HEALTH ALERT - SPECIAL REPORT

THE SECRET KILLER

INFLAMMATION IS ON THE RISE CAUSING PAIN AND DISCOMFORT TO MANY!

LEARN WHAT YOU CAN DO TO FIGHT IT...

"Nopalea helped restore my health and my freedom to do the things that I enjoy most. THANK YOU. It will always be a part of my life!" DAN K. – PIEDMONT, SD "I started on Nopalea about 3 weeks ago and have been feeling great! I've not felt this well in a long, long time!" MANDY H. – POTOMAC FALLS, VA "My shoulder pain has eased along with the tightening and inflammation in the back of my neck."

MATT D. - JACKSONVILLE, MD

I N S I D E This Report

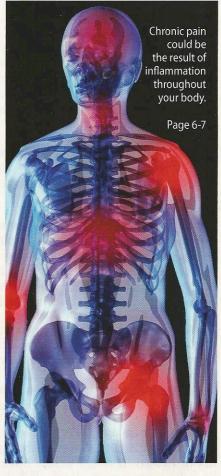
- Nopalea Discover the secret to wellness – pg 3-5
- **Inflammation** Learn about chronic pain pg 6-7
- Success Stories Amazing
 Nopalea stories pg 8-9
- Betalains Rare and highly potent antioxidants – pg 10
- The Best Way Unlock the most from Nopalea – pg 11

ngoing pain can be a sign of inflammation. It is also something that our body experiences on a daily basis. Toxic pollutants are present in the air we breathe, the water we drink and the food we eat. Chemicals are also found in the environment where we live, work, study and play. Our bodies use inflammation as a natural defense against these types of stressors in addition to emotional, mental and physical stress. However, chronic inflammation can cause poor health that may lead to serious diseases.

Learn what you should know about inflammation on Page 6-7



Visit time.com and put "THE SECRET KILLER" in their search box on the home page to find and read the archived article from 2004. See what they were saying seven years ago about the surprising links between inflammation and diseases. Plus, what you can do to help fight it!



A powerful and natural solution you must **try** today!

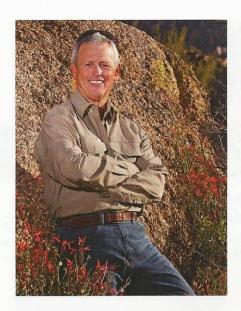


Nopalea™ – a breakthrough wellness drink that contains ingredients to help the body:

- Reduce inflammation
- Detoxify
- Promote optimal cellular health



Learn more inside...



Discover the Wellness Benefits of Sonoran Desert Plants

by Michael R. Ellison, CEO & Founder of TriVita®, Inc.

The stories coming in from people trying Nopalea™ for the first time are truly incredible!

On pages 8 & 9, you'll find a number of stories we received from people everywhere, who are getting outstanding anti-inflammatory and detoxification benefits from Nopalea. Their pains are greatly diminished and they are reclaiming their lives because they feel so much better.

For example, the following story about pain relief is remarkable but again, we know that when the body gets the right nutrients, there is a natural improvement in one's health.

"Her leg was bothering her so much that walking down our sloped driveway to get the mail had become so bothersome, she began driving to the mailbox. Now with her being on Nopalea for a couple of weeks, she is back to walking the driveway to the mailbox and almost pain-free. She is so excited."

I am thrilled to share these stories with you because this is exactly why we founded TriVita: so people could experience greater wellness. Every time a testimonial comes in for us to read and share with others, it says TriVita is fulfilling its mission. You can find more Nopalea wellness stories on trivita.com.

Thirteen years ago I lost my health and was told by my physicians that I had to change the way I thought about health. If not, I would have no quality of life and die a premature death. While it was one of the most overwhelming discussions I have ever had, it took me on a wellness journey that has not stopped.

In fact, it was while I was in the Sonoran Desert in Mexico on a wilderness wellness adventure that I was exposed to the healing plants of the Sonoran Desert. One evening I was sitting around a campfire with the natives of the Sonoran Desert when a native guide went out in the desert and returned with some brushlooking material. Placing a pot of water on the fire, we watched the flames bring it to a boil and then some of the leaves from the brush were placed in the water to steep. He poured me a cup of the brew and told me to drink it as it would be good for me. That night

I listened to the people of the Sonoran Desert talk about the desert as if it were an oasis of wellness. I had always thought of it as a place of rocks, cactus, thorns, rattlesnakes and scorpions – but never did I think of it as an oasis of wellness.

