

Nutrition with Intention™

Summer Edition 2016

Secrets
to a better
workout

Nourish

Hydrate

Strengthen

BUILD

Recovery



A Message from Dr. Milam

Since 1982, the New Spirit Naturals team of clinical nutritionists, chemists and research scientists has passionately pursued the creation of natural products and educational resources to help millions of people in over 20 countries find their personal path to Health and Wellness.

It remains our daily quest to re-explore centuries of knowledge and folklore about natural botanicals, foods and herbs and apply modern scientific technologies to these time-tested ingredients. The result has consistently led to life changing proprietary formulas and products that support optimal Health, Wellness and Beauty.

New Spirit Naturals proprietary products have been at the forefront of the Nutritional Industry for more than 30 years. Our success is ensured by offering biologically active and tested ingredients that are monitored for quality and activity in each stage of the manufacturing process. Each ingredient must pass strict quality, sourcing, activity level, extracting and processing specifications before being accepted for use in New Spirit's formulations and products. Less than five percent of ingredients presented will ever find their way into our products. We believe that each ingredient must have the potential to support the body's innate ability to renew, rejuvenate and heal itself... inside and out.

ALL New Spirit Naturals products are produced with care in our modern FDA-GMP registered manufacturing facility in California. Our team of experienced professionals, with over 100 years of combined experience, is committed to quality – ensuring that all products meet or exceed our specifications and perform for their intended purpose. Each product is backed with educational materials, literature and training to help our clients make informed decisions.

In addition to our quality products, we have a team of customer support professionals who are ready to help guide you to the right products to meet your individual nutritional needs.

New Spirit Naturals was founded on the belief that simple diet and lifestyle choices along with the right nutritional supplements can assist the body and help protect us from endogenous and environmental toxins, boost cellular energy and slow or even reduce the aging process. Such benefits can result in better health and vitality rather than disease and degenerative aging.

We invite you to join us in our mission "To Change the Health of the World, One Person at a Time." *Now...it's your time!*



**Let food be thy medicine and medicine be thy food.
- Hippocrates**

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† The information contained in this bulletin is for informational purposes only and not meant to diagnose, treat, cure or prevent any disease, statements have not been evaluated by the FDA.

- ✓ 21 Free Form Aminos
- ✓ Creatine
- ✓ Organic coconut water
- ✓ Electrolytes



30 servings

- Easy to Use
- Low in calories
- Cholesterol Free

Hydrate, Build, Nourish and Recover.... then do it all again!

CoCoAmino is a one of a kind sports drink mix of synergistically blended **free form amino acids, organic coconut water powder, electrolytes, creatine** and a proprietary blend of **70 plus trace minerals**. Formulated to supply you with the nutritional support to fuel performance and strength, CoCoAmino can provide the necessary energy required during exercise to achieve the benefits you desire while keeping you hydrated throughout. No other product on the market has this unique combination of ingredients that addresses your body's needs at all levels of your fitness or wellness routine.

Organic Coconut Water

Organic coconut has recently gained worldwide popularity due to its many nutritious and health benefiting nutrients. Coconut water contains natural sugars, vitamins, electrolytes, minerals, enzymes and cytokinins (plant hormones) to allow the body to replenish itself in dehydration conditions while helping with digestion and metabolism. It is low in calories and fat and naturally cholesterol free.

CocoAmino is recommended for:

- Sports performance
- Weight training
- Relief from premature muscle fatigue
- Amino acid deficiencies
- Blood pressure reduction
- Sarcopenia (age related muscle loss)
- Sports nutrition
- Energy
- Hydration
- Anti-aging
- Digestive disorders
- Osteoporosis
- Bone healing

Many people are missing one or more amino acids in their diet, especially vegans and vegetarians.

21 Free Form Amino Acid Complex

Amino acids have long been recognized as the building blocks for the sustaining of life. Amino acids combine to build over 50,000 unique proteins that the body uses for energy production, antioxidant activity, inflammation management and immune function to name a few. Amino acids also play an important part in the cardiovascular system through its role in the production of nitric oxide which promotes increased blood flow by relaxing blood vessels in endothelial muscles.

