

As seen in best selling book
"More Natural 'Cures' Revealed"

Catie's

VITAMIN C PLUS™

Your Body's #1 Anti-Oxidant



Did you know Catie's Vitamin C Plus:

- Can Neutralize Free Radicals
- Can Protect Your Cells From Damage
- Can Fight Viruses
- Can Help Coronary Arteries Become Strong
- Can Help Strengthen & Give Your Organs Shape
- Can Help Produce Better Collagen
- Can Help Promote More Youthful Skin, Cartilage, Connective Tissue and Bone
- Does NOT cause DNA/RNA Damage
- 5.6 mg of Catie's Vitamin C Plus is equal to approx. 1500 mg of an ascorbic acid or ester C*

*According to "Nature Magazine", Vol. 405, June 22, 2000
from a Cornell University Study

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www

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www.catieorganics.com for details

WILL THE REAL VITAMIN C STAND UP???

YES IT "WILL" AND IT "DOES" IT WITH FLYING COLORS!!!



Colors! Lot's of rich, deep colors from fruits and veggies rich in Vitamin C. It is REAL Vitamin C!!! It's not

chemically altered, synthetic crystals from sugar, acetone, or other foreign chemicals. There is no harsh processing such as hydrogenation used in creating Catie's Whole Food Vitamin C. We found the richest sources of live foods highest in Vitamin C and used a special cold spray process to help maintain optimal enzymatic energy and preserve the naturally occurring co-factors which synthetic Vitamin C's (most on the market) do not have.

The results: Chemical & Preservative Free fruits and vegetables super concentrated with abundant nutrients that you can take anywhere you go & create a wonderful tasting Vitamin C powder you can mix in water, juice or make a great tasting shake!

Beautiful skin, strong veins, arteries and capillaries, healthy cells, resistance to disease -- these are all an inside job.

**MORE INFO
on the Back**

Nature provides nutritious foods that can unlock the mysteries of many of our ills as well as increase vitality and protection. It is up to us to allow that to happen!

Catie's VITAMIN C PLUS

VITAMIN C BLAST Smoothie Recipe

1 scoop Catie's Vitamin C Plus
8 oz. water, unsweetened soy or almond milk
1/2 cup favorite frozen berries
1/2 cup Ice
Blend until Thick and Creamy!



WHY IS WHOLE FOOD VITAMIN C BETTER?

CO-FACTORS: Only Live Foods have Co-factors which can travel throughout the body and go to where they are needed to help heal, strengthen & rejuvenate the cells, organs, veins, arteries, glands, tissue, and bones. Isolated USP nutrients (i.e. ascorbic acid, ester C, ...) don't have co-factors and thus they can only fight free radical damage once! Real Vitamin C fights free radical damage over and over and over again and deeper into the body. Real Vitamin C from plants is essential for about 300 metabolic processes in the body. Research repeatedly has shown that people with chronic degenerative disease(s) have low Vitamin C levels in their blood throughout the day. The research also shows that those with little signs of degeneration usually show strong levels of Vitamin C throughout the day.

WHAT IS INSIDE CATIE'S VITAMIN C PLUS?

Ingredients: High in Phytonutrients, phenolics, polysaccharides, natural quercetin, germanium, and flavonoids as: Kamu Kamu, Goji Berry, Pomegranate, Black Currants, Montmorency Cherries, Acerola Berries, Carrots, Spinach, Kale, Oranges, Beet, Grapeseed Extract, Bilberries, Blue Berries, EGCG* (Decaffeinated Green Tea Extracts), N-Acetyl Cystine, Lysine, Proline, Selenium, L-Arginine, Manganese, and MSM.

* EGCG Green Tea Extract, according to the University of Geneva, was shown to increase metabolism about 4% (higher than caffeine) without affecting the cardiovascular system (no racing heart). The University of Chicago found rats consumed about 60% less and had about 20% weight loss with green tea injections.

One scoop of **Catie's Vitamin C Plus** is equal to approximately **27,500 mg** of ascorbic acid. Whole Food Vitamin C in concentrated levels has shown no side effects and could be more effective than a dietary supplement.**

**According to "Nature Magazine", Vol. 405, June, 22, 2000 from a Cornell University Study

HOW IS SYNTHETIC VITAMIN C MADE?

Chemically altered ascorbic acid, ester C, etc... are created from sugar (from corn most often), hydrogenated, acetone (used to take off nail polish) is added to create a "synthetic Vitamin C" that research shows could possibly cause DNA/RNA damage at levels as low as 200 mgs.*

* According to the Linus Pauling Institute

WHAT VITAMIN C MAY DO:

- ⊗ Build collagen
- ⊗ Help heal Veins, Arteries and Capillaries (by improving their integrity)
- ⊗ Protect Cells
- ⊗ Prevent free radical damage
- ⊗ Help prevent and heal bruising
- ⊗ Help fight infection
- ⊗ Increase cellular energy
- ⊗ Efficient free radical scavenger in body fluids
- ⊗ May help protect brain and spine cells
- ⊗ May help protect from Atherosclerosis
- ⊗ Protects from scurvy
- ⊗ May help reduce edema
- ⊗ May help reduce joint pain

SIGNS OF VITAMIN C DEFICIENCY:

- ⊗ Bruising (A sign of weak blood vessels, arteries and capillaries)
- ⊗ Bleeding, swollen gums
- ⊗ Joint pain
- ⊗ Edema
- ⊗ Increased viruses
- ⊗ Extreme weakness
- ⊗ Chronic fatigue
- ⊗ Pinpoint Hemorrhages under skin
- ⊗ Scurvy
- ⊗ Susceptibility to infection (esp. colds and bronchial)
- ⊗ Poor digestion
- ⊗ Prolonged wound healing time
- ⊗ Tooth loss

(SMOKING CAN SEVERELY DEplete VITAMIN C)

For more
information
contact

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