What I did not know at the time was the history of the people who had lived in the harsh desert for hundreds of years; they knew that every plant had a purpose.

This health related discovery led to research at two Arizona universities regarding the potential health benefits of Sonoran Desert plants. It took about two years to bring Nopalea to market, but we now have an amazing product that contains ingredients with many studies supporting the inflammatory and detoxification benefits of the Nopal cactus. It took time to plan the process for harvesting, processing and bringing to market a fruit that grows among millions of cactus needles.

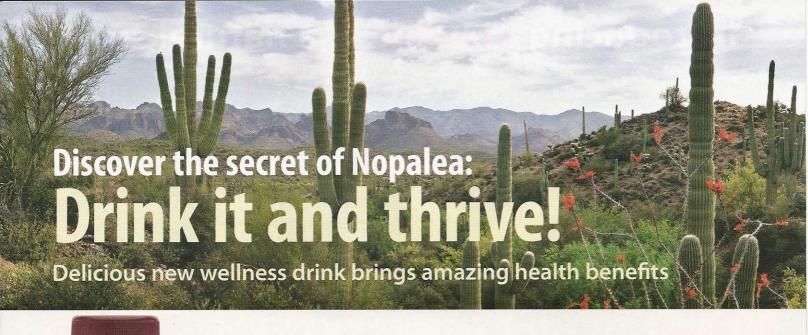
Today, Nopalea is helping people in a world where pollutants, pesticides and other toxins are in the air, water and food – creating a spiraling effect of inflammation-related health issues.

Nopalea, which contains natural anti-inflammatory ingredients, will become our greatest product in helping people address inflammation and toxic health challenges, which medical science has now determined as their biggest challenge.

I encourage you to try Nopalea RISK-FREE (60-day money back guarantee) and experience its amazing health benefits yourself or share it with a loved one who is suffering. Pursue health and wellness with passion.

- Michael R. Ellison

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



biggest innovation in the history of TriVita®? It's Nopalea™, the delicious wellness drink that's formulated to help everyone thrive. Nopalea ("No-pah lay' uh") is a tasty wellness drink sourced from the fruit of the Nopal cactus (Opuntia Ficus Indica). nopalea This remarkable healing plant thrives in the Sonoran Desert of the southwestern U.S. and Mexico. The healing properties of the Nopal cactus have been relied on Nopal Superfruit Wellness Drink for centuries by native peoples, and they're now available in Nopalea, the first product in TriVita's exclusive Sonoran Bloom™ line. Each 32 ounce bottle of Nopalea brims with the health benefits of the Nopal fruit, in a proprietary blend delivering the rare, potent Betalain antioxidants. Nopalea is a tasty wellness drink sourced from the fruit of the Nopal cactus.

Experience Nopalea, the delicious drink contains ingredients that can help your body:

- Reduce inflammation
- Detoxify
- Relieve many types of pain
- Promote optimal cellular health
- Energize your life

Detoxification is the key to healthy living, because eating smart and exercising still leaves your body vulnerable to toxins. If you stop to think about it, toxins are everywhere! These invaders live in the air we breathe, the food we eat, even the water we drink.

The ingredients in Nopalea assist the body in fighting off harmful toxins surrounding your body's cells. So, it helps your body reduce inflammation and bring optimal cellular health. When your cells are healthy and free of toxins, your whole body can function at its best. After all, when you feel great, you look great, you are great!



Introducing nopalea. - a natural solution



The healthy solution for today's unhealthy world

1. Today's world threatens your health

Every day brings new waves of toxins and chemicals into your body from the air you breathe, the water you drink, the foods you eat and even the things you touch. Furthermore, your body's health is also undermined by emotional stress, nutritionally deficient diets, metabolic wastes and physical injuries and trauma.

2. Your body reacts with inflammation

When your body is subject to threatening elements or events, it counters these attacks with the defense mechanism of inflammation.

3. Chronic inflammation is dangerous

Inflammation doesn't just happen in your muscles. It also happens everywhere else throughout your body, wherever your cells are being stressed or attacked.

