

THE SECRET KILLER

INFLAMMATION IS ON THE INCREASE CAUSING CHRONIC PAIN, DISCOMFORT AND POOR HEALTH THAT MAY LEAD TO SERIOUS DISEASE! LEARN WHAT YOU CAN DO TO FIGHT IT...

"It's been 2 weeks since I started taking Nopalea for my chronic breathing problems and I am symptom free." **DAVE C., AFFILIATE MEMBER - IMPERIAL BEACH, CA**

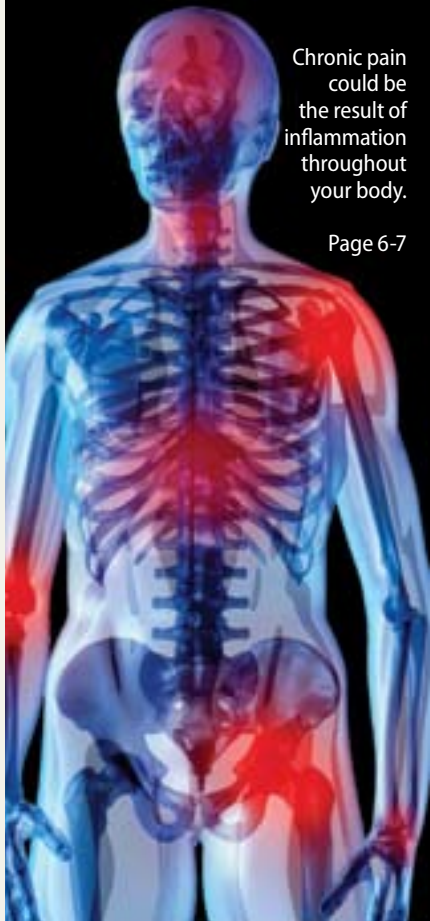
"The six months of pain in my wrists is gone... I can now lift weights again." **TINA G., AFFILIATE MEMBER - CHARLOTTE, NC**

"Since I started taking Nopalea, the whole body pain I've had for a year and a half is gone." **PATHRECY B., AFFILIATE MEMBER - FLAGSTAFF, AZ**

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Chronic pain can be a sign of inflammation. It is also something that our body experiences on a daily basis. Toxic pollutants are present in the air we breathe, the water we drink and the food we eat. Chemicals are also found in the environment where we live, work, study and play. Our bodies use inflammation as a natural defense against these types of stressors in addition to emotional, mental and physical stress. However, chronic inflammation can cause poor health that may lead to serious diseases.



Chronic pain could be the result of inflammation throughout your body. Page 6-7

Serious conditions that may begin with inflammation:

- **Fibromyalgia**
- **Diabetes**
- **Allergies**
- **Asthma**
- **Alzheimer's**
- **Arthritis**
- **Autoimmune**
- **Cardiovascular**
- **Neurological**
- **Respiratory and more!**

What you should know about inflammation Page 6-7



Visit time.com and put "THE SECRET KILLER" in their search box on the home page to find and read the archived article from 2004. See what they were saying six years ago about the surprising links between inflammation and diseases. Plus, what you can do to help fight it!

A powerful and natural solution you must try today!



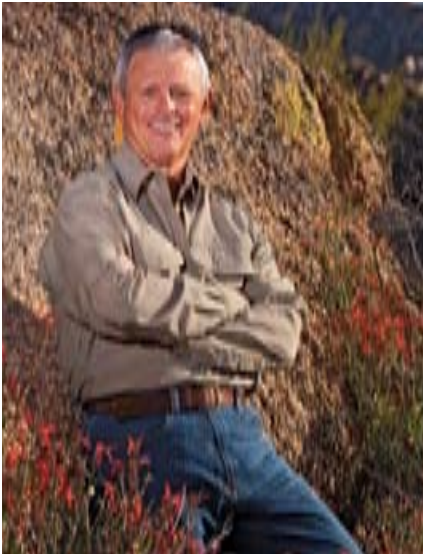
Nopalea™ – a breakthrough wellness drink that helps the body

- Relieve pain
- Improve breathing
- Reduce swelling in joints and muscles



NEW! Wellness Drink

Learn more inside...



