

GUIDE TO BETTER HEALTH

BETTER HEALTH THROUGH NATURAL SOLUTIONS THAT WORK

THE AMAZING HEALTH BENEFITS OF Z-SRB and 25 of the planet's best Super Foods + nutrients!

Naturally Revive Your Health & Combat the Aging Process

"LET FOOD BE THY MEDICINE AND MEDICINE BE THY FOOD" - HIPPOCRATES

For centuries, mothers in India believed that rice bran held certain healing powers that worked wonders for their ailing children.

When a child or relative was unhealthy, a mother would often rush to the local mill and collect the freshly-milled rice bran from the abandoned pile. She would then immediately prepare a broth from the bran and feed it to the child, who would often recover.

The nutritional superiority of rice bran has long been known by the medical community. However, within hours after milling, oxidative changes render the rice bran unfit for human consumption. An enzyme called lipase combines with the oil in the rice bran, turning the oil rancid. The result is that nutrients are lost and the oil undergoes chemical changes that become toxic. 40 million metric tons of rice bran are discarded annually due to this rancidity.

Scientists and others have made repeated attempts over the past 50 years to deactivate the lipase and thus stabilize the rice bran, but until recently a non-chemical working process eluded them. A proprietary extrusion process has since been developed to protect against rancidity and to maintain and enhance rice bran's nutritional value.

This non-chemical process deactivates the lipase and the result is stabilized rice bran, the most nutrient dense whole food source on the planet. ZEAL. Stabilized Rice Bran (Z-SRB) is water-soluble, predigested, and easily available to the body and contains over 120 antioxidants, vitamins and minerals. Z-SRB works by doing two things. First, feeding the cells with bioavailable nutrient-dense food sources. And second, protecting the cells from free radicals.

According to the American Medical Association[1], everybody should add nutritional supplements to their diet. As our lives grow busier and more demanding, the average diet has become increasingly deficient in nutrition and rich in calories. While the dilution in the nutritional value of our foods has a lot to do with what we are choosing to eat, it is also related to the depletion of nutrients in our soil. Simply eating good foods and a balanced diet is no longer enough to maintain optimal nutrition.

Z-SRB itself is a life sustaining food, and is only the first primary nutrient found within ZEAL. Wellness! Zeal Wellness is a blend of whole food concentrates specifically designed to fill the nutritional gaps that your individual diet cannot do alone.

"The Importance of..."

Trace Minerals

Trace minerals, while only making up a small portion of our body mass, are essential to health. It is estimated that 90% of Americans suffer from a mineral deficiency. These deficiencies have been linked to numerous alterations in optimal functions within cells, and can go on to contribute to many disease states. Minerals also serve as catalysts for many physiologic reactions within nerves, muscles, blood vessels and hormone producing tissues, to name a few.

In order for our digestive system to absorb minerals more readily, they need to be in an ionized state. Efficient absorption of minerals is critical, as the body cannot make its own and the proper accumulation and function of vitamins is dependent on minerals. The ionic and fulvic minerals found in Zeal Wellness allow for more efficient absorption through the digestive tract and subsequent incorporation into the cells. Although these minerals are classified as "trace", optimized health and wellbeing is impossible without them.

Antioxidants

Antioxidants are compounds that help protect our cells from oxidized toxins, as well as aiding in their removal. They help our cells continue to function optimally, protecting them from premature aging and "cellular rusting," so to speak. Studies now show that antioxidants, such as the ones contained in Zeal Wellness, promote the activation of Nrf2, (NFE-2 related factor) which promotes the genetic transcription of many cell-protecting compounds.

We all live in an active, complex world where our bodies are bombarded with stress and our cells are no different. The best stress management tool we have available begins with reducing and protecting our cells from oxidative stress. Zeal Wellness provides the following variety of powerful antioxidants in a simple, All-In-One daily serving: turmeric, aloe vera, green tea extract, red ginseng as well as the phytonutrients found in goji, acai, noni, cranberry, grape seed, wild blueberry, broccoli sprouts, alfalfa, yerba mate, fennel and chlorella.



**"Why take handfuls of
nutritional supplements
when you can get the
best of WHOLE FOOD
NUTRITION in one
NATURAL DRINK?"**



The Amazing Nutrients Found in Zeal!

