

Basic Product Information*

Welcome to the chance to “**Take Control of Your Health**”. I have compiled some information about our **basic nutritional products** which are the **90 essential nutrients needed for optimal health**. First we recommend that everyone begin with these. We have a wide variety of additional products that were developed to help improve/correct some of our most common health problems, such as, joint and back problems, arthritis, blood pressure, cancer, weight loss, etc. (See additional information below).

There are **90 essential nutrients** that each of us should consume on a daily basis. These are nutrients that our bodies do not make but are necessary for optimal health. The 90 essential nutrients include:

60 Minerals ~ 16 Vitamins ~ 12 Amino Acids ~ 3 Essential Fatty Acids

We have several Youngevity Majestic Earth products that can supply you with Minerals, Amino Acids, and Vitamins. The nutrient amounts vary with some products so ask for help from the person who gave you this.

Recommended for Adults:

- 1st and 2nd month *Ultimate Tangy Tangerine*TM. This product contains less calcium and also can help with the digestive system.
- 3rd month switch to the *Ultimate Classic*TM, a complete product. However if the taste is too strong you can go back to the *Ultimate Tangy Tangerine*TM or mix it with Orange Juice or Tomato Juice.
- If you are greatly deficient in minerals you may want to add the *Plant Derived Minerals*TM or *Herbal Rainforest*TM. The *Herbal Rainforest*TM also contains some herbs.

If tonics are a problem for you, you can use the alternative pill products such as, the *Ultimate Daily*TM or *Mineral Caps*TM, but keep in mind that pills are not as complete as the liquid products.

Recommended for Children:

- *Tropical Plus*TM contains the minerals, vitamins, and amino acids. Most children like the taste of the Tropical, but a good tasting alternative that isn't quite as complete is the *Cheri-Mins*TM.

To complete the basics you need to take *Ultimate E.F.A.*TM or the *E.F.A. Plus*TM. Since most of us have limited our intake of Good Fats we may be better off to begin with the *E.F.A. Plus*TM which will give us more of the Omega-3 fatty acids.

This covers the basic products that supply the 90 essential nutrients needed daily for optimal health that everyone needs to take. Listed below are Several Common Health Problems and the extra products needed, along with the 90 essential nutrients, to help with the problems.

ADD, ADHD, Hyperkinetic, and Hyperactive: The main problem is sugar and this needs to be avoided totally. To aid with any of the problems we have the *Ultimate Enzymes*TM or *Tidal-Zyme*TM. *Tropical Plus*TM or *Cheri-Mins*TM and *Ultimate E.F.A.*TM also need to be added to supply the essential 90 nutrients. They especially need Lithium, Chromium, Vanadium, and Zinc. You also need to add a good antioxidant such as *Total Needs*TM, *Beyond Juice*TM, *OPC-T*TM, or *Cocogevity*TM.

Allergies and Sinus: Some of the products that can help are *Total Needs*TM, *Beyond Juice*TM, *OPC-T*TM, or *Cocogevity*TM. *Cocogevity*TM is a chocolate flavored drink that is especially good for children.

Arthritis and Osteoporosis: *Osteo-FX*TM provides the calcium your body needs. Both of these health problems/conditions are due to a calcium deficiency.

Asthma: The main product that can help is the *Ultimate E.F.A.*[™] or the *E.F.A. Plus*[™]. As an added measure one of these products also need to be added *Total Needs*[™], *Beyond Juice*[™], *OPC-T*[™], or *Cocogevity*[™].

Boost Immune System: We have several products with high ORAC values. ORAC is a standard to measure the antioxidant levels of a product. These products may help with infections or anything for which you might take an antibiotic. Some of these products are *Total Needs*[™], *Beyond Juice*[™], *OPC-T*[™], or *Cocogevity*[™]. *Cocogevity*[™] is a chocolate flavored drink that is especially good for children.

Cancer: *Selenium*[™], *OPC-T*[™], *Total Needs*[™], *Oxybody*[™] *Cherry Berry*, or *Oxy Rich Aloe Vera Toddy*[™]. All of these products are very helpful. The last two are oxygen enriching products. *Selenium*[™], and *OPC-T*[™] are the two most important products in fighting and prevention of this problem.

