

TESTIMONIALS

"PROVIDE has improved my ability to concentrate, increased my endurance levels and I am better able to deal with the stresses of life.

After about 2-3 weeks of taking PROVIDE I realized that **I do not crave sugar like before**. I have lost 41 pounds. **PROVIDE totally satisfies me.**"

K.H. Green Valley, Arizona

"I took 3 packets of PROVIDE per day for 3 months before my hip operation. I can honestly say that **I was up and about more quickly than with my previous hip surgery**, I had good energy and was walking without a cane within 8 weeks. **I recommend PROVIDE for anyone needing an operation or with other health conditions.**"

A.P., London, U.K.

"Despite the obvious benefits we experienced by taking PROVIDE, I was concerned about the cost. Until my husband switched from taking a cooler full of food to taking 2 PROVIDE packets and a piece of fruit for lunch at work. **Wow — we spend much less money on our grocery bill** and less on take out and fast food now!"

KC.V.S., Brantford, Ontario

BALANCED NUTRITION ANYTIME, ANYWHERE

PROVIDE is a whole food product with all the micronutrients essential for the body to achieve harmony and balance. We use 3 sources of protein to ensure that the body absorbs it all. **Large protein sources in high doses such as whey cannot be absorbed properly, stresses the kidney and the excess is stored as fat. It's all about the natural balance of protein, carbs and fats.** The *natural sugars* in PROVIDE are in balance, which is why this product has such a low glycemic index.



NATURAL INGREDIENTS

Pea protein, egg with **ideal Omega 3 and 6 ratios**, whey powder, dried apple, rosehip, fructose, egg albumin, sugar beet fiber, natural flavour, milk protein & fruit aromas.

NUTRITION FACTS

An 18 gram Pack of PROVIDE contains:

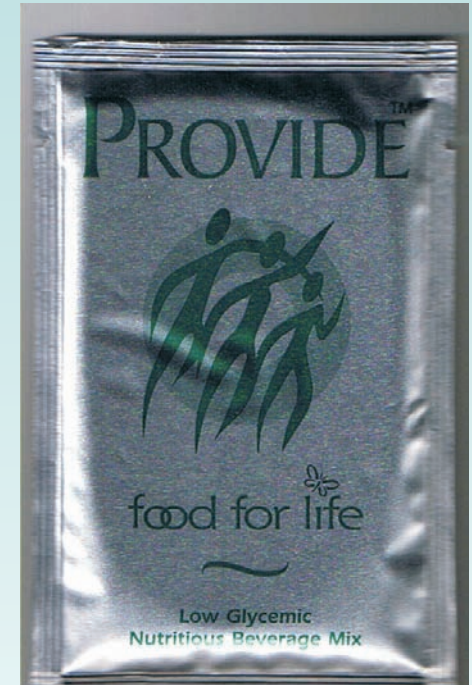
- 70 Calories
- **8 g Complete Protein with 20 Essential Amino Acids**
- 6 g Low Glycemic Carbohydrates
- **2 g Fat with Balanced Omega 3 & 6 ratio of 1:2**
- 1 g of Fibre
- **Sugars from Natural Sources Only**
- Vitamins: A, B1, B3, B6, B12, C, E
- **Whole Food Antioxidants**
- Minerals: Calcium, Phosphorus, Sodium, Potassium
- Trace Elements: Magnesium, Iron, Zinc, Copper, Selenium, Manganese, Chromium
- **Bioflavonoids & Plant Sterols**
- Folic Acid
- **Optimal protein composition from 3 sources enhances nutrient absorption**, minimizes stress to the liver and creates a feeling of appetite satisfaction reducing calorie intake.

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PROVIDE MEAL REPLACEMENT (PROTEIN SUPPLEMENT)



- **Weight Loss**
- **Diabetes**
- **Athletic Performance**
- **Concentration**
- **Low Energy**
- **Convalescence**

**GOOD HEALTH STARTS
WITH GOOD NUTRITION**



Dr. Stig Steen, Internationally Renowned Cardiothoracic Surgeon and professor at the University of Lund, Sweden, championed the research and development of the PROVIDE concept to help improve his patients' surgery recovery success.

Dr. Steen's important research continues to expand. His mission is to educate people on the critical role that complete,

natural nutrition plays in preventing chronic disease and creating overall health.

REBUILD YOUR BODY

Your body is constantly being rebuilt! Every day you lose and replace billions of cells. Your skin, your tissues, organs and even bones are continually being replaced. This is why you MUST have the proper "building blocks" to rebuild a healthy body.

This is especially important as we become elderly and exercise and good eating habits begin to deteriorate.

The quality of your "building blocks" is determined by the quality of your nutrition. If your daily diet is lacking important nutrients then premature aging and disease can set in -seriously affecting body, mind and spirit.

PROVIDE is the food you should eat but probably don't. It is formulated to provide the perfect relationship between proteins, healthy fats and slow carbs to guarantee optimal digestion and absorption of the valuable, balanced, natural nutrition that your body always needs to stay in a healthy state.

"Today, the Glycemic Index (GI) approach is being hailed as the missing piece of the nutritional puzzle, the underlying explanation for why the high-carb, low-fat and carb-free approaches have all failed."



The Globe and Mail, March 2, 2004.

GLUCOSE CONTROL

Researchers all over the world have discovered the importance of controlling blood sugar levels to help achieve optimal health. Unstable blood sugar levels can affect appetite, mood, ability to concentrate, fat burning and aging.

In 1999 the World Health Organization (WHO) and the Food and Agriculture Organization (FAO) recommended Low-Glycemic foods* to help prevent:

- **Obesity**
- **Diabetes**
- **Coronary Heart Disease**

* PROVIDE is a Low-Glycemic food.

UNIQUE DIETARY FEATURES

- **100% Absorption of Nutrients**
- **Optimal Protein Composition**
- **Gluten-Free**
- **Low Lactose Content**
- **All Natural Food Ingredients**
- **No Synthetic Additives**
- **Individually Packaged Servings for Maximum Freshness**



PROVIDE IS THE COMPLETE, NATURAL NUTRITION YOU NEED

"When my husband started PROVIDE over a year ago he did not eat breakfast. By taking PROVIDE each morning rather than eating unhealthy snacks, **he lost 25 pounds and had many health improvements.**

My husband shares his PROVIDE experience when speaking to parents of his Special Education students — especially how PROVIDE **helps him concentrate** and stay focused throughout the day."

C.S.H., Lake Arrowhead, CA

PROVIDE CAN HELP YOU

- **Balance Blood Sugar Levels**
- **Control Insulin Response**
- **Create Long-Lasting Energy**
- **Control Sugar/Carbohydrate Cravings**
- **Improve Concentration Level**
- **Suppress & Satisfy Appetite to Lose Weight Naturally**
- **Support an Athlete's Performance Diet & Training**
- **Obtain Nutrients Easily on Busy Days or Supplement Poor Eating Habits**

PROVIDE IS EASY TO ENJOY!

Enjoy 1 to 2 packets of naturally flavoured PROVIDE ½ hour before a meal, once or twice daily.

Pour contents of PROVIDE packet into a container with a lid and add 250ml (8oz) of cold liquid. Secure lid firmly, shake until blended and enjoy this tasty beverage immediately. PROVIDE is packaged in single servings for maximum freshness.