



Transcript from Audio Recording by Dr. Carol Forman-Helerstein on 10-in-One:

Hello and thank you for taking the next few minutes to find out more about GBG's amazing 10-in-One liquid vitamin and mineral super formula. My name is Michael Kahn and in the 12 years that I've been with GBG, I have never seen more people as excited about any product as our customers and distributors are right now about the amazing 10-in-One super formula. It really is the most potent, easy to assimilate, great tasting liquid nutritional supplement, ever produced.

To share more specific details with you about GBG's 10-in-One, I have the great honor of introducing one of the nation's leading nutritional experts. She's a licensed, clinical nutritionist and has maintained a private practice on Long Island, NY for more than 25 years. She has dedicated her professional career to helping people achieve higher levels of health through lifestyle changes and of course, better nutrition. Her articles on health and nutrition have been featured in numerous magazines, such as Glamour, Allure, USA Today, New Beauty, Woman's Day, Teen Vogue, Shape, and US Magazine. She's appeared on ABC's Nightline, ABC's Eye Witness News, and the Heraldo Rivera Show, and on numerous talk radio shows. Most recently she's been interviewed for articles appearing in the Washington Post and Natural Health Magazine. Her goal has always been, and continues to be, to help people live healthier and better lives through applying the principles of proper nutrition. It's my great pleasure and privilege to introduce to you now, the amazing Dr. Carol Forman-Helerstein. Dr. Carol we are honored to have you with us today.

Thank you Michael for that wonderful introduction. It's my pleasure to be here today because it gives me a chance to speak about our incredible product, 10-in-One. As you mentioned, I've been a nutritionist for over 25 years now and I have dedicated my life to helping people achieve higher levels of health. At times though, it's been a daunting task, because of the environment we live in. Our air is polluted, and this challenges our immune system. Our waters are polluted, the fish and ocean plants, our very food source, are being compromised. That challenges our immune system. Our fruits and vegetables are covered in pesticides and the beef, chicken and turkeys we eat are fed or injected with antibiotics, hormones, and steroids. That challenges our immune system. If all that wasn't enough, we live in a country where the food is so processed, the majority of nutrients are depleted before they even get to our table. As an example, bananas are picked green and gassed on the way to market, before they've had a chance to gain the nutrient value from the soil that Mother Nature meant for them to have. We are killing ourselves with our forks. Besides the damage the food manufacturer's do, there are also our lifestyle choices. So Caffeine and alcohol, tobacco, stress, excessive exercise, all deplete nutrients from our bodies. I could go on and on, but I think you get it.

So we all suffer from what I call under-nutrition because we are simply not getting the nutrients into our cells, which are what is responsible all health. So the patients that come into my office suffer from what I call vertical disease. Horizontal disease we all know about. You're sick, you're in bed, the doctor has given you a diagnosis as to what's wrong, and that's it. But with vertical disease you're still functioning but not living in the body you want to be living in. Whether its joint pain, digestive disorders, headaches, bathroom problems, catching too many colds each year, or fatigue and anxiety; it's not disease, it's rather a sense of dis-ease. And that's what most of us are challenged by today. Since all health is on a cellular level, you've got to get the nutrients you need to feed those cells. So I believe in supplementation and 10-in-One with its 97 vitamins, minerals, trace minerals and antioxidant blends is the greatest supplement. It gets the job done for the challenges we face in the world we live in today. I call it insurance in a bottle.

Let me just share some science with you. 10-in-One is a multi-vitamin and mineral formula. When I started out as a clinician 25 years ago physicians made fun of nutritionists. They'd say things like, "You need to eat a balanced diet and you'll be ok. You don't need to take vitamins." Now we know that it is virtually impossible to eat properly. And finally, last month a study reported that women taking a multi-vitamin and mineral supplement had a lower risk for breast cancer.

Besides cancer, let's talk about heart disease, the number one killer in America today. Based on over a thousand research papers from 18 countries, and I promise not to read each one of them to you right now, when CoQ 10 levels are low, your much more prone to accelerated aging, disease, and deterioration. CoQ 10 super charges the cells. It helps prevent heart disease and high blood pressure, blocked arteries and nerve damage, breathing problems, muscle wasting, blood sugar imbalances and headaches.

Each of us has our genetic weaknesses. I call them our inherited Akiles Heels. Since there is heart disease in my family, I feel very comforted knowing that 10-in-One contains CoQ 10 as well as elcarnatine, another antioxidant that also supports cardiovascular health. On top of that, elcaratine utilizes fat in the mitochondria, the powerhouse of the cell where the energy is produced. Mitochondria are the wellsprings of our metabolism and that is why 10-in-One increases our energy level without the use of stimulants. You cannot talk about health without discussing the powerful effects of these antioxidants. Antioxidants are our soldiers. They are the army that protects each one of our ten trillions cells. There are companies in our industry that have juices, pills, and tablets based on just one antioxidant.

