

{Main Sales Letter: 27 pages.Double Sided. 8 ½” x 11”. White paper. 2/c}

Start Feeding your Body the Essential Nutrients it needs to help prevent Cancer and Disease, potentially adding years to your Life...But hurry, before its too Late!

(dramatic...YES...but True?...unfortunately also YES...)

Dear Fellow Health Enthusiast,

I'm pretty sure that its safe to assume that you are one who cares about their health...

Actually, you wouldn't have gotten this letter if you didn't. But have you, like me, been experiencing more and more of at least some of the following *frustrating symptoms* as the years roll by?

...Like just being *plain tired* of being **TIRED** all the time?

...Do you plop on the couch at the end of the day and breath a sigh of relief that you don't have to get up again until tomorrow unless you absolutely have to, if you don't want to?

...When you actually do find the energy to get up and do something, do you find that you are *pooped out in a couple of minutes instead of a couple of hours* like when you were younger?

...Is it harder to play that full round of golf?

...or run around the yard with your kids?

...or play a game of full court basketball?

...or put in all of that overtime at work to impress your boss so you'll get that next promotion?

...or take your wife out on the town for a night of dancing than it use to be?

...Is your wife scratching her head in disbelief wondering what happened to that hot, sexy, insatiable, *verile man* that she married? Especially when you just roll over and start snoring as soon as your head hits the pillow instead of putting the old 'move' on her like you use to?...in the good old days?...**Remember those??** Is she starting to wonder if '*she is the problem*'? Or are YOU the problem? Is there's somebody else?? Good grief. Hopefully not that...

But you have to agree that things can tend to spin out of control more quickly nowadays. And those are some pretty dramatic changes from 'back in the day', aren't they? When the world was your oyster and you had all the energy you ever needed to burn...

But isn't it even **more disturbing** the occasional recurring thought that, (because of all the previously mentioned symptoms), that maybe there is...

...something going on in your body that may one day lead to your getting cancer or heart disease or some other kind of sickness that maybe could have been prevented if you'd just know what to do about it earlier?

Well, just you wondering about those things is a step in the right direction. You see, there are those people who **want** to live longer, be healthier, happier, stronger, and have more energy and stamina...and then there are those that don't or just don't care or just plain don't want to know. I'm gonna go out on a limb and bet that you are one of the ones that **does care** about your current and your future health. And if so, then I have some good news for you.

You **CAN**:

- have more energy and stamina than you've had in years so you can work more hours, impress your boss, and get that raise;
- or play ball with your kids after a hard day at work until **YOUR KIDS** drop;
- or improve your brain and mental functions so much that you can retain and recall things more clearly and quickly causing you work faster, more efficiently and effectively so you can position yourself to actually **GET that next job or promotion;**
- or regain that sex drive and virility of a 20 year old so that it makes your wife or girlfriend **swoon** at the thought of love making with you!
- and last but not least...**give your body what it needs to help prevent cancer and disease from ravaging your body now and forever...**

And all of this **won't require endless hours in the gym or consuming exorbitant amounts of fruits and vegetables.** Quite honestly, with that said, eating a 'perfect' diet and exercising like Arnold Schwarzenegger **WON'T give you all of the previous benefits and it WON'T give you everything you need to help prevent potentially SEVERE health issues from threatening your life in the future that may could have been easily prevented.**

...DID YOU KNOW?...

A healthy balanced diet won't necessarily keep you from getting cancer, heart disease, osteoporosis, or Alzheimer's?

...that no matter how diligent you are at eating a well-balanced and healthy diet that you are ultimately *still depriving your body of vital life sustaining vitamins and minerals?*

...Vitamins and minerals so important to your overall health that left unchecked for years could be a **significant contributor** to the reason for your getting **Heart Disease?** or **Cancer?** or **Osteoporosis?**, or even **Alzheimer's?**

Scientists are calling these long term latency diseases. Why? Because it takes years and years for the cumulative effects to manifest themselves. Many scientists believe that they may be due to *slight* deficiencies in critical vitamins and minerals that the **typical western diet definitely does not provide for** and if allowed to accumulate for years and years or even decades can be the major cause of Cancer, Heart Disease, Osteoporosis, and Alzheimers. Just too name a few. But even in cases where you actually avoid the typical western diet and **do** eat *'all your fruits and vegetables'* (just like your mother use to say), you will see later that you still will not be getting what your body needs to prevent these diseases from getting a foothold on your health...**and eventually ending your life...**

So why do we get these cancers and diseases and what can we do to help prevent getting them?

In 2002, a paper by Robert H Fletcher, MD, Msc and Kathleen M. Fairfield MD, DrPH from the **Harvard School of Medicine, in the Journal of the American Medical Association** stated that "suboptimal intake of some vitamins, above levels causing classic vitamin deficiency, is a risk factor for chronic diseases and common in the general population. Suboptimal folic acid levels, along with suboptimal levels of vitamins b6 and b12 are a risk factor for cardiovascular disease, neural tube defects, and colon and breast cancer; low levels of vitamin D contribute to osteopenia and fracture; and low levels of the antioxidant vitamins A, E and C may increase risk for several chronic diseases. **Most people do not consume an optimal amount of all vitamins by diet alone. It appears prudent for all adults to take vitamin supplements**".

