

90 Essential Nutrients

For Optimal Health We Need

60 Minerals
16 Vitamins
12 Amino Acids
3 Essential Fatty Acids

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
- 1300 known Enzymes (Glutathione)
- 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 Can Damage DNA

- Which create mutations or cancer cells

Antioxidants: (Builds Up Our Immune System)

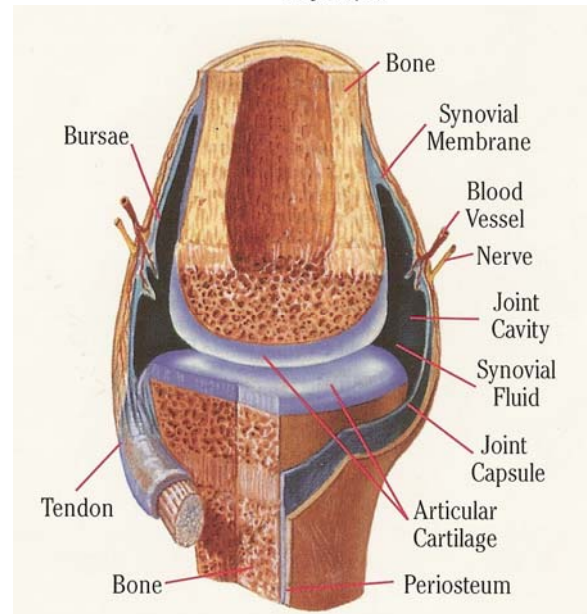
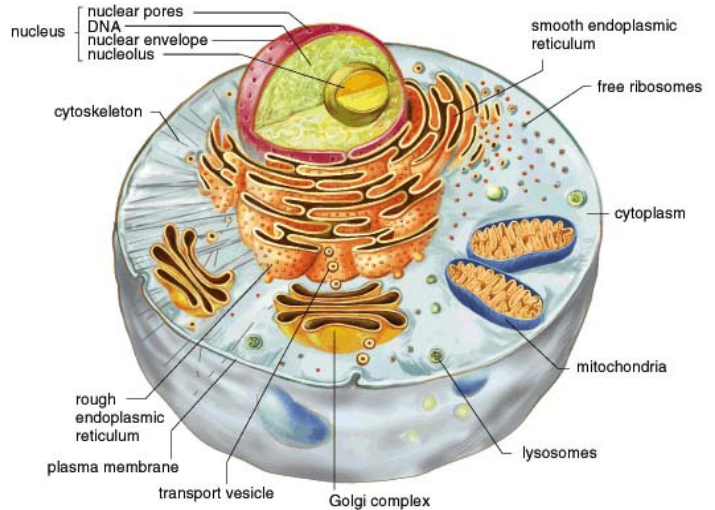
- Bioflavonoids
- Selenium, Vitamin A, C, E and etc.
- Plant Derived Minerals

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

- Minimum Daily Maintenance
 - **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 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 recommended strength.

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

Majestic Earth Liquids:

(½ oz. am – ½ oz. early pm)

13201 Ultimate Classic	\$40.50
-[600 mg of calcium per oz.] 32 oz. bottle	
-19,000 mg Of 77 Plant Derive Minerals = (600 mg per oz.)	
 13221 Tangy Tangerine	 \$41.00
-[50 mg of calcium per oz.] 32 oz. bottle	
-9,600 mg Of 77 Plant Derive Minerals = (300 mg per oz.)	
 13206 Tropical Plus	 \$31.00
-[300 mg of calcium per oz.] 32 oz. bottle	
-9,600 mg Of 77 Plant Derive Minerals = (300 mg per oz.)	
and Herbal Blend **No Vitamin K**	
**Infant to 12 years (one 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 is: 0-12 yrs = 1, 12-35 yrs = 2 and 35+ yrs = 3)

20641 EFA	\$17.00
-60 soft-gel capsules (\$.28 per capsule)	
 21832 EFA	 \$41.50
-180 soft-gel capsules (\$.23) per capsule)	
 20989 EFA Plus	 \$28.50
-90 soft-gel capsules	

Nursing or Expecting Moms: 6 EFA per day

Infant or Child: Open EFA capsule, squeeze liquid on toast and butter or let child suck liquid from EFA capsule

Plant Derived Minerals:

Liquid concentrate of 19,000 mg of 77 Plant Derived Minerals from prehistoric plants = (600 mg per oz.)