Creatine

Creatine is possibly the single most heavily researched supplements in the history of sports nutrition with over 200 studies performed to date. **Creatine is a valuable resource used in supplying energy to cells** throughout the body, primarily muscle. It has quickly become the go to ingredient of countless athletes, sports enthusiasts and anyone looking to enhance the body's capacity to perform and improve high intensity workouts which provide maximum results to their fitness routines.

Directions

One serving daily for regular use.

For body sculpting or improved hydration take one serving pre-workout or before strenuous activities. For muscle loading take 2 servings per day AM and PM.



Restore™ your Energy

32 servings

Restore™ is a clinically proven all-natural supplement that contains a proprietary blend of patented **Bio Energy Ribose™** and **L-Carnitine Fumarate** designed to help bring energy back to depleted muscle. When the body is put through stress, the cells in our muscles simply cannot make enough energy to allow our body to achieve full recovery. Millions of people suffer from debilitating fatigue, myalgia (muscle pain), soreness and stiffness that can impact every aspect of their lives. Even everyday activities such as going to work or participating in family activities can create an energy struggle. There is simply no energy left for leisure, hobbies or exercise. Restore™ can help your body get back to an optimal energy state so that you can recover quickly from strenuous exercise and have the energy to maintain a healthy fitness routine!

Benefits of adding Restore™ to your wellness routine

- Reduces muscle soreness and stiffness following exercise
- Supports a healthy cardiovascular system
- Enhances recovery from exercise or exertion
- Reduces cramping & fatigue
- Improves physical function and quality of life
- Prevent DOMS—Delayed Onset Muscle Soreness
- Helps increase exercise tolerance
- Enhances ATP recovery following exercise related stress
ATP is the source of all cellular energy
- Reduces free radical formation
- Improves protein synthesis

Directions

Add 2 teaspoons to 6-8 oz. of water or juice.

Stir briskly and drink.

Restore™ can be sprinkled on cereal, sliced fruit, applesauce, or other foods that are a part of your approved diet.

For best results, use morning and evening.

Alternate use: Use 1 teaspoon before and after exercise.



Recharge & Rehydrate your Body

Hydration can often be the difference between your body functioning at its optimal level or your body not being able to perform its necessary functions.

Knowing the importance of water

Water has important effects on the body. For example, it maintains body temperature and facilitates blood flow and cellular reproduction. Certainly water is the force that maintains OUR balance and wellness and is the source of life. So much so that the body is continuously working to maintain the proper balance of fluid in the body.

We know it is important to not only drink water but to absorb the water into our system. The factor that determines the absorbability by the body are the minerals and electrolytes contained in the water.

The body uses electrolytes for functions such as:

- Conducting energy
- Regulating fluid balance
- Transporting nutrients
- Regulating pH
- Optimizing mental function
- Converting calories into energy
- Supporting proper muscle function

Electrolytes are essential for your health

Electrolytes are to the body what oil is to a car. They make the body function smoothly. In fact one of the main functions of the kidneys is to keep the correct concentration of electrolytes in your blood at all times. The body works hard to maintain fluid levels of electrolytes within narrow ranges. If we are not absorbing the water then we are not gaining the benefits.

Benefits of Electrolyte Charge™

- Improves hydration
- Replenishes the body's demanding nutritional needs
- Helps keep your skin looking young
- Restores critical balance
- Superior Quality
 - No hormones
 - No stimulants
 - No banned substances
- Costs less than sports drinks

Directions

- For daily use add 10 drops to water for first 3 days
- Can be gradually increased to 40 drops or 1/2 tsp.
- To rehydrate during or after exercise take up to 40 drops or 1/2 tsp.



48 servings

What is Electrolyte Charge™ ?

ENHANCED ELECTROLYTES TO REPLENISH, HYDRATE AND BALANCE

Magnesium	Zinc
Chloride	Citric acid
Sodium	A balance of minerals and trace minerals
Potassium	

WATER and the HUMAN BODY



Warning Symptoms: Low levels of electrolytes can lead to muscle spasms, leg cramps, blood pressure changes, nervous system disorders, excessive sweating and dehydration.

Protein - the Building

Protein is not just for those wanting to build muscle. It is great for your immune system, your brain, your bones, your heart and your mood! New Spirit Naturals offers 3 different types of proteins that can benefit your health program.



Meal in a Glass™ Your Weight Management Companion

Nutrition: A satisfied feeling is essential to staying on any weight reduction program long enough to see lasting results. With Meal in a Glass™ you will enjoy balanced, complete nutrition that will keep you satisfied throughout the day!

