90 Essential Nutrients

For Optimal Health We Need

60 Minerals 16 Vitamins 12 Amino Acids

3 Essential Fatty Acids (Omega 3 & 6 are essential)

Lack of these essential nutrients weakens the body's ability to rebuild itself and increases the potential for **900 Nutritional Deficiency Diseases**

Average life of a cell is 120 days

Basic Cell Consist Of:

- > Proteins
- Enzymes
- ➤ Lipids (fats)
- DNA & RNA
- Chromosomes (Humans 46)

Immune System Consist Of:

- ➤ White Blood Cells—Produce Killer T-Cells
 - o Body's defenses against: viruses, bad bacteria, fungus, yeast properties, free radical damage and etc.

Viruses & Bad Bacteria Can Damage DNA

Which create mutations or cancer cells

Antioxidants: (Builds Up Our Immune System)

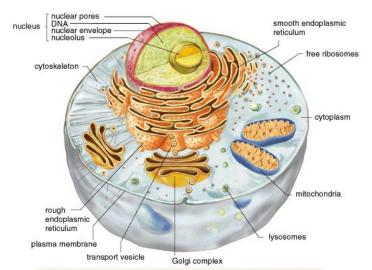
- > 90 essential nutrients, Bioflavonoids
- > Selenium, Vitamin A, C, E and etc.
- Plant Derived Minerals

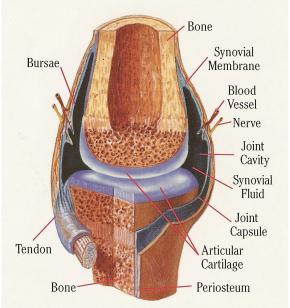
Improper Formulation or Missing Nutrients:

- ➤ Is called **Fractionated Nutrition**, which can stall or stop the cell's **Biochemical Cascade Reaction**
 - o May cause false deficiencies of other nutrients

Nutrition At The Cellular Level

Critical all <u>90 nutrients</u> are present for biochemical completeness & healthy cell reproduction





NUTRITIONAL NEGATIVES

<u>Carbonated</u> Drinks, <u>Caffeine</u>, <u>Margarine</u> (use butter), Fried Foods, High Fiber Diet or Processed Sugars.

Plant Derived Minerals

Recommended Daily Allowance (RDA)

Adults: 600 mg per 100 lbs. of body weight
 Children: Infant to 12 years (One teaspoon per 20 lbs. of body weight)

Nursing & Expecting Mothers, Rebuilders & Major Health Challenges

Double up on your RDA of Plant Derived Minerals

NUTRITIONAL POSITIVES

Low carbohydrates diet, high protein meals with snacks (salted nuts). Drink plenty of purified water.

Body Detoxification & Rebuilding Symptoms:

When first starting on Youngevity products your body will start rebuilding itself and may go through a detoxification process. Symptoms may include all or some of the following: Sore joints, headaches, outbreak of acne (pimples), foul breath, body odor, constipation and etc. May last up to three weeks or longer—depending on individual's health challenges. Reduce your daily Youngevity product intake by half or until symptoms are tolerable; after 4 to 5 days slowly increase daily intake to full RDA.

Medical Questions—Ask Dr. Joel Wallach; live on the radio (Monday – Friday)

3:05 pm est 2:05 pm cst 1:05 pm mst 12:05 pm pst 1-888-379-2552 "Dead Doctors Don't Lie" 4:05 pm est 3:05 pm cst 2:05 pm mst 1:05 pm pst 1-877-912-7529 "Let's Play Doctor"

Email: Dr. Edmond DeVory - log onto www.youngevity.com bottom left hand column, click on "Nutrition Question?"

Majestic Earth Multiples:

Consult Your Healthcare Professional Before Using Youngevity Products

 $(\frac{1}{2} \text{ oz. } am - \frac{1}{2} \text{ oz. } lunch)$

Add—Plant Derived Minerals:

