

# Possibilities

NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 ♦ www.WillardsWater.com ♦ Oct/Nov 2011

## Scary Headlines: Vitamins Are Killing You?

When the American Medical Association (AMA) publication, the *Archives of Internal Medicine* reported on an observational study that found a link between higher risk of death in older women who take multivitamins and vitamin E, the headlines in some publications and on some news broadcasts made it seem that the study referred to everyone, not just older women, and also made it sound like it was the “final word” type study.

The fact is, according to various industry sources, that it was strictly an observational study and ALL its findings were based on what older women said about their intake of supplements on a questionnaire they received and filled out every 10 years. So, for instance, if a woman checked the box that she was taking supplements, can anyone be sure she meant she took them for that entire previous 10 years, or did she mean she was currently taking them but may have started that a week, a year, or 3 years, or 10 years before... there was no way to determine that from the study.

Various experts have also noted that SELF-reporting in any study is highly suspect and leaves no way to determine how accurate it is. That said, we agree that high intakes of copper would not be advised by any expert we know of, nor is extreme dosing of most things ever advisable...some things won't hurt, but for the most part anything taken in extremes is not a good idea. There seems to be no way to know if extreme dosing was used by those in the study, or if they even took the minimum doses. It's just not known.

Another problem with the study that many experts pointed out is that observational studies show only association or

...if numerous people in a study wear tennis shoes, that would prove an association, but it wouldn't prove cause-and-effect of their having diabetes or heart disease or something... studies like this one only prove correlation, not cause and effect.

correlation but NOT cause-and-effect. As one person explained... a study may show that the participants who all took a particular vitamin ended up with more problems with disease...cancer, or diabetes, or whatever. However if those participants also wore tennis shoes, it would be obvious that the wearing of tennis shoes — though associated with people who wound up with diabetes, or heart disease, or whatever — likely did not cause that particular health problem.

We would agree, however, that if a study was conducted in such a way that you at least knew the EXACT situations... in other words, you didn't just know that the day a particular survey was completed someone was taking supplements, but you knew the exact amount of time or years such supplements were taken—and knew that they had been taken and weren't just relying on someone's memory that most of the time they did it—it could be valid to consider such results as indicating a need to study it further. However, as “subjective” as this study was, we don't feel such frightening headlines were valid. Nor do we think this subjective study, which many experts say is meaningless due to the problems cited here, should result in people stopping their supplement use, when such supplements have been proven in many more legitimate studies to have real health benefits.

If it weren't that the mainstream media has been nearly void of any reports of what was wrong with that study (big surprise?) we wouldn't have commented on this seemingly misleadingly reported study. But since that word **isn't** getting out, and frightening headlines **are**, we decided to do our small part to get the word out on that study's questionable merits. ♦

## BLAME GAME? SCAPE GOAT?

We have no way of knowing if the headlines in this matter are correct or not. But, what bothers us is that those headlines cannot prove that their assumption is correct either. We're talking about excerpts from the authorized biography of Steve Jobs that assume he would have beaten his pancreatic cancer if he had agreed to surgery & mainstream treatment earlier.

The claim is that he first refused such treatments, and instead tried acupuncture and juices... from October 2003 when he was first diagnosed with pancreatic cancer until July of 2004, when he had surgery. First we know of many natural cancer treatments we have reason to believe are very effective... one of them even against a very virulent form of pancreatic cancer. We don't know of any such treatment that would involve just acupuncture and drinking juice. So we don't know how good a natural treatment Jobs used in the brief time he did.

Next, per the American Cancer Society's web site, the prognosis for pancreatic cancer is NOT good even with their favored mainstream treatment. By their best estimates, using their most generous prognostic measures a person with the least threatening pancreatic cancer (stage 1) has only a 37% survival rate 5 years after diagnosis—that means even in that group **63% die before 5 years**. If they use their less favorable analyses, the 5 year survival rate for pancreatic cancer patients is **less than 4%**.—so **over 96% die in less than 5 years** And the rate of surviving for even one year after diagnosis is only 20%. Steve Jobs did his natural treatment for 10 months at most, but survived his cancer for over 8 years...far better than the ACS prognoses above. Yet they blame natural treatment for his death—maybe so such a high profile person isn't seen as a failure of mainstream treatment?