So the *good news* here is that it is potentially easily preventable...by supplementing your diet with vitamin supplements...or multivitamins. The *bad news* is that **most people are not doing this one simple thing that would only take a couple of seconds a day to accomplish...**

But I eat a well-balanced and healthy diet; so why do I need to take a multivitamin to help keep me from getting heart disease, cancer, osteoporosis, or Alzheimer's?

Remember earlier I mentioned that even if you are eating a well balanced and healthy diet that you still are probably not getting everything you need as far as vitamins and minerals on a consistent daily basis?

The U.S. RDA recommends daily amounts of vitamins and minerals for what they have determined you need for healthy daily bodily function. In some cases, even the U.S. RDA numbers are off, and in those cases where suboptimal levels are maintained over time they can cause sickness, disease or cancer. But if you want to set a 'benchmark' of just getting the 'consistent' U.S. RDA levels of nutrients on a daily basis from say, fruits and vegetables for instance, those levels can vary ***dramatically.***

Here is why:

For vitamins, the amount contained in our foods are constantly changing. Between the farm and ending up on your supper table, the vitamin content slowly disappears. The following chart by Vitamin and Information Service (Hoffman LaRoche) shows some typical examples of how much is lost just during processing/cooking and NOT including losses that can occur due to storage, transportation, and temperature changes:

Vitamin	% Loss	Cause of Loss
Vitamin A	0 to 60	oxygen, heat, light
Vitamin B1	30 to 80	water, alkaline pH, heat
Vitamin B2	9 to 39	water, alkaline pH
Niacin	3 to 27	water
Vitamin B6	30 to 82	water
Biotin	0 to 50	oxygen, alkaline pH
Pantothenate	7 to 56	heat, water, alkaline pH, acid pH
Vitamin C	0 to 100	oxygen, heat, alkaline pH, water
Vitamin D	0 to 40	oxygen, light
Vitamin E	0 to 60	oxygen

And as for minerals, although cooking and storage do not destroy minerals, the way that food is grown has a direct impact on the actual mineral content. Plants get their nutrients from the soil and any fertilizer added to the soil. Over time, soil loses its natural nutrients and fertilizer only contains basic nitrogen, phosphorus, and potassium and none of the trace minerals. And since it is impossible for a farmer to replenish the nutrients in the soil to optimal levels, then it cannot get into the plant which in turn does not make it into the vegetable or fruit...

So, in a nutshell, you are **NOT getting all the vitamins and minerals from your fruits and vegetables that you think you are. That is a fact.** And in some cases you may be getting **NONE of the vitamins and minerals you were expecting!** At least not on a consistent, daily basis. It would be impossible. So how do you address that issue?

You do something to bring your daily vitamin and mineral intake up to the recommended amounts, keep it there everyday for the rest of your life and thus level out your current *roller coaster intake...*

And again, as stated in the study in the **Journal of the American Medical Association** mentioned earlier,

“Since the high prevalence of suboptimal vitamin levels implies that the usual U.S. diet provides an insufficient amount of these vitamins”... “We recommend that all adults take one multivitamin daily. This practice is justified mainly by the known and suspected benefits of supplemental folate and vitamins B12, B6, and D in preventing cardiovascular disease, cancer, and osteoporosis and because multivitamins at that dose are safe and inexpensive”.

Eye opening isn't it?

That taking a multivitamin daily can help to prevent your getting a long term latency disease...like heart disease, cancer, osteoporosis, Alzheimer's, neural tube defects, colon and breast cancer.

Quite a case for supplementing your diet with a daily multivitamin.

But that is not all a good multivitamin can do for you...

You can also have more Energy and Stamina than you have had in years...

So now you know that you can help prevent the chances of your getting cancer and disease by simply taking a daily multivitamin, which is a very beneficial ultimate long term benefit, but what day to day benefits can you get from taking a good multivitamin?

Remember the days when you could get up, go into work early, work all day, hit the gym and then mark those items off of the honey do list when you got home and still have the energy to burn when you got into bed at night with your beautiful wife or girlfriend?

Did it seem like then that you had endless amounts of energy and the stamina of a bull that could carry you through everything you needed or wanted to do all day? Every day? Has that seemed to have waned lately? Or maybe it has been waning a little for quite a while? Months? Years? *Maybe even decades??*

You need to know **that you CAN** get that energy and stamina back...

A **good** multivitamin will contain vitamins, minerals and herbs that can help give you back the stamina and energy that you are missing. Following are listed a few of the best to look for when shopping for the perfect multivitamin:

According to the National Institutes of Health

- **Ginseng** can enhance physical stamina and endurance

And only a top of the line multivitamin also contains what are called “**Super Foods**” like:

- **Hydrilla vertecillata** which are known to enhance energy level, muscle growth and aid in appetite suppression

Other essential vitamins for enhancing energy and stamina include:

- **B-6 and B-12**, which are considered principal energy producing vitamins due to their ability to break down carbohydrates, fatty acids and proteins into glucose and other molecules that can be used by your cells to produce energy

and the minerals

- **calcium, potassium and magnesium** are required by your muscles for efficient contraction and relaxation, and also are necessary for endurance and stamina.

