

**Dietary Supplements
Wachters' Organic Sea Products
Product Specification Information**

No. 74 - "Snaks"

Product Code 5630 - 30 packets of 5 wafers each

Over the years, many customers have asked us for a nutritious snack food that was portable, could be eaten on-the-run between meals, could be an appetite suppressant, could be used before or after a gym workout and could serve a variety of health building purposes. And it had to taste good.

Wachters' scientists responded with No. 74 - "Snaks", our revolutionary snack product, that:

- Tastes good.
- Increases energy.
- Soothes stomach growl.
- Acts as an appetite suppressant.
- Aids in weight normalization.
- Supports athletic performance.
- Aids in the body's growth and development.
- Contains ample amounts of all the essential amino acids including the branched-chain amino acids that can be used to provide energy directly to muscle tissue.
- Aids the body to maintain the proper alkaline to acid balance.
- Contains a balanced protein to carbohydrate ratio.
- Maintains cholesterol levels already within the normal range.
- Contains Non-GMP Soy Protein, considered "Heart Healthy" by the FDA.

First the nutritional facts.

Serving size: 5 wafers; 30 servings per container.

Suggested usage: one packet throughout the day or as desired.

No. 74- "Snaks" contains:

18 calories per 5 wafer serving

2.3 grams of carbohydrates per serving

2000 mg (4% RDV) of Non-Genetically Modified Soy Protein

200 mcg (167% RDV) Chromium as

Wachters' proprietary Chromium Complex™
(nicolinate, picolinate*, amino acid chelate, aspartate, polynicotinate)

* Chromium Picolinate holds U.S. Patent No. Re: 33,988 by Nutrition 21.

and

7250 mg of a Wachters' proprietary blend of ten ingredients (listed below)

Part of the 7250 mg blend are two other Wachters' proprietary formulas:

- The familiar Wachters' Exclusive Blend of Sea Vegetation®, our unique blend of up to 15 species of sea vegetation, Nature's chelated "sparkplug" to increase ingredient absorption, and
- Wachters' Pyruva-Plex™, a specially compounded formula to enhance the transport of glucose into the muscle cell.

Three proprietary formulas? Isn't that unusual? Yes! What does that mean for the consumer? It means that Wachters' team of scientists have never been satisfied with throwing together off-the-shelf ingredients into a bottle. Wachters' has always been willing and capable of compounding proprietary formulas to achieve our nutritional product goals. The imagination and creativity of our scientists consistently reaches far outside the box to solve every nutritional challenge they undertake. The originality and invention of Wachters' has unvaryingly created revolutionary products for the nutritional marketplace for over 70 years.

A word about our use of non-GMO Soy Protein: A Genetically Modified Organism (a plant, animal, microorganism) has been created by means that overcome natural boundaries. Agribusinesses use GMOs to produce "incident resistant" and "herbicide tolerant" products, increasing shelf life and profit margins. Wachters' has chosen Non-GMO Soy Protein to maintain the natural health benefits of soy. Soy is the only common plant food that contains a complete protein as well as carbohydrate, fat, all the essential amino acids as well as naturally occurring vitamins and minerals, including calcium, folic acid and iron. The amino acid profile of soy protein is nearly equivalent in quality to meat, milk and egg protein.

According to the Federal Drug Administration, 25 grams of soy protein a day, when consumed as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. One serving of "Heart Healthy" Wachters' No. 74 - "Snaks" contains 4 grams of soy protein. Wachters' soy protein is free of lactose, dairy, cholesterol, gluten, eggs and your worries.

In addition, Wachters' suggests that No. 74 - "Snaks" be taken with a glass of No. 35 - XXtra Boost Juice for a powerful mid-morning or mid-afternoon snack. XXtra Boost Juice contains 16 herbal extracts, a source of vitamins, minerals, essential trace minerals and amino acids. The secret of No. 35 - XXtra Boost Juice® formulation lies in its *synergy*. Each herbal component complements the others, forming a powerful nutritional bond. The client is provided with the optimum value of each individual plant.