We are **not** saying natural treatment gave him the 8 years but we don't believe it robbed him of any time either & nobody can ever know what the outcome would have been if he'd stayed a course of effective natural treatment. ♦



**Reading Fine Print, and Dealing with a Smashed Thumb...** If you ever prick your finger with a needle, or bang your thumb with a hammer, etc... here's a tip to stop the pain.—

**Cross Your Arms!** Researchers who studied it said crossing your arms after such an injury confuses your brain, and dulls the pain.

The confusion is due to the fact that normally when you experience pain, an electrical impulse travels from the affected area to your spine and up to your brain... but, if you cross your arms, it seems to "muddle the way the brain perceives pain". The researchers think it's due to the fact that the brain is confused by the painful part being on the opposite side of the body... if you hit your left thumb, but cross your arms, the injured LEFT thumb seems to be sending the signal from the RIGHT side of the body. And that little bit of confusion may be just enough to throw off the pain-signaling process and dull the pain.

Of course, it wouldn't seem that this "trick" would stop any bruising or swelling, so if we ever employ this brain-confusing trickery to dull such pain, we will undoubtedly quickly apply some **Chinota Gel, Aqua Gel,** or spray **Willard's Water** on it, for the often-reported benefits of **reducing swelling, pain, and black and blue marks** among other things.

If you ever have trouble seeing what time it is on your watch, or reading a price, or a phone number, because the type is too small to read without your glasses, check out this tip... According to Joan and Lydia Wilen in their "Household Magic Tips" (published by Bottomline Books), if you make a fist, leaving a small hole in the middle, and then bring your fist up to your eye and look through that small hole, focusing on the number you want to read, for some unknown reason the small channel of light entering your eye clears your vision so you can make out the number! We tried this and it does seem to work! Who knew?



Another tip we've gotten from customers, is that taking our **Eye-Vite** (Item No. J-115) regularly has reduced their struggles with their vision. It's simply a number of nutritional items known to support vision and eye health, not a treatment of any kind, but folks sure swear by it, and some even needed weaker eyeglass prescriptions!

**Angels?** Many of you have asked us to put all the little "unexplained help" stories that run on the back page of our monthly newsletter "Possibilities" in one document. We've finally done it and it's now on our web site.

These little stories are much loved -- whether for religious or spiritual reasons, or just a sense of wonder -- we can't say. We cannot and do not promote any particular belief or doctrine, but we do know from reader feedback that these little stories are certainly enjoyed by them, and we love them too!

We've never officially called them "Angel Stories" or anything else for that matter... just ran each one as a separate item. They are true stories, originally published in our newsletter. Though we've never called or labeled them "Angel Stories", our customers and readers seem to always refer to them as that when they bring them up to us, so that's why they are listed in the Newsletter area of our web site as "*Angels? Sp. Edition '11*".

We think everyone agrees they certainly can leave a person with a sense of wonder & "wondering"! And we think such wondering is good for one's health... thinking about positive, helpful, inspiring events. More focus on things along those lines, would seem to be nothing but an improvement in our cultural awareness, in our opinions.

You can get to it from our home page on our web site [www.Willardswater.com](http://www.Willardswater.com) by clicking on "Information" in the top tool bar...then on "Newsletters"... and then click on "Angels? Sp. Ed '11" from the list of issues in the left margin of that page....it's in the top group from 2011 issues. (*One note: it is a large file, so it may take a while to open on some computers--depends how fast your system is.*) Enjoy!



## Trivia & Tidbits . . .

1. How many steps to the top of the Empire State Building?
2. How many marches did John Phillip Sousa write?
3. What diameter is a drop of precipitation if it is called rain instead of drizzle?
4. What is a group of rhinoceroses called?
5. How many leaves does the average mature oak tree shed in the fall?
6. What is the only 15 letter word in English that doesn't repeat any letters?
7. What was on the site of the Empire State Building before it was built there?

**AND THE ANSWER IS...**

1. 1,575.
2. 136. Plus 15 operettas, 15 band suites and 70 songs.
3. It's a raindrop if it is over .02 inch in diameter.
4. A crash.
5. About 700,000.
6. Uncopyrightable.
7. The original Waldorf-Astoria Hotel.

**ON "THE WEB"!**  
[www.willardswater.com](http://www.willardswater.com)  
 Or  
[www.nutritioncoalition.com](http://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.

