

Transform Your Temple™





Dr. Wallach and 90 Essential Nutrients

According to Joel Wallach, BS, DVM, ND, and biochemical research pioneer known to many as The Mineral Doctor, there are 90 nutrients essential to human health. A common recommendation made by most medical doctors is that in order to get all the nutrients necessary to maintain your health, you must, on a daily basis, eat food from each of the four basic food groups. Dr. Joel Wallach challenges this belief, and claims it is practically impossible to get all the nutrients necessary to achieve and maintain optimal health simply by eating food from the four conventional food groups; supplementation is required.

Of all the 90 essential nutrients our bodies require for optimal function (minerals, vitamins, amino acids and fatty acids),

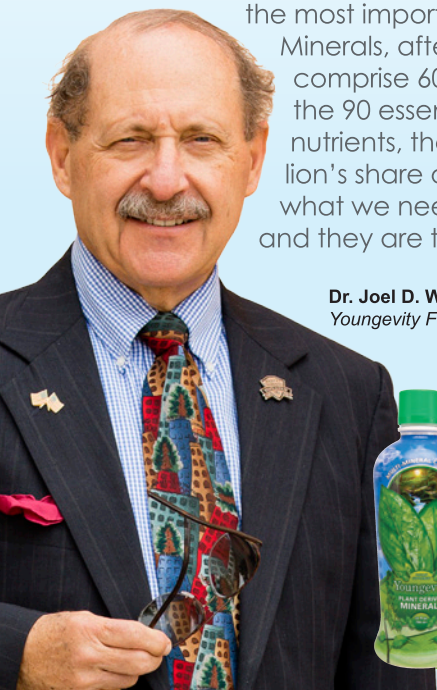
minerals are, arguably, the most important.

Minerals, after all, comprise 60 of the 90 essential nutrients, the lion's share of what we need, and they are the

one group of nutrients most likely to be missing from the food we eat. This is because while plants can manufacture vitamins, essential amino acids, and fatty acids, they cannot manufacture minerals. To get to the minerals, they need (and we need), plants rely on the soil in which they grow. Plants draw in minerals from the soil; one tiny, sometimes microscopic, parcel at a time. Through their vast, tentacle-like complex of roots they then put those minerals to work; doing the job of helping sustain life. In an ideal world, we would take in our daily requirement of minerals by eating plants that grow in mineral-rich soils and by eating animals that feed on those very same plants.

Sadly though, commercial farming over the past 100 years, along with acid rain and top soil erosion, has managed to deplete our range and crop soils of most minerals, especially, the very scarce and precious trace minerals, and rare earth elements, so vital to biological function. As our soils have become impoverished, so too has our food supply and, ultimately, so too has our own health.

Dr. Joel D. Wallach
Youngevity Founder



Plant Derived Minerals™ #13203

Dr. Wallach's Majestic Earth®

Plant Derived Minerals™ are 100% plant derived, organic, minerals in colloidal form.

Phytonutrients

Phytonutrients are bioactive, plant-derived compounds associated with positive health effects. These substances can be found in certain plants which are believed to be beneficial and even vital to human health. The antioxidant-rich, immune-boosting and overall health-promoting properties of these active compounds in plants are being vigorously investigated by researchers around the world.

Fruits, vegetables, grains, legumes, nuts, seeds, herbs, spices and teas are all sources of phytonutrients. Some of the common classes of phytonutrients include: Carotenoids; Flavonoids (Polyphenols), which include Isoflavones, Lignans (Phytoestrogens), Isothiocyanates and Indoles; Phenols and Cyclic Compounds; Saponins; Sulfides; Thiols; and Terpenes. While conventional health circles have not yet deemed these powerful plant compounds as essential, they have played a critical role in the nourishment of humans and animals for millennia.



Transform Your Temple™ Vision



“In 2007, I had a dream to create a program that would transform the entire body from the inside out. I knew that by supplying the body with the essential nutrients and critical phytonutrients that it craved, the body and its amazing self-repairing mechanisms would kick into action. After more than seven years of laboratory research and field testing, I uncovered what I believe to be the missing link in human nutrition.”

