

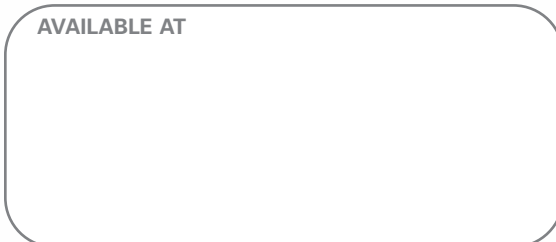
## Peter Gillham's Daily Basics



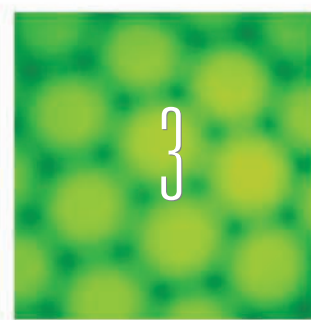
Superior formulations for your good health



AVAILABLE AT



## The 4 Supplements You Need Every Day



# Peter Gillham's Daily Basics™

Good health doesn't have to be complicated. Poor health begins with a lack of essential nutrients too often missing in the processed, cooked and preserved foods we eat. Understanding this, there is no reason for anyone to suffer from ill health. In our research, we have distilled the body's key requirements down to four essential supplement formulations we call *Daily Basics*. The idea is to end confusion over what supplements to take, how much and in what combination in order to satisfy the body's basic needs.

The first of these Basics is *Natural Calm*, which restores healthy levels of the vital element magnesium. It creates a host of good effects and is followed by Basic number two—sound nutrition in a highly absorbable liquid multi-vitamin and mineral—*Organic Life Vitamins*. The third Basic addresses good health on a cellular level—*Cell Rejuvenator*. These *Daily Basics* are rounded out with Basic number four—a superior digestion formula—*Digestion Essentials*, which helps the body break down, absorb and assimilate nutrients available in our daily diet.

These *Daily Basics* will give you a sound foundation for a whole new level of health.

—Peter Gillham



Magnesium activates over 350 different processes in the body, including digestion, energy production, muscle function, bone formation, creation of new cells, utilization of B vitamins, relaxation of muscles, as well as assisting in the functions of the heart, kidneys, adrenals, brain and nervous system. Lack of sufficient available magnesium in the body can interfere with any or all of these processes.

Magnesium depletion can be caused by such things as mental stress, caffeine, sugar, alcohol, tobacco, drugs of all types, high perspiration, low thyroid function, diabetes, chronic pain, diuretics, and a high-carbohydrate, high-sodium or high-calcium diet.

It is estimated that about ninety percent of the population are below healthy magnesium levels, including many who already use magnesium. Why? First, the amount of magnesium required by the body is greater than people think. Second, most magnesium capsules and tablets are not completely absorbed by the body.

The solution to restoring a healthy magnesium level is *Natural Calm*. This breakthrough product features a proprietary process that provides the most absorbable, effective, fast-acting pH-balanced magnesium available anywhere. *Natural Calm* is a 100 percent natural water-soluble magnesium powder of the highest quality.



Peter Gillham has formulated a key nutritional step toward attaining outstanding health and vitality—*Organic Life Vitamins*. This is a complete liquid multi-vitamin and mineral with some exciting pluses you won't find elsewhere.

Liquids absorb better. *Organic Life Vitamins* has been designed for

maximum absorption, thereby allowing the body to assimilate vital life-giving nutrients in just minutes!

Another benefit of this liquid formulation—with its delicious berry taste—is that you won't have to purchase and take numerous pills and capsules in order to give your body what it needs. And, unlike pills, *Organic Life Vitamins* contains no binders and fillers.

*Organic Life Vitamins* is a complete multi-vitamin—but it is more than that. Along with 16 key vitamins, *Organic Life Vitamins* supplies a full range of amino acids, vital minerals and 72 trace minerals (which work in combination with our *Natural Calm* and *Natural Calm Plus Calcium* formulations).



Turn back time with Peter Gillham's *Cell Rejuvenator*, a precisely engineered formula designed to give cells the exact nutrients they need to rejuvenate quickly and in the best condition possible. The formulation contains MSM (methyl sulfonyl methane—a source of organic sulfur derived from nature), vitamin C, plus bioflavonoids and zinc. While primarily used for its anti-aging benefits, *Cell Rejuvenator* has a great many applications.

*Cell Rejuvenator* releases toxins with MSM, neutralizes them with vitamin C, promotes a strong immune system, improved circulation and healthy cholesterol levels with bioflavonoids, and accelerates healing and cellular DNA formation with zinc.

*Digestion Essentials* is a superior formulation of digestive enzymes along with digestive acids. *Digestion Essentials* can help eliminate digestive problems, while regular use will help ensure that you get the most out of your daily food intake as well as your nutritional supplementation.

For more information on these Peter Gillham's Natural Vitality formulations, ask your store for a copy of the educational brochures pictured above or visit [www.petergillham.com](http://www.petergillham.com).