

Yes™

SCIENTIFICALLY ADVANCED
NUTRITIONAL SUPPLEMENTS



Your Essential Supplements, Inc.
Toll Free Client Care Hotline

1-866-YES-1124

YES™ Supplements are **Unique & Highly Specialized**



YES™ is devoted to the application of science-based nutrition in order to help our clients achieve real-life results with products that work cooperatively with the body. We provide the highest quality products as well as personalized service to our clients. If health is a priority, then we can assist you in achieving your goal through proper nutrition and supplementation. All of us at YES™ have strong personal convictions about our products and a genuine desire to help others.

YES™ products are developed using a scientific approach that sets us apart from other supplement companies. We do NOT base our formulas on popular opinion and will not sacrifice quality for cost.

The ingredients used in our products are of the purest quality, unadulterated, and organically certified. Each product is uniquely formulated to assure maximum utilization by the body.

The Science of Nutrition: **Low-Carb is Just the Beginning**

It is so easy to be misled when it comes to health and nutrition.

With all of the misinformation in the media, any link to science has been lost. Consequently, popular nutritional advice has led us down a path that is potentially dangerous by drastically reducing, altering, or even entirely removing nutrients from our diet that are essential for good health.



Vital nutrients such as animal-based protein and natural fats have been replaced with highly processed protein, trans-fats, hydrogenated oils, and sugar. Consequently, we consume an alarming amount of carbohydrate (sugar-based) foods. Many people consume the equivalent of 60+ teaspoons of sugar in one day while following popular recommendations and attempting to “eat right.” However according to biology, popular, so called “healthy” foods, don’t contain the essential nutrients your body needs, and will pack on the pounds, too.

YES™ is dedicated to providing you with the highest quality supplements and we can also help you understand how your body really works so you can make smart food choices to improve health and vitality.

Welcome to the YES™ Family!

Moving Beyond Fish Oil Introducing PEOs

Watch the accompanying video at BeyondFishOil.com

Everyone has been told that fish oil, commonly called Omega-3, is good for your health. This has now been proven wrong. Fish oil consists only of an inferior and potentially harmful form of Omega-3s called “derivatives.” Omega-3 derivatives are NOT essential EFAs. There are two Essential Fatty Acids that must be ingested each day – Omega-6 and Omega-3. The *Parent* form of these EFAs can not be manufactured by your body.

Biological pathways clearly show that your body *makes derivatives from the Parent* as needed by the body. Early literature on EFAs often overlooked this important and critical fact.

While fish oil has many advocates, real-life clinical results prove that patients show *marked improvements* when they change their daily EFA supplementation from fish oil (Omega-3 derivatives) to a complete and biochemically correct blend of Parent Essential Oils (PEOs).

A proper combination of Parent Omega-6 and Parent Omega-3 is so far superior to fish oil and other EFA supplements, that it *completely replaces everything else*.

Reported in 2009: American College of Cardiology¹:

- Fish Oil DOES NOT STOP heart attacks.
- “We saw no beneficial effect [of fish oil].”

Reported in 2009: American Heart Association Champions Omega-6 PUFAs to Counter Popular Nutrition Advice²:

- “[O]mega-6 PUFAs [Parent Omega-6] also have powerful anti-inflammatory properties...’
- “[W]e’re telling people not to stop eating their Omega-6.’
- “To reduce Omega-6 PUFA intakes from their current levels would be more likely to increase than to decrease risk for CHD.”

Reported in 2008 & 2005: EFA Derivatives Made “As Needed”³:

- “Conclusions: The consumption of ALA-enriched supplements... shows the effectiveness of ALA [Parent Omega-3] conversion....”

Reported in 2008: The Importance of Parent Omega-3 is Highlighted: “Alpha-Linolenic Acid & Risk of Nonfatal Acute Myocardial Infarction”⁴:

- “Greater alpha-linolenic acid [Parent Omega-3] ... was associated with lower risk of myocardial infarction [fewer heart attacks].
- “Fish intake was similar in cases and controls, ... [Note: Fish consumption didn’t stop heart attacks.]

Reported in 2008: Diabetics need to know...⁵:

- “‘Diabetic patients have the highest risk of coronary artery disease,’ Dr. Schindler pointed out. ‘We found that 80% of diabetics had abnormal vascular function...’”

