Could too much acid build-up in your body be causing:

- Inflammation
- Joint Pain
- Acid Indigestion
- Low Energy
- Difficulty Losing Weight
- Stress and more...

Find out about this silent killer and learn how to stop it in its tracks.

**Acid in the Body: Hidden Dangers**

If free radicals and antioxidants were the focus of the last twenty years, body acidity, body alkalinity, and the importance of maintaining a pH-balance are the focus of today. **Excess acidity weakens the body and pulls essential minerals from vital organs and the bones** (including calcium, sodium, potassium, and magnesium). As these minerals are leached from the body to neutralize and remove acid, the body can suffer severe and prolonged corrosion. This condition may go undetected for years.

**Alkalete: The Ultimate Health Solution**
The solution to acidity is Yoli’s amazing, patented product Alkalete. Alkalete is not a drug and was not designed to treat or cure disease, but when taken regularly, it will assist the body in reducing acidic waste and buffering acid build-up in the body, thus producing a natural improvement in health. With Alkalete, the body can more easily resist the aging process and help you to achieve optimal health. **This is the only product of its kind to show a 50%+ average reduction in acidity in less than a week** (See graph on pg 4).

**INSIDE**

- **Doctors & Health Researchers**
  Alkalinity is the Key – Pg. 3
- **The Ultimate Health Solution**
  – Pg. 4
- **#1 Weight Loss Secret Plus Real People, Real Results.**
  – Pg. 5
- **The Science of Yoli’s Products:**
  Improve Your Health – Pg. 6 - 7

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**Defend Your Body with ALKALETE™**

**IMPROVE YOUR HEALTH AND VITALITY**

- **Supports** Bone health & Strength
- **Boosts** Energy & Endurance
- **Increases** Muscle Strength
- **Supports** Weight loss
- **Improves** Recovery Time

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**Carl Lewis**

Endorses ALKALETE!

9 Time Gold Medalist
Acidity affects nearly everyone in our society because of the way we live, the way we eat, and the environment in which we live. Too much acidity in the body breeds an internal environment where disease can easily manifest. A good pH balance allows the body to function normally, producing healthy cells and resisting disease.

To maintain a proper pH level in our body, it is recommended that we consume roughly 20% acidic foods and 80% alkaline foods; however, most of us do not take this advice. The typical American diet is far too high in acidic foods like meat, eggs, and dairy, and far too low in alkaline foods like low-sugar fruits, fresh vegetables, and whole grains. Additionally, we consume foods with white flour and refined sugar, and we drink acidic beverages such as coffee, sodas, processed juices, and alcohol.

Our body’s ability to process acid steadily decreases with age and as we experience more stress. As new drugs and chemicals have been introduced to our foods, air, and water, it is even harder for our system to control the chemistry of our body. The functionality of our inner biological terrain is at risk. Too much acidic waste interrupts the critical pH levels that the body fights to maintain, leading to “metabolic acidotic stress”. As a result, we see huge increases in the incidence of life-threatening, chronic diseases. Over 400 peer-reviewed articles back up these important findings.

“...the root cause of degenerative disease is too much acidity in the body”.

In 1931, one of the twentieth century’s leading cell biologists, Dr. Otto Warburg, was awarded the Nobel Prize for his ground-breaking work demonstrating that the root cause of degenerative disease is too much acidity in the body.

This is not a new discovery, but rather one that has gained broad consensus in the marketplace. Here is what a few leading experts have to say:

“Too much acidity in the body is like having too little oil in your car.”
Dr. Theodore A. Baroody
Author of Alkalize or Die

“...over-acidification interfered with life itself, leading to all sickness and disease!”
Dr. Robert O. Young, PhD
Author of The pH Miracle

“Acid in the system disrupts the balance, causing red blood cells to stick together, weaken, and die. When this happens, more acid is released into the bloodstream, causing a vicious and deadly cycle of pollution. The body tries to compensate by calling upon its alkaline reserves, but eventually these are depleted and acid wreaks havoc, burning through your arteries. Again, the body tries to compensate by lining the artery walls with cholesterol...another deadly solution!”