- 12 grams of protein per serving
- Soy & Whey Protein
- 75 calories per serving

Convenience: Meal in a Glass™ is the ideal “Fast Food”. Simple to prepare as it mixes easily with your favorite beverage. Meal in a Glass™ will become your choice for high energy and good health long after your desired weight has been obtained.



30 servings

- Available in Chocolate, Strawberry and Vanilla

Results: Meal in a Glass™ provides you with an effective, nutritionally balanced protein that can lead to a safe, steady reduction in body weight without sacrificing lean body protein.

The Perfect Companion Products: Seldom can one product meet your varied lifestyle. Use Meal in a Glass™ with Green Magic™ for heightened energy, along with Vita Trim Pro™, an all natural supplement that naturally curbs the appetite and assists the body to be more effective at utilizing energy.

Ultra Whey-Pro Protein™ Your Workout Partner

Nutrition: A complete complex of bioavailable amino acids, the building blocks required to sustain peak performance. Ultra Whey-Pro Protein™ offers the highest content of BCAA's (*branched-chain amino acids*) (53%), as compared to 20% in regular whey. This delicious protein can assist in tissue repair, growth and recovery.

- 24 grams of protein per serving
- Whey Protein
- 100 calories per serving
- Less than 1 carb per serving

Convenience: Ultra Whey-Pro Protein™ is a great way to get your protein on the go. It is easily mixed with water and is great throughout the day. Whether you are looking to build muscle or just have a great source of protein, this product is for you!



20 servings

- Available in Chocolate and Vanilla

Results: With the combination of protein, antioxidants and nutrients in Ultra Whey-Pro Protein™ you may experience more energy, better digestion and a stronger immune system.

The Perfect Companion Products: Ultra-Whey Pro Protein™ complements so many products that New Spirit Naturals has to offer. Combine with Green Magic™, Lecithin, Coco Amino, and Electrolyte Charge™ for a great tasting nutritious smoothie. It provides the necessary nutrients to sustain and repair the body after strenuous activity.

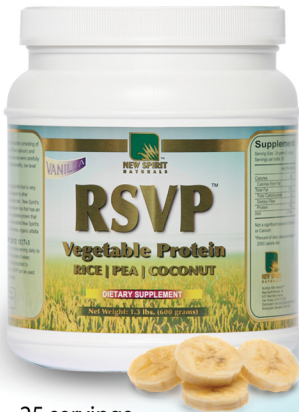
Blocks of Life

RSVP™ Royal Silk Vegetable Protein Your Vegan Protein Source

Nutrition: RSVP™ is a vegan protein formula consisting of a blend of concentrated fractions of brown rice, pea protein and de-oiled coconut protein.

- 15 grams of protein per serving
- Vegan protein
- 90 calories per serving

Convenience: RSVP™ is the perfect choice for vegans, vegetarians or anyone who is looking for a vegetable based protein source. RSVP™ can be easily mixed with water, almond milk or your favorite beverage.



25 servings

- Available in Vanilla

Results: Along with protein, RSVP™ includes the New Spirit Naturals' green food blend which aids in digestion, boosts the immune system and benefits the liver, kidneys and adrenal glands.

The Perfect Companion Products: Combine RSVP™ with Green Magic™ for a healthy smoothie. ORAC+ 10,000™ also offers a great antioxidant boost!

Delicious & Nutritious Shake Recipes

BANANA ALMOND CREAM SHAKE

- 1 banana
- 1/2 cup milk
- 10 almonds
- 1 scoop of vanilla protein (Meal-In-Glass™, Ultra Whey-Pro™ Protein or RSVP™)
- 1 handful ice

Blend until smooth



BERRY GOOD SHAKE

- 2 scoops of raspberry yogurt
- 2 scoops vanilla protein (Meal-In-Glass™, Ultra Whey-Pro™ Protein or RSVP™)
- 4 strawberries
- 15 blueberries
- 2 cups nonfat milk
- 1 handful ice

Blend until smooth



GRAPE-BERRY PROTEIN SHAKE

- 1 teaspoon White Chia
- 2 scoops vanilla protein (Meal-In-Glass™, Ultra Whey-Pro™ Protein or RSVP™)
- 1 1/2 cups seedless red or purple grapes
- 1/2 cup blueberries
- 1 teaspoon flaxseed oil
- 1/2 cup water