Discover the Wellness Benefits of Sonoran Desert Plants

by Michael R. Ellison, CEO & Founder of TriVita®, Inc.

The stories coming in from people trying Nopalea™ for the first time are truly incredible!

I just have to relate a couple of these so you can read for yourself the outstanding anti-inflammatory and detoxification benefits people are getting from Nopalea. One story about allergies and chronic breathing problems is special to me as I experienced these symptoms as a child. I know how much a person suffers when normal breathing seems impaired.

“I have had allergies and been diagnosed with chronic breathing problems which are inflammatory-related. I began taking three ounces of Nopalea in the morning and one ounce in the evening before bedtime. It has been two weeks now and I am symptom-free.”

The next story about pain relief is remarkable but again, we know that when the body gets the right nutrients, there is a natural improvement in one's health.

“Her knee was bothering her so much that walking down our sloped driveway to get the mail had become so bothersome, she began driving to the mailbox. Now with her being on Nopalea for a couple of weeks, she is back to walking the driveway to the mailbox and almost pain-free. She is so excited.”

I am thrilled to share these stories with you because this is exactly why we founded TriVita: so people could experience greater wellness. Every time a testimonial comes in for us to read and share with others, it says TriVita is fulfilling its mission. You can find more Nopalea wellness stories on www.sonoranbloom.com.

Thirteen years ago I lost my health and was told by my physicians that I had to change the way I thought about health. If not, I would have no quality of life and die a premature death. While it was one of the most overwhelming discussions I have ever had, it took me on a wellness journey that has not stopped.

In fact, it was while I was in the Sonoran Desert in Mexico on a wilderness wellness adventure that I was exposed to the healing plants of the Sonoran Desert. One evening I was sitting around a campfire with the natives of the Sonoran Desert when a native guide went out in the desert and returned with some brush-looking material.

Placing a pot of water on the fire, we watched the flames bring it to a boil and then some of the leaves from the brush were placed in the water to steep. He poured me a cup of the brew and told me to drink it as it would be good for me. That night I listened to the people of the Sonoran Desert talk about the desert as if it were an oasis of wellness. I had always thought of it as a place of rocks, cactus, thorns, rattlesnakes and scorpions – but never did I think of it as an oasis of wellness.

What I did not know at the time was the history of the people who had lived in the harsh desert for hundreds of years; they knew that every plant had a purpose.

This health related discovery led to research at two Arizona universities regarding the potential health benefits of Sonoran Desert plants. It took about two years to bring Nopalea to market, but we now have an amazing product with over 200 studies concerning the inflammatory and detoxification benefits of the Nopal cactus. It took time to plan the process for harvesting, processing and bringing to market a fruit that grows among millions of cactus needles.

Today, Nopalea is helping people in a world where pollutants, pesticides and other toxins are in the air, water and food – creating a spiraling effect of inflammation-related health issues.

Nopalea, a natural anti-inflammatory drink, will become our greatest product in helping people address inflammation and toxic health challenges, which medical science has now determined as their biggest challenge. Just recently, Dr. Rosenthal on Fox News said that inflammation is now recognized as a greater risk to cardiovascular disease than cholesterol.

I encourage you to try Nopalea RISK-FREE (60-day money back guarantee) and experience its amazing health benefits yourself or share it with a loved one who is suffering. Pursue health and wellness with passion.

– Michael R. Ellison

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Discover the secret of Nopalea: Drink it and thrive!

Delicious new wellness drink brings amazing health benefits

Have you experienced the biggest innovation in the history of TriVita®? It's Nopalea™, the delicious wellness drink now available to help everyone thrive.

