



ST. JOHN'S KAVA KAVA
May be helpful
 for mild to moderate
depression

St. John's Kava Kava
 Dietary Supplement

Supplement Facts

A NATURAL MOOD BOOSTER

"St. John's wort is a promising treatment for depression...Hypericum extracts were significantly superior to placebo and similarly effective as standard antidepressants .. The herb may offer an advantage, however, in terms of relative safety and tolerability, which might improve patient compliance."

--British Medical Journal August 3, 1996

"Move over, Prozac. German and American researchers report the herb known as St. John's wort may be effective in treating depression."

--TIME August 12, 1996

ST. JOHN'S WORT AN HERBAL ALTERNATIVE TO PRESCRIPTION DRUGS

An Herbal Alternative to Prescription Drugs St John's Wort is a natural herb that comes from a yellow flowered plant with the Latin name Hypericum Perforatum. Perforatum means 'perforated' and wort means "plant". It has been used for centuries in the treatment of wounds, kidney and lung ailments, bed wetting in children, anxiety and depression. It has also been used for treatment of infectious diseases such as colds, syphilis, tuberculosis, dysentery, whooping cough, mania, hypochondria, fatigue, hysteria and insomnia.

In centuries past and recent years St. John's Wort has been used as an anti-depressant alternative for mild to moderate depression.

Recently St. John's Wort has received a great deal of attention in the treatment for human immuno-deficiency virus (HIV), the virus that can cause AIDS.

AN ANTI-DEPRESSANT ALTERNATIVE

Depression is a world wide epidemic. In Germany, St. John's Wort is the leading treatment for mild to moderate depression and it is fast coming to the United States.

A compelling study of 3,250 patients found that approximately 80% of the patients suffering from mild to moderate depression experienced feeling better or were completely relieved of depression after four weeks.

DISPLAYS ANIT-VIRAL ACTIVITY

In a study published in the Journal Proceedings of the National Academy of Sciences in 1988, researchers have reported the discovery of two substances in St. John's Wort, hypericin and pseudohypericin, that displayed anti-viral activity against some retroviruses. Retroviruses include the human immuno-deficiency virus (HIV).

MILD TO NON-EXISTENT SIDE EFFECTS

Recent medical studies confirm the safety of St. John's Wort. In Germany, sixty-six million daily doses of Hypericum were taken in 1994. There were no reports of serious drug interactions or even toxicity after accidental overdose. Hypericum, by comparison, does not have a single recorded human death in 2,400 years of known medicinal use.

St. John's Kava Kava

Serving Size: 1 capsule

Ingredients	Amt Per Serving	%DV
Vitamin B6 (as pyridoxine HCl)	10mg	500
St. John's Wort extract (0.14% hypericin)	300mg	*
L-Tyrosine	50mg	*
Kava kava extract (30% kavalactones) (root)	50mg	*

*Daily value not established

ACTIVE INGREDIENTS

The main components are hypericin and pseudohypericin. Other possible active ingredients are polymerization products of hypericin, the flavonoids quercetin, hyperoside, isoquercetin, rutin, campherol, luteolin and biopigenin.

Vitamin 36 (as Pyridoxine HCl) - Acts as a co-enzyme for metabolic functions affecting protein, carbohydrates and fat utilization. Promotes conversion of tryptophan to niacin or serotonin.

Reasons to Use:

- Participates actively in many chemical reactions of proteins and amino acids.
- Helps normal function of brain.
- Promotes normal red blood cell formation.

- Maintains chemical balance among body fluids.
- Regulates excretion of water.
- Helps in energy production and resistance to stress.
- Acts as co-enzyme in carbohydrate, protein and fat metabolism.
- Treats some forms of anemia.
- Treats cycloserine and isoniazid poisoning.

L-Tyrosine - Functions as building block of all proteins.

Kava Kava (Piper Methysticum) - This herb, a member of the pepper family, grows as a bush in the South Pacific. Explorer Captain James Cook, who gave this plant the botanical name of "intoxicating pepper", first discovered kava kava. Kava has been used for over 3,000 years for its medicinal effects as a sedative, muscle relaxant, diuretic, and as a remedy for nervousness and insomnia.

In Germany, Kava kava is used as a non-prescription drug to reduce anxiety. Kava was first mentioned in scientific records in 1886, and it is gaining popularity in the US for its relaxing effects.

Kava also is effective as a pain reliever and can be used instead of aspirin, acetaminophen and ibuprofen.

Recent clinical studies have shown that the herb kava is a safe, non-addictive, anti-anxiety medicine, and as effective as prescription anxiety agents containing benzodiazepines, such as valium. While benzodiazepines tend to promote lethargy and mental impairment, kava has been clinically demonstrated as a means of achieving a state of relaxation without the adverse side effects.

