

Ameri-Shake™

A Health Food Store in your blender

AMERI-SHAKE

THE NUMBERS

- ❑ In 2000, The USDA's Healthy Eating Index showed only 10% of Americans had a "good" diet
- ❑ Recent statistics from the U.S. Dept. for Health and Human Services indicate that dietary changes alone could reduce cancer deaths in the U.S. by as much as 35%
- ❑ Only 25% of U.S. adults eat the recommended servings of fruits and vegetables each day

PROOF THAT GOOD THINGS DO COME IN SMALL PACKAGES

Most health-conscious people know the basics that are required for a healthy diet, yet sometimes it seems impossible to get all the nutrients we know we need while still keeping calorie intake under control. Wouldn't it be great to have a quick, simple and low-calorie way to get the vitamins, protein and other substances we need to maintain optimal health?

Good news! Ameri-Shake is here to save the day! It's a nutritional formula for people following a weight loss program. It supplements the daily diet with all the good stuff we need but often can't afford calorie-wise when dieting. Even if you don't have a weight problem, chances are good that you are not getting all the nutrients your body needs each day to function optimally.

Ameri-Shake is a quick, convenient and tasty way to get the nutrients your body needs, like omega-3 fatty acids, phytochemicals and extracts from 17 fruits and 12 vegetables. Plus it has 12 grams of high quality protein per shake, all for only 93 calories! Calorie for calorie, it's a nutritional bargain that can't be beat.

To make your shake, blend 1 scoop of powder in 8 oz. of chilled pure water with ice. Add fruit, berries or flavorings as desired for enhanced flavor. Drink 1 or 2 per day. Note: When using different additives to flavor the shakes, particularly flavored syrups, it's important to take a SyndRx before you drink the shake to help counteract the sugar effects.

A HEALTH FOOD STORE IN YOUR BLENDER

So what's in Ameri-Shake that makes it so healthful? Well, if you can imagine a huge fresh fruit platter, a big bowl of your grandmother's best vegetable soup and a healthy portion of high-quality proteins all put together in one 25-gram scoop of tasty vanilla powder, you have Ameri-Shake in a nutshell.

Ameri-Shake Proteins

If you think of proteins as the "building blocks" of our bodies, it's easy to see how vital they are to overall health, good nutrition and, in the case of people trying to follow a diet program, weight loss. In fact, research indicates that increasing

your dietary protein intake to the point where it constitutes 25% of your total daily calorie intake can facilitate weight loss and help reduce white adipose tissue (in other words, fat). Increasing protein intake can also help with strengthening bones and building muscle.

Ameri-Shake contains a high-quality blend of proteins incorporating calcium caseinate, ultra filtered whey protein concentrate, milk protein isolate, soy protein and whey protein isolate. This protein blend features the best of the protein nutritional benefits like essential amino acids (those which cannot be synthesized and stored in the body and thus should be ingested daily) and calcium. It is also low in fat and lactose.

Some of the key players:

- ❑ **calcium caseinate** - slow-digesting protein (which makes you feel fuller longer) that is rich in glutamine, a muscle-building amino acid
- ❑ **whey protein isolate** - the highest yield of protein currently available, with the added benefit of immune-boosting properties and easy absorption
- ❑ **soy protein** - contains all the essential amino acids in the most complete of all vegetable proteins plus enhances the nutritional value of other vegetable proteins

Ameri-Shake's 17 fruit extracts

It's like having a whole orchard in your glass each morning. While you would be hard-pressed to be able to eat all these fruits each day, Ameri-Shake makes it possible to get the health benefits from them in a low-calorie nutritional form. Although we buy them at the grocery or pick them fresh from trees, we often don't consider the real health benefits of fruits for our health. Check out some of the surprising health benefits of the everyday good fruits found in Ameri-Shake's fruit blend:

❑ **Apple** - full of fiber, flavonoids and fructose. The combination of soluble and insoluble fiber in apples helps keep cholesterol levels down, lowering the risk of heart attack and stroke, while at the same time helping keep the colon functioning healthily

❑ **Peach** - a rich source of beta carotene (which helps prevent damage from free radicals) and potassium, and high in pectin, peaches also contain very high amounts of the anti-aging vitamin A

❑ **Plum** - nutritious and tasty in both their fresh state and their dried state (as prunes), plums have received a lot of research attention for their high content of unique phytonutrients called phenols - neochlorogenic and chlorogenic acids in particular -- which are powerful antioxidants

❑ **Pear** - a good source of vitamin C and copper (which helps prevent free radical damage by eliminating superoxide radicals)

❑ **Strawberry** - rich in phytonutrients like the phenols anthocyanin and ellagitannin, which protect the heart, reduce the chance of cancer death and help protect the brain from oxidative stress

❑ **Cherry** - full of the anticancer

flavonoids isoquercetin and quercetin, as well as melatonin which promotes sleep and destroys free radicals that cause aging and cell death

❑ **Raspberry** - rich in the antioxidant ellagic acid

❑ **Pineapple** - a good source of bromelain, an enzyme that aids in protein digestion and helps reduce inflammation

❑ **Orange** - high in vitamin C and bioflavonoid antioxidants

❑ **Grapefruit** - an excellent source of the immune boosting vitamin C and the phytochemical lycopene, with its highly touted anti-tumor and free radical-fighting capacities