Nopalea (“No-pah lay’ uh”) is a tasty wellness drink sourced from the fruit of the Nopal cactus (*Opuntia Ficus Indica*). This remarkable healing plant thrives in the Sonoran Desert of the southwestern U.S. and Mexico. The healing properties of the Nopal cactus have been relied on for centuries by native peoples, and they’re now available in Nopalea, the first product in TriVita’s exclusive Sonoran Bloom™ line.

Each 32 ounce bottle of Nopalea brims with the health benefits of the Nopal fruit, in a proprietary blend delivering the rare, potent Betalain antioxidants.

Nopalea is a tasty wellness drink sourced from the fruit of the Nopal cactus.

Experience Nopalea, the delicious drink that can help your body:

- Relieve all types of pain
- Improve allergies and chronic breathing problems
- Support cardiovascular health
- Energize your life

Detoxification is the key to healthy living, because eating smart and exercising still leaves your body vulnerable to toxins. Pollution, parasites, pesticides, viruses, germs... if you stop to think about it, toxins are everywhere! These invaders live in the air we breathe, the food we eat, even the water we drink. Toxins can create illness-causing inflammation and put you at risk for chronic disease.

Nopalea helps the body fight off harmful toxins surrounding your body’s cells. So, it helps your body reduce inflammation and bring optimal cellular health. When your cells are healthy and free of toxins, your whole body can function at its best. After all, when you feel great, you look great, you are great!



Introducing **nopalea**™ – a natural solution

NEW **Wellness Drink**



Those who drink it say:
it's delicious...
refreshing... fruity...
perfectly sweet...
yummy!

The new healthy solution for today's unhealthy world

1. Today's world threatens your health

Every day brings new waves of toxins, pollutants, bacteria, viruses and chemicals into your body from the air you breathe, the water you drink, the foods you eat and even the things you touch. Furthermore, your body's health is also undermined by emotional stress, nutritionally deficient diets, metabolic wastes and physical injuries and trauma.

2. Your body reacts with inflammation

When your body is subject to threatening elements or events, it counters these attacks with the defense mechanism of inflammation.

3. Chronic inflammation is dangerous

Inflammation doesn't just happen in your muscles and joints. It also happens everywhere else throughout your body, wherever your cells are being stressed or attacked.

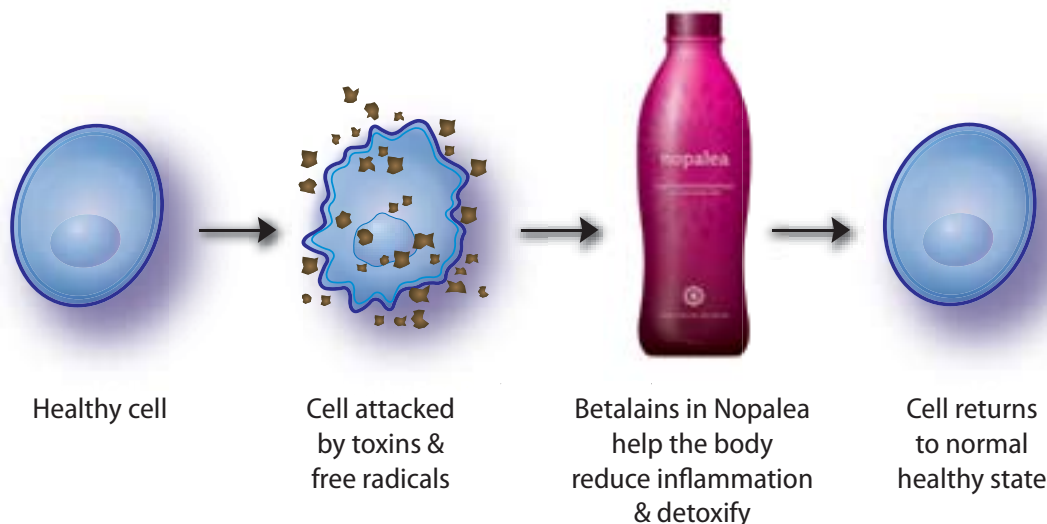
So, right now, as you read this, you could be suffering from any of these kinds of inflammation and their related health problems:

