

# Superior Nutrition



# For the Fast Lane!



Do you really have time to go to the grocery store every day just to load up with all the fresh fruits and vegetables your body needs to support its daily nutritional requirements? If you're like us, we doubt it. The hard reality is today's fast-paced lifestyle can often make it difficult for you to take in all of the necessary, doctor-recommended vitamins and minerals your body needs.

That's exactly why we formulated Vemma®. As you can see, this delicious, two-part blend of vitamins and minerals, packs a powerful nutritional punch to help support and supplement your daily nutritional requirements.

It takes...

- 2.66 oranges to equal the amount of **Vitamin C**
- 9.6 avocados to equal the amount of **Vitamin E**
- 3.09 stalks of broccoli to equal the amount of **Iron**
- 55.55 eggs to equal the amount of **Vitamin D**
- 1.78 cups of spinach to equal the amount of **Vitamin A**
- 3.88 cups of peas to equal the amount of **Thiamin**
- 19.76 medium bananas to equal the amount of **Riboflavin**
- 62.5 oz. of cheddar cheese to equal the amount of **Vitamin B-12**
- 5.14 large potatoes to equal the amount of **Niacin**
- 61.54 cups of tomatoes to equal the amount of **Folate**
- 2.46 large watermelons to equal the amount of **Vitamin B-6**
- 17.89 oz. of cherries to equal the amount of **ORAC value**
- 37.17 medium mushrooms to equal the amount of **Pantothenic Acid**

...in just one daily two-ounce serving of Vemma!

Sources: USDA Nutrient Data Laboratory, *High ORAC Foods May Slow Aging* – Agricultural Research Service, February 1999, and independent lab tests.

# For the Check-Out Lane.



Now you're probably wondering, what is Vemma? We know you're busy so here's the bottom line. Vemma is **V**itamins, **E**ssential **M**inerals, **M**angosteen and **A**loe. Our Nutrition Program consists of two products that when taken together, offer your body some serious nutrition. Part one of Vemma's two-part powerhouse is Mangosteen Plus™. A proprietary blend of the super-antioxidant mangosteen fruit and xanthone-rich mangosteen pericarp extract, Mangosteen Plus also contains 12 essential antioxidant vitamins along with whole-leaf aloe vera and green tea! Part two is Essential Minerals®. It's a delicious, kiwi-strawberry flavored blend of over 65 plant-sourced major, trace and ultra-trace ionic minerals. Right now is a good time to remind you that 95% of your body's daily functions are dependent on minerals! And since Vemma is a liquid, it is by nature more body-ready and bio-available than those pills and tablets you may currently be taking to supplement your diet.

While there is much more to say about Vemma, at least you have a better idea how and why one, great-tasting 2-ounce daily serving of Vemma contains the equivalent amounts or more of key nutrients from foods that could be found on your daily grocery list!

So if you're one of those people that happens to know all of the greeters, baggers and cashiers at your local grocery store, then maybe you do have time to shop every day. But if you're like us and your hectic schedule keeps you from getting the recommended daily nutrients, Vemma is your added insurance for filling in your diet's nutritional gaps.



Say goodbye to grocery bags and hello to the fast, convenient and superior nutrition of Vemma!

**V e M M A**®  
essential for *your hectic lifestyle*

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