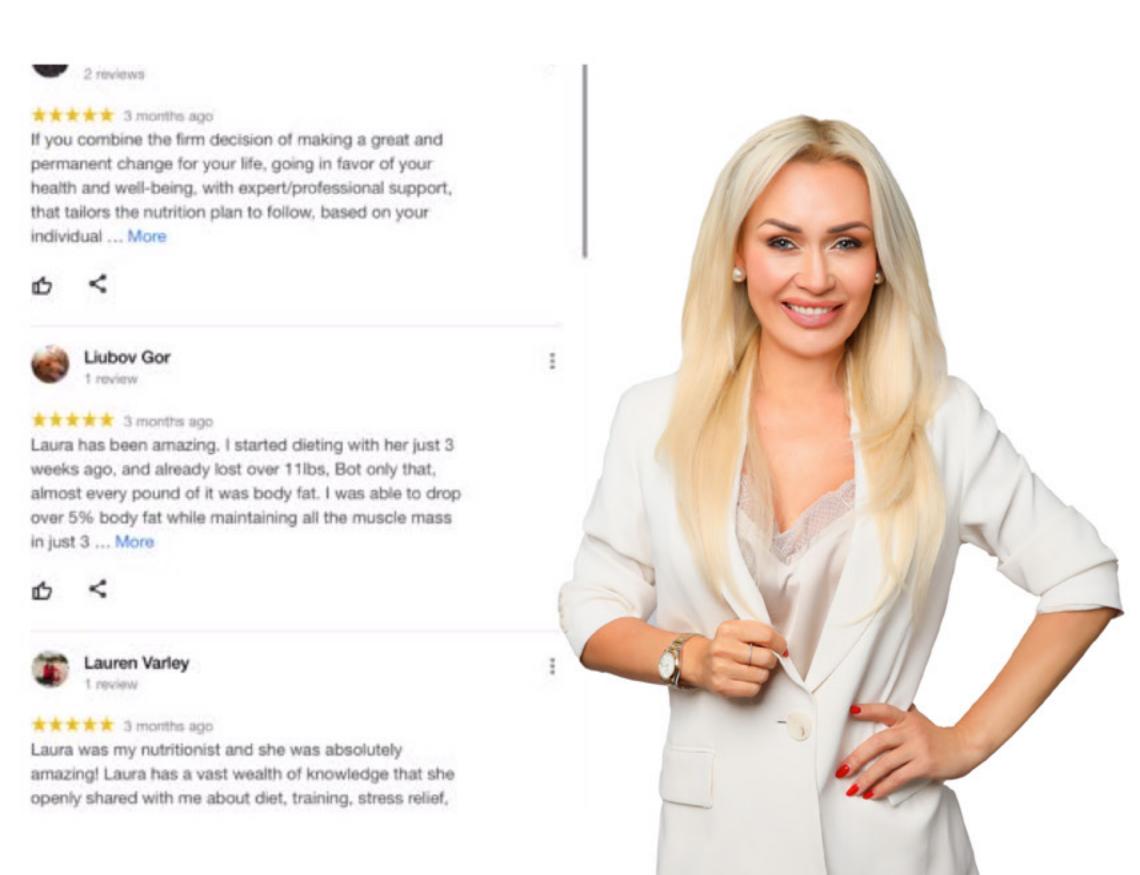
Set Up "Shadowing Sessions"



THE FINAL RESULT:







INQUIRE ABOUT CUSTOM FORMULAS AND PRIVATE LABELS

Low Minimal Order Requirements Certificates of Analysis (COA) Guarantee of Quality Customize Your Ingredients













Dietary Supplements That Actually Work

Vitamins designed for you by Nutrition Experts, with ongoing support. All starting from \$1.2/day

Explore!



100% Natural Clinically Tested No Side Effects 98% Absorption Satisfaction Guarante













AND MOST IMPORTANTLY...

Don't Be Afraid to Start Small

Don't compare your chapter 1 to someone else's chapter 20.













TEAM TRIP TO NF HQ











TO SCHEDULE A COMPLIMETARY NUTRITION APPOINTMENT:

West Bloomfield, MI

WBF@77Nutrition.com

Novi, MI - 2020

NOVI@77Nutrition.com

Troy, MI - 2021

INFO@77Nutrition.com

Virtual Consult

Jessica@77Nutrition.com



BUSINESS CONSULTING OPPORTUNITIES

are available

CONTACT ME DIRECTLY

Polina@77Nutrition.com

(248) 702-4724 Call/Text

IG: @7.7Nutriton

77Diet.com