- Muscle, joint and bone inflammation – causing ongoing body pain
- Respiratory inflammation – causing allergies and chronic breathing problems
- Arterial inflammation
- Digestive tract inflammation
- Widespread body cell inflammation – causing overall tiredness

4. Drink Nopalea to save your health!

Nopalea is your premier wellness partner in your body's never-ending, daily battle for good health. Working in two vital ways, Nopalea helps your body neutralize its inner toxins and reduce its inflammation. This means it helps your body get the great relief it needs today... and helps protect it from contracting debilitating illnesses in the future.

How inflammation and Nopalea™ can affect your cellular health



Inflammation is unavoidable
 Our bodies use inflammation as a natural defense against toxins. Too much inflammation, however, can cause adverse health conditions. This diagram shows places that may be affected by excess inflammation.



Nopalea – a breakthrough wellness drink that helps the body experience an optimal state of wellness by:

- Relieving pain
- Improving breathing
- Reducing swelling in joints and muscles

As a direct result, these healthy changes may also help your body feel increasingly energized.

Daily use of Nopalea helps the body –

- Reduce inflammation
- Detoxify
- Achieve optimal cellular health
- Protect against premature aging

TAKE  **the nopalea WELLNESS CHALLENGE**
 See page 8 & back cover

SAVE \$20



Nopalea™
 #30710
 Non-Member \$49.99 (\$62.99 CN)
 Member **\$39.99**
 (\$49.99 CN)



Nopalea™
4 bottle pack
 #33400
 Member **\$139.99**
 (\$179.99 CN)
Special – 4 PACK SAVINGS!

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Children, women who are pregnant or nursing, and all individuals allergic to any foods or ingredients should consult their healthcare provider before using this product.

WHAT YOU SHOULD KNOW

Inflammation

is a culprit that can lead to chronic pain and serious disease



Inflammation. It seems like you hear about it every day on the news. Scientists are now linking inflammation with a wide variety of conditions including:

- **All types of pain**
- **Heart disease**
- **Diabetes**
- **Cancer**
- **Alzheimer's disease**
- **Gum disease**

Although inflammation hasn't been pinpointed as the *cause* of all these conditions, it has been well-documented* as playing a part in them – often intensifying the symptoms and effects.

So what exactly is inflammation, how can it affect you and how can you help reduce it?

First things first: What *is* inflammation?

Inflammation is your immune system's response to damage. This damage can arise from trauma, bacterial, viral or parasitic infection, stress, genetic abnormalities, metabolic disorders and a host of other sources. Certain lifestyle conditions can also contribute to inflammation: poor diet, stress, being overweight, a sedentary lifestyle and smoking. Inflammation can cause redness, swelling, heat, pain and loss of function.

When you're injured, the inflammatory response immediately moves into action. White blood cells rush to the scene of the damage and begin to destroy the damaged cells, while sending out chemical signals that call for more help. That's when unstable molecules called free radicals are released. Free radicals, now considered key players in many diseases, start to attack the damaged area, destroying some healthy cells in the process. This new damage leads to yet another round of inflammation. And so the cycle of inflammation continues: called chronic inflammation. And that's when the trouble begins!



How inflammation affects your body over time

Though you may not see or even feel inflammation, it may be silently burning within your body right now. Over time, this collective damage can spell trouble for the immediate area of inflammation as well as your overall health.

• Heart

Inflammation is believed to contribute to the formation of plaque in blood vessels, as well as the formation of blood clots. When these blood clots break free into the blood, they can block blood flow to the brain or heart, resulting in a heart attack or stroke.

