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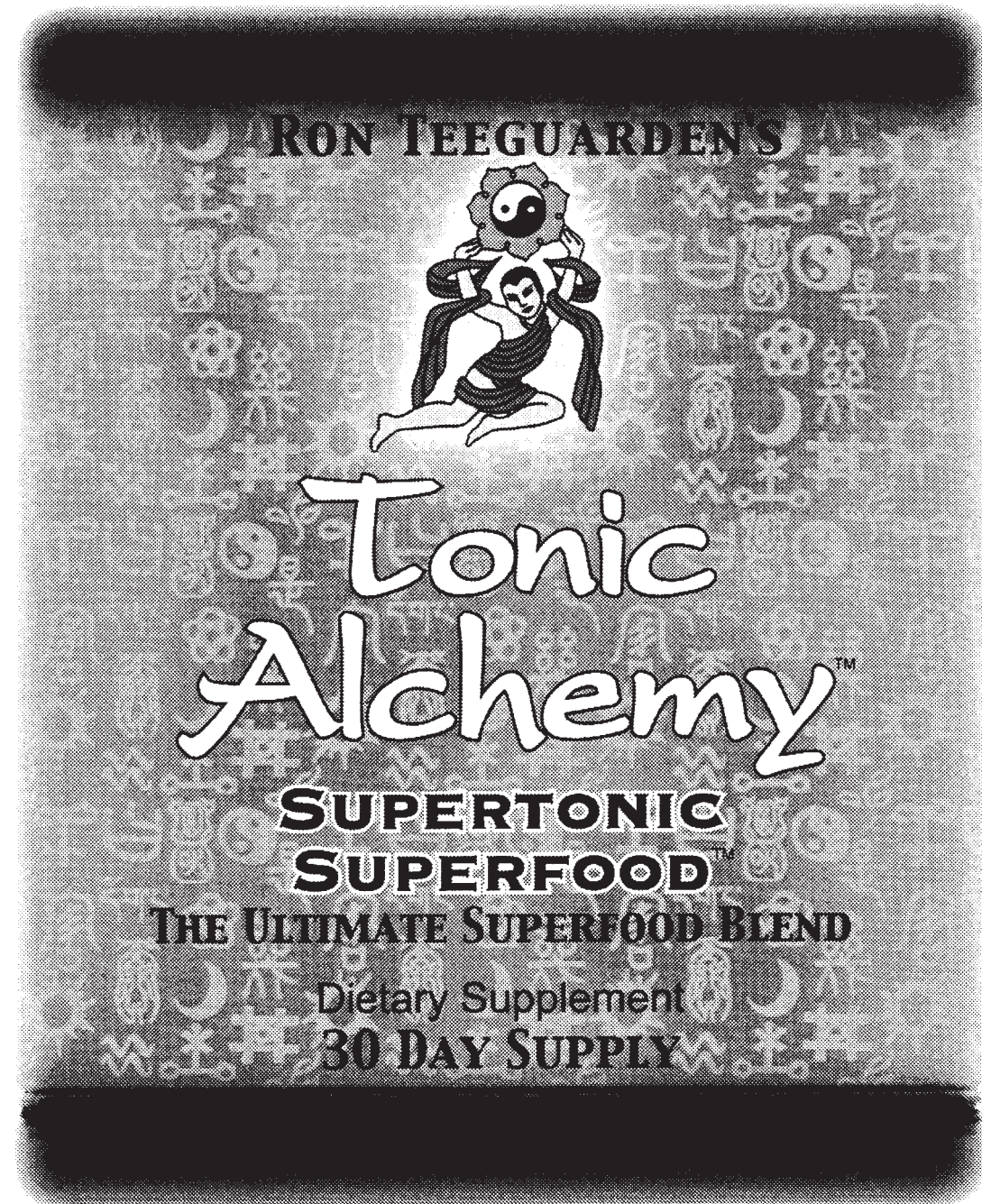
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RON TEEGUARDEN'S



Tonic
Alchemy™

SUPERTONIC
SUPERFOOD™

THE ULTIMATE SUPERFOOD BLEND

Dietary Supplement
30 DAY SUPPLY

Tonic Alchemy is a remarkable, cutting-edge blend of 71 superfoods from all around the world – from the deepest oceans to the world's highest mountains. These superfoods are so nutrient dense that just one tablespoon per day will provide more nutrition than most Americans assimilate in an entire day. Tonic Alchemy contains literally thousands of phytonutrients including antioxidants, vitamins, minerals, enzymes, immune-enhancing polysaccharides, polypeptides, probiotics (friendly micro-organisms), co-factors, and alkalizing elements.

