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Vital-18

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Vital-18

Natural Diet Supplement & Weight Loss Program



Vital-18 is the natural solution for the elimination of excess weight that not only shortens life but also robs its most enticing qualities. The evolution of our civilization spiked with wonders did inevitably produce an endless assay of side effects of which many are rather undesirable. Overweight is one of these. An overwhelming number of people are, regardless of sex, age or color - notoriously obese. For most of these, shedding their excess weight is an increasingly difficult proposition, in spite of the many correct things they do.

Some go on starvation diets, or begin water and juice fast, strict exercise programs combined with a picturesque combination of exotic supplements albeit, each of which yield extremely poor long term results. Oh yes, these self-maiming sacrifices usually do generate at least some weight loss. Yet, such weight loss with very few exceptions, can only be attributed to the flushing of excess water.

It is important to know that the body retains water for several principle reasons. The first of these consists in the fact that there is excessive salt in virtually all commercially prepared non-sweet food products. Salt has been used for thousands of years as a preservative of perishable foods. Regrettably, also numerous manufacturers sell inferior quality food and use intensive salt concentration to disguise the poor taste of their products. We might add here that sugar is used for similar purposes, which brings us to the second of the main reasons for water retention.

Our kidneys are suppose to eliminate

water according to a multi-level program which operates by some rather complex biological mechanics.

There are many - as a matter of fact, too many - chemical substances incorporated into our modern nutritional sources, which upset hopelessly the delicate program that operates our kidney functions. Excessive sugar, which is used massively now as a preservative and interferes radically the finely homed program of the kidney functions, inflicts wider ranging damage on the carbohydrate metabolism. These effects escape control, for sugar offers manufacturers the legal opportunity of stating on their labels in no uncertain terms... "no preservatives have been added."

Another paramount reason the body retains fluids is that water functions as a means of flushing toxins out of the body, the organism imbued by its natural discriminatory capacity - which is part of our DIVINE HERITAGE - knows that water is a universal cleanser and solvent. As such, it will flush most foreign substances out of the body, provided it is given access to them before they precipitate sediments which are very difficult to handle once they accumulate. Thus, many whose body retains fluids, are evidently saturated by a great variety of toxins, originating mostly in our current food sources or in other aspects of our environment.

Hormone imbalances also caused by either inadequate nutrition, improper medicines (such as birth control pills, or by maiming toxic habits (alcohol, cigarettes or drugs, e.g.) - produce devastating effects on our metabolism and

unleash usually unmanageable obesity problems.

The explanation of why these problems are so hard to cope with consist of three main reasons: 1. Water retention, 2. Increased fat production induced by a faulty carbohydrate management, and 3. the metabolic deterioration caused by misprogrammed hormone balances. Due to a variety of reasons, these coincide in the same individual, originating the additional aggravation of malnutrition, which by common sense standards, would be the least of all possible calamities to be expected of an obese person.

Yes it is an undeniable fact that about one-third of the overweight individuals suffer from malnutrition. This overwhelming percentage does not include those who become under nourished after following senseless and self maiming diets.

What makes things even more critical, is the circumstance that people in general find it hard to associate the idea of malnutrition with the image of an overweight person. Thus usually no timely measure are taken to correct the under-nourishment until it becomes so advanced that it gives rise to a whole array of consequent illnesses, some of which can turn in to severe conditions such as heart diseases or diabetes.

Luckily, there are effective methods to prevent such disastrous deterioration of the health of those afflicted with obesity. However, any counter measures must necessarily encompass solutions for all of the above listed calamities, if true effectiveness is sincerely prevented. Thus any natural program must include

flushing agents, fat burners non hormonal endocrine normalizes and inter intestinal expanders girded by an intelligent diet.

Not with standing all of these difficulties, there exists a program which guides people most successfully through the maze of the task of losing weight. As we have just noted, the primary concern roots in ensuring that the program encompasses fat burners, flushing agents and metabolic stimulators.