Zeal Stabilized Rice Bran (Z-SRB)

A new non-chemical stabilization process has allowed for longer storage of the nutrient dense rice bran and rice germ, while preserving their nutritional benefits. This process separates the rice bran and rice germ from the starchy, nutrient-void white rice kernel, destroying the enzymes responsible for product rancidity, while securing the microbiological value of the product.

Z-SRB contains over 120 naturally occurring vitamins, minerals and antioxidants.
Below are only a few of the critical ingredients found in Z-SRB:



THE #1 STABILIZED RICE BRAN

✓ Protein (Hypoallergenic)

Amino acids, the building blocks of protein, are the foundation of all life. Z-SRB contains the essential amino acids: phenylalanine, lysine, isoleucine, methionine, threonine, leucine, tryptophan, valine, histidine and the nonessential amino acids, glycine, glutamic acid, proline, alanine, serine, cysteine, tyrosine, arginine, and aspartic acid.

✓ Complex Carbohydrates

For sustained energy, your body needs foods rich in complex carbs. By contrast, simple carbs, like refined sugar, cause a spike in blood sugar that quickly dissipates. The complex carbohydrates in Z-SRB also have an extremely low glycemic index. A low glycemic index helps regulate blood sugar levels, increase energy, and helps decrease the storage of body fat.

✓ Insoluble and Soluble Fiber

Insoluble fiber helps regulate a healthy digestive and excretory system. Soluble fiber can support healthy cholesterol levels as well as moderate proper carbohydrate absorption, which helps maintain regular blood sugar levels.

✓ Essential Fatty Acids (Omega 3 & 6)

Essential Fatty Acids help ensure normal nerve-cell function in the brain, with respect to cognition and memory. They are also considered heart-healthy because of their ability to maintain healthy cholesterol levels.

✓ Vitamins and Minerals

Vitamins

Vitamin A (beta carotene)
Vitamin C (ascorbic acid)
Vitamin D
Vitamin E
Vitamin B1 (thiamine HC1)
Vitamin B2 (riboflavin)
Vitamin B3 (niacin)
Vitamin B5 (pantothenic acid)
Vitamin B6 (pyridoxine)
Vitamin B12 (methylcobalamin)
Folic Acid
Biotin
Inositol*

Minerals*

Calcium
Potassium
Magnesium
Phosphorus
Iron
Zinc
Manganese
Copper
Chromium
Iodine
Chloride
Sodium
Selenium

* Naturally occurring trace minerals

✓ Phytosterols

Phytosterols are plant-based compounds that compete with dietary cholesterol in your intestines. The intake of phytosterols may reduce the amount of cholesterol absorbed from your intestines, lower blood cholesterol levels, support a healthy endocrine system and may also increase the activity of antioxidant enzymes.

✓ beta-Sitosterol

Beta-Sitosterol is one of several phytosterols with a chemical structure similar to cholesterol. Because the structure of beta-sitosterol is similar to that of cholesterol, beta-sitosterol takes the place of dietary and biliary cholesterol in mucelles produced in the intestinal lumen, thus reducing cholesterol absorption in the body. [2] It also modulates antioxidant enzyme response.

Naturally Occurring Antioxidants:

✓ alpha-Lipoic Acid

Alpha lipoic acid is not only a healthy aging antioxidant, but also a conditionally essential nutrient. It breaks down carbohydrates turning them into energy, thus supporting an active metabolism. It is also promotes healthy vitamin E and C levels.

✓ Carotenoids

Includes alpha- and beta-Carotene, Lutein, Zeaxanthin, and beta-Cryptoxanthin. These nutrients support your immune system and play an important role in vision. In the eye, certain carotenoids act directly to absorb damaging light in order to protect the sensitive macula.

✓ beta-Carotene

The human body converts beta-carotene into vitamin A, which is an essential nutrient and is the most well known provitamin A carotenoid. Like all carotenoids, beta-Carotene is an antioxidant, which promotes healthy oxidation and protection against free radicals. According to clinical studies, beta-Carotene can also help with age-related macular degeneration and vision loss. [3]

✓ Lutein

Lutein is naturally occurring in the macula, a small area of the retina responsible for central vision. It is thought to function as a light filter, protecting the eye tissues from sunlight damage. Clinical studies have shown that healthy doses of Lutein can improve visual performance and decrease light sensitivity. [4]

Over 18 Tocols! (T + T3):

✓ Tocopherols (T)

Tocopherols (alpha, beta, gamma, & delta) play numerous roles in staying healthy. They are powerful vitamin E antioxidants and anticoagulants that support stabilization of cell membranes, thus protecting the tissues of the skin, eyes and liver.