• Brain

Inflammation plays a role in Alzheimer's disease, yet scientists are still uncertain what that role is. However, one theory is that inflammation kicks into gear because of the plaques and tangles in the brains of Alzheimer's patients. In trying to solve the problem, inflammation just makes matters worse.

• Joints

Long-term inflammation of the joints can result in destroyed ligaments and tendons, damage to joint cartilage and bone and even bone erosion. This leads to pain, deformity and an inability to perform daily tasks – drastically affecting quality of life.

• Mouth and gums

Although dental researchers once thought bacterial infections caused gum disease, it is now thought that some of the more severe symptoms of gum disease are attributable to inflammation. The National Institute of Dental and Craniofacial Research, part of the National Institutes of Health, report that inflammation can even break down bone and connective tissue that keep the teeth in place.

• Emotional health

Inflammation may even play a role in your emotions! Scientists at the University of Illinois, Urbana-Champaign discovered that an enzyme secreted by the immune system caused inflammation-related, depression-like symptoms in mice. Because inflammation is linked with conditions often accompanied by depression – such as diabetes, cancer and heart disease – researchers expect that this study will provide insight into chronic inflammation's role in depression.

• Cancer cell growth

Although researchers haven't discovered the exact mechanism of inflammation's role in cancer, they believe it encourages cancer growth. According to the American Cancer Society, inflammation creates just the right conditions for cancer cells to grow and multiply.

Reducing inflammation

By making healthy lifestyle changes and modifications, you can help reduce inflammation in your body. And, it simultaneously improves your overall health!

1. If you smoke, quit.
2. Practice stress management techniques such as deep breathing to help manage your stress load.
3. Simply being overweight can increase inflammation. Start a sensible diet and exercise plan – it will help with inflammation and your overall sense of health and well-being.
4. Exercise at least 30 minutes per day, three to five days per week.
5. Cut out unhealthy food choices – some of which can actually contribute to inflammation: trans fats, refined carbohydrates, processed foods.
6. Make anti-inflammatory foods a staple in your diet.
7. Practice good oral hygiene: brush after every meal and floss once a day.

*References:

- Medscape
- American Academy of Periodontology
- American Heart Association
- National Institute of Mental Health
- American Cancer Society
- Arthritis.com
- National Institute of Dental and Craniofacial Research

We took the Nopalea Wellness Challenge and are experiencing amazing results!



“I have been taking Nopalea for almost two weeks and can tell the difference.”

“Before I took the Nopalea Wellness Challenge I was feeling pretty hopeless. I suffer from A.S., which is a rare form of soft tissue arthritis. It hit fast and hard. The A.S. attacked the iris in my eyes. I looked like I had been beat up – my eyes were red and bloodshot and you could only see the pupil area. I started taking steroid drops and steroid shots into my eyeball to stop it as this disease can blind you if left unchecked. Once I began the Challenge, Nopalea quickly improved my condition. I am currently taking the suggested loading phase of three to six ounces per day. I may increase the amount even more. Thanks to Nopalea I’ve started losing the 30 pounds I gained from the steroids. I have been taking Nopalea for almost two weeks and can really tell a big difference.”

Beth T., Affiliate Member – Colbert, WA



“Nine days later, I suddenly noticed there was no familiar pain.”

“I am 61 years old and a professional karate teacher with over 40 years experience. While training over a year ago, I sustained an injury to my hip and then my knee which threatened to end my karate career altogether. I also suffered a heart attack. I started taking Nopalea and to be honest, I was a bit skeptical. About nine days later, I suddenly noticed there was no familiar pain. That little moment of hope made all the difference in the world. I had a blood test one month after taking Nopalea, and the doctors were surprised by my improved liver and kidney functions. I have gone from not being able to kick at all, to leading a two hour charity kick-a-thon. My students and their parents always compliment me on the sudden turnaround and I am very pleased to fill them in on the reason for that change.”