The solution to which we refer is perfectly fulfilled by the **Vital-18** weight loss program. The **Vital-18** contains concentrated fuel for the overweight body, yet responds to the body's special requirements without adding calories to the daily nutrition.

Now let us examine briefly how the main components of this program operate. **Vital-18** diet supplement contains 72 substances, 18 of these are amino acids, including those 8 which the body is not equipped to produce. In addition, the **Vital-18** contains 14 vitamins, 12 minerals, 6 sterols, 17 lipids and 6 carotenoids. All of these are dissolved or suspended in an aqueous carrier.

The reason we shall examine only the main components of the 72 substances is that many of these were included to undergird the action of the principle compounds, underwriting their effectiveness. Thus to describe them individually could cause not only some confusion, but would turn this brief reporting into a lengthy essay.

The ingredients we are about to review were produced with in the cells of blue green algae, which has been subjected to specially controlled environmental influences during there growth period. Such influences encompass not only nutrition but also temperature, light qualities (including color composition, intensity and sequence) and even acoustic pressure of a great variety. It is proven that when such influences are evenly perpetuated beyond the fifth generation of the plants, characteristics become genetically transferable.

LECITHIN is a sterol which mobilizes unwanted cholesterol and participates in many fat breakdown processes. As such it also tends to restore the flexibility of blood vessels and thus enhanced blood circulation.

INOSITOL pertains to the vitamin B complex and operates as a lipotropic liver-friendly agent. It is usually associated to the amino acid methionine.

METHIONINE is the precursor state of choline, another B vitamin. The more choline and inositol the body has available the larger the volumes of fat that can be mobilized and more intense the detoxification of the liver.

L-PHENYLALANINE is another essential amino acid which carries out a very different task in the body. L-Phenylalanine operates chiefly in the brain. It has a very important appetite regulation through participation in several processes occurring in hypothalamus. It also enhances many neurological reactions which are not only responsible for the adequate nutrition and oxygenation of the brain, but also for the proper waste disposal of brain cells.

PYRIDOXIN is vitamin B-6 whose task among others is consisting in assisting the maintenance of the acid/alkaline balance in the body. Associated to the mineral **POTASSIUM** which regulates the exchange of fluids throughout the membrane - the walls of the cells. In fact, the transaction occurs between sodium and potassium, which could not be carried out without the participation of Vitamin B6.

LINOLENIC ACID is one of the three essentials fatty acids, known some time ago by the now obsolete term Vitamin F. The body requires polyunsaturated fats for many important functions, but it cannot synthesize these. Linolenic acids is essential for a variety of endocrine functions. Many hormones could not be produced by the glandular system without their participation.

CAROTENES are natural pigments which exert a great variety of chemical and biochemical influences in an enormous array of cell types. Thus **BETA-CAROTENE**, for example is the precursor of Vitamin A and essential instrument for the body's immune system. Its presence in our daily nutrition reduces significantly long term health risks.

BIOTIN is an important cofactor in the regulation of both our metabolism and the dialectic potential of our kidneys.

NIACIN is another component of the

Vitamin B family, besides its circulatory enhancement in the control of cholesterol triglyceride levels in the blood.

In brief, the 72 substances of The **Vital-18** are orchestrated to satisfy all requirements of almost all usual forms of obesity. The types not covered by it are invariably caused by some lethal form of disease, such as Cushing Syndrome, which refers to cancer of the pituitary gland. The **Vital-18** also fuels the body without resorting to calories and represents a powerful stimulant to the immune system offering an important instrument for the general prevention of long term health risk **Vital-18** (so called because it contains 18 of the known 22 amino acids) is a liquid concentrate weight loss program. The major active ingredients are a cultivated hybridized spirulina and Korean Ginseng.

Since the introduction of this diet supplement and weight loss program to the American market in 1987, literally millions of bottles have been sold and hundreds of thousands of people have achieved the appearance they desire. It is one of the healthiest products on the market. It is used by athletes for the high energy produced and by body builders in competition; it is used as a food supplement by people restricted to a liquid diet; and it is used as a nutritional supplement to a normal diet. It is also given to children for the nutrition it provides.