Picking the right multivitamin that contains the previously listed vitamins and minerals will insure that you give your body what it needs to *supercharge* your stamina and endurance!

Increase your Sexual Performance...

...How would you like to get back that pure animal magnetism, confidence, sexual stamina and the ability to stay hard for hours and hours again?

...What would your wife or girlfriend think if you were able to completely satisfy them like you were able to do when you first met or when you were younger?

...How would they react if you were able to make love for hours and were able to orgasm again and again?

You can get those things back. Although it is not something that is mentioned very often, but sexual satisfaction between a couple is a very important part of a relationship and is one thing that can even make or break a relationship in certain situations. And one of the advantages of selecting the right multivitamin is that some have vitamins and herbs that are known to help with sexual stamina and penile function.

The following are a few of the 'rock stars' to look for in your multivitamin that will insure you will have the sexual stamina, endurance, and bone hard erections to please your woman to her inner core:

Ginseng Root

Ginseng is a root whose history is one of legends. Everyone has 'heard' about its supposed benefits, but few people know what they really are or how it works. Well, here's the skinny. Ginseng increases blood flow through a man's lower extremities. This is most likely due to affecting the dopamine system, which is the complex system of the brain that researchers believe triggers sex drive. More than half of all men and women in studies with Ginseng report an improvement of "being in the mood" more often. A common effect from its use is producing excitability, but that's exactly what we're after here!

Ginko

Many men know about the boosting effects of Ginko Biloba in the bedroom, but initial studies recognized Ginko Biloba for its ability to improve circulation and memory in adults also. If you take these same findings and apply them to the man with erectile dysfunction, we can see how the increased circulation could produce a stronger erection. The same chemical, nitric oxide, which is stimulated by the Ginko Biloba to relax the artery walls in the circulatory system, is also known to boost blood flow through the man's penis. So all technical scientific jargon aside, *it*

basically works like Viagra.

Fo-Ti Root

Modern research indicates that this herb contains an alkaloid that has rejuvenating effects on the nerves, brain cells and endocrine glands. It stimulates a portion of the adrenal gland and helps to detoxify the body. Hair health, energy and sexual vigor are the products of this rejuvenation.

Vitamin E

Some like to call vitamin E the "**sex vitamin.**" It gets this name for a couple of reasons. One, vitamin E has been said to aid in the production of sex hormones, which aids in attraction, desire, and mood. Two, it prevents age and disease, which of course indirectly boosts the longevity of anyone's sexual lifestyle.

Vitamin A

Vitamin A deficiency has been linked to decreased production of sex hormones in men and women. It may also cause testicular shrinkage in men. A good reason to insure Vitamin A is an ingredient in your multivitamin. We wouldn't want testicular shrinkage now would we!

And Enhance your Memory and Mental functions...

We all on occasion have had it happen to us...you forget something you should not have...like your wedding anniversary (the kiss of death that one is!!)...or your first child's birth date..or the first girl you ever kissed...or where you met your wife for the first time...all seemingly minor incidents.

But when...

...you can't recall an important detail that needed to be mentioned during a sales presentation because you just plain "**forgot it**"...

or

...an important assignment with a tight deadline from your boss that HAD to be done just "**slipped your mind**"...

or

...you just can't seem to focus or concentrate on things like you used to anymore and it's taking longer and longer to **GET THINGS DONE**...

or

...you missed your daughter's dance recital because your memory is just not what it used to be...

then your memory and mental faculties are starting to affect the way you perform your job and govern your life...and its no longer something to laugh or 'joke' about anymore. It could affect your livelihood...or the safety of your family or co-workers. And if you have a dangerous or critical job (think doctor, fireman, etc..) where it could be disastrous or even get people hurt or worse yet, killed...then you **have to do something about it.**

The good news is that the nutrients that can enhance your mental or memory function can also be provided by a multivitamin, albeit a very good one. And anything you can do to nurture and feed your brain will be beneficial in the prevention of Alzheimer's. Be sure to look for the following vitamins, minerals and herbs that are known to maximize your brain function and improve your memory:

Ginko Biloba

Ginko Biloba has been recognized for its ability to improve circulation and memory in adults. According to the University of Maryland Medical Center, scientific research supports ginkgo as a method to enhance memory and circulation. Ginkgo contains two chemicals, flavonoids and terpenoids, believed to have antioxidant characteristics, which rid the body of free radicals causing cellular damage. In clinical studies, ginkgo improves the blood flow to the brain and ***supports cognitive functioning among individuals with dementia and Alzheimer's.***

Vitamins B6, B9 (Folic Acid), B12, and D

Vitamins that improve memory work on neurons by strengthening the brain structure. Ideal vitamins are the B6, B12 and B9 known as folic acid. They regulate levels of homocysteine, an amino acid associated with Alzheimer's disease. According to a 2009 study conducted by the Oxford Project to Investigate Memory and Aging, ***these same B vitamins slow the rate of brain shrinkage, a common impairment among individuals with Alzheimer's.*** Individuals with the slowest rate of brain shrinkage scored significantly better on cognitive tests. Additionally, vitamin D deficiency may cause symptoms of depression, sleeplessness, mood swings and fatigue. Vitamin D promotes healthy cell growth throughout the body, including the brain.