**Reach Us At: 1-800-447-4793 (218-236-9783)**  
**NUTRITION COALITION, INC.**  
 P.O. Box 3001 Fargo, ND 58108-3001



## PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

### “How Do You Stay So Young Looking & Acting?”

I'm reprinting here the announcement my wife, Kolleen, made via email recently that I was turning 74 and how apparently “young” she thinks I still look and act. After that, I'll add my two cents worth!

“Charlie will be 74 on Friday, October 21... and if you met him in person you would probably find it hard to believe he's 74, like everyone else who sees him “in action” does.

“Charlie looks much younger than that (don't tell him I said that, he may get a big head!) and he doesn't “act his age either”... he plays the tuba in the old time band he plays with many times a year; routinely picks up and moves anything that needs it (no matter the weight), works 60 or more hours a week (and loves it!), and has NO health problems!

“In fact, when he went in for an X-ray after an injury, we were left waiting for awhile... they finally explained they were waiting for his corrected records which they had requested because the ones they had, they said, were obviously wrong... they showed no record of “his health problems, or none of his prescriptions”, and given the date of birth shown on his records, they knew all that had to be wrong, so had requested that his “correct file” be sent!

“We told them it WAS correct... he has no health problems and has never been on any prescriptions, and his birth date is correct..To be fair, this isn't a reflection on the competence of the medical staff involved... even people who have known Charlie for years, have been certain we were pulling their legs when his age comes up... nobody ever believes it!

“We think it's at least partially a tribute to his healthy habits (supplements since the '60s, and Willard Water and Colostrum since 1981 and 1983 respectively). It's also true he has “good genetics”, but even his parents and other ancestors who were all pretty healthy all their lives, began experiencing some health problems before reaching the age he is now... and they certainly didn't look and act as much younger as he does.

“His situation doesn't prove anything, of course... but it does make it pretty clear that none of those supplements or Willard's Water or Colostrum or whatever, had any NEGATIVE impact on him! In any case... it's certainly true to say he seems in fine shape to keep doing what he's doing for a LONG time

to come! And since I'm about 13 years his junior, I ought to be able to keep up with him for quite a while yet, too! (Though I've often joked he'll out-live me by about 20 years!)”

Okay...that's Kolleen's view on my age and health...So, given that I'm one of those people who —according to the medical people who saw me for that X-ray—doesn't fit the typical health profile of people my age (or should we say “ill health profile”), people sometimes ask which supplements I think have had something to do with my good health... even better health than my healthy parents and aunts and uncles enjoyed.

At the top of my list would be **Willard's Water**... I believe the natural health experts who have concluded it: helps the body to assimilate more of the good nutrients it needs, and to eliminate the bad stuff it needs to get rid of; helps eliminate free radicals, is a great antioxidant, helps to make pH healthier, and reduces inflammation, and helps with all kinds of skin problems... so it seems obvious to me, as a layperson, that all those things work in my favor for the long-term. And since I've had fewer even minor health problems... colds, flu, etc., since I started on it, I think it's obviously good for me.

Ditto for the **Colostrum** — (Items H-3 or J-H5) I think there are something like 4,000 studies that have linked it to health benefits. I just know I've “seen with my own eyes” enough reports of its benefits on my own family members and customers of ours since 1983 on, that indicate its incredible **benefit to the immune system**, that I don't need any more convincing.

As for supplements...

I'm a big fan of **Colloidal Silver** (items J-CS1 & J-CS32). We've read that when the FDA was created, Colloidal Silver was “grandfathered in” for use on infections since at that time it had been credited with working on over 600 different disease organisms — including both bacteria & viruses — but today, the FDA doesn't seem to accept that any more. However, again, given what natural health experts say, and what I've seen myself, if I know I've been exposed to the flu, or a cold, or whatever, I certainly help myself to some significant helpings of it!

And I think **Ener-Cell** (Item J-135) is one of the best kept secrets in recent years. It's a combination of Alpha-Lipoic Acid, L-Carnitine, CoQ10, and Curcumin...at an af-

fordable price. Curcumin is VERY interesting to health-minded folks and there has been so much demand for it in the past year or two (spurred by the growing numbers of studies singing its praises for all kinds of health related benefits) that the price of straight curcumin has gotten very high. And given the well-established benefits of the other items in this supplement, I regard it as a real find... and one I take every day and intend to continue doing so for as long as I'm around!

