

Possibilities

NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 ♦ www.WillardsWater.com ♦ April, 2013

FIGHT AGING, PARKINSON'S, ALZHEIMER'S & MORE?

By Ben

Aging. It's inevitable for all of us. If you're feeling old now, chances are you'll only feel older soon, and if you're young, you won't be forever.

Age is an inevitability.

What is not inevitable, however, is the rate at which we age and how old we feel. I'm 29 now, but I'm not eager to feel a day older than I am, and I'd rather not feel 40 when I'm 35. I'm sure everybody reading this, youngish or oldish, can sympathize with my views on this. Age may bring wisdom, but it shouldn't rob you of any more vitality than it has to.

I agree with experts that say the nutrients we take in play a pretty key role in how we age. Your body uses nutrients to replace old or damaged cells. If you don't have sufficient quantities of key nutrients, your ability to regenerate will suffer. Furthermore, some nutrients show potential to **help rejuvenate what we've already lost.**

L-Carnitine (an amino acid found in small quantities in many **protein-heavy foods**) is currently the subject of an intense amount of study for its role in rejuvenating mitochondria. As we age, the mitochondria in our cells start to decay. It isn't as efficient as it used to be, and inefficient mitochondria (which are responsible for producing all the energy in your cells) create more waste byproducts, polluting and damaging the already stressed cells.

Those studies indicate L-Carnitine does appear to have an ample ability to **help rejuvenate old mitochondria**, repairing it and making it function more efficiently and cleanly. It helps to **reverse some of the age-related decline in the ability to build and maintain muscle**, which otherwise **atrophies into fat.**

L-Carnitine is also said to help fight **cognitive decline.**

- ◆ **Rejuvenate mitochondria;**
- ◆ **Reverse age-related decline;**
- ◆ **Help Memory;**
- ◆ **Help fight Parkinson's; Alzheimer's**
- ◆ **Fight Cognitive Decline & More...**

We offer three products containing this possible miracle called **L-Carnitine**:

◆ **L-Carnitine** by itself in a 500 mg pill (Item J-74);

◆ **Metabolic Factors**, (Item J-78) which is a blend of **Choline** (a nutrient necessary for fat metabolism & a building block of cells), **L-Carnitine** (600 mg), & **Chromium.**

◆ **Ener-Cell**, (Item J-135) a proprietary blend of **Curcumin** (the active compound in turmeric), **CoQ-10** (a nutrient necessary for creating energy in the cell), **Alpha Lipoic Acid** (a helpful detoxifying fatty acid), and **L-Carnitine** (100 mg).

Which should you take? I can only tell you that I take both **Metabolic Factors** (6 pills, 500 mg L-Carnitine) and **Ener-Cell** (3 capsules 300 mg L-Carnitine) per day. If you're not inclined to handle a huge number of pills, I'd recommend just the 500 mg L-Carnitine and possibly 2 or 3 of the Ener-Cell, because the other ingredients in Ener-Cell are all just so good, it's worth taking to get those even if already taking L-Carnitine in another supplement.

Most of the studies I've read have been at doses of **500-2,000 mg L-Carnitine per day**, so that's worth keeping in mind. Low doses may not have the desired effect, and more than 2,000 mg may not be absorbed.

Let's talk about **keeping your brain healthy.** We all need our brains to be at peak functioning all the time in our busy world. Thankfully, certain herbal supplements seem to have some promise in helping with memory and thought.

First off, and most famously, is **Ginkgo Biloba.** This plant works by **increasing blood flow to the brain**, which seems to help with **memory functioning.** In addition, I've been taking it along with **Ultimate Dark Willard's Water**, for my **chronic migraines.** **Ginkgo Biloba** is our Item No. J-44.

Second, we have **Vinpocetine**, an extract

from the periwinkle plant, that is very popular in Eastern Europe as a treatment for **cognitive decline** and is under study to help with **Parkinson's** and **Alzheimer's.** Also working by **increasing blood circulation**, it also shows great promise as an **anti-inflammatory** agent. It's Item KF-3.

