

A person is captured mid-jump in a vast, mountainous valley. The scene is overlaid with a semi-transparent yellow filter. The person is wearing a dark t-shirt, patterned leggings, and a headlamp. Their arms are outstretched, and one leg is bent in mid-air. The background shows rolling green hills and distant mountain peaks under a hazy sky.

100% BETTER
with us

YOUNGEVITY DOWNUNDER

A colorful geometric logo consisting of overlapping triangles in shades of red, orange, yellow, and green. A white rectangular box is superimposed over the center of the logo, containing the text '100% BETTER' in a bold, black, sans-serif font.

100% BETTER

Bone and Joint

Dr. Joel Wallach

- Internationally Recognized Naturopathic Doctor and Veterinarian
- Gives 300+ lectures per year
- Author of 13 books and 75 Scientific Articles
- Author of 'Dead Doctors Don't Lie'
- 2 Live Radio Shows Every Day
- Featured In The Audacity of Health Documentary

Dr. Wallach has connected over 900 health problems directly to a deficiency of some of the 90 Essential Nutrients



The 90 Essential Nutrients

In order for our bodies to function optimally we need to consume the correct amounts of the 90 Essential Nutrients Every Day

60 Minerals

12 Amino Acids

16 Vitamins

2 Fatty Acids



“Give your body what it needs and it can do amazing things.”

~ Dr. Joel Wallach



The Healthy Body Pack



The Ultimate Multi-Vitamin & Mineral Supplement

Contains Energy Boosting Nutrients

Probiotics & Prebiotics For Digestion

Supports A Healthy Immune System

Made From Organic Plant Derived Whole Food

Contains 85 of the 90 Essential Nutrients

Calcium

Magnesium

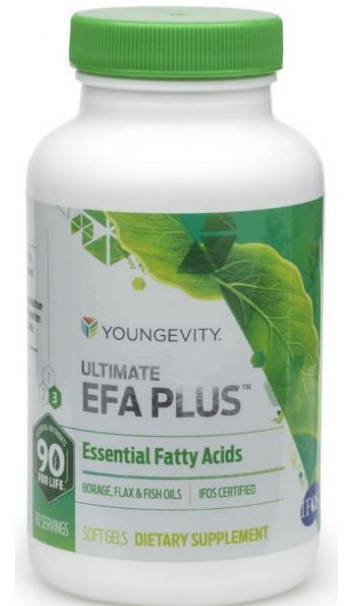
Vitamin D3



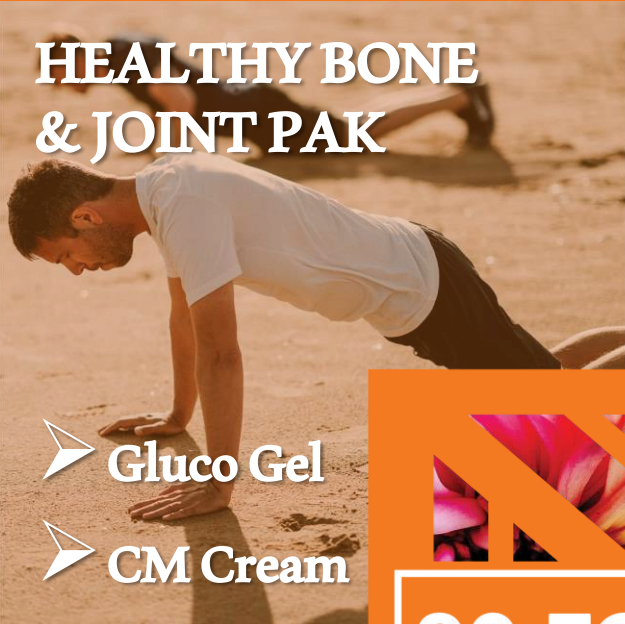
Omega 3, 6

Gamma Linoleic Acid

IFOS Certified



Hard Tissue



HEALTHY BONE & JOINT PAK

- Gluco Gel
- CM Cream



HEALTHY BRAIN & HEART PAK

- Selenium
- EFA

Soft Tissue

90 FOR LIFE

Blood Sugar



- Sweet-eze

HEALTHY BLOOD SUGAR PAK



- Enzymes
- Flora-fx

HEALTHY DIGESTION PAK

Digestion

SELF EVALUATION FORM

Identify The Category

Rate yourself with the numbers 0 to 10, 0 being never and 10 being severe (the higher the score, the more likely you have a problem in this category)

