

03923-0492  
Brown Edward Lewis  
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Seward NJ 20851  
Glenville, NJ 20851  
United States

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Rudy Davis  
PO BOX 2088  
Fomey, TX 75126  
United States

PURPLE HEARTS



Typical Issue.  
(one of many)

Sept. 23, 2019

Please be advised that the three enclosed envelopes times two are what the Gilmer F.C.I. is serving for breakfast during a lockdown, which has now become a 5 day weekly occurrence, on average.

The following menu is what we have received from September, 16 Sunday to Monday Sept. 23, 2019.

### Breakfast

A Apple: UNKNOWN Hybrid (usually spoiled)

B Muffin: starch 2oz

2-Packs C. Peanut Butter. (see enclosed packet)

2-Packs D Powdered milk (inedible) (SOY) - non dairy

2-packs E Powdered oatmeal (gluten) (inedible)

F Bread (4 slices)

### Lunch

1A. Peanut Butter Pack

B Balony (2-slices) inedible: nitrates/nitrites

C Cheese (artificial - 1 slice) inedible

D pretzel-cookies Pack. (inedible)

E. Kool Aid packet (enclosed) (Toxic)

F Bread (4 slices) (gluten) (inedible)



- Evening
- A. Peanut Butter
  - B. Pretzel - cookie (packet)
  - C. Cheese (artificial) (inedible)
  - D. Balony (2-sliced) (inedible)

The meals on the main line are not much better when we are in normal operation.

90% of all meals are drastically lacking good nutrition, which is the major cause of Celiac Disease, which leads to malabsorption, irritable Bowel Syndrome, Acid Reflux, leaky gut and many other life threatening diseases, particularly diabetes, high blood pressure; hypertension, prostate, Allergies, blindness, and early death.

This is going to make on hell of a lawsuit. I have already provided outside legal with the evidence. This is one of many lawful projects underway.

many are watching

Please Post

Ed.

Father.



# SMART MILK® Kosher & Vegan

## NON-DAIRY MILK REPLACER

Fortified with Vitamin A, Vitamin D, Vitamin C,  
Vitamin E, Vitamin B12, Calcium, Potassium, Zinc and Iron.

**NUTRIENT DENSE & CALORIE PACKED!**

Preparation: Add 8 oz. of room temperature water  
and stir vigorously for 20 seconds.

**Net Weight: 0.929 oz. (26.35g)**

|                        |     |
|------------------------|-----|
| Saturated Fat 2g       | 10% |
| Trans Fat 0g           | 0%  |
| Sodium 50mg            | 2%  |
| Total Carbohydrates 8g | 3%  |
| Sugars 2g              | 8%  |
| Protein 8g             | 12% |

Percent Daily Values (DV) are based on a 2,000 calorie diet.  
Ingredients: Roasted Peanuts, Sugar, Stabilizer (Rapeseed Cottonseed and/or Soybean Oils), Salt.  
Allergen Warning: Contains Peanuts  
Sunshine Peanut Company  
Jacksonville, FL 32204  
SP767

# PEANUT BUTTER

## Nutrition Facts

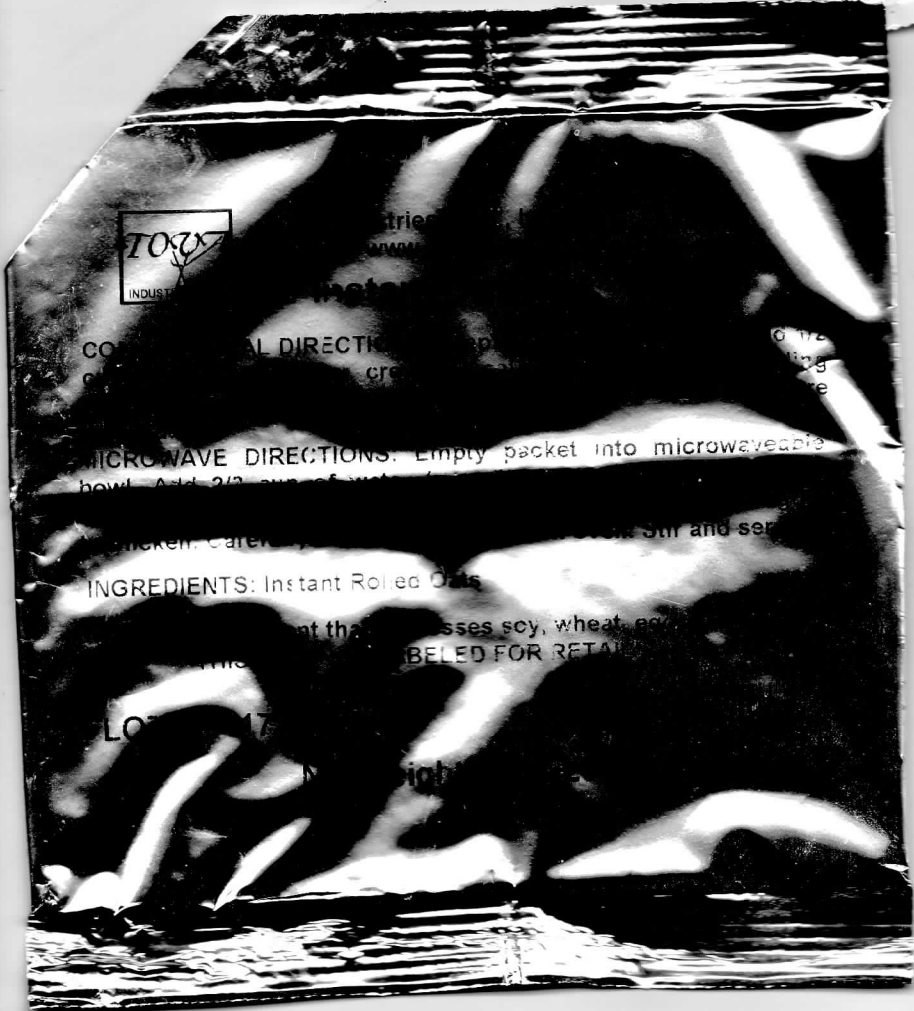
|                        |                       |
|------------------------|-----------------------|
| Value Per 32g (2 Tbsp) |                       |
| Amount Per Serving     |                       |
| Calories 162           | Calories from Fat 135 |
| Total Fat 16g          |                       |
| Saturated Fat 2g       | 10%                   |
| Trans Fat 0g           | 0%                    |
| Sodium 50mg            | 2%                    |
| Total Carbohydrates 8g | 3%                    |
| Dietary Fiber 2g       | 8%                    |
| Sugars 2g              | 8%                    |
| Protein 8g             | 12%                   |