Blend until smooth



- ✓ 21 Aminoácidos en su Forma Libre
- ✓ Creatina
- ✓ Agua de coco orgánica
- ✓ Electrolitos



30 porciones

- Fácil de usar
- Bajas calorías
- Libre de Colesterol

Hidrata, Reconstruye, Nutre, y Recupera ... y lo sigue haciendo una y otra vez

CoCoAmino es una bebida deportiva compuesta de amino ácido en su forma libre y mezclados sinérgicamente, orgánica, agua de coco en polvo, electrolitos, creatina y una mezcla patentada de más de 70 trace minerales. Formulada para darte un apoyo nutricional, mayor rendimiento y resistencia. CoCoAmino puede proporcionar la energía necesaria que se requiere para lograr los beneficios que deseas mientras te mantienes hidratado. Ningún otro producto en el mercado tiene esta única combinación de ingredientes que se ocupa de las necesidades del cuerpo a todos los niveles de bienestar y estado físico.

Agua de Coco orgánica

El agua de coco orgánica ha ganado mucha popularidad mundialmente por sus muchos nutrientes y beneficios nutricionales para la salud. El agua de coco contiene azúcar natural, vitaminas, electrolitos, minerales, enzimas y citoquinas (hormonas vegetales) para ayudar al cuerpo a reponer condiciones de deshidratación mientras ayuda con la digestión y el metabolismo. Es baja en calorías y grasa, naturalmente libre de colesterol.

CocoAmino es recomendado para :

- Rendimiento deportivo
- Entrenamiento con pesas
- Alivio de premature fatiga muscular
- Deficiencia de Amino ácidos
- Reducción de la Presión Sanguínea
- Sarcopenia (perdida de músculos relacionada con la edad)
- Nutrición deportiva
- Energía
- Hidratación
- Anti envejecimiento
- Desordenes Digestivos
- Osteoporosis
- Solidificación ósea

Muchas personas están perdiendo uno o más amino ácidos en su dieta especialmente los vegetarianos.

21 Complejo de Amino ácidos en su forma libre

Los amino ácidos han sido reconocidos como bloques de construcción en el sostenimiento de la vida. Los amino ácidos se combinan para construir más de 50,000 proteínas únicas que el cuerpo usa para producir energía, actividad antioxidante, controlar la inflamación y para la función inmune, por nombrar algunos. Los amino ácidos también desempeñan una parte importante en el sistema cardiovascular a través de su papel en la producción de óxido nítrico, el cual aumenta el flujo sanguíneo mediante la relajación de los vasos sanguíneos en el músculo endotelial.

Creatina

La creatina es posiblemente el suplemento mayormente investigado en la historia de la nutrición deportiva con más de 200 estudios realizados hasta la fecha. Creatina es una fuente valiosa usada en el suministro de energía en las células de todo el cuerpo, principalmente la de los músculos. Se ha convertido en el ingrediente de un sinnúmero de atletas, deportistas y de todos aquellos que buscan mejorar la capacidad física del cuerpo para realizar y mejorar los entrenamientos de alta intensidad que proporcionan los máximos resultados en su rutina de entrenamiento físico.

Instrucciones

Una porción diaria para uso regular.

Para la escultura del cuerpo o mejorar la hidratación tomar una porción antes del entrenamiento o antes de realizar actividades extenuantes. Para la formación de músculos tomar 2 porciones diarias AM y PM.

Restore™ Restaura tu Energía



32 porciones

Restore™ es un suplemento totalmente natural y clínicamente probado que contiene una mezcla patentada de **Bio Energy Ribose™** y **L-Carnitine Fumarate** diseñada para recuperar la energía a los músculos cansados. Cuando el cuerpo es sometido a estrés las células de los músculos simplemente no pueden producir suficiente energía para permitir que los músculos se recuperen. Millones de personas sufren de fatiga debilitante, mialgia (dolor muscular) rigidez que puede afectar cada aspecto de sus vidas. Incluso las actividades diarias como ir al trabajo o participar en actividades familiares, puede crear una deficiente energía. Miles de personas no tienen energía para disfrutar de sus aficiones o de sus ejercicios preferidos. Restore™ puede ayudar a tu cuerpo a reparar su óptima energía para que pueda recuperarse rápidamente de un ejercicio extenuante y que pueda tener la energía para mantener una rutina de ejercicios saludable!