Summary

- **Your body makes** EFA derivatives from Parents as needed
- The **American Heart Association** (♥) clearly states:
 - The **need for Anti-Inflammatory Parent Omega-6** in your diet
 - Parent Omega-3, **NOT fish oil**, lowers risk of heart attack risk
 - **Diabetics are at greater risk for Coronary Artery Disease**

References:

1 March 30, 2009, Bloomberg News, Orlando, Florida Cardiology Convention.

2 Heartwire 2009, © 2009 Medscape, January 28, 2009 (Dallas, Texas), based on *Journal of the American Heart Association*, Ref.: **AHA Science Advisory**, Harris WS, Mozaffarian D, et al., “Omega-6 Fatty Acids and Risk for Cardiovascular Disease: A Science Advisory From the American Heart Association Nutrition Subcommittee of the Council on Nutrition, Physical Activity, and Metabolism; Council on Cardiovascular Nursing; and Council on Epidemiology and Prevention”; *Circulation*, February 17, 2009; 119(6): 902 - 907; and **American Academy of Anti-Aging Medicine** referenced February 2, 2009 at http://www.worldhealth.net/news/concern_about_Omega-6_fatty_acids_lead.in.

4 *American Journal of Clinical Nutrition*, Vol. 88, No. 3, 801-809, Sept. 2008 and Hussein, Nahed, et al., “Long-chain conversion of linoleic acid and alpha-linolenic acid in response to marked changes in their dietary intake in men,” *Journal of Lipid Research*, Volume 46, 2005, pgs 269-280.

3 Hannia Campos, PhD; Ana Baylin, MD, Dsc; Walter C. Willett, MD, DrPh, *Circulation*, 2008; 118:339-345.

5 2008 meeting of Society for Nuclear Medicine—Advancing Molecular Imaging & Therapy (New York, Reuters Health, June 23, 2008).



YesTM EFAs



Ultimate EFAs



Your body can't make Parent Essential Oils; they must come from food. Unfortunately, most food processing, and "fresh" food preparation, destroys EFAs and the results can be disastrous to your health. We believe YESTM Ultimate EFAs are the ideal way to get these vital oils back into your diet the way Nature intended.

YESTM Ultimate EFAs contain "Parent" Omega-6 and "Parent" Omega-3 in an unparalleled blend. Our formulation does not contain any inferior, non-essential "derivative"-based fish oils.

Our organically-produced EFA formula is so powerful that you'll get much better results than you might from other over-the-counter oils! You may notice increased energy, softer skin, fewer carb cravings, improved mental clarity, and more...

• Available in capsules or liquid •

Ultimate (Parent) EFAs

THE FOUNDATION of RADIANT HEALTH

Our bodies cannot make Parent Essential Oils (PEOs™); they must come from food. Unfortunately, food processing, modern farming methods, and even “fresh” food preparation, destroys PEOs™ and the results can be disastrous to your health. Supplementing PEOs™ in the proper ratio is the ideal way to get these vital nutrients back in your diet the way Nature intended.

Commonly Reported Benefits:

You should expect some or all of the following results when taking a correctly formulated PEO™ supplement.

- Increased Energy
- Fewer Carbohydrate Cravings
- Faster Recovery After Workout
- Better Mental Clarity & Focus
- Healthier Immune System
- Softer Skin
- Less PMS Symptoms
- Reduced Appetite
- Greater Stamina
- More Restful Sleep
- Less Headaches
- Fewer Allergy Symptoms
- Thicker Hair
- Less Inflammation/Less Pain

Results may take up to 3-6 months of consistent usage although many people see results much sooner, in as little as just a few weeks.

These statements have not been evaluated by the FDA. These products are not intended to treat, cure or prevent any disease.

Ultimate Minerals



YES™ *Ultimate Minerals* are Truly-Chelated and are an effective way to replenish some of the vital nutrients we require on a daily basis. Minerals are co-enzymes, working with the vitamins in food to make many of our biochemical reactions work up to a million times more efficiently!

Minerals are essential, your body cannot make them. They must come from food or from a dietary supplement.

Unfortunately, commercial farmers and food processors have ruined most of the mineral content in our food. There are 8 minerals that may be lacking in modern foods. YES™ *Ultimate Minerals* are in the correct form for maximum use by the body, and are vital for maintaining excellent health.