13203 Plant Derived Minerals	\$18.00
-[No flavor] 32 oz. bottle	
13204 Cheri-Mins	\$19.50
-[Cherry flavor] 32 oz. bottle	
13205 Herbal Rainforest	\$27.50
-[Original 77 minerals plus 16 herbs] 32 oz. bottle	
20691 Mineral Caps (64 capsules)	\$40.00
-600 mg of Anhydrous Plant Derived Minerals per capsule	
Liquids can be added to your daily water or energy drink	

Calcium:

(1 oz. pm – before bedtime)

Supports healthy bones & joints (1200 mg of Calcium as Citrate & Tri-Calcium Phosphate)

81200 Cal Toddy	\$36.50
-(100 IU Vitamin D ₃ , 600 mg Magnesium, 15 mg Zinc)	
13209 Osteo-Fx	\$39.00
-(100 IU Vitamin D ₃ , 200 mg Magnesium, 5 mg Zinc, 250 mg MSM)	
13210 Osteo-Fx Plus	\$41.00
-(400 IU Vitamin D ₃ , 300 mg Magnesium, 5 mg Zinc, 250 mg MSM, 500 mcg Strontium)	
Men:	1200 to 1800 mg of calcium per day
Women:	1500 to 2000 mg of calcium per day
(nursing or expecting moms 2000 to 3000 mg per day)	

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

13216 Liquid Gluco-Gel (32 oz.)	\$40.00
21252 Gluco-Gel (240 capsules)	\$35.00
21251 Gluco-Gel (120 capsules)	\$19.50
Helps rebuild connective tissues, bones and joints	

Women's Products:

13215 Women's-Fx (32 oz.)	\$31.50
20687 Bust-Fx (60 capsules)	\$31.50
20686 Balance-Fx (60 capsules)	\$34.50
40204 Balance Cream (2 oz.)	\$25.75

Additional Products:

21211 Enzymes (120 capsules)	\$20.50
21201 Sweet Eze (120 capsules)	\$19.00
67507 Ocean's Gold (60 capsules)	\$25.75
50223 H.G.H. Youth Complex (180 capsules)	\$31.00
20682 Prost Fx (60 capsules)	\$33.50
20971 Selenium (90 capsules)	\$23.00
13211 Oxybody Cherry Berry (32 oz.)	\$27.00
13220 Cocogevity (32 oz.)	\$40.50
20681 OPC-T (60 capsules)	\$22.75
13214 Noni Goose Juice (32 oz.)	\$34.50
20688 Killer Biotic Fx (60 capsules)	\$34.50
82505 Immu-911 (60 capsules)	\$28.00
20970 S.M.A.R.T. Fx (60 capsules)	\$29.50
82123 D Stress (120 capsules)	\$23.75
21831 Daily (180 tablets)	\$39.50
20683 Cardio Fx (60 capsules)	\$35.00

PJ415 Hepol (60 capsules)	\$28.00
67508 Super KB (90 capsules)	\$23.75
20693 Cleanse Fx, 4-day prg. (60 capsules)	\$21.00
10235 5-day Cleansing prg.	\$73.50
20692 Flora Fx (60 capsules)	\$29.50
21210 Osteo-Mag (60 capsules)	\$26.00
21261 Resolution (90 capsules)	\$32.00
13207 Resolution PM (32 oz.)	\$28.00
13208 Sport's Tech (32 oz.)	\$30.50
13217 Rebound Fx (Tropical Tirade-32 oz.)	\$34.50
13218 Rebound Fx (Melon Madness-32 oz.)	\$34.50
13217 Rebound Fx (Berri Boost-32 oz.)	\$34.50
23025 Natures Whey (Vanilla—30 Servings)	\$33.50
23026 Natures Whey (Chocolate—30 Servings)	\$33.50
43210 Hydro Wash (Liquid Laundry Detergent)	\$11.00
64001 Bloomin Minerals (40 lb.)	\$67.00
64002 Liquid Bloomin Minerals (1 qt.)	\$20.50

Every 90 days do a cleanse >>(5-day 4-day 5-day 4-day)<< follow ea. cleanse with a Flora Prg.

Best if Products are taken twice a day – ½ oz. of each liquid—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.