C. Edward B., Affiliate Member – Palatine, IL



“I’ve had a total transformation... I won’t be without my Nopalea.”

“Most of my life I suffered from painful, irritating psoriasis. It covered my entire body. As a food server, I felt embarrassed – my skin condition had become a major burden for me. I had tried different drugs and creams to solve the problem but nothing helped. Then a friend of mine introduced me to Nopalea. I took three to six ounces a day, and after just two weeks I noticed the swelling on my skin had gone down. A few weeks later, my scalp began to clear up. I’ve had a total transformation. I can finally go out with a short sleeved shirt and feel good about myself. I won’t be without my Nopalea.”

Melissa M., Affiliate Member – Prescott, AZ



“Extreme stress and lack of sleep for years have caused inflammation in my brain and an extreme case of eczema. It wasn’t until my friend gifted me with a bottle

of Nopalea to take the Challenge that I began to notice really significant positive changes taking place in my body.”

Joyce P., Affiliate Member – Clearwater, FL



“One month prior to the Nopalea Wellness Challenge an old plantar fasciitis problem resurfaced. Within days of beginning, I noticed that the plantar

fasciitis problem had resolved and it was much easier to sleep. It is amazing how fast Nopalea worked for me. Now my husband has even started taking it.”

Kandy M., Affiliate Member – Cookeville, TN



“I’ve had a very stiff neck, due to inflammation, that caused me a lot of pain and affected my range of motion. I began drinking

Nopalea and within five days, I noticed that my range of motion was improving. Nopalea also improved my allergy symptoms and helped lower my C Reactive Protein level.”

Paige C., Affiliate Member – Belleair Bluffs, FL

From a life of “complete agony” to a glorious pain-free life

Melody is feeling wonderful since she started taking Nopalea

Melody was sick and tired of being sick and tired. She had numerous health problems and surgery, and medications and other therapies just weren't helping. After over five years of excruciating pain she was at the end of her rope and praying for help. Then, along came a new product which has been nothing less than a godsend... Sonoran Bloom™ Nopalea™.

“I was walking with pain eight months ago and now, thanks to Nopalea and reduced inflammation, I've been pain-free for the first time in a long time,” Melody exclaims. “Nopalea helped my body with the debilitating pain in my joints and now I feel just wonderful!”

Melody's health problems began back in 2002 when she had to have surgery for three vertebrae in her neck that suddenly collapsed. Surgeons needed to take bone out of her hips, which caused arthritis in her hip, knees and ankles. They also put a plate and six screws in her neck. Over a year later the plate shifted and 2 screws broke, resulting in severe inflammation that caused headaches and migraines.

She couldn't walk for days after horseback riding

“I was in complete agony,” Melody recalls. “I was taking all sorts of prescription medicines to ease the pain, but nothing seemed to work.” In 2008 her son started taking barrel racing lessons. Melody wanted to ride with him, but definitely suffered the consequences... she couldn't walk for two to three days after horseback riding. Now she and her son are taking barrel racing lessons together and having a great time.

When Melody first heard about Nopalea, she was a little skeptical. But the alternative – being in constant pain – was even worse. So she decided to try Nopalea – and the results were dramatic. “I'm no longer in pain,” she says. “You won't see me walking with a limp and I haven't had a headache in weeks.” There have been many other pleasant post-Nopalea surprises, including being able to run up the stairs for the first time in a long time. She also remembers the time at her son's school when she had to run uphill to get to the car. When Melody got home, there were messages on her cell phone from people who saw her running and wanted to find out more about her “miraculous” recovery.

Most importantly, she can now enjoy pain-free horseback riding with her son. Since taking Nopalea, Melody has eased off the many medications that were helping with pain. Her blood sugar levels are also far better. She loves the taste of Nopalea and finds it hard not to take a little extra “nip.”

“I will never stop taking Nopalea.”

