

POWER FOOD

ARE YOU DRAINED? HAVE LOW ENERGY? NEED TO LOSE WEIGHT?

Do you have a hard time getting out of bed in the morning? Perhaps you suffer from ongoing daily fatigue, or just don't have enough energy to get you through the day. You are not alone! Millions of men and women struggle to manage their daily routine; they simply feel like they ran out of energy.

This health complaint is so common because the quality of current food products does not give us the nutrients we need. If you fail to eat at least 5-9 servings of vegetables every day, don't consume green leafy vegetables, and are not buying organic vegetables, then it is a fact that you are deficient in vitamins, minerals and enzymes!

Your typical diet today consists of over-processed and overcooked food, not to mention coffee, sugar, chocolate, junk, convenience foods, and drugs. The nutritional value of these products is sorely lacking.

In addition, current widespread lifestyles make it difficult to maintain sufficient nutrient stores. Lack of exercise, lack of sleep, and excessive stress are all factors that rapidly diminish the nutrient supply. Nutrient deficiency in the blood can cause many symptoms, from low energy or a weak immune system, to virtually any disease.

Nutrition is what builds your body; it's what you are made of. Having a rich supply of nutrition in your blood gives you energy, prevents disease, and if you're sick, speeds up your recovery dramatically.

Whole food supplements give you all of the nutrients you need in natural healing proportions. Rejuvenate your entire body with exceptionally nutrient-rich, Power Food, which will make it easier than ever to get each and every nutritional booster you need to stay healthy. More nutrition means more energy, more vitality, and more life.

The perfectly balanced blend of Power Food is specifically formulated to supply you with natural food source vitamins, minerals, Amino Acids and essential trace nutrients. Green grasses and sea greens found in Power

Food are some of the lowest calorie, most nutrient-rich foods on the planet. Plants contain every known vitamin, mineral and nutrient and even others yet to be discovered. All ingredients in Power Food derive from the richest whole food sources.

This is what makes Power Food stand out! Unlike most other manmade synthetic vitamins and mineral supplements, with Power Food you know you are not getting highly-processed imitation nutrients created in laboratories. You are supplementing your diet with nature's nutrients alone.

The natural content of **Power Food** effects the best part: the body assimilates it so easily – the nutrients can enter your bloodstream within 15 minutes! That's why you'll feel more energetic, stronger and healthier with **Power Food**. Expect to see the changes faster than you can imagine!

Power Food is a whole food dietary supplement and should be taken daily for a proper balance of essential vitamins, minerals, and food enzymes. It is the perfect addition to a well-balanced diet.

For those seeking to lose weight, Power Food has an added benefit. When your cells are properly nourished, you will no longer crave the foods that are fat-forming and destructive to the body. Power Food can be used as a great meal replacer. It contains only approximately 29 calories per serving!

Babies and children are no exception, they need proper nutrition too. At whichever stage, Power Food is designed to flood your body with the nutrients you have been missing for years.

Join our many customers and their children who are already enjoying the many health benefits of Power Food. Get started on Power Food and wake up tomorrow feeling the first signs of renewed energy. And, in the next few weeks and months, many health problems may start to fade as you feed your body the nutrients it is starving for.

POWER FOOD HAS CHANGED MANY LIVES! TRY IT – YOU'LL FEEL THE DIFFERENCE!

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Congratulations upon taking interest on one of the world's greatest health products!

Power Food is a perfect way to start your day. The recommended daily dosage is 2 level tablespoons of Power Food, added to your favorite juice. For a quick and easy, more satisfying meal replacer, you can blend the following ingredients with a hand blender. Combine 8 ounces of fruit juice, 8 ounces of pure water, 1 banana

or ½ cup of fresh fruit, and 2 tablespoons of Power Food. Two or more servings a day can be taken if desired. For added health benefits, drink slowly, so Power Food will mix with your saliva.

Power Food is enzymatically rich and is easily assimilated into the blood stream. All ingredients are from a high quality nutrient-dense whole food source.

POWER FOOD CONTAINS THE FOLLOWING INGREDIENTS:

Spirulina Blue-Green Algae: Spirulina is an incredible source of concentrated nutrients. It is 60% protein, which is the highest natural source of a complete protein. It is also a rich source of B-vitamins, especially B-12. It is one of the oldest types of algae, which has a soft cell wall for easy digestion and assimilation.

One of the most amazing functions of Spirulina is its ability to help people lose weight, while providing them with nutrition at the same time. Spirulina controls excessive hunger. When the body is improperly nourished, it gives out signals for nourishment which we feel as hunger. By giving the body complete nutrition, it no longer has hunger pangs or cravings.

Chlorella Broken-Cell Algae: Chlorella is one of the greatest foods in nature. It is an extremely concentrated source of nutrition and goes along with spirulina very well.

Alfalfa, Barley and Wheat Grasses: These are the vitamin and mineral herbs. They are mildly cleansing and the greatest sources of nutrition of all grasses. Grain grasses are more potent than the grains themselves, offering us a rich assortment of vitamins, minerals and chlorophyll.

Oatstraw: This is a very nutritious herb, and an effective calcium and silica source. Great for anxiety, depression, and sleeplessness. It strengthens weak nerves, and is great for hair, skin and nails.

Dulse Seaweed: Seaweeds are the richest source of assimilative minerals on the planet. They contain all the minerals and trace minerals that are found in the oceans.

Beet Root and Spinach Leaf: Beets and spinach are some of the richest, most assimilative sources of organic iron. Spinach is a rich source of calcium, iron and vitamin K. Both of these plants are famous for their blood building ability.

Rose Hips, Orange and Lemon Peel: These fruits are known as the best sources of vitamin C, they are also a balanced B-complex source. They contain bioflavonoids, rutin, calcium and all of the trace elements necessary to assimilate vitamin C. The citrus peels are one of the highest sources of pectin, which has been proven to remove heavy metals as mercury and lead from the body.

Nettle leaf: This is a wonder herb. Nettle strengthens practically everything in the body. It builds energy, strengthens the adrenal glands and nervous system, tones the kidneys, enriches the blood, and supports the bladder, lungs and pancreas. Nettle improves the metabolism to promote weight control.

Astragalus: This herb is a great immune booster. It works by increasing production and activity of white blood cells specifically involved in fighting disease. It is used for chronic fatigue, colds and flu, bronchitis, high blood pressure and cancer.

Non-Active Nutritional Yeast: This yeast is grown on beets and pure molasses. It is the second highest source of a complete protein in nature, and the richest source of the B vitamins. The B vitamins are essential for a healthy nervous system. It is totally non-active and safe for patients with candida albicans or on yeast-free diets.