— **Jordan Rubin**

New York Times
Bestselling Health Author















Your Body is a Temple

Based on my own recovery from incurable illness, I've learned the importance of keeping my body healthy and treating it like the temple it is.

** Extraordinary results. Individual results will vary. Always consult with your healthcare practitioner before beginning any new health program.

12 Systems of the Body

In early naturopathic medicine, physicians believed the human body was comprised of 12 systems that work together as a unit to keep the body functioning properly. If any one of these systems is operating at sub-optimal levels, it can put stress and cause imbalance on the entire body. We designed the **Transform Your Temple™** program to gently cleanse and re-balance each of the 12 systems of the body, one month at a time, while supporting the body's foundational health simultaneously. The goal of the **Transform Your Temple™** program is that in one year's time, you can provide key building blocks to each and every system of the body.

January	Muscular System		Transform Your Temple™ Tone & Lean
February	Circulatory System		Transform Your Temple™ Heart & Cardio
March	Eliminative System		Transform Your Temple™ Colon Health
April	Digestive System		Transform Your Temple™ Liver & Digestion
May	Respiratory System		Transform Your Temple™ Lung & Sinus
June	Neurological System		Transform Your Temple™ Brain Health
July	Skeletal System		Transform Your Temple™ Bone & Joint
August	Integumentary System		Transform Your Temple™ Skin Health
September	Urinary System		Transform Your Temple™ Kidney Support
October	Reproductive System		Transform Your Temple™ Hormone Support
November	Endocrine System		Transform Your Temple™ Blood Sugar
December	Lymphatic System		Transform Your Temple™ Immune Support

The Power of Plants: A History of Botanicals

It is likely that humans have used plants as medicine for as long as we have existed. Archaeological excavations dated thousands of years ago have found remains of medicinal plants, such as opium poppies, ephedra, and cannabis.

Since the beginning, humans have experimented with plants to learn how they can positively impact our health. In essence, humans have been involved for thousands of years, in a vast “clinical trial” with medicinal plants. The wisdom that resulted from this global experiment encompasses a large part of our history of healing and healthcare.

Turmeric



Turmeric comes from the root of the *Curcuma longa* plant and has a tough, brown skin and a deep orange flesh. Turmeric has long been used as a powerful herb that supports healthy inflammation levels throughout the body in both the Chinese and Indian systems of medicine. Turmeric was traditionally called “Indian saffron” because of its deep, yellow-orange color and has been used throughout history as a condiment and a traditional remedy.†

Holy Basil



Holy Basil has been used for thousands of years in the traditional health care system of India, known as Ayurveda medicine. Known to Indian natives as Tulsi, this important plant is used to support a healthy immune system, promote healthy digestion, support healthy blood sugar and blood lipid levels, and boost one's mood. Holy Basil is an excellent example of an adaptogen herb that can help relieve the stress of modern living.†

Ashwagandha



Ashwagandha is one of the most powerful herbs in Ayurveda. It has been used since ancient times to support a wide-variety of organs and systems, and is most well-known for its restorative benefits. In Sanskrit, Ashwagandha means “the smell of a horse,” indicating that the herb imparts the vigor and strength of a stallion, and has traditionally been used to help people support their immune system after a time of stress. Ashwagandha helps support healthy weight and helps reduce stress by promoting the health of the adrenal glands.†

Cinnamon



Cinnamon is an aromatic spice made from the peeled, dried, and rolled bark from *Cinnamomum* trees. It is an herb traditionally used by many ancient cultures. It has been known to benefit the body in many ways by supporting healthy immune system function, digestion and healthy blood sugar levels.†

Alfalfa



Alfalfa is a leguminous plant with clover like leaves and bluish flowers. Native to southwestern Asia, it is widely grown for fodder. The Arabs fed alfalfa to their horses, claiming it made the animals swift and strong, and thus named the legume "Al-fal-fa", meaning "father of all foods." The medicinal uses of alfalfa stem from anecdotal reports, claiming that the leaves cause diuresis and are useful in the treatment of kidney, bladder, and prostate disorders. Leaf preparations have been touted to support healthy inflammation levels and healthy blood sugar levels.†