Third, we have...our just-discussed friend, **Metabolic Factors** (Item J-78). Remember the other ingredients I mentioned?

Choline — in addition to its role in fat metabolism and building cell membranes — is the **precursor to the neurotransmitter acetylcholine.** Acetylcholine is one of the kings of neurotransmitters, giving you **control over your muscles, helping to learn, and enabling dreams** (where memories are consolidated and final learning is done at the end of the day). **Choline** is now **being used to treat Alzheimer's!** Most Americans are deficient in choline, as it's chiefly found in high-cholesterol foods, like **much-demonized egg yolks.**

Metabolic Factors provides you with **FOUR times** the minimum amount of choline an adult needs in a day: **2,000 mg** instead of **500.** **L-Carnitine** (which is also in **Metabolic Factors**), as mentioned, has also been found to fight **cognitive decline.**

One final caution about **Metabolic Factors**: the pills are HUGE, and the bottle mandates six a day. If you find them hard to swallow, I say chew them. They taste very tart and citrus-y, but not at all bad. They're worth it, in any case. I choke them down every day, because I believe in them.

Remember, the most cost-effective item you'll likely ever find—**Willard's Water**—will boost the effectiveness of any & all of these and other nutritional items, and from the food you eat, by **increasing your body's assimilation** of those nutrients. (**Ultimate Dark WW** boosts it the most.)

There you have it. Five products (6 with the WW) that may help you look, feel, & think younger. They're not the fountain of youth, but you may find value in one or more of them. ♦

Better Tasting Coffee & Foods? Better Baked Goods? Longer Lasting Clothes with Less Costly Detergent?

By Ben

If you're reading this, you likely already know about Willard's Water's numerous reported health benefits (and that it's a **better tasting water** to boot). What you may not know or have thought about is that Willard's Water is great for things beyond just drinking the diluted solution. When people first hear of some of those uses, they often say as in the above headline that they had no idea of those uses. Like...

Back when I still drank sugary things constantly, I would always **mix my Kool-Aid or Lemonade** with Willard's Water. This is a great way to get children to drink it, who might otherwise be put off by the color of the mixed product or who hem and haw at the idea of drinking something that isn't sweet, much less "good for you".

But perhaps your tastes are more adult. Are you a **coffee drinker**? Thankfully, the concentrate is incredibly heat stable and can survive being boiled in your coffee maker. Many think that the resulting **coffee is much smoother and less acidic** than what the coffee they make without it, and **easier on their stomachs** as a result.

Similarly, the CAW micelle (the active ingredient in WW) is very resistant to damage from cold, and **making ice cubes** with it isn't a half bad idea. We've even had reports of people getting its benefits from this use, if they just didn't like drinking water, and didn't think about making other drinks with it.

Pretty much anytime you're adding water to anything, Willard's Water will probably offer some benefit, or at least do no harm. Making a **protein shake**? Add Willard's.

Let's talk beyond just drinks. What about **baking**? Many report their **bread comes out better tasting** when the water they use has the concentrate added. Also, **baked goods** are often reported to **stay fresh longer**, when made with WW.

Many **cooked or baked items** are said to have a **fuller taste... not different, just an enhanced taste**. Creamed salmon with WW used in the white sauce **tastes as good** with Pink Salmon as more costly Red Salmon.

More surprising to many people is that WW is handy for **cleaning**. Often, stains that water and quite possibly other stain-removing stalwarts, won't eliminate, come off easily with WW and a bit of rubbing.

Sounds very odd that something you drink can be used for cleaning! But, remember, one of WW's well-known benefits is that it **breaks down nutrients** better so they are much better absorbed by the body than otherwise, and it also **breaks down toxins** so your body eliminates those nasty things better. Well, it **also breaks down natural things that stain things**. So, if you get something "natural" like **dirt, grease, blood, juice, chocolate, etc.**, on your good shirt, or your little girl's prettiest party dress... don't

give up on getting it out until you've soaked it with, or in, **your diluted mix of WW**. It's often saved a lot of items from the trash, we've been told and experienced ourselves!