Choline

Choline helps enhance production of vital neurotransmitters. Studies have shown that citicoline can improve memory and verbal learning. It can also help increase mental energy and improve focus.

You CAN have it all...

...Reduce or completely eliminate your chances of contracting a long term latency disease like heart disease, cancer, osteoporosis, Alzheimer's, neural tube defects, and colon and breast cancer...

...Have **more energy and stamina** than you have had in years so you can work longer, harder hours so you GET that next promotion or raise and provide yourself and your family with everything they need and deserve ...

...Have the **virility and increased sexual performance** of a 20 year old that will have your wife or girlfriend shaking their head in disbelief at your newly rejuvenated sexual prowess!...

...**Drop stubborn excess pounds and build the muscle** that will have the ladies *turning their heads* to admire your new lean, mean and trim body! ...

...**Increase your mental and memory function** to help you think clearer, remember more easily and give you the tools you need to perform any task at top mental capacity and brain power...

...**Insure general overall good health** including a healthy heart, vision, hair and skin...

But the key to getting ALL of these benefits is by taking the right multivitamin...

Meet Dr. Martin Smith

My name is Dr. Martin Smith. I am the director of the Martin Smith Clinic and Health Awareness Center. I achieved my undergraduate degree from Oxford University and went on to obtain my medical degree from Johns Hopkins University.

{picture of dr. smith}

I developed my high potency daily vitamin supplements for men after watching my father, who was once a healthy and robust man, become listless, sluggish and apathetic. I made it my goal to find a way to battle the damaging effects of the typical western diet which I believe was responsible for my father's mental and physical decline.

I first stumbled upon this formula when I was on sabbatical in Linhai, a small town to the south of Shanghai. I was researching herbs used by the ancient Chinese healers. After several years of research and trials, I finally developed this product, "**FoodState Nutrients**". It is currently only available through my clinic and the proceeds are donated to continuing research in men's health.

{picture of product}

So why FoodState Nutrients?

Because FoodState Nutrients is the only multivitamin supplement which:

- ***is comprised of whole-food nutrients which are IMMEDIATELY recognized and assimilated by the body.*** NO OTHER SUPPLEMENT CAN MAKE THIS CLAIM! But what does this mean? It means that each vitamin and mineral in the formula is harvested, using a proprietary process, from nutrient-dense, super-potentiated plants. Because of this, the body assimilates nutrients in this form best because they are identified immediately by the body as ‘life-giving food’ and the body doesn’t need to utilize its essential resources to assimilate ‘foreign’ nutrients.
- Contains **“Super Foods”(our product exclusive)** that are not only highly nutritious but provide powerful therapeutic effects as well. This again, sets us apart from the competition and is available only in our product. It includes **“Hydra-Green”** which is very high in chlorophyll and has a higher concentration of nutrients than ordinary plants, grains and herbs. It has been proven as a muscle builder, energy enhancer, anti-arthritis and free-radical scavenger and also has applications for stress management. It has also been shown to increase nutrient absorption. The other is **“Hydrilla Verticillica”** which is another aquatic green superfood. It is a vegetarian source of B12 and *contains 30 to 70 times more of this vitamin than other green foods.* Its benefits include: Muscular skeletal support; enhanced nutrient absorption; weight management (hydrilla may enhance fat burning according to recent research); blood building (contains chlorophyll, magnesium, Vitamin B12, copper, cobalt, and iron) and has natural antioxidant and anti-aging factors.
- Uses **Whole herb extracts** made from the whole plant and the full spectrum of each plant’s phytochemicals and are classified by traditional Chinese herbal medicine as “superior” for their overall strengthening effect on the entire system. Herbs include **Siberian Ginseng Root, Fo-Ti Root, Gotu Kola Leaf, Hawthorn Berry Panax Ginseng Root, Ginger Root, Sarsaparilla Root, Nettle Leaf, Licorice Root, and Ginko Leaf.**
- Contains no preservatives or binders. Chemicals are prone to oxidation, however this product is naturally protected from oxidation by vital food factors.
- Is a vegetarian formula

If the prior list of vitamins, minerals, herbs and our proprietary process of manufacturing and natural ingredients are not enough to convince you that FoodState Nutrients should be your multivitamin of choice then look at this side by side comparison of the vitamins, minerals, and herbs contained in both FoodState Nutrients and a nationally known leading multivitamin brand and decide for yourself:

Vitamins and Minerals

Vitamin/Mineral	Benefit	(contained in) FoodState	(contained in) Centrum Silver
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Vitamin A	heart, vision, skin, boost immunity, protects from infection, help prevent cancer and disease	<i>Yes</i>	<i>Yes</i>
Vitamin C	protection against immune system deficiencies, cardiovascular disease, eye disease, and even skin wrinkling.	<i>Yes</i>	<i>Yes</i>
Beta Carotene	heart, vision, skin, boost immunity, protects from infection, help prevent cancer and disease	<i>Yes</i>	<i>Yes</i>
Vitamin D	healthy bones	<i>Yes</i>	<i>Yes</i>
Vitamin E	helps prevent cancer, heart disease, strokes, cataracts, and possibly some of the signs of aging.	<i>Yes</i>	<i>Yes</i>
Vitamin K	blood clotting, bone health	<i>Yes</i>	<i>Yes</i>
Vitamin B-1(thiamin)	Energy production, improves cardiovascular functions, eye health and brain function	<i>Yes</i>	<i>Yes</i>
Vitamin B-2 (riboflavin)	Aids metabolism, immune system, neural function	<i>Yes</i>	<i>Yes</i>
Vitamin B-3 (niacinamide)	decrease heart disease, lower bad cholesterol, reduction in the risk of Alzheimer's disease, cataracts, osteoarthritis, and type-1 diabetes	<i>Yes</i>	<i>Yes</i>
Vitamin B-6	helps the body maintain normal nerve function, breaks down proteins, keep blood sugar in check and produces antibodies and hemoglobin	<i>Yes</i>	<i>Yes</i>
Vitamin B-12	energy production, regulate nervous system (reducing depression,	<i>Yes</i>	<i>Yes</i>

