

## ***“Four A Day Really Pays”***

Four Apple Cals a day provide a full RDA of CALCIUM with Boron and Vitamin D to improve absorption. Each caplet also contains 8% acidity RAW APPLE CIDER VINEGAR and a touch of RAW HONEY. Your Apple Cals are Diabetic friendly (a Free Food Exchange) and reasonable priced so you can use them every day.

### **WHY CALCIUM?**

People of all ages need CALCIUM FOR STRONG TEETH. Postmenopausal women especially need calcium to help reduce the risk of osteoporosis. Many studies also suggest that proper CALCIUM intake may help reduce the risk of high blood pressure and help prevent other serious diseases.

But too many of us are not getting enough CALCIUM in our diet. In fact, health authorities tell us that our low intake of CALCIUM is a “priority nutritional problem” in this country. Ask your Doctor about health problems you might be risking if you are not getting enough CALCIUM. You’ll find how important this mineral is to good health but how easy it is to assure you’re getting adequate amounts every day.

### **WHY RAW APPLE CIDER VINEGAR & HONEY?**

These two “super foods” from nature are Hippocrates’ first medicine. They help normalize your body’s pH so you can feel your best. Besides being loaded with vitamins and enzymes, APPLE CIDER VINEGAR and HONEY contain important minerals, and are especially rich in Potassium and Magnesium. Potassium and Magnesium are necessary for your body to absorb CALCIUM.

### **HOW APPLE CALS MAY HELP YOU!**

According to Doctor Wallach in his famous audio tape “Dead Doctors Don’t Lie”, as well as other experts in the field of nutrition, your body may be displaying signs of a calcium deficiency. Look over the following list and if you have some of these symptoms, you may need more calcium in your diet: achy joints; kidney stones; heel/bone spurs; twitches or facial tics; receding gums; gingivitis or phyrreha; insomnia; spinal curvature; premenstrual distress; osteoporosis; bursitis; cramps (legs, menstruation, etc); dental cavities; high blood pressure; or arthritic conditions (gnarled knuckles, etc.)

Please consult your Doctor if you have any of the above conditions-especially if they are pronounced. Do not try to self medicate unless you are a trained M.D. Many of the above symptoms could be caused by a condition more serious than a calcium deficiency. If you trust your Doctor, spend a few dollars to seek his/her advice. It will be worth it for your health.

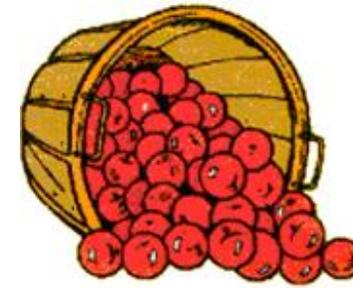
### **HOW MANY APPLE CALS PER DAY?**

We designed Apple Cals so that four capsules per day would provide you with a full RDA of Calcium. You can get the same amount of Calcium from drinking three full classes of milk each day. The RDA of Calcium is 1000 mg but many experts say that somewhere around 1400 mg is optimal. It is generally agreed that anything over 2000 mg is split out of your system and wasted.

If you can’t tolerate dairy products, take four to six Apple Cals per day. If you can include a couple dairy servings in your diet, perhaps two Apple Cals per day is all you need. Do a little study about your current diet and a few simple calculation and it will be easy to figure what is optimal for you.

## **“ANNOUNCING: A New Potent *Apple Cider Vinegar* You Don’t Have To Taste”**

“Balance Your Body’s pH \* & Build Stronger Bones”



# **Apple Cals**

TM

120 ALL NATURAL Caplets Containing:  
◆ RAW APPLE CIDER VINEGAR ◆ CALCIUM ◆ RAW HONEY  
With Boron and Vitamin D For Better Absorption

*Hippocrates’ First “Medicine” - Enhanced!*

**Only \$19.95**

**One Month Supply—120 Caplets**

# “Apple Cider Vinegar You Don’t Have to Taste”

Have you heard or read about how good vinegar is for you? Particularly apple cider vinegar? And especially raw apple cider vinegar that has not been heated, filtered and robbed of many of its nutrients? Drinking a teaspoon each day is probably one of the simplest and most healthful things you can do for yourself.

Besides being loaded with vitamins, minerals and enzymes, apple cider vinegar helps your system maintain its natural pH balance. The way nature intended. People who use it daily swear by it.

If you’re thinking “no way – tried it and it taste too awful” – you’re not alone. But there is a solution. There is a way for you to use apple cider vinegar every day without having to put up with the taste! Plus, we added some other important ingredients you may appreciate.

Apple Cals are All Natural caplets containing Raw Apple Cider Vinegar and a touch of Raw Honey. This is Hippocrates “first medicine”. Just like Bee Caps, Apple Cals are diabetic friendly and considered a “Free Food Exchange” so people with sugar concerns can use them everyday.

Four Apple Cals per day also provides 1,000 mg of Calcium, with Boron and Vitamin D for improved absorption. Now you can save money on other calcium supplements and experience all the benefits of Raw Apple Cider Vinegar at the same time. And, you don’t have to taste it!

Apple Cals give you the specific advantage of supplementing your diet with calcium to help prevent osteoporosis, while adding the benefits associated with the daily use of Raw Apple Cider Vinegar. This is a calcium supplement you will actually feel you are taking. Preventing osteoporosis is a long-term effort. With Apple Cals, the effort is easier because of how much better you may feel using Raw Apple Cider Vinegar every day. You’ll want to stick with it!

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## *Using Apple Cals to Lose Weight*

If you would like to lose some weight while using Apple Cals follow these instructions: Take one Apple Cal before each meal with glass of water and one at bed time with a snack. The fat flushing abilities of the Vinegar, the hunger control from the small amount of Honey coupled with the feeling of fullness from a glass of water will all help you slowly get to your ideal weight. While this will not work for everybody (nothing works for everyone), it is a very healthy all natural way to shed pounds. And, all the while you will be feeling better and protecting your bones and teeth with the proper intake of calcium. Check with your Doctor before undertaking any weight loss program, and be sure to write us with your results.

## **Nature Cure’s Apple Cals™ Raw Apple Cider Vinegar**

### **Weight Loss Diary** “Feel Great While You Lose Weight”

#### WEIGHT RECORD

Day 1	Day 3	Day 6
Day 9	Day 12	Day 15
Day 18	Day 21	Day 24
Day 27	Day 30	End

Results \_\_\_\_\_(Day 1 minus Day 30)