Many report that adding **half a cup of the diluted-for-use WW** to a load of laundry (while **cutting back to as little as one-third the amount of detergent**) helps **colors** and the **clothing's fibers** themselves to **last longer** (one of Dr. Willard's **patents on WW** was in **extending the life of textiles**) as well as helping the detergent to clean better (with less detergent) and helping **avoid skin irritation** from the detergents.

Note: Do NOT apply the concentrate directly to fabric — it may stain. We've also had people wonder if it's okay to use the Ultimate Dark on fabrics or if it will stain due to its color... Kolleen here has used the Ultimate many times for such uses, and never had it stain—but she has always used the Diluted Mix, never the Concentrate. If you have both Clear and Ultimate, you might want to use the Clear for cleaning since it costs a little less and for this use we don't see why the Ultimate would be any better. If using on a **very delicate item**, we would suggest using the Clear (or testing the Ultimate on an inconspicuous area) since we don't know how the color might affect all different fabrics.

WW's uses do seem endless. It does all that water does—maybe more. And better. ♣



Trivia & Tidbits . . .

1. What 2 college teams played first football game in the U.S.?
2. Where is the world's largest sculpted strawberry?
3. Where is the only place in the world where alligators & crocodiles co-exist?
4. What boxer appeared on the Beatles' "Sgt. Peppers" album cover?
5. Who was the first Presidential jogger?
6. How fast does lightning travel?
7. To what plant family does Asparagus belong?
8. What year were vitamins discovered and who is credited with their discovery?

AND THE ANSWER IS...

1. Princeton & Rutgers. Rutgers won the 1869 game by 6 to 4.
2. In Strawberry Point, Iowa.
3. Southern Florida.
4. Sonny Liston.
5. Theodore Roosevelt, who jogged around the Washington Monument daily.
6. 90,000 miles per second—almost half the speed of light (186,000 miles per second).
7. The Lily family—which is also the family of onions and garlic.
8. In 1912, by F.G. Hopkins and Casimir Funk.

ON "THE WEB"!

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Or

www.nutritioncoalition.com

Please Note: We are not health authorities of any kind. This newsletter represents our own views—presenting information we believe to be true and correct, but is "opinion", nonetheless. We also have a vested interest in most of these topics, so don't claim to be impartial. This newsletter, or anything else we publish, is no substitute for a competent health professional. User reports, though published here, don't prove anything—we pass them along because they certainly are of interest to others using the same products, or who have an interest in them.

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PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

Getting & Keeping One's Bones Strong, Joints Flexible, and Pain-Free...

By Ben

An often overlooked part of overall health is your skeleton. It's involved in everything you do, and it needs support. As we age, we begin to **lose bone density**, which can eventually lead to **chronic pain and fractures**. When you hear of someone who fell and broke their hip, and didn't know what made them fall, it often turns out that the hip broke first and that's what made them fall. And in cases like that, poor bone density is most often the culprit that caused the hip to break.

Our joints incur constant wear and tear every day, especially for those who exercise, or, presumably, those who are overweight. Without the joints healthy, you can't move without pain.

There are numerous nutrients that help to keep your overall skeleton and your joints, in particular, healthy. Some items are clearly on everyone's list for these uses...

Everybody's been told for decades that we need **Calcium** for healthy bones, but we also need **Magnesium** and **Vitamin D**. Experts disagree on what amount of calcium we need to the amount of magnesium, with some saying twice as much calcium as magnesium, and others saying equal amounts. And others saying to take more magnesium than calcium. Check with your own health care provider for advice on your own situation, because it really can vary--I know people with high blood pressure who have been told to take as little calcium as possible but a lot of magnesium. Personally, I employ an in-between approach of getting about 75% as much magnesium as calcium in a day.