And since my vision isn't exactly as good as it used to be (!), I love the **Eye-Vite** product (Item J-115). This truly is a big help for anyone wanting to protect their vision for the long-term and even to see some improvements in their vision... we've had reports of people needing to get weaker eyeglass prescriptions after regular use of this product! I'm sure that wouldn't be the typical result, but we've sure talked to some happy people!

And, of course, there's no denying the positive impact of good quality **Vitamins** like **E**, and **C**, and **D-3**, and **Omega-3 Fish Oil**, **CoQ10**, etc. And I take them all... and I ALWAYS prefer using any supplement I want to take that's made by **Daily Mfg** than by any other firm. We've now had nearly 2 decades of experience with the Daily firm and we've only grown more impressed year after year with the quality of their products.

They were the firm Dr. Carey Reams chose to put together his formulations which certainly speaks volumes about their quality, competence, and integrity. And when you hear again and again from customers that the Daily Mfg brand of “item x” that they got from us so out-performed the other brands they'd tried, you start to see the pattern...if Daily's have a particular supplement available, that's the one I and my family will use.

You can tell which of our products come from Daily's...they have Item Nos. that start with the letter J followed by a dash.

Another item I also value greatly the book “**Outsmart Your Cancer**” by Tanya Harter Pierce. It discusses many alternative cancer treatments, as well as the cancer industry in this country. As one person told me “if you get cancer you're a lot better prepared to make decisions if you've read that book before”, and if you're already dealing with cancer and haven't read it, it is still a huge help. It's Item No. L-OC from us but is also available at many bookstores. ♦

The top one-third of this page is blank  
in the online version.

It is used for address information  
in the printed version.



### ***CARRIED ABOVE THE RAIN-SOAKED HIGHWAY...***

“My husband, of course, couldn’t see why we should pull off to the shoulder and wait out the storm...even though that’s what everyone else

seemed to be doing. Compounding my fear of the slippery road, was the blackness of that night—it just seemed like we were enclosed in total darkness, and the rain just kept getting worse.

“I was anxious to get home. But I wanted to be sure we got there in one piece, too. But, it was obvious he just wasn’t going to give up. No matter what.

“So I decided to pray. I asked God to see us safely home, and if He was too busy to personally handle it, maybe He could send some angels to watch over us?...

“It wasn’t long after that, I thought I ‘saw’ something out of the corner of my eye...very large, gray, ‘beings/forms’. It seemed to me they had their arms (wings?) outstretched, beneath our car, and they were sort of holding it above the rain-soaked highway, just carrying it along. It reminded me of how the “stork” carries

the baby in a bundle—it was like we were held in a bundle (made out of their ‘arms’), safe above the road. I wondered if I was out of my mind, hallucinating, or what. I’d never seen such a thing before, and had never thought of angels as being large gray forms. So I asked for a ‘sign’ if there really was someone, or something, helping us along.

“Right after that, the radio that had been nothing but static came through loud and clear, with a beautiful gospel song. ‘Angel Band’... the lyrics talking of a band of angels ‘carrying me home’. I couldn’t believe it! I’d never heard that song before, and was amazed when a friend later told me that it was an ‘old gospel standard’...

“I can tell you this, it certainly wasn’t a ‘standard’ at the radio station that ‘happened’ to play it at that moment...the station turned out to be a hard rock station, with a disc jockey who sounded sort of confused when he said he guessed he’d included some unusual variety that night. I wonder if he ever knew why he’d done that?” — *Reprinted from April ‘99 Possibilities*

Editor: We invite you to share your own miraculous/unexplained help experiences with us for sharing with others in this column, anonymously if you choose.



## **E-Mails, Mailbag & Phone Calls. . .**



### **Loves It & Easy to Swallow** — “C.H.”

told us she just loves our **Multi-Vim** (Item J-56). Not only does she feel it’s a great “multiple” Vitamin/Mineral combination, she loves how easy to swallow it is... says she’s taken so many supplements for so many years it’s now sometimes hard to swallow them...but no problem with Multi-Vim! Also amazed how fast it dissolves when water touches it—laughed that that wouldn’t happen with poor quality products.

**Chronic Renal Failure** — “K.H.” says her 19-yr-old cat Frankie’s chronic renal failure is less of a problem for him since she put him on **Willard’s Water**...tests showed his kidney values improved. No way to know if WW made the difference for Frankie — or other cats we’ve had similar reports on—doesn’t prove anything, but it is interesting.