So, right now, as you read this, you could be suffering from inflammation in different parts of your body, such as:

- Muscle and bone inflammation causing ongoing body pain
- Widespread body cell inflammation causing overall tiredness

4. Drink Nopalea to save your health!

Nopalea is your premier wellness partner in your body's never-ending, daily battle for good health. Working in two vital ways, the ingredients in Nopalea help your body neutralize its inner toxins and reduce its inflammation. This means it helps your body get the great relief it needs today... and helps protect against illnesses in the future.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Children, women who are pregnant or nursing, and all individuals allergic to any foods or ingredients should consult their healthcare provider before using this product.

Drink it and thrive!

How inflammation and Nopalea's ingredients can affect your cellular health



Healthy cell

Cell attacked by toxins & free radicals

Betalains in Nopalea help the body reduce inflammation & detoxify

Cell returns to normal healthy state

Nopalea – a breakthrough wellness drink that helps the body experience an optimal state of wellness by relieving pain and inflammation, which may also help it feel increasingly energized.

Daily use of Nopalea helps the body -

- Reduce inflammation
- Detoxify
- Achieve optimal cellular health



Inflammation is unavoidable

Our bodies use inflammation as a natural defense against toxins. Too much inflammation, however, can cause poor health conditions. This diagram shows places that may be affected by excess inflammation.



Save on Nopalea 4-Packs!

60-Day, New Customer Savings



Nopalea™ 4-Pack #33400 **Each only**

Limit two 4-Packs bought within 60 days of first Nopalea purchase * Versus 4 single bottle price

Regular Nopalea 4-Pack Savings



Nopalea™ 4-Pack #33400 **Each only**

No quantity or time limits - purchase as many as you like * Versus 4 single bottle price

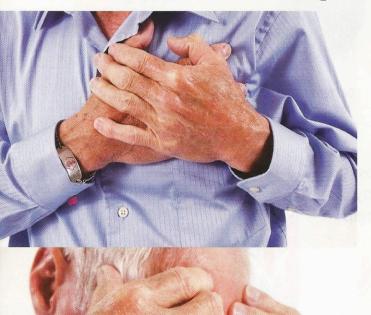
Single Bottles

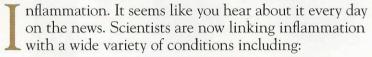


Nopalea[™] Single #30710 Only

Knowledge is important to your health. The following is meant for educational purposes.

Inflammation is a culprit that can lead to chronic pain and serious disease





- All types of pain
- Heart disease
- Diabetes
- Alzheimer's disease
- Gum disease

Although inflammation hasn't been pinpointed as the cause of all these conditions, it has been well-documented* as playing a part in them - often intensifying the symptoms and effects.

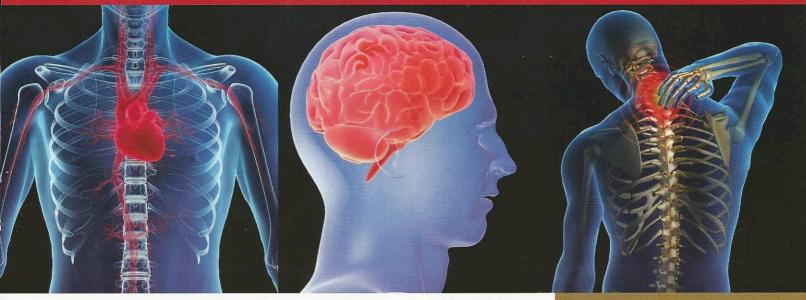
So what exactly is inflammation, how can it affect you and how can you help reduce it?

First things first: What is inflammation?

Inflammation is your immune system's response to damage. This damage can arise from trauma, bacterial, viral or parasitic infection, stress, genetic abnormalities, metabolic disorders and a host of other sources. Certain lifestyle conditions can also contribute to inflammation: poor diet, stress, being overweight, a sedentary lifestyle and smoking. Inflammation can cause redness, swelling, heat, pain and loss of function.