We have Calcium by itself in Item No. J-25, **Calcium Citrate**, and in a blend of **Coral Calcium**, (Item J- 203 in capsules and J-201 in a powder) which includes a full day's worth of calcium and magnesium both, along with enough Vitamin D to be sure your body absorbs the other nutrients.

For Magnesium by itself, we offer it in **Magnesium Citrate** (100 mg capsules), **Item No. J-54**.

In any event, all the calcium in the world won't do much for you if you lack **Vitamin D**, the substance that puts calcium to work and keeps it from just being passed over. We offer it by itself in both 1000 IU form (Item J-24) and 5000 IU (Item J-24A). Alternatively, you could get it for free by spending lots of time in the sun and let your body synthesize it from cholesterol, though this is NOT recommended for reasons both aesthetic (sun-damaged skin) and medical (the increased melanoma risk)!

Alternatively, we have **BoneBuilder**, (Item J-204), a proprietary bone health blend from Daily Manufacturing. BoneBuilder is designed to give you everything you need for healthy bones in a twice-a-day two tablet serving: **Calcium, Magnesium, Vitamins D**, but also **Vitamins C and K with Silicon, Boron and Betaine Hydrochloride**, all of which have been argued to have benefit for the bones.

But what about **Joints**? Having a perfectly dense skeleton isn't much help if your knees won't bend. The standard alternative treatment for joints is **Glucosamine**, usually paired with **Chondroitin** (like in our very own **Glucosamine-Chondroitin** blend--Item J-91), but what about **MSM**? Methylsulfonylmethane, to use its full name, is a promising treatment for many health problems, but it's most popular for the joints and general inflammation.

We have so much faith in MSM that we offer it in many different forms, all of which have fervent believers in their own right: as **powder** or **crystals** as bulk MSM is usually called, in Item J-99; in capsules by itself as Item J-92--a 1,000 mg formula; and as **MSM combined with Glucosamine** in capsule form, in Item J-98, (my favorite). In addition, because of its excellence as a solvent, we offer it as a lotion... blended with jojoba oil and countless plant extracts and vitamins. The **MSM Lotion** is Item J-93.

Another item with a LOT of information available on it from various sources regarding its role in **preventing and reversing bone loss**, but most notably from the late

Dr. John Lee, M.D., is natural **Progesterone**.

We could write a book on this--but no need since Dr. Lee wrote THREE books on it before he passed away. You can probably find them in most book stores and they are very good reading.

Progesterone is also reported to have a myriad of other benefits... mostly for women, but also for **men** who are looking for some help in **reducing the number of middle-of-the-night trips to the bathroom**.

For **women** it runs the course from **PMS** and **Menopausal symptoms**, to **depression, headaches, irregular periods, weight gain, and much more**.

We have **Uber Balance Natural Progesterone** in a jar (Item HP-J) or in a dispensing pump that measures it for you (without wasting any since the "floor" of the container rises as it is dispensed, so you do get it all out, unlike the proverbial toothpaste tube!), in Item HP-1P.

Once again, and hopefully it goes without saying, all of these products will do you more good if taken with a tall glass of Willard's Water (and more WW throughout the day) to make sure you **absorb as much** of the **nutrients** as possible. None of us want to waste any nutrients we're paying for, I assume.

Plus, the **Willard's Water** is also known for **reducing inflammation** which is often involved in sore, stiff, and/or swollen, joints. In fact, one of the most common user reports we get is from **arthritis sufferers** telling us how much improvement they've seen in their stiff and swollen joints, since beginning to use Willard's Water regularly.

In summary, "the standard list" includes: Calcium, Magnesium, Vitamin D, Bone-Builder, Glucosamine Chondroitin, MSM Glucosamine, MSM, Progesterone, and Willard's Water. Not that any one person would use all of those... but they are options seemingly worth considering. ♣

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God Probably Doesn't Carry a Credit Card or Checkbook...

"I remember hearing at Sunday School as a kid that 'God doesn't carry a credit card, or a checkbook, or throw thousand-dollar bills from the sky... but if you ask, He just might nudge someone who does'.