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| Dietary Fiber 2g       | 8%                    |
| Sugars 2g              | 8%                    |
| Protein 8g             | 12%                   |



### Nutrition Facts

Serving Size 1 Packet (26.35g)

Amount Per Serving

Calories 90      Calories from Fat 0

Total Fat 0g      % Daily Value\*

Saturated Fat 0g      0%

Trans Fat 0g      0%

Cholesterol 0mg      0%

Sodium 75mg      3%

Potassium 250mg      7%

Total Carbohydrate 18g      6%

Dietary Fiber 2g      8%

Sugars 1g

Protein 4g

Vitamin A 30%      • Vitamin C 100%

Calcium 30%      • Iron 25%

Vitamin D 30%      • Vitamin E 30%

Vitamin B12 35%      • Zinc 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000      2,500

Total Fat      Less than 65g      80g

Saturated Fat      Less than 20g      25g

Cholesterol      Less than 300mg      300mg

Sodium      Less than 2,400mg      2,400mg

Potassium      Less than 3,500 mg      3,500 mg

Total Carbohydrate      300g      375g

Dietary Fiber      25g      30g

**INGREDIENTS:** MALTODEXTRIN, SOY PROTEIN ISOLATE, (CHICORY) INULIN, CALCIUM CARBONATE, CELLULOSE GUM, TITANIUM DIOXIDE, POTASSIUM CHLORIDE, ARTIFICIAL FLAVOR, ASCORBIC ACID, SALT, VITAMIN E ACETATE, SUCRALOSE, FERROUS LACTATE, VITAMIN A PALMITATE, ZINC OXIDE, VITAMIN D3 (CHOLECALCIFEROL), CYANOCOBALAMIN (B12).

**CONTAINS SOY.**



Packed for:  
Good Source Solutions, Inc.  
Carlsbad, CA  
www.goodsource.com

LOT# C157SUG 19:18

|                        |     |
|------------------------|-----|
| Saturated Fat 2g       | 10% |
| Trans Fat 0g           | 0%  |
| Sodium 50mg            | 2%  |
| Total Carbohydrates 3g | 3%  |
| Sugars 2g              | 4%  |
| Protein 8g             | 12% |

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Ingredients:** Roasted Peanuts, Sugar, Stabilizer (Rapeseed Cottonseed and/or Soybean Oil), Salt.  
**Allergen Warning: Contains Peanuts**  
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SP767

## PEANUT BUTTER

### Nutrition Facts

Value Per 32g (2 Tbsp.)

Amount Per Serving

Calories 182      Calories from Fat 135

Total Fat 16g      % Daily Value\*

Saturated Fat 2g      25%

Trans Fat 0g      10%

Sodium 50mg      0%

Total Carbohydrates 8g      2%

Dietary Fiber 2g      8%

Sugars 2g

Protein 8g

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Ingredients:** Roasted Peanuts, Sugar, Stabilizer (Rapeseed Cottonseed and/or Soybean Oil), Salt.  
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Total Carbohydrates 8g      2%

Dietary Fiber 2g      8%

Sugars 2g

Protein 8g

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Ingredients:** Roasted Peanuts, Sugar, Stabilizer (Rapeseed Cottonseed and/or Soybean Oil), Salt.  
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**Ingredients:** Maltodextrin, Dextrose, Citric Acid, Natural and Artificial flavor, Ascorbic Acid, Aspartame, Acesulfame Potassium, Silicone Dioxide, Artificial color Strawberry-kiwi (red#40), Cherry (red#40), Grape (red#40, blue#1), Lemonade (Yellow#5), Orange (Yellow#5), Fruit Punch (red#40).  
\*Contains Phenylalanine.  
**Vitamin C Fortified**  
Each packet produces 8 ounces.  
Not for Individual Sale.  
PACKED BY SOLARIS