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M E A L F O R M U L A



"Give Your Body 100% of the nutrition it needs with this Nutraceutical Shake... By drinking this shake and replacing meals, you will save money and lose weight"

Dr. Don Verhulst, M.D.
Xymetri's Chief Science Officer



OPTIMAL NUTRACEUTICAL

Why do I need supplements in the first place?

According to leading medical researchers and clinicians, every American should use a daily multi-nutrient supplement to address the health dilemma of nutritionally poor diets. Experts have revealed conclusive information that farmland throughout North America is 85% micronutrient depleted. "As a society, we can no longer afford to make poor health choices such as being physically inactive and eating an unhealthy diet. These choices have led to a tremendous obesity epidemic..." *Vice Admiral Richard H. Carmona, U.S. Surgeon General*. Obesity is now the 2nd major cause of premature death, linked to 300,000/yr. It has passed smoking as the #1 preventable cause of death. An obese person can be as little as 20lbs.-30lbs. overweight, yet that can increase your risk of death due to: HEART DISEASE 110%, CANCER 60%, Type II DIABETES 2,600%, HIGH BLOOD PRESSURE 260%, DEGENERATIVE ARTHRITIS 400%....

What makes OPTIMAL better than everything else?

OPTIMAL provides your body with **OPTIMAL NUTRITION** by delivering all of the essential nutrients your body needs in a





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great tasting shake. OPTIMAL furnishes the ingredients which help play a major role in **brain tissue** and **nervous system** functioning, ingredients that help blood pressure regulation in the transportation of electrolytes across cell membranes and helps create **cellular replication in the immune system**. It is common knowledge among researchers that the body's natural defense mechanism against disease (**immune system**) is highly dependent upon the absorption of nutrition to fuel its function. Without proper absorption of essential nutrients, **the immune system** is unable to ward off potential disease or to effectively battle against existing conditions. OPTIMAL is extremely "**bio-available**" and has an **absorption rate of up to 90%**. This shows that the **ingredients in our product are highly assimilated by the body at the cellular level**. OPTIMAL is different from every other nutritional supplement found in other MLM companies or on the shelves at the local store because it is classified as a **NUTRACEUTICAL** which means that it has been **Scientifically formulated, Medically proven**, and is **recognized as a functional food**. A **NUTRACEUTICAL** is any Non-Toxic Food component that has scientifically proven health benefits, including ingredients, which may help in the treatment of disease or prevention. This functional component of the food must be standardized in the nutraceutical product and manufactured under "Good



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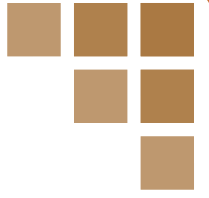
Management Practices" (GMP). Unlike other foods, beverages or supplements: a product that can provide scientific data, standardized functional components, and can document quality control through (GMP) will be permitted to make (4) categories of health claims:

1. "Benefit related to a classical nutrient deficiency disease and disclose the prevalence of such disease in the U.S."
2. Describe the "role of a nutrient or dietary ingredient intended to affect the structure of function in humans (such as an immunostimulant)."
3. Characterize "the documented mechanism by which a nutrient or dietary ingredient acts to maintain such structure or function."
4. Describe the "general well-being from consumption of a nutrient or dietary ingredient."

Losing Weight With OPTIMAL

First Plan: 3 shakes for 30 days

Consume 3 shakes per day, every day, for 30 days. Do not eat food. Your body will receive all of the protein, carbohydrates, fat, and nutrients that it needs for peak performance, yet at a rate of only 480 calories per day. After 4 Weeks, continue the 3 shakes per day, but also consume one meal each day for 2



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weeks. After you complete the 2 weeks with a meal added, repeat the first 4 week regimen by "sole sourcing" for an additional 4 weeks (only shakes). You will drop weight quickly and safely!