Now other family members are getting in on a good thing. Her husband has osteoarthritis and is already seeing results after three weeks of Nopalea. After her friend saw Melody's astonishing recovery, she has started taking it herself and began seeing a difference in one week.

Melody has also gotten tremendous results from other TriVita products, including Sublingual B-12. “At age 39 I was already forgetting things and not as sharp as I should be,”



she remembers. “I noticed a big improvement in my clarity once I started taking Sublingual B-12 and an even bigger difference when I moved up to Super Sublingual B-12.” She decided to try out other brands of B-12 products, but soon discovered that “there is a big difference. TriVita's brand is so much better.” Her son has been taking Sublingual B-12 too, along with an ounce of Nopalea. Melody says, “His teacher is just ecstatic over his improved school work.”

She also notices that she sleeps much better at night when she takes VitaDaily AM/PM™ and no longer needs sleeping pills. Melody has also seen great results from OmegaPrime®; it has helped normalize her cholesterol levels.

“Now that I'm pain-free and riding with my son and having a great time, I'd just like to thank you so much for this product. I will never stop taking Nopalea.”

Melody C., Affiliate Member – Denver, NC

Your results may vary. Each person's body is different.

The amazing power of Betalains

A VERY RARE ANTIOXIDANT

Only the Nopal cactus of the Sonoran Desert contains all 24 Betalains

Sonoran Bloom™ Nopalea™ offers an abundance of these inflammation-busting nutrients

By Brazos Minshew, TriVita Chief Science Officer



Brazos Minshew
TriVita Chief
Science Officer

The word “science” comes from a Greek word meaning “to know.” Yet it seems that the more we learn about nature, the more it defines the boundaries of what we do not know! It is like science in reverse: the more we learn, the more we realize how little we know.

A relatively new discovery has merged ingredients in nature in a way that science did not know was possible. These nutrients are called Betalains. Betalains were originally thought to be just a pigment – an inert color that made a plant pretty, but imparted no real health benefit.

As time progressed, science discovered that the protein structure of Betalains is not only beneficial – it is vital for life! Soon, the antioxidant value of Betalains opened the door of discovery: Betalains exist in a wide variety (there are 24 Betalains), and each one completes a specific need in human health by supplying structure and function to every human cell.

Important functions of Betalains

A cell distressed by external toxins and internal deficiencies will eventually wither, collapse and die. If more cells die than can be replaced, we slip into a kind of “deficit spending” and our lean body mass withers. This is called *sarcopenia* or premature aging. Betalains can be used to shore up or strengthen the cell wall.

This leads to rehydration of the cell and repair of *sarcopenia*, premature aging. A cell in the human body is very much like a water balloon; tremendous internal pressure held in place by a thin membrane. Your body maintains this pressure by keeping a perfect balance of minerals inside and outside the cell wall. If this balance of minerals shifts, the membrane becomes unstable and the “water” pours out; the cell dies.

The mineral balancing effects of Betalains relentlessly work with the body to maintain a 2:1 ratio of minerals: potassium inside the cell, sodium outside the cell; magnesium inside the cell, calcium outside the cell and so on. This maintains the integrity of the cell wall and keeps the cell from “popping” – dying prematurely.

Speaking of “popping” a cell, nothing pops a cell like a toxin! We are exposed to toxins from the air we breathe, the water we drink and the food we eat. We are also exposed to toxins from within our own body: allergies, bacteria, viruses and metabolism.

Betalains help the body support the structure and function of the cell as mentioned before. They also work with the body to neutralize toxins by supporting your natural detoxification processes as well as draining away accumulations of toxic waste.

If toxins accumulate or trauma injures a cell, if stress creates tension or if nutrient deficiency weakens a cell, then chronic inflammation is certain to appear. Chronic

inflammation is at the heart of the most feared diseases we face.