	stress, and brain shrinkage), essential for healthy skin, hair, and nails, helps protect against cancers including breast, colon, lung, and prostate cancer		
Biotin	helps body to process energy, carries carbon dioxide through your body, increases metabolic levels (helps during weight loss), growth and maintenance of hair and nails.	<i>Yes</i>	<i>Yes</i>
Folic Acid	Prevents neural tube defects, colon cancer, helps reduce chances of stroke, osteoporosis, blood vessel disease, cervical cancer and even macular degeneration by lowering homocysteine levels.	<i>Yes</i>	<i>Yes</i>
Vitamin B-5 (Pantothenic Acide)	alleviation of conditions like asthma, hair loss, allergies, stress, respiratory disorders and heart problems, Also, helps to improve immunity, osteoarthritis, ageing signs, resistance to various types of infections, physical growth, and diabetes and skin disorders.	<i>Yes</i>	<i>Yes</i>
Calcium	maintains bone health, dental care, prevention of colon cancer,, reduces obesity	<i>Yes</i>	<i>Yes</i>
Chromium	reduce risk of diabetes, reduce LDL, Increases HDL, lower blood pressure, decrease risk of heart attack and stroke, decrease body fat and increase lean muscle mass	<i>Yes</i>	<i>Yes</i>
Copper	helps prevent high	<i>Yes</i>	<i>Yes</i>

	blood pressure, heart arrhythmia, oxidation of the cells, and helps keeps cholesterol low		
Iodine	controls the functioning of thyroid glands in human body, which in turn has a significant influence on the metabolic processes in the body thereby helping in the optimum utilization of calories and preventing its storage as excess fats.	<i>Yes</i>	<i>Yes</i>
Iron	helps body produce red blood cells and essential in metabolism	<i>Yes</i>	<i>NO</i>
Magnesium	aids in transmission of nerve impulses, body temperature regulation, detoxification, energy production, and the formation of healthy bones and teeth.	<i>Yes</i>	<i>Yes</i>
Manganese	helps ensure healthy bone structure, bone metabolism, and helps in building essential enzymes for building bones.	<i>Yes</i>	<i>Yes</i>
Molybdenum	controls the movement and release of iron in the body. The role of iron utilization is important because iron provides oxygen to the body's organ systems	<i>Yes</i>	<i>Yes</i>
Potassium	required for keeping heart, brain, kidney, muscle tissues and other important organs of human body in good condition. Good for muscle building, bone health, reduce kidney stones, improve cardiovascular health.	<i>Yes</i>	<i>NO</i>

Selenium	Plays key role in metabolism, may reduce prostate cancer and heart disease	<i>Yes</i>	<i>Yes</i>
Vanadium	helps control blood sugar levels, may help prevent cancer and osteoporosis	<i>Yes</i>	<i>Yes</i>
Zinc	aids proper functioning of immune system, digestion, control of diabetes, improves stress level, energy metabolism, acne and wounds healing.	<i>Yes</i>	<i>Yes</i>
Boron	Many disease conditions like arthritis, menopausal symptoms and osteoporosis are naturally managed by Boron. Improves the natural ability of human body to absorb calcium and magnesium.	<i>Yes</i>	<i>NO</i>
Phosphorous	Aids bone and teeth formation.	<i>Yes</i>	<i>NO</i>
Choline	May help prevent memory loss associated with aging, protect the liver from certain types of damage, lower cholesterol and homocysteine levels associated with cardiovascular disease, and protect against some types of cancers	<i>Yes</i>	<i>NO</i>
Inositol	improve the strength and health of your hair, as well as aid its growth	<i>Yes</i>	<i>NO</i>
Leutin	lowers risk of macular degeneration	<i>NO(1)</i>	<i>Yes</i>
Nickel	Protein structure/function	<i>NO</i>	<i>Yes</i>
Silicon	growth of bone crystals/ calcification	<i>NO(1)</i>	<i>Yes</i>

Lycopene	boost heart health, prevent vision loss, and lower the risk of some cancers.	NO (1)	Yes
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(1) These benefits can be gained from the superfoods, whole herb extracts, and other vitamins and minerals in FoodState Supplements

Superfoods

(contained in) (contained in)
Superfood **Benefit** **FoodState** **Centrum Silver**

