

AMERICAN LONGEVITY®
Health Paks



• Calcium and Osteoporosis

Regular exercise and a Healthy diet with enough Calcium helps teen and young adult women maintain good bone health and may reduce their risk of Osteoporosis later in life.

• Folic Acid and Neural Tube Defects

Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect. Women who consume healthful diets with adequate folate throughout their childbearing years may reduce their risk of having a child with a birth defect of the brain or spinal cord. Sources of folate include fruits, vegetables, whole grain products, fortified cereals, and dietary supplements. 8 mg of Folic Acid in a Dietary Supplement is more effective in reducing the risk of neural tube defects than a lower amount in foods in common form. The FDA does not endorse this claim. Public health authorities recommend that women consume .4 mg of Folic Acid daily from fortified foods or Dietary Supplements or both to reduce the risk of neural tube defects.

• Omega – 3 Fatty Acids and Coronary Heart Disease

Consumption of Omega – 3 Fatty Acids may reduce the risk of Coronary Heart Disease. The FDA evaluated the data and determined that, although there is scientific evidence supporting the claim, the evidence is not conclusive.

• Antioxidants

The National Academy of Sciences identifies a dietary antioxidant as a substance in foods that significantly decreases free radicals (e.g. reactive oxygen), and reactive nitrogen substances (e.g. N-nitroso compounds). Vitamins C and E are antioxidants. As part of a well - balanced diet, rich in fresh fruits and vegetables, daily intake of at least 400 ug of Folic Acid, 3 mg of Vitamin B6 and 5 ug of Vitamin B12 may reduce the risk of vascular disease. There are obviously many more health benefits of Dietary Nutrients, these are just a small sample.

• Selenium

"Selenium may reduce the risk of certain cancers. Some scientific evidence suggests that consumption of selenium may reduce the risk of certain forms of cancer. However, FDA has determined that this evidence is limited and Not conclusive."

"Selenium may produce anticarcinogenic effects in the body. Some scientific evidence suggests that consumption of selenium may produce anticarcinogenic effects in the body. However, FDA has determined that this evidence is limited and not conclusive."

LOOK YOUR BEST, BE YOUR BEST AND ESPECIALLY FEEL YOUR BEST WITH AMERICAN LONGEVITY'S PIG PAK®!!! AMERICAN LONGEVITY PROVIDES THE OPPORTUNITY FOR IMPROVED HEALTH USING QUALITY NUTRITIONAL SUPPLEMENTS AND NATURAL PRODUCTS.

UNLEASHING THE POWER OF HERBS AND MINERALS IN THE PIGPAK® YOU WILL FIND TWO BOTTLES OF MAJESTIC EARTH™ PLANT DERIVED MINERALS™ AND TWO BOTTLES OF MAJESTIC EARTH™ ULTIMATE TANGY TANGERINE™. ONE BOTTLE OF 60 COUNT ULTIMATE™ E.F.A.™ CAPS. AND ONE BOTTLE OF 120 COUNT ULTIMATE™ GLUCO-GEL™ CAPS. ALL THE ITEMS IN THIS PIGPAK® ALSO MAKE UP FOR DR.WALLACH'S "ESSENTIAL 90" NUTRIENT HEALTH PROGRAM. GIVE YOUR BODY THE ULTIMATE FUEL WITH THE PIGPAK® FORMULA NUTRIENT HEALTH PROGRAM.

PIG PAK® DIRECTIONS

- 1) 5 OZ. CALCIUM ENRICHED MINUTE MAID® ORANGE JUICE
- 2) 1 OZ. MAJESTIC EARTH™ PLANT DERIVED MINERALS™
- 3) 1 OZ. MAJESTIC EARTH™ ULTIMATE TANGY TANGERINE™
- 4) FOUR ULTIMATE™ GLUCO-GEL™ CAPSULES
- 5) TWO TO FOUR ULTIMATE™ E.F.A.™ CAPSULES PER DAY*

7OZ. TOTAL MIX

TAKE FULL 7OZ. ONE TO TWO TIMES DAILY ONCE AT BREAKFAST ONCE AT DINNER TIME.

ITEM CODE#: PIGPAK®

* THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FDA. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASES.

Pig Pak®