✓ Tocotrienols (T3)

Tocotrienols are 40-60 times more powerful than vitamin E, protect sensitive lipid membranes and enhance the immune system. Tocotrienols are also credited for lowering cholesterol. According to clinical studies Tocotrienols can lower tumor formation, DNA damage and cell damage. [5,6]

Critical Micronutrients:

✓ Inositol

Inositol is a carbohydrate, though not a classical sugar. Since Inositol promotes mental well-being, some studies have shown promising results regarding panic disorder, and obsessive-compulsive disorder. [7]

✓ Biotin

Biotin is a water-soluble B-vitamin (vitamin B7). It not only assists in various metabolic reactions, but also helps to transfer carbon dioxide, maintain a steady blood sugar level and supports healthy growth of hair and nails. [8]

✓ gamma-Oryzanol

A medically significant component of rice bran oil is the antioxidant gamma-Oryzanol. Along with high contents of tocopherols and tocotrienols, it imparts excellent oxidation stability to rice bran oil. According to recent studies gamma-Oryzanol may reduce blood pressure and improve cholesterol levels. [9]

The Perfect Food Source:

✓ Rice Bran + Rice Germ = Z-SRB

The rice germ is only 1% of the total weight of the grain, but contains 30% of the nutrients. Rice germ contains 95% of total tocopherols, a third of the oil content and most vitamins and minerals.



Whole Foods & Phytonutrients

Phytocompounds are substances that plants produce to protect themselves from their environment. Many of these compounds (phenol, terpene, indole, flavonoid, isoflavone, and carotenoid) are also very beneficial in the human diet, where they are referred to as phytonutrients, and they are essential for optimized health.

Zeal Wellness contains whole food concentrates so that the beneficial effects and the molecular structure of these phytonutrients remain intact. By using multiple food concentrates from throughout the world, Zeal Wellness provides a unique blend of these naturally occurring phytonutrients. The diversity of phytonutrients found in Zeal Wellness is as unique as the environments and conditions from which they are found.

Let's face it, we do not eat healthy, fresh foods anymore. Almost every part of the food industry has been structured to make things fast and convenient, which pushes towards over processing and diminished nutritional content. Zeal Wellness is all about WHOLE FOOD NUTRITION. Whole foods deliver a plethora of nutrients, including phytonutrients, enzymes, vitamins, minerals, anti-oxidants and healthful fatty acids.

Zeal Wellness was formulated with WHOLE FOOD NUTRITION at the forefront of each ingredient decision. Zeal Wellness has lit a spark in the revolution of returning to healthy eating by providing a nutritionally rich drink that can deliver WHOLE FOOD goodness to your body.



Enrich + Restore + Protect

The Perfect All-In-One Formula in 3 Blends!

Z-SRB is just **1** of 25 primary nutrients found in Zeal Wellness!

Enrich Blend

1 Chlorella

Chlorella is a powerful detoxification aid that supports a healthy immune system. Studies in the U.S. and Europe indicate chlorella can aid the body in breaking down metals and pesticides. [10]

2 Alfalfa (leaf) Powder

Alfalfa is rich in vitamins, minerals and other nutrients. It has been used by the Chinese for centuries to promote normal digestion and healthy kidney functions.

3 Cranberry Powder

Cranberry powder is known to support a healthy urinary tract and digestive system.

4 Fructooligosaccharide

Considered a prebiotic, fructooligosaccharide promotes friendly bacteria in the large intestine increasing the overall gastrointestinal tract health. It also supports healthy absorption of calcium, magnesium, phosphate and iron.

5 Broccoli (sprout) Extract

Broccoli (sprout) extract helps maintain healthy cholesterol levels and is a powerful detoxifying agent.

6 Guarana Seed Powder

Guarana seed powder helps increase energy, regulate a healthy metabolism, and suppress the appetite in a natural, healthy way.

(See back page for more information on the benefits of Guarana)

Restore Blend

7 Green Tea Extract

Green tea extract has powerful antioxidants and flavonols. The most powerful of these, EGCG, has 25 to 100 times the antioxidant power of vitamins C and E. It has also been shown to support healthy energy levels.