Hydrilla verticillata	Enhances energy level, muscle growth, appetite suppression, neutralizes toxins	Yes	NO
Alfalfa	helpful in growth of hair and prevention of hair loss, lowers cholestrol, prevent strokes, heal arthritis	Yes	NO

Whole Food Extracts

(contained in) (contained in)
Whole Food **Benefit** **FoodState** **Centrum Silver**

pumpkin seed extract	prostate protection, improved bladder function, depression treatment, prevention of osteoporosis, anti-inflammatory	Yes	NO
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Whole Herb Extracts

(contained in) (contained in)
Whole Herb **Benefit** **FoodState** **Centrum Silver**

siberian ginseng root	stimulates immune system, used to prevent colds, flu and increase energy, longevity and vitality, improves mental performance and alertness	Yes	NO
fo-ti root	Improves hair health,	Yes	NO

	energy and sexual vigor. rejuvenating effects on the nerves, brain cells and endocrine glands and stimulates a portion of the adrenal gland and helps to detoxify the body. lowers cholesterol levels, decreases hardening of the arteries.		
gotu leaf & root	increase libido, improves intelligence and memory, strengthens the adrenal glands and cleanses the blood to treat skin impurities. combats stress and depression, and improve reflexes. recommended for nervous disorders, epilepsy, senility and premature aging.	<i>Yes</i>	<i>NO</i>
dandelon leaf & root	good for kidneys and urinary tract health	<i>Yes</i>	<i>NO</i>
hawthorn berry	promotes the health of the circulatory system, treat angina, high blood pressure, congestive heart failure and cardiac arrhythmia and has been found to strengthen the heart. it has also been indicated for strengthening blood vessels, vascular insufficiency and blood clots, restoring the heart muscle wall, lowering cholesterol and to aid digestion.	<i>Yes</i>	<i>NO</i>
panax ginseng root	Increases sperm production with a marked decrease in erectile dysfunction, Decreases harmful LDL cholesterol and increases beneficial cholesterol HDL levels, Regular intake reduces vulnerability to lung, liver, stomach, pancreatic and ovarian	<i>Yes</i>	<i>NO</i>

	cancer. Enhanced mental alertness, improved concentration and retention		
ginger root	naseau relief, anti-inflammatory properties and relief of joint pain, lowers cholesterol, may prevent or slow progression of cancer	<i>Yes</i>	<i>NO</i>
sarsaparilla root	used to treat sexual disfunction, improves skin condition, beneficial in the treatment of inflammatory diseases. such as bronchitis, bronchial asthma, rheumatism, arthritis and general joint pain. acts as a diuretic.	<i>Yes</i>	<i>NO</i>
nettle leaf	used to increase the strength and length of hair in beauty regimes, makes hair shinier, and may actually stimulate hair growth in balding men	<i>Yes</i>	<i>NO</i>
licorice root	reduces heartburn and improves digestive health	<i>Yes</i>	<i>NO</i>
ginko leaf or ginko biloba	increases blood supply and circulation to all parts of the body, including the heart, eyes, brain, and penis. (There is strong evidence that ginkgo can help boost a declining libido in men and women.) It protects against a broad range of illnesses associated with aging, including macular degeneration, cataracts, glaucoma, heart disease, stroke, and cancer.	<i>Yes</i>	<i>NO</i>

As you can see, just because they spend a majority of their profits writing advertising to convince you they are the best (whereas we roll any profits back into research and development to provide you with an even better, more superior product), **the leading brands actually ARE NOT the best...**

See what these Happy and Satisfied Customers have to say about Foodstate Nutrients

Why settle for being tired all the time, or having no stamina or no sex drive or just wondering if there's something you can do to avoid or eliminate your chances for getting heart disease or cancer in the future. ***Do something about it!*** These folks did. They were so glad to discover Foodstate Nutrients that they asked me to share some of their personal success stories...

<p>“Energy to train my clients from 6am to 7pm!” I'm a personal trainer, and to stay successful at what I do, I have to be at the peak of physical performance. Even though I'm supervising my clients, I'm working out all day long. If my clients run as part of their training regime I run with them. If my clients swim I walk up and down the side of the pool right along with them! And there's no way I can keep up on power bars and energy shakes. I've found something even better. <i>Your formula definitely keeps my energy level up!</i> - D. Brockman {picture of D.Brockman}</p>	<p>“Keeps World-Class Athletes in top Form” As head Coach of Athletes of America, I work with many promising young athletes. I do everything possible to help each one achieve his “personal best”. All the athletes that I have trained in the past year have added your formula to their diets. The results have been amazing. <i>This product even keeps world-class athletes in top form.</i> After the intense training they go through, they still have the energy to go that extra mile. And all of the athletes I train, regardless of their sport, need that extra mile! - J. Cunningham {picture of J.Cunningham}</p>
<p>“Sexual prowess keeping his wife awake!” I really looked forward to retirement. I left the working world when I was 62. And I kept myself in good physical shape. Worked out two or three times a week. Watched my diet. But all of the sudden at 65, I started to feel my age. I thought my sexual prowess had gone the way of the Dodo. And that made me feel even older. My wife didn't say anything but I knew what she was thinking. After taking your formula for a number of months, all I can say is talk to my wife! She says that <i>she feels like she's living with a 25-year-old again!</i> Now I can golf 18 holes again, when a lot of my golfing buddies can only do 9. If we do decide to hit the sack early -- well, more times than not -- <i>I keep my wife awake, if you know what I mean!</i> - K. Rogers</p>	<p>“I haven't seen a better or more natural product on the market” Without overeating, it's practically impossible to get all the basic nutrients your body needs strictly from food sources. When you're dealing with trying to correct symptoms of nutritional deficiencies -- like lack of energy and sexual stamina -- the situation gets even worse. I'm a nutritionist, and I can honestly say that <i>I haven't seen a better or more natural product on the market that can restore a man's energy and vitality as well as your formula.</i> - R. Bellows</p>