Ron Teegarden has made certain that every ingredient is the best material available in the world. This blend is an extraordinary health-promoting food. By consuming one to two servings per day, you are assuring yourself of phenomenally good nutrition.

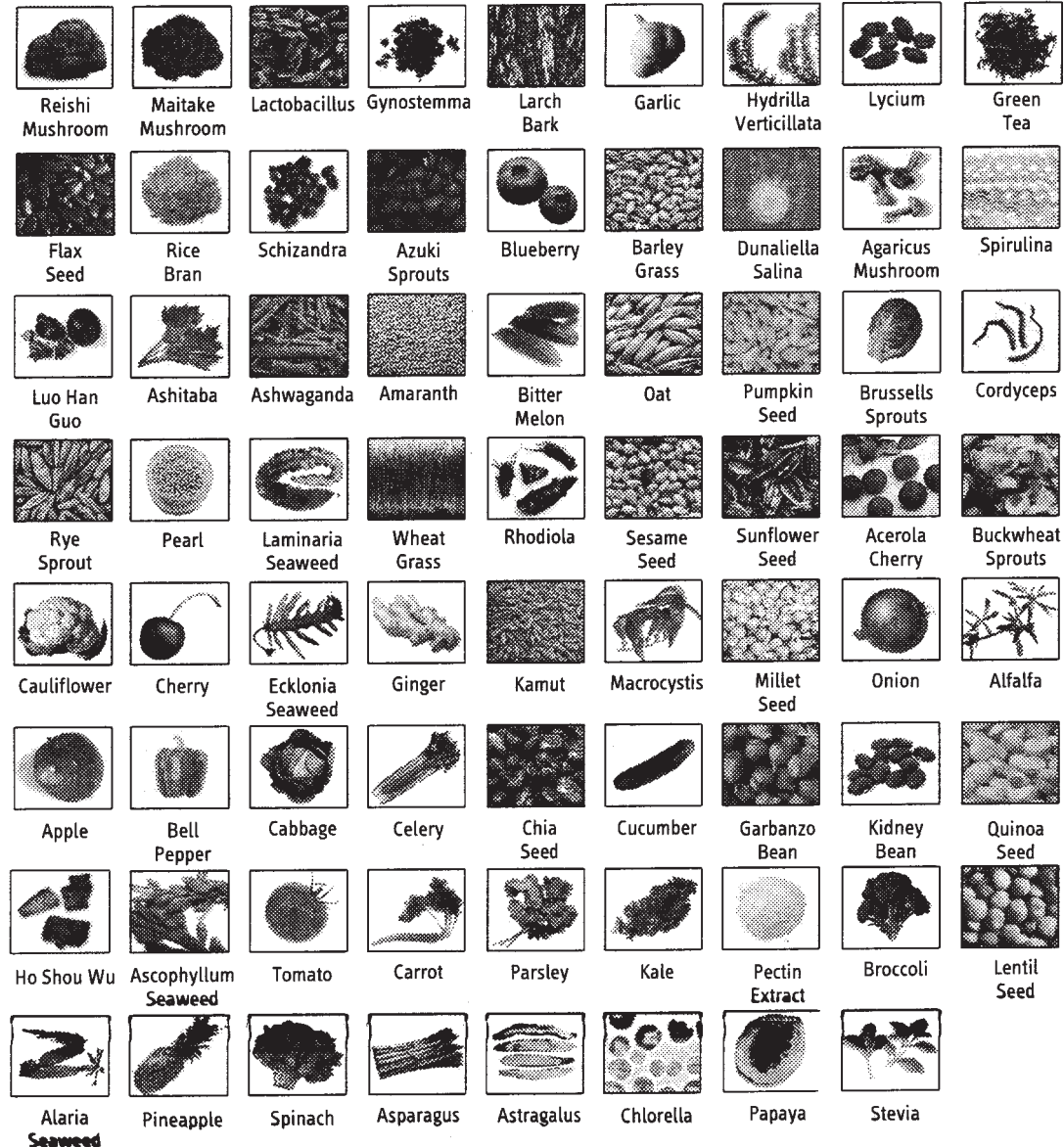
THE WORLD OF SUPERFOODS

Over the past 35 years ten's of millions of Americans have become aware of the need for better nutrition. The farming system prevalent in America has resulted in depleted soil and foods deficient in nutrients. The typical American diet is comprised primarily of foods rich in fats, sugar and chemical additives, and low in natural **vitamins, essential nutrients, important phyto-chemicals,** and beneficial trace