8 Yerba Mate

Yerba mate is believed to promote healthy immunity, stimulate focus and clarity and increase physical energy.

9 Wild Blueberry Powder

Wild blueberries are rich in phytonutrients and antioxidants such as anthocyanin. These natural substances found in fruits and vegetables are believed to support a healthy immune system.

10 Red Ginseng

Considered the most effective form of ginseng available, red ginseng has health-promoting effects on the human body that range from enhancing the mind to stimulating the libido. Ginsenosides, which are found in red ginseng, are also valued for their ability to promote mental clarity.

11 Turmeric Extract

Turmeric extract is an anti-inflammatory agent and an antioxidant; the cornerstone of which is curcumin. It can foster a healthy cardiovascular and digestive system.

12 Grape Seed Extract

The antioxidants in grape seed extract support healthy cardiovascular and gastric systems, eyes, skin and brain.

13 L-arginine, Glycine, Lysine, Tyrosine, Ornithine

These essential and semi-essential amino acids are called essential because they are not produced in our bodies and must be obtained from outside food sources. Amino acids are utilized by every cell in the body for a variety of crucial functions.

14 Fennel

Fennel is an excellent super-herb that has been used for centuries for both culinary and medicinal purposes. Researchers at the University of Texas MD Anderson Cancer Center found anethole, a chief constituent of fennel, to block both inflammation and carcinogenesis. [15]

Protect Blend

15 Ionic Minerals

Ionic minerals should be found in the food we eat, but because of fertilizers and pesticides, we may not get the ionic minerals we need. Ex: Zinc, Calcium, Magnesium, Sodium, Iron and Phosphorous.

16 Fulvic Minerals

Fulvic minerals are a natural detoxifier, aid in the assimilation of nutrients and oxygen into cells and help remove wastes and toxins from cells.

17 Goji Berry Extract

Goji berries may support the health of the eyes, skin and cardiovascular system. The latest scientific research suggests goji berry is a potentially potent antioxidant with immune-enhancing properties.

18 Acai Berry Powder

Rich in antioxidants and Omega-3, acai berry powder helps as a powerful detoxifier. Acai berry powder supports healthy cholesterol levels and the immune system. It also has shown to have anti-inflammatory properties. [16]

19 Noni Juice Powder

Noni juice contains a variety of powerful antioxidants that support healthy body systems such as the immune, circulatory, digestive, metabolic and nervous system. It is a great source of vitamin C, some B vitamins, other beneficial minerals and all of the essential amino acids.

20 Stevia

Commonly known as sweetleaf or sugarleaf, Stevia is used as a natural sweetener. According to clinical studies the strong antioxidant properties make it possible to use stevia extracts to improve functional food properties. [17]

21 Ascorbic Acid

Ascorbic acid, one form of vitamin C, has significant antioxidant properties. An article published in the "Journal of Orthomolecular Medicine" in 2005 states that vitamin C also acts as a potent stimulator of the immune system and helps in the formation and function of your white blood cells. [18]

22 Crystalline Fructose

Fructose occurs naturally in fruits and vegetables. Fructose in crystalline form has been widely used for over 20 years as a nutritive sweetener and creates a relatively low glycemic impact. From a purely "blood sugar level" standpoint, Crystalline Fructose is the healthiest form of sugar.

23 Citric Acid

Citric acid is an organic acid and a natural component of many fruits and fruit juices. It's alkalizing properties help to regulate body fluid acidity and chelate calcium.

24 Aloe Polysaccharide Concentrate

The key beneficial compound found in the Aloe Vera plant, APC, supports healthy immune system function and supports healthy flora in the digestive tract.

25 Aloe Vera Powder

Aloe Vera, a strong anti-inflammatory, is one of the most studied plants on the planet. Aloe Vera cleanses and supports the digestive and immune systems, is a cellular regenerator and has anti-bacterial and anti-fungal effects.

