



Basic Wellness Program

It's your health...



...take control!

Your best defense in defying the aging process!

Basic Wellness Program

Typical American Diet

The typical American diet has deadly side effects. There are major nutritional deficiencies in the way food is grown today. Modern farming methods deplete nutrients that were naturally found in the soil. When the nutrients are no longer available in the soil, the vegetables grown in that soil will not have their nutrients either. Crops in this country will not even grow without fertilizer. However, the fertilizer used today has only three to six nutrients, and they are synthetic. With this in mind, you will definitely not obtain proper nutrients from the food you eat even if you try to eat ideally.

Your body requires over 90 nutrients daily. Every nutritional program must have enzymes, herbs, minerals, and vitamins which are necessary nutrients to be used by the body. With the soil as well as the fruits and vegetables grown therein being void of these nutrients, you must supplement your diet with these enzymes, herbs, minerals, and vitamins to maintain optimum health and well-being. ForYou has designed a "*Basic Wellness Program*" to meet your daily nutrient requirements.

HONEY BEE POLLEN

Honey Bee Pollen is the most perfect food known to man. *Honey Bee Pollen* contains twenty-two (22) essential elements that your body needs, stabilizes faulty metabolism, aids in food digestion, provides a great energy source, increases strength and stamina, improves unhealthy or aging skin, increases recovery power, and lowers pulse rate.



Support For

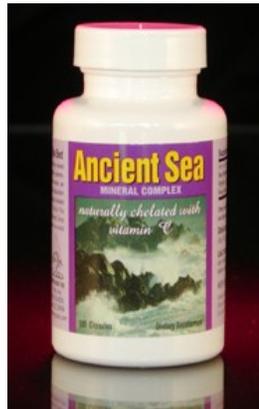
Allergies, Arthritis, Cholesterol, Diabetes, Digestive Problems, Fibromyalgia, Hypertension and Circulation, Lack of Energy and Fatigue, Prostate Problems, Sexual Stamina, Weight Loss

Recommended Use

1/8 tablet daily for four (4) days. Increase by 1/8 tablet daily every four (4) days until taking at least two to three (2-3) tablets daily. Take thirty to forty-five (30-45) minutes before meals.

ANCIENT SEA Mineral Complex

Minerals enter into the synthesis of every living cell and influence the vital processes of oxidation, secretion, growth, and reproduction. Vitamins cannot be absorbed into the body without these minerals. Most vitamins do not absorb because of a lack of adequate minerals. ***Ancient Sea Mineral Complex*** contains every trace mineral necessary for good health.



Support For

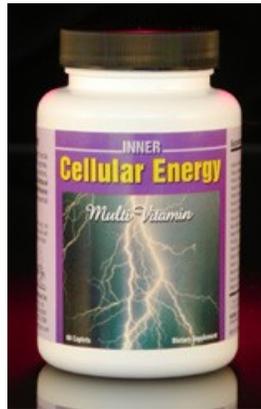
Allergies, Arthritis, Cholesterol, Diabetes, Digestive Problems, Hypertension and Circulation, Lack of Energy and Fatigue, Prostate Problems, Weight Loss

Recommended Use

Take three (3) or more tablets during the day with meals.

INNER CELLULAR ENERGY *Multi-Vitamin*

Inner Cellular Energy *Multi-Vitamin* provides vitamins and minerals that are essential for maintaining good health and helps control homocysteine in the blood. Recent scientific studies have linked free radical formations to degenerative diseases associated with the aging process. Anti-oxidants fight free radical formations. Ginkgo Biloba crosses the blood brain barrier, aiding in better circulation.



Support For

Arthritis, Cholesterol, Diabetes, Hypertension and Circulation, Lack of Energy and Fatigue, Sexual Stamina, Prostate Problems, Weight Loss

Recommended Use

Take two (2) caplets per day, one (1) in the morning and one (1) in the evening with meals.

COLOSTRUM *Life's First Food*

“Life’s First Food,” Bovine Colostrum, is another breakthrough and may be called a “Miracle”. **Colostrum** contains nutrients to support and strengthen the immune system.



Support For

Allergies, Arthritis, Bone Loss, Cholesterol, Diabetes, Digestive Problems, Fibromyalgia, Hypertension and Circulation, Lack of Energy and Fatigue, Prostate Problems, Weight Loss

Recommended Use

As a dietary supplement, take one (1) capsule two (2) times daily. Adults may take up to five (5) capsules two (2) times daily for three (3) days, if needed. Take on an empty stomach, at least thirty (30) minutes before taking any other supplements, morning and evening.

A Letter from our President

Dear Friend:

After 30 years of research, I believe we have the most complete, synergistically balanced, nutritional program available today. When it comes to nutrition, it can become very confusing. Try going to a health food store or drug store and begin looking for what to take. Before you know it, you are lost. Furthermore, if you ask for help, you may well be ill-advised due to the lack of correct information from the person assisting you. I have taken all the hassle out of what you should take, when you should take it, and even how much you should take for the issue or problem at hand.

These all-natural food supplements have already changed the lives of literally thousands. These supplements will not interfere with any medication you may currently be taking. As a matter of fact, they may help prevent some of the side effects of medication.

With this balanced nutritional program, you will begin to give your body vital nutrients that are missing from your food today. No matter how well you eat, you are still nutritionally deficient. Our program will provide nutrients that your body needs to remain healthy. You too can be *living well!*



Dr. Winferd Holt
President & Founder

God Bless You!



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