Common Use: Kava root is primarily used as a natural sedative and sleep enhancement. Herbalists have traditionally used it as a remedy for nervousness and insomnia. Kava kava is an effective relaxant that can help relieve cramping due to spasms.

Kava Kava Root - Kava Kava root is excellent for insomnia and nervousness, as it will invoke sleep and relax the nervous system. Used for pain associated with nerve or skin diseases. It relieves stress after injuries. The plant works by first stimulating the nervous system, and then depresses it. It is also a urinary antiseptic and anti-inflammatory, thus useful for cystitis and prostatitis. May be used in the treatment of rheumatism and gout. Externally used in liniments as an analgesic

Recommended use: Take 1 capsule daily as a dietary supplement.

Special Notice

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ABOUT ST. JOHN'S KAVA KAVA BOOST

WITH VITAMIN B6 (AS PYRIDOXINE HCl)

What this vitamin does:
 • Aids in the synthesis of neurotransmitters affecting mood, protein, carbohydrates and fat utilization.
 • Promotes conversion of tryptophan to niacin (vitamin B3).

- Reasons to Use:**
- 1. Moderates acutely painful chemical reactions of proteins and amino acids.
 - 2. Helps normal function of brain.
 - 3. Promotes normal cell blood cell formation.
 - 4. Promotes treatment of acute amino acid deficiency.
 - 5. Regulates excretion of water.
 - 6. Helps in energy metabolism, resistance to stress.
 - 7. Aids in the synthesis of neurotransmitters.
 - 8. Treats some forms of anemia.
 - 9. Helps in the synthesis of insulin.

A Herbal Alternative to Prescription Drugs

St. John's Wort is a natural remedy for depression, anxiety, and insomnia. It has been used for centuries to treat these conditions. The active ingredients in St. John's Wort, hypericin and hyperforin, are thought to be responsible for its effects. It is a natural antidepressant and has been shown to be effective in the treatment of depression, anxiety, and insomnia. It is also a natural sedative and can help with sleep. St. John's Wort is a safe and effective natural remedy for these conditions.

Syphilis, tuberculosis, dysentery, whooping cough, mania, hypochondria, fatigue, hysteria and insomnia. In centuries past and recent years St. John's Wort has been used as an anti-depressant alternative for mild to moderate depression. Recently St. John's Wort has received a great deal of attention in the treatment for HIV (human immuno-deficiency virus), the virus that can cause AIDS.

Depression is a world wide epidemic. In Germany, St. John's Wort is the leading treatment for mild to moderate depression and it is fast coming to the United States. A compelling study of 3250 patients found that approximately 80% of the patients suffering from mild to moderate depression experienced feeling better or were completely relieved of depression after four weeks.

Displays and its activity in a study published in the Journal Proceedings of the National Academy of Sciences in 1988. Researchers have reported the discovery of two substances in St. John's Wort, hypericin and pseudohypericin, that displayed anti-viral activity against some retroviruses. Retroviruses include the human immuno-deficiency virus (HIV) and suggested herbal products as a treatment.

Medical studies confirm the safety of St. John's Wort in Germany, sixty-six million daily doses of Hypericum were taken in 1994. There were no reports of serious drug interactions or even toxicity after accidental overdose. Hypericum, by comparison, does not have a single recorded human death in 2400 years of known medicinal use.

Active Ingredients
 The active ingredients in St. John's Wort are hypericin and pseudohypericin. Other possible active ingredients are polyphenols, flavonoids, and tannins. The active ingredients in St. John's Wort are thought to be responsible for its effects. It is a natural antidepressant and has been shown to be effective in the treatment of depression, anxiety, and insomnia. It is also a natural sedative and can help with sleep.

• Functions as building block of all proteins. KAVA (PIPER MET)

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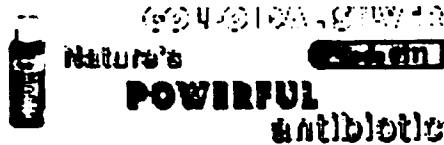
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Kava root is primarily used as a natural sedative and sleep enhancement. Herbalists have traditionally used it as a remedy for nervousness and insomnia. Kava is an effective relaxant that can help relieve cramps due to spasms.

KAVA KAVA R

Excellent for insomnia and nervousness as it will help sleep and relax the nervous system. Used for pain associated with nerve or skin diseases. It relieves stress after injuries. The plant works by first stimulating the nervous system, and then depresses it. It is also a urinary antiseptic and anti-inflammatory, thus useful for cystitis and prostatitis. May be used in the treatment of rheumatism and gout. Externally used in liniments as an analgesic.