❑ **Lemon and lime** - contain unique flavonoid compounds with excellent antioxidant and anti-cancer properties

❑ **Cantaloupe** - an excellent source of both vitamin A and vitamin C

❑ **Watermelon** - a good source of lycopene

❑ **Grapes** - contain the phytochemical compounds quercetin and resveratrol, which decrease the risk of heart attack by reducing platelet clumping and harmful blood clots, and protect LDL (bad) cholesterol from the free radical damage that in turn makes it harmful to arteries

❑ **Blueberry** - full of the phytonutrient anthocyanidins that help neutralize free radical damage which can lead to cataracts, glaucoma, varicose veins, hemorrhoids and other diseases

❑ **Papaya** - rich in antioxidant nutrients like carotene, vitamin C and flavonoids. Also the source of the proteolytic enzyme papain

Ameri-Shake's 12 vegetable extracts

A veritable cornucopia of vegetable nutrients can be found in Ameri-Shake's vegetable content. Highlights include:

❑ **Broccoli** - truly one of nature's wonder foods, broccoli's health benefits are amazing, ranging from a significant reduction in the risk of developing cataracts to inhibiting tumor growth and cancer cell metastasis

❑ **Cauliflower** - high in anticancer and detoxifying phytonutrients

❑ **Kale** - contains phytonutrients that activate detoxifying liver enzymes and carotenoids that help prevent damage to the eyes from excessive exposure to ultraviolet light

❑ **Spinach** - calorie for calorie provides more beneficial nutrients than any other food

❑ **Carrot** - the richest vegetable source of the vitamin A carotenes which reduce heart disease, help regulate blood sugar levels and protect vision

❑ **Tomato** - loaded with lycopene. A good source of biotin, the B-vitamin involved in sugar and fat metabolism

❑ **Onion** - contains allyl sulfides which promote cardiovascular health, help fight infections and improve insulin function. A good source of antioxidant flavonoids, particularly quercetin, and chromium, important for insulin and glucose metabolism

Brussels sprouts, radishes, beets, celery and yellow peppers round out the rich vegetable nutrient content in Ameri-Shake. They contain cancer-fighting compounds like coumarins, beta-cyanins and acetylenics, and add vitamins, minerals and fiber.

Other healthful ingredients

You're probably thinking by now what an awesome nutritional formula Ameri-Shake is, but wait, there's more! Ameri-Shake also contains several important amino acids, fatty acids and other compounds that add

to good health and help with weight loss and dieting. In addition to immune system boosters like Eicosapentanoic Acid (EPA), Fructooligosaccharides and Beta-carotene, Ameri-Shake also features these key ingredients:

Garcinia cambogia

One of the primary ingredients in garcinia cambogia is HCA, or hydroxycitric acid, which has been found to be effective in inhibiting lipogenesis (fat production). HCA also lowers the body's production of cholesterol and non-essential fatty acids, increases glycogen production in the liver, suppresses appetite and increases thermogenesis, which is the body's heat production during metabolic processes.

HCA inhibits the work of the cellular enzyme citrate lyase in converting carbohydrates into fat. Carbs are broken down into glucose (which is used directly by body cells for energy). Unused glucose is stored in the liver and muscles as glycogen. After the glycogen storage sites are full, however, the excess glucose is converted into fat and cholesterol. Garcinia inhibits this conversion and creates an increase in glycogen storage capacity which, in turn, reduces food cravings and helps with weight reduction. Garcinia also helps prevent regain of weight lost by dieting.

Glutamine

Glutamine is an amino acid that functions like a Jack-of-all-trades for our good health. It helps prevent anemia, enhances the health of the digestive system (including repair of damage from Crohn's Disease and Irritable Bowel Syndrome) and boosts the immune system. It can reduce many of the discomforts and health problems associated with chemotherapy and has even been

shown to augment chemotherapy by helping reduce tumor size.

The good news for dieters is that glutamine reduces cravings for carbohydrates and can help lower elevated blood sugar levels by up to 50%. Glutamine also helps minimize the muscle soreness that many people experience following strenuous exercise.

Taurine

A non-essential sulfurous amino acid, taurine helps maintain good cardiovascular health. Studies have shown that it helps prevent abnormal blood clotting, and it improves cardiac and respiratory function in congestive heart failure patients. In fact, taurine is the most abundant amino acid in the heart, present in greater quantities than all the other amino acids combined.

Docosahexanoic Acid (DHA)

DHA is a non-essential Omega-3 superunsaturated fatty acid that is a great aid for cardiovascular health, particularly helping to reduce the chance of strokes. It is an important component of the structural lipids of the brain and retina, so it supports cognitive function and good vision. It helps your body fight cancer, particularly of the breast and prostate, and it has been shown to enhance the ability of some anti-cancer pharmaceutical drugs to destroy cancer cells.

DHA supports good metabolism and it can help lower LDL and VLDL (bad and very bad) cholesterol levels by up to 50%. Plus, it facilitates weight loss from adipose tissue because of its ability to induce thermogenesis (elevating body temperature and thereby causing calories to be burned more quickly).

CAUTIONS

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease, but rather is a dietary supplement intended solely for nutritional support.

SOURCES

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