Anthony Robbins, Author of Get the Edge

Leading medical researchers conclude that a decline in health begins when cellular pH moves toward becoming acidic, toxic and polluted. Blood pressure, cholesterol, and body temperature are well known barometers of health. However, body pH levels are just as important—if not more so—as all of these.

Most people take better care of the pH in their swimming pools than of that in their own body. As a result, people have low energy, low immunity, and suffer from many other ailments.

*See disclaimer on Pg. 7

### THE HEALTH OF THE HUMAN BODY IS OPTIMAL AT BALANCED LEVELS

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Optimal Range</th>
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<tr>
<td>Blood Pressure</td>
<td>&lt; 120/80 mm Hg</td>
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<tr>
<td>Cholesterol</td>
<td>100 - 129 LDL (mg/dL)</td>
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<tr>
<td>Body Temperature</td>
<td>98.6°</td>
</tr>
<tr>
<td>Body pH Level</td>
<td>7.365</td>
</tr>
</tbody>
</table>
“Imagine that acid and alkaline are two teams in a tug-of-war contest, each one holding the end of a long rope & trying to shift the balance to its side, and you’ll have a good sense of what happens every single second in your body. When your pH balance tips toward either the acidic or the alkaline side of the spectrum, you are vulnerable to a variety of health problems. In North America, because of our current eating habits, it is rare for anyone to become excessively alkaline ... Acidic blood is the precursor to almost every disease. By “kicking acid” in your blood, you’ll ward off diseases of all kinds, feel abundant energy, and shed excess pounds. Sound too good to be true? Believe it; these benefits have been proven by recognized medical journals.”

Michelle Schoffro Cook

“...It has been written about in medical textbooks for more than a century. Only in the last few years, however, has the concept of chronic, low-grade acidosis started to make its way to the public at large ... a small number of brilliant scientists from around the world have recognized, and are studying, the phenomenon of chronic, low-grade metabolic acidosis.”

Dr. Susan E. Brown, Larry Trivieri, Jr.

“Acidosis is a condition in which the acid/alkaline balance of the body has shifted unfavorably and body fluids have become acidic. While many people are acquainted with the concept of acidosis, or a negative shift of pH balance, most are unaware of its relationship to other diseases or health problems. Acidosis is often at the root of many common health complaints, but it usually isn’t considered a cause of disease until after a health problem has been wrongly diagnosed and unsuccessfully treated for years.”

Dr. Wolfgang R. Auer

Visit yoli.com/alkalete.html to watch the Alkalete demonstration video
Continued from Cover, ALKALETE: THE ULTIMATE HEALTH SOLUTION...

Alkalete is an all-natural, completely safe, powerful alkalizing agent. In fact, Alkalete consists of ingredients designated by the U.S. Food and Drug Administration (FDA) as Generally Recognized as Safe (GRAS). Alkalete has also been filed as a New Dietary Ingredient (NDI) by the FDA—a designation of product safety and uniformity.

The secret to producing Alkalete lies in the proprietary binding process of Magnesium Hydroxide and Potassium Hydroxide to Calcium so that these highly-alkalizing minerals can be easily drawn into the body on a cellular level. This process uses the patented Exact Blending and Compounding (EBC) equipment to produce the Alkalete granule (see image below).

Alkalete mimics Mother Nature’s safe, even absorption into the blood stream and allows powerful alkalizers to be available to the body. The body can then function better than a body that is bogged down with acidic waste. Alkalete works with the body to restore healthy pH balance.

Alkalete is the ultimate solution to fight the battle your body wages every second of every day against the acidic, toxic environment it is exposed to.

ALKALETE™ is Available in Three Forms:
- ALKALETE™ Capsules
- ALKALETE™ Granule Packets
- FUN™ Sports Drink powered by ALKALETE™

The capsules and packets each contain 500 milligrams of pure Alkalete granules. Capsules are taken morning and evening between meals (Daily Loading Dose: Take 1 capsule for every 25 lbs. of body weight. See Loading Dose Instructions). The packets are used by sprinkling them over acidic foods and beverages, like water, coffee, wine, eggs, etc., to neutralize acid. Yoli’s FUN Sports Drink is designed for electrolyte recovery, pH balance, and better performance in athletics. FUN contains hydrating electrolytes and 333 milligrams of Alkalete per serving. It has absolutely NO sugar or artificial sweeteners. The best part is that FUN tastes great, kids and teens absolutely love it!