minerals. Conventional medicine has only recently acknowledged the importance of nutrition in promoting health and preventing degenerative disease. But now, everyone realizes that good nutrition is central to health, longevity and well being. And still, the American diet suffers from a lack of nutritious foods.

Over the past decade, a rising class of foods has entered the natural foods market – the "superfoods." It was discovered that young green grasses, for example, provide an abundance of critically valuable nutrients. Various forms of algae and seaweed's have earned a place among the superfoods because of their incredible nutritional profiles. Vegetable and bean sprouts have likewise proven to be extraordinary sources of nutrients that promote glowing health. Many fruits have been re-assessed and some are now considered to be superfoods because of their incredible antioxidant activities and for other reasons. Certain mushrooms have been discovered to have potent immune modulating functions and other benefits. And certain tonic herbs ("tonic" herbs consist of a select group of herbs that have been proven to provide the greatest health benefits to mankind), sometimes called the "forgotten foods," provide phyto-chemical nutrients, unavailable from any other

71 IN 1™



INGREDIENTS IN TONIC ALCHEMY™

Tonic Alchemy™, the supertonic-superfood, contains thousands of essential and invaluable phytochemicals, minerals and unique nutrients that are required to promote radiant health

GREEN JUICE BLEND* 33:1 2340 mg

Barley grass leaf juice, Rye grass leaf juice, Wheat grass leaf juice, Oat grass leaf juice, Alfalfa grass leaf juice

WHOLE GREEN BLEND* 5:1 1575 mg

Barley grass leaf, Rye grass leaf, Wheat grass leaf, Kamut grass leaf, Oat grass leaf, Alfalfa grass leaf

RON TEEGUARDEN'S SUPERTONIC BLEND 900 mg

Lycium fruit extract (8:1), Astragalus root extract (12:1), Schizandra fruit extract (12:1), Gynostemma leaf extract (10:1), Reishi mushroom extract (10:1), Agaricus mushroom extract (8:1), Pearl (hydrolyzed), Maitake mushroom extract (8:1), Ashwaganda root extract (5:1), Cordyceps mushroom (powdered mycelium), Rhodiola root extract (12:1)

PROBIOTICALLY PREDIGESTED GREENFOODS BLEND* 855 mg

Barley grass leaf whole and juice, Wheat grass leaf whole and juice, Oat grass leaf whole and juice, Alfalfa grass leaf whole and juice (Predigested by the Probiotic-Enzymatic Process™ utilizing the following soil-based organisms (SBOs) – Lactobacillus acidophilus, Bifidobacterium bifidum, Bacillus licheniformis, Lactobacillus bulgaricus, Bacillus subtilis, Lactobacillus lactis, etc.)

SPIRULINA* 540 mg

RICE BRAN SOLUBLES 369 mg

HYDRILLA 360 mg

VEGETABLE JUICE BLEND 315 mg

Carrot juice, Broccoli juice, Tomato juice, Brussels Sprouts juice, Onion juice, Garlic juice, Ginger juice, Cucumber juice, Kale juice, Spinach juice, Parsley juice, Cabbage juice, Celery juice, Cauliflower juice, Green Bell Pepper juice, Asparagus juice

SUPER SPROUT BLEND 216 mg

Amaranth sprout, Buckwheat sprout, Azuki sprout, Quinoa sprout, Millet sprout, Flax Seed sprout, Sunflower sprout, Pumpkin Seed sprout, Garbanzo Bean sprout, Kidney Bean sprout, Lentil sprout, Chia Seed sprout, Sesame Seed sprout