	21 Beyond Tangy Tangerine (NutraCrystals). Same nutrients as the Tangy, plus 115 Fruits and		13203 Plant Derived Minerals (32 oz. bottle) \$19.00 -[No added flavor]	
	.01 Ultimate Classic (32 oz. bottle) .600 mg Of 77 Plant Derived Minerals per oz.	\$40.50	13204 Cheri-Mins (32 oz. bottle) \$20.50 -[Cherry flavor]	
	21 Tangy Tangerine (32 oz. bottle) 300 mg Of 77 Plant Derived Minerals per oz.	\$41.00	13205 Herbal Rainforest (32 oz. bottle) \$29.00 -[Plus 16 herbs]—Not for expecting Moms	
*A	106 Tropical Plus (32 oz. bottle – No Vitamin K) 1300 mg Of 77 Plant Derived Minerals per oz. 1300 mg of calcium per oz. 14 Liquids-Infant to 12 yrs (1 tsp to 20 lbs. of bor infants add to breast milk or baby formula	\$34.50 ody weight)	20691 Mineral Caps (64 capsules) \$40.00 -600 mg of Anhydrous Plant Derived Minerals per capsule Liquids = 600 mg of 77 Plant Derived Minerals per serving **Liquids can be added to your daily water or energy drink **	_
	sential Fatty Acids (EFA): (Omeg inimum RDA: 0-12 yrs = 1, 12-35 yrs = 2 and 35 + yrs = ***Nursing or Expecting Moms: 6 EFA per day		Add—Calcium: (1 oz. pm – before bedtime) (1 oz. = 1200 mg of Calcium as Tri-Calcium Phosphate & Citrate) {Supports healthy bones & joints}	
	41 EFA 60 soft-gel capsules (\$.28 per capsule)	\$18.00	81200 Cal Toddy (32 oz. bottle) \$36.50 -100 IU Vitamin D ₃ , 600 mg Magnesium, 15 mg Zinc	
	EFA 180 soft-gel capsules (\$.23) per capsule)	\$41.50	13209 Osteo-Fx (32 oz. bottle) \$39.00 -100 IU Vitamin D ₃ , 200 mg Magnesium, 5 mg Zinc, 250 mg MSM	
	89 EFA Plus 90 soft-gel capsules	\$29.50	13210 Osteo-Fx Plus (32 oz. bottle) \$41.00 -400 IU Vitamin D ₃ , 300 mg Magnesium, 5 mg Zinc, 250 mg MSM, 500 mcg Strontium	
infa	ant or Child: Take scissor—cut top off of capsule on the capsule or squeezet and spread butter over toast to hide taste.		Men: 1200 to 1800 mg per day Women: 1500 to 2000 mg per day Nursing or Expecting Moms: 2000 to 3000 mg per day	
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132 212 212	Aco-Gel: (Arthritis: 8 capsules per day & 1 oz. 16 Liquid Gluco-Gel (32 oz. bottle) 152 Gluco-Gel (240 capsules) 153 Gluco-Gel (120 capsules) 154 Helps rebuild connective tissues, bones and journey	\$40.00 \$35.00 \$20.50	Women's Products: (Improve Hormone Imbalance) 13215 Women's-Fx (32 oz. bottle) \$31.50 20686 Balance-Fx (60 capsules) [day 1 - 12] \$34.50 20687 Bust-Fx (60 capsules) [day 14 - 27] \$31.50 67507 Ocean's Gold (60 capsules) \$27.00	-
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Add 212 212 212 212 212 200 670 132 200 825 218 200 PJ4	Liquid Gluco-Gel (32 oz. bottle) Gluco-Gel (240 capsules) Standard Products: Enzymes (120 capsules) Digest Plus (90 capsules) Sweet Eze (120 capsules) Selenium (90 capsules) Lemongrass – 10 ML Cocogevity (32 oz. bottle) OPC-T (60 capsules) Noni Goose Juice (32 oz. bottle) Killer Biotic Fx (60 capsules) Immu-911 (60 capsules) Cardio Fx (60 capsules) Cardio Fx (60 capsules)	\$40.00 \$35.00 \$20.50 \$21.50 \$31.25 \$22.50 \$33.50 \$24.00 \$23.75 \$28.50 \$40.50 \$26.00 \$34.50 \$34.50 \$39.50 \$35.00 \$26.75	13215 Women's-Fx (32 oz. bottle) 20686 Balance-Fx (60 capsules) [day 1 - 12] \$34.50 20687 Bust-Fx (60 capsules) [day 14 - 27] \$31.50 67507 Ocean's Gold (60 capsules) \$27.00 \$25.75 \$223 H.G.H. Youth Complex (180 