The Nutritional Functions of the Ingredients

Active Ingredient	Function
Non-GMO Soy Protein	<ul style="list-style-type: none"> • 2000 mg - 4% RDV • The only legume to contain the nine essential amino acids in the correct proportion for human health. • A complete protein containing ample amounts of all the essential amino acids, including the branched- chain amino acids that can be used to provide energy directly to the muscle tissue. • Needed for growth and development. • May reduce risk of coronary heart disease by lowering blood cholesterol levels. Considered "Heart Healthy" by FDA. • Good source of phosphorus, potassium, B vitamins, zinc, iron and vitamin E.
Chromium Complex™ (a proprietary blend of chromium (as in nicotinate, picolinate*, amino acid chelate, aspartate, polynicotinate) *Chromium Picolinate holds U.S. Patent No. 33,988 by Nutrition 21.	<ul style="list-style-type: none"> • 200 mcg - 167% RDV • Combined with Soy Lecithin, it may help maintain cholesterol levels that are already within the normal range. • Aids the circulatory system. • May increase muscle mass. • May burn fat by enhancing the function of insulin.

Wachters' proprietary blend

7250 mg - RDV not established

Soy Lecithin	<ul style="list-style-type: none"> • Binds with cholesterol in the bloodstream. • May reduces symptoms of liver disease. • Used for over 5000 years in Asia.
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Wachters' Exclusive Blend of Sea Vegetation® Extract	<ul style="list-style-type: none"> • The best source of cell factors from the sea • Provides over 60 essential minerals and 25 vitamins and other food factors • Activates other ingredients • Essential for all functions of a health body
Wachters' Pyruva-Plex™	<ul style="list-style-type: none"> • May improve exercise performance by enhancing the transport of glucose into the muscle cell. • May increase metabolism and fat utilization.
L-Carnatine	<ul style="list-style-type: none"> • A non-essential amino acid. • Helps prevent fatty build-up in the heart and liver. • Delays fatigue by increasing the use of fats for energy. • May deliver energy to your muscles. • May improve cardiovascular system.
Potassium Glycerol Phosphate	<ul style="list-style-type: none"> • Improves endurance by increasing blood volumes and decreasing core temperatures. • Provides phosphate groups necessary to manufacture ATP (adenosine triphosphate) for optimal performance.
L-Glutamine	<ul style="list-style-type: none"> • The most common amino acid found in muscles - over 61% of skeletal muscle. • Promotes muscle growth. • Prevents fatigue, overtraining and immune deficiency. • Often depleted during intense training. • Key role in protein synthesis & metabolism. • Aids in minimizing muscle breakdown.

D-Ribose	<ul style="list-style-type: none"> • A unique 5-carbon sugar that occurs naturally in all living cells. • Begins the metabolic process for production of adenosine triphosphate (ATP), the major source of energy used including muscle tissue. • Forms the carbohydrate portion of RNA & DNA, the building blocks of life. • Helps to restore energy naturally. • Helps boost endurance. • Helps the body quickly replace depleted energy levels by providing it with a fundamental patented source of energy to build up the energy stores. • Important for all athletes and body-builders.
L-Methionine	<ul style="list-style-type: none"> • An essential sulfur amino acid. • Aids in body's detoxification. • May be helpful in depression and allergies. • Helps regulate availability of folic acid.
Natural Lemon Flavor	<ul style="list-style-type: none"> • A delicate tangy taste with a suggestion of vanilla.
Fructose/Xylitol	<ul style="list-style-type: none"> • A very sweet fruit-source sweetener which burns more slowly than cane sugar. • A naturally occurring, slow-burning sugar.

Wachters' Organic Sea Products contain no preservatives, colorings, artificial flavorings, starch, yeast or animal products. No heat or chemical are used in preparation.

These statements have not been evaluated by the Food and Drug Administration. These statements are not intended to diagnose, treat, cure or prevent any disease. Please consult your health practitioner.

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