Colloidal Silver

Supplement Facts

THE ULTIMATE UNIVERSAL ANTIBIOTIC - NATURE'S ANTIBIOTIC

Prior to 1938 Colloidal Silver was considered to be one of the mainstays of antibiotic treatment. It is still considered to be the most universal antibiotic substance that is nontoxic in its micro-concentrations of 3 to 5-ppm. It has been proven to be useful against over 650 different infectious conditions, as compiled to traditional antibiotics, which are effective against 6 to 7 conditions.

The comeback of silver in medicine began in the 1970's. The late Dr. Carl Moyer, Chairman of Washington University's Department of Surgery, received a grant to develop better treatments for burn victims. Dr. Margraf, as the Chief Biochemist, worked with Dr. Moyer and other surgeons to fund an antiseptic strong enough, yet safe enough to use over large areas of the body. As a result of their efforts, and that of other researchers, hundreds of important new medical uses for silver were found. Colloidal Silver, is the only form of silver that can be used safely as a supplement. It is absorbed into the tissues at a slow enough rate that it is not irritating to the tissues, unlike silver nitrate which reacts violently with body tissues because of its caustic action. The colloidal particles diffuse gradually throughout the blood and give prolonged therapeutic action. Many forms of bacteria, fungus, and virus utilize a specific enzyme for their metabolism. Silver act as a catalyst, effectively disabling the enzyme. It is toxic to all species tested of fungi, bacteria, protozoa, parasites and many viruses. To primitive life forms, silver is as toxic as the most powerful chemical disinfectants.

There is no known disease-causing organism that can live in the presence of even minute traces of the chemical element of simple metallic silver. Based on laboratory tests, destructive bacteria, virus, and fungus organisms are killed within minutes of contact.

Kills over 650 Different Disease Causing Germs. Is tasteless, odorless, and non-stinging to sensitive issues All harmful bacteria, fungi and virus are killed within 6 minutes of contact with silver and no disease organism can live in the presence of even minute traces of silver. Prior to 1938 Colloidal Silver was considered to be one of the mainstays of antibiotic treatment. When antibiotics were discovered, clinical uses for Silver as an antibiotic were discarded, until now.

The following is a list of some of the (pre-1938) documented uses of silver, particularly in the colloidal form, for the treatment of various conditions and pathogens: Acne, Arthritis, Athlete's foot, Bladder Inflammation, Blood Poisoning, Burns, Cancer, Cholera, Conjunctivitis, Cystitis Dermatitis, Diabetes, Diphtheria, Douche, Dysentery, Ear Infection, Eczema, Eustachian Tubes, Eye Drops, Fibrositis, Gargle for Throat Conditions, Gastritis, Gonorrheal Herpes, Impetigo, Intestinal Trouble, Influenza, Keratitis, Leprosy, Lupus, Lymphagitis, Malaria, Menier's Symptoms, Meningitis, Neurasthenia, Ophthalmology, Parvo Virus (Canine), Pleurisy, Prostate, Pruritis Ani, Rheumatism, Rhinitis, Ringworm, Scarlet fever, Seborrhea, Sepsicemia, Shingles, Sinus Disorders, Skin Cancer, Soft Sores, Staph Infections, Strep Infections, Syphilis, Tonsillitis, Toxemia, Trachoma, Trench Foot, Tuberculosis, Ulcers, Viral Warts, Whooping Cough, Yeast Infections.

NASA researched 23 different methods of water purification and selected the silver system as a vat system for the space shuttles. Not only does NASA use the silver system, but half of the world's airlines use silver water filters to guard against waterborne diseases. There are many practical uses for silver including Colloidal Silver as an all-natural antibacterial alternative.

Colloidal Silver was widely used in the U.S. 60 to 70 years ago as an antibacterial and in fact, was approved by the FDA to the 1920's. Although silver had an excellent reputation as an effective infection fighter, its utilization grew impractical. Current dollars would put the price of Colloidal Silver in the 1930's at nearly \$100 per ounce, limiting its widespread use at that time.

