

ABSORB PLUS PRODUCT INFORMATION

Absorb Plus is a delicious tasting, dietary supplement shake comprised of the highest quality, natural, elemental (pre-digested) ingredients. Absorb Plus requires very little digestion, is absorbed quickly by the body and contains no artificial flavors, sweeteners, colors, preservatives or other chemicals. It's available in three delicious natural flavours: French Vanilla, Mixed Berry and Chocolate Royale.

What are the Benefits of Absorb Plus?

- Easy & gentle on your stomach and digestive system – no pain after eating
- Maintain or gain solid weight (not fat) – look healthy and strong again
- Daily superior nutritional support – no more worrying about food
- Delicious taste – you can actually enjoy and look forward to your supplement
- Feel more energy and sleep better – be able to do the things you want during the daytime
- Mixes completely (no lumps!) – easy to take to work, traveling, etc.

There are approximately 10 servings per jar - sometimes a little bit more, sometimes a little bit less as Absorb Plus is packed by weight and there can be some settling during shipping and storage.

The Absorb Plus formula was developed to provide maximum nutrition to help build and strengthen your immune system and allow you to maintain your weight, or gain solid weight (muscle, not fat). Absorb Plus contains ingredients that are in ratios that allow for optimum utilization and absorption. Absorb Plus provides protein and carbohydrates in the most desirable forms and proportions and includes an extensive array of free-form amino acids, with a superior vitamin and mineral profile. Finally, Absorb Plus tastes so good, you can consume it up to 12 times a day - if necessary! Just mix it with water and drink!

**I have mild IBD, and I would not start my day any other way than with Absorb Plus. After sleeping all night and having to go to work early, my body needs all the nutrients in a gentle form solid food can't provide - Absorb Plus! On my worst days I consume nothing but Absorb Plus and my body rewards me with a sense of better well-being. Also, your loyalty program works like clockwork. I didn't even have to ask for my free tubs - Thanks!
R.L_Pennsylvania, USA**

INGREDIENTS

Absorb Plus has been carefully formulated to meet the unique needs of people who have problems chewing, swallowing, digesting or absorbing their food. This includes people with:

- Crohn's Disease
- Ulcerative Colitis
- Diverticulitis
- Irritable Bowel Syndrome
- Cancer
- AIDS
- Anorexia
- Chronic Fatigue Syndrome
- Lupus
- people pre and post-surgery
- elderly people who have trouble chewing, swallowing, or digesting their food.

There is currently NO product on the market that matches Absorb Plus in nutritional value or the extremely high quality of our ingredients. One of our customers (who researched the market extensively) put it like this: "The other liquid diet or elemental products are like going to McDonald's, whereas Absorb Plus is like a wholesome, home-cooked meal!" Read through our detailed ingredient list below and see for yourself. Absorb Plus is comprised of:

PROTEIN

The protein used in Absorb Plus is of the highest quality, composed of cold-extracted whey protein isolate only (no casein or egg albumin) and 99.8% of the lactose has been removed. Protein is vitally important, not only for gaining weight, but for a myriad of functions within the body. Aside from water, protein makes up the greatest portion of our body weight. Muscles, ligaments, tendons, organs, glands, nails, hair, enzymes, hormones and genes are all composed of protein.

The protein component of Absorb Plus is a ***hydrolyzed whey protein isolate derived from an ion-exchange, cold, cross-flow membrane extraction method***. This means the protein is not denatured (by heat or chemicals) but the di-sulphide bonds remain intact and the protein can be easily absorbed and utilized by the body. Ion-exchange whey protein also creates sustained increases in glutathione (a key antioxidant and antiviral) which creates resistance to a variety of diseases and carcinogens. Other components of whey protein isolate provide the following beneficial actions in the body:

- **Alpha-lactalbumin** consumption enhances tryptophan and immune function and reduces the stress hormone cortisol.
- **Tryptophan** is used by the brain to manufacture serotonin. This is important because serotonin deficiency plays a role in the development of depression, anxiety, moodiness and insomnia. Adequate levels of serotonin can often alleviate these conditions.
- **Glycomacropetides** stimulate the hormone cholecystokinin, which is responsible for the release of pancreatic enzymes and the healthy contraction of the gallbladder and bowels.

- **Lactoferrin** is an antioxidant that is also a powerful antiviral and antibacterial agent shown to inhibit the growth of E.coli, salmonella and candida in the gut. It also helps ensure the optimal use of iron in the body by binding to iron and preventing oxidation.