Not only will you achieve your desired weight loss, but you will have more energy and feel better than you have ever felt in your life while doing it. You will find the **Vital-18's** proper balance of nutrition and minerals will improve your sense of well-being.

Our concept for weight loss is not to reduce your nutrition or suppress your appetite, but to feed your body the basic, natural nutrition it was designed to function on. This ancient plant "spirulina" is the highest single source of nutrition in the world. The natural protein is 90% assimilated into your body along with the 72 molecularly bonded vitamins and minerals and within 45 minutes to and hour you will know it. The ingredients for the **Vital-18** are grown, harvested and processed here in the U.S.A. under USDA supervision.

The **Vital-18** has been prescribed by

doctors for patients

The following are some of the statements we have received from consumers regarding specific health benefits **Relief From High Blood Pressure** - *"I went from a 42 inch waist to a 34 inch, the size I was in Junior High. Today I weigh 199 lbs. Before I didn't have any energy and now I feel better and have more energy. I don't have to take blood pressure medicine any longer."*

-Mr. Robert Robinson, Paris, TX 75460

Cholesterol Reduces - *"The Vital-18 program is the beginning of the rest of my life. In just six weeks I have gone from 197 to 165 lbs., a total of 32 pounds and 13 inches. No more heartburn, headaches, dizziness or shakes. In fact my cholesterol count has gone down from 260 to 150."*

-Ms. Darlene Klem, Columbia Falls, MT 59912

"I lost 32 lbs. And 3 dress sizes in 2 1/2 months, and as an added bonus, my cholesterol dropped from 266 to 192. I showed my doctor the information on Vital-18 before I started on it and he approved. He said, he felt it was responsible for the drop in my cholesterol as well as my weight loss."

-Ms. Louise Stuart, Paris, TX 75460

Specific Energy Comments - *"I have found Vital-18 to be extraordinary in its ability to sustain my body with continued strength and endurance, especially in the later stages of a 55 mile bicycle ride. No other product I've tried works as effectively as Vital-18 in this area. I ride a pace of over 20 mph. most of the time, so I need a product that can supply me with strength and endurance."*

-Mr. Bob Cesarini, Harrisburg, OR 97446

"I went skiing yesterday with some friends from Kansas City. What a day - knee deep fresh powder. At 37 years old I can ski all day fast and hard like I was a kid again. I took these folks on Black Diamond runs and into high expert areas only! We went down 60 degree vertical chutes from the top of the mountain. I was nipping Vital-18 all day and they had a hard time keeping up."

-Mr. Brad Hunter, Salt Lake City, UT 84117

Vital 18 Recipes

To Live Healthy and Prosper

Vital-18 Fruit Energizer:

1 tbs. Vital-18, any flavor
8 oz. fruit juice of your choice
Add fruit and ice to make a fruity, deli-

cious treat.

Vital-18 Sparkler:

1 tbs. Vital-18, any flavor
8 oz. Mineral water or Vanilla seltzer water

For a great tasting old-fashioned cream soda that is low in calories.

Vital-18 Peanut Butter Crunch:

1 Tbs. Vital-18, Chocolate or Butternut
1 Tbs. Low-fat Peanut Butter
1 Rice cake
Mix Vital-18 and Peanut Butter and spread on the rice cake. Low in fat and guilt-free.

Vital-18 Berry Balls:

4 Tbs. Vital-18, Berry
2 Tbs. Low-fat Peanut Butter
1 C. of Rice Krispies
Simply mix all ingredients together and roll into little balls and serve.

Vital-18 Sundae:

1 tbs. Vital-18, any flavor
1/2 Cup of frozen low-fat yogurt or ice milk
Put Vital-18 over your frozen dessert and turn it into a low-fat sundae.