*See disclaimer on Pg. 7

ALKALETE™ trial with 23 people proving its ability to alkalize. This graph shows the amount of acid reduction in the body after just 5 days usage of Alkalete: a 53% acidic reduction on average. *Results achieved through optimal usage: 1 gram / 50 lbs of body weight

ACID REDUCTION AFTER USING ALKALETE™ FOR JUST 5 DAYS

<table>
<thead>
<tr>
<th>% Acid Reduction</th>
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</thead>
<tbody>
<tr>
<td>100%</td>
</tr>
<tr>
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<tr>
<td>60%</td>
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<td>-20%</td>
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<tr>
<td>-40%</td>
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<tr>
<td>-60%</td>
</tr>
</tbody>
</table>

1 3 5 7 9 11 13 15 17 19 21 23

ALKALETE™ 53% Acid Reduction Average

Acid reduction after using Alkalete for just 5 days with 23 people proving its ability to alkalize.

**ALKALETE™ Testimonials:**

“I’m a very active 65 year young man and have been using Alkalete for 5 months. I am sleeping better, showing very few signs of fatigue when doing strenuous exercise, and my recovery time has improved dramatically. I have also noticed that muscle soreness is a thing of the past, truly amazing! Looking forward to much better health using Alkalete to balance my body pH.”

Jim W. – Seattle, WA

“I take Alkalete when I get heartburn, it takes away all of the burning sensations. What a fantastic product!”

Brian M. – Central City, NE

“I used to be a jittery, stressed out, worn out wreck! I learned that stress is one of the biggest causes of acid in the system. No wonder people under a lot of stress seem to have more health challenges. I started using Alkalete on a daily basis and I noticed I was feeling calmer, more focused, and more balanced than I had in a long time.”

Kurt L. – Seattle, WA

“I’m winning body building competitions and feeling better than ever. I completely rely on Alkalete in my workouts and training. I’m feeling stronger and I’m able to work out longer and run faster!”

Kyle S. – Dover, DE

*Call toll-free and order today! 1-888-295-9009 www.Yoli.com PAGE 4*
ALKALETE™ Improves Health and Flavor of Coffee

Coffee is the 2nd most consumed beverage in the U.S. In fact, 80% of Americans are coffee drinkers. Over 400 million cups of coffee are consumed each and every day. That’s an average of 3.2 cups per day per person, and a total of 500 billion cups served annually. Coffee is a huge and established market. However, drinking coffee causes the body to pull from its lines of defense in order to buffer acidity, which is why many people experience heartburn from coffee. Pouring a packet of Alkalete into your cup or the grounds in your coffee machine, up to 90% of the acid will be neutralized while, at the same time, actually improving the flavor and giving your coffee a rich, smooth taste.

Call toll-free and order today! 1-888-295-9009 www.Yoli.com
Yoli Better Body Products

Yoli products will help you achieve optimal health:
The secret behind the success of the Better Body System is Yoli’s exclusive patented product formulations. They are designed to give your body the ingredients it needs to maximize weight loss and give you optimal health.

YES™ is the Yoli Essential Shake. YES is a biologically active whole food protein blend featuring PuraWhey™ & LeanImmune™ – two blends exclusive to Yoli. YES tastes like a milkshake without any added chemicals, sugars, or artificial sweeteners.

Acidic waste is a significant contributor to degenerative disease, weight gain and obesity. This is why Yoli’s signature exclusive patented product Alkalete® was created. Alkalete has been scientifically developed to alkalize your body & align your PH levels. It will help you shed the unwanted fat, acidic waste and give you the optimal health you deserve.