Special Notice

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The following is a list of various conditions for which the uses of silver, particularly in the colloidal form, for the treatment of various conditions and pathogens

Acne	Impetigo	Rhinitis
Arthritis	Influenza	Scarlet Fever
Athlete's Foot	Intestinal	Schistosoma
Bladder	Trouble	Septicemia
Inflammation	Keratitis	Skin Cancer
Burns	Leprosy	Chungles
Blood Poisoning	Staph Infection	
Cancer	Lymphangitis	
Cholera	Malaria	Staph Infection
Conjunctivitis	Menier's	Staph Infection
Diphtheria	Syphilis	Syphilis
Dermatitis	Tuberculosis	Tuberculosis
Diabetes	Meningitis	Tonsillitis
Dysentery	Scarlet Fever	Dysentery
Ear "Affections"	Ophthalmology	Trauma
Gas	Cholera	Trauma
Gas	Virus	Ulcers
Gastritis	Parasites	Ulcers
Herpes	Pharyngitis	Whooping Cough
	Pharyngitis	Whooping Cough
	Pruritus Ani	Yeast Infections
	Rheumatism	
	Ringworm	

9 H.E.L.P. News, Vol. 9, No. 12, pp. 1

COLLOIDAL SILVER KILLS OVER 650 Different Disease Causing Germs.

- Resistant strains fail to develop
- Medical tests indicate no known adverse effects from the use of properly prepared Colloidal Silver.
- There has never been a recorded case of drug interaction with any other medication, including prescription drugs.

COLLOIDAL SILVER is Tasteless, Odorless, and Non-Stinging To Sensitive Tissues

- It may be taken orally or put on a band-aid and applied directly to cuts, scrapes, open sores, burns, warts, or used to rinse sore, eczemas, and skin irritations
- It may be gargled, dropped into the eyes or ears, used vaginally, anally, a torized, or inhaled into the nose or lungs

Silver occurs naturally in the soil as a trace mineral and, as such, is one of many essential elements required by plants, animals, and man that we once naturally obtained from organic soils via fruits, vegetables, nuts, grains, and legumes. Now, with most of our crop plants grown on highly depleted, chemically fertilized soil, many of the important metallic minerals like iron, zinc, copper, magnesium, and chromium, and trace minerals like silver and gold are no longer readily available to us except through the use of mineral supplements.

SAFE AND EFFECTIVE

Some lab tests have shown that "true" Colloidal Silver has little effect on "friendly" bacteria while being highly useful against infections and eliminating various microbes, viruses, fungi, etc.

Jim Powell reported in a Science Digest article - March 1978, titled "Our Mightiest Germ Fighter," "Thanks to eye-opening research, silver is emerging as a wonder of modern medicine. An antibiotic kills perhaps a half-dozen different kinds of disease organisms, but silver kills some 650. Resistant strains fail to develop. Moreover, silver is virtually non-toxic." Pioneering silver researcher, Dr. Harry Margraf of St. Louis, concluded: "Silver is the best all around germ fighter we have."

Prior to 1938, Colloidal Silver was administered in just about every way that modern drugs are administered. It was injected both intravenously and intramuscularly, used as a gargle for throat conditions, as a douche, taken orally and applied topically, even for sensitive tissues, and also dropped into the eyes.

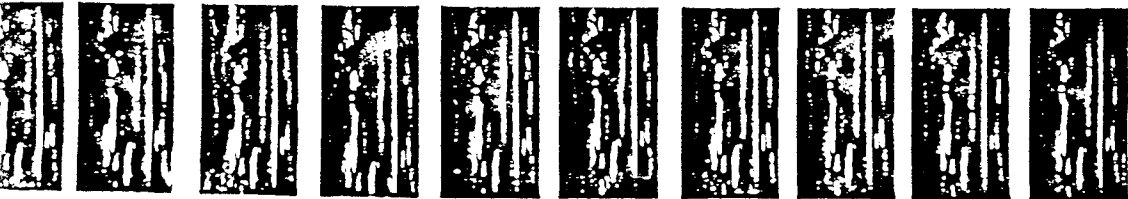
When antibiotics were discovered, clinical uses for silver as an antibiotic were discarded . . . UNTIL NOW!!

The Food and Drug Administration has stated that because Colloidal Silver is (by 50 years) a pre-1938 drug, it may be marketed (as per a September 13, 1991, letter received from Consumer Safety Officer, Harold Davies, U.S. Food and Drug Administration). Moreover, the FDA has no jurisdiction regarding a pure, mineral element.

Colloidal Silver

The Ultimate Universal Antibiotic

"Nature's Antibiotic"



4.0 fluid ounce concentrate
Recommended Use:
 For optimum results, after diluting with 12 oz. of distilled water, hold 20 drops under tongue for one minute, then swallow and follow with a glass of water or juice.

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BY PURCHASING COLLOIDAL SILVER FROM FOR-MOR, YOU AGREE TO ACCEPT THE FOLLOWING TERMS AND CONDITIONS:

1. THIS PRODUCT IS NOT TO BE USED AS A SUBSTITUTE FOR MEDICAL TREATMENT OR AS A SUBSTITUTE FOR THE ADVICE OF A PHYSICIAN.

