

Healthy Runner Web Content

Suggested Slogans

Run strong, run long, run healthy

Put your best foot forward

Hit the ground running

For your personal best

For the healthy runner

By runners, for runners

Home Page

Any road warrior can attest to the many benefits of running. Lacing up and pounding the pavement, even if it's just for 20 or 30 minutes at a time, results in improved fitness, lower stress levels, and decreased risk of heart disease and other illnesses. There's no contesting that running is a highly rewarding and healthy sport—but it's also very physically demanding. As an athlete, you owe it to your body to supplement your cardio activities with proper everyday nutrition to get the most out of your workouts.

With today's hectic, fast-paced lifestyles and prevalence of unhealthy, processed foods, eating right is often even more challenging than getting in a daily run. But when you don't get the well-rounded diet and nutrition you need, your performance suffers, eventually making you a slower, less efficient runner. Whether you're training for a marathon or just running recreationally to maintain your current fitness level, your body deserves to be fueled with wholesome nourishment.

That's where the **Healthy Runner Multi-Vitamin** comes in.

Specially formulated for busy runners like you, Healthy Runner is a full-spectrum multi-vitamin packed with all of the recommended vitamins and minerals for today's endurance athletes. Suitable for runners of all fitness and performance levels, it offers numerous athletic benefits:

- Increases energy levels and endurance
- Helps your body more efficiently burn fat and process sugars
- Helps to speed up recovery and muscle repair
- Replaces essential nutrients lost during exercise
- Helps you get the maximum benefits out of each and every run

Give your body the fuel it needs to work harder, longer, and stronger. With the Healthy Runner Multi-Vitamin, every run will be your best.

About Page

At Healthy Way Vitamins, we don't just understand runners—we *are* runners. With a firsthand knowledge of the physical demands of the sport, we're committed to helping athletes get the daily nutrition they need to achieve top conditioning and optimum health. Whether you prefer the road, the trail, or the treadmill, our goal is to get you on the right path to the best fitness levels of your life.

The Birth of Healthy Way Vitamins

With more than 20 years of fitness experience, the founder of Healthy Way Vitamins is well-versed in the specific nutrition requirements of runners. After years of searching the marketplace, Rod Dewar recognized a need for a vitamin tailored to the unique physical demands of everyday athletes. Armed with cutting-edge fitness research, he created the exclusive **Healthy Runner Multi-Vitamin**. Packed with beneficial vitamins and minerals to enhance your daily runs, it contains no fillers or unnecessary ingredients—just the essentials.

Why Choose Us?

We set ourselves apart from other vitamin distributors by focusing on what's most important to you:

- **Expertise:** Founder Rod Dewar has participated in a variety of fitness competitions, from power-lifting to triathlons, and has worked one-on-one with hundreds of athletes to help them reach peak performance. With a degree in Business Fitness Management and an ACE certification in personal training, fitness is more than just his job—it's his passion.
- **Quality:** With the Healthy Runner Multi-Vitamin, you'll get everything you need and nothing you don't. Our supplement is infused with the recommended daily dose of essential vitamins and nutrients. Completely safe for everyday use, it helps boost energy levels, speed up recovery times, and improve endurance.
- **Value:** Why pay the steep prices for "designer vitamins" at your local health store? The Healthy Runner Multi-Vitamin includes all of the essential supplements you need, offered at a budget-friendly value.
- **Service:** Unlike impersonal chain stores, Healthy Way is committed to providing you with individualized guidance before, during, and after your purchase. If you have any questions about our product, we invite you to [contact us](#) anytime. One of our courteous, knowledgeable representatives will get back to you promptly. We

offer speedy next-day shipping, hassle-free returns, and a risk-free 100% satisfaction guarantee.

Product Description

Achieve peak performance—and the best runs of your life—with the Healthy Runner Multi-Vitamin. Formulated by runners for runners, this robust athlete's supplement is packed with all of the essential daily vitamins and minerals to help you get the most out of your workouts. This complete multi-vitamin includes only what you need—no unnecessary fillers or additives.

What can the Healthy Runner Multi-Vitamin do for you?

- Increase your overall physical health and well-being
- Speed up your post-run recovery times
- Boost your energy levels to help maximize speed and endurance
- Help your body more efficiently burn fat and process sugars

Impressive Value

We believe good health and fitness should fit into anyone's budget. The competitive pricing of the Healthy Runner Multi-Vitamin breaks down to just 34 cents a day—less than the cost of a newspaper! Plus, when you order two or more bottles, you'll enjoy **free shipping** for even more savings.

Risk-free Guarantee

We're so confident in the effectiveness of the Healthy Runner Multi-Vitamin, we're offering a 100% satisfaction guarantee. If you're not absolutely delighted with the results, simply return the unused portion for a full refund, no questions asked.

Essential Vitamins & Nutrients

Each multi-vitamin is packed with all the health-boosting nutrients you need to optimize your performance and well-being:

- **CoQ10 enzyme:** Protects your body against free radicals, by-products of the natural metabolic process that have been shown to cause cell and muscle damage
- **Vitamin C:** Maintains the strength of tendons and ligaments, speeds up the healing of wounds, boosts the immune system to ward off illness, and aids in the production of necessary hormones
- **Calcium:** Aids in bone strength, muscle contraction, secretion of hormones and enzymes, and nervous system functions

- **Chromium:** Critical to the metabolism and storage of carbohydrates, fats, and proteins
- **Folate:** Aids in cell production and protection, and prevents DNA mutations that could lead to cancer
- **Vitamin K:** Expedites blood clotting and energy metabolism
- **Iron:** Helps to ensure efficient transport of oxygen to cells throughout the body, preventing fatigue, sluggishness, and decreased immunities
- **Magnesium:** Helps maintain normal muscle and nerve function, regulates heart rhythms, boosts the immune system, aids in synthesizing proteins, and strengthens bones
- **Selenium:** Aids in making selenoproteins, important antioxidant enzymes that help prevent cellular damage
- **Vitamin A:** Regulates the immune system, warding off infections by producing white blood cells to destroy harmful bacteria and viruses
- **Vitamin B6:** Metabolizes proteins, produces red blood cells, and regulates the functioning of the nervous and immune systems
- **Vitamin B12:** Helps maintain healthy nerve cells and red blood cells
- **Vitamin D:** Prevents bone brittleness and frailty
- **Vitamin E:** Protects cells against damage from free radicals

Don't sacrifice another run to sub-par performance. Try the Healthy Runner Multi-Vitamin risk-free today and become a stronger, more efficient athlete—guaranteed.

Ingredients Page

The Healthy Runner Multi-Vitamin is infused with the following essential vitamins and nutrients recommended for optimum nutritional health. For safe, effective results, take 1 to 2 tablets per day.

Quality Assurance Notes:

- All Healthy Way Vitamin products are manufactured in the USA under strict GMP Quality Control guidelines and in accordance with all US Food & Drug Administration policies.
- All Healthy Way Vitamin products are subjected to at least five rigorous quality control testing suites during production and before the product is released for shipping.

- All raw materials are tested by pharmaceutical professionals to ensure that the ingredients meet or exceed the product specifications.
- All products are tested during and after the mixing process to ensure that the ingredients have been completely and properly distributed throughout the mixture. This is an important step in ensuring that each tablet or capsule meets the full product specifications.
- Products are again tested during Tableting/Encapsulation, assuring you that the product meets weight and potency specifications.
- After Tableting is completed and before coating, all tablets pass through a visual quality control inspection, during which any broken or damaged tablets are rejected.