Minerals
Yes™





Herbal
Yes™



Gentle Herbal Optimizer



YES™ Herbal formula is based on a blend used for over 100 years that is unrivaled for its gentleness and effectiveness. To this we add other beneficial herbs that turbo-charge our formula.

Reducing harmful levels of toxins is important to help combat the negative effects of food additives, including: pesticide residues, steroid residues, preservatives, and hormone residues.

YES™ Herbal has been reported to assist with minimizing harmful yeast, microbes, bacteria, and fungus in the blood. Its effectiveness can be up to 5 times greater than "comparable" formulas found in supermarkets or health food stores.

The developer of YES™ Herbal, and many others, have taken it virtually every day for years with excellent results. We all love it!

• Available in capsules or liquid •

Stevia
Yes™



Stevia Natural Sweetener



YES™ is pleased to offer *Stevia Natural Sweetener*. Stevia is extracted from the leaves of the *Stevia Rebaudiana* plant—a small shrub that is part of the chrysanthemum family. It is completely calorie-free and is between 50-100 times sweeter than table sugar. Stevia is the answer to satisfying that sweet tooth while following the low-carb lifestyle by reducing sugar intake and avoiding harmful artificial sweeteners.

Some facts about *Stevia Natural Sweetener*:

- 100% calorie/carbohydrate free
- Safe for Diabetics
- Does not adversely affect blood sugar levels
- Inhibits the formation of plaque and cavities
- Can be used in baking and cooking
- Has no toxic properties
- Will not store as body fat

Frequently Asked Questions

Q: I take Flax oil/Fish oil, do I really need YES™ Ultimate EFAs?

A: Yes. Flax & Fish oil can cause an imbalance leaning too heavily on Omega-3 derivatives. YES™ Ultimate EFAs contain organic flax, plus the other essential oils to ensure you get the ideal balance of Parent Omega-6 and 3. YES™ Ultimate EFAs are FAR superior to fish oil.

Q: What makes YES™ Ultimate Minerals different from other brands?

A: In order for minerals to be utilized properly they need to be “transported” via amino acids. Unfortunately, minerals in the proper form are not common among supplements. YES™ Ultimate Minerals are unique because they are Truly-Chelated (tied to amino acids) so your body gets full benefit.

Q: Are YES™ Supplements good for children and pets?

A: Yes. They are vital nutrition that will benefit your entire family.

Q: Is there an alternative to sugar & artificial sweeteners?

A: Yes. We also carry Stevia™ natural herbal sweetener. It’s safe, doesn’t store body fat.

Q: What are YES™ Supplement capsules made of?

A: YES™ Minerals and YES™ Herbal caps are vegetable-based. YES™ Ultimate EFA caps are gelatin-based (bovine). We also offer our EFAs & Herbal in liquid form.

Q: I have medical questions, can YES™ answer them for me?

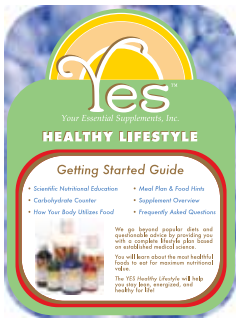
A: No. YES™ Supplements cannot provide any medical advice or recommendations. Please consult your doctor or a health care professional with all such issues.

For more answers to your questions please visit
www.yes-supplements.com or call 866-YES-1124

Yes-supplements.com

Scientifically-Advanced Nutritional Supplements

Visit our website for more detailed supplement and dietary info plus tools and hints to aid you on your road to radiant health.



Download the **FREE YES™ Healthy Lifestyle manual (PDF)**. Inside you'll find:

- Scientific Nutritional Education
- Meal Plan & Food Hints
- Carbohydrate Counter
- Supplement Overview
- How Your Body Utilizes Food

Lowering sugar intake is fundamental to improving your health. The **Sugar Rater™** will show you the level of sugar in various foods including some of the most popular boxed foods, fast foods, and snacks.

Download this PDF manual for just **\$9.99!**



You will find extensive info on our unique and powerful supplements, food hints, dietary recommendations, testimonials, and much more!

Give us a call today!

To take advantage of volume and other discounts and to let us acquaint you with our unique products.

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