Whey protein is also an alkaline food, so it's ideal for counteracting the usually hyper-acidic body pH levels of people in disease states, or with gastrointestinal problems. Don't be surprised if your heartburn lessens or disappears after using Absorb Plus regularly - especially if you consume 3 or more servings per day.

With a Biological Value (BV) of 159, the BV of the protein contained in Absorb Plus is one of the highest available. By comparison, an egg, long considered by scientists to be an ideal source of easily digested protein, has a BV of 100. In addition, because the whey protein is isolated from the rest of the milk components, it's virtually lactose-free (99.8%) and easily tolerated. The commonly allergenic protein components (like casein) have been removed and the protein composition is 48% beta-lactoglobulin, 22% alpha-lactalbumin, 22% Glycomacropeptides, 3% BSA, 2% immunoglobulins and less than 1% lactoferrin.

The amount of protein per serving contained in Absorb Plus (27 grams) was selected because research on bodybuilders has shown the maximum amount of protein that can be absorbed at any one time is 30-50 grams - the rest is flushed out in urine. Since Absorb Plus consumers are unlikely to be professional bodybuilders, we set the protein content (including amino acids) a few grams lower to ensure maximum utilization.

The protein component in some other formulas consists solely of free-form amino acids so as to avoid any potential allergic reactions. However, amino acids on their own are virtually useless for building muscle - i.e. putting meat on your bones. The only way amino acids can be used to maintain or gain weight is by 'piggybacking' on a di-peptide or tri-peptide bond protein (like whey protein). Absorb Plus' whey protein (with a BV of 159) also has a far superior BV to soy (74) or rice protein (59) - and frankly, as most people agree, it tastes a lot better. However, as mentioned above, the whey protein in Absorb Plus has also had the commonly allergenic milk protein and lactose components removed and so may even be safe for people with a 'milk allergy'.

*Please test a small amount first to be sure and if your allergy is severe, then don't consume, or only do so under the supervision of your physician.

AMINO ACIDS

Absorb Plus contains **an extensive array of free-form amino acids**. Amino acids are crucial to virtually every function of the body and our profile contains many which are specifically helpful for those in disease states, or with IBD & IBS. When combined with whey protein, amino acids are fully utilizable for building muscle and gaining solid weight (ie. not fat).

The amino acids specially added to Absorb Plus have been selected for the specific functions and benefits they provide the body and immune system. For example, Absorb

Plus contains a **full gram (1000 mg) of L-Glutamine per serving**. L-Glutamine is an amino acid that is the primary nutrient for the mucosal lining of the intestine. Often, intestinal healing formulas (in capsule form) contain L-Glutamine as a primary ingredient as it has been shown to heal conditions ranging from ulcers to Crohn's lesions.

Absorb Plus also supports hormone health and gland functioning due to its extensive array of vitamins, minerals and amino acids. Hormone pathways require certain vitamins, minerals and amino acids at key points to facilitate their synthesis. Unfortunately, due to prescription drug use (eg. Prednisone, Birth Control Pill, etc.) adrenal and thyroid gland function is often impaired in people with Inflammatory Bowel Disease. Absorb Plus supports the body in its return to balanced hormone levels and glandular function.

All the amino acids in Absorb Plus are present in the L-form, which means they are in the same natural form as amino acids found in living plant and animal tissue. And we've purposely included those that enhance the action or absorption of other key amino acids, vitamins and minerals.

Following are the free-form amino acids contained in Absorb Plus (this is a custom-blend that's been added, NOT just the naturally occurring amino acids found in the whey protein) and a brief outline of some of the key functions of each:

- **L-Alanine** - aids in the metabolism of glucose for energy
- **L-Aspartic Acid** - increases stamina, protects the liver, aids cell function and RNA/DNA formation
- **L-Cystine** - aids in skin formation, helps heal burns and wounds, assists in the supply of insulin to the pancreas
- **L-Glutamic Acid** - aside from glucose, is the only compound used for brain fuel. Increases firing of neurons in nervous system, metabolizes sugars and fats
- **L-Glutamine** - primary substance used to rebuild the intestinal mucosal cell lining
- **L-Glycine** - retards muscle degeneration, necessary for central nervous system function and a healthy prostate
- **L-Proline** - used in healing cartilage, strengthens joints, tendons and the heart muscle
- **L-Serine** - needed for proper metabolism of fats and fatty acids, aids in production of immunoglobulins and antibodies. A substantial number of people with Chronic Fatigue Syndrome are deficient in L-Serine.
- **L-Threonine** - helps maintain protein balance in the body, aids formation of collagen and elastin
- **L-Tyrosine** - aids function of pituitary, adrenal and thyroid glands. Used to treat anxiety, depression, headaches and allergies