"I was reminded of this when a non-profit group I volunteer for ran into a huge snag last winter.

"They knew they'd be needing a new furnace at some point, but hoped it wouldn't be that winter... those hopes were dashed one day when it became a 'got to do this now' type situation, instead of the "someday" scenario they'd been thinking, or at least hoping for.

"Even worse, the cost to replace it was much more than they had ever thought it would be. Like at least \$5,000 more. No way could they imagine how they would deal with it. The

person in charge was clearly beside herself.

"At some point after that someone took a call from a company in the region that has donated to our organization before... they just asked to have 'Sarah' return their call.

"Sarah was the one who was beside herself. Eventually she settled down and got to work, including returning that call.

"When she got off the phone she was beside herself again, but this time in a GOOD way. With tears in her eyes, she told us that they had called because they hadn't heard from us this year... and they had just started wondering if we needed anything. She said she filled them in on the furnace problem, and, she said, 'They're paying for the furnace'.

I couldn't help but think back to that point that God doesn't carry a credit card or checkbook, but might nudge someone who does...sure looked to me like He gave someone a nudge on this one at just the right time!" — "A.T."

Editor: We invite you to send your own "unexplained help/fork-in-the-road/inspirational stories for sharing in this column, anonymously if you choose.



E-Mails, Mailbag & Phone Calls. . .



Severe Leg Cramps — "G.S." from Florida, told us that she had battled with severe leg cramps for quite some time and thinks she tried about everything... up to and including a TENS unit. She said the leg cramps were so severe they actually would cause her toes to also curl up. She said she spent many nights up all night walking around to try to relieve the cramps... but nothing worked. Then she got and tried our **Chinota Gel**, (Items HG-4 & HG-8) and "in 5 minutes after applying Chinota, there's no pain!". And, she said, now "I sleep!" That's what we call a happy ending!

Plus, she has also found the **Aqua Gel** (Items AG-4 & AG-8) to be of great benefit to how her complexion looks when she applies it to her face at night. She said by the 3rd day of doing that, she was amazed at how much better her face looked. Yeah!

No More Cold Hands & Feet — "K.S." noted that her very cold hands and feet quit being cold "not too long" after she started drinking **Willard's Water** (Ultimate Dark) routinely. She's FAR from the only person to tell us this through the years. In fact, it's one of the most common reports we get. What's it mean? We don't know, but as laypeople it would seem to have something to do with better circulation, but we can only guess.

Cat Scratches; Assorted Itches; Nicer Skin — "S.P." says **Aqua Gel** (AG-4 & AG-8) is one product she will NOT be without, because, she said, it's good for so many things... loves how much nicer her face looks when she uses Aqua Gel on it; also it seems to help heal cat scratches better than anything, and it just stops any kind of itch. Does sound like a winner, doesn't it?



More Product Highlights & Updates from Charlie

Kidney Support? And What's the Difference Between Drinking Willard's Water & Just More Regular Water?

By Ben

Recently, I was doing some research, digging through dozens of websites and references looking into things that could improve kidney function, as I've recently become very enamored of taking care of the kidneys: they are, after all, responsible for filtering out toxins from your body.

It was a frustrating research project, because what I found was: there isn't much that actually helps the kidneys.

There are herbs to help with urinary tract infections, and some that can help prevent or break down kidney stones (all very worthwhile things, by the way: I take **Uro-Fit** [Item J- 396] everyday).

Cranberries seem to do both of those, and possibly aid the functioning of it. Our very own Uro-Fit by Daily's Manufacturing has everything I found reliable evidence of for those uses. But, for the most part, there isn't really much of anything you can take to supplement your kidneys and reduce stress on them.

As you can imagine, this is deeply frustrating for a supplement believer such as myself. An organ that you can't take an herb to reduce stress on seemed unthinkable to me. Then I realized it made some sense that the kidneys would be so particular: everything you take in has to be screened by them. Therefore, most things are just going to add some amount of stress.