When you're injured, the inflammatory response immediately moves into action. White blood cells rush to the scene of the damage and begin to destroy the damaged cells, while sending out chemical signals that call for more help. That's when unstable molecules called free radicals are released. Free radicals, now considered key players in many diseases, start to attack the damaged area, destroying some healthy cells in the process. This new damage leads to yet another round of inflammation. And so the cycle of inflammation continues: it's called chronic inflammation. And that's when the trouble begins!

of pain, heart disease, diabetes, cancer, Alzheimer's and gum disease!



How inflammation affects your body over time

Though you may not see or even feel inflammation, it may be silently burning within your body right now. Over time, this collective damage can spell trouble for the immediate area of inflammation as well as your overall health.

Heart

Inflammation is believed to contribute to the formation of plaque in blood vessels, as well as the formation of blood clots. When these blood clots break free into the blood, they can block blood flow to the brain or heart, resulting in a heart attack or stroke.

• Brain

Inflammation plays a role in Alzheimer's disease, yet scientists are still uncertain what that role is. However, one theory is that inflammation kicks into gear because of the plaques and tangles in the brains of Alzheimer's patients. In trying to solve the problem, inflammation just makes matters worse.

Joints

Long-term inflammation of the joints can result in destroyed ligaments and tendons, damage to joint cartilage and bone and even bone erosion. This leads to pain, deformity and an inability to perform daily tasks – drastically affecting quality of life.

Mouth and gums

Although dental researchers once thought bacterial infections caused gum disease, it is now thought that some of the more severe symptoms of gum disease are attributable to inflammation. The National Institute of Dental and Craniofacial Research, part of the National Institutes of Health, report that inflammation can even break down bone and connective tissue that keep the teeth in place.

Emotional health

Inflammation may even play a role in your emotions! Scientists at the University of Illinois at Urbana-Champaign discovered that an enzyme secreted by the immune system caused inflammation-related, depression-like symptoms in mice. Because inflammation is linked with conditions often accompanied by depression – such as diabetes, cancer and heart disease – researchers expect that this study will provide insight into chronic inflammation's role in depression.

· Cancer cell growth

Although researchers haven't discovered the exact mechanism of inflammation's role in cancer, they believe it encourages cancer growth. According to the American Cancer Society, inflammation creates just the right conditions for cancer cells to grow and multiply.

Reducing inflammation

By making healthy lifestyle changes and modifications, you can help reduce inflammation in your body. And, it simultaneously improves your overall health!

- 1. If you smoke, quit.
- Practice stress management techniques such as deep breathing to help manage your stress load.
- Simply being overweight can increase inflammation. Start a sensible diet and exercise plan

 it will help with inflammation and your overall sense of health and well-being.
- 4. Exercise at least 30 minutes per day, three to five days per week.
- 5. Cut out unhealthy food choices some of which can actually contribute to inflammation: trans fats, refined carbohydrates, processed foods.
- 6. Make anti-inflammatory foods a staple in your diet.
- 7. Practice good oral hygiene: brush after every meal and floss once a day.

*References:

- Medscape
- American Academy of Periodontology
- American Heart Association
- National Institute of Mental Health
- American Cancer Society
 Arthritis.com
- National Institute of Dental and Craniofacial Research

Real Results from Real People



"...my hand condition has really improved. I no longer feel pain..."

"I have always played the keyboard and so I often experienced pain and tiredness with my hands and wrist. At one point I was told this was the early stages of a problem that might eventually worsen. I did not want this to happen and so I tried all kinds of things to ease my pain.

I learned about TriVita and that its Nopalea product helps if one has inflammation and pain. I took on the Challenge and in time I noticed that my hands and wrist were not bothering me as much and that the condition was more manageable. Months of use passed and I came back from my check up with the knowledge that my hand condition has really improved. I no longer feel pain even with my constant playing of the keyboard. I feel a general sense of well being with the Nopalea, so thank you."

Trinidad N. – Camp Hill, PA



"After starting on Nopalea, I definitely feel a renewed sense of energy and have a greater range of mobility due to the decreased pain and stiffness, particularly in my

knees. This wonderful drink has certainly contributed to an improved quality of life at this stage of my life."

Darlene P. - Philadelphia, MS



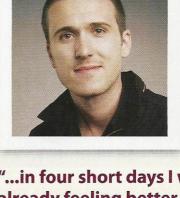
"After 6 weeks of taking Nopalea, there was no pain at all in my legs."