Cardiovascular and Blockage: The best products for these are the *Ultimate E.F.A.*[™] or the *E.F.A. Plus*[™]. For blockages you need to add the *Ultimate Daily*[®] and *Cardio FX*[™]. The *Cardio FX*[™] contains Hawthorn and Garlic both help with cholesterol lowering.

Diabetes: *Amaze Plus*[™] or *Sweet Eze*[™] are two great products. *Sweet Eze*[™] contains *Vanadium* which has shown to be a good substitute for insulin. When these products are used in conjunction with medications be sure to monitor you sugar levels. When used alone they are safe but when used with medications your levels could go low. You may have to adjust your medications.

Digestion: Have you taken a lot of antibiotics? If so, you may have an overgrowth of *Candia Yeast* which interferes with the absorption of nutrients. *Flora FX*[™] or *Nightly Essence*[™] can help put back the beneficial bacteria. One additional benefit of the *Nightly Essence*[™] is that it can help reduce blood clots. This product also puts back more of the healthy bacteria our digestive system needs. To aid in digestion there is the *Ultimate Enzymes*[™] or *Tidal-Zyme*[™]. If you have problems with Acid Reflux it is an indication you are not producing enough bile and the *Enzymes*[™] could be your answer. To keep a healthy colon you need to look at the *Cleanse FX*[™], *The Eliminate*[™], *Herbal Rainforest*[™], or *Rainforest Toddy*[®].

High Blood Pressure: *Amaze Plus*[™]. When this product is used in conjunction with medications be sure to monitor your levels. When used alone it is safe but when used with medications your levels could go low. You may have to adjust your medications.

Joint and back problems: *Liquid Gluco-Gel*[™] or *Gluco-Gel*[™] pills can help rebuild ligaments, cartilage, tendons, connective tissue, and vertebra. In addition to the Gluco-Gel, you should add *Osteo-FX*[™] or *Osteo-FX Plus*[™]. It contains high amounts of needed calcium for the rebuilding process.

Men's Health: *Selenium*[™] and *Prost FX*[™] are two products that promote a healthy prostate.

Women's Health: *Bust FX*[™] promotes breast health. *Women's FX*[™], *Balance FX*[™], and *Balance Cream*[™] are products that help with hormonal changes.

Pain: *CM Cream*[™] can relieve pain when rubbed on. If you are concerned about taking over the counter pain relievers such as Advil, Aleve, or Tylenol then the *CM Plus*[™] (caps) might be your answer. To help with **Migraine** we suggest the *Amaze Plus*[™].

Weight Loss: We have several products to help in this area. The most popular one is *Slender Fx™*. This product has no caffeine, no ephedra, or stimulants. It works by regulating the body's Leptin levels. This is what regulates the body's storage or release of fat. To go along with this product there is *Natures Whey™*, a meal replacement type product. There is also *Chocolate Carmel Lovers Dream Diet™*.

Energy Drinks: We have two products that replenish the nutrients lost when we work or exercise hard. *Rebound™* adds extra minerals before and during the activity. After the activity, *Sports Tech™* replenishes even more of the nutrients we lose through sweating. A new drink mix that is being used for those times you just need more energy is *Pollen Burst™*.

Full Body Herbal Tonic: We have *Life's Elixir™* that is designed to give the every organ of the body help. This product has been reported to help with chronic back pain and improved vision.

Water Filters: Are you concerned about your water quality, tired of the high price of bottled water? Our filters offer you quality water at less than 4 cents per gallon. They remove harmful minerals and pesticides while leaving useful minerals. It will neutralize the chlorine. There are two models that require **no** filter changes. These filters are part of *Tidal Wave's™* products.

Skin Care, Personal Care, and Mineral Makeup: The *You-Nique™* product line has high quality Skin Care and Personal Care products. Two remarkable products are their "*Nature's Face Lift™*" and *Nature's Enzyme TM Peel*. Our "new" Mineral Makeup is in the Youngevity product line.

Essential Oils: We have the complete, high quality *Ancient Legacy™* Oils.

