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**SAMPLE**  
PATIENT BROCHURE



**NUTRITION  
DISCOVERY**  
P.O. Box 1875  
Huntington, NY 11743  
516-547-6827

## HOW CAN YOU LOOK BETTER AND FEEL HEALTHIER?



**AT LAST...  
NUTRITION MADE EASY!**

## INTRODUCING NUTRITION DISCOVERY

### A CUSTOMIZED NUTRITION PROGRAM THAT TAKES THE GUESSWORK OUT OF ACHIEVING GOOD NUTRITION

#### IT SEEMS LIKE EVERYDAY WE LEARN SOMETHING NEW ABOUT NUTRITION.

The popular media are often filled with the latest dietary information. Unfortunately, there's a lot of confusion. One day something is good for you, the next, it's bad. One day you should avoid some type of food, the next day it really doesn't matter...

#### SO HOW DO YOU CUT THROUGH THE CONFUSION?

The best thing is to become more knowledgeable about nutrition in general, and more importantly, about your own diet in particular.

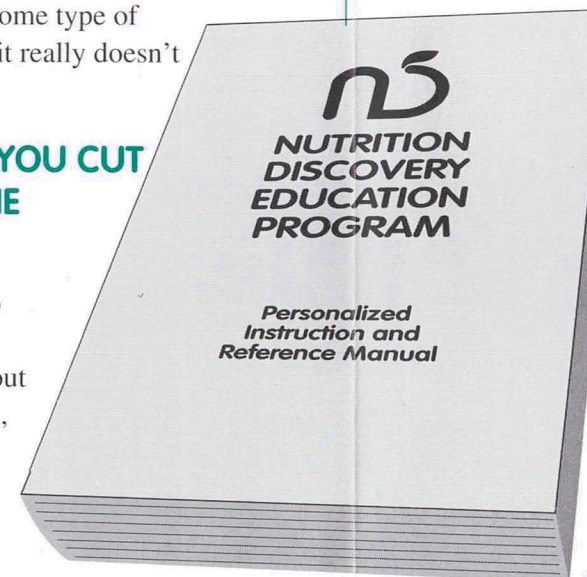
#### WHY BE CONCERNED ABOUT NUTRITION AT ALL?

The fact is, most diets do have nutrient deficiencies and excesses, and some of these

imbalances can lead to diseases, such as heart disease, diabetes, osteoporosis and even cancer. But how do you know if your diet is putting you at risk? Ask Nutrition Discovery!

#### NUTRITION DISCOVERY GIVES YOU THE FACTS, BASED ON YOUR ACTUAL DIET!

Now you can find out what your dietary imbalances are, deficiencies and excesses, so you can make the necessary changes yourself. Nutrition Discovery makes it easy and affordable!



*Get This 80-Page  
Nutrition Discovery  
Education Program*

*Manual that gives you a customized analysis  
of your diet.*

# YOUR OWN CUSTOMIZED "ROADMAP" TO GOOD NUTRITION!

**EVERYONE KNOWS A GOOD DIET IS IMPORTANT TO GOOD HEALTH. BUT NOT EVERYONE KNOWS HOW TO ACHIEVE IT...**

Now you can, with Nutrition Discovery! At last there's a low-cost, easy-to-follow nutrition program *customized* just for you! All you do is compile a 4-day record of what you eat (we supply the forms) and mail it back to us. We do all the rest! Your diet is analyzed, and the results are integrated into an 80-page manual. This customized, nutritional "roadmap" shows you where you may have nutritional deficiencies and excesses. Then it gives you the knowledge and the tools to help you make any needed changes. It's easy-to-follow, easy-to-understand, and it's accurate and personal, because it's based on your actual diet!

**A LOW-COST, ONE-TIME INVESTMENT IN BETTER HEALTH!**

For such a small investment, you can be on your way to better health through better nutrition. Simply return the attached coupon, along with your check or money order, and you'll receive:

- First, a packet of instructions and forms for you to complete your 4-day diet record.

Included is a postage paid and addressed return mailer.