"I suffered from pain in my legs for about nine months before I began the Nopalea Wellness Challenge. The pain was interfering greatly with my work and personal life.

After starting the Nopalea Loading Phase my pain was cut in half. By the time I was halfway through the second bottle, the pain in my legs had eased due to reduced inflammation. Nopalea tastes so good that it was hard to go from the Loading Phase of 3-6 ounces to the regular maintenance amount of 1-3 ounces.

I have encouraged my family and friends who suffer from pain and other inflammatory conditions to try Nopalea. Thank you again for this amazing product!"

Kimberly M. - Mechanicsville, VA



"...in four short days I was already feeling better and more energized."

My wellness journey started about a year ago when I started suffering from swelling and pain even though I am only 27 years old. I was not prepared to live my life with such suffering.

Luckily I crossed paths with a mutual friend who suffers from the same thing. After hearing that he is living painfree and energized thanks to Nopalea, I decided to take the Nopalea Wellness Challenge myself. I took three ounces of Nopalea both in the morning and evening, and in four short days I was already feeling better and more energized. After only one bottle, I was interacting more with my daughter and feeling more refreshed after sleep. I also noticed a significant reduction in my aches and pains."

Brian O. - North Hollywood, CA



"I took the Nopalea Wellness Challenge by following the directions on the bottle. After a couple of weeks, my leg and lower back pains started to go

away and I started to feel much better. By the end of the month my pains had ceased. It has helped me tremendously."

Hazel W. - Liberty, NY



"I have been in chronic pain in my arm for over a month and could not use it without excruciating pain. After taking Nopalea for four days, I was able to do

things with my right hand/arm with less or no pain! This is a big change in such a short time!"

Ann D. - Granite Falls, NC



"Nopalea – it has been an inspirational and healthy experience."

I am a 45 year old massage therapist and esthetician. I have been using Nopalea for a while for chronic swelling and pain that started a couple years ago in my hands. Then I

noticed after about a week that other aches and pains that I really didn't know were even there, until they were gone.

I even decided to try a Nopalea loading phase before a procedure I was having. After a week, I wasn't even taking aspirin for the pain. I took 3 ounces of Nopalea every morning about a half hour before breakfast. I started walking as well. In about three weeks I was walking over a mile a day, still taking 3 ounces of Nopalea every morning. I can't believe how fast my body is repairing and I know it is because of Nopalea – it has been an inspirational and healthy experience. Love and prayers

Bobbi D. - Newark, DE



"With Nopalea, my body feels so much better – I've been given my life back."

"At age 15 I learned that I had inflammation problems which made my life very difficult. I tried a variety of things but they all had complications. They robbed me of

energy, or caused me to look bad

and/or made me feel very sick. Before Nopalea, I was always tired and never able to keep up with my own two-year-old son. That made me feel bad.

Now, since taking Nopalea, I feel great, look at life in a different way and wish everyone could feel the same way that I do! Everyone should try this wonderful, natural, 'life-enhancer.' I recommend it because even if someone does not suffer from pain, it replenishes your body and mind. With Nopalea, my body feels so much better — I've been given my life back."



"I am so grateful to be pain free and feeling better."

Wow! I love TriVita's
Nopalea. It's fantastic. After
taking the Nopalea Loading
Phase for only two days, I
noticed that the pain and
inflammation in my neck
and shoulders subsided
greatly. By the fourth day,
I was free of inflammation
and mostly free of pain in

my neck even though it was physically out.

I have now been taking Nopalea each day for over a month. I sleep better, my neck is holding chiropractic adjustments for the first time in over two years, and my many and extensive body ache symptoms have all subsided. I am so grateful to be pain free and feeling better. Thank you so much TriVita. I have already shared Nopalea with two friends and they love the taste. Thank you for making such a wonderful product that can help so many.

Andrea S. - San Diego, CA



"I also noticed a dramatic change in my whole body."

"I've been taking Nopalea juice for 3 months now and I can honestly say that I feel better now than before. By taking Nopalea every day, I can take the steps necessary to improve my health for life. I used to suffer from reactions to things but the natural

ingredients in Nopalea help me get

long-term relief by reducing inflammation in my body. I also work as a dental assistant so I know by taking Nopalea everyday it gives me an extra protection from bacteria and other irritants in the air.