Never ----- Severe

<i>Hard Tissue Category</i>	Today's Date	30 Days	90 Days
Back pain, Neck pain, Hip pain			
Stiff Knee, Shoulder, Joints or Back			
Headaches			
Numbness, foot/arm fall asleep			
Trouble falling asleep			
Bleeding gums, cavities, dental issues,			
Kidney stones, bone spurs			
Blood pressure problems and or medication			
Pain killers or medication for any of the above			
TOTAL			

Dr Peter Glidden



Licenced naturopathic doctor
with over 30 years experience

‘If you don’t look after your immune system there are 80 known auto immunes diseases that could find their way to you’

- **Arthritis, Osteoarthritis, Osteoporosis, Fractures**
- **Cardio disease, Hyper or Hypo-tension, Heart Palpitations**
- **Muscle Cramps, Spasms Twitches, Restless Leg**
- **Kidney Stones, Calcium Deposits**
- **Nervous system problems, Insomnia, Irritability**
- **Tinnitus, Neuralgia, Vertigo**

Calcium Deficiencies Symptoms

Ankylosing Spondylitis

Arthritis

Back Pain

Bell's Palsy

Bone Spurs

Bone Fractures

Brittle Nails

Calcium Deposits

Cartilage Damage

Cognitive Impairment

Depression

Dowager's Hump

Eczema

Heart palpitations

Hyperparathyroidism

Hypertension

Insomnia

Irritability

Joint pain

Kidney Stones

Ligament Damage

Low Blood Pressure

Muscle Cramps

Muscle Spasms

Muscle Twitches

Nervousness

Osteofibrosis

Osteoporosis

Panic Attacks

PMS

Prolonged Clotting

Receding Gums

Restless Leg

Retarded Growth

Sciatica

Sleep Disorders

Spinal Stenosis

Tetany

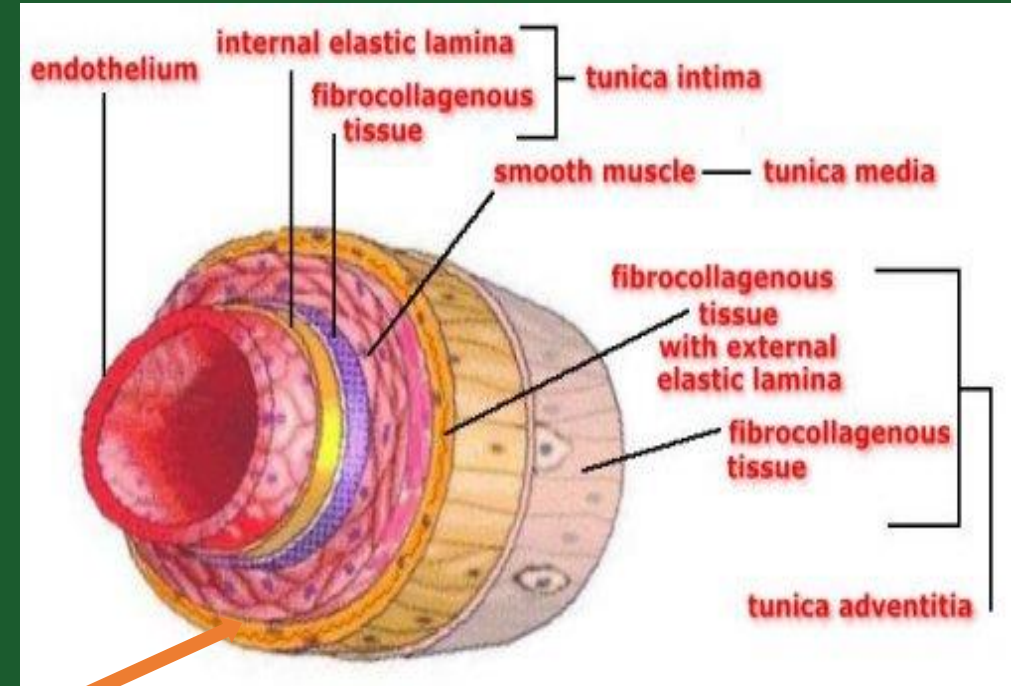
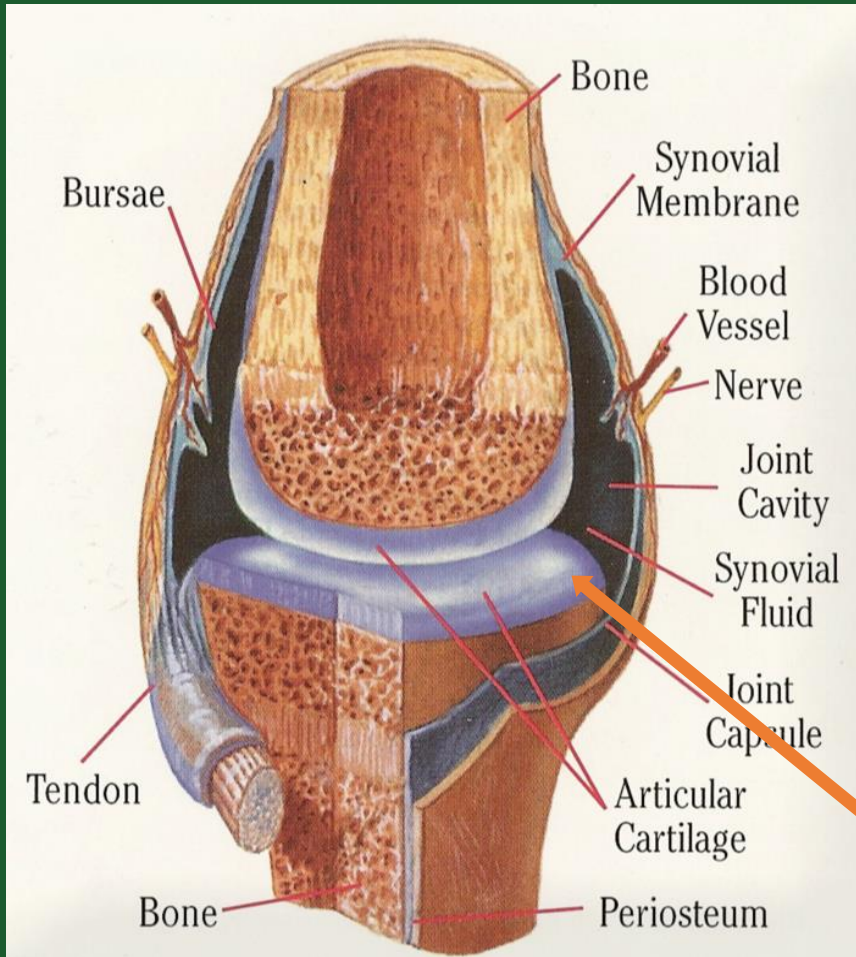
Tinnitus