Beneficios de agregar Restore™ a tu rutina diaria de Bienestar

- Reduce el dolor y la rigidez muscular después del ejercicio
- Mantiene un sistema cardiovascular saludable
- Ayuda a la recuperación muscular después de un ejercicio o esfuerzo
- Reduce los cólicos y de la fatiga
- Mejora la función física y calidad de vida
- Ayuda a los atletas a recuperarse rápidamente
- Previene DOMS- (dolor muscular de aparición tardía)
- Aumenta la tolerancia al Ejercicio
- Mejora la Recuperación de ATP después de un estrés relacionado con el ejercicio
- ATP es la fuente de toda la Energía Celular
- Reduce la formación de Radicales Libres
- Mejora la Síntesis de Proteínas
- Reduce el estrés cardíaco
- Proporciona una recuperación atlética a largo plazo

Instrucciones

Agregar dos cucharaditas a 6-8 Oz de agua o jugo

Agitar bien y beberlo

Restore™ se puede rociar en los cereales, frutas, en el puré de manzana o en otros alimentos que sea parte de su dieta diaria

Para obtener mejores resultados, utilice por la mañana y por la noche.

USO alternativo: Utilice 1 cucharadita antes y después del Ejercicio.

No-GMO
Libre de Gluten



Recargar y Rehidratar el Cuerpo

La hidratación puede ser hacer una diferencia entre un cuerpo funcionando a su nivel óptimo y un cuerpo que no es capaz de realizar sus funciones necesarias.

Conociendo la importancia del agua

El agua tiene importantes efectos en el cuerpo. Por ejemplo, mantiene la temperatura del cuerpo, facilita el flujo de la sangre y la reproducción celular. Ciertamente el agua es la fuerza correcta para mantener a NUESTRO cuerpo en balance y bienestar, es la fuente de la vida. Tanto mas, el cuerpo esta continuamente trabajando para mantener el equilibrio apropiado de los fluidos en el cuerpo.

Nosotros sabemos que no solo es importante beber agua, es también importante absorber el agua dentro de nuestro sistema. El factor que determina la capacidad de absorción en el cuerpo son los minerales y electrolitos contenidos en el agua.

El cuerpo usa electrolitos para realizar las siguientes funciones:

- Conductor de energía
- Regulador del balance de los líquidos
- Transportador de nutrientes
- Regulador del balance de pH
- Convierte calorías en energía
- NO azúcar vs. Bebidas energéticas azucaradas

Los electrolitos son esenciales para la salud

Los electrolitos son para el cuerpo como el aceite para el carro. Ellos hacen que el cuerpo funcione sin problemas. De hecho uno de las principales funciones son las que realizan los riñones para mantener la concentración correcta de electrolitos en la sangre. El cuerpo trabaja fuertemente para mantener los niveles de líquido de electrolitos dentro de espacios estrechos. Si no absorbemos agua entonces no obtenemos los beneficios.

Beneficios de Electrolyte Charge™

- Mejora la hidratación
- Repone exigentes necesidades nutricionales del cuerpo
- Ayuda a lucir una piel juvenil
- Restaura el equilibrio
- Alta calidad
 - No hormonas
 - No estimulantes
 - No contiene estimulantes
- Cuesta menos que las bebidas deportivas

Instrucciones

- Para el uso diario añada 10 gotas al agua por los primeros 3 días. Puedes gradualmente aumentar a 40 gotas o ½ cucharadita
- Para rehidratarse durante o después de un ejercicio tomar 40 gotas o ½ cucharadita



48 porciones

¿Qué es Electrolyte Charge™ ?

ELECTROLITOS PARA REPONER, HIDRATAR Y MEJORAR EL EQUILIBRIO

Magnesio	Zinc
Cloruro	Citric acid
Sodio	Un Balance de minerales y trace minerales
Potasio	

EL AGUA Y EL CUERPO HUMANO



Síntomas para tener cuidado: Los bajos niveles de electrolitos pueden conducir a espasmos musculares, calambres en las piernas, cambios en la presión sanguínea, trastornos del sistema nervioso, sudoración excesiva y deshidratación.

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