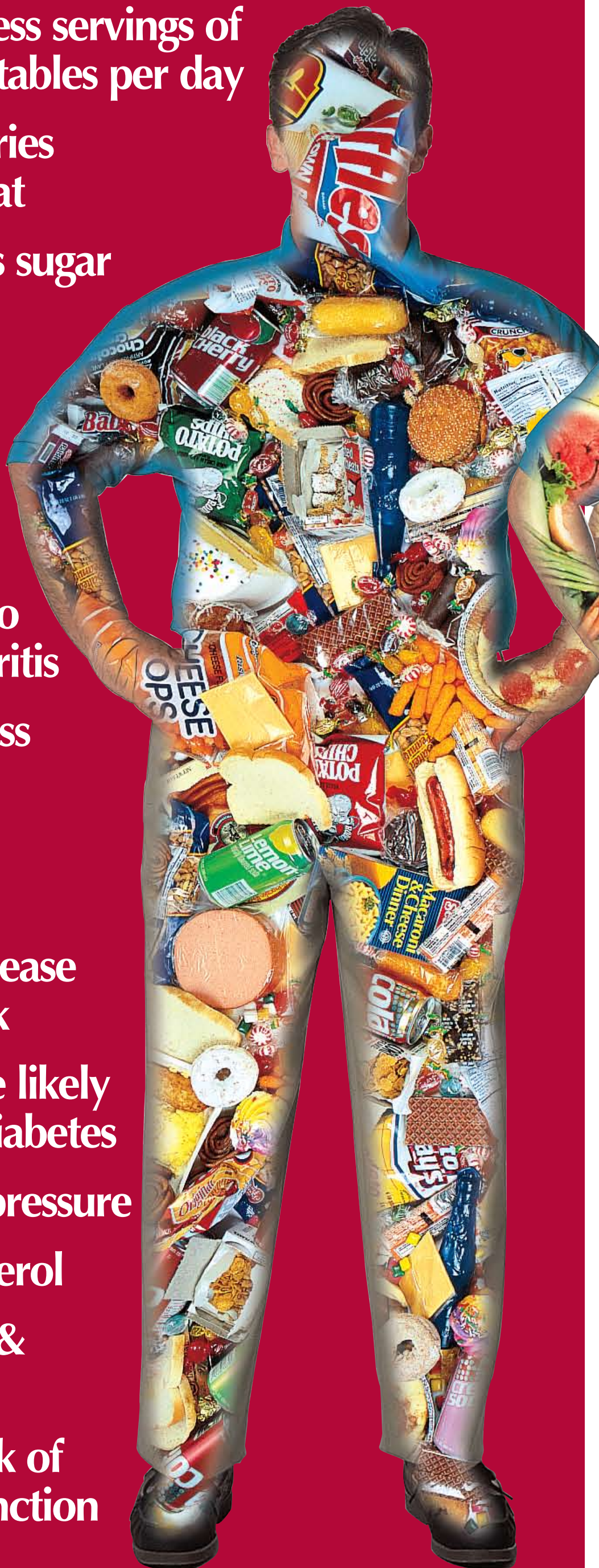


The Difference Two People Just What

Between These Is More Than They Eat

- ✗ Caffeine dependent
- ✗ Eats one or less servings of fruits & vegetables per day
- ✗ 45% of calories come from fat
- ✗ 34 teaspoons sugar intake daily
- ✗ Low energy level
- ✗ Higher stress levels
- ✗ More likely to develop arthritis
- ✗ More sleepless nights
- ✗ More risk of depression
- ✗ 30-40% increase in cancer risk
- ✗ 4 times more likely to develop diabetes
- ✗ High blood pressure
- ✗ High cholesterol
- ✗ Overweight & over fat
- ✗ Increased risk of sexual dysfunction



- ✓ Eats at least 3 servings of grain products per day
- ✓ Eats 5-9 servings of fruit & vegetables per day
- ✓ Sugar intake is mainly from produce sources
- ✓ Eats meat 1-2 times per week
- ✓ More restful sleep
- ✓ Less affected by stress
- ✓ Longer average lifespan
- ✓ Less risk of all cancers
- ✓ Higher energy level
- ✓ Increased virility
- ✓ Maintains healthy weight
- ✓ Low risk of depression
- ✓ Increased productivity at work



*Vita-Mix® Can Help You
Live A Healthier Life!*