Thanks to the right nutritional ingredients of Nopalea, I also noticed a dramatic change in my whole body. My arms, shoulder and feet were relieved from the pain, swelling and soreness in my muscles. Thank God for showing me Nopalea. It just may be natures best in a bottle!"

Elizabeth S. - Franklin Park, IL





Brazos Minshew TriVita Chief Science Officer

he word
"science"
comes from a
Greek word meaning
"to know." Yet it
seems that the more
we learn about nature,
the more it defines
the boundaries of
what we do not know!

It is like science in reverse: the more we learn, the more we realize how little we know.

A relatively new discovery has merged ingredients in nature in a way that science did not know was possible. These nutrients are called Betalains. Betalains were originally thought to be just a pigment – an inert color that made a plant pretty, but imparted no real health benefit.

As time progressed, science discovered that the protein structure of Betalains is not only beneficial – it is vital for life! Soon, the antioxidant value of Betalains opened the door of discovery: Betalains exist in a wide variety (there are 24 Betalains), and each one completes a specific need in human health by supplying structure and function to every human cell.

Important functions of Betalains

A cell distressed by external toxins and internal deficiencies will eventually wither, collapse and die. If more cells die than can be replaced, we slip into a kind of "deficit spending" and our lean body mass withers. This is called *sarcopenia*. Betalains can be

used to shore up or strengthen the cell wall. This leads to rehydration of the cell and repair of *sarcopenia*. A cell in the human body is very much like a water balloon; tremendous internal pressure held in place by a thin membrane. Your body maintains this pressure by keeping a perfect balance of minerals inside and outside the cell wall. If this balance of minerals shifts, the membrane becomes unstable and the "water" pours out; the cell dies.

The mineral balancing effects of Betalains relentlessly work with the body to maintain a 2:1 ratio of minerals: potassium inside the cell, sodium outside the cell; magnesium inside the cell, calcium outside the cell and so on. This maintains the integrity of the cell wall and keeps the cell from "popping" – dying prematurely.

Speaking of "popping" a cell, nothing pops a cell like a toxin! We are exposed to toxins from the air we breathe, the water we drink and the food we eat. We are also exposed to toxins from within our own body.

Betalains help the body support the structure and function of the cell as mentioned before. They also work with the body to neutralize toxins by supporting your natural detoxification processes as well as draining away accumulations of toxic waste.

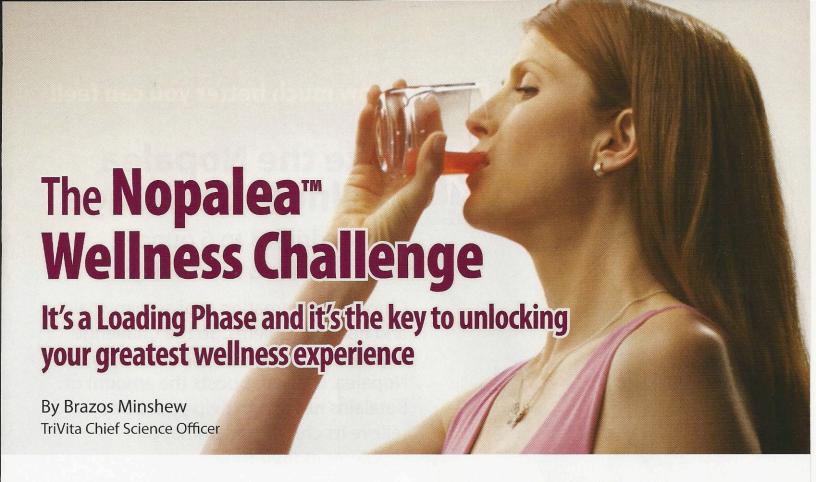
If toxins accumulate or trauma injures a cell, if stress creates tension or if nutrient deficiency weakens a cell, then chronic inflammation is certain to appear. Chronic inflammation is at the heart of the most feared diseases we face.

Betalains serve as anti-inflammatory nutrients to help with inflammation. Regardless of where inflammation begins or what process it affects, Betalains help reduce the activity of the enzymes known to cause all inflammation. This explains why people with very diverse health concerns find benefits from Betalains: they help reduce inflammation.