Health Packs: We have several that are a combination of products designed for specific problems.

There is a large variety of products not mentioned; I wanted to highlight some of the basic products and conditions. We have products that can help with about any problem you can have, such as vision or memory problems. This information should give you a good starting point.

Two really informative books by the Youngevity founder, **Dr. Joel D. Wallach, BS, DVM, ND and Dr. Ma Lan, MD, MS, LAC** are "*Dead Doctors Don't Lie*" and "*Let's Play Doctor*". There also are several CD's that can help you find a solution that fits your requirements. One really good CD that explains nutrient needs is "*What's Up Doc II*". If you are interested in learning about essential oils this book will help "*Passport To Aromatherapy*". "*Let's Play Herbal Doctor*" is a good book for using herbs. Also the herbal link below offers a lot of good information about herbs. They can be purchased at www.drjwallach.com or by calling 1-800-755-4656.

Two web sites with a lot of information are:

www.longevinst.org and www.youngevity.com/info_center.htm

Herbal Information: www.christopherhobbs.com

For more information or if you have questions about any product or condition contact:

David Cowherd
270-862-9832 or 1-888-635-1701
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*These statements have not been evaluated by the FDA. This is not intended to diagnose, treat, cure or prevent any diseases.

Base Line Nutritional Supplement Program for Adults*

Nutrient	RDA	True Supplement Need	30-Day Pharmacologic Daily Dose
BIOTIN	200 mcg	200 mcg	500 to 3,000mcg
CALCIUM	800 mcg	2,000 mg	2,000 to 5,000 mg
CHLORIDE	1,700 mg	2,500 mg	500 to 2,500mg
CHOLINE	150 mg	600 mg	500 to 1,000 mg
CHROMIUM	50 mcg	200 mcg	300 to 600 mcg
COPPER	2 mg	3 to 4 mg	4 to 6 mg
FLUORIDE	1.5 mg	1.5 mg	20mg**
FOLIC ACID	400 mcg	1,000 mcg	15 to 20 gm
INOSITOL	75 mg	90 mg	500 to 2,000 mg
IODINE	150 mcg	250 mcg	1,000 mcg
IRON	18 mg	45 mg	50to 100 mg
MAGNESIUM	350mg	1,000mg	1,000mg
MANGANESE	2.5 mg	5 mg	2 to 50 mg
MOLYBDENUM	15 mcg	500 mcg	1,000 mcg
NIACIN	18 mg	50 mg	2,000 to 6,000 mg (time release)
PANTOTHENIC ACID	4 mg	50 mg	300 to 1,000 mg (per day)
PHOSPHORUS	800 mg	0.0	0.0
POTASSIUM	1,875 mg	5,500 mg	5,500 mg*****
PYRIDOXINE	2.2 mg	50 mg	200 to 500 mg
RIBOFLAVIN	1.6 mg	50 mg	200 to 500 mg
SELENIUM	?	200 mcg	500 to 3,000 mcg
SODIUM	1,100 mg	3,300mg	300to3,000mg
SULPHUR	?	500 mg	1,000 mg
THIAMINE	1.4 mg	50 mg	200 to 500 mg
TIN	?	500 mcg	1000mcg
VANADIUM	?	500 mcg	2 - 5 mg
VITAMIN A	?	5,000 IU	20,000 IU - 300,000 IU*** (beta carotene)
VITAMIN B-12	3 mcg	200 mcg	1,000 mcg
VITAMIN C	60 mg	1,000 mg	10,000 mg
VITAMIN D	400 IU	275 IU	1,000 IU
VITAMIN E	15 IU	400 IU	1,200 IU
VITAMIN K	70 mcg	140 mcg	140 mcg
ZINC	15 mg	25 mg	150 mg

* The most efficient way to get mineral supplements is in the plant derived colloidal liquid form.

** Use this level only with a prescription for osteoporosis.

*** As beta carotene

**** Available in food

The **Base Line Nutritional Supplement Program for Adults** is from the book “*Let’s Play Doctor!*”

by Dr. J.D. Wallach, BS, DVM, ND and Dr. Ma Lan, MD, MS

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