

ESSENTIAL SOURCE®

Directions: Take one teaspoon three times daily with food. Mix in your favorite beverage or add to food.



Supplement Facts
Serving Size: 1 tsp
Servings per Container: 90
Yacon.....500 mg
Other ingredients: VitaFiber™, stevia

Warnings: Do not use when pregnant or nursing. Not for use by persons under 18 years of age. Do not use without consulting your health care professional, if you have any existing medical condition. Do not exceed recommended dosage.

† These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



Featuring VitaFiber™

VitaFiber™ is a sweet natural fiber providing low calorie and soluble prebiotic fiber for human digestive health. VitaFiber™ is non-GMO, sugar-free and gluten-free.

Based on scientific studies, VitaFiber™-IMO products are:

- A dietary fiber
- A prebiotic
- Improves overall gastrointestinal health
- A low calorie health sweetener

The following claims are supported by some scientific studies and further studies are in progress:

- Maintain healthy cholesterol levels
- Maintain healthy blood sugar levels
- Has a low Glycemic Index (GI)
- Helps in minerals absorption

ESSENTIAL SOURCE®



TRUE YACON™



- BOOST METABOLISM†
- SUPPORT DIGESTION†
- CONTROL WEIGHT†

The products and statements provided by Essential Source Inc. have not been evaluated by the FDA and are not intended to diagnose, treat, or cure any illness or to provide medical advice. Our products are produced in GMP approved and regulated facilities. The opinions on this literature are based on research by a variety of medical doctors, chiropractors, naturopathic physicians, biochemists, and other professional researchers. Results will vary for everyone.

For more information contact us at 1-877-879-9966.



Essential Source, Inc.
625 Deer Valley Road, Suite 103-152
Phoenix, AZ, 85027



Yacon, A Natural Sweet Tasting Low Calorie Prebiotic that Supports Healthy Weight Loss! A "Game Changer!"

What is Yacon?

The Yacon is a perennial plant traditionally grown in the Northern and Central Andes from Colombia to Northern Argentina for its crisp, sweet-tasting tuberous roots. These roots contain fructooligosaccharides. Fructooligosaccharides taste sweet, but pass the human digestive tract unmetabolized and hence have very low caloric value. Moreover, fructooligosaccharides have prebiotic effect, meaning that they are used by "friendly" bacteria that favor colon health and digestion.



While we'll admit the Yacon root in its raw form isn't visually appealing, we know you'll love the sweet natural taste and amazing prebiotic benefits!

How Does True Yacon Work?

Yacon Powder behaves like a prebiotic that assists in controlling flora found in the your intestine. What's flora? Flora consists of microscopic organisms that reside in your intestinal system. Dr Oz calls them skinny bacteria.

These bacteria help the transformation of Fructooligosaccharide (FOS) into short-chain fatty acids. Those fatty acids increase your tissue sensitivity to insulin, as well as help stop cholesterol synthesis in your liver. This is all important for your health in several ways. They are a factor in how well your body can absorb nutrients, they play a role in your immune system, they help fight off potentially dangerous disease-causing organisms and even instructs your body to create probiotics. Dr. Oz says that this prebiotic is the game changer for Yacon and what drives the effectiveness of it.

The 28 Day Dr. OZ Yacon Project* ...

The team at The Dr. Oz Show asked several viewers interested in weight loss to try yacon for 28 days. They asked 60 women to eat one teaspoon of yacon with or before each meal (breakfast, lunch and dinner) for four weeks. They were told not to otherwise change their usual diets or exercise habits. Forty of the 60 women completed the project. Of these 40 women:

- 29 (73%) of the women lost weight
- 14 women lost five pounds or more
- Average weight loss was 2.9 pounds
- Average reduction in waist size was 1.9 inches
- Total weight lost among all the women was 153 pounds
- 27 (68%) recommended yacon as a weight loss tool

† Dr. Oz does not endorse any particular brand of Yacon, but he does stress that there are key factors to consider when choosing the right Yacon supplement.

How to Use True Yacon

Yacon Powder is unique in that unlike many supplements that you typically need to mask the taste, Yacon naturally enhances the sweetness of foods. As a natural sweetener, Yacon has been described as "the apple of the earth." Use Yacon 3X a day in your meals as a natural sweetener in your foods, drinks and even desserts. A healthy weight loss solution has never tasted so good!

For more information on pairing Yacon with other programs call 1-877-879-9966, or go to www.EssentialSource.net