ARABINOGALACTAN (extract of Canadian larch bark) 213.3 mg

CHLORELLA 180 mg

ACEROLA CHERRY 25% 180 mg

SEA VEGETABLE BLEND 45% FUCOIDANS 180 mg

Laminaria japonica, Ecklonia, Ascophyllum nodosum, Macrocystis, Alaria

STEVIA/LUO HAN GUO BLEND 180 mg

ANTIOXIDANT FRUIT BLEND* 162 mg

Blueberry, Cherry, Papaya

APPLE FIBER/PECTIN 135 mg

GREEN TEA (50% POLYPHENOLS) 76.5 mg

PINEAPPLE CONCENTRATE 70.2 mg

DONALIELLA SALINA EXTRACT (BETRYEWE™) 45 mg

ASHITABA - Angelica keiskei koidzumi* 45 mg

BITTER MELON - Momordica charantia 45 mg

LACTOBACILLUS PLANTARUM 7.2 billion cfu

*** CERTIFIED
ORGANIC**

source, that are capable of building our health to remarkable levels. Even certain bacteria are now known to provide essential benefits to our health.

EXTRAORDINARY INGREDIENTS

In addition to all of the many wonderful food products contained in Tonic Alchemy, there are six extraordinary ingredients that separate Tonic Alchemy from all other "superfood" products.

1. CEREAL GRASSES

Because of their nutrient density, Tonic Alchemy's main ingredients are the cereal grasses of Barley, Rye, Wheat, Kamut, Oat, and Alfalfa. These grasses are offered in Tonic Alchemy in three forms: juiced, whole and pre-digested. The juiced grasses have had the water evaporated off at low temperature to produce a highly concentrated whole juice powder. It takes 33 pounds of raw grasses to make just one pound of juice powder that yields extraordinary nutrient density. The raw grass portion is provided so that the fibers from the cereal grasses enter our diet. These fibers are extremely healthy. The benefits of the pre-digested portion are described in #2 below - "Tonic Alchemy's Revolutionary 'Predigestion' Process."

2. TONIC ALCHEMY'S REVOLUTIONARY "PREDIGESTION" PROCESS

Ron Teeguarden and his team of herbalists, nutritionists and scientific researchers have explored the traditional dietary habits and remedies of cultures known for their longevity and health. A key common bond among these cultures is the principle of "predigestion" via lactic acid fermentation. Predigestion (a.k.a. fermentation) is Nature's method of preparing certain foods for easy assimilation in the human body. Lacto-fermented foods that you may be familiar with include kimchi (from Korea), miso (from Japan) and sauerkraut (from Europe).

Tonic Alchemy's proprietary lactic acid predigestion process, which we call the Probiotic-Enzymatic Process™ is an ancient method of bio-fermentation that incorporates beneficial probiotic microorganisms ("soil based organisms") and their enzymes into foods to gently break them down into their most basic elements. The enzymatic process creates and liberates valuable compounds within the foods including enzymes, antioxidants, beta glucans, phytosterols and many others. The enzymatic process enhances the nutritional value of the food while making it much easier to digest. This assures the Tonic Alchemy user more complete absorption and delivery of nutrients at the cellular level.

3. CHINESE TONIC HERBS ARE TRUE SUPERFOODS

Tonic Alchemy contains a number of the most health-promoting herbs in the world called "Chinese Tonic Herbs." Based on 2,000 years of intense study throughout Asia, Chinese herbalism has identified 52 herbs that qualify as "tonic" herbs. These herbs have been proven to provide the greatest health benefits to mankind. Tonic Alchemy contains a special blend of twelve tonic herbs known for their immune-enhancing, anti-aging properties. These tonic herbs are rich in antioxidants, polysaccharides and other phytonutrients that can have radical benefits to our health when consumed regularly.

4. HYDRILLA VERTICILLATA

Hydrilla verticillata is a new green food -- a fresh water plant of supreme nutrient density. It grows wild and in abundance in the waterways of certain regions in the American wilderness. Hydrilla brings additional, stunningly concentrated nutrition to Tonic Alchemy.

5. ASHITABA

Ashitaba is known in Japan as the "King of Vegetables from Longevity Island." Its scientific name is *Angelica keiskei koidzmi*. The name Ashitaba means "leaves of tomorrow" in the Japanese language. It got this name because of its strong life force: when

Here is how Hydrilla and chlorella, a well-known and respected green superfood, compare.