2. THE USER ASSUMES ALL LIABILITY FOR THE USE OF THIS PRODUCT.

3. THE USER AGREES TO HOLD FOR-MOR HARMLESS FROM ALL LIABILITY FOR THE USE OF THIS PRODUCT.

4. THE USER AGREES TO HOLD FOR-MOR HARMLESS FROM ALL LIABILITY FOR THE USE OF THIS PRODUCT.

5. THE USER AGREES TO HOLD FOR-MOR HARMLESS FROM ALL LIABILITY FOR THE USE OF THIS PRODUCT.

Your Independent Distributor is:

COLLOIDAL SILVER

The Universal Antibiotic

The strongest, safest, broad-spectrum antibiotic known to man

rior to 1938, Colloidal Silver was considered to be one of the mainstays of antibiotic treatment. It is still considered to be the most universal antibiotic substance that is non-toxic in its microconcentrations of 3-5 ppm. It has been proven to be useful against over 650 different infectious conditions, as compared to traditional antibiotics, which are effective against 6-7 conditions. The comeback of silver in medicine began in the 1970s. The late Dr. Carl Meyer, former chairman of Washington University's Department of Surgery, received a grant to develop better treatments for burn victims. Dr. Margraf, as the chief biochemist, worked with Dr. Meyer and other surgeons to find an antibiotic strong enough, yet safe enough to use over large areas of the body. As a result of their efforts, and that of other researchers, hundreds of important new medical uses for silver were found. Colloidal Silver is the only form of silver that can be used safely as a supplement. It is absorbed into the tissues at a slow enough rate that it is not irritating to the tissues, unlike silver treatments, which react violently with body tissues because of its caustic action. The colloidal particles diffuse gradually throughout the blood and give prolonged therapeutic action.

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There is no known disease-causing organism that can survive in the presence of even minute traces of the chemical element of simple metallic silver. Based on laboratory tests, destructive bacteria, virus, and fungus organisms are killed within minutes of contact.

M. Crooko stated that Colloidal Silver kills pathogenic organisms in three or four minutes upon contact. In fact, there is no microbe known that is not killed by Colloidal Silver in six minutes or less, and there are no effects whatsoever from the highest concentration. Colloidal Silver is effective against infections, colds, flu, and fermentation. Parasites are also killed while in their egg stage. It is tasteless, odorless, and non-toxic. It is effective with meals as a digestive aid.

no fermentation of food in the intestine.

A.B. Searle pointed out that one important advantage of using Colloidal Silver is that it has no recorded side effects. It also does not stain the skin, unlike certain pharmaceutical preparations of silver that do stain the skin quite strongly.

Dr. Leonard Keene, A.M.M.D. (Johns Hopkins), concluded that from a therapeutic point of view only the colloid metals present the necessary homogeneity, minuteness of granules, purity, and stability for maximum health.

From extensive research and experiments with Silver in medicine, Dr. Robert O. Brecker, M.D., concluded that silver deficiency was responsible for the improper functioning of the immune system and that silver was doing something more than killing disease-causing organisms. It was also causing major growth stimulation of injured tissues. Burn patients and even the elderly patients noticed more rapid healing and he discovered that all cancer cells changed back to normal.

Dr. Bjorn Nordstrom, of the Karolinska Institute, Sweden, has used silver in his cancer cure method for many years. He said the whole thing was quite simple. This has brought remission in patients who were given up on by other doctors.

SILVER USED BY NASA

NASA researched 23 different methods of water purification and selected a silver system for the space shuttles. Not only does NASA use the silver system, but half of the world's airlines use silver water filters to guard against water-borne diseases. There are many practical uses for silver, including Colloidal Silver as an all-natural anti-bacterial alternative.

Wash, James, *Micro-Colloidal Silver: The Amazing Antibiotic*, Lecture given at National Products Expo West, Anaheim, 1/16/74.

Sherrill, Jim, op. cit.

Harrison, R.J., *Colloidal Chemistry*, Houghton Mifflin Co. Boston, 1959, p. 379.

Sherrill, Jim, op. cit.

Wash, James, op. cit.

Crooko, D.M., *Methods and enzymes activity*, Cambridge at The University Press, U.K., 1958, p. 15-18.

Wash, A.B., *The Use of Colloids in Health and Disease*, E.P. Dutton & Co., New York, 1919, p. 75.

Sherrill, J., op. cit. p. 385.

