

# **What Do I Really Need Every Day To Stay Healthy?**

- **60 Minerals**
  - **16 Vitamins**
  - **12 Amino Acids**
  - **3 Essential Fatty Acids**
- \*At Least 90 Essential Nutrients\***

## ***Can't I get all of these nutrients by eating well?***

No. According to U.S. Senate Document #264 our farmlands are depleted of minerals so no matter how much or how well you eat you can never get the nutrition you need from your foods alone. Unlike vitamins, fruits and vegetables cannot manufacture minerals, so the only way to get all 90 essential nutrients is to supplement.

## ***I take a "one a day" vitamin pill, won't that do?***

Take this challenge. Go get out your vitamin bottle and count the minerals to see how close you are to the 60 that you need. This will answer your question.

## ***What is the big deal about minerals? I thought that vitamins were the most important nutrients.***

You can get some vitamins from the foods you eat, but many of the minerals you cannot. Lacking vitamins, the body can make some use of minerals, but lacking minerals, vitamins are useless.

## ***What will happen if I don't get all 90 essential nutrients every day?***

Again referring to U.S. Senate Document #264 "a marked deficiency in any one of these vital nutrients will actually result in disease."

## ***How much will it cost me to take all 90 essential nutrients every day?***

The *Healthy Start Pak* is \$129.95. (A small price to pay to give your body all of the raw materials it needs to function properly and to reach maximum longevity)

## ***How many different products will I have to take to get these 90 nutrients?***

With most companies you would have to take dozens, however with *Youngevity* you can get all 90 essential nutrients in optimal amounts with JUST THREE PRODUCTS, the *Healthy Start Pak*. We do have several add on products available for additional support.

## ***What makes Dr. Wallach's colloidal mineral products so much better than all the others?***

They are plant-derived. (This is the only form of minerals your body is designed to absorb, giving you up to 98% absorption). The products come from the only known source in the world containing 77 plant-derived minerals. It is the only product on the market that guarantees 19,000mg of these minerals in every bottle.

**Stop wasting money on  
supplements that you really  
don't need or that your body  
cannot absorb!  
With *Youngevity*  
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ALL  
90 ESSENTIAL NUTRIENTS  
in optimal amounts with *the*  
**HEALTHY START PAK!**  
**Get Started Today.****

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