In addition, the following amino acids are automatically present in the whey protein isolate contained in Absorb Plus:

- **L-Arginine** - retards growth of tumors and cancers by enhancing immune function, aids in liver detoxification, is involved in a number of enzyme and

hormonal pathways, is a major component of collagen and aids in building new bone and tendon cells

- ***L-Histadine*** - helps in tissue growth and repair, useful for treating ulcers, hyperacidity, allergies, rheumatoid arthritis and anemia
- ***L-Isoleucine*** - needed for hemoglobin formation, stabilizes and regulates blood sugar and energy levels.
- ***L-Leucine*** - promotes the healing of bones, skin and tissue
- ***L-Lysine*** - aids calcium absorption and production of antibodies, hormones and enzymes, helps build muscle, collagen formation and tissue repair
- ***L-Methionine*** - assists in the breakdown of fats, prevents brittle hair, beneficial for allergic chemical sensitivities and osteoporosis
- ***L-Phenylalanine*** - can elevate mood, decrease pain and aid in memory and learning
- ***L-Tryptophan*** - necessary for production of vitamin B3, helps combat depression, insomnia and stabilize moods, helps control hyperactivity in children
- ***L-Valine*** - used in combination with Leucine and Isoleucine to improve muscle metabolism, tissue repair and nitrogen balance

CARBOHYDRATES

Absorb Plus contains 56 grams of Maltodextrin (a glucose polymer) and 15 grams of Fructose per serving.

The carbohydrate mix is **composed mostly of maltodextrin**, which has a slower uptake into the bloodstream than glucose or fructose. This **helps you avoid getting a 'sugar rush' with the resultant high-low mood cycle**. This also reduces osmotic pressure and provides for variable absorption rates of glucose. If a large amount of glucose hits the bloodstream all at once, it produces a spike in blood sugar, which results in an energy 'high' followed by a crash. Having the highest proportion of carbohydrate as maltodextrin helps avoid this problem.

The next highest carbohydrate component is fructose, which is the natural sugar derived from fruit.

NATURAL SWEETENER

The sweetener used in Absorb Plus is a **natural fruit-source monosaccharide sugar called Fructose**. This is the natural sugar found in all fruits and some vegetables. Absorb Plus contains 56 grams of Maltodextrin (a glucose polymer) and 15 grams of Fructose per serving. The amount of Fructose in one serving of Absorb Plus is equivalent to that found in a medium size apple.

Because fructose must be changed to glucose in the liver in order to be utilized by the body, blood glucose levels do not rise as rapidly after fructose consumption compared to other simple sugars or even complex carbohydrates. For example, the glycemic load calculation for 10 grams of fructose is only 2. In comparison, the glycemic load for a slice of bread is 10, an apple is 7, and a cup of white rice is 26.

Fructose is not transported directly into the bloodstream after digestion and absorption, but is converted into glycogen in the liver where it is stored and used for energy at a later time. A recent trial demonstrated that no increase is seen in blood glucose after ingestion of fructose at 15 grams or less. This lowered glycemic response with fructose ingestion appeared to be most effective in those individuals who had the poorest glucose tolerance profiles. In non-diabetic individuals, fructose consumption results in little to no discernable rise in blood insulin levels.

Most meal replacement or elemental diet products use artificial sweeteners like aspartame, splenda/sucralose, or acesulfame-K. Independent research has shown all of these artificial sweeteners to be harmful to the body - for more information do an Internet keyword search on any of the sweeteners above. Absorb Plus does not use any artificial or chemical ingredients, period. Our elemental formula is sweetened only with natural fructose.

FAT

There is **no fat or oil in Absorb Plus** so it can easily be used by those with a complete fat intolerance. For all others, we recommend adding organic, cold-pressed flax oil (good fat), or Udo's Oil - between 1 tsp. to 1 tbsp. per shake.

People who have an oil or fat intolerance are usually consuming hydrogenated or heat/chemical-extracted oils. As soon as an oil or fat is heated past a certain point (often just pan frying is too hot), the molecular structure alters, rendering the oil difficult to digest and actually harmful to cell membranes.