**Bad Crack on Heel of His Foot** — bad enough that “G.Q.” says it was agony to put his shoes on and “I was walking with a bad limp because of the pain.

“I was on the verge of having to go see a podiatrist when my wife suggested that I try soaking my foot in **Willard’s Water**. So, that night I made up a warm footbath of Willard’s Water and soaked my feet for about 20 minutes and then went to bed.

“The next morning when I awoke the pain was 100% gone. I even tried stamping down hard on my heel to see if I could make it hurt and I couldn’t.

“To me it was a miracle and it saved me some money by not having to go see a doctor.

“Truly amazing!”



## More Product Highlights & Updates from Charlie

# "Breaking" Optimistic News for Energy & Weight Loss

We have some great news on a great new product we have found...it falls into the category of **Energy and Weight Loss**.

Seems to give everyone who has tried it so far a very significant boost in their energy level, and a smoother-through-the-day type energy, along with what many call an improved ability to stay focused on the tasks they're doing on a day that they've included 1 or 2 of these capsules in their routine.

And besides all that, many have reported significant help in losing weight when using this.

The product does not affect the central nervous system, so it doesn't seem to make most people experience any jitters or over-stimulated sensations... but everyone is different so if you know you are very sensitive to energy products you may want to pass on this one, or, if you do try it, start slow.

It's also been said to help with depression, and brain fog!

It's called "**Momentum Grande**" (some refer to it simply as "Big Mo") and it's our **Item No. BG-1**. Sells for \$39 per 60 ct bottle, but we've been warned that price may be going up. However, those who have used it so far have said even if it increases some, they feel it would still be well worth the price.

Its ingredients include:

**Guarana** -- reported to quicken perceptions, help with endurance, controlling appetite, and to increase memory retention and physical endurance.

**Kola Nut** -- said to greatly help con-

trol appetite, create an elevated mood, and known to expand the bronchial air passages.

**Phenylethylamine** -- may help to regulate mood, may help to ease stress, may help with more accurate focus, may help with a feeling of well-being.

We're not real familiar with this ingredient but according to various sources we found online, Phenylethylamine (PEA) is a natural neuromodulator (similar to a neurotransmitter) in your brain that helps regulate mood, focus, and stress. Your brain produces it from the essential amino acid LPhenylalanine.

It is also present in cocoa and various foods in small amounts.

Exercise seems to increase PEA levels and may account for the mood boost accompanied by working out or running.

LOW levels of PEA have been found in some people with Depression and ADHD/ADD.

**Theobromine** -- Considered a mild stimulant, it is said to help open bronchi in the lungs, and has been known to help release excess accumulation of bodily fluids; and can make vessels open for more effective transport of blood to vital organs.

It does not affect the central nervous system.

We found this additional info on theobromine from hersheys.com (yes the chocolate company--theobromine is a major ingredient in chocolate):

"The cocoa bean is nature's most concentrated source of theobromine, a compound closely related to caffeine.

But unlike caffeine, theobromine has only a mild stimulatory effect on the central nervous system, but it has a slight diuretic action similar to caffeine... Preliminary research indicates that even relatively high levels of theobromine (400mg) do not interfere with attention or mood.

"Due to its natural occurrence in cocoa beans, theobromine is also a component of all chocolate products, though the amount will vary depending on how much and which ingredients are used. Dark chocolates, unsweetened baking chocolate, and cocoa powder contain more theobromine than milk chocolates and chocolate syrups."

The Hershey's info went on to offer a **warning regarding theobromine's impact on dogs**... "Dogs metabolize theobromine very slowly. As a result, theobromine can have a serious effect on the animal's heart, kidneys and central nervous system. It carries the same risk as does a dog's consumption of other common household items such as coffee, tea, cola beverages and certain houseplants." So, in addition to never allowing your dog to eat chocolate (at least not in any large amounts, and maybe not at all for some dogs), make sure they don't help themselves to this supplement.

**Green Tea Extract** -- Commonly noted characteristics of green tea extracts include stronger antioxidant protection for humans than vitamin C and vitamin E; have anticarcinogenic properties, green tea extracts contain a wide range of anti-inflammatory properties.

**Yohimbe** -- has been used for body building and enhancing athletic performance; helps to decrease body fat, and to increase muscle mass. Yohimbe has also been used in products for erectile dysfunction.