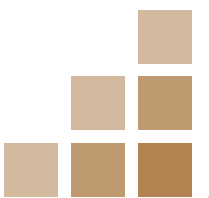
Second Plan: 3 shakes and 1 meal

For a fast and safe method of weight loss, while still eating some food, the 3 and 1 plan from Xymetri is your answer. You will be reducing your caloric intake by replacing 2 food meals with a meal replacement shake. Here is what you do:

Consume a shake 20-30 minutes before each meal, but replace 2 of your meals with the shake (do not eat at that meal). Your body will receive all of the essential nutrients it needs for optimal performance, yet with only 160 calories/meal. By removing unnecessary foods, your body will feel lighter and you will have higher energy.

Third Plan: 3 shakes and 2 meals

Consume a shake at each meal, approximately 30 minutes prior to eating. You will not need to eat as much when your body gets what it needs. **DO NOT SKIP A SHAKE.** Even if you don't regularly eat breakfast, have a shake each day. Your body will respond favorably to receiving fuel all day long. You should not experience cravings. If you do, have a shake.





How To Mix OPTIMAL Shakes

To mix the cold shakes, put 10 to 20 oz. of water in shaker jar. Add ice if desired. Add 2 scoops of the Xymetri Optimal shake mix. Then shake 4 or 5 times until smooth. A blender will not be necessary. Dissolvability is enhanced and mixing is improved if shake mix is added after water and ice.

OPTIMAL delivers OPTIMAL NUTRITION to you so that your body can function at PEAK PERFORMANCE and it is more economical than the value menu at your favorite fast food restaurant. OPTIMAL delivers you a COMPLETE MEAL REPLACEMENT for as little \$1.33 per meal.

OPTIMAL is the SOLUTION for YOU!






For further information, head to the Frequently Asked Questions page (FAQ) at www.xymetri.com/FAQ.aspx