We encourage you to add organic, unrefined, cold-pressed, flax seed or Udo's oil to your Absorb Plus shakes, to increase Omega 3 and 'good fat' (Essential Fatty Acid) levels in your body, if you wish. We haven't included any flax oil in Absorb Plus for three reasons: Firstly, we wanted the product to work for people who have a complete fat intolerance, secondly, any cold-pressed oil needs to be kept refrigerated and in a dark container at all times or the fat denatures and becomes rancid. This would pose serious problems in shipping the product so you, so we chose instead to keep the product fat-free and encourage you to add your own from a bottle of flax oil you can buy refrigerated at the grocery store and then keep in your fridge. Thirdly, as different people can tolerate different levels of fat (dependent on type and location of illness and degree of inflammation), we felt it best to allow you to add the level of fat that's right for you.

We suggest you start with 1 teaspoon of organic, cold-pressed flax oil per shake (whip with Absorb Plus and water in the blender) and gradually increase to 1 tablespoon of flax oil per shake. Flax oil is a very delicate, unstable oil, so make sure you only buy an organic, cold-pressed brand that's been kept in the refrigerator (Spectrum Naturals is a good brand). Be sure to buy a small bottle and keep it refrigerated, use it up within 4-6 weeks of opening so it doesn't start to oxidize (become rancid) and irritate your gut. If you've been hemorrhaging or are very sensitive to oil, you may want to keep your bottle of flax oil in the freezer (it doesn't solidify completely) and squeeze it out as needed - this reduces the oxidation by 95%. If you find you're still sensitive to flax oil, then try the Udo's Choice Ultimate Oil Blend - you may find it better tolerated. Also, if you're going to

buy a brand of flax oil other than Spectrum Naturals, contact the company to ascertain whether they cold pasteurize the oil. If they don't and you're highly sensitive, you may react to the tiny mold spores or parasites that may be present in oil that hasn't been cold pasteurized.

Depending on your level of health (liver function, antioxidant capability, etc.) you'll be able to consume more or less oil. So let your body and your symptoms be your guide and find the level of supplementation that's right for your body. You can also use hemp oil, but the taste is quite strong so you may not like it. You may want to use flax oil in one shake, then Udo's in the next, and so on throughout the day. The Udo's is more expensive though, so if cost is an issue, then just use the flax oil. If you're completely intolerant of any liquid oils, then take enteric coated capsules of either flax oil, or fish oil (make sure the company tests for fish oil toxicity though) to get your anti-inflammatory Omega-3 and other essential fatty acids.

Most of the fat we consume is in unusable forms, which irritate our digestive system. Cold-pressed flax oil is absorbed very quickly and even people with a marked 'fat-intolerance' have no problem with it. Since the 1950's, most westerners have been severely deficient in Essential Fatty Acids (EFA) which leads to a wide variety of problems in the body. Regular ingestion of flax oil cures this deficiency. You can safely supplement up to 8-10 tablespoons per day of flax or Udo's oil and a good maintenance dose is 1-2 tablespoons per day.

Flax oil has a very mild, unobtrusive taste and is also great in salad dressings, drizzled over cooked vegetables, or stirred into dips, salsa or yoghurt. However, do not heat the oil or use it to fry foods as this destroys the Essential Fatty Acids. Cold-water fish such as salmon, mackerel, sardines and herring also contain high levels of Omega-3 and other 'good fats' (EFA, GLA) needed by the body. If you try to work flax oil (Essential Fatty Acids) into these other areas of your diet it will soon be easy and delicious to get the amount you need each day. The other significant benefit is that Omega-3 is a powerful anti-inflammatory and has been used solely in double-blind, placebo controlled studies to induce remission in patients with Crohn's Disease (*The New England Journal of Medicine*, June 13, 1996). To get even higher levels of these anti-inflammatories per tablespoon, use a high lignan, organic cold-pressed flax oil.

VITAMINS & MINERALS

Our **vitamin/mineral profile contained in each serving of Absorb Plus is one of the most extensive available** and specifically formulated for maximum tolerance and absorption by those with stomach and bowel sensitivities. For example, certain vitamins or minerals can result in diarrhea and these have been purposely kept at low levels in the formula so as not to cause or exacerbate this problem. Absorb Plus is also an iron-free formula. Because, for people who are not anemic, iron can be a potent free radical and promote intestinal infection, or trigger intestinal bleeding.