NUTRIENT	HYDRILLA	CHLORELLA
Vitamin B-1	26.2 mg	0.16 mg
Vitamin B-12	1.1 mg	0.13 mg
Vitamin B-2	0.08 mg	0.48 mg
Vitamin B-3 (Niacin)	5.2 mg	2.5 mg
Vitamin B-5	11.4 mg	0.15 mg
Vitamin B-6	35.9 mg	0.15 mg
Beta carotene (Vit. A)	19,600 IU	5,800 IU
Calcium	1,460.0 mg	21.0 mg
Cobalt	0.4 mg	N/A
Copper	0.2 mg	N/A
Iron	35.8 mg	16.8 mg
Magnesium	76.1 mg	21.0 mg
Manganese	24.5 mg	N/A
Molybdenum	15.0 mg	N/A
Phosphorus	29.7 mg	70.3 mg
Potassium	245.0 mg	34.0 mg
Zinc	6.3 mg	6.3 mg

"Hydrilla verticillata is what scientists refer to as a cyclical nutrient pump. Hydrilla can literally suck up all the nutrients from the soil and water. The plant grows very rapidly because it contains an enzyme that allows it to skip a step in energy production. Hydrilla is genetically programmed to store as many nutrients as it can. Hydrilla stores far more nutrients for photosynthesis and energy production than it uses and becomes a treasure house of essential nutrients that make it one of the more exceptional green foods."

"Nature's Prescriptions for Health – Glen A. Halvorson M.D. – Medical Editor 1996

you pick its leaves today, new tender leaves will sprout tomorrow.

Ashitaba contains a unique chemical called "chalcone." Chalcone contains two types of chalcone inductors

(i.e., "Xanthoangelol" and "4-Hydroxyderricin") that are known to, among other benefits, purify blood, strengthen the immune system, regulate cholesterol levels, regulate blood pressure and suppress acid secretion. Ashitaba is a very potent antioxidant that generates SOD, the human body's own natural antioxidant.

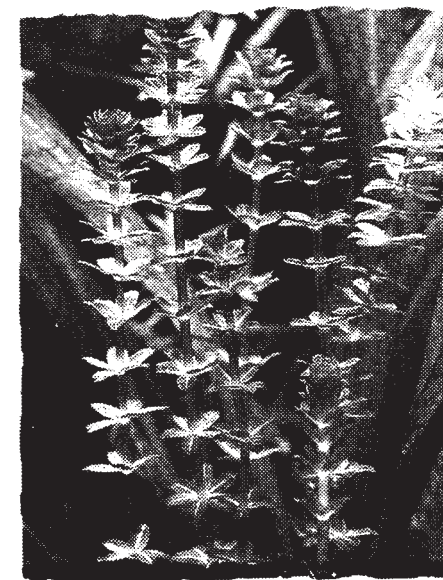
6. SOD-PRODUCING SUPERTONICS

Two of the effects of aging are the weakening of our immune systems capability to fight infection and tumor cells, and the reduction of our antioxidant capacity. Antioxidants provide a defense against normally occurring oxygen radicals which destroy healthy tissue. A number of supertonic herbs significantly increase our production of SOD (Super Oxide Dismutase), a powerful antioxidant produced naturally by every human being. As we age, we produce less and less SOD. Nutrient support that stimulates SOD production is believed to have powerful and reliable anti-aging effects.

At least three ingredients in Tonic Alchemy, Pearl, Polygonum (Ho Shou Wu) and Ashitaba all have proven, potent SOD-stimulating actions in human beings.

S.O.D. was discovered by Dr. Joe McCord while a graduate doctoral student at Duke University. His achievement led to the subsequent explosion in the study of oxygen radicals and

antioxidants throughout the scientific community, and the explosion of research findings of the deleterious effects of excess oxygen radicals on our bodies, often linked to cancer, heart disease, Parkinson's, arthritis, allergies, and many more diseases and disorders. A report in the Journal of Neuroscience, Sept. 15, 1999, suggests that, "in addition to their known beneficial effects on cancer and heart disease, chemicals present in antioxidant-rich foods may be beneficial in reversing the course of neuronal (central nervous system) and behavioral aging."



HYDRILLA VERTICILLATA