In April of 1998, I had been ill for one year. The doctors finally diagnosed my illness as Hepatitis C with a 97% infection rate. I was made available a shot therapy called Interon "A" and was told that I was not a candidate for any other treatment. I started the shot therapy May 11, 1998. As of July 1998 the treatment had not been successful. I started taking Colloidal Silver Concentrate and MSM 2000 on a daily basis. By November 1998, my blood reports reflected no signs of the Hepatitis C. I am just one of many cases that have been diagnosed with this illness. Seeing my physicians for regular checkups and bloodwork, I have found that most patients undergoing the shot therapy could not tolerate the side effects. I truly believe that Colloidal Silver and MSM 2000 along with a miracle from God helped my body build antibodies to fight the illness and strengthen it against the side effects. Thank you For-Mor for giving me back my life.

Brigette Reid, Brownwood, TX

Colloidal Silver is incredible! I've used it to successfully treat both of my boys' ear infections (when all the doctors wanted to operate or keep them on antibiotics). I've also used it to eliminate bladder infections and very sore throats. I'd never go a winter without at least two bottles around.

Barb Fletcher, La Mesa, CA

I work as a caterer. One day I spilled hot grease all over my arm. I received second degree burns. I immediately started putting Colloidal Silver on my arm. I continued to do so for the next few days. I am happy to say, there was no pain and there is not even a scar on my arm. Thank the Lord for Colloidal Silver.

B.S., North Carolina

Colloidal Silver is a great all-purpose natural healer and antibiotic. I had a cancerous spot near my forefinger and thumb and I put a bandage with cotton soaked in silver twice a day for 2 weeks and it went completely away. I also had an eye infection which I doctored with 2 drops of the silver twice a day and the infection was gone in three days.

Ray Pantny, Oklaahoma City, OK

I have three dogs and one of them started a fight with his off-spring. The off-spring's eye really got attacked badly. I couldn't really afford a vet when the area around the infected eye became puffed out like an impacted tooth swelling. I put Colloidal Silver two times a day in my dog's eye and within four days, the eye was healed. I sure saved a lot without a huge vet bill.

Carol Gailley, Winchester, CA

My daughter suffered from severe acne, the bumps had pus in them. She washed her face with Colloidal Silver, the bumps dried up, her face is now smooth with only the dark spots to remind her.

Mrs. Carmeta Bodie, Nassau, Bahamas

Last night I delivered two bottles of Colloidal Silver to a friend. The next morning she called screaming, "Norma, my husband and I applied it in our nose and he is telling me that I didn't sneeze!" Since Sunday, I've applied it to my husband and he doesn't sneeze.

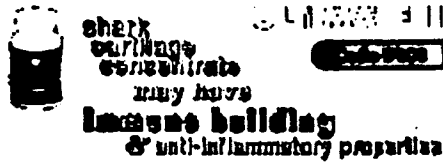
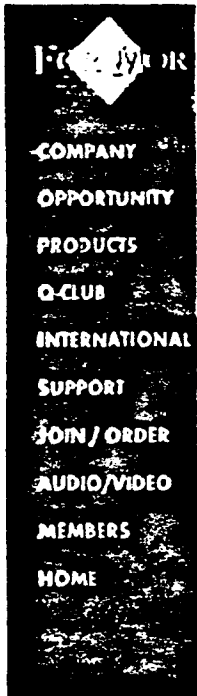
Norma Phillipson, Chula Vista, CA

Two months ago I went to the dentist for a gum disease. He cleaned out my gums, etc., for 2 hours and served me up and said "your infection is deeper and much worse than I thought, please come back in 1 fi weeks and I'll clean you out more." In the meantime, I would swish daily with Colloidal Silver & hold it in my mouth for 1-2 minutes and swallow. When I returned to the dentist he could not find a trace of gum infection and called in 2 more dentists who also could not find a trace. I told them that I'd used Colloidal Silver and they were not interested but thought they'd originally made a mistake regarding my gum infection severity.

Glenda F. Gentner, Baltimore, MD

I had a bad burn on my forehead from a curling iron. It was very hot. I got my Colloidal Silver and put it on first and the burn went away some. Then I put MSM Lotion over it, used it three times, and I have no scar. I can't even tell where I burned my forehead. Thank God for herbs. I am so glad for For-Mor products.

Glenda F. Gentner, Baltimore, MD



Ultimate II
Dietary Supplement

Supplement Facts

SHARK CARTILAGE CONCENTRATE

The Results Are in On Shark Cartilage: Having survived virtually unchanged for four hundred million years, the shark is certainly one of the most remarkable creatures on the face of our planet. The shark appears to be the only animal with a natural immunity to cancer and practically every disease known to man. When wounded, it heals quickly; it even has five sets of teeth and can form new ones if needed. The shark is also the only animal with a skeleton comprised entirely of cartilage; a tough bone-like tissue that accounts for eight percent of its total weight. Scientists now believe it is the shark's cartilage skeleton, which is responsible for this super immunity. What makes shark cartilage so special is that it contains mucopolysaccharides in a concentration one thousand times greater than found in any other type of cartilage.