We've also included key vitamins and minerals that are particularly needed by people with IBD and IBS. For example, Absorb Plus contains the entire B-Complex (including B12) in each serving. B-Complex vitamins are especially helpful for people with

gastrointestinal problems as they are key players in the synthesis and repair of the mucosal lining and intestinal wall. B vitamins are also well-known for their ability to reduce muscle spasms, aid in red blood cell production, assist in the digestion and metabolism of fat, protein and carbohydrates and they also support the adrenal gland, thereby increasing the body's resistance to stress and infection. Another key vitamin involved in the mucosal lining of the intestine is Vitamin A and Absorb Plus contains good levels of both Vitamin A and Beta Carotene per serving.

Most people requiring an elemental food supplement like Absorb Plus are probably mildly to severely deficient in numerous vitamins and minerals. What most people don't know is that vitamins and minerals are so integral to the proper functioning of our bodies that deficiencies can often be mistaken for a disorder or disease. The EFAs (Essential Fatty Acids) contained in cold-pressed oils and many amino acids also require sufficient levels of various vitamins and minerals in order to be absorbed and utilised properly.

In addition, most people who are ill also have a hyperacidic pH level and one of the best ways to correct hyperacidity is by mineral supplementation. Absorb Plus contains an extensive, full-spectrum array of alkalizing (reduce acidity in the body) major and trace minerals as well. Usually, multi-vitamins only contain the major, common minerals (like calcium, magnesium, potassium, etc.) and you have to purchase a separate formula to get a supply of trace minerals (vanadium, chromium, molybdenum, copper, manganese, etc.) Absorb Plus contains both the major and trace minerals together in one formula.

Absorb Plus is specially formulated so as not to exceed safe levels for each vitamin or mineral for up to 12 servings per day. If you're using Absorb Plus less than twice a day, you may wish to continue taking your regular multi-vitamin/mineral as well. You can see that Absorb Plus' commitment to superior quality is also evident in our vitamin and mineral profile. Each vitamin and mineral is present in its most easily absorbable form. Also, because you're consuming these vitamins/minerals in liquid form, their absorption is greatly enhanced; there are no shellacked, hard casings or gelcaps to dissolve prior to absorption.

Vitamins/Minerals	per 100 g serving
Sodium	137 mg
Potassium	361 mg
Vitamin A (as palmitate and as beta-carotene)	1125 I.U.
Vitamin C (as calcium ascorbate)	60 mg
Vitamin D (as cholecalciferol)	100 I.U.
Vitamin E (as d-alpha tocopherol acetate)	75 .I.U.
Thiamine (as thiamine mononitrate)	5 mg
Riboflavin (as riboflavin 5-phosphate)	5 mg
Niacin (as niacinamide)	5 mg
Pantothenic Acid (as calcium pantothenate)	5 mg
Vitamin B6 (as pyridoxine hydrochloride)	7 mg
Vitamin B12 (as cyanocobalamin)	10 mcg
Folic Acid	100 mcg

Biotin	10 mcg
Calcium (as calcium glycerophosphate and as calcium citrate)	250 mg
Magnesium (as magnesium citrate)	45 mg
Phosphorous (as calcium glycerophosphate)	100 mg
Iodine (as potassium iodide)	25 mcg
Zinc (as zinc gluconate)	5 mg
Selenium (as sodium selenite)	10 mcg
Copper (as copper gluconate)	0.25 mg
Manganese (as manganese gluconate)	1 mg
Chromium (as chromium chloride)	25 mcg
Molybdenum (as sodium molybdate)	10 mcg
Silicon (as sodium silicate)	2.5 mg
Vanadium (as sodium metavanadate)	5 mcg
Choline (as choline bitartrate)	75 mg
Inositol	125 mg
L-Alanine	210 mg
L-Aspartic Acid	393 mg
L-Cystine	79 mg
L-Glutamic Acid	131 mg
L-Glutamine	1315 mg
L-Glycine	656 mg
L-Proline	236 mg
L-Serine	157 mg
L-Threonine	210 mg
L-Tyrosine	263 mg

NATURAL FLAVORS

Absorb Plus is one of the few products on the market containing **100% natural flavoring**. Our unique natural flavor blends include French Vanilla, Mixed Berry and Chocolate Royale and are truly yummy. Suffice it to say, we have spent considerable time and effort getting each flavor to taste absolutely delicious!