**Hoodia** -- has been used to fight off hunger for days in the Kalahari Desert. It is an appetite suppressant. Leslie Stahl of CBS's "60 Minutes" program used Hoodia and said it had no after effects.. no funny taste in her mouth, no queasy stomach and NO racing heart. She also wasn't hungry all day even when she would normally have a pang around meal time. And she also had no desire to eat the entire day... "I'd have to say it did work", was her conclusion.

**Ephedra Extract** -- Ephedra EXTRACT is allowed by FDA rules. This product contains no alkaloids. It is said to help with weight loss and with building muscle, and to boost the metabolism. It is a thermogenic that can turn your body into fat burning mode. Is also said to increase energy.

**Citrus Aurantium** -- used for years in traditional Chinese medicine to improve overall health. Has been known as a powerful thermogenic (fat burning) product. Helps to increase the body's metabolic rate (ability to burn) without producing negative side effects.

**Chromium** -- Is an essential trace element that has been used for regulating blood sugar. Also has been said to have anti-depressive qualities and has been used for lowering "bad" cholesterol and raising "good" cholesterol.

**White Willow Bark** -- has been (and is) used as an anti-inflammatory, analgesic, anti-rheumatic, and astringent.

**Methylsynephrine** -- said to decrease appetite, burn fat, increase energy, increase metabolism, and promote weight loss. extracted from acacia seeds.

**Suggested Use:** For adults 18 years and older, 1 capsule mid-morning and 1 capsule mid-afternoon, if needed.

Taking more than the recommended amount will NOT improve results.

Someone here was recalling 1993 . . . when the first such product, at least that we were aware of . . . was introduced by a network marketing company.

We somehow found out about the product. Kolleen started using it and wound up losing four dress sizes in about two months, while feeling great and eating whatever she wanted to.

That was hardly a typical result but many other people we knew also had fairly dramatic results with it.

So the product certainly caught our attention. And that of many other people who were enthusiastically buying the product.

The company that was the source, could not keep up with the demand . . . and weren't really staffed up to handle all the shipping.

So what we and a number of other dealers wound up doing, was getting allied with a few people in Dallas (where it came from) whom we could "overnight" cashiers' checks to . . . they would turn them into cash, go to the back door of the business down there, fill our orders, put the ten or twenty cases at a time in a very large box, haul it out to the airport and air freight it to us .

We'd pick it up, get it to those who had ordered it, and then do the whole routine again. That went on for many weeks until the Dallas firm finally got far enough ahead on supplies that they could take care of more people than just those local "walk-ins" . . . so were actually filling orders and shipping in regular fashion.

The madness associated with that product continued for, I think, a year or two.

Eventually, there were changes in the product, and, as I recall, some internal fighting among the owners, and a number of "me too" companies sprang up . . .so after perhaps two years the fun was over . . . original product no longer available . . . but many people still are nostalgic about that time period and that original fantastic product.

The people who have developed the current product, now, go back to that

time period . . .and they've been trying, on and off, for all these years, to come up with something as good as the original one.

Whether they have succeeded or not, is yet to be determined . . . but we are guardedly optimistic . . . all experience with it thus far seems to be very positive.

And they are very conscientious folks . . . we have no doubts whatsoever about the safety of the product, with it coming from them. Only time will tell how well it works for weight loss . . . and we're certain that will vary a lot from person to person, since such products always do.

But we do know that so far, we've had extremely positive results on the impact it seems to have on people's energy and focus, so we're hopeful it will do well in the weight loss area as well.

However, I know from the people who have been so pleased with their having more "get up and go" and ability to stay "on task and focused" that they will keep buying it just for those benefits whether it works for them for weight loss or not.

It's obvious to us that it is not a "drop 10 pounds in a week" type dramatic product, and, truthfully we're glad it isn't. We wouldn't be offering it if it was because most often such dramatic performing products are usually not "good for you" in the longer term. We're not interested in providing any products that could be negative in any way.

I guess what I'm saying is we're already almost convinced that this is a winner for those people who want more energy and the ability to stay focused with more mental clarity throughout the day. And we're hoping to see that it performs as well in the weight loss area . . . but not so quickly as to indicate any possibility of it being negative over the longer term.

So, if you give it a try, let us know what you think. Stay tuned!