Amla Berry



The health benefits of Amla Berry, also known as Indian Gooseberry, can be partially attributed to its high Vitamin C content. Amla has been known to support many functions, such as providing digestive support, healthy liver support, promoting optimal mental function, cardiovascular support, vision support, promoting healthier hair and skin, increasing vitality, improving muscle tone, and acting as an antioxidant.†

Amla Berry also contains many minerals and vitamins like Calcium, Phosphorus, Iron, Carotene and Vitamin B Complex.†

Astragalus



Astragalus has been used in Traditional Chinese Medicine for thousands of years. It was often combined with other herbs to strengthen the body's immune system. Astragalus is called an adaptogen, meaning it helps protect the body against physical, mental, and emotional stress.†

Astragalus contains antioxidants, which protect cells against damage. Astragalus is used to protect and support the immune system, and support healthy blood sugar and blood pressure levels.†

Green Tea



Green tea is reported to contain among the highest concentrations of powerful antioxidants called polyphenols of any plant. Antioxidants such as polyphenols in green tea can neutralize free radicals and may reduce or even help prevent some of the damage they cause.†

In traditional Chinese and Indian medicine, practitioners used green tea as a stimulant, a diuretic (to help rid the body of excess fluid), an astringent (to control bleeding and help heal wounds), and to improve heart health. Other traditional uses of green tea include supporting healthy digestion and promoting mental health.†



Living Tea

In order to liberate and potentiate key phytonutrients from plants, our ancestors developed powerful methods of herbal preparation. Believing that the best way to consume a food or herb is in its whole form, we have borrowed this ancient wisdom creating a living infusion of botanicals as the cornerstone of the Transform Your Temple™ Formulas.

The Future of Fermentation

In its broadest sense, fermentation refers to any process by which large organic molecules are broken down to simpler molecules through microorganism activity.

In food, this process helps to preserve nutrients and break it down to a more digestible form while also producing beneficial enzymes, B-vitamins, Omega-3 fatty acids, and various strains of probiotics that can be healthful for the body.

To further potentiate the powerful benefits of the organic botanicals in the Transform Your Temple™ formulas, we utilize a proprietary fermentation process predigesting and potentiating the whole herb ingredients with tonic mushrooms; each containing their own powerful compounds.

Synergized by Nature

Each tonic mushroom used to synergize the Transform Your Temple™ formulas has been extensively researched within the scientific community for the benefit it provides to the human body.

Cordyceps sinensis



- Revered by professional and Olympic athletes and prized by emperors
- Supports a Healthy Immune System†
- Supports Anti-Aging†
- Supports Healthy Blood Sugar Levels†
- Promotes Athletic Endurance†
- Supports a Healthy Respiratory System and Improves Oxygen Utilization†

Hericium erinaceus



- Reputed as nature's nutrient for neurons
- Supports Brain and Neurological Function†
- Promotes Healthy Digestion†
- Supports Increased Cognitive Functions†

Ganoderma lucidum



- Known as the mushroom of immortality
- Boosts Energy†
- Immune System Support†
- Promotes a Healthy Cardiovascular System†
- Healthy Liver Function†
- Supports Healthy Cholesterol Levels†

Trametes versicolor



- Studied worldwide for immune system support
- Supports Immune System†
- Supports Digestive Health†
- Supports Healthy Inflammation Response†

Foundation Formula

90 Capsules

Each month, you will receive two powerful products: one bottle of Foundation, and one bottle of a system-specific formula designed to gently cleanse and re-balance each of the body's 12 systems one month at a time. The goal of the Transform Your Temple™ program is to provide key building blocks to help re-build your temple from the inside out in just one year's time.