Vital-18 Protein Shake:

12 ozs. White Wave Soy Silk
1 tbs. Vital-18, Berry or Butternut
1 Frozen Banana or 1/2 Cup Frozen Mixed Berries
1 Scoop New Life Colostrum + French Vanilla
1 Scoop Almased Multi-Protein
Blend and enjoy smooth, nutritious burst of protein!

Easy to Use - Unlike most diet products that require mixing, the **Vital-18** is a liquid concentrate, not a powder. Add a tablespoon of the chocolate, butternut, or berry flavor to 8 oz. of milk, fruit juice, water, or sparkling mineral water; or a tablespoon of the lemon-lime or grape to 4 oz. of fruit juice, water, or sparkling mineral water (do not mix with hot beverages!) and it's ready to drink. There are no clumps, messes or effort involved in mixing.

Not Just a Drink - Add to fat free yogurts, a tablespoon in a tablespoon of peanut butter on a rice cake, or over frozen yogurt - **See Our Vital-18 Recipe Page.**

You Must Eat One Meal a Day - Over the last 13 years we have had a lot of people call us and ask about skipping the noon meal because while taking the **Vital-18** they just were not hungry. For

your digestive system to function properly dietary fiber is **essential**. Although containing an enormous amount of nutrition the **Vital-18** contains no fiber. For this reason a low calorie high in fiber meal is required.

Four Servings a Day - What you receive in a serving of the **Vital-18** is highly concentrated nutrition designed to fuel your body for approximately 3 to 4 hours. The scheduling of each serving is very important. If you miss one of the four servings hunger may set in very quickly.

For the most effective weight loss results a measured tablespoon (**one serving**) of the **Vital-18** should be taken 4 times during the day as described below.

1. The first serving is taken for breakfast.
2. The second serving should be taken between 10 and 11 Am.

Eat a noon meal

3. Take the third serving of the **Vital-18** between 2 and 3 PM.
4. The fourth serving is taken in the evening around 6 PM.

You will not be hungry but if a habit needs to be satisfied a snack of fruits or raw vegetables may be had in the evening.

*If you are serious about losing weight fast and looking for more than the latest fad you really should try the **Vital-18**. It is the healthiest, most effective weight loss product available today, very easy to use and **100% guaranteed to your personal satisfaction**. What are you waiting for? Get your free sample and audiotape today.*

FREQUENTLY ASKED QUESTIONS ABOUT VITAL-18*

Q: I read in the brochure that Vital-18 does not need to be refrigerated after opening, due to the "sugar trix principal". What exactly is that?

A: The sugar brix principal is actually a method of preserving vitamins, minerals, and other nutrients within a fructose-based liquid which was actually performed by the ancient Egyptians thousands of years ago. The fructose-based liquid is heated to a low temperature while the cultivated spirulina is then mixed into the base. This includes the all natural vitamins, minerals, and trace minerals found in the

spirulina. All of these nutrients and amino acids are then sealed in the fructose-base through temperature changes. This protects the nutrients from natural bacteria and fungi. This still remains an ingenious method used today.

Q: I read in the previous brochure that Vital-18 is sodium-free. On the new product label it lists sodium in the content, but not in the milligrams or as a percentage in the supplemental facts. Why is that?

A: That is because the sodium in Vital-18 is only a "trace" mineral, and the content is so minute that it can not actually be measured. It was listed as sodium-free because it is only a trace mineral found in the spirulina, not actually added as an ingredient. Now by law we have to add sodium to our supplemental facts - even though it is only a trace mineral. Please note that sodium is listed under **MINERALS**, not ingredients. Once again, that is because there is only a "trace" of sodium.

Q: Are there any preservatives, artificial colors or flavoring in Vital-18?

A: There are no artificial flavors in Vital-18, and only 1/10th of 1% of Potassium Sorbate and Sodium Benzoate as preservatives. Chocolate, Butternut, and Berry contain all natural coloring. Our new flavors of Grape and Lemon-lime contain a small amount of food coloring. These artificial colors may deter some customers, others it does not seem to bother. If the coloring bothers you, you still have three other choices - Chocolate, Butternut, and Berry!