Arthritis And Cartilage Research: Dr. Stephen Freedman, marine biologist and immunobiochemist at the University of Utah, is particularly interested in the anti-inflammatory aspects of shark cartilage. These properties are in addition to its angiogenesis inhibiting ability and are produced by powerful anti-inflammatory molecules called mucopolysaccharides. Dr. Freeman cites exciting scientific research on using shark cartilage supplements in the successful treatment of arthritis. These experiments were conducted in Belgium and at Mote Labs in Florida and were overwhelmingly effective in relieving joint pain and inflammation.

A dozen elderly arthritic patients with severe knee pain were treated with shark cartilage by Dr. Joseph Orcasity, M.D., a consultant at the University of Miami Medical School. He reported that after four weeks of taking shark cartilage, most patients exhibited reduced pain and swelling and greater mobility. Dr. Allen Pressman, a prominent sports nutritionist, routinely uses shark cartilage in his healthy and active patient population as an adjunct in the treatment of low back joint pains. He reports that using shark cartilage as a treatment is becoming widely accepted in the medical community. In his acutely injured patients he finds an almost immediate reduction in pain and swelling and a marked increase in the range of limb motion.

Clinical Uses: The current medical literature contains much scientific

evidence that shark cartilage is a tremendously effective treatment in many degenerative and inflammatory conditions. Amazingly, we look to one of earth's oldest and most feared creatures to provide the means to treat or ameliorate many of our most devastating and enigmatic diseases.

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Typical Analysis

We believe **ULTIMATE II** Shark Cartilage Concentrate is superior to ordinary shark cartilage powder due to its high mucopolysaccharide content, low ash and fat, and high solubility. Because of the deodorization process, our shark cartilage is more desirable to take.

- Loss on Drying 4.00%
- Protein 26.00%
- Lipids 0.15%
- Residue on Ignition 3.00%
- Mucopolysaccharides 21.50%
- Dextrin 45.00%

For **For Mors Ultimate II**'s Shark Cartilage Concentrate is manufactured from 100% shark fin cartilage. **Ultimate II**'s Shark Cartilage Concentrate contains high levels of mucopolysaccharides and proteins and low levels of ash and lipids.

The manufacturing process is as follows:

- Raw materials (shark fin cartilage)
- Shredding
- Digestion (pH raise)
- Removal of impurities
- Deodorization
- Decolorization
- Filtration
- Addition of dextrin
- Stabilization (plate method)
- Drying (spray dry)

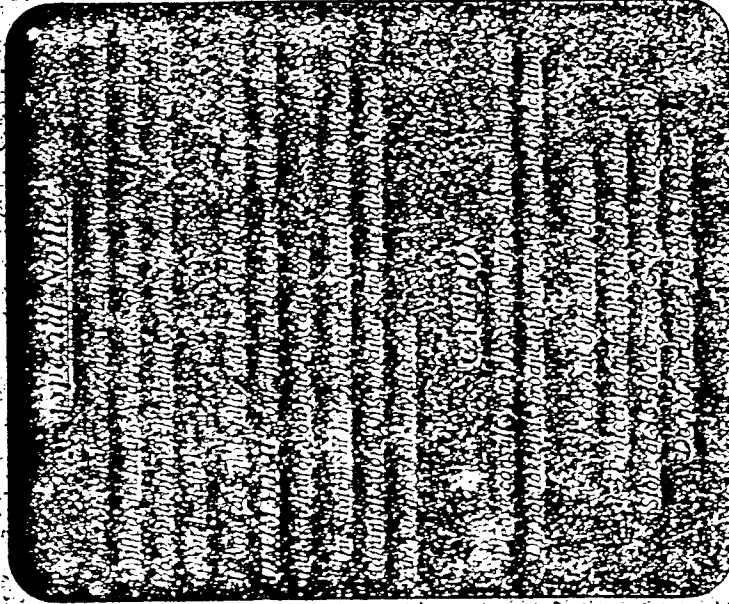
Exhibit F

For prices and sources on Shark Cartilage can be ordered from the following plates:
 60 Minutes Video: Sharks Don't Get Cancer
 1-800-848-2565, date 7/1/93
 Shark Cartilage Therapy and puree books and videos
 1-800-848-2565, date 7/1/93

Ultimate II recommended use:

Take 2 capsules daily as a nutritional supplement with an 8 ounce glass of water.