Betalains serve as anti-inflammatory nutrients to help quench the fire of chronic inflammation. Regardless of where inflammation begins or what process it affects, Betalains help reduce the activity of the enzymes known to cause all inflammation. This explains why people with very diverse health concerns find benefits from Betalains: they help reduce inflammation no matter where it exists!

Concentrated Betalains

As mentioned before, science has discovered 24 Betalains, each with a different structure and different function. Some vegetables (beets and rainbow chard) contain a few Betalains; some desert plants contain a few more. Only the Nopal cactus of the Sonoran Desert contains all 24 Betalains. This is because the Sonoran Desert is the most extreme desert in the world and the Nopal plant needs all 24 Betalains to survive in this intense environment.

How about you? Is your environment so intense that you are threatened by chronic inflammation? Are you exposed to toxins from outside and inside your body? Do you feel that you are aging a bit quicker than you would like? If so, perhaps the emerging science of Betalains – the anti-inflammatory protein/antioxidant complex from the Sonoran Desert – can help you live a longer, happier life!

The Nopalea™ Loading Phase

It's the key to unlocking your greatest wellness experience

By Brazos Minshew
TriVita Chief Science Officer

We are a people on fire and we are suffering because most of our health problems are a direct result of the fires of inflammation. And if we have chronic inflammation, then we have to fight even harder to put it out. That's why there's the Nopalea™ Loading Phase.

As you've read elsewhere in this Health Alert, there are many, many serious health conditions that can stem from chronic inflammation. These conditions include everything from fibromyalgia, diabetes and allergies to asthma, Alzheimer's, arthritis and more. Clearly, chronic inflammation is a BIG problem. It's so dangerous to your health because it's like a wildfire set loose in your body, burning out of control and damaging everything it touches.

Now, if you're like many people, you'll have sites in your body where inflammation is in the chronic wildfire state. You can check this for yourself. Just note whether you (or those you care about) have any of the more common symptoms of this problem, which includes things such as... non-ending pain or swelling in the

joints, muscles or tissues... reoccurring difficulties with allergies or breathing ... ongoing discomforts with the stomach and digestion... problems in the heart and blood vessels... or even feeling consistently tired and lacking in energy.

If you have any health problems like these, then it's very likely you could benefit greatly from Nopalea. That's because Nopalea is loaded with Betalains, and Betalains have been shown in countless scientific studies to be perhaps the best natural anti-inflammatory agents on the entire planet. This isn't surprising; it's those Betalains that protect the Nopal Cactus from the harsh, inflamed conditions of the Sonoran Desert.

**The Nopalea Loading Phase:
Drink 3 to 6 ounces of chilled
Nopalea each day, for a full 30 days.**

But there is a right way to start your Nopalea regimen. It's called the Loading Phase. To follow it, you simply drink 3 to 6 ounces of chilled Nopalea each day, for a full 30 days. By doing this, you'll be giving your body a lot more of

what it really needs to overcome any wildfires of inflammation. I invite you to have your own wellness experience. Take the Nopalea Wellness Challenge and complete the Loading Phase – it can change your life!

Read the Nopalea Wellness Challenge stories on pages 8.



From:

STAMP
HERE

Mail to:



Take the Nopalea™ Wellness Challenge

Achieve incredible wellness results in just four easy steps:

- 1. Read This Health Alert** – you'll learn why chronic inflammation is such an overlooked, but deadly threat to you and loved ones, and what you can do about it.
- 2. Complete Your "Nopalea Loading Phase"** – drink 3 to 6 ounces of chilled Nopalea each day for 30 days.
- 3. Complete Your Nopalea Wellness Challenge Form** – and evaluate your before and after results (the person who introduced you to Nopalea can provide this to you.)
- 4. Share Your Nopalea Wellness Experience** – your TriVita Affiliate Member will be checking in with you on your progress.

Contact the person who gave you this Health Alert for more information on Nopalea, and put yourself to the Challenge!



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 Member
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 (\$49.99 CN)



Nopalea™
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Affiliate Information:



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experience wellness™

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