Men's Autoship #USBY2030 - Women's Autoship #USBY2035



Key ingredients in Foundation:

- Promote optimal health†
- Support healthy immune function†
- Promote healthy cellular growth†
- Help protect against environmental stressors†
- Support your body's normal detoxification process†
- Support cellular structure preservation†
- Support healthy gut flora†
- Promote optimal digestion†
- Support energy and stamina†
- Help enhance the body's natural metabolic systems†
- Help support healthful levels of total lipids, cholesterol and triglycerides already in the normal range†
- Boost your system against normal signs of aging†
- Support healthy skin†
- Provide antioxidants to help support your cells against excessive oxidation and free radicals†



Ingredients:

Fermented Organic Herbal Blend⁺⁺: [Ashwagandha (Root), Turmeric (Rhizome), Holy Basil (Leaf), Amla Berry, Bacopa (Leaf), Panax Ginseng (Root), Schizandra (Berry), Codonopsis (Root), Eleutherococcus (Root), *Rhodiola rosea* (Root), Sprouted Cacao (Fruit), Sprouted Green Coffee (Seed)]. Fermented Sprouted Organic Black Quinoa⁺⁺. Bio-Transformed Organic Majestic Earth® Plant Derived Minerals⁺⁺.

⁺⁺Synergized with *Ganoderma lucidum*.

Other Ingredients: Plant Cellulose (capsule)



Transform Your Temple™

For maximum results, **Transform Your Temple™ Foundation** is paired with a system-specific formula for every month of the year. This creates the cornerstone for transforming your body from the inside out.



Transform Your Temple™ Tone & Lean

January

Transform Your Temple™ Tone & Lean is a unique and dynamic nutritional botanical formula delivering a powerful combination of organic, synergized phytonutrients and plant derived minerals **to support the body's muscular system.**†



90 Capsules



Transform Your Temple™ Heart & Cardio

February

Transform Your Temple™ Heart & Cardio is a unique and dynamic nutritional botanical formula delivering a powerful combination of organic, synergized phytonutrients and plant derived minerals **to support the body's circulatory system.**†



90 Capsules



Transform Your Temple™ Colon Health

March

Transform Your Temple™ Colon Health is a unique and dynamic nutritional botanical formula delivering a powerful combination of organic, synergized phytonutrients and plant derived minerals **to support the body's eliminative system.**†



90 Capsules



Transform Your Temple™ Liver & Digestion

April

Transform Your Temple™ Liver & Digestion is a unique and dynamic nutritional botanical formula delivering a powerful combination of organic, synergized phytonutrients and plant derived minerals **to support the body's digestive system.**†



90 Capsules



Transform Your Temple™ Lung & Sinus

May

Transform Your Temple™ Lung & Sinus is a unique and dynamic nutritional botanical formula delivering a powerful combination of organic, synergized phytonutrients and plant derived minerals **to support the body's respiratory system.**†



90 Capsules



Transform Your Temple™ Brain Health

June

Transform Your Temple™ Brain Health is a unique and dynamic nutritional botanical formula delivering a powerful combination of organic, synergized phytonutrients and plant derived minerals **to support the body's neurological system.**†



90 Capsules



Transform Your Temple™

For maximum results, **Transform Your Temple™ Foundation** is paired with a system-specific formula for every month of the year. This creates the cornerstone for transforming your body from the inside out.



Transform Your Temple™ Bone & Joint

July

Transform Your Temple™ Bone & Joint is a unique and dynamic nutritional botanical formula delivering a powerful combination of organic, synergized phytonutrients and plant derived minerals **to support the body's skeletal system.**†



90 Capsules



Transform Your Temple™ Skin Health

August

Transform Your Temple™ Skin Health is a unique and dynamic nutritional botanical formula delivering a powerful combination of organic, synergized phytonutrients and plant derived minerals **to support the body's integumentary system.**†



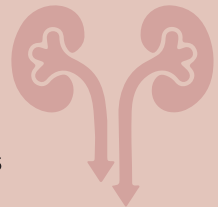
90 Capsules



Transform Your Temple™ Kidney Support

September

Transform Your Temple™ Kidney Support is a unique and dynamic nutritional botanical formula delivering a powerful combination of organic, synergized phytonutrients and plant derived minerals **to support the body's urinary system.**†



90 Capsules



Transform Your Temple™ Hormone Support

October

Transform Your Temple™ Hormone Support is a unique and dynamic nutritional botanical formula delivering a powerful combination of organic, synergized phytonutrients and plant derived minerals **to support the body's reproductive system.**†

90 Capsules each



Transform Your Temple™ Blood Sugar

November

Transform Your Temple™ Blood Sugar is a unique and dynamic nutritional botanical formula delivering a powerful combination of organic, synergized phytonutrients and plant derived minerals **to support the body's endocrine system.**†



90 Capsules



Transform Your Temple™ Immune Support

December

Transform Your Temple™ Immune Support is a unique and dynamic nutritional botanical formula delivering a powerful combination of organic, synergized phytonutrients and plant derived minerals **to support the body's lymphatic system.**†



90 Capsules

Frequently Asked Questions

Q: How and when should I take the products?