We suggest that when you have someone using a capsule larger than our 250 mg. **Ultimate II** Shark Cartilage Concentrate, get them to compare results by taking the same dosage from the capsules that are larger than our **Ultimate II**. You will find in most cases our 250 mg. will out-perform the larger ones, making **Ultimate II** very competitive, even with direct mail order marketers.



Your Independent Distributor is:



Ultimate II

Shark Cartilage Concentrate

100% Pure
 Natural Food
 Supplement

FOR MORS
 INTERNATIONAL

The Results Are In On Shark Cartilage

Having survived a near fatal shark bite, Dr. Joseph Orecity, M.D., a consultant at the University of Miami Medical School, reported that after four weeks of taking shark cartilage, most patients exhibited reduced pain and swelling and greater mobility. Dr. Allen Pressman, a prominent sports nutritionist, routinely uses shark cartilage in his healthy and active patient population as an adjunct in the treatment of low back joint pains. He reports that using shark cartilage as a treatment is becoming widely accepted in the medical community. In his acutely injured patients, he finds an almost immediate reduction in pain and swelling and a marked increase in the ranges

Clinical Uses

The current medical literature contains much scientific evidence that shark cartilage is a tremendously effective treatment for many degenerative and inflammatory conditions.

Amazingly, we look to one of earth's oldest and most feared creatures to provide the means to treat or ameliorate many of our most devastating and enigmatic diseases.

Arthritis And Cartilage Research

Dr. Stephen Freedman, marine biologist and immunobiochemist at the University of Utah, is particularly interested in the anti-inflammatory aspects of shark cartilage. These properties are in addition to its angiogenesis inhibiting ability and are produced by powerful anti-inflammatory molecules called mucopolysaccharides. Dr. Freedman cites exciting scientific research concerning shark cartilage supplements in the successful treatment of arthritis. These experiments were conducted in Belgium and by Mote Labs in Florida and were overwhelmingly effective in relieving joint pain and inflammation.

A dozen elderly arthritic patients with severe knee pain were treated with shark cartilage by Dr. Joseph Orecity, M.D., a consultant at the University of Miami Medical School. He reported that after four weeks of taking shark cartilage, most patients exhibited reduced pain and swelling and greater mobility. Dr. Allen Pressman, a prominent sports nutritionist, routinely uses shark cartilage in his healthy and active patient population as an adjunct in the treatment of low back joint pains. He reports that using shark cartilage as a treatment is becoming widely accepted in the medical community. In his acutely injured patients, he finds an almost immediate reduction in pain and swelling and a marked increase in the ranges

What has Ultimate II done for you?

It's made me a new woman! Before I started taking it I felt like a dead person. I had constant pain and I couldn't see, mainly out of my right eye. I had pretty bad headaches that were much like migraines. The doctors told me I had a terminal brain tumor that was big and growing, and if it didn't shrink down, I'd be in big trouble. They could not operate because it was in the middle of my brain, and if they did operate on it, I'd become a vegetable. They were trying anything they could find to treat it and nothing seemed to work. Now since I've taken the shark cartilage, everything is changing. I can see, I don't have very much pain. I feel like a brand new person. And the doctor says the tumor is going down. He said it's down by one-fourth. I don't hardly have headaches anymore, and I feel really good most of the time. The doctor is very pleased and I don't have to see him for 6 months! Ultimate II is great! I tell everybody about it. The Relieve has been great so far, too. I haven't had as much pain with my arthritis now, either. Really that's my biggest problem, but I think it will get better. Thank you for getting such good products to people like me who need them.

I've been plagued my whole life with cancer sores in my mouth. When I started taking Ultimate II, I noticed I didn't have them so often. I try to eat all the acidic and spicy foods I want, which normally causes the problem. When I get a sore in my mouth, I begin to start taking it of the Ultimate II. Sure enough the next day the sore is gone and my mouth would be gone. Look out tomatoes, here I come!

Melissa Schmidt, California
I suffer from rheumatoid arthritis. The pain was so bad I couldn't lift my feet over the door. The doctor gave me hydroxypropronyl which made my stomach so sore I cried when I bent over. Today I take AP-300 and Ultimate II and I have energy, no pain and I feel great by the way. I am 75.
Charlotte, Nevada, Oklahoma

I have ovarian cancer, diagnosed in January of 1996. I've had multiple surgeries and been on chemo since June of '96. The side effects of the chemo hurt and were so severe I couldn't sleep. For 6 months I've been taking Ultimate II. It has helped me rebuild after chemo and I feel much better. I am 50 and I feel like I'm 30. I have energy and I feel like I can do anything I want to do. I am 50 and I feel like I'm 30. I have energy and I feel like I can do anything I want to do.