I did, however, find one seeming sure-fire way to improve the function of the kidneys and reduce stress on them: water. Lots of water. The more water you drink, the more the kidneys can toss out toxins into it. Since our chief product is Willard's Water, a better version of water, I found this to be a great relief. If

more water is good for your kidneys, then, presumably, more Willard's Water must be better still, as it seems to help the body detoxify in the first place.

This got me thinking about a different aspect altogether: occasionally, very thoughtful customers will bring up the question of "**couldn't it be that the benefits of WW are mostly in the fact that it gets people drinking water?**"

This is an interesting point. Most people don't often drink straight water. They drink soda, or alcoholic drinks, or coffee, or milk, or juice. All of these things contain water (the most necessary substance on Earth), but they also contain other compounds that can have all sorts of health effects, diminishing some of the benefit of the water they get.

All of these compounds have to be screened by the kidneys, but even more than that, constant consumption will usually have some negative impact on your health, if not your waistline (not many of the alternatives are calorie-free).

Water is the only thing you actually need to hydrate with, there's very little to screen (only whatever minerals and salts are in it, mostly), and there's no drawback. No calories, no effects of constant caffeine intake, no increased risk of diabetes from sugar, no toxicity from alcohol, no fat gain. Just refreshment. So oftentimes, people do feel better when they start drinking water consistently.

But what about **plants and animals**?

They're almost always receiving a steady flow of plain old water. So why do plants tend to grow bigger when given Willard's Water? Why do animals maintain better health and seem to age more gracefully with WW?

Furthermore, regular water isn't an **anti-oxidant or free radical scavenger** and doesn't increase the **absorption of nutrients**. Willard's Water does.

And as far as I know, regular water does not come in **alkaline** form and raise one's own alkalinity... Willard's Water does.

And regular water doesn't **reduce inflammation**... Willard's Water does.

And does the fact that bodybuilders, marathon runners, and others who do a lot of exercise and workouts, report **staying hydrated better** if they drink Willard's Water for those workouts than they did with the "regular" drink they normally used for those sessions mean something?

And, speaking of hydration, veterinarians have reported that some animals who were seriously dehydrated got **re-hydrated much faster** than they should have for the amount of water they drank, when the water they drank was Willard's Water.

All interesting points, I'd say.

So, in conclusion, some of the best health advice we've all probably gotten at various times is: drink water. As much as you thirst for.

Seems to me worth considering taking that advice to the next level and making your chosen water Willard's Water. At a price as low as 29 cents per day, it's a fraction of the cost of a cup of coffee.

Water really is an amazing substance. So stands to reason a product that makes water even better, more effective in many ways, would be a truly amazing product indeed. No wonder so many say Willard's Water amazes them! ♦

Some Little-Known (But Well Established) Effects of Some of Your Favorite Vitamins

By Ben

Recently I was doing some reading on statin (anti-cholesterol) medications and discovered a fascinating hypothesis, written by a Dr. Grimes and published in 2006 in *The Lancet* (one of the most prestigious mainstream medical journals worldwide). Dr. Grimes theory discussed in that article was/is that **Statins** may in fact work *by imitating the effects of Vitamin D*.

Dr. Grimes' hypothesis is that since statins produce numerous effects beyond limiting the enzyme that synthesizes cholesterol, a deeper effect may be at work. Based on the types of cancer they help lower the risk of along with numerous other conditions, he proposes that the major beneficial effects of statins may be that they interact with Vitamin D receptors in a way that mimics this very essential vitamin.

This got me thinking: we all know that vitamins are essential and have been linked to benefiting a wealth of problems, but what are some more examples of odd effects we may not all know about other specifics vitamins? Well...

Vitamin A: helps to keep the skin healthy. Derivatives of Vitamin A are used in numerous skin creams for the treatment of **acne**. More widely known for helping **night vision**. Item No. **J-16 & J-17**. And in Item **J-56 Multi-Vim**.