More Reasons to Purchase ZEAL Wellness

THE BOTTOM LINE: SAVE MONEY GET HEALTHY

- ✓ ZEAL Wellness contains the best Super Foods the planet has to offer: Stabilized Rice Bran, Acai Berry, Aloe Vera, Noni, Goji, Chlorella and more.
- ✓ You can enjoy drinking ZEAL Wellness instead of swallowing handfuls of supplements.
- ✓ Z-SRB contains over 120 antioxidants, minerals & vitamins.
- ✓ ZEAL Wellness is only 48 calories a serving and has no artificial colors, sweeteners or preservatives.
- ✓ Zeal Wellness uses only natural, time-tested ingredients (some used for centuries) and scientific clinical research confirms their amazing health benefits.
- ✓ Zeal Wellness contains a multitude of trace, ionic, and fulvic minerals as well as zeolites to deliver nutrients at the cellular level.

How to Order and Use ZEAL

Save Money - Purchase the Best and Eliminate the Rest!

Thanks to ZEAL Wellness, you no longer need to spend money on a multitude of different nutritional products. Furthermore, do you have any idea how much money you would have to spend on a monthly basis to get all the nutrients found in ZEAL Wellness? You would have to spend more than \$450.00 on individual nutritional products to get the combination of nutrients found in ZEAL Wellness. ZEAL Wellness makes it easy and affordable. A one-month supply of ZEAL Wellness (one canister / one scoop per day) is just \$82.10.

Save Money by Becoming a Preferred Customer & Purchase Zeal Wellness for only \$71.50 a month!

Become a Zeal Wellness Preferred Customer to receive a discount of up to 15% on your Zeal Wellness orders while prioritizing your orders for automatic shipping, ensuring you never run out of Zeal Wellness. No obligation, you can cancel anytime.

Why Autoship is so Important to Your Health:

It takes your body 3-6 months to replace the entire blood supply with healthier cells. Therefore, you need to make a commitment to stay on Zeal Wellness for at least three months. The easiest way to do this is with the Preferred Customer autoship. Choosing autoship on your first order will save you \$10 IMMEDIATELY and 15% every month thereafter.

30-Day No Hassle Satisfaction Guarantee!

All first time orders of Zeal Wellness come with a 30-Day Money Back Guarantee. If you are not satisfied with your experience, simply contact the Zurvita Consultant that you purchased your product from and return any unused portion of the canister to them within 30 days of the initial purchase date. The Consultant will then refund the purchase price of your product, less any shipping or handling costs. Remember to cancel your autoship within the initial 30 days by emailing Zurvita Corporate at Billing@Zurvita.com, or via telephone at 1800 821 736.

It's Easy to Purchase ZEAL Wellness!

To purchase your Zeal Wellness products, use the information listed in the Consultant Panel below to contact your Personal Consultant!



We accept all major credit cards

To order contact your ZEAL Wellness Consultant:

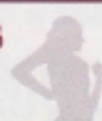
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The Many Benefits of Guarana



Guarana originates from the seeds of berries found on a climbing shrub like plant, (Paulina cupana) that is native to Venezuela and the Amazon basin of Brazil. Although guarana contains the natural, caffeine-like substance guaranine, there is a significant difference between guarana and caffeine. Since guarana isn't as water soluble as caffeine, the energy boost experienced with guarana is a slow and steady boost over hours as opposed to the rapid rush of energy and subsequent rapid fall related to caffeine.

Individuals that are sensitive to caffeine should start with half of a Zeal Wellness drink daily and increase to a full daily drink as tolerated. It is advised to not use caffeine containing products in conjunction with guarana. Zeal Wellness also comes "guarana free" for individuals who prefer not to take guarana. It is advised that all individuals discuss any wellness product with their physician before taking it.

Adaptogenic Herbs

Adaptogens are plants or herbs that typically grow in extremely harsh climates. The molecular structures in these plants and herbs have to be strong in order to "adapt" to such adverse growing conditions. For the past 30 years, scientists around the world have been studying these types of plants and herbs in order to discover their many beneficial properties.

The same molecular structures that help these special ingredients survive in the wild can also be extremely beneficial for our bodies. They become nutrients with energizing, healthy-aging, restorative and brain-improving powers. In addition, Adaptogens help the body return to a healthy condition of homeostasis. Individual compounds that are found in Adaptogens can number in the hundreds and include such phytonutrients as antioxidants, vitamins, minerals, trace minerals, amino acids, fatty acids, complex carbohydrates and many other natural cell-energizing substances.

ZEAL Wellness contains multiple Adaptogens!

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An Important Note to Our Readers

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