Passion™ & ThermoBurn™ feature THERMO-G™ – another Yoli-exclusive ingredient that delivers long-lasting, natural energy without the crash. Passion and ThermoBurn boost metabolism, sharpen mental focus and can act as mild appetite suppressant.

Dream™ featuring Z-Rest™ – an exclusive natural blend of ingredients formulated to help you enjoy a deep, restful night’s sleep. Recent research proves that a good night’s sleep helps the body lose weight and function at peak levels.

Pure™ features our proprietary Alkasure™ blend – a digestive health formula that will boost your immunity and gently cleanse and eliminate toxins to prepare your body for optimum fat loss.

Truth™ is a great tasting, sugar free drink that protects your body from oxidative stress, featuring Yoli’s exclusive BotanImmune™ and ActiZorb™ – two natural and delicious super-fruit blends loaded with whole-food anti-oxidants that support your immune system and boost energy levels.

FUN™ drink that features our exclusive Alkalete and Enduramin™ – a blend that will boost your endurance and reduce your recovery time. It makes the perfect substitute for high-sugar sports drinks like Gatorade and Powerade.

Benefits of taking Alkalete:
- Contains NO artificial colors, artificial flavors, starches, preservatives, yeast, wheat, corn, milk, eggs, soy, or glutens
- Registered as a new dietary ingredient (NDI) and designated as GRAS (generally recognized as safe) by the FDA
- Can be used by and is safe for everyone
- 8 Patents on file with the US Patent Office
- Supports healthy body pH levels
- Aids in the removal of acidic waste
- Restores electrolytes
- Reduces acidity in the body up to 50% in one week
- Attacks the symptoms to the root cause of acidity
- Proven to help the body deal with acid indigestion
- Increases muscle strength and decrease muscle soreness
- neutralizes up to 90% of the acidity in foods & beverages
- Made in convenient capsules and packets

ALKALETE™ Testimonials:

“Alkalete has allowed me to play harder, play longer, and play with more energy without having to pay the price of pain and fatigue the following day. That means I can get more work done and still get lots of exercise. Thank you Yoli.”
Mark U. – Sandy, UT

“Alkalete has truly changed my life! While using Alkalete in my marathon training, I have found that my times are decreasing and my recoveries are quick with little to no soreness. This is very different than my seasoned running buddies. A few running friends have decided to use Alkalete and now they too are enjoying more energy, better performance, and a quick recovery!”
Heidi C. – Stafford, VA

“Alkalete is an amazing product. I’ve built endurance, increased strength, and recovered faster. Alkalete has been life changing for me!”
Andrew N. – Cleveland, OH

Call toll-free and order today! 1-888-295-9009 www.Yoli.com PAGE 6
**Longevity:** (Alkalete®, Alkasure™, Purawhey™, LeanImmune™)
Alkalization, Digestive Health and Glutathione production are key necessary factors for a lifetime of optimal health and a positive outlook on life.

**Essential:** (Alkalete®, Purawhey™, LeanImmune™)
This kit focuses on the essentials so your body can maintain an alkalized environment and have the essentials for daily recovery.

**Energy:** (thermo-G™)
Our energy kit will stimulate your metabolism and enhance mental sharpness so you can perform at peak levels without the crash.

**Hydration:** (BotanImmune™, ActiZorb™, Enduramin™)
This is the perfect kit to replace sodas and other sugar-laden drinks. In addition to great taste, both Truth and Fun boost health and performance. Great option for children!

**Sport Performance:** (Alkalete®, Enduramin™)
This kit is ideal for athletes striving for peak performance and muscle strengthening, while reducing recovery time and eliminating muscle soreness.

**Stress Relief:** (Alkalete®, Z-Rest™)
Today, more than ever before, your body is under increased mental and physical stress. The stress relief kit is designed to help you get a deep restful sleep while providing the nutrients your body needs to heal, rejuvenate and re-energize.

**Alkalization:** (Alkalete®)
Alkalize the body for strength, endurance and recovery. This kit is intended for those who want to maintain a pH balanced body for optimal performance.