Most liquid shake products use artificial flavoring as their production cost is much cheaper. However, at Absorb Plus we'll never sacrifice quality and integrity for profit and we use only 100% natural flavors in all our delicious blends: French Vanilla, Mixed Berry and Chocolate Royale. If you love chocolate but tend to be sensitive to it, check out our Recipe Section on our website (www.absorbplus.com) for great ideas on how to have your chocolate without the adverse reaction.

I am happy to tell you how much I enjoy Absorb Plus. I always had digestive problems and started to take Absorb Plus as a midnight snack. It did help me to feel comfortable. The best use I have is when I go to exercise, I take it about 1 to 2 hours before and have

**now no stomach discomfort or gas with exercise. I am happy that I found your product. I hope this explains it enough.
W.D., New York, USA**

USAGE

Each 100 gram serving of Absorb Plus contains 27 g of protein and between 365 and 374 calories (Vanilla 365, Chocolate 374 & Mixed Berry 370). Adding 1 tablespoon of Udo's or flax oil (120 calories) per shake will bring the total calorie count up to 485 - 494 per shake and you'll also get a tastier shake! Keep in mind, that mixing Absorb Plus with a liquid other than water, will also increase the calorie count (however, it will then no longer be an elemental shake).

Absorb Plus can be used in three ways:

1. to maintain your current weight whilst increasing your level of nutrition
2. to resolve malnutrition and gain solid, healthy weight (not fat)
3. to control calorie intake and lose weight whilst still getting good nutrition

Whether you want to lose weight, gain weight, or simply maintain your existing weight, is simply a matter of calories ingested. One serving of Absorb Plus, with 1 tbsp. of Udo's Oil added = 485 calories.

You need 15-17 calories per pound of body weight, per day, just to maintain your existing weight. If you want to gain or lose weight, 1 pound = 3000 calories. Therefore, if you add 3000 calories per week to your existing diet, you'll gain 1 pound per week (if you have a normal metabolism). If you subtract 3000 calories per week from your normal diet, you'll lose 1 pound per week.

For Example:

Mary weighs 100 pounds. Therefore, to maintain her current weight she needs to consume 1500 calories per day. She could have an Absorb Plus shake for breakfast or dinner, and have her other 2 meals total 1015 calories per day.

To gain weight (1 pound per week) she needs to consume 1928 calories per day. So she would need to drink 1 Absorb Plus shake per day in addition to her current/regular diet. Or, she could have 2 Absorb Plus shakes per day and have her other food equal 958 calories per day.

To lose weight (1 pound per week) she would need to consume no more than 1072 calories per day - she could do this by eating 2 small meals (totaling 587 calories) and having an Absorb Plus shake for breakfast each day to maintain her protein and nutrient levels, whilst losing weight.

*Do not exceed 12 servings of Absorb Plus per day.

How many calories do I need?

The number of calories you need just to maintain your existing weight varies according to your activity level. If you're a sedentary person, you need 13 calories per pound just to maintain your existing weight. If you're moderately active, you need to consume 15 calories per pound, and if you're extremely active, you need 17 calories per pound just to maintain your existing weight. In addition to the number of calories needed to maintain your existing weight, you need to consume 3000 extra calories for every pound you want to gain. Or, you need to delete 3000 calories from your current diet for every pound you want to lose. For example, if you're a sedentary person weighing 100 pounds and you consume 2000 calories per day, you'll gain weight at a moderate pace (about 1 pound every 5 days). If you consume 3000 calories per day, you'll gain weight quickly (about 1 pound every 2 days). It really depends on what your goals are - how much weight you want to gain and how quickly!

If your goal is weight loss, we do not recommend you lose more than 1 pound per week. Rapid weight loss can throw your body into "famine mode" and drastically lower your metabolism. Therefore, you will likely regain whatever weight you lost as soon as you start eating regular food again - due to your lowered metabolism. It is better to lose weight at a slow to moderate pace that supports your metabolic rate, so that the weight you lose, stays off!

The number of servings required will vary slightly from person to person dependent upon your current diet (quantity and quality), weight, and the condition of your digestive system. It may be necessary to increase the number of servings to achieve the desired result. For example, even though you're consuming the number of calories per day that you need, if your body is not digesting or absorbing nutrients properly, then you will still lose weight. In a case like this, you may want to ingest more Absorb Plus shakes than 'regular food' calories to ensure your body is actually getting the nutrients it needs (Absorb Plus is pre-digested and absorbed very rapidly, regardless of the state/health of your GI tract).

