

# Food FOR Thought

Inspired by Cell Tech Distributors

Sharing a Passion for Your Health

Volume 6, Issue 4

## The Foundation of Optimal Health

Welcome to the fifth in a series of six Food For Thought issues featuring the Foundation of Optimal Health. (For an index of topics, see the back side of this issue.)

In previous issues, we established that, no matter what health challenge you face, the foundation for optimal health is whole-food nutrition and digestive support. Such core supplements as wild blue-green microalgae, sprouts and other superfoods, plant-based enzymes, probiotics, and antioxidants provide the basis for a powerful daily nutrition program that benefits people (and animals) of all ages.

In this issue, we feature Cell Tech's nutritional supplements targeted to help you gain an extra edge for optimal health. While the core products improve general wellness by supporting all cells and organs of the body, Cell Tech offers additional natural supplements that focus specifically on healthy weight management, strong bones, optimal vision, and immune system support.\* (Additional products specifically support animals and plants. Watch for a Food For Thought issue coming soon that will focus on these products.)



## Nutritionals Targeted to Provide Healthy Solutions

### Clear Vision Begins with Healthy Eyes

Both Vision Essentials™ and the liquid supplement Vision™ feature FloraGLO® Lutein and Super Blue Green® Omega Sun to provide mixed carotenoids as “food for the eyes.” A natural extract from marigold flowers, FloraGLO contains lutein and zeaxanthin, carotenoids particularly important for healthy eyes. FloraGLO is the only lutein product on the market that is considered GRAS (“generally recognized as safe”) according to FDA requirements. Unlike lutein esters (found in some supplements), the chemical structure of FloraGLO is identical to the absorbable lutein found in leafy greens.

Recent research has shown that these carotenoids protect the body from destructive oxidation, screen out damaging blue light, and act as antioxidants to protect the photo-receptor membranes and the retina.

#### Vision Essentials

There are 30 packets per canister, and each packet contains two FloraGLO Lutein softgels, one Omega Sun capsule, and one Original Formula Enzymes capsule. Studies have shown that a healthy macula may play an important role in reducing the risk of age-related macular degeneration. A daily intake of 6 mg of lutein or more per day is necessary to support healthy eyes.\* One packet of Vision Essentials contains 12 mg of lutein.



#### Vision

A naturally sweet, lemon-flavored liquid Omega Sun concentrate fortified with FloraGLO Lutein, Vision provides 10 mg of lutein per one-ounce serving (two tablespoons). Taken by the spoonful or added to water or juice, this is a simple way to include these valuable nutrients in your diet.



### Extra Support for Peak Immune Function

While Alpha Sun® and Omega Sun® contain a vast array of micronutrients that your body utilizes to enhance immune system function, Cell Tech also offers ImmuSun®, which contains the active ingredient WGP™ Beta Glucan. This patented form of a complex carbohydrate from a natural food source has been scientifically shown to activate macrophages, a type of white blood cell that is the body's first line of defense against foreign antigens.\* Macrophages circulate throughout the body, engulfing and digesting invader cells. Taken daily, one capsule of ImmuSun stimulates the development of new white blood cells, activating a process that marshals the body's defenses.\* (Immune System Essentials™ and Natural Beauty Essentials™ contain a capsule of ImmuSun in each packet. See the Order Guide for more information.)

### Healthy Weight Is

#### “Essential” for Healthy Longevity!

Cell Tech's Weight Management Essentials™ are designed to work at the cellular level to provide each cell with optimal nutrition, while enzymes and botanicals work to digest fat and turn it into energy. The canister contains 30 convenient packets, each with one capsule of NaturaLight, one Original Formula Enzymes capsule, and one capsule of Omega Sun algae.

NaturaLight contains a proprietary blend of enzymes, botanicals, and other select dietary ingredients that work with your own metabolism to help you reach your weight-loss goals.\* Weight Management Essentials provide optimal nutrition, help reduce cravings, increase energy, improve mental clarity and attitude, and improve fat-burning and weight loss, while maintaining lean muscle mass.\*

Take one packet mid-morning and one mid-afternoon for 30 to 60 days. NaturaLight is designed to be used for a specific purpose and for a specific duration of time (30-60 days with at least a 60-day interval between uses). For maximum results, you may want to use an additional one to four enzymes with (as well as between) meals and snacks. You may also want to consider incorporating Our Green Drink and/or Super Sun Smoothie as a meal or snack and using Original Essentials for more micronutrition and digestive support.

## New Help to Build Strong Bones



Unlike other products on the market, OsteoSun™ enhances the body's natural ability to restore bone mass, and is scientifically proven to build new bone.\* The red yeast rice in OsteoSun is the only formulation certified by International Bone Laboratories (IBL) as "bone active." OsteoSun also contains Super Blue Green Omega Sun algae, which provides minerals and trace elements and aids in the assimilation of the red yeast rice. While calcium can keep existing bone strong, OsteoSun not only helps strengthen existing bone, but can also help regenerate bone. Research has shown it to increase bone mineral density significantly, by as much as 47% over the control group. One or two capsules daily provide superb support for strong bones.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## A Food For Thought Series: The Foundation of Optimal Health

Volume 5, issue 12 – Nutrition Is More Than Diet; How Digestion Really Works; The Importance of Micronutrients

Volume 6, issue 1 – Products That Support Digestion, Assimilation, Elimination, and Cleansing; How Enzymes and Probiotics Keep You Healthy; Special Help for Occasional Acid Indigestion

Volume 6, issue 2 – Products That Repair: How Plant-Based Antioxidants Help the Body

Volume 6, issue 3 – Products That Nourish: Micronutrition in Whole-Food Based Supplements; Convenience for Busy Families

Volume 6, issue 4 – Products Targeted to Enhance Performance: Natural Support for the Immune System, Bone Health, Vision, Weight Management, Healthy Plants, and Animals

Volume 6, issue 5 – Premier Antioxidant Personal Care Products: A Unique Approach to Nourish, Protect, and Repair the Skin and Hair; Affordable Spa Quality for Everyone

## Food FOR Thought Volume 6, Issue 4

### Nutritionals Targeted for Optimal Health

- *FloraGLO Provides Carotenoids for Healthy Eyes*
- *Products to Enhance Your Immune Function*
- *Essentials to Support Weight Management*
- *New Help to Build Strong Bones*



## Contact Info

### CELL TECH ORDER LINE: 800.800.1300

M-F 7:00 AM to 6:00 PM (Pacific)  
Open until 9:00 PM last calendar day of each month, except Sunday.

### ORDER EXPRESS: 800.800.6069 (French, Spanish, or English)

24-hour automated line. Closed 9:00 PM to 4:00 AM last calendar day of each month.

### FAX ORDERS: 800.797.8228

Orders must be received by 9:00 PM last calendar day of each month.

**WEBSITES:** [www.CellTech.com](http://www.CellTech.com); [www.CellTechpersonalcare.com](http://www.CellTechpersonalcare.com)

**FEEDBACK:** [www.CellTech.com/feedback](http://www.CellTech.com/feedback)

**MAIL:** Cell Tech, P.O. Box 609, Klamath Falls, OR 97601

### INFORMATIONAL TELECONFERENCES: 865.362.4450, PIN 0808#

Tuesday 6:00 PM (Pacific) and occasional Thursdays. Check website for scheduled topics.

**NUTRITIONAL BOOKSTORE:** [www.ctleadershipalliance.org](http://www.ctleadershipalliance.org) Phone: 541.273.6346

*For more information, contact your sponsor or the person who gave you this newsletter. You can also visit the Cell Tech website or call 800.800.1300 and information will be mailed or faxed to you.*