capsule) \$31.00 67508 Super KB (90 capsules) \$25.00 \$21210 Osteo-Mag (60 capsules) \$25.50 21210 Osteo-Mag (60 capsules) \$32.00 20970 S.M.A.R.T. Fx (60 capsules) \$32.00 20970 S.M.A.R.T. Fx (60 capsules) \$32.00 213208 Sport's Tech (32 oz. bottle) \$34.50 13217 Rebound Fx (Tropical Tirade-32 oz.) \$34.50 13219 Rebound Fx (Berri Boost-32 oz.) \$34.50 67042 To Be Well - 10 ML [Infants to 9 yrs.] \$26.00 67011 1st Defense - 10 ML [In yrs. and older] \$27.50 67032 Ravensara - 10 ML [Cough or Influenza] \$29.75 67037 Tea Tree - 10 ML [Fights Infections] \$19.75 43210 Hydro Wash (Liquid Laundry Detergent) \$11.50 64001 Bloomin Minerals (40 lb. bag) \$67.00	Drinks
132 212 212 212 673 212 200 670 132 200 823 200 823 200 PJ ² 200	Cocogevity (32 oz. bottle)	\$40.00 \$35.00 \$20.50 \$21.50 \$31.25 \$22.50 \$33.50 \$24.00 \$23.75 \$28.50 \$40.50 \$26.00 \$34.50 \$34.50 \$29.50 \$35.00 \$26.75 \$22.00	13215 Women's-Fx (32 oz. bottle) \$31.50 20686 Balance-Fx (60 capsules) [day 1 - 12] \$34.50 20687 Bust-Fx (60 capsules) [day 14 - 27] \$31.50 67507 Ocean's Gold (60 capsules) \$27.00 \$25.75 \$223 H.G.H. Youth Complex (180 capsule) \$31.00 67508 Super KB (90 capsules) \$25.00 \$25.00 \$21210 Osteo-Mag (60 capsules) \$25.50 \$21261 Resolution (90 capsules) \$32.00 20970 S.M.A.R.T. Fx (60 capsules) \$32.00 20970 S.M.A.R.T. Fx (60 capsules) \$34.50 13217 Rebound Fx (Tropical Tirade-32 oz.) \$34.50 13219 Rebound Fx (Berri Boost-32 oz.) \$34.50 67042 To Be Well - 10 ML [Infants to 9 yrs.] \$26.00 67011 1st Defense - 10 ML [In yrs. and older] \$27.50 67032 Ravensara - 10 ML [Cough or Influenza] \$29.75 67037 Tea Tree - 10 ML [Fights Infections] \$19.75 43210 Hydro Wash (Liquid Laundry Detergent) \$11.50 64001 Bloomin Minerals (40 lb. bag) \$67.00 64002 Liquid Bloomin Minerals (1 qt.) \$21.00	Drinks
132 212 212 212 673 212 200 670 132 200 823 200 823 200 PJ4 200	Cocogevity (32 oz. bottle) Cocogevity (32 oz. bo	\$40.00 \$35.00 \$20.50 \$20.50 \$31.25 \$22.50 \$33.50 \$24.00 \$23.75 \$28.50 \$40.50 \$26.00 \$34.50 \$34.50 \$39.50 \$39.50 \$39.50 \$35.00 \$26.75 \$22.00 \$78.00	13215 Women's-Fx (32 oz. bottle) 20686 Balance-Fx (60 capsules) [day 1 - 12] \$34.50 20687 Bust-Fx (60 capsules) [day 14 - 27] \$31.50 67507 Ocean's Gold (60 capsules) \$27.00 \$25.75 \$223 H.G.H. Youth Complex (180 capsule) \$31.00 67508 Super KB (90 capsules) \$25.00 \$21210 Osteo-Mag (60 capsules) \$25.50 21210 Osteo-Mag (60 capsules) \$32.00 20970 S.M.A.R.T. Fx (60 capsules) \$32.00 20970 S.M.A.R.T. Fx (60 capsules) \$32.00 213208 Sport's Tech (32 oz. bottle) \$34.50 13217 Rebound Fx (Tropical Tirade-32 oz.) \$34.50 13219 Rebound Fx (Berri Boost-32 oz.) \$34.50 67042 To Be Well - 10 ML [Infants to 9 yrs.] \$26.00 67011 1st Defense - 10 ML [In yrs. and older] \$27.50 67032 Ravensara - 10 ML [Cough or Influenza] \$29.75 67037 Tea Tree - 10 ML [Fights Infections] \$19.75 43210 Hydro Wash (Liquid Laundry Detergent) \$11.50 64001 Bloomin Minerals (40 lb. bag) \$67.00	Drinks

Best if Products are taken twice a day—<u>Refrigerate liquids after opening</u>.

These are all natural products and may oxidize. Mix liquids with 5 oz. of filtered water or calcium-enriched juice {orange, pineapple, mango, or papaya, etc...}. Take capsules according to the label directions or health challenge.