Concentrated Betalains

As mentioned before, science has discovered 24 Betalains, each with a different structure and different function. Some vegetables (beets and rainbow chard) contain a few Betalains; some desert plants contain a few more. Only the Nopal cactus of the Sonoran Desert contains all 24 Betalains. This is because the Sonoran Desert is the most extreme desert in the world and the Nopal plant needs all 24 Betalains to survive in this intense environment.

How about you? Is your environment so intense that you are threatened by chronic inflammation? Are you exposed to toxins from outside and inside your body? If so, perhaps the emerging science of Betalains – the anti-inflammatory antioxidant complex from the Sonoran Desert – can help you live a happier life!



e are a people on fire and we are suffering because most of our health problems are a direct result of the fires of inflammation. And if we have chronic inflammation, then we have to fight even harder to put it out. That's why there's a NopaleaTM Loading Phase.

As you've read elsewhere in this Health Alert, there are many, many serious health conditions that can stem from chronic inflammation. Clearly, it's a BIG problem. It's so dangerous to your health because it's like a wildfire set loose in your body, burning out of control and damaging everything it touches.

Now, if you're like many people, you'll have sites in your body where inflammation is in the chronic wildfire state. You can check this for yourself. Just note whether you (or those you care about) have any of the more common symptoms of this problem, which includes

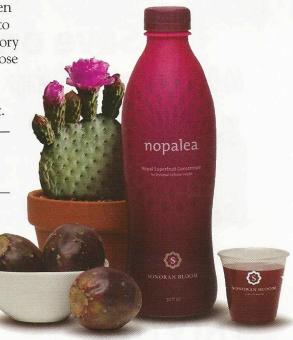
things such as... non-ending pain... swelling in the muscles or tissues... other discomforts... or even feeling consistently tired and lacking in energy.

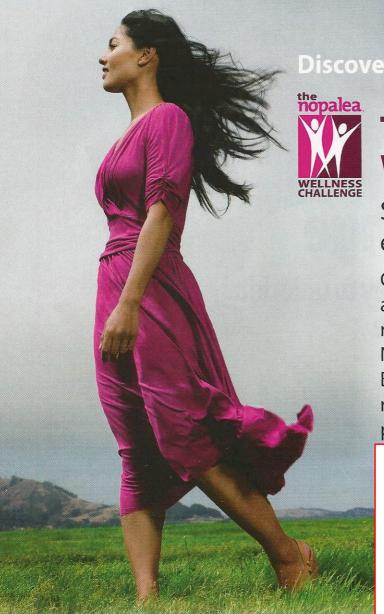
If you have any health problems like these, then it's very likely you could benefit greatly from Nopalea. That's because Nopalea is loaded with Betalains, and Betalains have been shown in many scientific studies to be a great natural anti-inflammatory agent. This isn't surprising; it's those Betalains that protect the Nopal Cactus from the harsh, inflamed conditions of the Sonoran Desert.

For maximum results: Drink 3 to 6 ounces of chilled Nopalea each day, for a full 30 days.

But there is a right way to start your Nopalea regimen. You simply drink 3 to 6 ounces of chilled Nopalea each day, for a full 30 days. By doing this, you'll be giving your body a lot more of what

it really needs to overcome any wildfires of inflammation. I invite you to take the Nopalea Wellness Challenge – it can change your life!





Discover how much better you can feel!

Take the Nopalea Wellness Challenge

Simply drink 3 to 6 ounces, each day, for a full 30 days

Chronic inflammation causes many pain and health problems. So the Challenge regimen is the best way to start with Nopalea. It power boosts the amount of Betalains needed to help your body relieve its chronic inflammation problems at their root.

For More Information and Special Pricing: www.InflammationBreakThrough.com
Roy Ingbre 1-604-767-1600
roy@royingbre.com
www.trivita.com/14960896

Save on Nopalea 4-Packs!

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Each only **\$11099**

Limit two 4-Packs bought within 60 days of first Nopalea purchase *Versus 4 single bottle price

Regular Nopalea 4-Pack Savings



Nopalea[™]
4-Pack
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Each only
\$139⁹⁹

No quantity or time limits — purchase as many as you like *Versus 4 single bottle price

Single Bottles



Nopalea[™]
Single
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Only
\$3999