**Here's how Absorb Plus has changed my life: Since I started on the Absorb Plus I have gone from being so run down and malnourished that I could barely move around, to achieving the energy levels required to do light housework, yoga and even do the unthinkable - Spring Cleaning & outdoor gardening! What I relish the most is that now I have enough energy to enjoy being around my family and friends partaking in backyard barbecues just like the good old days....
M.D., Ontario, Canada**

COMMONLY ASKED QUESTIONS

Why is Absorb Plus better than other products?

Absorb Plus tastes better, mixes better, absorbs faster, is better tolerated, is natural, and is not just fat & sugar!

Most elemental weight gain/maintenance products are available only in hospitals, pharmacies, or on prescription from your doctor. They are composed predominantly of fat (oil) and sugar. Unfortunately, the weight that is gained from these products tends to reflect the key components - ie. fat. It is also very difficult to drink a sufficient amount of calories from these products as many people simply can't tolerate the high oil content, or the taste. In addition, most contain artificial flavors and sweeteners - which research has shown to be harmful to the body. For people in extreme states of malnutrition, these products are usually pumped directly into the stomach via a 'shunt' or tube inserted through the skin into the stomach itself due to their unpalatable taste and composition.

There are many whey protein or food supplement products on the shelf in health stores or natural food stores, but they are rarely elemental (pre-digested) and thus they are less easily absorbed. And they too usually contain artificial flavors and sweeteners.

In contrast, Absorb Plus is composed of natural ingredients, flavors and sweeteners in elemental (pre-digested) form. Our customers constantly comment on how light and fresh tasting it is and we even have completely healthy people using it as their daily breakfast shake just because it's such a nutritious, great-tasting product! Absorb Plus contains no oil so it's ideal for people with a fat intolerance. But we do encourage our customers to add the amount of organic flax or Udo's oil that they can tolerate (between 1 tsp to 1 tbsp. per shake) to reap the benefits of the essential fatty acids (EFAs) and anti-inflammatory action of the Omega-3s contained in this good fat. Due to the quality nutrition contained in Absorb Plus, you'll gain solid weight (muscle, not fat!) if that's your goal - of course, you can also use Absorb Plus to simply maintain your existing weight.

What if I'm allergic to cow's milk?

The majority of people with a milk allergy are allergic to either lactose, or a dominant milk protein called casein. Cow's milk is composed of 80% casein and 20% whey. Absorb Plus is 99.8% lactose free and does not contain any casein. The protein component of Absorb Plus is a natural, cold-extracted whey protein isolate - ALL of the casein has been removed. Therefore, Absorb Plus may be safe and well tolerated even by those with a 'milk allergy' - as we've removed the commonly allergenic components. *Please test a small amount first to be sure and if your allergy is severe, then don't consume, or only do so under the supervision of your physician.

Can I continue to take my current prescriptions and supplements?

Yes, Absorb Plus can be taken with all ongoing prescriptions and herbal supplements.

Can I use Absorb Plus as part of an elemental diet?

As Absorb Plus is a completely elemental (pre-digested) product, it can be used as part of an exclusively elemental diet. Elemental diets are used to stop intestinal bleeding, induce disease remission and heal the Gastro-Intestinal (GI) tract.

For more information on following a strictly elemental diet, see Jini Patel Thompson's book, THE IBD REMISSION DIET (you can read Chapter One FREE, on-line) at: www.caramal.com

Does Absorb Plus contain any gluten?

Absorb Plus is a completely gluten-free product. The maltodextrin in Absorb Plus does not contain gluten and is not related to barley-derived malt.

Where can I buy buy Absorb Plus?

US & International

Absorb Plus is not currently available in any stores in the US. However, it can be purchased directly from Imix Naturals Inc., through our website: www.absorbplus.com.

All US and International orders and customer service is carried out by our customer service team based in Washington State, USA. You can reach us by calling Toll Free 1.800.460.8606 (US and Canada only) or 1.360 647 3238 (International). Online orders can be made through the Absorb Plus website: www.absorbplus.com

If you wish to purchase additional supplements at the same time, you can also order Absorb Plus at:

www.HolisticHealthShoppe.com

Canada

In Canada, Absorb Plus can be purchased directly through our website www.imixnaturals.com and then shipped out from our Washington-based customer service team. Or, you can order and have your product shipped from Finlandia Natural Pharmacy in Vancouver, as per the following details:
Finlandia Natural Pharmacy, 1964 West Broadway, Vancouver, BC, V6J 1Z2, Canada.
Toll Free: 1.800.363.4372, www.finlandiapharmacy.com.

