

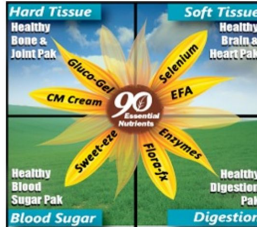
# Youngevity Product Usage Guide



## Healthy Start Pak

Getting started with the 90 Essential Nutrients  
is Easy as 1-2-3

- 1 Ounce of Beyond Osteo FX (1 capful)
- 2 Scoops of Beyond Tangy Tangerine (BTT)
- 3 EFA Plus Softgels



## Healthy Body Start Pak 2.0

Getting Started with the 90 Essential Nutrients  
is Easy as 1-2-3

- 1 Rounded scoop of Beyond Osteo FX
- 2 Scoops of Beyond Tangy Tangerine 2.0
- 3 EFA Plus Softgels

As a rule Dr. Wallach recommends 1 Healthy Body Pak per 100 lbs. of body weight, but for cost savings, some people start with 1 pack and simply add 1 bottle of Plant Derived Minerals (#13203) per extra 100 lbs of body weight.

It is recommended that the 90 Essential Nutrients be taken with a meal for better absorption. The key to the Beyond Tangy Tangerine (BTT) supplement is to dilute it so that your body can absorb it more efficiently. For example, mix 2 scoops in 16-32 oz of water or if you have a more sensitive digestive system mix the BTT powder in full fat yogurt, keifer, or applesauce. The Beyond Tangy Tangerine and the Beyond Osteo FX can also be mixed together with water, juice, or mixed in a smoothie. Many enjoy taking a 1 oz serving of the Beyond Osteo FX either by itself or mixed in water or juice immediately before bed for a more restful sleep.

It is also recommended to take the 90 Essential Nutrients in the Healthy Body Start Pak 2.0 with meals for better absorption. Many people enjoy mixing the Beyond Tangy Tangerine 2.0 with the Beyond Osteo FX powder in water. The key to thorough mixing is scoop the powders together in a sealed jar or container, shake to mix, add a small amount of liquid and shake well, add remaining liquid (16-32 oz) and re-shake until mixed well. Remember that the powders, especially the Beyond Osteo FX, are best **Shaken, not Stirred**. The powders may also be mixed in juice, smoothies, protein shakes, yogurt or keifer.

The Healthy Start Pak and the Healthy Body Start Pak 2.0 are the foundational nutrition for each of the following Health Paks. Each Health Pak has the 90 Essential Nutrients at the center. Dr. Wallach's "secret sauces" are added to the various Health Paks to supply additional needed nutritional support. Follow the usage guide below for best results. Beyond Tangy Tangerine 2.0 is also available in a tablet form. (#USYG100077)

**Healthy Bone & Joint Pak** - Healthy Start Pak plus Gluco-Gel 240 & CM Cream

**Gluco-Gel:** Take 8 capsules per day in divided doses (i.e., 4 at breakfast & 4 at dinner) for a full 30 day supply. However, to maximize results and for a recovery dosage it is recommended to take at least 16 capsules per day or up to 1 capsule for every 10 lbs of body weight. (i.e., 200lb person would take 20 capsules per day)

**CM Cream:** Apply liberally to area of pain as often as needed throughout the day or evening.

**Healthy Brain & Heart Pak** - Healthy Start Pak plus EFA180 & Selenium

**EFA180:** Take 6 softgels per day in divided doses (i.e., 3 at breakfast & 3 at dinner) for a full 30 day supply.

**SELENIUM:** Take at least 3 capsules in divided doses per day. To maximize benefits take 1 bottle per every 50 lbs of body weight per month for a maximum of 4 bottles per month. (i.e., 200lb person would take 4 bottles per month)

**Healthy Blood Sugar Pak** - Healthy Start Pak plus Sweet-Eze

**Sweet-Eze:** Take 4 capsules per day in divided doses throughout the day 15 to 20 mins before meals. If missed before a meal, take with or after meal. You may take more if needed for improved results.

**Healthy Digestion Pak** - Healthy Start Pak plus Digestive Enzymes & Flora FX

**Digestive Enzymes:** Take at least 1 capsule 10 to 15 minutes before each meal. If missed before a meal, take with or after meal. You may take more if needed for improved results. Taking 2 before your largest meal may be helpful.

**Flora Fx:** Take 2 capsules per day, preferably on an empty stomach. More may be taken as needed.

**Healthy Weightloss Pak** - Healthy Start Pak plus ASAP

**ASAP:** Take .75 ml three (3) times a day. Place drops under tongue and allow 3 to 5 minutes to absorb, then swallow. Avoid eating or drinking for at least 15 minutes before and after taking drops. More may be taken for greater needed weight loss. Visit [www.healthybodychallenge.com/weight-loss.php](http://www.healthybodychallenge.com/weight-loss.php) for more detailed instructions and support.

## GET RESULTS!

Most people experience increased energy and better sleep within a week. Others may experience mild cleansing symptoms. If you are not seeing the results you desire, there are 3 possible reasons. (1) Not taking all the products that you need. (2) Not taking enough for your body weight. (3) You could have some absorption challenges.

(Try the Healthy Digestion Pak, a Gluten-Free Diet and listen to the *Cereal Killers CD*)

Please contact Susan Resner at (317) 730-1018 c. for questions and support.