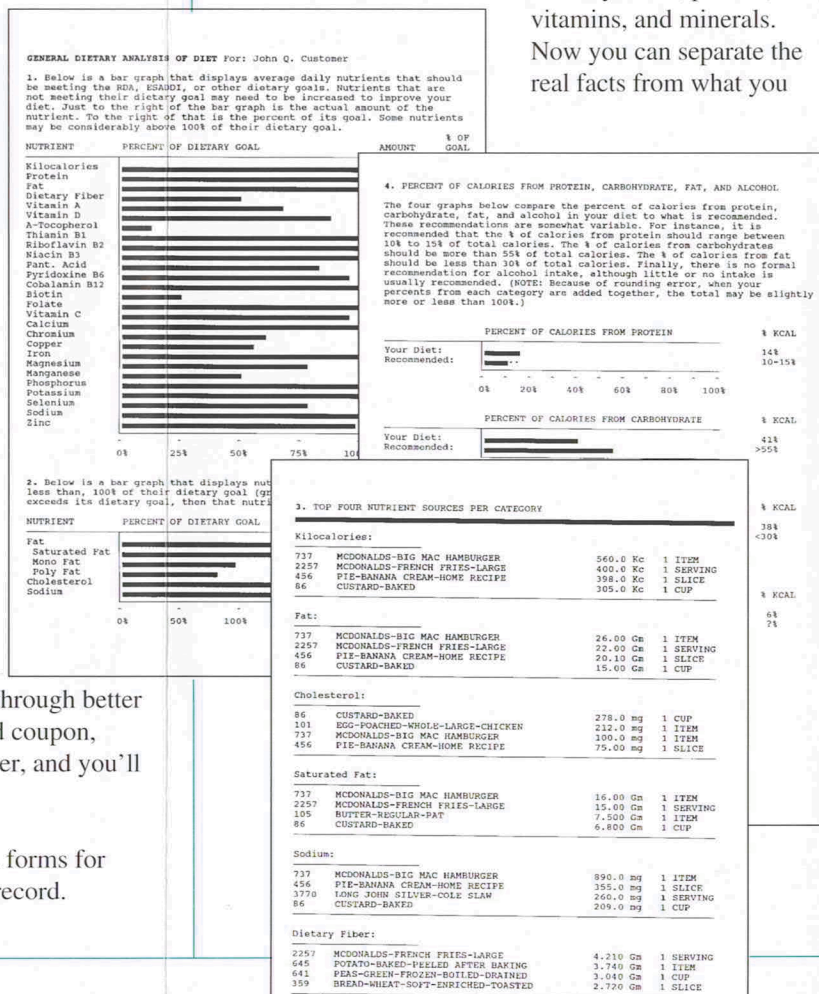
- Then, after your diet is analyzed, you will receive your results in an 80-page binder that illustrates your diet using easy-to-understand charts and graphs. *This is not like reading a boring and impersonal book!* Instead, it's both easy-to-follow and interesting, because it's based on *your actual diet*.

In addition to your 3-page dietary analysis printout, your manual will contain nine sections, including:

- A short course and reference guides on carbohydrates, protein, fats, vitamins, and minerals. Now you can separate the real facts from what you

read in the tabloids. What are the "good" fats? What's the sodium-potassium connection? What are those antioxidants we keep hearing about, and why are they important? Trust Nutrition Discovery to give you the facts.

- Learn how to easily compute the fat calories in your food.
- Other handy reference sections.
- Plus, a glossary with definitions for over 400 words used in nutrition and medicine.



**ONLY WITH NUTRITION DISCOVERY CAN YOU:**

- DISCOVER where your dietary imbalances are...and how they may be affecting you!
- DISCOVER what changes you should make...based on your individual dietary habits!
- DISCOVER how to feel better, look healthier, possibly even live longer...all by making simple changes in your diet!

The three pages on the left are samples of the personalized diet analysis report included in the manual and reference guide.



**YES!** I want to take the road to Nutrition Discovery.

Enclose a check or money order for \$49.00, payable to Nutrition Discovery, Inc. and mail this completed form to:

Nutrition Discovery, Inc.  
P.O. Box 1875  
Huntington, NY 11743  
PLEASE PRINT CAREFULLY

First Name

Last Name

Street Address

City

State

Zip Code

( )

Phone Number

Please Cut or Tear Along Dotted Line