A: Take 3 capsules daily with water, with or without food. Best taken on an empty stomach upon waking.

Q: Can they interfere with medications?

A: If you are under the care of a physician and/or on medications, we recommend consulting with your doctor or pharmacist before consuming Transform Your Temple™ or any other dietary supplement.

Q: Can I take these products with other supplements?

A: Transform Your Temple™ products may be combined with other Transform Your Temple™ products and will also work with most diet or supplement regimens.

Q: What if I have Candida, will the mushrooms cause issues?

A: According to research, consuming higher fungi such as mushrooms, does not contribute to the growth of Candida albicans.

Q: Are these products made from whole herbs or extracts?

A: The Transform Your Temple™ formulations use only bio-transformed, whole, organic herbs and botanicals.

Q: Are these supplements in capsule or tablet form?

A: All Transform Your Temple™ supplements are made with vegetarian capsules.

Q: What do I do if the capsules are too large for me to swallow?

A: If needed, you may pull capsules apart and sprinkle or mix contents into a food or beverages. Make sure to consume food immediately.

Q: Can nursing mothers take these supplements?

A: As with any dietary supplement, consult your health care practitioner before using this product; especially if you are pregnant, nursing, anticipate surgery, take medication on a regular basis or are otherwise under medical supervision.

Q: Are these supplements regulated by the FDA?

A: The dietary supplement industry is heavily regulated by the FDA. Dietary supplements such as Transform Your Temple™ products are comprised of ingredients that are on the GRAS (generally regarded as safe) list for foods and supplements.



Jordan Rubin

Jordan Rubin is one of America's most recognized and respected natural health experts. Known as America's Biblical Health Coach, he is a *New York Times* bestselling author of *The Maker's Diet*, and 24 additional titles. An international motivational speaker, and host of the weekly television show *Living Beyond Organic*, reaching over 30 million households worldwide, Jordan has lectured on natural health in 5 continents and 46 states in the U.S.

Jordan is the Founder of Garden of Life, a leading whole food nutritional supplement company. In 2009, Jordan fulfilled a lifelong dream by starting Beyond Organic, a vertically-integrated organic food and beverage company farming thousands of organic acres in southern Missouri where Jordan resides with his wife Nicki and six children: Andrew, Emma, Joshua, Samuel, Alexis and Isabella.

Dr. Joel D. Wallach

A biomedical research pioneer, Joel D. Wallach, BS, DVM, ND, spent more than 40 years in the field of Veterinary Medicine, observing and researching the effects of individual nutrients on animal health, before becoming a Naturopathic Physician in 1982. Dr. Wallach's research has resulted in the publication of more than 70 peer-reviewed and referenced journal articles in the fields of nutrition and pharmaceutical research, and he has made major contributions to eight multi-authored text and reference books on these subjects. Today, Dr. Wallach is renowned for his ground-breaking research on the health benefits of selenium and other minerals. He currently dedicates his time to lecturing throughout the world on the therapeutic benefits of vitamins and minerals, and on lobbying the U.S. Food and Drug Administration on behalf of the dietary supplement industry.




beyond organic



The Transform Your Temple™ program gently cleanses and re-balances each of the 12 systems of the body one month at a time while supporting the body's foundational health simultaneously.

Men's Autoship #USBY2030

Women's Autoship #USBY2035

FOR MORE INFORMATION, CONTACT:

Manufactured in the U.S.A. for:

Youngevity®

2400 Boswell Road • Chula Vista, CA 91914

1.800.982.3189 • www.Youngevity.com