KEEP IN MIND THAT CHOCOLATE, BUTTERNUT, AND BERRY ARE MIXED WITH 8 OUNCES OF LIQUID - GRAPE AND LEMON-LIME ONLY REQUIRE 4 OUNCES!

Q: I have been on Vital-18 for nearly two weeks, and I haven't noticed any weight loss. Why isn't Vital-18 working for me?

A: The answer is that it very well may be working for you - just in different ways. Some things you may want to keep in mind: Vital-18 has 18 amino acids, and all 22 when mixed with milk. Some amino acids are fat burners, some are muscle toners. You may no-

tice inches lost before you notice pounds. Muscle weighs more than fat. Vital-18 speeds up your metabolism, and the rate at which you gain or lose weight. Another thing to consider, the rate of how fast or how slow you gain or lose the weight also is determined by how long you have carried the weight. Your daily activities, lifestyle, and age all play a roll in weight loss. You must also drink plenty of water to lose weight. It removes toxins from your blood stream, kidneys, liver, and aides in digestion.

Q: Why must I eat meals high in fiber?

A: Vital-18 contains no fiber whatsoever. You must eat meals high in fiber to aide in the digestion and elimination processes. That's why we suggest eating raw fruit and vegetables containing low fat and raw fiber. These raw fruits and vegetables have another benefit. They also contain a lot of water!

Q: I have noticed that since I have been taking Vital-18, my stomach has been upset and I have felt nauseous. Do you think that I'm allergic?

A: Most likely I would say no. Some people experience these symptoms due to the elimination of toxins from your system. Some people may experience headache possibly due to change in diet. Water intake should clear up these symptoms, and they should go away in a couple of days.

Q: I've looked around where available, and noticed that prices range within \$5.00 or so. Could I avoid all of this running around and buy directly from Vital-18 at cost?

A: Sorry to say, but the answer to this question is no. Vital-18 Incorporated is a wholesale distributor only. Whatever product you need may be purchased from your local participating health food store. For any related questions, you may call us at 1-800-633-7692. You may e-mail us at Vital18@ATT.NET, or visit our web at www.weightloss-diet.com to locate a store or a free sample nearest to you.



SELECTING FIBER-RICH FOODS

Bread and Cereals

- 100% Bran - 23 grams - 1 Cup
- Cornflakes - 2.95 grams - 1 1/4 Cups
- Wheat Bread - 2.4 grams - 1 slice

Fruit

- Apple, unpeeled - 3.1 grams - 1 small
- Figs, dried - 18 grams - 2
- Grapefruit - 2.4 grams - 1/2 medium size
- Grapes, green - 1 gram - 20 grapes
- Orange - 1.8 grams - 1 small
- Pear, unpeeled - 2.8 grams - 1 medium
- Peach, raw - 1.3 grams - 1 medium
- Plums, small - 1.5 grams - 2 small
- Raisens - 5 grams - 1/4 cup
- Strawberries, fresh - 2.4 grams - 1/2 Cup
- Tangerines - 2.1 grams - 1 medium

Vegetables

- Beans, baked - 18 grams - 1 Cup
- Beans, green - 2.4 grams - 1 Cup
- Beans, kidney, cooked - 4.5 grams 1/4 Cup
- Beets, cooked - 2.1 grams - 2/3 Cup
- Broccoli, cooked - 1.6 grams - 3/4 Cup
- Cabbage, cooked - 2.2 grams - 1/2 Cup
- Cabbage, raw - 2.1 grams - 3/4 Cup
- Carrots, cooked, raw - 2.2 grams - 1/4 Cup
- Peas, canned, raw - 4.75 grams - 1/2 Cup
- Peas, frozen, raw - 3.5 grams - 1/3 cup
- Potatoes, cooked - 3.1 grams - 2/3 cup
- Spinach - 3.5 grams - 1 Cup
- Tomatoes - 3 grams - 1 medium