

# Youngevity Supplement Facts

## Additional Info

EVERY disease is related to a nutritional deficiency (or excess-- too much calcium or magnesium, etc. is not a good thing either). Dr. Wallach correlated over 900 diseases to particular nutrient deficiencies, with there being at least 10 diseases linked to each nutrient deficiency.

What about genetic disorders? I like what Chris Kresser said, *“Genes load the gun and environment pulls the trigger.”* ([Source: http://chriskresser.com/how-to-recover-from-long-term-use-of-birth-control-pills](http://chriskresser.com/how-to-recover-from-long-term-use-of-birth-control-pills))

**90 Essential Nutrients** are contained in every **Healthy Body Start Pak** (Beyond Tangy Tangerine, OsteoFX, Ultimate EFA), which is kosher (not certified kosher thought), and is composed of 3 products:

- 1) **Beyond Tangy Tangerine**-- 60 essential minerals, 16 amino acids, 12 vitamins-- derived from ancient humic plant source in Utah + 100mg MSM, 125mg glucosamine (plant-derived) and 25 mg chondroitin-- bovine derived.

**Beyond Tangy Tangerine** is a complete daily supplement containing **Majestic Earth Plant Derived Minerals** (See *Plant Derived Minerals Analysis Report*), vitamins, amino acids, and the following fruits and vegetables: **Dried Barley Juice**, **Spirulina**, Cooked Whole Brown Rice, Fructooligosaccharides, **Chlorella**, **Pacific Kelp**, Phenalgin, **Ńĉ**, Cryptomonadales, **Red Kelp**, **Brown Kelp**, **Ulva**, **Red Seaweed**, **Dulse**, **Rockweed**, **Bee Pollen**, Sunflower Oil, Black Currant Seed Oil, **Whole Fruit Concentrates 10x**: Apple, Apricot, Banana, **Camu-Camu**, **Cranberry**, **Orange**, **Peach**, **Red Raspberry**, **Strawberry**, **Tomato**; **Concentrates 10x**: **Alfalfa Sprout**, **Barley Grass Juice**, **Beet Greens**, **Cabbage Leaf**, **Onion Bulb**, **Parsley Leaf**, **Concentrate 4x**: **Celery Seed**; **Standardized Extracts**: **Papaya Fruit**, **Red Grape**, **Broccoli Floret**, **Carrot**, **Garlic**, **Standardized Concentrate**: **Spinach Leaf**; **Milk Thistle Seed**, **Chinese Green Tea Leaf** (decaffeinated), **Turmeric Rhizome**, **Red Wine**, **Pau d'Arco Bark**, **Ginkgo biloba Leaf**, **Ginseng**, **Astragalus Root**, **Echinacea angustifolia root**, **Irish Moss**, **Thyme Leaf**, **Ligustrum Berry**, **Rice Bran**, **White Nectarine**, **White Peach**, **White Fig**, **Date**, **Banana**, **Potato**, **White Pear**, **White Tea**, **Jicama**, **Jerusalem Artichoke**, **Shiitake Mushroom**, **Parsnip**, **Turnip**, **Cauliflower**, **Ginger**, **Kohlrabi**, **Shallot**, **Mango**, **Grapefruit**, **Yellow Apple**, **Pear**, **Honeydew Melon**, **Pineapple**, **Yellow Squash**, **Gooseberry**, **Golden Kiwi**, **Nectarine**, **Yellow Watermelon**, **Pumpkin**, **Butternut Squash**, **Yellow Fig**, **Cantaloupe**, **Yellow Beet**, **Rutabaga**, **Tangerine**, **Lemon**, **Yellow Pepper**, **Blueberry**, **Blackberry**, **Elderberry**, **Lingonberry Extract**, **Plum**, **Black Cherry Extract**, **Purple Fig**, **Belgian Endive**, **Passion Fruit**, **Purple Kale**, **Rhubarb**, **Concord Grape**, **Beet**, **Radicchio**, **Eggplant**, **Pomegranate Extract**, **Purple Onion**, **Wolfberry (Goji)**, **Black Currant Extract**, **Noni**, **Mangosteen**, **Aé√üai**, **Black Raspberry**, **Bilberry**, **Blueberry**, **Schisandra Fruit**, **Fenugreek Seed**, **Guava**, **Watermelon**.

**BTT Peach 2.0 does not contain barley**

- 2) **OsteoFX**-- 1250mg calcium from bovine bones-- derived from pesticide-free grass-fed beef from Argentina no antibiotics or steroids-- plus an additional 100mg & 250mg MSM; Glucosamine Sulfate 2KCl (plant-derived)
- 3) **Ultimate EFA**-- 827mg of Omegas/ capsule fish oil (tocopherols are NOT from soy)-- shellfish-free

The **Healthy Body Bone & Joint Pak** contains two additional products:

- 4) **Glucogel**-- 1000mg collagen/ gelatin (bovine derived) + 500mg Glucosamine KCl (shrimp-derived-- will have a shellfish-free version by 6/15)-- for now substitute with:

- 500 mg (1/10 tsp) of NOW or Great Lakes Beef Gelatin
- 1000 mg of these shellfish-free Glucosamine 2KCl alternatives:
  - [http://www.amazon.com/s/?ie=UTF8&keywords=shellfish+free+glucosamine&tag=googhydr-20&index=aps&hvadid=6741309261&hvpos=1t1&hvexid=&hvnetw=g&hvrand=6950441065622081263&hvpone=&hvptwo=&hvqmt=b&hvdev=c&ref=pd\\_sl\\_5c5wh75qri\\_b](http://www.amazon.com/s/?ie=UTF8&keywords=shellfish+free+glucosamine&tag=googhydr-20&index=aps&hvadid=6741309261&hvpos=1t1&hvexid=&hvnetw=g&hvrand=6950441065622081263&hvpone=&hvptwo=&hvqmt=b&hvdev=c&ref=pd_sl_5c5wh75qri_b)

- 5) **CM Cream**-- topical pain relief cream-- I think essential oils are better; CM Cream contains some petroleum-based products (parabens, etc.)

You would benefit from ordering **Dead Doctors Don't Lie**. The Appendix of that book is actually another book that Dr. Wallach wrote called **Let's Play Doctor** which contains all of the diseases indexed by name with how to correct them nutritionally-- the remedies correspond to all of Youngevity's products.