Foodstate Nutrients is your “Magic Bullet”

As soon as you start taking Foodstate Nutrients you will notice that your

- Energy levels and stamina will skyrocket;
- Your sex drive will increase and your ability to gain and hold erections will make you feel like a brand new man again;
- Your memory and mental functions will give you the edge that you need to succeed at work and get that next promotion;
- and you will have total peace of mind knowing that you are giving your body what it needs to postpone or totally eliminate the chance of your getting a long term latency disease like heart disease, cancer, osteoporosis or alzheimer's.

A Product that has NO equal

Your best opportunity to help prevent getting heart disease or cancer or osteoporosis or Alzheimer's is by taking Foodstate Nutrients.

And at the same time, everyday, you will have more energy, stamina, sexual vigor and performance, muscle growth, mental alertness and improved memory function.

No other product contains the proprietary blend of vitamins, minerals, whole-herb and whole-food extracts that can actually help combat these long-term latency diseases and give you the overall mental and physical performance boosts like our product can.

And when you thought it couldn't get any better, did you know that Foodstate Nutrients can also:

Stimulate Hair growth in Balding men

Foodstate Nutrients contains 7 vitamins and minerals known to aid in hair health and also stimulate hair growth. Vitamins B12, B5 and biotin help in maintenance of hair health and is contained in both our product and the leading brand. However, the leading brand does not contain the following key whole herb extracts and vitamins known to be crucial in hair health and regrowth:

- Alfalfa - Aids in the growth of hair and prevents hair loss
- Nettleleaf - Strengthens and lengthens hair and has been proven to *stimulate hair growth in balding men*
- Fo-ti Root - Aids in hair health
- Inositol - Strengthens and promotes hair health

So not only will our formula give you the sexual vigor of a tiger, *it could also give your wife or girlfriend a healthy head of hair to run her fingers through!*

Promote a Healthy Prostate

Contained ***only in our product*** is a whole-food extract from pumpkin seeds that promotes men's prostate and genito-urinary tract health. In a study reported in the 1998 German journal "Zeitschrift fur Phytotherapie," capsules containing 500 mg of pumpkin seed extract decreased BPH prostate symptoms by 47.4 percent. With prostate cancer being the number 2 cancer killer in men, having this in your multivitamin supplement will help you rest easier at night.

So what is your Life Worth?

Taking Foodstate Nutrients every day might could help save or extend your life and at any price that would be considered a good deal. But what if I told you that if you take advantage of our limited time special offer today and have **Foodstate Nutrients** shipped to you immediately you will also receive a free gift!

Free Gift

Lose 20 pounds in 20 days in just 20 minutes a day

{picture of free gift}

As a special thank you for ordering our product Foodstate Nutrients, we will send you a free copy of ***"20 Workout Secrets to losing 20 pounds in 20 days in just 20 minutes per day"***. This guide will show you never before revealed secrets that the movie stars trainers use to get them into shape ***FAST*** and ready for the camera! We interviewed some of Hollywoods TOP fitness experts of the stars to get their secrets for getting their mega-movie stars into tip-top movie shape in record breaking time!

Revealed!:

- The 3 best times during the day to do your 20 minute workout for maximum calorie burn!
- What you actually ***need to eat*** 30 minutes prior to your workout to burn extra calories
- The single best all around exercise to do to LOSE WEIGHT (and its **NOT** what you think)!

So Try Foodstate Nutrients.

- Get a **30-day supply** of Foodstate Nutrients shipped to you immediately ***for only \$49.95***
- Or if you want our ***better deal***, get a **60-day supply** for only ***\$79.95 (a savings of 20% and just \$1.33 per day)!***

- Or if you want to take advantage of **our very best deal**, you can get a **full 90-day supply for only \$105.95... a whopping 33% off of the normal 30-day supply price!! (Its like getting 1 bottle for free or just \$1.18 cents per day!)**

And of course, just for ordering you will receive a free copy of “***20 Workout Secrets to losing 20 pounds in 20 days in just 20 minutes per day***”. The report that will show you the secrets that the trainers of the celebrities use to get their stars in shape in record breaking time. This report is ***valued at \$19.95***, but will be sent to you **absolutely free just for ordering today!**

How much is Good Health and Long Life Worth to YOU?

Think about it. How much would it cost you if you were sick all of time? Had to call in and miss work because of snuffle? or an ache? or a pain? Could it cost you a day’s pay? Maybe a weeks pay? What if it caused you to lose your job? Would that be hundred’s of dollars lost? Maybe thousands? What about if you got cancer? or heart disease? Now we’re easily up to tens of thousands of dollars. You’d be out of work for at least a week. Maybe even months...would your position still be there for you when you were better and were able to go back to work? ***If you ever were able to ever go back to work?***

There is nothing worth more than your health. And there is no way to put a monetary value on that. Just like the old saying goes “**An ounce of prevention is worth a pound of cure**”. Is never more true than it is here. And now. But it won’t do you any good unless you **take action**.