Tooth Decay

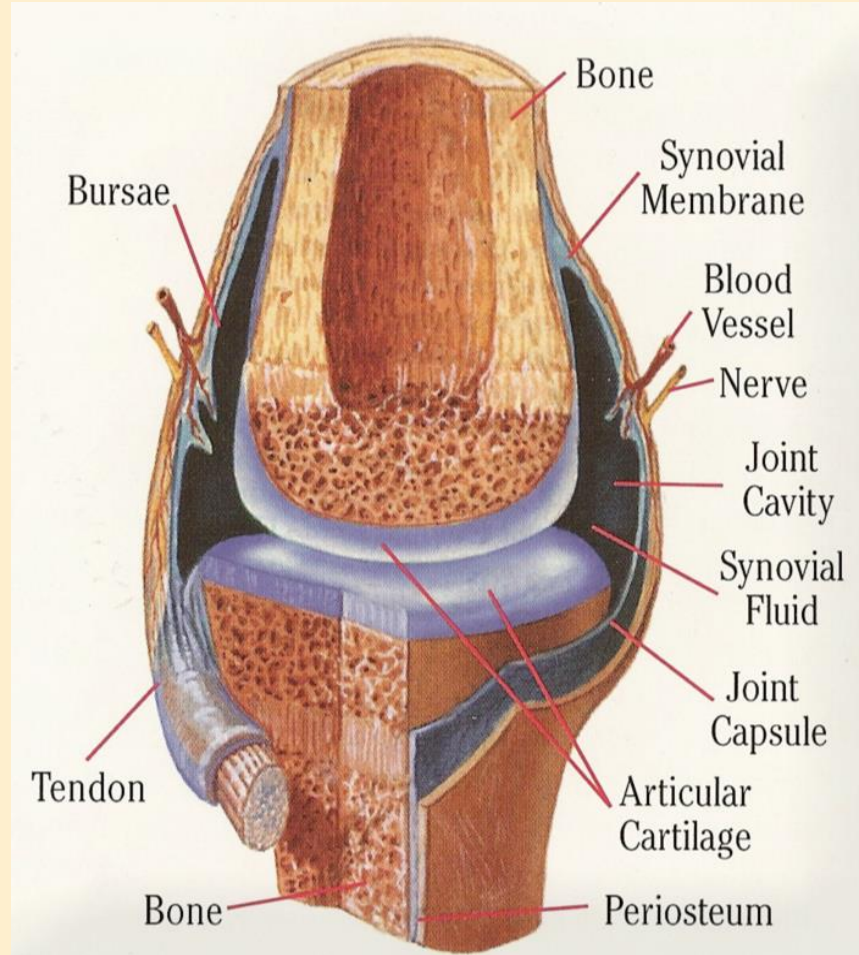
Trigeminal Neuralgia

Vertigo

Hard Tissue



Hard Tissue Support



Glucogel



CM Cream



CM Plus



Killer Biotic FX



Purmeric



Essential oils added to
CM Cream



Peppermint Oil

Trauma, Birch

Dr Wallach's 3 Steps to a BETTER Health

Step 1



Identify the category

Use the Self Evaluation to identify what is breaking down. If you don't have the symptoms listed at all, put in a 0. For slight or moderate symptoms use a 2 or 3 and 4 or 5 if it's a severe symptom. The total for each category can be used to track your improvements from month to month.

Step 2

Use the appropriate pack & dose

Give your body the nutrition it uses to rebuild/repair that tissue/system.



Step 3



Clean up your diet & lifestyle

5 SECRETS TO A BETTER LIFE

EAT · ELIMINATE · EXERCISE ·
SLEEP · SUPPORT

5 SECRETS

To BETTER
Health



Eliminate

» **12 Bad Foods
from your diet**

» **Toxic People**

Wheat

Barley

Rye

Oats

Corn

Soy

Meat with Nitrates

Industrial Seed Oils

Carbonated Drinks

Well Done Red Meat

Fried Foods

Baked Potato Skin





Raw Foods

Eggs

Loads of water

Green Tea

Nuts

Min Sugar

Boost protein

90 for Life

EAT

Exercise



Move your lymphatic fluid

Rebounding

Massage

Walking 30 mins Daily



Conscious Breathing

Exercise – Fun

Yoga/Tai Chi

Play/Laughter

Sleep..



