

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
 - 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*)

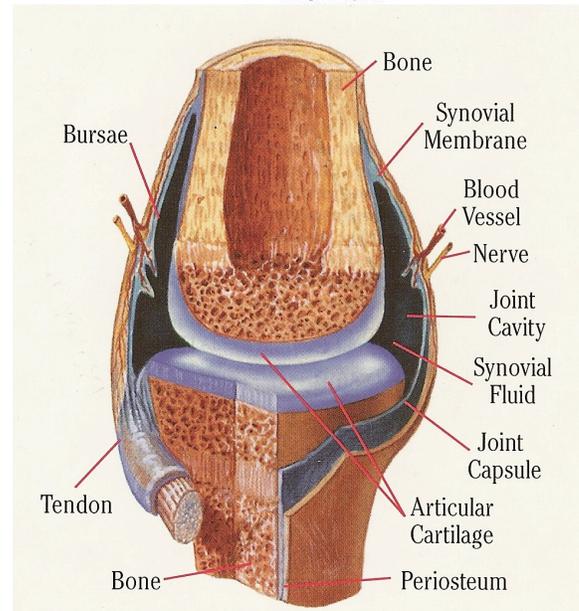
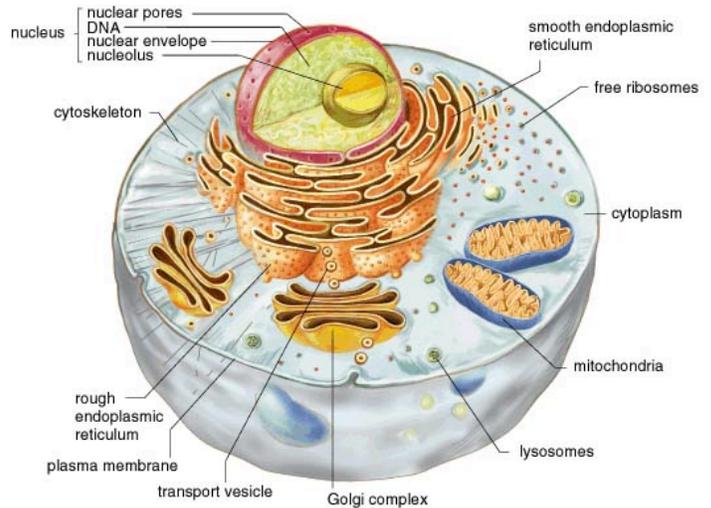
- 90 essential nutrients, Bioflavonoids
- Selenium, Vitamin A, C, E and etc.
- Plant Derived Minerals

Improper Formulation or Missing Nutrients:

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

Nutrition At The Cellular Level

Critical all 90 nutrients are present for biochemical completeness & healthy cell reproduction



NUTRITIONAL NEGATIVES

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

NUTRITIONAL POSITIVES

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

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

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?”

Consult Your Healthcare Professional Before Using Youngevity Products

One of the Multiples and One of the EFA's has all the 90 Essential Nutrients with two exceptions.

90 ESSENTIAL NUTRIENTS

Majestic Earth Multiples: (½ oz. am – ½ oz. lunch)

23221	Beyond Tangy Tangerine (<i>NutraCrystals™</i>)	\$48.50
	-Same nutrients as the Tangy, plus 115 Fruits and Vegetables	
13201	Ultimate Classic (32 oz. bottle)	\$40.50
	-600 mg Of 77 Plant Derived Minerals per oz.	
13221	Tangy Tangerine (32 oz. bottle)	\$41.00
	-300 mg Of 77 Plant Derived Minerals per oz.	
13206	Tropical Plus (32 oz. bottle – No Vitamin K)	\$34.50
	-300 mg Of 77 Plant Derived Minerals per oz.	
	-300 mg of calcium per oz.	