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COMPARISON CHART

		Optimal	SlimFast	Ensure	MetRx	Optifast
	Aisle 19	\$1.90	\$1.62	\$2.93	\$2.65	\$2.90
	Wholesale	\$1.71	\$1.62	\$2.93	\$2.65	\$2.90
	Preferred	\$1.33	\$1.62	\$2.93	\$2.65	\$2.90
Optimal Nutritional Comparison						
	100% RDA	Optimal	Ultra SlimFast	Ensure	MetRx	Optifast 800
Calories		160	100	250	125	160
Protein	45 g	15g	5g	14.8%-9.3g	40%-18g	14g
Carbohydrates	N/E	23g	19g	53.7%-33.8g	N/E-22g	20g
Total Fat	N/E	1g	1g	31.5%-8.8g	N/E-1g	3g
Dietary Fiber	N/E	1g	5g	none	none	0
Vitamin A	5000IU	50%	25%	12.5%-625IU	45%-2,250IU	20%
Biotin	3.04mcg	70%	35%	12.5%-38mcg	30%-91mcg	24%
Vitamin B6	2.00mg	70%	30%	25%-50mg	30%-6MG	30%
Vitamin B12	6.0mcg	70%	20%	25%-1.5mcg	25%-1.5mcg	20%
Vitamin C	58.5mg	120%	30%	62%-38mg	30%-17.5mg	30%
Vitamin D	400IU	35%	10%	12.5%-50IU	30%-120IU	20%
Vitamin E	300IU	50%	35%	25%-751IU	30%-90IU	20%
Vitamin K	N/E	25mcg	0	N/E-35mcg	N/E-20mcg	20mcg
Niacin	20mg	70%	35%	25%-5mg	50%-10mg	20%
Pantothenic Acid	10mg	70%	25%	12.5%-1.25mg	20%-2mg	20%
RiboFlavin	1.72mg	70%	10%	25%-43mg	30%-52mg	30%
Thiamin	1.52mg	70%	30%	25%-38mg	30%-46mg	30%
Calcium	1.04g	50%	15%	12.5%-13g	50%-52mg	20%
Chloride	N/E	600mg	0	N/E-340mg	N/E-210mg	0
Potassium	N/E	700mg	240mg	N/E-370mg	N/E-450mg	470mg
Magnesium	400mg	50%	25%	12.5%-50mg	22.5%-90mg	20%
Sodium	N/E	370mg	110mg	N/E-200mg	N/E-185mg	220mg
Phosphorus	1.04g	50%	15%	12.5%-13g	45%-47g	20%
Chromium	N/E	20mcg	0	N/E-none	N/E-25mcg	30mcg
Copper	2.00mg	50%	35%	12.5%-25mg	20%-40mg	20%
Iron	18mg	50%	35%	12.5%-2.25mg	22.5%-4.1mg	20%
Iodine	152mcg	35%	10%	12.5%-19mcg	20%-30.4mcg	20%
Manganese	N/E	1.5mg	1mg	N/E-.50mg	N/E-.5mg	.80mg
Molybdenum	N/E	50mcg	0	N/E-none	N/E-30mcg	60mcg
Selenium	N/E	20mcg	0	N/E-none	N/E-15mcg	43%
Zinc	15mg	50%	30%	25%-3.75mg	20%-3mg	20%
Folic Acid	400mcg	20%	25%	12.5%-50mcg	30%-100mcg	20%
Beta Carotene	N/E	YES	NO	NO	YES	NO
Papain	N/E	YES	NO	NO	NO	NO
Phenylalanine	N/E	YES	NO	NO	YES	NO
Arginine	N/E	YES	NO	NO	NO	NO
Histidine	N/E	YES	NO	NO	NO	NO
Isoleucine	N/E	YES	NO	NO	NO	NO
Leucine	N/E	YES	NO	NO	NO	NO
Lysine	N/E	YES	NO	NO	NO	NO
Methionine	N/E	YES	NO	NO	NO	NO
Threonine	N/E	YES	NO	NO	NO	NO
Valine	N/E	YES	NO	NO	NO	NO
Florine	N/E	YES	NO	NO	NO	NO
Nickel	N/E	YES	NO	NO	NO	NO
Vanadium	N/E	YES	NO	NO	NO	NO
Silicon	N/E	YES	NO	NO	NO	NO
Sulfur	N/E	YES	NO	NO	NO	NO
Boron	N/E	YES	NO	NO	NO	NO
Bromine	N/E	YES	NO	NO	NO	NO
Bromelain	N/E	YES	NO	NO	NO	NO
L-Glutamine	N/E	YES	NO	NO	NO	NO
L-Turamine	N/E	YES	NO	NO	NO	NO
Co-Enzyme Q-10	N/E	15ml	NO	NO	NO	NO

N/E Not Established. (This comparison makes certain assumptions including drink mix + associated water)



INGREDIENTS



O P T I M A L

Nonfat Dry Milk
Fructose
Soy Protein Isolate
Whey Protein Concentrate
Calcium Caseinate
Sweet Dairy Whey
Salt
Cellulose Gum
Xanthum Gum
Co-Enzyme Q10 - 15 mg
Papain
Calcium Phosphate
Potassium Chloride
Magnesium Oxide
D - Calcium Pathothenate
Copper Gluconate
Manganese Sulfate
Pyridoxine Hydrochloride
Vitamin A Palmitate
Thiamin Mononitrate
Riboflavin
Beta Carotene
Chromium Chloride

Guar Gum
Soy Lecithin
Com Bran
Soy Fiber
L-Phenylalanine - 200 mcg
DL - Phenylalanine - 200 mcg
Natural and Artificial Flavors
Calcium Carbonate
Sodium Ascorbate
Ferric Orthophosphate
Vitamin E Acetate
Niacin-amide
Zinc Oxide
Folic Acid
Biotin
Sodium Molybdate
Sodium Selenite
Phytonadione
Potassium Iodide
Cholecalciferol
Cyanocobalamin