.. is extremely important

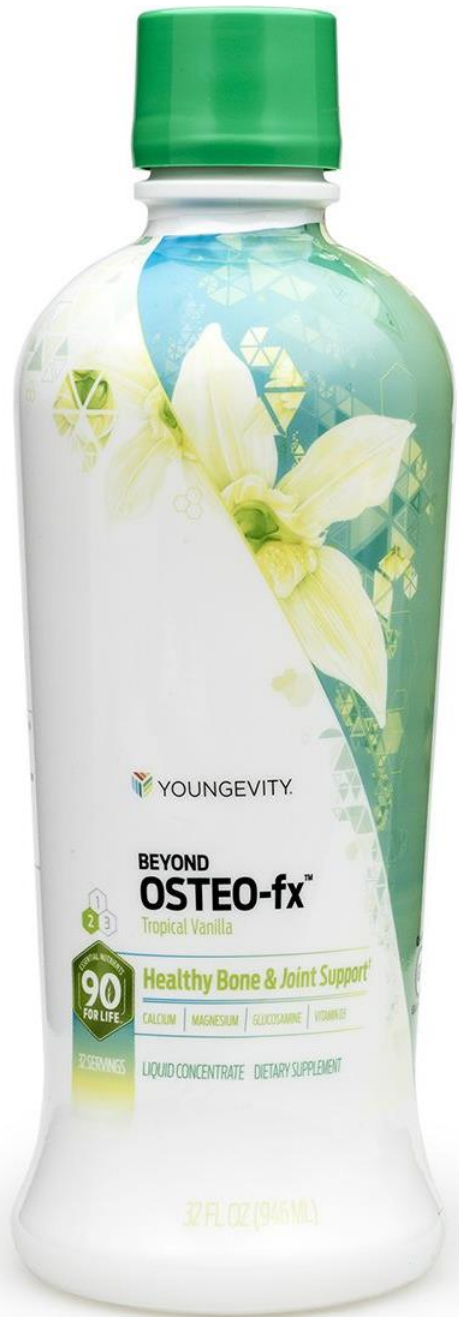


SUPPORT

HEALTHY BODY BONE AND JOINT PACK



All 90 essential nutrients with targeted bones and joints support



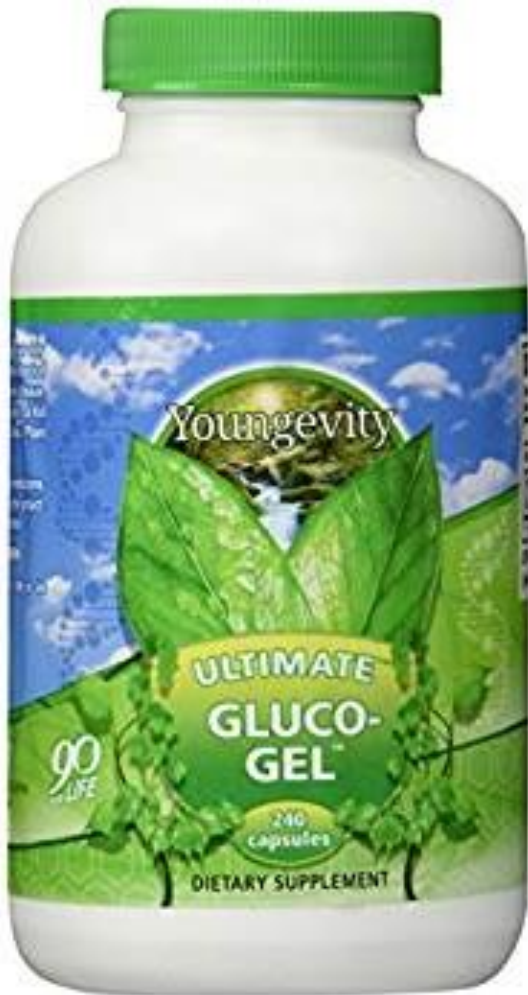
Beyond Osteo-fx™

Beyond Osteo-fx was formulated to support optimal bone and joint health containing nutrients that enhance calcium absorption by the body, in an easy to consume powder form.

Beyond Osteo-fx is a blend of

- Calcium
- Magnesium
- Vitamin D
- Glucosamine
- Other bone supporting nutrients

A constant supply of nutrients must be delivered each day so that the matrixes of the ligaments, tendons, cartilage, can become stronger and more resilient to stress.



Ultimate Gluco-Gel™

contains gelatin and glucosamine sulfate, a key building block of bone matrix, cartilage, ligaments, tendons, and connective tissue.



Liquid Gluco Gel

has a pleasant taste from its Natural Flavours.

Gluco-Gel

For years, Dr. Wallach has been recommending gelatin as part of the Pig Pack Fomula.

Liquid Gluco Gel

contains;

- MSM (Methylsulfonylmethane)
- Glucosamine Sulfate
- Chondroitin Sulfate
- Cetylmyristoleate
- Collagen Hydrolysate