***All Liquids-Infant to 12 yrs** (1 tsp to 20 lbs. of body weight)
For infants add to breast milk or baby formula

Essential Fatty Acids (EFA): (Omega 3, 6 & 9)

(Minimum RDA: 0-12 yrs = 1, 12-35 yrs = 2 and 35 + yrs = 3 per day)
Nursing or Expecting Moms: 6 EFA per day

20641	EFA	\$18.00
	-60 soft-gel capsules (\$.28 per capsule)	
21832	EFA	\$41.50
	-180 soft-gel capsules (\$.23 per capsule)	
20989	EFA Plus	\$29.50
	-90 soft-gel capsules	

Infant or Child: Take scissor—cut top off of capsule and let infant or child suck liquid from EFA capsule or squeeze liquid on toast and spread butter over toast to hide taste.

Add—Plant Derived Minerals:

13203	Plant Derived Minerals (32 oz. bottle)	\$19.00
	-[No added flavor]	
13204	Cheri-Mins (32 oz. bottle)	\$20.50
	-[Cherry flavor]	
13205	Herbal Rainforest (32 oz. bottle)	\$29.00
	-[Plus 16 herbs]—Not for expecting Moms	
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 **

Add—Calcium:

(1 oz. = 1200 mg of Calcium as Tri-Calcium Phosphate & Citrate)
{Supports healthy bones & joints}

81200	Cal Toddy (32 oz. bottle)	\$36.50
	-100 IU Vitamin D ₃ , 600 mg Magnesium, 15 mg Zinc	
13209	Osteo-Fx (32 oz. bottle)	\$39.00
	-100 IU Vitamin D ₃ , 200 mg Magnesium, 5 mg Zinc, 250 mg MSM	
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	

Men:..... 1200 to 1800 mg per day
Women:..... 1500 to 2000 mg per day
Nursing or Expecting Moms:.... 2000 to 3000 mg per day

Gluco-Gel: (Arthritis: 8 capsules per day & 1 oz. of the liquid)

13216	Liquid Gluco-Gel (32 oz. bottle)	\$40.00
21252	Gluco-Gel (240 capsules)	\$35.00
21251	Gluco-Gel (120 capsules)	\$20.50
	****Helps rebuild connective tissues, bones and joints****	

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

Additional Products:

21211	Enzymes (120 capsules)	\$23.50
67502	Digest Plus (90 capsules)	\$31.25
21201	Sweet Eze (120 capsules)	\$22.50
20682	Prost Fx (60 capsules)	\$33.50
20971	Selenium (90 capsules)	\$24.00
67068	Lemongrass – 10 ML	\$23.75
13211	Oxybody Cherry Berry (32 oz. bottle)	\$28.50
13220	Cocogevity (32 oz. bottle)	\$40.50
20681	OPC-T (60 capsules)	\$26.00
13214	Noni Goose Juice (32 oz. bottle)	\$34.50
20688	Killer Biotic Fx (60 capsules)	\$34.50
82505	Immu-911 (60 capsules)	\$29.50
21831	Daily (180 tablets)	\$39.50
20683	Cardio Fx (60 capsules)	\$35.00
PJ415	Hepol (60 capsules)	\$26.75
20693	Cleanse Fx, 4-day prg. (60 capsules)	\$22.00
10235	5-day Cleansing prg.	\$78.00

40204	Balance Cream (2 oz.)	\$25.75
50223	H.G.H. Youth Complex (180 capsule)	\$31.00
67508	Super KB (90 capsules)	\$25.00
82123	D Stress (120 capsules)	\$25.00
21210	Osteo-Mag (60 capsules)	\$25.50
21261	Resolution (90 capsules)	\$32.00
20970	S.M.A.R.T. Fx (60 capsules)	\$29.50
13208	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	1 st Defense – 10 ML	[10 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
20692	Flora Fx (60 capsules)	\$29.50

Energy Drinks

Alternate the 5-day & 4-day cleanse every 90 days—follow each cleanse with a 10 day Flora Fx Prg.

Best if Products are taken twice a day—Refrigerate liquids after opening.

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.