



Shannon Miller, Celebrated American Gymnast

Revolutionary Personal Vitamin System Delivers World-Class Results

Celebrated American Gymnast Shannon Miller Shares Her Insperra Story

“After retiring from competitive gymnastics, my body just wasn’t getting the vitamins and minerals it needed. Searching for the right vitamins can be an overwhelming experience, which is why the Insperra Personal Vitamin System works so well for me and my family. We don’t have one-size fits all lifestyles, so why would you take a one-size fits all approach to vitamins? Now, we each get the best combination of high quality supplements in personalized packs that come to our doorstep. It’s quick, it’s easy and, best of all, you never have to worry about running out.”

- Shannon Miller, *the most decorated American gymnast of all time*

If you’ve ever felt tired, sluggish or even a little out of shape, then you have more in common with seven-time Olympic Medalist Shannon Miller than you might imagine.

“Even as a former world-class athlete, nutrition hasn’t always been my top priority,” Shannon admits when speaking today about her health as a 30-something woman. “It seemed like I always felt sluggish and fatigued. My weight began fluctuating and I just never felt completely healthy.

“Of course, when I started gaining weight, I tried every diet out there,” Shannon adds. “Things finally began to come together once I found a balance between healthy eating and moderate physical activity. But, something was still missing.



Insperra Personal Vitamin System

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“It turns out, I was low on iron and calcium and wasn’t getting enough of those nutrients from my diet. When I heard about how the Insperra Personal Vitamin System was specifically designed by a team of physicians and other health experts to match an individual’s vitamin needs, I immediately wanted to try it.

“It only took about 10 minutes to complete my personal vitamin assessment, and I was impressed that Insperra’s supplements are made with only the highest quality ingredients. With Insperra, I know exactly what I’m putting into my body and that I’m getting only what I need. That’s even more important now that my husband and I are expecting a baby.

“Not only is the extra calcium and iron essential for my own body, but the baby gets folic acid and extra nutrients, too. Insperra just makes it easy for our whole family to get all the extra nutritional support we need.”

To learn more about the Insperra Personal Vitamin System and find out what essential nutrients your body is missing and order your personalized vitamin packs today, visit the website at www.insperra.com.

Find out more about Shannon Miller’s continuing efforts to promote women’s and children’s health at www.ShannonMiller.com.

Mike Panas, Insperra Executive Director



“We developed the Insperra Personal Vitamin System to provide superior, high-quality products that deliver true results you can see and feel

all at an affordable price,” says Insperra Executive Director Mike Panas.

“Among scientists and health professionals today, there is a growing understanding that the right nutritional supplement regimen can have a significant positive impact on an individual’s health. Unfortunately, the majority of us simply don’t get the nutrients we need from our regular diets.

“The development of a personalized vitamin system that takes into account age, activity level, environmental factors and health history, combined with the highest quality ingredients from certified and accredited laboratories, has created a new level of excellence in vitamin supplementation.”