An important scientific fact to share with all of you is that vitamins and antioxidants work synergistically. That means they work together. The whole is greater than the sum of the parts. Vitamin C along with Vitamin E, works better than either vitamin alone. 10-in-One contains not just one antioxidant, but with our amalaki, which delivers an unparalleled spectrum of powerful antioxidants, and our other blends of mangosteen and pomegranate juice; we've got one of the most technologically advanced, state of the art, products that merges great science with great ingredients, and it's delicious, too. I know my way around a supplement facts label and I will tell you I'm amazed that the product contains such high quality ingredients and is at the price point it's at. With any other company, take my word for it, this product would cost more... lots more.

Let's talk about digestion. Good digestion is so important. It's not just a matter of getting through a meal without having heartburn. There's a bigger picture here. Your entire well being is dependent upon how your digestive tract works because 80% of your immune system is in your gut. Aloe pure concentrate addresses overall health. Aloe Vera is anti-inflammatory, anti-bacterial, and anti-viral. And it also has the potential to soothe irritations in the digestive tract, such as ulcers, colitis, and irritable bowel syndrome.

I could not do a nutrition talk without addressing stress. The body is actually programmed to deal with stress. The type of stress that Mother Nature built in for our protection is what I call Momentary or Caveman Stress. The caveman sees a lion. His heart starts beating faster, his body puts out adrenaline or stress hormone, and that allows him to run for his life. Today, however, most of us suffer from a constant state of low-level stress. These stress hormones never turn off because we're always on overload. Between the economy, the environment, cell phones, computers; there is never any downtime. Elthayonine, one of our ingredients, is an amino acid; the building blocks of protein, which we all get every time we eat a piece of chicken or steak. It is perfectly safe and in concentrated form, induces relaxation and relieves emotional stress. It helps the brain to be calm. This is why 10-in-One allows us feel a sense of calm while at the same time ingredients such as elcarnatine, which we talked about earlier, gives us the ability to have lots of energy.

None of the things we've talked about up to now matter if the body does not assimilate what you put into it. We've all heard the old saying, you are what you eat. However that's not totally true. You are what you've eaten that you've broken down and absorbed. The fact that 10-in-One is a liquid gives it ten times the absorption in a fraction of the time when compared to supplements taken in tablet or capsule form. One of my patients told me that Dr. Oz had a segment on supplements and he demonstrated how tablets do not break down in the stomach negating the benefits of having taken the vitamin in the first place. No such issue with 10-in-One. Finally, I guess you have to be a nutritionist to be excited about a vitamin.

Vitamin D is one of my favorite vitamins. Everyone knows it helps with the absorption of calcium for strong teeth and bones, however, hundreds of studies have shown it plays a significant role in lifting the immune system. It's also a mood enhancer. Vitamin D deficiency has been associated with high blood pressure, cancer, diabetes, and auto-immune diseases such as MS. Statin drugs taken for reduction of cholesterol and ant-acids deplete vitamin D.

Here's an important point you should know about vitamin D. There are lots of different forms of the vitamin. Vitamin D3 called colocalasipheral, is the natural form of D. It's absorbable, it's the identical form of D derived in the body. Vitamin D3 has been demonstrated to be three times more potent than other forms of vitamin D. Now why am I mentioning this? Because although I consider it my job to help everyone understand the ingredients in 10-in-One and how they work, once again, there's a bigger picture here.

Stuart Finger, Michael Kahn, and Uncle Lee could have chosen to put together a lesser product. They could have used a less costly form of vitamin D and probably no one would have noticed. But my goal here today is for everyone know that we really have a superior product in 10-in-One; one that is

manufactured in what's called a GMP facility; which stands for Good Manufacturing Practices. Not all supplements are created equal. Those that are manufactured under GMP regulations are the Rolls Royce of products in the nutritional industry with superior ingredients that do what the label say they will do.

This product has integrity. The people running this company have integrity. And I hope I'm not getting overly dramatic when I say there's a pyridine shift coming for all of us. We are beginning to recognize that, for at least some part, we are responsible for our own health. Making simple changes, like taking 10-in-One everyday can make us to get and stay healthy. Prevention is a lot easier than treating disease. GBG is part of this pyridine shift in terms of helping people to obtain higher levels of health. It is a lofty goal but one that we should be proud of. So before I send it back to you, Michael, I'd like to share with everyone my favorite quote which I think really represents GBG's philosophy. It's from an old English author named Albert Pine, and it reads, "What we do for ourselves dies with us. What we do for the people in this world remains and is immortal."