Vitamin B1 (thiamine): has been used to help with the symptoms of **Alzheimer's Disease**. Deficiency is implicated in the brain damage suffered by **alcoholics**. Item **J-56 Multi-Vim**, and **J-2 Activated B-Complex**.

Vitamin B2 (riboflavin): has been used for the preventative treatment of **migraines**. Item **J-2 Activated B-Complex**.

Vitamin B3 (Niacin): is used by the liver to metabolize alcohol. Item **J-116 Niacin**. Item **J-2 Activated B-Complex**.

Since Statin drugs work by limiting the enzyme that affects cholesterol, but they also produce numerous effects beyond that, Dr. Grimes theorized that they may in fact be interacting in such a way as to mimic the benefits of this Vitamin....

Vitamin B5 (Pantothenic Acid): has been used to reduce levels of cholesterol in mice. Some reports of it helping to reduce various cravings.

Our Item No. **J-2 Activated B-Complex** contains B-5.

Vitamin B6: research has indicated it may assist in the symptoms of **premenstrual syndrome (PMS)**. Also has been of benefit for **Carpal Tunnel Syndrome**. Item **J-1 Activated B-6** and also in Item **J-2 Activated B-Complex**.

Vitamin B7 (Biotin): has shown promise in helping regulate blood sugar in diabetics, particularly in reducing fasting glucose levels. Item **J-2 Activated B-Complex**.

Vitamin B9 (Folic Acid): while everybody knows that it helps prevent birth defects, it also appears useful in ensuring both male and female fertility. Item **J-113 Folic Acid**, and in **J-2 Activated B-Complex**.

Vitamin B12: another vitamin that has shown promise in **preventing cognitive decline**, but, interestingly, is also used to treat **cyanide poisoning**. Item **J-20 Activated B-12**, and **J-2, Activated B-Complex**.

Vitamin C: is itself an **antihistamine**. Therefore, Vitamin C can **help control the body's inflammatory responses**. And, theoretically, this should reduce **allergic reactions**, as histamines are largely to blame in many allergies. In **Item J-68 500-mg tablets; J-69 1,000-mg Timed Release tablets; J-71 Acerola Cherry Vitamin C**.

Vitamin E: a **potent antioxidant**, it is not one compound, but eight related ones: alpha, beta, delta and gamma tocopherol and tocotrienols. There has

been much controversy about its benefits, because unfortunately most studies have only focused on the alpha-tocopherol form. **Our Vitamin E (Item J-14) is a mix of all four tocopherols**.

Remember, all of these vitamins will of course do you more good if you take them with **Willard's Water** each day. The most typical amount most people drink in the course of a day of their "mixed-up" Willard's Water is 32 oz — either four 8-oz glasses, two 16-oz glasses, or one 32-oz glass or sport bottle. Some people drink more, and some drink less, but the most typical report is the 32-oz a day level.

The reason the vitamins work better if you also drink Willard's Water is that WW is well known for breaking down those nutrients and causing them to be **better absorbed into the body's cells**.

Formulas including **ALL the B's listed in this article**, and a "Multi" containing **EVERY nutrient** listed in it:

- ◆ Our **Multi-Vim** (Item J-56) contains some of **every item mentioned in this article**. Since it's a "multi" type product, it doesn't provide large amounts of any individual nutrient, but is an extremely good formula for a "multi" vitamin & mineral supplement.
- ◆ Our **Activated B-Complex** (Item J-2) contains some of each of the B-Vitamins in this article. Again, since it's a combination type formula, it doesn't provide large amounts of any of the nutrients, but is an exceptional formula for all of them.
- ◆ "Activated" in the case of our **B-Complex, B-6, and B-12**, means they are already converted to what the body has to convert "regular B vitamins to" before it can utilize them. Hence, the doses may seem low compared to normal B vitamins—but since they are so much better absorbed, the lower dose is appropriate. Customer reports on these Activated forms have been extremely impressive. ◆