And there’s no better time to take that action than now...when you can take advantage of the ***very best deal we have ever offered...a full 90-day supply of Foodstate Nutrients for only \$105.95 or \$1.18 per day...you basically get 1 whole bottle FREE based on our 30-day supply price. There isn’t a better deal out there than that.***

But Wait!...to make it even better...you will get to **keep the free bonus item, “20 Workout Secrets to losing 20 pounds in 20 days in just 20 minutes per day”**. ***A \$19.95 value yours to keep absolutely free even if you try our product and decide to return it and get every penny you paid for trying our product back!*** So it really is a no brainer. And a deal doesn’t get any sweeter than that...

Drop those stubborn pounds and get buff too!

Oops. I almost forgot! Did I mention that our formula contains two all natural ingredients (***exclusive to our product***) that will enhance **muscle growth** and also aid in **weight loss?**

- Hydrilla Verticillica has been shown to enhance fat burning and
- Hydra-Green has been shown to aid muscle growth

So not only will you have more energy and stamina, have a mind like a steel trap and be healthier on the inside, you will be able to show off your new lean, trim and more muscled body at the pool or the beach!

Your Rock Solid Guarantee

We pride ourselves in the quality of our product and fully back our promise that you will have more energy, stamina, improved sexual performance and better memory and mental function. If at any time you don't feel like you obtained those results then return the unused portion in good condition and receive all the money you paid back --- and keep the special report you received ***“20 Workout Secrets to losing 20 pounds in 20 days in just 20 minutes per day” (a \$19.95 value)***, as a thank you just for trying our product.

So you really do have nothing to lose for giving Foodstate Nutrients a try!

P.S. - Imagine your wife calling you ***“Tiger”*** when you're wound and ready for “Round 2”, instead of falling asleep after intense love making session Round 1!...or when your kids say “slow down daddy!” when they can't keep up with you anymore playing ball in the yard because you now have boundless amounts of energy!...or the difference your boss will see in your work when your razor sharp mental function and memory puts your results way over the top compared to your co-workers! These are just a few of the many benefits you are going to enjoy! Not to mention the biggest benefit of all -- **the peace of mind know that you are keeping cancer and disease at bay!**

P.P.S - But you must hurry---there are a limited number of the free bonus items available and when they are gone, they're gone! **So order Today!**

{Order Device 1 page 8 ½” x 11”. double sided 2/c + plus stamped, addressed envelope} {First side of Order Device}

Order Today and Totally Eliminate your Worries of getting a Long-Term latency Disease like Heart Disease, Cancer, Osteoporosis and Alzheimer’s!

____ Yes, Dr. Smith! I am ready to have energy and stamina to burn, the sexual resilience of a 20 year old and give my body everything it needs to help keep cancer and disease from getting a foothold on my life! Please send me “Foodstate Nutrients” so I can immediately start enjoying all of these benefits and more!

____ Good Deal. Order today to take advantage of our limited time special offer for a 30-day supply of **Foodstate Nutrients** shipped to you immediately *for only \$49.95!*

____ Better Deal. Or even better yet, *save 20%* and get a 60-day supply for only **\$79.95!**

____ *Best Deal!* or take advantage of **our very best deal** and get a **full 90-day supply for only \$105.95 or only \$1.18 per day... a whopping 33% off of the normal 30-day supply price!!** (*Its like getting 1 bottle for free*) .

And of course, no matter which order you place you will also receive a free copy of our exclusive report “**20 Workout Secrets to losing 20 pounds in 20 days in just 20 minutes per day**” (*a \$19.95 value*), as our thank you just for trying our product!

{picture of free gift}

And don’t forget! ---- **SHIPPING and HANDLING ARE ALWAYS FREE!**

(over)

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Method of Payment:

Check Enclosed for \$ _____ payable to Foodstate Nutritional Products

Bill my _____ Master Card _____ Visa _____ American Express _____ Discover

Card # _____ Exp. Date _____

Signature: _____

Telephone number (in case we have an order question) _____

Email Address (in case we have an order question) _____

(we will never release your personal information to anyone)

Shipping Details:

Name: _____

Address: _____

City _____ State _____ Zip Code _____

- Mail Order to: Foodstate Nutrients 1234 Main Street, Chippewah, NY 23454
- For Faster Service or for any questions call our TOLL FREE number at 1-800-888-8888
Operators are available from 9 am to 6 pm EST
- or FAX your order to 1-831-222-2345 (available 24 hours)

Your 100% No-Risk Guarantee

All of our products carry our “**Quality Assurance Pledge**” so if at any time you decide that you don’t have all the energy, stamina and sexual vigor that you were expecting return the unused portion and we will gladly refund every penny you paid -- and remember you get to keep the free gift “**20 Workout Secrets to losing 20 pounds in 20 days in just 20 minutes per day**”

Just for giving our product a try!

So you see, it really is **Risk Free! Order Today!**