**Digestive Health:** (Alkalete®, Alkasure™)
Maintain optimal digestive function. Patented Ganaden BC30® and Alkalete® will ensure you maintain regular digestive flow while providing pH balance and healthy flora to the digestive system.

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*The statements in this document have not been evaluated by the Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure, or prevent any disease. Product results represented in this document are unique to the individuals featured. Yoli is in no way suggesting that those reading this document will achieve these results; individual results may vary. As with any dietary supplement, consult your health care practitioner before using, especially if you’re pregnant, nursing, or under medical supervision.*
GERD, Acid Reflux Interfere With Restful Sleep
October 21, 2002

“Acid reflux during the day may hamper sleep quality at night, causing subsequent daytime sleepiness and insomnia. The long-term effects can also lead to poorer quality of life.... In the first study, from Pennsylvania State University in Hershey, researchers found that of more than 1,500 people who had a hard time sleeping, a significant amount also complained of gastroesophageal reflux disease, also called GERD or acid reflux. They also found that people with insomnia had a high frequency of complaints of peptic ulcer disease or hiatal hernia. ‘There is a significant relationship between GERD and excessive daytime sleepiness and insomnia,’ said Geoffrey S. Raymer, MD of the gastroenterology and hepatology department at Penn State, in a news release. This study was published in the July 2002 issue of the Journal of Psychosomatic Research.”

British Journal of Nutrition (2009) Diet–induced acidosis: is it real and clinically relevant?
Joseph Pizzorno1*, Lynda A. Frassetto2 and Joseph Katzinger3 Bastyr University, Seattle, WA
October 21, 2009

“The concept of diet-induced ‘acidosis’ as a cause of disease has been a subject of interest for more than a century. The present article reviews the history of our evolving understanding of physiological pH, the physiological support for the concept of ‘acidosis’, the causes of acidosis, how it is recognized, its short-term effects as well as the long-term clinical relevance of preventative measures, and the research support for normalization of pH.”
(Visit: http://journals.cambridge.org/ and search for the article)

Who’s Talking About Acidity in the Body?

Alkaline Diet – Is Your Health At Risk?
September 14, 2009

“The Standard American Diet could be killing you. That may sound like a strong statement, but facts back it up. Oversized portions of over-processed foods have created diets loaded with calories that are probably lacking in the vital nutrients your body needs to stay healthy. We are living in an epidemic of obesity and increased occurrences of diseases, atherosclerosis and cancer. Yet all of that can be changed by a few simple changes in your lifestyle.”

Can’t Sleep? Could Be Your Digestion
November 16, 2009

“Increasingly, scientists are linking digestive disorders with a host of nocturnal problems ranging from insomnia to restless nights that lead to exhaustion during the day... a small pilot study published in November in Alimentary Pharmacology and Therapeutics showed that heartburn treatments may lead to a more restful night’s sleep in people suffering from gastroesophageal reflux syndrome (GERD).”

Sweet dreams: Avoiding Nighttime Heartburn
July 25, 2010

“You may be surprised that heartburn ranks as a significant cause of sleep problems, and yet, ‘heartburn is a major cause of disrupted sleep,’ says Dr. James Parish of the Sleep Disorders Center at the Mayo Clinic in Scottsdale, Ariz. Recent studies support him. Researchers in Oklahoma City tested 81 people who complained of sleep problems and found that one-third of them suffered from heartburn and didn’t even know it. In another study, Brazilian scientists surveyed 91 adults who had difficulty sleeping and found that those with sleep problems were almost twice as likely to suffer chronic heartburn compared with people who had no sleep problems.”

Endorsed by World Class Athletes like Carl Lewis

Athletes are in more need of alkalizing minerals than most people. Through strenuous exercise, athletes create far more acidic build-up than those who are more sedentary. The body will try to compensate for an acidic pH by using alkaline minerals, and if the diet does not provide enough minerals, the body will leach the necessary buffering minerals from tissues and bone. Not only does this unique alkalizing product decrease muscle soreness and speed up recovery time, but Alkalete is scientifically proven to increase strength and endurance. Alkalete is great for athletic performance and recovery.

Contact:
Distributor ID#: ______________