Ultimate™ Gluco-Gel™

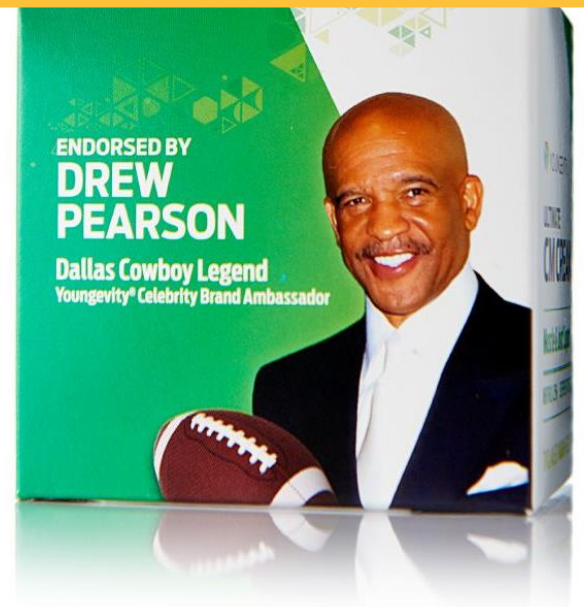
is the ultimate way to get your daily dose of gelatin and healthy joint support.

CM Cream

The revolutionary compound found in Ultimate CM is Celadrin, which is a proprietary blend of Cetyl Myristoleate synergistically combined with several other fatty acid esters.

This amazing, highly bioavailable blend works scientifically on several levels:

- Acts as a lubricant to joints, tissues and arteries
- Modulates the immune system function
- Helps repair and rebuild cartilage
- Continuously hydrates the skin
- Increases the level of the collagen in the skin yielding elasticity and better skin tone
- Increases suppleness and a more youthful appearance overall.



Pürmeric™

Pürmeric™ delivers 95% curcuminoids in an enhanced organic capsule that is easily absorbed by the body.

Organic botanicals typically have more phytonutrients than non-organic botanicals, and are more beneficial to the body.

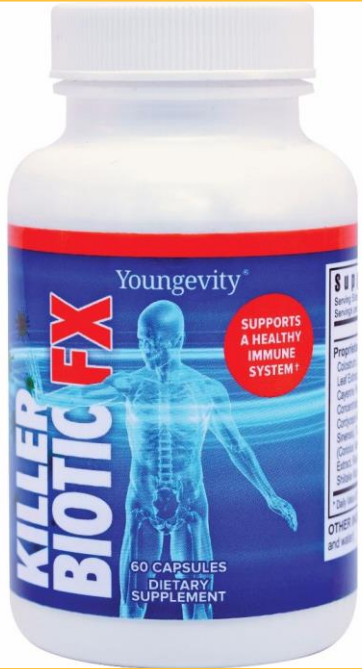
This cutting-edge herbal supplement may help the body combat oxidation and promote optimal health.



**Pürmeric™ from
Youngevity's ProLine™**

**A cutting-edge herbal supplement that delivers
superior antioxidant activity using certified organic turmeric.**





Killer Biotic Fx® is a proprietary complex of immune-enhancing nutrients including bee propolis mushroom extracts and colostrum.

Killer Biotic Fx® features

Propolis, a natural agent produced by Brazilian killer bees

Immune-enhancing benefits of mushroom extracts -Turkey Tail Mushroom Extract (Coriolus Versicolor), Maitake Mushroom Extract, Reishi Mushroom Extract, Shiitake Mushroom Extract

Olive Leaf Extract, Propolis Concentrate, Cayenne Fruit Concentrate, Garlic Bulb Concentrate, Ginger Root Extract

And the immune supporting properties of colostrum.



HEALTHY EATING PLANS

3 options of healthy eating plans designed to support optimal health and fit into your life



Keto 90

Follow a ketogenic program that's low in carbs, has moderate protein, and higher fat levels that leave you full and satisfied.



Rev 90

High Density, Low Calorie - take in fewer calories and get greater results with filling foods that are good for you and low calorie too.

Kate Carpenter
Clean Living Coach



Wellness90

Live healthier eating a balanced diet of fruits, vegetables, nuts, and lean protein options. Think of it as a lifestyle, rather than a strict diet, and you're bound to see results.

Continuing Education

Product Information

What Makes Youngevity Unique CD

Healing is Easy CD

YGY Audio Catalog CDs (3)

Quality, Quality, Quality CD

Selenium CD

Digestive (& Hormone) Information

Serial Killers CD

Why World is So Sick CDs (2)

Other Health Information

Divine Magnificence of Nutrition CD

God's Recipe - Alternative to Ritalin

Seeing is Believing CD & more!

The more you educate yourself, the more you become a participant in your own health

**Tools to build
your health & your
knowledge!**



