

WHOLESOME Sweeteners, Evaporated Cane Organic Sugar

Serving Size: 2 tsp. (8 grams)

Nutrition Item	Amount Per Serving
Total Calories	30 calories
Total Carbohydrate	8.00 grams
Sugars	8.00 grams
Fats	0.00 grams
Calories From Fat	0.00 calories
Protein	0.00 milligrams
Calcium	0.00 milligrams
Iron	0.00 milligrams
Sodium	0.00 milligrams
Other Minerals	0.00 milligrams
Vitamin C	0.00 milligrams
Dietary Fiber	0.00 grams

As you can see, the only nutrition in “WHOLESOME Sweeteners” brand is *empty* calories.

Finally, we look at “WHOLESOME Sweeteners, Sugar Cane Natural Organic Sucanat”. Not surprisingly, this brand consists of only *empty* calories too:

WHOLESOME Sweeteners Sugar Cane Natural Organic Sucanat

Serving Size: 2 tsp. (8 grams)

Nutrition Item	Amount Per Serving
Total Calories	30 calories
Total Carbohydrate	8.00 grams
Sugars	8.00 grams
Fats	0.00 grams
Calories From Fat	0.00 calories
Protein	0.00 milligrams
Calcium	0.00 milligrams
Iron	0.00 milligrams
Sodium	0.00 milligrams
Other Minerals	0.00 milligrams
Vitamin C	0.00 milligrams
Dietary Fiber	0.00 grams

Please look at the 5 Nutrition Facts tables again and observe the large difference in nutrients between HealthiLifer Unrefined and these fully or partly refined cane sugar brands. The nutrients in Organic HealthiLifer Unrefined make it a *wholesome food*; the absence of the same nutritious contents make all the others *junk food*!

The question is: Why waste your money on sugary *junk food* when even sweeter HealthiLifer is *wholesome food*?

HEALS YOU: HealthiLifer

Unrefined 100% Cane Sugar

My research shows that refined sugar promotes tooth decay, diabetes, overweight, and heart disease, and that refined sugar is a leading cause of arthritis, of osteopenia, and of osteoporosis.

When you replace the refined sugar in your diet with Organic HealthiLifer Unrefined 100% Cane Sugar, you enable your body to begin its self-healing process. You’ll be amazed at how well your body will heal itself if given what it needs. (Note: In our much-polluted environment, your body needs additional multivitamins while it carefully avoids refined sugar.)

Your HealthiLifer Wellness Club Is Your Partner For Good Health

Obtain your supply of Organic HealthiLifer Unrefined 100% Cane Sugar, PerfectBalance Multivitamin, Organic HealthiLifer Powdered Mushroom, and AthletiX-1: Performance Multivitamin from the Club Director of your Independent HealthiLifer Wellness Club:

If for any reason, your HealthiLifer Wellness Club Director is unable to supply, please call: 212- 615 – 6751.

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HEALTHY & MORE DELICIOUS

Eat Foods Made With Organic
HealthiLifer^{IP}
POWDERED UNREFINED
100% CANE SUGAR



- **NUTRITIOUS (NOT JUNK FOOD)**
- **100% ORGANIC**
- **TASTIER**
- **HEALS YOUR BODY**

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ORGANIC: HealthiLifer

Unrefined 100% Cane Sugar

Our farmers grow the sugar cane with only organic compost, and without artificial insecticides. The ripe cane is harvested, cleaned, washed, and crushed to yield its 100% sugar cane juice. The juice is next filtered to remove debris, then it is slowly boiled down to a wholesome brown solid, which we finally grind up and package.

TASTIER: HealthiLifer

Unrefined 100% Cane Sugar

Organic HealthiLifer Unrefined 100% Cane Sugar *tastes better* than refined sugar because it contains 100% of the natural goodness of the sugar cane. Taste it and see for yourself.

Note that the usual refined sugar is white and crystalline. There are, however, different degrees of refining. As a rule, the more crystals you can see, the more refined the brand of cane sugar is.

Some refined sugar brands are dyed brown with caramel (which is a brown liquid made by boiling white sugar). Such brown sugar is still 100% refined white sugar!

Organic HealthiLifer Unrefined 100% Cane Sugar is *wholesome food*. Refined sugar, no matter its color, is *junk food*.



NUTRITIOUS: HealthiLifer

Unrefined 100% Cane Sugar

Since Organic HealthiLifer Unrefined 100% Cane Sugar is the *total* cane juice without the excess water, it contains all the nutrients in the sugar cane. The usual cane sugar, in its various degrees of refining, does not.

To illustrate this all-important nutrition difference between fully or partly refined cane sugar brands and HealthiLifer Unrefined, we will now show the Nutrition Facts based on information published by the suppliers of the various brands. We begin with HealthiLifer:

HealthiLifer Unrefined 100% Cane Sugar

Serving Size: 2 tsp. (14.62 grams)

Nutrition Item	Amount Per Serving
Total Calories	29.2 calories
Total Carbohydrate	13.8 grams
Sugars	13.8 grams
Fats	0.02 grams
Calories From Fat	0.32 calories
Protein	58.4 milligrams
Calcium	11.8 milligrams
Iron	1.70 milligrams
Sodium	4.00 milligrams
Other Minerals	83.8 milligrams
Vitamin C	8.04 milligrams
Dietary Fiber	1.03 grams

HealthiLifer Unrefined 100% Cane Sugar contains all these nutrients shown, including the small amount of sodium, which occurs *naturally* in the sugar cane. This natural occurrence of sodium suggests that the near *total elimination* of sodium from any diet is unwise. The added sodium in a healthy diet should come from natural sea salt.

We will next look at regular, refined white sugar. As you will soon see, it consists of only *empty* sugar calories. It is junk food.



Refined Cane Sugar

Serving Size: 2 tsp. (8 grams)

Nutrition Item	Amount Per Serving
Total Calories	30 calories
Total Carbohydrate	8.00 grams
Sugars	8.00 grams
Fats	0.00 grams
Calories From Fat	0.00 calories
Protein	0.00 milligrams
Calcium	0.00 milligrams
Iron	0.00 milligrams
Sodium	0.00 milligrams
Other Minerals	0.00 milligrams
Vitamin C	0.00 milligrams
Dietary Fiber	0.00 grams

Note: The only nutrition in Refined Sugar is *empty* calories.

Sugar In The Raw, Natural Cane Turbinado Sugar From Hawaii

Serving Size: 2 tsp. (8 grams)

Nutrition Item	Amount Per Serving
Total Calories	30 calories
Total Carbohydrate	8.00 grams
Sugars	8.00 grams
Fats	0.00 grams
Calories From Fat	0.00 calories
Protein	0.00 milligrams
Calcium	0.00 milligrams
Iron	0.00 milligrams
Sodium	0.00 milligrams
Other Minerals	0.00 milligrams
Vitamin C	0.00 milligrams
Dietary Fiber	0.00 grams

Note that the only nutrition in the "Sugar In The Raw" brand is *empty* calories. (On next page, see "WHOLE SOME Sweeteners, Evaporated Cane Juice Organic Sugar" brand.)

Bake & Cook With HealthiLifer Organic Unrefined 100% Cane Sugar

You can bake and cook with Organic HealthiLifer Unrefined, just as you had always done with refined cane sugars, ounce for ounce. It is, after all, cane sugar! But when you bake or cook with HealthiLifer, there will be 4 differences:

1. Better taste;
2. Rich, beautiful, pale brown color;
3. More nutritious than ever; and
4. Food will promote healing in the bodies of all who eat it.