# Why Do We Believe Our Omega-3 Is the BEST Available Anywhere?

It seems nearly everyone is now convinced of the importance of taking Omega-3 Fatty Acid supplements.

But, first...**Which Omega-3 supplement is best?** Is there really any difference from one to another? Yes! There are quality issues with about every supplement (details on that further down), but some **particular quality concerns with Omega-3 Fish Oil**... we believe there's none better than Daily Mfg's, so that's where our Omega-3 Fish Oil and our Flaxseed Oil source of Omega-3s, come from.

A few of the reasons why **Daily's Omega-3 Fish Oil is superior:**

- ◆ **Less Heavy Metals** in it -- Mercury and other heavy metals are sometimes concentrated in ocean fish.

It is known, however, that the metals bind to proteins and are therefore mostly removed from the oil. This is even more true for Daily's molecularly distilled fish oils because small bits of flesh and proteins remain in conventional fish oil.

Daily Molecularly distilled fish oil has extremely low levels of heavy metals, **much less than is seen in even the best quality fish.**

- ◆ **Less Omega-6 Fatty Acids** -- The goal of Omega-3 supplementation is to increase the ratio of omega-3 to omega-6 fatty acids: not just to increase the omega-3 fatty acids.

Therefore, the higher concentrations of Omega-3 Fatty Acids **improves the ratio much more effectively than with conventional omega-3 supplements.**

- ◆ **Less Odor** -- One objection many people have to fish oil supplementation is the unpleasant odor. Molecular distillation **removes most of the odor**, making the product much more pleasant to many people.

- ◆ **Double-Strength so Fewer Capsules** -- Daily Omega-3 Fish Oil Capsules are **DOUBLE the strength** of most omega-3 supplements and only **HALF the number of capsules** are needed to obtain the same dose of omega-3. The **benefits of Omega-3** are so far-ranging we will not attempt to cover them here.

A few highlights of **Omega-3's established benefits** are:

- ◆ Heart Health
- ◆ Anti-Inflammatory effects
- ◆ Brain Development & Function
- ◆ Possible Benefit for Depression
- ◆ Benefits for ADHD also found in some studies
- ◆ Improved Behavior & Academic performance

We are convinced that not only is Daily's quality of their Omega-3 supplements the best available, but that **Daily's quality is second-to-none on EVERY product** they put out--which is why the majority of the supplements we sell, come from Daily's. (In fact, if Daily's provide a particular supplement, we will always choose to offer theirs instead of any other manufacturer's.)

What **quality issues determine how well a supplement works?** Here are just three key issues:

- ◆ **Including the ACTUAL amount per capsule, tablet, soft-gel, or serving as is shown on the label.** Believe it or not, regulations allow for as much as 25% to 30% difference in the amount the label says each capsule contains...so **MANY manufacturers routinely provide less in the product than the label says.** NOT Daily's... if it says there is 300 mg per capsule there will be. **You get what you pay for, with Daily's.**

- ◆ **Freshness of ingredients.** Daily's will not cut costs by making "huge buys" of ingredients which will mean by the time those ingredients are actually used in products and sold, they will be so old (think "stale") by the time the consumer makes use of them as to be anywhere from not-so-good to totally ineffective. **Dailys will NEVER put out products with stale ingredients!**

- ◆ **Type of tablet, capsule, or soft gel used.** This determines how well the body can break it down and make use of what's inside that tablet, capsule or soft gel.

Again, Daily's will not buy "the cheap capsules from China that allow for low-cost products, but products in those capsules will not do any good because those capsules will not break down in nearly anyone's stomach".

Also, Daily's tablets will start dissolving as soon as a drop of water touches them... don't believe the assertions by some that tablets don't dissolve... **QUALITY tablets do.**

And for capsules, Daily's use **ONLY vegetarian capsules** because they are the best--break down well in about anyone's stomach, and also make it easy for vegetarians to know Daily capsules are fine for them.

All these quality factors **DO** make a difference in how well the supplements work for people. We have had seemingly countless reports from customers who rave about how well the Daily St. John's Wort,, or Activated B vitamins, or Coral Calcium, or MSM, or whatever, works for them, compared to other brands they had tried before. When your body reacts and performs more positively, it tends to indicate the product is better. Simple as that. Now you know why Daily's is our number one supplement supplier, and why customers love Daily's products! ♦