For all email enquiries, please contact us at: orders@imixnaturals.com

Is there a money back guarantee?

Yes. If you are not completely satisfied with Absorb Plus you may return* your order within 30 days of ordering and your money will be refunded immediately (less original shipping charges and a handling fee).

*Applies to only ONE opened product with other accompanying products UNOPENED only.

I have been using Absorb Plus for over a year now. It is so great to have these shakes to rely on instead of drugs. I have not had to go on prednisone, because the Absorb Plus gets me back on the right track naturally. My GI Doc has finally agreed to stop pestering me about taking prednisone to get me into remission as long as the Absorb Plus is doing its job. So far, so good. Thank you to all involved in supplying Absorb Plus to the public.

D.S., Texas, USA

I am in my third year of using Absorb Plus. I use it daily to supplement my diet where I restrict myself from certain food types as described in Jini Patel Thompson's book 'Listen to your Gut' . I have been making steady progress against 30 years of Crohn's disease by diet and lifestyle changes. I generally combine the different flavors of Absorb Plus and use a heavier chocolate serving late in the day as my dessert. Well, two months ago my colonoscopy showed that much of my inflammation had healed and my Crohn's was not active. Wow, although I was not surprised, I was very elated. Three years ago, the doctors wanted to perform surgery because my inflammation was too great to perform a colon exam. I said no to that, did my research, and made changes to help myself. I believe Absorb Plus played a significant role in my comeback.

A.H., Maryland, USA

I must say the taste & variety provided are fantastic! I was somewhat hesitant since there are only 3 flavors available, but have realized there is quite a bit of variety available especially when experimenting with mixing the flavors and I urge others to do the same! The shakes (in addition with flax) have been very filling and I have had no cravings! Which was quite surprising since I normally have a voracious appetite. But most importantly my chocolate cravings were satisfied nicely by the Chocolate Royale.

Even my husband who is not on the Elemental Diet has been having shakes as they provide an excellent source of Energy. I haven't had to change my lifestyle at all, I still have the same amount of energy and am able to go to the gym three times a week, work and take night classes. If anything I think the Absorb Plus shakes have made life easier since there was no need to worry about planning meals, shopping or cooking! And with my busy schedule they provided all the nutrition and calories and energy I need. I would most definitely recommend Absorb Plus to anyone out there who is considering following the elemental diet

or just to keep on hand for their daily dose of vitamins! And as I said they're great as a meal replacement when you're on the go.
G.M., Alberta, Canada

My son was diagnosed with Crohn's last summer - at 14 years old he weighed only 75 lbs. He was started on high doses of steroids, along with Pentasa. Since this was a completely new disease to us and we knew virtually nothing, we did everything the pediatric specialist said. It soon became quite apparent this was not working - he still had no appetite, no energy, and couldn't gain any weight. But, almost immediately after starting the Absorb Plus shakes, my husband and I noticed a change in him - he lost the dark circles under his eyes, he lost the pale color, he sleeps like a baby, he has so much energy (he is actually acting like a teenage boy should), his appetite is almost normal, and he has gained almost 5 pounds in a month. I love how nutritionally complete they are, too - he is deficient in many vitamins and minerals, and I feel confident that he is getting them from these shakes since they are so easily absorbed. I can't thank you enough - I tell everybody about you! Keep up the good work!
C.D., Pennsylvania, USA

Hello! Just want to thank you very much again for such a great product! I have Crohn's disease and was in the hospital on TPN (IV feeding) due to complications, severe weight loss, dehydration, malnutrition and malabsorption. My doctor ordered that I remain on TPN for possibly a month or, when ready, switch to an elemental diet only. Luckily, my boyfriend had brought a jar of Absorb Plus to the hospital and I was able to slowly start drinking it. The doctors, nurses and dietitians were all impressed with your product as well. Having Absorb Plus allowed me to discontinue TPN and leave the hospital! The flavors are quite delicious and filling as well. I slowly started gaining weight and strength by drinking 4 to 8 shakes a day as an exclusive elemental diet. Thank you also, Jini, for your book "Listen To Your Gut", it has been very helpful too. I'm slowly getting better and am optimistic that I'll be healthy and strong again! Thank you so much again for Absorb Plus and everyone's help and kindness! Peace and Happiness to all!__
G.B., California, USA

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